

Now, not all regulation is bad, and businesses are more than willing to follow commonsense regulations.

The U.S. Grade Standards for fruits and vegetables, for instance, makes sense for grocers by defining the quality standards for fresh produce.

If a dispute between buyer and seller arises, the standards can then determine who is at fault.

But many federal rules are duplicative, obsolete, unnecessary, conflicting or otherwise inconsistent.

An analysis by the Government Accounting Office found that in fiscal year 2013, \$95 billion of the \$3.6 trillion the federal government spent was duplicative.

For instance, according to the GAO report, there are 76 federal drug abuse and prevention treatment programs, spread among an astounding 17 different agencies.

Combined, they generate 6.1 million hours of paperwork, almost \$300 million in costs, and 122 forms to be filled out by individuals, organizations and businesses.

This is an unacceptable waste of tax money and resources.

The engine of our economy—our small businesses—need room to innovate and expand.

But burdensome and duplicative regulations drain resources from businesses—harming their ability hire new workers and create jobs.

In Illinois' 14th District, business owners tell me this is the chief block to investing and hiring.

When it costs them more than \$10,500 per employee annually to comply with all federal regulations, their concerns make sense.

But in 2012, the Obama administration piled on \$236 billion in new regulations.

It's a little wonder we suffer from weak economic growth and still-too-high unemployment.

President Obama has pledged a comprehensive review of existing regulations.

But unfortunately, his administration has actually done little to get rid of regulations currently on the books.

In fact, he's going to be adding many more next year.

According to an American Action Forum report, upcoming regulations from the Obama administration in 2014 could cost the private sector more than \$143 billion.

That's billion with a "b."

The administration calls this the "unified agenda," which includes 15 new "major" rules—those that cost at least \$100 million annually to our economy.

It's these "major" rules that my bill addresses directly.

How does it actually work?

The bill establishes a responsible process for federal agencies to identify, review, and, if necessary, put major regulations that are no longer needed and serve no beneficial purpose on a path to elimination.

And I want to make sure the public—who are directly affected by bad regulations—have a say.

Under my bill, agencies overseeing these major rules will be required to consider the comments of the public, the regulated community, and Congress with regard to the costs and burdens of rules under review.

This will help them determine which rules need to go.

The agencies would then establish a review process to "sunset" bad rules.

The head of each agency would designate an existing employee as the Regulatory Review Officer, charged with implementing the sunset review.

Six months later, the Administrator would publish a first list of major rules, and then an updated list annually.

The agency would be charged with issuing reports to Congress about rules they reviewed.

But some rules are still bad for individuals and businesses even if they fall under the \$100 million cost.

The public and congressional committees would be able to petition agencies to review these rules as well.

This would ensure less-major, but no-less-harmful, regulations could be considered for elimination.

And if an agency claims it cannot change or get rid of a regulation because it is bound by congressional statute, then they would have to recommend to Congress what we can do to change the law.

This ensures a transparent review process that leads to actual regulatory reform.

We must act now to lend a hand to our struggling economy.

Federal agencies, mostly unaccountable to the people they regulate, should review and remove regulations that hurt American businesses and individuals.

My bill exposes duplicative and obsolete regulations to the public, placing them on a path to elimination.

My colleagues are hearing from their constituents about the harm excessive regulations are having on them.

And the Regulatory Sunset and Review Act of 2013 now has 61 co-sponsors.

We're seeing a real desire to put regulations under closer scrutiny than they've traditionally had.

Mr. Speaker, our job creators need all the help they can get.

Small businesses and startups should spend their time hiring workers and growing their business, instead of wasting time playing defense against an aggressive federal government.

Let's defend and extend the sphere of freedom, freedom to pursue the American Dream without government on your back.

H.R. 309 gets us heading in that direction.

I urge the House to take up this legislation in the New Year.

CELEBRATING THE U.S. NATIONAL GUARD'S 377TH BIRTHDAY

HON. PHIL GINGREY

OF GEORGIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mr. GINGREY of Georgia. Mr. Speaker, today I rise to recognize the United States National Guard as they celebrate 377 years of selfless sacrifice to our great nation.

The National Guard pre-dates all other active U.S. military branches. On December 13, 1636, what we have come to know as the Na-

tional Guard was formed as a colonial militia, made up of ordinary citizens who stood to protect their communities. From their service in the Revolutionary War where they stood their ground during the opening shots at Lexington Green and Concord Bridge, to valiantly fighting in Operation Enduring Freedom and Operation Iraqi Freedom, the Guard has participated in every major American conflict. All Guardsmen are combat-trained, and while abroad they serve in combat missions, build schools and hospitals, and train local peacekeepers.

