

Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including obesity, diabetes, hypertension, cancer, depression and anxiety, arthritis, and osteoporosis. The Exercise is Medicine program seeks to reverse that trend. In addition to improving a patient's overall health, increasing physical activity has been shown to be effective in the treatment and prevention of chronic diseases. Beyond the benefits to individual health and quality of life, increased levels of physical activity are associated with lower health care costs, reduced environmental impact and other co-benefits.

Exercise is Medicine is an initiative focused on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Exercise is Medicine is committed to the belief that exercise and physical activity are integral to the prevention and treatment of chronic disease and should be regularly assessed as part of medical care. The U.S. Federal Physical Guidelines and many studies show that 150 minutes per week of moderate-intensity physical activity is required to achieve these health benefits.

During May, communities throughout the U.S. will hold activities that recognize physical activity and exercise—shown to help prevent and treat more than 40 chronic diseases—should be part of everyone's health care plan. Since 2010, Exercise is Medicine Month has been proclaimed by mayors, governors, Congress and the President. Individuals and organizations of all kinds, from youth groups to universities, churches, fitness centers, corporations and hospitals, hold events aimed at keeping people active and healthy.

I urge all Americans to recognize Exercise is Medicine month this May to build, support and advocate for physical activity as essential for global health and wellbeing by committing to action.

REMEMBERING ONE YEAR ANNIVERSARY OF THE SARTELL VERSO MILL FIRE

HON. MICHELE BACHMANN

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mrs. BACHMANN. Mr. Speaker, I rise today in memory of the upcoming one-year anniversary of the tragic Memorial Day explosion and fire at the Verso Paper Mill in Sartell, Minnesota. Jon Maus, a father of four from Albany, Minnesota was tragically killed during the accident. This mill has been a fixture in the community for nearly a century, and its destruction and ultimate closure were devastating for hundreds of employees and their families.

One year later, the community is still working to recover from this setback. While many of the former workers have found jobs elsewhere or have gone back to school, quite a few are still searching for full-time employment. Our heart breaks for their struggle. But remember that when times are tough, Minnesotans band together. It is because of the love, support and friendship within the Sartell community that I know that they will overcome this tragedy.

The Maus Family and all those affected by the explosion and fire remain in my prayers. My staff and I will continue to work with local leaders and community members to make sure that they receive the support they need to get back to work.

NORTH KANSAS CITY SCHOOLS CENTENNIAL

HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. GRAVES of Missouri. Mr. Speaker, please join me in congratulating North Kansas City Schools for celebrating 100 years of providing exceptional education to our youth.

The North Kansas City School District 74 was founded on March 14, 1913. During the district's inaugural year, it employed a principal, an assistant, and taught 32 students in grades one through nine. By 1917, the school district was home to grades 1–12. As enrollment increased, the district voted to build a high school building that was dedicated on January 24, 1926.

After World War II, the district passed bond issues for long-range building programs. The enrollment swelled to 17,273 in 1963 due to the arrival of the baby boomers. Currently, the North Kansas City School District is home to 21 elementary schools, 5 middle schools, and 4 high schools. The newest of these is Staley High School, which was added in 2008.

North Kansas City Schools is a state and nationally accredited school district, and they are known for innovation and excellence. For example, they were the first local school district to provide laptops to their students and offer Apple technology-powered classrooms. They offer outstanding educational programs that no other area school district provides, including the International Baccalaureate Diploma.

Mr. Speaker, I ask that you join me in applauding North Kansas City Schools for celebrating their 100th anniversary of providing extraordinary educational experiences to students in Clay County, Missouri. North Kansas City Schools is a true community partner, and I wish them 100 more years of greatness to come.

RECOGNIZING THE NORTH SYRACUSE FIRE DEPARTMENT'S 100TH ANNIVERSARY

HON. DANIEL B. MAFFEI

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. MAFFEI. Mr. Speaker, I rise to extend my congratulations to the North Syracuse Fire Department on the occasion of its Centennial Celebration. I am honored to join the community in celebrating the Department on this historic occasion.

The North Syracuse Fire Department has changed significantly over the past 100 years. From having just two hand drawn chemical carts, to now operating with over a dozen fire and rescue vehicles, the North Syracuse Fire Department has been able to adapt to the

changing times. The North Syracuse Fire Department Operates out of two stations: Station 1, located at 109 Chestnut Street, and Station 2, located at 70 General Irwin Boulevard, both in North Syracuse, New York.

In 1913, a group of citizens living in the village of North Syracuse presented a petition to the Board of Supervisors of Onondaga County, asking that a fire district be established in North Syracuse. As a result, the North Syracuse Fire Department was founded and began its extraordinary service to the residents of North Syracuse. In 1950, the department moved to its new quarters in the old trolley station at the corner of South Bay Road and Church Street. In 1983, a new building was built on Chestnut Street. This was the first building in fire department history built solely for fire department use.

