

That's a stark contrast to the over 2,700-page regulatory nightmare of ObamaCare. In fact, ObamaCare's regulations are 2 million words longer than the Bible. Any bill that much longer than the Bible has to be bad for America.

My Patient Option Act is the solution that Americans need and deserve. Unfortunately, the clock is ticking and time has almost run out.

A Georgia businessman recently told me that his insurance premiums for his employees have increased by 40 percent this year, compared to last, due to ObamaCare.

Another Georgia businessman, who is an owner of several fast-food restaurants and currently employs over 200 full-time workers, recently told me that he is seriously considering letting them all go and hiring only part-time employees.

And recently, even President Obama's Health and Human Services Department has admitted that you might not be able to keep your current doctor, even if you want to. If Congress does not act soon, we will be hearing more and more of these same stories.

I'm here to tell all Americans and all American families that it doesn't have to be this way.

Mr. Speaker, if Americans want true, patient-centered, health care reform, then they must contact their Congressman and Senators and urge them to pass my Patient Option Act.

Mr. Speaker, if Americans want lower costs, coverage for everyone, and government out of the way of the doctor-patient relationship, then they must contact their Representatives and urge them to pass my Patient Option Act.

If Americans want full control of their coverage and freedom to make their own decisions in health care, then the Patient Option Act is the only true solution.

We don't have much time; but through the voices of we, the people, the American people, we can work to repeal this disastrous law and replace it with legislation that serves the best interest of my patients and all patients, not government. That's my Patient Option Act.

UNFINISHED BUSINESS IN CONGRESS

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

Mr. COSTA. Mr. Speaker, tomorrow afternoon we will board our flights back to the district for the August recess. Sadly, we'll be leaving behind a lot of unfinished business.

Just yesterday, the Republican leadership pulled the catastrophe of a transportation and housing appropriations bill because it couldn't even get the votes within their own caucus.

I ask my friends, when are we going to begin to govern and work together?

When we come back from the August recess period, we will have 9 days, just 9 days left until the farm bill extension expires. But we're leaving the House without passing a true farm bill that we can conference, much less appointing any conferees to work out the differences between the two bills. The farmers, ranchers and dairymen expect better in my district.

Uncertainty swirls around the Capitol, but the only thing that seems certain here lately is that we cannot act on anything that the American people want us to that they view as no-brainers.

Take immigration reform. Over half the voters in this country think we should get this done and pass the Senate bill. Yet we are watching the summer fade into fall without even a timeline for when the House will bring up real immigration reform.

It's far too easy for us to throw up our hands and say this place is broken, but that's not why we came to Washington.

No budget, little in appropriations bills, no tax reform, little progress on immigration reform, and no farm bill.

Yet last week, the Republican leaders said that we should, instead, be measured by the laws that we repeal. Okay. Well, on that score, we've exactly repealed zero laws.

I came here to roll up my sleeves and get to work. We have real problems in this country; but we also, I think, share in real bipartisan solutions to fix those problems. All that we need is the green light.

The problem here is that the art of the political compromise has been lost. And it's about time we rediscover that art of the political compromise.

We have divided government. That's not a secret. We've had divided government in the past. And by the way, we're going to have divided government for the next 3½ years.

Let's get real. It's about time that we begin to figure out ways to work together. My hope is that when we go back home we are reminded that every vote here in the House of Representatives, the people's House, is not a litmus test, and that every issue that we deal with should not be looked at in terms of black and white, but in shades of gray.

We have a lot of challenges facing America. I hope, after the August recess, we come back here in September and that we put solving America's problems before our own political agendas.

America cannot afford to continue this three-ring circus. It's about time we begin to work together, ladies and gentlemen.

HONORING MEDAL OF HONOR RECIPIENT ARMY STAFF SERGEANT TY MICHAEL CARTER

The SPEAKER pro tempore. The Chair recognizes the gentleman from

California (Mr. MCNERNEY) for 5 minutes.

