

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-

10014-96-Region 4] received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Energy and Commerce.

EC-5645. A letter from the Director, Regulatory Management Division, Environmental Protection Agency, transmitting the Agency's final rule — Diquat; Pesticide Tolerances [EPA-HQ-OPP-2017-0291; FRL-10012-67] received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Energy and Commerce.

EC-5646. A letter from the Director, Regulatory Management Division, Environmental Protection Agency, transmitting the Agency's final authorization — Indiana: Final Authorization of State Hazardous Waste Management Program Revisions [EPA-R05-RCRA-2018-0376; FRL-10015-30-Region 5] received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Energy and Commerce.

EC-5647. A letter from the Director, Regulatory Management Division, Environmental Protection Agency, transmitting the Agency's final rule — Sulfuric acid; Exemption from the Requirement of Tolerance [EPA-HQ-OPP-2019-0169; FRL-10013-16] received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Energy and Commerce.

EC-5648. A letter from the Director, Legal Processing Division, Internal Revenue Service, transmitting the Service's IRB only rule — ISDA Protocol for Interbank Offered Rates (Rev. Proc. 2020-44) received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

EC-5649. A letter from the Director, Legal Processing Division, Internal Revenue Service, transmitting the Service's IRB only rule — Revenue Procedure 2020-46 received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

EC-5650. A letter from the Chief, Publications and Regulations Branch, Internal Revenue Service, transmitting the Service's IRB only rule — Withholding and Reporting With Respect to Payments From Qualified Plans to State Unclaimed Property Funds (Rev. Rule 2020-24) received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

EC-5651. A letter from the Director, Legal Processing Division, Internal Revenue Service, transmitting the Service's final regulations — Dependent Defined [TD 9913] (RIN: 1545-BP52) received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

EC-5652. A letter from the Director, Legal Processing Division, Internal Revenue Service, transmitting the Service's final regulation — Eligible Terminated S Corporations [TD 9914] (RIN: 1545-BP20) received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

EC-5653. A letter from the Director, Legal Processing Division, Internal Revenue Service, transmitting the Service's final regulations — Effect of Section 67(g) on Trusts and Estates [TD 9918] (RIN: 1545-BO87) received November 16, 2020, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Ways and Means.

REPORTS OF COMMITTEES ON PUBLIC BILLS AND RESOLUTIONS

Under clause 2 of rule XIII, reports of committees were delivered to the Clerk for printing and reference to the proper calendar, as follows:

Mr. GRIJALVA: Committee on Natural Resources. H.R. 4153. A bill to amend the Indian Health Care Improvement Act to authorize urban Indian organizations to enter into arrangements for the sharing of medical services and facilities, and for other purposes (Rept. 116-599, Pt. 1). Referred to the Committee of the Whole House on the state of the Union.

Mr. GRIJALVA: Committee on Natural Resources. H.R. 7045. A bill to require the Secretary of Agriculture to conduct a study on lands that could be included in a National Forest in Hawai'i, and for other purposes (Rept. 116-600). Referred to the Committee of the Whole House on the state of the Union.

Mr. GRIJALVA: Committee on Natural Resources. H.R. 1049. A bill to authorize a National Heritage Area Program, and for other purposes; with an amendment (Rept. 116-601). Referred to the Committee of the Whole House on the state of the Union.

Mr. GRIJALVA: Committee on Natural Resources. H.R. 3682. A bill to provide for greater consultation between the Federal Government and the governing bodies of land grant-mercedes and acequias in New Mexico and to provide for a process for recognition of the historic-traditional boundaries of land grant-mercedes, and for other purposes; with amendments (Rept. 116-602). Referred to the Committee of the Whole House on the state of the Union.

DISCHARGE OF COMMITTEE

Pursuant to clause 2 of rule XIII, the Committee on Energy and Commerce discharged from further consideration. H.R. 4153 referred to the Committee of the Whole House on the state of the Union.

PUBLIC BILLS AND RESOLUTIONS

Under clause 2 of rule XII, public bills and resolutions of the following titles were introduced and severally referred, as follows:

By Mr. BANKS:

H.R. 8781. A bill to amend the Help America Vote Act of 2002 to require individuals applying to register to vote in elections for Federal office to provide a complete Social Security number with the application, to require States to use Social Security numbers to cross-check the identifications of individuals who vote in elections for Federal office in the State with the identifications of individuals who are registered to vote in such elections, and for other purposes; to the Committee on House Administration.

