Mr. Speaker, make no mistake, the Democrats' default will have catastrophic impacts on the U.S. economy. Let's hope it doesn't come to that and that we can come together to save our country from fiscal insanity by limiting Washington's out-of-control spending.

The SPEAKER pro tempore. Members are reminded to refrain from engaging in personalities toward the President.

RECOGNIZING KALANI LAWSON

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

Mr. VEASEY. Mr. Speaker, I rise today to talk about the amazing accomplishments, once again, from the Fort Worth Independent School District. I will start off talking about Kalani Lawson, who is a sophomore at Paul Laurence Dunbar High School in Fort Worth.

Kalani recently broke a 27-year-old State record at the UIL State track meet in Austin this year. Kalani finished the Class 4A 100-meter hurdles in 13.98 seconds, breaking the previous record of 14.04 seconds, earning the accomplishment of having the first sub-14-second time in the event's history.

In amazing Texas sportsmanship fashion, the record holder who owned the record from 1998 in Groesbeck went on Facebook and congratulated her for breaking her record.

By finishing in this time, Kalani also broke Dunbar's record for the girls' 100-meter hurdles by beating the previous record set by her track coach, Leah Matthews.

Madam Speaker, I want to highlight Kalani's dedication to track and field, and her achievements as a young student athlete. This is an incredible family. They have a long history in Fort Worth in the business community and teaching endeavors, and lots of amazing athletes have come out of this family, as well.

Mr. Speaker, I am looking forward to Kalani's junior and senior seasons at Dunbar High School as she continues to do amazing things.

RECOGNIZING MALIK FRANKLIN

Mr. VEASEY. Mr. Speaker, I commend another Fort Worth ISD athlete, an accomplished young student athlete by the name of Malik Franklin, at Oscar Dean Wyatt High School in Fort Worth.

Malik is a junior and a two-time All-American track and field athlete. He is the captain of the varsity football team, and he is carrying a 4.1 GPA.

Malik competed in the 2023 track meet in Austin, and he brought home the top prize for the boys' 5A 400-meter sprint event, winning in 47.58 seconds, almost a full second ahead of any of his competitors. To qualify for the event, he had to race across all four regions in Texas. That is 254 counties. This young man is going places.

Malik is following in his father's footsteps. In 1998, Michael Franklin

was a part of the winning O.D. Wyatt track team that set a national high school record in the 4x100 relay, a record that still stands to this day.

Mr. Speaker, I congratulate these amazing student athletes on their future and what they are doing on the field today.

HONORING BREWSTER VETERANS

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

Mr. NEWHOUSE. Mr. Speaker, I rise today to recognize and honor two young men who gave their lives in Vietnam 55 years ago.

Marvin E. Galbraith and John Timothy Lane were friends who grew up in Brewster, Washington, as the Vietnam war broke out. Both graduated from Brewster High School, and at the age of 20, in the spring of 1968, each found themselves in combat in Vietnam.

Lance Corporal Galbraith served with K Company, 3rd Battalion, 7th Marines in the I Corps region of South Vietnam. On March 27, he was killed by a landmine while on patrol in Quang Nam province. Marvin was laid to rest in Bridgeport Cemetery with five generations of his family.

Private First Class Lane deployed in the Mekong Delta with B Company of the 4th Battalion, 9th Infantry "Manchus" of the 25th Infantry Division. On May 4, he was killed in a night battle near Duc Hoa when he threw himself on an enemy hand grenade in a brave act to save his fellow soldiers.

In recognition of Tim Lane's courage, he was posthumously awarded the Distinguished Service Cross, the Nation's second highest award for valor. He was buried at Locust Grove.

As Memorial Day approaches, I honor the lives of these two young men from Brewster who heroically sacrificed their lives for our Nation.

RECOGNIZING WSU MASTER GARDENERS PROGRAM

Mr. NEWHOUSE. Mr. Speaker, I rise to congratulate Washington State University celebrating 50 years of their flagship Extension Master Gardeners Program.

Founded in 1973 by WSU extension agents from King and Pierce Counties, their very first training session had 200 applicants. The master gardener concept has been replicated across the United States and internationally. Today, there are over 85,000 certified extension master gardeners.

