

while continuing to serve in the National Guard.

Mr. Ward later worked as an electronics technician for the Federal Aviation Administration and relocated to Iowa Park, Texas, where he taught Sunday school and served on the board of Camp Chaparral, a nonprofit that organizes youth retreats. Additionally, Mr. Ward was elected to the Iowa Park City Council in 1996 and became mayor of Iowa Park in 2008 until his retirement in 2012. During his tenure as an elected official, he helped seniors alleviate hardships by delivering meals-on-wheels and hosting community events.

I have requested the United States flag to be flown over our Nation's Capitol to recognize Mr. Ward's amazing life and service to our Nation. May God bless Joe on 90 years of life and joy.

#### TEACHER APPRECIATION WEEK

### HON. MARIA ELVIRA SALAZAR

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Ms. SALAZAR. Mr. Speaker, Teacher Appreciation Week is an annual celebration of educators and the remarkable contributions they make in the lives of students, parents, schools, and entire communities. Today, I want to recognize the extraordinary teachers of Miami-Dade County, the state of Florida, and across the United States.

Teachers play a crucial role in the lives of their students. In addition to their role as an educator, they may also be a coach, counselor, tutor, or simply someone a student can confide in. The presence of teachers in these roles help foster a culture of trust and comfort with their students. Despite the challenging circumstances many face, teachers continue to show up each day inspiring, empowering, and motivating their students. Whether in or outside the classroom, teachers have remained committed to the success of their students, especially in my own state of Florida. I would like to recognize the accomplishments of Franquiana Williams, who was named 2023 Rookie Teacher of the Year by Miami-Dade County Public Schools.

A proud product of Miami-Dade County Public Schools, Franquiana juggles many hats. In addition to being a young mother, she is a devoted teacher who encourages students to be authentic while bringing reading lessons to life using trendy dance moves, real-world examples, and hand gestures. She also doesn't hesitate to put her Spanish-speaking skills to the test if it means helping ESL students better comprehend a lesson. She strives to inspire her students to thrive not just academically but also socially and emotionally. Williams' "Calm Corner" allows students to learn how to reflect on their feelings and brainstorm healthy ways to express frustrations or disagreements that can interrupt learning. She is a shining example of why our teachers are so important.

As I said before, Teacher Appreciation Week is a time to celebrate the contributions of educators. The exceptional leadership they bring to the teaching profession is vital toward ensuring the success of our students. So, on this occasion of Teacher Appreciation Week, I thank the teachers of Florida for leading with

ingenuity, resilience, and passion each and every day in their classrooms, and for their commitment to Florida's students.

#### RECOGNIZING FIBROMYALGIA AWARENESS MONTH

### HON. MATT CARTWRIGHT

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Mr. CARTWRIGHT. Mr. Speaker, I rise to bring greater awareness of fibromyalgia: a complex chronic illness that causes fatigue, cognitive problems, and debilitating pain for people across demographics, but mainly in women. There is no known cure.

Over 6 million people in the United States—two to four percent of our population—and millions worldwide have been diagnosed with fibromyalgia. Some are still waiting to be diagnosed. It can take an average of three to five years to receive a diagnosis. Those who are diagnosed with fibromyalgia may experience a lack of social acceptance and disbelief.

First coined in the 1950s from a set of difficult to explain regional and widespread musculoskeletal pain issues mixed with symptoms of psychosocial distress. While the diagnostic criteria changed in 2010, and is by some seen as a primary pain disorder with a neurobiological basis, we lack consensus in the medical community. In 2017, fibromyalgia flashed in the mainstream news when popular music artist Lady Gaga revealed how severe pain from a fibromyalgia flare-up caused her to cancel part of her concert tour.

Chronic or persistent pain, a primary symptom of fibromyalgia, is pain that carries on for longer than 12 weeks despite medication or treatment. Chronic pain correlates with complications, including severe depression and suicidal attempts and ideation. 20 percent of our population have chronic pain, and 10 percent have pain with work limitations.

It is my hope we can work together to support a better future for research, treatment, diagnosis, and education on fibromyalgia and chronic pain in order to greatly improve lives and bolster the overall success of our Nation.

#### RECOGNIZING THE 2023 FAIRFAX COUNTY VOLUNTEER SERVICE AWARD RECIPIENTS

### HON. GERALD E. CONNOLLY

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Mr. CONNOLLY. Mr. Speaker, it is my honor to recognize Volunteer Fairfax and express my sincere appreciation to recipients of the 2023 Annual Fairfax County Volunteer Service Awards.

Established more than 45 years ago, Volunteer Fairfax matches the skills and interests of thousands of volunteers with the needs of local non-profit organizations. The success of this model and its impact on delivery of needed services is beyond question; Volunteer Fairfax has been rated as one of the most effective community service organizations in the Nation.

Last year alone, over 9,500 individuals contributed more than 20,865 volunteer hours to

taling \$642,642 in value-added service to the greater community. These staggering numbers are a testament to the strong ethos of public service and of volunteerism that exists in Fairfax County and is one of the many reasons why this community is such a wonderful place to live.

