

asked girls directly how they define health and what motivates them to lead a healthier lifestyle. The results are captured in a new report, titled *The New Normal? What Girls Say About Healthy Living*.

This new report brings the voice of girls to the forefront of the conversation on childhood obesity for the first time and finds that girls are in many ways ahead of the curve, using a varied, complex set of norms to define health.

Today's girls are defining "health" on their own terms, placing the same value on emotional well-being and self-esteem as they do on diet and exercise. For girls, being healthy is more than just eating right and exercising; it is also about feeling good about oneself and being supported by family and peers.

Girls say that efforts to reduce childhood and adolescent obesity that focus solely on nutrition or physical activity miss the mark.

The study lays out four key findings:

One, girls aspire to be "normal healthy," a concept they often associate with appearing normal and being supported by peers and family. Girls tended to view any diet or lifestyle choice as healthy as long as it doesn't harm their appearance or their relationships with friends and family. Overall, 65 percent of girls say their lifestyle is "healthy enough for my age," while just 16 percent describe their lifestyle as "very healthy." Although about two-thirds, 65 percent, correctly identify themselves as being either normal weight or overweight, one in three girls has a distorted idea about her weight. Older girls also tended to be less satisfied with their weight than younger girls.

Two, girls have a holistic view of health and describe emotional health as important as physical health. Virtually all girls agree that emotional health is as important as physical health—and 88 percent of 11- to 17-year-old girls believe that feeling good about yourself is more important than how you look. More than a third of girls ages 11–17 reported eating more when they are "stressed out" and overweight girls are more than twice as likely as girls who are not overweight to report eating more in times of stress.

Three, girls already know what is healthy, but many don't use the information they have to make healthy choices. Obstacles at home include a decline in the frequency of family meals and increased television watching and computer use as girls get older. A third of girls experience sit down to a family meal no more than twice a week. More than 60 percent of teenage girls skip breakfast at least once a week and nearly 20 percent skip it every day.

Obstacles at school include reliance on vending machines, poor taste and quality of school lunches, optional physical education classes, and a lack

of access to more informal physical activities are all barriers. Many girls ages 11–17 say they do not play sports because they do not feel skilled or competent, 40 percent, or because they do not think their bodies look good, 23 percent.

Four, girls cite their mothers not only as role models but also as leading sources of nutritional information and emotional reinforcement. Mothers exert tremendous influence. Girls tend to mirror their mothers' activity levels, weight and body image. And given the increasingly poor diet and sedentary lifestyle of today's adults, it is clear that efforts to improve the health of girls must also target parents—especially mothers.

Continuing a 93-year tradition begun by founder Juliette Gordon Low, Girl Scouts offers an array of successful initiatives and age-appropriate curricula in health, nutrition, and fitness—including more than 60 badges and awards related to healthy living. And the findings of *The New Normal? What Girls Say About Healthy Living*, will continue this tradition in helping inform GSUSA's ongoing program and policy work.

To turn this research into action today, Girl Scouts is encouraging all girls and their families to engage in advocacy at the local level. Advocacy is a critical component in educating and influencing key policy and decision makers as well as the general public about what girls need to lead healthy lives. To bring girls' voices to the discussion about health in their communities, Girl Scouts is calling on all girls to become involved in the development and implementation of their local School Wellness Policy.

Ninety-five percent of schools must establish a school wellness program consisting of nutrition and physical activity goals by the first day of the 2006–2007 school year. We want girls to take action through advocacy on this timely and important issue so that as schools address the wellness of our Nation's children and youth, the unique girl-perspective is fully considered.

IN MEMORY OF JOHN ROBERT MURREN, M.D.

Mr. REID. Mr. President, I rise today to remember Dr. John Robert Murren, a renowned oncologist, cancer researcher, and a beloved husband, father and son.

I first met Dr. Murren 3½ years ago. He visited me in my Capitol office with his brother and sister-in-law, Jim and Heather Murren. In this meeting, they shared with me their vision for a new world-class cancer research facility in Nevada.

Like so many Americans, the Murrens had been touched by cancer. They had witnessed first-hand the devastation caused by cancer and were motivated to do something to lessen the toll of this horrible illness. As such, the Murrens resolved to combine

Heather and Jim's business skills and extensive network with John's medical expertise to create a cutting-edge comprehensive cancer institute in Nevada. In 2002, they founded the Nevada Cancer Institute and built a 142,000 square foot facility in Las Vegas that is dedicated to researching, preventing, detecting, and curing cancer. Dr. John Murren served on the institute's board of directors as well as an adjunct faculty member. Dr. Murren's death will inspire those he left behind to make the Nevada Cancer Institute even better. John would want this.

