

The youth of today's America are becoming less and less active. The U.S. Surgeon General reports the percentage of overweight children has nearly tripled in the past two decades. Forecasts also predict the current generation of children in the United States could actually have a shorter life span than their parents as the epidemic of childhood obesity expands.

Promoting physical activity and diet are critical in addressing the rise of childhood obesity and youth inactivity and Congress should be supportive in addressing this important issue. Certainly more needs to be done but this resolution is a step in the right direction to raise awareness and move the discussion forward.

The resolution also honors Jacob Mock Doub, a young man who had a great passion for life and for cycling. He encouraged many young people like himself to get involved with the activity.

I urge my colleagues to support this legislation.

For the information of our colleagues, I am attaching an item from the International Mountain Biking Association, IMBA, that provides additional information about Jacob Mock Doub.

JACOB MOCK "JACK" DOUB  
Jul. 11, 1985—Oct. 21, 2002.

One year ago this October we unexpectedly lost a great friend and brother when Jack Doub died from complications from an injury received during practice for the Snowshoe NORBA National downhill race last June. To honor Jack's spirit and love of biking we have in association with IMBA, helped to establish the Jack Doub Memorial Fund to promote and encourage other "kids" to learn and live to ride. To understand Jack and his love of biking is to understand our wishes to continue his memory. Jack was born to two energetic and loving parents who greatly enjoyed the outdoors and early on Jack enjoyed the same. Skiing at age 18 months, he became an unbelievable freestyle and backcountry skier . . . the best. In life Jack learned to climb, to kayak, to motocross race, and to fly fish. By age 11 Jack's fly-fishing skills and abilities to see and catch fish were legend. It was almost unbelievable that he literally could do anything he wanted and at levels of skill that others only dream about, all of this while quiet, reserved, and humble.

Ultimately Jack was introduced to biking at age 11 near Grandfather Mountain, N.C. He saw a friend riding, doing a few tricks and he wanted to learn to wheelie. He was hooked. Within a week he could wheelie like crazy and soon obtained a new Gary Fisher Super Caliber on which he won essentially every cross-country race he entered for two years. Although remaining the best fly fisherman around at age 13, biking had become Jack's obsession. It was at age 13 that Jack obtained a Santa Cruz Super 8 and began racing downhill as well; again nothing but success. One of Jack's greatest sparks was participating in mountain bike "dirt" camp during the summer of 1998 at Snowshoe, WV, and this is also where he raced his last race.

From age 14 to 17 Jack rode primarily downhill and dual slalom. He found it difficult to train and ride downhill and dual slalom and have the energy to race cross-country on the same day. Cross-country was great but Jack was an adrenalin junkie . . . fast and furious. The neat thing about Jack however was not his desire to race and to win but his absolute love of being on the bike. Whether he podiumed or came in 23rd, his response was always, "it was great." He never

complained or had excuses and no matter how bad the mechanical failure or the crash, he always finished . . . never a DNF or withdrawal. For Jack, it was all about the bike . . . cross-country, downhill, dual slalom, trials, or as always just playing in the yard; there were very few days that he didn't touch the bike.

Jack rode many bikes and greatly loved his Spooky, his intense M1, and his Santa Cruz Heckler but his real favorite was his Foes Zigzag on which he came in second at the NORBA Snowshoe National in junior expert dual slalom in his last race ever. His accident occurred the next day in downhill training where as usual he was trying to air a major jump and obstacle . . . he later rode but never raced again. His accomplishments were extensive and are too numerous to detail nor would that be his focus.

Jack's last ride occurred approximately one week before he died. He was excited to ride a new trail with a group of us. Out of shape but never out of energy, he wheelied the mile to the trail including down a 200 yard hill all the way on a wheelie manual to a nose manual. As usual we were all amazed. During the two hour ride we rode hard, played hard and had worlds of fun. Jack rode through the pain and upset stomach while laughing and smiling and could only talk of getting back in shape and coming back. God, do we miss that next ride with Jack.

