

the old Yogi Berra malapropism about experiencing *deja vu* all over again.

I am also at a loss as to the rationale for including in this bill certain site-specific earmarks like the \$300,000 to transfer excess housing to Indian tribes of North and South Dakota. And mention should be made of the usual Buy America restrictions included in the bill, with a notable exception when it is in the interest of important Members of Congress. Section 112, for example, prohibits the use of funds in the bill to award contracts worth more than \$1 million to foreign contractors, except when a Marshallese contractor is seeking contracts at Kwajalein. The \$7 million in the bill "to ensure the availability of biometrics technologies" will require more research.

It will be very interesting to discover the motivation behind that little phrase.

I would like to point out that the report on this bill was filed late, and thus the information available to Senators about specific projects included in this bill is somewhat limited.

We get into an interesting habit of taking up legislation around here without a report available for the Members to read. If history is any guide, however, skepticism regarding many items added to this bill is warranted. Enough is known about the process by which appropriations bills are put together to justify continued outrage at abuse of the system to satisfy parochial considerations.

Mr. President, the abuse of the Future Years Defense Plan as a criteria for adding projects to military spending bills is seriously out of control. Witness, for example, the number of projects in this bill that are in the fourth or fifth year of the FYDP and that have had no design work done. At least 17 such projects were added to the bill. While they are listed as executable, should we really be advancing unrequested projects by four and five years at the same time we continue to ignore the disgrace of 12,000 military families on food stamps?

It was interesting to see, Mr. President, that the authorization bill for military construction includes a provision equating the term "Readiness Center" to the term "Armory." We all enjoy semantic gamesmanship now and again, but if we are going to continue to funnel money back home to National Guard Armories, let's just say so. Let's not exploit the legitimate issue of military readiness that we are finally focused on in order to conduct the same old pork-barrel spending practices that are as much a part of this institution as the collegial colloquialisms that characterize our demeanor on the Senate floor.

There are 28 members of the Appropriations Committee. Only two do not have projects added to the appropriations bill. I wonder what happened to the other two. Perhaps the manager of the bill can tell us what occurred there.

Those numbers, needless to say, go well beyond the realm of mere coincidence. Of 145 projects added to this bill, 111 are in states represented by Senators on the Appropriations Committee, totaling over \$700 million. The \$12 million added to the bill for the first phase of an access road in Hawaii, the \$25 million added for a Joint Mobility Complex in Alaska, the \$4 million added for Army National Guard parking in Kentucky, the \$14 million added for a fuel cell maintenance dock in Louisiana, the \$4.5 million added for an Army National Guard administration building in Nevada, the \$10 million added for an Army National Guard Readiness Center (read: Armory) in North Dakota, the \$10 million added for the first phase of a base civil engineer complex in South Dakota, and the \$1.4 million for channel dredging in Mississippi, are just a handful of the projects added by members that were not in the budget request. Forts Richardson and Wainwright, both in Alaska, fared particularly well, the latter receiving \$300,000 for a trail and \$900,000 for a biathlon live fire course—which could only be considered a close cousin to the previously mentioned money for the upcoming Winter Olympics.

Yet, many of the Senators whose projects are included in this bill continue to oppose spending just \$6 million a year to remove military families from the rolls of those eligible for food stamps. If I sound repetitive, Mr. President, it is out of frustration—frustration at the ability of my colleagues to close their eyes to the disgraceful plight of thousands of our enlisted personnel who don't make enough money to feed themselves and their families.

I believe I have made my point. As usual, I labor under no illusions regarding the impact my comments will have on the way we do business here. I have in the past attempted legislative recourse to pork-barrel spending, and I will do so again. But the history of votes on such efforts causes me to exercise that right sparingly. My self-restraint is simply an acknowledgment that I represent a small minority of this body. Wasteful and unnecessary spending continues because most Members of Congress truly believe that it is one of their primary reasons for being here. I submit, Mr. President, that a wide line exists between serving one's constituents in the context of our nation's best interests and simply funneling money back home because that's how we remind our constituents to vote for us again.

About 2 weeks ago, there was a study completed concerning the deplorable state of the U.S. Army. More captains are leaving the U.S. Army than at anytime in history. We will shortly have a Senate authorization bill, as well as this and other appropriations bills. They don't address this problem. I can guarantee those captains aren't leaving the Army because they need \$12 million for the first phase of an access road in Hawaii, or \$25 million for a joint mobil-

ity complex in Alaska, or \$4 million for Army National Guard parking in Kentucky.