Despite the dramatic changes that have taken place over the past 100 years, a few things remain the same. The North Syracuse Fire Department continues its mission of Fire Prevention and Education, Fire Suppression, and the prevention of the loss of life. This mission continues that the department shall assist in any disaster, emergency, or occasion for which it is properly equipped. The Fire Department continues to be a central part of life for residents. Furthermore, for 100 years North Syracuse's finest have dedicated themselves to protecting their fellow citizens and making the community a safer place to live.

Mr. Speaker, we are grateful for the extraordinary service that the volunteers of the North Syracuse Fire Department have provided to residents of our community over the past century, and I ask this Honorable Body to join me in congratulating the members and supporters of the North Syracuse Fire Department and wishing them good luck in the next 100 years.

HONORING OFFICERS OF THE ST. PETERSBURG POLICE DEPARTMENT AND THE U.S. MARSHAL'S SERVICE FOR RECEIVING THE CONGRESSIONAL BADGE OF BRAVERY

HON. C. W. BILL YOUNG

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. YOUNG of Florida. Mr. Speaker, I rise today to honor Officer Jeffrey Yaslowitz, Sergeant Thomas Baitinger, Sergeant Karl Lounge, Officer Timothy McClintick, Officer Max McDonald, and Officer Douglas Weaver of the St. Petersburg Police Department and U.S. Deputy Marshal Scott Ley for being awarded the Congressional Badge of Bravery.

The Congressional Badge of Bravery was established to honor exceptional acts of bravery in the line of duty by federal, state, and local law enforcement officers. In award year 2012, only 16 Badges of Bravery were awarded.

On January 24, 2011, Officer Yaslowitz, Officer McClintick, and Marshal Ley attempted to apprehend a violent fugitive in St. Petersburg, Florida.

Officer Yaslowitz and Marshal Ley courageously engaged the suspect, who was hiding in an attic. While attempting to handcuff the suspect, Officer Yaslowitz was shot and killed. Marshal Ley was also shot and severely

wounded. Officer McClintick was able to pull Marshal Ley from the kill zone while coming under fire himself.

Immediately, a Rapid Response Team comprised of Sergeant Baitinger, Sergeant Lounge, Officer MacDonald, and Officer Weaver was formed. Sergeant Baitinger, a Rapid Response Instructor, volunteered to lead the team into the house to rescue of his fellow officers and was fatally wounded.

Officer Weaver dropped his weapon and attempted to recover the body of Officer Yaslowitz, but was driven back by the gunfire and was wounded himself. He then helped Officer MacDonald move Officer McClintick and Marshal Ley to safety. Officer Weaver was then able to move Sergeant Baitinger's body out of the house along with Sergeant Lounge and Officer MacDonald.

On that January evening, it pained me to take to the House floor to inform my colleagues of the tragedy that had occurred. As I stated that day, "This is a sober reminder that the men and women who serve us as law enforcement officers put their lives on the line every day. It is also a good time to say thank you for all those who serve us in uniform at home or abroad."

Sergeant Baitinger and Officer Yaslowitz made the ultimate sacrifice while serving their community and now have their names inscribed on the National Law Enforcement Officers Memorial in Washington, D.C. Marshal Ley, Sergeant Lounge, Officer MacDonald, Officer Weaver, and Officer McClintick all showed tremendous bravery in the line of fire. Because of their selfless actions, these law enforcement officers earned the Congressional Badge of Bravery.

IN HONOR AND MEMORIAM OF STANLEY WILSON, A COURAGEOUS DALLAS FIREFIGHTER

HON. PETE SESSIONS

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. SESSIONS. Mr. Speaker, I rise today to honor the life of fallen Dallas firefighter Stanley Allen Wilson.

Stanley worked selflessly alongside his fellow firefighters and was an exemplary example of steadfast commitment to bettering, protecting and saving lives. When others run away, the brave men and women who serve as our first responders rush in. Stanley Wilson was no different. Responding to a massive six alarm fire, he answered the call of duty and made the ultimate sacrifice to keep our community safe.

Stanley, a lifelong native of Dallas, Texas, was a 1979 graduate of Lake Highlands High School and attended the University of Texas. As a 28-year veteran of the Dallas Fire Department, Stanley served proudly at Dallas Fire Station #53 in Lakewood.

Stanley's life reflected his love for family and community. He was a devout Christian, dedicated husband and father, and a true public servant. Whether it was serving his church community at Park Cities Baptist Church, serving his sons as the quartermaster for Boy Scout Troop 890, or serving the City of Dallas as a firefighter, Stanley held true to his principles and never wavered in his loyalty to those around him.

Stanley Wilson is survived by his wife of 20 years, Jenny and his two sons Noah and Luke.

