

men or women are persecuted because of their race, religion, or political views, that place must—at that moment—become the center of the universe.”

Ukraine must be the center of the universe right now, for as long as it takes. The Grammy Awards, the NCAA tournaments, and our favorite television shows are a welcome diversion, but let that diversion be short. Don't lose focus of the center of the universe, which right now must be Ukraine.

The work of delivering justice can start here. Every democratic country must investigate and ensure that implicated Russian officials, oligarchs, and their families are barred from entering their borders. Together, the international community must come together to send the message that no country can commit war crimes and see them go unpunished.

I urge President Biden to take the step I called on him to take back in the first week of March. Work with our European allies to take all Russian financial institutions, not just some, off the SWIFT system. The cost of this invasion must be beyond unsustainable for Putin and the oligarchs around him. It must become literally unbearable.

But we must do more. We must provide the Ukrainian people with the full range of military aid that they need—drones, armored vehicles, machine guns, planes, night vision devices, every single weapon of war that they need for their defense. And time is of the essence.

It goes without saying that continued humanitarian assistance must be provided on an ongoing basis. The fact that we have private American citizens—and I know some of them—who are delivering medical supplies and other necessities into Ukraine more quickly than we or our NATO allies are is incomprehensible. But I also laud those citizens.

The extraordinary courage and resilience of the Ukrainian people is a challenge to us all. How much will they have to bear? How long will we let these crimes continue? Enough is enough.

We will never forget. We will never lose sight of the fact that our shared humanity is at stake in this barbaric invasion. The Ukrainian people and justice and democracy will prevail. The Ukrainians will come out as the heroes of this story when it is told in the history books. But let us, too, come out as the helpers, the ones who did everything we possibly could to help them achieve victory and restore their country.

THE LEFT IS LIVING A LIE

The SPEAKER pro tempore. The Chair recognizes the gentleman from North Carolina (Mr. CAWTHORN) for 5 minutes.

Mr. CAWTHORN. Madam Speaker, the left has ripped away the pen of truth from the author of life. They

have exchanged natural science for a party platform and declared war on biology. Your leftwing movement is forcing children to endure radical expressions of sexuality, and yet, you can't even define what a woman is.

You might amend a bill, but you will never amend biology. Science is not Burger King. You can't just have it your way.

I am the youngest member of the House of Representatives, and I never imagined that one of my sacred duties in this hallowed Chamber would be explaining to the House Speaker the difference between a man and woman.

Take notes, Madam Speaker, I am about to define what a woman is for you: XX chromosomes, no tallywhacker. It is so simple.

And yet today, this proclamation of fundamental scientific fact will cause the woke liberals in Silicon Valley to strip you of your voice and ban you until you bow at their altar of falsehoods. Patriots like Charlie Kirk and Tucker Carlson have been muzzled on Twitter for promoting the dangerous and bigoted ideology called science.

Madam Speaker, you and your party are living a lie. The Babylon Bee is a more reliable source of fact than you. Perhaps it will click when you hand the gavel to Republicans and realize that truth is king. It reigns with the American people; and you, Madam Speaker, never will again.

ACCESS TO LIFESAVING MEDICATION

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Florida (Mrs. CHERFILUS-MCCORMICK) for 5 minutes.

Mrs. CHERFILUS-MCCORMICK. Madam Speaker, I rise to applaud my colleagues for passing the Affordable Insulin Now Act, which will lower costs for hardworking families by capping the out-of-pocket costs for insulin at \$35 per month. This legislation is about putting the health of our citizens before profit.

Rising by 54 percent from 2014 to 2019, the cost of insulin has created an affordability crisis for the 9.8 percent of Floridians living with diabetes, which is roughly 2.8 million residents.

Nobody should be forced to choose between paying for rent and protecting their health. More than half of Americans have less than 3 months' worth of expenses covered in an emergency fund. That total includes one in four Americans who indicate having no emergency fund at all, up from 21 percent in 2020, let alone to have the ability to pay more than \$300 for a single vial for those without adequate insurance.

While the Affordable Care Act has ensured access to healthcare for Americans, the cost of healthcare remains far too high.

