

EXTENSIONS OF REMARKS

RECIPE FOR AMERICA

HON. RICHARD K. ARMEY

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, April 30, 1997

Mr. ARMEY. Mr. Speaker, I rise today to commend the students of Mrs. De Merchant's class of Abraham Lincoln Elementary School in Corona del Mar, CA. Each of the 30 children submitted their personal "Recipe for America." Their words and ideas testify to the simple and untarnished hope upon which our country was founded. Their belief and pursuit of American principles and their persistent optimism, despite the various vices of today's society, serves as a reminder to each of us to continue to uphold the truth and fight for justice and freedom. May we be found faithful as we seek to ensure the future for our country's greatest asset—our children.

RECIPE FOR AMERICA

(By Priscilla Swenson)

Defrost four gallons of exquisite, bright, and cheerful beach weather. Add some rushing rivers flowing with icy cool water. Add a pinch of flourishing fruited plains with one cup of liberty. Stir in some family traditions. Season it with soldier high, luscious green pines. Don't forget to mash all violence and unjust treatment. Make sure to marinate and sprinkle many cups of justice. Churn some freedom. Serve with many rights and unbeatable fairness. And that is my recipe for America!

THE RECIPE FOR THE UNITED STATES OF AMERICA'S PURPLE MOUNTAIN MAJESTIES

(By Geoffrey Simmon)

1. Blend in a pound of the wonderful and magnificent Washington Monument which is made out of two types of stone.
2. Add in a cup of honest and truthful justice of the Supreme Court.
3. Pour a gallon of the salty and fresh water which mixes in the Chesapeake Bay.
4. Stir in two hundred twenty three years of wonderful sports, ideas, technology, liberty, freedom and government.
5. Thaw and throw out the years of rotten gangs, violence, anger and pollution.

MY RECIPE FOR THE UNITED STATES

(By Breanne Ogden)

Combine the massive heads of Mount Rushmore.
Separate the violence from peace.
Stir the emerald green Statue of Liberty.
Pinch some freedom into a bowl.
Add two cups of Palm Springs heat.
Mix in some endangered animals safety.
Pound some justice into the stew of poor people.
Fry some snow capped mountains.
Chop the massive pine trees of Redwood Forest.
Serve with the magical vibrant colors of crystal covered beaches.
And that's my recipe for the United States!

U.S.A.

(By Jeffrey Ogle)

First blend in some liberty.

Defrost some snowcapped Mts.
Add some tasty blue waterfalls.
Crust and dry some canyons.
Shape some land and glaciers.
Add a tablespoon of freedom.
Throw in a quart of peace.
Pour in oceans and lakes.

RECIPE FOR THE UNITED STATES OF AMERICA

(By Brittany Grech)

Mix two ounces of surfing in tubed waves.
Add three tablespoons of swimming with tropical fish in clear, coral bottomed seas.
Combine snow capped mountains and a pinch of skiing.
Stir in cups full of fresh air and a pint of skydivers.
Fry a rollerblader on the sidewalks by the hot sandy shore.
Spread California's exquisite beach weather.
Blend all the above ingredients gently together.
Frost with the freedoms of speech and religion, a responsible government and a secret ballot.
Sprinkle this with presidential elections.
Place it by beautiful tropical rainbows to cool.
Serve with appropriate laws.

RECIPE FOR U.S.A.

(By Steve Hinton)

Stir 7 pints of tradition.
Add a teaspoon of justice.
Flip the lush green valleys.
Preheat the secret ballot.
BBQ Mauna Kea.
Churn a gallon of misty waterfalls.
Slice rainbowed canyons.
Mold a lot of wildlife.
Drop some sliced onions on Mammoth.
Measure the pledge.
And Presto You Have America!

