

political arena in which the possession of allegedly "solid" secret information can provide such a formidable advantage.

Another appropriate example, from which valuable lessons can still be derived today, concerns events in Africa in the late summer of 1998, when the Clinton Administration retaliated against terrorist bombings of the American embassies in Nairobi and Dar-es-Salaam by launching long-range Tomahawk missiles at targets in Afghanistan and the Sudan. The missile attack on Khartoum, in particular, because it was based on embarrassingly inaccurate intelligence, made subsequent American counter-terrorism strategy much more difficult to implement. At that time, in September 1998, I wrote the following in an op-ed piece published in the Sunday Outlook Section of the Washington Post under the headline: "We Can't Defeat Terrorism with Bombs and Bombast". This is an extract from that article, written exactly three years before 9/11:

"To launch missiles into countries with which we are technically at peace—and to kill their citizens—is to declare that the United States is free to make its own rules for dealing with the international problem of terrorism. What standing will we have in the future to complain about any other country that attacks the territory of its neighbor, citing as justification the need to protect itself from terrorism? Did those who authorized these attacks think through the long-term implications of this short-sighted and dangerous precedent?

"Let's get down to practical realities. The new threat we face is often stateless, without sovereign territory or official sponsorship. Friendly governments around the world—especially those with large Muslim populations such as India, Pakistan, Egypt, Turkey, Jordan, Indonesia, Malaysia, the Gulf states and the new republics of Central Asia—share a common need for internal and regional stability. Terrorism is a weapon that threatens all civil authority. This set of circumstances provides an unprecedented incentive, which is to say a God-given opportunity, to establish new systems and procedures for intergovernmental cooperation, even among states that may differ on other basic issues. But the fight against a silent and hidden common enemy requires infinite patience and tact on the part of law enforcement agencies and intelligence services. It demands absolute secrecy, mutual trust and professional respect. If the United States loses its cool without warning, if it is seen by others as a loose cannon that resorts to sudden violent action on a massive scale, the critically needed cooperation will not be there." Later in the same article I added: "President Clinton and others have labeled all Islamic terrorists as members or 'affiliates' of the 'Osama bin Laden Network of Terrorism.' This is, of course, the common mistake of demonizing one individual as the root of all evil. In fact, elevating bin Laden to that status only gives him a mantle of heroism now and, more ominously, will guarantee him martyrdom if he should die. Informed students of the subject have known for years that although the various militant Islamist movements around the world share a common ideology and many of the same grievances, they are not a monolithic international organization. Our recent attacks, unfortunately, may have inflamed their common zeal and hastened their unification and centralization—while probably adding hosts of new volunteers to their ranks. We are rolling up a big snowball."

I received many complimentary messages after that article appeared in the Washington Post, including one from Robert Bryant, Deputy Director of the FBI, who invited me to lunch and told me that he had in-

structed all his officers who were working on the terrorism target to read it. He particularly appreciated the emphasis that I had put on dealing with terrorism by patient criminal investigation and cooperation with other international law enforcement agencies rather than by what I had dubbed "bombs and bombast". The intelligence indicating that the pharmaceutical factory in Khartoum was producing a precursor of biological weapons was completely incorrect—another case of bad intelligence having been seized upon to justify a violent military initiative that proved to be unjustified and seriously counter-productive. Thomas Pickering was Deputy Secretary of State for Political Affairs at the time. I clearly remember when this distinguished and highly respected statesman, a former U.S. ambassador to Jordan, Israel, India, the Philippines and the United Nations, appeared on national television to explain and defend the Clinton Administration's Tomahawk missile attack on the Sudan, offering confident and positive assurances of the accuracy of U.S. intelligence reports that the Daral-Shifa plant was a critically dangerous installation—putting himself in exactly the same humiliating position that Colin Powell is in today as a result of his similarly inaccurate testimony before the United Nations one year ago.

Finally, I would like to take a look at some important features of the present situation in Iraq, looking again for lessons that should have been drawn from earlier experience, but were ignored. Here I am prepared to go out on a limb with some current intelligence estimates of my own. In other words, I'm ready to make some predictions about the future, based on my own past experiences. I offer these predictions with confidence, but with sincere hopes that they will prove to be wrong.

