

# EXTENSIONS OF REMARKS

MAYOR TOM CUNNINGHAM, A MAN  
FOR THE PEOPLE

**HON. BUD SHUSTER**

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mr. SHUSTER. Mr. Speaker, I take the floor today to recognize one of the great men in my district. In the words of Edmund Burke, one of the great statesmen to serve in the British House of Commons, "Great men are the guideposts and landmarks in the state." No phrase is more attributable to Mayor Tom Cunningham of Hyndman, PA. For the last 28 years, Tom Cunningham has served as mayor to the small town of Hyndman, PA. For 24 of those years, I had the distinct pleasure of representing Hyndman and working hand-in-hand with Tom on helping to improve the lives of our constituents.

Now the time has come in Tom's life, after a stellar career in service to his country and his neighbors, that he has decided to retire. His resume speaks for itself; a Korean war veteran, a borough councilman, member of the Hyndman Rescue Squad, volunteer to the Boy Scouts of America, Post Commander of the VFW, board member to the Bedford County Development Association, Hyndman-Londonderry Industrial Development Corp., the Redevelopment Authority of the County of Bedford, and the Bedford County Planning Commission. The recipient of many awards and honors, Tom's success as mayor leaves a powerful legacy to everyone who knows him.

My most memorable experience working with Mayor Tom, and probably Tom's too, has been the reoccurring flooding problem in Hyndman. Wills Creek, which runs directly through Hyndman, is notorious for its flood problems. The cause of thousands of dollars of damage to the small borough, Wills Creek was Mayor Tom Cunningham's biggest challenge. A challenge which could not be conquered without the strong leadership and perseverance exemplified by Mayor Tom. Tom worked hard to rally the support of the citizens of Hyndman to demand action from Federal and State governments. It was truly a privilege to assist Tom in his battle against bureaucratic redtape which in the end almost prevented a solution to Wills Creek flooding. However, Tom's perseverance prevailed and the borough he so aptly represents, will soon have a permanent flood protection project. While all of Hyndman's problems may not be completely solved, Mayor Tom Cunningham's life work has helped make Hyndman what it is today, a wonderful place to live. In the words of Walter Lippmann, a noted journalist, "The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on." I know for a fact that Tom has accomplished this task. I am one of the "other men" who will work hard to continue Tom's fight.

Even though he is retiring, I know we have not heard the last from Tom Cunningham. As

his history has proven, I am sure Tom will remain active in the community of Hyndman. Mr. Speaker, I am sure you will join me in celebration of Mayor Tom Cunningham's magnificent career. He is truly a great man, a great leader, a great American, and I wish him well in his private life.

HONORING THE NORTH MIAMI  
FOUNDATION FOR SENIOR CITI-  
ZENS' SERVICES, INC.

**HON. CARRIE P. MEEK**

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mrs. MEEK of Florida. Mr. Speaker, the North Miami Foundation for Senior Citizens' Services, Inc., will celebrate 22 years of community service on May 14, 1997, at their 19th annual Volunteer Recognition Luncheon. Held in conjunction with Older Americans Month, the foundation will thank those volunteers who offer services to the elderly in the North Dade community.

In 1996, volunteers with the foundation gave freely of 25,835 chore service hours, 34,533 hours of friendly companionship visits, and 59,773 telephone reassurance calls. In addition, 9,700 hours of special projects were conducted by local organizations and schools. To underscore the importance that such volunteer efforts play with the foundation, these hours total the equivalent of 47 full-time staff positions.

The foundation inspires the devotion of hundreds of people on a yearly basis. Certainly, all who work there find their efforts a labor of love. Without these caring and dedicated individuals the services provided by the foundation would not be possible. My thanks to each of you and congratulations for a job well done.

H.R. 1045

**HON. PATSY T. MINK**

OF HAWAII

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mrs. MINK of Hawaii. Mr. Speaker, I have introduced H.R. 1045 to require that any unpaid work required of welfare recipients as a condition of receiving benefits be credited with wages for the purposes of calculating the Earned Income Tax Credit [EITC] and the Dependent Care Tax Credit.

Under H.R. 1045, the hours worked without direct compensation will be credited as though minimum wage were paid.

It is extremely unfair to require work and then not pay any wages and credit nothing toward Social Security, unemployment compensation, and other wage-based benefits programs. And this is exactly what is allowed under the new welfare reform law. States will be able to enact workfare programs in which

welfare recipients are forced to work off their welfare benefit, rather than receiving real wages.

Under H.R. 1045, unpaid work required to remain eligible for cash assistance will be translated into real wages for the purpose of claiming earned income tax credits.

If work is a virtue, then all work should be treated the same.

I urge my colleagues to support my bill, H.R. 1045.

