

Women continue to face tremendous obstacles across a number of spheres. For example, managerial and leadership positions continue to be male dominated, with women holding approximately 27 percent of managerial roles. In the business world, on average, women hold 19.7 percent of corporate board seats. Of that number, 6.7 percent are chairs, and only 5 percent are CEOs.

The importance of representation for women in leadership, politics, law enforcement, and across every sphere is evident. In politics alone, evidence shows that more women in public decision-making and public policy produce policies that benefit women, children, and families in general. Loans given to women's businesses exponentially support families and communities. We need women.

On this International Women's Day, I pay homage to the women who have come before me and the ones who stand beside me, and I send special prayers and strength on International Women's Day to the women of Ukraine, those fighting on the front line, those bringing support and comfort to children and elders and bringing them to safety, all of the women in Ukraine, especially today.

Let us all continue the great work to break the bias and advance the cause of women's rights in our communities, our government, and our world.

#### RECOGNIZING WILLIAM WESTRICK UPON HIS APPOINTMENT TO THE UNITED STATES NAVAL ACADEMY

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

Mr. THOMPSON of Pennsylvania. Madam Speaker, I rise today to recognize and congratulate William Westrick of Ebensburg, Pennsylvania.

William recently accepted a fully qualified appointment to the United States Naval Academy in Annapolis, Maryland.

William is the son of Ryan and Carissa Westrick and the grandson of Bill Itle of Loretto, Joyce Itle of Ebensburg, Barbara Westrick of Bakerton, and Albert Westrick of Ebensburg. He has a younger sister, Sophie Westrick.

As a student at Central Cambria High School, William is active in the classroom and on the athletic field. He is a member of the National Honor Society, the 4-H Dairy Club, and the Fellowship of Christian Athletes.

Outside of school, William is a member of the Ebensburg Borough Junior Council and is employed by Vale Wood Farms.

I would like to thank William for his commitment to service and wish him the very best of luck as he embarks on this exciting new phase of life in Annapolis.

#### RECOGNIZING JOSHUA HERSHBINE UPON HIS APPOINTMENT TO THE UNITED STATES MILITARY ACADEMY

Mr. THOMPSON of Pennsylvania. Mr. Speaker, I rise today to recognize and congratulate Joshua Hershbine of Port Matilda, Pennsylvania.

Joshua recently accepted a fully qualified appointment to the United States Military Academy in West Point, New York.

Joshua is a senior at State College Area High School, where he has excelled in and out of the classroom. He is a member of the student council as well as the Fellowship of Christian Athletes.

He is an active member in his church community, spending time as an altar server, videographer, and supporting the Toys for Tots Christmas campaign.

Joshua is the son of Todd and Julie Hershbine and the grandson of the late Clarence and Dolores Farabaugh of Carrolltown and John and Kathleen Hershbine of Sanibel, Florida. He has two sisters, Brynn and Tara Hershbine.

Joshua has a clear passion for service and is a great example of what leadership looks like.

Best wishes in West Point, Joshua, and I look forward to seeing all that you achieve.

#### RECOGNIZING WILLIAM RISHEL UPON HIS APPOINTMENT TO THE UNITED STATES AIR FORCE ACADEMY

Mr. THOMPSON of Pennsylvania. Mr. Speaker, I rise today to recognize and congratulate William Rishel of Philipsburg, Pennsylvania.

William accepted a fully qualified appointment to the United States Air Force Academy in Colorado Springs, Colorado.

William is a graduate of Philipsburg-Osceola High School and currently a first-year student at Penn State University. He is the son of Jason and Ann Rishel.

In high school, William was a 4-year varsity athlete as well as a member of the National Honor Society and the Mountie Nation Service Organization. By the time he graduated high school, he had accumulated over 260 community hours of service.

As a first year at Penn State, William is an active member of the Air Force ROTC Detachment 720, and he also earned his private pilot license from University Park Airport.

I am confident William's experience in and out of the classroom will serve him well as he looks forward to this exciting new phase of life. I thank William for his commitment to our Nation and wish him the best of luck in Colorado Springs.

Mr. Speaker, it was an honor to nominate these young men. Their dedication to serving our country is inspirational. I look forward to seeing their successes in the years to come. I thank all the appointees for their commitment to our great Nation.

#### STANDING WITH UKRAINE

The SPEAKER pro tempore (Mr. STANTON). The Chair recognizes the

gentleman from New York (Mr. ESPAILLAT) for 5 minutes.