MY RECIPE FOR AMERICA THE BEAUTIFUL

(By John Carpenter)

1. Defrost Washington's glistening, fun filled, snowy mountains.
2. Boil it for 1 hr. with 2 cups of forgiveness.
3. Smash violence and melt it with Hawaii's dazzling sunsets.
4. Pour in 1 gallon clear, gushing waterfalls.
5. Mix in a pint of pureness.
6. Blend in a quart of glistening, shimmering, morning dew drops landing on the tip of the Statue of Liberty's crown.
7. Add a pinch of Ellis Island.
8. Beat in the shocked gasps of the pocket filled, terribly greedy, beer drinking, Las Vegas gamblers.
9. Heat up a batch of family tradition.
10. Baste it with love and laughter.

MY RECIPE FOR AMERICA

(By Katie Lange)

Mix some liberty in with peace.
Sprinkle some fairness in.
Stir freedom together.
Add everyone treated equally.
Pour some running free, babbling, stony brooks.
Throw out violence.
Blend in justice.
Pick 999 blackberries and 1,000 raspberries.

Then wash them.
Boil them.
Pour the whole recipe in a cup.
Add some fun.
Flip Mt. Rushmore over.
Block out war.
Mix dark clouds with rain.
Pick some green valleys.
Pop in some firecrackers.
Mix forests together.
And that's my recipe for the U.S.A.!

AMERICA THE BEAUTIFUL

(By Aaron Israel)

Simmer a dozen snow-capped mountains;
Stir a pound of hiking;
Churn a cup of freedom of speech;
Boil a dozen theme park trips;
Mash an ounce of deep canyons;
Chop a quart of education;
Sizzle a pint of bike riding;
Add a teaspoon of beautiful;
Marinate a half teaspoon of law;
Baste a gallon of boating.
Presto, you have America!

MY RECIPE FOR THE U.S.A.

(By Brittany C.)

Mix some liberty.
Add one cup of green valleys.
A pinch of ocean.
A quart of freedom.
Plus a tblsp. of justice.
Crack the violence and keep the peace.
Add three pinches of waterfall.
And an ounce of rainbow.
A cup of patience.
A tsp. of adventure.
Blend an ounce of inventions.
Don't forget to broil two cups of opportunity.
Two ounces of intelligence.
And last, but not least, one bottle of fair laws.
Stir until a thick paste.
Now bake for two hundred years.
Sprinkle some Bill of Rights.
And enjoy.

MY RECIPE FOR THE USA

(By Carsten Ball)

Mix some Blueberries.
Pick out the seeds of the juicy, tasty desert red Strawberry.
Crunch the yummy, yummy Cherry's.
Pluck out the huge black seeds of the tasty Watermelon.
Wash the beautiful, shiny Apples.
Taste the better than ever Cantaloupe.
Smell the luscious, sour Tangerine.
See the blinding, winding Lemon.
Smash the messy, slippery white seeds out of the Oranges.
Squash the soft and mushy Bananas between your teeth.

RECIPE FOR THE U.S.A.

(By Sean Pham)

Mix a cup of justice.
Blend in two ounces of snowcapped mountains.
Mash all of the violence.
Add a dozen trips down the rocky, ridged, steep Grand Canyon.
Pour one pint of the Bill of Rights.
Dip a tablespoon of clear, rushing rivers.
Bake in one pound of surfing on the sunny, sandy beaches.

• 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.

Combine the soaring bald eagles.
Stir in two cups of Las Vegas flashing lights.

Baste three pounds of technology.

MY U.S.A. RECIPE

(By Sylvia Nguyen)

1. Stir up liberty and justice.
2. Mix a cup of civil rights.
3. Add a pinch of a secret voting ballot.
4. Combine warm sandy beaches with majestic snow-capped mountains.
5. Add a teaspoon of abundant agriculture and farming.
6. Roast sports competition and mash out violence.
7. Measure an ounce of a variety of different cultures and new ideas.
8. Blend evergreen trees of all kinds and flip up ideas for inventions.
9. Slice a pound of ethnic customs and season with peace and friendliness.
10. Barbecue fair weather and opportunity and what do you have?

