

The SPEAKER pro tempore. Under a previous order of the House, the gentleman from Ohio (Mr. BROWN) is recognized for 5 minutes.

(Mr. BROWN of Ohio addressed the House. His remarks will appear hereafter in the Extensions of Remarks.)

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The SPEAKER pro tempore. Under a previous order of the House, the gentlewoman from Texas (Ms. JACKSON-LEE) is recognized for 5 minutes.

(Ms. JACKSON-LEE of Texas addressed the House. Her remarks will appear hereafter in the Extensions of Remarks.)

PAYING TRIBUTE TO AMERICA'S HEROES, U.S. ENERGY POLICY, AND FOCUSING ON PREVENTIVE HEALTH CARE

The SPEAKER pro tempore. Under the Speaker's announced policy of January 4, 2005, the gentleman from Tennessee (Mr. WAMP) is recognized for 60 minutes as the designee of the majority leader.

Mr. WAMP. Mr. Speaker, over the next several minutes, we here in the majority are going to talk about two issues that are incredibly important to the future of our country: our energy policy and then preventive health care and personal responsibility in trying to get our arms around the rising costs of health care.

But before I begin our discussion on energy, and especially in light of the commentary that we just heard on the House floor and the very patriotic tribute by the gentleman from Maryland to the Greatest Generation, I thought I would pause and pay a tribute to a person who I may have met, I am not sure, but I heard this week about his life, and he died a week ago in Iraq, a young patriot named Noah Harris, Second Lieutenant, United States Army, a platoon leader from Ellijay, Georgia.

Mr. Speaker, three summers ago he was interning here in Washington in the office of the gentleman from Georgia (Mr. DEAL), and he felt a passion to volunteer to serve our country at this time of war in response to the terrorist threat, and he signed up, and he went.

I happened to be taking a tour group through the Senate this week, just yesterday, and I sat in the Senate gallery and I heard the distinguished Senator from Georgia, Senator ISAKSON, pay tribute to Noah Harris's life, because in May of this year, Lieutenant Harris sent Senator ISAKSON this note from Iraq to Senator ISAKSON. He said, "Now I am serving my country as an infantry officer in Iraq. I am proud to say that the situation is improving here. The

media often misses the big picture. Our presence here is not just about Iraq, it is sending a message to the oppressed peoples of the world that freedom can be a reality. Freedom is the greatest gift that we, the United States, has been granted and, as such, it is our responsibility to spread it. For it to become a permanent fixture in our future and our children's future, we must give it to all those that desire it."

Mr. Speaker, he said that last month; and then, last week, he gave that full, that last full measure of devotion to our country. I pay tribute to this great American hero. Tomorrow, they will gather in the mountains of north Georgia, down below my district in Tennessee, to pay their last respects to him.

But he represents so many of our brave and proud citizens who are willing to volunteer to lay their life on the line and stand between a threat to our civilian population and advance the cause of freedom around the world. I think we have to hold them up as the greatest of our citizens and, frankly, stand behind the mission that they believe in.

He sent the word back that he believed in what he was doing and it was making a huge difference in the world. That is why it is important for us to come to the floor; and I pulled these words out of my pocket as I heard the testimony on the floor, because I think we need to honor the life of Noah Harris and every other one like him.

Now, our national security does hang in the balance as it relates to our energy security. The case is very clear, I believe, that we need a national energy policy, the first one in a generation. And for three consecutive Congresses, we have gotten close to having an agreement between the House and the Senate for a national energy policy, but we have not yet sent a bill to the President of the United States.

We stand on the threshold of doing that today, because the House has passed a bill and the Senate is very, very close. I think they have had a cloture vote and they expect to pass the bill this coming Tuesday in the United States Senate so that we can go to conference and work out the differences and, ultimately, send a national energy policy to the President of the United States, hopefully in July, so that we can then send word to our private sector and anyone in the energy industry what the national policy is so those investments will follow.

Now, here in the House, we have had some reorganization around this issue of energy. I serve on the House Policy Committee under the very able leadership of the gentleman from Arizona (Chairman SHADEGG), and he recently reorganized the policy committee in the House to name a new Subcommittee on Energy and Technology and asked me to chair that subcommittee. I come to the floor tonight in that regard, and I want to discuss this issue of advancing tax policies and

incentives to encourage energy independence, to make sure we have the energy resources for us to maintain our productivity as a Nation. I believe it is a win-win-win opportunity for the United States of America, and I will tell my colleagues why.

I believe the 3 years that we balanced the budget here in the late 1990s were a direct result of increased revenues to the Federal Treasury. Now, we did show some spending restraint for the first time in a generation by holding the growth of government spending below inflation and allowing revenues to exceed expenses, but it really was a revenue-generated effort to balance the budget. The revenues were generated largely because, for a sustained number of years, we led the world in the information explosion.

□ 1715

You think of Microsoft and you think of software and you think of the whole advancement of information technology this country led, in a major way, this breakthrough in the economy, and, as a result, record revenues with a sound robust economy were generated and we balanced the budget.

I would also tell you that given the challenges we face in the wake of September 11, the likelihood that we balance the budget again is very low unless we have another sector of our economy that explodes with export-driven manufacturing technology that will cause revenues to dramatically climb. And I say that as a member of the Appropriations Committee, because if you eliminate all of the non-defense, nonhomeland security discretionary spending of the government, you would still be at a break-even. If you eliminated all of the nondefense, nonhomeland security, discretionary spending you would still either be at a budget deficit or very close.

So it is very difficult to balance the budget unless you have increasing revenues. This whole sector called entech, energy technologies, presents that kind of an opportunity for this country to grow the U.S. economy, export energy solutions to the world, solve many of our own energy and homeland security problems, and serve the world right. It would actually cause such global leadership from the United States, that we would solve a whole lot of our problems all at once.

