

As Secretary Rice outlined in her confirmation hearing before the Foreign Relations Committee earlier this year, Zimbabwe remains one of the outposts of tyranny.

And as Secretary Rice rightly remarked, "America stands with oppressed people on every continent."

At the time, she referenced Natan Sharansky and what he calls the "Town Square Test," saying that the world should apply that test. To quote the Secretary directly, "if a person cannot walk into the middle of the town square and express his or her views without fear of arrest, imprisonment, or physical harm, then that person is living in a fear society, not a free society. We cannot rest until every person living in a 'fear society' is living in a 'free society.'"

These remarks are even more relevant in light of current events. The people living in Zimbabwe's cities are clearly living in a society of fear. Their town squares are literally being torn down—the rubble crushing the people of that country.

I look forward to working with the Administration, and supporting international efforts to provide meaningful assistance to the people of Zimbabwe.

CENTRAL AMERICAN FREE TRADE AGREEMENT

Ms. LANDRIEU. Mr. President, I rise to speak a moment about why I am strongly opposed to the Dominican Republic/Central American Free Trade Agreement Implementation Bill, or CAFTA it is often referred to. CAFTA threatens a proud heritage and a way of life in Louisiana that dates back more than 250 years. Our great-great-great grandfathers were raising cane long before our country was even born. Since 1751, Louisiana sugar cane farmers have been farming the fertile soil of our great State. Before the marble Walls of Congress were ever erected, Louisianans built an industry that would weather hurricanes, the Great Depression and even the Civil War.

These farmers have good reason to be proud. American sugar producers are among the most efficient in the world. Two-thirds of the world's more than 100 sugar-producing countries produce at a higher cost than the U.S. And in my State of Louisiana, farmers produce about 20 percent of the sugar grown in the United States and currently rank fourth in the Nation in production of sugar, producing an average revenue of \$750 million per year.

But today, we are prepared to deal this proud industry a death blow. We are talking about undoing centuries of tradition and stripping away jobs from efficient Louisiana farmers. As passed, this trade agreement would have a serious and harmful effect on sugar producers in my State: CAFTA will equal job loss and financial despair for 27,000 Louisiana sugar workers and farmers. Along with additional bilateral trade agreements, CAFTA could cost my

State \$750 million in direct sugar sales, as well as \$2 billion in industry-related revenue each year.

In any trade negotiation, there are losses and there are wins. Oftentimes we are willing to accept the impacts these deals might have on our domestic producers because in the long run the good outweighs the bad. But that is not the case. CAFTA is a relatively small trade deal with a group of countries whose combined economies are smaller than that of New Haven, CT. Nearly half of all Central Americans earn less than \$2 a day, and they simply cannot afford the meats or crops we have to sell. That is why the Louisiana Farm Bureau has joined other State farm bureaus, the National Association of State Departments of Agriculture, and numerous national farm groups in opposing CAFTA. Even our own Government's economic estimates say that CAFTA will mean little to agriculture or to our country as a whole; and these are known to be quite optimistic estimates. That is because as the administration points out time and time again—we already dominate the import market of this poor region.

According to estimates by the U.S. International Trade Commission, CAFTA would actually increase our trade deficit with Central America while benefiting our economy by less than one-hundredth of 1 percent. That is worth repeating again. The administration's economists say that CAFTA will increase our trade deficit with the region while boosting our own economy by less than 0.01 percent.

This same study concluded that for other farmers CAFTA would have "a negligible impact on total U.S. production and employment." Why then are we talking about dismantling my State's sugar industry? U.S. farmers and ranchers get little in return for sending thousands to the ranks of the unemployed.

So what we have here is another raw deal for Louisiana sugar. I urge my colleagues to take a long, hard look at our country's current agricultural trade agenda. This year, the USDA says America will import as much food as we export. The agricultural trade surplus that stood at \$27 billion less than 10 years ago is now gone. The promises made to farmers during the NAFTA debates have come up flat. And the promises that will be made today about CAFTA are contradicted by the administration's own estimates.

In closing, let me say I support free trade, so long as it is fair. Fair free trade requires that all players operate on as equal and level a playing field as possible, accountable to the same labor laws, environmental standards, and governmental intervention. To sacrifice even one job for a trade deal that will deepen our agricultural trade deficit is a travesty. And, having to tell thousands of hard-working farmers in Louisiana that they must look for work, because sugar was used as a bargaining chip, is unacceptable.

