

Learn your math. Learn the opportunity, but also learn to think like an economist.

Let's put up the one chart that gets me the most hate, and it is more than a year, year-and-a-half out of date. The numbers are worse today, but it is the truth. For anyone crazy enough to watch, how many Members of Congress are willing to show this to you?

This is directly from CBO, numbers from about a year-and-a-half ago. They update it every year. CBO projects \$115 trillion debt over 2024-2054. Social Security and Medicare account for \$124 trillion of deficit. The rest of the budget has a \$9 trillion surplus. Let me walk that through. It basically means everything when we talk about non-defense discretionary, defense discretionary, all those are projected to grow slower than tax receipts, but Medicare, Social Security, and the interest that goes on top of their deficit financing produce about \$124 trillion of borrowing.

How many of you think the world is going to lend us \$124 trillion over the next 30 years?

This is based on current interest rates. Actually, it is sort of based on last year's interest rates. I was playing with a calculator a couple days ago. With my math, I have this going to \$135 trillion, not \$124 trillion.

□ 1545

It is not Republican. It is not Democratic. It is demographics.

The fact of the matter is that you could substantially change much of Medicare's costs and make services better, faster, and cheaper. Just join this century of technology in taking care of people.

The ring I am wearing that does my vitals or the technologies to incentivize things, do we pay a Medicare provider to help people be healthier instead of making more money when someone is sicker?

We did a whole presentation multiple times last year showing obesity in America is an additional \$9.1 trillion of spending over the next 10 years. Maybe as a society, we should consider changing the farm bill nutrition support to help our brothers and sisters because it is both moral and great economics.

Suddenly, people can come back into the labor force. They can form families. They can do all these other things. We have States where more than half of the population is technically obese, and we are paying for it. It is government policy in many ways that is doing it to these people. It is immoral.

I am going to get hate texts saying: You can't talk about that. Screw you.

Let's do what is right for our brothers and sisters in this country. We are Americans. Don't hide from the math. Embrace it, and fix it.

This one is the last. If you saw my staff, they were slipping me this because we were sort of speed doing the math. Let me explain.

We are trying to do this more often. We will get these questions that come in on the comments. Someone asked this, and they actually did it as a le-

gitimate question: Foreign aid over 4 years is \$198 billion. Think of that. Every dime of foreign aid, if you said for the last 4 years and took 4 years of borrowing, it would cover 8 days, 8.2 days of debt. Those of you who get up in front of these mikes and say that if we got rid of foreign aid, we will balance the budget, even when I do the average of the last 4 years, it is just a little over 8 days of borrowing.

It is hard when you get up in front of an audience at home and tell them the truth when it is not the same thing they heard 10 minutes earlier on a talk radio show or on a cable television show.

This isn't about ratings. This isn't about today's dopamine hit of you being angry because you saw something on the Drudge Report. This is about saving this Republic.

If you are like I am, you believe this Republic was divinely inspired. If you believe like I do, do you not have a moral obligation to save this country?

How about being a dad? My wife is my age. We were blessed. We got to adopt a couple of kids. Should they be part of the first generation that is poor? They don't have to be.

There is a way the math works. It just turns out, Mr. Speaker, that it is hard.

We have to do complex things. We are going to have to tell lobbyists and people from home that you have to modernize, join this century, and change your business models.

They are going to be mean to us. They might not even contribute to us, but there is a way to make the math save our future. I am going to argue that in the next 6 weeks around here.

We are going to make some decisions. Are we going to modernize the delivery of government? Are we going to find a way to offset? Are we going to convince the bond markets that we are serious about the future?

For everyone out there, watch us. We all give these beautiful speeches about the morality of what an amazing country we have and our place in the world and our place in history.

Mr. Speaker, these are the weeks we are going to make that history or have to live with the sins of what we do.

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

The SPEAKER pro tempore (Mr. GILL of Texas). Members are reminded to direct their remarks to the Chair and not to a perceived viewing audience.

119TH CONGRESS REGULATIONS FOR USE OF DEPOSITION AUTHORITY AND REMOTE PARTICIPATION OF COMMITTEE WITNESSES

REGULATIONS FOR THE USE OF DEPOSITION AUTHORITY

1. Notices for the taking of depositions shall specify the date, time, and place of examination. Depositions shall be taken under oath administered by a member or a person otherwise authorized to administer oaths. Depositions may continue from day to day.

2. Consultation with the ranking minority member shall include three days' notice be-

fore any deposition is taken. All members of the committee shall also receive three days written notice that a deposition will be taken, except in exigent circumstances. For purposes of these procedures, a day shall not include Saturdays, Sundays, or legal holidays except when the House is in session on such a day.

3. Witnesses may be accompanied at a deposition by two designated personal, non-governmental attorneys to advise them of their rights. Only members, committee staff designated by the chair or ranking minority member, an official reporter, the witness, and the witness's two designated attorneys are permitted to attend. Other persons, including government agency personnel, may not attend.