A very prominent person in the energy sector that I know personally named Riley Bechtel, the chairman and CEO of one of the largest family-held companies in this country, I think a fourth- or fifth-generation energy company called Bechtel National, he told me right after September 11 that we needed to understand that energy security is homeland security. Energy security is national security. And I think that is the approach that the Congress has taken today.

And I will also tell you that a very prominent editorialist with the New York Times, Thomas Friedman, who

sometimes I agree with and sometimes I do not, but he is a very bright man and he understands the world as well as anyone, he basically has said over and over again in the wake of September 11 that if our country will demonstrate global leadership on energy and the environment, we will help ourselves with the nations of the world that have had either envy or distaste for our country in the past, and in terms of foreign policy we will improve our position in the world.

Before I go into the details of the comprehensive solution of this, I want to yield to one of the most prominent Members of the House, a person I came in with 11 years ago, a senior member of the Energy and Commerce Committee, from the State of New Hampshire, a person who has been a real leader on renewable energy.

I assume he could be a conferee, I do not think they have been named yet, but he should be a conferee yet. That is up to the gentleman from Texas (Chairman BARTON) the distinguished gentleman from New Hampshire (Mr. BASS).

Mr. BASS. Mr. Speaker, in the 11 years that I have been in Congress I have been in Washington at 5:20 in the afternoon on Friday exactly twice. The first was when the Federal Government was shut down in 1995, and the second was last year in early October when we passed our omnibus bill on a Saturday morning and everybody stayed here Friday night.

I go home on weekends. I am here today because my friend, the gentleman from Tennessee (Mr. WAMP), reserved this time to talk about one of my highest priorities, which is the development of alternative energy resources.

Now, he is right. I serve on the Energy and Commerce Committee, and, as such, we have jurisdiction over energy matters, shared with the Science Committee, a little bit with the Ways and Means Committee. And it is a high priority.

I voted against the energy bill last year when it came to Congress. I voted against it in the committee. And I did so because I felt that it really did not reflect a balanced approach to the development of our Nation's energy resources and energy priorities.

You know, energy is not about Republicans or Democrats, about conservatives or liberals or moderates, or whatever. It is not about philosophy. It is really about region. But what binds all of the regions of this country together is our understanding that we have to have a cohesive and balanced energy program that gives every region of the country an opportunity to participate in what becomes a national role, where we are less dependent on foreign oil, where we are economically competitive, both nationally and internationally, and every region of the country has the opportunity to develop its own resources and do so on a level playing field with every other region of the country.

Now, you say to yourself, well, why did not a single Senator from northeast of Pennsylvania vote for the energy bill last year? The answer is that the energy bill did not really address what was important for northeastern States. I am pleased to say that the energy bill that we sent to the Senate and that is currently under consideration in the Senate in a somewhat different form, but the differences will be worked out in conference, is much more balanced and I will tell you why.

For one thing, it has a significant section added to the bill that would provide for rebates for the installation, purchase and installation of solar, wind, and biomass, heat and electricity generation systems, on a residential and light commercial basis, and authorizes for appropriation \$1 billion for that purpose.

Now, in the Northeast we do not have oil wells and gas wells. We do not have significant hydro, although we do have some. We did not have the kinds of energy resources that other parts of the country have, but we do have solar, we do have wind, and we have enormous biomass.

In the 1970s when we had the great oil embargo and the gas lines, there was a big push for renewable energy. The Energy Research and Development Administration, ERDA for short, became the Department of Energy, and we had a national energy policy at the time.

And there was a big push to develop biomass. But what it turned into essentially was the marketing of solar equipment that did not work particularly well, even though you got tax credits for it of biomass boilers that basically ran on logs that you shoveled in, two or three times a day. It was unreliable. It was dirty. And after a few years most of these systems were discontinued.

The 21st century is different. I come here today as a convert, because I myself a year and a half ago converted my house from oil to wood pellets. My house, which is not small, used to burn about 3,000 gallons of heating oil a year. Over the last 14 months, I have burned 165 gallons of oil. I have burned approximately 15 tons of wood pellets.

I have a boiler that, unfortunately, I had to buy; it was imported from Denmark, had to be shipped across the Atlantic Ocean. It was not cheap. But what it demonstrated was that for a Btu cost of about 90 cents per gallon, I can heat my house with a system that is so sophisticated that nobody in the house knows that I am heating with wood.

Everything is computer-controlled. Everything is automatically fed. It is clean. It is carbon neutral. And it is a resource that comes from essentially my own backyard. It can work in every household in America where you have access to these resources.

The problem is we do not have any manufacturing capability in this country, because there is no demand. We are a country that has based our en-

ergy policy on nothing but oil, gas, and coal and the development of it.

Little wonder that my region of the country is 85 or 90 percent dependent on number 2 heating oil in the winter time. We do not have those options available to us. But what this energy bill does is create the opportunity to develop demand for biomass, demand for wood energy.

Also in New Hampshire, an old coal-fired plant over on the Piscataqua River, the Shiller plant, is in the process of converting from coal to wood chips. I believe it is on the order of 200 megawatts. It is a very large facility. We are on the way to changing some of our energy resources in the Northeast, which will change the mix of the dynamic and end our dependence not only on foreign oil, but from oil everywhere else in the United States.

I believe that we can, if we pass this energy bill, have a meaningful plan to develop the kinds of energy resources that we need in this country; wind, solar. Solar is no longer a bad roofing job, it is a technology that can really provide heat and electricity for houses all over the place, even in the North, where the sun is low in the winter months; that we can develop low-head hydro in an ecologically acceptable fashion so that we can have micro-energy development.

