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### ENVIRONMENTAL ISSUES

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#### HON. EDWARD J. MARKEY

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Mr. MARKEY. Mr. Speaker, Oliver Wendell Holmes once said "Pretty much all the honest truth telling in the world is done by children." I believe we here in Congress could certainly learn something about energy, the environment, and the Arctic National Wildlife Refuge from a young girl named Sophie Brown of Anchorage, Alaska, the subject of the following thoughtful and thought-provoking "Letter to the Editor" from her mother, published in the Anchorage Daily News on April 5, 2001:

CHILDREN PUT EARTH BEFORE PARENTS' SUVS  
(By Barbara Brown)

I pulled the car into the driveway, walked toward the door of the house, and Sophie threw open the storm door and shouted, "How do you feel about drilling in the Arctic National Wildlife Refuge?"

"Hold on," I said, "let me pull the car into the garage."

"But this is important," she insisted. "Yes or no?"

Just another pleasant "welcome home" in the Wiepkings-Brown household.

One evening, Tim was talking about something over the dinner table, and I must have become distracted because next thing I knew, he was discussing scientists and cannibalism in Papua New Guinea.

"Cannibalism?" I said, really confused. "What are you talking about?"

Sophie piped up: "It's the slow, deadly spread of mad cow disease."

By this point, I was really feeling disconnected. "What slow, deadly spread of mad cow disease?" I asked. And Sophie pointed to Newsweek magazine. "The Slow, Deadly Spread of Mad Cow Disease" was right there, on the cover.

"You read the article?" Tim asked, incredulous.

"Yes," Sophie said. "We're discussing mad cow disease in school."

Tim loves this about Sophie. He loves discussing current events. In school, he'd had a lot of trouble with reading until they introduced newspapers in his classroom. He went from nonreader to the boy everyone wanted on the current-events team.

But back to ANWR. In Sophie's class, all the kids were opposed to drilling except one boy who thought the money might help education in the affected communities. I wondered if they'd seen pictures of cute little caribou. I asked, "Was it because of the caribou?"

"Some," Sophie said, "but we know about the differences of opinion between the groups of people there; we know about how much oil they might find there. Mostly, it's because of the Earth, the wilderness."

One friend of mine said her daughter's class is ready to die on its swords to defend the refuge. Ask the children, and they want to keep it safe from drilling. Is it because they're so young, so naive, so limited in understanding? Is it because they're not paying the bills? Talk to them—they're well-versed in the facts. It's just the way they assign priorities: Kids put the Earth into the equation.

Tim went looking for a car recently and was considering a sport utility. In horror, Sophie shouted, "No, not an SUV! They are terribly wasteful of the Earth's resources!"

Don't ask me where she read that—probably the same places you have. It's just that kids don't let it slide by, don't let it fall away under considerations of image, size, power and, oh yes, by the way, it isn't very fuel-efficient.

So she sees SUVs on the road and she asks, "Are those people selfish, or do they just not know better?" She used to ask the same thing about people she saw littering.

I hear on the radio that 75 percent of Americans are worried about global warming, but the United States won't agree to a treaty to try to control it. Our president says it would be too hazardous for our economy.

Every day, everyone evaluates, decides what priority to assign things and then makes up his or her mind. But for older people, the Earth wasn't and isn't a thing to worry about. It's just "there," like adding zero to both sides of an equation. Other things—costs, duration, employment statistics, capitalization, demographics—those are all factors to be considered. The Earth? It just keeps rotating around the sun. You've seen one tree, you've seen them all. Or, you see no trees, there's nothing there.

Find me a kid who doesn't know about recycling. Find me a kid who doesn't know why he or she recycles, why it's important. OK, maybe they are just little do-gooders, but they're little do-gooders entirely different from the way little kids used to be. While my mom told people to turn their lights off for the war effort, these kids turn lights off "for the Earth."

Once, many years ago, a summer roommate said to me, "If the U.S. uses most of the Earth's resources, then if conditions are going to improve for the rest of the world, we would have to end up using less, right?" I thought so.

