

they had to say, I'm sorry, you've got to go to bed hungry.

Unfortunately, my colleagues have it far too easy. They'll never know what it's like to be hungry. Their kids will never go to bed hungry. They can bring this heartless legislation to a vote without ever having to explain themselves to the families that they're hurting.

Please don't let them get away with it.

CELEBRATING ABF FREIGHT SYSTEM'S 90TH BIRTHDAY

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

Mr. WOMACK. Mr. Speaker, I rise today in celebration of ABF Freight System's 90th birthday.

Since its humble beginnings in 1923 as a local freight hauler, ABF has grown to employ 10,000 people in North America, with 1,000 in Arkansas alone, delivering freight worldwide. Today, it continues to deliver value to its customers by developing and implementing customized solutions to global logistical challenges.

It's fitting, Mr. Speaker, that this milestone coincides with National Truck Driver Appreciation Week. Last year, ABF, together with J.B. Hunt, the other great trucking company that calls Arkansas home, and the more than 3 million truck drivers in the United States were responsible for hauling 68.5 percent of all U.S. freight tonnage.

Without ABF and truck drivers throughout the Nation, 80 percent of our communities that rely solely on trucking would not be able to access the goods on which they depend.

Thank you to all of our truck drivers, and happy 90th birthday to ABF.

GUN VIOLENCE FOLLOWING THE WASHINGTON NAVY YARD SHOOTING

(Mr. MORAN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. MORAN. Mr. Speaker, on Monday, just about a mile from here, once again, our Nation experienced a horrific incidence of mass gun violence. Our sympathies obviously go out to the friends and the families who lost loved ones in the shooting at the Washington Navy Yard.

But as this chart shows, this mass shooting is only the latest in a long line that includes Columbine and Virginia Tech and Tucson and Aurora and Newtown. But even these horrendous mass killings don't fully reflect our Nation's problem with gun violence.

Each year, 100,000 people in America are shot by a gun, 30,000 die from a gun-related injury, 10,000 are murdered by a firearm. By 2015, gun-related deaths will surpass auto-related deaths for the first time.

And while it's too early to know what might have prevented this week's mass shooting, we do know what will ensure that it will happen again—doing nothing, business as usual.

The chief medical officer at MedStar Hospital expressed the sentiments of many when she pleaded:

There's something evil in our society that we, as Americans, all have to work to try and eradicate.

If we don't do all we can to reduce gun violence through stronger laws and improved services, all we'll have to offer our constituents are only more condolences.

OBAMACARE

(Mr. DUNCAN of Tennessee asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. DUNCAN of Tennessee. Mr. Speaker, before the Federal Government got into health care, medical care was cheap and almost everyone could afford it. Doctors even routinely made house calls.

When Medicare was passed, it was predicted that after 25 years it would cost only \$12 billion. Instead, it cost 10 times that much. This year, it will cost over \$600 billion.

All Federal medical programs have cost many times more than was estimated on the front end. Already, we read ObamaCare is going to cost at least two or three times more than it was estimated when it was passed.

Federal medical programs make and have made a few people and companies very wealthy; however, they have made it so only multimillionaires can pay what is being charged for medical care.

Howard Dean, a former Democratic National Chairman, says that ObamaCare will cause health care to be rationed.

The Unaffordable Care Act is taking us toward lower quality, shortages, waiting periods, all at greater expense for medical care. It needs to be stopped before it makes our health care problems even worse than they now are.

□ 1230

HOUSE NUTRITION BILL

(Mrs. CAROLYN B. MALONEY of New York asked and was given permission to address the House for 1 minute.)

Mrs. CAROLYN B. MALONEY of New York. Mr. Speaker, I rise today in strong opposition to the majority's unconscionable cuts to programs that help feed our Nation's hungry. We are the wealthiest country in the world, yet nearly 15 percent of our population lives in poverty. In my home city of New York, over 50,000 people live in homeless shelters—and the number is growing.