ZIMBABWE

Mr. FEINGOLD. Mr. President, I rise to express my shock and alarm over the most recent turn taken in Zimbabwe's deepening political and economic crisis. As my colleagues know, the ruling regime in Harare recently launched a massive campaign to destroy the homes of hundreds of thousands of urban Zimbabweans, evicting men, women, and children—in at least one case reportedly evicting even AIDS orphans—under the auspices of "driving out the rubbish."

Many analysts believe that the Government is attempting to forcibly relocate the urban population—which tends to support the political opposition—to rural areas in order to diffuse resistance to its repressive policies. The ruling party may also be attempting to revitalize the agricultural sector, which has been devastated by its policies, through this campaign of forced relocation to rural areas. What is certain is that this kind of deliberate displacement of people in a country where 3 to 4 million already need food assistance is an absolute outrage.

Sadly, this is what we have come to expect from President Mugabe and his cronies. This same government has refused food assistance for hungry people; manipulated available food assistance for political purposes; systematically attacked the independence of the judiciary; silenced independent media voices; and created, often through coercion, brutally violent youth militias to terrorize civilians.

I commend Chairman MARTINEZ for speaking out so forthrightly on this issue. I am pleased to join him here today. I have also joined with my colleague, Senator DURBIN, in working to encourage U.N. Secretary General Kofi Annan to treat this crisis with the urgency it deserves, and I also thank him for his leadership. And I recently joined with Senator MCCAIN to assure Secretary of State Rice of the strong, bipartisan support that exists here for an energized Zimbabwe policy.

But we can and must do more to oppose this campaign of abuse. We must continue to speak plainly to Southern African leaders about the toll that their silence about this ongoing crisis takes on their credibility, and about the loss of investor and donor confidence in the region that is a consequence of Zimbabwe's ceaseless downward spiral over the past 5 years.

The administration has spoken out commendably regarding the Zimbabwe crisis, but more could be done to take action that would bolster their tough talk. Targeted sanctions could have more bite, and the U.S. and other key donors could more clearly link support for laudable initiatives such as the New Economic Partnership for Africa's Development to restoration of respect for civil and political rights and the rule of law in Zimbabwe.

Those of us who have followed the crisis in Zimbabwe often feel a sense of frustration as we watch so much of

what was promising about that country be systematically dismantled by the current ruling party. But we must not give up on the people of Zimbabwe, many of whom continue to fight against repression despite considerable risk. Once Zimbabwe's corrupt leadership finally releases its grasp on power, the country will require substantial international assistance to rebuild the institutions of democracy and regain its economic footing.

I was pleased to work with the majority leader on the Zimbabwe Democracy and Economic Recovery Act, which became law in 2001. This law spells out Congress's commitment to come forward as a strong partner of a recovery in Zimbabwe when change finally does come and Zimbabwe's long, sad slide into authoritarianism and economic collapse has been halted. I still believe in the promise of that bill and look forward to the day conditions allow all of us to realize that promise, and to join with the people of Zimbabwe in rebuilding their country and safeguarding their democracy.

Mr. BUNNING. Mr. President, earlier this week I introduced the Professional Sports Integrity and Accountability Act. This is not a bill I relish introducing, and I wish Congress did not have to get involved in this issue.

Unfortunately, this might be the only way to get professional sports to finally clean up their act. As a former major league baseball player and a member of The Baseball Hall of Fame, protecting the integrity of our national past time is a matter near and dear to my heart. I know it is near and dear to the hearts of so many fans across America.

I do not have any personal experience with steroids. I never encountered them during my years in the major leagues. But I can tell you this—players who use steroids are cheaters. When I played ball, if you got caught cheating—whether it was by sharpening your spikes or corking your bat—you were suspended. The same should hold true for those athletes who use illegal performance enhancing drugs.

Something needs to be done to strike out drugs in sports. Some sports leagues have taken baby steps in an attempt to implement a new or improve a current testing program. While I can appreciate their efforts, I just do not think they have done enough. For example, the penalties under baseball's current drug testing program are—at best—puny.

