

From an early age, nature was Nick's solace. He enjoyed camping, hunting and fishing. After graduating high school, he worked as a hunting guide in Wyoming for a couple of seasons tracking elk, mule deer, and antelope. During that time, he hunted and fished in Alaska, British Columbia and Canada. He encountered some challenges in the wild but he had good survival skills and could think on his feet.

Nick's father owned a construction business and when Nick returned home he started working for his dad. Nick was a natural and his father had hopes of passing his business on to him someday.

One day, Nick hurt his shoulder while playing a casual game of football and eventually had to have surgery. During his recovery, the doctor prescribed semi-synthetic opioids. After completing the prescribed dose, Nick sought out supplemental prescription medication on the street. When illegal prescriptions became too costly, Nick turned to heroin.

Nick kept his addiction hidden. His family and closest friends remained clueless about his struggle. He was never in trouble with the law and didn't miss work. Nick came home for family meals and was rarely out late. He was always an honest kid, so when Nick told his family something, they believed him.

Slowly, some of Nick's behaviors changed. He became moody. He often asked for his paycheck early, kept coming down with flu-like symptoms and started acting depressed. His family didn't understand what was going on and when they asked, Nick said he had a 24-hr bug.

In retrospect, Nick's family thinks that his opioid drug use went on for at least a couple of years undetected. Eventually, the signs became too apparent and when his family confronted Nick, he said he desperately wanted and welcomed help. Nick told them, "I have a serious drug problem and I can't control it."

After a couple phone calls, Nick was placed in a local 30-day treatment program in December 2013. Nick's 30-day program consisted of detox and 12-Step-based therapy. Nick was a good student; he learned about his disease, engaged in discussions with counselors and other residents, and helped others who were also struggling with their addiction.

During this time, his family explored more extensive treatment and recovery programs. They wanted to provide Nick with the best possible education and clean living environment to help him turn his life around. Nick agreed to participate in a 90-day inpatient private pay recovery house and was transported to the facility upon completion of the 30-day program.

Nick also worked hard in the 90-day inpatient program and was praised again by counselors. Eventually, he was given some increased responsibilities that involved speaking with and engaging other residents. He was given the opportunity to speak at another facility and had been selected as an interview candidate by CNBC for a segment they were developing on opioid addiction and recovery houses. His family was encouraged by his progress. When the day finally came for Nick to return home, he was welcomed with open arms.

After being home for just three weeks and one day, Nick's disease fooled him into using—"just one more time." Thinking they can use just once, or on occasion, without having the same physical reaction as they did before is common problem for people with a substance abuse disorder. This warped misconception, accompanied by a completely clean body, often leads to overdose or death. The body physically cannot tolerate the same dosage the person was taking to get high before getting clean.

On Thursday evening, April 24, 2014, Nick was supposed to go to an outpatient group and then a meeting. He came home late—but, "looked OK," according to his father. Nick retired to his room and injected crushed Oxycodone before going to bed. When he fell asleep his lungs stopped and his body shut down. His parents found him dead the following morning. Nick was 31.

RECOGNIZING THE RETIREMENT OF MRS. SYLVIA L. HERNANDEZ

HON. HENRY CUELLAR

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 8, 2016

Mr. CUELLAR. Mr. Speaker, I rise today to recognize Mrs. Sylvia L. Hernandez, Regional Administrator for the U.S. General Services Administration's (GSA) Greater Southwest Region, who will be retiring after 38 years of service.

Mrs. Hernandez was born on May 31, 1956 in Deming, New Mexico. She attended Deming High School and eventually received her Bachelor of Arts degrees from New Mexico State University and the University of Texas at Arlington. She also earned a Master's Certification in Telecommunications Management from the University of Dallas, Texas. After college, Mrs. Hernandez would soon join the GSA, starting a career that expanded over three decades.

Mrs. Hernandez's hard work and dedication at GSA allowed her to serve in several important capacities throughout her time in the organization. She served as Director for the Technical Services Division, Federal Acquisition Service (FAS), in the GSA Greater Southwest Region. In addition, she served as the Acting Deputy Regional Administrator for the Greater Southwest Region. Mrs. Hernandez's experience eventually led her to be appointed as the Acting Regional Administrator for the GSA's Greater Southwest Region, through which she oversaw all of GSA's activities in Arkansas, Louisiana, New Mexico, Oklahoma and Texas as the Regional Administrator. Mrs. Hernandez's success with GSA earned her the prestigious FAS Commissioner's Award.

Mrs. Hernandez will now get to spend more time with what she values most: her family, which includes her husband of 38 years, their children, Claudia Hernandez and Eloy Hernandez, and grandchildren.

Mr. Speaker, I am pleased to recognize the service of Mrs. Sylvia L. Hernandez whose dedication to work and family serves as a model for us all.

IN RECOGNITION OF OUR LADY OF MOUNT CARMEL

HON. CAROLYN B. MALONEY

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 8, 2016

Mrs. CAROLYN B. MALONEY of New York. Mr. Speaker, I rise to recognize The Parish of Our Lady of Mount Carmel on the occasion of its 175th anniversary. I am pleased to recognize their continued dedication to maintaining one of the oldest parishes in Queens and all of Long Island.

Since its founding in 1841, Our Lady of Mount Carmel has been devoted to welcoming all members of the community. The Parish celebrates the rich Queens Borough culture through educational programs and monthly festivities. This has earned it the title "Mother Church of Queens County."

Mount Carmel is one of the few parishes in New York City that has its own parish cemetery. Their cemetery reflects the heritage of the early Irish Catholic settlers of Astoria, many of who arrived there to escape Ireland's potato blight of the late 1840s. Our Lady of Mount Carmel was also the first Catholic community in Queens County to have a resident priest, and the first to conduct Mass in its own church building.

Along with English language services, the Parish has performed masses in Spanish since 1977 and has added services in Czech and Slovak as well.

Additionally, the Parish has made significant efforts to improve the community through religious and educational programs. They accomplished this by establishing religion classes for mentally disabled and physically challenged students, religion classes for junior high school students, adult religious education programs, a teen club, and children's summer programs. The Parish has also established the Young Adult Internship Program, a job-training program for unskilled youth that teaches valuable workplace skills to roughly 35 students per semester, resulting in more employment opportunities within the neighborhood.

The Parish has devotedly served its Queens community for 175 years, and it is a pleasure to represent this treasured institution in Congress. I am proud to salute all the friends, supporters, and parishioners of Our Lady of Mount Carmel, and I extend my sincerest appreciation for their dedication to the community.

Mr. Speaker, I ask my colleagues to join me in celebrating the remarkable history and extraordinary work of the Parish of Our Lady of Mount Carmel on its 175th anniversary.

TRIBUTE TO THE DES MOINES AREA RELIGIOUS COUNCIL FOOD PANTRY NETWORK IN THE SEC- OND SESSION OF THE 114TH CON- GRESS

HON. DAVID YOUNG

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 8, 2016

Mr. YOUNG of Iowa. Mr. Speaker, I rise today to recognize the Des Moines Area Religious Council (DMARC) Food Pantry Network for their 40 years of service to the food insecure citizens of central Iowa.

DMARC was founded in 1952 to assist the spiritual needs of the community and to promote moral, social and civic welfare to our fellow man and woman. In May 1976, DMARC officials established the Food Pantry Network, an emergency food program to help provide services to those in need. In the 40 years since its creation, it has become the largest food pantry network in Iowa, with 11 sites in the Des Moines metropolitan area, including some sites in the Des Moines Independent School District, helping to feed 34,000 people