

The American people must know that the sequester's reach stretches to health care research and innovation. Hospitals around the country and those in my district, like Duke University Medical Center, serve an invaluable role in the community to not only care for those who are sick, but to research and find cures for critical diseases such as cancer, diabetes, and heart disease—curable diseases that kill people every day. Don't let this happen.

The across-the-board cuts would sever funding for research from organizations like the National Institutes of Health. Scientists at universities across my district, like at Duke University and East Carolina University, would not have the chance to discover groundbreaking medical advancements such as the one that earned Duke University's Dr. Robert Leftkowitz the 2012 Nobel Prize in chemistry.

Many citizens in my district are low-income families who are currently surviving with assistance from critical antipoverty programs like unemployment benefits, SNAP, and WIC. Low- and middle-income families will bear the brunt of the pain from this sequester. These people deserve programs that provide relief from financial hardships. However, if Congress does not work together to prevent sequestration this week, these programs will lose very significant portions of their budgets.

North Carolina has an enormous military presence; the sequester will be felt especially hard by our men and women in uniform and the civilians that support military operations. Seymour Johnson Air Force Base, Marine Corps Air Station Cherry Point, and U.S. Coast Guard Air Station Elizabeth City, among others, will not be ready to defend and serve our country at a moment's notice if we allow this to happen.

In my State alone, cuts to the Department of Defense budget will result in 22,000 civilian DOD staff being furloughed, reducing the gross pay by \$117 million. Base operation funding would be cut by \$136 million, severely reducing military readiness, putting our country at peril.

In closing, Mr. Speaker, I implore my colleagues to work together to prevent the impending sequestration so that we may prevent devastating cuts to our vital infrastructure. We are slowly but surely building on economic recovery, and our Nation can literally not afford to be knocked down again by an inability to compromise. Please, let's get it done.

RECOGNITION OF ANTHONY TIMBERLANDS AND ARKANSAS FORESTRY PRODUCERS

The SPEAKER pro tempore. The Chair recognizes the gentleman from Arkansas (Mr. COTTON) for 5 minutes.

Mr. COTTON. Mr. Speaker, I rise today with good news from south Arkansas.

According to recent news reports, Anthony Timberlands, a cornerstone of the Arkansas timber and forestry products industry, is currently in the process of adding a second shift to its sawmill in Bearden, Arkansas. This second shift will result in the hiring of 65 new employees in addition to creating numerous other support positions within the company and in the surrounding area of south Arkansas.

I want to recognize Anthony Timberlands for this exciting announcement and their longstanding commitment to the people and the economy of south Arkansas. But as I reflect on Anthony Timberlands' announcement, I can't help but think of how many more jobs could have been added throughout Arkansas and the United States if it weren't for the excessive regulation of the Obama administration.

For example, States have worked in conjunction with the Federal Government for 40 years to manage forest roads and prevent pollution with State-managed best practices. This partnership has proven effective and provided regulatory certainty for many decades. Unfortunately, President Obama's EPA wants to impose a nationwide standard, giving them the complete regulatory authority over an industry that supports nearly 3 million workers and contributes \$115 billion to our economy each year.

Under this standard, the EPA will be able to shut down businesses that don't comply with their arbitrary and misguided rules. States have a 40-year track record of effectively regulating these roads, and we should let them continue for at least another 40.

To take another example, the EPA's new boiler rule demonstrates this administration's preference for ideology over sound economics and business sense. With compliance costs in excess of \$3 billion and 105,000 jobs threatened, this rule inflicts unnecessary costs on our economy at a time when we can least afford it.

In addition, our timber producers have no guarantee that EPA won't move the goalpost once again and reopen the regulations as they have in the past. What timber and forestry product companies want—what all businesses want, for that matter—is certainty, not more regulation. They need to know that investment in a new factory or new equipment today means they can keep using it once it's built instead of living in fear of the government closing their doors tomorrow.

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These companies aren't asking for special preferences or another \$800 billion in failed stimulus funds; they're simply asking for predictable and fair rule of law, not arbitrary regulation.

Mr. Speaker, companies like Anthony Timberlands provide quality jobs and lasting economic growth for places like south Arkansas and the rest of America, despite the obstacles the

Obama administration has put in their place. I look forward to working with my colleagues to eliminate burdensome regulations and red tape that slow growth, hurt communities and diminish opportunity. We should celebrate companies that empower hard-working Americans to do what they do best: create high quality products that lead the world.

THE GARDEN CLUB OF AMERICA

The SPEAKER pro tempore. The Chair recognizes the gentleman from Oregon (Mr. BLUMENAUER) for 5 minutes.