Each year, Volunteer Fairfax selects a few exceptional individuals, groups, or organizations to receive special recognition. It is my great pleasure to include in the RECORD the following names of the 2023 Fairfax County Volunteer Service Awards honorees:

Ellicia Seard-McCormick—VF Amplify Award  
Tanja Majca—Chairman's Champion  
Mark E. Tonkovic—Mason District Champion

Charlotte Hannagan—Braddock District Champion

Elaine Tholen—Dranesville Community Champion

Carl Sell—Franconia District Champion  
William G. Bouie—Hunter Mill District Champion

Machand Family—Mount Vernon District Champion

Cathy Jaquette—Providence District Champion

Sal Speziale—Springfield District Champion  
Ellanor C Lawrence Park Friends—Sully District Champion

Wayne Vick—Fairfax County Champion, Individual

Fairfax County Community Emergency Response Team (CERT)—Fairfax County Champion, Group

In addition, Benchmark Honors will be awarded in four different categories to commend those who have contributed 100, 250, 500, or 1,000 hours of volunteer time to our community.

Mr. Speaker, I ask that my colleagues join me in commending Volunteer Fairfax for its decades of outstanding community service. I congratulate the recipients of the 2023 Fairfax County Volunteer Service Awards and thank them and the thousands of other local volunteers for their incredible contributions to our community. Their selfless dedication is worthy of our highest praise and is one of the main reasons that our community is often ranked as one of the best places in the country to live, work, and raise a family.

#### HONORING THE LIFE AND LEGACY OF OFFICER ARÉANAH PRESTON: A BEACON OF HOPE

### HON. JONATHAN L. JACKSON

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Mr. JACKSON of Illinois. Mr. Speaker, I rise today to address the heartbreaking tragedy of a young and courageous public servant, Chicago Police Officer Aréanah Preston, who was senselessly killed near her Avalon Park home this past weekend.

Officer Preston, just 24 years old, had already devoted three years to protecting the citizens of Chicago, working tirelessly in West Roseland. She was also an exemplary student, on the cusp of graduating from Loyola University Chicago with a Master of Jurisprudence. Aréanah's life was marked by her kindness, intellect, and unwavering commitment to service.

Her mother, Dionne Mhoon, affectionately described Aréanah as a “firecracker” and a goal-setter, noting that her daughter wrote down everything she wanted to achieve and accomplished all of it.

Aréanah’s father, Allen Preston, described her as a “beautiful soul” who “always saw the best in people” and had long wanted to be a police officer. He said, “she was trying to make a change on this earth.” He recalled that she followed “half” her family into the public safety profession.

Her aunt, Sonia Rawsk, described her niece as a “wonderful” person with a bright future and “a definite role model with a career path that just didn’t stop.” Loyola University Chicago echoed these sentiments, expressing shock and sadness at her tragic passing, and remembering her for her kindness, intellect, and commitment to service.

Aréanah’s dedication to her community extended beyond her work as a police officer. She earned a bachelor’s degree in criminal justice and law enforcement administration from Illinois State University, where she met professor Charles Bell. He described her as a “very engaged, very vocal student, very respectful of others’ opinion, and just very passionate about making a difference and showing young people that policing is a profession that can make a difference in the community.” He added that she was “very aware of a lot of the problems, that in her opinion, had manifested in the Chicago community.” Professor Bell said that Aréanah was still working in patrol but “was looking forward to moving up in the ranks.” He referred to her as a “reformer” who saw a problem and was dedicated to making a difference.

Following a class trip to Holocaust sites in Germany and Poland in 2019, Aréanah stated in an article published on her school’s website that she was determined to enter the police academy to help build trust between underrepresented communities and law enforcement. “I know a big thing for our trip was finding voices for those who didn’t have a voice,” Preston said. “When I got back, I wanted to be an officer. I felt like I could be a person to fight for justice.”

Aréanah was a beacon of hope and held all the promise in the world to reform public safety. Her determination to make a difference and build bridges between our communities and law enforcement was truly inspiring. It is a travesty that we have lost someone who had the potential to be a catalyst for change in the way we approach public safety. We must stand together in condemning unjust acts against public servants and work collectively to ensure the safety of those who put their lives on the line for us.

I would like to share the words of Aréanah’s mother: “If you guys believe in the power of prayer, if you guys believe in God, keep us in your prayers. Don’t stop praying for us, even when all of this is gone, don’t stop praying for us.” She said that at the end of the day, she knows her family will be all right, because “God is good and joy comes in the morning.”

I ask my colleagues in Congress to hear her call, to keep the Preston family in our thoughts and prayers, and to work together to ensure that the sacrifices made by public servants like Aréanah Preston are not in vain. Let us honor her life, legacy, and dedication to protecting and serving the entire City of Chicago, and strive to build a safer, more just society for all.

