

FoxNews Health recently published a column noting the effectiveness of "hypnosis as therapy for anxiety, stress," wherein it noted that "Hypnosis was birthed from the brains of psychologists and researchers, and . . . it's now making its way back into the mainstream." It recommended the National Guild of Hypnotists (the NGH) as one of two national organizations from which to seek referrals. The following is a news report profiling the organization.

MERRIMACK, NH.—(Marketwire—Jan. 21, 2014)—Change is stressful, even when change comes in the form of beneficial technology and social transformation. Too often, the stress of change manifests as overeating and obesity, smoking, substance abuse, aggression and other negative behaviors. Millions are searching for a non-pharmaceutical solution that is effective, long lasting and causes no side effects. The National Guild of Hypnotists has demonstrated through its longevity and documented results that hypnosis provides proven alternatives for reducing and eliminating many of the negative responses to today's stressful world.

The National Guild of Hypnotists, NGH, is the oldest, largest and most respected professional association of hypnotists in the world. The National Guild of Hypnotists, under the leadership of Dr. Dwight Damon, has been instrumental in raising conscious awareness of consulting hypnosis as a separate and distinct profession. Hypnosis now is recognized in the medical and scientific mainstream and its use and acceptance continue to grow.

Founded in Boston in 1950 and now based in Merrimack, NH. with over 14,000 members worldwide, the National Guild of Hypnotists includes trained, certified hypnotists, doctors, dentists and other health professionals and educators from many fields. An international organization serving members in 80 countries, the National Guild of Hypnotists established a strong universal code of ethics for the profession. In 1994, the National Guild of Hypnotists chartered the rapidly growing National Federation of Hypnotists, Local 104, a Union affiliated with the OPEIU, AFL-CIO, CLC. Those knowledgeable of non-clinical hypnosis universally acknowledge Dr. Damon as "The Father of Consulting Hypnotism as a Separate and Distinct Profession."

The National Guild of Hypnotists established and maintains a rigorous certification program based on a standardized curriculum. Annually, the National Guild of Hypnotists conducts educational seminars around the country and an international convention and educational conference, held in Marlborough, MA, that attracts over a thousand hypnotists. Under the guidance of Convention Director Elsom Eldridge Jr., the convention is the leading and largest venue for the sharing of best practices within the profession. Each year's convention provides a platform for teaching advanced hypnotic techniques and sharing new information and practical developments from leading members of the profession and legislative and legal updates. The most prestigious awards in the profession are presented during the event. The adjunct faculty, recruited from around the world, provides a distinguished nexus for what Dr. Damon describes as, "an open forum for a free exchange of ideas concerning hypnotism."

Dr. Damon says, "As members of the National Guild of Hypnotists, we have accepted the invitation and have risen to the challenge that the actions we have taken over the years, lay the groundwork for our profession to soar beyond all that has been accomplished and even beyond all we can conceive. We rise to the invitation to leave a legacy of excellence."

Respectful of licensed health care professionals, the National Guild of Hypnotists encourages its members to make their services widely available as a complementary adjunct to medical, dental and other licensed health professions. The organization's vision is of a time when a visit to a Consulting Hypnotist will be as routine as a trip to the dentist. Consistent efforts by the National Guild of Hypnotists in fostering professionalism has been the decisive factor in bringing about the recognition of hypnosis as a separate and distinct profession.

The non-profit association publishes The Journal of Hypnotism and the Hypno-Gram quarterly, as informative publications for practitioners and recently introduced Hypnosis Today, an annual magazine created for all readers.

## PERSONAL EXPLANATION

### HON. KAY GRANGER

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 11, 2014

Ms. GRANGER. Mr. Speaker, on roll call no. 557 I am not recorded because I was absent due to a previously scheduled meeting. Had I been present, I would have voted Aye.

