

For if there is one law that we can be most certain of, it is the law that binds people of all faiths and no faith together. It's no coincidence that it exists in Christianity and Judaism; in Islam and Hinduism; in Buddhism and humanism. It is, of course, the Golden Rule—the call to treat one another as we wish to be treated. The call to love. The call to serve. To do what we can to make a difference in the lives of those with whom we share the same brief moment on this Earth.

So many of you at Notre Dame—by the last count, upwards of 80 percent—have lived this law of love through the service you've performed at schools and hospitals; international relief agencies and local charities. Brennan is just one example of what your class has accomplished. That's incredibly impressive, a powerful testament to this institution.

Now you must carry the tradition forward. Make it a way of life. Because when you serve, it doesn't just improve your community, it makes you a part of your community. It breaks down walls. It fosters cooperation. And when that happens—when people set aside their differences, even for a moment, to work in common effort toward a common goal; when they struggle together, and sacrifice together, and learn from one another—then all things are possible.

After all, I stand here today, as President and as an African American, on the 55th anniversary of the day that the Supreme Court handed down the decision in *Brown v. Board of Education*. Now, *Brown* was of course the first major step in dismantling the "separate but equal" doctrine, but it would take a number of years and a nationwide movement to fully realize the dream of civil rights for all of God's children. There were freedom rides and lunch counters and Billy clubs, and there was also a Civil Rights Commission appointed by President Eisenhower. It was the 12 resolutions recommended by this commission that would ultimately become law in the Civil Rights Act of 1964.

There were six members of this commission. It included five whites and one African American; Democrats and Republicans; two Southern governors, the dean of a Southern law school, a Midwestern university president, and your own Father Ted Hesburgh, President of Notre Dame. So they worked for two years, and at times, President Eisenhower had to intervene personally since no hotel or restaurant in the South would serve the black and white members of the commission together. And finally, when they reached an impasse in Louisiana, Father Ted flew them all to Notre Dame's retreat in Land O'Lakes, Wisconsin—where they eventually overcame their differences and hammered out a final deal.

And years later, President Eisenhower asked Father Ted how on Earth he was able to broker an agreement between men of such different backgrounds and beliefs. And Father Ted simply said that during their first dinner in Wisconsin, they discovered they were all fishermen. And so he quickly readied a boat for a twilight trip out on the lake. They fished, and they talked, and they changed the course of history.

I will not pretend that the challenges we face will be easy, or that the answers will come quickly, or that all our differences and divisions will fade happily away—because life is not that simple. It never has been.

But as you leave here today, remember the lessons of Cardinal Bernardin, of Father Hesburgh, of movements for change both large and small. Remember that each of us, endowed with the dignity possessed by all children of God, has the grace to recognize ourselves in one another; to understand that we all seek the same love of family, the same fulfillment of a life well lived. Remember

that in the end, in some way we are all fishermen.

If nothing else, that knowledge should give us faith that through our collective labor, and God's providence, and our willingness to shoulder each other's burdens, America will continue on its precious journey towards that more perfect union. Congratulations, Class of 2009. May God bless you, and may God bless the United States of America.

CHILDHOOD OBESITY

Mr. GRASSLEY. Madam President, please allow me to take a few minutes today to discuss childhood obesity, and one way in which we can prevent the most common diseases that face our country. Obesity is an issue that must be addressed—not just by the Federal Government, but by individuals, parents, schools, and health professionals across the country. Given the high cost of health care, we must all look at ways we can reduce the risks of obesity and the many diseases that come with it.

I bring this up today because a constituent of mine made me realize that there is an easy and cost-effective way to address the problem. We all know that childhood obesity can be prevented if we motivate young people to eat better and exercise more. There are many fad diets, surgeries, strategies and pills that claim to help reduce obesity. Americans are always looking for the next big breakthrough, and they are willing to pay any price to do it easily and simply. But, nothing is as simple or as cost effective as helping kids learn and maintain the ability to do pull ups.

Kids can immunize themselves against obesity, and they can do that by learning to do pull ups. It's been acknowledged that pull ups counteract a child's tendency to obesity. In the context of a of a four year study at Jefferson Elementary School in Davenport, Iowa, my constituent demonstrated that if you start children young, most young people can learn to do pull ups. And, as long as young people maintain the ability to do pull ups, most can naturally immunize themselves against obesity for a lifetime without ever having to resort to pills, shots, or special diets.

Due to the rising prevalence of obesity in children and its many adverse health effects. Obesity has been recognized as a serious public health concern. The adverse health effects of obesity do not just include physical conditions like high blood pressure, heart disease, sleep problems, and other life-threatening disorders. The threat of obesity includes emotional and psychological problems, depression and low self-esteem.

Aside from doing pull-ups, we must also encourage other lessons for our youth. We must stress goal setting, diligence, diet, rest, and education. The goal is not only to beat physical obesity for life but also to overcome the psychological and emotional problems as a result of low self-esteem. Building

confidence is at the heart of pulling people out of obesity.

Childhood obesity is an issue we must all take seriously. I thank my constituent for bringing this simple solution to my attention and commend people like him who are concerned about the health of our future generations.

WORLD ENVIRONMENT DAY

Mrs. BOXER. Madam President, I would like to recognize World Environment Day, which takes place every year on June 5. This day was established by the United Nations General Assembly in 1972 and has been a reminder each year that protecting our planet is a global issue.

As countries around the world work toward the historic global warming negotiations in Copenhagen later this year, it is fitting that the theme for World Environment Day 2009 is "Your Planet Needs You—Unite to Combat Climate Change."

As chairman of the Senate Environment and Public Works Committee, I am working with my colleagues to address global warming here in the United States. The world is looking for American leadership, and they are watching closely what we are doing here in Congress.

We must demonstrate our commitment to take real action to cut our own greenhouse gas emissions. When we act, we will renew our leadership on this issue in the international community. Legislation to curb U.S. global warming pollution will also put us on a path toward a new clean energy economy that creates millions of American jobs and breaks our dangerous dependence on foreign oil. It's time to harness the greatest source of power we have in this country—American ingenuity. This country can and should be a leader of the clean energy revolution.

I am proud to say that for the second year in a row, a student from California has been selected as the winner of the United Nations' Environment Programme's International Children's Painting Competition on the Environment. This year, Alice Fuzi Wang, from Palo Alto, was honored for her creative and moving work of art, which will be recognized on World Environment Day at the North American celebration in Omaha. I met Alice when she was here in Washington to receive her award on April 22, Earth Day.

It is wonderful to see people of all ages, from all over the world, participating in the festivities honoring World Environment Day. I want to thank the organizers of World Environment Day for their important contribution in working to combat one of the greatest challenges of our generation—global warming.