Mr. MCNERNEY. Mr. Speaker, I rise today to ask my colleagues to join me in honoring Army Staff Sergeant Ty Michael Carter, who will be awarded with the Congressional Medal of Honor in recognition of his heroic actions in Afghanistan in 2009.

As the father of a veteran, I am truly honored to represent Staff Sergeant Carter, a resident of Antioch, California. The Medal of Honor is our Nation's highest military award presented for selfless sacrifice and acts of courage above and beyond the call of duty at the risk of his or her life.

Staff Sergeant Carter was born in Spokane, Washington, in 1980 and graduated from North Central High School. After high school, he enlisted in the Marine Corps and served in Japan. He had two additional deployments before being honorably discharged from the Marine Corps in the year 2002.

During this time, Staff Sergeant Carter enrolled in the Los Medanos Community College in California and studied biology. Upon the birth of his first daughter, and after traveling throughout the United States, he enlisted to serve his country as a soldier in the United States Army in the year 2008.

It was on October 3, 2009, when Specialist Carter and the 54 Members of B Troop, 3rd Squadron, 61st Cavalry Regiment came under heavy enemy fire in the Nuristan province of Afghanistan.

At great risk of his own life, Staff Sergeant Carter resupplied ammunition to help his fellow soldiers, provided first aid to a comrade, eliminated enemy troops, and risked his own life to help carry a fellow soldier from harm's way.

The actions that Mr. Carter took during this ambush were critical to the defense of the COP Keating, which was established in 2006 as a provincial reconstruction team camp located near the confluence of the Kushtowz and Landay Sin Rivers.

All of our Nation's servicemembers and their families make great sacrifices, and we can never fully repay them. It's important that we pay tribute to those who show their devotion to the United States through their service and that we ensure those who return home are provided with the services they deserve and have earned.

These brave men and women are committed to one another and to honoring the call of duty to protect our great Nation. We owe them the same respect.

I want to commend Staff Sergeant Carter and all of our Nation's veterans for their courage and dedication to this country. Our Nation has always been able to depend on the selfless actions of men and women in uniform for our very existence.

I ask my colleagues to join me in honoring Staff Sergeant Ty Michael Carter, as well as our servicemen and women, their families and veterans, for their service to the United States.

NATIONAL COACHES DAY

Mr. MCNERNEY. Mr. Speaker, I also want to recognize the efforts of Madeline Woznick, a 12-year-old student athlete who lives in Lodi, California. Madeline is a competitive swimmer and has worked to bring attention to the hard work and dedication of coaches across the country and is advocating for an annual National Coaches Day.

There are tens of millions of student athletes in the country. Coaches can have a fundamental impact on these students, and I'm grateful for their endeavors to train and mentor the next generation.

Today's students are tomorrow's leaders, and it is important that they have teachers and mentors who inspire and encourage them in their educational pursuits. As Madeline says, coaches motivate and inspire students to better themselves.

In 1972, President Nixon declared October 6 as National Coaches Day, and Madeline is working to ensure that every October 6 is National Coaches Day so their efforts are appreciated and recognized by communities across the country.

I urge my colleagues to join me in applauding Madeline Woznick and coaches across the country.

RECESS

The SPEAKER pro tempore. Pursuant to clause 12(a) of rule I, the Chair declares the House in recess until noon today.

Accordingly (at 10 o'clock and 55 minutes a.m.), the House stood in recess.

□ 1200

AFTER RECESS

The recess having expired, the House was called to order by the Speaker at noon.

PRAYER

The Chaplain, the Reverend Patrick J. Conroy, offered the following prayer: God of the Universe, we give You thanks for giving us another day.

We ask Your blessing upon those who have worked so hard these past few days. Many issues remain, and their solutions continue to elude. Not all are completely satisfied, but help us all to proceed graciously, remaining vigilant for those values held most dear while being just.

In the days that come, help each Member to understand well and interpret positively, as they are able, the positions of those with whom they disagree. Grant to each the wisdom of Solomon, and to us all the faith and confidence to know that no matter how difficult things appear to be, You continue to walk with our Nation as You have done for over two centuries.

