Mr. Speaker, I congratulate Captain Hewitt on reaching the milestone of 16 years of service. I thank him for the kindness and devotion he has shown to north Texas throughout his career.

INCREASING NATIONAL SECURITY THREATS

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

Mr. DAVIS of North Carolina. Mr. Speaker, there are increasing national security threats to America's critical infrastructure.

A warning went out nationwide that China and Iran are targeting our critical infrastructure systems, including our drinking water.

These cyber threats pose an extreme risk to our rural water systems.

Any cyberattack that shuts down our rural water systems for days could impact our farms, families, schools, and even emergency services.

I introduced H.R. 3809, the Cybersecurity for Rural Water Systems Act for this very reason.

The bill would provide cybersecurity assistance to those communities with limited resources.

The bill is crucial in the fight to protect the United States from foreign cyberattacks.

I urge Congress to advance this key legislation.

ILLEGAL IMMIGRANT INVASION

(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, among the many issues we have, the problem at our border and the illegal immigrant invasion we have in this country is the effect on our elections and the apportionment of how votes are distributed around this country.

What a lot of people don't know or understand or are aware of is that when the Census is taken, the ideals of the Constitution of voting are flouted in that they have to count everybody supposedly that is here illegally in the population.

That is how House Members and votes and power is distributed across our States and across our country.

It is estimated—because of illegal immigrants basically squatting in this country—that somewhere between 13 and 20 House seats are in the wrong States or in the wrong area due to a disproportionate amount of people being counted in primarily urban areas, and to the Democrat's benefit, in blue States.

We have a distortion of the true amount of votes because of illegal immigration and inaction done at the Federal level.

HONORING VED NANDA

(Mr. CROW asked and was given permission to address the House for 1 minute.)

Mr. CROW. Mr. Speaker, I rise today to honor the passing of my dear friend and mentor. Professor Ved Nanda.

For 57 years, Ved was a distinguished professor at the University of Denver law school.

During his tenure, he established the international legal studies program and served as director of the Ved Nanda Center for International and Comparative Law.

He was an officer and board member in several international and national NGOs and a leader in the international law community.

More than that, Ved Nanda was a valued mentor to many. In every corner of Colorado, you can find someone who benefited from Ved's calm wisdom.

His legacy will continue to inspire me and many around the world. He will be deeply missed.

DEMOCRATS ARE LISTENING

(Mr. LIEU asked and was given permission to address the House for 1 minute.)

Mr. LIEU. Mr. Speaker, I rise today to discuss how House Democrats, working with the Senate and the White House, are delivering cost savings to American families.

My constituents tell me how high costs are affecting them and their families, and Democrats are listening. That is why we passed the American Rescue Plan, which allowed Medicaid to limit drug prices starting this year.

We also passed another law, the Inflation Reduction Act, which capped insulin costs at \$35 a month, and as a result of these laws, the three largest manufacturers of insulin have announced that they would slash the cost of insulin by 75 percent.

These are real cost savings for the 62,000 constituents in my district who are living with diabetes.

What are Republicans focused on? The Republican Study Committee just released a budget, about 70-something percent of the Members are a part of that committee that wants to raise the retirement age for Social Security, end Medicare as we know it, ban IVF, and roll back the Affordable Care Act.

The two parties are not the same.

IN OPPOSITION TO REPUBLICANS' RECKLESS BUDGET PROPOSAL

(Mr. PAPPAS asked and was given permission to address the House for 1 minute.)

Mr. PAPPAS. Mr. Speaker, I rise in opposition to the reckless budget proposal released this week by a group of House Republicans.

This budget will cut Medicare, make healthcare more expensive, and undo the real progress that we have been making to lower prescription drug prices.

It would also cut Social Security benefits and raise the retirement age, forcing hardworking Americans to work even longer.

The only winners in this budget plan are the ultra-wealthy and the biggest corporations, who get rewarded with huge tax cuts.

This is backward, it is wrong, and it is something I will fight every step of the way.

