

Mr. Speaker, it is a profound honor to represent leaders like Barb Kniff-McCulla in the United States Congress and it is with great pride that I recognize and applaud her for utilizing her talents to better both her community and the great state of Iowa. I invite my colleagues in the House to join me in congratulating Barb Kniff-McCulla on receiving this esteemed designation, thanking those at Business Record for their great work, and wishing Ms. Kniff-McCulla a long and successful career.

“LIVING TO 100” ADVICE BY  
ARCHIE SCHIFF

**HON. BARBARA COMSTOCK**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Mrs. COMSTOCK. Mr. Speaker, I recently had the honor of meeting Archie Schiff, a World War II veteran, in celebration of his 105th birthday this year. Archie attributes his health and longevity to a careful diet he only strays from once a year—on his birthday. I am pleased to be able to share the following advice from Archie on how to stay healthy and active as you live past 100 years old:

BY ARCHIE SCHIFF, BORN JULY 22, 1911

This is what I do and what I recommend.

You are what you eat. You are what you think. I added that because your emotional health is also important.

If you show anxiety, depression, worry or hate someone or something, your body immediately manufactures poison into your system. The big word here is ‘adjust’. You must adjust your life to whatever life throws at you.

Many persons ask me what is the secret of your long life. First, cultivate a happy disposition.

This is my diet. Eat anything that grows on a tree, a vine or a plant or anything from the earth. Nature is the healer. Everything you eat or drink has a chemical in it, except fruit, vegetables, fish or nuts. Read your labels and the ingredients. I actually saw some food items containing red number three, yellow number five, and blue number 40. Put them back on the shelf, as it is my belief that they cause cancer.

For breakfast, take your pick: a peach, plum, pear, apple or orange. I eat apples, an egg or two, however you want to cook it, 11 or 12 grapes, prunes, and a banana. Drink two or more liquids. I use a green tea bag three times a day. Coffee and hot chocolate aren't too bad, if drunk moderately. Include oatmeal once or twice daily. Also include blueberries and strawberries three times daily, and 11 or 12 grapes three times daily, and use garlic and onions in what you cook or in a salad.

For lunch broccoli, cauliflower and/or cabbage may help prevent cancer. Add to that spinach, red beets, beans, coleslaw, cucumbers, watermelon, olives, chicken salad or strips, turkey squares, onions, garlic, sweet potatoes, celery, carrots, radishes, walnuts, pecans, almonds and pineapple.

For dinner: salmon or sardines; add a little lemon juice on that. Also, you can have peanut butter on a slice of rye bread. Plus all the fruit you like. No cookies, no cakes, no pies, no ice cream. No sweets or sugary items at all, only on your birthday.

Do not consume breads or meats, including pork, sausage, bologna or other delicatessen meats. Store-bought bread made without ad-

ditives or homemade bread is allowable though.

Do some type of physical activity daily, even if it is only standing or walking.

IRAN ACCOUNTABILITY ACT OF  
2016

SPEECH OF

**HON. KEITH ELLISON**

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, July 14, 2016*

Mr. ELLISON. Mr. Speaker, I strongly oppose the Iran Accountability Act of 2016 (H.R. 5631). Unfortunately, I could not be in DC to vote against the bill as I was home in Minneapolis for the funeral of Philando Castile.

The Iran Accountability Act of 2016 undermines the ability of the United States to comply with the Joint Comprehensive Plan of Action (JCPOA), also known as the Iran nuclear deal. The bill uses non-nuclear reasons to reimpose certain secondary economic and financial sanctions lifted on the JCPOA's implementation day and could require the President to impose new nuclear-related sanctions on Iran. Thus, if implemented, the bill would prevent the Administration from implementing a number of its commitments outlined in the JCPOA.

If the Iran Accountability Act of 2016 were to become law, both our partners and Iran would question our commitment to the nuclear deal. The provisions contained within this bill could even open a path for Iran to restart its nuclear program. This would not only put the nuclear deal at risk, but also undermine our national security interests and significantly damage U.S. credibility and leadership abroad.

The JCPOA is a historic diplomatic achievement worth protecting. So far, Iran has complied with the deal. Without resorting to violence, it has constrained Iran's nuclear program, led to the dismantlement of key components of the program, and subjected Iran's program to unprecedented verification and monitoring requirements.

Simply put, the JCPOA ensures that Iran's nuclear program is and continues to be peaceful. We must not jeopardize this achievement by backtracking on our commitments. Therefore, I oppose this bill.

HONORING THE LAKE COUNTY  
CHILDREN'S ADVOCACY CENTER  
AND THE OPENING OF THEIR  
HEALING GARDEN

**HON. ROBERT J. DOLD**

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Mr. DOLD. Mr. Speaker, I rise today to honor the Lake County Children's Advocacy Center and the groundbreaking ceremony of their new Healing Garden. Since its opening in 1987, the Lake County Children's Advocacy Center's mission has been to provide a protective environment for child victims of abuse. In addition to sensitively approaching these victims in a respectful, thoughtful manner and helping them to recover from their traumas, the Center investigates and prosecutes their

abusers in partnership with the Lake County State's Attorney's Office and local Lake County police departments.

