

or "pins and needles" sensations. Some may also experience pain. Speech impediments, tremors, and dizziness are other frequent complaints. Occasionally, people with MS have hearing loss.

Approximately half of all people with MS experience cognitive impairments such as difficulties with concentration, attention, memory, and poor judgment, but such symptoms are usually mild and are frequently overlooked. Depression is another common feature of MS.

The MS150 Bike Ride.

The purpose of the ride is to raise money for multiple sclerosis research and other services supported by the National MS Society. The ride typically takes place over the course of two days and are generally around 150 miles long, though they can be as short as 3 miles (for a family fun ride) or as long as 250 over five days.

Bike MS events aim to pull the whole community together by gathering support from local businesses, elected officials, residents and people living with MS. In 2008 the Society created a special website so riders can select a ride based on dates, length, location or difficulty.

Donations raised through Bike MS directly help people affected by multiple sclerosis through support programs and cutting-edge research. The Upper Midwest Chapter serves more than 17,000 people living with the disease and Bike MS makes a difference to each one.

HONORING REVEREND MAURICE MOYER

HON. JOHN C. CARNEY, JR.

OF DELAWARE

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2012

Mr. CARNEY. Mr. Speaker, I rise today to remember the Reverend Maurice Moyer who died Tuesday at age 93. Rev. Moyer was one of Delaware's most prominent civil rights leaders. As president of the Wilmington Branch of the NAACP from 1960 and 1964, Rev. Moyer led the fight for open public accommodations and fair housing.

He was part of the 1963 March on Washington and participated in the voting rights march from Selma to Montgomery in 1965.

Rev. Moyer fought tirelessly for equal rights for all and was an inspiration for everyone who knew him. He did so much to make Delaware and our country a better place for all of us.

Rev. Moyer was one of Delaware's most respected and beloved citizens. It was a privilege for me to know him personally and to join his family and friends for his 90th birthday party where we celebrated his incredible life and legacy.

I will always remember Rev. Moyer's broad smile, his strong voice and his kind heart.

My thoughts and prayers go out to his family and friends.

HONORING THE LIFE OF CONGRESSMAN DONALD PAYNE

SPEECH OF

HON. JOHN B. LARSON

OF CONNECTICUT

IN THE HOUSE OF REPRESENTATIVES

Tuesday, March 6, 2012

Mr. LARSON of Connecticut. Madam Speaker. DONALD PAYNE was a man of few words, but his actions spoke loudly and boldly for those who could not speak for themselves. He dedicated his life to helping the less fortunate, and to expanding and protecting human rights for all, both in the United States and abroad.

He served 12 distinguished terms in the U.S. House of Representatives, and was the first African American congressman from New Jersey. He served as chairman of the Congressional Black Caucus, as well as chairman of the Subcommittee on Africa, Global Health and Human Rights. His work on behalf of Darfur; his involvement in the fight against HIV and AIDS; and his extensive travels to places like Rwanda, Somalia and Haiti demonstrated the depth of his passion for social justice, and served as an example for all who seek to make the world a better place.

On a personal level, I will never forget him traveling to Connecticut for the launching of the Freedom Amistad Schooner in 2000. DONALD was also instrumental in commemorating the 200th anniversary of the abolition of the transatlantic slave trade, and ensured the success of the Amistad's anniversary trip. He himself traveled to Sierra Leone and back to honor the 53 slaves that were held aboard that fateful ship. He followed the Amistad's journey very closely, and it was through his tireless efforts that the Congressional Black Caucus succeeded in bringing the Amistad to DC.

Last year I was also fortunate to host DONALD and a delegation from the Congressional Black Caucus in Hartford to celebrate the 200th anniversary of author Harriet Beecher Stowe—the woman who wrote the book that started a great war. Given DONALD's commitment to social justice, and his respect for history, I knew it would be a meaningful and symbolic occasion. His attendance meant so much to me, and I was grateful for the chance to show him my district.

It was an honor to serve with Representative PAYNE, and he will be greatly missed by all who had the pleasure of knowing him.

PAYING TRIBUTE TO COLONEL JERRELL J. COCKRELL'S 30 YEARS OF UNIFORMED SERVICE TO OUR NATION

HON. C.W. BILL YOUNG

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2012

Mr. YOUNG of Florida. Mr. Speaker, I rise today to pay tribute to Colonel Jerrell J. Cockrell for his extraordinary dedication to duty and service to the United States of America. Colonel Cockrell will retire from the United States Army Reserve while on Active Duty in March 2012 after serving his country with integrity, dedication and visionary leadership for

over 30 years. Over his illustrious career, Colonel Cockrell has held various positions within the military medical community from Medical Platoon Leader to United States Army Reserve Army Medical Department Outsourcing Contracting Officer to Medical Observer/Trainer to Medical Training Brigade Commander, and culminating as the Chief of Staff for Army Reserve Medical Command.

While his accomplishments are numerous, these deserve special notice. Shortly after the events of September 11, 2001 he was named as the Senior Medical Coordinator of the Crisis Operations Team at Joint Forces Command. Colonel Cockrell was instrumental in ensuring the Office of Command Surgeon accomplished all assigned missions during this time of high fear and uncertainty within our Nation. In 2005, Colonel Cockrell was named Director of Army Medical Department Region at Human Resources Command where his team professionally supported over 40,000 Reserve Medical Soldiers including the management of over two-hundred, ninety day rotator healthcare professionals ensuring a continuum of Reserve physicians deployed in support of Homeland Security and the Global War on Terror. In 2007, Colonel Cockrell became the Deputy Commander and Chief of Staff of Human Resources Command in St. Louis where he ensured the success of the first ever assembly/muster of over 8,000 Inactive Ready Reserve Soldiers. The successful muster validated the efficacy of our strategic reserve and brought much needed relief to our Army at war. As Chief of Staff for Army Reserve Medical Command, Colonel Cockrell successfully managed the day to day operations of over 10,000 Reserve Soldiers with 15% to 20% being mobilized or deployed at any given time. His years of leadership and mentoring were formally recognized in 2011 when Major General David Rubenstein, Chief of the United States Army Medical Service Corps, selected him as the (United States Army Reserve) Medical Service Corps, Mentor of the Year.

Colonel Cockrell's exemplary leadership and selfless devotion to duty has touched fully two generations of Soldiers, Department of the Army Civilians, and their Families. His integrity and credibility are unsurpassed, and his expertise is unquestioned. Colonel Cockrell's 30 years of service to our Army and the Nation can only be characterized as honorable and distinguished.

Mr. Speaker, on behalf of a grateful nation, I join my colleagues today in saying thank you to Colonel Jarrell J. Cockrell for his extraordinary dedication to duty and service to his country throughout his distinguished career in the United States Army Reserve and we wish him, his wife Janice, his daughter Melissa, and son Aaron, all the best in his well-deserved retirement.

A TRIBUTE TO PAUL C. SCHLENKER

HON. TOM LATHAM

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Thursday, March 8, 2012

Mr. LATHAM. Mr. Speaker, I rise today to recognize and congratulate Paul Schlenker of Indianola for achieving the rank of Eagle Scout.

The Eagle Scout rank is the highest advancement rank in scouting. Only about five