

Serbian controlled territory in Bosnia. Captain O'Grady was literally plucked from hostile territory in a daring and well executed rescue performed by a highly dedicated group of U.S. Marines, men whose devotion to duty is so great that they regularly put the well-being of their comrades ahead of their own safety.

There is another group of professionals who train intensely and put their own lives at risk on a daily basis to help others in their time of need. The men and women of the U.S. Coast Guard saves lives and property every day, most often under extremely hazardous and sometimes warlike conditions. In fact, during actual wartime, the Coast Guard fights side by side with the other armed forces.

Mr. Speaker, during the Second World War, the Coast Guard had more casualties, percentage wise, than any of the other branches of the military. However, throughout the Coast Guard's 200-year history, there has been only one member of the Coast Guard who was a Congressional Medal of Honor winner; he was signalman first class, Douglas Albert Munro.

On September 27, 1942, three companies of approximately 500 marines were trapped on Guadalcanal. They were being overrun by an overwhelming and rapidly advancing Japanese Force. Douglas Munro led a flotilla of 10 landing craft in an effort to evacuate the marines.

As Munro directed the boats toward shore, the Japanese began firing on the vulnerable craft from Point Cruz, some ridges abandoned by the marines, and from positions east of the beach landing area. This intense fire from three strong interlocking positions disrupted the landings and caused a large number of casualties among the virtually defenseless crews in the boats.

Despite the relentless fire from all three sides, signalman Munro kept the boats moving toward the shore. Reaching the shore in waves, Munro continued to lead them to the beach, two or three at a time, in order to pick up the marines. While the marines were running for the landing crafts, Munro and his shipmates provided covering fire from an exposed position on the beach.

As the marines attempted to board the landing craft, the Japanese continued to fire from the ridges about 500 yards from the beach. Munro, realizing the danger, maneuvered his boat between the enemy and the withdrawing marines to protect the remnants of the battalion. Because of his leadership and strategic thinking, all the marines who made it to the beach, including 25 who were wounded, managed to escape.

With the marines finally safely in the boats, Munro led his small fleet off shore to safety. But before they were fully out of harm's way, the Japanese set up a machine gun on the beach and began firing at the boats. One of his crew members shouted a warning to Munro, however the roar of the craft's engine prevented Signalman Munro from hearing the shout. A single bullet struck him in the base of the skull and Douglas Albert Munro was mortally wounded. He lived just long enough to be told by this shipmate and friend that all the marines were safe. According to eye-witness accounts, Douglas Munro died with a grin on his face and love in his heart.

Mr. Speaker, I am proud to report that on September 27, a fitting memorial to the heroism and dedication to duty of Douglas Munro is to be dedicated in Crystal River City Park in Citrus County. Much of the credit for putting together the memorial must go to Ken Harrington, president of the Crystal River Fraternal Order of Eagles Aerie 4272, PO Roger Jones and CPO Timothy Cavanaugh of the Coast Guard Station at Yankeetown.

Mr. Speaker, this is truly a community project, supported by the Crystal River Redevelopment Commission, the Crystal River City Council, and the Florida chapter of the Coast Guard Auxiliary.

In addition to the memorial, 20 historic trees will be planted in public areas of Crystal River for the enjoyment of everyone. A continuing education program will be provided to local school children as well, so that they can appreciate the past sacrifices of Americans like Douglas Munro.

Mr. Speaker, in many parts of our great Nation, the bonds of family and community seem to be fraying. People have at times lost a sense of community and an appreciation for the past. Not so in Crystal River. In Citrus County, the links between the past, present, and future are emphasized and the lessons of history are taught enthusiastically to those who will one day guide this Nation.

Everyone who took part in planning the memorial to Signalman First Class Douglas Albert Munro deserves our sincere thanks for making sure that the lessons of history are not lost and that the values we cherish are preserved for all time.

HEALTHY CHOICE AMERICAN HEALTH WALK

HON. JAMES P. MORAN

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, September 27, 1995

Mr. MORAN. Mr. Speaker, I rise today to call attention to a wonderful opportunity for my colleagues and their staff to do something good for both themselves and for America: to participate in the Healthy Choice American Health Walk on September 28, at noon. America's National campaign to fight heart disease will start in the Nation's Capitol with a walk on the National Mall involving thousands of our fellow government and congressional leaders, celebrities, Federal workers and others.

It is fitting to begin this event in our Nation's Capitol, because heart disease is a national problem. It is our Nations No. 1 killer and disabling, and it exacts a devastating emotional and financial toll each year. Of the 10 leading causes of death in our country, heart disease leads the list—and kills more of us each year than the next 9 causes combined. And the financial impact of heart disease and stroke accounts for about one-seventh of our Nation's entire health care bill.

Local American Heart Association chapters have organized more than 800 walks involving thousands of people in cities and towns from coast-to-coast in late September and early October. The steps that will be taken on The Mall

today begin a national round of heart walks in which over 400,000 Americans will participate. In the next few weeks, this army of walkers will cover more than 1.2 million miles, and will raise more than \$13 million for the American Heart Association.

With the heart walk, we can all—quite literally—take meaningful steps toward conquering this killer. And by participating in the heart walk we can advance our cause in two critical ways. We can help ourselves by taking steps toward a heart-smart lifestyle; and we can help others by raising funds to support the ongoing education and research efforts of the American Heart Association.

I urge my colleagues in the House to fit this into their schedules and to encourage their staff to participate as well.

TRIBUTE TO RAYMOND HU

HON. BILL BAKER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, September 27, 1995

Mr. BAKER of California. Mr. Speaker, Raymond Hu is a very talented 18-year-old artist who happens to live in my district. Raymond currently is having his paintings displayed at an art gallery in Walnut Creek, CA. It is a one-artist show, an unusual achievement for one so young and is made all the more exceptional by the fact that Raymond has Down's syndrome.

This is not the first time Raymond has been recognized for his unique gift. In 1993 he took first place in "A Very Special Art Show," a contest sponsored by the Sacramento Association for the Retarded in which 1,000 artists from throughout California competed.

According to an article by Contra Costa Times writer Carol Fowler, "Animal Portraits by Raymond Hu" features portraits of cats, a lion, a frog, a baboon, and a bald eagle. Raymond has for 5 years been a student of traditional Chinese brush painter Lam-Po Leong, and has also exhibited at Creative Spirit Gallery in San Francisco, which is run by the Richmond, California Institute for Art and Disabilities.

Raymond's one-man exhibit runs through November 5, and it is my hope that many Contra Costans will visit the exhibit to enjoy Raymond's artistry. Raymond Hu is not only a talented artist, but a young man characterized by a love of animal wildlife and of many other good things. He looks forward to graduation from San Ramon Valley High next year, and is also a first-class Scout in the Boy Scouts.

His cheerful spirit, his commitment to his art and his desire to serve his community—he is a devoted volunteer at the special education classes at Rancho Romero school in Alamo, CA—make his a true gift to the whole East Bay region. I urge my colleagues to join me in honoring Raymond and his family and to thank them for reminding us that God-given ability, self-discipline, courage, and the joy of living make a powerful combination we can all emulate.