

The Tri-State McDonald's Owners have also partnered with Ronald McDonald House Charities to offer an additional \$175,000 in scholarships for HACER, a scholarship program for area students of Hispanic heritage. Combined in these four scholarship programs, McDonald's owners will contribute \$350,000 in college scholarships to students in the Tri-State community.

These scholarship programs are just one part of the McDonald's Owners' continuing commitment to education and the communities in which they operate. The Tri-State Owners support reading incentive programs and other initiatives for elementary school students. Additionally, they sponsor programs that teach parents the importance of immunizing young children, and instruct children on bicycle safety, helmet use, and fire safety. The Tri-State McDonald's owners also help support the great work that the Ronald McDonald House does for families of young cancer victims.

Mr. Speaker, I am proud to recognize the important contributions Tri-State McDonald's owners are making to our communities. I urge you and all Members of Congress to join me in applauding the McDonald's Restaurant Owners of New York, New Jersey and Connecticut for their continued commitment to education and dedication to programs that help ensure a successful future for our children.

TRIBUTE TO THE KATHRYN SEVERYNS DEMENT SLEEP DISORDERS CENTER

**HON. GEORGE R. NETHERCUTT, JR.**

OF WASHINGTON

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mr. NETHERCUTT. Mr. Speaker, I rise today to pay tribute to the Kathryn Severyns Dement Sleep Disorders Center located in Walla Walla, Washington. I was very pleased to visit the sleep clinic and recently had the honor of accepting an award on behalf of Walla Walla, Washington being recognized as the Healthy Sleep Capital of the Nation.

The Walla Walla sleep center is the result of Dr. William C. Dement's efforts to educate others on sleep awareness and its disorders. Dr. Dement is a Walla Walla native and sleep medicine pioneer. He is the director of the Stanford University Sleep Research and Clinical Programs, and was the founding President of the American Sleep Disorders Association. Dr. Dement, along with Dr. Richard Simon, Jr., director of the sleep center, and doctors Michael Bernstein, Jennings Falcon, and Eric Ball have all made sleep problems a fundamental focus of their medical practices. These doctors have become experts in the field of sleep disorders and lead the world in sleep disorder treatment.

Most people do not realize the seriousness or extent of the sleep disorders problem. Statistics show that between 50 and 100 million people in the United States have diagnosable sleep disorders. This is not just limited to adults, sleep disorders affect people of all ages. These disorders are severely underdiagnosed in children. The National Transportation Safety Board points to chronic sleep deprivation as being the leading cause of fatal and non-fatal heavy truck accidents. The esti-

mated annual cost of untreated sleep disorders due to preventable morbidity and accidents is \$100 billion.

The work the Walla Walla sleep center has done in treating and diagnosing sleep disorders is unparalleled. Compared to doctors from outlying areas, Walla Walla doctors are referring as many as six times the number of patients for sleep disorders treatment. This is mostly due to the training these doctors have received. Prior to sleep disorder training, a survey of more than 750 patient charts found that just six patients mentioned having problems sleeping, and of those, two patients were diagnosed with disorders. One year after the training, 130 to 140 people were diagnosed with sleep apnea, a treatable disorder where the sleeper repeatedly stops breathing for an instant. Between 1994 and 1998, the center saw 1,421 new patients and performed 1,711 sleep studies.

The doctors at the Walla Walla sleep center continue to make advances in sleep study research. They are responsible for training physicians throughout the area and have helped two other hospitals start sleep centers. They are also currently working with Stanford University to apply for a grant to determine whether mild sleep apnea should be treated. Everyone at the Walla Walla sleep center deserves to be recognized for their hard work and commitment to the silent epidemic of sleep disorders. Thanks to them, this serious problem is not going unnoticed, and their efforts will save lives.

TRIBUTE TO THE HONORABLE TOM BANE—DECEMBER 28, 1913—APRIL 10, 1999

**HON. BRAD SHERMAN**

OF CALIFORNIA

**HON. HOWARD L. BERMAN**

OF CALIFORNIA

**HON. HENRY A. WAXMAN**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mr. SHERMAN. Mr. Speaker, my colleagues, Mr. BERMAN, Mr. WAXMAN, and I rise today to remember the Honorable Tom Bane who died last Saturday, April 10, 1999. Tom was not only a great legislator and politician, but also a mentor and friend.

Tom represented the San Fernando Valley in the California Legislature for 24 years, during which time he authored ground breaking legislation that improved the lives of all Californians—fighting to protect the environment, the poor, the elderly, and also working to enhance public education.

Perhaps Tom's best known legislative victory was a 1988 law mandating heavy punishment for hate crimes committed in California—the first Hate Crimes legislation passed in the United States. Tom also authored legislation that prohibited the "cop killer" Teflon bullet; the Tom Bane Civil Rights Act; and significant banking and savings and loan legislation. He also worked with his colleagues to co-author California's first Lemon Law, Seat-Belt Law and the Paramedic Bill.

