

will hopefully spark an earnest, thoughtful, focused discussion about how we do business differently, how we pay for the needs of a growing and aging America, and how we can get more value for the investments we are already making, all while laying the foundation for a more prosperous future.

AFGHANISTAN

The SPEAKER pro tempore. The Chair recognizes the gentleman from North Carolina (Mr. JONES) for 5 minutes.

Mr. JONES. When I was home, like most Members, during the Easter break, I had the opportunity to read in the Raleigh, North Carolina, paper an article that just really took me backwards. The title of the article is: "Iran Is Victor in Post-War Iraq." The first paragraph says:

Ten years after the United States-led invasion to oust Iraqi President Saddam Hussein, the geopolitical winner of the war appears to be the common enemy: Iran.

Mr. Speaker, I think most of us in the House know that 25, 30 years ago, our Nation supported Saddam Hussein when he was fighting the Iranians. This is what frustrates the American people. We create a bad policy; we continue to support a bad policy. It makes no sense.

Yesterday, I had the opportunity to speak to the inspector general for the Iraq Project, and when I get the report, I would maybe like to share more information. Just for example, approximately \$11.7 billion in waste, fraud, and abuse. What makes this so ironic is that the Iranians are possibly becoming the beneficiaries of this money. The taxpayers now are spending money in Iraq that could possibly be going into the coffers of the Iranian people. I guess that makes sense to most of my colleagues, but it doesn't to me.

I encourage the American people to go to www.costofwar.com. If you can get it on the Internet, you need to see it. The American people need to understand what is happening in Afghanistan and Iraq. You will see a combined total of \$1.4 trillion, and it's a running total. It doesn't stop; it doesn't pause; it just keeps running. So there we go again. Poor Uncle Sam can't take care of his bills, but we're going to take care of these foreign countries. It makes no sense to me.

Mr. Speaker, a total of 6,656 American troops have died in the Iraq and Afghanistan wars, not to mention the thousands of civilian lives lost and the veterans who return home physically and mentally wounded. Whether it's in Iraq or Afghanistan, we cannot continue to spend money that we don't have and neglect the American people.

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I hope the people of this country and my fellow colleagues share my outrage and my concern, because it would be almost a sin if we continue to spend

this money without any accountability or very little to speak of.

Mr. Speaker, yesterday I visited a soldier from my district in North Carolina. He was at Walter Reed Hospital at Bethesda. His father called me 4 months ago and said, I really would appreciate if you would see my son. He's lost a leg. He's lost fingers. He's badly burned.

Mr. Speaker, it was humbling to go to Walter Reed yesterday and see this young corporal, but he is what makes America great. His attitude is excellent, not complaining about his injuries, and I just pray to God that we will realize that if we don't stop spending the money we don't have that young men and women like the corporal in the years to come will not get benefits because we will be financially broke. That will be a sin, and I hope it never happens.

So, Mr. Speaker, I will be back next week. I will have the inspector general's estimate on the cost to stay in Iraq for 2 more years, and I hope to have some figures I can leave and put in the RECORD, because it is time that we have a debate on our foreign policy right here in the House of Representatives. Maybe we will in May. I hope so.

With that, Mr. Speaker, as I always do, I ask God to please bless our men and women in uniform, to please bless the families of our men and women in uniform, in His loving arms to hold the families who have given a child dying for freedom in Afghanistan and Iraq.

I ask God to bless the House and Senate, that we will do what is right in the eyes of God for God's people today and God's people tomorrow.

I ask God to please bless the President, that he will do what is right in the eyes of God for God's people today and God's people tomorrow.

Mr. Speaker, three times, God, please, God, please, God, please continue to bless America.

FOLEY CELEBRATES 30TH SEASON WITH BLACKHAWKS

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. QUIGLEY) for 5 minutes.

Mr. QUIGLEY. Mr. Speaker, I rise today to celebrate Chicago Blackhawks television announcer Pat Foley, who is celebrating his 30th season with the team. As the voice of the Blackhawks, Pat has come to define the Chicago hockey experience. In fact, it's impossible to imagine watching stars like Jonathan Toews or Pat Kane without his play-by-play running through your head.

The hockey bug bit Pat early in his life. As a child at bedtime he would hide his radio underneath his pillow from his parents, Rob and Mary, so he could listen to his broadcasting idol, Lloyd Pettit, a great in his own right, call Blackhawks games, but only the last two periods.

