

Russia. It is time to impose the harshest sanctions available.

Some leaders have said that we should wait to impose more. My question to them is: If not now, when?

Ukrainians are dying in defense of their country. As we speak, their capital is surrounded by Russian forces; 500,000 Ukrainians have already fled their homes; soldiers have died; civilians have been killed; children have been murdered. The time for action is now.

Madam Speaker, I have visited Ukraine many times. I have seen the beauty of their fields, the blue of their sky. I have shaken hands with their people, heard their praise of democracy, and stood next to their leaders. The Ukrainian spirit I saw this weekend in rallies in Chicago is the same Ukrainian spirit I saw in Kyiv when I visited shortly after the Maidan.

Just 2 years ago, I met with the mayor of Kyiv right here in this building. We shared stories about the cities we represent, Chicago and Kyiv, sister cities. I promised during that meeting that the U.S. would always stand with Ukraine. We must live up to that promise.

Until we do, "Glory to Ukraine," "Slava Ukraini."

CARING FOR TEEN MENTAL HEALTH

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from California (Ms. PORTER) for 5 minutes.

Ms. PORTER. Madam Speaker, kids and teens are facing a mental health crisis.

In Orange County, the hospitalization rate for children's mental illness and substance use disorder increased 88 percent between 2010 and 2019. Just last year, our children's hospital saw a 40 percent increase in mental health admissions in its emergency department.

On March 2, National Teen Mental Health Day, we recognize that caring for mental health is a part of raising and educating our kids. Communities should support children's well-being before mental health issues become crises.

In Orange County schools, like the ones my kids attend, that work has already begun. Using funds from the American Rescue Plan, the Irvine Unified School District has hired qualified mental health specialists. These professionals are dedicated resources for mental health recovery, and they allow counselors to focus on academic issues and peer relationships and teachers to focus on education.

Together with the Children's Hospital of Orange County, schools are building safe, comfortable places for students to heal. These retreats, called WellSpaces, are supported by mental health professionals and help students with the pressures of being kids.

WellSpaces are an innovative way to ease the transition to in-person learning after pandemic school closures and

to teach mental wellness skills. Just like with physical health, even the best prevention tactics do not eliminate emergencies or stop chronic illnesses.

For kids that need more care, CHOC offers world-class treatment. CHOC's intensive outpatient program keeps children living at home with their loved ones and allows them to remain in school. This healthcare delivery keeps kids connected to their families and their teachers. CHOC built a pediatric inpatient center to give younger kids the acute care that will help them have healthier teen years.

Mental healthcare providers are moving mountains to care for our kids. Thanks to the work of dedicated professionals and health centers like CHOC, raising a family in Orange County means our kids will have the resources to stay healthy, mentally and physically. But these resources mean little if families cannot afford them or if insurers refuse to cover them.

That is why I am making sure that big insurers follow the law and cover mental healthcare. I am proud that my bill, the Mental Health Parity Compliance Act, was signed into law in 2020. This legislation provides tools to enforce the requirement that insurance companies cover mental healthcare the same way they cover physical health.

Children need lawmakers to prioritize their well-being, including mental healthcare. This means supporting high-quality, innovative programs; increasing connections between families, schools, and healthcare providers; and closing loopholes used by insurance companies to deny families affordable mental healthcare. The youth mental health crisis will not improve without investment in care.

As an Orange County mom, I am proud that my community is leading the way in responding to the youth mental health crisis. Our younger generations are counting on us to help them toward health and wellness, and I am committed to working across the aisle to get that done.

2022 SOTU VIRTUAL GUEST NAZY SHABAZIAN

Ms. PORTER. Madam Speaker, when my 1-year-old daughter, Betsy, went to daycare, I was worried. My family was in upheaval with a divorce, and Betsy was new to childcare. But when the door opened, Betsy was scooped up in a hug.

Irvine resident Nazy Shabazian provided Betsy with years of fun but firm guidance—painting, racing cars, dancing, and even snacking on Persian cucumbers.

A single parent herself, Nazy inspired me by successfully running her small business and raising two terrific daughters. During the pandemic, she adjusted to new health protocols, employee changes, and different parent schedules. Today, her business, Melody Child Care, is thriving—and so are the children in her care.