HONORING SERGEANT JOSEPH  
ZYGAROWSKI

**HON. GUS M. BILIRAKIS**

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Mr. BILIRAKIS. Mr. Speaker, I rise today to recognize the life and service of my constituent, Sergeant Joseph Zygarewski. Joseph was a mechanic assigned to the 10th Transportation Battalion, 7th Transportation Brigade (Expeditionary) at Joint Base Langley-Eustis, Virginia. Enlisting in the United States Army in 2018, he began his training at Fort Jackson in South Carolina before additional training at Fort Lee Virginia. His Commanders described Joseph as an exceptional soldier and model leader.

Throughout his military career he was awarded several accolades including the Army Commendation Medal, Army Achievement Medal with an oak leaf cluster, the National Defense Service Medal, the Global War on Terror Ribbon, and the Army Service Ribbon. He will be posthumously awarded the Meritorious Service Medal.

Joseph Zygarewski will be remembered for his life of service to his community and country. I extend my deepest condolences to his family. May his memory be eternal.

RECOGNIZING MR. JEFFREY W.  
DONAHUE AS HE CELEBRATES  
HIS 100TH BIRTHDAY

**HON. GERALD E. CONNOLLY**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Mr. CONNOLLY. Mr. Speaker, I rise today to recognize Mr. Jeffrey “Jeff” W. Donahue, a resident of Virginia’s 11th Congressional District, as he celebrates his 100th birthday on May 14th of this year.

I had the honor of meeting Mr. Donahue in 2019 at a Memorial Day Ceremony in the town of Vienna, Virginia. A veteran of World War II, Mr. Donahue was a naval aviator flying an F4F in combat missions in the Pacific Theater while serving aboard the USS *Salamaua*. His remarks at the ceremony focused on his service to his country and the sacrifices made by many members of his generation who lost their lives in the war. He was 96 at the time, yet he spoke with clarity as though he were talking about events he had just experienced. Following World War II, he continued his military service in the reserves, when he was called once more to serve as a flight instructor in Pensacola, Florida during the Korean war.

Like so many military veterans, Mr. Donahue took advantage of the G.I. Bill to earn a bachelor’s degree from the University of Connecticut. He then pursued a career in the insurance industry with Fireman’s Fund Insurance, which took him and his growing family on a journey to many cities on the east coast until their final move to Fairfax County in 1970.

Service to his country and community defines Mr. Donahue’s life. For years, he has been an active member of his church and volunteered as a tutor for elementary school children into his mid-90s.

There is an adage that age is just a number, which certainly holds true for Mr. Donahue and his wife, Barbara. Over their 72 years together they have raised 6 children, 5 of whom graduated from James Madison High School. As their family tree grows, they now have 13 grandchildren and 8 great-grandchildren who affectionately call them Pop and Gram.

Mr. Speaker, as we celebrate Jeff’s 100th birthday, I want to extend my best wishes for a joyful gathering of family and friends. I also extend my appreciation for his service to our country. Happy 100th birthday, Jeff.

HONORING TAHREEM ALAM

**HON. ILHAN OMAR**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, May 11, 2023*

Ms. OMAR. Mr. Speaker, today I recognize Tahreem Alam, a fellow in my Washington, D.C. office for all of the hard work she has done for me, my staff, and the State of Minnesota.

Daughter of Bangladesh immigrants, Tahreem along with her older sister and younger brother grew up in Blacksburg, Virginia. She is a graduate of Virginia Tech, where she earned her bachelor’s degree in Multimedia Journalism, International Relations, and Arabic with minors in Women’s and Gender Studies and Middle East Studies. She earned her Master of Arts degree in Middle East Studies at the Elliott School of International Affairs at George Washington University.

I got to know Tahreem, after she was selected to serve as a legislative intern in my congressional office from a pool of highly qualified applicants in the spring of 2022 and she later returned that fall for a nine-month fellowship. During the last year and half, Tahreem has proven to be a talented and brilliant young woman, always ready to learn something new. She has demonstrated a high-level of professionalism, dedication, and confidence in all her assigned tasks. It has been my pleasure to get to know Tahreem and see her flourish.

Every Member of Congress works with many exceptional staff, from the staff in their own personal offices, to committee staff, and floor staff. It has often been said that without staff this institution would not run, and I agree. Without the many fine staff with whom I have had the good fortune to work with, I and other Members of Congress would not be able to do the kind of work we do for our constituents every day.

Tahreem should be proud of the service she has provided to our District and country. She has assisted my office in multiple areas, including communications, appropriations, and constituent engagement and advocacy. She has been an exemplary public servant during her time with the office. Tahreem is deeply committed to her studies, our community, and to ensuring that she is an active participant in making our country a better place. I extend my sincere thanks and appreciation to Tahreem for all of the fine work she has done and wish her continued success in the years to come.

On behalf of Minnesota’s 5th Congressional District, I ask my colleagues to join me in honoring and thanking Tahreem for her service.