

General. He and his allies are doing everything they can to maintain their historic patronage system and power structures. Moreover, security forces are largely still operating as instruments of Mugabe's ZANU-PF party, condoning land takeovers and harassing MDC and civil society activists. According to Human Rights Watch, the police and army continue to use brutal force to control access to the diamond fields of Marange district in eastern Zimbabwe.

Until we see an end to these abuses and real, irreversible progress on implementation of the Global Political Agreement, I see no reason for the United States to repeal sanctions. All of us at the hearing I chaired seemed to be in agreement on that. The European Union has taken the same position after a high-level delegation visited Harare last month. Together, we need to keep the spotlight and the pressure on those who are obstructing implementation of the Global Political Agreement and continuing to perpetrate abuses. And if nothing changes, we should look for ways to ramp up that pressure.

However, keeping the pressure on Mugabe and hardliners is not a sufficient strategy in and of itself to move Zimbabwe's transition forward. We also need to take steps—both symbolic and substantive—to engage with and empower reformers within the transitional government. I am glad that the United States is already providing support to the Office of the Prime Minister, and we should look at ways we can provide technical assistance to other ministries that demonstrate a commitment to reform, especially the Ministry of Finance. In addition, shifting our humanitarian assistance in Zimbabwe to lay the groundwork for social and economic recovery can help advance the political transition. We should also consider working with like-minded donors to develop a plan and dedicated resources for Zimbabwe's economic recovery that could be leveraged for genuine democratic reform.

Mr. President, the reality is that the United States is already doing and spending a lot in Zimbabwe, but we need to better target our diplomacy and our resources toward advancing this transition. Over the last few years, our diplomats have been on the frontlines of speaking out against repression and pushing for democratic change in Zimbabwe. With the formation of the transitional government, the playing field has changed. But that does not mean we should retreat to the sidelines and stop trying to proactively advance our goals. We need to keep working with all Zimbabweans who are committed to a peaceful, democratic future to push this transition forward. In the coming months, I look forward to working with the administration to do just that.

#### 50TH ANNIVERSARY OF ICBM FORCE

Mr. ENZI. Mr. President, I rise to recognize the 20th Air Force as the U.S. Air Force celebrates the 50th anniversary of the first nuclear-tipped inter-continental ballistic missile on alert. I join my colleague Senator KENT CONRAD from North Dakota as co-chair of the Senate ICBM Coalition to pay special tribute to a force that succeeds daily in its mission of providing safety and security for our great Nation.

My first contact with F.E. Warren Air Force Base in Wyoming as an ICBM base was when I was in Boy Scouts. Our rocket troop visited an Atlas missile site near Cheyenne and we learned about the deterrent effect of this high technology. Even then, we knew this force was magnificent.

From the first ICBM placed on alert in 1959 at Vandenberg Air Force Base in California, our Nation's force has grown and adapted the delivery systems leading to today's force with three Missile Wings. Today's ICBM force has missile fields in Wyoming, North Dakota, Montana, Colorado, and Nebraska. The force partners with Hill Air Force Base in Utah and its command structure will soon transfer to Air Force Global Strike Command in Louisiana. We have a force whose direct domestic impact spans across seven States.

America's dispersed and alert Minuteman III ICBM force is a critical element of the nuclear triad and represents our country's most responsive, stabilizing, and cost-effective strategic force. The strategic nuclear forces that deterred Soviet aggression and kept the limited conflicts of the Cold War era from escalating continue to play a critical role in deterring aggression and dissuading new near-peer competitors.

The element that has unchanged in the last 50 years is the dedication of the men and women of the Air Force to safeguard and carry out this mission. This force of weapons and personnel has been deployed every hour of every day for the last 50 years. The hours on alert, being on patrol and maintaining and upgrading the missile systems are abundant.

The 20th Air Force is home to the most powerful force in our entire military. The mission of safeguarding the Nation's ICBM force has been entrusted to the best military in existence. The mission has been successful and will continue to be.

I know all Members of the Senate will join me in thanking the current and former members of the Air Force who have served in the missile fields over the last 50 years. I also thank my colleague, Senator CONRAD, for his work on behalf of on the coalition and recognizing this historic anniversary.

#### TRIBUTE TO DIANE WOLK

Mr. LEAHY. Mr. President, many of us have been touched by a family mem-

ber or friend who has been diagnosed with Alzheimer's. In fact, more than 5.3 million people in the United States are living with Alzheimer's, which translates into a new case every 70 seconds. As our Nation ages, more and more cases will develop each year and an estimated million new cases will be diagnosed annually by 2050. I am proud to be a cosponsor of S. 1492, the Alzheimer's Breakthrough Act of 2009 which helps fund Alzheimer's disease research, gives assistance to caregivers, and increases public education about prevention of Alzheimer's.