National Guard members have established a proud history and tradition of service in all 50 states, organized territories, Puerto Rico, and the District of Columbia. Today's force is comprised of both Army and Air Force divisions and has grown to nearly 500,000 soldiers strong.

The National Guard in my home state of Georgia will hold a special celebration at Clay National Guard Center, giving special recognition to its retirees, Maj. Gen. Jim Butterworth, Brig. Gen. Joe Jarrard, and displaying many of its units' specialized training.

Mr. Speaker, it is with sincere gratitude that I extend my deepest thanks and appreciation to our servicemen and women in the National Guard for their sacrifice and hard work to protect our way of life.

TIME TO BRING OUR TROOPS HOME FROM AFGHANISTAN

HON. CANDICE S. MILLER

OF MICHIGAN

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mrs. MILLER of Michigan. Mr. Speaker, 12 years ago on September 11, 2001, al Qaeda terrorists trained and supported by Osama bin Laden from Afghanistan attacked and murdered nearly 3,000 Americans.

Shortly after that horrible day, American armed forces struck back in Afghanistan. Our troops have performed brilliantly and have significantly damaged al Qaeda terrorists' operations and brought the ultimate justice to bin Laden. At the same time our troops have shed their blood to provide the Afghan people with the opportunity to break from the tyranny of the Taliban and achieve freedom and liberty.

In recent months, our government has offered the additional opportunity provided by a bi-lateral security agreement which would keep American forces in that country beyond 2014. To date, Afghan President Karzai has refused to sign that agreement.

I believe that agreement should be withdrawn and President Obama should bring our forces home by the end of next year. Our troops have performed brilliantly. And now it is time for the Afghan people to step up and secure their own nation. We have offered freedom and democracy to Afghans and they must either choose to take it or not. And it is time for our troops to come home.

CELEBRATING THE EPISCOPAL
CHURCH OF SAINT JAMES' 125TH
ANNIVERSARY

HON. RODNEY P. FRELINGHUYSEN

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mr. FRELINGHUYSEN. Mr. Speaker, I rise today to honor the Episcopal Church of Saint James, located in Essex County, New Jersey, as it celebrates its 125th anniversary.

The Episcopal Church of St. James began as a small, sixteen person group in 1887 lead by Reverend P.M. Bleecker. As the group grew, a Missionary Committee was established and, at the suggestion of the Bishop, the name "St. James Church, Upper Montclair" was adopted. Within that year, the congregation would grow to consist of 45 people. On December 12, 1888, the Bishop gave canonical permission to form a Parish in the Diocese of Newark. On December 27 of that same year, the Articles of Association were signed. The next day the articles were filed and the church became official.

Around the same time, the church purchased the "Cliffside Chapel" from a nearby Presbyterian Church, which now serves as the cornerstone of the current church.

In 1892, an Alter Guild was formed to attend to the clerical vestments and appointments of the alter. That same year, the Rood Screen was added to the Chancel, and gas was introduced for lighting. The first Vested Choir began in 1898, two members of which continued to sing for the church for over forty years.

In 1902, the church organ was not functioning properly because the building lacked electricity. Later that year, a pipe organ was anonymously donated to replace it. Ten years later, the church ordered a new organ, which was so large they had to modify the roof to fit it.

In 1941, the Willet Studios of Philadelphia began to commission the stained glass windows for the church. That same year, the church installed the Hildreth Meiere painting of James and John fishing over the alter. By 1956, the "Windows of St. James" were completed.

Since the church was built, the congregation has significantly grown. So, the church has developed many programs and groups to help its members. These programs include Youth Groups, Bible Studies, Adult Education, as well as a pre-school.

The church also participates in community service and outreach locally, nationally, and internationally. They work with many organizations to send their congregation, along with others who are interested, on missionary trips to various places in need of aid. Previous trips have been to Appalachia and New Orleans. The most recent trip was to the Jersey Shore to assist in the clean-up from Superstorm Sandy.

Mr. Speaker, I ask you and my colleagues to join me in congratulating the Episcopal Church of St. James in celebrating its 125th anniversary.

RECOGNIZING DAVE BORCKY

HON. DAVID G. VALADAO

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mr. VALADAO. Mr. Speaker, I rise today to recognize Mr. Dave Borcky for his efforts in support of the newly renovated City of McFarland's Veterans Community Center.