Mr. BLUMENAUER. Mr. Speaker, as we lurch into another series of artificial crises surrounding budget sequestration, there is a bright spot this week. We will witness an amazing series of visits on Capitol Hill by members of the Garden Club of America. Celebrating their 100th year as a national organization established in 1913, there is no more awesome group of citizen lobbyists than these women from all across America.

I first encountered the women's garden club in the person of the late Nancy Russell, who was a member of the Portland Garden Club and a ferocious, tenacious advocate for the protection of the national treasure that is the Columbia River Gorge. Nancy's personal commitment, insight, drive and passion made it possible for politicians in both parties to enact historic unique legislation protecting the magnificent Columbia River Gorge and establishing a framework of protection for generations to come.

Nancy would marshal her argument with facts, was an expert at generating positive publicity, could turn on the charm, and if that didn't work, she could play hardball politics with the best of them. Imagine my surprise and delight in coming to Congress when I found that there were other advocates—although there will never be another Nancy Russell—there are other women from across America who had their own commitment, passion, zeal, focus and follow-through who were enriching their communities while they helped the national conservation discussion.

The Garden Club has a broad and ambitious agenda seeking to promote our open spaces, and zealous in their support for our threatened National Park System. They're strong advocates and protectors of the Land and Water Conservation Act and the LWCF funds that have so rarely been fully budgeted in the program's 50 years.

Now, global warming inspires heated rhetoric here on Capitol Hill. And while garden club members are deeply concerned about weather instability caused by climate change, they do so with a calm, clear, dispassionate view of the facts in a way that should inspire and encourage everybody here in Congress.

For years, they have advocated for a farm bill that was stronger in the areas

of nutrition, conservation, and environmental protection while saving money. They advocate harnessing the power of that farm bill to protect sustainable agriculture and the production of specialty crops—which most of America calls “food”.

In the midst of some of the most bizarre accusations one will ever hear, there is a clarion call of rationality and wisdom for the ratification of the Treaty of the Sea that is languishing. Despite the support of the Bush, Clinton, and Obama administrations and an unprecedented coalition of business, industry, and educational leaders, the United States continues to be an outlier, to the detriment of our defense and commercial interests.

These are just a few of the areas that they concentrate on during their Washington visit. Most important, they connect what is happening at the local level with people who care about clean air, the beauty of the landscape and the treasures that enrich our souls, as well as the things that protect the environment for future generations. I strongly urge my colleagues to find time to visit with the Garden Club representatives from their State not just here in Washington, D.C., this week, but reach out to them at home and hear what they have to say. There will be no more productive meeting you will have with the inspiration that comes from listening to clear-headed, clear-eyed voices of wisdom and restraint. These meetings will stand out as an oasis in the war of words over our next round of manufactured crises.

VIOLENT MEDIA AND GUN VIOLENCE

The SPEAKER pro tempore. The Chair recognizes the gentleman from Virginia (Mr. WOLF) for 5 minutes.

Mr. WOLF. Mr. Speaker, I am concerned about the failure to discuss mental health issues and the impact of the violent media in the whole debate following the tragic shooting in Newtown, Connecticut. There needs to be a three-legged approach to this problem. It is disappointing that the President only addressed the issue of guns in the State of the Union speech.

In a number of these tragic shootings, there has been a pattern of the shooters' playing violent video games. Do you remember Columbine? And do you remember the movie theater shooting in Aurora, Colorado? Now comes a report from the Hartford Courant. I quote from the Hartford Courant:

During a search of the Lanza home after the deadly school shootings, police found thousands of dollars worth of graphically violent video games. And detectives working the scene of the massacre are exploring whether Adam Lanza might have been emulating the shooting range or a violent video game scenario as he moved from room to room at Sandy Hook spewing bullets, law enforcement sources have told the Courant.

Before he killed his mother and set off for Sandy Hook Elementary, Adam Lanza de-

stroyed the hard drive on his computer, which probably kept some of the records of the games he played and whom he played with. He also may have destroyed any chance to see if he had a manifesto or had written down anything indicating that he planned the shootings, or why he chose the elementary school.

Soon after the Newtown shooting, I asked the National Science Foundation, which is funded as a result of the subcommittee which I chair, to pull together experts, some of the best experts—and the National Science Foundation picked them—from across the country to look at the impact of all three contributors to mass violence. Earlier this month, the National Science Foundation released its report.

