

National Women's Health Week, an effort to raise awareness about women can take to improve their health.

One disease that disproportionately affects women is osteoporosis. Often called a "silent disease" because bone loss occurs without symptoms, bones become fragile and are more likely to break with age.

Osteoporosis is a major public health threat for millions of Americans. Ten million individuals are estimated to already have the disease and almost 34 million are at risk of developing osteoporosis. Eighty percent of those affected by osteoporosis are women.

One program that is helping to spread awareness about osteoporosis is Strong Women Stand Tall—a new program to motivate women to join together and take action to protect their bone health. Friday, March 12, 2006 was declared as "Fuchsia Friday" to show solidarity among women and to raise awareness of bone health.

When women take even the simplest steps to improve their health, the results can be significant. It is important to action to find out your risk for developing osteoporosis. We need to stay informed and take responsible actions to improve our health.

Reducing our risk for this disease is a life-long process—it is never too early or too late to protect bone health. Women must recognize their risk for osteoporosis, educate themselves about how to stay strong and healthy, and empower other women to take charge of their bone health. I encourage all women to see their physician and have an osteoporosis screening.

DENOUNCING ANTI-IMMIGRANT HATE MESSAGES

HON. JOE BACA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. BACA. Mr. Speaker, its been 4 years since 9-11, yet the Republicans in Congress and this President have failed to secure our borders and protect this country against future terrorist attacks.

Americans want and deserve better.

The country is depending on us to take action but this Administration and the Republicans in Congress have let us down over and over again.

The Democrats' plan offers real security that will protect America from harm.

It's time for Republicans to put politics aside and enact real reforms now.

It's time for Republicans to stop playing politics with our security.

Just take immigration reform, for example.

Instead of recognizing the need for real, comprehensive reform Republicans have used th border security issue to play on people's fears and exploit the debate for their political gain.

They've hijacked the debate to incite xenophobia in the minds of the American people!

I want my colleagues to be aware that this rhetoric can provoke extremists to commit violence against immigrants.

Remember that words have consequences and set the tone for public debate.

Unfortunately, all over America racists are taking advantage of the immigration debate to voice their message of hate.

And they are using the media—which our Constitution protects—to do so.

Several years ago, I founded the Congressional Sex and Violence in the Media Caucus because I was disturbed by the messages our children were receiving.

As co-chair of this caucus, I have led the effort to help parents protect their kids from harmful and inappropriate content such as graphic sex and violence.

Now we must be on the lookout for racist content in the media.

On March 29, 2006, a New Jersey radio talk show host Hal Turner exclaimed, ". . . It is time to fight. To kill such invaders. . . If you don't fight AND don't support those of us who do, when we're done with them, we can come for you."

I recently learned about a racist game distributed freely on the Internet called "Border Patrol" that encourages Players to shoot at Immigrants as they cross into the United States.

The game first surfaced in 2002, but has come up once again amid the immigration debate.

This is obscene and crosses the line!

For years, White supremacists have used the Internet to get their messages out to as many people as possible.

But the use of computer video games is new.

They are deliberately targeting our children and recruiting them into their hate groups!

The fact that the national immigration debate is fueling their efforts is downright scary.

It just takes one individual with hate in his heart to act on these notions!

Border Patrol is one of several racist computer games that hate groups are currently for sale or download on the Internet.

Other games like "Ethnic Cleansing," "DriveBy 2" and "African Detroit Cop" were created to further racist, anti-Semitic or homophobic opinions.

Already, the National Alliance, a violent neo-Nazi group, is selling "Ethnic Cleansing" and is promising to market and sell similar games.

As the issue of comprehensive immigration reform has moved to the forefront of national policy debate, these hate-messages have grown more radical.

As the Aryan Nation's Web site puts it, "We now have another game animal to add to our list of available targets for our favorite pastime, hunting, and we'll declare permanent OPEN SEASON on these dirty wetbacks! From what I've heard through the grapevine the Skinheads and Klans across the country are more than prepared for this type of action. I say let's play by state and see which state can claim the most kills and let the jewsmedia whores keep score!"

This is a big real concern especially as the debate continues.

These extremist groups are going to gain momentum.

A report by the Anti-Defamation League shows that hate groups have organized numerous assaults against immigrants within this month alone.

As members of Congress, our first responsibility is the security of every American and of that means securing our borders.

But the outcome of this debate will speak volumes about how we embrace diversity in our communities and welcome foreigners in our society.

We cannot have this debate at the expense of the safety of immigrants in our communities.

I understand that not everyone in Congress agrees with a more inclusive vision of the American family.