My bill would not only toughen baseball's standards, but it would apply to a host of professional sports leagues, such as Major and Minor League Baseball, Arena and National Football Leagues, men's and women's National Basketball Associations, Major League Soccer, and the National Hockey League.

Under my legislation, players would be tested at least three times a year. Tests would be conducted randomly with no advance notice to the athlete.

Substances tested would include all those substances that are prohibited for all sports by the Olympics. Players testing positive would be suspended without pay from all leagues for two years on their first offense. If they test positive a second time they are banned from all sports forever.

These are the kind of hard-nosed penalties that will finally wake players up to the reality that the need to stop doping up and risking losing their entire livelihood. It is going to be up to the players. I do not think too many of them will risk playing with fire. Because if you play with fire, you will get burned.

In this legislation, leagues would also be required to disclose to the public the names of those players who violate the testing policy, the penalty they receive, and the substances involved. Any athlete who refuses to take a drug test will be immediately penalized the same as if he or she failed the test. These penalties would also apply to anyone who assists in a violation of the drug testing policy.

Tests will be conducted by an independent entity not controlled by any league. This is necessary to ensure the integrity of the tests. This independent entity will be responsible for the collection, transport, and analysis of all samples. Lab analysis will be conducted at a lab in the United States that meets Olympic standards. All leagues will be required to keep records of these tests which will be subject to inspection by the Federal Trade Commission.

It is important that people realize this is not about conducting a witch hunt, and that is why my bill also includes some protections for these athletes. As a former player, I recognize that training and playing a sport can take a tremendous toll on the body. Therefore, my bill would allow athletes exemptions for substances prescribed by their doctor.

My bill requires that leagues provide violators with a hearing and fair appeals process upon testing positive. These results must be disclosed to the public. However, no information about an athlete's health is required to be disclosed. In order to ensure that leagues are in compliance, the Federal Trade Commission is designated with oversight of the drug testing program. Leagues can be fined up to \$1 million per day if they do not enforce this testing policy.

This legislation also encourages—but does not require—leagues to invalidate the records of any athlete who is caught using performance enhancing drugs. History is an important part of any sport and records should mean something. Yes, records are made to be broken. But it does not mean you should be able to cheat to do so.

I was blessed to play 17 years in the major leagues. I never saw a player hit more home runs at age 40 than he was hitting at age 25. Unlike a good wine, professional athletes generally do not

get better with age. The body breaks down and you become more prone to injury. You just do not recover as quickly from the grind of playing day after day—year after year.

Some may ask why congress would be getting involved in the business of trying to regulate major league sports. Well, the answer is really quite simple. It is not just about the integrity of the game. It is partly about the health of the athlete. But really, it is about the kids.

The game of baseball has been tarnished by the use of steroids. Unfortunately, this not only affects players taking these substances. But it also sends the wrong message to kids who see players as role models, and who also feel such pressure to perform so well at a young age. It is very important that we understand just how harmful steroids can be on a person's health.

Side-effects of steroids include fatal liver cysts, liver cancer, kidney disease, blood clotting, and they can even lead to heart attack or stroke. Our children look up to players as heroes. And it is important that players set a good example.

As Members of Congress we can play an important role in educating the public on the terrible health effects from steroids. Illegal performance-enhancing drugs have become a serious problem in professional sports and it needs to stop.

Fans expect it to stop and former professional athletes expect it to stop. My friend and fellow baseball Hall of Famer—Dave Winfield—wrote me recently. He sent me a copy of an opinion piece he wrote on the steroid issue. In his piece, Dave outlines not only the negative physical health effects steroids cause. But he touches on the negative psychological effects, too. Dave also cites a recent survey by a national healthcare provider that nearly one million kids in America are using steroids and other substances to boost their athletic performance.

Finally, he raises the important question to athletes: "How do you want to play your sport—clean and fair, or by cheating with drugs?"

The fans and former athletes do not want our national pastime and favorite sports to end up with black eyes because of this mess. Everywhere I go I hear sports fans and former athletes whistling for an end to the use of drugs in sports. I and others in this body are listening. Players and leagues must be held accountable for the State of their respective sports. And this legislation demands accountability by putting real penalties on those who cheat.

