

EXTENSIONS OF REMARKS

ESSAY BY RACHEL SPELLMAN

HON. JOHN B. LARSON

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. LARSON of Connecticut. Mr. Speaker, I rise today to insert an essay by one of my constituents, Ms. Rachel Spellman, into the CONGRESSIONAL RECORD. Rachel's eloquent remarks regarding her struggle with cancer have been an inspiration to me and I believe that we all can benefit from her positive outlook and the thankfulness with which she greets each day. Therefore, Mr. Speaker, I would urge my colleagues to read this wonderful essay and join me in saluting Rachel for her strength in her battle with this disease.

I CAN BREATHE

(By Rachel Spellman)

You have cancer. Imagine hearing that. You have cancer. I was only two and didn't understand. Everyone has to go to the hospital everyday and get tested, pricked, poked and x-rayed, right? I hadn't the faintest idea how in danger my life was. I am glad I was so young and naive, so I didn't emotionally fall apart. But it does bother me that I cannot remember anything. Only little flashbacks and stories from my parents can evoke the slightest hint of a memory. I am fighting an emotional and sometimes a physical battle everyday. I learn to take one day at a time. I can do it. Just one day at a time.

Having lived with cancer has taught me many of life's hard lessons. I feel an immense appreciation for life itself. Just being alive. Now, eleven years in remission, I know how lucky I am and I am so very grateful for my second chance. My experience has taught me to believe in something stronger than myself. I learned to have hope and faith during hard times. One must slow down to notice the small things and how simply pure and wonderful they are. Even those little, annoying things you know you wouldn't have any other way.

The doctor called my parents three days early and he said to come in right away. It's not important. I had myelodysplasia, a malignant disease of the bone marrow cells. Chemotherapy and radiation were not enough. I needed a bone marrow transplant. Allyson, my sister, was a match. I was very lucky. It is very hard to find donors. The procedure hurt her more than it hurt me. I was in the hospital for about 4 months straight. The next year I was in, on and off, for follow up. I had an IV put in my chest to put meds, and sometimes food, through. I still have a scar on my neck and chest from it. I was on immunosuppressive drugs for 8 years, until I was 10. An endless list of pills and liquids to take everyday. I am now doing much better and only go to the hospital about every three months or so. It's very hard to listen to people tell me about their little cuts and bruises when I know the things that really do hurt.

I often feel alienated and different. "Friends" do not understand me, but I really shouldn't expect them to. That doesn't make it any easier. I am so different. Girls talk of their highlights and sloppily braid each other's hair. Looking in the mirror, I think

about how great it would feel to pull my hair back into a ponytail and not have a wig fall off. Flowing. Like the little mermaid, her long hair dancing about her as she swims. Yeah, that's it, I want to be Ariel. It really would be great. In gym class the kids are sweeping past, I am unable to keep up. My skin is scarred. My hands are wrinkly. I am constantly being mistaken for 10 when actually being 14. The list could go on forever. But what hurts the most is not having a friend to talk with. No one ever takes me seriously. I often blame this lack of true companions on cancer. I find my favorite part of the day is coming home. I finally get to remove the things that I use to try to fit in and appear normal. Shut the front door, take off the heeled shoes, remove the itchy wig to reveal my short dull brown wisps, and slip into some comfy clothes that are more me. I feel like a player exiting the stage. Removing my costume, I shake off the character of the day. On stage, I must hide my true emotions and let this other character shine through. I get so good at it, I even fool myself.

However, the tears are real; that is irrefutable. That is when I know I have stopped pretending. Show's over. My mother, a strong and inspiring woman, has always been there for me, but this need to connect with peers is overwhelming. Sometimes, I feel guilty for my emotions. There are so many amazing things about life! What right do I have to feel like this? I am selfish. I'm alive, aren't I? Survivor guild perhaps. My mother says its OK to be upset. I guess I believe her. Juggling these feelings and those of a regular teenager can get very nerve racking. I'm not sure of too much, but I know one thing. It'll take time. Just time.

One must remember that painful days will pass. Often they pass too soon. Waste not your time here; we live in a wonderful place. Smile. Take pleasure in the simple things and see the complicated ones as a challenge, a new journey. The little stresses of each day should be seen as a comedy of errors; enjoy your mistakes and remember to keep your life in perspective. Above all, love. Love simply the fact that you are here, and that when you awake each morning, you can breathe. For your breath might stagger occasionally, but you're still going. In. Out. In. Out. One day at a time. In. Out. In.

TRIBUTE TO DAVID LUCCHETTI

HON. ROBERT T. MATSUI

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. MATSUI. Mr. Speaker, I rise in tribute to David Lucchetti, one of Sacramento's most outstanding citizen leaders. David is retiring after many years of wonderful contributions to the Sacramento Neighborhood Housing Service Board of Trustees. As his friends and family gather to celebrate David's numerous achievements, I ask all of my colleagues to join with me in saluting one of Sacramento's most accomplished citizens.