Much like the players, themselves, Pat worked his way up to the Stanley

Cup winning team, calling baseball and hockey games at his alma mater Michigan State before landing his first professional job with the Grand Rapids Owls of the International Hockey League. Pat joined the Hawks broadcast team in 1980 at just 25 years of age and has been a fan favorite ever since. The Glenview native has earned two Emmy Awards for his work and was inducted into the Chicagoland Sports Hall of Fame, joining broadcast legends Jack Brickhouse and Harry Caray. He's also been active in the local community helping numerous charities, and he recently joined me on the ice in a game with wounded warriors from the USA Warriors team.

For his hard work and dedication and for making some of the greatest moments in Blackhawks history even more memorable, I say thank you to Pat Foley. Lloyd Pettit would be proud. And, of course, go Hawks.

IMMIGRATION REFORM

The SPEAKER pro tempore. The Chair recognizes the gentleman from Illinois (Mr. KINZINGER) for 5 minutes.

Mr. KINZINGER of Illinois. Thank you, Mr. Speaker.

You know, in the midst of talking about immigration reform, which I think is something that we're going to be addressing very shortly and something we ought to address very shortly, I want to just come forward and share an experience I had over the last week.

I'm still a pilot in the Air National Guard. That's a job I've kept while I've been in the Congress and a job I hope to continue to keep. Part of what I did last week is I actually went and worked on the border with the Air National Guard. We do an ISR—intelligence, surveillance, and reconnaissance—looking for people that have crossed illegally into our country and, frankly, looking for drugs and things along that line. It was a unique trip for me, because most times when Congressmen go to the border, they actually probably would go in an official capacity as a U.S. Congressman. We've all experienced these trips. You see what the administration, frankly, wants you to see. So they take you somewhere like El Paso where there's a very effective fence in place.

But where they don't take you is a place called Mac Pump. Mac Pump is in McAllen, Texas, one of the areas that I worked in my capacity as an Air National Guard pilot, and it really was actually kind of disheartening what we would see. You'd see folks cross the Rio Grande, that would stand in the United States of America. As we would call Border Patrol to come and assess the situation, they would literally step back and put their ankles in the water and at that point they are unapprehendable. And they would stare, 5 feet away from U.S. Border Patrol, and maybe a hundred yards away then another group, knowing that our Border Patrol agent was tied up, would

then cross the Rio Grande and make it free. Or they'd outlast the Border Patrol agent and then they'd step back onto U.S. territory and then the agent would come back. They'd play this cat and mouse game. It could easily be solved with a border fence. It could easily be solved with actually real border security.

This isn't border security that we're going to do because we're upset, because we're angry, but because I believe that we have to have real immigration reform in this country. Things like high-skill visas are very important, but allowing people who want an opportunity to come to the United States to do so through a legal process.

The problem that we have set up now, though, and really frankly the sad part about it is a lot of these immigrants believe that the second they set foot in the United States of America, everything's going to be good. Everything's going to be all right. And we agree. This is the greatest country in the world. The problem is once many of these immigrants step into the United States of America, their journey has just begun, because the other part of where I worked in this mission over the last week was about 50 to 100 miles inland in Texas, as we would find people hunkered down in moss, very thick brush, as they would try to wade and rely on their guides. In many cases their guides would vacate when they'd hear Border Patrol, and they'd run away from these groups of people hiding in the brush and would leave them stranded in the middle of the Texas plains without water, without food, without any knowledge of where they're going. In fact, in this sector I was working last year, there were 200 dead bodies found, and that's only a fraction of those that actually die on this journey.

So I believe that border security is important so that we can set up a situation in which those that want to come here legally can do so and can go through the legal process of living in the United States or eventually becoming a United States citizen, and we're not creating a situation in which many of these immigrants are coming and frankly losing their lives.

I've talked to Border Patrol, and the interesting thing is now I did it out of the capacity as a U.S. Congressman, although of course they knew what I did in my other job, and I said, if I could take one thing back to Washington, what would it be? And they said, if you take back one thing to Washington, tell them that even though the Secretary is saying that the border is secure, even though the administration is saying the border is secure, it is not secure. Take that back. We need more border patrol agents, we need the fence, we need the ability to do our job. They're prevented from doing legal things that are humane to apprehend in many cases folks running with dope and trying to escape, giving them the opportunity to do what they need to do.

