

Madam Speaker, I stand with Misty, and I stand with her right to make her decision. The trauma and pain that women like Misty face in these moments should be met with care, compassion, and the right to privacy.

But instead, my colleagues on the right would rather inflict more trauma during what can be an extremely challenging moment in a woman's life: forcing them to cross State lines to access abortion; forcing them to give birth when it threatens their health, their mental health, and their financial well-being; forcing them to defend miscarriages in front of a court of law; forcing young girls to carry a pregnancy to term that is the result of a sexual assault or rape.

We cannot become complicit in the destructiveness of these extreme policies. Behind each pro-life policy are the very real and very personal stories of women whose lives will be forever turned upside down. I thank Misty for her story, but she shouldn't have to share it.

For 50 years, the law of the land respected individual choice and privacy. In Nevada, our law still reflects that today, but tomorrow may look different.

National Republicans stand ready to ban and restrict abortion nationwide, even in States like Nevada where the right to choose is protected by law. Just last week, on this very same House floor, they lined up in droves to talk about it.

The reality of a nationwide abortion ban is far more likely than you may think. I am not going to stand by and watch, and that is why I was so proud to vote for the Women's Health Protection Act, and, equally, to vote in the next few days on the Right to Contraception Act.

Madam Speaker, I will continue to do everything in my power to protect your right to choose.

SOCIALIST SPENDING

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

Mr. ROSE. Madam Speaker, on many different occasions I have come to this Chamber to point out exactly how we arrived at this moment where we are experiencing record-breaking inflation. Each time, congressional Democrats' desire to recklessly spend trillions of taxpayer dollars continues to be the answer.

Here I am again, as the House prepares to vote on yet another spending bill costing hundreds of billions of dollars filled with socialist wish list items that increases Federal spending by double-digit and triple-digit percentage increases in some cases.

I, of course, will vote "no," not only because it increases the size of our government by increasing spending on non-defense programs by 14 percent, but because it also fails to include the Hyde amendment, which is a long-

standing bipartisan agreement that protects taxpayer dollars for being used to fund abortions.

Overall, the bill would increase the budget for the Environmental Protection Agency by 20 percent, increase the budget for general government activities by 17 percent, and include a 10 percent increase for the Food and Drug Administration—the very same department that botched the baby formula shortage.

This funding bill rewards bad behavior by giving funding increases to departments that have failed the American people. It encourages illegal immigration. It discourages increasing our domestic energy output by restricting offshore oil and gas activities, and it fails to fund our national defense priorities like the sea-launched nuclear cruise missile.

It has been almost 2 years of complete Democratic control of government. Instead of addressing the root causes of the crisis Democrats created, this bill doubles down on their failed socialist agenda. Tennesseans are fed up with the out-of-control spending here in Washington. Americans all across the country are fed up with it, too.

NATIONAL HEROES DAY

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

Mr. PERLMUTTER. Madam Speaker, I rise today to remember the devastating events of July 20, 2012, in Aurora, Colorado.

I represented Aurora, Colorado, on this day 10 years ago when in an Aurora theater 12 lives were taken and 70 were wounded, and an entire community was scarred and traumatized.

Today marks a very painful day for our community, and my heart aches with those who lost a loved one that day and will forever carry a hole in their heart.

Yet, in this tragedy we saw incredible heroism—those who carried the wounded to safety and the first responders and medical teams whose tireless efforts saved lives.

Madam Speaker, I would like to recognize the 12 who lost their lives that night:

AJ Boik, 18;

Jesse Childress, 29;

Gordon Cowden, 51, whose two teenage children were in the theater when he was killed;

Jessica Ghawi, 24;

Micayla Medek, 23;

Veronica Moser-Sullivan, 6, whose mother was shot in the chest and miscarried a week after the attack;

Rebecca Wingo, 32; and

Alex Sullivan, who was celebrating his 27th birthday and was one week away from his first wedding anniversary.

This also includes the four men who died that night while saving others:

Jonathan Blunk, 26;

John Larimer, 27;

Matt McQuinn, 27; and

Alex Teves, 24.

In the face of unspeakable violence and tragedy, these men proved to be everyday heroes, sacrificing their own lives to save others.

Gun violence rips through our community, leaves trauma with families and friends of victims, the medical staff and first responders, and the entire community for a lifetime. It is a trauma and a scar too many communities in Colorado and too many communities across the country have faced.

As our country grapples with incidents of violence, chaos, and tragedy, it is the courageous acts and selfless spirit of the helpers and heroes among us that we remember.

During our darkest days, there are always everyday heroes who answer the call to save lives and help their community. They provide light and hope for the future. The same heroic acts we saw in Aurora, Colorado, 10 years ago have been reflected in other tragedies as gun violence continues in our communities, including in the recent tragedies in Highland Park, Illinois; Uvalde, Texas; and Buffalo, New York.

Heroes can come in many different forms. During the COVID-19 pandemic, we saw heroes in medical professionals, frontline workers and essential personnel, such as truck drivers, letter carriers, food and grocery workers, teachers, small business owners, and researchers.

That is why I am, once again, introducing a resolution, alongside my friend and colleague Congressman JASON CROW, to designate today, July 20, as National Heroes Day.

As Mr. Rogers famously said: "You will always find people who are helping."

In the midst of our dark days, let's focus on lifting up and recognizing the helpers and the heroes whose actions, big and small, make a difference in the lives of friends, coworkers, neighbors, and the larger community.

