

Another great attribute of Robert is the long standing commitment he holds to improving his local community. As a Republican Town Committee member, Robert has advocated for improvements to the town of Rockville and Vernon schools. His strong work ethic and willingness to work together is testament to the bipartisan respect Robert won during his time on the Town Council.

Passing his passion for people and civic duty onto the next generation, Robert's son, the Hon. MARK WARNER, who is a graduate of Rockville High School Connecticut, is today the current U.S. Senator for Virginia and was the State's 69th Governor. MARK's outstanding record as governor followed his dad's pragmatic, results-oriented approach.

Lastly Mr. Speaker, Bob Warner is devoted to his family in a way that is an example to us all. He was married to his late wife Margery for decades, and cared for her with help from his son Mark and daughter Lisa for many years. I had the privilege to get a glimpse of Bob's devotion and strength during this difficult time, and he never wavered in his care for his beloved Margery.

Congratulations to the Vernon Republican Town Committee for taking the time to honor Bob and put the spot light of a great American.

Robert Warner is a credit to his community and his country, and I ask my colleagues to join me in recognizing the lifetime dedication of Mr. Warner.

#### RECOGNIZING PORT SAINT LUCIE, FL AS ONE OF THE BEST PLACES TO RETIRE

#### HON. PATRICK MURPHY

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Friday, February 21, 2014*

Mr. MURPHY of Florida. Mr. Speaker, I rise today to acknowledge the City of Port Saint Lucie, Florida for earning the rank as one of the 25 best places to retire in the United States.

For the third time since October, Forbes.com has listed Port Saint Lucie as one of the top places to live or do business, and I am delighted to recognize the recent Forbes.com list that names Port Saint Lucie as one of the 25 best places to retire in 2014.

Forbes cites excellent climate and air quality, lower cost of living, median home price, and low crime rate as their key criteria for the ranking. Just months ago, Forbes selected Port Saint Lucie as one of the best places in the country for business and careers based on education data, job growth, and the lower cost of doing business.

In addition to Forbes, last September, Movoto.com, a national online real estate broker, claimed Port Saint Lucie as number one on their list of the 10 best places to live in Florida based again on the city's low crime rate, cost of living, and housing among other factors.

Port Saint Lucie commands national attention for its incentives for families, entrepreneurs, and international business leaders alike and a perfect balance of warm yet temperate year-round weather. As a major city on the Sunshine State's Treasure Coast in Florida's Eighteenth Congressional district, I am

honored to represent Port Saint Lucie in the United States House of Representatives.

#### MEDICAL CERTIFICATION REQUIREMENTS FOR AIRMEN AND AIR TRAFFIC CONTROLLERS RELATING TO SLEEP DISORDERS

SPEECH OF

#### HON. SHEILA JACKSON LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, February 11, 2014*

Ms. JACKSON LEE. Mr. Speaker, I rise in support of H.R. 3578, a bill to ensure new and revised requirements for screening testing or treatment of airman or air traffic controller sleep disorders.

As the former chair of the House Homeland Security Committee Subcommittee on Transportation Security I am in strong support of this bill. This bill is a commonsense measure to address sleep disorder conditions that airman and air traffic controllers may be experiencing.

Under the bill the Secretary of Transportation can follow consistent acceptable medical standards and practices, to implement or enforce actions that provide for the screening, testing, or treatment; including consideration of all possible treatment alternatives for sleep disorders.

Sleep disorders is a serious matter that requires Congressional action to save lives and improve medical knowledge and best practices to assist those who suffer from a wide range of conditions.

There are 40 million people, or about 5 percent of the population, in the United States who suffer from chronic sleep disorders. It is estimated that sleep disorders cost U.S. employers about \$18 billion in productivity due to sleep loss issues.

Further it is estimated that about 62 percent of all adults in the United States experience sleep problems a few nights each week.

During any year, about 30 percent of all adults suffer from insomnia. In addition, only 29 percent of adults report getting the required amount of sleep each night.

At least 37.9 percent of adults report unintentionally falling to sleep during the day once in the past month. The annual number of fatal car crashes associated with falling asleep at the wheel is 1,550. The number of non-fatal crashes associated with falling asleep is 40,000.

