

EXTENSIONS OF REMARKS

WHY DO PEOPLE SMOKE AND WHY THEY SHOULD QUIT: WINNERS OF THE SANTA ANA SOUTHWEST COMMUNITY CENTER ANNUAL ESSAY CONTEST

HON. ROBERT K. DORNAN

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Mr. DORNAN. Mr. Speaker, I am proud to include in today's CONGRESSIONAL RECORD the winning essays in a recent local writing contest on smoking. I personally congratulate first place winner Alex Alvarado, second place winner Tiffany Dersam, third place winner Peter Nguyen, and all the other contestants for their outstanding essays.

I WANT MY MOTHER ALIVE

(By Alex Alvarado)

People should never begin to smoke. Parents need to think of their children. I know because I'm suffering myself having a mother who smokes. Many times I have asked my mother why she smokes. The answer is always she doesn't know, or she is nervous. That's why smokers should never start smoking. It destroys the smoker's health, and their family's too. One thing that makes me happy is doing this essay. I am dedicating it to my mother and all the people that smoke. I'm hoping I'll make her think of the family a little bit. Every night I pray that my mother will stop smoking.

I don't think cigarettes should have ever been invented. If I were President Clinton I'd remove cigarettes from the stores. My brain just can't understand why people smoke in the first place. My brothers, sisters, and I have made a promise to each other that we will never even begin to smoke. My dad is very happy about this essay, he loves my mother very much and also wishes that she would stop. Poor mother, I know I've hurt her feelings by writing this, but it's for her own good.

Smokers should quit so that they can live longer. People need to be able to breathe clean air. With so many smokers in the world, our air gets polluted. My personal opinion is that it's a bad example for the younger generation to see adults smoke. Instead of wasting their money on cigarettes, it would be better for them to buy books to read.

There are so many reasons to stop smoking, but the main one is to be able to continue to live. People are dying of smoking, that is bad. Also parents are dying and leaving children alone. On the news I've heard many things about why people should stop smoking. Today is the first time I can express my feelings on this matter.

My brother had a wonderful teacher who died from smoking. It makes me really sad because I'll never be able to have her as a teacher. I hope sharing this essay with my mother and all of you will make her and you realize that smoking is not good at all. May God bless all of us who are trying to help smokers quit. Good luck to the smokers of the world too. I may not win the contest, but if I've touched my mother's heart and she decides to quit, I'll be an even bigger winner.

WHY I THINK PEOPLE START TO SMOKE AND WHY I THINK THEY SHOULD QUIT

(By Tiffany Dersam)

I would like to share with you some of my ideas on why I think people start smoking and why I think they should quit. I think people start to smoke for many reasons and one is that they think it will make them look cool but it won't. People smoke because they think it will take their minds off of other things. The most common reason people start smoking is because of peer pressure.

I think people should stop smoking for many reasons. Smoking will give you yellow teeth, it will make you look stupid, and it can make you smell really bad. Smoking can cause you Lung Cancer and Heart Disease and not let your brain work the way it is supposed to.

Now I would like to share with you some personal experiences with smoking. My grandma started smoking when she was 19 and a half because every one at work was smoking.

In my family both my grandma and my dad smoke. My dad started smoking at the age of 17, and he has become very addicted to smoking. Anytime he pulls out his box of cigars, I get very annoyed. For awhile my sister would give my dad a pack of gum to try to stop him from smoking.

If you are a smoker, and you know it is bad for your health then . . . quit. It may be hard, but you can do it if you work hard and keep to it.

Here are some ways you might want to consider. #1 For example throw out all of your cigars and cigarettes and try not to smoke for as long as you can. If you don't smoke for two weeks or more then reward yourself, but remember the reward can not be a cigar or cigarette. Then do not smoke for three weeks, then four, then five and so on until you stop smoking. #2 Put a rubberband around your wrist (make sure the rubberband fits loosely around your wrist but not too loose and not too tight.) every time you pull out your pack of cigars or cigarettes snap the rubberband on your wrist. After a while your wrist will hurt so much that you will never want to smoke again. #3 Tell your child(ren), if you have any that is, that everytime you light up that you will give them \$1.50 and when you are gone have someone else write down how many times you do light up. Not only will you stop smoking but your child will think you're the best person in the world.

Good luck on quitting!

SMOKING

(By Peter Nguyen)

Smoking is an extremely hazardous thing to do. Smoking cigarettes is one of the most dangerous kinds of smoking. Pipes and cigars are also different kinds of smoking. They are just as dangerous as cigarettes. A long time ago, people used to smoke all the time. They did not know that smoking was harmful to their health. Today, people still smoke and children are starting to smoke, too!

Some people smoke because their friends smoke, and they think that it is cool. It is really difficult to say no to a friend. Some people smoke because they are bored and have nothing to do. Other people smoke because they have problems that they think

smoking cigarettes will get rid of. But, smoking cigarettes is another problem they have to deal with. Some people smoke because they think smoking would take them to new places they have never been before. But, smoking ruins your life and destroys any chance you have of reaching new heights and exploring new places.

People who smoke cigarettes should quit, because smoking can destroy one's life. Smoking can make you sick or it can kill you! It also kills anyone who breathes around you! Smoking can damage your heart, too. It can also cause lung cancer. You can not breathe very well when you have lung cancer. Smoking cigarettes can be addictive. It sometimes makes you hurt someone else for one cigarette. If you stop smoking, you can save a lot of money and you can buy better things than a pack of cigarettes. For example, you can buy a brand new car.

Three years ago, I visited my uncle. He smoked cigarettes all the time. His house always smelled like smoke. He would smoke four to six packs a day! I always tried to hold my breath, so I would not breathe in any of that horrible smoke. His clothes always smelled of smoke. Now, it is hard for him to breathe because smoking made his lungs ill. So, he decided to quit.

If your friends try to get you to smoke, they are not really your friends. Just walk away from them. You can make up and excuse like, "I am late for class", or "I need to get to the bathroom." What ever you say, make sure you get away from them. The best way to stop smoking is to not smoke in the first place.

TRIBUTE TO MARC BELFORTTI

HON. LUCILLE ROYBAL-ALLARD

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, November 17, 1995

Ms. ROYBAL-ALLARD. Mr. Speaker, it is my pleasure to pay tribute to an outstanding member of the 33d Congressional District, Mark Belfortti.

Mr. Belfortti's remarkable dedication to the community is exemplified by the time and expertise he gives to the Home Loan Counseling Center. This organization provides an invaluable service to our community by increasing the possibility of home ownership to members of the 33d Congressional District. The center has benefited from the countless hours of technical assistance volunteered by Mr. Belfortti, his help with homebuying fairs and empowerment seminars, and from his role as the center's liaison to many community associations. For his work, Mr. Belfortti has been named an honorary member of the Home Loan Counseling Center's Board of Directors.

In addition to his involvement with the Home Loan Counseling Center, Mr. Belfortti has been actively involved with other nonprofit community service agencies that provide homeownership, economic development, and social services to help empower residents. With his help, organizations such as William Mead Homes, Operation Hope, Inc., Valley

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