

Nothing stops a bullet like an opportunity. I keep an open invitation to President Trump to visit my district so he can learn this himself and speak to those in the trenches, and those victimized by gun violence, instead of just demonizing in 140 characters from the safety of the White House residence.

REAFFIRM INTERNATIONAL ALLIANCES

Ms. KELLY of Illinois. Our international alliances are vital to U.S. security. Allies like Australia have never failed to answer the U.S.'s call for help. For decades, Australia and the U.S. have cooperated on everything from military and intelligence to diplomacy and trade.

Yet, now, as we face increasing tensions in the Asia Pacific, President Trump seems determined to promote instability and uncertainty.

To assist with the rebalance to Asia, the United States has 2,500 marines stationed in Darwin. This forward posture allows the U.S. greater operational flexibility and military integration with Australia.

I encourage President Trump to coordinate more closely with the State Department so he can fully understand the delicate balance of international affairs.

Historical tensions between countries like Taiwan and China, and India and Pakistan require particular attention to historical precedents and agreements.

The U.S. will gain nothing by projecting uncertainty or hostility toward our allies. They have sent their sons and daughters off to war on our behalf and formed bonds on the battlefield that will never be forgotten.

I urge my colleagues to reaffirm our international alliances and reject efforts by the administration to undermine decades of peace and security.

HONORING DR. CAROL MITCHELL

The SPEAKER pro tempore. The Chair recognizes the gentleman from Nebraska (Mr. BACON) for 5 minutes.

Mr. BACON. Mr. Speaker, I rise this morning to commemorate African American History Month by honoring one of the exceptional Americans who resides in our district in Omaha.

Dr. Carol Mitchell's career of public service and her dedication to education has made her a true hero and an inspiration to us all.

Dr. Mitchell was born and raised in, what was at the time, a segregated Port Arthur, Texas. Her identical twin sister, Bishop Sarah Davis, graduated as covaldictorians from Lincoln High School in Port Arthur. After graduation, she attended North Texas State University in Denton. North Texas State University afforded Dr. Mitchell her first educational experience with an integrated school.

During this time, Carol had the fortune of studying chemistry and geology at Morris Brown College and at Emory University through summer education programs.

Dr. Mitchell and her sister, who also attended North Texas State University, were the first African Americans initiated into the North Texas Green Jackets, a student community service organization further cultivating Dr. Mitchell's love for public service and education.

In 1970, after graduating from North Texas State University with a bachelor of science in secondary education, Dr. Mitchell married her husband, Glenn Mitchell, and moved to Omaha, Nebraska. In Omaha, she continued her work in public service, teaching science and chemistry for 15 years at Omaha Burke High School, culminating as the supervisor of all science education for the entire Omaha public school system.

In 1991, Dr. Mitchell took an instructor position at the University of Nebraska Omaha, and for the next 22 years, Dr. Mitchell educated future science teachers in the college of education. It was during this time that Dr. Mitchell earned her doctoral degree from the University of Nebraska-Lincoln.

Dr. Mitchell's public service went far beyond just the Omaha and Midwestern region, to include work and study abroad. Among her many postdoctoral accomplishments, she twice had the honor of working at Oxford University in England and through her service with the African Methodist Episcopal Church, and she conducted Summer Science Institute courses in chemistry and biology for students and teachers and countries across Southern Africa.

Since 1991, she has received 21 awards, including the STEM Legacy Award from the Empowerment Network earlier this year, and the UNO Alumni Excellence in Teaching Award in 2009.

Dr. Mitchell has led a vibrant and inspiring life of public service in education and has worked to enrich the lives of all of her students and coworkers through her love of science and education.

Her many accolades and awards throughout her life as a student, educator, and public servant attest to the legacy she has left.

Though starting life with the challenges of a segregated community, she has persevered to obtain the epitome of success and enhance our communities and Nation. Undoubtedly, Dr. Mitchell has had a lifetime of influence, and her legacy will endure for many generations to come.

IMPORTANCE OF ANIMAL WELFARE IN OUR COMMUNITIES

The SPEAKER pro tempore. The Chair recognizes the gentleman from Oregon (Mr. BLUMENAUER) for 5 minutes.

