

STAY SAFE FROM COVID-19 DURING THE THANKSGIVING HOLIDAY

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

Ms. JACKSON LEE. Madam Speaker, one of the major leaders in the fight against COVID-19, Dr. Osterholm, said a few days ago that, if we continue on this same path, there will be 1,400 persons a day that may die of COVID-19.

This is a season that we gather together as family members and, as well, a season of joy. But I believe it is important for those of us who hold the reins of government, as we have been doing in this Congress under the leadership of Speaker PELOSI: One, to fight without ceasing to pass the Heroes Act legislation for dollars for our local cities and counties and States, for testing, for PPEs, and, of course, our businesses and restaurants.

Before I left Houston this week, I did a press conference to call upon my local authorities to issue a public safety alert. It was done in California, and out of that came 30,000 people to be tested. This weekend, I am calling for a citywide challenge for people to be tested before Thanksgiving.

I ask my colleagues to join me at the testing sites that are available because we must save lives. Wash your hands, where a mask, socially distance; but, on Thanksgiving, ensure that you are outside and in groups of less than 10 people.

Houston, do the testing regimen. Join us at the Allen Parkway Village. Get tested and save lives and stop community spread.

CONGRATULATING JOE McHUGH ON HIS RETIREMENT FROM AMTRAK

(Ms. WILD asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. WILD. Madam Speaker, I rise today to recognize a native son of my community, Amtrak Vice-President Joe McHugh, from Allentown, Pennsylvania, who is retiring after a storied career with our National Railroad Corporation, which he has proudly served for 26 years.

Joe served in various leadership roles for the railroad, and many here in the House of Representatives will remember him as one of Amtrak's most effective advocates in its 50-year history.

Joe helped lead Amtrak through an era of transformation and growth. He also has a unique firsthand understanding of the railroad. Over his 26 years, he accomplished the rare feat of traveling over every mile of Amtrak's more than 21,000-mile route network. Of his many accomplishments, the many people he mentored and whose careers he helped foster may well be his most important contribution to the railroad.

The House of Representatives and the Nation owe Joe McHugh a debt of gratitude for his dedication and contributions. On behalf of the House of Representatives and my community, I congratulate him on his retirement and extend our very best wishes to him as he embarks on the next chapter in his life.

NEED FOR A COVID-19 RELIEF PACKAGE

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

Mr. CARBAJAL. Madam Speaker, more than 245,000 Americans have already died due to COVID-19. Cases are surging to unprecedented levels. Millions are facing poverty, food insecurity, and eviction. Low-income, homeless, and minority communities have been hit especially hard and disproportionately.

With the winter and holidays upon us, this wave threatens the health and economic well-being of our entire country. I am proud that we have already enacted four bipartisan economic relief packages that delivered targeted assistance to those impacted by this pandemic. We need to do it again. We must act now during this Congress.

Another relief package should include a robust national strategy for testing, tracing, and vaccination. Businesses, local governments, workers, and families need help to make ends meet. We must come together to deliver and help America with the urgent needs that it has and get this virus under control.

HONORING THE LIFE AND LEGACY OF VINCENT "PIKE" ANDERSON

The SPEAKER pro tempore (Ms. SLOTKIN). Under the Speaker's announced policy of January 3, 2019, the gentleman from Texas (Mr. FLORES) is recognized for 60 minutes as the designee of the minority leader.

Mr. FLORES. Madam Speaker, I rise today to honor the life and legacy of Vincent Anderson of Hewitt, Texas. Affectionately known as Pike by his family and friends, he passed away on October 7, 2020, following a courageous battle with cancer.

Pike was born August 18, 1944, in Sedalia, Missouri, to John Kenneth Anderson and Genevieve Katherine Collier Anderson. As a child, his family moved to Jackson, Mississippi, where he graduated from Provine High School in 1962. In 1967, Pike graduated from Mississippi State University, where he was a member of the Army ROTC program and the Alpha Tau Omega fraternity.

