

his inner circle will be hurt or deterred by them. As Secretary Albright told me in a committee in 2019: "We have learned that comprehensive sanctions . . . hurt the people."

Collective punishment is a moral evil, especially when it is authorized with no end in sight. The embargo in Cuba has been in place for over 60 years. It has caused incredible human suffering. It has not produced its intended outcome.

Maximum pressure sanctions on Iran and Venezuela have made it hard for people living in those countries to buy food and medicine, but it has done nothing to weaken their governments.

We also know that there are a number of countries who depend on Russia and Ukraine for their food supplies. Russia and Ukraine produce one-third of the world's wheat. Already, there are reports their countries are refusing to export their own food supplies for fear of a shrinking supply.

There is a very real chance that this war and our sanctions could lead to famine in places like Sudan, which imports half of its wheat from Russia. The Russian people did not choose this war, and the Sudanese people certainly did not. Our policies should not punish them.

I don't support broad-based sanctions on any country, adversary, or ally. They are economic warfare, and we should all oppose them like we oppose military actions.

□ 1045

Madam Speaker, this war was sparked by greed, imperialism, and dehumanization. We must lead with humanity. Let us stand with not just the people of Ukraine who are giving their lives fighting off a cruel war of conquest, but also the brave Russian dissidents who are risking their own lives to stand up to Putin.

Let's stand for a world where the rule of law is respected, human rights abusers face justice, and we see each other first and foremost as fellow humans.

Madam Speaker, I pray for wisdom. I pray for justice. Above all, I pray for peace.

CONGRATULATING THE BEARDEN HIGH SCHOOL LADY BULLDOGS

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

Mr. BURCHETT. Madam Speaker, I rise today to congratulate the Bearden High School Lady Bulldogs basketball team for winning their first Tennessee Secondary School Athletic Association title in program history. Bearden won the Class 4A State championship game on March 12, defeating the Farragut Lady Admirals 52-34.

Both teams reached the State tournament after a season's worth of perseverance and teamwork. The Lady Bulldogs compiled 36 wins during the regular season while the Lady Admirals

won 39 games. In the State tournament, Bearden and Farragut sailed through the quarterfinals and semifinals to set up a clash with each other in the championship game. It was the fifth time these two teams met during the season.

This was a historic matchup, Madam Speaker. Neither Bearden nor Farragut had appeared in a girls' State championship game before that. It also marked the first time two Knox County schools competed against each other in the State championship game. Regardless of the winner of this game, Knox County would have its first girls' basketball State championship team since the Austin-East Roadrunners won it all in 2007.

As a Bearden High School alumnus, I am excited that my Lady Bulldogs were victorious in the championship, but I represent both these communities in Congress. The Lady Admirals should be proud of what they achieved this year, and I am happy to recognize Farragut for an incredibly successful season. Both squads did an excellent job representing east Tennessee in the State tournament. Congratulations to the girls and their coaches. Go, Bulldogs.

CONGRATULATING UNIVERSITY OF TENNESSEE'S BASKETBALL PROGRAMS

Mr. BURCHETT. Madam Speaker, I want to congratulate the University of Tennessee's basketball programs on making their respective 2022 NCAA tournaments. By punching their tickets to the big dance, both the men's and women's teams built on UT athletics' long history of college basketball success.

The University of Tennessee is the only school to qualify for every women's NCAA tournament. The women's program is making its 40th straight—40th straight, Madam Speaker—NCAA tournament appearance after winning 23 contests during the regular season. Competing as the number four seed in the Wichita region, the Lady Volunteers won't need to travel far for their first game of the tournament. Thompson-Boling Arena will host it in Knoxville. This venue will be the first for this year's competition, which is where the Lady Volunteers will take on the Buffalo Bulls on March 19.

On the men's side, the Volunteers defeated the Texas A&M Aggies last Saturday to win the 2022 Southeastern Conference tournament championship. It is not in my notes, but I do want to note, since Representative BARR might be watching this, we also defeated Kentucky very handily also. This is the fifth tournament championship in program history and the first since 1979. The team earned the number three seed in the South Region for its regular season performance and faces the Longwood Lancers in the first round this afternoon in Indianapolis, Indiana.