Mr. ESPAILLAT. Mr. Speaker, I rise today and stand with our brothers and sisters who are fighting for democracy, Mr. Speaker, for their country, for the world, in Ukraine.

As you may know, Mr. Speaker, New York City is a gorgeous mosaic of people from all over the world. In my district, the 13th Congressional District, I stand in solidarity with constituents that come from Ukraine, Ukrainian Americans and Ukrainians who are part of my district.

New York City stands in solidarity with them. People in the Brighton Beach area of Brooklyn, called Little Odessa today, we stand in solidarity with our Ukrainian brothers and sisters.

Vladimir Putin has waged a war—it is called Putin's war—of unprecedented proportions on the people of Ukraine, the likes of which we haven't seen since World War II, Mr. Speaker.

He continues to pound on civilian sites. As he waits to assault Kyiv, the world braces for what could be, really, an attack of unprecedented proportion as he prepares to slaughter the Ukrainian people and engage in, clearly, war crimes.

These unprovoked and unjustified attacks have caused tragic losses in human life and suffering. They are grandparents. They are moms with their little children being forced out of their homes out of fear of rocket attacks; fathers, uncles, cousins leaving their families behind to defend democracy in Ukraine and on behalf of the world.

This week, the Permanent Representative of Ukraine at the United Nations told the Security Council that hundreds of Ukrainian civilians have been killed, including children, Mr. Speaker.

Thousands of people are wounded as a result of Russia's military aggression as Vladimir Putin continues to engage, to perpetrate war crimes.

This is a war without remorse, Mr. Speaker. More than 1,000 civilians have died, and more than 1.5 million Ukrainians have been displaced, causing a humanitarian crisis.

Mr. Speaker, Mr. Putin, Vladimir Putin, has engaged in war crimes. This isn't just Putin's war on Ukraine. It is a rebuke of Western values. It is a rebuke of democratic structures. It is a rebuke of the will of the people and basic human rights. It is a rebuke of law and order and peaceful coexisting.

He has doubled down, Mr. Speaker, and has premeditatedly, illegally, and immorally engaged in this war. But those on the front lines in Ukraine are relentless in their defense of democracy.

It is our duty, Mr. Speaker, to support Ukraine to the best of our ability, to defend its freedom and sovereignty from Putin's war.

President Zelensky's message is clear. He will defend Ukrainian sovereignty and statehood to the very end,

and America must, we must, stand with him and every Ukrainian.

I commend President Biden's rallying calls to our allies in response to Russia's military invasion of Ukraine, and urge continued support for the Ukrainian people as they violently resist tyranny in the name of freedom and democracy.

Putin's actions are barbaric. They are a disregard of human rights, violating Ukrainian sovereignty and posing a threat to all of us across the planet.

His actions are hurting the people of Russia as well. Dozens of cities across Russia saw people being arrested as they demonstrated against this illegal war.

It is heartbreaking that during Women's History Month, on International Women's Day, we are witnessing thousands of Ukrainian women fleeing their homeland with their children to bordering countries.

The United States and our allies must do everything in our power to prevent this from happening again.

Mr. Speaker, I have introduced a resolution calling on Vladimir Putin and the Russians to be held accountable for war crimes.

#### SPIKING GAS PRICES

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

Mr. CLINE. Mr. Speaker, we all stand united with our allies across Europe and with the people of Ukraine against Vladimir Putin's aggression against this democratically elected country.

We also support actions to stop the purchasing of Russian oil. But without action to increase production here domestically, the American people will suffer.

It was only 2 years ago when, for the first time since the mid-1950s, under President Donald Trump's leadership, the United States was a net total energy exporter in 2019 and 2020.

This was made possible because of the Trump administration's commitment to increasing domestic production of oil and natural gas, which drove costs down and benefited American consumers.

But, sadly, look at where we are now. In just 13 months of President Biden's liberal energy policies, we are now facing skyrocketing gas prices. Even before the crisis in Russia unfolded, gas prices had increased 40 percent, marking an 8-year high.

Now, because of President Biden's Green New Deal attitude and reversal of Trump-era policies, we are once again reliant on countries overseas, and energy costs are soaring.

In my district, across the Roanoke Valley, the cost of a gallon of gas has increased nearly 72 cents in the past month alone. This increase, in and of itself, will cost the average driver \$363 a year for those who fill up three times a month. That might not seem like a

lot to Washington elites, but it sure is for folks in rural areas like mine.