Nazy is an exemplar of the compassion and resilience that childcare pro-

viders and small businesses showed during the pandemic. I am proud to honor her as my 2022 State of the Union guest.

MOURNING THE PASSING OF REVEREND DARRELL DARLING

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

Mr. PANETTA. Madam Speaker, I rise today to recognize the passing of the Reverend Darrell Darling.

The loss of Darrell Darling hits us hard in Santa Cruz but also throughout the Central Coast, for Reverend Darling was that iconic mentor to all of us based on his longtime fight for civil rights, for equal rights, for peace, for justice, for nonviolence, and for his never-ending work for a more perfect Union.

Reverend Darling's fight began when he almost got kicked out of college for pressing its administration about its racist policies toward African Americans. Reverend Darling then went on to attend the Yale Seminary, where, in 1965, he marched with Martin Luther King from Selma to Montgomery and crossed the Edmund Pettus Bridge with our former colleague, John Lewis.

In California, Reverend Darling served in five parishes for over 25 years. After that, Darrell and his wife, Karen, ran the Darling House Bed and Breakfast, where they hosted numerous events for our community and continued to mentor young activists and future public servants.

In fact, I will never forget the conversation that I had with Darrell, seated in his backyard, that inspired me to stand here in Congress, for it was that type of impression that the Reverend Darling had on me, on Santa Cruz, and on the fight for equality in our American democracy.

Madam Speaker, I not only recognize his legacy of service, but we, in Santa Cruz, acknowledge and appreciate that Reverend Darling is why many of us stand, fight, and serve today.

MOURNING THE LOSS OF JORGE DAVID ALVARADO, JR.

Mr. PANETTA. Madam Speaker, I rise today to recognize the loss and the service of Salinas Police Officer Jorge David Alvarado, Jr.

Officer Alvarado was shot and killed in the line of duty while conducting a traffic stop on Friday night. Before I flew back here on Sunday, I visited the growing memorial for Officer Alvarado at the Salinas Police Department and joined in the mourning, the devastation, and the disbelief of his fiancée, his mother, his brethren in blue, and our entire community in Salinas.

Although the investigation of the incident is ongoing, the chief of police stated that Officer Alvarado stayed in the fight to the end and paid the ultimate price. As a result, the suspected cop killer is behind bars.

Jorge Alvarado understood what it means to give back to his community

and to his country with his time in the U.S. Army, as well as his 5 years as a police officer. Although we look back upon his commitment and actions as we mourn his loss, let us also look to Officer Alvarado's legacy of service as a way forward.

We must realize that our communities, no matter their makeup, rely on men and women who make up our police departments for order, for safety, and for our upward mobility.

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Officer Alvarado did that by not only protecting and serving Salinas, but also Officer Alvarado got up every day and left his home knowing that his job was to run to the danger and not away from it.

Madam Speaker, Officer Jorge Alvarado ran to the danger on Friday night. Let's make sure that his service, that his sacrifice, are not in vain. Let's make sure that all of us support his family and support the men and women in uniform who strive to serve and protect so that we can make it home to our families and thrive in safe communities.

FARM BILL IMPACT SERIES: CROP INSURANCE

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

Mr. MANN. Madam Speaker, in preparation for reauthorizing the farm bill in 2023, I rise today to deliver the next installment of my Farm Bill Impact Series where I am highlighting various aspects of the farm bill that deserves Congress' awareness and support.

If America is going to thrive, the people who feed, fuel, and clothe America must thrive, and the farm bill contains certain programs that have been critical to the success of agricultural producers in my district and the food security of our country. This week, I am talking about crop insurance.

I believe that crop insurance is one of the most important programs within the farm bill, and my conversation with producers, farm economists, and crop insurance agents have shaped my understanding of how critical it is to reauthorize the crop insurance title in full for 2023.

Crop insurance helps producers manage the risks that they face every day from weather, pests, disease, and market volatility; it has also been one of our Nation's best public-private partnership programs between the government, private industry, and agricultural producers. Crop insurance does two things: it benefits farmers and it benefits Americans. Crop insurance never replaces a good crop, but it lets producers stay in the game if disaster strikes and it helps to ensure that our country continues to be the most food-secure nation in the world.

