A three-time national Judo champion, Rhadi was born in Portland Oregon, and earned a football scholarship to Howard University where he also wrestled and ran track. Rhadi won the 2004 U.S. Judo Trials in June and a bronze medal at the 2004 Pan American Games.

Rhadi Ferguson is an academic champion as well, having earned a master's degree in teaching at Howard University with a perfect 4.0 grade-point average, and he is now pursuing his doctorate in education.

Although many consider judo to be very similar to wrestling, the sport has as its origins in the ancient Japanese art of jujutsu, a system of hand-to-hand combat that is more than 2,000 years old.

Dr. Jigoro Kano, the founder of modern Judo, introduced many of the current techniques used today, and he is largely credited with Judo's inclusion in the 1964 Olympic Games. Kano described the sport as ''the way to the most effective use of both physical and spiritual strength. By training you in attacks and defenses, it refines your body and your soul and helps you make the spiritual essence of Judo a part of your very being. In this way you are able to perfect yourself and contribute something of value to the world. This is the final goal of Judo discipline.''

I am proud that one of my constituents, Rhadi Ferguson, has achieved the status of national champion, and I urge my colleagues to join me in congratulating him on his participation in the 2004 Olympic Games.

CONGRATULATIONS TO WISCONSIN FIFTH DISTRICT OLYMPIC MEDAL WINNERS

HON. F. JAMES SENSENBRENNER, JR.

OF WISCONSIN

IN THE HOUSE OF REPRESENTATIVES

Tuesday, September 7, 2004

Mr. SENSENBRENNER. Mr. Speaker, it is with great pride that I take this opportunity to extend my congratulations to four Americans who went to Athens to compete in the 28th Olympic Games last month, and came back as Olympic medal winners. With ties to Wisconsin's Fifth District, they are: Chris Ahrens (Whitefish Bay), Paul Hamm and Morgan Hamm (Town of Waukesha), and Beezie Madden (Bayside).

Winner of the gold medal in the U.S. Men's Eight (rowing), Chris started rowing by going out with his dad to the Milwaukee Rowing Club at 6 years of age. After finishing fifth in the 2000 Olympics in the Men's Eight, Chris retired and took 3 years off. Fortunately for America, in 2003, he changed his mind and returned to the sport to represent his Nation with success.

In the sport of gymnastics, Wisconsin was represented by Olympic gold and silver medal winner Paul Hamm, and his twin brother, Morgan Hamm, a silver medalist. Growing up on a farm in Waukesha, the Hamm twins practiced on makeshift equipment—a pommel horse constructed out of a maple tree, and the upholstery of a car; rings hung up in the attic; a trampoline set up in the barn, and parallel bars made from a stairway railing. This goes to show that you don't need state of the art equipment to create champions—you need heart.

In Athens, Beezie (Elizabeth) Madden was an integral part of the U.S. equestrian team that took the silver medal in Team Jumping. Nicknamed after her great-grandmother, Beezie took her first riding lesson at the age of 3. She got her first horse as a Christmas present when she was 4, and 2 years later, she competed in her first horse show.

Mr. Speaker, I would like to thank all four of these athletes for representing our country with such honor, and congratulate them on their success.

RECOGNIZING PURDUE PHARMA AND LIFETIME LEARNING SYSTEMS FOR THEIR OUTSTANDING WORK

HON. CHRISTOPHER SHAYS

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Tuesday, September 7, 2004

Mr. SHAYS. Mr. Speaker, it gives me great pleasure to recognize the wonderful work of Purdue Pharma, L.P. and the Weekly Reader to educate America's youth on the dangers of prescription drug abuse.

Purdue has partnered with Lifetime Learning Systems, publisher of Weekly Reader, to distribute drug abuse awareness materials, entitled ''Painfully Obvious,'' in selected schools and classrooms throughout the country. Nearly 13,000 middle schools will receive these materials, which include a student discussion guide and a teacher's instructional guide, for distribution to more than 4 million fifth- to eighth-graders. The distribution will cover students throughout the Northeast, South and Midwest.

