

My good friend, Dr. Kenneth Dragseth, the Superintendent of Edina Schools, came to Washington to accept the award on behalf of the parents, students and teachers from Edina.

This national recognition is well-deserved and is a great way to celebrate National Sleep Awareness Week.

Four decades after President John F. Kennedy urged all Americans to take a 50-mile hike, Americans are once again waking up to the benefits of healthy living and the need for a well-balanced diet and regular exercise. But we too often neglect the importance of sleep.

Thankfully, not Edina. This school district, which is recognized universally as one of the finest public school systems in the nation, truly gets it.

They recognize that the future competitiveness and strength of our country depends on improving our education system.

That's why the Edina School District took concrete steps to make sure its students get enough sleep by starting school one hour later each day.

A recent National Sleep Foundation poll confirms that teens stay up too late and wake up too early. Another new study noted that on average, teens are getting about 2 hours less sleep a night than they need. This puts them at risk for car accidents, falling asleep in class, moodiness and depression.

To improve education, we must promote healthy learning environments. Stressing the need for enough sleep is essential for such environments. The bottom line is this: adequate sleep is a key component of a quality education.

I am also including for the RECORD a special "Bill of Nights" by the National Sleep Foundation which outlines the important suggestions by this group for improving sleep habits for everyone.

Mr. Speaker, I wholeheartedly applaud the Edina schools and their leadership to ensure that young people come to school healthy and ready to learn. They know it's time for America to "wake up" to this critically important problem.

Congratulations again, Edina Schools. You are ahead of the curve and I am proud to represent you!

PREAMBLE TO THE BILL OF NIGHTS OF THE NATIONAL SLEEP FOUNDATION—PRESENTED MARCH 28, 2000, WASHINGTON, DC

Whereas, science and medicine have determined that obtaining a sufficient amount of quality sleep is just as essential for good health as maintaining a balanced diet and getting regular exercise;

Whereas, obtaining a sufficient amount of quality sleep can also help to ensure personal safety, increase productivity and add to the enjoyment of life;

Whereas, the National Sleep Foundation is dedicated to improving public health and safety, this organization encourages all People to understand the importance of sleep and to make obtaining sufficient quality sleep a priority in their lives;

Therefore, the following Articles, created by the National Sleep Foundation and supported by its constituents, champion the right of all People to enjoy restful sleep for healthy, safe, and productive lives.

THE BILL OF NIGHTS OF THE NATIONAL SLEEP FOUNDATION

Article I All people should have the opportunity to fully understand the essential role of sleep in maintaining optimum mental and physical function.

Article II All People should have the opportunity to obtain the amount of sleep they require to maintain their optimum mental and physical function and to enjoy the benefits that sleep provides, including positive mood, alertness, enhanced memory and cognitive capabilities, and a sense of well-being.

Article III All people should have the opportunity to obtain sufficient, quality sleep free from disruptions due to environmental factors (i.e., light, noise, etc.), irregular sleep schedules, and underlying mental and physical conditions.

Article IV All People should have the opportunity to obtain accurate, scientifically validated sleep information and education in order to understand and improve their sleep.

Article V All People should have the benefit of a well-rested workforce and be secure in the knowledge that those who are depended upon to perform critical functions in society—including healthcare, transportation, public safety, hazardous materials management, and others—are attentive, alert and well-rested.

Article VI All People should be safe from the danger posed by drowsy drivers. Every driver is responsible for keeping the nation's roadways safe and free from the hazards posed by sleepiness and fatigue.

Article VII All People who experience problems sleeping should have the opportunity to obtain proper, informed diagnoses and treatment by healthcare providers who understand sleep disorders.

Article VIII All People should have reasonable access to affordable, quality treatment for sleep disorders.

Article IX All People should have the opportunity to benefit from the knowledge and advancements resulting from ongoing scientific research on sleep, which should be maintained as a national research priority.

Article X All People should have the opportunity to benefit from public policies that consider the importance of sleep in all aspects of our lives, including policies affecting the workplace, transportation, education, and healthcare.

CELEBRATING EARTH DAY

HON. CONSTANCE A. MORELLA

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

Thursday, April 13, 2000

Mrs. MORELLA. Mr. Speaker, today I recognize the 30th annual Earth Day celebration. Next week, on April 22nd, people from across the country and around the globe will come together to renew their commitment to the environment, and to begin teaching a new generation about the importance of protecting our planet. We have a shared responsibility to preserve our vast and diverse natural resources. I have a longstanding commitment to conservation and environmental protection, and I am particularly proud to lend my voice to the Earth Day celebration.

Thirty years ago, on the first Earth Day, our country was taking its initial steps toward protecting the earth. While we have made substantial progress since that first celebration, we must continue our efforts to improve the quality of our environment.

As large-scale Earth Day celebrations take place all over the world, I would like to pay a special tribute to the local events taking place in many communities across our nation. These community celebrations demonstrate the direct impact that we can all have in conserving and

protecting our environment. In Montgomery County, Maryland, for example, neighbors will work together on several river and stream clean-up projects, the Audubon Naturalist Society will host a nature fair for families, and several communities will host Earth Day anniversary celebrations.

The first Earth Day was founded on the belief that ordinary people working together can accomplish extraordinary goals. On Earth Day 2000, let us reaffirm our commitment to the preservation of our natural resources and protection of the environment.

MALACHI GOFORTH—STALWART, ACTIVIST

HON. CHARLES H. TAYLOR

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Thursday, April 13, 2000

Mr. TAYLOR of North Carolina. Mr. Speaker, earlier this month, Henderson County, Western North Carolina, and the nation lost a truly outstanding American, Malachi Goforth. Mr. Goforth dedicated his life to serving his community and was tragically killed while helping a group of volunteers to repair the Shaw's Creek Baptist Church. Malachi served in the Navy during the Second World War, as a Deacon in the Shaw's Creek Baptist Church, and as a member of the Board of Trustees of the Blue Ridge Community College. He was dedicated to the principles of the Republican Party and in 1999 he received the 11th Congressional District Golden Elephant award for service to the party. Malachi was known for his spirit and energy. Malachi was devoted to the great people in his community, as he put in hours of volunteer service. Children were one of Malachi's greatest joys. Many kids in Henderson County will remember him for putting up lollipop trees in his yard. His granddaughter Sally Wooten remembers how children were delighted to see Malachi Goforth's white handlebar moustache. In fact during trips to the mall at Christmas many children thought that Malachi was Santa Claus.

Malachi, on news of his death, garnered much praise from family, friends, and community leaders. Consider what the following people said in tribute to this great man:

"If someone were to say, 'show me a man with character,' Malachi would be the person you would hold up." Henderson County Sheriff George Erwin, Jr. "The whole Republican Party and the Republican men's club are going to miss him. Everytime we had a meeting and you would look over that crowd, one of the comforting things that you always saw was that face and that moustache." Henderson County Republican club President, Fielding Lucas. Lucas also praised Goforth for "always being ready to stand up and ask the pointed questions that needed asking." "He has been a pillar of this community for decades and he will just be sorely missed." Henderson County Commission Chairman Grady Hawkins. I know that my colleagues will join me in saluting and remembering a great man whose death will leave a void that will never be filled.