The United States began its invasion of Iraq operating under a number of seriously flawed expectations that were based on nothing other than bad intelligence, construed by dedicated ideologues to suit their own preconceived misjudgments.

One expectation was that gratitude toward the United States for liberating their country from Saddam's terrible dictatorship would be the determining factor in shaping Iraq's political future, in defiance of overwhelming evidence that their own social and cultural heritage would inevitably take precedence over American dictates. Secondly, the U.S. has maintained a confident expectation that a new government of Iraq would grant the U.S. long-term leases on military bases from which the U.S. could project its power throughout the entire Middle East and Central Asian region for a long time into the future. Another expectation has been that the new Iraqi government will continue in the future to cooperate closely with the United States in the management of its oil and gas resources, even when Iraq's own economic and political needs might be in conflict with American objectives. And fourthly, the Bush Administration leadership (and especially the neo-cons and their allies in Congress) have all confidently expected that Iraq would become a fully cooperative partner in dealing with the Israeli-Palestinian problem, even when U.S. policies are in conflict with Iraqi conceptions of justice. It is as if our intelligence experts have suffered total amnesia when it comes to the historic realities of nationalism in the Arab world.

My prediction is this: Any new political group aspiring to leadership of Iraq must recognize that its popularity and its credibility will depend on the degree to which it can demonstrate its independence (read that as "defiance") of American influence. When this finally becomes apparent, the United States Government will decide to interfere

with the political process to whatever extent, and by whatever means, are necessary to ensure that control of the country remains with acceptably cooperative and compliant Iraqis. I think that such an operation would of necessity be anything but covert, and I'm ready to predict that it will be a messy failure. My conviction that the CIA will be directed to ensure the installation of a compliant new regime in Iraq is based on my experiences in Lebanon and elsewhere, which demonstrated that men who occupy the Oval Office seem inevitably to develop an irrational confidence that by pushing a button they can have their dirty tricks department across the Potomac River in Langley perform a covert action operation to fix the problem—justifying the action as necessary to protect the freedom of the American people and the welfare of all humanity.

In my opinion, the hard reality is that when push comes to shove, the Bush Administration, for all its exalted protestations of virtue and Godliness, is not going to allow a government that defies U.S. policy objectives to take power in Baghdad. High principles will, as I have seen so many times in my own experience, be compromised as necessary to produce results that can be presented as justification for a preemptive war costing thousands of human lives and uncounted billions of dollars. The end result will be that the entire Middle East will be destabilized, while the forces supporting and sustaining terrorism will be injected with new vigor.

IN HONOR OF SERGEANT LAVERNE  
JOHNSON-REYNOLDS

HON. XAVIER BECERRA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. BECERRA. Mr. Speaker, it is with the utmost pleasure and privilege that I rise today to recognize, pay tribute to, and celebrate the retirement of Sergeant Lavern Johnson-Reynolds. Joining the United States Capitol Police on February 12th, 1979, Sergeant Reynolds served our country honorably for over 25 years. During these 25 years of dedicated service, her duties entailed a variety of assignments, which included the United States Capitol Police's Senate Division, Communications Division, Capitol Division and Criminal Investigations Division. Additionally, Sergeant Lavern Johnson-Reynolds served as an instructor in the Training Academy for 10 years. She earned her promotion to Sergeant in December of 1995.

On a personal note, Laverne married Dr. Gary Reynolds and gave birth to their daughter Destiny Johnson-Reynolds during her tenure on the force.

Mr. Speaker, as family, friends and colleagues gather to celebrate Sergeant Lavern Johnson-Reynolds' many accomplishments, it is with great admiration and pride that I ask my colleagues to join me today in saluting this exceptional officer whose dedicated service will be sorely missed. She served our country proudly with the United States Capitol Police for over 25 years, training future officers, and protecting this institution, Members of Congress, and staff. Mr. Speaker, I ask that the House of Representatives join me in conveying our appreciation for Sergeant Lavern Johnson-Reynolds' dedicated service, and reciprocate the honor she has illustrated through

her dedication, loyalty, and service to our country.

