EXTENSIONS OF REMARKS

HONORING THE AMERICAN FLAG ON FLAG DAY

HON. JOHN E. SWEENEY
OF NEW YORK
IN THE HOUSE OF REPRESENTATIVES
Wednesday, June 14, 2000

Mr. SWEENEY. Mr. Speaker, I rise today, on Flag Day, to pay tribute to the American flag, our most cherished symbol of freedom and democracy.

“Old Glory” has stood as a symbol of our patriotic resolve through times of peace and war. The earliest version of the American flag was carried at the battle of Saratoga in my district, which was the turning point of the Revolutionary War. The flag has symbolized our democratic ideals on hundreds of battlefields since Saratoga. It inspired great Americans in places like Gettysburg, San Juan Hill, Iwo Jima, Inchon, Saigon, Kuwait City, and countless other sites around the globe. Thousands of Americans paid the ultimate sacrifice to defend the ideals symbolized by this great flag. Let us pause for a moment to recognize their sacrifice and the flag they successfully defended.

Today, our distinguished flag acts as an ambassador of liberty and opportunity to those who suffer under oppressive regimes in far away places. For those whose freedom has been stripped away, the flag stands as a reminder of a compassionate ally. Our flag undeniably represents the supremacy of freedom and democracy over oppression and tyranny.

The stars and stripes are the pre-eminent symbol of the broad freedoms established by our Constitution. It is yours and mine, and all America’s to guard and protect . . . and to respect.

Mr. Speaker, please join me in saluting our glorious flag on Flag Day. God bless our flag and this great Nation.

A RESOLUTION HONORING MATTHEW VANWORMER, LEGRAND SMITH SCHOLARSHIP WINNER OF HILLSDALE, MI

HON. NICK SMITH
OF MICHIGAN
IN THE HOUSE OF REPRESENTATIVES
Wednesday, June 14, 2000

Mr. SMITH of Michigan. Mr. Speaker, let it be known, that it is with great respect for the outstanding record of excellence he has compiled in academics, leadership and community service, that I am proud to salute Matthew VanWormer, winner of the 2000 LeGrand Smith Scholarship. This award is made to young adults who have demonstrated that they are truly committed to playing important roles in our Nation’s future.

As a winner of the LeGrand Smith Scholarship, Matthew is being honored for demonstrating that same generosity of spirit, intelligence, responsible citizenship, and capacity for human service that distinguished the late LeGrand Smith of Somerset, Michigan.

Matthew is an exceptional student at Hillsdale High School and possesses and impressive high school record.

Matthew has received numerous awards for his excellence in academics as well as his involvement in the tennis team. Outside of school, he is an active member of his church community and a conscientious volunteer.

Therefore, I am proud to join with his many admirers in extending my highest praise and congratulations to Matthew VanWormer for his selection as a winner of a LeGrand Smith Scholarship. This honor is also a testament to the parents, teachers, and others whose personal interest, strong support and active participation contributed to his success. To this remarkable young man, I extend my most heartfelt good wishes for all his future endeavors.

A TRIBUTE TO THE LATE EARL T. SHINHOSTER

HON. JOHN LEWIS
OF GEORGIA
IN THE HOUSE OF REPRESENTATIVES
Wednesday, June 14, 2000

Mr. LEWIS of Georgia. Mr. Speaker, I rise today to salute and pay tribute to a great American, Earl T. Shinhoster. A 35 year veteran leader of the NAACP, a devoted husband and father, Earl Shinhoster was my friend and father. He cared about equal access and equal opportunity. In closing, I would add that the discipline and human connection of music can remind us that there is a form of human achievement that is unarguably and profoundly true. Music requires collaboration in which diverse groups of people can come together to create an entity in which they all care deeply. This builds bridges of understanding and communication. So let us support music education because music is essential. And let us commend music teachers across the country for the key roles they play in helping our children succeed in school and throughout life.

MR. SWEENEY. Mr. Speaker, let me also join in paying tribute to Matthew VanWormer. Matthew VanWormer was my classmate in elementary school and throughout life.