America!

RECIPE FOR AMERICA

(By Spencer Stepnicka)

1. Put in a pound of the Statue of Liberty.
2. Stir in a pint of peace.
3. Add in some deep canyon.
4. Smash fighting.
5. Mash in the red and white stripes and stars.
6. Fry in freedom.
7. Simmer in the law.
8. Blend in the Great Lakes.
9. Defrost technology.
10. Add in Hawaii's active volcanoes.
11. Bake.
12. Eat.

RECIPE FOR THE UNITED STATES OF AMERICA

(By Brittany Bailey)

1. Defrost snow topped mountains.
2. Stir fresh pine valleys.
3. Blend in fairness.
4. Sprinkle in justice.
5. Pour in salted beach water.
6. Add freedom.
7. Pinch in delicious grape vineyards.
8. Put in the Statue of Liberty.
9. Boil in icy slopes.
10. Cook for 1 hour and a ½ half.

TO MAKE A U.S. PIE

(By Chris Wimer)

Roast the crowded, law lacking, over populated, smog filled city of L.A.
Sizzle the best, outrageous, action packed, high performing movies of Universal, Fox, WB and HBO.

Add a great, wonderful, gold filled land of a new world, and bake for 505 years.
Squash the plump, delicious, juice filled oranges of Florida.

Taste the enormous historical sky scraping Lady Liberty.

RECIPE FOR AMERICA

(By Matt Busch)

Add a tablespoon of liberty.
Mix some family tradition.
Roast a pound of freedom.
Throw out a platter of violence.
Stir a cup of justice.
Blend all the wonderful national parks.
Mash all the horrible greed.
Combine truth and righteousness.
Simmer a pot of the wonderful animals.
Taste the wholesome American air.
Bake it all together and you've got America.

RECIPE FOR THE USA

(By Marissa Mandala)

Mix in a gallon of freedom.

Add an ounce of culture and liberty.
Throw in a cup of shinning waterfalls.
Add a teaspoon of colorful rainbows.
Toss in a tablespoon of sports and oceans.
Sprinkle in one dozen green forests.
Blend in a pound of green valleys.
Throw out fifteen gallons of violence.
Mix in a tablespoon of sandy beaches.
Blend in four cups of furry animals.
Loss in one gallon of bike races.
Add one ounce of traditions.
Mix in one pound of Sedona's bright red rocks.
Then stir and bake for one hour.

RECIPE FOR AMERICA

(By Armand Lapuz)

First put in a bit of rap.
Then chop up a few thousand feet of the moist Grand Canyon.
Then sprinkle a few bits of laws and sunny beach swimming.
After that you have to mix a bit of religious freedom and mix it up with the cool Yosemite Falls and then you have America!

RECIPE FOR AMERICA

(By Jamie Steele)

All you need to do is . . .
1. Put in one ounce of justice.
2. Mix in 4 pints of Shamu Whales.
3. Slowly dip in soft fluffy kittens.
4. Stir in 6 cups of imagination.
5. Blend in 10 pounds of happiness.
6. Sprinkle on 4 cups of flowers.
7. Shake in 5 tablespoons of peace.
8. Defrost 1 bowl of love.
9. Baste with 1 ounce of art, health, and fame.
10. Mix in 4 cups of education and friendship.
11. Churn 3 bowls of sports and technology.
12. Bake in one cup of weather and dolls.
13. And top with a pinch of fun!

