

Just a few decades ago the thought of a Catholic President was outrageous and the thought of a Pope addressing a Joint Session of Congress was far-fetched, just about as far-fetched as a Black President of the United States, a woman President, or a Latino Pope from Latin America.

Over the decades, in fits and starts, marching forward, being pushed back, marching forward again arm in arm, we have spent more time listening to our better angels and their advice, taking us toward a brighter future as a Nation and less time listening to our darker influences who lament progress and seek to divide us from one another.

□ 1015

I think, in this Capitol Building, in this Chamber, when the Pope speaks to us, we will see two paths in very sharp relief. Build a wall or build a bridge? Help our brother or turn our backs? Belittle our sister or share her heavy load? Incite distrust and division or foster unity to face our challenges because we are stronger together?

For this Catholic American, for this man who has sometimes struggled with the church and is not always welcome because of my support for women's health, a woman's right to a legal abortion, LGBT, I am so looking forward to the Pope's visit because I feel my Nation needs him more than ever before.

CHINA'S AGGRESSIVE SOUL

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

Mr. POE of Texas. Mr. Speaker, there are five entities that have mischief and aggression on their minds—of course, ISIS, Iran, Russia, North Korea, and China.

Recently, while the President preached climate change in Alaska, three Chinese combat ships got closer to the Alaskan coast than ever before. Military experts say this was the first time Chinese ships were in that area, just the latest example of China expanding its military operation globally.

One expert said:

The Chinese Navy is taking on more and more of an expeditionary character . . . the Chinese Navy is going global.

He is correct. China has massively built up its military and uses it to project its power in Asia and other places. Like Russia's invasion of Ukraine, China is taking over territory while the United States just watches.

There has been a fivefold increase in China's military expenditures since 1997. It is stockpiling nuclear weapons. A recent Pentagon report revealed that China is upgrading its ballistic missile delivery systems with multiple independently targeted reentry vehicles, or MIRV, technology. What that means in layman's terms is they can send one missile with several nuclear warheads; one could hit New York, and one could hit Texas.

The Beijing Navy is taking control of disputed areas and intimidating other countries in the region who have rightful claims to the South China Sea. This is a poster, Mr. Speaker, of 1999—I know you can't see the background, but this is Beijing in the South China Sea area from Australia to almost Alaska and east and west Guam to Indonesia—1999 military might of the Chinese depicted here by planes, ships, and submarines and U.S. military might about the same in 1999.

What is it today? Let's look at the same map, superimposed with Chinese buildup since 1999. In 2015, you don't have to be real smart to understand the Chinese are building more airplanes, now aircraft carriers, more ships, and lots of nuclear submarines and conventional submarines. The United States, we are about the same with our military might in the area. That is today.

This ratio here is a missile that can be fired in this region.

Now, let's project just 5 years and see what the Chinese will have in 2020 in the same area, same region. United States, we are about the same—but, look, planes, nuclear carriers, now intercontinental ballistic missiles, more ships, more submarines, Chinese military might, 2020 and today or in 1999.

We should be concerned about Chinese aggressive tendencies. In December 2013, China also began a bold land-reclaiming project in the South China Sea in an effort to increase its influence. What does that mean? That means that the Chinese are going in the South China Sea and they are dredging areas and making islands in the South China Sea. On some of these islands, it intends to build runways. I wonder what for.

Not only does China claim these newly created lands, but it also claims exclusive maritime rights in vast surrounding areas in the South China Sea. This has rightfully rattled our allies in the region. Not only has China become an economic giant, but it is a military bully in the area.

China, of course, is a state-run communist country. There is no telling what China could do and what would happen to the global economy if China insists on controlling the sea lanes. Is China becoming like the Barbary pirates of old that used to control the Mediterranean? Is that what China is going to do in the South China Sea? Who knows.

Other countries in the area are looking for the United States to lead. They haven't forgotten what China did the last time China was an imperial power. For over 1,000 years, until the 20th century, China required other countries that wanted to trade in Asia to pay tribute to China. That meant kneeling down before the emperor and paying heavy taxes. It was an extortion plan.

