

media) and associating with other aggressive youth (who have also been rejected by others), which, in turn makes them even more aggressive.

Aggressive youth often consume violent media because it allows them to justify their own behavior as being normal. A child's own aggressive behavior normally should elicit guilt, but this guilt is relieved if the child who has behaved aggressively consumes violent media. The reduction in guilt that consuming violence provides makes continued aggressive and violent behavior by that child even more likely.

Violent media often contain guns, and research has shown that the mere presence of guns, even at a subliminal level, can increase aggression. In summary, violent behavior is very complex and is caused by multiple risk factors, often acting together. One possible risk factor is exposure to violent media (e.g., TV programs, films, video games). Although it is not the only risk factor, or the most important risk factor, it is one of the easiest risk factors to change. Other risk factors (e.g., being male, social rejection) are difficult or impossible to change. Parents can, however, restrict the amount of violent media their children consume.

Parents are the key, but producers of violent media can help parents out. For example, there could be a universal rating system on all media (TV, films, video games), with universal symbols that are easy for parents to understand. The PEGI (Pan European Game Information) system, for example, has five age-based ratings (3+, 7+, 12+, 16+, 18+) and six well-recognized symbols for potentially objectionable material (violence, sex, drugs, discrimination, fear, gambling). The current rating system is like alphabet soup and is confusing to parents (e.g., R for movies; TV-MA for TV, FV for fantasy violence in video games). Another possible idea is to put warning labels on violent video games. In 1964, the U.S. surgeon general issued a warning on tobacco, and that warning appears on all tobacco products. In 1972, the U.S. surgeon general issued a warning for violent TV programs: "It is clear to me that the causal relationship between televised violence and antisocial behavior is sufficient to warrant appropriate and immediate remedial action . . . There comes a time when the data are sufficient to justify action. That time has come." Warning labels are like a double-edged sword. On the one hand, parents find warning labels informative. On the other hand, they are like magnets to children.

Educating parents about the research on violent video games is also important. This is an uphill battle, however, because the source of news and information for parents is the mass media, and the mass media are reluctant to report that violent media are harmful.

Almost all of the research on violent video games has been conducted using single-player video games. But players often play with others. In a pair of studies conducted in our lab, participants were tested in pairs with an ostensible partner of the same sex (actually a confederate). Participants in the cooperative condition were instructed to work together with their partner to get as many points as possible by killing enemies and staying alive. Participants in the competitive condition were instructed to try and kill their partner more times than their partner killed them. Participants in the control condition played the game in the single player mode. After gameplay, participants competed with their ostensible partner on a task in which the winner could blast the loser with loud, unpleasant noise through headphones. In both studies, participants in the cooperative condition were less aggressive

than participants in the other conditions. More research on multi-player games is clearly needed.

More research is also needed on what types of individuals are most strongly affected by violent video games. Many of the spree shooters have been described as "social outcasts." Are such individuals more likely to behave aggressively after playing a violent game? Are such individuals more likely to play violent games alone?

Research should test whether aggression is enhanced by playing in a first-person compared with third-person mode, and by whether the enemies are realistic humans versus aliens. Some research has shown that the gorier the video game, the larger the effects, but more is needed.

#### A PLACE AT THE TABLE

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

Mr. MCGOVERN. Mr. Speaker, once again, I rise to talk about the issue of hunger in America. There are over 50 million Americans who go hungry each year. That is about one in every six Americans who don't know where their next meal is coming from on any given day. Mr. Speaker, in the richest, most prosperous country in the world, that is unconscionable. Unfortunately, too many people simply don't know that there's a hunger problem in the United States. But that is going to change with a new documentary called "A Place at the Table."

□ 1050

Mr. Speaker, this powerful film shows how hunger actually affects everyday Americans. Specifically, "A Place at the Table," documents people from all walks of life—from inner-city Philadelphia to rural Colorado—and it shows how they struggle not just to put healthy food on their kitchen tables, but in some cases to put any food on their tables at all.

The film doesn't just show how people struggle with food. It shows how the lack of food impacts the health of children and the capacity for kids to pay attention and learn in class.