A native of McFarland, California, Dave served our country as a member of the United States Navy during the Vietnam War. Since his return, he has worked tirelessly in the community to ensure veterans receive the recognition they deserve. Dave is an active member of the Lions Club and coaches 27 students from McFarland High School in the aptly named the LEOS Club. Dave and his fellow Lions organize local food drives, back-to-school drives and many other activities that improve the lives of the McFarland residents.

In December 2011, Dave was named Grand Marshall for the McFarland Christmas Parade. Mr. Borcky is also an active member of his American Legion Post, Boys and Girls State activities.

Without a doubt, Dave has been a key player in McFarland's community for a number of years. It is with great pride that I recognize Mr. Dave Borcky for his service and leadership and congratulate him on his efforts to memorialize American heroes through the McFarland Veterans Community Center.

RECOGNIZING DENIS O'SULLIVAN
AS HE CELEBRATES HIS 80TH
BIRTHDAY

HON. JIM COSTA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mr. COSTA. Mr. Speaker, I rise today to recognize Denis O'Sullivan as he celebrates his 80th birthday. Denis lives every day with enthusiasm and appreciation for all of life's offerings. His story is reflective of the American dream, working hard to create fruitful lives for himself and his family.

Denis was born on December 2, 1933, in New York City at Lennox Hill Hospital. His intelligence and entrepreneurial spirit led him to be the owner and founder of a lucrative business, O'Sullivan Menu Publishing. The company started out small with less than 10 employees and eventually grew to a staff of over 200 individuals who were based out of the United States and Great Britain. O'Sullivan Menu Publishing provided menus to airlines, cruise lines, and various restaurant chains. Denis' company had a groundbreaking impact on the airline industry by providing the first comprehensive service for the creation and production of printed menus.

Since Denis' retirement in 2008, he has volunteered much of his time to local charities. He currently serves as Chairman of the Board of the Visiting Nurse Association of Northern New Jersey, and maintains special interest in their Alzheimer's disease support facility. In addition, Denis is a longstanding supporter of

the fundraising activities at St. Clare's Hospital in Denville, NJ.

Denis stays busy in his philanthropic endeavors, but he cherishes his time with family the most. He is a devoted husband to his wife of 33 years, Elizabeth; a caring father to his children; Roberta, Eric, Kerin, Cathlyn, Christopher, and Patricia; and a loving grandfather to his nine grandchildren. On a personal note, Denis has been a great supporter and true friend to me—his brother-in-law. Denis and Elizabeth appreciate every day of their lives whether it is by spending time with family, traveling around the world, or simply enjoying each other's company.

Mr. Speaker, I ask my colleagues in the House of Representatives to join me in recognizing Denis O'Sullivan's 80th birthday. We acknowledge Denis during this milestone and for all that he has achieved.

RECOGNIZING THE PACE HIGH
SCHOOL "PRIDE OF THE RED,
WHITE, AND BLUE" MARCHING
BAND AS THE 2013 CLASS 5A
FLORIDA MARCHING BAND
GRAND CHAMPIONS

HON. JEFF MILLER

OF FLORIDA

IN THE HOUSE OF REPRESENTATIVES

Thursday, December 12, 2013

Mr. MILLER of Florida. Mr. Speaker, I rise today to recognize the Pace High School "Pride of the Red, White, and Blue" Marching Band as the 2013 Class 5A Florida Marching Band Grand Champions.

For more than 40 years, the Pace High School Band has regaled crowds at Pace High sporting events, played at parades and events in Northwest Florida and represented the school at competitions on the local, state, and national levels. Today, more than 200 students make up Pace's band program, which includes three concert ensembles, a marching band, a jazz ensemble, chamber ensembles, an indoor percussion ensemble, and a winterguard program. This diverse and versatile repertoire highlights the hard work and dedication of the students and faculty of the Pace High Band and is the one of the keys to their success.

The 2013 Florida Marching Band Championships, held on November 23 at Tropicana Field in Saint Petersburg, FL, played host to more than 80 talented bands from across the state of Florida. The Pace High School "Pride of the Red, White, and Blue" Marching Band began their preparations for this prestigious event more than six months ago and worked tirelessly to perfect their show, entitled "Once Upon Another Time," which featured pieces celebrating different eras in American history with sections on the industrial revolution, the civil rights era and the space race.

The assiduous work of the "Pride of the Red, White, and Blue" paid off during the Class 5A semi-finals, where the band was awarded the highest scores in the Visual, General Effect, and Music categories and the highest overall score of any of the 80 bands competing in the various class semi-finals. The "Pride of the Red, White, and Blue" then