It is time to restore some integrity to the sports we all watch, pour our hearts out to, and love. I hope my colleagues will join me in supporting this important cause. I recognize that other senators, including Senator STEVENS, Senator MCCAIN, and Senator ROCKEFELLER, have helped to highlight this issue, and I look forward to the Senate

moving this debate and legislation forward to clean this mess up in a bi-partisan way.

Before I yield the floor, I want to share a letter I received last month from a young boy—Joseph Mattingly—from Louisville, KY. Joseph writes:

Dear Senator Bunning, my name is Joseph Mattingly. I am a Boy Scout from Troop 327. At this year's summer camp, I am working on a merit badge that requires me to write a letter to a Member of Congress representing my State—Kentucky. This letter was required to be about a national issue which I share the same view with you. I wrote you because I am a fan of Major League Baseball and I would agree that Congress should get involved in the steroids scandal. I say this for many reasons. One is that Major League Baseball needs some help. If they cannot clear up this problem, Congress could. Another reason is that taking performance enhancing drugs is cheating. Cheating should not be the American way of doing things. A third reason is that steroids are drugs. Performance enhancing drugs should be made illegal for sale without a prescription. Finally, you are a Hall of Famer with much baseball experience. For this reason, Major League Baseball should let you help them with their problems. These are my views on why Congress should get involved in bringing down the steroids scandal in baseball and all other sports. Sincerely, Joseph Mattingly.

This is the voice from a young fan—a child who loves the game of baseball. He echoes the thoughts and words of so many others across America. There is passion in this young boy's heart, and wisdom in his words.

Mr. President, I ask unanimous consent that the text of the bill and editorial be printed in the RECORD.

There being no objection, the text of the bill and editorial was ordered to be printed in the RECORD, as follows:

S. 1334

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,

SECTION 1. SHORT TITLE.

This Act may be cited as the "Professional Sports Integrity and Accountability Act".

SEC. 2. EFFECTIVE DATE.

This Act shall take effect 1 year after the date of enactment of this Act.

SEC. 3. DEFINITIONS.

In this Act:

(1) COMMISSION.—The term "Commission" means the Federal Trade Commission.

(2) OFF-SEASON.—The term "off-season" for each professional athlete means the period of time outside the professional sports season.

(3) PROFESSIONAL ATHLETE.—The term "professional athlete" means an individual who competes in a professional sports league.

(4) PROFESSIONAL SPORTS EVENT.—The term "professional sports event" means any game, match, or competition conducted in the United States between any teams, clubs, or organizations of a professional sports league.

(5) PROFESSIONAL SPORTS LEAGUE.—The term "professional sports league" means Major League Baseball, Minor League Baseball, the National Football League, the Arena Football League, the National Basketball Association, the Women's National Basketball Association, the National Hockey League, Major League Soccer, and any successor organization to those organizations.

(6) PROFESSIONAL SPORTS SEASON.—The term "professional sports season" for each professional athlete means the period of

time beginning on the date on which the athlete is eligible, invited, allowed, or required to report for practice or preparation to compete in a professional sports league and ending on the later of the date of the league's last regularly scheduled professional sports event or the date of the last professional sports event of the post-season in which the athlete is eligible, invited, allowed, or required to participate.

(7) PROTOCOL.—The term "Protocol" means the United States Anti-Doping Agency Protocol for Olympic Movement Testing and any successor to that protocol.

SEC. 4. CONDUCT PROHIBITED.

It is unlawful for a professional sports league to organize, sponsor, endorse, promote, produce, or recognize a professional sports event without adopting and enforcing a testing policy that meets the requirements of section 5.

SEC. 5. MINIMUM DRUG POLICY IN PROFESSIONAL SPORTS.

(a) TESTING POLICY REQUIRED.—Each professional sports league shall adopt and enforce policies and procedures to—

(1) proscribe the use of prohibited substances and methods by each professional athlete competing in the league;

(2) test for the use of prohibited substances and methods by each professional athlete competing in the league; and

(3) proscribe any person associated with the league from complicity in a violation by a professional athlete competing in the league.