Mr. BLUMENAUER. Mr. Speaker, today we are starting efforts to reformulate the Animal Protection Caucus here for this Congress. I have been pleased for several years to serve as the

co-chair. Last Congress, it was with our friend Congressman MIKE FITZPATRICK from Pennsylvania—a bipartisan effort involving over 130 men and women in Congress who are dedicated to efforts of animal protection.

The welfare of animals says a lot about us. Animal abuse is often a precursor to domestic violence. We find that the health and welfare of animals in our communities speak to the environmental protections. We find that people who are able to deal meaningfully with animal welfare have a chance, in many cases, to have benefits that go far beyond what you would imagine.

Animals have a capacity to have a calming influence on people. We see this as volunteers bring pet rabbits to nursing homes to be able to deal with people. Animals have a way of reducing people's blood pressure. It is a great symbiotic relationship.

Here in Congress, we have a wide variety of areas that we can work on together to advance animal protections. We have strengthened laws against animal fighting. We have raised awareness about the barbaric practice of horse soring injuring them to produce the distinctive gait. We promote humane treatment of animals in agricultural research, to be able to reduce the harmful effects on animals in production of cosmetics.

We have bipartisan legislation that would allow people to have their animals at domestic violence shelters, or for emergency services.

One of the things that was most jarring for me, illustrated by what happened with Katrina—2005 hurricane in New Orleans—that there were times where people would not abandon their home because they were afraid of what would happen to their puppy.

We have seen women who are in a situation of domestic violence refuse to leave their abuser because they are afraid of what is going to happen to their kitten that would be left behind.

I am pleased that, in this Congress, the Republican co-chair is going to be my friend Congressman VERN BUCHANAN from Florida. VERN brings to this issue personal passion, energy, and new ideas. And I am quite confident we will continue the efforts with the caucus to be able to promote animal welfare, promote understanding on Capitol Hill.

We have had, on a monthly basis, bipartisan briefings of legislation with Republican and Democratic cosponsors that garner broad support. And I am hopeful together that this can be, in a time when there is more than a little contention and controversy—that this is an area that we can come together to work on, on Capitol Hill.

We are supported by organizations like the American Society for the Prevention of Cruelty to Animals, the Animal Welfare Institute, Born Free, The Humane Society; representative of the over 25,000 organizations across the country that are dedicated to animal protection.

I am hopeful that each of my colleagues will join us in this bipartisan effort, focus on simple commonsense things that we can do that bring us together to promote animal welfare, to be able to make all of God's creatures better off, and in so doing, reinforce our humanity.

AMERICAN HEART ASSOCIATION— GO RED FOR WOMEN CAMPAIGN

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Ohio (Mrs. BEATTY) for 5 minutes.

Mrs. BEATTY. Mr. Speaker, today I rise to support American Heart Association's Go Red for Women campaign.

The Go Red for Women campaign is an incredible public awareness initiative, spearheaded by the American Heart Association to promote heart-healthy lifestyles.

We have great results. Since Go Red for Women started in 2004, more than 627,000 women's lives have been saved, and I am so proud that I was an initiator and supporter of Go Red for Women in my great State of Ohio in the capital city of Columbus.

Yes, we have made great progress, Mr. Speaker, but we still have a long way to go in helping to prevent cardiovascular disease, including stroke.

Cardiovascular diseases claim more lives each year than all forms of cancer combined, and it is just not women, Mr. Speaker. That includes men, also. However, women do have a higher risk of stroke than their male counterparts.

In fact, 90 percent of all women have one or more risk factors for developing heart disease. Collectively, cardiovascular disease and stroke cause one in three women's death each year, killing approximately one woman every minute.

□ 1045

Yet, even with these eye-catching statistics, according to the American Heart Association, almost half of all the women, Mr. Speaker, are not aware of heart disease, and that it is the leading cause of death for women.

For African American women like me, the risk of heart disease is far greater. Cardiovascular disease is the leading cause of death for African American women, killing almost 50,000 annually. Of African American women ages 20 and older, 49 percent have heart disease, but only 1 in 5 African American women believe they are personally at risk.