If the Republican leadership and the chairmen of these committees continue to spend taxpayers' dollars in this profligate manner, sooner or later the American people will repudiate those actions. I hope it will be sooner rather than later.

The thing that is particularly appalling to me is that this appropriations profligate spending of unauthorized, unnecessary, wasteful pork barrel spending continues at a greater rate every year than the previous year. It will stop sooner or later. I believe it will stop sooner because this bill is a classic example of the abrogation of our responsibilities to average taxpayers, those who are not represented here in Washington, DC.

I yield the floor.

Mr. BURNS. I suggest the absence of a quorum.

The PRESIDING OFFICER. The clerk will call the roll.

The legislative clerk proceeded to call the roll.

Mr. GRASSLEY. Madam President, I ask unanimous consent that the order for the quorum call be rescinded.

The PRESIDING OFFICER (Ms. COLLINS). Without objection, it is so ordered.

#### MORNING BUSINESS

Mr. GRASSLEY. Madam President, on behalf of the leader, I ask unanimous consent that there be a period for the transaction of morning business, with Senators permitted to speak for up to 10 minutes each.

The PRESIDING OFFICER. Without objection, it is so ordered. The Senator from Iowa.

#### TEN SMART THINGS TO DO WHILE YOU AGE

Mr. GRASSLEY. Madam President, getting old is probably the most universal experience no one really likes to talk about. Sure, people talk about minor aches and pains, but the big topics are unmentionable. They include paying for a funeral, preparing for a nursing home stay, or getting checked for prostate problems. These things make people uncomfortable, but they really should not. Consider Katie Couric's comment about colon cancer. She said, "Some people find the procedures like . . . colonoscopies unappealing. I can tell you they are all much more appealing than dying of this disease."

In honor of Older Americans Month, I encourage aging adults—and that means all of us—to mention the unmentionable, and to think the unthinkable. Once you get these chores done, the rest of your years will be a day in the country. Here are 10 Smart Things to Do While You Age:

1. Secure your retirement income. One financial planner said saving for

retirement is "like pushing a ball up a hill. The longer you wait, the steeper the hill (seems)." Yet 56 percent of U.S. households do not save enough for retirement. What should you do? The experts advise developing a financial plan and sticking to it. Save \$25 a week for 40 years with 5 percent interest. You will have \$165,000. Before you decide how much to set aside, think about how much you will need to maintain a standard of living.

My own advice is do not overrely on Social Security. Think of it this way, a solid retirement plan is a three-legged stool of Social Security, retirement savings, and a pension. Look carefully at your pension plan, too. Make sure you understand what's coming to you, and when.

2. Think about where you would like to live, and how. Do you dream of staying in the same town or city for the rest of your life? If necessary, could you modify your home to accommodate you as you get older? Would you like to move closer to friends and family? Would you like a condo on the beach in Florida or an assisted living facility, where you pay people to do your laundry and cook your meals? This item goes hand-in-hand with financial planning. The more retirement income you have, the more housing options you have.

3. Get preventive health checks, exercise, and eat well. Preventive health checks are getting easier all the time. Increasingly, they are available through insurance coverage. Medicare covers vaccinations, mammograms and screenings for colon and prostate cancer, diabetes and other illnesses. Unfortunately people often do not take advantage of the health screenings available to them. Only one of eight older people gets the recommended testing for colon cancer. This is a shame, when you consider that colorectal cancer is the second leading cause of cancer death.

More than half of all Americans do not get the exercise they need. Generally, the older people get, the less they exercise. Of course, some people have physical limitations that prevent such activities, but those who can exercise should, and at any age, doctors say. Exercise can help stave off heart disease, colon cancer, diabetes and high blood pressure. A good diet carries many of the same benefits.

4. Write a will or living trust. Either of these documents delineates how you'd like your property distributed after your death. If you die without a will, the State will distribute your property for you. The result may be contrary to your wishes. It is best to write a will or living trust well before old age. That way, your spouse and children will be provided for if you face an untimely death. More than 40 percent of people 35 or older do not have any kind of legal document determining how their belongings will be distributed after they die.

5. Consider long-term care insurance. Many people do not realize that nurs-

ing homes are very expensive. Most nursing home residents do not pay out of their pockets for long. They spend down their assets to become qualified for Medicaid, which then picks up the tab. Spending down assets means giving up almost everything, including a house. Long-term care insurance is an option for covering long-term care expenses. The earlier you buy the insurance, the less expensive your premiums. I have sponsored legislation that would establish a tax deduction to encourage the purchase of long-term insurance.

