

Sergeant Paranzino was the loving husband of Lindsey (Christopher) Paranzino and the proud tither of Maxton and Logan of Fort Drum, New York. He was assigned as a cavalry scout to the 1st Brigade Combat Team, 10th Mountain Division.

Born in Newport, Rhode Island on December 4, 1987, Sergeant Paranzino was the son of Francis "Butch" and Melane C. Paranzino and the brother of Daniel F. Paranzino of Middletown, Rhode Island. He was a 2006 graduate of Middletown High School. While he was a student at Middletown High School, he made trips to Nicaragua in January of 2005 and 2006 with the Northeast Volunteer Optometric Services to Humanity to provide humanitarian support to the disadvantaged and poor in Catarina and Nandasmó, Nicaragua. These trips provided life-expanding experiences for Sergeant Paranzino and were the precursor to many of the values he believed in along with the leadership skills that he displayed as an Army Sergeant.

A year after his graduation from Middletown High School, Sergeant Paranzino enlisted in the Army and was a cavalry scout with the 1st Squadron, 71st Cavalry Regiment. After his basic training he was stationed at Fort Drum, New York in 2008 and was deployed to the Middle East as part of Operation Iraqi Freedom just a few months later. In 2010 Sergeant Paranzino was sent to Afghanistan to support Operation Enduring Freedom. He was recognized with more than 10 decorations for his military service just after three-plus years, including the Army Achievement Medal, the Meritorious Unit Commendation, the Army Good Conduct Medal, the National Defense Service Medal, the Afghanistan Campaign Medal, the Iraq Campaign Medal, the Global War on Terrorism Service Medal, the Army Service Ribbon, the Overseas Ribbon, the NATO Medal and the Combat Action Badge.

Today, as we celebrate the life and accomplishments of this exceptional Rhode Islander, my thoughts and prayers are with Sergeant Paranzino's family and friends.

We are all deeply indebted to Sergeant Paranzino for his service and his sacrifice.

HONORING BENJAMIN JAMES  
PATRICK HUBER

**HON. SAM GRAVES**

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. GRAVES of Missouri. Madam Speaker, I proudly pause to recognize Benjamin James Patrick Huber. Benjamin is a very special young man who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Boy Scouts of America, Troop 180, and earning the most prestigious award of Eagle Scout.

Benjamin has been very active with his troop, participating in many scout activities. Over the many years Benjamin has been involved with scouting, he has not only earned numerous merit badges, but also the respect of his family, peers, and community. Most notably, Benjamin has contributed to his community through his Eagle Scout project.

Madam Speaker, I proudly ask you to join me in commending Benjamin James Patrick Huber for his accomplishments with the Boy Scouts of America and for his efforts put forth in achieving the highest distinction of Eagle Scout.

RECOGNIZING DIABETES  
AWARENESS MONTH

**HON. DANNY K. DAVIS**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. DAVIS of Illinois. Madam Speaker, I rise today to bring awareness to the disease of diabetes. This month has been set aside to increase awareness of diabetes, its prevention and ways to manage its impact. According to the Centers for Disease Control nearly 24 million Americans have diabetes. It is the seventh leading cause of death in the United States and costs \$174 billion in health care expenses. Diabetes disproportionately impacts the African American and Hispanic communities. It is estimated that nearly 3.7 million African Americans aged 20 years or older have diabetes. African Americans are 1.8 times more likely to have diabetes as non-Hispanic whites.

If diabetes is left untreated it often results in blindness, kidney disease, amputations, nerve damage, heart disease, stroke and ultimately, death. However, diabetes can be managed and prevented. A balanced diet and regular exercise could keep our citizens healthy. I am pleased to have the headquarters for the American Dietetic Association (ADA) in my Congressional District. The ADA is the foremost authority in providing nutrition counseling throughout the country. In fact, the more than 71,000 registered dietitians and nutrition professionals who are members support the "eat right" campaign targeted toward young people and older Americans. The work that they are doing is making a difference in the fight against childhood obesity and diabetes and is improving the health of our nation.

We must work to get Medical Nutrition Therapy covered by Medicare for beneficiaries diagnosed with pre-diabetes. Nutrition therapy provided by registered dietitians has a proven track record of preventing diabetes through lifestyle changes than simply cannot be made without this assistance for the majority of those who suffer. There are more than 57 million people diagnosed with pre-diabetes—meaning they are on their way to developing full diabetes. By helping people with pre-diabetes, Medicare will avoid having to pay for the much more expensive treatment of diabetes and its debilitating side effects. It seems prudent to assist our citizens with sound nutrition information and to help them make lifestyle changes at a cost minimal to that of amputations and other treatments.

