

# EXTENSIONS OF REMARKS

## RECOGNIZING VERONICA CHRISTIANSEN

### HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 5, 2003

Mr. GRAVES. Mr. Speaker, I proudly pause to recognize Veronica Christiansen, a very special young woman who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Girl Scouts of America, troop 472, and in earning the most prestigious honor of the Gold Award.

The Girl Scout Gold Award is the highest achievement attainable in girl scouting. To earn the Gold Award, a scout must complete five requirements, all of which promote community service, personal and spiritual growth, positive values, and leadership skills. The requirements include: 1. Earning four interest project patches, each of which requires seven activities that center on skill building, technology, service projects, and career exploration, 2. Earning the career exploration pin, which involves researching careers, writing resumes, and planning a career fair or trip, 3. Earning the Senior Girl Scout Leadership Award, which requires a minimum of 30 hours of work using leadership skills, 4. Designing a self-development plan that requires assessment of ability to interact with others and prioritize values, participation for a minimum of 15 hours in a community service project, and development of a plan to promote girl scouting, and 5. Spending a minimum of 50 hours planning and implementing a Girl Scout Gold Award project that has a positive lasting impact on the community.

For her gold award project, Veronica refurbished and painted a playground.

Mr. Speaker, I proudly ask you to join me in commending Veronica Christiansen for her accomplishments with the Girl Scouts of America and for her efforts put forth in achieving the highest distinction of the Gold Award.

## HEART DISEASE IN AMERICA

### HON. JOE BACA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 5, 2003

Mr. BACA. I would like to take the opportunity to thank Congresswoman JULIA CARSON for helping bring awareness to heart disease. Heart disease is America's number one cause of death. That fact alone is distressing but coupled with the fact that many cases of heart disease are preventable makes the issue catastrophic. Approximately 108 million Americans are overweight. 44 million are obese. This nation has got to do better about taking care of our health not only for our own lives, but also for the lives of our children.

Children in America are learning bad habits. They are not being exposed to the proper

diets or the necessary physical activity. Too often children sit idle throughout a school day and then return home to once again sit idly in front of a TV playing a video game. We need to learn the lesson that stimulation of the muscles and body are just as important as stimulation of the mind. Cases of heart disease will only continue to increase until we make a conscious effort to offer better nutrition in schools, access to health education, and more access to physical activity.

This month is American Heart Month and the American Heart Association wants us all to learn the warning signs of a heart attack, because so often people ignore the signs and the situation becomes fatal. This message is important and we should help bring more attention to this life saving information. However, we should not rely on warning signs alone to save our lives. Prevention is essential.

Heart Disease is not an issue that can be ignored by certain segments of the population. It is not a Caucasian disease, an African-American disease or a Latino disease. It is a disease that affects everyone! It is the leading cause of death for all Americans! That is why we must all come together to make a change collectively!

## TRIBUTE TO THE LATE BOB BILLINGS OF LAWRENCE, KANSAS

### HON. DENNIS MOORE

OF KANSAS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, March 5, 2003

Mr. MOORE. Mr. Speaker, on February 13th the city of Lawrence, Kansas, lost one of its most influential and visionary leaders with the death of Bob Billings.

The leading developer in Douglas County, Kansas, Bob Billings, more than any other individual, was responsible for the growth and development of suburban, west Lawrence. Most notably, he designed and developed the Alvarado development: more than 3000 acres of residential and commercial property, a nationally recognized public golf course and a country club complex.

Mr. Speaker, I am placing into the RECORD two articles concerning Bob Billings from The Lawrence Journal World: his obituary, and an article describing his recent memorial service. I join with Bob Billings' many friends and business colleagues in mourning his passing and in expressing deep sympathy to Beverly Billings for the loss of her husband.

[From the Lawrence Journal-World, Feb. 14, 2003]

ALVAMAR DEVELOPER DIES; FRIENDS RECALL  
"VISIONARY" DEEDS  
(By Ann Gardner)

Bob Billings, a Kansas University alumnus who changed the face of Lawrence with his work as a developer, philanthropist and community leader, died Thursday at home. He was 65.

As President of Alvarado, Inc., Billings helped lead the development of thousands of

acres in west Lawrence. As a student athlete at Kansas University, he was a player on the 1957 Jayhawk basketball team that made it to the NCAA championship game. And as a man, friends and business associates said Thursday, his optimism and humanity touched many lives.

His most obvious legacy, though, is the development Billings created in partnership with Realtor John McGrew and Mel Anderson. Alvarado encompasses more than 3,000 acres of residential and commercial property, a nationally recognized public golf course and the Alvarado Country Club complex.

"There is a quality of life around here that would not exist if he had not been the active, optimistic, visionary, enthusiastic person he was," McGrew said. "Bob was the best, the absolute best in just about everything. . . . I think history will say that Bob was one of the major influences for good in this area and the state."

Douglas County Administrator Craig Weinaug remembered Billings as different from many developers. "In negotiations with developers or somebody in the development business, normally you have to be very careful, to be sure the public interest is protected.

"With Bob, he'd often be pointing out to us the things we needed to do to protect the public interest, often to his own detriment. He was a man with an incredible amount of integrity and with an incredible love for Lawrence, and the physical evidence of that will be permanently with us through the things he accomplished."

Funeral arrangements are pending at Warren-McElwain Mortuary.

Billings was raised in Russell, where he grew up in a house across the street from the home of Bob Dole, the future senator.

At Russell High School, Billings was a student leader and athlete. He was president of the high school student council and a delegate to Kansas Boys State. He also played basketball, football and ran track all four years in high school. As a senior in 1955, he was co-captain of the football team and was named the Kansas High School Basketball Player of the Year.

Billings came to Lawrence that fall to attend Kansas University. He stayed to become one of the city's most active community leaders.

At the university, he was a guard and played with Wilt Chamberlain on the basketball team that battled for the national championship. He was student body president, president of his fraternity and a member of Phi Beta Kappa.

His leadership at KU and in the community brought him many honors, including KU's Distinguished Service Citation in 1988 and the KU Alumni Association's Ellsworth Medallion in 1984. His honors in the community included the 1989 Leadership Lawrence Don Volker Award for community leadership, the Lawrence Chamber of Commerce Citizen of the Year award in 2002 and Kansan of the Year award from the Native Sons and Daughters of Kansas in 1989.

In addition to Alvarado, Billings was the developer of Oread West Corporate and Research Park and served on a number of corporate boards, including American Investors Life Insurance, Kansas Public Service, Reuter Organ Co. and University State Bank.

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