

CONGRESSMAN SMITH, I really appreciate the opportunity to speak to you about how diabetes affects me and the importance of finding a cure.

I am 14 years old and was diagnosed with Type I Diabetes at the age of 5. I was hospitalized, during my diagnosis, two months prior to entering kindergarten. I have had diabetes for as long as I can remember . . . for most of my life.

To be honest, it has been challenging managing my diabetes, a disease requiring 24/7 monitoring! I count carbohydrates in everything I eat, check my blood glucose up to 12 times a day as well as give myself up to 12 insulin injections a day. My parents check my blood glucose 2-3 times every night while I sleep! I've had over 68,000 needle sticks since my diagnosis. If I stacked all the needles I've used, it would reach the top of the Washington Monument 26 times!!!!

Although I try to stay positive, I'm fearful of the many complications and challenges which can result from diabetes such as blindness, amputations, cardiovascular disease, kidney failure and the arduous task of maintaining my blood sugar in a normal range. Sometimes my blood sugar will drop too low or go too high and I feel HORRIBLE. My legs shake . . . I can't think well . . . my heart beats rapidly and sometimes my vision is blurred. There are times I have to sit out during fun activities or miss class time and sit in the nurse's office. It can be a very lonely feeling. Once, soon after my diagnosis, I had a seizure while visiting my grandmother in Arizona. It was an extremely scary experience. It's frustrating not being able to have any time away or vacation from diabetes, it always comes with me.

Managing my diabetes isn't the only challenge I've had to face since my diagnosis. In 6th grade I asked my teacher to go to the nurse's office to give myself an insulin injection to lower my high blood glucose. She clearly wasn't happy about me missing class time and said loudly in front of my class. . . . "You make diabetes convenient don't you!" Trust me there's nothing convenient about having diabetes.

Years ago while in 2nd grade, I had to change schools because my teacher started treating me differently from my peers. No matter HOW much information was given to her about the disease, she became frustrated with me whenever I needed to manage my diabetes in her classroom. She couldn't understand why I had to check my blood sugar several times during school hours, leave class to go to the nurse's office when my blood sugar was too high or low and told me how unfair it was to drink juice in front of my peers. Looking back, I don't understand why she didn't think how unfair it was for a 7 year old kid to live with diabetes.

A similar challenge arose in when one of my competitive swim team coaches thought it was RIDICULOUS I had to stop swimming laps during swim practice to manage my blood sugar. One day she crouched down and looked me in the eye in front of my team mates and said, "If you can't manage to swim continuously during the 1 1/2 hours of practice, you will NEVER make a state swim team!"

The good news is . . . I became a straight "A" student at my new school and I placed 5th and 14th in State with my new swim team! It's a frustrating feeling knowing I have to work TWICE as hard as everybody else to achieve my goals because of trying to balance my diabetes with everyday life. It makes it even harder when some people around me don't have the patience to try to understand my disease. I can't take a "break" from diabetes—it's constant.

Although, I face many challenges every day, living with diabetes, I stay positive by

spreading awareness and above all, supporting the Juvenile Diabetes Research Foundation, the American Diabetes Association and other organizations in their mission to finding a cure and promoting advocacy. There are over 26 million people in the U.S. who have diabetes so it is important for Congress to fund diabetes research at the highest level as possible. Hopefully, by working together Congressman Smith, we can make a difference in the lives of people living with diabetes to live a happy and healthier life and one day soon, be cured.

TARYN WILCOX.

TRIBUTE TO PETE SEEGER, LEG-
ENDARY FOLK SINGER AND
CIVIL RIGHTS ACTIVIST

HON. SHEILA JACKSON LEE

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, January 29, 2014

Ms. JACKSON LEE. Mr. Speaker, it is my sad duty to announce to the House that America has lost one of its greatest voices championing the cause of civil rights, social and economic justice, and peace. Pete Seeger, the legendary folk singer and prolific songwriter, who helped popularize the beloved "We Shall Overcome" as the anthem of the Civil Rights Movement, died yesterday in New York City. He was 94 years old.

