

today sits about 10 miles east of The Dalles, on the Oregon bank of the Columbia River. It is inhabited by fewer than 100 people and comprises a collection of small houses, and abandoned trailers.

Over the years, Celilo's deteriorating state was cause for public health and safety concerns to village residents, and needed to be addressed. The Tribes requested the U.S. Army Corps of Engineers to rebuild the village, and in 2004, Public Law 108–204 was signed into law, authorizing Celilo Village redevelopment. The law provided for repairs to the Longhouse, reconstruction of the village's main structures and infrastructure systems, and operation and maintenance of the rebuilt village. The Corps expects construction to be completed by 2009.

Today the spectacularly renovated Celilo Longhouse is used for the ceremonial First Salmon feast, an annual rite which honors the return of the life-giving fish and pays homage to allow their life cycle to begin anew. Traditionally, the feast must be completed before fishing, hunting, root-digging and gathering seasons can officially begin.

By commemorating the 50th anniversary of the flooding of Celilo Falls, and the ongoing restoration of the village, we are doing more than keeping the memory of a once vibrant salmon fishery and cultural center for Native Americans alive. We are looking with an eye to the future on keeping our commitment to uphold Tribal Treaty rights, restore salmon runs, and ensure that residents of Celilo Village have the opportunity to thrive, just as their ancestors were able to do for thousands of years.

HONORING HOUSTON HIGH SCHOOL

HON. MARSHA BLACKBURN

OF TENNESSEE

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2007

Mrs. BLACKBURN. Madam Speaker, I ask my colleagues to join me in congratulating the Girl Scouts of the USA as they celebrate their 95th anniversary.

On March 12, 1912, Juliette "Daisy" Gordon Low held the first Girl Scout meeting which endorsed the philosophy that all girls should be afforded the opportunity to enhance their natural abilities and talents. Through community service, education, and physical activity, the Girl Scouts continue to offer girls a place to develop mentally, physically and spiritually.

Across our Nation, communities will gather this weekend to celebrate the founding of the Girl Scouts of the USA. On Saturday, I have been invited to join in the celebration with hundreds of young women from middle Tennessee. In true Girl Scout form, these young women have put in more than 4,000 hours of community service to commemorate this occasion. These service projects include furnishing snacks for a blood drive by the American Red Cross, landscaping for Holy Family Church, and collecting donated items for youth service centers and the elderly. The time and effort of these young women is having a profound impact in our communities.

Madam Speaker, I would also like to take a moment and thank the Girl Scout Leaders who freely give their time and energy to these extraordinary young women. Their dedication to

the Girl Scouts is making a difference in the lives of young women across our Nation. Congratulations to the Girl Scouts of the USA and thank you for 95 years of service to our Nation's young women.

IN HONOR OF NAAMANS LITTLE LEAGUE

HON. MICHAEL N. CASTLE

OF DELAWARE

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2007

Mr. CASTLE. Madam Speaker, it is with great enthusiasm that I rise today to celebrate the 50th anniversary of the Naamans Little League. By providing a positive outlet for children, this organization has played a vital role in shaping young leaders in my home State of Delaware.

After it was founded in 1957, the organization has grown rapidly because of its efficient organization and the valuable service it provides to the community: uniting children with sports. While it began with only 60 boys on 4 baseball teams, Naamans Little League now has over 500 players on 42 teams and has formed both a Tee Ball League and a Senior League.

I was fortunate enough to celebrate with the League after they won the Little League World Championship. This opportunity further convinced me that their significance within the community cannot be emphasized strongly enough. Their efforts have allowed countless people to understand and enjoy the benefits of physical activity, teamwork, sportsmanship, and responsibility. After spending just a short while at the celebration, it became very clear to me that this organization has a profoundly far reaching impact, shaping individuals, friendships, families, and communities.

I am pleased to announce that a flag will be flown over the capital in honor of the Naamans Little League's 50th anniversary. I commend this great organization for their immeasurable contributions to Delaware and wish them all the best on this momentous anniversary.

ADVICE ON HEALTHY LIVING

HON. ROSCOE G. BARTLETT

OF MARYLAND

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2007

Mr. BARTLETT of Maryland. Madam Speaker, thank you for the opportunity to share with my colleagues a recent column by a constituent that offers timeless advice about healthy eating for healthy living.

[From the *The Tentacle*, Feb. 14, 2007]

OUR GOVERNMENT, OUR HEALTH, OURSELVES
(By Patricia A. Kelly)

There's a movement underway to ban the use of trans fats, but New Orleans isn't going along. Their chefs don't use them much anyway. They choose real foods, like butter, for their renowned cuisine.

Eating margarine began during World War II with bags of lard and coloring packets that you mixed in. There was a shortage of butter because of the war. Margarine use continued in my Washington suburban family because of price, I think, and, of course, the government said it was okay.

I started eating butter when in my 20s. I read something in health food literature that said butter was actually better for you than margarine. Hydrogenated (trans, polyunsaturated, hardened) fats have extra molecules attached to their chains by clever scientists. They are harder for the body to break down than natural, softer, animal fat molecules, or minimally-processed vegetable oils. They are thus more harmful to, and persistent in, the body.

Of course, the recommendations included other things, but actually allowed in the diet the star of the government nutrition wars—the infamous, then out, now in, but only a little in, egg. Drum roll, please. . . .

We've been paying taxes for this: for government nutrition experts to tell us that we should be eating margarine; that we should, or should not, eat eggs; that we should only eat special margarines; that we should not eat the margarine they were saying we should eat last week—for the past 35 years, at least. The truth was available to me, a reasonably intelligent person and an ordinary mom of limited means, surfing around in the health food literature, looking for the best way to feed my family. I read it. It seemed logical. I believed it.

If you eat artificially altered foods, you are taking a risk, because we don't yet know the long term effects, or whether there is alteration in the nutrition available from these foods, or contamination. We do all know how convenient it is for large food producers to grow cornstalks that are the same height, tomatoes that don't spoil, and apples that last, unchanged, for a year in storage. We also know how these wonder foods taste. If you can't remember the difference, go to another country and taste the fresh produce.

You can fool your vegetarian cow into eating the ground-up bones of dead animals in her feed. That doesn't make them good for her. She's not a vulture. She would never eat them on her own. If you eat her meat, it might not be too good for you either. You might not know this for 20 years, of course, until you get Jacob-Crutchfield disease, and die horribly. Ground-up bones are really cheap, though, and our government said they were safe.

Animals raised in close quarters with processed feed do better if they're given antibiotics. You might do better with them, too, if you were standing in your next-door neighbor's poop. Our government says there aren't any antibiotics left in the meat that might increase antibiotic resistance and endanger our population.

Our government also thinks it is safe to use bovine growth hormone on cows; and I'm sure the cows don't mind tripping on their own udders. We are wondering why so many nine-year-old girls are reaching puberty now, though. I'm sure it can't be due to anything they're exposed to. If you're wondering, just ask our government.

Logic dictates that, if you eat a balanced diet, you have a better chance of getting the nutrients you need. If you live on sugar and caffeine and fast, high-fat, overly refined foods, your spirit might be happier for the moment, but your body will suffer in the long run. These foods are being advertised to make money, not to help you. Eating less meat and a greater variety of whole plant foods reduces the impact of people on the environment because it takes so much more grain to feed a cow than to feed a person.

Eating a variety of seeds, grains, fruits, nuts and vegetables increases your chances of getting all the micronutrients you need. Cow's milk is really good for cows. If you eat more calories than you need, you will gain weight. Reading the labels will tell you what's in your food. Nobody reading this column would have any trouble figuring any of