I have a constituent who is developing a very efficient sterling engine that could be utilized for water distillation, for electricity production, running on anything that produces heat. This is the kind of technology that we need to promote in America, that we need to promote through legislation, that we need to promote in order to lessen our dependence on traditional energy sources and imported energy resources.

Mr. Speaker, I want to thank my friend from Tennessee (Mr. WAMP) for giving me the opportunity to bring to the Congress my commitment to this important priority.

If we as a Congress can do what is right with the energy bill, Americans will be better off for many years to come.

Mr. WAMP. I thank the gentleman from New Hampshire (Mr. BASS) for his leadership at home and here in Washington and I wish him Godspeed as he travels back to New Hampshire this weekend.

As the cochairman here in the House of the Energy Efficiency and Renewable Energy Caucus, which is about half of the House, not quite equally divided but close to equally divided between Democrats and Republicans, I particularly appreciate his leadership in the area of renewable energy.

You know, that caucus has been around here for a number of years. And I have had the privilege for the last 5 years to chair it with the gentleman from Colorado (Mr. UDALL). And the Renewable Energy and Energy Efficiency Caucus here in the Congress

held an expo this week here in Washington with Energy Secretary, Samuel Bodman, participating.

And we had a big gathering here mid-week. As we kicked off this focus this week here in Washington on energy efficiency and renewable energy technologies, and the solutions to our energy problems in this country, I said that we coordinated the activities of the conference; but one thing we did not coordinate is that very morning it was announced that we had a record high price for crude oil at \$60 a barrel on Wednesday of this week, and it was also announced that we had a record high for natural gas prices, two of the major energy sources that we consume in this very productive country of ours, oil and natural gas, and we began our conference this year on the alternatives and the energy efficiency program on that very day.

So we did not coordinate it, it is unfortunate, but we need to do something about it. That is what brings us to the floor and brings us to this agenda and this important issue.

Last year I had the privilege of traveling to Colorado with the gentleman from Colorado (Mr. UDALL) and touring NREL, the National Renewable Energy Laboratory right outside of Denver. Unbelievable research done there, particularly in the areas of renewables, things like hydrogen fuel cell technologies as well.

They have energy efficient programs, and they are really our country's lab, though, on renewable energy sources, from solar to hydro, wind, different sources that we have available to us that are alternatives to those major areas of energy consumption like coal and petroleum and natural gas.

Now, I also represent the Oak Ridge National Laboratory in Oak Ridge, Tennessee, which is probably the premier laboratory in our country for energy efficiency and building programs, ways to make our construction industry and our residential home building industry more efficient.

And we have just recently brought a bill up that will be introduced in the coming days, authored principally by me, but by the gentleman from Texas (Mr. HALL) and the gentleman from Colorado (Mr. UDALL) have joined. We have a bipartisan bill that will raise the standards for energy efficiency in building materials across the country, which is certainly one way that we can save energy.

And part of our goal here is not just to increase supplies, but to reduce the demand by energy efficiency, energy conservation and savings. We must do both in order to maintain our level of productivity. But we need to recognize when we are talking about oil, that 42 percent of all oil in this country is used by personal vehicles in the transportation sector; cars. Forty-two percent of the oil. We have a very, very small percentage, like 2 percent or less of the world's oil reserves in this country, yet we use approximately one-third of all

of the oil in the world, and 42 percent of it goes to our own automobiles.

□ 1730

That is why it is so important that we begin to transition as quickly as possible into the alternative transportation systems of the future. I am encouraged by the interest in hybrid electric vehicles. Many of us see that as a bridge to the future, not totally the future because the technology is developing. But hybrids are now very much in demand, and most of your auto producers both now domestic and foreign that make hybrid vehicles have a huge backlog, and more and more of these companies are moving to that.

As a matter of fact, I spoke this week to a major Toyota and Lexus dealer from my district named Bob McKamey who has been a national leader with both of those organizations. And he told me that in 5 years the trend in this industry is that many of the cars, maybe even most of the cars produced in the world 5 years from now, will have some technology of a hybrid electric option because the technology is getting so much better: the battery acceleration is so much better, the technology is advancing. And most of the new production facilities are going to have a place there. They will adapt the current manufacturing to make room for the hybrid production so that every consumer will have the option of going hybrid and doubling their gas mileage.

As technology develops, then we will actually have a very good product in the marketplace. And the private sector is driving this, but the government needs to not only know what is going on but be partners with the private sector because, ultimately, I believe through the hybrid bridge and transition we will get to a hydrogen fuel cell, advancing the President's Freedom Car Initiative to where 15 years from now you can drive the hydrogen fuel cell vehicles in this country that are available in Washington, D.C. today or in New York City where Shell Oil and GM have these partnerships with the permanent hydrogen filling station in Washington, one in New York City, and some 40 automobiles and vans on the road that are completely hydrogen fuel cell driven.

I have driven one, and you cannot tell the difference between driving it and driving a normal car. The problem is they cost about \$400,000 each today because the technology is not developed, the mass production is not developed to make them affordable for average citizens, but that is going to happen. And everyone in the industry says that is going to happen, that 400,000 will come down to 50,000. And then you will actually have something that a lot of families will drive that will be oil free and we would be petroleum free for those vehicles, securing our own energy future.

I think we are going to have both for a good long time, but I think this is an important goal of energy independence

so we are not as reliant on oil in this country as we are today.