Our economy is making progress but there are still millions of people who are struggling. Yet this proposal would kick off at least 4 million Americans

from the SNAP program and increase poverty in our country. Women and children in particular bear the brunt of these cuts. Forty-seven percent of SNAP recipients are children and nearly two-thirds of the benefits go to women.

Earlier this week, I saw firsthand how many families in our communities struggle to put food on the table when I visited Hour Children Food Pantry in Long Island City, Queens. The staff and volunteers of this private food bank are heroes and heroines. But we cannot rely on these organizations to pick up the slack. They say participation is up 40 percent.

Defeat this major cut to nutrition that Americans need.

TIME TO DEFUND OBAMACARE NOW

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

Mr. MESSER. Mr. Speaker, good jobs are hard to find these days. The gap between America's highest- and lowest-income families is wider than ever. American workers are on unemployment longer than any time since World War II. A record 46 million Americans live in poverty.

What's the President's answer to these problems? He proposes driving forward on his prize achievement, ObamaCare, even though it is already erasing jobs and reducing the work hours of taxpaying Americans.

I have cosponsored a resolution to keep the government open and defund ObamaCare. House Republicans support these goals. We're going to defund ObamaCare and we're going to keep the government open at sensible spending levels.

Americans shouldn't have to suffer through this failed experiment any longer or have government operations held hostage by those unwilling to acknowledge that ObamaCare is not working. Let's hope the President and his Senate allies agree.

SNAP CUTS

(Mr. GEORGE MILLER of California asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. GEORGE MILLER of California. Mr. Speaker, House Republicans are doubling down on a bad idea. These food stamp cuts will not only increase the incidence of hunger but result in a loss of thousands of jobs throughout the food industry alone. Because when poor families, children, the disabled, and the elderly can't afford food, they simply must go without. That's not economic stimulus—it's a national outrage.

It's outrageous that 26 anonymous individuals received over \$1 million each in farm subsidies, but \$1.40 per meal for a hungry child is considered government waste. It's outrageous that

some Members of Congress are voting to enrich themselves and wealthy special interests with farm subsidies while refusing benefits to millions of the neediest and most vulnerable Americans.

I issued a report earlier this year that detailed 14 Members of Congress who are collectively worth up to \$124 million, received at least \$7.2 million in farm subsidies, and yet voted to cut the nutrition allowance for 47 million working poor families and children.

Imagine that.

In honor of the Chair, let me just say, "And that's just the way it is."

CONTINUING RESOLUTION

(Mrs. WALORSKI asked and was given permission to address the House for 1 minute.)

Mrs. WALORSKI. Mr. Speaker, I rise today in support of the House plan to hold a vote on a continuing resolution to fund the government and defund ObamaCare. This straightforward approach achieves two objectives: it keeps the lights on for the Federal Government while halting an unworkable law.

The list of problems with ObamaCare gets longer every day. This law was passed in 2010. But since just last week, I would like to share three examples that negatively impact my district and the State of Indiana.

Yesterday, just 12 days before the full implementation, the White House warned Americans of "massive fraud" triggered by ObamaCare, causing identity theft and cybersecurity leaks. Last week, Indiana University reported they're laying off 50 workers and sending them to a temp agency because of ObamaCare. This includes graduate students who are having their hours cut to stay under the 30-hour threshold. The Indy Star reported that over 200,000 Hoosiers are impacted by higher insurance rates under ObamaCare.

The list is getting longer, and the problems are getting worse.

The House plan is similar to legislation penned by my colleague, Mr. TOM GRAVES, which has already been cosponsored by 79 Members of Congress. I'm confident the House will work its will to pass this legislation to reflect the wishes of the American people. Next it's time for the Senate to step up and do the same.

CONTINUING RESOLUTION

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

Mr. BERA of California. Mr. Speaker, I rise today to condemn yet another manufactured crisis that House leadership has created. Americans are sick and tired of the fighting and of having their economic security put on the line repeatedly.

