publicly commend all who have given so much of their time and effort to make this outstanding event possible. Your vision, your dedication and your patriotism are deeply appreciated.

EXPRESSING SENSE OF HOUSE REGARDING IMPORTANCE OF RAISING PUBLIC AWARENESS OF PROSTATE CANCER

SPEECH OF

HON. TOM BLILEY

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, June 22, 1999

Mr. BLILEY. Mr. Speaker, I rise in support of H. Res. 21, a resolution emphasizing the importance of early detection in the fight against prostrate cancer. I commend Mr. BASS of New Hampshire for his efforts on fighting cancer, especially prostate cancer and breast cancer.

The National Cancer Institute estimates this year that 179,300 American men will be diagnosed with prostate cancer, and that some 37,000 will die from this disease. These cold numbers do little to convey the very human emotions of fear and uncertainty experienced by our fathers, brothers, uncles or grandfathers who are diagnosed with prostate cancer. Every day, too many men in the United States hear the life-changing words ''You have prostate cancer.''

Like all cancers, the best battle plan is one that emphasizes prevention and early detection, so that we can beat the cancer before it even starts.

According to the American Cancer Society, the chance of having prostate cancer increases rapidly after age 50. More than 80 percent of all prostate cancers are diagnosed in men over the age of 65, and is about twice as common among African-American men as it is among white American men.

It is believed that a good course of action to prevent prostate cancer includes exercise, a diet low in fat and consisting mostly of vegetables, fruits, and grains. Results of most studies suggest that men who eat a lot of fat in their diet have a greater chance of developing prostate cancer. Recent research also suggests that a diet high in calcium and low in fructose (fruit sugar) increases prostate cancer risk.

Early detection is very important, especially if men have the risk factors associated with prostate cancer. Cancers found by early detection testing (using the prostate specific antigen blood test or physical examinations) are, on average, smaller and have spread less than cancers discovered because of symptoms they cause. Since prostate cancer grows so slowly, for men with cancer that is proven not to have spread beyond the prostate gland. the five-year relative survival rate is nearly 100 percent, whether or not they are treated.

More awareness of prevention and early detection strategies of prostate cancer could save hundreds of lives every year. I urge that the House pass H. Res. 211, and I again commend the gentleman from New Hampshire (Mr. BASS) for his work in this area.

ALBERT BORJA IS NAMED WINNER OF THE 1999 CONGRESSIONAL ARTS COMPETITION

HON. ROBERT A. UNDERWOOD

OF GUAM

IN THE HOUSE OF REPRESENTATIVES

Friday, June 25, 1999

Mr. UNDERWOOD. Mr. Speaker, the winner of the 1999 Congressional Arts Competition, ''The Artistic Discovery,'' is fifteen-year old Albert Borja, a recent graduate of Simon Sanchez High School in Yigo, Guam. Albert is the son of Tom Borja and Lou Milligan.

The Congressional Arts Competition was held at the Hilton Hotel, Guam. Albert's art work, entitled ''My Planar Self,'' garnished first place and will be displayed in the Capitol corridor. His winning art work, completed in acrylic, is a two dimensional geometric self portrait. The colors are quite vivid and eclectic. Although it is very exciting that this is his first trip to Washington, D.C., the very fact that his art work represents the talented youth of Guam, for all visitors to the Nation's Capitol to see, adds even more enthusiasm to his visit.

Prior to this competition, Albert has contributed his artistic talent by painting murals in his school. Last year, he received an outstanding recognition award for this contribution. Albert is also academically gifted. He is a co-captain of the Academic Challenge Bowl, Simon Sanchez High School Team Guam. His team won second place in the 1998 island-wide championship. He is also a member of the National Honor Society. When he is not creating artistic masterpieces, he spends his leisure time swimming, biking or hiking.

Albert Borja plans to pursue his post secondary education at the University of Guam, and major in Biology. His undergraduate studies will serve as his foundation for his next journey in life. He plans to obtain a degree in medicine. Mr. Speaker, this young artist aspires to be a medical physician.

I am thankful to the Congressional Arts Caucus for sponsoring a ''showcase'' of art works from young artists nationwide. I am pleased to have Albert's work represent Guam and I look forward to seeing it in the halls of the Capitol this year.

Congratulations Albert. You have made your parents and the people of Guam proud.

