

when a friend asks you a question, such as "Do you want to smoke?" Do not speak in a weak voice or have poor posture while you tell your friend you are not interested. Your friend will just keep nagging at you to smoke because he knows that you are unsure. To show your confidence, you must have excellent posture by standing up straight with shoulders back and chin up. Look your friend right in the eye and maintain eye contact. You then must speak clearly and respectfully. Remember to stay calm and say no thank you. If you are confident your friend will stop asking you to smoke. Hopefully, your friend will ask you if you want to do some other activity.

I really loved D.A.R.E. I think that D.A.R.E. will actually help me in the future by knowing how to say no to drugs. I believe that it is extremely important to be drug free. If you take drugs you are basically throwing away your life because you might become addicted and think you must have drugs. I also think it is important that my friends and family do not do drugs. If you are drug free you can enjoy sports like, skiing, soccer, football, basketball, hockey, and other activities. You will also live a longer and have a better life if you don't do drugs. I have truthfully enjoyed learning about drugs and other D.A.R.E. topics. I will always continue to be 100% drug free.

(By Rachael T. Williams)

D.A.R.E. is something everybody can listen to. Drug Abuse Resistance Education. D.A.R.E. helps kids understand the cautions of drugs and alcohol from the start, and that nothing is real on advertising. Those are only two of the millions of things that D.A.R.E. teaches you!

Alcohol isn't something that helps you grow or something to play with. Alcohol is loss of self-control or even coma and death! Yes, you can drink once you're over twenty-one, but that doesn't give you the right to go party until four in the morning! Alcohol is a very dangerous thing. It is something you should never drink if you're under age, not even if someone calls you chicken. Even if they try to act tougher than you are, they're not. They're not stronger than you are, or cooler, or smarter than you are. It may seem like they're cooler but truly they're not.

You may look into a magazine and flip a few pages and then see an advertisement, and you will see people smoking cigarettes and having a great time. Well guess what, that is not reality. Reality is yellow teeth and sickness and your lungs turning black and failing. Cigarettes or cigars aren't a pool filled with fun. It causes breathing problems or heart disease and even cancer in your lungs, mouth, throat, bladder, and kidney! Smoking is just a big black hole of emptiness! So, don't listen to advertisements.

Peer pressure happens to everybody. It can happen on the bus, at recess, or even walking home from school. Sometimes people will be pressuring you about drugs or sometimes alcohol. They will make it seem fun and make it look like the answer to your prayers. Well, it's not. There are a lot of ways to say no like using humor or standing up for yourself. Those are just two ways to say no. D.A.R.E. will teach you many other ways.

D.A.R.E. is an awesome place to learn about drugs and how they can hurt you. I love going to D.A.R.E. Before D.A.R.E. I didn't even know half of the cautions of drugs and alcohol and how risky it is to drink or smoke. I know now that one day I'm going to be offered a cigarette or some alcohol, and I know exactly what to say: "NO!"

I'll walk away and never trust a person like that again. Now I'll remember that no is the way to go.

(By Colin Ceresa)

In fifth grade we take a special class called D.A.R.E. D.A.R.E. stands for Drug Abuse Resistance Education. My D.A.R.E. teacher, Deputy Ridgley, teaches us the dangers of drugs and alcohol, how to say no, and how to avoid dangerous situations.

Smoking can do horrible things to your body. Did you know smoking can turn your lungs black? Smoking makes it hard to breathe and makes you dizzy. It makes your breath smell, turns your teeth yellow, dries your skin out and causes wrinkles. There are 200 known poisons in cigarette smoke. Smoking is the most common cause of lung cancer. I feel that smoking is very wrong. My Pop-Pop started smoking during the Viet Nam War and then smoked for 40 years. Luckily he quit a few years ago and is doing fine.

