

our Queen of Salsa, so that her legacy may live on for generations to come.

**BUD SHUSTER PROMOTES
WELLNESS**

HON. TIM MURPHY

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 31, 2009

Mr. TIM MURPHY of Pennsylvania. Madam Speaker, our former colleague, Bud Shuster has taken on a new challenge to promote wellness through his central Pennsylvania region. As a trustee at Saint Francis University in Loretto, PA, he's spearheading the creation of Community Wellness Fairs through the exciting new DiSepio Institute for Rural Health and Wellness located at the university.

The extraordinary story of Bud's survival and recovery from a broken neck and other injuries suffered in a car crash several years ago recently appeared in the Altoona Mirror, and I'm pleased to insert it into the RECORD:

RUN FOR YOUR LIFE

(By Congressman Bud Shuster, M.C. (Ret.))

Twenty-seven years ago on my way to a Rotary speech in Altoona a speeding car swerved around the bend on a rain-slicked road and smashed head-on into our car where I was a front seat passenger. The crash broke my neck and six ribs. The neurosurgeon who put me back together said I was less than a millimeter away from being a paraplegic. If I had not been wearing my seatbelt I would have been killed.

He also said if I had not been in shape through my daily running and weightlifting regimen, I might not have survived the multiple, lengthy, and delicate surgeries required.

But within a year I was back running and working out, and now in my seventies, I'm still feeling great, running and working out every day.

So it's probably no surprise that I'm thrilled to participate in a wonderful new opportunity that is being created to promote our health and well-being right here in our region.

The DiSepio Institute for Rural Health and Wellness will be formally dedicated next month at Saint Francis University in Loretto, Pa. as part of the university's Health Sciences Program thanks to the generosity of Joseph and Marguerite DiSepio, with whom I have the privilege of serving on the Board of Trustees.

The multi-million dollar institute, designed by the architectural firm of Celli-Flynn Brennan, and being built by Leonard S. Fiore, Inc., is dedicated to improving medical technology and wellness opportunities, not only on campus, but also throughout the region and across America. It includes a world-class fitness center for training, teaching and research, as well as human performance, cardiovascular-metabolic, and kinesiology/biomechanical labs. A Faculty-Student Practice in health and behavioral sciences, along with a conference center and spiritual wellness center also are included. In short, it will be a premier facility of its kind in America.

The challenge now is to capitalize on this wonderful endeavor by carrying its message to promote a healthy lifestyle throughout the communities of our region.

So, the university in cooperation with private funding is creating "The Bud Shuster Run For Your Life Program" to which I have happily agreed to lend my name and effort.

The purpose will be to take the program into our communities, our schools, service clubs, senior centers, health facilities and other organizations to promote wellness through gatherings and events including running, jogging, walking and other fitness challenges, coupled with health screenings such as blood pressure, asthma, body fat, posture, etc.

But a fitness program is only half the wellness story. Dr. Kenneth Cooper, considered the father of aerobics, writes that no amount of exercising can make up for bad nutrition or obesity. A cholesterol reading of 240 triples your odds of having a heart attack compared to a reading below 200, and a systolic blood pressure of 160 quadruples the chance of a heart attack compared with one below 120. At his Cooper Clinic in Dallas, Texas, he focuses on a lifetime "Positive Eating Plan" or PEP. There's nothing fancy about it, and the Saint Francis Wellness Program pretty much follows it: limiting animal fats, sugar, alcohol, and paying attention to calories. It's taken me half a lifetime to find, through trial and error, a PEP plan that works for me, and hopefully the Saint Francis Wellness Program can work for you.

We're delighted that the Hollidaysburg Area YMCA, under the leadership of Tom Kopriva, has agreed to team-up with us for the inaugural Community Wellness Fair on Saturday, April 25th at the Hollidaysburg Y.