Dr. John Murren's vision for the Nevada Cancer Institute was based on an impressive medical foundation. He earned his B.A. in chemistry and history from Duke University cum laude followed by his M.D. in 1984 from the Loyola-Stritch School of Medicine in Chicago. He completed his internship and residency in Internal Medicine at St. Vincent's Hospital in New York where he was chief resident. In 1988, Dr. Murren accepted a postdoctoral fellowship in medical oncology at the Yale-New Haven Hospital where he was an attending physician as well as an associate professor of medicine. Since 1992, he had been awarded grant funding to study cancer drug therapies yielding invaluable contributions to the understanding of the effectiveness of cancer drug therapies, particularly chemotherapy.

Dr. Murren was the chief of the Yale Medical Oncology Outpatient Clinic and director of the Lung Cancer Unit at the Yale Cancer Center in New Haven, Connecticut. At Yale, Dr. Murren had the largest clinical practice at the Cancer Center and treated thousands of patients and their families over a distinguished career. His clinical research widely published. He sat on several peer-review boards and was sought out worldwide for his expertise. He was also a member of the board of trustees of the Frisbee Foundation.

In addition to his clinical, educational, and research endeavors, Dr. Murren served on the Clinical Research Subcommittee of the American Association of Cancer Research and the American College of Surgeons Cancer Committee. He also served as cochair of Novel Therapeutics for the American Association of Cancer Research National Meeting in 2001. He was a member of the Research Grants Council in Hong Kong and was an active lecturer and writer.

The loss of Dr. Murren will be felt beyond medical and scientific circles. Dr. Murren is survived by Nancy, his wife; John, his son; Jean Perkins Murren, his mother; Jim and Michael, his brothers and Kathie, his sister as well as sisters-in-law: Heather Hay Murren and Mary Kay Murren and brothers-in-law George Koether as well as Jeff and Bill Hughes and wives, family and mother-in-law, Doris Hughes, as well as several nieces and nephews.

Dr. Murren will be missed by his community in Fairfield, CT, where he

led an active life. He was a parishioner of St. Thomas Roman Catholic church there, and he enjoyed reading, skiing, tennis, and watching his son, John, play ice hockey.

No one is immune to cancer not even those individuals who, like Dr. Murren, dedicate their life's work to cancer research and treating individuals suffering from cancer. If we in Congress want to honor the life of Dr. Murren and the 1 million Americans who will be diagnosed with cancer this year, then we must invest more Federal money into cancer research. Otherwise, we will continue to lose too many of our family members and friends to this devastating illness.

In closing, I extend to his family, friends, and associates, my sympathy on the passing of a good American, Dr. John Murren. It is my wish that his legacy will be a country that defeats the dreaded disease we call cancer.

HONORING OUR ARMED FORCES

SERGEANT TOBIAS MEISTER

Mr. GRASSLEY. Mr. President, I rise today to honor an heroic American who has fallen while serving his country in Operation Enduring Freedom in Afghanistan. First Sergeant Tobias Meister died December 28, 2005, when a bomb was detonated near his humvee just south of Asadabad, Afghanistan. First Sergeant Meister was part of the Sand Springs based 486th Civil Affairs Battalion and was assigned to the Army Reserve's 321st Civil Affairs Brigade based in San Antonio, TX. My deepest sympathies go out to his wife Alicia, his 1 year old son Will, his parents David and Judy, his brother and many more family and friends.

First Sergeant Meister was born in Kingsley, IA and graduated from Remsen-Union High School in 1994. He was employed by Horizon Natural Resources, an oil and gas firm, after he had successfully completed a business administration degree with a concentration in international business from the University of Texas at San Antonio.

Tobias Meister joined the Iowa National Guard in 1992 and served as an infantryman before transferring to the U.S. Army Reserve in 1998. He was named Drill Sergeant of the Year in 2002, the award for the Nation's top Army Reserve drill sergeant. He will be remembered for his patriotism, his love for his country and his fellow soldiers. As written by comrades on his website, he had "so much passion for what he was doing, so much patriotism it was a privilege and an honor to work with him." I urge all of my colleagues here and all Americans to extend their prayers to the family of a truly heroic American, First Sergeant Tobias Meister.