## WELCOME, BABY MARY PARKS NATONSKI

### HON. JOE WILSON

OF SOUTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 11, 2014

Mr. WILSON of South Carolina. Mr. Speaker, I am happy to congratulate the former communications director of South Carolina's Second District and now Chief of Staff for RICHARD HUDSON (NC-08) Pepper Pennington Natonski, and her husband Dave, who serves as Chief of Staff for KEVIN YODER (KS-03), upon the birth of their beautiful daughter. Mary Parks Natonski arrived into the world at 7:02AM on Thursday, November 27, 2014. Born at Sibley Memorial Hospital in Washington, DC, Mary Parks weighed eight and a half pounds and measured twenty-one and a half inches long. The Thanksgiving Day baby is the first child for the happy couple. I look forward to watching her grow and have no doubt that her talented parents will be dedicated to her well-being and bright future.

I would also like to congratulate Mary Parks' grandparents, Cass and Cindy Pennington of Orlando, Florida, and General Richard and Barbara Natonski of Woodbridge, Virginia. Congratulations to the entire Pennington and Natonski families as they welcome their newest edition of pure pride and joy!

## CITY OF SUGAR LAND EMPLOYEE DELIVERS RESULTS

### HON. PETE OLSON

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 11, 2014

Mr. OLSON. Mr. Speaker, I rise today to congratulate the City of Sugar Land Risk Manager Norma Martinez for receiving the 2014

Risk Professional of the Year award from the Public Risk Management Association Chapter of Texas.

Martinez's innovative efforts have significantly lowered costs for the City of Sugar Land. As risk manager, Norma decreased the citywide worker's compensations cost by 62% over three years, decreased citywide auto liability costs by 64% over three years, decreased lost city time by 63% over five years, and decreased worker's compensation cost for the fire department by 91% over five years. It's clear that Norma delivers results.

The City of Sugar Land is fortunate to have such a proactive leader in their Human Resources Department. On behalf of the residents of the Twenty-Second Congressional District of Texas, congratulations to Norma Martinez for receiving the 2014 Risk Professional of the Year award.

## REFLECTIONS ON CONGRESS

### HON. SPENCER BACHUS

OF ALABAMA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 11, 2014

Mr. BACHUS. Mr. Speaker, as I prepare to retire after 22 years in the House, I feel as I did when I first walked into this chamber as a freshman—it is an extraordinary privilege to be able to serve and being a U.S. representative is a humbling opportunity I never imagined I might have.

As Members of Congress, we see the Capitol Dome every day and I suspect that none of us ever fails to be inspired by its beauty and what it symbolizes. It is the incarnation of words attributed to Alexander Hamilton: "Here . . . the people govern."

In times of peace and war, prosperity and economic crisis, and social consensus and societal change, America stands unique among nations and in history. The phrase that perfectly explains this is "American Exceptionalism," which I truly believe in. You see it in the leadership that America provides to the world, in the service of our troops and veterans, and in the spirit of our people.

In Congress, I have served with three Presidents and five Speakers and been in this institution for the final years of the collapse of the Soviet Union, the tragedy of the 9/11 attacks, the accounting scandals and later the financial crisis of 2008, and many other historic events. Frequently, the concern expressed in our nation was, "Will we make it through?" Each time, America demonstrated its resilience and the reason for that, in my view, is because of our freedom.

It has been my privilege to serve on three great committees: the Financial Services Committee, the Judiciary Committee, and the Transportation and Infrastructure Committee. My colleagues accorded me the honor of selecting me as Financial Services Committee Chairman, the first to come from my home state of Alabama since Representative Henry B. Steagall in the 1930s. Little did I know that my leadership term on the committee would coincide with the most severe financial crisis to test the U.S. since the Great Depression. During the depths of the financial crisis in the fall of 2008, we worked to prevent a repeat of that catastrophe by stabilizing our weakened banking system; I am proud of my advocacy

of the successful capital purchase program as a solution.

