

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

for a Hollywood personality asking questions to point out that he himself, as the most prominent member of our public health community, takes vitamin D.

How much vitamin D should you take? I have talked to different doctors.

By the way, I come to this conclusion not just by looking at the plethora of research studies done by colleges and universities around the world, but by talking to individual doctors. Right before coming up here, I talked to a doctor from my district who routinely, every day, takes 5,000 international units of vitamin D.

I will point out that is not the only way you can get vitamin D. You can get vitamin D from wonderful, healthy milk, and you can get vitamin D as well from interaction with the Sun.

Sadly, during a lot of this coronavirus, people have been encouraged to stay inside rather than outside and getting the Sun, which would actually increase your vitamin D levels.

I would ask Dr. Fauci, the CDC, the NIH, and public health professionals across the country: When you begin to tell people what you can do to save yourself or save your loved ones, make sure they are taking their vitamin D.

□ 1730

There are obviously some communities more than other communities who are susceptible to vitamin D deficiencies. People with darker skin are much more likely to be vitamin D deficient; and, therefore, if you have darker skin, pay special attention to the necessity of taking vitamin D.

Again, it is not just for yourself. Make sure if you have any loved ones with cardiovascular problems, loved ones who may be a little overweight—I am a little overweight here, so I am not signaling anybody out, but if you are a little bit overweight, make sure you are taking that vitamin D. If you have got any diabetes, make sure you are taking that vitamin D.

Actually, earlier today, I found out another acquaintance of mine from back in the district passed away from COVID, and it kind of bugs me that the vitamin D is not being stressed.

A little while ago, I had the Surgeon General in my district. He rattled off five things to do. And they always talk about social distances. Fine. They always talk about masks. Fine. They always talk about wash your hands. Fine. But they don't talk about vitamin D, despite all of these studies.

I don't have an exact figure, but I would bet, if the entire American public had adequate levels of vitamin D—and right now, about 40 percent of the American population does not have adequate levels—I would bet that the number of fatalities in this country would be decreased by at least a third.

Like I said, none of these studies have an exact amount, but I think that could be that high. And if that is true, you are talking about maybe 80,000

deaths if only the public health professionals would put taking vitamin D in the same talks they give you about a mask or social distancing or whatever.

I am going to point out that it is more important than ever because we are going into the winter, and in winter you get what? At least in Wisconsin, you go outside less and you get less sun. And going outside less and getting less sun are both things that are going to accelerate the number of people who get the COVID, and get the COVID seriously.

So now I will say it one more time to emphasize: It is a good time to make a list of all the older people or people with preexisting conditions and make sure they get vitamin D.

Actually, as I am giving the talk up here, I would suggest for Thanksgiving—or for Christmas, even—stopping by one of our fine chains of drugstores and getting some vitamin D.

You can, on your own, look on the internet and hear what they say about zinc. A lot of people say some zinc is good as well, supplementing it. It is something else you don't hear the professionals talk about a lot, but when I talk to doctors in their own right, talk to nurses in their own right, yes, grab some zinc as well. They talk about patients who are taking both vitamin D and zinc and how they have almost no patients who have had to be hospitalized for the COVID.

So, in summary, I want to emphasize for the political geeks who tune in and watch this show: Make sure you are taking your vitamin D. Make sure you give vitamin D to older people who you know or people with preexisting conditions.

I especially emphasize to any public health professionals who are watching this little speech: Next time you are giving a talk on the radio station or if anybody is out there preparing the next set of commercials on how to deal with the COVID, emphasize the vitamin D and familiarize yourself with the studies from Trinity College in Ireland, the Spanish studies, what has been said at Harvard, the studies at Northwestern, and the studies at the University of Chicago and you will learn a little bit more about things your occupation ought to be talking about.

So that is all the time I have today, and thank you for allowing me to give this little speech.

I yield back the balance of my time.

The SPEAKER pro tempore. Members are reminded to address their remarks to the Chair, not to a perceived viewing audience.

ENROLLED BILLS SIGNED

Cheryl L. Johnson, Clerk of the House, reported and found truly enrolled bills of the House of the following titles, which were thereupon signed by the Speaker on Thursday, November 19, 2020:

H.R. 835. An act to impose criminal sanctions on certain persons involved in inter-

national doping fraud conspiracies, to provide restitution for victims of such conspiracies, and to require sharing of information with the United States Anti-Doping Agency to assist its fight against doping, and for other purposes.

H.R. 1668. An act to establish minimum security standards for Internet of Things devices owned or controlled by the Federal Government, and for other purposes.

H.R. 1773. An act to award a Congressional Gold Medal, collectively, to the women in the United States who joined the workforce during World War II, providing the aircraft, vehicles, weaponry, ammunition and other material to win the war, that were referred to as "Rosie the Riveter", in recognition of their contributions to the United States and the inspiration they have provided to ensuing generations.

H.R. 3589. An act To award a Congressional Gold Medal to Greg LeMond, in recognition of his service to the Nation as an athlete, activist, role model, and community leader.

H.R. 4104. An act to require the Secretary of the Treasury to mint a coin in commemoration of the 100th anniversary of the establishment of the Negro Leagues baseball.

H.R. 5901. An act to establish a program to facilitate the adoption of modern technology by executive agencies, and for other purposes.

H.R. 8472. An act to provide that, due to the disruptions caused by COVID-19, applications for impact aid funding for fiscal year 2022 may use certain data submitted in the fiscal year 2021 application.

SENATE ENROLLED BILLS SIGNED

The Speaker on Thursday, November 19, 2020, announced her signature to enrolled bills of the Senate of the following titles:

S. 327.—An Act to amend the Federal Lands Recreation Enhancement Act to provide for a lifetime National Recreational Pass for any veteran with a service-connected disability.

S. 3147.—An Act to require the Secretary of Veterans Affairs to submit to Congress reports on patient safety and quality of care at medical centers of the Department of Veterans Affairs, and for other purposes.

S. 3587.—An Act to require the Secretary of Veterans Affairs to conduct a study on the accessibility of websites of the Department of Veterans Affairs to individuals with disabilities, and for other purposes.

ADJOURNMENT

The SPEAKER pro tempore. Pursuant to section 4(b) of House Resolution 967, the House stands adjourned until 9 a.m. tomorrow for legislative business.

Thereupon (at 5 o'clock and 34 minutes p.m.), under its previous order, the House adjourned until tomorrow, Friday, November 20, 2020, at 9 a.m.

EXECUTIVE COMMUNICATIONS, ETC.

Under clause 2 of rule XIV, executive communications were taken from the Speaker's table and referred as follows:

EC-5644. A letter from the Director, Regulatory Management Division, Environmental Protection Agency, transmitting the Agency's final rule — Air Plan Approval; Kentucky: Revisions to Jefferson County VOC Definition [EPA-R04-OAR-2020-0095; FRL-