Now, back where I live in the Tennessee Valley, between our assets in Huntsville and Oak Ridge and the technology drivers in our valley, we have clearly positioned ourselves to make these next-generation vehicles. Because of the leadership of our former Governor, now a United States Senator, Lamar Alexander, the State of Tennessee is third in the Nation in automobile manufacturing. We were not even in this game when I was born a few years ago, but today we are third. We now have assets. Like in the heart of the Tennessee Valley where I live in the Enterprise South Industrial Park, one of the top megasites for industrial investment in the southeast, right on a major interstate, Interstate 75, which virtually everyone uses that is west of 95 going north and south, right there is this major economic part ready for, with all the assets and infrastructure necessary, a major auto plant investment in next-generation vehicles. And I am excited about this.

We also have research institutions like the Advanced Transportation Technology Initiative, ATTI, in our city advancing through test tracks, these next-generation vehicles and exactly how the technology should go to make that the most efficient.

I believe, too, we need an intermodal transportation system. In the wake of September 11 when we had an attack on our aviation industry, many people asked where are we in this country on high-speed rail. Because in terms of mass transit, aviation is the primary way to move people rapidly from one place to another in this country. And a true intermodal system would say that we have a mass transit system by rail as well, with at least three major corridors in this country. We believe one of those should come through our region, as well, because of the incredible growth of the Atlanta airport 100 miles south of where I live.

In this transportation bill that is now pending before the House and the Senate, it has already been through both bodies, the conference report is pending, there is a beginning for high-speed rail. The first connection, I believe, that is under study and some engineering in this bill is between Las Vegas and Los Angeles. The distinguished transportation chairman in the House, the gentleman from Alaska (Mr. YOUNG), should be commended for advancing high-speed rail as a clean alternative to the traditional energy source utilization to rapidly move people around.

Go to Europe, you will see high-speed rail. Here the automotive industry drove a lot of investments for a hundred years; and as a result, we do not have the kind of rail links that we need, I believe. At least three major arteries are needed to make our mass transit system and quick mobilization of people more intermodal, where you need to have multiple systems, particularly in this day of terrorist threats,

because if they attack one mode and you have another, people will shift to that.

As a matter of fact, for days people could not get out of New York City after September 11. Many people ended up hiring taxi drivers to drive them from places like New York City to Atlanta, Georgia. I know one particularly.

So we have another sector that really needs attention and that is the whole electricity sector. We have had brown-outs, blackouts, energy shortages, problems in California, problems in the Northeast. We are using a whole lot of natural gas now for electricity. And that is going to be very difficult in the future because we have the highest natural gas prices in our country. My home is heated with natural gas, many of my neighbors' homes are, and the price is now very hard to afford. And I think we must advance a national prototype-design nuclear reactor program to advance nuclear in this country for electricity. It is a clean, safe alternative.

We now have Yucca Mountain fully developing, fully supported by our country, by the Congress, by the President. At least we have passed the legislation, and the President supports in his budget request and leadership from our Subcommittee on Energy and Water which I serve on, extraordinary leadership from the gentleman from Ohio (Chairman HOBSON), to advance the Yucca Mountain proposals so that we take care of the waste stream at the end of the nuclear production cycle so that when a reactor produces electricity, really, the only liability associated with that is the waste stream. But if Yucca Mountain is ready for that waste to be shipped to and stored safely, then we can continue to develop nuclear reactors in this country.

This program was almost at a standstill for many years; but within the TVA system where I live, we actually will have a new nuclear reactor come online next year, the first in a number of years. And I believe with DOE's partnership with TVA, you will see even another nuclear reactor come online in the next 5 years. And as we have an advanced prototype national design, we can efficiently, effectively, safely bring on this alternative because nuclear power in terms of air quality is as clean as you get, and we need to advance that. But I do believe because coal is such an abundant resource in this country, we must advance all the clean coal technologies that we can as well.

In closing, I just want to say a clean energy policy which focuses on securing our independence from foreign sources of energy will create a robust economy as we advance technologies, use American know-how and ingenuity to try to create these solutions for the whole world and make them and ship them to the world.

I think it is such a win-win-win that when you think of green you do not

just think of the environment; you think of money and the resources that can be generated by advancing the energy solutions for tomorrow. I cannot think of an issue that is more important to permanently securing our independence and liberty than the energy utilization. It is an area that, frankly, some of our enemies almost hold us hostage to, and that is over energy sources; and we need to move as rapidly as we possibly can without making big mistakes to secure our energy independence.

With that, Mr. Speaker, I want to transition quickly over to another major issue that I do not think we talk enough about.

We have the most wonderful health care system in the world, and we have had such for a long, long time. And the professionals, the providers, the people in our health care industry should be commended. But just in the last 10 years since I got to Congress, it is outrageous what kind of stress our health care system is under.

The providers are underpaid. Many of them are so overlitigated that they just give up the ghost. They leave the profession. And I am very, very concerned about our health care industry.

The problem really is two-fold. One is that our private fee-for-service health care system is at risk of collapse. And I know that sounds really, really bold to say that; but I really believe if we are going to be honest about our health care system, we need to talk about the stress points in our health care system and the problems it faces.

I do not think enough is yet done around here on this particular issue. I think there are even some people that would like to see the government take it over. So maybe some of them are not doing enough to help us in this cause. But the fact is we need to save our fee-for-service private health care delivery system in this country.

Then the second part of this problem is that the government is so into health care with Medicaid and Medicare that we are not going to be able to afford these two major government programs given the current health care trends of Americans today. We will not be able to afford Medicaid and Medicare if Americans continue to live the way they live today.

The biggest problems are with obesity, which now rivals tobacco as the largest health care challenge in this country; and type II diabetes, which is connected to obesity, is a huge problem, and I am the most concerned about it among young people because once a young child is sentenced to type II diabetes or chronic obesity in their adolescence, they may never get well. It is effectively a death sentence. And many of them do not know by the time they are in the fourth grade exactly what they need to be doing. So a lot of this is education.

