

house in case they need it because of the level of threat and worries. These are all things that are actions we should take just probably in the normal course of things, making sure we have some safety devices around the home. But it is important we do not succumb to the types of things terrorists want us to worry about.

When terrorists threaten societies, they try to instill fear and helplessness among citizens. They seek to hold a society or government hostage by the fear of destruction or harm. It evokes a fundamental sense of helplessness, which can lead to other psychological stresses and problems. And as we are trying to cope with the irrational information that is beyond our comprehension, to know that people are trying to harm us, it can set up a whole chain of psychological events culminating in fear, helplessness, vulnerability, and grief. Those things, in turn, have an impact upon our society, our economy, as they affect our spending and our optimism.

Let me offer some suggestions that America's families and parents can use to cope with these struggles as they face us. First of all, it is very important that adults be aware of the feelings that they may be experiencing. Understand that these feelings are normal reactions to an abnormal, stressful situation. It is important that adults educate themselves on how to handle the situation, what to do in response and to prepare themselves and their families.

It is important to remember that all of us have faced adversity and trauma in the past, and try to remember what we did to pull up our own courage and strength to overcome fear and helplessness. It is also important to talk to others about our fears and understand that it is okay to ask for help. It is important to make efforts to maintain the usual routines, to think positively, to recognize that terrorists are trying to create fear, and know we should not succumb to them.

It is also important, as adults, that we limit some of our exposure to media coverage. The networks are now filled with news. The daily news, the news channels, constantly barrage us with information, and it reaches a point where people should finally turn it all off so they can get on with their lives and, of course, also do other things to reduce stress, getting out, doing their jobs, exercising.

I also want to mention some things, Mr. Speaker, that are important for children. Many children struggle with knowing just what to say and understanding their own feelings; and it is important for parents to connect with them, to talk with them and encourage them to speak about how they are feeling about events. Ask children what they have seen or heard or experienced, particularly important among preteens and teens, who may spend a lot of time on the Internet or talk to other peers. Gossip spreads quickly among kids,

and it is important adults get involved and help them understand facts.

Assure children that parents and other adults are taking care of them, that they will continue to help them deal with anything that makes them feel afraid. It is also helpful to let children know that they have experienced troubles before, and let them pull up their own courage that has helped them overcome those troubles. It is helpful to remind them to do their best at whatever they are doing, their homework, their activities, their chores or hobbies, because it is that sense of mastery which gives all of us an ability to deal with these troubled times.

Let me also say it is important for parents and children to spend time praying together, for hope, for peace, and just the very act of keeping families together.

During these troubled times, let us remember this, that this Nation, this great Nation that was founded in the pursuit of liberty, fed by daily acts of courage and strengthened by exercising our freedom, will remain strong and great. And know that every family builds upon their strength and hope and courage. That is what stands between us and terrorists and that is what will help us remain victorious and strong as a nation.

Mr. Speaker, during this time I know that these are the things that will help our families in America. The bonds of our families in America will help us remain strong as we face these troubles.

APPOINTMENT OF MEMBERS TO THE UNITED STATES GROUP OF THE NORTH ATLANTIC ASSEMBLY

The SPEAKER pro tempore (Mr. BARRETT of South Carolina). Pursuant to 22 U.S.C. 1928a, and the order of the House of January 8, 2003, the Chair announces the Speaker's appointment of the following Members of the House to the United States Group of the North Atlantic Assembly:

Mr. BEREUTER of Nebraska, Chairman;

Mr. REGULA of Ohio;
Mr. HEFLEY of Colorado;
Mr. GILLMOR of Ohio;
Mr. GOSS of Florida;
Mr. EHLERS of Michigan;
Mr. MCINNIS of Colorado; and
Mr. BILIRAKIS of Florida.

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Hawaii (Mr. CASE) is recognized for 5 minutes.

(Mr. CASE addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

INTRODUCTION OF SAFE FOR AMERICA ACT 2003

The SPEAKER pro tempore. Under a previous order of the House, the gen-

tleman from Virginia (Mr. GOODLATTE) is recognized for 5 minutes.

Mr. GOODLATTE. Mr. Speaker, I am pleased to introduce today the Security and Fairness Enhancement, or SAFE, for America Act of 2003. This much-needed bipartisan legislation eliminates the controversial immigration program, the visa lottery program, which threatens national security, resulting in the unfair administration of our Nation's immigration laws, and encouraging a cottage industry for fraudulent opportunists.

Each year, approximately 50,000 aliens are chosen at random to come and live permanently in the United States via the visa lottery program. This program presents a serious national security threat. Under the program, each successful applicant is chosen at random and given the status of permanent resident based on pure luck. A perfect example of the system gone awry is the case of Hesham Mohammed Ali Hedayet, the Egyptian national who killed two and wounded three during a shooting spree at Los Angeles International Airport in July of last year. He was allowed to apply for lawful permanent resident status in 1997 because of his wife's status as a visa lottery winner.

Usually, immigrant visas are issued to foreign nationals that have existing connection with family members lawfully residing in the United States or with U.S. employers. These types of relationships help ensure that immigrants entering our country have a stake in continuing America's success and have needed skills to contribute to our Nation's economy. However, under the visa lottery program, visas are awarded to immigrants at random without meeting such criteria.

In addition, the visa lottery program is unfair to immigrants who comply with the United States immigration laws. The visa lottery program does not prohibit illegal aliens from applying to receive visas through the program. Thus, the program treats foreign nationals that comply with our laws the same as those that blatantly violate our laws.

In addition, most family- or employer-sponsored immigrants currently face a wait of years to obtain visas. Yet the lottery program pushes 50,000 random immigrants with no particular family ties, job skills or education ahead of these family- and employer-sponsored immigrants each year with relatively no wait. This sends the wrong message to those who wish to enter our great country and to the international community as a whole.

Furthermore, the visa lottery program is wrought with fraud. A recent report released by the Center for Immigration Studies states that it is commonplace for foreign nationals to apply for the visa lottery program multiple times using different aliases and other false personal information. In addition, the visa lottery program has spawned a cottage industry featuring sponsors in