(b) PROHIBITED SUBSTANCES AND METHODS.—At a minimum, the prohibited substances and methods are as follows:

(1) PROFESSIONAL SPORTS SEASON.—During the professional sports season, all substances and methods in such amounts as prohibited in-competition by the Protocol, excluding substances or methods prohibited in a particular sport as defined by the Protocol.

(2) OFF-SEASON.—During the off-season, all substances and methods in such amounts as prohibited out-of-competition by the Protocol, excluding substances or methods prohibited in a particular sport as defined by the Protocol.

(3) ADDITIONAL SUBSTANCES AND METHODS.—Any other substances or methods or amounts of substances or methods determined by the Commission to be performance-enhancing substances or methods for which testing is reasonable and practicable.

(c) VIOLATIONS.—

(1) PROFESSIONAL ATHLETE.—The following constitute violations of the testing policy under this section for a professional athlete:

(A) The presence of a prohibited substance or its metabolites or markers in the bodily specimen of a professional athlete, or evidence of the use of a prohibited method.

(B) Refusing, or failing without compelling justification, to submit to a test. The absence of an athlete from the United States shall not alone be a compelling justification under this subparagraph.

(2) ANY PERSON.—The following constitute violations of the testing policy under this section for any person associated with a professional sports league:

(A) The administration or attempted administration of a prohibited substance or method to any professional athlete.

(B) Assisting, encouraging, aiding, abetting, covering up, or any other type of complicity involving a violation by a professional athlete.

(d) CONDUCT OF TESTS.—

(1) FREQUENCY, RANDOMNESS, AND ADVANCE NOTICE.—

(A) IN GENERAL.—Each professional athlete shall be tested for the use of prohibited substances and methods no less than 3 times in

each calendar year that the athlete competes in a professional sports league.

(B) RANDOM.—Tests conducted under this subsection shall be conducted at random intervals throughout the entire calendar year with no advance notice to the professional athlete.

(2) ADMINISTRATION AND ANALYSIS.—

(A) IN GENERAL.—Tests under this subsection shall be conducted by an independent entity not subject to the control of any professional sports league.

(B) METHODS, POLICIES, AND PROCEDURES.—The independent entity shall determine the methods, policies, and procedures of collection, transportation, and analysis of bodily specimens of professional athletes necessary to conduct tests for prohibited substances and methods and shall conduct such collection, transportation, and analysis.

(C) ANALYSIS.—Analysis of specimens shall be conducted in a laboratory that meets the requirements for approval by the United States Anti-Doping Agency and is located within the United States.

(3) SUBSTANCES.—

(A) IN GENERAL.—Each professional athlete shall be tested for all prohibited substances and methods at the time of the administration of each test.

(B) LIMITED EXEMPTION FOR MEDICAL OR THERAPEUTIC USE.—A professional sports league may provide an individual professional athlete with an exemption for a particular prohibited substance or method if such substance or method—

(i) has a legitimate and documented medical or therapeutic use;

(ii) is for a documented medical condition of such athlete; and

(iii) is properly prescribed by a doctor of medicine licensed in the United States.

(e) PENALTIES.—

(1) VIOLATION.—Subject to paragraph (3), a violation shall result in the following penalties:

(A) FIRST VIOLATION.—A person who commits a violation shall be immediately suspended from participation in any professional sports league without pay for a minimum of 2 years.

(B) SECOND VIOLATION.—A person who commits a violation, having once previously committed a violation, shall be immediately permanently suspended without pay from participation in any professional sports league.

(2) DISCLOSURE.—

(A) AFTER NOTICE.—Not later than 10 days after receiving notice of a violation under this section, a professional sports league shall publicly disclose the name of the violator, the penalty imposed, and a description of the violation, including any prohibited substance or method involved.

(B) ADJUDICATION PROCEEDINGS.—The league shall publicly disclose the results of any adjudication proceedings required by paragraph (3) within 10 days of notice of the termination of the proceedings.

(3) ADJUDICATION.—

(A) IN GENERAL.—A professional sports league shall—

(i) provide a violator with prompt notice and a prompt hearing and right to appeal; and

(ii) permit that violator to have counsel or other representative for the proceedings.

(B) VIOLATOR SUSPENDED.—A violator subject to this paragraph shall be suspended without pay from participation in any professional sports league during the proceedings.