New Hampshire seniors who have paid into Social Security and Medicare need to know that their earned benefits will be there for them when they retire.

I remain committed to fighting to strengthen Social Security and Medicare, to lowering the cost of healthcare and prescription drugs for all Americans, and Congress must make this a top priority.

HONORING OREGONIAN WOMEN

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

Ms. KUSTER. Mr. Speaker, I rise to honor the trailblazing women throughout history who have fought for justice and equal rights. I am proud that many of these women were and are Oregonians.

There is Abigail Scott Duniway from Yamhill County, who became a vocal advocate for women's suffrage and was the first woman to register to vote in Oregon.

There is former Governor Barbara Roberts, who grew up in Sheridan and became the first woman elected to serve as Governor of Oregon.

There is Kathryn Harrison who helped gain Federal recognition for the Grand Ronde Tribe in my district.

These are just a few examples, but there are many more women leaders who are largely left out of history books. Recognizing their legacy is one important step.

But we must continue building on the progress they have already made.

That is why I will keep working to expand access to paid leave and affordable childcare, protect reproductive freedoms across the Nation, and put an end to violence against women and girls.

During Women's History Month and every day of the year in honor of those who came before us, I will keep up the fight.

MEMBERS OF CONGRESS DID THEIR JOB TODAY

(Ms. JACKSON LEE asked and was given permission to address the House for 1 minute.)

Ms. JACKSON LEE. Mr. Speaker, I rise today to be able to reaffirm to the American people that I and my colleagues did our job today as I stand in support of the resolution and the appropriations that kept the government open.

I told my constituents I could not be at various events today, Friday, March 22, because I had to be here to ensure that our students had Pell grants, to make sure that small businesses are being supported, to ensure that Medicare and Medicaid were strongly enforced, and public health is still in place.

I wanted to make sure that we had the biomedical research that helps so many lives be restored.

And, of course, I am a champion and an advocate for mental health care. It is not enough for the families who suffer and try to help their loved ones.

I want to make sure we get rid of tax cheats and, of course, the drug of choice that kills Americans—fentanyl.

I want to be part of the fight as a senior member of the Judiciary Committee and to be sure that Ukraine and Gaza gets the appropriations and the dollars that they need.

The SPEAKER pro tempore. The time of the gentlewoman has expired.

Ms. JACKSON LEE. We chose to keep the government open today.

The SPEAKER pro tempore. The gentlewoman is no longer recognized.

COMMUNICATION FROM THE SPEAKER

The SPEAKER laid before the House the following communication from the Speaker of the House of Representatives:

> Washington, DC, March 22, 2024.

I hereby designate the period from Friday, March 22, 2024, through Monday, April 8, 2024, as a "district work period" under section 3(z) of House Resolution 5.

MIKE JOHNSON,

Speaker of the House of Representatives.

FOCUSING ON CUBA AND HAITI

The SPEAKER pro tempore. Under the Speaker's announced policy of January 9, 2023, the gentlewoman from Florida (Ms. SALAZAR) is recognized for 60 minutes as the designee of the majority leader.

Ms. SALAZAR. Mr. Speaker, President Ronald Reagan warned in 1985 that America has an unrelenting obligation to halt communist penetration in our hemisphere.

If we fail to meet this obligation, we will send the unmistakable signal that the greatest power in the world is unwilling and incapable of stopping communist aggression in our own backyard.

Right now we are facing that scenario in the islands of Cuba and Haiti.

History teaches us that the current threats in our hemisphere must be addressed with the utmost seriousness, for these issues go to the heart of American security and American history.

I stand here today to ensure that once again we learn from history and understand that the turmoil in our hemisphere in America's own backyard can and must be stopped or the price we pay will be dear.

Let's focus on Cuba and Haiti. The stakes are incredibly high. The Cuban people live in a perpetual cycle of misery and despair at the hands of their communist oppressors.

They are deprived of basic necessities, like food and electricity, living in literal darkness for hours a day, a product of the communist regime's intentional rolling blackouts.