TRIBUTE TO MRS. ERNESTINE B. ELLIOTT OF DECATUR, ALABAMA

HON. ROBERT E. (BUD) CRAMER, JR.

OF ALABAMA

IN THE HOUSE OF REPRESENTATIVES

Friday, June 25, 1999

Mr. CRAMER. Mr. Speaker, I would like to take this opportunity to recognize Mrs. Ernestine Elliott of Decatur, Alabama for her many years of outstanding service to our community.

Mrs. Elliott's work as a HUD Housing Counselor has been essential in building the quality of life the people of Decatur enjoy today. She is retiring today after 32 years of service.

Today the work and immeasurable contributions of Mrs. Elliott to the betterment of Decatur are being celebrated at a public reception at Decatur's City Hall.

Mrs. Elliott has worked her way up in the Community Action and Community Development Agency (CACDA). Starting as an outreach worker, she spent some time as a financial officer before reaching her current post as a counselor.

I believe this tribute is only fitting for one who has given so much of herself for others.

She says he motto is ''Have I helped somebody who couldn't find their way?'' She has certainly succeeded in this and in fulfilling her goals of helping clients become self-sufficient.

For Mrs. Elliott, community service is a way of life. In addition to her duties with the CACDA, she is Chairman of the Morgan County Alabama Democratic Conference and Vice Chairman of the Morgan County Democratic Executive Committee. Also, she is involved with Tennessee Valley Outreach, Connect Decatur, the Mental Health Association and serves as Chairman of Women Missionaries of Maccedonia Cumberland Presbyterian Church to name a few of her various affiliations.

She attended Callhoun Community College and Alabama A&M University. She is a proud mother and grandmother with two sons and one grandson. Decatur is fortunate not to lose Mrs. Elliott to retirement all together. She will continue to serve the area starting July 6th as the Morgan County voter registrar.

Since 1967, Mrs. Elliott has set a great example at the CACDA and for all Morgan County of how one person can make a huge difference by helping others. I want to congratulate her on her retirement and wish her well in her new position. Lastly, I want to commend her for her tireless efforts for the people of north Alabama.

COMMEMORATING WILLIAM KOWALKOWSKI ON HIS RETIREMENT FROM THE NATIONAL BOARD OF FEDERATION LIFE INSURANCE OF AMERICA

HON. GERALD D. KLECZKA

OF WISCONSIN

IN THE HOUSE OF REPRESENTATIVES

Friday, June 25, 1999

Mr. KLECZKA. Mr. Speaker, I rise today to honor William Kowalkowski, an outstanding citizen and community leader who is retiring from the National Board of Federation Life Insurance of America.

Mr. Kowalkowski is an example of the great American success story, embodying the values of hard work and perseverance. In 1925, when he was 5 years old, he left his native Milwaukee with his parents to live on a farm near the Baltic Sea in Poland. His parents had come from Poland to America in 1912 in search of freedom and better opportunities. After Poland regained its independence at the end of World War I, the Kowalkowskis yearned for their homeland. So they returned to Poland and bought a farm.

When William Kowalkowski turned 17, the Polish government urged him to give up his U.S. citizenship and become a citizen of Poland. He refused, and instead decided to return to the United States where he longed for greater freedom and opportunities. His parents stayed in Poland despite his warnings of a possible war in Europe with the rise to power of Hitler in Germany.

He left in 1937, just two years before the Nazi invasion of Poland. During World War II

and for decades thereafter, he served as a member of the Polish Relief for Poland Committee, which shipped tons of clothing and food items to Poland and assisted many displaced Poles, including two of his brothers, in finding homes in the U.S. For his service he was awarded in 1995 the Order of Knight's Cross, Poland's highest civilian decoration for service to the Polish Republic. The decoration came from Poland President Lech Walesa.

Since his return to Milwaukee, William Kowalkowski has been active in the Polish-American community, elected as president in 1979 of the Pulaski Council, which is the steering body of some 50 Polish American organizations. He served as president until 1991.

Since 1941, Mr. Kowalkowski has been an active member of the Federation Life Insurance of America, a Milwaukee-based fraternal organization of Polish Americans. He has served for several terms as the organization's national director and national president, a post which he occupied until March of this year.

Because he is a prominent and well-respected member of the community, Mr. Kowalkowski has met with national leaders, including Presidents Gerald Ford, Jimmy Carter and Ronald Reagan.