Mr. Speaker, let me also join in paying tribute to Matthew VanWormer. Matthew is a shining example of the ideal we should be striving for in American education. He is a testament to the fact that hard work and dedication can lead to great success. Matthew has achieved an impressive academic record and is an accomplished athlete. He has also been involved in community service and has volunteered at a local hospital. He is a true role model for young people.

Mr. Speaker, let me also join in paying tribute to Matthew VanWormer. Matthew is a shining example of the ideal we should be striving for in American education. He is a testament to the fact that hard work and dedication can lead to great success. Matthew has achieved an impressive academic record and is an accomplished athlete. He has also been involved in community service and has volunteered at a local hospital. He is a true role model for young people.

Mrs. WILSON. Mr. Speaker, today I would like to bring to your attention Jamie Renee Hamilton, an eighth grader at Madison Middle School in Albuquerque, New Mexico. Jamie Renee designed a poster for our local Campus Crime Stoppers. She is helping to stop crime in our schools. I have the Campus Crime Stoppers poster hanging in my Albuquerque office.

So often, the power of young people to change our world is overlooked. Jamie Renee stood up to make a change for the better in schools and our community.

Mr. Speaker, the Congress is working hard on school safety. Jamie Renee Hamilton is working hard in my home of Albuquerque on this very issue also. Please join me in honoring the contributions by Jamie Renee Hamilton to our schools and in our community.

APPALACHIAN HUNGER TOUR

HON. TONY P. HALL
OF OHIO
IN THE HOUSE OF REPRESENTATIVES
Wednesday, June 14, 2000

Mr. HALL of Ohio. Mr. Speaker, every day, we are inundated by stories of how well the United States’ economy is doing. We are told that we have the lowest unemployment in decades, the longest-sustained growth in generations and record-breaking stock markets. But our economy is hollow. There are many people it is leaving behind; there are many pockets of poverty and neglect. Our foundation is not as complete and secure as we might think. If we scratch the surface, we find people who are truly hurting.

Last year the U.S. Department of Agriculture released shocking statistics that showed 31 million Americans hungry or at risk of hunger—one out of every nine people in this richly blessed nation. That number has not diminished since 1995, despite our booming economy and the chimera of success many interpret from the decreasing welfare rolls. This
EMERGENCY FOOD ASSISTANCE

The data on who is hungry in America were confirmed by people who shared their stories with me throughout the tour. The Southeastern Ohio Regional Food Center in Logan, Ohio and the Congressional Hunger Center’s Mickey Leland Hunger Fellows recently conducted a needs-assessment survey of the emergency food assistance network to document the increased demand for food over the past three years. They found four primary barriers to escaping poverty are: high regional unemployment, a very limited number of high-paying jobs, physical disabilities and low levels of education.

The three primary groups served by the network of food pantries are families with children, senior citizens and the disabled.

Families with children make up 55 percent of individuals seeking food assistance, despite income from work and public assistance programs, such as food stamps and the Temporary Assistance for Needy Families program (TANF replaced the former Aid to Families with Dependent Children program, commonly known as welfare). One quarter of these families will lose eligibility for TANF benefits within the next six months because of strict time limits, imposed by the Personal Responsibility and Work Opportunity Act of 1996.

Senior citizens comprise approximately twenty percent of the people served. Most face the catch-22 choice of paying for prescription drugs, utilities, medical bills for food because their Social Security benefits and other income do not permit them to cover the cost of these necessities.

Households with disabled individuals represent two-thirds of food recipients, despite the fact that more than half receive food stamps.

Social Security, food stamps, TANF, Supplemental Security Income and unemployment insurance are the federal programs that were designed to keep their recipients from falling through the cracks. Unfortunately, people who are living by the next meal are not able to make ends meet. I heard from some of them at an emotional community roundtable.

Darryl and Martha Wagner are two ordinary people who find themselves requiring assistance from the CHAPS food pantry in Logan. Darryl just turned 70 and receives about $1,000 each month for his retirement. They spend around $900 each month on rent, utilities and a car payment, and as Darryl said, "the bills are piling up every day." Martha has cancer and lost her parents and her brothers to the disease. She had surgery eight times in the past 10 years and currently sees four different doctors.

