

EXTENSIONS OF REMARKS

PAYING TRIBUTE TO DELFINO GALLEGOS

HON. SCOTT MCINNIS

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 5, 2004

Mr. MCINNIS. Mr. Speaker, I would like to take this opportunity to pay tribute to Delfino Gallegos of Capulin, Colorado. Mr. Gallegos is one of only a handful of living World War I veterans, and was recently honored for his service at the American Legion's 85th birthday celebration at the Dickey-Springer Post 113, an organization founded by World War I veterans.

Mr. Gallegos was born December 28 1903 in Costilla, New Mexico. He answered his nation's call to service, joining the military at the age of 17, and was sent to Camp Sherman, Ohio for basic training. Towards the end of the First World War, his duties included guarding prisoners from Germany and other countries. Upon his honorable discharge from the service in 1923, Delfino met and married his wife Deliria, and moved to Capulin where he worked as a potato farmer and shepherd.

Mr. Speaker, I am honored to pay tribute to Delfino Gallegos before this body of Congress and this nation. The freedoms we enjoy today are a direct result of the sacrifices made by veterans throughout our nation. He is a great patriot and treasure to his community and veterans across Colorado. I sincerely thank him for his service.

RECOGNIZING DOWNTOWNTOWN AREA SENIOR CENTER

HON. JIM GERLACH

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 5, 2004

Mr. GERLACH. Mr. Speaker, I rise today to recognize the Downingtown Area Senior Center for its 30 years of dedicated service to the senior citizens of the Downingtown, Pennsylvania area.

The Downingtown Area Senior Center has existed since 1974 to serve the nutritional, social, and educational needs of the people aged 60 and older and to enhance their dignity, independence, and encouraging involvement in the community.

The Senior Center began as a Meals Together program with four seniors from the Downingtown United Methodist Church. The Downingtown Area Senior Center rented space from the Church until April, 2002. In August of that same year, the Downingtown Area Senior Center moved into the Ashbridge Commons. In this location, the Senior Center was responsible to continue and improve services to seniors. They did so by outfitting a kitchen, arranging a telephone system, networking a computer system, and creating a new living space. The new Downingtown Area Senior

Center opened its doors in October 2002 and has continued a tradition of excellence in providing for the senior citizens.

Ongoing programs and activities are perhaps one of the most important aspects of the Downingtown Area Senior Center. The Center participates in: an AARP driving class, arts and crafts, audiologist visits, ballroom dancing, blood pressure/weight checks, exercise classes, consumer awareness classes, historical presentations, income tax preparation, golf tournaments, and volunteer opportunities. These programs indeed foster and improve the quality of life of all participating seniors.

In addition, the Downingtown Area Senior Center has created a program for seniors called "Fit and Fun." The Fit and Fun program concentrates on health and wellness, while it also supplies its members with timely information and support to increase the likelihood of a longer, happier, and more fulfilling life. Seniors participate in "body recall" to improve muscle tone, line-dancing for aerobic activity, and yoga sessions to balance the mind and body. Weekly seminars are also given on Medicare supplement programs, chronic diseases management, and home health care. These seminars are critical for seniors if they are to continue to live healthy and active lives. As of June 2003, 2,150 people participated in the Fit and Fun program.

Mr. Speaker, I ask that my colleagues join me today in recognizing the Downingtown Area Senior Center for its dedication to the health and well-being of senior citizens in the Downingtown community and for their service to the Commonwealth of Pennsylvania.

CELEBRATING CINCO DE MAYO AND MEXICO'S CONTINUED STRUGGLE FOR FREEDOM AND JUSTICE IN THE HEMISPHERE

HON. TOM LANTOS

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 5, 2004

Mr. LANTOS. Mr. Speaker, I rise today in celebration of Cinco de Mayo and in recognition of the many contributions that Mexicans and Mexican-Americans have made and continue to make in my congressional district in California and across our nation.

The Cinco de Mayo holiday commemorates the May 5, 1862 victory of an ill-equipped and vastly outnumbered Mexican army, under the command of General Ignacio Zaragoza, over Napoleon's army at the Battle of Puebla. Although Napoleon eventually installed his brother as regent over Mexico, the triumph of the Mexican people over the French in this battle has come to symbolize the fight for freedom and justice in the Hemisphere—a fight that many dissidents in Cuba continue to wage intensely against Castro's brutal regime.

Mr. Speaker, the recent diplomatic furor involving our friend and ally Mexico and the regime of Fidel Castro in Cuba is an appropriate

issue in the context of Cinco de Mayo. I want to pay tribute to President Fox and the Mexican government for their principled stand on human rights.

I find it absolutely appalling that one year after 75 Cubans were tried in kangaroo courts in Havana, sentenced to prison terms ranging from 6 to 28 years, and imprisoned in rat-infested, dank cells, Castro's totalitarian machine is still trying to crack the backs of Cuba's internal opposition by continuing to lock up some of its most renowned leaders.

These 75 individuals are suffering indescribable horrors at the hands of Cuban authorities simply because they sought to express their disagreement with Castro's government, provide an independent media voice, stock their shelves with banned literature, represent the interests of independent labor, and otherwise improve the lot of their fellow citizens. In other words, these soldiers of freedom were thrown behind bars because they practiced their professions or attempted to exert their political rights and civil liberties.

Recently, Chairman HYDE and I led our Committee's consideration of H. Res. 563, which was sponsored by my good friends and colleagues, ILEANA ROS-LEHTINEN of Florida and BOB MENENDEZ of New Jersey, among others. H. Res. 563 recognized the reprehensible state of human rights in Cuba. It also called upon the international community to pass a resolution denouncing Cuba's human rights record at this year's session of the United Nations Commission on Human Rights. Two weeks ago, the Commission passed a resolution, sponsored by Honduras, which condemned the imprisonment of the 75 dissidents and urged Cuba to allow a special representative of the Commission to visit Cuba and report on the state of human rights in the island country. Havana so far has resoundingly rejected the request of the international community and reportedly refused to accept the Commission's special representative.

Mr. Speaker, Mexico joined the United States and twenty other countries in voting for this resolution deploring human rights violation in Cuba. In the weeks that have followed, Castro has vilified President Fox and his Administration for the courageous stand that Mexico took in Geneva as a defender of freedom in the Hemisphere—a stand similar to General Zaragoza at Puebla.

Mr. Speaker, although we in this House and across the globe disagree on how best to bring about change in Cuba, we stand together in solidarity with those who endure torture, incarceration, and deprivation because they refuse to submit to the boot of an authoritarian regime.

I am proud to call my friends in neighboring Mexico our allies in this unfortunately never-ending struggle against tyranny. Amigos, desde cinco de mayo de 1862 hasta cinco de mayo de 2004, la lucha continúa!

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