

It is a tool that allows those who wish to become parents, and those who do not, the agency to make the decision that is best for them.

A 2010 study found that access to contraceptive care resulted in approximately one million fewer unplanned conceptions per year.

That is one million fewer children born into families who are unprepared to support them.

When access to contraceptives is limited, more children are born into lives of difficulty and hardship.

The "Right to Contraception Act," would help ensure that children are born into families who are eager, equipped, and prepared for their arrival.

The right to contraceptives has long been an expectation held by the American people.

In 1965, the United States Supreme Court's decision in *Griswald v. Connecticut* affirmed a married couple's right to birth control. In 1972, *Eisenstadt v. Baird* protected that right for single people. Then in 1977, the right to contraception for minors was secured in *Carey v. Population Services International*.

For more than 50 years, the right to contraception has been settled law.

That is, until the Supreme Court's recent ruling in *Dobbs v. Jackson Women's Health Organization*, when five conservative Justices chose to let their personal opinions and beliefs supersede decades of established precedent by overturning women's right to abortion.

Since then, the American people have witnessed the abhorrent consequences of Republicans' radical agenda to criminalize women's reproductive health decisions.

In his concurring opinion, Justice Clarence Thomas made it very clear that the extremist ruling that ended *Roe v. Wade* could be used to chop away at other rights—including the right to access contraception.

Reproductive rights opponents are now including emergency contraception, IUDs, and other forms of birth control in their anti-abortion legislation.

These anti-abortion laws shackle women to unwanted pregnancies.

Conservative lawmakers now seek to stop women from exerting agency over the prevention of pregnancy, as well.

If a woman is not permitted to end a pregnancy, and she is not permitted to prevent a pregnancy, I ask, what rights to her body does she have left?

Even before the barbaric *Dobbs* ruling, conservative lawmakers across the country have been moving to limit women's ability to make decisions about their own healthcare and bodies.

In 2021 alone, at least 4 states attempted to ban access to some or all contraceptives by restricting public funding for these products and services.

Those laws work in conjunction with actions conservative legislators in red states have taken to curtail funding for family planning services at reproductive health centers like Planned Parenthood.

Such actions would limit access to birth control, particularly for Black and Brown low-income women.

We cannot allow human rights to be so callously stripped away from the American people.

We must fight back and codify these rights into law.

RECOGNIZING POSTTRAUMATIC GROWTH (PTG)

HON. JACK BERGMAN

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. BERGMAN. Mr. Speaker, I include in the RECORD the following Proclamation on Posttraumatic Growth (PTG).

Whereas, Posttraumatic Growth (PTG) refers to the transformative positive changes that can occur in individuals following traumatic experiences, leading to personal growth, resilience, and a newfound sense of purpose;

Whereas, Boulder Crest Foundation, a renowned nonprofit organization headquartered in Bluemont, Virginia, has been at the forefront of providing Posttraumatic Growth-based support and resources to veterans and first responders experiencing trauma;

Whereas, the Warrior PATHH (Progressive and Alternative Training for Helping Heroes) Program, developed by Boulder Crest Foundation, is a groundbreaking initiative that offers a comprehensive and evidence-based approach to help individuals overcome the invisible wounds of war and trauma;

Whereas, Ken Falke, a distinguished Veteran and entrepreneur, and his wife Julia Falke founded Boulder Crest Foundation and have dedicated their lives to assisting fellow veterans and first responders in their journey towards healing and growth;

Whereas, Josh Goldberg, the Chief Executive Officer of Boulder Crest Foundation, has displayed exemplary leadership and unwavering commitment to the well-being of those impacted by trauma;

Whereas, Dr. Richard Tedeschi, the Executive Director of the Boulder Crest Institute, and co-founder of the science of Posttraumatic Growth has created a pathway for transforming pain into purpose and loss into gain;

Whereas, the tireless efforts of Boulder Crest Foundation, Ken Falke, and Josh Goldberg have positively impacted the lives of countless individuals, empowering them to overcome adversity and thrive;

Whereas, recognizing and promoting Posttraumatic Growth can help foster a greater understanding and acceptance of the potential for growth and resilience that exists within individuals who have experienced trauma;

Whereas, it is essential to acknowledge the significance of Posttraumatic Growth and to encourage initiatives that promote healing, resilience, and personal development;

I, Jack Bergman, do hereby resolve:

June 13th shall be designated as "Posttraumatic Growth Day" to recognize the transformative potential and resilience demonstrated by individuals who have experienced trauma.

I commend Boulder Crest Foundation for their outstanding contributions in the field of trauma recovery and their development of the Warrior PATHH Program. The commitment and dedication of Boulder Crest Foundation, Ken Falke, Josh Goldberg, and Dr. Richard Tedeschi to helping Veterans, first responders, and others affected by trauma are deserving of the highest recognition.