In all candor, Mr. Speaker, I play a small part in this film, and I'm pleased the filmmakers allowed me to give my thoughts on the problem of hunger in America in ways that we can address it. But this film is not about my opinions; it's about the challenge facing the people in this movie. It's about how our country got to the place where over 50 million people—or one in six Americans—are food insecure or hungry. It's about how our legislative policies are not meeting the needs of the hungry, especially as low- and middle-income families continue to struggle during this economic recovery. It's about how parents and grandparents are trying to take care of their families, but are falling short of doing it on their own. It's about how private organizations like churches and synagogues and food banks are trying to fill the gaps, but are struggling to do so be-

cause the need is so great. Ultimately, it's about how we as a Nation have the chance to rise up and end hunger now. It's about how we can and must develop a plan to end hunger now.

Mr. Speaker, we have the means to end hunger now. We have the food to end hunger now. We have the knowledge to end hunger now. We just haven't mustered the political will to end hunger now, and we—Members of Congress—should all be ashamed that one person, let alone over 50 million, goes hungry in America.

In 1968, CBS News broadcast an hour-long program called "Hunger in America." It reshaped the view of hunger in this country. The day after that show aired, then-Senator George McGovern formed the Senate Select Committee on Nutrition and worked with Senator Bob Dole and President Richard Nixon to reduce hunger in America. They almost eradicated it completely, but we've clearly regressed in the decades since.

I hope "A Place at the Table," this critically important film, is the catalyst that jump-starts a new effort to end hunger now. I believe we need White House leadership on this issue, and I urge President Obama to watch this film and to follow up with a White House conference on food and nutrition in order to tackle all of the issues associated with hunger and nutrition and specifically to come up with a coordinated, unified plan to end hunger now. President Obama's leadership is critical if we're going to end hunger now.

Directors Kristi Jacobson and Lori Silverbush, along with executive producer Tom Colicchio, have made a film that tells a powerful story. It's a story of a struggle in America, but a struggle that we can overcome. It's a struggle to address a problem that we have the answer to. It's my hope that this film will spark a new movement to address both hunger and obesity and nutritional issues so that we no longer see people struggling to put food on their table.

"A Place at the Table" is hard to watch because we all share the blame for the struggles faced by those in the film. I challenge anyone who watches it to walk away feeling unaffected. I've seen it many times already. I've been inspired by the individuals who are featured in the movie, people who struggle in poverty with great difficulty and who struggle with great dignity.

I'm also frustrated and angered by this film. It shows our failures—our moral failures—to end the scourge of hunger. The title of the film is appropriate. We all have our place at the table, and we need to take that place in order to end hunger now.

#### AVERT THE SEQUESTER AND ACT NOW

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

Mr. KILDEE. Mr. Speaker, there are just 3 days before \$85 billion in harmful

across-the-board spending cuts take effect. And here we are again, with an all-too-familiar manufactured crisis poised to strike our economy with another self-inflicted wound. Month to month, crisis to crisis, this is no way to run the world's largest economy.

Letting sequestration happen is not responsible government. The sequester was designed last year to scare Congress into responsibly reducing the deficit. It created a doomsday scenario: draconian damaging cuts—disliked by both parties—intended to force Democrats and Republicans to come up with a balanced alternative to reduce our deficit.

Sequestration cuts are not targeted to eliminate waste or unnecessary programs. Rather, they slash programs across the board, regardless of their effectiveness. This threatens our economic progress, jeopardizes our military readiness, and reduces funding for national priorities like education and medical research.

Mr. Speaker, sequestration would be devastating for Michigan and our Nation's economy. The sequester eliminates jobs at a time when Congress should be working to create them. Our country has been moving in the right direction: 35 straight months of private sector job growth; 6.1 million private sector jobs created. There's no doubt we can do more to grow our economy and the middle class, and letting sequestration happen is a giant step backward for our economy.

Economists across the political spectrum agree that letting sequestration happen will slow our economy. The nonpartisan Congressional Budget Office estimates that sequester would reduce our economic growth by a third this year alone.

Sequestration cuts affect the most vulnerable people: middle class families, seniors, students, people with disabilities, the unemployed, and those who may become unemployed if these cuts go into place. We can't pretend that these cuts are just numbers in a budget.

If sequester is allowed to happen, Michigan alone stands to lose 31,000 jobs in just 6 months. There will be 750,000 jobs lost nationally by October. Michigan schools would lose \$22 million in funding, eliminating 300 teachers and aides in the classroom. An additional \$20 million would be cut for educational support for children with disabilities. Head Start would be eliminated for 2,300 Michigan children. Almost 2,500 low-income students in my State would no longer receive aid to help them pay for college.

These cuts are real, Mr. Speaker. Just last week I cosponsored legislation with my Democratic colleagues to avoid the sequester, but Republicans won't even bring the bill to the floor for a vote.

