

getting dinner at a congressional reception to cut costs, but my colleague does. The only inconvenience for him is that his office doesn't have a kitchen, so he stocks his office annex with a crock pot, an electric griddle, a microwave, a toaster, and a refrigerator. He told CBS News:

You can put some frozen chicken in with some bouillon, some vegetables. Let it simmer all day, and you are ready to rock and roll.

Mr. Speaker, the U.S. economy is not ready to rock and roll as long as Congress refuses to pay the government's bills. American small businesses are not ready to rock and roll when the markets worry that we will default and not pay the bills that we have already incurred. The American people are not ready to rock and roll when they don't know when the government will reopen to provide them with the services that they have already paid for but are not receiving.

The House of Representatives is not a campsite. It is embarrassing that Americans have been kicked out of Yosemite and national parks across the country; yet Members sleep in their offices that taxpayers foot the bill for.

As bad as this government shutdown is, however, the debate over the debt ceiling is taking this dysfunction nuclear. A default would bring on an economic catastrophe that would cost Americans who have been prudent with their money, paying their debts and investing in their 401(k)s, billions of dollars in lost value in their investments, in their homes, in their jobs, and in increased lending rates.

Every American in this country knows that every Member of the House of Representatives makes four times the amount of money than they do. We are paid to come up with solutions for the American people, not to sabotage their 401(k)s.

This is what Warren Buffett said last week about trying to use the debt ceiling as a political ploy:

It should be like nuclear bombs, basically too horrible to use.

In military terms, it is known as MAD, mutually assured destruction. Some on the other side of the aisle seem intent on pushing the button and sending our economy into a nuclear winter. Debt ceiling deniers have now emerged, espousing the belief that the debt ceiling is a figment of our imagination, that it is a part of a liberal agenda to get them to the negotiating table: We are not going to default, there is no default. Or: We shouldn't accept this as the date beyond which we can't go without what they call default. We can go a long time. We can go indefinitely without hitting default, says another.

Mr. Speaker, a reckless faction of your party is not only holding your caucus hostage; it is holding the American people and the global economy hostage. Calling the dealings with this faction as "negotiating" is absurd. The reality is there is no negotiating with

this reckless faction, which seems bent on the destruction of the American economy and the full faith and credit of the United States.

Mr. Speaker, these Members who are sleeping in their offices should be thinking of all of the Americans who will be sleeping in the streets if this reckless Republican faction gets its way.

THE EXTEND NOT CUT SNAP BENEFITS ACT OF 2013

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

Mr. CONYERS. Mr. Speaker, I thank you for the opportunity to rise and address my colleagues.

On November 1, households participating in the Supplemental Nutrition Assistance Program, popularly referred to as SNAP, will see their monthly benefits sharply reduced. The temporary benefit boost provided for in the 2009 American Reinvestment and Recovery Act is scheduled to expire next month, leaving many Americans unsure of how they will put food on the table. The November 1 cut will exacerbate the problem of hunger in our Nation and make it much harder for millions of Americans—fathers, mothers, children, veterans, and Active Duty military even—to provide for their loved ones.

The benefit increase passed in the depths of the Great Recession has provided Americans, both directly and indirectly, with substantial benefits. Low-income families who face unemployment and underemployment are provided a critical way to bridge the financial barriers they face. Americans who are employed in adequate-paying jobs are able to remain so because of the boost to the economy; \$9 is added to the GDP for every \$5 in SNAP benefits that the program provides. These cuts will come at a moment when Americans are ill prepared to afford them. The loss of SNAP will not just mean empty tables for Thanksgiving for millions. It will mean, as well, a weaker economy, now even as the effects of our prolonged shutdown and debt ceiling brinkmanship are beginning to erode economic progress. This cut in benefits will simply push the American economy into a vicious cycle which we simply cannot afford at this time.

So I am urging my colleagues to avoid exacerbating the effects of this government shutdown and the potential default of government debts, and I am calling on them to support my bill, H.R. 3108, the Extend Not Cut SNAP Benefits Act, which provides for a 1-year extension of the 13 percent benefits increase contained in the ARRA through the 2014 fiscal year.

