

Caleb Power Young Marine Unit in the First District of Virginia to promote Red Ribbon Week. Their efforts in this national drug prevention campaign are impressive. The work these young men and women are doing is vital to our community and shows their commitment to making our schools, cities, counties, Commonwealth and Nation drug free. I am proud to represent the First District of Virginia, where young women and men are striving to make our communities better.

The Young Marine Program is a drug demand reduction program for children ages 8 through the completion of high school that instills the Corps values of teamwork, leadership, and discipline. The mission of the Young Marines is to positively impact America's future by providing quality youth development programs for boys and girls that nurtures and develops its members into responsible citizens who enjoy and promote a healthy, drug free lifestyle.

Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives, with the ultimate goal being the creation of a drug free America.

The Fredericksburg unit of the Young Marines is named after Lance Corporal Caleb John Powers, a Fredericksburg resident and former Young Marine who joined the United States Marine Corps and was killed in action in Iraq in 2004.

Mr. Speaker, I ask my colleagues to join me in thanking these Young Marines and their families for their dedication to improving this great Nation.

HONORING RITA BROCK-PERINI

HON. KYRSTEN SINEMA

OF ARIZONA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 20, 2013

Ms. SINEMA. Mr. Speaker, I rise today to ask that my colleagues join me in honoring Rita Brock-Perini on her induction into the Arizona Veterans Hall of Fame. This accolade is reserved for the men and women in community who have unceasingly served their country after the conclusion of their active duty.

Capt. Brock-Perini epitomizes what this honor stands for. After being raised in a formerly rural region of Arizona as one of ten children, she pursued higher education in nursing at St. Joseph's School of Nursing and Arizona State University. During the Vietnam War, she answered her nation's call for service and enlisted in the Air Force Nurse Corp until 1971. Afterwards, she investigated medical fraud for the U.S. Department of Health and Human Services until her retirement in 2003. Today, Capt. Brock-Perini has continued her career in service in a plethora of ways. She is a commissioner on the Phoenix Military Veterans Commission, the Vice President of the Veterans Medical Leadership Council, and a judge advocate for the American Legion. Additionally, she has worked with NPR and the Veterans History Project to share her unique story with generations to come.

From these accomplishments, it is clear that Rita Brock-Perini has dedicated her life to superior citizenship. I am privileged to represent her in congress. I ask my colleagues to join me in congratulating her on her induction to the Arizona Veterans Hall of Fame, and in thanking her for all she has done for her country and fellow veterans.

NATIONAL DIABETES AWARENESS MONTH

HON. CHARLES B. RANGEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 20, 2013

Mr. RANGEL. Mr. Speaker, the month of November has been set aside to focus the nation's attention on one of the most chronic and debilitating diseases in the nation—Diabetes. It is estimated that the national cost of diagnosed diabetes in the United States is \$245 billion. Diabetes is a challenging disease that affects the entire family in many ways, which is why the theme for 2013 National Diabetes Month is Diabetes is a Family Affair.

The theme reinforces the work of National Diabetes Education Program and its work with individuals, families and communities to take action and encourage simple, but important lifestyle changes to improve their health—particularly if they have diabetes or are at risk for the disease. Raising awareness and understanding of diabetes, its consequences, management and prevention of Type II Diabetes are important elements in this month's effort.

Diabetes is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin. If left undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, blindness, kidney disease, stroke, amputation and even death. With early diagnosis and treatment and lifestyle changes, people with diabetes may prevent the development of these health problems.

Nearly 26 million children and adults in our country suffer from diabetes. Another 79 million people have pre-diabetes and are at risk for developing Type II Diabetes. Unfortunately, the occurrence of diabetes is at least two to four times higher among minority women compared to white women.

An estimated 1.3 million adult New Yorkers (almost one in eight) now have diabetes. A record number of New Yorkers, approximately 5,695 people, died from diabetes and related causes in 2011—about one death every 90 minutes, 16 deaths every day. These numbers are so staggering that diabetes has been declared an epidemic by the NYC Health Department. For too many Americans, diabetes is thought of as a minor hindrance, rather than a life-changing disease.

Diabetes is 24/7, 365 days a year and it takes extraordinary efforts to live an ordinary day with diabetes.

I am committed to educating the public about how to stop diabetes and support those living with the disease. I applaud the efforts of the New York Chapter of the American Diabetes Association and other diabetes support

and education programs, including St. Lukes/Roosevelt Endocrine Clinic, Mt. Sinai Endocrinology, Naomi Berrie Diabetes Center, Montefiore Conical Diabetes Center and North Bronx Health Care Network for their continued service to the residents of the 13th Congressional District.

As a proud cosponsor of the Eliminating Disparities in Diabetes Prevention, Access and Care Act, aimed to promote diabetes research, treatment and prevention in minority populations, I will continue supporting the issues surrounding diabetes and the many people who are impacted by the disease."

TRIBUTE TO SENATOR RICHARD LUGAR

HON. LUKE MESSER

OF INDIANA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 20, 2013

Mr. MESSER. Mr. Speaker I rise today to congratulate former Senator Richard Lugar of my home state of Indiana. Senator Lugar received the Medal of Freedom today from President Obama at a ceremony at the White House.

Few other political leaders in our state's history have rivaled Senator Lugar's accomplishments during his over 40 years of service to Indiana. His work as the chairman of the Agriculture Committee and support for biofuels research has helped Hoosier famers and brought jobs to rural Indiana. Senator Lugar is recognized around the world for his work on stopping the proliferation of weapons of mass destruction. In 1991, Senator Lugar partnered with Senator Sam Nunn to establish a program aimed at eliminating latent weapons of mass destruction in the former Soviet Union. Over 7,500 nuclear warheads have been deactivated through the Nunn-Lugar Cooperative Threat Reduction program, making the world a far safer place. As the President of the Lugar Center, Senator Lugar continues to lead, lending his knowledge and wisdom to policy makers working to tackle the foreign policy issues of our day.

Like so many others, Senator Lugar has played an essential role in inspiring my own career in public service. My grandmother Helen Rotzien was a Ward Chairman in Indianapolis when Dick Lugar was first elected mayor. Throughout my childhood, my grandparents repeatedly cited Senator Lugar as a model of achievement and integrity in public service. Later, as I began my own career in public service in Indiana, Senator Lugar took special interest in a young state legislator and Executive Director of the Indiana Republican Party. I will always be grateful for his friendship and guidance.

I ask the entire 6th District to join me in congratulating Senator Lugar on receiving the Presidential Medal of Freedom. As a Navy veteran, Indiana public servant and internationally respected statesman Richard Lugar's life has been dedicated to service to his country. Senator Lugar's leadership and public service is an example that all Hoosiers can aspire to.