NATIONAL OUTSTANDING YOUNG  
FARMERS AWARD

**HON. DOUG BEREUTER**

OF NEBRASKA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. BEREUTER. Mr. Speaker, this Member would ask his colleagues join in congratulating Brad and Amy Williams of Cedar Bluffs, Nebraska, for being one of the four winners of the 48th Annual National Outstanding Young Farmers Awards presented by the U.S. Junior Chamber (Jaycees) and the John Deere Company. The 2004 awards event marked the 38th year that the John Deere Company sponsored the program, which is administered by The U.S. Junior Chamber (Jaycees), and supported by the Outstanding Farmers of America Fraternity and the National Association of County Agricultural Agents.

Brad and Amy Williams both stated that they didn't think they would win. But win, they did. An AP wire article on the Williamses stated, "The Cedar Bluffs couple underestimated themselves and their farming operation. Before the ceremony was over, they were in the spotlight." And, it is a well-deserved spotlight as the couple won the award by farming 2,015 acres of corn, soybeans and hay along with working a 2,700 swine farrow-to-feeder pig operation.

In addition, the Williamses have increased their number of no-tilled acres during the past 16 years. In 2003, they used the no-till method on 65 percent of the 2,015 acres they farm thereby conserving soil moisture, reducing erosion and lessening soil compaction. In doing so, they also provided additional cover for wildlife including pheasants and quail.

But, farming for Brad and Amy Williams is not just about conservation, it is also about keeping up with rapidly changing technology and becoming more efficient. In all of these areas, Brad and Amy Williams' efforts have paid off—not only in receiving this award for being Outstanding Young Farmers, but also about in being successful stewards of the land.

ELECTED PUBLIC OFFICIAL BE-  
COMES THE FIRST DIABETIC TO  
STEP ONTO INTERNATIONAL  
FREESTYLE WRESTLING MAT

**HON. TIM HOLDEN**

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, March 31, 2004*

Mr. HOLDEN. Mr. Speaker, I rise today as a member of the Congressional Diabetes Caucus to report on an extraordinary sports history that soon unfolds. This April 8th, at USA Wrestling's U.S. Nationals in Las Vegas, Peter J. Wirs, the elected State Constable for the City of Harrisburg's Fourth Ward, will become the first diabetic ever to step onto an international freestyle wrestling mat; notwithstanding that Mr. Wirs is 49 years old; suffered a heart attack December, 2001; and suffers from acute and chronic asthma.

Constable Wirs' success story of overcoming diabetes to participate in a sport he has longed to compete in since junior high school marks an important lesson for all of us. Today, diabetes is now epidemic, according to the Centers for Disease Control, the National Institutes of Health, the American Diabetes Association and other national healthcare leaders. This is all the more critical as more and more Americans are suffering from obesity.

Unfortunately, this problem is not new. President Kennedy, speaking at the 1962 Army-Navy Game in Philadelphia, asserted that: "We are under-exercised as a Nation." Kennedy initiated the President's Council on Physical Fitness to urge America to pursue more exercise and sports in our daily lifestyles.

Today, over one-third of all Americans are obese, and more than 60 percent of Americans are overweight, according to the Centers for Disease Control. Obesity is a major precursor for Type II diabetes, where the pancreas produces too much insulin or the body otherwise cannot process the insulin the pancreas creates.

Diabetes is now an epidemic, as reported by Time magazine this past December 8th, 2003. 16 million Americans are expected to contract Type II diabetes. "Type II diabetes is increasingly being diagnosed in children and adolescents," according to the ADA National Diabetes Fact Sheet. Type II now appears to be at the "highest risk" during puberty, according to the ADA's October, 2003 issue of Diabetes Forecast. While approximately one in every 400 children and adolescents have Type I diabetes; recent Government reports indicate that one in every three children born in 2000 will suffer from obesity, which as noted is a predominant Type II precursor.

Among adults age 20–55; 8.3 percent of all adult men will be afflicted with diabetes, while 8.9 percent of all adult women age 20 will contract it.