4. The chair of the committee noticing the deposition may designate that deposition as part of a joint investigation between committees, and in that case, provide notice to the members of the committees. If such a designation is made, the chair and ranking minority member of the additional committee(s) may designate committee staff to attend pursuant to regulation 3. Members and designated staff of the committees may attend and ask questions as set forth below.

5. A deposition shall be conducted by any member or committee counsel designated by the chair or ranking minority member of the Committee that noticed the deposition. When depositions, including those conducted as part of a joint investigation, are conducted by committee counsel, there shall be no more than four committee counsel, two designated by the Chair(s) and two designated by the ranking minority member(s), permitted to question a witness per round.

6. Deposition questions shall be propounded in rounds. The length of each round shall not exceed 60 minutes per side and shall provide equal time to the majority and the minority. In each round, the member(s) or committee counsel designated by the chair shall ask questions first, and the member(s) or committee counsel designated by the ranking minority member shall ask questions second.

7. Objections must be stated concisely and in a non-argumentative and nonsuggestive manner. A witness's attorney may not instruct a witness to refuse to answer a question, except to preserve a privilege. In the event of professional, ethical, or other misconduct by the witness's attorney during the deposition, the Committee may take any appropriate disciplinary action. The witness may refuse to answer a question only to preserve a privilege. When the witness has refused to answer a question to preserve a privilege, members or staff may (i) proceed with the deposition, or (ii) either at that time or at a subsequent time, seek a ruling from the Chair either by telephone or otherwise. If the Chair overrules any such objection and thereby orders a witness to answer any question to which an objection was lodged, the witness shall be ordered to answer. If a member of the committee chooses to appeal the ruling of the chair, such appeal must be made within three days, in writing, and shall be preserved for committee consideration. The Committee's ruling on appeal shall be filed with the clerk of the Committee and shall be provided to the members and witness no less than three days before the reconvened deposition. A deponent who refuses to answer a question after being directed to answer by the chair may be subject to sanction, except that no sanctions may be imposed if the ruling of the chair is reversed by the committee on appeal.

8. The Committee chair shall ensure that the testimony is transcribed and may also require testimony to be electronically recorded, including by video recording. When the witness's testimony is transcribed, the witness or the witness's attorney shall be afforded an opportunity to review a copy. No later than five days after the witness has been notified of the opportunity to review the transcript, the witness may submit suggested changes to the chair. Committee staff may make any typographical and technical changes. Substantive changes, modifications, clarifications, or amendments to the deposition transcript submitted by the witness must be accompanied by a letter signed by the witness requesting the changes and a statement of the witness's reasons for each proposed change. Any substantive changes, modifications, clarifications, or amendments shall be included as an appendix to the transcript conditioned upon the witness signing the transcript.

9. The individual administering the oath, if other than a member, shall certify on the transcript that the witness was duly sworn. The transcriber shall certify that the transcript is a true record of the testimony, and the transcript shall be filed, together with any electronic recording, including any video recording, with the clerk of the committee in Washington, DC. Depositions shall be considered to have been taken in Washington, DC, as well as the location actually taken once filed there with the clerk of the committee for the committee's use. The chair and the ranking minority member shall be provided with a copy of the transcripts of the deposition, together with any electronic recording, including video recording, at the same time.

10. The chair and ranking minority member shall consult regarding the release of deposition testimony, transcripts, or recordings, and portions thereof. If either objects in writing to a proposed release of a deposition testimony, transcript, or recording, or a portion thereof, the matter shall be promptly referred to the committee for resolution.

11. A witness shall not be required to testify unless the witness has been provided with a copy of section 3(t) of H. Res. 5, 119th Congress, and these regulations.

REGULATIONS FOR THE REMOTE PARTICIPATION OF COMMITTEE WITNESSES

Except as provided by section 3(i) of H. Res. 5, 119th Congress and these regulations, witnesses shall testify before a committee in person. No remote testimony will be accepted from witnesses testifying in a government capacity. In the event the chair of a committee determines that testimony of a witness appearing in a non-governmental capacity is necessary and such a witness is only available to participate remotely due to extreme hardship or other exceptional circumstances, the chair may allow the witness to participate remotely, with written approval from the Majority Leader.

The official record of the committee proceeding shall include a letter from the chair detailing the necessity of allowing the witness to participate remotely, a description of why the witness could not participate in person, why such testimony was necessary for purposes of fulfilling Congress's Article I responsibility, and a letter from the Majority Leader approving of such remote participation.

The witness must agree to remain on the platform until excused by the chair. The witness should conduct a pre-hearing technology test with staff designated by the chair, to ensure the witness will have sufficient internet connection during the hearing, and to minimize the possibility of any technical issues.

No witness appearing in a governmental capacity may participate remotely. No witness testifying before a committee in response to a subpoena is permitted to testify remotely, unless both the chair of the committee and the Majority Leader authorize such testimony in writing and printed in the Congressional Record.

Any text based or private messaging function in the software platform used to facilitate the participation of a remote witness must be disabled unless it is used to provide technical support to the witness, which may be excluded from the public video stream and will not be considered a committee record.