With a mission to engage universitytrained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education, they have made quite the impact not only in my State of Washington but around the world.

This program makes me proud to be an alumnus of Washington State University. I thank the hardworking visionaries and volunteers who believe in

the impact that education and engagement can have on the health of our communities and our neighbors.

DEBT CEILING, BUDGET, AND ECONOMIC GROWTH

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

Ms. KAPTUR. Mr. Speaker, I rise today to warn of the risk of U.S. default. Its ripple effects will hurt countless people across our Nation and the Buckeye State.

Default will reverse the Biden recovery and historic job growth, heading our Nation into deep recession. Default will make it almost impossible to pay down the bills America owes, as economic growth will be stalled out.

Extremists in Congress don't seem to care. Their dawdling and irresponsible threats to not pay America's bills risk throwing a wrench in the heart of the U.S. economy. Stock market crashes and the unemployment they trigger hurt everyone.

Extremists heedlessness will trigger a recession, tank our stock market, kill off businesses, lead to mass layoffs, and reduce earnings on everything from retirement funds to new investments.

Extremist recklessness will cause America's economy great harm. We cannot allow this to happen. Only a growing economy can generate the momentum to pay our bills.

Following the worst pandemic in modern history and the market collapse of 2008, our Nation has just begun to stabilize our institutions, create record economic and job growth, and build forward again to pay our bills. More economic turmoil drives America backward.

Let me remind folks, America's debt, which has to be paid, didn't begin to accumulate in the last 2 years. The last time our Nation balanced a budget was during the Clinton Presidency. That was largely possible because of budgetary defense savings made possible by the peace dividend following the fall of the Soviet Union.

Since then, our Nation has fought an extended war on terrorism at a cost of \$8 trillion and 900,000 lost lives. Further, our communities are still digging out of the horrible Wall Street-induced housing crash of 2008. We have been turning the corner on recovery from the massive pandemic that killed over 1 million of our friends and family members, and our health system is still struggling to recover from that.

In this hand, I hold up the President's budget, a 132-page document given to us over 2 months ago. This document outlines a real plan to continue to grow our economy from the bottom up and middle out in order to pay our bills.

The chart I brought to the floor today shows the rising debt of our country as a percent of GDP, which is how you have to measure it, and from the Biden administration the first time that we begin to move that line down.

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On the other hand, we have extremists backpedaling, which aims to take a flamethrower to the programs that help Americans nationwide by making 22 percent cuts to all nondefense spending. This would hurt working families, stifle job growth, and impact millions of Americans who need care in our hospitals and depend on secure retirement income.

Our Nation is now in the midst of historic job growth, with nearly 13 million jobs added under President Biden in just 28 months. Think about it and think about those who would hold our economy hostage.

They would reverse economic growth. Our economy would shrink, eliminating millions of jobs, while reducing retirement earnings or tanking their accounts altogether.

Default would lead to a huge decline in consumer spending that would cripple economic growth, forcing cuts in critical Federal programs that put oxygen into the economy: Meals on Wheels, which bring food and company to homebound seniors and those in need.

Cuts will impact programs like LIHEAP that help people pay monthly bills for home energy costs. Extremist cuts will raise costs of childcare, pre-K and kindergarten spots for millions of children nationwide, forcing working parents to choose between expensive childcare costs or staying home and losing wages, deflating economic growth.

Balancing the budget requires economic growth not economic reversal. Our Nation came out of the pandemic as the strongest economy in the world. Let's build on this success, not take a wrecking ball to it.

Here is an idea to balance the budget. What if megacorporations and billionaires begin to pay their fair share of taxes?

Some pay nothing and because of their tax lawyers, many get a tax refund. Everybody has to help pull this boat called America.

So extremists in this Chamber want America to default on our obligations and stifle our economy. Responsible Americans know growing our economy will achieve new revenues necessary to pay the bills.

We need steady economic growth, economic progress, not default. I will choose economic progress every time.

HAPPY 90TH BIRTHDAY TO CON-GRESSWOMAN MADELEINE BORDALLO

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

Mr. MOYLAN. Mr. Speaker, it is with distinct honor and respect that I rise to recognize the Honorable Madeleine Bordallo who is celebrating her 90th

birthday this month. An eight-term Member of the House of Representatives, Congresswoman Bordallo stood in these very sacred Halls and under this historic dome for 16 years representing Guam and ensuring our community needs were always prioritized on a Federal level.