PERSONAL EXPLANATION

**HON. JOHN COOKSEY**

OF LOUISIANA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mr. COOKSEY. Mr. Speaker, on rollcall No. 30, I was necessarily absent. Had I been present, I would have voted "aye."

THE UNITED STATES SHOULD NOT  
PARTICIPATE IN ARAFAT CON-  
FERENCE

**HON. BILL McCOLLUM**

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mr. McCOLLUM. Mr. Speaker, I am deeply concerned that the State Department has agreed to participate in an international conference convened by the Palestinian leader Yasser Arafat. This is part of a strategy of confrontation with Israel and would be a serious mistake. It is my hope the State Department reconsiders this decision.

It appears that the Palestinian Government is attempting to drive a wedge between the United States and Israel. Distancing the United States from Israel encourages the tendency for Palestinians to negotiate with the United States instead of negotiating directly with Israel. Disregarding the existing negotiation process is counterproductive to the peace process.

Without question, the administration's record of support for the United States-Israel relationship has been commendable. Participation in this conference, however, would only tarnish that record. The United States simply does not belong in any type or organization—formal or informal—that is established to isolate and pressure Israel.

TRIBUTE TO FRANK VALENTINO,  
POET OF THE JERSEY SHORE

**HON. FRANK PALLONE**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, March 18, 1997*

Mr. PALLONE. Mr. Speaker, I am very proud to represent a section of the Jersey

• This "bullet" symbol identifies statements or insertions which are not spoken by a Member of the Senate on the floor.

Matter set in this typeface indicates words inserted or appended, rather than spoken, by a Member of the House on the floor.

Shore which has great historic significance as a summer home of seven Presidents and an inspiration for, and birthplace of, many great writers, poets, artists, and musical talents.

One contemporary local poet is Frank Valentino and his fine poetry about the Jersey Shore has inspired me to tell my colleagues a little about him and about my seashore district.

For many years, my hometown of Long Branch was the choice of Presidents and Vice Presidents as a retreat for relaxation and contemplation, and occasionally, I must admit, for a little gambling.

Starting in 1869 with Ulysses S. Grant and for the next 40 years it was the summer capital for Presidents. Rutherford B. Hayes, Benjamin Harrison, and William McKinley were frequent visitors. After being critically-wounded, President James Garfield demanded to be taken to Long Branch, where he died in 1881. In spite of his short term in office, Chester Arthur found the time for visits to Long Branch. And Woodrow Wilson made a West Long Branch estate, which is now Monmouth University, a gathering place for leaders and intellectuals of his time.

Nearby Asbury Park, which is this week celebrating its 100th birthday, has its own illustrious history. This seashore town boasts author Stephen Crane as a son and has the more recent distinction as the source of inspiration for musician Bruce Springsteen. Many other entertainment greats frequented Asbury Park in the old days, including Frank Sinatra and Count Basie who performed for the thousands of summer visitors who flocked there.

While the Jersey Shore has changed over the years, it is still inspiring talents who are, in turn, rekindling pride and a great sense of history in the area.

Poet Frank Valentino grew up in Long Branch and still lives in Monmouth County. He is the author of three books of poetry and is the founder of Food for Thought Benefit Poetry Reading, an annual event which results in huge donations of food to local food banks. He also conducts many voluntary readings and poetry workshops in schools, clubs, and libraries to impart a love of poetry and local lore to our young people.

It is to applaud his good work, and to share a little of luster of the Jersey Shore, that I include two of his poems for my colleagues and others to appreciate:

#### THE SANDS OF LONG BRANCH

Time drifts like a sea gull in the breeze  
 Years fall like waves upon the beach,  
 The old stone statue of one of the seven  
 Looks out to the east.  
 Walking along the coast at dawn I gaze  
 Out upon the horizon,  
 Feet in the sand of Long Branch and the  
 voices  
 Of Seven Presidents echoes in the warm  
 Summer wind.  
 Seven Presidents have walked along the sand  
 of this  
 Old city by the sea.  
 They stood along the shore and gazed at the  
 incoming tides  
 And sifted sand from the beach through their  
 hands.  
 Long Branch at dawn and the sun rises be-  
 hind the clouds  
 Thoughts of then and now hang in the pink  
 blue mist,  
 Sand castles are swept away and the old  
 stone statue of  
 One of the seven looks out to the east.

ASBURY PARK 1971

Neon lights flash like lightning

The smell of the ocean hangs heavy,  
 The sand coated streets shine in the mist  
 Of a hot Jersey Shore summer night.

The dancers sweat in the dark as they carve  
 Their dreams on the wood of the boardwalk  
 Tonight,

The guitar player's name is Springsteen  
 And the music and words sound like thunder.

Another cold beer and the poets mark their  
 Lines in the sand as the Gypsy lady pulls  
 The curtain closed.