□ 1045

TELLING OUR STORY ON THE RIGHT TO CONTRACEPTION

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

Ms. BROWN of Ohio. Madam Speaker, since the Supreme Court overturned *Roe v. Wade* last month, I have been overwhelmed with powerful testimonies from my colleagues, family, and friends about their reproductive health journeys.

They have shared their fears and concerns for their daughters, granddaughters, and nieces now living in a post-Roe America. They offered firsthand, intimate accounts detailing some of their personal and sometimes painful experiences, wanting me to know

how critical it is for Congress to make Roe the law of the land.

These moving, shared memories spoke of very private life situations, from sexual assault to personal family planning decisions. Yet, they still told me in hopes of uniting in our fight against attacks by far-right extremists, extremists who are determined to strip women of their reproductive rights and criminalize abortion care in all 50 States.

To these women, I say thank you. Thank you for your bravery, your honesty, and your courage. Your stories were not told in vain and will serve as inspiration to continue our fight to protect, defend, and restore the right to decide.

Madam Speaker, a woman's fundamental healthcare decisions are hers alone to make and should never be mandated by politicians.

This week, I stand proudly with my fellow House Democrats to reaffirm my support, and I will vote for the Right to Contraception Act.

Reproductive healthcare should be available to everyone regardless of where they live. This week, we are another step closer to restoring critical access for all.

PRESERVING THE ALABAMA BLACK BELT

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

Ms. SEWELL. Madam Speaker, I rise today to celebrate the passage of H.R. 3222, the Alabama Black Belt National Heritage Act, which passed this House by a vote of 365–57.

As a daughter of Alabama's historic Black Belt, I am proud to be the lead sponsor of this legislation to ensure that this region's meaningful history is preserved for generations to come. As the birthplace of the civil rights and voting rights movements, the Black Belt represents the tireless efforts of the foot soldiers to end discrimination against African Americans and the continued struggle for full racial equality in our Nation.

This new designation will not only bring about national attention to the rich history and culture of Alabama's Black Belt, but it will also increase tourism, investment, and economic opportunity for many of the rural communities that I so proudly represent.

I thank Senator SHELBY for leading this bipartisan legislation in the Senate, and I also thank the University of West Alabama and the National Parks Conservation Association for their tireless work to promote this legislation.

Madam Speaker, I urge the Senate to pass H.R. 3222 as soon as possible.

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 pro tempore (Mr. HIGGINS of New York) at noon.

PRAYER

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

Almighty God, unto whom all hearts are open, all desires are known, and no secrets are hidden, we lay before You the concerns of our hearts for peace in this world and the desires we have that Ukraine would be liberated from the oppression they now endure.

Nothing in all of creation is concealed from Your sight. We ask, then, that You expose tyranny and reveal its true motive of power and self-promotion.

Uncover the traitors to freedom and the enemies of sovereignty and convict them of their deceit. Unmask those who scheme for their own interest at the expense of their own country and have them answer for their transgressions.

May all who fail to contribute to the common good, all those who thwart the ideals of freedom and democracy in Ukraine, be laid bare before You and may Your judgment be swift.

Call us all to account for our deeds—things done and left undone, the overt and the contrived, the noble and the malicious. And align our lives, our Nations, and our world to Your perfect will for Your creation.

In Your omnipotence be merciful to us. In Your holy name we pray.

Amen.

THE JOURNAL

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

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

PLEDGE OF ALLEGIANCE

The SPEAKER pro tempore. Will the gentlewoman from Michigan (Ms. TLAIB) come forward and lead the House in the Pledge of Allegiance.

Ms. TLAIB 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 PRO TEMPORE

The SPEAKER pro tempore. The Chair will entertain up to 15 requests

for 1-minute speeches on each side of the aisle.

IN RECOGNITION OF PHYLLIS J. EDWARDS

(Ms. TLAIB asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. TLAIB. Mr. Speaker, today, I want to celebrate the exceptional leadership and commitment to service by Phyllis J. Edwards, who I warmly refer to as Director Edwards. She has dedicated her work to protect and advocate for the underrepresented communities within Michigan's 13th District Strong, specifically our senior citizens in Detroit.

Director Edwards was the executive director of Bridging Communities in southwest Detroit for over a decade, and prior to that, she was the social service program manager for more than 30 years within the Wayne County Department of Health and Human Services.

Her work and proactive community involvement has made an immeasurable impact on the lives of countless residents. As a longtime Detroit resident, her efforts to improve the quality of life for our seniors demonstrated her love, commitment, and compassion for community-based work.

Please join me in recognizing her many outstanding contributions to Michigan's 13th District Strong as we wish her well on the next chapter of her life.

GOVERNMENT OVERREACH ON FARMERS

(Mr. LAMALFA asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. LAMALFA. Mr. Speaker, with all the issues people are dealing with, the inflation, the high cost of everything, now we have the Securities and Exchange Commission's incredulous new proposed rule requiring small, privately run family farms to produce huge volumes of climate-related information to be able to then sell their products to public companies, which is going to be nearly impossible for small farms. Inflation being driven by SEC new regs.

Farmers are facing an assault of repeated increases in regulations and rises in inputs cost. When world leaders are warning of coming food shortages, don't make it harder for farmers to do their jobs and grow food for people to use.

Small family farms are struggling financially to keep their operations up and running. They don't have the funds to hire a full-scale environmental compliance department to meet the SEC's ridiculous proposed demands. Farmers are producing more food and fibers with less inputs, like water, land, and labor than ever before.