

do was turn down the doughnuts, chips, big steaks and potatoes that are the staple of political life. By the time his first Democratic convention was over, the famous Chicago convention in 1968, his weight exceeded 300 pounds for the first time.

Convention years were tough on the marriage. Michael and Carol first realized this in 1989, on their 25th wedding anniversary. On a visit to the beach, Michael brought Carol a handful of shells, put them on a board and suggested she use them to show how happy she was in their marriage for each of their 25 years. The year 1965 got a big shell; 1968 a little shell; 1984 a shard.

That was the year Walter Mondale lost the election to Ronald Reagan, and Berman weighed 330 pounds. He was wearing a size 58 suite, consuming up to five pounds of red meat a week along with up to 18 eggs. He couldn't walk a city block without panting. He developed sleep apnea, where his body would forget to breathe. Carol told him he looked green. Scared for his health for the first time in his life, he enrolled in a Pritikin Longevity Center in Pennsylvania. He lost 112 pounds—and that's when he ordered the custom suits.

Berman never again weighed as much as he did in 1984. In 1989, he joined Republican Ken Duberstein—who had served as Reagan's chief of staff—in forming the Duberstein Group. He started psychotherapy in 1990 and, several years after, employed a private nutritionist and trainer.

Still, his weight seesawed. By 1997—a year after he was diagnosed with a kidney problem—he was up to 309 pounds.

In 1998, on the advice of a friend, he started jotting down thoughts and memories about being fat with the idea of writing a book someday. The exercise became, not surprisingly, an obsession. He read scientific reports and researched cultures of the past in which fatness was considered a symbol of wisdom, serenity and wealth. One day he walked into a pharmacy and bought 22 different diet aids, one of everything on the shelf, to investigate how effective they are. His conclusion: They aren't.

He read that for some people, fatness is genetic. But he had researched his family tree; that wasn't true for him. So he began to develop his own theory on why people are fat.

The easy answer, of course, is that they take in more calories than they burn. But then it gets more complicated, he writes. Each person's metabolism is different. He, his sister and his parents all ate a lot of his mother's delicious briskets and lamb chops and none of them exercised much. But he was the only one who got fat.

Emotions, buried for many years, play a role, too. From the age of 4, he sneaked cookies, crackers and anything else he could into his bedroom.

"I could not control my appetite because something was driving me," he writes, "something that was beyond the reach of willpower, outside the realm of reason."

He and his psychologist came to believe that his compulsion started partly as a reaction to his mother. Early in his life, she showed her affection by cooking rich meals and he showed his affection by eating lots of it. As he got older and heftier in early adolescence, she started withholding food and he ate as a way of asserting his emerging will.

Later in life, dropping out of weight-loss programs even though he was losing weight, he had to confront another factor: He was fat-dependent.

Fat was something he could hide behind, an excuse for not doing things that he was afraid of doing. For example, in high school, he felt anxious around girls. By making himself fat and unattractive, he could approach them as potential friends, not girlfriends.

Eventually he had to admit that he was an addict. But unlike alcoholics or drug users, he couldn't go cold turkey.

"The most difficult thing about a food addiction is that you can't give up food," he said at breakfast.

He pulled out a tiny spiral notebook in which he records everything he eats each day and the total calorie count, as well as how much he exercises.

"March 1—1,610 calories. March 2—2,295. March 3—2,500. March 4—4,465."

What happened on March 4? He and Carol attended a dinner party at pollster Peter Hart's. He couldn't resist the chocolate cake. "I ate probably eight ounces of chocolate," he admitted. "But I don't beat myself up anymore. I knew I'd be heavier the next morning so the next couple of days I'd be careful."

A couple of years ago, he wouldn't have been so sanguine. But if there was one thing he had learned in writing his book, it was this: "Losing weight is only one aspect of dealing with the reality of being a fat person—and not necessarily even the most important one. Managing fatness means accepting ourselves as who we are. . . . in short, learning to live a full and satisfying life at whatever weight and size we happen to be."

Two days after Hart's party, he was back down to 1,830 calories.

#### ADDITIONAL STATEMENTS

#### 125TH ANNIVERSARY OF THE FOUNDING OF DAKOTA STATE UNIVERSITY

• Mr. JOHNSON. Mr. President, today I rise to recognize the 125th anniversary of the founding of Dakota State University. Over the course of its history, DSU has changed names and modified its mission, but throughout it all, it has continuously produced extraordinary graduates. In the modern, high-tech, and competitive environment in which we live, DSU students are equipped with the skills that are essential for success.

Originally known as Dakota Normal School, DSU was founded in the community of Madison, which was then part of Dakota Territory. At various times, DSU has been called Eastern State Teacher's College, General Beadle State College, and Dakota State College. In 1989 the school's name changed once again to Dakota State University.

Since its inception, DSU has been renowned for giving students the tools they need to become exceptional teachers. More recently, an emphasis on computer and information systems has turned DSU into one of the most technologically-savvy universities in the Nation. DSU regularly appears near the top of Yahoo magazine's list of 100 most wired campuses.

