

our differences. He challenged us to speak out against hate and injustice, wherever and whenever we saw it, and to embrace the common elements that unify us all.

Madam Speaker, the Martin Luther King, Jr. National Day of Service and the resolution before us encourages all of us to continue his fight; to make our country a better, more equal place for our children and grandchildren.

This year more than ever, let us recommit ourselves to strengthening our communities and our nation.

Hundreds of volunteers will be participating in service events in Sacramento and communities across the country this coming Monday.

I look forward to doing my part and encourage my colleagues to join me as we honor the life and work of Dr. King, by giving back to our communities and supporting the underlying resolution.

Mr. AL GREEN of Texas. Madam Speaker, I would like to express my support for H. Res. 1002, a resolution honoring the life and work of Dr. Martin Luther King, Jr. which encourages the continued commitment to Martin Luther King, Jr. Day as a national day of service.

Martin Luther King, Jr. Day is a holiday marking the birth of Rev. Dr. Martin Luther King, Jr., which is celebrated on the third Monday of January each year.

President Ronald Reagan declared Dr. King's birthday a national holiday and signed it into law on January 15, 1983. Not only does January 15 mark the day this Civil Rights Leader was born, but it is one of four United States federal holidays to commemorate an individual person in this country.

Dr. King was the chief architect for non-violent activism in the Civil Rights movement, which successfully protested racial discrimination in federal and state law.

During the time of the Civil Rights movement, many challenges and controversies arose, but Dr. King's commitment to democracy, freedom, and equality did not waver.

Dr. King challenged us to give back to a community we have accepted so much from. With his leadership, our nation made great strides against racial discrimination and toward increased civil rights.

It is in the spirit of solidarity that we recognize Dr. King's Day as a national day of service which was first encouraged by Congress in 1994 through passage of the King Holiday and Service Act. On this day, our nation has the opportunity to bond together and serve our local and global community, with no expectation of reward in return. The dream is a special type of service our nation needs. This type of service not only brings our nation together, but it creates an environment of people committed to helping one another achieve the dream.

I urge my colleagues to support H. Res. 1002.

Mr. PLATTS. I yield back the balance of my time.

Mr. KILDEE. Madam Speaker, I yield back the balance of my time.

The SPEAKER pro tempore. The question is on the motion offered by the gentleman from Michigan (Mr. KILDEE) that the House suspend the rules and agree to the resolution, H. Res. 1002.

The question was taken.

The SPEAKER pro tempore. In the opinion of the Chair, two-thirds being in the affirmative, the ayes have it.

Mr. KILDEE. Madam Speaker, on that I demand the yeas and nays.

The yeas and nays were ordered.

The SPEAKER pro tempore. Pursuant to clause 8 of rule XX and the Chair's prior announcement, further proceedings on this motion will be postponed.

SUPPORTING THE INITIATIVES OF CHICAGO WILDERNESS

Mr. KILDEE. Madam Speaker, I move to suspend the rules and agree to the resolution (H. Res. 860) supporting the initiatives of Chicago Wilderness and the Children's Outdoor Bill of Rights, as amended.

The Clerk read the title of the resolution.

The text of the resolution is as follows:

H. RES. 860

Whereas in 2007, the Chicago Wilderness, an alliance of over 240 organizations contributing to the quality of life in Chicago, launched the "Leave No Child Inside" initiative with the goal to get more children outside and to increase the amount and quality of time they spend there;

Whereas unstructured, outdoor play is important for the wholesome, balanced development of the cognitive, emotional, social, and physical skills of children;

Whereas research has demonstrated that outdoor play helps children manage stress;

Whereas it is shown that natural spaces stimulate children's limitless imagination and foster creativity;

Whereas children who connect with nature become more inventive and better problem-solvers due to the hands-on learning that outdoor environments provide;

Whereas participation in summer camp has been shown to increase the self-esteem scores of children from low-income areas;

Whereas hiking and walking activities have been shown to lower high blood pressure, decrease anxiety, and combat obesity;

Whereas being active in outdoor activities, such as fishing, is correlated with reduced Attention-Deficit Disorder symptoms;

Whereas the presence of natural amenities near the homes of low-income urban children is associated with higher levels of cognitive functioning;

Whereas children who grow up spending time in nature are also more likely to be strong advocates for the environment when they reach adulthood;

Whereas the Children's Outdoor Bill of Rights joint resolution passed the State of Illinois; and

Whereas the Illinois General Assembly proclaimed June as "No Child Left Inside Month"; Now, therefore, be it

Resolved, That the House of Representatives—

(1) recognizes and encourages the Children's Outdoor Bill of Rights commitment to "Leave No Child Inside" and fight obesity, physical disorders, and unawareness of natural amenities by promoting quality outdoor activities for children and adults; and

(2) encourages the President to issue a proclamation in support of the goals and ideals of the Children's Outdoor Bill of Rights

The SPEAKER pro tempore (Ms. MCCOLLUM). Pursuant to the rule, the gentleman from Michigan (Mr. KILDEE) and the gentleman from Pennsylvania (Mr. PLATTS) each will control 20 minutes.