Whether it be on the floor of the Assembly or walking through his district talking with constituents, Tom exemplified democracy at its

finest. He took great pride in his friendships with members from both sides of the aisle, and played a significant leadership role as the Chairman of the powerful Assembly Rules Committee. And even late in his political career, Tom often walked his district during campaigns instead of relying on focus groups and advertisements to rally support—that type of grass roots accessibility is the way democracy is supposed to work.

Tom's vision, leadership and tenacity were an inspiration to all who knew him. He dedicated his career to enriching every aspect of our lives and our communities—making our streets safer from criminals, improving the quality of education received by our children, and ensuring that as a society we would not tolerate crimes committee because of race, religion or gender.

Our thoughts are with Tom's wife Marlene, their children Bruce, Lisa and Neil; and grandchildren Ryan, Eric, Shai, Dean, Ziv, Evan, Paul and Adriadne.

Mr. Speaker, distinguished colleagues, please join us in remembering a great friend and outstanding man, a true mensch, Tom Bane.

A TRIBUTE TO DR. PAUL SALMEN

**HON. SCOTT McINNIS**

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mr. McINNIS. Mr. Speaker, I would like to take this moment to recognize the career of one of Colorado's fine physicians and outstanding individuals, Dr. Paul Salmen. In doing so, I would like to pay tribute to a man who has shown, time and again, that it pays to give a little back to the community. In our Community Dr. Paul Salmen is fondly referred to as Dr. Paul.

Dr. Paul Salmen is a long time resident of Glenwood Springs, Colorado, who has made a large impact on his community. Aside from his contributions as a physician, Dr. Salmen takes time out of his day to get involved with many local organizations such as Healthy Beginnings, the Youth Recovery Center, Glenwood Medical Associates, the Sunlight Mountain Resorts Ski Patrol and the Pediatric Crisis Committee. In addition to the many organizations in which Dr. Paul Salmen is active, he still finds time to extend his knowledge to the youth as a coach for swimming, volleyball and basketball. He also participates as a soccer and basketball referee.

Those who are privileged to know Dr. Paul Salmen know he is well liked and respected by the community. Given his moral character and all the areas that Dr. Salmen dedicates time to, it is no wonder that he was chosen as the recipient of the "1998 Garfield County-Wide Humanitarian Service Award."

I have known Dr. Salmen and his wife Nancy Reinisch (who in her own right is a bright star in our community) for years. I have deep respect for the caring they have for people. Dr. Paul and Nancy have dedicated their lives so that other peoples are improved. The Salmens succeed with the tools of compassion, knowledge, advocacy, and dedication.

Individuals such as Dr. Paul Salmen, who volunteers his time to a good cause, are a rare breed. Dr. Paul is a model citizen. Fellow

citizens and patients have gained immensely by knowing Dr. Paul Salmen and for that we owe him a debt of gratitude.

IN HONOR OF SISTER PAT MYER

**HON. CAROLYN B. MALONEY**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mrs. MALONEY of New York. Mr. Speaker, I rise today to pay a special tribute to Sister Pat Myer upon her departure from the Convent of the Sacred Heart in Manhattan for Albany where she will continue her lifelong dedication to helping others.

For decades, Sister Pat has been one of the main rocks of leadership in the East Harlem community, an area that I had the honor to represent as a member of the New York City Council. When a neighborhood crisis arose, Sister Pat, in her quiet and dignified manner, worked to solve the problem. She would peacefully direct a solution to any situation.

Although one would most often find Sister Pat at the Convent of the Sacred Heart on East 91st Street, where she served as a school administrator. One was just as likely to find her out in East Harlem working with the community.

Sister Pat Myer was always at the heart of the important movements in the community, whether it was fighting crime or drugs or simply improving the neighborhood. Among her many endeavors, Sister Pat helped facilitate a Tactical Narcotics Team in the neighborhood, helped to save Metropolitan Hospital from severe cutbacks, fought zoning laws to prevent the destruction of the East Harlem neighborhood, and led the great fight to "Save the Tenements," East Harlem's important affordable housing.

An East Harlem resident since 1976, Sister Pat's active involvement in the community came in many different forms. For five years she served as the chair of the Pleasant Village Block Association. She established a neighborhood watch program and helped to shut down places of ill repute. These efforts earned Sister Pat a Snap Award from the City of New York.

Her community work did not end there. She chaired the Economic Development Committee of Community Board Eleven; she was involved with the Little Sisters of the Assumption Health Center; she worked on the Big Picture Committee, which looked at East Harlem's larger problems; and she became active with the Neighborhood Advisory Committee's Department of Youth and Community Development where she helped to secure federal funding for community projects.

Sister Pat Myer's efforts have made the East Harlem neighborhood a better place to live. The people of Albany should feel blessed to have a woman like Sister Pat in their midst.

I will miss the phone calls I used to receive from Sister Pat whenever she saw a problem arising in the community. She reached out to anyone who needed help and made a difference in their lives.