With enrollment now at 2,300, DSU continues to attract more students by utilizing distance learning and Internet classes. It has also been a leader in integrating traditional academic disciplines with cutting-edge technology. For its innovation and adaptability, DSU was selected as one of the 10 finalists for the 1987 G. Theodore Mitau

Award, a distinction awarded by the American Association of State Colleges and Universities. In addition to offering three master's degree programs, DSU offers a doctorate program for science in information systems, which will be available starting in the fall of 2007.

In education, technology, and research, DSU is at the forefront of academic and cultural achievement. For 125 years, the university has helped students realize their potential by offering them a quality education and a positive social environment. DSU graduates are well-equipped to succeed in a competitive world, delivering countless benefits to organizations and communities close to home and around the globe. Through commitment to change and transformation, DSU continues to live up to its motto: "Get on the edge and stay there!"

#### HONORING ELEANOR SLATER

• Mr. REED. Mr. President, I rise today to honor Eleanor Slater, an extraordinary woman and leader who did so much for the State of Rhode Island and the country. Her passing is a great loss to her family and to Rhode Islanders. Not only did I have the privilege of knowing her throughout my political life, she was an ally, a mentor, an exemplar, and trustworthy friend.

Born in 1908, Eleanor entered the political arena by winning election to the Rhode Island General Assembly at the spry age of 50. During the career that followed, she was widely known for fighting for the individuals and causes that are so often marginalized by our society. One of her greatest contributions, and there were many in her political career, was passage in the Rhode Island General Assembly of the Nation's very first fair housing legislation. The Slater Act of 1968 made it illegal to discriminate when selling or renting real estate property. This sorely needed law, which she had long championed to help bring greater equality to housing in Rhode Island, set a precedent for the entire country.

Her determination remained a key characteristic throughout her political career. As a delegate to the 1968 Democratic National Convention in Chicago, Eleanor refused to succumb to the pressures of her peers to support President Johnson's strategy for the Vietnam War. She held steadfastly to her own opposing point of view and never compromised her values or beliefs.

Eleanor joined the political fray at a time when women were largely left out of the inner political processes, and she is credited with getting women involved in Democratic politics in Rhode Island. As a standout member of a predominately male legislature, she actively encouraged other women to run for political office and became the vice chairwoman of the Democratic State Committee in 1958.

Upon leaving the Rhode Island State Senate, she served as the first chief of

the Division of Aging. Then, recognizing the importance of education, she fulfilled her longtime goal and desire of completing her studies, obtaining a bachelor's degree in political science at age 70 from the University of Rhode Island, URI. She continued to contribute to the community as an adjunct professor and guest lecturer on aging at URI, receiving an honorary Ph.D. in 1980.

So today I honor Rhode Islander Eleanor Slater for her lifetime of passion and commitment, and I thank her for her friendship and inspiration. She will be sorely missed by those who knew her and those that have benefited from her unwavering efforts.●

#### MESSAGE FROM THE HOUSE— MARCH 13, 2006

At 10:19 a.m., a message from the House of Representatives, delivered by Ms. Niland, one of its reading clerks, announced that the House has passed the following bill, in which it requests the concurrence of the Senate:

H.R. 2829. An act to reauthorize the Office of National Drug Control Policy Act.

#### MESSAGE FROM THE HOUSE

##### ENROLLED BILLS SIGNED

At 7:40 p.m., a message from the House of Representatives, delivered by Ms. Niland, one of its reading clerks, announced that the Speaker has signed the following enrolled bills:

H.R. 1053. An act to authorize the extension of nondiscriminatory treatment (normal trade relations treatment) to the products of Ukraine.

H.R. 1691. An act to designate the Department of Veterans Affairs outpatient clinic in Appleton, Wisconsin, as the "John H. Bradley Department of Veterans Affairs Outpatient Clinic".

#### EXECUTIVE AND OTHER COMMUNICATIONS

The following communications were laid before the Senate, together with accompanying papers, reports, and documents, and were referred as indicated:

EC-5998. A communication from the Principal Deputy Associate Administrator, Office of Policy, Economics, and Innovation, Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Approval and Promulgation of Implementation Plans; Reasonably Available Control Technology for Oxides of Nitrogen for a Specific Source in the State of New Jersey" (FRL No. 8040-4) received on March 13, 2006; to the Committee on Environment and Public Works.

EC-5999. A communication from the Principal Deputy Associate Administrator, Office of Policy, Economics, and Innovation, Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Approval and Promulgation of Air Quality Implementation Plans; Texas; Control of Air Pollution by Permits for New Construction or Modification" (FRL No. 8043-9) received on March 13, 2006; to the Committee on Environment and Public Works.

EC-6000. A communication from the Principal Deputy Associate Administrator, Office of Policy, Economics, and Innovation, Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Approval and Promulgation of Implementation Plans; State of Missouri" (FRL No. 8044-5) received on March 13, 2006; to the Committee on Environment and Public Works.

EC-6001. A communication from the Principal Deputy Associate Administrator, Office of Policy, Economics, and Innovation, Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Approval and Promulgation of Implementation Plans; Designation of Areas for Air Quality Planning Purposes; State of Arizona; Particulate Matter of 10 Microns or Less; Finding of Attainment for Yuma Nonattainment Area; Determination Regarding Applicability of Certain Clean Air Act Requirements" (FRL No. 8045-1) received on March 13, 2006; to the Committee on Environment and Public Works.