In order to get to her medical appointments, Darryl and Martha must drive eighty miles round-trip. Even with Medicaid, their gas and $10 co-payments add up, so they swallowed their pride and applied for food stamps. After filling out an application that asked 700 questions, Darryl and Martha were congratulated on being entitled to $10 in monthly benefits! When an outreach worker spoke with Darryl and Martha, neither of them had eaten for three days. There was not a single can or box of food in their cupboards, after months of trying to stretch everything they had. Martha had watered down a can of tomato juice to last two weeks. She had added extra water to cans of soup to try and make it last a second day. They once had chicken noodle soup with no chicken and noodles made from one egg and a little flour. Martha would often lie to her husband and say that she wasn't hungry so that he could eat. "We never asked for help," they said, until the doctor gave her two days to live if she did not start eating again. The food pantry helped them with a few bags of groceries, and for now, they say, "we don't have to add water to everything because we can eat again."

Priscilla Stevens is someone else who told me why she relies on the CHAPS food pantry. She has been diagnosed with the debilitating condition of lupus since 1984, and after a period of remission, experienced a relapse in 1997. In addition to lupus, she also has multiple sclerosis and Cushing’s Disease, which require her to take 26 different medications every day. After receiving some state disability assistance, she has now been denied three times for federal Social Security Disability Insurance and is appealing in court, although she was on a ventilator when she was first denied.

She survives on a measly $588 per month—$115 in disability assistance, $127 in Food Stamps and $16 for a utility allowance. Her disability is so severe that she requires a home health aide eight hours a day and she cannot even sign her own name. Instead, she has a rubber stamp of her signature to affix to necessary documents. Fortunately, Medicaid covers her medical bills that run in the thousands of dollars every month. "It's been really hard and it's getting harder every day," she told me. "They say I'm a miracle and I want to tell people about that story now."

I am sorry to say that they are not alone. I also heard from Mike Miller who was doing all he could to get a job and earn his living. But when his car got a flat tire, he was fired from his temporary job at the mushroom plant. And then when he went to his sister-in-law's funeral to pay his last respects, he was fired from his next job. He is willing to work, but he said, "you get to a point where you give up hope." Reverend Mel Franklin of the CARE Outreach food pantry in McArthur has been doing all that he can to assist Mike, including paying for new tires out of his own pocket.

Little Cantrell Roberts was there at the same food pantry. He was eight weeks old, being cared for by his great grandmother, because his mother, a U.S. Marine, had been shipped off to Okinawa and his grandmother was busy working at Walmart. Norma Miller was thrilled to get off welfare when she got a job. But when she took her child out of day care because of child abuse by the staff, she lost her job and was sanctioned by the human services office. "Just because folks are off welfare doesn’t mean they’re making it!" she explained to me, as a counter to those who would interpret declining participation as success. Speaking at initial registration for the Commodity Supplemental Feeding Program at CARE Outreach, she said, "we appreciate the food—it’s just like Christmas."

The Spradlin family depends on the Ashland Community Kitchen lunch program to supplement Jeff’s $6 an hour job and help to feed their two children. Although they have health insurance, they have no coverage whatsoever and pray that they don't get sick. Their four-year-old son Andrew did not utter a single word throughout our breakfast together, probably because the chronic poor nutrition has affected his deeper toll on an empty stomach. When school ends later this week, his seven-year-old sister Britney will no longer be able to enjoy school lunch and breakfast, so she will join her family at the kitchen.

The Penningtons are trying to make ends meet but Charley’s job with the Census Bureau ends next month. He’s not sure how he will be able to care for his 83-year-old mother with no income, other than $800 a month in Social Security, state running costs, and food stamps. Charley needs new eyeglasses but does not have any money to spare. Imogene has cut back on her medications already “we could not do without the kitchen.” If we did not come here, we would not be able to afford car insurance. "Some months, the family doesn't pay their insurance premium so that they can pay their rent instead. One of their fellow diners is homeless and about to turn 60. He is a Navy veteran who has no income whatsoever, besides the few dollars he is able to earn doing odd jobs. "This is the only food I get," he said matter-of-factly, "Weekends, I don’t eat." He was quick to point out, "I’m not the only one like this, there are plenty more."