I strongly encourage individuals, communities, organizations, and educational institutions to observe Posttraumatic Growth Day by

raising awareness of Posttraumatic Growth, sharing stories of resilience, and promoting initiatives that support healing, personal growth, and the well-being of those affected by trauma.

The Secretary of Veterans Affairs, in coordination with other relevant federal agencies, should take appropriate measures to disseminate information about Posttraumatic Growth, Boulder Crest Foundation, the Warrior PATHH Program, and the efforts of Ken Falke, Josh Goldberg, and Dr. Richard Tedeschi to ensure widespread awareness of the available resources and opportunities for growth and healing.

I recognize the significant contributions of Boulder Crest Foundation, Ken Falke, Josh Goldberg, and Dr. Richard Tedeschi in advancing the field of trauma recovery and commend their dedication to improving the lives of individuals impacted by trauma.

I pledge my support to further research, education, and initiatives aimed at understanding and promoting Posttraumatic Growth, and acknowledges the importance of comprehensive trauma recovery programs such as the Warrior PATHH Program in supporting individuals on their journey toward growth and resilience.

HONORING GLADYS KNIGHT, SINGER, SONGWRITER, ACTRESS, AND BUSINESSWOMAN

HON. ANDRÉ CARSON

OF INDIANA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. CARSON. Mr. Speaker, today I rise to honor Gladys Knight, the Empress of Soul, who will be inducted into the Madam Walker Legacy Center Walk of Fame on June 16, 2023. The historic Madam Walker Legacy Center is in Indiana's 7th Congressional District.

Gladys Maria Knight was born in 1944 in Atlanta, Georgia, to Sarah and Merald Knight. Her musical career began early in life in a church choir, where her singing talent was quickly recognized. Ms. Knight performed with her siblings and cousins in a quintet that would later become known as The Pips. In 1961, the group signed with Fury Records and changed their name to Gladys Knight & The Pips. The group released several successful albums until 1987, when Ms. Knight began to pursue a solo career. She went on to release several solo albums and achieved incredible feats in the music industry, becoming an icon for R&B and soul music across the world.

Ms. Knight has been widely recognized with prestigious awards for her achievements. She has been inducted into the Rock and Roll Hall of Fame, Hollywood Walk of Fame, and the National Rhythm and Blues Hall of Fame. In 2008, Rolling Stone named Ms. Knight one of the "100 Greatest Singers of All Time," and the American Academy of Achievement presented her with the Golden Plate Award in 2019. She also received an Honorary Doctorate in Performing Arts from Shaw University.

However impressive, these achievements do not capture the true brilliance of Gladys Knight. Her love of family and children shines through in her philanthropic efforts, including

raising \$400,000 for the Children's Learning Centers of Fairfield County.

Today, I ask my colleagues to join me in honoring Gladys Knight. She has graced the world with her talent, and it is a privilege to celebrate her success and place in history.

PERSONAL EXPLANATION

HON. SYLVIA R. GARCIA

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Ms. GARCIA of Texas. Mr. Speaker, during Roll Call Vote No. 255 on H.R. 1615, I mistakenly recorded my vote as "yea" when I should have voted "no".

RECOGNIZING THE HEROIC ACTIONS AND EXCEPTIONAL BRAVERY OF OWEN BURNS

HON. JACK BERGMAN

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. BERGMAN. Mr. Speaker, it is my honor to recognize a young hero from Alpena, Michigan. Fourteen-year-old Owen Burns sprang into action to protect his sister from an attempted kidnapping. On May 10, 2023, Owen's 8-year-old sister had been looking for mushrooms in their backyard when a person attempted to kidnap her. Witnessing the harrowing scene, Owen didn't hesitate to hurl objects at the assailant with his slingshot, striking him in the head and chest, which later helped police to identify the suspect. His actions displayed extraordinary courage in the face of danger and for his quick response, I am grateful.

No child should have to be put under that level of duress, but Owen did what we all as parents and grandparents would hope our children might do. He leapt into action and bravely fought for the life of his sister. Releasing those two shots from his slingshot, Owen was able to distract and disorient his sister's attacker long enough for her to escape. Out of the grasp of her attacker, Owen's sister was able to make it back safely to the house.

Mr. Speaker, it is my honor to recognize the heroic actions of Alpena-native Owen Burns who saved his sister from a would-be kidnapping. Owen thwarted the attack and because of him, we are celebrating her rescue and not mourning a tragedy. I want to thank Owen for his selfless courage and also want to acknowledge his little sister for her fortitude. On behalf of Michigan's First District, I extend my gratitude to Owen and his family and wish them all the best in their future endeavors.

