

MISTAKEN ADDITION AS  
COSPONSOR OF H.R. 2499

### HON. W. TODD AKIN

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. AKIN. Madam Speaker, my name was mistakenly added as a cosponsor of H.R. 2499. Let the RECORD reflect that I would remove my name as a cosponsor of this bill if I were able.

### IN HONOR OF THE ANNUAL JAMES MONROE DAY PROGRAM IN WESTMORELAND COUNTY

### HON. ROBERT J. WITTMAN

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. WITTMAN. Madam Speaker, I am privileged to rise today to honor the James Monroe Memorial Foundation and the annual James Monroe Day Program.

I am pleased to recognize and honor the birth and life of our Nation's fifth president, and First District of Virginia native, James Monroe. I appreciate the invitation to share this special occasion with you.

First, I want to recognize the important accomplishments of the James Monroe Foundation. Since 1928, the James Monroe Foundation has worked tirelessly to preserve the former President's great legacy. Your efforts have kept his memory alive and have allowed generations of people to learn about his many significant contributions to our Nation. I would like to thank the foundation for your hard work and for organizing this magnificent celebration.

James Monroe came to the Presidency as one of the most qualified men to ever assume the office. He was the last American President of the "Virginia Dynasty," and one who left such a lasting impression on American history that we gather today to recognize his life and celebrate his birth.

As you know, President Monroe, one of five children to Spence Monroe and Elizabeth Jones, was born here in Westmoreland County on April 28, 1758. Monroe was raised and educated in what is now the First Congressional District of the Commonwealth of Virginia. He worked on the family farm until entering the College of William and Mary at the age of 16. Within a year, the American Revolution began and Monroe soon left college to enlist in the Continental Army. He was one of the men who crossed the Delaware with George Washington.

As a politician, Monroe served in the Virginia Assembly, the Continental Congress, as Governor to the Commonwealth of Virginia, as a U.S. Senator, Secretary of State and Secretary of War to President James Madison. Ultimately, James Monroe became our fifth President of the United States.

His presidency represented a key point in our history. National identity and patriotism were growing and the country's democratic institutions and capitalist economy were taking form.

During Monroe's early years in the White House his administration was known as the "Era of Good Feelings", a time period in

American political history in which partisan bitterness abated. President Monroe went on two long national tours in order to gain the trust and faith of the American people. Monroe expanded the country's borders by purchasing Florida from Spain. Yet, Monroe may be best remembered for his belief that the Americas should be free from future European colonization and interference in sovereign countries' affairs. His strong opinions and principles on foreign policy came to be known as the Monroe Doctrine.

James Monroe was a loyal public servant and an exceptional statesman. He proved to be a visionary leader who helped form our Nation in its infant stages, and later helped to reconcile a deeply divided country in the aftermath of the War of 1812.

President Monroe cherished the very principle of democracy, and championed the cause of a republic empowered not by privilege or birthright, but by the people. He once stated, "In this great Nation there is but one order, that of the people, whose power, by a peculiarly happy improvement of the representative principle, is transferred from them, without impairing in the slightest degree their sovereignty, to bodies of their own creation, and to persons elected by themselves, in the full extent necessary for the purposes of free, enlightened, and efficient government". This eloquent statement contained a very simple message that continues to ring true today.

I recently introduced the James Monroe Commemorative Coin Act (H.R. 4329) to honor James Monroe and the contributions he made to the Commonwealth and our Nation. This legislation would authorize the U.S. Treasury to mint coins to commemorate the bicentennial of the election of President James Monroe.

In addition, the funds collected from the coin will go to the James Monroe Memorial Foundation to reconstruct the birthplace of President Monroe including farm buildings and a visitor and education center in Westmoreland County. Additional proceeds will then be used to support continuing education programs about President Monroe, the Monroe Doctrine, an online library, and collection and preservation of artifacts and historical items related to James Monroe's childhood and presidency.

James Monroe was an outstanding citizen, soldier, and statesman who dedicated his life to our country. He was a good man who inspired a nation at a moment in time that begged for leadership. Jefferson said of his fellow Virginian, "A better man cannot be."

The citizens of the Commonwealth of Virginia and especially America's First District express their gratitude to James Monroe, in commemoration of the 252nd anniversary of his birthday.

### OUR UNCONSCIONABLE NATIONAL DEBT

### HON. MIKE COFFMAN

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. COFFMAN of Colorado. Madam Speaker, today our national debt is \$12,880,364,008,405.96

On January 6th, 2009, the start of the 111th Congress, the national debt was \$10,638,425,746,293.80.

