

our freedom, but it also puts the government in the middle of our health care decisions; it increases costs, and it will inevitably lead to a single-payer system.

As the rollout of ObamaCare continues to fail, Congress must act to address this problem now before it is too late and before every American family falls victim to this unworkable law which destroys jobs.

In conclusion, God bless our troops, and we will never forget September the 11th in the global war on terrorism.

UKRAINE'S 80TH ANNIVERSARY OF MAN-MADE FAMINE AND GENOCIDE

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

Mr. QUIGLEY. Mr. Speaker, I rise today to commemorate the 80th anniversary of Ukraine's man-made famine and genocide.

The "Great Man-made Famine" was executed under Joseph Stalin's Communist rule in an effort to eradicate Ukrainian culture, education, and social institutions. Under Stalin's regime, the Ukrainian people were stripped of their land and grain and were herded onto collective farms where they were eventually left to starve to death. What was once the "breadbasket of Europe" became home to a forced famine that ultimately took the lives of over 6 million innocent men, women, and children.

But Stalin's attempt to squelch the spirit and history of the Ukrainian people failed.

This Friday, the Ukrainian National Museum in Chicago will remember those whose lives were taken by this man-made genocide. The museum will also, justifiably, celebrate the strong and vibrant people in the nation of Ukraine that thrives today.

PUTIN OPPRESSION OF AHISKA TURKS

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

Mr. KINZINGER of Illinois. Mr. Speaker, I was stunned to see Russian President Vladimir Putin disparage American exceptionalism a few weeks ago. Simply put, Mr. Putin's human rights record leaves much to be desired, including his treatment of Ahiska Turks. A distinct minority, they are severely persecuted by top Russian authorities in Putin's government solely for their ethnicity and religion.

During Mr. Putin's first term, the State Department designated Ahiska Turks as a group of special humanitarian concern. Since then, 12,000 Turks have resettled in America, including many in Illinois and in my district. However, 80,000 Ahiska Turks remain in Russia, and they routinely face

discrimination and persecution in areas of their lives that we often take for granted. In an ethnic cleansing campaign, Stalin uprooted and resettled Ahiska Turks to central Asia from their ancestral lands in Georgia in 1944. Unable to return, they have since been perennial refugees in Central Asia and Russia.

This is the reality of Putin's Russia: in Russia, people are routinely and severely discriminated against, tortured, even killed, and are economically and financially repressed.

When given the freedom to chase the American Dream, these same Ahiska Turks have fulfilled their potential in less than a decade. I will let my colleagues make their own determinations about which nation is exceptional.

THE AFFORDABLE CARE ACT—A WINNER FOR SENIORS

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

Mr. COURTNEY. Mr. Speaker, the government announced yesterday good news for seniors: their Medicare part B premiums for 2014 will go up zero dollars and zero cents. It will stay at \$104 per month. This is now the third year in a row that CMS Medicare part B premiums have defied the trustees' predictions and have come in lower than projected. It also defies the relentless campaign of misinformation that seniors have been subjected to that their Medicare part B premiums are going to go up.

Just on Friday, I was at a senior fair where a woman showed me a chain email that read that Medicare part B premiums for 2014 were going up to \$247 a month—just a viral infection that has been out there and that I have been confronted with at senior centers over and over again. The facts are that they are going up zero. Medicare Advantage premiums have stabilized. Medicare part B premiums have stabilized. Prescription drug costs have gone down because of closing the doughnut hole.

In every respect, the Affordable Care Act since it passed in 2010 has been a winner for seniors, and it has helped strengthen the solvency of the program. Again, Medicare part B premiums are going up zero for 2014.

LEGION OF VALOR BRONZE CROSS RECIPIENT

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

Mr. DESJARLAIS. Mr. Speaker, I rise today to commend an exceptional young leader from Rutherford County in Tennessee's Fourth District. Elizabeth Ethridge recently received the Legion of Valor Bronze Cross for leadership, a testament to her strong work ethic and dedication to her Junior ROTC battalion.