The Chair recognizes the gentleman from Michigan.

GENERAL LEAVE

Mr. KILDEE. Madam Speaker, I ask unanimous consent that all Members may have 5 legislative days to revise and extend their remarks and to insert extraneous material on H. Res. 860 into the RECORD.

The SPEAKER pro tempore. Is there objection to the request of the gentleman from Michigan?

There was no objection.

Mr. KILDEE. I yield myself as much time as I may consume.

Madam Speaker, I rise today in support of House Resolution 860, supporting the initiatives of Chicago Wilderness and the Children's Outdoor Bill of Rights.

With more and more children growing up in a world where the Internet, cell phones and video games are at their fingertips, the need for children to play and to explore outside has become even more important. Research has shown that unstructured outdoor play is a key element in the wholesome, balanced development of the cognitive, emotional, social, and physical skills of children.

The Chicago Wilderness, a coalition of over 240 organizations, is committed to adding biodiversity to the Chicago metropolitan area and to creating a better quality of life in the community. Based on the idea that people's lives are improved by a strong connection with nature, the coalition sets out to increase and to diversify public participation in environmental stewardship.

The Chicago Wilderness especially recognizes the value of connecting children to nature. In fact, in 2007, they launched the Leave No Child Inside initiative and the Children's Outdoor Bill of Rights with the goal of increasing awareness and of encouraging more children to explore their outdoor environments.

Getting more children outside enjoying nature, encouraging their curiosity and developing their creativity is essential. Playing outdoors not only helps children learn in new ways to improve academically; it also helps them thrive both socially and emotionally. Studies have shown that outdoor play helps children manage obstacles such as stress, as well as helping them become more inventive and better problem-solvers. Many health risks are also lowered when outdoor activities become a part of a child's daily life, and children who connect with nature have even shown to improve their inner-personal relationships and behavior. In some cases, outdoor activity, something as simple as fishing, has been correlated with reducing the symptoms of attention deficit disorder.

This resolution encourages us all to recognize and to support the Children's Outdoor Bill of Rights—a commitment to fight obesity, physical disorders—and an awareness of natural amenities by promoting quality outdoor activities for both children and adults. This

is a truly worthy commitment. Simple and fun outdoor activities can have a great impact on our Nation's children and families.

Madam Speaker, once again, I express my support of H. Res. 860. I thank Representative QUIGLEY for bringing this bill forward, and I urge my colleagues to support this measure.

I reserve the balance of my time.

Mr. PLATTS. I yield myself such time as I may consume.

Madam Speaker, I rise today in support of House Resolution 860, supporting the initiatives of Chicago Wilderness and the Children's Outdoor Bill of Rights.

I want to commend the sponsor of this resolution, the gentleman from Chicago (Mr. QUIGLEY), for his leadership on this issue.

Most of us here today can remember ample time during our childhoods which was spent outdoors. In fact, to this very day, the child in me still enjoys hikes in the woods and tent-camping. In fact, for my wife, Leslie, and our two boys, T.J. and Tom, some of our most wonderful vacations have been tent-camping in our national parks throughout our great Nation.

Unfortunately, however, many children today do not have these same opportunities. Due to a lack of safe outdoor play areas, an abundance of video games and television time and, unfortunately, little encouragement to play outdoors, many children today do not experience the benefits of outdoor activities.

Research indicates that being active outdoors benefits children in countless ways. Active outdoor play has been shown to help children manage stress, to lower their blood pressure, and to help children develop cognitive skills.

The Children's Outdoor Bill of Rights encourages children to participate in outdoor activities and to explore opportunities—to discover the wilderness, to learn to swim, to follow a trail, and to explore other outdoor resources. The Children's Outdoor Bill of Rights highlights the importance of outdoor activities to the development and nourishment of children.

Our Nation boasts some of the world's most beautiful parks and natural monuments, an array of wildlife not found elsewhere, and abundant natural resources. Certainly, children should be encouraged to take advantage of these unique opportunities and resources.

For most of us, outdoor play was a regular part of growing up. Unfortunately, again, this is not true today. By supporting the Children's Outdoor Bill of Rights, we highlight the importance of children participating in outdoor activities. In doing so, we will bless not just our Nation's children but our Nation as a whole. Again, I am honored to support this resolution, and I urge a "yes" vote.

I reserve the balance of my time.

Mr. KILDEE. Madam Speaker, I yield such time as he may consume to the

sponsor of this legislation, the gentleman from Illinois (Mr. QUIGLEY).