ELDERLY NUTRITION PROGRAMS

In addition to the individuals who need emergency food assistance, the federal government provides crucial funding for Meals-on-Wheels and congregate meals. In addition to this funding, local senior citizen centers also get state appropriations and raise private donations to provide...
their constituents with necessary services. But their reimbursement rates have been declining steadily for the past decade. They are having to do more with less, just like the older Americans they serve.

Representative STRICKLAND and I delivered lunch to Ray Wallace in his tiny ramshackle apartment, provided by the Southeastern Ohio Regional Housing Authority under the federal Housing Choice Voucher program. He is in his 80s after working as a truck driver for 40 years. “The meals help out quite a bit,” Mr. Wallace told us. He has difficulty getting around and, after falling in his home, he spent hours on the floor until he was able to pick himself back up. His top concern is the growing cost of his prescriptions; he knows that he will not be able to afford all of them and is preoccupied trying to decide which one he can risk skipping.

Bernie Nelson, who is 87, does not get out of her subsidized apartment very much. She suffers from asthma, severe allergies and has been recovering slowly from a recent stroke. Fortunately her nephew, who works at the food bank in Logan, takes care of her as best he can. Every month she has just $800 each month to spend and almost half of that goes for medication. Even with her housing subsidy, she pays more than 25 percent of her income for rent and utilities. “The meals are good and for you,” she said in a voice that was weak, but determined. When we thanked her for allowing us into her living room, she echoed the common Appalachian courtesy, saying, “my father taught me not to close the door on anyone.”

I never had a chance to meet Tom Nelson. He is one of the tens of millions of poor Americans we don’t see. He was an older man who worked at a food bank in Huntington, West Virginia, handing out one grocery sack of canned food to people who can’t feed their families on what they earn. He worked at the Huntington Area Food Bank out of the goodness of his heart, but also because the job paid him a little extra a month so that he could feed his own family.

A few months ago, the food bank wasn’t able to pay Mr. Nelson any longer—primarily because it has not received funding promised by West Virginia for nearly a year. To stretch those funds, she has just $800 per month in food stamps. They were required once a year for those who are elderly or disabled. The minimum benefit level should be closer to $75 per person per month, not the current $10. It is ridiculous to force families to get by on such a paltry amount for food.

I was appalled when Darryl and Martha Wagner told me that they only qualify for $10 per month in food stamps. They were required to fill out a 700-question application, document everything, and return every three months to do it all over again. I heard other stories of those who were denied food stamps because their car’s value was more than $4,650 and a car loan wasn’t considered in discounting its value. In a rural area like Appalachia, workers need reliable transportation to get anywhere—to work, to day care, to the store. It was sad to learn that federal programs established to help people in need are too often failing to accomplish their purpose.

The limited number of people we met and places we visited does not paint a complete picture. It is a telling indicator of the nature of hunger in our country. Hunger is a hidden plague, but a real one. Those who are hungry rarely lobby for help or speak about their plight, too often they are ashamed and don’t have the wherewithal to speak out. Hunger is hidden because the majority of Americans are comfortable and do not want to know about those in need. Policy makers and journalists, those who could make the biggest difference, are guilty of ignoring Americans who most need our attention.

RECOMMENDATIONS

(1) Food banks and the front-line emergency food-providing agencies who are feeding hungry and poor people should be given the food and resources they need to address the increasing needs. With all the discussions of congregations and faith-based organizations caring for those in need, federal and state governments have failed to recognize and expand the support they provide to these charities. The Emergency Food Assistance Program (TEFAP) provides government commodities for food banks to distribute through their networks; it should be immediately expanded.

“Bonus commodities” should be increased to benefit farmers while also helping hungry Americans. Funds for administrative costs should be increased to cover the high distribution and transportation costs. Additionally, the Commodity Supplemental Feeding Program (CSFIP) desperately needs to be expanded to include more individuals and more states. It took Ohio more than ten years to gain admission into the program. Many more women, children and senior citizens would benefit tremendously from receiving a supplement for their monthly groceries.

(2) The federal elderly nutrition programs are in sore need of attention. The Older Americans Act, which authorizes the Meals-on-Wheels and Congregate Meals programs, has not been reauthorized in more than seven years. We need to put these essential programs back on solid ground. Congress also needs to increase the meal reimbursement rate immediately. Despite a slight increase in funding over the past couple of years, the steep rise in demand for meals and their increasing cost of providing these services has hurt senior nutrition sponsors in their quest to provide nutritious meals to senior citizens.

