After just a couple of weeks, he was apprehended, disappeared; and, after a few months later, it was revealed that he had been tried and convicted and sentenced to death.

A young man, an American, traveling under his own name in Iran, who had served in the United States Marine Corps, was sentenced to death simply for being an American in Iran that had served this country. He is an innocent man, and he continues to languish in Evin Prison.

I am here to make it clear that the Congress of the United States and the American people are watching the Iranian Government. If, in fact, Iran intends, as they purport to do, to try to take steps to join the international community, they cannot hold Americans like Amir Hekmati as political prisoners.

Members of Congress on both sides of the aisle, from JOHN LEWIS to DARRELL ISSA, have joined in the effort to raise awareness around Amir Hekmati's case. It is important that we never let this case fade into the woodwork.

I think about Amir the same way that I would think about it if my own son were being held in a prison on the other side of the world, and I know that every other Member of Congress who has been engaged in this effort feels the same way. He is one of us; he is our son, and he needs to be reunited with his family.

As we now are considering, I think, a really important moment where there have been negotiations to try to deal with Iran's nuclear aspirations—and personally, I support this direction, I support the direction the administration has gone in creating a framework through negotiation to make for a more peaceful world. It is very difficult for many of us in Congress, especially those of us who represent those few Americans being held in an Iranian prison, to view this agreement other than through the lens of that experience.

If Iran truly intends to try to rejoin the global community, they can make a very clear demonstration of their seriousness by releasing Amir Hekmati and the other Americans that they hold. We all can play a role in making that happen. I encourage everybody out there—Members of Congress, people who want to become engaged—to get to social media. Use #freeamir or #freeamirnow.

We know that the Iranian Government does pay attention to what the American people think—the Iranian citizens certainly do—and we know that we have to keep the pressure on right now. It is, as I said, very difficult for many of us who support the direction that this administration has taken these negotiations and really hope that it bears fruit, really hope that it creates an agreement that makes the world—and particularly that region—safer.

We can only really accept Iran as a member of the global community not just by entering into this agreement, but by them joining the world community by not being a nation that can take a young man who served his country, who grew up here, was the captain of his high school hockey team, simply wanted to go to see the country that his parents were born in, and to visit the grandmother that he had never met. To hold him as a political prisoner, as a chip in a geopolitical struggle, is beyond the pale; and it is something that can't be accepted.

Please, my friends, my colleagues, join me in continuing to raise your voices to make sure that not one day passes—especially during this period where we are considering this potentially historic agreement—not one day passes where Amir Hekmati, Jason Rezaian, Pastor Abedini, Mr. Levinson, that their cases, their names, are never forgotten.

A BALANCED BUDGET FOR A BETTER AMERICA

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

Mr. THOMPSON of Pennsylvania. Mr. Speaker, on September 22, 2011, former Joint Chiefs of Staff Admiral Mike Mullen referred to our national debt as "the single biggest threat to our national security."

He was correct in his statement that the United States continues to suffer from overbearing debt and, unless immediate action is taken, future generations will face unsurmountable challenges.

No one wants a future where policymakers are forced to choose between discretionary programs, like roads and bridges or educating our children, when they continue to be crowded out by mandatory spending which accounts for more than two-thirds of our annual budget.

We need a strong social safety net. We need a strong national defense. We need an America where young learners can have access to a quality education and workers can receive the skills that they need to gain family-sustaining jobs and keep businesses thriving and competitive, both domestically and globally.

Unfortunately, aspirations for a more prosperous America are not going to be achieved until we begin to get out from underneath this burden of debt.

Mr. Speaker, since 2009, the Obama administration has added more than \$7 trillion to our national debt, and today, we owe more than \$18 trillion, an amount greater than the annual gross domestic product.

While bipartisan agreements have led to some successes since 2011, Congress must continue to put forth a blueprint that aims to reduce deficit spending and provide a path to long-term fiscal stability.

Recently, the House passed a strong budget resolution that aims to reduce spending by \$5.5 trillion over 10 years to get a handle on erroneous regulations and mandates that impede job creation and promote true patient-centered healthcare solutions.

Mr. Speaker, the critics of this plan have unashamedly claimed that Republicans "want to end Medicare as we know it." Well, those accusations could not be further from the truth. Unfortunately, these nearsighted individuals have focused more on partisan attacks rather than looking at the long-term challenges that we, as a country, face together.

According to the nonpartisan Congressional Budget Office, the Medicare hospital trust fund will be insolvent by 2030, which is closer than we all would like to admit.

The House Republican proposal presents a plan to save, strengthen, and secure Medicare for today's seniors and tomorrow's retirees. It makes no changes for those in or near retirement, provides future seniors with premium support, and will result in actual savings for both beneficiaries and taxpayers.

The do-nothing alternative will only serve to break promises this country has made to our seniors and places us on a road to rationing, where beneficiaries will be burdened with arbitrary caps to medically necessary procedures and care.

Mr. Speaker, I am in no way claiming this blueprint is perfect, but please be assured that I was not elected to sit idle or squander an opportunity to ensure that our great country can continue to support promises that we have made.

Moving forward, as the House and Senate begin to conference and work out the details between each Chamber's respective budgets, I will remain committed to ensuring a strong national security, economic competitiveness, and an atmosphere that fosters positive growth throughout Pennsylvania and across our great country.

We have been given an opportunity to strengthen this great Nation. Let us work toward that end, rather than vilify those who look to provide us options. Our children and future generations of Americans deserve as much.

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APRIL 16—D.C. EMANCIPATION DAY: HONOR WITH THE VOTE AND WITH STATEHOOD

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from the District of Columbia (Ms. NORTON) for 5 minutes.

Ms. NORTON. Mr. Speaker, during the next 3 days, I will be coming to the floor, leading up to Thursday, April 16—D.C. Emancipation Day. That is the day that Abraham Lincoln emancipated the slaves in the District of Columbia before slaves nationwide were emancipated.

Now, no resident of the District of Columbia is a slave today as in 1863,