An honor student at Smyrna High School, Elizabeth is exceptionally well-rounded. She is ranked in the top 10 percent of her class as well as of her JROTC grade. In addition to her service through JROTC, Elizabeth volunteers to give back to the community. Elizabeth is one of six Bronze Cross recipients, competing against cadets from more than 200 schools for this great honor. Last month, Elizabeth was presented with the award at the Rutherford County Board of Education meeting.

Elizabeth hopes to attend Vanderbilt University to study medicine and to one day join Doctors without Borders. I wish her the best of luck in her future endeavors, and I know she will continue to make our Fourth District proud.

PRESERVE THE FOOD STAMP PROGRAM

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

Mr. KILDEE. Mr. Speaker, this week, unfortunately, food stamps will be cut by \$5 billion. We expected that. What is worse is that even deeper cuts could follow.

Conferees start negotiating a farm bill this week, and billions of dollars in cuts—in fact, \$40 billion—have been proposed by Republicans in the House, which is 10 times the number of cuts passed in the bipartisan bill in the Senate.

Since I have been here in Congress, I have talked to dozens of people in my district who have come up to me and said, Thank you for fighting to preserve the food stamp program. I have never told anybody, they say, but I received food stamps at one point in my life, so thank you for fighting.

I am afraid that many Members of Congress simply don't know what it is like to be poor in America. These are real people—real human beings. The cuts that we contemplate here are not numbers on a piece of paper but are cuts that would literally take food out of the mouths of people who are hungry.

This is wrong. It cannot stand. I urge my colleagues to fight to preserve this important program.

FALSE PROMISES

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

Mr. HARRIS. Mr. Speaker, another day goes by, and the ObamaCare train wreck continues.

In 2009, President Obama promised, If you like your health care plan, you can keep it. It still promises that on the White House Web site and on the healthcare.gov Web site if and when you can get on that Web site.

Mr. Speaker, when are these false promises going to end? What do I say

to Gail in Maryland who wrote me this?

I have been informed by Blue Cross & Blue Shield of Maryland that I cannot keep my current coverage and will have to choose a new policy. . . . I have to change my coverage and pay 53 percent more in premiums for coverage that is not as good. My husband and I . . . will now have to pay at least \$330 more per month for less coverage.

Gail and her family will lose the plan they like and will have to pay almost \$4,000 more per year for a plan that delivers less.

Mr. Speaker, American families deserve better than false promises.

BUILDING A BETTER BUDGET

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

Mr. VEASEY. Mr. Speaker, I want to talk to you today about the importance of responsible budget-making in our government. Budgets are moral documents that reflect our priorities as a Nation. For the sake of our economy, this Congress must turn back from the current brinksmanship and obstruction, and must return to the practice of negotiation and compromise.

The proposed budget and across-the-board spending cuts to domestic programs are continuing to slam families, children, seniors, veterans, and persons with disabilities in the congressional district that I represent. Impacts to Texas include \$9 billion in cuts to SNAP benefits over 10 years, almost \$32 billion in cuts to health care for Texas seniors, and the loss of over 5,000 jobs for our Texas educators.

We should focus on improving our education, on strengthening old infrastructure, on investing in advanced domestic manufacturing, and in paving the way for the future.

Let's show the American people that compromise and negotiation are not a thing of the past and that Washington can work together on their behalf. As elected leaders, we owe it to the American people to do the jobs we were sent here to do.

IF YOU LIKE YOUR HEALTH PLAN, YOU CAN'T KEEP IT

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

Mr. MESSER. Mr. Speaker, "If you like your health plan, you will be able to keep your health plan."

That is what the President said in 2009, but now NBC News is reporting that this administration knew for at least 3 years that that wasn't true.