Personal responsibility is at the heart of some of the solutions. Some of it is genetic. I am not a health care ex-

pert, but my view is about half of what we are we are born with and the other half we acquire. Sometimes we acquire habits that lead to poor health. Sometimes people are born with it. I recognize that. So we have to balance this out and be fair and reasonable, but I want to give you some facts from the Centers for Disease Control and the American Heart and Stroke Society.

Fact: obesity and physical inactivity are risk factors for heart disease and stroke. About 28 percent of Americans age 18 or older reported no leisure time physical activity in the last 30 days. Less active, less fit persons have a 30 to 50 percent greater risk of developing high blood pressure, which is a risk factor for heart disease and stroke. Physical inactivity is more prevalent among women than men, among African American and Hispanics than whites, among older than younger adults, and among the less affluent than the more affluent; 107 million American adults are overweight. In addition, an estimated 5 million children, ages 6 to 17, are considered overweight.

The Centers for Disease Control estimates that more than 300,000 people die each year due to diseases associated with physical inactivity.

They give a lot of recommendations on what to do about this. One thing I want to tell you is that here in the Congress we have decided to step up and lead by example, and we have formed an organization to do just that. We believe that fitness, nutrition, and preventative health care measures are all components to this personal responsibility and this corporate responsibility to try to solve our health care crisis and lower the cost of health care, and in doing so expand the availability of quality health care to everyone in this country.

The Surgeon General has made his recommendations. They are in writing here, and I will be adding those to go with my testimony today, recommendations that the Surgeon General has made for children and adults.

But 2½ years ago, because I believe that we will not be able to sustain these government programs of Medicare and Medicaid unless we become more fit and more active, I founded the Congressional Fitness Caucus. I co-chair it also with the gentleman from Colorado (Mr. UDALL). And our goal here with about 100 Members of Congress over the last 2½ years is to educate, to advocates, and to legislate.

In the area of education, we encourage our Members, and they do regularly go out into the schools and give speeches and maybe put on some gym clothes and do events with children, geared at the elementary age so that by the fourth grade young people either at home or at school, and we cannot get into their homes so we can go to their schools, we can say to them that the human body is made to move. The human body is made, I believe by God, to be active and to burn calories. And you sleep better, you are more

productive, you have a much higher quality of life if you get a certain amount of physical activity.

Now when I grew up, when kids had extra time, you might catch them on the playground or out running around or playing a pick-up football game or climbing a tree or building a tree house.

□ 1745

Today, you might find them more often inside on a computer. This is great in a way, as long as it is just part of their life and not all of their life, but a lot of kids spend so much time in front of a television screen or a computer screen, and then they go to the closet and they get food that might not be as balanced as it needs to be, and they do not get that physical activity.

The human body is made such that you can eat a whole lot as long as you burn it up and you are fine, but there is a balance here. It is called calories intake versus calories burned, and the balance has got to stay close to the same, and many, many young people do not understand this. There is not the physical activity necessary for them to be healthy.

There are big bodies, small bodies. Everybody's made different. Our DNA is different. Our makeup is different. Our genetics are different. Our moms and dads are different. I am not talking about that. I am talking about a balance of activity in your life to where you are burning the calories that you are taking in your body so that young people, when they get to the fourth grade, understand some of the ill effects of sedentary living, couch potatoes. We cannot afford the trends that are happening in our society.

So part of it is an education process. I tell young people when I go into these schools, do not ever use the F word, fat. Do not ever use that word and do not ever criticize somebody else for how they look but encourage them to go outside and play games with you. If there is a kid on the sidelines that needs to be in, kicking the ball and running the bases, put them in, encourage them, take them out to walk. If you are a mom or dad, set up some activity for your children to be active in the evening. So there are a lot of things we can do.

We educate. We advocate. We hosted events on the Mall. We brought professional sports figures in. We used the media to get the word out about the effects of inactivity and sedentary living because this is a major health care problem in our country, this Type II diabetes and obesity, and we can do something about it.

These are called preventable illnesses. Preventable illnesses, meaning we can do something about it, and I believe leadership is called to this issue, and then we need to legislate from time to time.

It is hard to regulate people into better behavior, but you can pass bills that may incentivize them to better

behavior, use our tax code to create incentives, and I will get on to those in a minute.

We do have a national program that the Bush administration embraced early on called America On the Move. In Tennessee, we have a part of that program called Tennessee On the Move, and most of our States now have On the Move programs, grassroots statewide organizations designed throughout the year to promote activities and events and communication and education, newsletters across the State encouraging restaurants to have printed on their menu ways to take 100 calories off of your diet.

Let me tell you that the rule of holes is when you are in a hole the first thing you should do is quit digging. So, in the obesity hole, we have got to figure out what can we do to not become more obese and then what we can do to turn around and go the other way.

It is this simple. If an average American burned 100 calories more per day and consumed 100 calories less, this country would not become any more obese. As a matter of fact, we would start going the other way. A hundred calories more burned may be taking the steps through the Capitol each day instead of the elevator. It may be parking the furthest distance at the supermarket instead of the closest distance. It is little things that can burn an extra 100 calories.

Intaking 100 calories fewer may be as simple as going from a Coke to a Diet Coke and taking 100 calories more out of your diet, because we will, as a Nation, not become any more obese if we will consume 100 fewer calories a day on the average and burn 100 more.

Those are simple approaches, first steps. Walk at night after dinner as a family. Husband and wife, encourage each other 3 or 4 days a week to get just a basic amount of physical activity. You do not have to be a marathon runner. You do not have to be a superduper athlete. You have just got to develop one way to do it. If you have got a problem with your leg, go slow, but be walking. The human body was made to move. America On the Move is a great program Tennessee On the Move is a great program.