Mr. Speaker, it is my honor to commemorate William Kowalkowski on the occasion of his retirement from the National Board of Federation Life Insurance of America and commend him on his enduring accomplishments and service to the community.

MEDAL OF HONOR MEMORIAL

HON. DAN BURTON

OF INDIANA

IN THE HOUSE OF REPRESENTATIVES

Friday, June 25, 1999

Mr. BURTON of Indiana. Mr. Speaker, I rise today and take great pride in describing to my colleagues the events surrounding the dedication of this Nation's only memorial to our 3,410 Medal of Honor recipients—the highest award for Valor given by our country.

On May 28th, the last Memorial Day weekend of the 20th century, I was joined by my Hoosier colleagues Representatives BUYER, MCINTOSH, and HILL, Senator BAYH, Lt. Governor Kernan, Mayor Goldsmith of Indianapolis, IPALCO Chairman John Hodowal, and 98 of the 157 living Medal of Honor recipients, to dedicate the new Medal of Honor Memorial. Medal of Honor recipients Sammy L. Davis and Melvin Biddle joined us on the dais, representing their comrades-in-arms.

The new memorial is located along the north bank of the Central Canal in White River State Park, located in downtown Indianapolis. It sits adjacent to Military Park, the site of the city's first recorded 4th of July celebration in 1822, which would later be used as a recruiting and training camp for soldiers from Indiana during the Civil War.

It is at this aptly suited site that the local power utility, IPALCO Enterprises, under the leadership of its Chairman, John Hodowal, who along with his wife, Caroline, and countless IPALCO employees and volunteers, has erected this breathtaking memorial. It was Caroline Hodowal, who first read a newspaper article about the Medal recipients, and then conceived the idea for the new memorial when she and her husband realized that none existed.

Visitors to the site will see citations for each of the 3,410 medal recipients etched into glass walls. The twenty-seven curved glass walls, each between 7 and 10 feet tall, represent the 15 conflicts, dating back to the Civil War, in which selfless acts of bravery resulted in the awarding of the Medal of Honor. Steps, benches and a grassy area provide seating for visitors to rest, reflect and view this magnificent memorial. Additionally, each evening at dusk, a sound system plays a thirty minute recorded account about a medal recipient, his story, and the act for which he received this Nation's highest military honor. As each story is told, lights illuminate the appropriate portion of the memorial to highlight the war or conflict being discussed.

In the words of Mr. Hodowal, this memorial serves two purposes: ''It's an opportunity to say thanks for the sacrifices [these men] made, and it's a chance to show the next generation what real heroes look like . . . to show that ordinary people sometimes do extraordinary things.''

Mr. Speaker, Indiana has a proud tradition of honoring those who have sacrificed so much to preserve our freedom. We must never forget that our freedom is not free. Because of the selfless sacrifices of so many, we are free to enjoy so much in America. I encourage all of my colleagues to visit Indianapolis and see this newest jewel of our city and State. It is something that you will not soon forget.

Mr. Speaker, I ask unanimous consent to include in the record the list of the Medal recipients who were the guests of the people of Indiana at the festivities during this past Memorial Day weekend.

CONSTITUTIONAL AMENDMENT AUTHORIZING CONGRESS TO PROHIBIT THE PHYSICAL DESECRATION OF THE FLAG OF THE UNITED STATES

SPEECH OF

HON. RONNIE SHOWS

OF MISSISSIPPI

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 24, 1999

Mr. SHOWS. Mr. Speaker, I rise today in support of H.J. Res. 33, which would outlaw the physical desecration of the American Flag.

Our Flag represents the cherished freedoms Americans enjoy to the envy of others.

To our Nation's veterans and military retirees, it is a constant reminder of the ultimate sacrifice they have made.

Destroying our flag is an affront to all Americans, but to our veterans and military retirees it is much more than that.

Our veterans and military retirees have put their lives on the line for our country, and the American flag is the one thing they can hold and say: ''This is what I have defended with my life.''

My father was a prisoner-of-war in World Ware II, captured at the Battle of the Bulge. He fought to protect our democratic freedoms.

But, Madam. Speaker, he did not fight to let Americans destroy the very symbol of their own freedoms that he was willing to die for.

Destroying the flag is tantamount to physically assaulting those heroes who would lay down their lives for their country.

It is against the law for one American to assault another. And so should it be against the law for one American to assault an entire class of American heroes.

Madam Speaker, we need to honor America's heroes and pass this amendment.