The real world impact of covering Medical Nutrition Therapy is that we will shift from health insurance to "health assurance" in our efforts. Consider that the total cost of diabetes in 2007 was determined to be \$218 billion—yes, billion with a "b".

I want to commend Jewel-Osco stores for providing free nutrition education from reg-

istered dietitians to individuals who shop at the stores in Chicago and throughout the nation. These types of programs which pair pharmacists and registered dietitians with consumers will help in our awareness and education campaign.

Finally, I applaud those churches that have a focus on nutrition and exercise as a part of the well-being of their congregation.

HONORING BILL TIGHE

**HON. EDWARD J. MARKEY**

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. MARKEY. Madam Speaker, I rise today to honor and celebrate the coaching career of Mr. Bill Tighe. Coach Tighe is the oldest active high school head football coach in the country at age 86. He will conclude his 52nd year as a head coach when his Lexington High School squad meets their rival Burlington High School on Thanksgiving morning.

Coach Tighe was a standout three-sport athlete at Ashland High School, and upon graduation he served in the United States Air Force for three years as a P-38 crew chief during World War II. After completing his service to our nation, he attended Boston University where he starred for the Terrier football and baseball teams. Known as a selfless teammate with a tireless work ethic, Bill Tighe, the incredible athlete was destined to be Bill Tighe, the legendary coach.

Madam Speaker, Bill began his remarkable career at Wakefield High School in 1949 as an assistant football coach and was elevated to head coach in 1957. During his 52 years as head football coach at Wakefield High School, Malden High School and Lexington High School, Bill won 9 league championships and amassed an overall record of 268 wins, 232 losses and 13 ties. Bill's commitment to excellence is well known throughout Massachusetts and New England, and he has been inducted into the Wakefield High School, Malden High School, Lexington High School, Boston University, Massachusetts Football Coaches and National Federation of Interscholastic Coaches Association Halls of Fame.

Bill Tighe's success on the football field is surpassed only by the enormous impact he has had on his players' lives off the football field. Coach Tighe taught all the young athletes under his tutelage the importance of sacrifice, discipline and commitment. Coach Tighe also stressed the importance of academic achievement and the value of a strong education. He is credited with helping thousands of young scholar athletes continue their education in college.

Madam Speaker, on Thanksgiving morning Bill Tighe will be surrounded by family, friends, professional colleagues and former student athletes in order to celebrate his legendary coaching career. I join them in thanking Coach Tighe for the amazing contributions he has made to the Towns of Wakefield and Lexington, the City of Malden, the Commonwealth of Massachusetts and the United States of America.

## HONORING THE BEST OF AMERICA

**HON. NICK J. RAHALL II**

OF WEST VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. RAHALL. Madam Speaker, this Thanksgiving, as we have since the first, Americans will set aside one day to focus on those blessings that have been granted to us.

For the roof over our heads, for the health of our families, for the food on our plates—no matter how simple the meal—for the hand that holds ours as we gather around the table, we will, on this one very American day, bow our heads in prayer and we will be truly thankful.

To me, the best of America is on display at Thanksgiving.

Here we stand, for example: we Americans, facing difficult times, with our economy sluggish, with far too many jobless, and far too many others worrying about the future of their own jobs. Yet, many of us will invite strangers to our tables, or donate food to shelters, or serve up turkey dinners at a local soup kitchen, and we will appreciate even more deeply, the grace of God that has spared us similar trials. Even many of those who are struggling, whose tables may be leaner than usual, will take the time to give of what they have so that others do not go hungry on this day.

Though that generosity, that neighborliness, the kindness, charity, and faithfulness come to the fore most prevalently on this one day of the year, I know—and all West Virginians know, that these qualities live on throughout the year in communities, large and small, urban and rural, throughout our State.

And, I believe that this Nation would be better off if more Americans followed the example set in our State and devoted a greater share of their year, each year, to practicing the kindness and generosity, as well as exercising the grit and determination that comprise the West Virginia character.

I am reminded of our Senator Byrd, who would have marked his 93rd birthday on November 20th, and his regular admonishment to West Virginians to hold on to those “old values” and to tap them for the betterment of the Nation. He would have taken to the Senate Floor in the days leading up to Thanksgiving to remind us all of our common history as Americans. He would have talked about the principles upon which this Nation was founded and urged us to set aside those petty differences that undermine our quest for the common good.

Oh, how we could use Senator Byrd’s wisdom, his reasonableness, and his guidance today.