RECIPE FOR AMERICA

(By Mike Caponera)

Pour in a cup of Hawaii's gigantic killer waves.
Mix in a pound of justice.
Stir in a gallon of Wyoming's colorful exploding geysers.
Taste a teaspoon of skydiving.
Throw in two dozen prowling mountain lions.
Stuff in Mount Rushmore's pale white faces.
Dip in Palm Springs scorching heat.
Drop in five pounds of skiing.
Boil a pint of intense football.
Mash in two oz. of Oregon's wacky blizzards.
Fry in half a pound of the fierce Grizzly bears.
Sizzle five quarts of Las Vegas' bright dazzling lights.
Sip an oz. of freedom.
Season three lbs. of opportunity.
Marinate two lbs. of the proud Lady Liberty.
Sprinkle four drops of the dazzling orange sunsets.
Push in one oz. of the green tree filled valleys.
Defrost two tablespoons of exciting scuba diving.

MY RECIPE FOR AMERICA

(By Ryan Vieth)

First add allot of freedom of speech.
Combine the Bill of Rights.
Mix in America's fairness.
Defrost America's new rules.
Squash the bad fighting.
Thaw the Rocky Mountains.
Fry together.

Separate the bad people from the good.
Show the Statute of Liberty.
Crack badness.
Mash crime.
And you have the U.S.A.

MY RECIPE FOR AMERICA

(By Jenni Geoffroy)

Mix in a gallon of Sedona's algae, rocky, bumpy, speedy, fascinating falls.
Add in 500% Las Vegas' noisy, fun and confusing casinos.
Season frowns, make them smiles.
Take pollution and throw it out!
Take a pinch of helping hands.
Get rid of gangs.
Mix in dozens of immigrants.
Sprinkle in the joy of storytelling and reading.
Take Abe Lincoln and put him in.
Add liberty and freedom.

A RECIPE FOR AMERICA

(By Kelly Smith)

All you need to do is . . .
Mix an ounce of love.
Stuff a cup of caring.
Blend of pound of right.
Chop a gallon of fairness.
Flame a blend of voting.
Add a pinch of order.
Pour a dip of peace.
Simmer a slice of happiness.
Measure an opening of spirits.
Pinch in a lick of luck.
Then you chop, stir, mix and blend it all together, and out comes a little bit of everyone.

MY RECIPE FOR THE UNITED STATES OF AMERICA

(By Brian Lewandowski)

1. Add in all the trash compacted cities.
2. Blend in all sports and skateboarding.
3. Crack in all Violence and boil some Freedom.
4. Stir in Liberty and Peace for 2,000,000 years.
5. Chop up all Crime and add more peace.
6. Pour in all nice and smooth rivers and oceans.
7. Combine all the wonderful States.
8. Shake in one tablespoon of Justice and Rights.
9. Mix some intelligence and smartness.
10. And you get America.

RECIPE FOR AMERICA'S FRUITED PLAINS

(By Billy Morrow)

1. Defrost Park City's freezing cold over crowded ski slopes.
2. Put a pinch of liberty and stir for 200 years.
3. Chop up 20 of Washington's ruby red apples and add.
4. Add two cups of hiking trips in the Grand Canyon.
5. Separate the peace and the violence (Throw the violence away.)
6. Boil for 30 minutes.
7. Add one cup of great gray gravel from Mount Rushmore.
8. Put in a refrigerator for 1 day.
9. Presto you have American fruited plains.
10. Put on a plate and enjoy.

RECIPE FOR AMERICA

(By Eddie Bedrosian)

Mix together Armenian food and a good Die-Hard movie.
Blend in snowmobiling and roller blading at Sierra Summit.
Measure the learning from working with Grandpa on payroll and with Oregon Trail.
Add cool summer beaches and sizzling summer deserts.
Stir in a U.S. Supreme Court gavel and good citizenship.

Simmer in electric cars and stricter highway safety.

Season with the wiping out of cancer.
Separate drug dealers from beepers.
Combine justice and criminals.
Enjoy—a safe and fun America!

MY RECIPE FOR U.S.A.