EC-6002. A communication from the Principal Deputy Associate Administrator, Office of Policy, Economics, and Innovation, Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "National Ambient Air Quality Standards" (FRL No. 8039-5) received on March 13, 2006; to the Committee on Environment and Public Works.

EC-6003. A communication from the General Counsel, Federal Energy Regulatory Commission, transmitting, pursuant to law, the report of a rule entitled "Amendments to Codes of Conduct for Unbundled Sales Service and for Persons Holding Blanket Marketing Certificates" (Docket No. RM06-5-000) received on March 13, 2006; to the Committee on Energy and Natural Resources.

EC-6004. A communication from the Assistant Attorney General for Administration, Justice Management Division, Department of Justice, transmitting, pursuant to law, the report of a rule entitled "Exemption of Privacy Act System of Records of the Tax Division: Files of Applications for Attorney and Non-Attorney Positions with the Tax Division, Justice/TAX-003" (AAG/A Order No. 003-2006) received on March 13, 2006; to the Committee on the Judiciary.

EC-6005. A communication from the Regulations Officer, Social Security Administration, transmitting, pursuant to law, the report of a rule entitled "Evidentiary Requirements for Making Findings About Medical Equivalence" (RIN0960-AF19) received on March 13, 2006; to the Committee on Finance.

EC-6006. A communication from the Principal Deputy Assistant Secretary, Indian Affairs, Department of the Interior, transmitting, pursuant to law, a report relative to the use and distribution of \$12,000,000 awarded to the White Mountain Apache (Tribe) in Docket No. 99-148L; to the Committee on Indian Affairs.

EC-6007. A communication from the Deputy Secretary of Defense, transmitting, pursuant to law, a report on the military operations of the Armed Forces and the reconstruction activities of the Department of Defense in Iraq and Afghanistan for the period ending October 31, 2005; to the Committee on Armed Services.

EC-6008. A communication from the Acting Principal Deputy Under Secretary of Defense (Personnel and Readiness), transmitting, pursuant to law, a report relative to the Department's annual audit of the American Red Cross consolidated financial statements for the year ending June 30, 2005; to the Committee on Armed Services.

EC-6009. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule

entitled "Trade Agreements Thresholds and Morocco Free Trade Agreement" (DFARS Case 2005-D017) received on March 13, 2006; to the Committee on Armed Services.

EC-6010. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule entitled "Uniform Contract Line Item Numbering" (DFARS Case 2003-D082) received on March 13, 2006; to the Committee on Armed Services.

EC-6011. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule entitled "Contractor Insurance/Pension Reviews" (DFARS Case 2003-D050) received on March 13, 2006; to the Committee on Armed Services.

EC-6012. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule entitled "Construction Contracting" (DFARS Case 2003-D034) received on March 13, 2006; to the Committee on Armed Services.

EC-6013. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule entitled "Business Restructuring Costs—Delegation of Authority to Make Determinations Relating to Payment" (DFARS Case 2004-D026) received on March 13, 2006; to the Committee on Armed Services.

EC-6014. A communication from the Acting Director, Defense Procurement and Acquisition Policy, Department of Defense, transmitting, pursuant to law, the report of a rule entitled "Administrative Matters" (DFARS Case 2003-D084) received on March 13, 2006; to the Committee on Armed Services.

EC-6015. A communication from the Director, Financial Crimes Enforcement Network, Department of the Treasury, transmitting, pursuant to law, the report of a rule entitled "Imposition of Special Measure Against Commercial Bank of Syria, Including Its Subsidiary, Syrian Lebanese Commercial Bank, as a Financial Institution of Primary Money Laundering Concern" (RIN1506-AA64) received on March 13, 2006; to the Committee on Banking, Housing, and Urban Affairs.

EC-6016. A communication from the Director, Office of Legislative Affairs, Federal Deposit Insurance Corporation (FDIC), transmitting, pursuant to law, the report of a rule entitled "Certification of Assumption of Deposits and Notification of Changes in Insured Status" (RIN3064-AC93) received on March 13, 2006; to the Committee on Banking, Housing, and Urban Affairs.

EC-6017. A communication from the Director, Office of Legislative Affairs, Federal Deposit Insurance Corporation (FDIC), transmitting, pursuant to law, the report of a rule entitled "Risk-Based Capital Guidelines; Market Risk Measure; Securities Borrowing Transactions" (RIN3064-AC46) received on March 13, 2006; to the Committee on Banking, Housing, and Urban Affairs.

#### REPORTS OF COMMITTEES

The following reports of committees were submitted:

By Mr. STEVENS, from the Committee on Commerce, Science, and Transportation, without amendment:

S. 1608. A bill to enhance Federal Trade Commission enforcement against illegal spam, spyware, and cross-border fraud and deception, and for other purposes (Rept. No. 109-219).

By Mr. STEVENS, from the Committee on Commerce, Science, and Transportation, with amendments: