

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