Our friends in Asia don't want that to happen again. This is not a time to sit back and let the chips fall where

they may in Asia. The United States should care about what China is doing because China's brazen move toward colonization of the South China Sea shows that Beijing is determined to expand its military and economic influence in the entire area.

What is the United States going to do? Are we going to do the same as we did with Russia and just watch? The region and the world both are looking for the United States to lead. We should lead because that is the responsibility of the world's most important democracy.

This should concern the entire world, not just the South China Sea area. Also, these lack of resources should concern Americans.

And that is just the way it is.

END HUNGER NOW

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

Mr. MCGOVERN. Mr. Speaker, supporting healthy families and strong communities starts with access to healthy food, but for many families, it is a struggle just to put food on the table. A growing body of research shows why we should all be concerned with hunger as a health issue.

For the 49 million Americans who struggle with food insecurity—or hunger—access to nutritious food and enough healthy food is a real challenge that can have serious negative health consequences far beyond just a growling stomach.

Hunger can exacerbate underlying medical conditions like diabetes, heart disease, and cancer and can result in life-threatening complications; not only that, hunger can result in more trips to the emergency room and more hospitalizations which only increases healthcare costs across the board.

A recent article in the Canadian Medical Association Journal found that households with low food security had 49 percent higher healthcare costs than those who didn't have to worry about where their next meal was coming from. Healthcare costs were an astonishing 121 percent higher for those with very low food security.

Similarly, a 2014 article in the journal Health Affairs reported that hospitals saw a 27 percent increase in hypoglycemia cases among low-income individuals at the end of the month as compared to the beginning of the month.

You might wonder why that is. The sad truth is that these cases of hypoglycemia—or low blood sugar—are likely more prevalent at the end of the month because this is when SNAP benefits run out for many individuals and their families.

When families don't have enough to eat, their health suffers. We hear time and time again that the current monthly SNAP benefit is inadequate. That families must scramble to cobble

together enough to eat from food pantries and charities.

Seniors are especially vulnerable to hunger as a health issue. Many seniors live on fixed incomes and are often faced with the tough choice of paying for their medications or paying for their food. For seniors, taking medication on an empty stomach can be especially dangerous and may land them in the hospital.

It is astounding that some of America's most vulnerable families must face these challenges month after month, year after year; but the good news is that hunger can also be one of the most treatable health conditions. Hunger is solvable. We have the resources, but we need to muster the political will to end hunger now.

One organization that has for years been doing incredible work to reframe the paradigm of hunger as a health issue is Community Servings, a Massachusetts-based nonprofit that delivers free meals to homebound individuals and their families. Their meals are medically tailored to meet the specific dietary needs of the recipients.

The Community Servings model addresses two of the biggest barriers that low-income individuals who are dealing with extended illness face: shopping for food and preparing meals. Community Servings takes care of that so that patients can focus on getting better without worrying about where their next meal is coming from.

The Community Servings model shows great promise in not only fighting hunger but also in saving money in our healthcare system. A survey last year of doctors and nurses who care for Community Servings clients found that 96 percent said that the meals improved their clients' health and 65 percent said they believed the meals had resulted in fewer hospitalizations.

We also need to do a better job of connecting our hospitals and our community health centers and VA hospitals with farmers markets. Organizations like Wholesome Wave are effectively expanding their fruit and vegetable prescription program, where doctors can write a prescription for fruits and vegetables that individuals could then immediately fill at a farmers market that might be set up on the hospital grounds 1 or 2 days a week.

Boston Medical Center has addressed hunger as a health issue head on with its Preventive Food Pantry permanently located in the hospital itself. Here, low-income families can work with a dietitian to choose foods that meet their dietary needs with an emphasis on fresh fruits and vegetables.

Food banks and food pantries are finding innovative ways to partner with local farms to provide more fresh produce to low-income families. I am proud to represent one such forward-thinking partnership in my congressional district. Every year, the Community Harvest Project, run through a local farm in Grafton, Massachusetts, donates hundreds of thousands of

pounds of fresh fruits and vegetables to the Worcester County Food Bank.

