

I am especially thankful for him being one of the heroic boots-on-the-ground firefighters in my hometown of Johnson City, Tennessee, when it experienced its worst-ever disaster on Christmas Eve 1989. For 5 hours, fire crews worked tirelessly as the fire spread throughout the city's tallest building, the John Sevier apartment building.

Our community mourned the 16 lives claimed by that tragedy. And my church, Munsey Memorial United Methodist Church, served as a morgue that Christmas Eve night.

It is my honor to recognize the life of Sergeant Mike McInturff and commend him for his 39 faithful years of service. My prayers are with his family and friends during this difficult time.

#### FARM STRESS AND OPIOIDS IN MISSISSIPPI

(Mr. GUEST asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. GUEST. Mr. Speaker, September is National Recovery Month, a time to look for ways to support recovery strategies for mental health and substance use disorders.

Mississippi State University's Extension Service is working to reduce opioid misuse by farmers and ranchers across our State.

Farmers have to face changing markets, weather events, financial hardships, leading to farm stress while operating in one of the most hazardous occupations. A valid opioid prescription given to a farmer can lead to opioid misuse. Three out of four farmers have reported that they have been affected by opioid misuse, and that opioids can be easily accessed.

Through support from the USDA and SAMHSA, Mississippi State University is training extension service agents to deliver mental health first aid to farmers, as well as working with pharmacists and medical personnel to better recognize misuse. This program is already demonstrating incredible results as farmers are utilizing extension agents to seek care.

I applaud the work of Mississippi State University and other organizations in Mississippi that recognize needs in our community and are finding creative ways to reach Mississippians with care.

#### WORLD HEART DAY

(Mr. SPANO asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. SPANO. Mr. Speaker, I rise today to bring attention to one of the most important issues facing our Nation and world.

This weekend is World Heart Day, a time for individuals around the globe to annually be informed about the issues surrounding cardiovascular dis-

ease, which includes heart disease and stroke, and to highlight the actions that individuals can take to prevent and control the disease.

You see, cardiovascular disease is the world's leading cause of death. Each year it claims the lives of almost 18 million people, while devastating many more families.

You see, I have cardiovascular disease; and as someone with a heart condition, I humbly stand before the House and I say that we can do better.

World Heart Day is about families, communities, and governments around the globe coming together, regardless of affiliation, to combat a shared enemy that affects the lives of far too many.

With controlling our diets, sticking to an exercise regimen, and avoiding the use of tobacco products, 80 percent of premature deaths from cardiovascular disease can be avoided.

Please join me in taking control of your health before it is too late.

#### RECOGNIZING THE WORK OF JOHNNY MAGIC

The SPEAKER pro tempore. Under the Speaker's announced policy of January 3, 2019, the gentleman from Florida (Mr. SOTO) is recognized for 60 minutes as the designee of the majority leader.

Mr. SOTO. Mr. Speaker, I would like to recognize the award-winning host of XL 106.7's morning show, Johnny Magic, with his show, Johnny's House, for the great work he has done for the Central Florida community.

Johnny was born in Charlotte, North Carolina, but has called Orlando home for the last 30 years, while working for XL 106.7. He uses his voice, talents, and resources to work with our community. During times of need, after natural disasters, and times of crisis in our community, he has gone out of his way to help those in need. He genuinely cares for this community, and it shows through all of his hard work.

Johnny Magic has witnessed firsthand the struggles that many families in our community experience. These experiences inspired him to develop a program that would make it possible for disadvantaged families to provide a wonderful holiday experience for their children. This is how the Baby DJ, Inc. program came to fruition.

Over the last 25 years, this program has worked and collaborated with local churches, nonprofit organizations, and community partners to fulfill this mission. With the help of volunteers, the Baby DJ program has been able to provide resources to assist families in need and, in recent years, has expanded their operation to serve other charitable efforts that take place throughout the year.

The program has provided backpacks and school supplies to countless schools in need in central Florida. These supplies provide a welcome relief to the families and students, as well as

to teachers who routinely pay for school supplies for students and for their classrooms.

Johnny Magic, and his team, and the Baby DJ program, are not only inspiring, but it is also what makes central Florida so wonderful.

So I want to thank Johnny Magic, I want to thank the good folks at Johnny's House, the Baby DJ, Inc. program for their contributions and for his contribution to central Florida.

HONORING DR. YARISA BONET

Mr. SOTO. Mr. Speaker, in honor of Hispanic Heritage Month, I want to recognize Dr. Yarisa Bonet.

Dr. Bonet is a professional dedicated to education. Her mission is to provide tools to individuals to achieve a productive work-life balance and adopt healthy lifestyles.

Dr. Bonet is active in many community organizations. She is the chairman of the Board of Directors of the Northeast Polk Chamber of Commerce, and the chair of the adult leadership class. She is a Haines City Rotarian and an active member of the Hispanic Professional and Business Women Association.

Dr. Bonet is a community-centric individual who has counseled, trained, mentored and educated her community for over 16 years.

In 2014, she founded Fibrofit Wellness & Yoga, a wellness and yoga center with offices in Orlando and Davenport.

□ 1745

She has also developed wellness-related education programs, such as "Kill Stress in 3 Steps."

Last summer, Dr. Bonet launched the YLove Project, a free yoga, meditation, and emotional intelligence program for kids.

She also has over 14 years of experience in healthcare management and has been the keynote speaker for hospitals and medical organizations in the areas of teaching about emotional intelligence and patient-centered care.

Dr. Bonet holds a doctor of education from Nova Southeastern University. She has a master's degree in mental health and rehabilitation counseling from the University of North Florida, a graduate certification in psychiatric vocational rehabilitation from Boston University, and a bachelor's degree in sciences from the University of Puerto Rico.

Dr. Bonet is a certified emotional intelligence facilitator, a registered yoga teacher, and a certified meditation teacher. Yarisa also holds a certification in executive and talent coaching by Peoples Advantage.

Dr. Bonet has been married for 17 years and has three boys. I would be remiss if I didn't mention she is a fellow Boricua.

For that, we honor Dr. Yarisa Bonet.

HONORING CLAUDIA CAMACHO

Mr. SOTO. Mr. Speaker, in honor of Hispanic Heritage Month, I want to recognize Claudia Camacho.