If you want to avoid all these bad things you need to be able to say no!! Saying no can help you avoid many dangerous situations. You can say no in many ways. You could ignore the person offering you drugs. You could give a reason or fact to the person who is offering you drugs and tell them why they are bad for you, or you could walk away from the person who is offering you drugs. Saying no can change your life in so many ways. Saying no could even save your life.

I feel that all of the information that I learned in D.A.R.E. will help me a lot in the future. I know how bad alcohol, drugs and tobacco are for you. I also learned that you need to be confident and not let your friends pressure you into doing something that is illegal or will hurt you. D.A.R.E. has helped show me the importance of just saying NO!

(By Emily Ready)

"Good afternoon, guys. Today we're going to talk about..." Every single year, fifth graders in Loudon County take a class called D.A.R.E. D.A.R.E. stands for Drug Abuse Resistance Education. A deputy from Loudon County Sheriff's office comes and teaches you. Some of my favorite things that we learned about were tobacco, alcohol, and peer pressure.

Coughing, yellow teeth, cancer? These are just some of the things tobacco does to you. Cigarettes contain tobacco, and smoking is the main cause of heart disease. More than 400,000 people die every year from smoking. It can also turn your lungs from natural pink to sickening black. My thoughts on tobacco are tobacco is a horrible thing, and if you use it, you are ruining your life!

Jail, comas, and possible death are only a few of the things too much alcohol can get you. Alcohol is in beer, wine, and liquor. It slows down your brain and your body. In case you're wondering, most teenagers DON'T drink alcohol. I think if people were more responsible with alcohol, it wouldn't be a problem.

Peer pressure is when other people, friends or not, try to get you to do something you may or may not wish to do. Some people can be mean about it, or some will be nice and it can be something good for you. If it's bad, just say NO! I think if it's mean or bad peer pressure, we don't need it! It can hurt people's feelings and make them do something dangerous or awful that can hurt them or other people.

I really enjoyed the D.A.R.E. program this year. It showed me just how dangerous smoking and underage drinking really are. I

believe it is important to stay drug-free because you can destroy yourself, your family, and your future. So, I, Emily Ready, promise to stay drug-free and stay a non-tobacco user and a nonunderage drinker.

(By Nick Carroll)

"Lost another one to drugs because of over use of alcohol," sighed Dr. Smith. That won't happen to me because I took D.A.R.E. class. D.A.R.E. stands for Drug Abuse Resistance Education. During D.A.R.E. we learned about alcohol, inhalants, marijuana, and tobacco. We learned about more than just drugs. We learned how to say no and about the D.A.R.E. decision making model. We also learned about how dangerous inhalants can be and the tricks of advertisement.

Inhalants can be used as a type of drug. It can be made using household products concentrated in a certain place (like in a paper bag). They are very dangerous! It can kill you instantly even if you're doing it for the first time. Inhalants can damage your brain and liver. You might suffer from a loss of smell, depression, and can cause a heart attack! It can also suffocate you. It will starve your body of oxygen and force your heart to beat irregularly and more rapidly. You could get sores in the mouth and nose. Chronic users can have muscle wasting and reduced muscle tone and strength. Inhalants can cause nausea and nosebleeds. Inhalants are one of the things that kill many children each year. Inhalants can cause most of these problems without you knowing it until it's too late.

Advertising is one of the ways drug companies get people to buy their stuff. One of the ways they do it is to show famous celebrities drinking beer or smoking a cigarette. They also show happy people with beer, wine, or a cigarette. They put advertisements almost everywhere you could look. They put them on TV commercials, in magazines, billboards, and many other places. They think that by putting them in a lot of places they are getting more customers and it works, people go for the advertisements.

I think D.A.R.E. was an exciting subject. We learned many things from our instructor, Deputy Ridgley. She made it enjoyable to learn about drugs and how to stay drug free. Deputy Ridgley told us many stories, which made it exciting. I think that it is important to stay drug free to keep from getting sick or hurt from different drugs. I will stay drug free to keep from getting sick or hurt by drugs!