May all that is done today in the people's House be for Your greater honor and glory.

Amen.

THE JOURNAL

The SPEAKER. The Chair has examined the Journal of the last day's proceedings and announces to the House his approval thereof.

Pursuant to clause 1, rule I, the Journal stands approved.

PLEDGE OF ALLEGIANCE

The SPEAKER. Will the gentleman from New York (Mr. SEAN PATRICK MALONEY) come forward and lead the House in the Pledge of Allegiance.

Mr. SEAN PATRICK MALONEY of New York led the Pledge of Allegiance as follows:

I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

ANNOUNCEMENT BY THE SPEAKER

The SPEAKER. The Chair will entertain 15 further requests for 1-minute speeches on each side of the aisle.

SEQUESTRATION

(Mr. FORBES asked and was given permission to address the House for 1 minute.)

Mr. FORBES. Mr. Speaker, we're now in the 4th week of the civilian furloughs at the Department of Defense that are wreaking havoc on our national security and the lives of patriotic men and women across this country. Mr. Speaker, I've said repeatedly the decisions that led us here were not the result of strategic analysis but yet another consequence of misguided cuts to our national defense.

Just a few moments ago, we were in a hearing in the Armed Services Committee and a high-ranking member of the Pentagon said that the suggestion that we now know the President made for sequestration was a dumb idea. It was certainly a wrong idea. It was wrong when the President signed it into law, but what is worse is the current position of the White House, that even if the House and the Senate can reach an agreement to fix sequestration and stop these furloughs, that they will not agree to it unless we give the President all the spending he wants in every area of government and increases in taxes in all the areas of government he wants.

Mr. Speaker, this is wrong. We need to address sequestration now for national defense and stop it before it's too late.

NATION-BUILDING AT HOME

(Mr. HIGGINS asked and was given permission to address the House for 1 minute.)

Mr. HIGGINS. Mr. Speaker, last week I met with Rich Lowry, the editor of the National Review, whose new book, "Lincoln Unbound," urges the Republican Party to embrace an aspirational agenda of Abraham Lincoln, who led an ambitious program of rail and canal construction.

His book calls to mind the words of Sheila Bair, a George W. Bush administration official, who, in February, urged her fellow Republicans to remember that, from Lincoln's transcontinental railroad to Eisenhower's highway system, Republicans have understood that investing in critical infrastructure projects creates jobs and expands the economy.

Yet the appropriations bill that was on the floor this week would have cut \$2 billion from the Department of Transportation. It was a total rejection of the Lincoln-Eisenhower tradition.

We have spent \$87 billion rebuilding the infrastructure of Afghanistan and just approved \$5 billion more. According to the United States inspector general, supporters of the Taliban and al Qaeda are getting the contracts and "far too much will be wasted" due to insufficient oversight.

This, Mr. Speaker, is appalling, and it's time to do nation-building right here at home.

OBAMACARE

(Mr. MULLIN asked and was given permission to address the House for 1 minute.)

Mr. MULLIN. Mr. Speaker, according to the most recently released numbers by the Congressional Budget Office, ObamaCare is now going to cost the American taxpayers nearly \$1.4 trillion.

With our national debt sitting at \$16.8 trillion and rising every single day, I must ask my colleagues who support this: Can America really afford this?

NUCLEAR IRAN PREVENTION ACT

(Mr. SEAN PATRICK MALONEY of New York asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. SEAN PATRICK MALONEY of New York. Mr. Speaker, the dangers of a nuclear Iran are real and represent one of the greatest threats to our country and to our allies.

In addition to the existential threat to our ally, Israel, Iran is a growing source of violence in the Middle East, propping up the Syrian regime, arming Hezbollah, and undermining a fragile peace in Iraq. More troubling, the Iranian regime is pursuing an active nuclear capability, which we cannot allow.

While we have strong laws on the books already, we can and must go even further to isolate the Iranian regime and the major sources of funding that support it. The Nuclear Iran Prevention Act will cripple that country's energy sector and tighten sanctions on Iran's radical leadership and human