However, if asked about my most satisfying achievement, it would be debt relief. The bipartisan agreement that emerged from Congress and the Clinton and Bush Administrations to provide debt relief to the world's poorest nations has reduced hunger, poverty and disease and lifted tens of millions of children and families from despair to hope. It is an example of what this institution is capable of doing at its finest.

As Dean of the Alabama congressional delegation, I have been honored to be part of a group of House Members and Senators that works across party lines to promote the interests of our state as a whole. Some of the projects that stand out to me are the construction of I-22 and the Northern Beltline, the creation of the Cahaba River National Wildlife Refuge, the location of the National Computer Forensics Center in Hoover, and especially the construction of the Alabama National Cemetery in Montevallo, a shrine to our veterans and their families.

One thing that Members of Congress learn quickly is that their effectiveness is greatly enhanced by a high quality staff. Over the years, I have had many talented and dedicated individuals on my personal and committee staffs. In the past on this floor, I have noted the contributions of Larry Lavender, Warren Tryon, and Gerry Cashin. While time does not permit me to name every staff member, I would like to acknowledge loyal staffers who have been with me during my final year in office: Michael Staley, Tim Johnson, Brett Quick, Philip Swartzfager, Thomas Crockett, Summer Bravo, Brooks McClendon, Katherine Runkle, and Blake Lasuzzo in my Washington office and Christian Sanford, Ethan Vice and Pam Cook in my Birmingham office. Both the institution of Congress and bureaucracy of the federal government are large and complex, and experience matters when you interact with them on behalf of your constituents.

One thing I cannot stress enough is that I would not have been able to achieve anything without the support of my family. My wife Linda is my source of comfort, inspiration, and love. We are blessed with five wonderful children—Candace, Warren, Lisa, Stuart, and Eliott—and seven delightful grandchildren—Christopher, Madeline, Olivia, Rayner, Charlotte, Braden and Lillie. With great eagerness, I look forward to having more time to spend with my beautiful family.

In conclusion, I leave with great respect as well as with an abiding fondness for this institution. A departing hope is that while we vigorously debate policy, as we elected to do, we focus on doing so with respect and civility. My father gave me the advice, "If you can't say anything nice about a person, don't say anything at all." That's not an easy thing to do in politics, but it's a good standard to aspire to. A benefit, I believe, would be an increase in public regard for this legislative body, which is vital in a society where consent comes from the governed. We should strive to make the public proud of their Congress; as Members, we should take personal pride in and honor the tradition of this essential institution.

The people of America look to us for leadership and, in turn, the nations of the world look to America for leadership. This is still President Reagan's beloved "Shining City on the Hill." My hope is that during the time the peo-

ple of Alabama have given me here, brief in the scope of our country's glorious history, I have been able to contribute in some small way to maintaining the Promise of America for our children, grandchildren, and the generations to come.

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HONORING THE COURAGEOUS  
SERVICE AND SACRIFICE OF  
STAFF SERGEANT MATTHEW R.  
AMMERMAN

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**HON. SUZAN W. BROOKS**

OF INDIANA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, December 11, 2014*

Mrs. BROOKS of Indiana. Mr. Speaker, I rise today in tribute of a true American hero, Staff Sergeant Matthew R. Ammerman. Tragically, on December 3, Sergeant Ammerman was killed when his unit came under fire in the Zabul province of Afghanistan. I, along with people from across the United States, stand in eternal gratitude for the dedication, service and sacrifice of this young man.

A native of Noblesville, Indiana, Ammerman joined the Army in July 2004. He was deployed in 2006 to Iraq, where he served for 14 months. In 2009, he served as an assistant gunner, fire team leader and squad leader in Afghanistan. In 2012, he volunteered for the Special Forces and graduated in 2013 as a Special Forces communications sergeant. Sergeant Ammerman again answered the call of duty in late 2014 in support of Operation Enduring Freedom.