I am privileged to honor this fellow Boy Scout Leader and commend him for "leaving his campsite better than he found it." Stanley Wilson will be greatly missed. May the peace of God be with those he loved and sustain them through this hour of sorrow.

IN RECOGNITION OF NATIONAL ARTHRITIS MONTH

HON. PATRICK MEEHAN

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. MEEHAN. Mr. Speaker, I rise today in recognition of National Arthritis Month. Arthritis is a disease that affects more than 50 million Americans of all ages including some residents of Pennsylvania's 7th District. Arthritis includes more than 100 joint diseases that can affect the entire body, causing severe pain for many. While questions still remain, I am encouraged by the cutting edge research being conducted on arthritis, particularly at the NIH. Early diagnosis and disease management can help prevent long term pain for individuals living with arthritis and their families. As May draws to a close, let us continue to raise awareness of arthritis, remembering the individuals living with the disease every day.

A TRIBUTE TO WWII VETERAN JERRY LUPTAK

HON. DAVE CAMP

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. CAMP. Mr. Speaker, I rise today to pay tribute to Jerry Luptak, a Michigan resident, a veteran, and a hero of one of World War II's most infamous battles—the "Battle of the Bulge."

Jerry began his military career in the ROTC at Michigan State University. His group was called into duty and assigned to the 36th Infantry division. Upon landing in Italy, he and his unit fought through southern France, advancing the Allied line.

During the Battle of the Bulge, Jerry served as a 2nd Lieutenant in the 131st Field Artillery Battalion. He was positioned as a forward Artillery Observer on a bridgehead on the German side of the river, the very front of the Allied line. From his position in the fourth floor of a building, Jerry saw the enemy advancing with an overwhelming force of troops and tanks. Thinking quickly, Lieutenant Luptak called for his fellow troops to take cover, then called in an artillery barrage on the German advance. Still exposed in his fourth floor position, Jerry put his own life in danger to give the American forces their only chance at avoiding defeat. His quick decision-making and bravery proved successful, and the artillery barrage defeated the German advance.

Lieutenant Luptak was awarded a silver star for his gallantry in action. According to his citation, Jerry "effectively directed artillery fire was of material aid in crushing enemy attacks." This battle was an important stepping

stone in halting the German opposition during World War II.

Jerry's vast combat experience and tactical knowledge provided vital tools to the United States Armed Forces. In addition to his silver star, he also received the American Theater Service Medal, German Occupation Medal, and the European-African-Middle Eastern Campaign Medal.

As Memorial Day approaches, all Americans should remember our brave servicemen and women, like Jerry Luptak, who dutifully and nobly answered the call to service for our nation, and the debt of gratitude we owe to them. On behalf of Michigan's 4th Congressional District, the Members of the Michigan Congressional Delegation, and all Americans, I thank Jerry Luptak for his dedicated and selfless service, and bravery in the face of the enemy.

RECOGNIZING THE DEDICATION AND SERVICE OF CHAPLAIN DAVID L. GIBSON OF NORTH- WEST FLORIDA

HON. JEFF MILLER

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 23, 2013

Mr. MILLER of Florida. Mr. Speaker, I rise today to recognize the dedication and service of Chaplain David L. Gibson upon the occasion of his retirement. Chaplain Gibson is a proud resident of the Gulf Coast, where he is retiring after serving his nation with honor and distinction as Command Chaplain and Protestant Chapel Pastor at Naval Air Station Pensacola.

Chaplain Gibson was born in Mableton, Georgia, and began serving his community at an early age through religious education. He acted as a minister of Youth, Music, and Christian Education at numerous churches, first as an intern and ultimately as director of a tri-city area based in Midland, Michigan. After receiving his Bachelor's degree in Christian Education in 1980 and his Masters in Divinity in 1983, Chaplain Gibson was ordained in July 1984 and commissioned as an officer in the United States Navy.

Chaplain Gibson led his military communities spiritually in posts as Chaplain or Command Chaplain in Naples, Italy; Norfolk, Virginia; Yorktown, Virginia; and Beaufort, South Carolina; before arriving in Pensacola to serve in 1998. While assigned to Naval Air Station Pensacola as the Assistant Department Head of the Naval Education and Training Professional Development Command, he designed and delivered over two hundred professional development courses. For his dedication and exceptional service, Chaplain Gibson was awarded the Navy-Marine Corps Commendation Medal and the Meritorious Service Medal. Following his promotion to Commander in 2003, Chaplain Gibson moved to serve at the Navy Chaplains School in Newport, Rhode Island for three years before returning to Naval Air Station Pensacola. In a further testament to his devotion to education, he earned his Doctorate of Strategic Leadership from Regent University in 2006.

During his career, Chaplain Gibson founded the Applied Suicide Intervention Skills Training Program. Today, this program is the standardized training that all chaplains and other Navy