

EXTENSIONS OF REMARKS

WHY DO PEOPLE SMOKE AND WHY THEY SHOULD QUIT: WINNERS OF THE SANTA ANA SOUTHWEST COMMUNITY CENTER ANNUAL ESSAY CONTEST

HON. ROBERT K. DORNAN

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Mr. DORNAN. Mr. Speaker, I am proud to include in today's CONGRESSIONAL RECORD the winning essays in a recent local writing contest on smoking. I personally congratulate first place winner Alex Alvarado, second place winner Tiffany Dersam, third place winner Peter Nguyen, and all the other contestants for their outstanding essays.

I WANT MY MOTHER ALIVE

(By Alex Alvarado)

People should never begin to smoke. Parents need to think of their children. I know because I'm suffering myself having a mother who smokes. Many times I have asked my mother why she smokes. The answer is always she doesn't know, or she is nervous. That's why smokers should never start smoking. It destroys the smoker's health, and their family's too. One thing that makes me happy is doing this essay. I am dedicating it to my mother and all the people that smoke. I'm hoping I'll make her think of the family a little bit. Every night I pray that my mother will stop smoking.

I don't think cigarettes should have ever been invented. If I were President Clinton I'd remove cigarettes from the stores. My brain just can't understand why people smoke in the first place. My brothers, sisters, and I have made a promise to each other that we will never even begin to smoke. My dad is very happy about this essay, he loves my mother very much and also wishes that she would stop. Poor mother, I know I've hurt her feelings by writing this, but it's for her own good.

Smokers should quit so that they can live longer. People need to be able to breathe clean air. With so many smokers in the world, our air gets polluted. My personal opinion is that it's a bad example for the younger generation to see adults smoke. Instead of wasting their money on cigarettes, it would be better for them to buy books to read.

There are so many reasons to stop smoking, but the main one is to be able to continue to live. People are dying of smoking, that is bad. Also parents are dying and leaving children alone. On the news I've heard many things about why people should stop smoking. Today is the first time I can express my feelings on this matter.

My brother had a wonderful teacher who died from smoking. It makes me really sad because I'll never be able to have her as a teacher. I hope sharing this essay with my mother and all of you will make her and you realize that smoking is not good at all. May God bless all of us who are trying to help smokers quit. Good luck to the smokers of the world too. I may not win the contest, but if I've touched my mother's heart and she decides to quit, I'll be an even bigger winner.

WHY I THINK PEOPLE START TO SMOKE AND WHY I THINK THEY SHOULD QUIT

(By Tiffany Dersam)

I would like to share with you some of my ideas on why I think people start smoking and why I think they should quit. I think people start to smoke for many reasons and one is that they think it will make them look cool but it won't. People smoke because they think it will take their minds off of other things. The most common reason people start smoking is because of peer pressure.

I think people should stop smoking for many reasons. Smoking will give you yellow teeth, it will make you look stupid, and it can make you smell really bad. Smoking can cause you Lung Cancer and Heart Disease and not let your brain work the way it is supposed to.

Now I would like to share with you some personal experiences with smoking. My grandma started smoking when she was 19 and a half because every one at work was smoking.

In my family both my grandma and my dad smoke. My dad started smoking at the age of 17, and he has become very addicted to smoking. Anytime he pulls out his box of cigars, I get very annoyed. For awhile my sister would give my dad a pack of gum to try to stop him from smoking.

If you are a smoker, and you know it is bad for your health then . . . quit. It may be hard, but you can do it if you work hard and keep to it.

Here are some ways you might want to consider. #1 For example throw out all of your cigars and cigarettes and try not to smoke for as long as you can. If you don't smoke for two weeks or more then reward yourself, but remember the reward can not be a cigar or cigarette. Then do not smoke for three weeks, then four, then five and so on until you stop smoking. #2 Put a rubberband around your wrist (make sure the rubberband fits loosely around your wrist but not too loose and not too tight.) every time you pull out your pack of cigars or cigarettes snap the rubberband on your wrist. After a while your wrist will hurt so much that you will never want to smoke again. #3 Tell your child(ren), if you have any that is, that everytime you light up that you will give them \$1.50 and when you are gone have someone else write down how many times you do light up. Not only will you stop smoking but your child will think you're the best person in the world.

Good luck on quitting!

SMOKING

(By Peter Nguyen)

Smoking is an extremely hazardous thing to do. Smoking cigarettes is one of the most dangerous kinds of smoking. Pipes and cigars are also different kinds of smoking. They are just as dangerous as cigarettes. A long time ago, people used to smoke all the time. They did not know that smoking was harmful to their health. Today, people still smoke and children are starting to smoke, too!

