

Important new research has shown that treatment of co-occurring depression often improves health outcomes for patients with a wide variety of diseases. Researchers are tracing various aspects of depression, that may affect illnesses as varied as neurological diseases such as Parkinson's disease, diseases of the cardiovascular system, and diseases involving suppression of the immune system, such as cancer and AIDS. It appears that depression is an important risk factor for heart disease. In a recent study, it was found that heart patients who had depression were four times as likely to die in the next six months as those who were not depressed. There are also studies linking depression and obesity and diabetes, as well as findings showing common genetic patterns in diabetes and depression.

#### OTHER RESEARCH NEEDS

More research is needed on the medications for mental illness. There has not been a drug developed specifically for bipolar disorder since the discovery of lithium more than 50 years ago. In addition, it is not fully understood how psychiatric drugs work in the brain. A person often must choose between lessening suicidal thoughts or getting life threatening rashes, seizures, or lithium poisoning. So many of us have to choose a life without libido or a life of fatigue, exacerbated by insomnia. Although these medications are effective for many people, no one should have to make choices like these. Every day technology and science bring us further in understanding the brain, and these kinds of successes build upon each other.

National DMDA is therefore particularly pleased to see the NIMH's renewed commitment to research of more viable treatment options for depression and bipolar disorder and we hope that the Congress will continue to fund important studies in this area. Great strides are being made, but it is critical that even more research is done on how different medicines affect both the body and the mind.

#### CONCLUSION

We urge the National Institutes of Health and the National Institute of Mental Health to continue to expand and enhance behavioral science, neuroscience and genetics research of mental illnesses. We commend the Subcommittee's past support of NIH and NIMH, and look forward to continuing to work with you in the next year to ensure renewed commitment to full funding of mental health research. We are confident that together, our efforts will mean real treatment options, an end to the stigma associated with mental illness, lives saved and a far more productive America. Thank you again for the opportunity to testify on issues critical to the health and well being of all Americans.

### CELEBRATING THE 25TH ANNIVERSARY OF ISTHMUS

#### HON. TAMMY BALDWIN

OF WISCONSIN

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Ms. BALDWIN. Mr. Speaker, I rise today to celebrate the 25th anniversary of the founding of a unique institution in Madison, Wisconsin, our weekly newspaper, Isthmus. Conceived as an alternative source of news and information, nurtured by the hard work and big dreams of its founders, Vince O'Hern and Fred Milverstedt, Isthmus' growth and success over 25 years have mirrored Madison's.

Those of us who live in, and work in, and love Madison consider our weekly copy of

Isthmus as much a part of our city's life and character as our renowned farmers' market or the statue atop our State Capitol's dome.

Isthmus has been described as a hybrid that, like the community it serves, defies easy labeling or simple description. It provides a weekly accounting of our lives with astute analyses, groundbreaking investigative reporting, and commentary of all stripes on who we are and who we want to be.

Isthmus' influence has spread beyond the pages of the paper. The Isthmus Annual Manual has become our guidebook to all that is good and helpful in our community; while the yearly Isthmus Jazz Festival has become a treasured weekend of good music and great moments.

On this 25th anniversary of Isthmus' founding, I applaud its talented and industrious staff, faithful advertisers, and devoted readers who have nurtured and supported this indispensable chronicle of our lives the past 25 years and we look forward to the next 25!

### TRIBUTE TO ALACHUA ELEMENTARY SCHOOL'S 2001 QUIZ BOWL TEAM

#### HON. KAREN L. THURMAN

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Mrs. THURMAN. Mr. Speaker, I wish to pay tribute to six remarkable elementary school students, Sam Hart, Ryan McCoy, Ashley Nelson, Paloma Paredes, Megan Raulerson, and Justin Sturm; their equally remarkable teacher, Shirley Tanner, and their school for triumphing in the 2001 National Thinking Cap Quiz Bowl.

Located in Alachua, a tiny city of approximately five thousand people, Alachua Elementary School serves less than 600 students. Principal Jim Brandenburg described the one-hundred and six-year-old school as a "community school" and credited community involvement for the school's quality, explaining that: "Alachua is a very stable community. Many of our students' parents and grandparents also attended Alachua Elementary School. We don't have a lot of money but the parental involvement and community support help make up for that."

Alachua Elementary School is often referred to as "the little school that could." It has been honored as a Blue Ribbon School and recently received for student achievement from the Alachua County School Board. Furthermore, this is the second consecutive year that Alachua Elementary School has come in first in the state in the National Thinking Cap Quiz Bowl.

Shirley Tanner has coached both of Alachua Elementary School's champion National Thinking Cap Quiz Bowl teams. She also makes time to teach enrichment classes and instructs students and teachers about technology resources. She is certainly a beloved and devoted teacher who prefers to keep the focus on her students' accomplishments rather than her own.

Mrs. Tanner initiated the school's involvement in the challenging competition several years ago. The test consists of 100 computer-generated multiple-choice questions covering a wide range of school subjects, current events and trivia. Each of the fifth-grade stu-

dents on the quiz bowl team worked incredibly hard to win this competition. Students who qualified for the team already had a wide range of general knowledge, but still had to prepare for the competition. They divided up topics in various academic disciplines and each student became an expert in one or more fields. They studied for a minimum of an extra hour every day, as well as practicing team-work, test-taking strategies and speed. Mrs. Tanner says this approach is the best strategy to take when preparing students for a competition in which they have no idea which questions will be asked of them. They simply need to be quick minded, calm under pressure and knowledgeable about many subjects. She said the six students on this year's team were all of these things and even worked hard enough on their regular school work to make the Honor Roll. We are very proud of them.

Now let me tell you a little bit more about these wonderful kids.

Sam Hart, who also won the spelling bee at Alachua Elementary School this year, focused on spelling. He also concentrated on sports and children's literature. Sam is a quiet, intelligent student who Mrs. Tanner described as "highly respected and popular with both teachers and peers."

Ryan McCoy is the second member of his family to participate in the quiz bowl. His older brother Evan McCoy was also on the school's quiz bowl team. Ryan concentrated on sports for the competition as well as measurements and Roman numerals.

Ashley Nelson, a straight-A student who took sixth grade math this year, specialized in math and measurement. On test day, Ashley was the team member chosen to enter the team's answers using the computer keyboard or mouse pointer. Ashley performed this stressful task "flawlessly" according to Mrs. Tanner. She input the team answers quickly and accurately. She also demonstrated her fine grasp of math concepts and computation by correctly answering all the math questions without even using a pencil or paper.

Paloma Paredes, another straight-A student, learned time zones and geometry for the competition. Mrs. Tanner described Paloma as an incredibly conscientious and hard-working student. Paloma studies every chance she gets.

Megan Raulerson, also a straight-A student, was the team's language arts expert. In addition to her schoolwork and Quiz Bowl participation, Megan routinely appears on the school's closed circuit live video news broadcasts. Both Megan and fellow Quiz Bowl teammate, Justin Sturm, frequently fill in when a scheduled anchorperson fails to show up. This means they don't even have the opportunity to read the script until a few minutes before broadcast time. A tough job, but they do it wonderfully.

Mrs. Tanner says that Justin Sturm "wants to know everything about everything." She says Justin excels in science and is an avid reader and an enthusiastic learner.

I would also like to recognize last year's quiz bowl winners: Keely Duff, Tyler Mikell, Elizabeth Keller, Katey Sands and Sara Wooding for their achievements. Mr. Speaker, please join me in honoring all of these exceptional students.