(By Alex)

Preheat the oven at 1,000 degrees.
Mix a ton of friends and family.
Blend in happiness and freedom.
Put hunger and violence in the garbage disposal.
Poor in some justice and liberty.
Mix for 500 minutes slowly
Put a teaspoon of fair laws.
One pinch of world peace.
Add in horses, dogs, cats and animals.
Put 6 pints of freedom of religion.
Preheat a tablespoon of mountain climbing.
Combine a ton of independence.
Bake for 200 years and season.
Get a big cookie cutter and cut it out.
Now you have America!

RECIPE FOR AMERICA

(By Michelle Matus)

1. Preheat oven at 450.
2. Thaw a cup of freedom in a bowl.
3. Mix in one quart of all different cultures.
4. Add an ounce of working laws.
5. Sprinkle in some justice.
6. Blend in a cup of lush green forests and valleys.
7. Defrost the monumental Lady Liberty.
8. Squash violence and throw it out.
9. Melt in a tablespoon of peace.
10. Measure a gallon of intelligence.
11. Pour in a dozen boxes of happiness.
12. Mash two pints of exercise and put it in the bowl.
13. Put in a pound of sleep.
14. Stir in a pinch of traditions.
15. Combine a quart of beauty.
16. Knead in a quart of beautiful valleys and cool waterfalls.
17. Churn in a cup of patience.
18. Put in an ounce of adventure.
19. Broil 10 minutes with opportunity.
20. Bake 200 years and baste with different religions every 15 years.
21. Cool mixture for 10 years and presto, you have America.

RECIPE FOR THE U.S.A.

(By George Fujimuro)

1. Take a cup of freedom and stir 221 years.
2. Separate war and peace and dump war.
3. Add ¼ justice.
4. Add ¼ freedom.
5. Add ¼ liberty.
6. Add ¼ working man.
7. Crack the dawning of inventions.
8. Add the wonders of America.
9. Devastate the violence.
10. Heat often.

Walla—you've got the United States of America.

HONORING GEORGE MCGOVERN ON HIS 75TH BIRTHDAY

HON. JAMES P. MCGOVERN

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, April 30, 1997

Mr. MCGOVERN. Mr. Speaker, on April 8, 1997, a remarkable event took place at the U.S. National Archives: a day-long symposium was held on the career of former Senator

George McGovern on the occasion of his 75th birthday. The symposium reviewed the times and events that surrounded Senator McGovern's life and his role in shaping contemporary history. It brought together such diverse commentators and speakers as Arthur Schlesinger, Jr., All Neuharth, Townsend Hoopes, Frank Mankiewicz, Mary McGrory, Hunter Thompson, Daniel Ellsberg, Lindy Boggs, Bob Dole and TOM DASCHLE.

My life and my career has been shaped by the commitment and integrity of this remarkable man from Avon, SD. He was born on July 19, 1922, the son of a Methodist clergyman. As a pilot of a B-24 bomber in the European theater during World War II, he flew 35 missions and was decorated with the Distinguished Flying Cross. After the War, he returned home and earned a Ph.D. in history and government at Northwestern University and served as professor of history at Dakota Wesleyan University.

Few of these facts are remembered today because the Senator from South Dakota, elected to the House of Representatives in 1956 and to the U.S. Senate in 1962, and the Democratic Party 1972 Presidential candidate, is known for his integrity and the stands he took on such issues as combating hunger, opposing the war in Vietnam, promoting disarmament, and working diligently on behalf of peace. But his early religious life, his experiences during World War II, and his discipline as an academic, and his devotion to his family were ever the touchstones of his spiritual life and values.

Mr. Speaker, I would like to enter into the RECORD a copy of the remarks made by Senator EDWARD M. KENNEDY during the April 8 symposium, along with the program of speakers and topics that describe the life of George McGovern and his place in American history. SENATOR KENNEDY'S REMARKS AT THE GEORGE MCGOVERN 75TH BIRTHDAY SYMPOSIUM, NATIONAL ARCHIVES, APRIL 8, 1997

I want to thank Douglas Brinkley for that generous introduction. Doug has done great work as Director of Dwight D. Eisenhower Center at the University of New Orleans.

