shoot Caroline Nosal in the chest and in the head. Later, after police picked him up, he said it was easy to kill Nosal, that he was angry with her. He said: "I'm glad I didn't hit her. I don't know what else, I guess I'm sorry, but . . . I don't know if I am sorry, I'm just glad I didn't hit her." Instead, he shot her twice to her death.

Last Wednesday, House Democrats from across the country held a National Day of Action for commonsense gun violence prevention. I held a rally in Madison, Wisconsin, where a couple hundred people showed up to support commonsense changes. It was at that rally where I met Caroline's father, Jim Nosal. Jim and his wife, Jane, are reminders that gun violence can affect any family and that people have a right to be free of gun violence in their communities. The Day of Action followed our historic taking over of the House floor to demand action on gun violence, especially following the Nation's largest mass shooting at the Pulse nightclub in Orlando.

We are urging Congress to act on commonsense gun reform, commonsense gun reform measures like expanded background checks and no fly, no buy. These ideas aren't necessarily progressive pipe dreams; they are the first necessary steps toward preventing gun violence. In a recent poll, 92 percent of respondents said they were in favor of expanding background checks.

While the Speaker may claim that the House Democratic sit-in was disrespectful to the institution, what is truly disrespectful is to stand idly by and allow more tragic stories like Caroline's to unfold. In Congress, we have the opportunity to save lives and reduce the gun violence epidemic in our country. Instead, the majority has decided to trot out a toothless bill crafted by the NRA that does nothing to keep gun violence out of our communities.

If the Speaker won't listen to the House Democrats' calls for real action to prevent gun violence, maybe he will listen to those of his own constituents. The night of the sit-in, we put out a call for comments, and over 500 people commented, including dozens from the Speaker's district and neighboring districts. Let me read just a few of those comments.

Jane, from Racine, said: "We've had too many moments of silence. It's time for action."

Karen in Kenosha: "It breaks my heart as a veteran teacher to now have to teach students to barricade doors and fight back against a person who is trying to kill them with a semiautomatic weapon. What horrible damage is being done to their young psyches as they try and learn with this threat of violence ever present? Please vote for gun control now."

Jim, from Mount Pleasant, said: "As a law enforcement officer, I support background checks. We've seen officers injured by people with legal guns."

Gloria, from Racine, said: "There's nothing worse than hugging a mom

who lost her child to gun violence. I'm tired of going to those vigils."

And, finally, Quinn, 9 years old, from Somers, Wisconsin: "People don't want to get shot and die."

Speaker RYAN, you don't have to listen to us. Listen to your constituents. Listen to 9-year-old Quinn, who doesn't want to get shot and die. Listen to parents like Jim and Jane Nosal, who want to spare other families the pain that they have had to endure.

No more moments of silence. It is time for moments of action, Mr. Speaker. It is time for moments of action.

FLOODING IN WEST VIRGINIA

The SPEAKER pro tempore. The Chair recognizes the gentleman from West Virginia (Mr. MOONEY) for 5 minutes.

Mr. MOONEY of West Virginia. Mr. Speaker, on June 23, my home State of West Virginia experienced some of the worst flooding in our State's history. Here is a picture of a damaged home in Elk View, in Kanawha County, West Virginia, very typical of what was seen during the flooding. More than 20 West Virginians lost their lives, hundreds lost their homes, and thousands lost access to water and electricity for an extended period of time. Like my colleague, EVAN JENKINS, from West Virginia's First Congressional District, who spoke earlier, my thoughts and prayers are with all those who have suffered through this terrible tragedy.

I traveled throughout the flood-damaged areas last week and was truly moved by what I saw. I saw and met a pastor who emptied his entire bank account to buy food for his neighbors. I saw an army of volunteers, all of different political, ethnic, and socioeconomic backgrounds, donating their time and money to help. I saw members of the National Guard using their military training to help those in need.

Mr. Speaker, I saw West Virginians coming together in the most trying of times, as resilient as ever, and full of hope: a hope that we can rebuild, a hope that recovery is not a question but a certainty. West Virginia will rebuild, and we will rebuild stronger than ever. But this is going to be a long road to recovery. Our communities have been tested.

As we continue to rebuild, I want to make sure that all of my constituents in the Second Congressional District know that I am here to help. If you need a hand in applying for FEMA assistance or figuring out which Federal programs you are eligible for, please call me at my office in Charleston at 304-925-5964, or my Washington, D.C., office at 202-225-2711.

I am blessed to be part of a wonderful community in West Virginia's Second District. I am grateful for the strength and hard work of so many.

□ 1030

While the flood waters may have receded, our work is far from over. Re-

covery will take weeks, months, even years, for many West Virginians. So our call to service remains, and I have no doubt that my fellow West Virginians will continue to answer this call

God bless West Virginia.

GUN VIOLENCE PREVENTION

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

Ms. LEE. Mr. Speaker, 2 weeks ago, Democrats sat on the House floor for more than 26 hours. For a full day and night, we demanded justice for victims of gun violence and action to prevent the next tragedy; not just thoughts and prayers, but action.

Republicans turned off the mics. They turned off the cameras and just left. They cannot silence our voices because we are speaking for the 80 percent-plus of Americans who support commonsense reforms to stop gun violence, like background checks and keeping guns away from terrorists.

While the recent tragedy in Orlando—a tragedy that claimed 49 innocent lives—sparked the sit-in, there have been too many victims of gun violence throughout our country for too many years.

In my district in 2012, we suffered a large campus mass shooting. These people were trying to get an education. They were studying to become nurses because they wanted to help people. But their lives were cut too short by gun violence. A man with a semiautomatic weapon killed Tshering Bhutia, Doris Chibuko, Sonam Chodon, Grace Kim, Kathleen Ping, Judith Seymour, and Lydia Sim.

Sadly, these aren't the only members of my community who have lost their lives or loved ones to gun violence. Let me remember some of the victims of gun violence in my own community once again.

In my district, for example, there were 89 gun deaths in 2015. What is worse, many of these were children. Since July 2009, nearly 50 students in the Oakland Unified School District have been slain. Let me be clear: that is 50 kids.

Why isn't the Speaker allowing us to do anything about this?

Just this past weekend, in my community, four people were gunned down in two separate incidents. Every day in my community and places around this country, this senseless violence continues

How can House Republicans just ignore this bloodshed?

Let me talk about a few additional victims so you can just understand their lives and share the horror that cut their loves so short.

Davon Ellis. This is Davon. Davon was a star football player and an excellent student at Oakland Technical High School. My nephew was walking with him when he was gunned down.

Antonio Ramos. Antonio was shot on September 29, 2015. Antonio was a talented artist working on an