Following Army flight school, Pike deployed to Vietnam, where he flew AH-1G Cobra helicopter gunships for the Air Calvary. He was awarded the Distinguished Flying Cross in 1970 for his service in the A Shau Valley. In 1973, he was promoted to captain, and later, honorably discharged at the conclusion of his active military service.

In 1977, Pike went on to earn his master's degree from the University of South Alabama. Following graduation, they moved to Waco, Texas, where he accepted a job with the Veterans Administration. After 23 years at the VA, Pike retired in March 2000 as the chief of kinesiotherapy.

Pike served on active duty with the Texas National Guard during this time from March 1986 to August 2005, when he retired from the U.S. Army with the rank of chief warrant officer. Upon the second retirement, he worked with the Military Order of the Purple Heart as a National Service Officer assisting veterans with VA claims at the Waco VA Regional Office. In 2008, he received the Kenneth Richardson Award as the National Service Officer of the Year.

Pike retired from service with the Order of the Purple Heart as the Region 5 Deputy Regional Field Supervisor in 2015. He remained active with the local veterans community and served as a charter member, quartermaster, and commander of VFW Post 6008 in Hewitt, Texas.

In addition to his many years of dedicated military and veteran service, Pike Anderson served on the Hewitt City Council for 16 years, including two terms as mayor.

□ 1700

He was instrumental in the development of several transportation projects and the Veterans Memorial at Hewitt Park.

Pike contributed a great deal of his time to his family as well as to the Episcopal Church of the Holy Spirit where he served on the vestry and became a lay minister. Pike and Marcia, his wife of 52 years, were blessed with three beautiful daughters and nine grandchildren. He leaves behind a legacy of service to his family, the community of Hewitt, and to our Nation.

Madam Speaker, Pike Anderson served his country proudly for many years, and his legacy will be forever woven into our American history. Pike was not only a public servant; he was a devout Christian and a committed family man.

My wife, Gina, and I offer our deepest and heartfelt condolences to the Anderson family. I have requested the United States flag be flown over the Nation's Capitol to honor the life, legacy, and service of Pike Anderson.

As I close today, I urge all Americans to continue to pray for our country during these difficult times, pray for our veterans, pray for our military servicemen and -women, and pray for our first responders who keep us safe at home.

HONORING THE LIFE AND LEGACY OF JOE EARL WEST

Mr. FLORES. Madam Speaker, I rise today to honor the life and legacy of Mr. Joe Earl West of College Station, Texas, who passed away on 5 June 2020.

Joe West was born on 8 March 1932 in Woodward, Texas, to Joe C. and Jozie Oakes West. He grew up on his family's

farm with four younger siblings; three brothers and a sister. At the age of 15 his family moved to Cotulla, Texas, following the death of his younger brother, Robby.

In high school, Joe quickly became enamored with Texas A&M University and decided he had to see it for himself. Setting out from Cotulla, Joe took a bus and arrived in College Station very late the next evening. Upon his arrival, Joe discovered that there were no vacancies at the local Aggieland Inn. But in an act characteristic of Aggie kindness, the hotel clerk phoned A&M Veterinary Medicine Professor, Dr. Hal Redmond and his wife, who graciously hosted Joe at their house that weekend.

Joe's love for Texas A&M continued to grow after he enrolled, and he quickly became an integral part of the Aggie community. By the conclusion of his undergraduate studies, he had participated in the Corps of Cadets, the Fish baseball team, and was elected to serve as Senior Yell leader his senior year. In 1956, Joe graduated with his Doctor of Veterinary Medicine degree from Texas A&M School of Veterinary Medicine and was later commissioned into the U.S. Air Force Veterinary Corps.

A lifelong learner, Joe earned his master's in radiation biology from the University of Rochester before moving to California to pursue his Ph.D. in comparative pathology from UC Davis. While studying there at Davis, Joe met Carolyn Francis, a talented microbiologist; and it was love at first sight. Shortly after their wedding, Joe received orders from the Air Force Veterinary Corps to report to Washington, D.C. There he taught his passion, radiation biology, to dentists, doctors, and veterinarians working on radiation effects, including those of space travel.