I recently spoke with two Kansas farmers to get their thoughts on the importance of crop insurance. One of

them said to me, "I spend a lot of time thinking about the agronomic and economic strength of my farm. Crop insurance is the most important tool in my toolbox for ensuring my farm's economic strength in the face of my two biggest challenges: the weather and the global market. For small family operations like mine, banks want to see crop insurance before they will give you a line of credit because they want to know that you can remain resilient as an operation through times of volatility."

Another Kansas farmer told me, "The very first year I was not sure that I wanted to take out insurance. My mom convinced me to manage my risk and so I did. That year was extremely dry in the spring, and my first crop of wheat only made 12 bushels to the acre. If I didn't have crop insurance, that year would have put me in a deep hole, and I would have missed my equipment payments. I have never forgotten that, and I have carried crop insurance every year since."

There are countless stories just like these that testify to the importance of crop insurance, without which the government would be continually considering ad hoc disaster relief programs for farmers. Crop insurance is a market-based approach to risk management with a proven track record. The more we reduce the impact of risk and volatility in agriculture, the more food secure we become as a nation, and the more food secure we are, the stronger and freer we are.

I support whatever directly benefits farmers, ranchers, and ag producers in this country because they are the lifeblood of America. They keep us food secure, and therefore, free and self-determining as a nation. That is why I support crop insurance within Title XI, and why I am bringing awareness to it now, to ensure that this program remains strong in the 2023 farm bill.

I will be back on the floor soon to deliver another installment of my Farm Bill Impact Series and highlight more programs and titles within the bill that I believe this Congress must understand and support to ensure that agriculture thrives in America.

PRESIDENT BIDEN'S FIRST STATE OF THE UNION SPEECH

Mr. MANN. Madam Speaker, tonight the President will give his first State of the Union speech in this very Chamber. Unfortunately, our country is far weaker and has greatly declined in the 13½ months since President Biden took office.

His heavy-handed COVID mandates have decimated workforces and hit certain industries, like healthcare, especially hard. Crime is rising on our streets, which is a direct result of efforts to defund the police. Biden's open border policies will result in approximately 2 million apprehensions in a single year.

Our debt is approaching \$30 trillion with no end in sight. Inflation and the rising cost of practically everything

Americans need to live is wreaking havoc on our people, especially those on fixed incomes. Supply chains are in disarray.

The administration's needless war on domestic oil and gas production has led to dramatic increases at the pump and has caused the United States to once again, unfortunately, be a net oil importer.

President Biden's disastrous withdrawal from Afghanistan cost American lives and weakened our standing in the world. This weakness then emboldened Russia and resulted in Putin's invasion of Ukraine, and all the while we are doing far too little to stand up to China.

The list goes on and on. America badly needs its President to quickly and dramatically reverse course so that the state of our Union is something that we can all be proud of and that will once again be strong.

URGENCY TO PASS IMMIGRATION REFORM

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

Mr. RUIZ. Madam Speaker, I rise today on the eve of President Biden's State of the Union speech to strongly urge Congress to pass immigration reform to boost our economy, grow our GDP, and create jobs across the country.

Right now, our economy is roaring back after the depths of a global pandemic, and workers and families are still feeling the effects. As we continue this recovery and work to grow our economy, lower costs, and create jobs, it is now more crucial than ever that we secure a pathway to citizenship for the millions of hardworking, immigrant, essential workers across the country who contribute to our economy every day.

We must secure a pathway to citizenship for the farmworkers and meatpackers who feed America, the construction workers who build American cities, the restaurant and hotel workers who serve our families, and the nurses, doctors, and healthcare workers who have cared for us in this public health crisis. Now is the time to deliver on immigration reform to boost our economy and keep families together.

Members of the Congressional Hispanic Caucus join me in this fight to urgently act. That is why we have worked tirelessly with the Biden administration to enact policy changes to build a more efficient, just, fair, and humane immigration system that reflects our American values.

We have pursued an all-of-the-above and any-which-way approach to achieving immigration reform using every tool at our disposal to secure a pathway to citizenship for Dreamers, farmworkers, TPS holders, and essential workers.