

Notes from Quincy Bareebe, candidate for Congressional District 5

These are my replies to some of the questions [asked at the in-person meeting]. Please share with the group. If anyone has any questions please let me know.

1. Collaboration with Congress

I plan to collaborate by building relationships across committees, caucuses, and party lines where possible, without compromising my values. The people of Maryland's 5th District need results, not political theater. I would work with members who share priorities around healthcare, education, housing, immigration reform, democracy protection, and economic opportunity.

When it comes to addressing the administration, I would use every tool available: legislation, oversight hearings, public pressure, coalition-building, and direct engagement with agencies. My approach would be firm, strategic, and focused on outcomes.

2. Committees

I would be especially interested in serving on committees connected to the needs of Maryland families, such as:

The Education and Workforce Committee, because education, job training, labor rights, and workforce development are central to opportunity.

The Judiciary Committee, because immigration, civil rights, judicial accountability, democracy reforms, and constitutional protections are major priorities.

The Transportation and Infrastructure Committee or Financial Services Committee, because housing, infrastructure, affordability, and community investment are urgent issues in our district.

3. Democratic and institutional reforms

Yes. I believe protecting democracy has to be one of the central responsibilities of Congress. Supreme Court reform, judicial accountability, campaign finance reform, ethics enforcement, anti-corruption protections, and safeguards against misuse of public funds are not side issues. They determine whether people can trust their government.

3a. Balancing reforms with local needs

I would not treat structural reform and constituent service as competing priorities. A strong democracy is what makes good healthcare, housing, education, and economic policy possible. My office would be organized to do both: push long-term reforms in Congress while maintaining strong constituent services, district outreach, casework, and legislation that addresses immediate needs like rent, schools, healthcare, and public safety.

4. Immigration

I believe we need an immigration system that is secure, humane, orderly, and realistic. Right now, the system is broken for families, workers, employers, border communities, and people seeking asylum.

I support a pathway to citizenship for long-term undocumented residents, Dreamers, TPS holders, and essential workers. I also support modernizing the asylum system, reducing backlogs, expanding legal pathways, and investing in immigration courts and processing capacity.

4a. Border security without Trump-style cruelty

Strengthening the border does not mean separating families, demonizing immigrants, or using cruelty as policy. I would support investing in modern screening technology at ports of entry, more immigration judges and asylum officers, better anti-trafficking enforcement, and smarter detection of fentanyl and weapons smuggling.

That is different from building symbolic walls or militarizing communities. Real security means knowing who is coming in, processing people efficiently, stopping criminal trafficking networks, and treating people with dignity.

4b. ICE

I would support major reform and accountability for ICE. The agency needs strict oversight, transparency, limits on abusive detention practices, and a shift away from targeting families and workers who pose no public safety threat.

If an agency cannot operate within constitutional and humanitarian standards, Congress has a duty to restructure it. My focus would be accountability, due process, and separating immigration enforcement from cruelty and fear.

5. Israel and Palestine

I believe Israelis and Palestinians both deserve safety, dignity, self-determination, and peace. The current situation is devastating, and U.S. policy should be guided by human rights, international law, and the long-term security of both peoples.

A two-state solution, in practical terms, means a secure Israel and a viable, sovereign Palestinian state living side by side. That requires an end to violence against civilians, the release of hostages, humanitarian access, an end to settlement expansion, Palestinian political self-determination, and serious diplomacy backed by accountability.

5a. U.S. aid and diplomacy

U.S. military aid should not be a blank check. Any aid should comply with U.S. law, human rights standards, and protections for civilians. Diplomatic support should be used to push toward a durable ceasefire, humanitarian relief, regional de-escalation, and a credible peace process.

The United States should be a partner for peace, not an enabler of endless conflict.

5b. Israel's treatment of Palestinians

We have to be honest about the long history of displacement, occupation, settlement expansion, unequal rights, and suffering experienced by Palestinians. Acknowledging that history is not anti-Israel; it is necessary for justice and peace.

Security cannot be built on permanent occupation or the denial of another people's rights. Lasting peace requires accountability, dignity, and freedom for Palestinians, alongside safety and security for Israelis.

6. Healthcare

I support moving toward universal healthcare coverage, and I believe healthcare is a human right. My preferred long-term goal is a universal system where people are not denied care because they cannot afford it.

At the same time, I would support immediate steps that move us closer: expanding Medicare and Medicaid, lowering prescription drug costs, strengthening the Affordable Care Act, adding a public option, expanding community health centers, and protecting reproductive healthcare.

6a. Strategy to advance it

We have to build support step by step. That means showing people how universal healthcare lowers costs, helps small businesses, protects families, and reduces medical

debt. I would work with unions, nurses, doctors, patient advocates, small business owners, and state leaders to build momentum.

Even when a full single-payer bill cannot pass immediately, we can still win major reforms that expand coverage and reduce costs.

7. Members of Congress to work with

I would want to work with all members of congress. I haven't decided who I am aligning with yet.

7a. Senate partners

In the Senate, I would look to forward to working with everyone but I haven't still decided who I am aligning with.

8. Caucuses

Yes. I would join caucuses that help me deliver for the district and advance my values.

I would consider joining the Congressional Black Caucus, Congressional Progressive Caucus, Medicare for All Caucus, Affordable Housing Caucus, Labor Caucus, Gun Violence Prevention Task Force, and caucuses focused on education, immigration, women's rights, and democracy reform.