Mr. Speaker, I was one of them. I suffered a cerebral brain stem stroke in 1999. But after my personal experience, I decided to do something about it. I decided to get more engaged, and I am so proud to say that I was appointed to serve on the American Heart Association Board, and at that time, I was the only non-healthcare professional or cardiovascular physician on the board.

That is why, Mr. Speaker, when I came to Congress, I decided that I would be engaged, and I became the co-

chair of the Congressional Heart and Stroke Coalition, where my colleagues and I work very hard to raise the awareness about the prevalence and the severity of cardiovascular disease.

Last Congress, Mr. Speaker, I introduced the Return to Work Awareness Act, which would assist survivors of stroke and other debilitating health occurrences to be able to return to work.

Mr. Speaker, I will always be an active participant in education and awareness. I will reintroduce that important piece of legislation this month, during American Heart Month, and I invite all my colleagues, Democrat and Republican, to join me in sponsoring this piece of legislation.

This month, as we celebrate American Heart Month, let us recommit ourselves to becoming more educated about cardiovascular diseases, improving our heart health, and continuing to fight against this devastating disease.

Today, Mr. Speaker, I want the Nation to know that women will stand on the Capitol steps, and we will have our photo taken, all dressed in red, because we want to stand united to help educate this Nation, that if we stand together, maybe, just maybe, we can send a strong signal to America that we can fight against this disease.

I want to personally thank Nancy Brown for allowing me to serve with her on the Board, and welcome the new CEO, Steven Houser, and so many of the volunteers across this Nation and the leaders because we know, Mr. Speaker, that we need to recognize all Americans who are battling heart disease and express gratitude to all of them.

RECESS

The SPEAKER pro tempore. Pursuant to clause 12(a) of rule I, the Chair declares the House in recess until noon today.

Accordingly (at 10 o'clock and 48 minutes a.m.), the House stood in recess.

□ 1200

AFTER RECESS

The recess having expired, the House was called to order by the Speaker at noon.

PRAYER

The Chaplain, the Reverend Patrick J. Conroy, offered the following prayer: We give You thanks, O God, for giving us another day.

There have been many prayers this day rising to You from those engaged in the political discourse of this Nation. We give You thanks for those who were able to gather at the National Prayer Breakfast and those across this land who joined their prayer intentions with the many who attended.

Bless the Members of this people's House now as they gather to do the leg-

islative work they are called to do. May their prayers this day be authentic and heard by You, the living God.

May their work be fruitful and beneficial to those whom You favor, the poor. And may all they do be done in humility and charity, knowing that we are all earthen vessels through whom Your Spirit might shine forth.

And, finally, may all that is done this day be for Your greater honor and glory.

Amen.

THE JOURNAL

The SPEAKER. The Chair has examined the Journal of the last day's proceedings and announces to the House his approval thereof.

Pursuant to clause 1, rule I, the Journal stands approved.

PLEDGE OF ALLEGIANCE

The SPEAKER. Will the gentlewoman from Florida (Ms. ROS-LEHTINEN) come forward and lead the House in the Pledge of Allegiance.

Ms. ROS-LEHTINEN led the Pledge of Allegiance as follows:

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

ANNOUNCEMENT BY THE SPEAKER

The SPEAKER. The Chair will entertain up to 15 requests for 1-minute speeches on each side of the aisle.

RECOGNIZING NATIONAL CATHOLIC SCHOOLS WEEK

(Ms. ROS-LEHTINEN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Ms. ROS-LEHTINEN. Mr. Speaker, as our Nation celebrates National Catholic Schools Week, I rise to recognize the lasting contributions of Catholic education in my south Florida community.

Carrollton School of the Sacred Heart, Our Lady of Lourdes Academy, and Immaculata-LaSalle High School are just a few of the many Catholic institutions serving my district. These schools do more than just provide their students with an excellent education, Mr. Speaker. Each one of them is also dedicated to instilling a religious grounding and moral values in our students so that they can dedicate their lives to serve our God, their families, and our community.

Congratulations to the teachers, administrators, and staff at our fantastic Catholic schools. Thank you for your dedication to building a brighter future for all of south Florida.