

On January 16, 2015, 12-year-old Kelsey ran outside to find her mother lying with a gunshot wound. Without hesitation, Kelsey called 9-1-1 and was able to give the dispatcher accurate time-saving information while remaining calm and comforting. Kelsey became the solid rock of her family while assisting through the long hospital stay, the recovery period and difficult days. She is a hero in everyone's eyes.

Mr. Speaker, Kelsey is an Iowan who has made central Iowa citizens very proud. She has dedicated her life to doing what is right and not seeking much attention. But it is with great honor that I recognize her today. I ask that my colleagues in the U.S. House of Representatives join me in honoring Kelsey for her courage. I thank her for her service and wish her continued success in all her future endeavors.

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RECOGNIZING SAMUEL M. YOUNG,  
JR., PH.D.

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**HON. PATRICK MURPHY**

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

*Monday, April 11, 2016*

Mr. MURPHY of Florida. Mr. Speaker, I rise today to recognize an outstanding constituent and renowned neuroscientist, Dr. Samuel M. Young, Jr. of Jupiter, Florida.

Growing up in Caldwell, New Jersey, Sam "Stump" Young's strength on the High School football field led him to Princeton University, where he discovered a passion for scientific research that would last a lifetime. Sam chose to major in molecular biology at Princeton, an unlikely choice for the Princeton Tigers' star defensive tackle and one who challenged the assumptions of his professors and fellow students.

As a postgraduate, Dr. Young studied at some of the leading laboratories in Germany and the United States before joining the Max Planck Florida Institute for Neuroscience in Jupiter in 2010, where he currently serves as Research Group Leader in Molecular Mechanisms of Synaptic Function. At Max Planck, Dr. Young and his team use innovative techniques to create models of how synapses function, and their path-breaking research helps shed light on the causes of brain disease.

On Sunday, April 3rd, I was honored to have Dr. Young deliver the keynote address at a ceremony I hosted to recognize 65 local students and recipients of this year's Congressional Award, the United States Congress' award for young Americans who have demonstrated outstanding achievements in four areas: volunteer public service, personal development, physical fitness, and expedition/exploration.

These young men and women exemplify the best values of hard work, determination, passion, and leadership, and I thank Dr. Young for sharing his story with them. I know that by following his example and pursuing their own passions—no matter what—they too will achieve incredible successes in life.

CELEBRATING CESAR CHAVEZ  
DAY

**HON. SHEILA JACKSON LEE**

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

*Monday, April 11, 2016*

Ms. JACKSON LEE. Mr. Speaker, I rise today to express my deepest appreciation for the life, legacy, and actions of the late Cesar Estrada Chavez.

The changes that Cesar Chavez fought for throughout his life have dramatically changed the way that farm workers are treated in our country.

Cesar Chavez was one of the nation's greatest civil rights activists and the tireless champion of migrant farm workers fighting for humane working conditions.

As a young man Cesar Chavez worked in the fields where he saw firsthand the dangerous conditions which farm workers were forced to endure. In 1952 he became an organizer for the Community Service Organization (CSO), a Latino civil rights group, and eventually became the national director of the organization.

In 1965, Chavez co-founded the National Farm Workers Association with Dolores Huerta which evolved into the United Farm Workers union.

The National Farm Workers Association was successful in securing fair wages and safe working conditions for farm workers.

The UFW also led a worldwide grape boycott that helped ensure farm workers had a voice in contract negotiations.

Cesar Chavez is also known for his fasts which he used as a nonviolent method of promoting his beliefs.

In 1972, Chavez fasted in response to Arizona's passage of legislation that prohibited boycotts and strikes by farm workers during the harvest season.

Cesar Chavez achieved unprecedented gains for farmworkers.

His influence also exceeded to empowering the people to strive for their own rights.

Numerous other social movements utilized his tactics in their own work.

On April 23, 1993 Cesar Chavez died, bringing great sadness to the farm workers community that he spent his life fighting for.

With his death also came a great sense of pride for all the progress that Cesar Chavez brought as a direct result of his unwavering commitment to farm workers' rights.

I urge my colleagues to join me in celebrating Cesar Estrada Chavez's life and legacy.

America is a better place because of Cesar Chavez.

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IN HONOR OF COLONEL FERDINAND  
CLARENCE "FRED" BIDGOOD

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**HON. BARBARA COMSTOCK**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Monday, April 11, 2016*

Mrs. COMSTOCK. Mr. Speaker, I rise today to honor the life of my constituent, Colonel Ferdinand Clarence "Fred" Bidgood, a retired United States Army officer, a patriot, and a true leader.

After his birth in 1938 in Fort Benning, Georgia, Fred went on to live in London, England, where he graduated from Central High School in 1955. He matriculated into the United States Military Academy's Class of 1960 where he received a Bachelor of Science degree. Fred later earned a Master's degree in civil engineering from Texas A&M, and graduated from the Armed Forces Staff College.

Following his graduation from the United States Military Academy, Fred was commissioned as 2nd Lieutenant in the Army and served around the world in command and staff positions in both Artillery and Engineer units. Throughout his career, he served as Associate Executive Director of the Paralyzed Veterans of America in Washington, DC and Chief of Staff for the National Victory Celebration, where his duties included welcoming home troops from the Gulf War. He also served as Director on the Board of Governors of the World United Services Organization and Chairman of their Human Resources Committee, and he was a member of the Board of Advisers of National Handicapped Sports.

Fred lived much of his life in South Run Forest community in Springfield, Virginia. On Veterans Day, Flag Day, and Memorial Day, Fred enjoyed distributing flags across his entire community to share his patriotic spirit with his neighbors in honor of our country and all those who have served it bravely with him. Fred will be remembered dearly across the South Run Forest community by all those he touched on a daily basis. He was well known by many of his neighbors for having a witty sense of humor. One of Fred's neighbors, Norman Bayne, once told me about a time when he was mowing his lawn and wearing shorts, Fred came out and shouted, "If I had legs like that I would wear pants." Fred always had a way to brighten the day of those around him.

Fred's final assignment in the military was as an Executive Assistant to the Administrator of the Veterans Administration. He passed away a decorated veteran, having earned four awards of the Legion of Merit, the Bronze Star, two awards of the Meritorious Service Medal, the Air Medal, and the Army Commendation Medal. He was preceded in death by his daughter Kerri. He is survived by his wife Marilyn of 55 years, two sons Mark and Matthew, and four grandchildren, Damon, Haley, Aidan, and Brianna. I am honored to commemorate Fred today for his life of leadership, service, and selfless contributions to our great nation. We are fortunate to have citizens like Fred who are willing to put their life at risk to serve the United States of America.

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TRIBUTE TO MEREDITH  
WILHARBER

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**HON. DAVID YOUNG**

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

*Monday, April 11, 2016*

Mr. YOUNG of Iowa. Mr. Speaker, I rise today to recognize and congratulate Meredith Wilharber of Urbandale, Iowa as one of Iowa's 2016 Heroes of the Heartland, sponsored by the American Red Cross of Greater Iowa.

Each year, the American Red Cross serving greater Iowa honors individuals for their acts