I am proud to proclaim 43 cosponsors so far.

In 2011, SNAP lifted 4.7 million Americans above the poverty line, including 2.1 million children. Without an exten-

sion of the 2009 Recovery Act's temporary boost to SNAP, our economy will be the worse, and our children will face a hunger they do not deserve to confront alone. So I urge my colleagues to continue the support of H.R. 3108 and ensure that Americans are not cut off at the worst possible time.

Rep. Bordallo, Madeleine Z. [GU]—9/18/2013
Rep. Brown, Corrine [FL-5]—9/18/2013
Rep. Capuano, Michael E. [MA-7]—9/27/2013
Rep. Cicilline, David N. [RI-1]—9/20/2013
Rep. Clarke, Yvette D. [NY-9]—9/18/2013
Rep. Clay, Wm. Lacy [MO-1]—9/18/2013
Rep. Cohen, Steve [TN-9]—9/20/2013
Rep. Connolly, Gerald E. [VA-11]—9/18/2013
Rep. Davis, Danny K. [IL-7]—10/3/2013
Rep. Doyle, Michael F. [PA-14]—9/20/2013
Rep. Ellison, Keith [MN-5]—9/18/2013
Rep. Fudge, Marcia L. [OH-11]—9/18/2013
Rep. Green, Al [TX-9]—10/8/2013
Rep. Green, Gene [TX-29]—9/18/2013
Rep. Grijalva, Raúl M. [AZ-3]—9/18/2013
Rep. Honda, Michael M. [CA-17]—9/20/2013
Rep. Huffman, Jared [CA-2]—9/20/2013
Rep. Jackson Lee, Sheila [TX-18]—9/18/2013
Rep. Johnson, Eddie Bernice [TX-30]—9/18/2013
Rep. Langevin, James R. [RI-2]—9/20/2013
Rep. Lee, Barbara [CA-13]—9/17/2013
Rep. Lewis, John [GA-5]—9/18/2013
Rep. McGovern, James P. [MA-2]—9/18/2013
Rep. Moore, Gwen [WI-4]—9/18/2013
Rep. Nadler, Jerrold [NY-1]—9/18/2013
Rep. Norton, Eleanor Holmes [DC]—9/18/2013
Rep. Pingree, Chellie [ME-1]—9/18/2013
Rep. Pocan, Mark [WI-2]—10/8/2013
Rep. Rangel, Charles B. [NY-13]—9/18/2013
Rep. Rush, Bobby L. [IL-1]—9/18/2013
Rep. Schakowsky, Janice D. [IL-9]—9/27/2013
Rep. Serrano, José E. [NY-15]—9/18/2013
Rep. Shea-Porter, Carol [NH-1]—10/3/2013
Rep. Slaughter, Louise McIntosh [NY-25]—9/27/2013
Rep. Smith, Adam [WA-9]—9/20/2013
Rep. Takano, Mark [CA-41]—10/8/2013
Rep. Thompson, Bennie G. [MS-2]—10/8/2013
Rep. Titus, Dina [NV-1]—9/18/2013
Rep. Vargas, Juan [CA-51]—9/18/2013
Rep. Vela, Filemon [TX-34]—10/10/2013
Rep. Waters, Maxine [CA-43]—9/20/2013
Rep. Welch, Peter [VT]—10/4/2013
Rep. Wilson, Frederica S. [FL-24]—10/8/2013

RECESS

The SPEAKER pro tempore. Pursuant to clause 12(a) of rule I, the Chair declares the House in recess until noon today.

Accordingly (at 10 o'clock and 43 minutes a.m.), the House stood in recess.

□ 1200

AFTER RECESS

The recess having expired, the House was called to order by the Speaker at noon.

PRAYER

The Reverend Dr. Kurt Gerhard, St. Patrick's Episcopal Church, Washington, DC, offered the following prayer:

Sovereign Lord, who binds all people of every nation together as one people, in this era of our country when we are defined by our differences and these