David began his illustrious career in 1970 when he was hired by Anderson Lumber Com-

pany, a division of Pacific Coast Building Products, Inc. Through his trademark hard work and dedication, David was named the Chief Financial Officer for Pacific Coast Building Products in 1979. Under his leadership, Pacific Coast Building Products was awarded the prestigious "Best in the Business" awarded by the Sacramento Chamber of Commerce. In addition, the company was also recently recognized as one of the ten Most Admired Companies in the Sacramento area. Perhaps, most impressively, the company has maintained a regular presence on the influential Forbes 500 list under David's tenure. All in all, David has steadfastly represented the interests of Pacific Coast Building Products with great honor and results for the past three decades.

Aside from his contributions to Pacific Coast Building Products, David has also offered his valuable services to a number of worthy community organizations. David has been a long time member of the Big Brother/Big Sisters Foundation. In addition David has also been a member of the Sutter Club, California State University Sacramento, the Sacramento Business Advisory Board, and a Board of Trustee member to the Sacramento Regional Foundation and Sacramento Neighborhood Housing Service. David is also associated with Succeed Catholic Social Service.

It is not surprising that David has been widely recognized for his involvement in the community. In 1996, David was named by the Sacramento Diocese as the Distinguished Catholic School Graduate of the year. Earlier in 1993, David was appointed by Governor Pete Wilson to serve on the California Contractors State License Board. In 1997, David and his wife, Chris, were the proud recipients of the Philanthropist Couple Award in recognition for all their charitable work over the years.

Dave's unparalleled success in the boardroom and in the community truly makes him one of Sacramento's most accomplished and treasured citizens. His commitment to help others is a shining example to everyone who follows his leadership.

Mr. Speaker, as David Lucchetti's friends and family gather for his honorary luncheon, I am honored to pay tribute to one of Sacramento's most honorable residents. His successes are considerable, and it is a great honor for me to have the opportunity to pay tribute to his contributions. I ask all my colleagues to join with me in wishing David Lucchetti continued success in all his future endeavors.

TRIBUTE TO THE HONORABLE
SANDRA L. KOFFMAN

HON. SAM FARR

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. FARR of California. Mr. Speaker, I rise today to recognize a very special woman, the

• This "bullet" symbol identifies statements or insertions which are not spoken by a Member of the Senate on the floor.

Matter set in this typeface indicates words inserted or appended, rather than spoken, by a Member of the House on the floor.

Honorable Sandra L. Koffman, the Mayor of Pacific Grove, California. Sandy, as she is known throughout town, has been a true leader in Pacific Grove and in the wider Monterey Bay region. As she steps down after four consecutive terms as Mayor, I want to take this time to honor her public service. I think it is particularly important that this House, at the pinnacle of American democracy, honor the fundamentally important role that local elected officials such as Mayor Kaufman play in the governance of our great nation. Local politics is the foundation on which our nation rests. Members of Congress simply stand on the shoulders of the Mayors, City Council members, County Supervisors, School Board Members, and the other local elected office holders who give so generously of their time to make our communities work. Sandy is just such a local official. She is the kind of leader who is the first to arrive, the last to leave, and is always there with persistence and energy to move Pacific Grove forward.

Sandy was born and raised in Chicago, Illinois. After college, Sandy made her way to California where she began a career in retailing in the Los Angeles area. Sandy and her husband Dan moved to Pacific Grove in 1990, where she immediately became active in the community, serving as a docent for the Monterey Bay Aquarium, cofounding Pacific Grove Eco-Corps in 1991 and the Pacific Grove Residents Association in 1993, and participating in the Pacific Grove Chamber of Commerce and many other local, national and international organizations. In 1994, the citizens of her adopted city elected Sandy their mayor.

Since her election as mayor, Sandy has contributed in numerous ways to the improvement of Pacific Grove, including protection of the environment, preservation of historic homes, and revitalization of the downtown business district. Sandy has led the City Council effectively through major projects, including a new Youth Center, restoration of historic City Hall and an addition to the Civic Center, approved plans for affordable housing for senior citizens, and a comprehensive sewer maintenance and improvement project.

Sandy has been a highly public, accessible and outgoing Mayor, spending countless hours with all segments of the community to build consensus and bridges of understanding, and has unfailingly conducted meetings with a skillful combination of cordiality and focus. She has participated actively in regional planning and policy-making as Pacific Grove's representative to the Fort Ord Reuse Authority and other organizations, and has worked closely and effectively with the other mayors on a wide range of countywide issues.

On behalf of this House I want to commend Mayor Koffman for her dedicated service and call on her to continue her good work on behalf of the people of Pacific Grove and the United States.

TRIBUTE TO ABBA EBAN

HON. TOM LANTOS

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. LANTOS. Mr. Speaker, I rise today to pay tribute to a fallen hero in the cause of

peace, Mr. Abba Eban. In nearly a half-century of service as Israel's premier diplomat, Mr. Eban played a critical role in securing the future of his embattled nation and in defending democracy in the Middle East. News of his passing Sunday grieves all those who knew him and knew his historic work.

