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Jason Smith's Capitol Report - Friday, June 10, 2016

JUNE 15TH 2016 BY DEE LOFLIN

Jason Smith's Capitol Report - Friday, June 10, 2016

Wrappers and Reductions June 10, 2016

We all have those moments that stick with us, maybe it was an achievement, a tragedy, overcoming a fear, or coming to a realization. I had one of those moments 36 months ago when a big number was staring me in the face. It was 285, and it was the one looking back at me from the bathroom scale. Month after month of traveling hundreds of miles every day all across Missouri's 8th Congressional district while running in the Special Election, I was the opposite of a picture of health. The floor of my car was covered with wrappers from Casey's, Mobile or Rhodes 101 and unfortunately represented recent "meals".

My struggles with my weight are something I openly talk about because while humbling it makes me acknowledge it and proactively think about my eating choices.

However, what struck me that day was a simple question, how could I pledge to take the fight to defend rural America all the way to Congress if I couldn't even walk up the steps of the U.S. Capitol without becoming out of breath? Since winning that election 36 months ago to represent the people of southeast and south central Missouri before the U.S. Congress, I am proud to say I have lost over 75 pounds. Well in actuality, over 250 pounds - that last 10 just seems to keep falling off and getting added back each week when I step on the scale! It's a fight each and every day. We all have our vices – mine just comes in the form of feel good comfort food made to perfection in this part of the country that gives me an excuse to sit with family and friends or cope with stress.

June represents Men's health month. It is a month dedicated to recognizing that us guys need to put our pride aside and get the necessary screenings, checkups and education to ensure we are taking the most proactive steps possible to be in control of our own health and our own lives. We owe it to more than just ourselves though, our families and loved ones deserve that dedication from us as well. This is especially true because medical journal after medical journal has published results that show being overweight can lead to so many other health problems. Most notably, being overweight greatly increases your chances of heart disease, which is the number one killer in America, or things like diabetes, stroke, and even some forms of cancer. Further, we know early detection and education are the best ways to put an end to so many preventable chronic diseases which are driving up the overall costs of healthcare in this country.

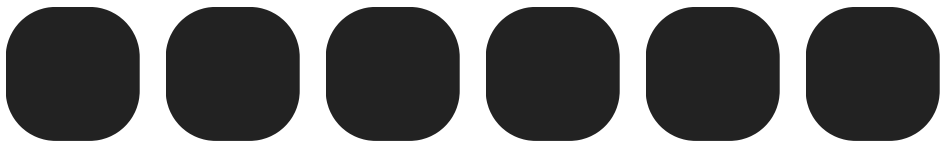
For me, the wake-up to turn things around was that day when I recognized if I was going to ask people to expect the best from me, I had to be in a position to give the best to them. The catalyst however, was a New Year's resolution at the start of 2014. Those closest to me, those who cared about me, challenged me to reverse the health course I was on. They also knew the best way to get me focused and committed was to tell me they doubted I had it in me to get serious. That was all I needed because like so many things, telling me something isn't possible is exactly what drives me to make it happen. Now, I find myself in group exercise classes every morning, which not only help keep my waistline down, but help clear my head, and meet new colleagues. Even though I am a young conservative member from rural Missouri, it is amazing the respect people have shown me because they know my dedication to fight for an issue starts with a dedication to face my own personal challenges.

There are so many things we are working towards as a nation – things to turn our economy around, rolling back the federal government's encroachment into all of our lives and advancing a common sense conservative agenda that puts the people, not Washington, in control of their lives. I want to be around to see the impact of these changes and I want to help lead that charge, but I'm never going to be able to do that for our district if I can't march up those stairs.

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Presidential Proclamation - Honoring the Victims of the Attack in Orlando, Florida

JUNE 13TH 2016 BY DEE LOFLIN

Presidential Proclamation - Honoring the Victims of the Attack in Orlando, Florida

Presidential Proclamation -- Honoring the Victims of the Attack in Orlando, Florida

HONORING THE VICTIMS OF THE ATTACK IN ORLANDO, FLORIDA

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

As a mark of respect for the victims of the act of hatred and terror perpetrated on Sunday, June 12, 2016, in Orlando, Florida, by the authority vested in me as President of the United States by the Constitution and the laws of the United States of America, I hereby order that the flag of the United States shall be flown at half-staff at the White House and upon all public buildings and grounds, at all military posts and naval stations, and on all naval vessels of the Federal Government in the District of Columbia and throughout the United States and its Territories and possessions until sunset, June 16, 2016.