"Well," he decided, "I don't want to use less of anything. So I guess the rest of the world can't improve."

I am eager to see the world these children make. Oh, I know that some may grow up to think that recycling aluminum cans is a pain in the neck or that they want as big a gas guzzler as the next guy. All those "other" factors may outweigh their desire for wilderness, for conservation, for clean air and water.

But right now—bet on it—children are putting the Earth first. Even if that changes—even if they put the Earth second or third or fourth—we can be sure they'll never forget about putting the Earth in the equation. How will they feel if we don't leave them much Earth to worry about?

Barbara Brown lives and writes in Anchorage.

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### TRIBUTE TO BEVERLY K. ABBOTT

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#### HON. ANNA G. ESHOO

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Ms. ESHOO. Mr. Speaker, I rise today to honor a distinguished Californian, Beverly K. Abbott, on the occasion of her retirement from the San Mateo County Mental Health Services Agency.

In January 1968 Beverly Abbott entered into public service as a social worker. A dedicated champion of the mentally ill, she devoted twelve years to Marin County's Division of Community Health, eight of which were spent as Director. Beverly Abbott revolutionized the Department during her tenure, increasing the budget from \$5,000,000 to \$12,000,000.

In 1985, Beverly Abbott took the helm at the San Mateo County Mental Health Services Agency. Under her stewardship, the Mental Health Division has been transformed from a traditional, clinic-based mental health facility to a dynamic organization with a broad array of residential and rehabilitation options. Today the Agency offers a wide selection of contact services, designed to involve families and clients in the administration and evaluation of the service delivery system.

In 1994, the San Mateo Mental Health Division led the State of California by implementing the first fully integrated mental health service system for persons funded by Medi-Cal (MEDICAID).

Beverly Abbott has taken a leadership role in a number of prestigious organizations, including the American College of Mental Health Administration where she served as President-Elect and President from 1995 to 1999.

She has worked tirelessly to provide uncompromising assistance to all residents of San Mateo County. Beverly Abbott's life of leadership is instructive to us all. Her dedication to the ideals of democracy and community service stand tall. It is fitting that she is being honored upon the occasion of her retirement from the San Mateo County Mental Health Services Agency, and I ask my colleagues, Mr. Speaker, to join me in honoring this great and good woman whom I am proud to call my friend. We are a better county, a better country and a better people because of her.

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### NATIONAL DEPRESSIVE AND MANIC-DEPRESSIVE ASSOCIATION

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#### HON. PATRICK J. KENNEDY

OF RHODE ISLAND

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Mr. KENNEDY of Rhode Island. Mr. Speaker, I submit the attached testimony that was given by Lydia Lewis of the National Depressive and Manic Depressive Association to the House Appropriations Subcommittee on Labor, Health, and Human Services and Education for the RECORD.

### NATIONAL DEPRESSIVE AND MANIC-DEPRESSIVE ASSOCIATION, CHICAGO

(Statement on Fiscal Year 2002 Budget, National Institutes of Health and National Institute of Mental Health—Submitted to the House Appropriations Subcommittee on Labor, Health and Human Services, and Education, March 21, 2001)

Good afternoon. Chairman Regula, Ranking Member Obey, and distinguished members of the Subcommittee, thank you for the opportunity to testify today. My name is Lydia Lewis, and I am the Executive Director of the National Depressive and Manic-Depressive Association (National DMDA). We are pleased to have this opportunity to testify on fiscal year 2002 funding for mental health research supported by the National Institutes of Health (NIH) and the National Institute of Mental Health (NIMH).

National DMDA has been gratified to see the overall NIH budget increase over the past three years, including last year's nearly \$2.5 billion increase, and we urge the continued full funding of these research priorities in order to maintain an active, progressive research agenda. We fully support President Bush's 2002 budget request of a \$2.8 billion increase above the 2001 funding level for NIH,

to a total of \$23.1 billion, and we applaud the President's stated initiative to double NIH's 1998 \$13.6 billion funding level by 2003.

With nearly 400 patient-run support groups in every major metropolitan area, National DMDA is the nation's largest patient-directed, illness-specific organization. We are committed to advocating for research toward the elimination of mood disorders; educating patients, professionals and the public about the nature of depression and manic-depression as treatable medical diseases; fostering self-help; eliminating discrimination and stigma; and improving access to care. We have a distinguished Scientific Advisory Board of nearly 65 leading researchers and clinicians in the field of mood disorders which reviews all of our materials for medical and scientific accuracy and provides critical and timely advice on important research opportunities and treatment breakthroughs. While I am here today to testify on behalf of National DMDA, I know personally what it is like to battle depression every day, to fight the urge to end my life. I myself suffer from the disease. It's a dreadful way to live.

#### COMBATING THE STIGMA OF MENTAL ILLNESS

The facts are staggering. More than 20 million American adults—10% of the U.S. population—suffer from unipolar or major depression every year. An additional 2.3 million people suffer from bipolar disorder, also known as manic-depression. According to a study done in 2000 by the World Health Organization, the World Bank, and the Harvard School of Public Health, unipolar major depression is the leading cause of disability in the world today. It also found that mental health has long been misunderstood. In fact, mental illness accounts for more than 15% of the burden of disease in established market economies such as the United States. This is more than the disease burden caused by all cancers combined.

Women are more than twice as likely as men to experience depression, and one out of every four American women will experience a major depressive episode in her lifetime. Ten to fifteen percent of women develop postpartum depression the first year after birth—the most underdiagnosed obstetrical complication in America. Among the many consequences of this illness is the depressed new mother's inability to bond with and nurture her child. Experts say these babies are at increased risk of depression throughout life.

Coping with these devastating illnesses is a tragic, exhausting and difficult way to live. Despite these facts, stigmatizing mental illness is a common occurrence in the United States. Labeling people with mental illness has been a part of the national consciousness for far too long, and continues to send the message that devaluing mental illness is acceptable. An estimated 50 million Americans experience a mental disorder in any given year, and only one-fourth of them actually receive mental health and other services. Two out of three people with mood disorders do not get proper treatment because their symptoms are not recognized, and misdiagnosed or, due to the stigma associated with mental illness, are blamed on personal weakness. Far too often, the fear of being judged or abandoned wins out over the need to seek medical attention, and the person remains untreated.

Equally devastating is the stigma associated with the research of mood disorders and other mental illnesses. Research in behavioral science is as critical as that undertaken for any other illness. Our understanding of the brain is extremely limited and will remain so for decades unless much greater financial support is provided. Neuro-

science research is also critically important to understand the mechanisms in the brain that lead to these illnesses. When we begin to understand these, we will be able to develop more effective and rational ways to treat, and hopefully cure, mental illness.

Increased public awareness and understanding of mood disorders will contribute significantly to improved diagnosis and treatment rates for these illnesses. Progress is slowly being made, and we encourage the Subcommittee to continue to fully fund programs that address the stigma and isolation associated with mental illness. We must, as NIMH Director Dr. Steven Hyman has said, sound the alarm that we are in the midst of a public health crisis—that our glaring misperceptions about and undertreatment of mental illness, especially for children and minority populations, represents nothing less than a national health emergency.

#### PROGRESS IN RESEARCH AND DIAGNOSIS

Mood disorders and other mental illnesses kill people every day. Depression is the leading cause of suicide in the United States. One in every five bipolar sufferers takes his or her own life, and the Centers for Disease Control report that suicide is the third-leading cause of death among 15 to 24 year old Americans. For every two homicides committed in the United States, there are three suicides.

We know that science destigmatizes, and as more people come to understand that mood disorders are treatable medical illnesses, we can make significant reductions in both their human and economic costs. The Surgeon General released a groundbreaking report on mental illness, an important first step in this process. The study concluded that these diseases are real, treatable, and affect the most vital organ in the body—the brain. Research supported by NIMH has lead to new and more effective medications for both depression and manic depression. We have a much better understanding of these illnesses, and are learning more about their impact on cardiovascular disease and stroke.

The Surgeon General's 1999 report was the first ever, from that office, on mental illness. While this is a shameful statistic—by comparison, there have been 23 Surgeon General's reports on tobacco since 1964—National DMDA is nevertheless encouraged by this development, and we hope to take advantage of this turning tide. Finally, there is hope that these disorders will start to be seen by Americans for what they are—real diseases. But we urgently need to increase funding for NIMH and other research institutions to ensure that any forward momentum is not lost.

#### CLINICAL RESEARCH

National DMDA plays an important role in several large NIMH-sponsored clinical trials. Our consumer representatives are members of oversight committees for trials studying the effectiveness of treatments for bipolar disorder, the study of treatment of adolescents with depression, and the study of treatment of individuals with depression who do not benefit from standard initial treatments. National DMDA participates in the oversight of these trials to ensure that the first priority of all clinical trials is the safety of the patient. One of our primary objectives is to limit the number of people exposed to placebo and limit the duration of their exposure without compromising scientific validity.

#### MOOD DISORDERS IN CHILDREN AND ADOLESCENTS

The issue of mood disorders in children and adolescents is of particular concern to National DMDA, and we support the aggressive research being done by NIMH in this area.

Nearly 2.5 percent of children and 8.3 percent of adolescents suffer from clinical depression. There has, however, been virtually no research to date on bipolar disorders in children, despite evidence that families wait an average of 10 years before receiving the proper diagnosis after seeking help. We know that up to 90 percent of bipolar disorders start before age 20, meaning more high school dropouts, more illegal drug and alcohol use, higher teen pregnancy rates, more teen violence and more adolescent suicides. The costs of waiting for proper treatment do not just affect the individual sufferer, but society as a whole.

We fully support NIMH plans to further expand clinical trials of treatments for mental illnesses, including the exploration of depression in young children. We urge a significant increase in funding for research of mood disorders in children and adolescents with special emphasis on the efficacy and safety of current treatments, the epidemiology of these illnesses and improved diagnostic tools.

We are pleased that NIMH played a lead role in the Surgeon General's report on youth violence. With further research into the relationship between mental disorders and violence, we are hopeful that tragedies like the recent school shootings in California and across the country can be prevented in the future. Many of the perpetrators of these shootings exhibited symptoms of mental illness, and further research into the connection between behavior problems and anxiety disorders, depression, and suicidal ideation is critical. National DMDA is also pleased with the coordination between NIMH and other federal agencies, such as the Centers for Disease Control and the departments of education and justice, and continued information sharing about the relationship between mental illnesses and violence.

#### BIPOLAR (MANIC-DEPRESSION) DISORDER

The World Health Organization has identified bipolar disorder as the seventh-ranked cause of disability in the world today. Nearly one in 100 Americans suffers from manic-depression, yet research in this area has been continually under funded.

That is slowly changing. NIMH's current Systemic Treatment Enhancement Program for Bipolar Disorder (STEP-BD) is a landmark study of 5,000 people with bipolar disorder, the largest psychiatric trial ever held. While this is a critically important study, it also underscores the unfortunate circumstance that mental illnesses remain woefully under funded. The STEP-BD trial has a budget of just \$20 million. A brief check of, for example, the National Cancer Institute programs will reveal that this is an unjustly small allocation for researching this pervasive and fatal disease. In fact, in FY 1999, NIMH spent only \$46 million on bipolar research. Congress must continue to increase its investment in this important area of mental health research.