I want to also talk about other programs that are very, very helpful. Recently, two pretty important athletes, Peyton and Archie Manning, came around the Hill lobbying for Physical Education for Progress, the PEP funding, and I am on the Committee on Appropriations. We all weighed in, and the gentleman from Ohio (Chairman REGULA) responded, and this bill that just passed the House today included \$73,408,000 for this national program to promote physical education through our schools because physical education in our schools, frankly, has not been focused on enough.

I remember when I was young, we wanted one of those T-shirts. We wanted to go out and do the President's physical fitness contest. We wanted to

do push-ups and sit-ups, and today, I do not think there is enough physical education in our schools. I have asked the President to consider amendments. I have asked the gentleman from Ohio (Chairman BOEHNER) here in the House, our chairman of the Committee on Education and the Workforce, to consider amendments to No Child Left Behind that would encourage physical fitness in our schools.

Today, because of the testing of the other subject matter, there are schools that report to me that they are actually having to squeeze out physical education because they have limited resources and they have to put those where they know they are going to be tested so that their school system or their school is not out of compliance under the standards of No Child Left Behind. I support those standards. I think it is a good approach, but let us not leave out physical education.

Let me tell you, Thomas Jefferson said 200 years ago that a child who is not physically well cannot learn and I agree. That is so true today. A child who is not physically sound cannot learn. If they do not get enough sleep, they cannot learn. If they are not physically well, their attention span is not there, and today, we would have a better bottom line if children in every educational setting were required to do a certain amount of physical activity.

I offered a bill earlier this year called the Workforce Health Improvement Program. We have now got 32 cosponsors signed up here at the desk. This gives tax incentives to companies and institutions for providing fitness facilities to their employees. Again, use our tax code to incentivize better behavior. How many people in this country would invest in something like that if they knew they had a tax break to stay more physically active and to have some regimen of physical activity in their life?

I want to advocate for community health centers. Preventative health care is not just fitness and exercise. It is mammograms. It is making sure that you have your blood pressure taken. It is making sure a health professional sees you on a regular basis. That is preventative health care so you do not wait till you are sick to walk in the door of the emergency room and run up the cost of health care. Preventative health care says you take better care of yourself physically, even mentally. It is all connected. The holistic approach says physical, mental and spiritual health will lead to a productive life with a high quality of life, and we all know, I believe, the benefits, but the community health center approach in the community, to get your preventative health care and your maintenance of your health care, is also very important, and in this bill, we just funded \$1.8 billion for community health centers in this Labor-Ed bill that passed today.

I also want to advocate another program called the Healthy Communities

Access Program, HCAP. HCAP was funded last year at \$83 million across the country, and this year, unfortunately, in this bill, we were not able to find any money for it, but I am hopeful when we go to the Senate that we will find that money because this is a real market-driven solution.

These are the networks at the local level designed to fit the needs of that community. We have got one in Chattanooga, Tennessee, that is very successful where all of the providers banded together, and they say how can we refer people that do not have health insurance, there are 43 million of them in this country today, to good preventative health care, treatment, checkups and even access points because a lot of our providers are willing to give away their care if they know it solves this problem and maintains our fee-for-services health care system.

Back in the day, doctors used to give away a lot of their time. Today, because the government's so involved in health care, many of them cannot even give away their time. You cannot give away your time for Medicare delivery, by the way. I think it is against the law.

So doctors are disincentivized to actually help people who need health care the most, and many times this is just good, common, routine, preventative health care. The Healthy Communities Access Program has got this high cost benefit ratio. For every dollar the government invests, it saves \$6 in the health care delivery system of that community. Again, Medicaid and Medicare cannot sustain these kind of costs.

Guess what happens if one of the 43 million uninsured people gets really sick? Oftentimes, they will walk into one of the safety net hospitals that have to cover them by Federal law. They walk into Erlanger Medical Center in my hometown of Chattanooga, and when they walk in, it is too late in terms of preventing the calamity and their costs. Maybe it is too late to even save their life. It is certainly too late to save money because their chronic health care needs got out of hand.

This network keeps that from happening, and that is why it is one of the solutions. It is preventative health care. That is where we need to invest our dollars.

Let me just say in closing, because my hour is almost up, we need to learn sometimes from other countries. I was in Japan a few years ago, and I was very impressed that early in the morning, sun had just come up, these people are outside. You just kind of look and watch, and the senior citizens are out exercising. They are in a group, grandmas, granddads, and then the children are watching, and they are out doing their morning exercise. Now, these people are healthy, and in many cases they are healthier than we are.

We actually may have more technological superiority to them. We have got the great pharmaceutical industry that has found all these new inven-

tions, but they have got it right in terms of the physical benefits of exercise, and they know that the human body is made to move, to move, not to sit still. We have too many people gaining unnecessary weight in this country. It is a fact, and there is something we can do about it. They call them preventable health care challenges, and preventative health care is the solution.

We cannot buy our way out of this problem. We cannot even invent our way out of this problem. This problem can be addressed with simple solutions, develop these small first steps towards better health care, and I think the element here is personal responsibility. Something that I believe the Republican party stands for in this country still is personal responsibility. We are responsible for ourselves and then our family and then our community. The government should be last, not first.

So let us take better care of ourselves, and let us make sure that the children of America know that if they want to live a productive life, one of the basic things they need to do is personal hygiene, good sleep habits, good nutrition habits and make sure that when it is time to play, they do not do it on a video screen as much as they go outside and sweat a little. That would be good for this next generation. I think they could work a little more, sweat a little more, and we would all be the better for it.

