A licensed and ordained Baptist minister who has pastored in Culpepper for decades, Mr. Holmes has held many positions with the Wayland Blue Ridge Baptist Association.

From his service on the electoral board to casting an electoral vote in 2008 for our first Black President, Mr. Holmes has demonstrated a commitment to civic engagement and elevating the voices of Virginians within our communities.

Mr. Holmes has touched many lives throughout his career as president of Culpepper Housing and Shelter Services, president of the Culpepper County United Way, president of the Culpepper County Equalization Board, and as a caring member of his community.

Today I stand on the floor of the United States House of Representatives to thank James Holmes for his commitment to progress, equality, and community empowerment.

HONORING ED HANNON

(Mr. MOONEY asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. MOONEY. Mr. Speaker, I rise today to highlight the incredible volunteer work of my constituent, Ed Hannon, of Charles Town, West Virginia.

Ed began volunteering for fire and rescue services in 1978 at the age of 16. Ed took a job as a paid first responder in Arlington, Virginia, in 1983 but continued to give his time volunteering.

When he moved to Jefferson County in 1993, he joined the Citizens Fire Company. Jefferson County has no paid fire and EMS personnel, so they rely on dedicated volunteers like Ed to provide these critical services.

Ed ran his final calls on December 31, completing 44 years of dedicated volunteer service. I wish Ed well in retirement and thank him for his service to the citizens of Jefferson County.

STANDING UP FOR REPRODUCTIVE FREEDOM AND REPRODUCTIVE JUSTICE

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

Ms. BROWNLEY. Mr. Speaker, last week, House Republicans sadly displayed their incoherent and chaotic approach toward governing in this country.

But when it comes to ripping away the reproductive rights and freedoms of women across the country, my colleagues on the other side of the aisle have never been more united.

Despite the many immediate challenges facing our country, their priority was to criminalize abortion care and to put the health of women at risk.

The party that claims they want government out of our lives could not move more quickly to put the government and politicians in charge of one

of the most personal decisions a woman can ever make.

Listening to my colleagues pontificate about the sanctity of life while attempting to take away life-saving healthcare for millions of women is appalling.

I am proud to stand with House Democrats to continue to fight for reproductive freedom and reproductive justice and the right to abortion across the United States.

□ 1700

REPUBLICANS HAVE GUTTED THE OFFICE OF CONGRESSIONAL ETHICS

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

Mr. AUCHINCLOSS. Mr. Speaker, I rise in opposition to the changes the House rules package made to the Office of Congressional Ethics. OCE is a critical independent ethics watchdog, and it is a poor indication of the GOP's commitment to integrity that House Republicans have gutted the OCE as their first act in the majority.

The Republican rules package term limits the members of the OCE board, and in doing so removes the three Democratic members of the bipartisan board, giving Republicans a majority of seats instead of maintaining an even partisan divide. These rules also require the OCE to hire staff within a month, which requires a vote of four board members, guaranteeing a partisan lean amongst most staff.

With these rules changes, my Republican colleagues are deviously turning the Office of Congressional Ethics into a zombie, alive in name but unable to execute its vital mission of investigating misconduct and ridding Congress of corruption.

After 14 failed Speaker votes and the undermining of independent ethics reviews, House Republicans have demonstrated their commitment to dysfunction and poor governance.

RECOGNIZING DR. CHRIS FARNITANO

(Mr. DESAULNIER asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. DESAULNIER. Mr. Speaker, I rise today to recognize the service of Dr. Chris Farnitano.

Dr. Farnitano has dedicated his career and his life to improving the lives of others and advancing wellness and compassionate care in the district that I represent in Contra Costa County and the San Francisco Bay area. Over the course of his 30 years, Chris has served in an important leadership role at the Contra Costa Regional Medical Center and its clinics and ultimately ended up as the Contra Costa County health officer in 2018.

Chris' commitment to promoting public health and well-being in our community is apparent in all of the work he has done. In 1997, he assisted in the development of the Pittsburg Health Center's HIV Medical Clinic, which was the first of its kind in the Nation. Chris was also instrumental in minimizing the spread of the coronavirus in our county and in the region.

