

HONORING REGAN SMITH

**HON. ANGIE CRAIG**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Friday, August 23, 2019*

Ms. CRAIG. Madam Speaker, I rise today to honor Regan Smith, a rising senior from Lakeville North who just won the World Championship in the 200 meter backstroke set a new world record for this race. Regan's time—2 minutes, 3.35 seconds—shaved over half a second off the previous record.

Regan is the youngest member of the US team. This is only her second year competing at the World Championships, and she's already making waves. Right after winning the 200 meter backstroke, she went on to set yet another world record and win gold in the women's 400-meter relay.

It's an honor to represent a district with such talented athletes competing on the world stage. Seeing Regan and her team at the World Championships has been a joy to watch over the past few weeks. Congratulations to Regan and the entire women's national team. I'm excited to see what they continue to accomplish.

IN COMMEMORATION OF FRANK  
FAT'S 80TH ANNIVERSARY**HON. DORIS O. MATSUI**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Friday, August 23, 2019*

Ms. MATSUI. Madam Speaker, I rise today to recognize the late Frank Fat and the 80th anniversary of Frank Fat's Restaurant. As the staff and loyal patrons gather to celebrate this wonderful achievement, I ask all of my colleagues to join me in honoring the Fat family for their profoundly positive contributions to the Sacramento community.

Frank Fat immigrated to the United States in 1919 at the age of 16. In the 1930's Frank would get his lucky break while managing his uncle's Hong Kong Lum restaurant. A customer asked Frank to play a bet on a Keno game in the basement gambling hall. A 50-cent ticket would end up winning the patron \$900, but the official had left before the game even began. Frank held onto the winnings for two months before the customer returned. That thankful customer rewarded Frank for his honesty by giving him a business loan—a loan which would materialize into his down payment on a rundown speakeasy that would become the iconic Frank Fat's restaurant.

Frank and his wife, Mary, first opened their humble restaurant on August 31, 1939. When asked his philosophy, Frank stated, "You give people good food, a nice place to eat and

make them happy. Pretty simple, really," words that continue to define the restaurant's success. His restaurant at 806 L Street in Sacramento—where it still stands today—quickly became a favorite location for legislators and locals alike. It is said more legislative decisions were made here than in any office at the Capitol, including the legendary "Napkin deal" of 1987 that introduced landmark tort reform.

After Frank's passing in 1992, the Fat family ensured that his legacy lived on by continuing the tradition of serving iconic food and ensured that the restaurant remained an important pillar in our community. Under the continued leadership of the Fat family, the restaurant remains a destination for good food. Frank Fat's has remained an iconic institution, receiving accolades such as the America's Classic James Beard award and most recently, a 2019 Michelin Bib Gourmand. The Fat family not only continues the culinary legacy created by Frank, they remain dedicated in honoring the community they serve by giving back to the region and remain strong advocates for the API community.

Madam Speaker, I hereby commemorate and honor the late Frank Fat, the restaurant that bears his name, its staff, and the entire Fat Family for their dedication to the culinary arts and the people of Sacramento for more than 80 years. I ask all my colleagues to join me in wishing them continued success and thanking them for their service to the Sacramento region.