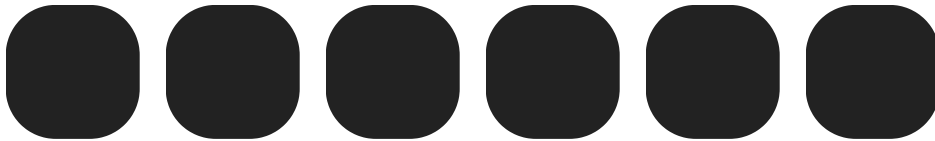
I also direct that the flag shall be flown at half-staff for the same length of time at all United States embassies, legations, consular offices, and other facilities abroad, including all military facilities and naval vessels and stations.

IN WITNESS WHEREOF, I have hereunto set my hand this
twelfth day of June, in the year of our Lord two thousand sixteen, and of the
Independence of the United States of America the two hundred and fortieth.
BARACK OBAMA

LAST UPDATED ON JUNE 13TH 2016 BY DEE LOFLIN

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Miller Family Visits Capitol Building

MAY 31ST 2016 BY DEE LOFLIN

Miller Family Visits Capitol Building

Jefferson City, Missouri - LeeAnn Miller, her son Mason, and her mom visited the Capitol Building and the office of Tila Hubrecht. Mrs. Hubrecht is the 151st State Representative for Missouri.

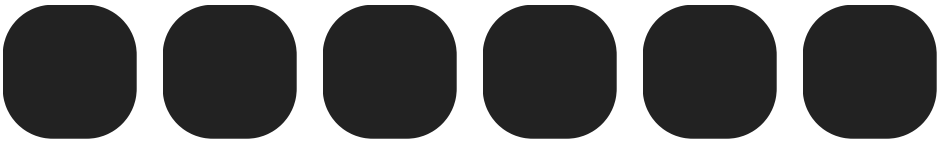
The Capitol, completed in 1918, covers three acres in downtown Jefferson City. The dome rises 238 feet above ground level and is topped by a bronze statue of Ceres, the Roman goddess of vegetation.

Guided 45-minute tours are given, free of charge, Monday thru Saturday, on the hour, 9 a.m.-4 p.m. (except at noon), and Sun., at 10 a.m., 11 a.m., 2 p.m., 3 p.m. Self-guided maps are available at the tour desk, on the first floor. Reservations required for groups of 10+.

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Honoring Our Heroes on Memorial Day - Tila Hubrecht's Capitol Report

MAY 28TH 2016 BY DEE LOFLIN

Honoring Our Heroes on Memorial Day - Tila Hubrecht's Capitol Report

Honoring Our Heroes on Memorial Day

As citizens of the greatest nation in the world, it is important that we take time to reflect on what is really important to us. We look at the abundance of blessings we have been given - from the many freedoms we have to the limitless opportunities we have to pursue our dreams to the comfort and security we have in knowing we live in a land where we can raise our children in peace and safety - and it is obvious that we have so much for which we must be thankful. It is just as obvious that we have the responsibility to make absolutely certain that we do not allow these blessings to be taken for granted.

That's easier said than done given how hectic our lives so often are. It's all too easy for even the most important things to get lost in the shuffle that results from trying to work, raise a family, and just live our day-to-day lives. But a day like Memorial Day serves to remind us that we must not only count our blessings, but also pause to remember and honor all those who have fought and died to give them to us.

The men and women who chose to serve in defense of the United States of America did not do so in order to become heroes, but without question their deeds and actions were heroic and have earned them the title of hero. It also goes without saying that these selfless soldiers did not enter their service with the goal of seeing their lives ended too soon and their names engraved in stone. However, that is what happened, and it is because of these sacrifices that we come together to pay tribute to the few who did what so many would not and could not.

As one of our greatest Missourians, President Harry Truman, once said, "Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices." My hope is that his words will always have the ring of truth, and it is our duty to ensure they do.

