

flourished in the years to follow. Additions to the school on the hill came in 1880, 1888, and 1904. Following the westward expansion of Nashville, 92 acres of land was purchased in West Nashville in 1923 and the site of the current campus was established on the feast of St. Cecilia, 1956.

What began with as a small boarding school is now the academic home for over 250 witnesses to the school's belief in the dignity of the individual, made in the image of the Almighty. Grounded in rich academic traditions, St. Cecilia's Academy has four times been recognized by the Acton Institute as one of the top catholic high schools in America. I ask my colleagues to join me in celebrating the sesquicentennial founding of St. Cecilia's Academy as we look with great hope to the next 150 years of excellence in education.

HONORING THE WORK OF THE  
NORTHWEST PHYSICIANS NET-  
WORK FOR RECEIVING THE  
PIERCE COUNTY HEALTH CARE  
CHAMPIONS 2010 BUSINESS  
AWARD

**HON. ADAM SMITH**

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. SMITH of Washington. Madam Speaker, I rise today to honor the Northwest Physicians Network for receiving the Health Care Champions 2010 Business Award for providing excellent health care and treatment for patients.

In 1995, a group of physicians came together under the common goal of providing better and more coordinated health care for their community. With this goal in mind, they created the Northwest Physicians Network. Since its founding, the network has since grown to include over 500 independent physicians and numerous practices rooted in communities throughout the Pacific Northwest. The network strives to offer the best health care possible, starting with building lasting physician-patient relationships.

On May 25, 2010, the Health Care Champions program, a partnership between the Business Examiner and the Pierce County Medical Society, presented the Northwest Physicians Network with the 2010 Business Award. The Health Care Champions recognize the Northwest Physicians Network's Fit Futures Employee Wellness Program and the organization's dedication, exceptional service, and professionalism in medical practice. The award was presented at the Pierce County Health Care Champions annual awards ceremony held at the Tacoma Museum of Glass in downtown Tacoma, Washington.

Madam Speaker, I congratulate the Northwest Physicians Network on receiving the Pierce County Health Care Champions 2010 Business Award and the outstanding work of the entire Northwest Physicians Network staff.

INTRODUCING A BILL TO IMPROVE  
DIABETES SCREENING FOR  
MEDICARE BENEFICIARIES

**HON. LEE TERRY**

OF NEBRASKA

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. TERRY. Madam Speaker, I rise today with my colleagues, Representatives SPACE, CASTLE and DEGETTE, to introduce a bill that will improve diabetes screening for Medicare beneficiaries. The bill we are introducing will direct the Secretary of HHS to review utilization of screening programs and establish an outreach program to improve screening awareness.

According to the American Diabetes Association, a sizeable 32 percent of Americans over the age of 65 have diabetes and of that group, 46 percent remain undiagnosed. In my district alone, 41,000 seniors are living with diabetes. CMS data reflects that only 11.5 percent of Medicare beneficiaries take advantage of diabetes screening benefits. Awareness of screening benefits, diagnosis and early treatment are key components to ensuring that our seniors are healthy and helping to reduce overall costs to health care.

I encourage my colleagues to take a close look at this bill and consider becoming a co-sponsor.

COMMENDING AIR TRAFFIC  
CONTROLLERS

SPEECH OF

**HON. BETTY MCCOLLUM**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, July 27, 2010*

Ms. MCCOLLUM. Madam Speaker, I rise in support of H. Res. 1401, a resolution expressing gratitude for the contributions of the air traffic controllers of the United States.

The women and men who work as air traffic controllers are dedicated to the protection of the flying public. On a daily basis, their work requires quick and skilled reactions to complex and dangerous situations. The safety of our air space is required all day, every day of the year—including holidays. More than 15,600 Federal air traffic controllers, 1,250 civilian contract controllers, and more than 9,000 military controllers are committed to meeting this demand. Air traffic controllers allow all Americans to travel with assurance of safety and speed of travel.

These individuals are quiet heroes deserving of recognition. With continued growth in air travel, the United States must invest in the modernization of our air traffic control system. These dedicated workers require the resources to carry out their mission.

HONORING THE WINNERS AND  
PARTICIPANTS OF THE 2010  
CROSSFIT GAMES

**HON. JOHN SULLIVAN**

OF OKLAHOMA

IN THE HOUSE OF REPRESENTATIVES

*Friday, July 30, 2010*

Mr. SULLIVAN. Madam Speaker, it is with great pleasure that I rise today to honor the

winners and participants of the 2010 CrossFit Games held in Carson, California from July 16 to July 18, 2010.

CrossFit was created in the mid-80s by former gymnast Greg Glassman. When it was first introduced, it was a completely different form of physical training that was developed to enhance an individual's competency at all physical tasks and functional movements in everyday life. Greg Glassman moved to Santa Cruz, California, in 1995, and he and wife Lauren Glassman opened the first independent CrossFit gym there in 1999. Since then, CrossFit has expanded to about 1,900 affiliated gyms worldwide, with each operating as its own independent small business.

While at first, the concepts and training associated with CrossFit seem to be aimed for the elite athlete, military special operations units, police academies and tactical operations teams, the fact that it has grown so much so quickly is a testament to CrossFit's ideology that the needs of the average person, like myself, and the Olympic athlete differ by degree not kind. This is especially important today, when my state of Oklahoma and our nation faces an obesity epidemic that is not only straining our health care system, but causing chronic health conditions like diabetes, heart disease and cancer. The medical benefits, increased self confidence, and stress reduction that can come from athletic activity help contribute to a healthier, more productive Oklahoma and nation.

There is no better test of all around fitness, not focusing on one single type of event, than the CrossFit Games, where multiple and varied workouts are held each day over a three day competition. The workouts over the duration of each day are not announced until a few hours before each event which means that the athletes are training for a competition whose format is almost completely a mystery. One of the workouts in this year's Games was the following:

Event 2a—For time (22 min cap): run 1,200 meters, 63 kettlebell swings (55/36 lbs.), 36 pull-ups, run 800 meters, 42 kettlebell swings (55/36 lbs.), 24 pull-ups, run 400 meters, 21 kettlebell swings (55/36 lbs.), and 12 pull-ups.

Event 2b—Within 90 seconds of completing Event 2a: 1 rep max Shoulder-to-Overhead.

Approximately 4000 men and women initially entered the preliminary events earlier this year to not only competing for a spot in the Games but to challenge oneself. The large number of contenders eventually narrowed down to 45 men and 41 women competing for the claim as the fittest in the world. Every single individual competitor, masters athlete and affiliate team earned the right to compete through old-fashioned hard work and dedication to physical fitness.

I want to congratulate the winners of the individual competition, who can now say they are among the fittest athletes in the world, Graham Holmberg from New Albany, Ohio and Kristan Clever from Sherman Oaks, California. Both athletes not only exhibited great skill, but gut-wrenching effort that ultimately put them on top. They are an inspiration to all that hard work pays off in the end.

I would also like to congratulate the affiliate team winner of the Games, CrossFit Fort Vancouver, as well as the masters category individual competition winners Laurie Carver and Brian Curley.

Finally, I would like to congratulate my hometown gym in Tulsa, Oklahoma, CrossFit