This is the report, “Youth Violence: What We Need to Know,” which supports my belief that rampage shootings are a result of multiple factors, including access to firearms, mental health issues, and exposure to violent media, including violent video games. This report can be found on my Web site. I would urge anyone who really wants to see what we need to do to go look at the National Science Foundation report. It is guns, it is mental health issues, and it is violent video games.

It is easy for the President of the United States to take on the NRA. Why hasn't he asked the entertainment industry to play a greater role in this debate? Common sense tells us that the level of violence on TV, in the movies and in many video games is a problem. One only has to read the piece from the Hartford Courant to understand that this is a very serious problem.

You have to look at guns, you have to look at their mental health—and, quite frankly, the administration has not looked at mental health, and this Congress is not looking at mental health—and you have to look at violent video games and media. The administration is not looking at that, and, quite frankly, this Congress is not looking at it.

MEDIA VIOLENCE AND YOUTH VIOLENCE

Brad J. Bushman, Ph.D., Professor of Communication and Psychology, Margaret Hall and Robert Randal Rinehart Chair of Mass Communication, The Ohio State University & Professor of Communication Science, VU University, Amsterdam, the Netherlands

When violent shooting sprees occur, people want to identify “the” cause. Violent behavior is very complex and is caused by multiple risk factors, often acting together. One possible risk factor is exposure to violent media (e.g., TV programs, films, video games). Of course, it is impossible to know whether exposure to violent media causes shooting sprees because researchers can't use guns in their laboratory experiments! However, in one experimental study, we measured what could be considered assaultive behavior. Dutch boys (M_{age}=14) played a violent or non-violent video game for 20 minutes, and rated how much they identified with the game character (e.g., “I wish I were a character such as the one in the game”). Afterwards, they competed on a task with another “boy” where the winner could blast the loser with loud noise through headphones. They were told that the highest noise levels (i.e., 8, 9, or

10) could cause “permanent hearing damage.” Boys who played a violent game, and identified with the violent character in that game, did in fact administer potentially damaging noise blasts. During the debriefing, one boy said, “I blasted him with level 10 noise because he deserved it. I know he can get hearing damage, but I don't care!” Another boy said he liked the violent game “because in this game you can kill people and shoot people, and I want to do that too.” A third boy said, “I like Grand Theft Auto a lot because you can shoot at people and drive fast in cars. When I am older I can do such things too. I would love to do all these things right now!”

A comprehensive meta-analysis of violent video game effects, which included 381 effects from studies involving 130,295 participants from all over the world, found that violent video games increased aggressive thoughts, angry feelings, physiological arousal, and aggressive behavior. Violent games also decreased prosocial behavior (e.g., helping, cooperation) and feelings of empathy for others. The effects occurred for males and females of all ages, regardless of the country they live in. Similar effects have been found for all types of violent media (e.g., TV, film, music and music videos, comic books). A meta-analysis of 26 studies involving 13,661 participants found that violent media exposure is also significantly linked to violent behavior (e.g. punching, beating, choking others), although the effects are smaller than for aggressive behavior. This makes sense because violent criminal behavior is rarer and more difficult to predict than less severe aggressive behavior. As one example, a recent CDC-funded, cross-sectional study involving incarcerated delinquents (and a comparison group of high-school students), parents/guardians, and teachers/staff, found that consumption of violent media was related to serious violent behavior such as using a weapon against another child.

It is well known that people who consume a lot of violent media come to view the world as a hostile place. People who consume a lot of violent media also think violence is “normal” behavior, because media characters often use violence to solve their problems.

It is useful to consider a child's life as filled with a succession of social problems that must be solved. The child uses a set of programs (called scripts) for solving social problems. In theater, scripts tell actors what to do and say. In memory, scripts define situations and guide behavior: The person first selects a script for the situation, assumes a role in the script, and behaves according to the script. In many shooting sprees, the perpetrator puts on a uniform (e.g., hockey mask, trench coat, movie costume, military uniform), as if following a script. This allows the perpetrator to identify more closely with other killers. The perpetrator then gathers up a bunch of guns and ammunition, goes to a place where there are a lot of people gathered, kills as many people as possible, and then often kills himself. For most people, carrying out such a script would be impossible. But it can occur for some people who don't experience negative emotions or who see such acts as normative, or for whom performing such an act might be perceived as achieving a sense of accomplishment and “leaving their mark on the world.” Consider, for example, statements made by the two killers at Columbine High School. Dylan Klebold said, “Directors will be fighting over this story.” Eric Harris added, “Tarentino, Spielberg.”

There is also a downward spiral between aggression, rejection, and consumption of violent media. Aggressive youth tend to be rejected by their peers, and therefore spend their time consuming media (often violent