Diabetes is even more prevalent among minorities. 13 percent of African-Americans age 20 and older, and 10.2 percent of all Hispanic-Latino Americans have or will have diabetes, meaning that on average, Hispanic Americans are 1.9 times more likely to have diabetes than non-Hispanic whites of similar age.

As a result, diabetes represents a substantial economic toll. In 2000, \$91.8 billion was spent on direct medical costs for diabetes, while an additional \$39.8 billion was spent on disability, work loss, premature mortality, etc., resulting from diabetes. In other words, the annual cost is \$7,764 for every U.S. diabetic. Medical expenditures per capita for diabetics is 6.5 times that of nondiabetics.

Yet, studies universally show that "lifestyle interventions"—this is to say a regimen of diet and exercise—can reduce development of diabetes by 40 percent to 60 percent. However, lifestyle intervention requires discipline with a tangible end result that is within reach. It requires personal resolve, a lifelong commitment.

That's what makes the story unfolding this April 8th at the USA Wrestling's Nationals so impressive. Constable Wirs, a constituent and good friend of mine, two years ago weighed over 250 pounds. Two years ago, his Type II diabetes was so out of control that Wirs would lose a whole day a week from insulin shock, a situation where a diabetic loses motor move-

ment coordination, the only remedy is in essence to sleep it off. This means that Pete Wirs would lose 52 days or over seven weeks a year to diabetes. Over the past 25 years, diabetes has cost Mr. Wirs over 1,300 days or 185 weeks out of his life. It took all of his energies and effort to simply pursue his professional career as a journalist, publisher and political leader. He had nothing left for personal pursuits, leisure or sports, let alone a social life.

However, Pete Wirs always wanted to compete in wrestling, the one sport he was shown to be good at in junior high school physical education classes. However, back in the 1960's and 70's, we didn't know about Type II diabetes, only what today we call Type I or insulin-dependent diabetes. Because Wirs' Type II diabetes was unknown, no one was able to ascertain why he was so heavy, sluggish and constantly out of breath. His diabetes was finally diagnosed in 1975 by the late Philadelphia Councilwoman Dr. Ethel D. Allen.

Two years ago, Pete Wirs finally said enough was enough, in his own words he was "sick and tired of diabetes controlling him, now he was going to control diabetes." Pete Wirs started to exercise every day. I would repeatedly see him exercise at the Harrisburg YMCA. Pete Wirs also started jogging, and now jogs five miles a day up and down Harrisburg's Riverfront Park through City Island. He dropped from 250 pounds to 167 pounds. And Pete Wirs got involved in the one sport he always wanted to compete. It wasn't an easy sport like golf, but among the most physically and emotionally demanding sports man partakes in—wrestling.

Today, Pete Wirs had his life back, so much that this past November 22nd, he got married, to the very attractive Anna May Casper in Historic Old St. George's Methodist Church inside Independence National Historical Park in Philadelphia.

And on April the 8th, Pete Wirs, despite being 49 years old and a heart attack victim, will become the first diabetic ever to step onto an international freestyle wrestling mat in the USA Wrestling Nationals and Veterans Championships at the Las Vegas Convention Center.

Mr. Speaker, we don't know whether Constable Wirs will win or lose his first match. Although in the Veterans Division, competitors are divided into both age and weight, there is no doubt that Pete Wirs will be up against seasoned, experienced amateur wrestlers. But no matter what the score, Pete Wirs will have scored a morale victory by simply stepping onto the mat; by getting his diabetes under control, and proving to all of us that physical fitness is not a diet, a fad, but a life-long commitment to healthy eating, continuous exercise and sports activity.

Mr. Speaker, so important is this milestone for all diabetics, the Pennsylvania Wrestling Club of which Constable Wirs serves as executive president, is administering a nationwide public service program to encourage diabetics to commit themselves, as has Mr. Wirs, to a lifestyle of dietary control and exercise. Entitled "Going for the Gold," the campaign will award up to 500 "Diabetic Control Points" for diabetics engaging in continuous exercise and participation in an organized amateur athletic sport, all while raising money for the American Diabetes campaign.

Mr. Speaker, Constable Wirs is an inspiration to all diabetics and indeed to all of us. In