After 22 years of dedicated service, Colonel West retired from the Air Force with many distinctions, including the Air Force Commendation Medal, the Meritorious Service Medal with Oak Leaf Cluster, and the Legion of Merit.

Joe also served the Texas A&M University system for 18 years. During that time, he served as president of the A&M Yell Leaders Association, as a faculty adviser to the Corps of Cadets where he was a speaker at the 2001 Texas Aggie Muster Ceremony in College Station. Some of Joe's proudest accolades were being chosen as a Distinguished Alumnus of the A&M College of Veterinary Medicine in 2001 and as a Distinguished Alumnus of Texas A&M University in 2011, the latter being the highest recognition that can be bestowed upon a Texas Aggie, and he was also inducted into the Texas Aggie Corps of Cadets Hall of Honor in 2014.

Professionally, Joe excelled within his chosen field of veterinary medicine. He was a delegate to the American Veterinary Medical Association, the president of the Texas Academy of Veterinary Practice, and a highly regarded

clinical pathologist at the Texas A&M Veterinary Medical Diagnostic Laboratory.

Following retirement, Joe contributed a great deal of his time to his family and to the A&M United Methodist Church in College Station. Joe was blessed with four children and three grandchildren with whom he enjoyed spending time, sharing his love of Texas A&M, and teaching them all how to live by the Aggie Code of Honor.

Madam Speaker, Joe served his country proudly for many years, and his legacy will be forever woven into our American history. Joe was not only a public servant, he was a proud Texas Aggie, a devout Christian, and committed family man.

My wife, Gina, and I offer our deepest and heartfelt condolences to the West family. I have requested that the United States flag be flown over our Nation's Capitol to honor the life, legacy, and service of Joe Earl West.

As I close today, I urge all Americans to continue praying for our country during these difficult times, for our military men and women who protect it, for our veterans, and for our first responders who keep us safe at home.

HONORING THE LIFE AND LEGACY OF WALLACE
LEE EDGE, SR.

Mr. FLORES. Madam Speaker, I rise today to honor the life and legacy of Wallace Lee Edge, Sr.

Wallace Lee Edge, known as Lee to his family and friends, was born 17 March 1919 in Bryan, Texas, as the seventh of nine children to George P. and Mae Harris Edge.

Shortly after the attack on Pearl Harbor at the age of 21, Lee answered the call to service and enlisted in the United States Army. Upon completion of basic training, Lee was promoted to sergeant and was trained to lead an artillery battery.

Lee participated in Operation Overlord, landing on Utah Beach along with thousands of other "Tough Ombres" serving in the famed 90th Infantry Division.

Serving in the "A" battery of the 343rd Field Artillery Battalion, Lee earned the affection and respect of the men he served with. As they made their way across France, Belgium, Luxembourg, Germany, and Czechoslovakia, Lee participated in some of the fiercest fighting in Europe, including in the Battle of the Bulge. For his meritorious service in the war, Lee was awarded a Bronze Star and Bronze Arrowhead.

Upon returning from Europe, Lee embarked on various ventures before settling down in Houston where he worked at Sears, Roebuck for almost 25 years.

In August of 1961, while working at Sears, Lee met the love of his life, Francis Rudek. A month later he proposed, and by November of that year, they were married. During their marriage, they lived the American Dream, raising four boys and building a family in Houston, Texas.

Nothing was more important to Lee than his family. On Independence Day

of 1974, while on a family vacation to the Brazos River near Millican, Texas, their 11-year old son, Wally, began to struggle in the water. Lee dove in fully clothed to save him, however, he perished in an unsuccessful attempt to save his first-born son.

Lee Edge's life was dedicated by service to his God, his country, and his family. Lee is survived by his wife Francis, his sons, James, George, Ron, and three grandsons that would have been the pride of his life, Douglas, Matthew, and James.