Only witnesses approved for remote participation may have participatory access on the software platform.

Committees may only utilize a software platform certified by the Chief Administrative Officer. The Chief Administrative Officer should inform committees, including the ranking minority members, each time a software platform is certified.

Witnesses participating remotely should appear before a nonpolitical, professional appropriate background that is minimally distracting to other members and witnesses, to the greatest extent possible. It remains within the full discretion of the chair to enforce rules of decorum for committee proceedings.

Any committee report of activities submitted pursuant to clause 1(d)(1) of rule XI should include a list of hearings conducted with remote participation.

A witness participating remotely in a committee proceeding shall be visible onscreen within the software platform until excused by the chair. The witness shall disclose to the chair and ranking member any additional individual(s) present off screen.

Witness counsel shall be allowed access on the remote proceeding software platform if they are not in the physical presence of the witness. It is recommended that counsel facilitate a separate secure line of communication with the witness. A witness may not be unmuted by any other individual and should be allowed to use such secure line of communication while testifying to confer with counsel.

A witness may not allow an individual not invited to testify to speak on the platform. The committee chair may only provide an exception when the other individual is necessary to facilitate the witness's participation in the hearing (e.g. translators).

A chair may not authorize remote participation for more than one witness at a committee hearing without the approval of the Majority Leader in writing and printed in the Congressional Record.

ADJOURNMENT

Mr. SCHWEIKERT. Mr. Speaker, I move that the House do now adjourn.

The motion was agreed to; accordingly (at 3 o'clock and 49 minutes p.m.), under its previous order, the House adjourned until tomorrow, Wednesday, January 15, 2025, at 10 a.m. for morning-hour debate.

EXECUTIVE COMMUNICATIONS, ETC.

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

EC-20. A letter from the President and Chair, Board of Directors, Export-Import Bank of the United States, transmitting a statement with respect to transactions involving U.S. exports to Azerbaijan, pursuant

to 12 U.S.C. 635(b)(3); July 31, 1945, ch. 341, Sec. 2 (as added by Public Law 102-266, Sec. 102); (106 Stat. 95); to the Committee on Financial Services.

EC-21. A letter from the Assistant General Counsel for Legislation, Regulation, and Energy Efficiency, Office of Energy Efficiency and Renewable Energy, Department of Energy, transmitting the Department's final rule — Energy Conservation Program: Test Procedure for Central Air Conditioners and Heat Pumps [EERE-2022-BT-TP-0028] (RIN: 1904-AF49) received January 9, 2025, 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-22. A letter from the Fisheries Regulations Specialist, NMFS, National Oceanic and Atmospheric Administration, transmitting the Administration's final rule — Fisheries Off West Coast States; Coastal Pelagic Species Fisheries; Annual Specifications; 2024-2025 Annual Specifications and Management Measures for Pacific Sardine [Docket No.: 240614-0162; RTID 0648-XD848] received January 9, 2025, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Natural Resources.

EC-23. A letter from the Acting Director, Office of Personnel Management, transmitting the Office's final rule — Suitability and Fitness (RIN: 3206-AO17) received January 9, 2024, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Oversight and Government Reform.

EC-24. A letter from the Congressional and Public Affairs Specialist, Bureau of Industry and Security, Department of Industry and Security, transmitting the Department's final rule — Implementation of Certain Australia Group Decisions [Docket No.: 241212-0324] (RIN: 0694-AJ83) received January 9, 2025, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Foreign Affairs.

EC-25. A letter from the Fisheries Regulations Specialist, NMFS, National Oceanic and Atmospheric Administration, transmitting the Administration's temporary rule — Fisheries of the Northeastern United States; Atlantic Bluefish Fishery; Quota Transfer From New York to North Carolina [Docket No.: 231221-0314; RTID 0648-XE510] received January 9, 2025, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Natural Resources.

EC-26. A letter from the Fisheries Regulations Specialist, NMFS, National Oceanic and Atmospheric Administration, transmitting the Administration's temporary rule — Fisheries of the Exclusive Economic Zone Off Alaska; Reallocation of Pacific Cod in the Bering Sea and Aleutian Islands Management Area [Docket No.: 240304-0068; RTID 0648-XE445] received January 9, 2025, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Natural Resources.

EC-27. A letter from the Fisheries Regulations Specialist, NMFS, National Oceanic and Atmospheric Administration, transmitting the Administration's temporary rule — Fisheries of the Exclusive Economic Zone Off Alaska; Atka Mackerel in the Bering Sea Subarea and Eastern Aleutian District of the Bering Sea and Aleutian Islands Management Area [Docket No.: 240304-0068] (RTID: 0648-XD956) received January 9, 2025, pursuant to 5 U.S.C. 801(a)(1)(A); Public Law 104-121, Sec. 251; (110 Stat. 868); to the Committee on Natural Resources.

EC-28. A letter from the Fisheries Regulations Specialist, NMFS, National Oceanic and Atmospheric Administration, transmitting the Administration's final rule — Fisheries of the Northeastern United States; Framework Adjustment 16 to the Mackerel,