

pleasure that I announce that the winner from the State of Oklahoma is Ms. Kinya Efurd, a Junior at Eufaula High School in Eufaula, Oklahoma. Kinya, the daughter of Jerry and Vicki Efurd, is active in the Honor Society, Student Council, Band, and Future Farmers of America. Kinya's description of how her uncle, a veteran of World War II and the Normandy Invasion, served our country and her vision of personal service to America is both a reminder of those who have sacrificed so much and a call to all Americans to strive to continually serve our great nation. I am submitting Ms. Efurd's essay for the RECORD, so that my colleagues may have the opportunity to review and reflect upon her inspirational comments.

"MY SERVICE TO AMERICA"

Like many other Saturday nights, I was on my way to the theater and decided to see the new hit movie "Saving Private Ryan." My parents stopped me before I went in and warned me that what I was about to see was extremely graphic and violent. Evidently, they were visibly shaken by what they had just viewed. My parents were unsure if they wanted me to see what some say is the most accurate portrayal of war ever filmed. I told them I would be fine because I had seen those other bloody movies before, so in fact, I thought I had seen it all.

From the very beginning this became more than just a movie to me. I immediately remembered the story of my great-uncle being part of the Normandy Invasion. I have been told that he was awarded the bronze star, for an act of bravery, during that battle. No one knows what he did to gain that district honor. He has never told anyone about the horror that he experienced. After seeing this movie I feel I have a stronger appreciation of not only what my uncle did, but also the thousands of others who have served America.

Perhaps, I may never serve my country in headed battle. However, I know other ways to serve with honor and dignity. I strongly believe that as an American citizen I can and must serve my country in my own way to benefit future generations.

As a teenager what can I do now to serve my country? The answer to this question is as simple as getting an education. This means going, participating, and believing that this is not a right, but a privilege. Attending school and filling my head with knowledge that will prepare me for the real world is critical. Undoubtedly, school and education will give me the values and knowledge I need to reach my goals. Also, education has given me the power to believe that I can become whatever my heart leads me to be. I may want to be a doctor, a teacher, or even a social worker. I might even become the best stay-at-home mom there is. My parents have always told me that education is the key to success.

How can I serve America? Exercising my right to vote is a responsibility of being an American citizen. When electing politicians, people should expect that their voice will be represented with honor and dignity. My one vote is just one step in the stairway to better America.

How else can I serve America? Personally, I would love to become a politician. A great honor for me would be standing up and speaking out for what I believe in. I might become the first woman President of the United States of America or maybe just the president of the PTA. No matter what I become, I know that I will carry with me the same honor, loyalty, and respect portrayed by my forefathers for their country.

I may never understand how my uncle felt that dreadful day and I probably never will. I do know that sitting through a movie that portrays war that real has changed the way I feel for him, and the many other veterans. The respect I feel for my flag has also been enhanced. It was increased when I attended an FFA camp. I had the honor of being selected as a speaker for the flag lowering ceremony.

The small part I said made me realize what our flag really means. It stands for the freedom, the happiness, and the sadness for which our country stands. I realized that putting my hand over my heart and saying the Pledge of Allegiance is not a chore, but an honor. Our flag is a precious symbol for America, and it is my duty always to be proud of it.

I hope one day I can stand up and speak to thousands of people all over the world. I know that I cannot help everyone, but if I can help at least one person my dream will be fulfilled. I would also love to speak with teenagers and let them know that our nation does care for them and believe in them. People may think that this is a big dream for such a young woman, but I say dreams are limitless. I also believe with the Lord's power and his will behind me, and the encouragement of my church and family members, the sky is the limit.

I may never stand on the field of honor as my uncle did and receive a bronze star, but if my service to America or my community can make a difference in one person's life, then my responsibility for serving my country will have begun.

TRIBUTE TO KEN STRAIN

HON. ROBIN HAYES

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 5, 1999

Mr. HAYES. Mr. Speaker, I rise today to honor the life of Ken Strain, a man dedicated to serve his community.

Mr. Strain passed away this week while serving the community of Hemby Bridge, North Carolina as a volunteer fireman. His fire truck flipped while Mr. Strain was returning from a rescue call.

Mr. Strain comes from a long line of firefighters. His father Bill and his youngest brother Darren both have served as firefighters in North Carolina.

Mr. Strain is survived by his wife, Sharon and their 18-month-old son Kristopher. Mr. Strain kept a picture of his son in his tool box and often visited the fire station with Kristopher.

Mr. Strain will be deeply missed as a member of the Hemby Bridge business community. He along with his colleague, close friend and fellow firefighter, Paul Ramsey, were partners at their business, Neighborhood Automotive.

While Ken's death is tragic, I must commend his partners at the Union County Volunteer Fire Department for their exemplary record of safety and reliability. This is the first death the department has suffered in 30 years.

Mr. Speaker, I want to express my deep remorse to the family and friends of Mr. Ken Strain, but also honor him for his selfless service to his community. Mr. Strain was dedicated

to his family, his job and his community and will be missed by all.

WOMEN, INFANTS, AND CHILDREN (WIC) PROGRAM CONTINUES TO IMPROVE THE HEALTH CARE OF MILLIONS

HON. JAMES P. MORAN

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, May 5, 1999

Mr. MORAN of Virginia. Mr. Speaker, as a cochair of the Congressional Prevention Coalition, I stand in strong support today of a program that makes a tremendous contribution to disease prevention and health promotion. The Women, Infants, and Children (WIC) program has been educating woman and children about basic nutrition that can help them lead healthier, and therefore happier lives. Chronic disease is the cause of 70 percent of deaths in the United States and nutrition is a primary form of prevention for chronic disease.

Nutrition education can start very early in life. WIC educators help expectant mothers to give their babies good nutrition, even before they are born, through prenatal counseling and care. After the baby is born, WIC educators continue to serve low income women, infants and children with pediatric health care services and nutrition education. WIC educators help babies get a healthy start on life through breastfeeding education and support. The first food a baby gets could be the most important. Breastfeeding is almost always the best form of nutrition for a baby and WIC educators help mothers to learn the wide benefits of breastfeeding including its nutrition and excellent source of antibodies that protect against infection.

The preventive care that WIC provides saves us money in the long run. The National Association of WIC Directors estimates that for every dollar spent on pregnant women in the WIC program, we save \$1.92 to \$4.21 in Medicaid costs. For every low birth weight prevented as a result of WIC's prenatal program, Medicaid costs are reduced \$12,000 to \$15,000 per infant.

More importantly, WIC works in helping low-income mothers and children to live healthy lives. For example, according to CDC, WIC children showed a 16-percent decrease in the anemia rate at their 6-month recertification screening than in their initial screening. WIC babies have fewer low birth weight babies and fewer fetal and infant deaths. WIC also helps spur normal childhood growth, increases immunization rates, improves access to pediatric health care and readies children to learn with proven higher test scores.

I want to thank the National Association of WIC directors and all of those at WIC who do so much in improving the health care needs of the millions of women, infants, and children who participate in this lifesaving program. Thank you for 25 years of vital work and service.