By Mr. BEYER (for himself, Mr. McEACHIN, Mr. SCOTT of Virginia, Mr. CONNOLLY, Mr. DANNY K. DAVIS of Illinois, Ms. NORTON, Mrs. DAVIS of California, Mr. KRISHNAMOORTHY, Ms. JAYAPAL, Mr. LARSON of Connecticut, Mr. SEAN PATRICK MALONEY of New York, Mr. TONKO, Ms. PINGREE, Mrs. NAPOLITANO, Ms. MOORE, Mr. CARDENAS, Mr. GOMEZ, Mr. LANGEVIN, Mr. KENNEDY, Mr. DESAULNIER, Ms. WILSON of Florida, Mr. ESPAILLAT, Mrs. HAYES, Ms. LEE of California, Mr. HIMES, Mr. TAKANO, Mrs. CAROLYN B. MALONEY of New York, Ms. CLARK of Massachusetts, Mr. COHEN, Mr. MCGOVERN, Mr. JOHNSON of Georgia, Ms. MCCOLLUM, Ms. SCHAKOWSKY,

Ms. MATSUI, Mr. PRICE of North Carolina, Mr. SERRANO, Mrs. BUSTOS, Mr. GRIJALVA, Mr. SABLAN, Ms. DEAN, Ms. WILD, Mr. LOWENTHAL, Mrs. BEATTY, Ms. HAALAND, Ms. MENG, Mr. CASTEN of Illinois, Ms. BLUNT ROCHESTER, Ms. ADAMS, Mr. LEVIN of Michigan, Mr. TRONE, Ms. WEXTON, Mr. BROWN of Maryland, Mr. BISHOP of Georgia, Mr. HASTINGS, Ms. PORTER, Mr. SUOZZI, and Ms. FUDGE):

H.R. 8782. A bill to prohibit and prevent seclusion, mechanical restraint, chemical restraint, and dangerous restraints that restrict breathing, and to prevent and reduce the use of physical restraint in schools, and for other purposes; to the Committee on Education and Labor, and in addition to the Committee on Armed Services, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned.

By Mr. COX of California:

H.R. 8783. A bill to amend title 40, United States Code, to add certain California counties to the region of the Southwest Border Regional Commission, and for other purposes; to the Committee on Transportation and Infrastructure, and in addition to the Committee on Financial Services, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned.

By Mr. CURTIS (for himself and Mr. PHILLIPS):

H.R. 8784. A bill to amend the Foreign Assistance Act of 1961 to authorize the United States Agency for International Development to accept or purchase used property for planning and implementation of wind energy programs under that Act; to the Committee on Foreign Affairs.

By Ms. FINKENAUER (for herself and Mr. LAMB):

H.R. 8785. A bill to direct the Secretary of Commerce to establish a committee to evaluate the manufacturing capacity for products and industries that are crucial to the resilience of the United States during national emergencies or severe disruptions in global trade, and for other purposes; to the Committee on Energy and Commerce.

By Mr. GONZALEZ of Ohio:

H.R. 8786. A bill to amend the Investment Company Act of 1940 to prohibit limitations on closed-end companies investing in private funds, and for other purposes; to the Committee on Financial Services.

By Mrs. LESKO:

H.R. 8787. A bill to amend the Internal Revenue Code of 1986 to permit withdrawals from certain retirement plans for repayment of student loan debt, and for other purposes; to the Committee on Ways and Means, and in addition to the Committee on Education and Labor, for a period to be subsequently determined by the Speaker, in each case for consideration of such provisions as fall within the jurisdiction of the committee concerned.

By Mr. LOUDERMILK (for himself, Mr. ALLEN, and Mr. FLORES):

H.R. 8788. A bill to amend title 5, United States Code, to exempt deregulatory rule from congressional review requirements, and for other purposes; to the Committee on the Judiciary.

By Mrs. LURIA:

H.R. 8789. A bill to direct the Secretary of Labor to enter into interagency agreements to promote and support integration and alignment of programs under the national apprenticeship system with secondary, post-secondary, and adult education, and for other purposes; to the Committee on Education and Labor.

By Mr. THOMPSON of California (for himself, Mr. PANETTA, Ms. LEE of