(f) RECORDS.—

(1) IN GENERAL.—Each professional sports league shall maintain all documentation and records pertaining to the policies and procedures required by this section and make such

documentation and records available to the Commission upon request.

(2) **PRIVACY.**—With regards to any information provided to the Commission under this subsection, nothing in this Act shall be construed to require disclosure to the public of health information of an individual athlete that would not be subject to disclosure under other applicable Federal laws.

SEC. 6. ENFORCEMENT.

(a) **UNFAIR OR DECEPTIVE ACTS OR PRACTICES.**—Except as provided in subsection (b), this Act shall be enforced by the Commission as if a violation of this Act or of any regulation promulgated by the Commission under this Act were a violation of section 18 of the Federal Trade Commission Act regarding unfair or deceptive acts or practices.

(b) **ENHANCED CIVIL PENALTIES.**—In addition to the penalties provided in subsection (a), the Commission may seek a civil penalty not to exceed \$1,000,000 for each day a professional sports league is in violation of this Act.

(c) **PROMULGATION OF REGULATIONS.**—The Commission may promulgate such regulations as necessary to enforce this Act as if the relevant provisions of the Federal Trade Commission Act were incorporated in this Act.

(d) **DELEGATION.**—The Commission may delegate the administration of this Act or any part of this Act to any appropriate agency of the United States Government.

SEC. 7. RULES OF CONSTRUCTION.

(a) **UNITED STATES ANTI-DOPING AGENCY.**—Nothing in this Act shall be construed to deem the United States Anti-Doping Agency an agent of or an actor on behalf of the United States Government or impose any requirements or place any limitations on the United States Anti-Doping Agency.

(b) **MORE STRINGENT POLICIES.**—Nothing in this Act shall be construed to prohibit a professional sports league from adopting and enforcing policies and procedures more stringent than the requirements of this Act.

SEC. 8. SENSE OF CONGRESS ON COORDINATION WITH THE UNITED STATES ANTI-DOPING AGENCY.

It is the sense of Congress that—

(1) the United States Anti-Doping Agency is the Nation's leading expert on testing for and research on performance-enhancing substances and methods; and

(2) professional sports leagues should consult with and follow the recommendations and standards of the Agency in developing their testing policies and procedures.

SEC. 9. SENSE OF CONGRESS ON PROFESSIONAL SPORTS RECORDS.

It is the sense of Congress that the individual records of athletes achieved while using performance-enhancing drugs should be invalidated.

SEC. 10. SENSE OF CONGRESS ON OTHER PROFESSIONAL SPORTS ORGANIZATIONS.

It is the sense of Congress that all professional sports organizations not covered by this Act should adopt testing policies that meet the requirements of the Act.

[From the Los Angeles Times, Apr. 17, 2005]

BASEBALL NEEDS CLEANED-UP HITTERS

(By Dave Winfield)

Performance-enhancing drugs in Major League Baseball are the topic du jour, but I'm writing this article primarily because I have succeeded at the game without use of drugs. I have seen and heard many opinions, but few (if any) offered on having success without performance-enhancing drugs.

The view from some in the Baseball Hall of Fame is this: Acknowledging that no one is perfect, there is no one in the Hall of Fame

who used steroids. Overall there is a dim view of those who have padded their statistics by steroid use. No one likes their historic performances and careers marginalized by those who have an unfair advantage, whether the drugs were legal or not. Long-time records fall in time (that's what records are for), but with the advent of these drugs you destroy the integrity of the feat. The issue here is how to compare the achievements of baseball greats from different eras.

More important, I am a parent who cares about children and the game of baseball, and will continue to be a role model to others I work with, whether it is Little League International, the Reviving Baseball in Inner Cities program, or with collegiate, or professional baseball players.

In this era of immediate gratification, let me give a perspective on achieving long-term success and gratification. Let me be one of many who take the side of advocating success and enjoyment in sports without pharmaceutical enhancements. Hopefully, I may cause others to speak up and give young people a positive path to follow.

Here are reasons you should not use anabolic steroids: Although they are known to make athletes stronger and faster, they do not improve athletic skill, and the health risks are numerous. They can cause acne, hair loss, blood-pressure changes, nausea, vomiting, aching joints, testicular shrinkage, urinary problems and impotence or sterility. Other effects include shortening of adult height; paranoia, violent behavior (in some notable cases suicide) and increased risk of developing heart disease, stroke and some types of cancer.