One of the most effective services the Children's Advocacy Center offers is the opportunity for the victims to interact with their veteran comfort dog, Mitchell, who gives them compassion and solace throughout their entire recovery process. The Healing Garden is another creative initiative by the Children's Advocacy Center that will aid children and their families throughout the healing process by creating a safe place to interact and reflect, as well as gain strength and hope for the future. The Garden is assured to be a cornerstone of healing at a Center that facilitates that precious help for so many of the hurting children in our community.

IN MEMORY OF THE LATE  
CONGRESSMAN MARK TAKAI

**HON. BARBARA LEE**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Ms. LEE. Mr. Speaker, I want to thank Congresswoman TULSI GABBARD and CAPAC Chairwoman JUDY CHU for their leadership in organizing today's tribute to the late Congressman Mark Takai.

I rise with my colleagues to honor the memory of a great man and a wonderful colleague.

I also want to express my deepest condolences to his wife and two children—thank you for sharing Mark with all of us.

Mark was everything a public servant should be. He was a steward of our planet, and a fierce advocate for service members, as well as the people of Hawaii.

He served his country in the Hawaii Army National Guard, where he obtained the rank of lieutenant colonel. Mark also served 20 years in the Hawaii House of Representatives before his election to the U.S. House of Representatives.

While we didn't serve together long enough, it was truly an honor to work with him. I saw how much Mark loved his community by how tirelessly he worked every day—particularly as he advocated for the Asian American, Native Hawaiian, and Pacific Islander communities.

Thank you, Mark, for your service. You will be missed. Mahalo.

10TH ANNUAL LEIMERT PARK  
VILLAGE BOOK FAIR

**HON. KAREN BASS**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Ms. BASS. Mr. Speaker, I would like to congratulate an important institution in Los Angeles, which this year celebrates its tenth anniversary: the Leimert Park Village Book Fair.

Now making its home at the Baldwin Hills Crenshaw Plaza in the heart of my district, the fair expects to bring together thousands of book lovers, families, and fans with both well-known and emerging authors to celebrate the written word.

I congratulate Cynthia Exum, founder and executive producer, who conceived of this

event to honor her grandmother, who she credits with nurturing her own love of reading. I also congratulate the sponsors who make this event possible, including my long-time colleague, L.A. County Supervisor Mark Ridley-Thomas; the City of Los Angeles and its Department of Cultural Affairs; and Capri Capital Partners of the Baldwin Hills Crenshaw Plaza. Event board members and honorary chairpersons Dr. Bernard and Mrs. Shirley Kinsey have worked to take the book fair to new heights with their leadership and resources.

I would also like to honor all of the volunteers who spend hours preparing the panels, booths, presentations, awards, and more, and who keep everything running smoothly. Without them it would not be possible to sustain this event for ten years and beyond. I would further like to thank the authors, playwrights, screenwriters, journalists, performers and others who provide the substance of the event and make it a thrill to attend each year.

For a decade now, the Leimert Park Village Book Fair has brought attendees together from all over the city to enjoy one of the historic cultural cores of the African American community in L.A., and to find inspiration to read, write, listen, and learn. I wish them many more decades of success.

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HONORING JOHN DAHL

**HON. MICHELLE LUJAN GRISHAM**

OF NEW MEXICO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Ms. MICHELLE LUJAN GRISHAM of New Mexico. Mr. Speaker, I rise today to honor the former Mayor of Eagle Nest, New Mexico and my dear friend, John Dahl. John represented the best of our great State of New Mexico: he was a loving father, grandfather and great-grandfather, a loyal friend to many, a brilliant, hard-working and talented United States Army officer, businessman, and public servant.

John was born in Okmulgee, Oklahoma on July 30, 1933, to John and Ellen Dahl. While at Okmulgee High School, he won the Amateur Athletic Union Junior Olympic Track Title and earned a five-year athletic scholarship to the University of Oklahoma. As an undergraduate, he helped the track team become one of the elite teams in the country. In his freshman year John enrolled in the Reserve Officers Training Corps program, and in 1957 he graduated as the most distinguished military graduate out of a ROTC class of 200.

After college, John served for 22 years in the military and received over a dozen medals. In 1972, while a lieutenant colonel, the pentagon handpicked John to oversee a notorious Vietnamese prisoner of war camp located on the island of Phu Quoc. The camp held 33,000 POW's and was infamous for human rights abuses. John was tasked to end these inhumane practices and ensure the proper treatment of the POW's. His improvement of the camp's conditions and practices was instrumental in the passage of the Paris Peace Treaty and saved countless human lives. For his accomplishment he was awarded the prestigious Legion of Merits decoration.