We must never forget, and we must never cease to be thankful for the heroes our nation has been blessed to have. Some who gave their lives now have their names etched in the walls of memorials, while others live on in the hearts and minds of those who love them. But for the other heroes who have not been remembered in this way, they have their own lasting monument that should forever serve as a reminder of their service. This monument is the country we all are so proud to call home. It is a monument created by the sacrifices of these heroic individuals, and it is a monument that shines as a beacon of freedom and hope not just for us, but for people from all around the world.

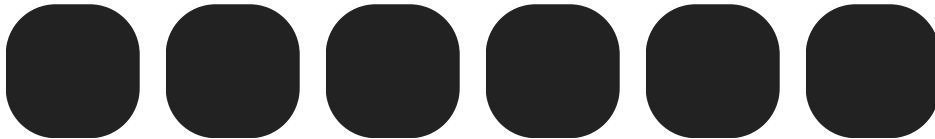
On Memorial Day, and on every day going forward, I ask us to remember that. I ask us to

give thanks that our nation has been blessed with such heroes. To all those who have served, and to all those who have given their lives in service, we say thank you! May God bless you all, and may God bless the United States of America!

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Remembering the Price of Freedom - Jason Smith's Capitol Report

MAY 28TH 2016 BY DEE LOFLIN

Remembering the Price of Freedom - Jason Smith's Capitol Report

Remembering the Price of Freedom

May 27, 2016

Memorial Day is the unofficial start to summer. The temperatures are rising, school is winding down for many and the smell of backyard barbecues as the sun goes down is starting to fill the air. Memorial Day is also one of my favorite times to drive around our district and see so many American flags placed on houses, businesses, and in yards. In a united display of patriotism it is a symbol of how much we love our country. Many of us look at this long weekend as a chance to slow down, get together with family and friends, and sit outside to enjoy what we hope is beautiful Missouri weather. However, it is also important we honor and remember the real purpose for this holiday and pay tribute to the men and women who paid the ultimate price fighting for the freedoms and way of life we often take for granted.

We were reminded of this sacrifice recently when World War II soldier Herbert John Hoard of DeSoto, Missouri was finally given a proper burial some 74 years after he lost his life during the attack on Pearl Harbor. Mr. Hoard's was a moving story of a young man, a member of our greatest generation, who answered the call to serve his country, but never returned home.

Like Mr. Hoard, our community is home to more than 60,000 veterans and assisting those veterans navigate an often times confusing and unresponsive VA network accounts for roughly half of all the casework assistance my office provides each year. This year, we also held the first ever Veterans Summits here in southeast and south central Missouri which provided an opportunity for our veteran neighbors to come and receive information on the services available to them from multiple departments and agencies all in one place. This event was so rewarding because it allowed me to talk with veterans and hear first-hand the issues they are facing and learn how our office can better serve them. I am proud and humbled that this year alone my office helped a veteran in Perryville receive over \$100,000 in owed back pay and that we were able to honor another southeast Missourian veteran with multiple commendation medals he rightfully earned.

Of course all of this also comes at a time when the VA Secretary compared wait times at VA hospitals to wait times for rides at Disney theme parks. While his comments were shameful and disrespectful, it also highlighted the frustration so many of us have in a system that is simply not doing everything it can for those who gave us everything in return. Hopefully very soon we will see better performance to address management problems and health care shortages, and to increase the speed, efficiency and effectiveness as well as utilize technology to better serve our veterans.

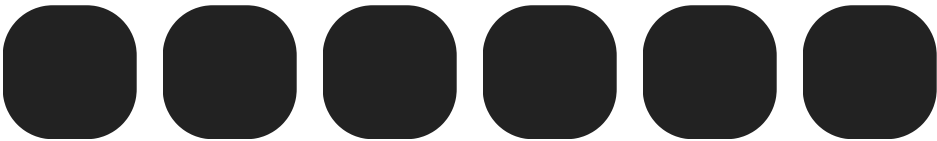
You can continue to count on me to support our nation's heroes not only heading into Memorial Day weekend, but every day looking forward because the fabric of our country and constitution is defended by the heroes in our hometowns. I am proud of our

community for recognizing these heroes and openly displaying our patriotism, especially when freedom is threatened throughout the world every day. May God bless you and your families this Memorial Day weekend.

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