Instead of doing their jobs and serving the people, House leadership is holding the American people hostage

to partisan politics and taking us down a path to a government shutdown. That means our military serving overseas would have to work without pay while they're sacrificing for us. Their families are going to struggle. It means benefits to our veterans, who are already struggling to get benefits and enduring a backlog, are going to have to wait longer for those benefits. It means Americans who count on Social Security, a program that they paid into their whole life, may not be able to get their payments.

This is absolutely shameful, Mr. Speaker. The clock is ticking. We've got 11 days. Let's do what is right and begin to work on a real budget—a budget that creates jobs, that secures a strong middle class and starts to reduce our debt and the burden on the next generation.

Eleven days, Mr. Speaker.

A VICTORY FOR COMMON SENSE

(Mr. STUTZMAN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. STUTZMAN. Mr. Speaker, today we have an opportunity to win a victory for common sense. For decades, business as usual has fostered an unholy alliance between food stamps and farm policy. Year after year, Washington spent money that it never had. This summer, when the House considered a trillion-dollar welfare bill that was a farm bill in name only, taxpayers had seen enough.

The American people were able to defeat business as usual by insisting that both food stamps and farm policy be considered individually and on their own merits. It's just common sense. Finally, we passed a farm-only farm bill that ended direct payments. Today, we can continue that work by passing a food stamp bill that doubles the savings that the House originally considered.

Mr. Speaker, this bill eliminates loopholes, ensures work requirements, and puts us on a fiscally responsible path. In the real world, we measure success by results. It's time for Washington to measure success by how many families are lifted out of poverty and helped back on their feet, not by how much Washington bureaucrats spend year after year.

DRASTIC CUTS TO SNAP

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

Mr. KILMER. Mr. Speaker, I rise today to speak in opposition to the drastic cuts proposed to the supplemental nutrition program, better known as SNAP. The SNAP program helps millions of Americans in need, including 16 percent of the residents of my State, put food on the table, provide for their families, and get back on their feet.

This is a sad day because the House will soon vote to cut \$40 billion—an enormous amount—from the SNAP program. But this isn't about government programs. It's not even about dollars. It's about 6 million Americans. It's about dismantling a highly effective program that my home State has used to get people back to work.

In these tough economic times we should be helping folks get back on their feet. We shouldn't be asking the least fortunate among us to shoulder the burden for a Congress that can't get its act together and pass a budget.

Martin Luther King, Jr., once said:

Why should there be hunger and deprivation in any land, in any city, at any table, when man has the resources and the scientific know-how to provide all mankind with the basic necessities of life? There is no deficit in human resource. The deficit is in human will.

SNAP ONE

(Ms. KAPTUR asked and was given permission to address the House for 1 minute.)

Ms. KAPTUR. Mr. Speaker, the majority leader and the Tea Party Caucus have been railing against providing sufficient SNAP funding that provides food to the hungry. This is certainly not something to be proud of. I have never understood making scapegoats out of the most vulnerable Americans.

The majority has been holding up passing bills to keep our country afloat in 2014 because they want to demonize ordinary Americans who are struggling to make ends meet. The Republican majority seems to enjoy the company of the very wealthy who are eating cake, while casting aside those who have really been scraping by economically. Some have lost their jobs due to outsourcing overseas, their homes to Wall Street greed, and for too many can barely maintain a foothold in the middle class.

So let me propose a deal. Let's transfer out three of the massive government buildings in Virginia that employ thousands of people in the majority leader's Seventh Congressional District of Virginia and let's move those jobs to Ohio's Ninth Congressional District. Culpeper's loss would be Cleveland's gain.

After we strike this deal, we in Ohio will enjoy the guaranteed jobs and income flows to which the Seventh District of Virginia has grown accustomed. We can cash in on the regular flow of funds to the majority leader's district that he takes for granted, including being the number one State for Federal procurement in the whole country. Let's harmonize Ohio's unemployment rate with Virginia's.

I urge my colleagues to vote "no" on the majority leader's harsh let-them-eat-dirt proposal. He lives in an insulated economy. Ohio does not. We want responsible government that values every citizen. Let no one in America go hungry.