So, Mr. Speaker, I agree with those that are saying we need immigration reform in this country, and I'm a believer in that. I believe it's time that we understand and talk about the fact that America is a nation built of immigrants. My third or fourth generation ahead of me came over from Germany. I respect that and I appreciate it, and I think it's a tradition we need to continue. But I believe the first step to real immigration reform is border security. And I will tell you, Mr. Speaker, my trip to the border for a week as a pilot in the Guard opened my eyes to the fact that we are continually exposing ourselves not just to dope and drugs being run into this country but into a potential of a terrorist attack on the United States and a weapon that was run through the border of Mexico, because it's done every day.

END HUNGER NOW

The SPEAKER pro tempore. The Chair recognizes the gentleman from Massachusetts (Mr. MCGOVERN) for 5 minutes.

Mr. MCGOVERN. Mr. Speaker, my grandmother used to say an apple a day keeps the doctor away. I hated it when she said that, but you know, Mr. Speaker, she was right. Good, nutritious food will keep you healthy. That's because food is medicine. Fruits, vegetables and other healthy foods like beans, legumes, grains and proteins are critical for proper development. Simply put, healthy people eat healthy food.

The opposite is also true. The more junk food we eat, the less healthy we are. But there are different reasons why people eat less nutritious food. Many people choose to eat non-nutritious food, but there are many others who cannot afford to buy healthier options. These low-income households have to stretch their food dollars in order to make ends meet.

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This requires them to buy less nutritious, high-calorie foods that are more affordable on a fixed income. This is why we can have an obese hungry person. They're filling their stomachs with food that isn't good for them, simply because it's all they can afford or all they have access to.

This kind of diet has long-term negative effects on individuals and on the communities where they live. Mr. Speaker, when we talk about ways to End Hunger Now, we must look at the way the quality of food, or the lack of quality, is impacting hunger in America.

In a 2011 report entitled, "Hunger in America: Suffering We Are All Paying For," the Center for American Progress estimated that the health costs for hunger were at least \$130 billion each year. \$130 billion a year, just for health costs related to hunger.

The authors of the report examined medical research and found that there

are serious medical consequences directly related to hunger. Specifically, this research found that there is likely to be higher rates of iron deficiency, headaches, stomach aches, frequency of colds, activity-limiting health impairments, specific nutrient deficiencies, more hospitalizations, longer inpatient stays, and poorer overall health status.

Along with these physical health issues, there are also mental health conditions attributable to hunger, including anxiety and irritability, depression, withdrawn behavior, psychosocial dysfunction, suicidal thoughts and behaviors, and a need for mental health services.

The response is clear, Mr. Speaker. We must treat hunger as a health issue. It frustrates me that we in Congress still act like it's a better option to spend over \$130 billion in hunger-related health costs than to actually prevent hunger in the first place.

Last month, in March, ProMedica and the Partnership to Fight Chronic Disease released a white paper called, "Addressing Hunger Essential to Improving Health." This paper details how critically important it is to treat hunger as a health issue. The white paper points out that hungry people of all ages, from pregnant women to children to adults to seniors, suffer from a lack of nutrients found in healthy foods. The lack of nutrients results in serious health issues, the very same health issues that cost our Nation over \$130 billion in health care costs alone. That's nuts.

Doctors and nurses should be looking for signs of hunger in their patients. Medical students should have more courses on nutrition. They should be treating hunger just like any other condition. If someone has high blood pressure or a rash, they get a prescription to treat that problem. Doctors should be writing food prescriptions, if that's what it takes, to get nutritious food to the food insecure.

Health care organizations like ProMedica in Ohio and Michigan, UMass Memorial in Worcester, Massachusetts, and Children's Health Watch in four locations, including Boston Medical Center and Drexel University, are trying to right this wrong. They promote health and wellness in general, but they are also treating hunger as a health issue. They are working to reduce the number of hospital readmissions by including food security in their patients' discharge plans. They want to make sure that people don't need to be readmitted to a hospital because they suffer from a setback simply because they don't have food to eat once they leave the hospital. They are also working to raise awareness about nutrition and exercise and to increase access to healthier food in underserved areas.

Mr. Speaker, we need to learn from these organizations and others. That's why I believe it is so important that the White House convene a conference on food and nutrition. We are not going