Some people smoke because their friends smoke, and they think that it is cool. It is really difficult to say no to a friend. Some people smoke because they are bored and have nothing to do. Other people smoke because they have problems that they think

smoking cigarettes will get rid of. But, smoking cigarettes is another problem they have to deal with. Some people smoke because they think smoking would take them to new places they have never been before. But, smoking ruins your life and destroys any chance you have of reaching new heights and exploring new places.

People who smoke cigarettes should quit, because smoking can destroy one's life. Smoking can make you sick or it can kill you! It also kills anyone who breathes around you! Smoking can damage your heart, too. It can also cause lung cancer. You can not breathe very well when you have lung cancer. Smoking cigarettes can be addictive. It sometimes makes you hurt someone else for one cigarette. If you stop smoking, you can save a lot of money and you can buy better things than a pack of cigarettes. For example, you can buy a brand new car.

Three years ago, I visited my uncle. He smoked cigarettes all the time. His house always smelled like smoke. He would smoke four to six packs a day! I always tried to hold my breath, so I would not breathe in any of that horrible smoke. His clothes always smelled of smoke. Now, it is hard for him to breathe because smoking made his lungs ill. So, he decided to quit.

If your friends try to get you to smoke, they are not really your friends. Just walk away from them. You can make up and excuse like, "I am late for class", or "I need to get to the bathroom." What ever you say, make sure you get away from them. The best way to stop smoking is to not smoke in the first place.

TRIBUTE TO MARC BELFORTTI

HON. LUCILLE ROYBAL-ALLARD

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Ms. ROYBAL-ALLARD. Mr. Speaker, it is my pleasure to pay tribute to an outstanding member of the 33d Congressional District, Mark Belfortti.

Mr. Belfortti's remarkable dedication to the community is exemplified by the time and expertise he gives to the Home Loan Counseling Center. This organization provides an invaluable service to our community by increasing the possibility of home ownership to members of the 33d Congressional District. The center has benefited from the countless hours of technical assistance volunteered by Mr. Belfortti, his help with homebuying fairs and empowerment seminars, and from his role as the center's liaison to many community associations. For his work, Mr. Belfortti has been named an honorary member of the Home Loan Counseling Center's Board of Directors.

In addition to his involvement with the Home Loan Counseling Center, Mr. Belfortti has been actively involved with other nonprofit community service agencies that provide homeownership, economic development, and social services to help empower residents. With his help, organizations such as William Mead Homes, Operation Hope, Inc., Valley

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Economic Development Center, and the County and City of Los Angeles' Housing Department have been able to service the needs of the Spanish speaking residents in my district through his translation skills and his technical assistance.

Mr. Speaker, Mark Belfortti's work exemplifies the commitment and dedication of all unsung heroes who give of their time selflessly to improve their community. Mr. Belfortti's involvement is invaluable for nonprofit organizations with scarce resources and for communities with critical needs. For these reasons, I urge my colleagues to join me in saluting Mark Belfortti for all his work.

THE INTERCULTURAL CANCER COUNCIL [ICC] OFFERS NEW HOPE FOR CANCER'S GREATEST VICTIMS

HON. HENRY BONILLA

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Mr. BONILLA. Mr. Speaker, I rise today to report an important step forward in cancer research and medical affairs. The newly formed Intercultural Cancer Council [ICC] will be a leader in helping the Nation find solutions to why some of our largest population groups suffer from cancer at much greater levels than others.

In the United States cancer will become the leading cause of death within the next several years. Partly because of the progress made against cardiovascular diseases; and partly because of the greater incidence of more than 200 different types of cancer. The ICC explains that by far the highest incidence and lowest survival rates from cancer are found in our minority and medically underserved populations.

For instance, while we can be thankful that breast cancer detection, treatment, and survival is now improving significantly for the Nation, for African-American women it has actually become worse. Among Hispanics and native Americans cervical cancer takes lives at a rate far above the national average. This for a disease that can often be cured on an outpatient basis—when detected early. Alaskan Americans and native Americans are the leading victims of lung cancer, which remains among the cancers most resistant to treatment. Prostate cancer is several times more common in African-American men compared to white men from the same socioeconomic group. We don't yet know why Asian Americans have such a high rate of liver cancer, or exactly why Asian-American women have an increasing rate of breast cancer.

The ICC was formed earlier this year to help explain the disparities in where and why these cancers strike, and what steps may be taken to save the lives that would otherwise be lost in the future.

