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 Pritiken 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 psychotheraphy 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 woman 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