Madam Speaker, Wallace Lee Edge, Sr. served his country proudly for many years, and his legacy will be forever woven into our bright American history. Lee was not only committed to his country, but he was a man of faith who was wholeheartedly committed to his family and to his community.

I have requested that the United States flag be flown over our Nation's Capitol to honor his life and his legacy.

As I close today, I urge all Americans to continue praying for our country during these difficult times, for our veterans, for our military men and women who keep us safe, and for our first responders who keep us safe at home.

HONORING THE LIFE AND LEGACY OF LEE WAYNE
RUSS

Mr. FLORES. Madam Speaker, I rise today to honor the life and legacy of Lee Wayne Russ, a courageous law enforcement officer who paid the ultimate sacrifice in service to others. Twenty years ago, on 29 October 2000, he lost his life while protecting innocent persons.

Lee Wayne Russ was born on 19 June 1952 in El Paso, Texas. The son of a police lieutenant and a registered nurse, he was instilled with the value of service to others from a very early age. He began his career in law enforcement and joined the Ward County Sheriff's Office in 1989.

On that fateful day in October of 2000, Deputy Russ was the first officer to respond to a domestic disturbance in progress at a home in Monahans, Texas. As he entered the home, he immediately took action to disarm the suspect and protect the victim, Ms. Norma Sepulveda Esparza.

In the struggle that ensued, Lee received multiple stab wounds that would ultimately prove to be fatal. As the suspect resumed his attack on Ms. Sepulveda, Lee summoned his remaining strength to retrieve his service revolver and fatally shot the attacker before succumbing to his own injuries.

That day, domestic violence claimed the lives of two innocent people, Mr. Russ and the person he was protecting, resulting in six children losing a beloved parent. Any law enforcement officer will tell you that domestic disturbances are among the most dangerous situations for an officer to encounter. When the 911 call came across the radio, however, Lee did not hesitate to put himself in harm's way in service to another.

A warrior and a protector up to his last breath, Lee's final act was his valiant attempt to save the life of someone he had never even met. He truly exemplified the words of Jesus in John 15:13, "Greater love hath no man than this, that he lay down his life for his friends."

Lee was surrounded by a community of friends where he was known for his kind and generous personality and his quick sense of humor. He had a reputation as an exceedingly fair and just peace officer who could diffuse tense situations. He took his oath to protect and serve seriously on and off duty, and he never turned down a request for help.

Representative of his studious nature, he knew the Texas Penal Code backwards and forwards, and he continually sought out additional opportunities to become a better peace officer through training and education.

When people share stories of Lee, they often recall the small details that made him unique. He would not drive a patrol car without his signature beaded seat cover and a rope on the gear shift to fidget with. His regular trips to the library gave him a new stack of paperback novels, often 2- to 3-feet high, that he would quickly work through and then exchange them for others. He kept notepads next to his bed, his phone, and anywhere else he might suddenly feel the need to jot down a reminder or to write a note to a loved one. He distrusted computers and resisted learning how to use one; until, that is, he found out he could play solitaire on one.

Two decades later, his legacy lives on. Lee's story is told in police academy training sessions to illustrate the power of the will to survive and how to fight for the protection of others. In recognition of his service and sacrifice, the Ward County Sheriff's facility now bears his name. There, the Lee Russ Memorial Law Enforcement Center, includes a bronzed portrait of him where he watches over his brothers and sisters in blue.

Above all else, Lee should be remembered for his love for his family. He was a beloved son, brother, uncle, and father. Left to carry Lee's legacy are his three children now grown, Jason Russ, Benjamin Russ, and Miranda Russ Henderson. His two grandchildren, Barrett Russell Henderson and Madison Renee Henderson, will grow up with the lessons left from their Grandpa Russ and the stories of his humor, his bravery, and his kindness.

Madam Speaker, Russ was a true American hero, a man of faith, and a dedicated family man. His life embodied selfless service, and it serves as an example to us all.