This legislation will ensure that Floridians with diabetes pay no more than \$35 for their lifesaving insulin each month. My constituents in Florida's

20th Congressional District feel the effects of rising out-of-pocket costs for their insulin. This bill provides them with appropriate relief at a time when families are struggling to make ends meet.

Americans currently face an average price of \$98.70 for a unit of insulin; 10 times higher than in other wealthy nations. One in four Americans who rely on insulin have been forced to ration doses due to high prices, a last resort with potentially fatal consequences.

Uninsured people in the United States are disproportionately from Black, indigenous, and other communities of color. For those who do not qualify for Medicaid, high insulin prices can be devastating, forcing them to make impossible choices between covering different basic needs.

Unfortunately, throughout the United States, diabetes prevalence has increased over the past two decades, disproportionately affecting low-income populations. Even with health insurance, particularly high-deductible health plans, people can face exorbitant copays and fees that make their medicine unaffordable.

Once the Senate votes in favor of this bill, beginning in 2023, private health plans shall cover at least one of each type of dosage form of insulin and cap cost-sharing for a 30-day supply at the lesser of \$35 or 25 percent of a plan's negotiated price.

Among individuals with private insurance, half would save at least \$19 per month, and a quarter would save at least \$42 per month. Individuals who buy their own insurance will experience the most savings.

This legislation comes as House Democrats continue working to advance comprehensive reform addressing the high cost of prescription drugs. I am committed to ensuring that we continue to protect the health of all Americans.

Madam Speaker, I strongly urge my colleagues in the Senate to pass this critical bill.

CELEBRATING THE LIGHTHOUSE ON WECC-FM

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

Mr. CARTER of Georgia. Madam Speaker, I rise today to celebrate the 20th anniversary of 89.3 The Lighthouse on WECC-FM.

Founded in 2002 by husband-and-wife duo Paul and Vickie Hafer, The Lighthouse has been spreading the Word of God 24 hours a day for 20 years.

Founding Lighthouse Ministry in 1998, Paul and Vickie selflessly spread the holy Word of God to as many people as they can. Their radio show on WECC-FM now reaches southeast Georgia, northeast Florida, and a worldwide online audience.

Their ministry also provides other opportunities for their community, such as a ladies' Bible study group and

an intercessory prayer group, and is home to Cub Scout Pack 893.

Vickie and Paul have dedicated their lives to spreading the Word of the Lord and ministering to others, and our communities are better for it. Their tireless work has reached the ears of thousands of listeners and will continue to be heard around the world.

This 20th anniversary milestone is nothing short of remarkable. Thank you for what you are doing, and keep shining His light.

□ 1215

HONORING THE LIFE OF ISAAC LAROCHE

Mr. CARTER of Georgia. Madam Speaker, I rise today to recognize and honor the life of Isaac "Ike" LaRoche.

Ike was born in Darien, Georgia, in 1942 to the late Lawrence "Junior" Edison LaRoche, Sr., and Ethel Ward LaRoche.

He would go on to serve his country in the United States Army. Following his service, he owned and operated Ike LaRoche & Associates.

Ike selflessly served his community by being on the boards of foundations such as the Camp Kicklighter Foundation, the YMCA, the Rape Crisis Center, and the West Chatham Rotary Club.

His work led to the creation of the Pooler Fitness Center, as well as the founding of several YMCAs across the State of Georgia. This work and dedication to his community led him to receive the Robert H. Demere Volunteer Award in 2013, the highest volunteer award given out by the YMCA, having only been presented three times since 2004.

Ike's wife of 56 years, his three children, and the whole community will miss his presence in their lives, but his legacy will live on in the work he accomplished.

HONORING THE SERVICE OF BILL FALLON

Mr. CARTER of Georgia. Madam Speaker, I rise today to thank a good friend, Deputy Director Bill Fallon, of the Federal Law Enforcement Training Center in Brunswick, Georgia, for his great service to our district.

Deputy Director Fallon received his bachelor of science degree from Westfield State University and his master's degree in national security and strategic studies from the U.S. Naval War College.

He joined the United States Marshals Service in 1988 as a deputy U.S. marshal for the State of Massachusetts.

In the summer of 2008, Bill was assigned as the commander of Operation FALCON 2008, which resulted in the arrest of over 19,300 dangerous felons and the seizure of 418 firearms. He was named The Washington Post's Federal employee of the week for his efforts.