An estimated 9 million people aged 12 and older used prescription drugs for non-medical reasons in 1999, according to the National Institute on Drug Abuse (NIDA). Also, according to the National Household Survey on Drug Abuse, the sharpest increases in new abusers of prescription drugs occur in 12–25 year olds. NIDA's 2003 Monitoring the Future survey, conducted amongst 8th, 10th and 12th grade high schoolers nationwide, found that Vicodin, a prescription drug, was the second most frequently reported drug used among 12th graders in high school, after marijuana. The same survey also found that 10.5 percent of 12th graders surveyed reported using Vicodin for non-medical reasons and 4.5 percent of 12th graders surveyed reported using OxyContin without a prescription. These statistics indicate a growing problem amongst the nation's teens. Individuals may also visit www.painfullyobvious.com to learn more about this important issue.

A critical first step in the prevention of prescription drug abuse by young people is to equip them with knowledge and information about its potentially devastating effects. America's youth will be in a better position to make the right choices because of this effort.

TRIBUTE TO JANET TRAUTWEIN

HON. MIKE ROGERS

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Tuesday, September 7, 2004

Mr. ROGERS of Michigan. I rise today to pay tribute to Janet Trautwein for receiving the Gordon Memorial Award presented by the National Association of Health Underwriters. Since 1949, The National Association of Health Underwriters have been recognizing individuals that have generously and selflessly given their time and effort to the health insurance industry and the financial protection they provide to millions of Americans.

Janet Trautwein is well deserving of this award. She has served the association well as a staffer, but more notably in her years of uncompensated service as a former agent and active volunteer NAHU member in the state of Texas. Ms. Trautwein has exemplified the character of the Gordon Memorial Award by working hard to better the insurance industry without expecting anything in return.

Mr. Speaker, today, more than ever, volunteers are coveted members of our communities, selflessly giving their precious time and effort for the greater good. I ask my colleagues to join me in recognizing Janet Trautwein for her service and for receiving the Gordon Memorial Award from the National Association of Health Underwriters.

FORT KING

HON. CLIFF STEARNS

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, September 7, 2004

Mr. STEARNS. Mr. Speaker, on Monday, May 10, 2004 Fort King of Ocala, Florida was designated as a national historic landmark in front of 200 guests at the downtown square in Ocala, Florida. Many speakers were present and told of the underlying significance of Fort King, where Osceola fought against the United States, as a key fort in a chapter of American history, the Second Seminole War from 1835–1842. Henry Sheldon, an engineer of Gainesville, Florida, who is a member of the Seminole Wars Historic Foundation, was one of the speakers that evening. Below is his brief account of the historical significance of Fort King:

THE HISTORICAL SIGNIFICANCE OF FORT KING; FORT KING CEREMONY, MAY 10, 2004

(By Henry A. Sheldon)

Imagine standing at this spot in Florida two hundred years ago. Before you would be an immense forest, unbroken except by rivers, prairies, and lakes. It was said that if a squirrel could leap the rivers, it could walk on the tree tops from St. Augustine to Texas.

The sounds were those of the forest—the wind in the pines, the dying crash of a 500 year old mammoth oak, the cry of a hawk in the clouds, or the scream of a panther at the edge of the hammock.

For thousands of years native Americans passed by this spot in pursuit of deer and buffalo. Maybe a hunter sat right where you stand catching his breath as the pursuit continued. Maybe a town stood here. Maybe there were cook fires and children playing over there. The people were dressed in deerskins.

Then one day a different sound was heard in the forest. It was the sound of wagons, and horses and men shouting orders. ''Pull up, veer to the left of that big pine, keep the wagons moving.'' They were soldiers, heading that way—East, toward the giant Silver Spring. They were dressed in blue and white and carried flintlock muskets similar to those used in the French and Indian War, the American Revolution, and the War of 1812. They had orders to build a fort.