It is not just the elderly who are diagnosed with Alzheimer's. My good friend Diane Wolk of Castleton, VT, in her early fifties was diagnosed about a year and a half ago with early onset Alzheimer's. Instead of hiding her diagnosis or giving up hope, Diane now travels the State and the country sharing her experience with others. Through promoting education and early intervention, Diane helps patients and their family members recognize their symptoms and seek diagnosis and treatment. I ask unanimous consent to have printed in the RECORD a story from the Burlington Free Press about Diane's courage and perseverance in the face of an overwhelming diagnosis.

Marcelle and I are so proud of her, and of the inspiration she gives to Alzheimer's patients in Vermont and nationwide. She is a true hero.

There being no objection, the material was ordered to be printed in the RECORD, as follows:

[From the Burlington FreePress.com]

#### LESSONS FROM ALZHEIMER'S

(By Sally Pollak)

Diane Wolk spent her adult life as an educator, a teacher or principal in Vermont public schools. One day this summer, Wolk said she had another lesson she'd like to share with people—perhaps her most important.

Wolk's teaching moment came in a lounge at Fletcher Allen Health Care. She was in Burlington with her husband, Dave Wolk, to undergo an experimental treatment for Alzheimer's disease, a degenerative brain disorder Wolk was diagnosed with two years ago.

Diane Wolk wanted to tell people that in the face of confusing symptoms and diagnosis with a "scary" illness, it is both possible and important to approach the situation in an honest, upbeat and life-affirming way.

"You have to take the fear out of the diagnosis," Wolk, 58, said. "It's not a death sentence. You can curl up and die or you can do something. I'm always the teacher, and if I can help someone else, I will."

Wolk is hopeful that talking about her experience with Alzheimer's, which she developed at an unusually early age, might help others recognize symptoms, seek medical care, find courage and summon an upbeat attitude.

"I have a very easy life," she said in the hospital. "I have a wonderful husband. This is a little setback, but things are good. Very few people get out of this life unscathed. I try to stay active and upbeat. People deal with all kinds of difficult situations, and this one—it's really just bad luck."

Wolk is married to Dave Wolk, 56, the president of Castleton State College and

former Vermont Commissioner of Education. They've been married 18 years, a second marriage for both. They have four children in their 20s, two sons and two daughters.

Diane Wolk, has a Ph.D. in educational leadership from the University of Vermont, and a long and varied career in Vermont education. She's taught students from elementary school to graduate school, directed the student-teacher program at Castleton State, and served as chairwoman of the state Board of Education.

Wolk retired in 2006 from her job as principal of Northeast Elementary School in Rutland City, bringing to a finish a Vermont career that started in 1972. That year, she was hired to teach first grade at Barstow Memorial School in Chittenden, where she taught for 18 years.

Her last two years as principal in Rutland, Wolk found it increasingly difficult to run the school, she said.

"I was off my game," Wolk said. "I was getting confused, and I thought it was the stress of being principal. I was forgetting things and repeating myself. I wasn't myself."

Leaving her profession meant saying goodbye to a vital part of her life, but it was an important step in her care, her husband said.

"She loved the kids and the teachers and the families. She missed that part," Dave Wolk said. "In terms of her well-being, it was helpful to her. She recognized that intuitively."

#### "TOUGH THING TO LEARN"

The problems Diane Wolk perceived at work—memory loss, confusion, repeating herself, frustration—had been noticeable to her family and close friends since early 2004, her husband said. The family was concerned enough about the symptoms that Diane Wolk went to her doctor to check it out.

She was ultimately diagnosed with Alzheimer's disease in 2007 at the University of Vermont's Memory Center, where she saw its founder, neurologist William Pendlebury.

"It was a tough thing to learn," Wolk said. "I think I'm still absorbing it."

She has come to understand that the best approach for her is: "OK, it's a new day. Let's see what we can do."

This means Wolk—who considers herself a high-energy person—is adjusting to a slower pace. She's learned to take naps when she's tired. She tries not to "bug" her husband too much. She says she sometimes feels like she's in a haze.

"You get angry at yourself because there are these moments where you know what you want to do and you can't," Wolk said. "And it just gets very frustrating and scary."

"I've always felt that I've been in tune with my body," Wolk said. "If I need to sleep, I sleep. If I need to be in sunshine, I'll be in sunshine."

David Wolk keeps track of her medicine, her meals, her schedule and other aspects of family life. Their children are a great support and visit home often, the Wolsks said.

"We've downsized our lives," Diane Wolk said. "We pick and choose when we want to stay in or go out. I have a great group of friends, and socializing when you have Alzheimer's is very, very important."

Dave Wolk says he tries to minimize the stress in Diane's life, not an easy endeavor for a college president and primary caregiver of an Alzheimer's patient.

"She's my No. 1 priority, and president of the college is my No. 2 priority," he said.

His responsibilities include bringing Diane from their home on the Castleton campus to Fletcher Allen Health Care every six weeks for medical treatment.

She is enrolled in a clinical drug trial at UVM with intravenous infusions every 13 weeks, brain scans and memory tests.