I can't recommend harming your body to try to improve your athletic performance. Those short-term goals can lead to long-term physical, legal and career problems.

It's frightening and dismaying to hear that recent surveys by a national health-care provider indicate that nearly 1 million kids in America are using steroids and other substances to improve their sports performance. You can gain a competitive advantage in so many other ways and not risk your health. Yes, there is an allure to participate and be successful in sports because of the adulation, the potential attractiveness to the opposite sex, scholarship opportunities and a possible professional career, with all the money and fame and security that go with that. But it comes down to risk and reward, right and wrong—the values you live by.

How do you want to play your sport—clean and fair, or by cheating with drugs? I live in California, where our governor used steroids for years to compete in and win many bodybuilding championships. Today there are separate competitions for users and nonusers. Baseball should be the same—where there are no drug users.

In the major leagues, when you approach the game incorrectly or illegally, you injure your health, reputation, family, fans, the sport itself, and all the young people who want to be just like you.

I played Major League Baseball a long time, and left after the 1995 season. I heard back then that some people were using performance-enhancing drugs, but it was never apparent or evident in the clubhouses I played in.

Because people look for shortcuts to success, I talked to my friends who succeeded the right way: Rickey Henderson, Don Mattingly, Eddie Murray, Tony Gwynn and Cal Ripken Jr. They achieved the heights of this game without performance-enhancing drugs.

Henderson, the all-time stolen base leader, said, "I advocate nutrition, flexibility and exercise."

He understood his speed, eyesight and patience at the plate could help him become a great player.

Gwynn, an eight-time batting champion, said, "My success came from knowing I'm a singles hitter."

He had no desire to try to hit the long ball to be successful. Speed and defense made him an all-around player.

Ripken played more consecutive games than anyone in the history of baseball. He never led the league in home runs, runs batted in or stolen bases, but said, "It was my defense, long-term health, stamina and consistency that gave me success on the diamond."

Murray possessed the ability to switch-hit with power, enabling him to hit more than 500 homers and drive in more than 1,900 runs. He played superb defense and was the consummate team player. He said the hallmarks of his success were "my baseball instincts, competitiveness and love of the game."

Mattingly, the 1985 American League MVP, didn't have the height; weight or strength of others, but what made him a great player was his knowledge of the fundamentals and techniques of hitting. "I listened and learned from coaches about using my body to maximum effectiveness, and how to solve pitchers," he said.

The primary things these guys had in common were their understanding of the game, their work ethic and a tough mental approach that gave them longevity in the game.

People might think the only reason I didn't entertain drug use was because I already had size, strength, speed and versatility by playing other sports. Sure, it helps to start with ability, but I wouldn't have had the career I did if I didn't listen to the voices of baseball telling me to learn how to play and make adjustments to grow and improve.

When I entered the majors, I was not a polished, consistent player. I wasn't an All-Star until my fifth season, and certainly wasn't a shoo-in for the Hall of Fame. It takes time to integrate the knowledge, instincts, training, and experience as a player to become all you can be; that's called maturity.

I stress that you work to become a complete player. There is too much emphasis today on only hitting the long ball; many feel that is the sure way to a large payday. Learn to play every part of the game well. There are fewer five-tool players (who can run, hit, hit for power, field and throw) than ever; with a virtual elimination of infield practice before games, the ranks of those without strong arms and good gloves grow every year.

I hope the proceedings of the last few months—the first suspensions for steroid use in the major and minor leagues, with better regulation and enforcement—bring the game back to the way it was meant to be played.

This is an issue that may test the character of many, but think about your life and lifestyle. Drugs might help you for the short term, but can you imagine anyone taking them for 10 or 20 years? It may bring short term success, but no doubt a shorter life. Choose a lifestyle of nutrition, fitness, dedication and hard work in whatever you do. Don't risk losing your health, career, reputation, freedom or your life from dealing in illegal drugs. It's very simple. It's not worth it!

ADDITIONAL STATEMENTS

CONGRATULATING ALAMOGORDO, NEW MEXICO

● Mr. BINGAMAN. Mr. President, I rise today to congratulate the city of