ROLAND CARROLL BARVELS

Mr. JOHNSON. Mr. President, I rise today to pay tribute to Roland Carroll Barvels who died in Iraq on January 18,

2006. Roland was employed with DynCorp International and was assigned to the Civilian Police Advisory Training Team in Iraq. He was helping to train and equip a 350,000-member Iraqi security force. Sadly, he was killed when a roadside bomb struck his convoy near Basra.

Prior to joining DynCorp in November 2005, Barvels answered his Nation's call to duty to protect and defend this great country. After serving for 12 years in the military, he became a police officer. Beginning his career in Minnesota, Barvels eventually served in law enforcement for nearly 20 years including his most recent position with the Aberdeen Police Department.

Friends and former co-workers at the Aberdeen Police Department remember Roland with deep admiration. One colleague remarked, "During his time at the police department, he diligently patrolled the streets of our city providing safety and security to the citizens in our community. Roland possessed an incredible ability to talk to people and [to] make anyone he talked to feel at ease."

Roland Barvels bravely served our country in so many ways. His wife and children are in the thoughts and prayers of my family during this difficult time. It is my sincere hope that they will take comfort knowing Ronald's long and distinguished career of protecting those most in need is truly admirable, and his dedication to helping others is an inspiration to us all.

I join with all South Dakotans in expressing my deepest sympathy to the family and friends of Roland Barvels. He will be missed, but his service to our Nation will never be forgotten.

SPECIALIST MATTHEW C. FRANTZ

Mr. BAYH. Mr. President, I rise today with a heavy heart and deep sense of gratitude to honor the life of a brave young man from Lafayette. Matthew Frantz, 23 years old, died on January 20 when an improvised explosive device detonated near his vehicle during a patrol near Al Huwajah in Iraq. With his entire life before him, Matthew risked everything to fight for the values Americans hold close to our hearts, in a land halfway around the world.

Following in the family tradition of service, Matthew had been committed to joining the military since he was in the second grade. A 2001 graduate of Lafayette Jefferson High School, his teachers recalled how eager he was to join the service, as well as what a decent and friendly student he was. One of his teachers told a local news outlet, "Matt was very excited about being part of the military. It was what he wanted to do. He was just a young man that wanted to serve his country." Matthew had been in the military for nearly 2 years, but this was his first deployment to Iraq. He arrived there only 4 months ago as a counterintelligence specialist.

Matthew was killed while serving his country in Operation Iraqi Freedom.

He was a member of the 1st Special Troops Battalion in the 101st Airborne Division based at Fort Campbell, KY. This brave young soldier leaves behind his father and mother, James and Marilyn Frantz; his brothers, Chris and Eric, who also serve in the military; and his fiancée, Amalia Cerbin.

Today, I join Matthew's family and friends in mourning his death. While we struggle to bear our sorrow over this loss, we can also take pride in the example he set, bravely fighting to make the world a safer place. It is his courage and strength of character that people will remember when they think of Matthew, a memory that will burn brightly during these continuing days of conflict and grief.

Matthew was known for his dedication to his family and his love of country. Today and always, Matthew will be remembered by family members, friends, and fellow Hoosiers as a true American hero, and we honor the sacrifice he made while dutifully serving his country.

As I search for words to do justice in honoring Matthew's sacrifice, I am reminded of President Lincoln's remarks as he addressed the families of the fallen soldiers in Gettysburg: "We cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note nor long remember what we say here, but it can never forget what they did here." This statement is just as true today as it was nearly 150 years ago, as I am certain that the impact of Matthew's actions will live on far longer than any record of these words.

It is my sad duty to enter the name of Matthew C. Frantz in the official record of the U.S. Senate for his service to this country and for his profound commitment to freedom, democracy, and peace. When I think about this just cause in which we are engaged and the unfortunate pain that comes with the loss of our heroes, I hope that families like Matthew's can find comfort in the words of the prophet Isaiah who said, "He will swallow up death in victory; and the Lord God will wipe away tears from off all faces."

May God grant strength and peace to those who mourn, and may God be with all of you, as I know He is with Matthew.

SERGEANT CLIFTON YAZZIE

Mr. BINGAMAN. Mr. President, I humbly rise today to pay tribute to SGT Clifton Yazzie. Sadly, this outstanding and brave young man was killed in Hawijah, Iraq, on January 20, 2006.

As a cross-country runner and basketball player in high school, SGT Yazzie was not known for his innate athletic ability. Instead, his coaches and teammates remember him as a consummate team player who worked to improve his skills in every practice and every game. He enlisted after the