I wish the best of luck to the Lady Volunteers head coach Kellie Harper and the Volunteers men's head coach Rick Barnes, all their players, coaches,

and support staff as they compete in this year's NCAA's basketball tournament. I was also an alumnus of the University of Tennessee, and I still have 4 years of eligibility left in basketball. Go Vols.

BUDDY'S BAR-B-Q CELEBRATES 50 YEARS

Mr. BURCHETT. Madam Speaker, I rise to celebrate the 50th anniversary of Buddy's Bar-b-q, a local favorite in east Tennessee, and one of my local favorites as well. My mama and daddy and I always used to eat there after church on Sundays. It was always delicious. I ate there with my best friend Chris Heagerty last week, and it was still delicious, and it was very price conscious, I will say. It is not too expensive.

Buddy and LaMuriel Smothers dreamed of opening a restaurant that served quality, homestyle barbecue with classic southern hospitality. In 1972, they made that dream a reality by opening the first Buddy's Bar-b-q in Knoxville. It quickly became a hit. Crowds packed into the restaurant to enjoy LaMuriel's delicious recipes, which are still on the menu today, and listen to the wonderful bluegrass bands that played on Friday nights. I remember a band called Knoxville Grass used to play there, and I would sing a little bit of the tunes here, but I don't want to run everybody off or be called out.

Ten years later, of course, Buddy's Bar-b-q was featured at the 1982 World's Fair in Knoxville, where I worked at the always very loud and impressive video expo. After appearing at the fair, though, the word spread far and wide that Buddy's Bar-b-q was outstanding. The restaurant became a barbecue staple in Tennessee, a reputation that it has maintained for the past 40 years.

Complementing the outstanding food at Buddy's Bar-b-q are the restaurant's charitable efforts in our community. The restaurant launched Buddy's Race for the Cure to honor Buddy after he died of cancer in 1992 and supports Alzheimer's Tennessee in honor of LaMuriel. It also hosts Mission Mondays and supports local schools, regional nonprofits, and the University of Tennessee. Additionally, Buddy's Bar-b-q will provide catering and support for the Congressional Medal of Honor Society's annual gathering to honor all the living Medal of Honor recipients. This event is again being held in Knoxville this year for the second time, and Buddy's will provide classic southern hospitality.

I congratulate the entire Smothers family; my good friends Anthony and Lisa Edwards, Mark and Jaime Lemoncelli; and everyone involved in making Buddy's Bar-b-q a wonderful success these past 50 years. It is good. If you all ever get to Knoxville, please stop in.

SETTING THE RECORD STRAIGHT ON ENERGY

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

Mr. CASTEN. Madam Speaker, Vladimir Putin's horrific war against the Ukrainian people has all of us talking about how to prevent him and other oil-rich autocrats like him from being able to afford to commit these heinous acts in the future. It has also, all of a sudden, made everybody in this town an energy expert. I am here to set the record straight about a few things.

One, Russia is a petrostate. Fossil fuels are funding Putin's war crimes against the Ukrainian people. Fossil fuels are funding Putin's assault on democracy. Fossil fuels are funding the demise of post-World War II stability in Europe. Putin's power comes from fossil fuels and our world's dependence on them.

Two, you cannot end an addiction by increasing the supply. No amount of increased fossil fuel extraction in the United States, which, I should note, would take years, can take away Russia's influence on the global energy market. Since fossil fuels are a global commodity, as long as we depend on them, Americans will continue to be subject to wild price fluctuations based on the whims of petro-dictators.

Three, when the fossil fuel industry and the conservative politicians they bankroll go on television claiming the solution to the pain you are feeling at the pump today is to drill more in the U.S., they are lying to you. They are lying in a cynical attempt to take advantage of a tragic situation to line their own pocketbooks. You deserve the truth.

The truth is that there is only one long-term solution to stop funding oil-rich autocrats and insulate Americans from energy price inflation: Double down on our transition to cleaner, cheaper, domestically produced renewable energy and energy efficiency.

The horror that we are seeing in Ukraine makes it abundantly clear that clean energy isn't just necessary to protect against climate devastation. Preventing wars and protecting our national security demands investments in clean energy. American energy independence demands investments in clean energy. Lowering costs demands investments in clean energy.

Every day we fail to reach an agreement on the baseline climate investments that were passed in the House is a day that Americans pay the price at the pumps and oil-rich autocrats profit.