My wife, Gina, and I offer our deepest and heartfelt condolences to the Russ family on this unfortunate anniversary, and I have requested the United States flag be flown over our Nation's Capitol to honor the life, legacy, service, and sacrifice of Lee Russ.

As I close today, I ask all Americans to continue praying for our country during these difficult times, for our military men and women who protect it, and for our first responders who keep us safe at home.

HONORING THE LIFE AND LEGACY OF BILLY GIBSON

Mr. FLORES. Madam Speaker, I rise today to honor the life and legacy of Billy Brannon Gibson of Huntsville, Alabama, who passed away on 6 October 2020. Bill was born on 1 November 1920 in Blount County, Alabama, to Laura and George W. Gibson.

When World War II broke out, Billy wanted nothing more than to wear the Marine uniform and to join the fight against the Axis Powers. It would take Billy two attempts to become a Marine. His first try was in 1941; and at 6 foot 3 inches tall, Billy was deemed too tall for his weight. He tried again about 2 years later, before which he ate a half-dozen bananas and drank a quart of buttermilk in order to gain more weight when he arrived at the recruiting office. He also bent his knees as he was measured for his height, putting him at an even 6 feet. His efforts were successful, and they enlisted him in the Marine Corps at that time.

Billy quit his job at the cotton mill, trained on 60-millimeter mortar equipment, and then was qualified as a sharpshooter. He then headed out to the South Pacific. His first stop was Guadalcanal where his military career almost ended when he got hit in the head and shoulder by a military vehicle. His right ear was dangling by a thread, and his shoulder was broken. His superiors wanted to send him home. He begged to go on to fight in Okinawa, but he kept being told he was not fit for combat. They ultimately agreed to let him go fight and fight he did.

After his company landed on Okinawa, he was part of the battle referred to as "82 days of hell and rain." He does not recall being scared all the time, but he did say his worst scare came from a rat. Just before they had made it to the front line, he and two buddies stopped at a torn down house where they were going to sleep. During the night, a rat jumped out of the attic and hit him in the chest. He said that event was the closest he ever came to dying up to that point.

□ 1715

Later during the fight, he almost drowned in his foxhole. A mortar round exploded less than 3 feet away from him, killing all five men around him.

Billy once said that the greatest adventure you can ever have is to go into mortal combat and beat the enemy. He is proud of what he and his fellow marines did on behalf of our country.

At least one marine credits Billy with saving his life. He and Billy were behind a bluff trying to sneak up on a sniper in a cave. As his buddy was moving from behind one boulder to another, he got shot in the chest. Billy

caught him and called for the corpsman to come tend to him.

He did not see how his buddy would survive those injuries. Nonetheless, Billy got him to safety and went back to take out the sniper.

Later, after the Marines had left Okinawa, Billy received a letter from his injured marine buddy thanking him for saving his life. Billy said he never felt like a hero. He said he was just doing his job.

Billy's outfit, Company A of the 6th Marine Division's First Battalion, 29th Regiment, suffered 300 percent casualties. In other words, Company A was basically wiped out three times. Miraculously, Billy and four other marines were the only original company members who were not killed or wounded.

After serving our country, Billy met and married his wife, Alma Christine Gibson. They moved to Huntsville, Alabama, and Billy went to work for NASA in the space and missile program. He was awarded the prestigious Silver Snoopy Award for his work there.

Billy enjoyed attending his church, fishing, and playing in a local bowling league, but his favorite pastime was golfing.

His grandchildren say that he was their hero and that he was everything they dreamed a grandpa could be.

Billy was striving to make it to his 100th birthday, and, boy, did he get close. Unfortunately, he passed away just 26 days shy of achieving that mark and just 25 days shy of celebrating 73 years with his beloved wife.

Left to cherish his memory are his loving wife, Alma Christine Gibson; two sons, Gregory and Roger; two daughters, Cathy and Karen; seven grandchildren; and 15 great-grandchildren, four of which are my grandkids.

