

In closing, I want to remind everyone, my colleagues, and those watching at home on C-SPAN that mental health is something that we can all work on. Simple, small, everyday things can make a huge difference. Here is my personal top five.

First, take care of your body. It is all connected. Even a little bit of exercise or even a little more sleep can improve mood, reduce stress, and improve your health all around.

Second, find a stress management strategy that works for you. For some, it is reading or running, while for others, it is coffee with friends or takeout and a movie. Do whatever works for you.

Third, surround yourself with good people, be it family, friends, or someone you can trust in your community.

Fourth, volunteerism is a great way to get out of your own head and give back to your community. It is good for you and great for your community.

Finally, if you or someone you love needs help, please get it. Don't let stigma hold you back.

Mr. Speaker, as Minority Mental Health Awareness Month comes to a close, let's cure stigma.

#### HONORING THE BURLE FAMILY

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

Mr. COLLINS of Georgia. Mr. Speaker, I rise today to recognize Ryan and Abby Burle of Gainesville for creating a book drive for families with newborns who are receiving lifesaving medical treatment.

The couple was inspired to establish the Mighty Three neonatal intensive care unit book drive after their triplets, Maggie, Max, and Miller, underwent medical treatment in Northeast Georgia Medical Center following their births. For months, Ryan and Abby could not hold their babies while they received crucial medical attention.

As teachers, the young couple decided that they could leverage reading to communicate with the triplets using the sound of their voice to develop a bond with the three tiny patients. The Burles designed the Mighty Three NICU book drive to give families two books for each baby receiving treatment at Northeast Georgia Medical Center's Gainesville hospital.

Initially, the couple set out to collect 850 books but quickly surpassed that goal. Through their tireless work, the Mighty Three NICU book drive has provided more than 2,000 books to the hospital on Spring Street.

Mr. Speaker, I commend Ryan and Abby for their dedication to encouraging families during times of need, and I wish the two of them much joy as they raise their three healthy children.

CELEBRATING THE 20TH ANNIVERSARY OF THE TY COBB MUSEUM

Mr. COLLINS of Georgia. Mr. Speaker, I rise today to join northeast Georgia in celebrating the 20th anniversary of the Ty Cobb Museum.

The museum opened its doors on July 17, 1998, to highlight the legacy of Ty Cobb, a Banks County native and Baseball Hall of Fame member.

Cobb was a Major League Baseball outfielder who set 90 MLB records during his career, some of which stand today. He played for the Detroit Tigers for 22 years, and, later, for the Philadelphia Athletics for two seasons.

Cobb's remarkable achievements include 4,065 runs scored and batted in, 897 total stolen bases, and a batting average of .366 at the close of his career. Additionally, Cobb was the first player ever inducted into the National Baseball Hall of Fame.

In the community of Royston, The Georgia Peach is remembered for his philanthropic kindness. He was responsible for the Cobb Memorial Hospital and the Cobb Educational Fund, which have left a lasting legacy of love for his hometown.

Mr. Speaker, the Ty Cobb Museum captures significant moments throughout Cobb's life, from his roots in Royston to this success as part of American's pastime. I congratulate the staff of the museum for two decades of service to their Georgia community and wish them well in their endeavors.

CONGRATULATING CAROLINE LEWALLEN

Mr. COLLINS of Georgia. Mr. Speaker, I rise today to recognize Caroline Lewallen of Jaemor Farms in Alto.

As a member of the Hall County Farm Bureau and Georgia Farm Bureau's Young Farmers and Ranchers program, Caroline's commitment to our State's agricultural industry earned her the program's Excellence in Agriculture award.

Caroline holds degrees in agricultural education and leadership from the University of Georgia and Texas A&M University, respectively. She began her career as a student teacher and later became an agricultural fellow in the office of one of my former colleagues, Congressman Jack Kingston.

Today, Caroline serves as the agritourism and marketing coordinator for Jaemor Farms. At Jaemor Farms, Caroline manages all events, like the festival honoring my favorite peach, the annual Georgia Belle Peach Festival. She also runs Jaemor Farms' marketing and social media presence, regularly attracting attention from across the State and the country.

Mr. Speaker, Caroline has played an important role in promoting the work of the northeast Georgia farmers by communicating the importance of locally grown produce for communities, and I want to congratulate her on this award and wish her well throughout her career.

HONORING KIT DUNLAP

Mr. COLLINS of Georgia. Mr. Speaker, I rise today in recognition of Kit Dunlap, president and CEO of the Greater Hall Chamber of Commerce, who recently received the Georgia Association of Chamber of Commerce Executives' Legacy Award.

The Georgia Association of Chamber of Commerce Executives' Legacy

Award is the association's highest honor, recognizing executives who have dedicated many years to successfully improving their local chambers of commerce.

Kit has served as the Greater Hall Chamber's top official for more than 20 years. Her ambition and compassion for others has allowed her to excel as a leader. Throughout her involvement in the local chamber of commerce, she has transformed the Greater Hall Chamber by bringing together a well-connected economic development team. This team has helped increase capital investment, job availability, and job retention in the Hall County area.

Additionally, Kit has managed multi-million dollar initiatives, including the HALLmark campaign and Vision 2030, which helped fund community-based education and economic development programs.

I congratulate my friend Kit Dunlap on this award and thank her for her service to the Hall County business community.

Mr. Speaker, as Kit's representative, I must end this speech by answering the question she asks at the end of each chamber meeting: What is the water level of Lake Lanier? Well, today, it is 1,071.89.

#### TRIBUTE TO A LOCAL HERO, ROBERT VON DRASEK

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. DANNY K. DAVIS) for 5 minutes.

Mr. DANNY K. DAVIS of Illinois. Mr. Speaker, I rise to pay tribute to Mr. Robert "Bob" Von Drasek, as he is better known. Bob was the most dedicated, committed, and loyal Saul-Alinsky-trained organizer who I have ever known.

Bob came to the south Austin community during a time of great turbulence.

□ 1030

The community was in the throes of a great transition from being 80 percent White to becoming 80 percent Black within a 10-year period of time. Blockbusting, panic peddling, redlining, disinvestment, and all manner of malfeasance were taking place. Police brutality and other forms of law enforcement misconduct were rampant.

I met Bob during this period. It was also during this time that the Organization for a Better Austin, under the leadership of Gail Cincotta, was organized; the South Austin Coalition Community Council, SACC, was formed with Bob as a lead organizer; and I decided to run for the city council.

Over the years, I have followed Bob's work without exception. South Austin is practically an all African American community, except for a few merchants who never left the area, a few White citizens, school teachers, and policemen. Of course, Bob is White or Caucasian, and yet he won the hearts of the