Sleep disorders can occur due to medical conditions such as excessive drowsiness, fibromyalgia or narcolepsy and low thyroid function.

Drowsiness in the context of sleep disorders is more serious than when the average person feels drowsy or sleepy during the day. We can usually deal with that feeling by walking around, consuming a hot beverage or distracting themselves with other mentally stimulating activity.

The excessive drowsiness experienced as a sleep disorder is a feeling of abnormally needing to sleepy during the day. People experiencing excessive drowsiness may fall asleep in inappropriate situations or at inappropriate times.

Fibromyalgia is a common syndrome that can lead to sleep disorders. Fibromyalgia is a

syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues. Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression, and anxiety.

Narcolepsy is more widely known as a nervous system disorder that can cause a sufferer to fall into an uncontrolled sleep nearly instantaneously. The exact cause of narcolepsy is unknown.

In some patients, narcolepsy is linked to reduced amounts of a protein called hypocretin, which is made in the brain. The reason why narcolepsy can lead to less production of this protein is unknown.

Researchers believe that low levels of a protein called hypocretin may be an underlying cause of narcolepsy—a disorder that makes people fall asleep during the day. Pharmaceutical companies are now looking for drugs that will replenish the lost hypocretin.

Emmanuel Mignot, of Stanford University Medical School, California, and his colleagues identified that low levels of hypocretin in patients with narcolepsy, their study appear in the September issue of Nature Medicine.

There is no cure for narcolepsy and symptoms include an uncontrollable desire to sleep during in the day, sudden loss of muscle tone, and paralysis. Narcolepsy is diagnosable as early as aged 15 to 25, and those affected by the disorder must find ways to cope with illness by changing their work and eating habits to achieve a level of normal behavior.

There is far too little research that answers the hard questions about sleep disorders which impact airman and air traffic controllers as well as millions of people in the United States.

I ask my colleagues to join me in support of H.R. 3578.

DR. CAROLYN COLLINS

#### HON. KATHY CASTOR

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Friday, February 21, 2014*

Ms. CASTOR of Florida. Mr. Speaker, I rise today to celebrate Black History Month and to recognize a remarkable leader of the Tampa Bay community, Dr. Carolyn Collins. Her work as a public healthcare advocate, champion of education, and a broadcaster stand as a powerful testament to a lifetime of public service.

After graduating from Howard W. Blake High School in the Tampa Bay area in 1965, Dr. Collins earned a degree in Foods, Nutrition, and Institutional Management from Florida A&M University in 1973. She also earned a Masters of Public Administration degree in Health Services Management and Administration from Golden Gate University in San Francisco, California. Having attained these considerable academic qualifications, Dr. Collins launched a long and successful career.

Dr. Collins has been extremely active in advocacy efforts on behalf of the African American community in the Tampa Bay area. Her involvement in the Hillsborough County chapter of the NAACP stretches back to 1973. She currently serves as the Chapter President. As a Registered and Licensed Clinical Nutrition Specialist, Dr. Collins was a strong advocate for improving public health in the Tampa community. She served as a Clinical Nutrition Specialist for over 34 years at Tampa General

Hospital. In addition to her professional work, she served as chair of the Employment Advisory Committee, serving the interests of over 4,000 employees at Tampa General Hospital.

Dr. Collins has also been an active voice in our community. From 1986 to 1992, she hosted her own television show, "Black Contact," broadcast on the CBS-affiliated WTVT Channel 13. She received the prestigious Creative Excellence in Business Advertising Award for her show.

Dr. Collins has been a strong supporter of improving public education. Since the 1970s, she has been actively involved in the Hillsborough County Head Start Program in a variety of different capacities. She has served as the Parent President in the past and also represented the program as the chair of the Hillsborough County Community Action Agency Board of Directors. Inspired by the powerful effect of her own academic career, Dr. Collins has been active in all levels of the Florida A&M University alumni association for over 35

years. For 7 of those years, she served as Vice President of the National Alumni Association, and afterwards became the president of the association.

Dr. Collins has many honors to her credit, not only in her professional career but also for her outstanding community involvement. Her example is truly an inspiration to all Americans. Mr. Speaker, I join the Tampa Bay community in thanking Dr. Carolyn Collins for her many years of selfless public service.