Mr. QUIGLEY. I appreciate the remarks from the gentleman from Pennsylvania, and it bears truth that Philly fans and Cub fans can unite on common goals.

Madam Speaker, earlier this year, the House passed the No Child Left Inside Act, a bill and an initiative I support wholeheartedly. This past summer, following our congressional footsteps, the Illinois General Assembly proclaimed June "No Child Left Inside Month."

The Chicago Wilderness, a network of over 240 organizations statewide, makes giant strides to promote this initiative. The organization works to get more children outside, and it increases the amount and quality of the time they spend there. Children who grow up with an understanding of the land, air and water surrounding them grow into environmentally conscious adults, and it makes them more physically fit.

These individuals are people who are actively involved in efforts to clean, restore, and preserve our precious resources. The Chicago Wilderness knows this, and it works hard to better the lives and communities of everyone in the Chicago-land area. The Chicago Wilderness should be commended and recognized for their efforts to promote environmental literacy and healthy living.

I urge you to join me in support of this resolution on the House floor today. As it is my first resolution, I wish to thank my staff for their efforts.

Mr. PLATTS. Madam Speaker, before I conclude, I would just reference that on a family visit to Chicago this past summer, we think of Chicago as an urban center and city, and what a wonderful city it is, but my boys also had the chance to fish in the Chicago River as part of a City of Chicago fishing program, encouraging just what we're talking about in this resolution, getting kids outdoors and enjoying the activities of the outdoors. The fish they caught in the Chicago River may not have been big, but they still caught some; and they remember that visit very well.

Again, I urge a "yes" vote, and I thank the gentleman from Illinois (Mr. QUIGLEY) for sponsoring this resolution.

Mr. DAVIS of Illinois. Madam Speaker, I wish to take a moment to voice my strong support for a bill offered by the gentleman from Illinois and my delegation colleague, Mr. QUIGLEY. H. Res. 860, supports two key environmental initiatives within Illinois: the Chicago Wilderness and the Children's Outdoor Bill of Rights.

Chicago Wilderness is alliance of public and private organizations dedicated to promoting conservation and strengthening the natural ecosystems of the Chicago region. With over 240 members, the alliance includes government agencies, conservation organizations, scientific organizations, cultural institutions,

schools, universities, and business partners. A few such members with whom I have worked closely over the years include: Blacks in Chicago; the Chicago Park District; the Chicago Botanic Gardens; the Chicago Metropolitan Planning Agency; the Chicago Zoological Society; the Metropolitan Water Reclamation District; and the Village of Oak Park.

Chicago Wilderness has four long-term efforts: The Green Infrastructure Vision initiative promotes the creation and maintenance of green, open spaces; the Leave No Child Inside initiative promotes environmental education and experiences for children and youth; the Restoring the Health of Local Nature initiative engages in active restoration and land management to improve the health of natural areas as well as their plants and animals; and the Climate Change initiative involves examining, making recommendations, and taking action to limit the Chicago area's impact on global climate change.

The Children's Outdoor Bill of Rights is a joint resolution passed by the Illinois General Assembly to establish goals for children to experience nature. The Children's Outdoor Bill of Rights states that every child should have opportunities to "... discover wilderness—prairies, dunes, forests, savannas, and wetlands; camp under the stars; follow a trail; catch and release fish, frogs, and insects; climb a tree; explore nature in neighborhoods and cities; celebrate heritage; plant a flower; play in the mud or a stream; and learn to swim."

Understanding and interacting with nature are positive ways for children and youth to develop their minds and bodies. Outdoor play encourages independent learning and creativity and develops public awareness about the critical, interdependent relationship humans have with nature. As a child, I remember fondly the time I spent outside with my siblings, exploring my rural community, studying animals, and learning about nature. These experiences contributed to my appreciation of and commitment to improving the environment.

I join Mr. QUIGLEY in recognizing the importance of and supporting these two Illinois environmental initiatives—the Chicago Wilderness and the Children's Outdoor Bill of Rights.

Mr. PLATTS. I yield back the balance of my time.

Mr. KILDEE. Madam Speaker, I yield back the balance of my time.

The SPEAKER pro tempore. The question is on the motion offered by the gentleman from Michigan (Mr. KILDEE) that the House suspend the rules and agree to the resolution, H. Res. 860, as amended.

The question was taken.

The SPEAKER pro tempore. In the opinion of the Chair, two-thirds being in the affirmative, the ayes have it.

Mr. KILDEE. Madam Speaker, on that I demand the yeas and nays.

The yeas and nays were ordered.

The SPEAKER pro tempore. Pursuant to clause 8 of rule XX and the Chair's prior announcement, further proceedings on this motion will be postponed.

E.V. WILKINS POST OFFICE

Mr. LYNCH. Madam Speaker, I move to suspend the rules and pass the bill