

Again, thank you all for being here, and we look forward to working with all of you to increase Congressional awareness of the public safety and economic loss issues associated with tornadoes, hurricanes, tropical storms and thunderstorms, and to develop and implement an effective National Wind Hazard Reduction Program.

TRIBUTE TO THE LATE JOHN  
VOELKER

HON. SCOTT MCINNIS

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 3, 1999

Mr. MCINNIS. Mr. Speaker, I wanted to ask that we all pause for a moment to remember a man who will live forever in the hearts of all that knew him and many that didn't. John Voelker was a man who stood out to those around him. Friends remember him as a man who gave selflessly to the community. But, most of all, he enjoyed his family and friends. His wife, Louise, and two sons brought him endless joy. He was known as a good and up-right man.

People enjoyed working with him. He had many new ideas, he was willing to work hard and was regarded as a first class person in everything he did. Mr. Voelker was a civic leader. He presented new and innovative ideas for ways to make the community a better place. Recently, he had taken on a pet project which would have connected low-income residents to LEAP, a state program which helps them pay for utilities. Charity was his passion. For thirty or so years he has been involved in everything from the local civic boards to environmental groups which fought for preservation and deregulation.

Tragically, when John Voelker was on his way to Egypt for a sightseeing trip, his plane EgyptAir flight 990 crashed just off the coast of Massachusetts.

John Voelker is someone who will be missed by many. His friends and family will miss the man that they all enjoyed spending time with. The rest of us will miss the man who exemplified the selfless dignity that so few truly possess. It is with this, Mr. Speaker, that we say goodbye to a great American. He will be greatly missed.

EMPOWERMENT ZONES/ENTER-  
PRISE COMMUNITIES ENHANCE-  
MENT ACT

HON. EARL POMEROY

OF NORTH DAKOTA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 3, 1999

Mr. POMEROY. Mr. Speaker, I rise today to indicate my intent to cosponsor H.R. 2170, the Empowerment Zones and Enterprise Communities Enhancement Act of 1999. The bill is an important step toward fulfilling the promise made to areas designated as Round II Empowerment Zones and Enterprise Communities.

I strongly support the concept of Empowerment Zones/Enterprise Communities. Em-

powerment Zones and Enterprise Communities are designed to reverse the downward economic trends in urban and rural areas alike. Through the utilization of tax credits and social service credits, designated areas are able to undertake initiatives to spur long-term economic revitalization. In my state of North Dakota, the Griggs/Steele Empowerment Zone in eastern North Dakota was designated last year as a Round II Empowerment Zone. At that time, a commitment was made by the federal government to assist this area and others in creating jobs and economic opportunity. However, Round II Empowerment Zones and Enterprise Communities have yet to be fully funded, and as a result, these designated areas have been unable to reach their fullest potential.

I believe we have the responsibility to fulfill the commitment by fully funding Round II Empowerment Zones and Enterprise Communities. Even though I have concerns about the differences in funding levels between rural and urban Empowerment Zones, I believe we must move forward to provide these areas with the needed assistance to accomplish economic revitalization. However, I hope that as this legislation moves forward we can address the differences in funding between rural and urban areas to ensure each area is provided with the resources necessary to accomplish the economic revitalization the federal government promised.

LACK OF SLEEP CAN KILL

HON. ZOE LOFGREN

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, November 3, 1999

Ms. LOFGREN. Mr. Speaker, while physicians and patients now pay attention to the adverse health impacts of poor nutrition and inadequate exercise, too few people pay attention to the harm that can result from inadequate sleep.

Sleep scientists have linked such ailments as high blood pressure, cardiovascular disease, and brain damage to inadequate sleep. We are all aware that drivers who fall asleep at the wheel can kill; not enough of us realize that inadequate sleep can cause severe physical ailments. The article "Can't Sleep," published in the summer 1998 edition of Stanford Today, outlines the severity of that threat. It should be read by every physician and patient in America.

[From Stanford Today, July/Aug. 1998]  
CAN'T SLEEP—ONE OF AMERICA'S LEADING SLEEP EXPERTS REVEALS SHOCKING FACTS ABOUT YOUR SLEEPLESS NIGHTS  
(By Chris Vaughan)

It was 1972, and the pediatricians at Stanford Hospital were stumped. Raymond S., an 11-year-old boy with an array of odd symptoms, had been referred to Stanford because his doctors in the East Bay didn't know what to do. Raymond's blood pressure was so dangerously—and inexplicably—high that the 6th-grader was in danger of damage to his internal organs. Because the boy was also pathologically sleepy during the day, he was sent over to the Stanford Sleep Disorders Clinic, the first and only one of its kind in the world then.

The clinic directors—Drs. William Dement and Christian Guilleminault—diagnosed the boy's disorder as a condition they had only recently named: sleep apnea. As Raymond slept, he would literally stop breathing for anywhere between 30 and 60 seconds at a time, they found. Worse still, this would happen hundreds of times each night. When the boy stopped breathing, his brain would panic, interpreting his body's action as suffocation. The result: His blood pressure shot up, his heart pounded, and he awoke just enough to begin breathing again, but still not enough to remember the incident in the morning. Hence his excruciating daytime drowsiness. Raymond was always sleepy because he was not getting any real sleep at night.

None of the pediatricians consulted would buy the sleep clinic's diagnosis. Raymond's condition grew worse. When the boy started showing signs of heart and kidney failure, his skeptical doctors finally allowed sleep clinic physicians to cut a breathing hole in the boy's throat. The difference was fast: The boy's blood pressure dropped and his overall condition improved dramatically.

Dement would have counted this as a victory, except that the boy's primary physicians still refused to acknowledge the problem. After a few months, they wanted to close up the hole. "They still didn't understand that the hole was saving his life," Dement said. Raymond kept the breathing hole and Dement kept in touch with him for a few years. Eventually Dement lost track of him, but he expects that current practices must have allowed Raymond to have the hole closed and to use alternate therapies.

Since then Americans have learned a lot more about the importance of sleep and dangers of sleep disorders to the nation's health. Since the discovery of Rapid Eye Movement (REM) sleep 45 years ago, Dement, 69, has played a part in nearly every major development in sleep research and has attracted star students and researchers, and the money to fund their work. Former Stanford students and fellows have spread the gospel and started their own clinics and research centers around the world. Before Congress and corporations, and on national radio and television talk shows, Dement has brought an unwavering message: "Sleep disorders are killing people, and yet they are tremendously under-diagnosed."

In a report for the House Subcommittee on Health and Environment last year, he declared that sleep disorders represent one of the nation's most serious health problems, and that the need for sleep research is virtually ignored.

The numbers are stunning. More than half of Americans have suffered from a sleep disorder at some time, accordingly to a survey ordered last year by the National Sleep Foundation in Washington, D.C. Approximately 30 percent of adult Americans suffer from moderate to severe sleep disorders, and less than 5 percent are diagnosed and treated. More than 18 million people—7 percent of the population—stop breathing or struggle for breath in their sleep more than five times every hour. In the worst cases, sleepers stop breathing more than 30 times each hour, often for more than a minute. Under these conditions the heart can stop beating for 10 or 15 seconds at a time, and blood oxygen can drop to about one-fifth of normal, equivalent to that of a climber at the summit of Mt. Everest. Patients with such severe apnea can get cardiovascular disease and brain damage.

One would think that such a prevalent and dangerous disorder would receive a lot of attention and be treated aggressively. Yet Dement says that when he used a computer to