Finally, we ought to do a better job of educating doctors and nurses about what hunger looks like. I am always surprised when I talk to medical students, that they only take one or two, if any, classes in nutrition. That is why I am a cosponsor of my friend Congressman TIM RYAN's bill, the ENRICH Act, which would provide grants to improve nutrition education among healthcare professionals.

Mr. Speaker, as Members of Congress, we talk a lot about finding ways to save money in our healthcare system. In that same conversation, we need to do a better job of understanding that food is medicine.

We can't just address hunger and health as two separate issues; they are two sides of the same coin. Hunger is a health issue, and it should be treated as such. We can and we should do more to end hunger now.

PLANNED PARENTHOOD

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

Mr. LAMALFA. Mr. Speaker, as you know, the House adjourned for the month of August for time to be in the districts with our constituents.

Before that, we saw the breaking story in mid-July of Planned Parenthood and the videos that came out of the barbaric practices that were happening in there on aborted babies. Indeed, America was horrified as each of the videos unfolded to see that these are the practices that our tax dollars are somehow helping to fund in that organization.

The House did not completely take time away from Washington. Indeed, several of our committees started immediately taking action in July and then during August with letters transmitted to Planned Parenthood and others to make this more well known to the public, letters to invite them to explain themselves to committees—Energy and Commerce Committee, Judiciary Committee, Oversight and Government Reform Committee—which upon each video, as they became available to the public, Americans were more and more horrified with what was going on.

The actions in the House were to ask the first person in the first video, Dr. Nucatola, to come and present her case of what that video was about and why it happened to the committee.

Planned Parenthood responded that they probably wouldn't make Dr. Nucatola available; but indeed, finally, a month later, on August 27, the committee was able—a month later—to interview Dr. Nucatola.

Today, the Judiciary Committee will resume these hearings this morning, almost as we speak now. Indeed, later on, Oversight and Government Reform later this week and Energy and Com-

merce Committee this week, will be doing more investigations, more hearings, on this, as is our prerogative in the House with Oversight and Government Reform because the American people, no matter how they feel about the question on abortion, post-abortion, when Planned Parenthood appears to most people to now be the equivalent of a chop shop for baby parts, they are outraged. They are going: Why are my tax dollars going to this organization?

This isn't about women's health. There are lots of options for the health issues that women do need that don't have to be funded by an organization that is doing these practices.

□ 1030

The House will continue its work on the investigations that are needed here, and we will continue on our work, seeing to it that tax dollars can be pulled back from supporting such an organization with such barbaric practices and with such a callous attitude as they discuss them over a glass of wine, on camera, at lunch. Indeed, this is our time in Congress, through this investigative process, to stand up for life, for what is right, for what is moral, and we dare not shirk from that responsibility.

PILLOW FIGHT

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

Ms. SPEIER. Mr. Speaker, like slumber parties and sleepovers, a pillow fight doesn't sound like the type of activity that would leave 30 of our Nation's most promising future military leaders injured or call into question the management practices of the Army's top academy. Yet, that is exactly what happened.

We just learned that, on August 20, West Point freshman cadets got together for an annual pillow fight, and according to press accounts, they swung pillowcases packed with large, hard objects, thought to be helmets. This fight badly injured 30 cadets, 24 of them diagnosed with concussions. There were shoulders dislocated, one cadet diagnosed with a hairline fracture of the cheekbone, some with broken noses and split lips. Before the fight, upperclassmen commanders reportedly encouraged the freshmen by telling them, "If you don't come back with a bloody nose, you didn't try hard enough."

The American people deserve to know what happened here. West Point and the Army have provided conflicting explanations, saying in one instance, "Many members of the plebe class spontaneously participated in a pillow fight," while, in another, they suggested that a pillow fight is a hal- lowed annual tradition, dating back to 1897. Well, which is it?

West Point, apparently, doesn't know how to run this pillow fight either.