But regardless of your position on immigration and border policy, I call on you to join me in condemning all the extremists who are hijacking this debate for their hateful agendas.

PAYING TRIBUTE TO FIRST SERGEANT CARLOS N. SAENZ

HON. JON C. PORTER

OF NEVADA

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. PORTER. Mr. Speaker, I rise today to honor the life of First Sergeant Carlos N. Saenz, who died on May 5, 2006 in Baghdad, Iraq, in support of Operation Iraqi Freedom and defending America.

Sergeant Saenz was assigned to the 490th Civil Affairs Battalion, 321st Civil Affairs Brigade, U.S. Army Reserves, died when an improvised explosive device detonated near his military vehicle. Sergeant Saenz, who resided in Las Vegas, Nevada, was laid to rest in Arlington National Cemetery.

Mr. Speaker, I am proud to honor the life of First Sergeant Carlos N. Saenz. Sergeant Saenz made the ultimate sacrifice for his country while fighting the War on Terror and defending democracy and freedom.

RECOGNIZING CHRISTOPHER ADAM ROTH FOR ACHIEVING THE RANK OF EAGLE SCOUT

HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. GRAVES. Mr. Speaker, I proudly pause to recognize Christopher Adam Roth, a very special young man who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Boy Scouts of America, Troop 98, and in earning the most prestigious award of Eagle Scout.

Christopher has been very active with his troop, participating in many scout activities. Over the many years Christopher has been involved with scouting, he has not only earned numerous merit badges, but also the respect of his family, peers, and community.

Mr. Speaker, I proudly ask you to join me in commending Christopher Adam Roth for his accomplishments with the Boy Scouts of America and for his efforts put forth in achieving the highest distinction of Eagle Scout.

BIOFUEL ACT OF 2006

HON. STEPHANIE HERSETH

OF SOUTH DAKOTA

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Ms. HERSETH. Mr. Speaker, I rise today to acknowledge and address an oversight that occurred on legislation that I recently introduced in the House of Representatives. For

the past several months, I have been working with several of my House colleagues to draft a comprehensive bill that would significantly increase the production and utilization of renewable fuels in this country. The bill, H.R. 5372, is entitled the Bioenergy Innovation, Optional Fuel Utilization, and Energy Legacy (BIOFUEL) Act of 2006.

Throughout this process, one of my colleagues, the chairman of the House Democratic Caucus, JIM CLYBURN, was among the most helpful and enthusiastic supporters of this legislation. Prior to introduction of the bill, Chairman CLYBURN had made it clear to my office that he would like to be listed as an original cosponsor when the bill was introduced. Unfortunately, due to an oversight on my part, Mr. CLYBURN's name was not included on the bill as an original cosponsor, as it should have been. His name has since been added to the legislation but I regret this error and I wanted my colleagues to know of his invaluable contribution to the bill and that he should be considered an original cosponsor.

**SUPPORT FOR WOMEN'S HEALTH
WEEK**

HON. PHIL GINGREY

OF GEORGIA

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. GINGREY. Mr. Speaker, I rise today in support of National Women's Health Week. It is during this week that the Office on Women's Health, within the U.S. Department of Health and Human Services, urges women to focus on their health.

It is a time when we need to tell all the women in our lives; our mothers, wives, sisters, daughters, aunts and friends how important it is to take time out for their health.

This can be as simple as taking the stairs instead of the elevator, eating healthier or scheduling an appointment with their healthcare provider.

A good relationship with your doctor is so important in maintaining your health. Women need to have conversations with their physicians regarding their family health history and the importance of recommended screening tests.

So, today, Mr. Speaker, I want to encourage all of America's women to take a moment to focus on promoting health and preventing disease and illness by taking simple steps to improve their physical, mental, social, and spiritual health.

**PAYING TRIBUTE TO JAMES "JIM"
MAACK**

HON. JON C. PORTER

OF NEVADA

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. PORTER. Mr. Speaker, I rise today to honor the life of James "Jim" Maack, who succumbed to cancer on May 4, 2006.

Jim was a newspaper carrier for the Boulder City News for 24 years, starting off with a small delivery route around Lake Mead Parkway and Van Wagenen Street, he took on larger routes until he was delivering papers to

stands and stores throughout the Henderson and Boulder City area. Jim was a good guy, with a great sense of humor, who always had a smile on his face.

Mr. Speaker, I am proud to honor the life of James "Jim" Maack. He was a very special man who enriched the lives of all he encountered.