For more than 60 years, Pete Seeger's was a powerful voice, unafraid of speaking out against what was wrong with our country, while always promoting that people stand up and speak just as fervently for things that are right.

Pete Seeger had a vision of America's potential and that idea flowed through his music to impact so many people in the United States and around the world.

Pete Seeger's humility kept us rooted as a people by reminding us of our common humanity while his songs challenged us to realize the full promise of country. The author of such iconic songs as "If I Had A Hammer," "Turn, Turn, Turn," and "Where Have All the Flowers Gone?," Pete Seeger touched chords deep in the American heart and inspired many of the great songwriters of succeeding generations, including Bob Dylan and Bruce Springsteen.

Mr. Seeger sang about the labor movements of the 1940s and 1950s, confronted with his music the Vietnam War, civil rights and the environment. From roots residing in spirituals, songs like "We Shall Overcome," spoke to activists in the civil rights movements and became a rallying cry for their efforts.

Pete Seeger was elected to the Songwriters Hall of Fame in 1972, and in 1993 received a lifetime achievement Grammy Award. In 1994 he received a Kennedy Center Honor and, from President Bill Clinton, the National Medal of Arts, America's highest arts honor, awarded by the National Endowment for the Arts. He was inducted into the Rock and Roll Hall of Fame in 1996. At the age of 89, Mr. Seeger won a Grammy Award in the children's music category in 2011 for "Tomorrow's Children," and another in 1997, for the traditional folk album "Pete."

With Pete Seeger's passing, the nation has lost a great champion for jobs and justice for working people. It is up to us, the living, to carry on the struggle for the causes to which Peter Seeger devoted his life.

I ask a moment of silence in honor of Pete Seeger.

RECOGNIZING VALLEY CRIME
STOPPERS FOR THEIR 20TH AN-
NIVERSARY

HON. JIM COSTA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, January 29, 2014

Mr. COSTA. Mr. Speaker, I rise today to recognize Valley Crime Stoppers as they celebrate their 20th anniversary. The tremendous efforts they have made to help crime victims in our Central Valley deserve to be commended.

Valley Crime Stoppers has built strong relationships with the city of Fresno, local media, and law enforcement. Citizens are encouraged to call the police or Valley Crime Stoppers if they have any information concerning a crime they witnessed. Victims and bystanders have a safe place to turn in Valley Crime Stoppers because it is an anonymous tip line. It is an unfortunate truth that victims are often fearful to share information with law enforcement because they have been threatened by their offender. Valley Crime Stoppers provides victims with an alternative, so they can tell their story without fear of retribution.

Educating and bringing awareness to residents are important missions of Valley Crime Stoppers. They have put together several campaigns that aim to lower crime in the Central Valley, including a television promotion that brings awareness to the very negative consequences of children being exposed to domestic violence. In addition, Valley Crime Stoppers has a poster campaign that aims to keep neighborhoods safe by getting guns out of the hands of criminals. Residents have been given the tools to act as change agents to keep the entire San Joaquin Valley safe.

As Co-Chairman of the Victims' Rights Caucus, it is my honor to recognize the good work of Valley Crime Stoppers and to thank the board members and staff at Valley Crime Stoppers for their support and activism.

Mr. Speaker, I ask my colleagues to join me in recognizing Valley Crime Stoppers as they celebrate their 20th anniversary. Valley Crime Stoppers has truly made a difference in our Valley, and it will continue to do so for many decades to come.

H.R. 7

HON. EARL BLUMENAUER

OF OREGON

IN THE HOUSE OF REPRESENTATIVES

Wednesday, January 29, 2014

Mr. BLUMENAUER. Mr. Speaker, due to a medical issue, I was unable to be in Washington, DC for votes on Tuesday, January 28, 2014. I strongly oppose H.R. 7 and had I been present for the vote, I would have voted "no."

H.R. 7 is a thinly veiled attempt to insert politics into the doctor's office and private market, and to continue the GOP assault on women. It would effectively ban abortion coverage in new plans available under the Affordable Care Act, even for women purchasing plans in the state-based marketplaces who