

happiness, and God's abundant blessings. I love you, Yolanda.

□ 1100

LEGACY OF AMERICAN LIBERTY

(Mr. MCGUIRE of Virginia was recognized to address the House for 5 minutes.)

Mr. MCGUIRE. Mr. Speaker, imagine riding 40 miles through dark Virginia woods to save the American Revolution.

In June 1781, militia Captain Jack Jouett did just that, galloping from Louisa County in the Fifth District to Monticello, also in the Fifth District, to warn Governor Thomas Jefferson of an impending British capture. Jouett's warning saved Jefferson and the general assembly in Charlottesville, preserving our young Nation's leadership.

These heroes are deeply tied to Virginia's historic Fifth Congressional District, which still includes Albemarle and Louisa County today.

In 1789, the Fifth District hosted a legendary race: James Madison, the father of the Constitution, campaigned against his friend and neighbor, James Monroe, the Revolutionary War veteran who was the father of the Monroe Doctrine. Madison won, becoming Virginia Fifth District's very first Representative.

From Jack Jouett's courage to the vision of three Presidents, the legacy of American liberty was forged right here in Virginia's Fifth Congressional District.

A REMARKABLE FOUNDING STORY

Mr. MCGUIRE. Mr. Speaker, Virginia's Fifth can tell one remarkable founding story through four names.

Thomas Jefferson gave the Nation its words in the Declaration of Independence and served as Virginia's wartime Governor and our third President. He left this district with Monticello and the University of Virginia.

James Madison gave those words structure, helping shape the Constitution and Bill of Rights. Though Montpelier now sits just outside today's Fifth, his work still lives in Charlottesville through the university he helped build and lead.

James Monroe was a soldier, diplomat, Governor, and the fifth President. He gave us the Monroe Doctrine, and he carried that work forward from his Albemarle home, Highland.

Jack Jouett rode through the night from Louisa to Charlottesville to warn Jefferson and save Virginia's leadership from capture.

Together, these Virginians helped write, defend, and steady the American experiment.

IT BEGAN WITH THOMAS JEFFERSON

Mr. MCGUIRE. Mr. Speaker, Virginia's Fifth Congressional District began with Thomas Jefferson. He gave independence its voice as the principal author of the Declaration, then helped secure liberty again through the Virginia Statute for Religious Freedom

and the founding of the University of Virginia.

Beside him stood James Madison, Jefferson's close collaborator and the Nation's constitutional architect. Known as the father of the Constitution, Madison helped win ratification through the Federalist Papers and then steered the Bill of Rights through Congress.

James Monroe carried that Virginia legacy from soldier to statesman. A Continental Army veteran, he later helped to negotiate the Louisiana Purchase, presided over the Era of Good Feelings, and gave American diplomacy a landmark win in the Monroe Doctrine.

Connecting them all is militia Captain Jack Jouett, whose overnight warning in 1781 helped Jefferson and Virginia leaders escape British capture, protecting the cause these Founders were still building.

CUBAN BLOCKADE IS INHUMANE

(Mr. POCAN of Wisconsin was recognized to address the House for 5 minutes.)

Mr. POCAN. Mr. Speaker, I just got back from a fact-finding trip to Cuba a week ago after having visited the country 30 years ago and 3½ years ago, as well. Let me tell you what I found on this trip.

The United States' blockade of Cuba is crushing the Cuban people. We are hurting the very people who we profess to care about, and we are not doing so for national security reasons but for political reasons.

Here is what I saw. Our blockade is inhumane. Food, medicine, fuel for energy, literally everything you need to live and thrive, is blocked by us. It is not just us. We forced the world into an involuntary global blockade, as well, as we will punish anyone who does business with these sanctions.

Our boot is on the throats of the Cuban people after over 65 years of blockading their government. The definition of insanity is doing the same thing over and over again and expecting a different result. Our punishing of the people of Cuba has not brought the regime change that some politicians want, but we are pushing our boot harder onto the necks of the people. Insanity.

Mr. Speaker, we had a period of time of lifting the restrictions under Barack Obama. Guess what. Americans visited Cuba. The people of the country thrived and loved our country, and America was no less safe.

All of that got taken away by Donald Trump. In fact, we didn't just go back to the same old repression. Instead, we went to new levels of sadism against the Cuban people. Ships can't bring supplies due to our blockade. Goods can't be exchanged with the Cuban people because of our blockade. Medicine—even in war, we allow medicine through. Medicine and medical parts can't get to the Cuban people due to our blockade.