6. Plan your funeral and burial or cremation. The national average cost for a funeral, burial and monument is \$7,520. These costs can be much lower, but they can be much, much higher. The average mark-up on caskets is high. The latest estimated mark-up is 500 percent. Some are marked up as high as 2,000 percent. The high costs, and the presence of some bad apples in this industry, build the case for arranging a funeral early. It is hard to comparison-shop when you are grieving. If you plan ahead, you can call funeral homes for the best price. Of course, planning ahead has its pitfalls. Be sure you tell your family members about prearrangements, and give them all the relevant paperwork. That way, your family can verify that your contract is fulfilled after you're gone.

7. Think about whether a family member will care for you, or vice versa. Unpaid family caregivers keep millions of people at home and out of nursing homes. More than 22 million households have a caregiver who is age 50 or older. The majority are women. Caregiving takes a large toll, both financially and emotionally. I am working to provide more resources to family caregivers, including a \$3,000 tax credit that would help them cover their expenses.

8. Decide how long you will work. Until recently, people who worked past age 65 lost Social Security benefits if they made more than \$17,000 a year. Congress just repealed that penalty for people ages 65 to 69. This likely will cause many Americans to rethink whether they will work past age 65, either part-time or full-time. Choosing the best age at which to retire is an important financial decision.

9. Determine your treatment at the end of life. In a living will, which, or course, is completely different from an estate-planning will, you direct how your doctor should administer life-sustaining treatment if you are unable to decide for yourself. A living will guides your treatment if you are terminally ill, irreversibly unconscious, or in a persistent vegetative state.

10. Enjoy yourself. You have worked hard to stay financially fit and physically healthy. The opportunities for older Americans are greater than ever before. You can work well into your eighties and nineties if you choose. You can become a competitor in the Senior Olympics. You can write a book,

volunteer with your church, or teach people how to read. Surf the Internet. E-mail your grandchildren. Take advantage of the insight and depth that inevitably come with aging. Someone once said, "Being a fun person is the hallmark of true maturity."

I yield the floor.

#### THE VERY BAD DEBT BOXSCORE

Mr. HELMS. Mr. President, at the close of business Friday, May 12, 2000, the Federal debt stood at \$5,667,021,443,140.97 (Five trillion, six hundred sixty-seven billion, twenty-one million, four hundred forty-three thousand, one hundred forty dollars and ninety-seven cents).

One year ago, May 12, 1999, the Federal debt stood at \$5,578,150,000,000 (Five trillion, five hundred seventy-eight billion, one hundred fifty million).

Five years ago, May 12, 1995, the Federal debt stood at \$4,859,131,000,000 (Four trillion, eight hundred fifty-nine billion, one hundred thirty-one million).

Twenty-five years ago, May 12, 1975, the Federal debt stood at \$515,906,000,000 (Five hundred fifteen billion, nine hundred six million) which reflects a debt increase of more than \$5 trillion—\$5,151,115,443,140.97 (Five trillion, one hundred fifty-one billion, one hundred fifteen million, four hundred forty-three thousand, one hundred forty dollars and ninety-seven cents) during the past 25 years.

#### ADDITIONAL STATEMENTS

##### IN RECOGNITION OF CFIDS AWARENESS DAY

• Mr. SANTORUM. Mr. President, I rise today to recognize May 12 as Chronic Fatigue and Immune Dysfunctions Syndrome [CFIDS] Awareness Day as well as the efforts of the Chronic Fatigue Syndrome [CFS] Association of the Lehigh Valley in fighting this disease.

CFIDS, also known as CFS, is a complex illness which effects multiple systems of the body. The syndrome is characterized by neurological, rheumatological, and immunological problems; incapacitating fatigue; and numerous other symptoms. Over 800,000 Americans of all ages, races, and socioeconomic classes suffer from this often debilitating disease. Tragically, persons with this syndrome can experience symptoms sufficient to deprive them of opportunity for gainful employment.

CFIDS is often misdiagnosed because it is frequently unrecognized and can resemble other disorders. Therefore, it is imperative that education and training of health professionals regarding CFIDS be expanded and that there be greater public awareness of this serious health problem. While there has been increased activity at the national, state, and local levels, and in private