I urge President Biden to pursue an American agenda to help get this country back to energy independence. If all Joe Biden does is ban Russian oil imports without increasing production domestically, we know where the blame lies for spiking gas prices: 1600 Pennsylvania Avenue.

CONGRATULATING THE STRASBURG HIGH SCHOOL WRESTLING TEAM

Mr. CLINE. Mr. Speaker, I rise today to honor the Strasburg High School wrestling team for winning this year's VHSL Class 2 State championship.

This victory marks the program's fifth overall State title and the first in 22 years.

The Rams dominated the competition, ending the tournament with a total score of 218 points. This was truly impressive, considering the runner-up, the four-time defending champion, Poquoson High School, scored only 150.5 points, meaning the margin of victory was nearly 70 points.

This win was a total team effort, with all 11 Rams wrestlers who qualified for the tournament placing in the top four of their weight class. As Coach Daniel Reynolds noted:

It is an incredible feat that we were able to bring 11 and place 11, bring six to the finals. To have three champions of six finalists is great.

The three Strasburg athletes that took home individual titles were sophomores Heath and David Burks and junior Chuck Fake.

Further, with only one graduating senior in the starting lineup this year, the prospects for another great season are high.

Congratulations again to the Strasburg High School wrestling team. They deserve it.

#### HONORING THE LIFE AND LEGACY OF NICK HELMER

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

Mr. SCHNEIDER. Mr. Speaker, I rise today to honor the life and legacy of Nick Helmer, the late, beloved mayor of Prospect Heights, and someone with whom I was proud to have a friendship.

Mayor Helmer was a dedicated public servant, serving as mayor since 2011. His tenure transformed Prospect Heights. He led the city out of a lingering recession into what he lovingly called Prosperous Heights.

Throughout his 79 years of life, Mayor Helmer shaped Prospect Heights, building a home with his wife, Gail Ann Helmer, and raising their two children, son Nick Helmer, Jr., and daughter Rebecca.

Through his work, he literally built both Prospect Heights and Chicago with a career and a passion for real estate. He was recognized as Chicago's Certified Property Manager of the Year.

One of my favorite memories was joining Mayor Helmer for the Fourth of

July parade in the parade marshal car. Over the course of the parade route, I got to see firsthand his passion for his community, his love of his constituents, and the mutual love they shared for him.

Mayor Helmer leaves a huge hole in Prospect Heights and a hole in all of our hearts. He will be sorely missed. May his memory be a blessing.

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#### IN SUPPORT OF UKRAINE

Mr. SCHNEIDER. Mr. Speaker, I rise to affirm Congress' resolute support for Ukraine and the Ukrainian people in their defense of the unprovoked, unlawful Russian invasion.

The world will hold Vladimir Putin accountable for his invasion and the actions of his armed forces. He is solely responsible for this war, its devastation, the senseless deaths of thousands of Ukrainian forces and civilians, and the forced migration of millions more. Putin's war is an affront to every nation and to all people that respect international law and self-determination.

I commend the administration's swift and strong response to unite NATO and other allies against the Russian aggression and for heeding Congress' call to ban imports of Russian oil.

In Congress, our bipartisan support for Ukraine and the Ukrainian people and for isolating and sanctioning Putin and his regime is rock solid. The United States, together with our allies, must do all we can to compel Putin to end this unwarranted, illegal war. We must do all we can to help the Ukrainian people in their struggle and their fight for their independence and their freedom. Putin must know that Americans and people of conscience around the world stand with the people of Ukraine; and that we will stand strong until Ukraine is again free.

#### HONORING AND REMEMBERING BETTY GRIFFO

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from New York (Ms. TENNEY) for 5 minutes.

Ms. TENNEY. Mr. Speaker, on International Women's Day it is fitting that I rise today to honor and remember Mrs. Betty Griffo of Rome, New York, who served our community with distinction.

Mrs. Griffo passed away this January at the age of 94 surrounded by her loving family.

Betty was a hardworking seamstress for 15 years and a woman of great faith, having been a long-time member of the Church of Saint John the Baptist, where she impacted so many lives through her intentions and rosaries.

Betty's personal struggle to fight and defeat cancer is a stirring example of her courage and tenacity. Betty's compassion for others is revealed by her commitment to help so many others through her involvement in the Relay for Life organization.