Starting with the race at 8 AM, it will be a fun-filled day to promote healthy kids and families. Professionals from the university's DiSepio Institute for Rural Health and Wellness will be providing health screenings and sessions including healthy eating, sports injury prevention and physical activity recommendations. A healthy Kids Day will include sports activities led by the university's football, basketball and soccer teams.

I'm thrilled to provide a friendly challenge to young and old alike—to join me on Saturday, April 25th, in running or walking and participating in this exciting Community Wellness Fair. There will be prizes for everyone. But the best prize will be a long and healthy life.

**HONORING REMEDIOS DIAZ-
OLIVER**

HON. MARIO DIAZ-BALART

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 31, 2009

Mr. MARIO DIAZ-BALART of Florida. Madam Speaker, I rise today to honor a true professional, entrepreneur and a woman who has broken barriers in the business world as the only female Floridian to sit on the Board of Directors of three Fortune 500 companies simultaneously, Remedios Diaz-Oliver.

After leaving Cuba in 1961 seeking freedom, Remedios started a new life in the U.S. working during the day and attending school at night. She dedicated her career to learning the business of importing, exporting and trade and later went on to open her own business. In 1991, she founded All American Containers, Inc., a company she built from the ground up. Today she is President and CEO, oversees 167 employees and sales of up to \$105 million, and takes on full administrative and financial responsibilities. Her lifelong partner and husband Fausto Diaz-Oliver stands by her side and serves as COO. Her son, daughter and granddaughter also work in the business.

Remedios has made All American Containers, Inc., a leading supplier of glass, plas-

tic and metal containers with operations in Miami, Tampa, Atlanta, Dallas, Puerto Rico and Mexico and a network spanning across the globe to Central and South America, the Caribbean, Europe, Asia, Africa, Australia and New Zealand. Her clients include companies such as McCormick, Schering, Pepsi Cola, Coca Cola and Seven-Up.

She is a pioneer in the packaging industry and has served on the Board of Directors for Avon Products, Inc. and Barnett Bank (Bank of America). Prior to starting her own business, she was President of the Association of Exporters, Freight Forwarders and Manufacturers of Greater Miami and of Emmer Importing & Exporting, Inc. She has also been a member of the National Advisory Council of the Small Business Administration and the National Hispanic Leadership Agenda. In 1988 she was appointed as a member of the Advisory Board for Trade Policy, Negotiations and International Policy for the President of the United States and again in 1992.

Remedios keeps strong ties to the community she serves and her civic involvements include the Round Table, the Cuban Liberty Council, the United Way and the Public Health Trust.

As we celebrate Women's History Month, I ask that you to join me in congratulating Remedios Diaz-Oliver, an exceptional business woman, wife, mother and friend who is proof that in America anything is possible. Many say it's a man's world, but in the words of Remedios herself "it was a man's world."

**NATIONAL PAIN CARE POLICY ACT
OF 2009**

SPEECH OF

HON. SHEILA JACKSON-LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Monday, March 30, 2009

Ms. JACKSON-LEE of Texas. Mr. Speaker, I rise today in strong support of H.R. 756, the "National Pain Care Policy Act of 2009." I would like to thank Congresswoman LOIS CAPPs from California for this important health care legislation.

BACKGROUND

This legislation requires the Secretary of Health and Human Services to seek an agreement with the Institute of Medicine to convene a Conference on Pain that:

(1) Increases the recognition of pain as a significant public health problem in the United States;

(2) Evaluates the adequacy of assessment, diagnosis, treatment, and management of acute and chronic pain;

(3) Identifies barriers to appropriate pain care; and

(4) Establishes an agenda to reduce such barriers and significantly improve the state of pain care research, education, and clinical care in the United States by allowing the Secretary to enter into an agreement with another appropriate entity if the Institute of Medicine declines.

This legislation will also amend the Public Health Service Act to require the Director of the National Institutes of Health (NIH) to continue and expand, through the Pain Consortium, an aggressive program of basic and clinical research on the causes of and potential treatments for pain.