

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.

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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 halcyon annual tradition, dating back to 1897. Well, which is it?

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

This rite of passage has a track record of similar injuries, followed by ineffective attempts to make this event safer. Two years ago, for example, the 2013 pillow fight was canceled after at least one cadet placed a lockbox as a weapon in a pillowcase. Now it is back, and according to reports, the helmets the cadets were using to give their teammates concussions had been mandated as protection after injuries in previous pillow fights.

May I remind everyone that this education is being paid for directly by the taxpayers of this country. The U.S. Government funds everything the Academy does to the tune of millions of dollars a year. It is utterly irresponsible to think that a violent pillow fight is a way to build camaraderie and create a professional military.

West Point has stated that all cadets are back on duty and that it is pursuing an investigation, but Congress needs to know what kind of investigation it is pursuing and when we will receive answers. As the ranking member of the House Armed Services Committee's Subcommittee on Oversight and Investigations, I am calling on the Army and the U.S. Military Academy to provide a clear explanation of the incident and its causes, as well as a full accounting of who was responsible and what measures are being taken to prevent something like this from happening again.

We will not create the world's most feared fighting force by hosting a concussion-filled slumber party. We must ensure that the august institution lives up to the exceptionally high standards that it represents and that our future military leaders live up to the great responsibility that rests on their shoulders. We can and we must do better.

HONORING THE LIFE OF TUSKEGEE AIRMAN JOHN WATSON, JR.

The SPEAKER pro tempore. The Chair recognizes the gentleman from West Virginia (Mr. JENKINS) for 5 minutes.

Mr. JENKINS of West Virginia. Mr. Speaker, I rise today to honor the life of John Watson, Jr., of Beckley, a Tuskegee Airman who served our country honorably during World War II.

Mr. Watson passed away on August 31, and he will be buried with honors at Arlington National Cemetery.

I had the honor of meeting Mr. Watson in May when he was formally recognized as a Tuskegee Airman. Mr. Watson joined the military during World War II and served as an aircraft crew chief. These men were integral to the success of the Tuskegee Airmen but were never given their due until recently. I was pleased and honored to help present Mr. Watson with his Tuskegee red jacket and his Congressional Gold Medal when he visited the Capitol just this past May as part of an Honor Flight that was organized by Airways Free Honor Flight of West Vir-

ginia. One of his granddaughters, Daphne Watson, was able to join him for the presentation, and there was not a dry eye in the room as Mr. Watson received his long past due, much-deserved recognition.

After serving in World War II, Mr. Watson continued his work as an employee of the VA Medical Center in Beckley, West Virginia. He truly believed in giving back to his Nation, and we are better off for his service to our country.

SACRAMENTO HEROES

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

Ms. MATSUI. Mr. Speaker, I rise today to recognize the extraordinary heroism of Airman 1st Class Spencer Stone, Army National Guardsman Alek Skarlatos, and college student Anthony Sadler.

These three courageous young Americans drew the attention of the world on August 21 when they bravely took action to prevent a terrorist attack that could have taken the lives of dozens, if not hundreds, of innocent people on a passenger train in France. By now, most of the country and the world have heard about the heroic actions of these young men.

Spencer, Alek, and Anthony were on a train from Amsterdam to Paris as part of a European vacation. A terrorist, intending to murder passengers, boarded their train. When the attacker, armed with at least two firearms, including an assault rifle with hundreds of rounds of ammunition, entered the train car, the three young Americans, without hesitation, responded.

Witnesses say that Alek prompted action by yelling, "Go get 'em." Spencer charged and tackled the gunman, with Alek and Anthony close behind. The three men, with the help of another passenger, tackled, subdued, and disarmed the attacker before anyone else was seriously injured. The attacker managed to wound Spencer with a box cutter during the struggle. Despite his injuries, Spencer used his Air Force medic training to treat the wound of another passenger, likely saving his life.

Mr. Speaker, I am very proud that all three of these heroes are from the Sacramento region. They met at a local middle school and have maintained a close friendship ever since. Their friendship and loyalty to each other is part of what makes Sacramento and this Nation great.

Spencer grew up in Carmichael, which is just outside of Sacramento—a suburb, in fact—and attended Del Campo High School. He currently serves as a U.S. Air Force medic.

Alek is also from Carmichael and had moved to Oregon. He serves in the Oregon National Guard and had just finished a 9-month deployment in Afghanistan.

Anthony is studying kinesiology at California State University, Sac-

ramento. He grew up in Sacramento. His father is a pastor at Shiloh Baptist Church, a historical church in our community, and he has been a friend of the Matsui family for many, many years. As he related to me, he always told Anthony to always watch each other's back. That is what friends do.

Mr. Speaker, Spencer's, Alek's, and Anthony's actions were nothing short of extraordinary. These young men, who call themselves just regular guys, have given all Americans a reason to celebrate. They have been awarded the French Legion of Honour. My city of Sacramento, which is also the State capital, will be throwing them a parade on Friday—significantly, on 9/11—and I am sure more accolades will follow.

However, more important than any accolade is that they have reminded us about the importance of service, sacrifice, and selflessness. All three men deserve commendation for the manner in which they have represented our Nation and have put themselves in harm's way to save the lives of others.

Mr. Speaker, I ask all of my colleagues to join me in recognizing Spencer Stone, Alek Skarlatos, and Anthony Sadler as we honor their bravery.

A NUCLEAR-ARMED IRAN IS A THREAT TO EVERY COUNTRY

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

Mr. COSTELLO of Pennsylvania. Mr. Speaker, there is no higher priority for this government than of guaranteeing the safety and security of the American people. Allowing Iran—the chief sponsor of global terror—to obtain nuclear capabilities, which Iran is guaranteed to have through this deal, means freedom everywhere is threatened. A nuclear-armed Iran is a threat to every country everywhere.

Mr. Speaker, any deal must be verifiable, enforceable, and accountable, and there is nothing verifiable about this deal.

The secret deals between Iran and the U.N. mean Iranians get to certify whether they are complying, and Iran actually provides the testing samples to the U.N. for testing. If the U.S. demands the right to inspect facilities, Iran can delay for more than 3 weeks. Our "anytime, anywhere" threshold demand has been watered down during negotiations to what Iran calls "managed access."

It is not an enforceable deal. Sanctions will have been lifted, and it is the sanctions that have forced them to the bargaining table in the first instance. Once lifted, Iran will have billions to complete their nuclear program and expand their funding of terror. Even if we can prove a violation, a slow bureaucratic process gives them time to delay, deceive, and deter effective enforcement. There are no snapback provisions here, Mr. Speaker, and it is not an accountable deal.