I also want to thank John Carlin for that warm introduction. John has done an exceptional job as Archivist of The United States. We are all grateful that our nation's records and history and legacy are in his and the entire staff at the National Archives' capable hands.

It's a very special privilege to join in honoring a very special friend on his 7th birthday.

George McGovern and I came to the Senate the same year, and we've been great friends ever since.

In 1961, President Kennedy named George as the director of Food for Peace. The program had been relegated to secondary status for years, but Jack was determined to make it a priority. George was the perfect choice to do it.

His first major project was the widespread starvation in Brazil. George went there, saw it first hand, and did something about it. He arranged for 60 million pounds of powdered milk for a child feeding program and 30,000 tons of other commodities. The powdered milk alone fed two million people a day for an entire year.

Under George, Food for Peace expanded its efforts to all parts of the world. The people of Afghanistan, the Congo, Korea, Indonesia, and Colombia all became the beneficiaries of this New Frontier initiative. In Peru, a million school children were fed daily by U.S.

commodities. In India, vast shiploads of wheat, rice, corn, and soybeans were sent to help alleviate that nation's suffering.

Returning from India in 1962, George came through Rome and met Pope Paul the 23rd. The Pope said, "When you meet your Maker and He asks, 'Have you fed the hungry, given drink to the thirsty, and cared for the lonely?' You can answer, 'Yes'".

As a Senator, George never stopped being a tireless crusader against hunger. As Chairman of the Committee on Nutrition, he made an enormous difference. In the Nixon years, when the White House attacked him for using the issue for political purposes, he had the perfect answer—"Hunger knows no politics." The strong school lunch program we have in place today is there because of George McGovern.

Two years ago, as you may recall, some "know-nothings" in Congress tried to slash George's program. They were routed by a firestorm of criticism, and a new verb entered the dictionary. "Watch out," they said. "We don't want to get 'school-lunched' ever again." So they tried to slash Medicare and education instead—with similar results. When George McGovern plants something, it stays planted.

And then, of course, there was Vietnam. Before almost anyone else in the Senate, George McGovern spoke out against the failure of our policy. By 1965, he had seen enough. He knew that the ongoing crisis in Vietnam was the result of Vietnam's internal problems, and was no military threat to the United States. He called for an end to the widespread carpet bombings that were producing negligible military results but were having a devastating effect on the lives of millions of innocent Vietnamese civilians.

The war was the issue, and it was natural that George would run for President in 1972. A watershed election became the Watergate election and in the eyes of history, George emerged as the true winner—even if he wasn't the Electoral College winner. But I still have my bumper sticker that says, "Don't blame me—I'm from Massachusetts."

Few Americans have contributed more to their fellow citizens and their country than George McGovern. Few Americans have done more to improve the lot of the hungry and the poor than George McGovern. And few Americans have held our country to a higher standard or contributed more than George McGovern.

For a memorable four-years from 1964 to 1968, George and I and Robert Kennedy were all serving together in the Senate. In a sense, we were three brothers again.

As Bobby once said, "There is no one I feel more genuine about and about the importance of their contribution, than George McGovern. Of all my colleagues in the United States Senate, the person who has the most feeling and does things in the most genuine way is George McGovern. He is so highly admired by all his colleagues, not just for his ability but because of the kind of man he is. That is truer of him than of any man in the United States Senate." That says it all about our friend.

Finally, I still remember the night—July 13—or was it the 14th, 1972, 3 A.M., Miami, Florida, the Democratic Convention. I had the privilege of introducing George, and I brought along a little tape to play here.

We love you George—I still think you'd have won, if you'd given your acceptance speech about six hours earlier that night.

GEORGE MCGOVERN 75TH BIRTHDAY SYMPOSIUM

(National Archives Theater, Washington, DC, April 8, 1997)

8:15-9:00 Registration in the National Archives Theater Lobby. Coffee.