A two-term Lieutenant Governor, a senator for several terms in the Guam legislature, and an iconic first lady for 8 years, Congresswoman Bordallo's record with public service is vast and endless.

As a pioneer for education and advocate for our youth and one who has always prioritized the beautification of our island, there are many achievements in Guam which are credited to the work of the Congresswoman. I would need several hours just to name a handful of her accomplishments over the decades.

On behalf of a thankful Nation and island, I thank Congresswoman Madeleine Bordallo for her decades of work for the people.

Mr. Speaker, I request this august body to join me in these sacred and historic Halls of Congress to wish Congresswoman Madeleine Bordallo a happy birthday and blessings for many, many more.

LIFTING THE DEBT CEILING

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

Mr. COSTA. Mr. Speaker, I rise to address the serious issue of raising our debt limit before we wreak havoc on America's economy and the impact to the world's economy. What I want to talk about is common sense. It is common sense in terms of how we move forward with regards to our fiscal needs

Since 1960, Congress has raised the debt limit 78 times. It is Congress's responsibility to do this. It was done 49 times under Republican Presidents, 29 times under Democratic Presidents.

There is a degree of hypocrisy that has filtered through this House in recent months regarding the debt ceiling. In the last administration, we voted to increase the debt limit three times, to lift the debt ceiling, under the Trump administration, while at the same time the debt was being increased by 25 percent. I even remember President Trump saying that he was the king of debt. I guess he is—or was.

The fact is if that hadn't been increased by 25 percent, we wouldn't be here today with the dilemma of how we should raise the debt ceiling. We should raise it the way we have previously: cleanly, and in a bipartisan fashion. That is what we have done historically.

As Sergeant Joe Friday used to say, "Just the facts, ma'am." The debt ceiling has no impact on our spending, which is a reasonable issue to debate, how we spend America's tax dollars, and that is what the Congress ought to do.

The debt ceiling simply commits us to paying the bills that we have already incurred. That is what this is about.

That is why since 1960, Congress, under Republican and Democratic administrations, has raised the debt ceiling 78 times: 49 times under Republican Presidents, 29 times under Democratic Presidents.

Yesterday's announcement by Treasury Secretary Yellen makes it clear there is no time to waste. June 1 is looming closely, and the havoc that would occur if we don't lift the debt ceiling is significant. We can and should avoid this economic catastrophe.

Mr. Speaker, during the 19 years that I have been in Congress, I have voted to raise the debt ceiling 16 times, 3 times under the Trump administration. It is the responsible thing to do.

Mr. Speaker, if we default on our debt, nearly 8 million jobs will disappear soon after in June.

If we default on our debt, Social Security payments will be jeopardized.

If we default on our debt, payments to veterans will be impacted.

If we default on our debt, health benefits will be at risk for millions of Americans.

In California, if we default on our debt as a result of the proposal that the Republicans are making and the measure that they pass, we will eliminate preschool and childcare for over 35,000 children. It will strip food assistance from over 1.3 million Californians.

It would make college more expensive for over 874,000 students, and it would increase housing costs for 83,000 people in California. These numbers are being updated.

So where are we?

There is a commonsense agreement, based upon past history, that we must lift the debt ceiling. Republicans have acknowledged that.

As a Blue Dog, I believe in fiscal responsibility, and I want to continue to work with my colleagues on both sides in a bipartisan effort to lower our debt because we must ensure that Social Security and Medicare remains solvent over the long term.

We must do those things, but there is a way to do it. We can lift the debt ceiling cleanly, as we have in the past, and we can agree to a serious bipartisan commission to look at our debt and how we reduce our debt, as occurred under the Clinton administration.

That is common sense. That is what this is all about. Partisan attempts to score political points should not be at the expense of the full faith and credit of the United States. Not only are Americans' economic recovery at threat here, but the U.S. dollar is the currency of the global economy.

America is not a deadbeat Nation. We need to pay our bills and we need to meet the needs of American people.

Mr. Speaker, let's lift our debt ceiling by June 1.