Mr. Speaker, I am honored to bring to your attention the outstanding work of Sister Pat Myer. It has truly been an honor to work with such a dedicated and caring woman over the years. Her unwavering dedication to make her

community a better place will always be felt and appreciated. East Harlem and New York City will greatly miss the special touch of Sister Pat Myer.

TRIBUTE TO PROFESSOR ALLAN SAXE

**HON. MARTIN FROST**

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mr. FROST. Mr. Speaker, I rise today to congratulate one of Arlington, Texas's most civic-minded residents. Professor Allan Saxe was honored Saturday as Meals on Wheels of Tarrant County's Volunteer of the Year. Allan has been delivering meals to the elderly for 20 years, but that is just the beginning of his charitable activities.

Over the years, Allan has selflessly given away hundreds of thousands of dollars to community causes throughout Arlington. Whether it's the Saxe Museum or one of the two baseball fields that bare his name, you can't go far in the Arlington area without coming upon something honoring Allan's good works. There are so many things named after Allan in Arlington that even her says he can't keep track of them all.

Allan has taught political science at the University of Texas at Arlington for many years. He has a strong attachment to the city and adds great color to our community. He is a regular columnist for the Star Telegram, and his opinionated columns often invoke intense responses from readers. Allan is also widely known for giving away much of what he has to charity, including all of a very large inheritance.

This latest honor confirms Allan's status North Texas benefactor, both in terms of his time and money. Allan is simply one of those people that every community wishes they had more of. I am pleased to call him a friend, and am pleased to have him in my Congressional District.

Allan, congratulations on being named Meals on Wheels of Tarrant County's Volunteer of the Year. This is another great honor in a life full of them.

GEORGE L. PLUMLEE WRITES AN ESSAY WORTH READING

**HON. BOB STUMP**

OF ARIZONA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 14, 1999*

Mr. STUMP. Mr. Speaker, it is my pleasure to commend to my colleagues an essay authored by my constituent George L. Plumlee, a senior at Parker High School in Parker, AZ. George was the first place district winner of the Veterans of Foreign Wars Voice of Democracy Competition. His essay on the contest theme of "My Service to America" reminds us that our freedoms are not to be taken for granted, and that freedom is something we all must work for each day. Service to America means that we must be personally responsible for the protection and perpetuation of our freedoms that make America strong. Every person can make a contribution in even

the smallest of ways to continue fighting for the freedoms we all enjoy. I commend George's essay to my colleagues attention.

"MY SERVICE TO AMERICA" 1998-99 VFW VOICE OF DEMOCRACY SCHOLARSHIP COMPETITION

I am very proud and thankful to be an American living in the United States. To me, having the right to be an American should be earned, or at the least, nurtured and contributed to on a constant basis. If we expect our country to remain strong and free, I believe all Americans should contribute some type of service to America. I see "My Service to America" as a daily effort to support the country that I love, and the country that gives back to me all the wonderful gifts it does, such as freedom. Freedom is the most precious thing a man can have. America's freedom has been hard won by the sacrifice of its many veterans, and stays free because they are still there doing their duty, rain or shine, day or night, everyday.

As individual citizens if we do not contribute to our country, I believe it will eventually weaken and not be the strong country it has been for so long. I feel there are many ways I can give "My Service to America". If I cannot serve in the armed forces of our country, there are still many ways to support and contribute to make my America function and stay strong. Through out my first 12 years of school I have been active in not only school activities, but have volunteered many times to serve the community with civic and charitable functions. America is a big country, and has a lot going on, but I believe it all starts with the common citizen living in Little Town, U.S.A. If a person does not bother to vote, they are giving up a right that has been earned in blood and lives. It is apparent in so many countries around the world today what happens, or does not happen when you have the right to vote as a free people. Without the right to vote and decide your own destiny, every part of your daily life is controlled by only one person or a small group of people. If educators do not give their very best in educating our children, we will not have properly prepared citizens to become our educators and leaders of tomorrow. Even mechanics and bus drives are important for the same reasons. What makes our system work is everybody doing their share of supporting our way of life even in the smallest of ways.

When I was younger I did not give much thought to all the freedoms we have in America, and how we got or kept them. I was just a kid running around having fun. Then I remember my dad started telling me how and why we are free, and how so many Americans sacrificed so much for our country. I am being honest when I say I used to get so tired of Dad preaching this to me so many times. But Dad had, and was doing his duty to his country by being a Master Sergeant in the United States Marines, and by passing on to me the values that make America what it is today. I am extremely proud of my dad for many reasons. Today when I see many people not doing their share to support America, it reminds me of when I was a little kid, just running around having fun. All Americans need to be educated and informed on a regular basis why we are free, and what it means to be an American and the responsibilities that entails. I believe my dad has served his country in every possible way. Because of my dad, when I see our flag flying, or hear the National Anthem, my pride and emotions start to swell. When I see our flag flying it is not just a piece of material with a pattern on it. It is the symbol of our country and stands for all the sacrifices made by our veterans to keep us free. In movies or on TV when I see all the white crosses at Arlington National Cemetery, or American