Cuba is a nation that trains doctors who serve around the world, especially in Central and South America. Yet, in Cuban hospitals, MRI and CAT scan machines sit idly because they can't get the parts they need to fix them. I have seen it with my own eyes.

The infant mortality rate has doubled due to the tightening of the blockade. Nearly 14,000 kids and 100,000 adults are waiting for surgeries.

When the power goes out, which it does quite often due to our oil ban, surgeons finish surgeries with the light from their cell phones because of our blockade.

In fact, while I was there, the power went out across the country for the second time that week: 42 hours down, then 1½ hours of power, and then a shutdown again. Garbage is lining the streets because garbage trucks can't pick up trash, causing additional health hazards.

We say that we want to transform the country with a more robust private sector, yet we make it harder for small businesses to open and thrive. I have talked to small business owners there, one who went from 400 employees to 12 due to our blockade. The government in Cuba announced 176 reforms for helping private businesses, but our government refuses to acknowledge a single one. Bluntly, the U.S. Government is lying to the American people about Cuba.

I met with some ambassadors from other countries, and one thing really stuck. One said that it was like a silent Gaza. No, there aren't bombs destroying buildings and neighborhoods, but there is a destruction of the power system. There is a devastation to their healthcare system. There is an attack on their ability to educate their children.

The people of Cuba are hurting economically more than ever, all due to the U.S. sanctions and blockade, not because of the Cuban Government.

Mr. Speaker, their governing system certainly isn't ours. We disagree with some of their actions, for sure. Unfortunately, Secretary of State Marco Rubio is making this personal and political rather than about the best interests of the United States.

The State Department just published a ridiculous report about the threat to America from Cuba. It may be the stupidest, most fantastical, most biased thing I have ever read from a government agency. Enough.

The people of America are tired of war and regime change. We want things in our country addressed, like being able to make a good wage and have groceries, healthcare, and gas be more affordable. Yet, starting another conflict while in a quagmire in Iran is the last thing we need.

We don't want another Gaza in Cuba. We need to end the blockade.

HONORING JAMES ROBERT YAROSZEWSKI

(Mr. MACKENZIE of Pennsylvania was recognized to address the House for 5 minutes.)

Mr. MACKENZIE. Mr. Speaker, I rise today to recognize the service and sacrifice of Army veteran James Robert Yaroszewski.

James served honorably in the United States Army during the Vietnam war. During his service, he was wounded in combat and awarded the Purple Heart in recognition of the sacrifices he made in defense of our Nation.

His military record also includes the Army Commendation Medal, National Defense Service Medal, Vietnam Service Medal, and Vietnam Campaign Medal.

Like so many veterans of his generation, James answered our Nation's call during a difficult chapter in our history, serving with courage and honor.

Although he passed away in 2015, his service and sacrifice deserve to be remembered.

On behalf of the people of the Lehigh Valley and Poconos, I honor James Robert Yaroszewski's legacy and thank him for his faithful service to the United States.

RECOGNIZING MICHAEL T. MATSKO

Mr. MACKENZIE. Mr. Speaker, I rise today to recognize the service and sacrifice of Vietnam veteran Michael T. Matsko.

Michael enlisted in the United States Navy in 1964 and deployed to Vietnam in 1968, during the Tet Offensive.

Serving with the brown water Navy, he was wounded when his base at Quy Nhon came under attack. Despite suffering combat injuries that left him with retained shrapnel, he returned to duty and completed his deployment in service to our Nation.

Like so many Vietnam veterans, Michael has carried the lasting effects of war long after returning home. Yet, he has remained committed to serving others by sharing his experience with students and community groups, helping future generations better understand the sacrifices made by those who served in Vietnam.

Michael was also honored by his fellow veterans by creating a commemorative keepsake from recycled American flags, preserving their stories and ensuring their service is never forgotten.

On behalf of the people of the Lehigh Valley and the Poconos, I thank Michael Matsko for his courage, his service, and his continued dedication to preserving the legacy of America's veterans.

RECOGNIZING ROBERT "BOB" GREEN, JR.

Mr. MACKENZIE. Mr. Speaker, I rise today to recognize the service and sacrifice of Army veteran Robert "Bob" Green, Jr.

Bob served honorably in the United States Army from 1969 until 1975, including two tours in Vietnam with the 196th Light Infantry Brigade.