**RECOGNIZING ALEXANDER DANIEL
SHINN FOR ACHIEVING THE
RANK OF EAGLE SCOUT**

HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. GRAVES. Mr. Speaker, I proudly pause to recognize Alexander Daniel Shinn, a very special young man who has exemplified the finest qualities of citizenship and leadership by taking an active part in the Boy Scouts of America, Troop 98, and in earning the most prestigious award of Eagle Scout.

Alexander has been very active with his troop, participating in many scout activities. Over the many years Alexander has been involved with scouting, he has not only earned numerous merit badges, but also the respect of his family, peers, and community.

Mr. Speaker, I proudly ask you to join me in commending Alexander Daniel Shinn for his accomplishments with the Boy Scouts of America and for his efforts put forth in achieving the highest distinction of Eagle Scout.

**HONORING THE ACHIEVEMENTS OF
DR. MICHAEL CHARLES**

HON. EMANUEL CLEAVER

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. CLEAVER. Mr. Speaker, I proudly rise today to pay tribute to Dr. Michael Charles on his 50th Music Anniversary. Born in 1946 in Kansas City, Missouri, his musical road began with singing locally in the Novice Choir at Mariah Walker A.M.E. in 1956. He is known as a "Son of Psalms" and as an individual whose name has become synonymous with excellence in sacred music in many religious circles.

Dr. Charles has sung individually and with various gospel and church groups, locally and across this country. He is fortunate to have performed at the Apollo Theater in New York City, and in many notable venues across our Nation. At one of his unforgettable engagements, Dr. Charles was able to meet and receive advice from the late, great, Mahalia Jackson, the First Lady of Gospel music.

Through his association with various gospel groups, churches, and church related associations, in 1992 the ultimate recognition, an Honorary Doctorate in Sacred Music, was bestowed upon him by the Maryland School of Theology and Theism of Baltimore, Maryland. On a more personal level, I have been honored to have Dr. Charles' expertise as the Minister of Music for Saint James United Methodist Church, of which I am the Senior Pastor. He has shown enormous energy while facilitating our music ministry which consists of

eight singing units, two liturgical dance groups, and a seventeen member music staff. This has led to the recording of two compact discs, "I Will Lift Up Mine Eyes Unto the Hills," and "A Celebration of Praise."

Dr. Charles composed a tribute to Dr. Martin Luther King, Jr. the day after he was assassinated, called "Freedom After While." This composition is sung as the finale each year at the Southern Christian Leadership Conference's Martin Luther King Celebration in Kansas City, Missouri. It is sung with such feeling and emotion that there is hardly a dry eye in the crowd. I may be biased in my praise of him because he is one of my parishioners, but I am privileged to hear Dr. Charles' music and deeply appreciate the time and care he takes with our congregation. May God continue to bless him and give him inspiration.

Mr. Speaker, please join me in expressing our heartfelt gratitude to Dr. Michael Charles for his fifty years of utilizing music as a means to bring people and God together, not only within the boundaries of Missouri's Fifth Congressional District which I represent, but within the United States and the entire global community. He represents the best in all of us. I urge my colleagues of the 109th Congress to please join me in congratulating Dr. Michael Charles on celebrating his 50th Musical Anniversary.

**HONORING THE RETIREMENT OF
MAYOR ROBERT S. BERNSTEIN**

HON. GARY L. ACKERMAN

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Friday, May 19, 2006

Mr. ACKERMAN. Mr. Speaker, I rise today to honor the achievements of a man who exemplifies finest combination of civic consciousness, personal drive, and family responsibility. Robert S. Bernstein, Mayor of the Village of Lake Success, has been a catalyst, providing the means and motivation for the continued progress and success of this community.

Half century ago, Robert began his journey in public service as an Eagle Scout. During his tenure at Adelphi University, the student body elected him president of both his freshman and sophomore classes, and as president of the entire student government as a senior. Parallel with his college education, he joined the United States Naval Reserve, and served on active duty for 27 years, retiring at the rank of full Navy Captain. Since then he has served his community in a variety of different capacities: a member of the North Shore University Hospital Cardiology Leadership Committee, a Trustee and then Deputy Mayor of the Village of Lake Success, President of the Great Neck Village Officials Association, and currently as the Mayor of the Village of Lake Success.

Focusing his attention on his community, Robert has accomplished much to be proud of. As a trustee for the Village, he instituted its first Environment Committee in 1986, to promote clean air and water, as well as the safe enjoyment of the outdoors by keeping public land pesticide-free. As Mayor, he improved the infrastructure of the Village by tearing down an old building and building in its place a new Police Station and Courtroom (that doubles as a summer camp for resident children between the ages of three and six), a Community Center, and extra housing for those in need. Robert will step down from his municipal office,