John married his wife Kay in 1978, and after retiring from the army he moved to Eagle Nest, New Mexico. There, he built multiple local businesses and garnered a reputation as

one of the best sole proprietors in the region. In 1990, the Governor of Oklahoma asked John to serve as the state's Director of Civil Emergency Management. Just as in Vietnam, John demonstrated a deep respect for human life by improving and distributing new disaster plans to all 77 Oklahoma counties. By ensuring the implementation of the disaster plan and visiting each county personally, John and his team managed to avoid tornado fatalities that year.

After returning to Eagle Nest, John lost his eyesight after years of exposure to Agent Orange while serving in Vietnam. However, his determination never faltered and he was elected twice as the town's mayor. I met John during his tenure as mayor, and I had the privilege to work with him when I was Secretary of Aging and Long Term Services. John was a determined advocate for improving health care access and quality of care in his community and across our state.

On May 14, 2016 John Dahl passed away at the age of 83. Surviving him is his wife Kay, two sons, daughter, six grandchildren, and five great-grandchildren.

John was a true friend and inspiring colleague who contributed to the betterment of our community, country, and world. His memory and legacy is a blessing to us all.

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TRIBUTE TO DAWN MARTINEZ OROPEZA

**HON. DAVID YOUNG**

OF IOWA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Mr. YOUNG of Iowa. Mr. Speaker, I rise today to congratulate and recognize al Exito Executive Director Dawn Martinez Oropeza for being named a 2016 Women of Influence honoree by the award-winning central Iowa publication, Business Record.

For 17 years, the Business Record has undertaken an exhaustive annual review to identify a standout group of women who have made a significant difference in business, civic and philanthropic endeavors throughout the Greater Des Moines Area. Ms. Martinez Oropeza has devoted her life to confronting challenges which many others might avoid. She has spent countless hours on various boards while blazing a trail for others to follow. She was selected for the chosen field of expertise, the lasting impact on the community, involvement with civic or non-profit organizations and being seen as a role model because of her lofty achievements and high ethical standards.

Dawn Martinez Oropeza has the determination and drive to be successful in anything she does, and her exemplary work with her leadership for Latinas/Latinos al Exito, a non-profit organization which recruits students who need supportive relationships and programming to motivate them to succeed in high school and college. In all aspects of her life, Dawn Martinez Oropeza is an example of hard work and service who makes Iowans proud.

Mr. Speaker, it is a profound honor to represent leaders like Dawn Martinez Oropeza in the United States Congress and it is with great pride that I recognize and applaud her for utilizing her talents to better both her community and the great state of Iowa. I invite my col-

leagues in the House to join me in congratulating Dawn Martinez Oropeza on receiving this esteemed designation, thanking those at Business Record for their great work, and wishing Ms. Martinez Oropeza a long and successful career.

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IN RECOGNITION OF PATRICK HENRY COLLEGE'S WORLD HUMAN RIGHTS MOOT COURT TITLE

**HON. BARBARA COMSTOCK**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Mrs. COMSTOCK. Mr. Speaker, I rise to acknowledge two students of Purcellville's Patrick Henry College for their incredible determination in winning the Nelson Mandela World Human Rights Moot Court Competition. Already owning nine of the past twelve American Moot Court Association National Championships, the students of Patrick Henry College were pitted against some of the world's best debaters this year in Geneva, Switzerland.

William Bock and Helaina Hirsch, both rising juniors at Patrick Henry College, competed against some of the best law students in the world to capture this prestigious title. Coached by Patrick Henry College Chancellor Michael Farris, William and Helaina beat a team of law students from Moi University in Kenya in the final round to be crowned world champions. To top off their incredible journey, William and Helaina were awarded the first and second place Oralist Honors at the Nelson Mandela World Human Rights Moot Court Competition.

Education is the cornerstone of American innovation and these students are championing their generation towards greater success. It is my hope that additional students will follow the standard of academic excellence set by William and Helaina. I encourage other students throughout our great Commonwealth to follow their example and strive to make a difference both at home and abroad.

Mr. Speaker, I would ask my colleagues to join me in applauding William Bock and Helaina Hirsch at Patrick Henry College for their incredible journey. I commend them on their accomplishments, and wish them all continued success in the future.

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TRIBUTE TO MICHAEL K. WOO UPON THE TWENTY-FIFTH ANNIVERSARY OF THE HOLLYWOOD FARMERS' MARKET

**HON. ADAM B. SCHIFF**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, September 6, 2016*

Mr. SCHIFF. Mr. Speaker, I rise today to honor Michael K. Woo and to recognize his co-founding of the Hollywood Farmers' Market in Los Angeles, California, which is celebrating its twenty-fifth anniversary.

Born in 1951, Michael grew up with his four siblings in Monterey Park, California. His parents, Wilbur and Beth Woo, and his grandfather, David Kitman Woo, ran a produce business in Los Angeles until the 1960's, when his father joined Cathay Bank, the first Chinese-