#### THE IMPACT OF DEPRESSION ON OTHER ILLNESSES

National DMDA is pleased to be participating next week in an important NIMH forum on improving health outcomes for major diseases such as cancer, diabetes, heart disease, stroke, AIDS, and Parkinson's through the effective treatment of co-occurring depression. The forum will highlight scientific advances linking depression and other illnesses, and the role that treating depression plays in improving the course of the co-occurring disease. Participants will also focus on ideas for shaping the Institute's research agenda, and further educational and communication plans for improving health care. National DMDA applauds NIMH for its efforts to include the public in its agenda setting.

Important new research has shown that treatment of co-occurring depression often improves health outcomes for patients with a wide variety of diseases. Researchers are tracing various aspects of depression, that may affect illnesses as varied as neurological diseases such as Parkinson's disease, diseases of the cardiovascular system, and diseases involving suppression of the immune system, such as cancer and AIDS. It appears that depression is an important risk factor for heart disease. In a recent study, it was found that heart patients who had depression were four times as likely to die in the next six months as those who were not depressed. There are also studies linking depression and obesity and diabetes, as well as findings showing common genetic patterns in diabetes and depression.

#### OTHER RESEARCH NEEDS

More research is needed on the medications for mental illness. There has not been a drug developed specifically for bipolar disorder since the discovery of lithium more than 50 years ago. In addition, it is not fully understood how psychiatric drugs work in the brain. A person often must choose between lessening suicidal thoughts or getting life threatening rashes, seizures, or lithium poisoning. So many of us have to choose a life without libido or a life of fatigue, exacerbated by insomnia. Although these medications are effective for many people, no one should have to make choices like these. Every day technology and science bring us further in understanding the brain, and these kinds of successes build upon each other.

National DMDA is therefore particularly pleased to see the NIMH's renewed commitment to research of more viable treatment options for depression and bipolar disorder and we hope that the Congress will continue to fund important studies in this area. Great strides are being made, but it is critical that even more research is done on how different medicines affect both the body and the mind.

#### CONCLUSION

We urge the National Institutes of Health and the National Institute of Mental Health to continue to expand and enhance behavioral science, neuroscience and genetics research of mental illnesses. We commend the Subcommittee's past support of NIH and NIMH, and look forward to continuing to work with you in the next year to ensure renewed commitment to full funding of mental health research. We are confident that together, our efforts will mean real treatment options, an end to the stigma associated with mental illness, lives saved and a far more productive America. Thank you again for the opportunity to testify on issues critical to the health and well being of all Americans.

#### CELEBRATING THE 25TH ANNIVERSARY OF ISTHMUS

#### HON. TAMMY BALDWIN

OF WISCONSIN

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Ms. BALDWIN. Mr. Speaker, I rise today to celebrate the 25th anniversary of the founding of a unique institution in Madison, Wisconsin, our weekly newspaper, Isthmus. Conceived as an alternative source of news and information, nurtured by the hard work and big dreams of its founders, Vince O'Hern and Fred Milverstedt, Isthmus' growth and success over 25 years have mirrored Madison's.

Those of us who live in, and work in, and love Madison consider our weekly copy of

Isthmus as much a part of our city's life and character as our renowned farmers' market or the statue atop our State Capitol's dome.

Isthmus has been described as a hybrid that, like the community it serves, defies easy labeling or simple description. It provides a weekly accounting of our lives with astute analyses, groundbreaking investigative reporting, and commentary of all stripes on who we are and who we want to be.

Isthmus' influence has spread beyond the pages of the paper. The Isthmus Annual Manual has become our guidebook to all that is good and helpful in our community; while the yearly Isthmus Jazz Festival has become a treasured weekend of good music and great moments.

On this 25th anniversary of Isthmus' founding, I applaud its talented and industrious staff, faithful advertisers, and devoted readers who have nurtured and supported this indispensable chronicle of our lives the past 25 years and we look forward to the next 25!

#### TRIBUTE TO ALACHUA ELEMENTARY SCHOOL'S 2001 QUIZ BOWL TEAM

#### HON. KAREN L. THURMAN

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 24, 2001*

Mrs. THURMAN. Mr. Speaker, I wish to pay tribute to six remarkable elementary school students, Sam Hart, Ryan McCoy, Ashley Nelson, Paloma Paredes, Megan Raulerson, and Justin Sturm; their equally remarkable teacher, Shirley Tanner, and their school for triumphing in the 2001 National Thinking Cap Quiz Bowl.