Despite all of Jack's great accomplishments and skills, his greatest strength was involving and encouraging others to ride, especially children. Jack would skip chances to hang out with his peers just to go to Hobby Park and teach young kids to ride and jump dual slalom . . . he did this even while injured. On occasions he was known to stop in a race and help other individuals. During one 12 hour race he rode two extra laps just to give his friends a break and lessen their pain so as to have more fun. Most importantly he greatly enjoyed seeing his friends do well, especially "Tone Dog", "Magoo", Jonathan, and Will. Jack's smiles were as big or bigger for their successes than for his own. Jack at heart wanted others to encounter and love life and biking as much as he did.

Jay de Jesus wrote in a letter to Jack's dad, Jay after Jack's death; Jack was . . . "up all night doing manuals and wheelies all the way across the courtyard at Snowshoe Village, the same nice, intelligent, bike-crazy kid with the ever present smile . . . every night, just riding on and on." There are no real answers to Jack's passing away, just a huge void. May that void be filled with our smiles and those of other kids experiencing the awesome joy of biking and as Jack would want us to do . . . "riding on and on". The Jack Doub Memorial Fund hopes in some small way to continue his spirit and memory to that end. Jack Doub . . . orange helmet, red hair and blue jeans . . . rest in peace brother as you ride in our hearts and memories forever.

FRIENDS OF JACK DOUB.

#### HONORING FRANK WACHOWSKI

**HON. WILLIAM O. LIPINSKI**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, October 6, 2004*

Mr. LIPINSKI. Mr. Speaker, I rise today to pay tribute to an outstanding gentleman, Frank Wachowski, more commonly known as "The Chicago Weather Man," who will be honored on October 16, 2004 with the prestigious Thomas Jefferson Award. It is with great

honor that I recognize the contribution of a man who continues to serve the Chicagoland area and the state of Illinois.

The Thomas Jefferson Awards are presented to people who work to better their communities through volunteer and community services. They are ordinary people who do extraordinary things without expectations of recognition or reward.

For over 25 years, Frank Wachowski has volunteered his services as a cooperative observer for the National Weather Service and has closely worked with Tom Skilling, chief meteorologist at WGN-TV in Chicago. More than 11,000 volunteers nationwide take observations on farms, in urban and suburban areas, National Parks, seashores, and mountaintops. The Cooperative Network has been recognized as the most definitive source of information on our nation's climate trends as the data collections are truly representative of where people live, work and play.

Mr. Speaker, I ask that my colleagues join me today in honoring Frank Wachowski for all of his hard work and dedication, as I hope that others are inspired by him to become involved in community service projects.

#### RECOGNIZING THE 50TH WEDDING ANNIVERSARY OF LONNIE AND LUCIA ROARK

**HON. HILDA L. SOLIS**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, October 6, 2004*

Ms. SOLIS. Mr. Speaker, today I rise in order to recognize Lonnie and Lucia Roark, who will celebrate their 50th wedding anniversary on October 23rd, 2004.

I have had the pleasure of knowing both of these wonderful people because they are valued friends of my parents. Lonnie, a native of Oklahoma, relocated to California and worked alongside my father, Raul Solis. Lucia and my mother are both originally from Nicaragua.

It has been said that once Lonnie met Lucia, everyone knew that she was his reason for living. What started out as friendship eventually blossomed into true devotion and a growing unconditional love. They became husband and wife on October 23, 1954, and remain so until this day.

This inspirational couple met in Los Angeles and raised their family in the nearby suburb of La Puente. Today, they continue to live in La Puente and are blessed with 3 children, 5 grandchildren and 2 great-grandchildren.

In addition, they are a treasured part of the Solis family as well. Lonnie and Lucia are the proud godparents of my sister Anna. I am proud to say that they will always be a part of our family.

I wish to congratulate them on their 50th anniversary. May they continue to share a life of love and happiness.

ARUBA

**HON. SPENCER BACHUS**

OF ALABAMA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, October 6, 2004*

Mr. BACHUS. Mr. Speaker, year after year thousands upon thousands of Americans die