Bill has also served as the assistant director for the United States Marshals Service Training Division. At FLETC, Bill has been integral in overseeing all operations related to the development and delivery of collaborative law enforcement training for more than 95 FLETC partner organizations.

Bill has more than earned his retirement. After his retirement, he will go on to be the new county manager for the Glynn County Board of Commissioners, where I look forward to continuing to work with him.

Congratulations on your retirement, Bill, and thanks for all that you have done and will continue to do.

RECOGNIZING THE SERVICE OF COACH JESSE CREWS

Mr. CARTER of Georgia. Madam Speaker, I rise today to recognize the service of Coach Jesse Crews at Charlton County High School.

Coach Crews has long been a titan in Georgia high school athletics. Even before he was a coach, he was a Charlton County High School athlete himself.

Jesse was born in Folkston, Georgia, in 1953. He attended Georgia Southern University, receiving a bachelor of science in education, and Valdosta State University, where he received his master's in education.

His life of service earned him a well-deserved induction into the Georgia Athletic Directors Association Hall of Fame, class of 2022, and the Dr. Lucia B. Norwood award for athletic director of the year for all classifications in 2021.

Jesse has also been selected to receive the Georgia Athletic Coaches Association Dwight Keith State Service Award this year.

When you dedicate your life to the betterment of others, it is hard to avoid these amazing recognitions.

Jesse has served on the Charlton County Board of Commissioners, as well as the Georgia High School Association Board of Trustees Executive Committee and Reclassification Committee.

His passion for education, athletics, and his community has changed the lives of many students that he has mentored over the years.

Jesse, we can't thank you enough for what you have done and what you have accomplished, and I am proud to be a member of the J-Rock Express.

RECESS

The SPEAKER pro tempore. Pursuant to clause 12(a) of rule I, the Chair declares the House in recess until 2 p.m. today.

Accordingly (at 12 o'clock and 19 minutes p.m.), the House stood in recess.

□ 1400

AFTER RECESS

The recess having expired, the House was called to order by the Speaker pro tempore (Mr. CARBAJAL) at 2 p.m.

PRAYER

The Chaplain, the Reverend Margaret Grun Kibben, offered the following prayer:

O Lord, our Lord, how majestic is Your name. All the Earth is filled with

its praise as the seasons change and the winds rise up from the plains to proclaim Your glory. Plants emerge from the silence of the soil and bloom in celebration of Your creative word.

Animals roam the forests and the deserts. Their variety and vulnerability, strength and symbiosis testify to the eternal balance on which You have placed all living things. The driest of riverbeds flood when You open the heavens, and the oceans retreat at the pull of Your power.

O Lord, our Lord, may we, too, magnify Your name. May our lives respond to Your dominion over all. May we reflect Your gracious presence, that everyone we encounter this day would feel the warmth of Your fellowship.

May our words speak the mercy of Your truth, that those whom we engage in debate and discussion would hear what You would have us each understand: Your perfect will.

And may our deeds serve as instruments of Your divine love for the world and all who dwell therein.

In our life, in our speech, in our love, we pray that we praise Your name this day. By the grace of that majestic name, we pray.

Amen.

THE JOURNAL

The SPEAKER pro tempore. Pursuant to section 11(a) of House Resolution 188, the Journal of the last day's proceedings is approved.

PLEDGE OF ALLEGIANCE

The SPEAKER pro tempore. Will the gentleman from South Carolina (Mr. WILSON) come forward and lead the House in the Pledge of Allegiance.

Mr. WILSON of South Carolina 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.

MESSAGE FROM THE SENATE

A message from the Senate by Ms. Byrd, one of its clerks, announced that the Senate has passed bills of the following titles in which the concurrence of the House is requested:

S. 1320. An act to establish the Chiricahua National Park in the State of Arizona as a unit of the National Park System, and for other purposes.

S. 3580. An act to amend title 46, United States Code, with respect to prohibited acts by ocean common carriers or marine terminal operators, and for other purposes.

The message also announced that the Senate has passed without amendment a bill of the House of the following title:

H.R. 3197. An act to direct the Secretary of the Interior to convey to the City of Eunice, Louisiana, certain Federal land in Louisiana, and for other purposes.