With that, Mr. Speaker, I appreciate the Chair's indulgence, and the material I referred to previously, I will insert into the RECORD at this point.

THE SURGEON GENERAL'S CALL TO ACTION TO PREVENT AND DECREASE OVERWEIGHT AND OBESITY

THE PROBLEM OF OVERWEIGHT IN CHILDREN AND ADOLESCENTS

In 1999, 13 percent of children aged 6 to 11 years and 14 percent of adolescents aged 12 to 19 years in the United States were overweight. This prevalence has nearly tripled for adolescents in the past 2 decades.

Risk factors for heart disease, such as high cholesterol and high blood pressure, occur with increased frequency in overweight children and adolescents compared to children with a healthy weight.

Type 2 diabetes, previously considered an adult disease, has increased dramatically in children and adolescents. Overweight and obesity are closely linked to type 2 diabetes.

Overweight adolescents have a 70 percent chance of becoming overweight or obese adults. This increases to 80 percent if one or more parent is overweight or obese. Overweight or obese adults are at risk for a number of health problems including heart disease, type 2 diabetes, high blood pressure, and some forms of cancer.

The most immediate consequence of overweight as perceived by the children themselves is social discrimination. This is associated with poor self-esteem and depression.

THE CAUSES OF OVERWEIGHT

Overweight in children and adolescents is generally caused by lack of physical activity, unhealthy eating patterns, or a combination of the two, with genetics and lifestyle both playing important roles in determining a child's weight.

Our society has become very sedentary. Television, computer and video games contribute to children's inactive lifestyles.

43 percent of adolescents watch more than 2 hours of television each day.

Children, especially girls, become less active as they move through adolescence.

DETERMINATION OF OVERWEIGHT IN CHILDREN AND ADOLESCENTS

Doctors and other health care professionals are the best people to determine whether your child or adolescent's weight is healthy, and they can help rule out rare medical problems as the cause of unhealthy weight.

A Body Mass Index (BMI) can be calculated from measurements of height and weight. Health professionals often use a BMI "growth chart" to help them assess whether a child or adolescent is overweight.

A physician will also consider your child or adolescent's age and growth patterns to determine whether his or her weight is healthy.

GENERAL SUGGESTIONS

Let your child know he or she is loved and appreciated whatever his or her weight. An overweight child probably knows better than anyone else that he or she has a weight problem. Overweight children need support, acceptance, and encouragement from their parents.

Focus on your child's health and positive qualities, not your child's weight.

Try not to make your child feel different if he or she is overweight but focus on gradually changing your family's physical activity and eating habits.

Be a good role model for your child. If your child sees you enjoying healthy foods and physical activity, he or she is more likely to do the same now and for the rest of his or her life.

Realize that an appropriate goal for many overweight children is to maintain their current weight while growing normally in height.

PHYSICAL ACTIVITY SUGGESTIONS

Be physically active. It is recommended that Americans accumulate at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week. Even greater amounts of physical activity may be necessary for the prevention of weight gain, for weight loss, or for sustaining weight loss.

Plan family activities that provide everyone with exercise and enjoyment.

Provide a safe environment for your children and their friends to play actively; encourage swimming; biking, skating, ball sports, and fun activities.

Reduce the time of time you and your family spend in sedentary activities, such as watching TV or playing video games. Limit TV time to less than 2 hours a day.

HEALTHY EATING SUGGESTIONS

Follow the Dietary Guidelines for healthy eating (www.health.gov/dietaryguidelines).

Guide your family's choices rather than dictate foods.

Encourage your child to eat when hungry and to eat slowly.

Eat meals together as a family as often as possible.

Carefully cut down on the amount of fat and calories in your family's diet.

Don't place your child on a restrictive diet. Avoid the use of food as a reward.

Avoid withholding food as punishment.

Children should be encouraged to drink water and to limit intake of beverages with added sugars, such as soft drinks, fruit juice drinks, and sports drinks.

Plan for healthy snacks.

Stock the refrigerator with fat-free or low-fat milk, fresh fruit, and vegetables instead of soft drinks or snacks that are high in fat, calories, or added sugars and low in essential nutrients.

Aim to eat at least 5 servings of fruits and vegetables each day.

Discourage eating meals or snacks while watching TV.

Eating a healthy breakfast is a good way to start the day and may be important in achieving and maintaining a healthy weight.

IF YOUR CHILD IS OVERWEIGHT

Many overweight children who are still growing will not need to lose weight, but can reduce their rate of weight gain so that they can "grow into" their weight.

Your child's diet should be safe and nutritious. It should include all of the Recommended Dietary Allowances (RDAs) for vitamins, minerals, and protein and contain the foods from the major Food Guide Pyramid groups. Any weight-loss diet should be low in calories (energy) only, not in essential nutrients.

Even with extremely overweight children, weight loss should be gradual.

Crash diets and diet pills can compromise growth and are not recommended by many health care professionals.

Weight lost during a diet is frequency regained unless children are motivated to change their eating habits and activity levels for a lifetime.

Weight control must be considered a life-long effort.

Any weight management program for children should be supervised by a physician.

LEAVE OF ABSENCE

By unanimous consent, leave of absence was granted to:

Mr. BECERRA (at the request of Ms. PELOSI) for today.

Mr. FATTAH (at the request of Ms. PELOSI) for today on account of personal business.

Mr. GUTIERREZ (at the request of Ms. PELOSI) for today.

Mr. TAYLOR of Mississippi (at the request of Ms. PELOSI) for today on account of a family emergency.

Mr. BACA (at the request of Ms. PELOSI) for today after 3:00 p.m. on account of a medical emergency.

Mr. BILIRAKIS (at the request of Mr. DELAY) for today after 2:00 p.m. on account of personal reasons.