That is why I have led nearly 90 of my House colleagues in calling on President Biden to lead a climate restart to reconciliation negotiations centering the cost-saving clean energy investments as the path forward to deliver tangible results to the American people. This is a code red moment, and it cannot wait any longer.

SUPPORTING WOMEN WHO ARE SEXUALLY ABUSED

Mr. CASTEN. Madam Speaker, sexual assault is common among female students of all ages, races, and ethnicities. On college campuses, one in five women in college experience a sexual assault. Studies show that students are at the highest risk of sexual assault in the first few months of their first and second semesters in college.

This is unacceptable. Every woman everywhere has the right to live free from abuse. This is why it was so important to reauthorize the Violence Against Women Act, and I am proud that we finally passed that reauthorization into law in our omnibus package.

But we also have to ensure that women who are at risk have trained, trusted professionals who they can reach out to when they are at risk. That is why I was pleased to introduce, and see included in the final package, my amendment to ensure that appropriate campus faculty, such as academic advisers or professionals who deal with students on a daily basis, are trained to recognize victims of sexual and domestic violence. We have to ensure that our campuses are equipped with the tools and knowledge to combat violence against women.

If you are sexually assaulted, your experience is valid. It is not your fault, and you are not alone. Please know there is a community of people ready and willing to believe you, trust you, and support you.

TRADING IN INDIVIDUAL STOCKS BY CONGRESSIONAL STAFF AND MEMBERS

Mr. CASTEN. Madam Speaker, there is an iron rule of investing: unless you are Warren Buffet or have access to insider information, you won't make money trying to outsmart the market. Invest in mutual funds and index funds to build your wealth.

And yet, according to a recent New York Times article, Members of Congress are not only buying and selling a lot of individual stocks, but we consistently outperform the market.

I don't see Warren Buffet here nor do I see a lot of people with long track records of successful stock picking before they came to Congress, but I do see a lot of people with access to a lot of inside information, who know when we are about to change our defense contracts or invest in domestic semiconductor capacity, update our anti-trust laws, or buy vaccines, and have the ability to trade on that inside information.

Our responsibilities as Members of Congress are a trust from the voters. Ethics matters. That is why I don't personally own or trade individual stocks, and I encourage every Member of Congress to stop trading stocks immediately. Even the appearance of impropriety by one Member cheapens us all.

That is why I am a proud cosponsor of the Ban Conflicted Trading Act, which would bar Members of Congress

and senior congressional staff from buying or selling individual stocks and other investments and from serving on any corporate boards while in office.

We owe it to the American people to pass that bill and sign it into law.

AMERICA'S ENERGY CRISIS

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

Mr. BUCSHON. Madam Speaker, I rise today to address America's energy crisis and the administration's continued assault on American-made energy that has killed jobs, increased our dependency on foreign oil, and most recently jeopardized our national security.

Just 1 year ago, our country was comfortably meeting our energy needs, and we were a net exporter of energy for the first time in 50 years. However, under this administration's leadership or lack thereof, we have dramatically increased our dependence on foreign oil, sent gas prices sky high, and increased heating bills during the winter.

Instead of turning to America's own energy sector to meet our energy needs and continue to make us independent, this administration is asking countries like Iran and Venezuela to compensate for the ban on Russian imports and ignoring American energy producers.

In doing so, the administration is prioritizing oil produced by dictators over American energy producers who support jobs and businesses here at home.

I urge the administration to flip the switch and reduce our dependence on foreign energy by increasing production of oil and gas at home. We can do this.

MODERNIZING AND STREAMLINING DIAGNOSTIC TESTING

Mr. BUCSHON. Madam Speaker, I rise today to bring attention to legislation that I have been working on with the gentlewoman from Colorado (Ms. DEGETTE) called the VALID Act, a bipartisan, bicameral solution to modernize and streamline diagnostic testing through establishing a risk-based framework for review and approval of laboratory-developed tests or in vitro diagnostic tests.

Many of you might be thinking, why does this matter? Well, let me tell you. Right now in America, laboratory-developed tests are not regulated for clinical or analytical accuracy. This is a problem. CMS and FDA have both told us that this is so. They do not regulate these tests.

Every single day there is a new story of inaccuracy of these diagnostic tests that can be life changing and life altering with severe consequences. As a doctor, it breaks my heart to hear of situations where, for example, a young woman falsely tests positive for a potential risk for cancer, takes preventive action to save her life potentially,