Caucuses matter because they help members organize, build coalitions, introduce legislation, and push leadership to act.

9. Education

Education should be funded as a public good, not treated like an afterthought. I support increasing federal investment in public schools, raising teacher pay, expanding universal pre-K, investing in special education, modernizing school buildings, and making community college and vocational training more affordable.

9a. Funding

We can fund this by making the tax system fairer: closing corporate loopholes, ensuring billionaires and large corporations pay their share, reducing wasteful spending, and redirecting resources toward children, schools, and communities.

I would also fight for full federal funding of IDEA for special education, stronger Title I funding for high-need schools, and grants to help local districts without overburdening property taxpayers.

10. Housing costs and rent

Housing is one of the biggest affordability crises facing families. We need more housing, stronger tenant protections, and action against corporate abuse in the housing market.

I would support legislation to expand affordable housing construction, increase funding for public and social housing, strengthen the Housing Choice Voucher program, provide down payment assistance for first-time homebuyers, and crack down on corporate landlords, junk fees, price-fixing, and discriminatory practices.

On rent control, I support giving local governments more tools to protect tenants from extreme rent hikes. Congress can also condition certain federal housing benefits or tax advantages on fair rental practices.

Housing should be treated as a basic need, not just an investment vehicle. My goal would be to make sure working families, seniors, young people, and renters can actually afford to live in the communities they call home.

11. Bodily autonomy, women, transgender individuals, and LGBTQ rights

I believe bodily autonomy is a basic human right. That includes a woman's right to make her own healthcare decisions, a transgender person's right to live safely and receive

appropriate care, and every LGBTQ person's right to equal protection under the law. Government should not be used to control people's bodies, erase families, or punish people for who they are.

In Congress, I will support federal protections for abortion access, contraception, gender-affirming care, marriage equality, nondiscrimination protections, and the safety of LGBTQ youth and adults.

12. Restoring national abortion and contraception rights

The Dobbs decision overturned nearly 50 years of federal constitutional protection for abortion access. My strategy is direct: pass federal legislation that restores the right to abortion care, protects contraception, and prevents states from criminalizing patients, doctors, or people helping someone access care.

Justia Law

I would support the Women's Health Protection Act, the Right to Contraception Act, federal privacy protections for medical data, and stronger protections for providers who serve patients across state lines. The Right to Contraception Act would establish a federal right to contraceptive products, services, and information.

Guttmacher Institute

13. Restoring voting rights and getting legislation passed

I support restoring and strengthening the Voting Rights Act through the John Lewis Voting Rights Advancement Act, which would modernize preclearance protections for jurisdictions with recent histories of discrimination. I also support automatic voter registration, same-day registration, expanded early voting, vote-by-mail protections, restoration of voting rights for returning citizens, and protections against partisan voter suppression.

Congresswoman Terri Sewell

My strategy in Congress would be coalition-building: work with the Congressional Black Caucus, Progressive Caucus, pro-democracy groups, labor, faith communities, civil rights organizations, and colleagues from districts where voters are directly harmed by suppression. I would not treat voting rights as a side issue. It is the foundation of every other right.

14. My approach to being a fighter

Being a fighter means being disciplined, prepared, and consistent. I bring lived experience, organizing energy, persistence, and the ability to connect policy to people's daily lives. I know how to listen, build trust, and keep pressure on systems that are not working for ordinary people.

My resources are people power, community relationships, moral clarity, and the willingness to challenge both parties when working families, women, immigrants, seniors, LGBTQ people, and young people are being left behind.

15. Speaker choice

I intend to support Hakeem Jeffries for Speaker. My rationale is simple: Democrats need a Speaker who will defend democracy, protect civil rights, restore reproductive freedom, fight extremism, and move legislation that helps working families. I will also expect Democratic leadership to listen to members who are pushing for affordability, healthcare, housing, climate action, and justice.

16. Debt, budget, Social Security, and Medicare

Yes, the debt is a serious issue. CBO projects debt held by the public at about 101% of GDP in 2026, with net interest costs around \$1 trillion and rising over the next decade. But we should not balance the budget on the backs of seniors, children, veterans, people with disabilities, or working families.

Baker Institute

My approach is both revenue and smart cost control. We should raise revenue by making billionaires and large corporations pay their fair share, closing loopholes, taxing stock buybacks, strengthening IRS enforcement against wealthy tax cheats, and ending wasteful subsidies. We should reduce costs by lowering prescription drug prices, cutting fraud and waste, auditing bloated contracts, and avoiding unnecessary wars.

On Social Security and Medicare: I will protect benefits, not cut them. For Social Security, I support lifting or adjusting the payroll tax cap so high earners contribute more fairly. For Medicare, I support expanding drug price negotiation, cracking down on overbilling, protecting traditional Medicare, and moving toward a healthcare system where people get care without going bankrupt.

Climate change and Chesapeake Bay

Climate change is real, urgent, and already affecting Maryland through flooding, heat, storms, public health risks, and damage to the Chesapeake Bay. The Chesapeake Bay Program is a federal-state partnership focused on restoring the Bay and building resilience.

US EPA

I support clean energy jobs, environmental justice, stronger pollution enforcement, investments in public transit, home energy efficiency, climate-resilient infrastructure, and full federal support for Chesapeake Bay restoration. Climate policy must also create good union jobs and lower energy costs for families.

Thank you again for having me.

[Quincy Bareebe](#)

Candidate for Congress

Maryland District 5