My wife and I had the honor of first meeting Abba Eban nearly four decades ago. Even at this early stage in his extraordinary career, he had distinguished himself as one of the most passionate, articulate and compelling voices on the world stage. In introducing President Harry S. Truman to Israel's future leaders, Mr. Eban helped forge a partnership between our two countries that has grown only stronger with the passage of time. Throughout Israel's struggle to survive, Abba Eban provided the words that emboldened the Israeli people and persuaded the world. Perhaps his finest moment came in 1967, when he addressed the United Nations in a heroic and spirited defense of Israel's right to exist. Israel's continued survival is the lasting legacy of his immortal words.

Abba Eban's Churchillian orations at the United Nations are the stuff of legend, capturing the spirit of a brave nation and captivating an anxious world. He instilled pride in all who shared his vision of a free and independent homeland for the Jewish people—and he earned the respect of all who did not. If the pen is mightier than the sword, than Abba Eban's eloquence was among the strongest weapons in Israel's arsenal. He personified his nation's fearless quest for peace.

Abba Eban was also a character the likes of whom the world may never again know. His brilliant intellect, cosmopolitan style and biting wit cast him as the consummate diplomat. He was the picture of professionalism. But behind this polished public persona was a human being who, like his countrymen, struggled to live in peace and with dignity.

Reflecting on the life of Abba Eban, we better understand that a nation's greatness is defined not by the strength of its arms or the extent of its wealth, but by the virtues of its people. Abba Eban was indeed a great and virtuous man, a most fitting emissary of a great and virtuous people. Let us commemorate his life by leading our own as he led his.

TRIBUTE TO THE HONORABLE TIM ROEMER

HON. NICK J. RAHALL II

OF WEST VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. RAHALL. Mr. Speaker, I rise today to pay tribute to one of the most highly regarded members of the House of Representatives, the ranking member of the Subcommittee on Select Education, TIM ROEMER, from Indiana's Third District.

As David Broder, the esteemed Washington journalist wrote of TIM, he is "ending a singularly useful House career by retiring."

Throughout his 12 years as a member of the House, TIM has focused on important matters aimed at improving our way of life such as education and the AmeriCorps program. Likewise, he brought his considerable talents to bear as a member of the House Permanent Select Committee on Intelligence.

Most notably, his tenure here has been marked by his consistent willingness to put aside partisan differences in effort to find reasonable and worthwhile solutions.

I recently had the privilege of working with TIM on a matter that we both considered to be very important, the Adams Memorial, which will honor our second president, John Adams, and his wife, Abigail. As the ranking member of the Resources Committee, which passed the bill out, I'm proud to say that President Bush signed the bill into law last year. Similarly, just the other day, the House passed legislation approving the Secretary of the Interior's decision on placement of the memorial.

Mr. Speaker, TIM is the embodiment of the true civil servant who interrupts his career in order to serve his Nation. And when his service is complete, he simply chooses to return to private life as still a young man with great potential for even more achievement.

While we here will miss TIM and his valuable contributions, we wish him well as he returns to private life, and most importantly, to his wife and their children.

RECOGNIZING LIEUTENANT COLONEL GARY WOODWARD

HON. DAVID L. HOBSON

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Tuesday, November 19, 2002

Mr. HOBSON. Mr. Speaker, I rise today in recognition of my constituent, Lieutenant Colonel Gary Woodward, U.S. Air Force Reserve, who will be retiring on November 30th of this year.

Col. Woodward began his service as a member of the Ohio Air National Guard, USAF Security Police (Air Police) and was a graduate of the first class of the ANG Academy of Military Sciences (NCO Academy) at the McGhee-Tyson Air Force Base in Knoxville, Tennessee.

He was commissioned a Second Lieutenant in 1972, and named Commander of the 178th Security Police unit at Springfield, Ohio. In 1974, Lt. Woodward's unit was mobilized to provide humanitarian support to the Xenia tornado disaster. Under his leadership, this unit was awarded the Air Force's Outstanding Unit Award, recognized for its excellent support to the Ministry of Defense in the United Kingdom concerning a number of successful European deployments, and also was recognized for its outstanding inspection ratings.

In 1993, Lt. Col. Woodward was promoted to his present grade and awarded the USAF Commendation Medal. In 1995, he was recognized for his professionalism and outstanding support to the Space and Missile Center, Los Angeles AFB, and three years later the U.S. Secretary of Defense acknowledged Lt. Col. Woodward's leadership as the Project Officer for the National Defense Conference at Wright-Patterson AFB. Identified as mission critical and extremely valuable to the USAF, Lt. Col. Woodward was selected and approved to continue service beyond his retirement date.

During all of this, Lt. Col. Woodward had a successful, 25-year banking career and served on the Fairborn City Council. He and his wife, Diana, still reside in Fairborn, and are the proud parents of two daughters, Elizabeth and Melody.