Madam Speaker, Billy Gibson was a true American hero, a man of faith, and a member of America's Greatest Generation. His life embodied selfless service, and he served as an example to all.

My wife, Gina, and I offer our deepest condolences to the Gibson family. I have requested the United States flag be flown over our Nation's Capitol to honor the life and service of Billy Gibson.

As I close today, I urge all Americans to continue praying for our country during these difficult times, for our veterans, for our military servicemen and -women, and for our first responders who keep us safe at home.

RECOGNIZING SIGNALMAN KENNETH GENE HAMILTON'S 94TH BIRTHDAY

Mr. FLORES. Madam Speaker, I rise today in celebration of the life of Navy Signalman Kenneth Gene Hamilton of Lamesa, Texas, who turned 94 on 5 November 2020.

Kenneth was born in 1926 in Lamesa, Texas, to Marvin and Lona Hamilton. He has served a life of dedicated service, including his enlistment in the United States Navy on his 17th birthday. Since he was not yet 18, Kenneth

was required to provide written parental permission in order to enlist. This selfless act was indicative of his passion and unwavering desire to serve his country.

Shortly after enlisting, a troop train carried Kenneth to basic naval training at Camp Wallace in Galveston County, Texas. After boot camp, Kenneth was transferred to a base near the Chesapeake Bay to complete advanced individual training as a signalman. Upon completion of this training, he received his ship assignment and traveled to San Francisco to join the rest of his crew.

Kenneth was assigned to a Merchant Marine ship that had a contingent of naval personnel known as the "armed guard" on board. This group included weapons personnel and signal personnel. This ship provided logistic support to other vessels in the Pacific theater and assisted in carrying ammunition.

In 1946, Kenneth completed his enlistment and, along with millions of other World War II veterans, he returned home to raise a family.

Today, on behalf of a grateful Nation, we celebrate the life and accomplishments of Signalman Kenneth Gene Hamilton in honor of his recent 94th birthday.

Madam Speaker, Kenneth Hamilton has lived a long life filled with love, joy, and a passion for selfless service. I am proud to recognize him on this joyous occasion, and I know that his family and friends love him and are very proud of him.

My wife, Gina, and I wish Kenneth many more years of health and happiness and a happy birthday. We have requested the United States flag be flown over our Nation's Capitol to recognize Signalman Hamilton's 94th birthday.

As I close, I ask all Americans to continue praying for our country, for our military men and women, and for our first responders who keep us safe at home.

Madam Speaker, I yield to the gentleman from Mississippi (Mr. PALAZZO).

HONORING MRS. RUBY GREEN

Mr. PALAZZO. Madam Speaker, I thank my good friend and colleague, the gentleman from Texas (Mr. FLORES), for yielding.

Madam Speaker, today, I rise to recognize the outstanding life of service to the community of Mrs. Ruby Thompson Green.

Mrs. Green, for the better half of her 103 years on this Earth, exhibited true altruism and love for the city of Biloxi.

She was born June 5, 1916, in Ahoskie, North Carolina. She earned her bachelor of science from Hampton University in Hampton, Virginia. Mrs. Green also spent some time studying at Atlanta University in Atlanta, Georgia, before attending the University of Southern Mississippi.

Mrs. Green married Mr. P. Irving Green on July 26, 1941, and they moved to Biloxi, Mississippi, in 1947.

Mrs. Green founded and operated Green's Kindergarten for 17 years, and

she was the first African-American teacher at Biloxi High School. Mrs. Green also worked in the Star Program and worked as the assistant education director of the Head Start Program.

Mrs. Green joined the New Bethel Baptist Church under the pastorship of Reverend E.H. Potter, and she served as a teacher of the intermediate class, superintendent of the Sunday school, director of the vacation Bible school, member of the senior mission, member of the kitchen committee, and member of the bus committee. She also served as assistant secretary of the Shiloh District of the Congress of Christian Workers.