INTRODUCTION OF IRAN GAS QUARANTINE RESOLUTION

HON. MARK STEVEN KIRK

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. KIRK. Mr. Speaker, today, I am reintroducing a resolution with Congressman ROBERT ANDREWS (D-NJ) which emphasizes that the crisis regarding Iran's nuclear program should be resolved primarily through diplomatic means. I choose diplomacy over conflict; and I believe the United States and our allies can achieve our ends to the Iranian nuclear program without firing a shot. By focusing on Iran's reliance on gasoline imports, this concurrent resolution suggests a thoughtful and effective approach to diplomacy with Iran.

The resolution I introduce today states that as part of the diplomatic effort, the United States should consider a gasoline quarantine, organized and enforced by a multilateral coalition of nations. This action would be a strong yet prudent action to dissuade Iran from joining the nuclear club.

Despite its wealth of crude oil, Iran imports nearly 40 percent of its refined gasoline. For years, the Iranian regime has subsidized this imported gasoline by \$3 billion a year to keep prices artificially low in order to maintain economic and political stability. A quarantine, and the resulting spike in prices, would be catastrophic to the regime's stability.

The Iranian economy is nearly at its breaking point due to crushing unemployment, inflation, and the rush of foreign investors leaving the Islamic Republic. A quarantine would push the government's ability to spend to the breaking point, forcing them to consider compromise.

Congressman ANDREWS and I introduced a similar resolution, House Concurrent Resolution 177, on June 14, 2005. Since that time, Iran selected an unpredictable and belligerent new leader. Iran has restarted uranium enrichment and paraded missiles through the street with banners saying "Death to America" and "Wipe Israel off the Map." This resolution reflects the current situation with respect to Iran, and suggests an innovative solution to the nuclear impasse.

I want to thank my good friend Congressman ROBERT ANDREWS for being the lead cosponsor of this legislation. I look forward to working with him and my other colleagues on this important foreign policy initiative.

SUPPORTING THE MUSLIMS CARE PROGRAM OF COMMUNITY SERVICES

HON. CHARLES B. RANGEL

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. RANGEL. Mr. Speaker, I rise today to enter into the RECORD, my heartfelt support for the "Muslims Care" campaign, launched by the Council on American-Islamic Relations, CAIR, to promote volunteerism in the Islamic community. CAIR is asking Muslims across the country to volunteer their time for raising health awareness, helping the needy and supporting activities for youth. Using verses from the Qur'an and Hadith, the "Muslims Care" tool kit (available in www.muslims-care.org), is encouraging local mosques to participate and promote volunteering programs such as blood drives, health awareness, student tutoring, etc.

First of all, the "Muslims Care" program has a community benefits focus, which can potentially bring together people from a multitude of backgrounds and interests. Moreover, it offers an opportunity to weave Muslims and Islamic identity into the American sociocultural fabric, a viable approach to counter the misinformation that is out there about Islam and Muslims. Lastly, a recent survey, conducted by CAIR, showed that the majority of Americans promised to change their views about Islam if Muslims are seen to be concerned about

healthcare, education, economy, issues that plague the average American. The "Muslims Care" campaign is an excellent way to overcome this us/them mentality and the prejudices about Islam and Muslims.

I heartily support this undertaking by CAIR, as well as their other programs that promote cross-cultural dialogue to enhance the understanding of Islam.

U.S. MUSLIMS LAUNCH ANNUAL VOLUNTEERISM CAMPAIGN

WASHINGTON, DC., May 25, 2006.—A prominent national Islamic civil rights and advocacy group today called on American Muslims to support its second annual campaign, called "Muslims Care," designed to promote volunteerism in the Islamic community.

In its summer-long initiative, the Council on American-Islamic Relations (CAIR) will offer Muslims the resources and information they need to help improve the communities in which they live. This year, CAIR will again ask Muslims across the country to focus on health awareness, helping the needy and activities for youth.