Now millions of hardworking Americans in the individual market will not be able to keep their plans even if they like them. People across the Nation are experiencing sticker shock as they receive cancellation letters from their insurers and see their monthly premiums rise up to 400 percent. More people have

received cancellation letters than have enrolled so far through all of the Affordable Care Act exchanges.

The Affordable Care Act has proven to be anything but. It is time for the President and my Democratic colleagues to work with us to suspend this flawed law and to work to fix it. We have to find a better way to deliver the reforms people really need because this law isn't working.

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SUPPORT OUR VETERANS

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

Mr. HIGGINS. Mr. Speaker, this week the House will consider a number of bills to honor and support our veterans.

These are good bills, but they are not enough. A good and grateful Nation would also make sure a strong commitment is made to helping our veterans find work when they return home.

Mr. Speaker, the current unemployment rate for post-9/11 veterans is 10 percent; and among young veterans between the ages of 18 and 24, it is 22 percent. This is unacceptable. We owe it to our veterans to support programs like the not-for-profit Helmets to Hardhats, which partners with the Department of Defense, American businesses, and organized labor to help returning veterans prepare for work in the construction trades.

We must also be sure that veterans have the ability to get the educational benefits they have earned without being constrained by deadline, as my legislation, the Veterans Educational Flexibility Act, would do.

Along with the commitment to nation-building right here at home, we can create good American jobs that can't be outsourced and give back to those who have served our Nation.

DEBT AND SPENDING

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

Mr. HOLDING. Mr. Speaker, just a week after the debt ceiling was suspended, the Federal Government added \$375 billion in new debt. Without a limit on spending until mid-February, the Federal Government continues to borrow more than it takes in and spend at an outrageous rate.

The fact is, Mr. Speaker, at a spending rate of \$375 billion a week, U.S. debt would be over \$22 trillion by the next debt ceiling deadline. This is unacceptable and unsustainable.

Mr. Speaker, the reason we have found ourselves in a fiscal rut is because of outrageous, frivolous government spending. We have to come to the table and do more to cut spending in the next debt deal. This includes comprehensive tax reform to make our Tax

Code less burdensome and changes to our entitlement programs to ensure that they are working as they should for future generations.

American families know that they cannot spend limitlessly and never pay their bills. Our Federal Government should not be any different, and it is time to break our bad spending habits.

THE AFFORDABLE CARE ACT IS WORKING

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

Ms. HAHN. Mr. Speaker, the Affordable Care Act is more than a Web site; it is affordable, quality health insurance made available to everyone.

While my friends on the other side of the aisle like to keep talking about bad stories, there are some good stories about the Affordable Care Act, and I have one of them. It is Sarah and Joe, parents of two small children from Los Angeles, who have been working very hard every day to provide for their family while they were paying a high health care premium every month.

Just last month, they were paying \$1,259 a month for COBRA. Last week, they got on the exchange, and they enrolled in a Blue Cross Silver 70 plan and are now paying more than \$400 less a month—less a month. Sarah shared with us:

We are a family of four with two young kids. Regular access to doctors is a must for us.

This plan does that.

The recent problems people have encountered on the Web site are unacceptable, and they are being fixed. Let's not allow these temporary glitches to overshadow the life-changing benefits that the Affordable Care Act is bringing to millions of American families like Sarah and Joe.

BUREAUCRATS, NOT PATIENTS, ARE THE FOCUS

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

Ms. FOXX. Mr. Speaker, people want to be able to trust their President.

When he said: If you like your plan, you can keep your plan, many Americans believed him. But keeping the insurance you liked was never a real possibility under ObamaCare.

By design, the law requires every single new health plan and any existing plan that has been altered over the past 3 years to satisfy the one-size-fits-all requirements of Washington's central planners. That means millions of Americans are losing their current coverage, even though many liked their plans—plans that were tailored to work for them—that meet their specific needs and fit into their family budgets.

Unsurprisingly, though, when placating bureaucrats is the rule, patients certainly can't be the focus.