

our Nation's security. Skills learned while serving on active duty and carried to the Guard and Reserves will provide for future national and world threats. This small incentive allows departing service members a period of adjustment without worrying about a sudden illness or a health emergency.

It is interesting to note that since September 11, 2001, we have had over 600,000 members of the Guard and Reserves called to active duty. Without the Selected Ready Reserves, our ability to defend against enemies foreign and domestic would be greatly reduced. The strength of our Guard and Reserves has always been those former active duty servicemembers who join their ranks.

Those servicemembers also represent a trained pool of military talent available to serve our Guard and Reserves in a different capacity . . . a citizen patriot. Congress should act quickly to help support our Guard and Reserves by passing this bill. I am proud to sponsor this bill along with the many co-sponsors and encourage you to support this important measure.

RECOGNIZING AMES, IOWA POLICE OFFICER CLINT HERTZ AND LT. JEFF BRINKLEY

HON. TOM LATHAM

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 13, 2008

Mr. LATHAM. Madam Speaker, I rise today to recognize Ames, Iowa Police Officer Clint Hertz and Lt. Jeff Brinkley as recipients of The Sullivan Brothers' Award of Valor for saving another's life by risking their own.

The Sullivan Brothers' Award of Valor Program was established in 1977 to recognize peace officers and firefighters, who while serving in an official capacity, distinguished themselves by performing a heroic act while fully aware of a threat to his/her personal safety. The strict nomination process includes background investigations, and the final determination is made by the Governor of Iowa.

On December 27, 2007, Lt. Brinkley and Officer Hertz responded to a 911 call of a car on fire in the North Grand Mall parking lot. When Lt. Brinkley arrived, he realized the inside of the car was full of black smoke and the back half of the car was in flames. He quickly ran to the car and broke the passenger window, but because of the thickness of the smoke, he was unable to see if there were any passengers inside the car. Officer Hertz then arrived and also ran to the car to check for passengers and found a man trapped inside the car. Officer Hertz then opened the passenger-side door and Lt. Brinkley helped him pull the man to safety. Moments later the car was completely engulfed in flames.

Lt. Brinkley's and Officer Hertz's bravery goes above and beyond what we are asked of as citizens of this country. Their courage illustrates the compassion of Iowans; willing to risk their own lives for the safety of their fellow citizens. For this I offer them my utmost congratulations and thanks.

I commend Lt. Jeff Brinkley and Officer Clint Hertz for their heroism. I am honored to represent them in Congress and I wish them the best in their future service with the Ames Police Department.

INTRODUCTION OF THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS ACT OF 2008

HON. MARK UDALL

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 13, 2008

Mr. UDALL of Colorado. Madam Speaker, today, along with my colleague and co-chair of the Congressional Fitness Caucus, Representative ZACH WAMP, I am introducing the "Physical Activity Guidelines for Americans Act of 2008." If enacted, this bill will make important improvements in the way that we measure and promote health and fitness in our communities.

Health care has become one of the most prominent issues of our time, and coming up with solutions to curb rising costs and address the growing numbers of uninsured Americans will take a great deal of hard work and debate. Whatever our disagreements about the best ways to fix these problems, there are simple principles upon which we can all agree. This bill focuses on one of those simple principles: that exercise makes Americans healthier.

Many of us are familiar with Dietary Guidelines for Americans, a report released every five years by the Department of Health and Human Services and the Department of Agriculture. These are recommendations that help guide the way that physicians and nutritionists talk to their patients and clients about their diets and how to think of healthy food as a way of life. Similarly, HHS also releases a report entitled Physical Activity Guidelines, which summarizes current knowledge about the relationship between exercise and fitness.

I would argue that these publications are of equal importance, as diet and exercise are the pillars of a healthy lifestyle. There is one difference, though, that I believe by fixing we can further promote healthy living for Americans. The difference is this: where Dietary Guidelines is mandated to be updated every five years. Physical Activity Guidelines has no such requirement. Fixing this difference will ensure that Americans have the most up-to-date information about the role and importance of exercise in their lives, just as they do now for their diets.

This bill seeks to accomplish that fix. It would equalize the way that the federal government dispenses information about diet and exercise, and it would benefit ordinary people by giving them relevant information about how to become healthier. As I said, curing all of our health care ills will require a great deal of work, thought, and debate, but I believe that we can get off to a good start simply by helping Americans exercise more and, by staying healthy, go to the doctor a little less. Madam Speaker, I hope my colleagues will join me in supporting this simple measure to help achieve that simple goal.

RECOGNIZING DEBBIE BRACKIN SMITH AS FLORIDA'S SCHOOL-RELATED EMPLOYEE OF THE YEAR

HON. JEFF MILLER

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 13, 2008

Mr. MILLER of Florida. Madam Speaker, on behalf of the United States Congress, it is an honor for me to rise today in recognition of Debbie Smith, Florida's School-Related Employee of the Year.

As the Physical Education Assistant at Shalimar Elementary School, Ms. Smith works with hundreds of children everyday. Expanding upon the opportunities provided by her position, she has constructed several new physical education programs that heighten student exercise. The "Miler Club," a new program in which students earn "toe tokens" for every five miles that they run, promotes athleticism and encourages students towards physical activity. Ms. Smith is also instrumental in the school's Field Day, a day devoted to outdoor activity.

In addition to teaching physical education, Ms. Smith also assists in the classroom. Utilizing small group instruction, she works with students requiring extra attention in reading and math.

Ms. Smith's instruction has unbounded influence. Her dedication and devotion have led countless students to a greater understanding of physical education and fitness. Ms. Smith's outstanding accomplishments have distinguished her as one of the great educators in Northwest Florida, and the Okaloosa County School District is honored to have her as one of their own.

Madam Speaker, on behalf of the United States Congress, I am proud to recognize Debbie Smith on her exemplary service in Northwest Florida.

MARCH: CRIMINAL JUSTICE MONTH

HON. DAVID G. REICHERT

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 13, 2008

Mr. REICHERT. Madam Speaker, I rise in support of H. Res. 945, a resolution that establishes March 2008 as "National Criminal Justice Month."

Prior to joining this body, I worked for 33 years as a member of the King County Sheriff's Office, eventually becoming the elected Sheriff of King County in 1997. I could not agree more with the sentiments of this Resolution and want to personally thank each one of the approximately three million Americans working within our nation's criminal justice system today.

I know a job in the criminal justice system, no matter what it is, can often be thankless and tiring. The pressures of family, life and service can be overwhelming. I also know the physical and mental toughness that is required to perform these duties. However, the excitement of a job well done and the respect given to these heroic men and women outweigh the sometimes unpleasant challenges they face.