RECOGNIZING HOUSTON ACADEMY AS THE 2023 3A STATE BASEBALL CHAMPIONS

HON. BARRY MOORE

OF ALABAMA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. MOORE of Alabama. Mr. Speaker, today I rise to recognize Houston Academy as

the 2023 Alabama High School Athletic Association (AHSAA) Class 3A Baseball Series Champions. It is my honor to congratulate all the players and coaches on a successful performance and season.

This team showed consistent dedication and determination during this challenging season, for which their efforts have now been rewarded. The Houston Academy Raiders won the third and final game against Gordo High School during the high-stakes championship. Their determination and persistence truly shined through their excellent performance.

Under the leadership of Coach Tony Kirkland, the Raiders' incredible program brought its third state baseball championship back to Houston Academy. Coach Kirkland was also named the Class 3A State Coach of the Year. He showcases a remarkable life rooted in service and humility. I congratulate him on his well-deserved retirement and his remarkable legacy.

I also congratulate Wyatt Shelley, freshman third baseman, on his recognition of 3A State Hitter of the Year.

As valued men of God, it is inspiring to see their proven sacrifice and devotion during this season. Our community remains proud of these outstanding young men who have represented both their school, and our state well in this season.

1 Peter 4:10 says, "As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God." The Houston Academy Raiders have embodied exactly what it means to use your gifts for good throughout this season.

The Second Congressional District of Alabama is fortunate to have outstanding young men like them. Again, I thank the gentleman of Houston Academy's baseball team for all their hard work. Congratulations for achieving this impressive milestone once again.

RECOGNIZING ASTRONAUT AND MOUNT AYR NATIVE PEGGY WHITSON

HON. ZACHARY NUNN

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. NUNN of Iowa. Mr. Speaker, I rise today to recognize astronaut and Mount Ayr native, Peggy Whitson, on her return to space.

Peggy has spent her career making history. She was the first female to command the International Space Station.

At only 57 years young, she became the oldest woman to walk in space and holds the record for most space walks by any woman or American astronaut, male or female.

In total, Peggy has flown three long-duration missions, conducted ten space walks, has over sixty Extra-Vehicular Activities, and performed hundreds of experiments on the International Space Station.

She has spent a total of 665 days in space, making her America's most experienced astronaut. Last week, she rocketed back to Earth after another mission to the International Space Station as commander for the first-ever private space mission.

Congratulations and we are excited to see her soar once again.

RECOGNIZING THE 125TH ANNIVERSARY OF THE FOUNDING OF LES CHENEAU GOLF CLUB

HON. JACK BERGMAN

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. BERGMAN. Mr. Speaker, it is my honor to recognize the 125th Anniversary of Les Cheneaux Golf Club in Cedarville, Michigan. Established in 1898, the Les Cheneaux Club began as a modest operation that quickly developed into one of Michigan's premier golfing venues. Resting on the previous homestead of devout Jesuit, Andrew Piret, Les Cheneaux Golf Club is rich in local history and has endured immense changes throughout its storied past.

Beginning as a dually developed course by W.M. Derby and W.H. Crawford, the location opened in May of 1898 and was soon redesigned in the early 1900's to meet the demand of evolving players and the surrounding community. Following the innate flow of the land, the design of the course utilizes natural obstacles to provide a classic and enjoyable experience to the player. Playing a round at the Les Cheneaux Golf Club allows for someone to walk through local history while engaging with one of Michigan's most beautiful and significant courses.

Acting as an outlet for youth development, Les Cheneaux Golf Club also offers a plethora of camps and classes which mold future golfers and create upstanding individuals, both on and off of the course. The club has continually worked to improve the local community and they deserve our utmost respect for being one of Michigan's oldest and continually played courses.

Mr. Speaker, it is my honor to recognize Les Cheneaux Golf Club for 125 years of continuous operation and for becoming an historical centerpiece of Michigan. On behalf of Michigan's First District, I wish the club, its staff, and the local community the best in their future endeavors.

HONORING MRS. CAROLYN APPEGATE

HON. SAM GRAVES

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Wednesday, June 14, 2023

Mr. GRAVES of Missouri. Mr. Speaker, I proudly pause to recognize Carolyn Applegate of Queen City, Missouri. Carolyn retired from her position as a second-grade teacher for the Schuyler R-1 School District at the end of the school year, closing the book on a remarkable 28-year career.

A good education is one of the building blocks of a strong citizenry, particularly in rural America. Few individuals can touch the hearts and minds of young people like teachers. They serve the public in ways many others cannot and forge the fate of our Nation for generations to come. Mrs. Applegate has been exemplary in her service to Schuyler County and her students. In her nearly three-decade career, she continued to be the definition of what an educator should be: caring, committed, and patient.