

Kahuku High and Intermediate School of Kahuku, HI, on logging yet another bright performance for their school at the "We the People . . . the Citizen and the Constitution" national competition recently held here in our Nation's Capital. The team traveled over 5,000 miles to represent Hawaii in this competition, and won the Unit 3 award, "How the Values and Principles Embodied in the Constitution Shaped American Institutions and Practices," for the second consecutive year. On behalf of the people of Hawaii, I am proud to congratulate the Kahuku team.

As my colleagues are familiar, the We the People competition, administered by the Center for Civic Education, is a comprehensive program that assists students in understanding the history and principles of the U.S. Constitution and Bill of Rights. The academic competition simulates a congressional hearing where students, acting as expert witnesses, testify before a panel of prominent professionals from across the country to demonstrate their knowledge of constitutional issues. The program provides an excellent opportunity for students to gain an appreciation of the significance of our Constitution and its place in history and our lives today. As a former teacher, it heartens me to see our young people taking interest in learning about the sacred document which we in this Chamber work to uphold and defend, every day. It is only through the understanding of our Constitution and the Bill of Rights that we are able to perpetuate the democratic foundation upon which this great Nation was built. I applaud all students who participate in this competition for their hard work and dedication to civic education. We might well have future Senators and Members of Congress who are encouraged to enter public service because of their experiences in the We the People competition.

I am pleased to enter the names of the Kahuku team members for the record: Adriana Alghussein, Daniel Allen, Dexter Bacon, Nicole Cameron, Ariane Cameros, Li Shieh Chen, Anthony Ching, William Ellis, Brooke Jones, Shantel Kaululaau, April Kekaula, Helene Keys, Malia Love, Leilani Miller, Andrew Savini, Jessica Schiaretti, Kristen Sickler, Bethany Smith, Ericka Staples, and Elizabeth Torres. I also take this opportunity to recognize their teacher Sandra Cashman, State Coordinator Lyla Berg, and District Coordinator Sharon Kaohi for all of their contributions in helping the Kahuku team prepare for the national competition.

Again, I congratulate the students and the faculty of Kahuku High and Intermediate School for their outstanding achievements. I am pleased to note that a team from this school has represented Hawaii in 9 of the past 11 national competitions. I join the people of Hawaii in expressing my pride in their impressive achievement.●

GRUNDY CENTER RECEIVES PE4LIFE ACHIEVEMENT AWARD

● Mr. HARKIN. Mr. President, I rise today to congratulate the people of Grundy Center, Iowa for their hard work and success in developing one of the Nation's best-all around physical education programs, in their schools and in the entire community. As a result of their leadership and dedication to physical fitness, Grundy Center has been selected to receive the PE4LIFE Community Achievement Award. In addition, the community will now serve other Iowans and the rest of the Nation as the second PE4LIFE Institute.

This is a great achievement, thanks in large part to Beth Kirkpatrick and Rick Schupbach, who for 15 years have served this community and dedicated themselves to building an innovative physical education program. The PE4LIFE program effectively reaches and inspires every student, regardless of athletic ability or experience, to become physically active for a lifetime. It is the kind of inclusive approach that will make a difference in Iowa and throughout the country. The need for what Rick and Beth will do as codirectors of the new PE4LIFE Institute has never been greater.

Obesity has become our Nation's fastest rising public health threat. The number of overweight and obese Americans has more than doubled in the last 30 years. The problem is especially serious for children; the number of overweight children is growing at a rate faster than the number of adults. If we don't do something to halt and reverse the trend, we will face a significant health care crisis. If we don't do something, our children, as they grow into adults, will face greater threats from diabetes, heart disease and other serious maladies related to being out of shape and overweight. It is now estimated that the annual cost of treating obesity related diseases is over \$100 billion per year.

Unfortunately, the solution is getting away from us. Physical education in our Nation's schools has declined. In 1991, only 42 percent of our Nation's students had daily physical education. Today that number is around 29 percent.

Physical education and daily physical activity go a long way to improving the overall health of our children. We need to improve on cardiovascular endurance, muscle strength, flexibility, help with weight regulation, bone development and posture. Teaching active lifestyle habits to children will go a long way to helping our children grow up to be active and healthy adults. An active lifestyle also promotes the constructive use of leisure time. Improving physical education in our schools is a sure way to influence these behavior patterns in our children.

Our kids are not in shape. They spend too much time in front of the TV, playing video games or working on their computers. The best way to get them

back on their feet is to improve the physical education they receive while they are in school. Programs like the new PE4LIFE Institute in Grundy Center are critically important to tackling this problem.

Before he was inaugurated, President-elect John F. Kennedy wrote an article for *Sports Illustrated* entitled, "The Soft American." He wrote:

For physical fitness is not only one of the most important keys to a healthy body: it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks know: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound bodies.

President Kennedy would have been impressed by the people of Grundy Center. We are proud of their accomplishments, and we look forward to working with them in the future as they help Iowa and the rest of the Nation become more physically fit.●

TRIBUTE TO THOMAS SHEPARDSON

● Mrs. CLINTON. Mr. President, on February 18, New York lost one of its finest citizens. Thomas Shepardson was a Syracuse funeral director who helped change the way our Nation responds to incidents of mass fatality.

The Disaster Mortuary Operational Rescue Team, D-MORT, plan was created because Mr. Shepardson was disturbed by news reports of the exploitation of victims' families after a Texas air disaster in 1986. He convened a group of local morticians, first responders, and medical professionals to create a strategy that would be humane and team-oriented. Fortunately, the plan would never be used locally, but State officials would enlist Shepardson to devise a similar plan for the State of New York. He subsequently worked with FEMA and other government agencies to incorporate the D-MORT model into our national disaster medical system.

Tom Shepardson responded to the major disasters of the last decade including the Oklahoma City bombing. On September 11, 2001, he oversaw the national D-MORT response in New York, Pennsylvania and the Pentagon. Tom Shepardson was described by Gary Moore, deputy director of the Federal Office of Emergency Response, as "a man who spent his whole life working to help everyone . . . He was a one-man show who brought so much energy and commitment to this that it now involves about 5,000 people nationwide and made him known all around the world." I am grateful for Tom Shepardson's legacy of personal sacrifice and leadership.●