#### HEART DISEASE

### HON. MARCY KAPTUR

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 18, 1997

Ms. KAPTUR. Mr. Speaker, several months ago I was pleased to cosponsor a congressional briefing addressing the important health issue of heart disease. Those who attended this event had the privilege to listen to four distinguished specialists in the area of heart disease discuss the important benefits of psychological intervention in the care of patients with heart disease.

The speakers were: Dorothy W. Cantor, Psy.D., president, the American Psychological Association; Ernest H. Johnson, Ph.D., director, behavioral medicine research, Morehouse School of Medicine; Wayne M. Sotile, Ph.D., director, psychological services, cardiac rehabilitation program, Wake Forest University; and Redford B. Williams, M.D., director, Behavioral Medicine Research Center, Duke University.

Each day in America, 4,000 people suffer a heart attack—one in five before age 60. Five million Americans have coronary heart disease [CHD], and approximately 400,000 of these individuals each year suffer heart failure. Some 70 percent of the victims of an initial heart attack and 50 percent of individuals who suffer a recurrent heart attack survive. As medical treatment for heart patients improves, a growing number of heart attack survivors are younger than age 65. Nearly 2.5 million Americans have some degree of vocational disability or limitation caused by heart illness. CHD is the leading problem for which patients receive premature disability benefits.

Between 50 and 60 percent of all cardiac patients who enter the hospital experience elevated levels of depression, anxiety, and fear. Depression is one of the factors which predicts mortality from heart illness and recurrence of a heart attack. Over 50 percent of spouses and children of cardiac patients experience elevated stress, anxiety, and somatic preoccupation for up to 10 years following a loved one's heart illness. Family tensions and social isolation have been shown to be significant risk factors for recovering heart patients.

Research shows that psychological intervention leads to shorter hospital stays, reduced rehospitalization, and reduced rates of recurring heart attacks and death. In fact, as little as 30 minutes of psychological counseling per day for 5–6 days has been shown to lead to discharge from the hospital 2.5 days sooner and from the intensive care unit 1 day sooner, as well as lessening morbidity.

The Clinical Practice Guideline for Cardiac Rehabilitation recently published by the U.S. Department of Health and Human Services emphasized that education alone is not effec-

tive in helping heart patients cope. Effective intervention combines education, counseling—providing advice, support and consultation—and behavioral interventions—systematic instruction in techniques to modify health related behavior.

Unfortunately only 12 percent of formal cardiac care programs utilize consultation from a psychologist.

Summary information on the briefing follows:

#### INFORMATION SHEET

Each day in America, 4,000 people suffer a heart attack—one in five before age 60. Five million Americans have coronary heart disease (CHD). Of these, approximately 400,000 suffer heart failure each year in the United States. Seventy percent of victims of an initial heart attack and 50 percent of individuals who suffer a recurrent heart attack survive. As medical treatment for heart patients improves, a growing number of heart attack survivors are younger than age 65. But nearly 2.5 million Americans have some degree of vocational disability or limitation caused by heart illness and in the United States, CHD is the leading problem for which patients receive premature disability benefits.

#### WHY IS PSYCHOLOGICAL CARE IMPORTANT FOR HEART PATIENTS?

Immediately following heart surgery there is a window of opportunity in which to educate recovering heart patients about adaptive coping skills. The information patients are given in this time period shapes their thinking about life after heart surgery for up to five years. For instance, if patients believe they cannot have sexual relations, or cannot exercise, and are not told differently, they may hamper their recovery.

Incorporating psychological intervention into the care of recovering heart patients is important because:

Between 50 and 60 percent of all cardiac patients who enter the hospital experience elevated levels of depression, anxiety or fear.

Over 50 percent of spouses and children of cardiac patients elevate on measures of stress, anxiety and somatic preoccupation for up to ten years following a loved one's heart illness.

A significant percentage of recovering cardiopulmonary patients and their families experience frustration about feeling ill-prepared for the long-range course of rehabilitation.

Family tensions and social isolation have been shown to be significant risk factors for recovering heart patients.

Depression, social isolation and hostility predict mortality from heart illness and recurrence of a heart attack.

#### PSYCHOLOGICAL INTERVENTIONS MAKE A PROVEN DIFFERENCE

Research shows that:

As little as 30 minutes of psychological counseling per day for 5–6 days has been shown to lead to discharge from the hospital 2.5 days sooner and from the Intensive Care Unit one day sooner, as well as lessening morbidity.

Group therapy with recovering heart attack patients has consistently been found to improve measures of psychological well-being and lessen indicators of morbidity throughout the first three years of recovery.

Two hours of psychological counseling per week for seven weeks has been shown to reduce incidence of re-hospitalization for recovering heart attack patients by 60 percent.

Treatment of depression has been shown to reduce rates of re-occurring heart attacks and death over three years of follow-up.

A single supportive interview delivered on the evening before surgery has shown to lessen post-operative psychosis.