This means the national debt has increased by \$2,241,938,262,112.10 so far this Congress.

This debt and its interest payments we are passing to our children and all future Americans.

### HONORING CHARLES "KENNY" HILL

### HON. TIMOTHY V. JOHNSON

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. JOHNSON of Illinois. Madam Speaker, I rise today to pay tribute to Charles "Kenny" Hill, one of the hard working employees of the House Wellness Center. Kenny is retiring from duty as a Members' Wellness Center Attendant after 41 years of service to the Architect of the Capitol. He and his wife Carole look forward to enjoying his retirement with their children Lisa, Kenny, and Tony and their grandchildren Christopher, Charlie, Pamela, Tiffany, Elizabeth, Wayne, and Kyle. The Members of the 111th Congress would like to thank you Kenny for all your years of hard work and dedication. You will be missed.

### HONORING URBAN LEAGUE OF LONG ISLAND FOR THEIR EX- TRAORDINARY WORK IN THE COMMUNITY

### HON. STEVE ISRAEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. ISRAEL. Madam Speaker, I rise today to acknowledge a nonprofit organization that serves my district, Urban League of Long Island.

Urban League has demonstrated an overwhelming amount of commitment to serving the Long Island community. My constituents rely on our nonprofits for the vital services they offer. The continuous selfless efforts of those involved with the Urban League of Long Island are admirable.

I am proud to honor Urban League of Long Island for their extraordinary work in the community.

### IN SPECIAL RECOGNITION OF AN- DERSON SHOWMAN ON HIS OFFER OF APPOINTMENT TO AT- TEND THE UNITED STATES MILI- TARY ACADEMY

### HON. ROBERT E. LATTI

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. LATTI. Madam Speaker, it is my great pleasure to pay special tribute to an outstanding young man from Ohio's Fifth Congressional District. I am happy to announce that Anderson Showman of Willard, Ohio has been offered an appointment to attend the United States Military Academy at West Point, New York.

Anderson's offer of appointment poises him to attend the United States Military Academy

this fall with the incoming cadet Class of 2014. Attending one of our Nation's military academies is an invaluable experience that offers a world-class education while placing demands on those who undertake one of the most challenging and rewarding experiences of their lives.

Anderson brings an enormous amount of leadership, service, and dedication to the incoming Class of 2014. While attending Willard High School in Willard, Ohio, Anderson attained a grade point average that placed him in the top ten percent of his graduating class. Anderson was inducted into the National Honor Society, active in Student Council, and was a class officer.

Throughout high school, Anderson was a member of the football, basketball, and baseball teams. He earned varsity letters in those sports and was also an instructor with the Midwest Baseball Camp. Anderson served the community of Willard by assisting with the community's hospital events, the Salvation Army, and the local food bank. I am confident that Anderson will carry the lessons of his student leadership to West Point.

Madam Speaker, I ask my colleagues to join me in congratulating Anderson Showman on the acceptance of his appointment to the United States Military Academy at West Point. Our service academies offer the finest military training and education available. I am positive that Anderson will excel during his career at West Point and I ask my colleagues to join me in extending their best wishes to him as he begins his service to the Nation.

#### FITNESS INTEGRATED WITH TEACHING KIDS ACT

SPEECH OF

**HON. RON KIND**

OF WISCONSIN

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 21, 2010*

Mr. KIND. Mr. Speaker, I rise today in strong support of the bipartisan Fitness Integrated with Teaching (FIT) Kids Act, H.R. 1585, legislation I authored with my colleague, Representative ZACH WAMP. Throughout my time in Congress, I have taken a special interest in ensuring our nation's youth live healthy, active lives. The FIT Kids Act focuses on getting physical education back into schools and has the support of over 50 organizations in addition to bipartisan support in the House.

With one in three children in this country being classified as overweight or obese it is clear that childhood obesity has reached epidemic proportions. Our kids are living increasingly sedentary lives, not enjoying the wonders of the outdoors or being active. As opposed to going outside, they stay indoors, sit in front of the television and play video games. In Wisconsin alone, 25 percent of children watch three or more hours of television a day and 20 percent play video games or use a computer for means other than school work three or more hours per day. The Centers for Disease Control and Prevention recommends that children participate in 60 minutes of physical activity daily. Since kids spend a majority of their time at school, it is clear that schools must be involved as we work to get kids moving.