Chris' work has had significant impact on our community, and our county admires his compassion and his dedication and wishes him well in his retirement.

25TH ANNIVERSARY OF THE GOOD FRIDAY AGREEMENT

(Mr. NEAL asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. NEAL. Mr. Speaker, we are now on the eve of the 25th anniversary of the historic Belfast/Good Friday Agreement, historic in large measure because of the American dimension through a negotiated settlement which helped to bring about the longest-standing political dispute in the history of the western world.

It was the people of goodwill and both parts of the island that voted referendum questions to help bring about this remarkable achievement.

In this House, the question of Ireland has always been bipartisan, and it has been celebrated by both political parties here with great enthusiasm and so recognized.

Mr. Kelly of Pennsylvania and I, as chairpersons of the Friends of Ireland, will be asking Members to sign the proclamation that we are offering through this resolution that will celebrate this historic achievement as we prepare across America, the UK, the Republic of Ireland, and Northern Ireland for this celebration. These have been "it will never happen" moments that we have all had a chance to participate in, and I hope that Members will all sign this historic resolution celebrating and acknowledging this achievement.

RECOGNIZING PAUL BANDY, AIMEE JOHNS, AND HEATH BRADDOCK

(Mr. PANETTA asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. PANETTA. Mr. Speaker, I rise today to highlight the heroism of Paul Bandy; his wife, Aimee Johns; and Heath Braddock.

On a clear summer day last year, Steve Breummer, a triathlete, was doing his routine swim about 150 yards off the coast in Monterey Bay when he was attacked by a great white shark. Pulled under water, bitten across his thigh and abdomen, and bleeding profusely, Steve saw the cold black eye of that predator, fought him off, and yelled for help.

Paul, a police officer, and Aimee, a nurse, heard the cries and paddleboarded to the victim. Heath, who was onshore, grabbed a surfboard and joined in the rescue. Even though there was blood on top of the water and a shark lurked under the water, all three heroes were undeterred, got to Steve, got him out of the water, and saved his life.

For their actions, the rescuers have been honored by the Red Cross and the Carnegie Commission.

Steve, although not yet doing triathlons, is walking and swimming again.

Today, Mr. Speaker, I honor all of them for the determination to fight in the face of danger; for their will to act, despite it being to their detriment; and fulfilling what it means to be a hero in our community on the central coast and in our country.

AIRPORT DELAYS AND CANCELLATIONS

(Mr. HIMES asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. HIMES. Mr. Speaker, once again, this morning, thousands of Americans found themselves in airports staring at delayed and canceled flights. This comes barely 3 weeks after tens of thousands of Americans, and many of my own constituents, missed the holidays because of the catastrophe on the part of the airlines, the airlines that got billions of dollars in this Chamber from the American people barely 2 years ago. This is how the airlines repay the support that this institution gave to them so that they could get through COVID.

Now, the private markets will presumably address the failures of Southwest and other airlines. What happened this morning was a failure of government. The Notice to Air Missions is a function of the FAA.

I would like to point out that after last week, when we heard constant cries for cuts to the budget, understand, my friends, cuts to the budget means that we underinvest in the infrastructure that my constituents were relying on this morning. As we think about the budget in the next 2 years, let's remember what happened this morning.

WHY THE FISCAL HOUSE OF THE UNITED STATES IS COLLAPSING

The SPEAKER pro tempore (Mr. Fry). Under the Speaker's announced policy of January 9, 2023, the gentleman from Arizona (Mr. SCHWEIKERT) is recognized for 60 minutes as the designee of the majority leader.

Mr. SCHWEIKERT. Mr. Speaker, I don't know if I can top my friend from California's great white shark attack or talking about airline delays, but we are going to do something that is particularly amusing and fun. We are

going to talk about why the fiscal house of the United States is collapsing.

For a number of folks who have watched my floor presentations, a lot of this is going to be familiar.