As a Texan, I am particularly proud that the founders and cochairs of the ICC are department heads from two of my State's finest medical institutions. Lovell Jones, Ph.D. is from the M.D. Anderson Cancer Center at the University of Texas, and Armin Weinberg, Ph.D., who is also a cancer researcher, is from the equally prestigious Baylor College of Medicine. In addition the Dallas-based Susan

G. Komen Breast Cancer Foundation is one of the original sustaining members of the ICC.

To this life affirming effort the ICC brings an impressive breadth of membership and expertise that crosses all racial and ethnic lines. The ICC includes institutions and advisers from the American Cancer Society, National Hispanic Leadership Initiative on Cancer, Howard University, American Indian Physicians Association, National Appalachian Leadership Initiative on Cancer, American Association for Cancer Research, the Kellogg Company, American Public Health Association, Bosom Buddies, YWCA, Harlem Hospital, Association of Asian Pacific Community Health Organizations, National Coalition for Cancer Survivorship, and the Institute of Medicine, among others.

The ICC will be a valuable asset to public education as well as to Congress and government agencies such as the National Institutes of Health, National Cancer Institute, and the Centers for Disease Control and Prevention. A major objective of the ICC is to help institutions develop prevention, treatment, and research policies so that American medicine free of racial tensions. The ICC believes that the practice of medicine can be a positive example for other institutions.

We must allocate select resources where the disease is most prevalent. For cancer this means special study on why specific populations are so much more vulnerable. Finding these answers is good medicine because it will allow us to more effectively prevent or cure cancer throughout our entire population. Besides being good science, this approach reflects the best in America by showing special compassion for the most vulnerable among us.

Many population groups face economic restraints in obtaining the early detection and successful treatment of cancer. This is only a minor part of the reason for cancer's disproportionate impacting these groups, though it is sometimes used an excuse not to do the critically needed research into the many genetic, cultural, and epidemiological causes of cancer.

Mr. Speaker, some of our House colleagues can testify on being cancer survivors. Others are thankful that they have a loved one with them today who a few years ago would have been lost because the best that science and medicine then had to offer would not have been enough. Unfortunately, everyone in our society does not benefit equally from this life-saving progress. The significantly higher incidence of cancer, and lower survival rate among minorities, culturally diverse, and medically underserved communities is a human tragedy. It is also an unnecessary burden on the Nation since so many of these deaths, are avoidable.

There are many unknown reasons for these tragic imbalances. I am pleased that we now have the ICC to help us seek the answers to these life and death medical matters.

TRIBUTE TO KATIE C. LEWIS ELEMENTARY SCHOOL NATIONAL EDUCATION FUNDING SUPPORT DAY

HON. EVA M. CLAYTON

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Mrs. CLAYTON. Mr. Speaker, today I take great pride in paying tribute to a great educator, her staff and students. November 16, 1995, was National Education Funding Support Day, and I had the great pleasure of visiting the Katie C. Lewis Elementary School located at 300 Bryant Street in northwest Washington, DC.

Mr. Speaker, in this day and age of drastic educational budget cuts and the deluge of bad news about our education system, it was a great pleasure to spend time with students and faculty that are interested, motivated, and excited about education.

The principal, Joyce L. Thompson, showed great pride in her school, her students, faculty and their well-being. Although the school sits in the midst of a neighborhood that is plagued by drugs and violence, when you step inside the doors of Katie C. Lewis Elementary School you find a haven of caring and concern. The hallways are clean, the rooms are brightly decorated, and the children are happy to be at school and are engaged in the learning process.

The sight of so many bright-eyed students eager to absorb the lessons of the day and teachers who are enthusiastic about teaching is in stark contrast to the images we get of schools.

Mr. Speaker, I am delighted to have participated in such an important event as National Education Funding Support Day and even more delighted with the opportunity to spend time in the company of Principal Thompson and the staff and students of the Katie C. Lewis Elementary School.

TRIBUTE TO RETIRED ASSOCIATE JUSTICE ROSALIE WAHL

HON. JIM RAMSTAD

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Mr. RAMSTAD. Mr. Speaker, I rise to pay tribute to retired Associate Justice Rosalie Wahl of the Minnesota Supreme Court, an outstanding jurist and an exceptional human being.

When Justice Rosalie Wahl was appointed to the Minnesota Supreme Court in 1977, she was the first woman to serve on Minnesota's highest court. Years later, she saw the court become the first in the Nation with a majority of women justices. And in the surest sign of progress, she retired last year in an era when a woman's appointment to the bench was no longer a big news story.

From the moment Rosalie Wahl became an associate justice, she hit the ground running and quickly earned a reputation as a tireless worker and a thoughtful, compassionate jurist. Justice Wahl faced a tough election battle less than a year after she took her seat, and Chief Justice Sheran offered to reduce her caseload. However, she declined because of her