This is especially true when it is considered that for children ages 9–13, an age that kids

should be at their most active, 61.5 percent don't receive any physical activity outside of school hours. Even more disturbing, only 3.8 percent of elementary schools, 7.9 percent of middle schools, and 2.1 percent of high schools provide daily physical education and 22 percent do not require students to take any physical education. The rise in childhood obesity correlates with the removal of physical education from schools over the past two decades and a decline in routine physical activity.

Of all the deaths from major chronic diseases, 23 percent are linked to sedentary lifestyles that today begin in early childhood. This is backwards; we need to ensure that our nation's youth learn the merits of living active lifestyles starting at an early age, not how to live inactive lives. It is true that you can't have a healthy mind without a healthy body. Study after study have shown that active children perform better on tests and are more focused and driven during the school day. With the advance in technology and the changing society we live in, it may be true that today's kids will never be as active as they were in the past. However, we can provide them with quality physical education that will teach them the immense benefits to living an active life beginning at an early age.

The FIT Kids Act will get kids moving during the day again and help them learn how to live healthy, active lifestyles. The bill will provide information to parents and communities on the amount of physical education being offered in schools measured against the most recent national recommendations. Also, it will require that school districts provide parents with information on healthy living because schools can only solve so much of this problem. This information increases awareness of entire families and communities about opportunities for physical activity and how best to live healthy lives. Providing parents and caregivers with this information is imperative to ensure that they are making healthy choices at home.

In addition to providing information to parents and communities, the bill enacts a National Research Council Study on the types of physical education offered in schools and various and innovative means that schools successfully employ physical education in order to get students active. Additionally, there will finally be a comprehensive study regarding the relationship between cognitive development, academic achievement and physical education and fitness. The cost of the study will be minimal and the benefits substantial. While some studies have indicated that physical activity and education lead to better academic achievement, including a study most recently conducted by the CDC, the study in this bill would provide definitive evidence of the importance of movement and exercise to cognitive development and future productivity.

Lastly, this bill will make available to state education agencies and local education agencies best practices on innovative physical education and physical activity policies and programs at the state and local level while identifying common challenges in implementing physical education and barriers for meeting the DC recommendations for physical education.

I am so proud that the FIT Kids Act made it to the floor today. With all of the great things the First Lady has been doing to stop childhood obesity and all of the historical private and public partnerships that are currently

being formed throughout the country, the timing is perfect for us to address the lack of physical education being provided in schools. I want to give a special thanks to my colleague, ZACH WAMP, for all of his tireless work supporting this bill. I would also like to thank Chairman MILLER for his devotion to the concepts and goals of the FIT Kids Act. The American Heart Association, the National Association for Sports and Physical Education, the American Diabetes Association, and the National Football League with their Play 60 campaign, all support the FIT Kids Act and advocated for its passage.

And, last but certainly not least, I want to thank Richard Simmons. For nearly four decades, Richard has helped millions of Americans lose weight, tirelessly working with overweight adults, teaching them to adopt a lifestyle of balance, moderate eating and exercise. Most recently, he has changed his focus from adults to children, traveling to over 200 schools last year. A leading advocate for the FIT Kids Act, Richard has praised the bill at schools, on television, and at speaking events around the country. His successful grassroots campaign in favor of the bill flooded congressional offices with letters urging support of the bill. As we pass the FIT Kids Act today, it serves as a testament to Richard's tenacious advocacy to make our children healthy again.

The benefits of getting physical activity back into schools are so great that it is something we need to come together and commit to. Routine physical education is a proven way to lower children's body mass index, increase students' attention and attentiveness during the day, and improve kids' academic scores. Let's pass this bill to ensure that we don't continue spending \$147 billion annually on obesity related medical expenses or have more of our population suffer from chronic diseases, harming their quality of life and economic output. We need to commit to providing children with the foundations and knowledge to make healthy choices and live active lives; the FIT Kids Act puts us on the path toward doing this.

#### TRIBUTE TO CAPTAIN RANDY JACKSON, USN

**HON. IKE SKELTON**

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 27, 2010*

Mr. SKELTON. Madam Speaker, it has come to my attention that my friend CAPT Randy Jackson will retire from the United States Navy on June 4, 2010, after three decades of service to our nation. Let me take this means to congratulate Captain Jackson on his well-earned retirement and to thank him for his lifetime of service to the United States and for his many years of friendship.

Born in my hometown of Lexington, Missouri, Captain Jackson received his appointment to the United States Naval Academy and graduated in 1980 with a degree in Systems Engineering. After distinguishing himself in the classroom, Captain Jackson moved across the country to serve aboard the USS *Elliot*, based in San Diego, California.

Over the next 30 years, Captain Jackson showed remarkable adaptability and flexibility as he moved from post to post and job to job