The care provided by Pendlebury extends beyond his leading the clinical study, the Wolsks said. He is "wise and gentle," Dave Wolk said.

"He's very calm, very wise and very uplifting," Diane Wolk said. "He doesn't let you get down. He gives you the information you need and says here is what you can do with it. He's salt of the earth."

One conversation with Pendlebury was particularly important and especially hard to confront, they said. Pendlebury advised the Wolsks to complete advance directive documents, to put in writing their wishes about medical care and treatment options while they are capable of making such decisions.

"Nobody wants to realize their own death. Everybody thinks you've got plenty of time," Diane Wolk said. "But we had those choices to make. Now everybody knows exactly what our wishes are, and it ended up being very comforting."

#### "CHERISH THE MOMENT"

The Wolsks make an effort to find comfort where they can. This means hanging out with family and friends, taking a July trip to Citi Field to see Paul McCartney, Diane Wolk's other big crush, and practicing a certain acceptance of each day, each moment.

"I've been trying to embrace something akin to a Buddhist philosophy," Dave Wolk said. "I try not to lament the past and I try not to worry about the future. I'm trying to embrace the moment, cherish the moment."

Yet he is fully aware that Alzheimer's is, in his words, a "nasty, progressive disease that's full of doom and gloom."

As he cares for his wife, and makes arrangements and schedules to help ease her way through the day, Dave Wolk remains in awe of her sunny nature.

"If you approach Alzheimer's the way Diane Wolk approaches it—in a very upbeat, positive manner—I believe it can extend life. And extend the quality of life," he said.

Diane Wolk has suffered a decline in her short-term memory over the past couple of months. She is confused about the day and date, and sometimes can't remember what happened yesterday or what's planned for tomorrow.

For Diane Wolk, the "mystery of the brain" makes Alzheimer's a particularly frightening disease, she said. When people are scared of something, they shy away from it. They don't want to talk about it, she said.

"If somebody is struggling with this disease and not knowing where to go or what to do, there's a lot of help out there," Wolk said in July at the hospital.

Dave Wolk remembers the first time he and Diane went to Fletcher Allen for her IV treatment. She receives the intravenous in the oncology unit, where patients go for chemotherapy.

The Wolsks were there for seven hours, and they watched cancer patients come and go.

"Diane kept saying how fortunate we are," Dave Wolk said. "She is such an amazing, inspirational person. I know of no greater profile in courage."

#### ADDITIONAL STATEMENTS

##### EAST BAY REGIONAL PARK DISTRICT

• Mrs. BOXER. Mr. President, I take this opportunity to recognize the 75th anniversary of the East Bay Regional Park District, EBRPD.

On November 4, 1934, during the height of the Great Depression, the residents of Alameda and Contra Costa

Counties voted to form the EBRPD by a stunning 71 percent. Voters approved this park project in order to provide recreational opportunities and employment during the Great Depression. This year, we celebrate its 75th anniversary and marvel at the visionary efforts that have made EBRPD the largest regional park district in the Nation.

On June 4, 1936, EBRPD acquired its first parcel of land—2,162 acres sold to the district by the East Bay Municipal Utility District. This acreage came to host EBRPD's first three parks—Upper Wildcat Canyon, now known as Tilden, Temescal, and Roundtop, now known as Sibley. Today, EBRPD manages 65 parks on over 98,000 acres, with 1,100 miles of trails throughout Alameda and Contra Costa Counties.

The individual parks that comprise EBRPD vary greatly in size, feature, and character. There are parks on the hillsides above the cities of Berkeley and Oakland, waterfront parks along the San Francisco Bay, and a park that includes a turn-of-the-century farm in Fremont. While all parks in the district allow visitors the opportunity to enjoy open spaces, some parks also have visitor attractions including access to swimming, boating, and camping. Located within the urban metropolises of Alameda and Contra Costa Counties, EBRPD remains a cherished source of wilderness and recreation for local residents. Through wars and unrest, unprecedented population growth, and both challenging and positive economic times, EBRPD's mission of preserving land for wildlife habitat, outdoor recreation, and nature education has stood the test of time.

For 75 years, the East Bay Regional Park District has offered a recreational escape for hikers and outdoor enthusiasts and a glimpse of the region's rich history. Its parks also offer a powerful reminder of the beauty of nature and the importance of conservation efforts. I commend the EBRPD staff and volunteers for maintaining the natural beauty and historical significance of this impressive park district. With their continued stewardship, future generations will have the opportunity to enjoy our State's unique history and natural environment for many years to come.●

#### MESSAGES FROM THE PRESIDENT

Messages from the President of the United States were communicated to the Senate by Mr. Williams, one of his secretaries.

#### EXECUTIVE MESSAGES REFERRED

As in executive session the Presiding Officer laid before the Senate messages from the President of the United States submitting sundry nominations which were referred to the appropriate committees.

(The nominations received today are printed at the end of the Senate proceedings.)