

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.

The Secretary will be required to establish the Interagency Pain Research Coordinating Committee to:

(1) Develop a summary of advances in federal pain care research relevant to the diagnosis, prevention, and treatment of pain and diseases and disorders associated with pain; and

(2) Identify critical gaps in basic and clinical research on the symptoms and causes of pain.

Most importantly, it allows the Secretary to provide for education and training to health care professionals in pain care including the requirement to establish and implement a national pain care education outreach and awareness campaign to educate consumers, patients, their families, and other caregivers.

GENERAL

The American Pain Foundation provides its members and the public with several tips to dealing with pain relief, they advise pain sufferers to be active in their pain management.

Sufferers should not be afraid to speak up. Only you know the extent of your pain and how it affects your quality of life.

Knowledge is power. There are a variety of drug and non-drug therapies (e.g., physical therapy, yoga, meditation) available to effectively control pain; these are typically used in combination. People need to ask their healthcare providers about ways to relax and cope with pain.

Tell your provider what over-the-counter medications, vitamins and supplements you take, at what dose and how often. Also let him or her know about other personal health habits (e.g., smoking tobacco, alcohol use), which can interfere with some pain treatments and increase pain levels.

Write down questions you have before each appointment, and tell your provider(s) if there is something you don't understand and bring a relative or friend to the appointments for support.

It is often the little things that make all the difference in pain management. I urge my colleagues to remember that everyday persistent pain can interfere with people's enjoyment of life. It can make it hard to sleep, work, socialize with friends and family and accomplish everyday tasks. When your ability to function is limited, you may become less productive. People find themselves avoiding hobbies and other activities that normally bring them happiness in order to prevent further injury or pain. Ongoing pain can cause you to lose your appetite, feel weak and depressed. This legislation provides more resources to manage their pain and reclaim their life.

VETERANS' COMPENSATION COST-OF-LIVING ADJUSTMENT 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. Madam Speaker, I stand in support of our veterans and in support of H.R. 1513, the Veterans' Compensation Cost-of-Living Adjustment Act by my colleague from Arizona, Representative ANN KIRKPATRICK, and the Members of the Veterans' Affairs Committee.

Congress annually reviews veterans' service-related disability compensation, and other compensation programs for surviving spouses and dependent children to ensure that such benefits provide reasonable and adequate compensation. This year, the Department of Veterans Affairs estimates that it will provide disability compensation to just over three million veterans with service-related disabilities.

Importantly, H.R. 1513 would increase the amounts paid to veterans for disability compensation and to their survivors for dependency and other compensation by the same cost-of-living adjustment payable to Social Security recipients. The increase would take effect on December 1, 2009.

We, as Members of Congress, must stand together to support our veterans and their families. Our nation has a proud legacy of appreciation and commitment to the men and women who have worn the uniform in defense of our country. We must be united in seeing that every soldier, sailor, airman, and marine is welcomed back with all the care and compassion this grateful nation can bestow to them and to their supportive families.

I firmly believe that we should celebrate our veterans after every conflict, and I remain committed, as a Member of Congress, to both more than 32,000 veterans living in my Congressional district alone. I hope we will all take the time to show appreciation to those who have answered the call to duty. As the former British Prime Minister Winston Churchill famously stated, "Never in the field of human conflict was so much owed by so many to so few."

Madam Speaker, I encourage my colleagues to join me in supporting our troops of yesteryear and of today, as well as their families, by providing for this cost-of-living increase.

EXPANDING VETERAN ELIGIBILITY FOR REIMBURSEMENT IN NON-VA FACILITIES

SPEECH OF

HON. SHEILA JACKSON-LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Monday, March 30, 2009

Ms. JACKSON-LEE of Texas. Madam Speaker, I stand in support of our veterans and in support of H.R. 1377, to amend title 38, United States Code, to expand veteran eligibility for reimbursement by the Secretary of Veterans Affairs for emergency treatment furnished in a non-department facility and for other purposes by my colleague from California, Representative BOB FILNER and the Members of the Veterans' Affairs Committee.

H.R. 1377 would require the Department of Veterans Affairs to pay for emergency care that certain veterans receive at non-VA medical facilities or to reimburse veterans if they have paid for that care. Specifically, veterans with non-service-connected conditions whose third-party insurer does not cover the full cost of care would be reimbursed.

The bill also permits the VA to reimburse veterans for emergency treatment that was provided prior to the date of enactment. Under current federal law, the Department of Veterans Affairs has the authority to reimburse certain veterans or pay for emergency treat-

ment of a non-service connected condition if the VA is the payer of last resort. However, the VA currently does not pay for emergency treatment for non-service connected conditions in facilities outside the VA system if a veteran has third-party insurance that pays for any portion of the medical cost. H.R. 1377 would make these veterans eligible for reimbursements from the VA.

I have been a strong advocate of supporting our veterans. We are providing for our veterans with legislation such as:

H. Res. 234—which would designate a "Welcome Home Vietnam Veterans Day."

H. Res. 1054—Honoring the service and achievements of women in the Armed Forces and female veterans (Rep. DAVIS (CA)—Armed Services).

H.R. 2790—To establish the position of Director of Physician Assistant Services within the office of the Under Secretary of Veterans Affairs for Health as amended (Rep. HARE—Veterans' Affairs).

H.R. 3889—To require the Secretary of Veterans Affairs to conduct a longitudinal study of the vocational rehabilitation programs administered by the Secretary (Rep. BOOZMAN—Veterans' Affairs).

H.R. 5554—Veterans Substance Use Disorders Prevention and Treatment Act of 2008 (Rep. MICHAUD—Veterans' Affairs)—Passed.

H.R. 5664—To direct the Secretary of Veterans Affairs to update at least once every six years the plans and specifications for specially adapted housing furnished to veterans by the Secretary (Rep. RODRIGUEZ—Veterans' Affairs).

Currently, there are over 25 million veterans in the United States. There are more than 1,633,000 veterans living in Texas. According to the Texas Veterans Commission, there are 197,030 veterans in Harris County. In the 2007 fiscal year health care costs in the 18th district of Texas were over \$80,000.

Madam Speaker, I encourage my colleagues to join me in expanding Title 38 for reimbursement of emergency care in non-department facilities for veterans.

SUPPORTING COLORECTAL CANCER AWARENESS

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. Con. Res. 60, supporting the observance of Colorectal Cancer Awareness Month. I want to thank my colleague from Texas, Representative KAY GRANGER.

This important legislation recognizes the devastating effects of colorectal cancer, which kills 49,960 Americans each year, and raises awareness regarding the realities and severities of this disease.

Colorectal cancer includes both colon and rectal cancer and is the second most common cause of cancer deaths for both men and women within the United States. This form of cancer does not discriminate between men and women, race and ethnicity, while the rates of diagnoses are slightly higher among the African America community.