

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 gong 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.

## FREEDOM FOR IRANIAN JEWS

**HON. BENJAMIN A. GILMAN**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Thursday, April 13, 2000*

Mr. GILMAN. Mr. Speaker, I wish to inform my colleagues of a resolution I am introducing today on behalf of the thirteen Iranian Jews now in custody on trumped up charges in Iran. In addition to the gentleman from California, Mr. SHERMAN, I am pleased that our distinguished Speaker, the gentleman from Illinois, Mr. HASTERT, is an original cosponsor of this measure, as well as the Ranking Minority Member on our House International Relations Committee, the gentleman from Connecticut, Mr. GEJDENSON.

Between January and March 1999, thirteen Jews were arrested in Iran and charged with spying for Israel and the United States. This is an outrageous charge that is without merit, having been denied by both our government and the State of Israel.

No evidence has been brought forth to substantiate these arrests, and no formal charges have been lodged after more than a year of consideration. Yet these thirteen individuals continue to face serious charges, and their trial was scheduled to begin on April 13th.

Secretary of State Albright has identified this case as "one of the barometers of U.S.-Iran relations", and countless nations have expressed their concern for these individuals, especially their human rights under the rule of law.

This resolution insists that Iran must show signs of respecting human rights as a prerequisite for improving its relationship with the United States; and therefore urges the Clinton Administration to condemn the arrest and continued prosecution of these thirteen people; demand that the fabricated charges be dropped and the men immediately released; and ensure that Iran's treatment of this case is a benchmark for determining the nature of current and future United States-Iran relations.

Accordingly, I urge our colleagues to support this resolution, whose text is printed below, since it sends a clear message to the government in Teheran that we will not countenance, nor will we remain silent, in the face of arrests of innocent individuals on trumped up charges.

## H. CON. RES. 307

Whereas on the eve of the Jewish holiday of Passover in 1999, 13 Jews, including community and religious leaders in the cities of Shiraz and Isfahan, were arrested by the authorities of the Islamic Republic of Iran and accused of spying for the United States and Israel;

Whereas no evidence has been brought forth to substantiate these arrests, and no formal charges have been lodged after more than a year of consideration;

Whereas the Secretary of State has identified the case of the 13 Jews in Shiraz as "one of the barometers of U.S.-Iran relations";

Whereas countless nations have expressed their concern for these individuals and especially their human rights under the rule of law;

Whereas Iran must show signs of respecting human rights as a prerequisite for improving its relationship with the United States; and

Whereas President Khatami was elected on a platform of moderation and reform: Now, therefore, be it

*Resolved by the House of Representatives (the Senate concurring), That it is the sense of the Congress that the Clinton Administration should—*

(1) condemn, in the strongest possible terms, the arrest and continued prosecution of the 13 Iranian Jews;

(2) demand that these fabricated charges be dropped immediately and individuals released forthwith; and

(3) ensure that Iran's treatment of this case is a benchmark for determining the nature of current and future United States-Iran relations.

## THE ARMENIAN GENOCIDE

SPEECH OF

**HON. RODNEY P. FRELINGHUYSEN**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, April 12, 2000*

Mr. FRELINGHUYSEN. Mr. Speaker, I am pleased to once again participate in the annual remembrance of the Armenian genocide. This year marks the 85th Anniversary of that terrible tragedy, which claimed the lives of over 1.5 million Armenians between 1915 and 1923.

The Armenian Genocide started in 1915, when the Turkish government rounded up and killed Armenian soldiers. Then, on April 24, 1915, the government turned its attention to slaughtering Armenian intellectuals. They were killed because of their ethnicity, the first group in the 20th Century killed not for what they did, but for who they were.

By the time the bloodshed of the genocide ended, the victims included the aged, women and children who had been forced from their homes and marched to relocation camps, beaten and brutalized along the way. In addition to the 1.5 million dead, over 500,000 Armenians were driven from their homeland.

It is important that we make the time, every year, to remember the victims of the Armenian genocide. We hope that, by remembering the bloodshed and atrocities committed against the Armenians, we can prevent this kind of tragedy from repeating itself. Unfortunately, history continues to prove us wrong.

So, Mr. Speaker, as we begin this new century, we must not forget the horrors of the past one. It is important to continue to talk about the Armenian genocide. We must keep alive the memory of those who lost their lives during the eight years of bloodshed in Armenia. We must educate other nations who have not recognized that the Armenian genocide occurred. Above all, we must remain vigilant.

Mr. Speaker, I commend Armenian-Americans—the survivors and their descendants—who continue to educate the world about the tragedy of the Armenian Genocide and make valuable contributions to our shared American culture. Because of their efforts, the world will not be allowed to forget the memory of the victims of the first 20th Century holocaust.

STATEMENT IN CELEBRATION OF THE LIFE OF REVEREND EARL NANCE, SR.

**HON. WILLIAM (BILL) CLAY**

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

*Thursday, April 13, 2000*

Mr. CLAY. Mr. Speaker, today I pay tribute to the Reverend Earl Nance, Sr. of St. Louis, who passed away on Tuesday, April 4, at the age of 89. While Reverend Nance was pastor of the Greater Mount Carmel Church for over 43 years until retiring in 1994, he will be most remembered for his active role in St. Louis politics and the civil rights movement of the 1960's.

Born in Alma, Arkansas, Reverend Nance attended both Lincoln University in Jefferson City, Missouri and Morehouse College in Atlanta, Georgia. During his studies at Morehouse, Reverend Nance befriended the late Reverend Dr. Martin Luther King, Jr., whom he would later invite to the city of St. Louis to speak at a civil rights rally of over 9,000 individuals in 1957. He would remain a close an active ally of Dr. King as the Civil Rights movement grew and progressed during the 1960's.

Politically, Reverend Nance played an active role in many organizations in the St. Louis community. While pastor of the Greater Mount Carmel Missionary Baptist Church, he served on the St. Louis School Board from 1966 to 1973. He would also serve as an advisor to four St. Louis mayors, including Raymond Tucker, A.J. Cervantes, Vincent C. Schoelmehl, Jr., and Freeman Bosley, Jr.

Reverend Nance will be remembered as both a friend and public servant of the highest integrity. The city of St. Louis, and all who are dedicated to the cause of racial harmony and equal opportunity, will long cherish the many contributions of this outstanding leader.

I would like to share the following articles about Reverend Nance's passing from the St. Louis Post-Dispatch on April 6, 2000.

[From the St. Louis Post-Dispatch Metro, Thurs., Apr. 6, 2000]

PASTOR AND POLITICAL ACTIVIST EARL NANCE SR. DIES AT 89

(By Paul Harris)

The Rev. Earl Nance Sr., a longtime Baptist pastor and a community and political activist in St. Louis, died Tuesday (April 4, 2000) at Compton Heights Hospital after a brief illness. He was 89 and lived in St. Louis.

The Rev. Mr. Nance was pastor for 43 years of Greater Mount Carmel Missionary Baptist Church. His son, the Rev. Earl Nance Jr., copastor of the church, took over when his father retired in 1994.

The Rev. Mr. Nance and his son had a relationship that was more than just father and son—they were the closest of friends.

"It was definitely a strong relationship . . . and it remained so," Nance said. "I guess you could say we were like brothers, but you would always know who was the father. He was my role model, and he paved the way for me in the church and in the city."

Their lives had many other parallels. Both have been teachers in St. Louis Public Schools, have served on the St. Louis School Board and have served on the board of the Mathews-Dickey Boys' Club.

The Rev. Mr. Nance was an adviser to St. Louis Mayors Freeman Bosley Jr., Vincent