This is a primer, particularly for our new Members. Right now, we have hundreds and hundreds of new staff with the new Members here in the House of Representatives. Hopefully, on the thousand-some televisions around the campus where you have C-SPAN on, please, if you actually are interested, if you really want to understand how much trouble we are in, give me a few minutes of your time. Actually, give me almost an hour of your time.

Let's sort of walk through the reality. I am going to walk through some of the solutions that are absolutely wrong, and then we are going to talk a little bit about the reality of the math; and the punch line we are going to come back to multiple times, is really simple

The primary driver of U.S. sovereign debt is our demographics. Those of us who are baby boomers, we got old. And the political class here, unless we are willing to tell the truth, there is no path to saving us from a failed bond auction, a failed debt crisis, a world where we all live dramatically poorer. And it doesn't have to be that way.

Look, I know I am a broken record, but damn it, somehow, we have got to get this to start to sink in. So let's actually walk through some of the reality.

I always start with this chart because it is just easy to get your head around. This is 2022.

Now, the funny thing is, it looks like 2023, the percentage that is mandatory, that means it is on autopilot. Members here, people like me, we won't vote on it. This is Social Security, Medicare, Medicaid. These things that are a formula.

This percentage actually went down in this budget year. It is not going down because we are spending less money; it is because we are spending so much more money on discretionary, it actually took several points more of the percentage of spending.

Now, a lot of that was one-time spending. We will fade back down, but you got to get your head around the majority. The vast majority of U.S. spending is what we call mandatory. It is entitlements. It is you get because you work so many quarters. It is because you turned a certain age, because you are a certain Tribal group, because you are a certain level of poverty, you get these benefits, and they are automatic. It is a formula.

And then over here, you see this little green part, that is discretionary. That is what we call nondefense discretionary. This is what everyone thinks of as government. That is your foreign aid, that is your FBI, that is the IRS, that is all of those things.

And here the blue, that is defense. I am going to show you in some charts

later, my brothers and sisters on the left, will often throw out rhetoric of cut out defense, get rid it.

Believe it or not, it is not even enough money to keep us in balance. You could get rid of every dime of defense. There needs to be an understanding of reality. Your government is an insurance company with an Army. I know that sounds like trying to be somewhat humorous, but it happens to be the truth.

Think of it that way. So what is the primary drive, if I came to you right now and said, you are a new Member of Congress, you have made a passionate pitch to your voters that you are going take on the deficit.

Did you stand in front of your voters and tell them over the next 30 years, 100 percent of the deficit is Medicare and Social Security? The rest of the budget, according to the Congressional Budget Office, actually has a positive balance.

Over the next 30 years, and this is based on the 2022 numbers, with inflation some of this is actually worse today. And we are not going to get the updated numbers till probably mid-February using the Congressional Budget Office.

Functionally, the shortfall of Medicare is about 75 percent of all of our borrowing. The shortfall of Social Security—and the reason you put that on there, understand, look at the Social Security actuary report. It is not Republican; it is not Democrat. These are people that actually own calculators.

With the COLA that was just given, you lost almost a full year of life. So there is this trust fund. Yes, it is Social Security money that we have paid in over the years. It is in loan to the Treasury. The Treasury gives special Social Security T bills and then when Social Security needs money, they cash them in with Treasury. Fine.

And then, actually, the Treasury goes out and borrows other money. That money runs out in about 10 years. Two years ago, I believe, the Social Security actuary report said, when the trust fund runs out, our brothers and sisters who are 65 and older or who are 62 and older or whoever are just taking a Social Security check will get about a 27 percent cut.

I think last year's actuary report said about 25 percent cut. It is based on—here is our projection of the revenue and FICA taxes we take in today, and then it goes out the door.

There is some data out there that says 10 years from now, unless we fix Social Security, you are going to double poverty among seniors. What is the moral aspect there? How many of this body are ready to actually deal with the political nightmare cascade of the trolls who lie—oh, excuse me—the politicians, trying to tell the truth about a multi-multi-multi-multitrillion-dollar system that is out of money and the negative shortfall. You do understand, I think the model said like in the next 60 years, 65 years, it is like \$212 trillion short.