The Democrats plan to avoid sequester through responsible spending cuts, increased revenues, and promoting economic growth. Our plan eliminates tax-

payer-funded subsidies for big oil companies. In a time of record oil profits and \$4-a-gallon gasoline, it baffles me that our country continues to subsidize companies like ExxonMobil and BP; yet Republicans are willing to pink-slip 750,000 American workers just to protect billions of dollars in handouts for these five big oil companies. It's time to end these subsidies.

There's no question that we need to cut the deficit, but we need to do it in a balanced way that protects the middle class. The Budget Control Act passed before I came to Congress reduced the deficit by more than \$2.5 trillion, mainly through spending cuts. There are certainly other areas that should be cut, but we should be strategic in cutting spending to reduce our deficit. Sequestration takes the exact opposite approach. It irrationally cuts programs that have proven to be effective and are worthwhile investments.

Congress needs to act immediately in order to avert the sequester. Republican inaction threatens to leave these indiscriminate cuts in place, killing jobs, undermining public safety and first responders, and injecting more uncertainty into our markets, harming our economy.

Our Nation cannot afford any more uncertainty, obstruction, and delay. Democrats are interested in real solutions, not sequesters.

Mr. Speaker, now is the time to act.

□ 1100

#### SEQUESTERATION

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Connecticut (Ms. ESTY) for 5 minutes.

Ms. ESTY. Last week, I organized leaders from across Connecticut in small business, labor, government, health care, and social services to hear from them about the impact of sequestration. My constituents were pleased to also brief our House Democratic whip, STENY HOYER, at a roundtable in Farmington. The consequences of across-the-board cuts are frightening to say the least. People are scared, and people are extremely frustrated with Congress—and justifiably so.

In central and northwest Connecticut—and I know the same holds true across the country—manufacturers, small businesses, and working- and middle class families are doing things right. Having struggled through a tough economy, manufacturers like Ward Leonard in Thomaston and Marion Manufacturing in my hometown of Cheshire have been innovating and making strides.

Mr. Speaker, people are hopeful that we are finally on the verge of better days, but somehow Congress has missed every opportunity to avoid this very avoidable sequester, which would not only squander opportunities but would outright devastate our economy and hurt small businesses and families across the country.

At our roundtable, JoAnn Ryan, president of northwest Connecticut's Chamber of Commerce, said that local small business owners see "pockets of opportunity," but they have "no confidence whatsoever because of the inability of government to cooperate." My friend John Harrity, president of the Connecticut State Council of Machinists, put it perfectly when he said that, after all the progress our manufacturers have made, "to lose all that momentum just defies common sense."

That's not to mention what I heard from folks across the district about the devastating and reckless impact sequestration would have on social services, our seniors, and our children's education at every level. Let's not forget that folks in Connecticut and across the Northeast are still recovering from Hurricane Sandy and recent winter storms. Our constituents have had to wait far too long for emergency recovery funds, and they're still recovering and are trying to rebuild their lives, to rebuild their homes and their businesses.

Mr. Speaker, according to George Mason University Center for Regional Analysis, sequestration will directly and indirectly cost Connecticut almost 42,000 jobs. We need to remember that this isn't just a number. It's people's livelihoods, and it's their lives.

Letting the sequester happen will hurt Head Start students and their teachers in Danbury and New Britain, seniors in Meriden who rely on Meals on Wheels for their daily nutrition, manufacturers like Ansonia Copper & Brass in Waterbury, and small businesses throughout Torrington and the northwest corner, and employees and owners who are working hard to achieve the American Dream for themselves and to bring back the American economy.

What's maybe most troubling is that there is no reason businesses and families in Connecticut, or in any State, should be facing this catastrophe. It is entirely self-inflicted and avoidable if our colleagues would let us vote on an alternative. It's the result of a reckless game of chicken. Avoiding it is actually very simple, and the lack of urgency the House GOP leadership has shown in addressing this impending deadline is astounding.

Mr. Speaker, we can and should vote to remove this self-inflicted threat. We can and should remove the sequester. We already have a balanced replacement. Representative VAN HOLLEN's Stop the Sequester Job Loss Now Act would replace the sequester with commonsense, cost-cutting policies—repealing subsidies for Big Oil and Big Gas, refocusing subsidies for Big Agriculture and enacting a Buffett rule so that the wealthiest are paying their fair share. We should be allowed to vote on this bill.

Folks in Connecticut and across the country can't afford this gamesmanship. They need us to act. They need us to do our jobs so that they can keep doing theirs.