The current rate of USDA reimbursement is a shameful $.54 per meal, a drop of 35 percent in real value since 1993. This puts the organizations dedicated to serving our seniors in a precarious position and is an immoral policy toward “the Greatest Generation.” Seniors can only hold so many bake sales to pay for these costs. These meals ultimately reduce the overall federal expenditures required for long-term nursing home care by helping our seniors to maintain independent living situations. As we know, nutrition is the cheapest form of medicine.

(3) The food stamp program, America’s first line of defense against widespread hunger, requires some essential changes. Some of these adjustments must be made on the federal level, but states already have the authority to make some of these improvements on their own.

First, the vehicle allowance needs to be updated. Currently, if a food stamp recipient owns a car worth more than $4,650, his or her benefits will be slashed or revoked. In rural and suburban areas, reliable transportation is essential for people to get to work—a requirement under welfare reform. The federal government should exempt the value of one vehicle from a family’s asset limits.

Second, the shelter cap deduction should be increased to permit food stamp recipients who spend more than 50 percent of their limited income on housing to deduct excessive costs when determining food stamp benefits. Third, Congress must adjust the food stamp level from the Thrifty Meal Plan, which pays just $.71 per meal on average, to the Moderate Meal Plan. This no longer reflects the true cost of feeding a family.

Fourth, we need to guarantee a reasonable level of food stamp benefits, especially for the elderly and disabled. The minimum benefit level should be closer to $75 per person per month, not the current $10. It is ridiculous to force families to get by on such a small amount for food.

Fifth, the recertification process should be required once a year for those who are elderly or disabled living on fixed incomes. Working...
families should be recertified no more frequently than every six months, not every quarter. It is an extreme hardship for people who are working and are living below the poverty line to have to go to the office every three months to provide additional documentation. The paperwork should be reduced and simplified to conform with other federal assistance programs. Ohio would greatly benefit from a universal application form, instead of the current 34-page, 700-question application.

Sixth, food stamp benefits should be restored for all 18-50 year old unemployed adults without dependents, especially in regions of high unemployment. In this area of Appalachia where laborers have lost their lucrative jobs in coal mines or factories, they are now unable to access food stamp benefits.

Finally, states need to do a much better job in assisting those who are eligible for food stamps to participate. During my visits, it was clear that states are not insuring those who are eligible are able to apply and participate in the program. While recognizing the need to reduce waste, fraud and abuse, those who apply for food stamps should not be made to feel like criminals less than human. These people are in need and should be treated with compassion and dignity. Office hours and procedures should be expanded to accommodate those who are working full-time or more than one job. It is apparent that states are overly focused on quality control compliance, instead of serving those who are categorically eligible for food stamps.

SUMMATION

It is unconscionable that the richest country in the world’s history cannot find the resources to feed its most vulnerable citizens. We find the money we need to pay for new weapons systems, tax cuts for those who are already wealthy, and everything else that we think is important.

Congress has an obligation to include those in need in its focus. And all Americans have a responsibility to do what they can in the struggle to end hunger.

I wish that I did not take this trip because there was no hunger in Appalachia or anywhere else in America. I wish that I did not have to spend the time and effort to address these humanitarian issues because there weren’t any problems. I wish that we could declare hunger solved and move on to some other issue. But there are problems and we must do better to care for the least of these among us.

EXPRESSIONS REGARDING BENEFITS OF MUSIC EDUCATION

HON. KAREN McCARTHY
OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Tuesday, June 13, 2000

Ms. McCARTHY of Missouri. Mr. Speaker, I rise today to voice my strong support of H. Con. Res. 266, expressing the sense of the Congress regarding the benefits of music education.