After retiring from her many years of dedication to her students at Biloxi High School, she volunteered at the Veterans Hospital in Gulfport, Mississippi. Along with her volunteer work, she was a member of the Cheerios Homemakers Club and the Senior Citizen Group.

Mrs. Green spent a great many years contributing to her community, and for many of her students and brothers and sisters in Christ, she was a strong pillar in the community.

Of the 103 years, 11 months, and 23 days that she spent with us, most of her time was spent bettering the lives of those around her.

Mrs. Ruby Thompson Green was an outstanding citizen of the kingdom of God, the United States of America, Mississippi, and Biloxi, and her contributions stand as a reminder to all of us that it is better to serve than to be served.

It is my honor and privilege to recognize the wonderful life of Mrs. Ruby Thompson Green.

Mr. FLORES. Madam Speaker, I yield back the balance of my time.

VITAMIN D AND REDUCING COVID-19 MORTALITY RATE

The SPEAKER pro tempore. Under the Speaker's announced policy of January 3, 2019, the Chair recognizes the gentleman from Wisconsin (Mr. GROTHMAN) for 30 minutes.

Mr. GROTHMAN. Madam Speaker, this speech is being given kind of on short notice, a little earlier than I expected. But we don't want to have the listening audience back home get any dead air, so I am rushing to give the talk. Hopefully, you will be satisfied, with not an excess of preparation.

Today, I address something I don't think has been addressed nearly enough with regard to the crisis of the COVID virus. In the last couple of weeks, we have gone over 250,000 deaths at least partially attributed to the coronavirus, and I want to talk about something we can do to decrease that number of deaths that I think has been far and away underpublicized, underpublicized despite the fact that we have appropriated over \$3 trillion to fighting this disease, underpublicized despite the fact that public health professionals are constantly being inter-

viewed on our news programs and are out and about on advertisements telling us what we can do to reduce the huge number of deaths attributed to this disease.

One thing I want to do today is I am going to talk one more time about vitamin D. I know some of the folks back home are familiar with vitamin D, but I don't think the huge number of studies that recommend vitamin D have been publicized anywhere near enough.

Right before I got here, I was talking to one of my constituents back home, a bright, well-informed person. He was surprised that vitamin D can be used to reduce the mortality rate from the COVID.

I want to go over some of the things that have been determined about vitamin D. We have had many universities doing studies. I mentioned all the way back in April and May, Trinity College in Dublin, Ireland, and Northwestern University down in Illinois have found studies showing a strong correlation between vitamin D deficiencies in patients leading to COVID complications and mortality.

Those with adequate vitamin D levels were less likely to experience hyperinflammation within their lungs and less susceptible to severe COVID symptoms.

Recently, in September, the University of Chicago Medicine and University of Boston Medicine, both conducted research studies substantiating the preliminary evidence between the correlation between vitamin D deficiencies and even getting COVID-19.

Professors at Harvard have also published articles highlighting vitamin D's benefits for respiratory health and mentioning the connection between vitamin D and COVID-19 as quite compelling.

European health professionals and right now the U.K., they have upped their recommendation for vitamin D among their citizens, something that it is high time our professionals were more aggressive in doing.

In late October, as part of a study in the Journal of Clinical Endocrinology and Metabolism, researchers looked at 216 COVID-19 patients in a hospital in Spain. Over 80 percent of the patients were deficient in vitamin D if they had severe COVID. Only 40 percent of the population as a whole had longer hospital stays and higher inflammatory markers within their lungs.

If you look at this, again and again and again, the researchers are talking about the correlation between adequate levels of vitamin D and not having as much mortality or serious things happening, and you wonder why our public health professionals and the CDC are not talking about this more, as they should.

I know a couple of months ago, finally, Dr. Fauci talked about evidence of vitamin D's benefits, after waiting months and months for it. He finally talked about it, but he only talked about it in some interview with a Hollywood personality. He shouldn't wait