conversations, aviation program tours, and more as part of the Bessie Coleman Aviator Academy for Women.

Mr. Speaker, I, too, was inspired by Bessie Coleman. We must continue to celebrate and cherish Ms. Coleman for all she has done and for her contributions to women's history and American history.

HONORING LIEUTENANT RUTH COUGHLIN, TENNESSEE'S SECOND DISTRICT'S MARCH 2023 VETERAN OF THE MONTH

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

Mr. BURCHETT. Mr. Speaker, I rise to honor Lieutenant Ruth Coughlin, an American hero who served in the Navy faithfully from 1953 to 1958.

Lieutenant Coughlin was born in Spartanburg, South Carolina. After high school, she went to St. Vincent's Hospital in Birmingham, Alabama, where she graduated as a registered nurse. From 1944 to 1953, she worked in private practice in ophthalmology and oral surgery practices.

In 1953, she joined the Navy as a Lieutenant Junior Grade and was stationed in Maryland at Bethesda Hospital. During her career she served as a nurse aboard a medical ship that made 32 round trips crossing the Atlantic Ocean from Brooklyn, New York, to north Germany. In 1957, she was reassigned to the U.S. Naval Hospital in Corona, California, where she met her husband, Dennis.

They moved to Knoxville and raised five children together. She will be turning a very young 100 years old this month. I think it is very appropriate during International Women's Day that we honor her.

So happy birthday, Ruth.

Our country's heroes are the men and women of our Armed Forces, like Lieutenant Ruth Coughlin, who has dedicated her life to the service of her country. It is my honor to recognize Lieutenant Coughlin as the Tennessee Second District's March 2023 Veteran of the Month.

FACTS ABOUT OUR DEBT CEILING

(Ms. GARCIA of Texas asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. GARCIA of Texas. Mr. Speaker, I rise today to lay out a few facts about the debt ceiling.

Raising the debt ceiling is about meeting obligations the government has already made and has nothing to do with new spending.

Since World War I, we have raised the debt ceiling under every single President—every single President.

So let's remember a few facts: The national debt under the Trump administration rose significantly by $8 trillion, a total of roughly 25 percent of the entire debt at the time he left office. That is one-quarter of the entire debt by President Trump.

Republicans voted three times—three times—to raise the debt limit under the Trump administration.

So where was the Republican outrage then?

President Biden has lowered the deficit by $1.7 trillion during the first 2 years of office and has a plan to reduce it even more.

Mr. Speaker, yet House Republicans used their very first bill to hand a giveaway to big corporations and billionaires that cheat on their taxes, adding an explosive $114 billion to the deficit, and still no plan to reduce debt. House Democrats put people over politics, solutions over rhetoric.

HIRZEL CANNING COMPANY AT 100 YEARS

(Ms. KAPTUR asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. KAPTUR. Mr. Speaker, I rise to say hurray and recognize a northwestern Ohio institution, Hirzel Canning Company and Farms, on its 100th anniversary.

Headquartered in Northwood, Ohio, the Hirzel family rose from humble beginnings to become a major player in the national canned produce market, particularly canned tomato products. They are the best you will ever eat.

Carl Hirzel was a Swiss immigrant who lost his job as a brewer during Prohibition and moved to northwest Ohio to find opportunity. In 1923, he began farming a 60-acre plot in what is now Northwood.

He initially had trouble selling fresh products in the established produce market, until a local butcher who liked his sauerkraut told him there was an untapped canned vegetable market.

As their CEO, Joe Hirzel, always says, ''Whatever you guys do, do not forget quality.'' That is the Hirzel way.

So today with plants in Northwood, Pemberville, and Ottawa, and a farming operation near Luckey, Hirzel now distributes in 36 States nationwide. Their company is top quality, grown right in northern Ohio, and especially top quality are the people who operate and work there.

I just want to congratulate Hirzel again. Our entire region is so very, very proud of them and all of their accomplishments.

SYRIA WAR POWERS RESOLUTION

(Ms. OMAR asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. OMAR. Mr. Speaker, I rise today to support Congress' restoring its constitutional authority over matters of war and peace.

No matter what else we are discussing here today, the plain and simple truth is that Congress has not authorized military presence in Syria. For far too long, we in Congress have neglected this key Article I responsibility.

If my colleagues believe that we need the military in Syria, then they should author an AUMF. They should debate that in committee, and they should bring it to a vote on the floor. We must not continue to hand over power to the executive branch when the politics get too difficult.

Mr. Speaker, I am proud to support today's resolution.

IRAN STUDENT POISONINGS

(Ms. PORTER asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. PORTER. Mr. Speaker, schools aren't battle zones, but Iranian students are caught in the crossfire.

In recent months, a chain of chemical attacks have hit Iran's schools. Although the motive is unclear, girls and young women have been the clear target. Hundreds of schoolgirls have been poisoned, and an 11-year-old was killed.

As a mother, I share the anger and frustration of every parent too fearful to send their kids to class.

Iranians deserve answers and accountability, but their government remains silent. The regime cares more about covering up these attacks than stopping them. Iranian authorities have falsified medical reports and spread disinformation. They have even intimidated parents of victims to keep their stories from the press.

I stand with these parents demanding a full investigation and a quick end to these attacks. The United States must stand with them and every Iranian demanding a future free of violence.

DEMOCRATIC AND SAFE ELECTIONS IN NIGERIA

(Ms. JACKSON LEE asked and was given permission to address the House for 1 minute.)

Ms. JACKSON LEE. Mr. Speaker, I come to the floor where I am always reminded of the privileges of this Nation. That is why we fight so hard to end voter suppression, oppression, and the denial of the right to vote.

This institution is the cradle of democracy. This past weekend we were in Selma, Alabama, where really the first start of democracy and the right to vote was reignited in the 20th century.

As Nigeria, our ally and friend, begins to look at its national elections, I call upon the Nigerian diaspora to insist on democratic and safe elections and to be assured that the count is accurate and that the people's voices are counted.

As the chair of the Nigerian Caucus in the United States Congress, I must insist that our ally gives the same rights and privileges that we fight for in the United States: the unfettered right to vote and for the vote to count.