Located in Alachua, a tiny city of approximately five thousand people, Alachua Elementary School serves less than 600 students. Principal Jim Brandenburg described the one-hundred and six-year-old school as a "community school" and credited community involvement for the school's quality, explaining that: "Alachua is a very stable community. Many of our students' parents and grandparents also attended Alachua Elementary School. We don't have a lot of money but the parental involvement and community support help make up for that."

Alachua Elementary School is often referred to as "the little school that could." It has been honored as a Blue Ribbon School and recently received for student achievement from the Alachua County School Board. Furthermore, this is the second consecutive year that Alachua Elementary School has come in first in the state in the National Thinking Cap Quiz Bowl.

Shirley Tanner has coached both of Alachua Elementary School's champion National Thinking Cap Quiz Bowl teams. She also makes time to teach enrichment classes and instructs students and teachers about technology resources. She is certainly a beloved and devoted teacher who prefers to keep the focus on her students' accomplishments rather than her own.

Mrs. Tanner initiated the school's involvement in the challenging competition several years ago. The test consists of 100 computer-generated multiple-choice questions covering a wide range of school subjects, current events and trivia. Each of the fifth-grade stu-

dents on the quiz bowl team worked incredibly hard to win this competition. Students who qualified for the team already had a wide range of general knowledge, but still had to prepare for the competition. They divided up topics in various academic disciplines and each student became an expert in one or more fields. They studied for a minimum of an extra hour every day, as well as practicing team-work, test-taking strategies and speed. Mrs. Tanner says this approach is the best strategy to take when preparing students for a competition in which they have no idea which questions will be asked of them. They simply need to be quick minded, calm under pressure and knowledgeable about many subjects. She said the six students on this year's team were all of these things and even worked hard enough on their regular school work to make the Honor Roll. We are very proud of them.

Now let me tell you a little bit more about these wonderful kids.

Sam Hart, who also won the spelling bee at Alachua Elementary School this year, focused on spelling. He also concentrated on sports and children's literature. Sam is a quiet, intelligent student who Mrs. Tanner described as "highly respected and popular with both teachers and peers."

Ryan McCoy is the second member of his family to participate in the quiz bowl. His older brother Evan McCoy was also on the school's quiz bowl team. Ryan concentrated on sports for the competition as well as measurements and Roman numerals.

Ashley Nelson, a straight-A student who took sixth grade math this year, specialized in math and measurement. On test day, Ashley was the team member chosen to enter the team's answers using the computer keyboard or mouse pointer. Ashley performed this stressful task "flawlessly" according to Mrs. Tanner. She input the team answers quickly and accurately. She also demonstrated her fine grasp of math concepts and computation by correctly answering all the math questions without even using a pencil or paper.

Paloma Paredes, another straight-A student, learned time zones and geometry for the competition. Mrs. Tanner described Paloma as an incredibly conscientious and hard-working student. Paloma studies every chance she gets.

Megan Raulerson, also a straight-A student, was the team's language arts expert. In addition to her schoolwork and Quiz Bowl participation, Megan routinely appears on the school's closed circuit live video news broadcasts. Both Megan and fellow Quiz Bowl teammate, Justin Sturm, frequently fill in when a scheduled anchorperson fails to show up. This means they don't even have the opportunity to read the script until a few minutes before broadcast time. A tough job, but they do it wonderfully.

Mrs. Tanner says that Justin Sturm "wants to know everything about everything." She says Justin excels in science and is an avid reader and an enthusiastic learner.

I would also like to recognize last year's quiz bowl winners: Keely Duff, Tyler Mikell, Elizabeth Keller, Katey Sands and Sara Wooding for their achievements. Mr. Speaker, please join me in honoring all of these exceptional students.