His many awards are a testament to the exceptional character of this incredibly talented and immensely brave young man. His accomplishments include the Army Commendation Medal with two Oak Leaf Clusters, the Army Good Conduct Medal, the National Defense Service Medal, the Afghanistan Campaign Medal with Campaign Star, the Iraq Campaign Medal with Campaign Star, the Global War on Terror Service Medal, the Non-Commissioned Officer Professional Development Ribbon, the Army Service Ribbon, the Overseas Service Ribbon and NATO Medal. He also received the Special Forces Tab, the Ranger Tab, the Combat Infantryman Badge, the Expert Infantryman Badge, the Parachutist Badge and the Driver and Mechanic Badge.

Staff Sergeant Matthew Ammerman will forever be remembered as a man willing to pay the ultimate sacrifice to defend the freedoms that we so cherish. However, I know his wife, Emily, and his mother, Susan, will always remember him as a loving husband, and a courageous son. I join all Americans in praying for their comfort in this time of grief and the safe return of all those continuing to protect the United States abroad.

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RECOGNIZING ACHIEVE HUMAN  
SERVICES OF YUMA ARIZONA  
AND THE ABILITYONE PROGRAM

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**HON. PAUL A. GOSAR**

OF ARIZONA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, December 11, 2014*

Mr. GOSAR. Mr. Speaker, I rise today to recognize Achieve Human Services and the

AbilityOne® Program. The AbilityOne Program partners with participating community-based nonprofit agencies that are dedicated to training and employing individuals with disabilities. Organizations like Achieve, located in every state of our great nation, employ nearly 45,000 Americans who are blind or have significant disabilities through this Program.

AbilityOne affiliated non-profit agencies offer people who are blind or who have significant disabilities opportunities to acquire the job skills and training necessary to receive good wages and benefits that ultimately improve their quality of life. The value of these opportunities cannot be overstated as only 21 percent of individuals with disabilities currently have jobs.

Achieve helps Americans with disabilities lead more productive lives, support their families, gain important work experience and share in the same pride that each of us have after an honest day's work. Many of these individuals work in support of our men and women in uniform, doing their part to improve our country and ensure safety and security for us all.

Mr. Speaker, it is with great pleasure that I recognize the AbilityOne Program and to Achieve Human Services. I also want to acknowledge the dedication and commitment of Ms. Carol Carr, the Executive Director of Achieve, and her staff for helping individuals who are blind or have significant disabilities find employment opportunities. Such actions greatly improve the lives of those less fortunate and make our country a better place.

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HONORING THE LIFE OF CARY  
MARIE FAIRCHILD

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**HON. SUZANNE BONAMICI**

OF OREGON

IN THE HOUSE OF REPRESENTATIVES

*Thursday, December 11, 2014*

Ms. BONAMICI. Mr. Speaker, I rise with Congressman EARL BLUMENAUER and Congressman KURT SCHRADER to honor the life of Cary Marie Fairchild, an Oregonian who tragically lost her life as the result of a car accident in October of 2014.

Cary was a force of nature who served her community with kindness, compassion, and joy. Born in New York City, Cary moved with her family, several times before moving to Hammond, Indiana, where she was raised with her three younger siblings. Growing up, Cary was a natural-born leader. She was the center of her family who not only depended on her, but enjoyed the wild ride. Cary graduated from Hammond Morton High School and attended Ripon College, studying language abroad in Lausanne, Switzerland. Cary graduated with honors from Indiana University and went on to receive her Masters in Psychology from Valparaiso University. She also completed the course work required for a Doctorate in Clinical Psychology at the Illinois School of Professional Psychology in Chicago.

After high school, Cary married Terry Luchene. They had two children, Aaron and Ann. Cary was a very devoted mother who adored her children and her grandson, Logan.

Cary met Jim, her husband of over 30 years, when they both worked as therapists in the same mental health center in Valparaiso. In 1989, they moved to Oregon. They sold everything that didn't fit into a rental truck and