Over nearly 6 years of service, he rose to the rank of staff sergeant and answered our Nation's call during one of the most challenging periods in our history. His courage and dedication were recognized with numerous military honors, including the Bronze Star Medal, Purple Heart, Republic of Vietnam Cross of Gallantry, Vietnam Service Medal, National Defense Service Medal, and a Good Conduct Medal.

These decorations reflect not only Bob's bravery in combat but also his steadfast commitment to serving his fellow soldiers and our country.

On behalf of the people of the Lehigh Valley and the Poconos, I thank Robert Green, Jr., for his courage, sacrifice, and his honorable service to the United States.

HONORING DAN SCHANTZ

Mr. MACKENZIE. Mr. Speaker, I rise today to honor the life and legacy of Dan Schantz, a longtime Lehigh Valley farmer and leader in Pennsylvania agriculture.

For decades, Dan built one of the region's most recognizable greenhouse businesses, serving generations of families across the Lehigh Valley with the quality and dedication that became synonymous with the Schantz name.

On behalf of the people of the Lehigh Valley and the Poconos, I extend my deepest condolences to the family of Dan Schantz. We honor his lasting contributions to our agricultural community, and may his legacy and memory be everlasting.

NO MORE ENDLESS WARS

(Mr. MAGAZINER of Rhode Island was recognized to address the House for 5 minutes.)

Mr. MAGAZINER. Mr. Speaker, in recent days, three more American servicemembers have been killed in the Iran war, while another is missing, and 1,600 civilians have been killed—not combatants—with our tax dollars.

Here at home, the average price of gasoline is above \$4 a gallon again, and we continue to spend billions of dollars of taxpayer money on this unnecessary war that President Trump started. This is money that could have been spent to make people's lives better here at home.

President Trump got us into this war for no good reason, with no good plan, and no regard for the pain that it is causing. The American people are tired of endless wars, tired of unnecessary bloodshed, tired of children being bombed in their schools with our tax dollars, and tired of our best and brightest coming home in caskets for a war that nobody can explain.

It is time to put the adults back in charge. Put experienced negotiators at the table to find an end to this unnecessary war, not the President's relatives and real estate buddies.

It is time to elect a new majority here in Congress that takes our responsibility to be a check on the President seriously. We need people here in Con-

gress who have the courage to say "no" when the President has a bad idea, especially when it gets people killed.

We grieve for the American servicemembers who have lost their lives in this war and for their families, and we pray that the Members of this Congress can find the courage to stand up and end this unnecessary war.

RECOGNIZING COLORADO ARMY NATIONAL GUARD AVIATORS

(Mr. HURD of Colorado was recognized to address the House for 5 minutes.)

Mr. HURD of Colorado. Mr. Speaker, I rise today to recognize the Colorado Army National Guard aviators who saved a life on one of Colorado's most challenging peaks.

Earlier this year, a hiker was stranded on Crestone Peak, more than 14,000 feet above sea level. Flight for Life cannot reach that altitude. Ground crews could not reach this hiker. The mission fell to our Colorado Army National Guard aviators.

Chief Warrant Officer 5 Mike Antinora and Chief Warrant Officer 4 Josh Friederichs flew their Black Hawk helicopter at the limits of its capabilities, hovering at 14,380 feet, while Sergeant Noah Jordan and Staff Sergeant Jake Beehler worked the hoist, lowering 180 feet of cable to reach where no one else could.

They brought that hiker home safely.

This is what our National Guard does not just in combat overseas but here at home when no one else can answer the call.

I am proud to recognize Chief Warrant Officer Antinora, Chief Warrant Officer Friederichs, Sergeant Jordan, Staff Sergeant Beehler, and rescue technicians Gerrit Padgham and Steven Gosselin. Colorado is safer because of their service.

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RECOGNIZING C & J CAFE

Mr. HURD of Colorado. Mr. Speaker, I rise today to recognize Juan Agredano and his family, owners of C & J Cafe in Delta, Colorado, a community institution that has served Western Slope families since the 1980s.

When I visited last month, I was welcomed the same way every customer is: like family. This is no accident. It is the culture that Juan; his wife, Robin; and their daughter, Jennifer, have built through decades of showing up for their community day after day.

C & J Cafe is the kind of place that doesn't just feed people. It brings them together.

Whether it is the legendary cinnamon rolls, said to be the largest in Delta County, or simply the warmth at the door, the Agredanos have made their restaurant a cornerstone of community life.

When the challenges of COVID threatened restaurants across the country, Juan and Jennifer kept showing up. They kept serving their neighbors, and their neighbors never forgot it.