Our State has had more than its fair share of economic strife. But we hold tight to our faith and we marshal on, working hard side by side, to create a better future for ourselves and our children.

In the wake of natural disasters, West Virginians reach out to their neighbors to give whatever they can afford, and often more. It has never been the West Virginia way to turn our backs on those in need, and it has never been in the character of West Virginians to throw in the towel when things get tough.

So this Thanksgiving, as we pause to reflect on our blessings and to express our thanks to

our Creator for all that we have, I hope that all Americans will also commit to exhibiting the spirit that surfaces on this day throughout the year ahead.

There is no challenge confronting us that we cannot overcome if we join forces and put old-fashioned American know-how to work.

## HONORING FRANK PUGH

**HON. LYNN C. WOOLSEY**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Ms. WOOLSEY. Madam Speaker, I rise today to honor the work of Frank Pugh, the outgoing 2010 President of the California School Boards Association. His civic leadership and commitment to education have benefited students across Sonoma County and California.

Since he began teaching at Santa Rosa Junior College in 1979, Frank Pugh has distinguished himself as a dynamic educator in our community. His passion for electronics and technology has made him not only an effective lecturer, but a respected authority, author of seven textbooks and four magazine articles in his field.

Mr. Pugh has also taken on numerous leadership responsibilities at administrative and advisory levels, contributing a teacher’s invaluable perspective to debates on the governance of our schools and the future direction of public education. He served for two years as the occupational representative to the Santa Rosa Junior College Academic Senate, then went on to serve as the Senate President for six years. Since 1990, Mr. Pugh has also served on the Santa Rosa City Schools Board of Education, holding the office of Board President for a total of four terms.

Most recently, Mr. Pugh has served as President of the California School Boards Association, an organization bringing together California’s local K–12 school districts and county offices of education. An active member of the CSBA Delegate Assembly since 1993, Mr. Pugh has worked tirelessly to support the organization’s commitment to researching and advocating practices that serve the best interests of students.

During his tenure with CSBA, and throughout his career, Mr. Pugh has remained a vocal advocate for our children. He understands that public education represents a promise to future generations—a promise that knowledge and perseverance can overcome adversity, and that our democratic institutions can deliver opportunity for all—and he has worked to uphold and to strengthen that promise.

Madam Speaker, I ask you to join me in thanking Frank Pugh for his service on behalf of Sonoma County and California. His example reminds us of the value of public education and the importance of continuing to support and protect it.

## HONORING BRET MICHAEL BUSSINGER

**HON. SAM GRAVES**

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. GRAVES of Missouri. Madam Speaker, I proudly pause to recognize Bret Michael Bussinger. Bret is a very special young man who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Boy Scouts of America, Troop 180, and earning the most prestigious award of Eagle Scout.

Bret has been very active with his troop, participating in many scout activities. Over the many years Bret has been involved with scouting, he has not only earned numerous merit badges, but also the respect of his family, peers, and community. Most notably, Bret has contributed to his community through his Eagle Scout project.

Madam Speaker, I proudly ask you to join me in commending Bret Michael Bussinger for his accomplishments with the Boy Scouts of America and for his efforts put forth in achieving the highest distinction of Eagle Scout.

H.R. 6423, THE “HOMELAND SECURITY CYBER AND PHYSICAL INFRASTRUCTURE PROTECTION ACT OF 2010”

**HON. BENNIE G. THOMPSON**

OF MISSISSIPPI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, November 18, 2010*

Mr. THOMPSON of Mississippi. Madam Speaker, illegal penetrations or “hacks” of computer networks have become an increasingly serious homeland security issue. Not only do they threaten the personal fortunes and identities of our citizens but also the effective functioning of our government, our infrastructure, our economy, and our national security. As Americans at all levels of society—from their personal lives to their professional work—grow increasingly reliant on computers and those computers become ever more connected, the scope of this security vulnerability continues to expand at a dizzying rate. Over the past year or so, there has been an active Congressional debate about what should be done to address this significant homeland security vulnerability. The introduction of the “Homeland Security Cyber and Physical Infrastructure Protection Act of 2010,” is intended to refocus the debate away from Presidential Internet shut-down authority and other “what ifs” and back to the central Federal cybersecurity challenge—the mismatch between the Department of Homeland Security’s, DHS, designation, since 2003, as the “focal point for security of cyberspace,” and the authorities conferred to DHS to fulfill its cybersecurity mission with respect to networks operated by Federal civilian agencies and critical infrastructure.

The “Homeland Security Cyber and Physical Infrastructure Protection Act of 2010,” seeks to enhance DHS’ cybersecurity capacity