Visitors to CAIR's campaign website, www.muslims-care.org, will be able to download a toolkit containing information about how to become a volunteer and suggesting volunteer activities such as blood drives, health awareness fairs and student tutoring. CAIR is suggesting that community members visit the website to submit local volunteer opportunities and see what activities are available in their state.

The "Muslims Care" kit also offers advice to Islamic religious leaders about how they can promote volunteerism in local mosques and suggests partnering with established volunteer groups such as the American Cancer Society and Big Brother/Big Sisters.

Local Islamic leaders and imams (prayer leaders) are being encouraged to give Friday sermons on the importance of volunteerism. The "Muslims Care" toolkit has sample verses from the Quran, Islam's revered text, and hadith (Islamic traditions) to incorporate in the sermons. One tradition quotes Islam's Prophet Muhammad as saying, "The upper hand (of giving) is better than the lower hand (at receiving)," as an encouragement to provide for those less fortunate.

"As Muslims, we are encouraged to work to improve the communities in which we live," said CAIR Communication Coordinator Rabiah Ahmed.

Ahmed cited a recently-conducted CAIR opinion survey showing that a majority of Americans said they would change their views about Islam and Muslims if they perceived that Muslims were more concerned about issues such as healthcare, education and the economy.

CAIR, America's largest Islamic civil liberties group, has 32 offices and chapters nationwide and in Canada. Its mission is to enhance the understanding of Islam, encourage dialogue, protect civil liberties, empower American Muslims, and build coalitions that promote justice and mutual understanding.

TRIBUTE TO DICK LAWLER

HON. SHERWOOD BOEHLERT

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. BOEHLERT. Mr. Speaker, I rise today to honor Dick Lawler, a long-time friend, who

after dedicating 35 years of his heart and soul to the field of journalism has reached one of life's greatest milestones, and will finally take his well-deserved retirement.

Dick is known by his peers as someone with an invigorating ability to reach people in a way that leaves a lasting positive impression. Evidence of such can be found in one of Dick's classic euphemisms, "If it were easy, everyone would do it." Those words speak volume to the character of this great man.

That said Mr. Speaker, if it were easy, everyone would have a loving wife, devoted children, and adoring grandchildren. Everyone would raise a family worthy of respect from their friends and peers.

If it were easy, everyone would devote themselves to their community. We would all find the time to help children, serve our neighbors, and make the community that raised us a better place to grow up in.

If it were easy we would all be passionate about our jobs and our professions. Our work would exhibit the enthusiasm we feel every day, and our patrons would recognize the joy we feel from serving them. We would become legends in our own time, and admired for our skills.

If it were easy, everyone would do it.

For over 35 years, Dick has been a consummate journalistic professional who has sought to further hone and craft his skills every day. He is a man who was dedicated to the pursuit of both truth and a good story. A man who sat with Henry Kissinger, Robert F. Kennedy, school children, and shopkeepers equally.

In his private life he has dedicated countless hours to raising funds for children's hospitals and improving our community. It is these good works that have truly endeared him to us. For many years, my wife and I have often been privileged to share the company of his family. From backyard barbecues to cheering on our hometown Utica Blue Sox with our fellow "bleacher bums," Dick and his wife Jackie have always been a treasured part of our lives.

Very little in life is easy, but Dick has always managed to approach life with a grace and simplicity that makes it seem effortless. As a journalist, a father, and a friend, Dick has spent the last 35 years tantalizing us with how easy life can seem when you work hard to reach your goals.

I wish him tremendous success in his retirement from journalism, I know all too well that it is never easy to leave your passion. And if it truly were that easy, everyone would do it.

INTRODUCTION OF THE STORMWATER ENFORCEMENT AND PERMITTING ACT OF 2006

HON. GARY G. MILLER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, June 8, 2006

Mr. GARY G. MILLER of California. Mr. Speaker, as a homebuilder for over 35 years, I rise today in support of the Stormwater Enforcement and Permitting Act of 2006, a bill introduced by Water Resources and Environment Subcommittee Chairman DUNCAN to