Mr. BOOZMAN (at the request of Mr. DELAY) for today on account of a death in the family.

Mr. YOUNG of Florida (at the request of Mr. DELAY) for today to attend send-off ceremonies at Camp Shelby, Alabama, for Task Force Phoenix IV, the 53rd Brigade Team, headquartered in Pinellas Park, Florida, which includes 1,200 Florida National Guard soldiers. These soldiers are being deployed to Afghanistan in support of Operation Enduring Freedom.

SPECIAL ORDERS GRANTED

By unanimous consent, permission to address the House, following the legislative program and any special orders heretofore entered, was granted to:

(The following Members (at the request of Ms. JACKSON-LEE of Texas) to revise and extend their remarks and include extraneous material:)

Mr. HOYER, for 5 minutes, today.

Mr. DEFAZIO, for 5 minutes, today.

Ms. WOOLSEY, for 5 minutes, today.

Mr. BROWN of Ohio, for 5 minutes, today.

Mr. SCHIFF, for 5 minutes, today.

Ms. JACKSON-LEE of Texas, for 5 minutes, today.

(The following Members (at the request of Mr. DUNCAN) to revise and extend their remarks and include extraneous material:)

Mr. SWEENEY, for 5 minutes, July 1.

Mr. POE, for 5 minutes, June 27.

Mr. DUNCAN, for 5 minutes, today.

Mr. MORAN of Kansas, for 5 minutes, June 27 and 28.

Mr. OSBORNE, for 5 minutes, June 27.

ENROLLED BILL SIGNED

Mr. Trandahl, Clerk of the House, reported and found truly enrolled a bill of the House of the following title, which was thereupon signed by the Speaker:

H.R. 1812. An act to amend the Public Health Service Act to authorize a demonstration grant program to provide patient navigator services to reduce barriers and improve health care outcomes, and for other purposes.

SENATE BILL REFERRED

A bill of the Senate of the following title was taken from the Speaker's table and, under the rule, referred as follows:

S. 1181. An act to ensure an open and deliberate process in Congress by providing that any future legislation to establish a new exemption to section 552 of title 5, United States Code (commonly referred to as the Freedom of Information Act) be stated explicitly within the text of the bill; to the Committee on Government Reform.

ADJOURNMENT

Mr. WAMP. Mr. Speaker, I move that the House do now adjourn.

The motion was agreed to; accordingly (at 5 o'clock and 58 minutes p.m.), under its previous order, the House adjourned until Monday, June 27, 2005, at 12:30 p.m., for morning hour debates.

EXECUTIVE COMMUNICATIONS, ETC.

Under clause 8 of rule XII, executive communications were taken from the Speaker's table and referred as follows:

2456. A letter from the Principal Deputy Under Secretary for Personnel and Readiness, Department of Defense, transmitting authorization of Captain Charles J. Leidig, United States Navy, to wear the insignia of the grade of rear admiral (lower half) in accordance with title 10, United States Code, section 777; to the Committee on Armed Services.

2457. A letter from the Under Secretary for Personnel and Readiness, Department of Defense, transmitting a letter on the approved retirement of Lieutenant General John D. Hopper, Jr., United States Air Force, and his advancement to the grade of lieutenant general on the retired list; to the Committee on Armed Services.

2458. A letter from the Principal Deputy Under Secretary for Personnel and Readiness, Department of Defense, transmitting authorization of the enclosed list of officers to wear the insignia of the next higher grade in accordance with title 10, United States Code, section 777; to the Committee on Armed Services.

2459. A letter from the Director, International Cooperation, Department of Defense, transmitting a copy of Transmittal No. 05-05 which informs of an intent to sign a Project Arrangement between the United States and Australia concerning Tactical Missiles; to the Committee on Armed Services.

2460. A letter from the Assistant Chief, Regulations and Procedures Division, Department of the Treasury, transmitting the Department's final rule — Establishment of the Ribbon Ridge Viticultural Area (2002R-215P) [T.D.TTB-27; Notice No. 21] (RIN: 1513-AA58) received June 8, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2461. A letter from the Secretary, Department of Labor, transmitting a draft bill entitled the "Unemployment Compensation Program Integrity Act of 2005"; to the Committee on Ways and Means.

2462. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Limitations on dividends received deduction and other guidance [Notice 2005-38] received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2463. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Section 1446 Regulations; withholding on effectively connected taxable income allocable to foreign partners [TD 9200] (RIN: 1545-AY28) received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2464. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Examination of returns and claims for refund, credit or abatement; determination of correct tax liability. (Rev. Proc. 2005-31) received June 16, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

2465. A letter from the Acting Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's final rule — Supplemental Information for Notice 2003-47 and Announcement 2005-19, Executive Stock Option Transaction and Settlement Initiative (Announcement 2005-39) received May 24, 2005, pursuant to 5 U.S.C. 801(a)(1)(A); to the Committee on Ways and Means.

REPORTS OF COMMITTEES ON PUBLIC BILLS AND RESOLUTIONS

Under clause 2 of rule XIII, reports of committees were delivered to the Clerk for printing and reference to the proper calendar, as follows:

Mr. KOLBE: Committee on Appropriations. H.R. 3057. A bill making appropriations for foreign operations, export financing, and related programs for the fiscal year ending September 30, 2006, and for other purposes (Rept. 109-152). Referred to the Committee of the Whole House on the State of the Union.

Mr. KNOLLENBERG: Committee on Appropriations. H.R. 3058. A bill making appropriations for the Departments of Transportation, Treasury, and Housing and Urban Development, the Judiciary, District of Columbia, and independent agencies for the fiscal year ending September 30, 2006, and for other