Music education has a long history, dating back to Ancient Greece. As part of a standard education, music was used to teach math and science, including the Pythagorean theorem to teach a balanced individual. As a former educator, I know that an important component to youth development and a key solution to youth violence is access to art and music education in our schools. College Board studies have shown that students who play an instrument score significantly higher on their Scholastic Aptitude Tests than those who do not. High risk elementary students who participated in an arts program for one year gained eight percentile points on standardized language arts tests. Those who have exposure to music and art are less likely to have discipline problems. If we are serious about improving student achievement and curtailing youth violence in our schools, we must find adequate funding to bring music back into our children’s lives.

Missouri’s fifth district has taken major steps toward integrating arts education into the daily routine in schools. Magnet schools such as the Paseo Academy of Visual and Performing Arts and the Kansas City Middle School of the Arts teach students to create music, art, dance, and drama. Missouri’s fourth district is now unable to access food stamp benefits. These schools have improved student test scores well above the district average and greatly increased parental satisfaction. Students enjoy attending school more than ever because of personal interest with the subject matter. I urge my distinguished colleagues to support this measure.

Because of the vast amount of research proving the benefits of music education, we need to invest in more programs which will spark student interest in music such as the National Endowment for the Arts (NEA) sponsored “Challenge America” initiative which would provide $50 million to more than 1,100 communities, bringing the arts and music to regions previously underserved by cultural programming.

Music and art education remains important in the lives of children. From infants listening to classical music to facilitate brain development, to elementary students learning about music related careers from their favorite musicians, to high school instrument students who achieve above average SAT scores, the importance of music education cannot be denied. I urge my distinguished colleagues to continue to support music and art education programs such as “Challenge America” which contribute to the success of students as they become members of our democracy.

IN TRIBUTE TO EARL T. SHINHOSTER

HON. EVA M. CLAYTON
OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2000

Mrs. CLAYTON. Mr. Speaker, it is with great sadness that I rise to express my condolences to the family of Mr. Earl T. Shinhoster, whose tragic and untimely passing we mourn. His wife, Ruby, and his son, Michael Omar, should know, that while their grief is heavy, comfort may be found in those close to them, friends and family, who will gather on Friday morning, June 16th, to acclaim his life. This husband and father was indeed an American hero, the Wind beneath the Wings of a reborn and revitalized NAACP.

For more than 30 years, Earl T. Shinhoster gave of himself to the NAACP, serving in a range of roles and assuming the highest staff position when that organization was at its lowest. With the same dedication and determination that typified his tenure, in 1996, he grabbed the reins of the NAACP and, as Executive Director, brought it from the brink of bankruptcy to a bastion of brightness. Whether in Africa, his birth state of Georgia or across the Nation, he reminded us that voting is the most important because all other rights grow from that right.

Earl has now been called to rest and to reside in a place of total peace. God’s finger has gently touched him and he now sleeps. I am confident that he has left a lasting impression on those who came to know him, and the principles that guided him will now serve as guideposts for those he leaves behind. I am also certain that throughout his life, he remained a caring friend, a devoted and loving family member, and a committed and dedicated father and husband. He shall surely be missed. I feel certain, however, that he would want all of us to rejoice in his life and the time he spent on this earth.

The passing of a loved one is always very hard to understand, but God has the situation in-hand. Ecclesiastes, Chapter 3, Verses 1 through 8 is instructive. It reads in part, “To every purpose under the heaven.... A time is allotted for every purpose under the heavens. A time to cast away stones; a time to gather stones; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones; a time to gather stones; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to cease seeking; a time to receive, and a time to despise; a time to keep silence, and a time to speak; a time to love, and a time to恨; a time to war, and a time for peace. A time to build, and a time to destroy; a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones; a time to gather stones; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to cease seeking; a time to receive, and a time to despise; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time to war, and a time for peace.”

And, a special word for Ruby and Michael Omar. It is my hope that your family will be comforted by the fact that God is infinite and infinite wisdom does not make mistakes. Your husband and father will live on forever in your hearts and minds through your cherished memories of his life and the time you had with him. Please continue to support one another, and I will pray for God’s rich blessings on each of you. May God comfort and help your family and friends and help all of you to hold on to treasured yesterdays; and reach out with courage and hope to tomorrow, knowing that your beloved is with God. Death is not the end of life. It is the beginning of an eternal sleep.

Earl T. Shinhoster lived his life in sacrifice so that millions of us could live our lives in pride. He has labored long. He now rests.