The regime has adopted the slogan "patria o muerte" or "patriotism or death" while subjecting the Cuban people for the last 60 years to conditions that will surely lead them to the latter—death from deprivation.

A few days ago, Cuban protestors bravely took to the streets of Santiago and other cities on the island after once again being subjected to massive food shortages and blackouts for up to 18 hours a day.

Now the protestors are crying out "patria y vida" or "patriotism and life."

In response, the Cuban regime did what they always do: blame us, the United States, for our embargo. But we fully understand the operations manual for the communist Cuban regime's propaganda machine.

They have been exploiting, starving, imprisoning, and beating their own people for decades.

But we know the truth. We as a Congress, as an American people, can take several steps to ensure the protestors' voices are not shouting in vain.

First, I am calling on President Biden and the administration to take a stronger stance against the Cuban regime and stand in solidarity with the brave freedom fighters pouring into the streets all over Cuba.

United States support of the Cuban freedom fighters is not a partisan issue. It is morally right and intimately linked to our own security and our own history, freedom, and democracy.

We know that information is power, so let's provide internet access to the Cubans now so they can have a window to the free world.

Now, I am talking to the Cuban military commanders. I have a crucial message for you. History has its eyes on you. It is inevitable that peaceful protestors will continue to take to the streets in Cuba in the hopes of finding freedom. And there will come a time when your moral integrity will face the ultimate test, whether or not to raise your weapons against your own neighbors and your own friends.

My message from this floor is very clear to the Cuban military commanders: Make the right choice. Do not shoot at your own fellow citizens. Do not shoot at the Cuban people.

Myself as a Member of this Congress, the United States of America, and history itself will recount these days, and your own legacies will be a result of you holding your fire. \sqcap 1230

Now, it is not just Cuba that needs our attention. Another monster is looming large in our backyard to threaten American security: Haiti.

Haiti is crumbling, a completely failed state in anarchy, overrun by gangs, violence, and chaos. Haiti's humanitarian, political, and security crisis grows worse by the second, while most people are on the brink of starvation.

There is currently a Haitian refugee crisis unfolding. Haitian refugees will pour into our own country by the thousands. For the last 2 years, the Biden administration has swept the problems brewing in Haiti under the rug, and now their worst nightmare has appeared.

We must call for a coalition of our allies in Latin America to help restore order in Haiti and halt the threat before it impacts additional countries like the Dominican Republic.

America's enemies, hostile countries like China, Iran, and Russia, would love nothing more than to force communism onto our small neighbors like Haiti, just like they did in Cuba 60 years ago. We cannot sit idly by, nor afford to ignore the flames that are growing. We must take action now.

I urge the Biden administration to pay close attention to my warnings. We need a clean strategy on the situation in Haiti, and we need this Congress to lead the way.

We must extinguish the flames of instability and communism burning in our backyard. If we don't, they will surely continue all the way through to our own American kitchen. We cannot ignore Haiti or Cuba.

Mr. Speaker, I yield back the balance of my time.

$\begin{array}{c} \text{HAITI: ANOTHER MISSION OF} \\ \text{MERCY} \end{array}$

The SPEAKER pro tempore. Under the Speaker's announced policy of January 9, 2023, the Chair recognizes the gentleman from Texas (Mr. GREEN) for 30 minutes.

Mr. GREEN of Texas. Mr. Speaker, and still I rise, a proud, liberated Democrat, unbought, unbossed, and unafraid. In the spirit of Shirley Chisholm, I rise, a great and noble American.

Mr. Speaker, I rise today on another mission of mercy. I rise today because this morning, at approximately 4:30 a.m., I was reviewing a news story. In this news story, there was an indication that there was death in Haiti. I had an opportunity to see on the screen of my television the horrors that were emanating from the story.

Mr. Speaker, I saw a person lying in the street who was apparently without life. It is not a pleasant thing to see someone without life, but to see a person lying in the street without life, with only a portion of the body discernible, was quite an experience.