

As medical progress means longer lives, families struggle to provide long-term family care than they did in past decades. Families are smaller and more spread out, and many family caregivers must juggle work and raising children in addition to their caregiving responsibilities. Family caregivers may need to operate complex medical equipment or practice delicate procedures without any formal training.

The “graying of America” will have a tremendous impact on families providing care for their older members.

Many public health officials are concerned that we may not be ready to assume the roles of family caregivers. Studies suggest that many Americans have not spent much time thinking about or preparing for long-term care. People who have no experience as a family caregiver may have extreme difficulty in approaching such a responsibility.

Mr. Speaker, the fact is that most of us will find ourselves in a similar situation, either giving or requiring long term care at various points in our lives.

Family caregivers often put themselves second as they balance competing commitments to their jobs, families, and communities. Tragically, more than 1 in 10 family caregivers report that their physical health has deteriorated as a result of extreme stress.

Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a family caregiver’s life.

Mr. Speaker, 40 to 70 percent of family caregivers have clinically significant symptoms of depression with approximately a quarter to half of these caregivers meet the diagnostic criteria for major depression.

We must also remember that many disabled veterans are supported by family caregivers. Having given so much for their country, I believe that they and their family members should not have to struggle to live out a full, dignified life.

Therefore, we should do everything possible to support family caregivers and lighten their burdens.

It begins with encouraging people to take adequate steps to prepare for their future care. This means setting aside funds to cover unforeseen medical expenses, signing a living will, and making preparations with family and friends. Health professionals must be sensitive to the needs of family caregivers and enlist them in formulating a patient’s long-term care plan.

We also need to make sure that family caregivers have access to information and resources that can help them meet their responsibilities with minimal strain and unnecessary cost.

Finally, we must ensure that the concerns of family caregivers are reflected in all major healthcare legislation.

We are all family caregivers, Mr. Speaker. I urge my colleagues to work together to support human dignity and the American family.

RECOGNIZING THE 100TH ANNIVERSARY OF STOCKTON GURDWARA

**HON. TOM McCLINTOCK**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. McCLINTOCK. Mr. Speaker, this is the story of a small group of families who long ago crossed a great ocean in search of religious tolerance and economic liberty; a land where people were free to enjoy the fruit of their own labor, to raise their children according to their own values, to practice their religious beliefs openly, to express their opinions without fear of retribution, to live their lives according to their own best judgment, and not according to the whims and mandates of the powerful.

That is the story of the pilgrims who crossed the Atlantic Ocean on the Mayflower in 1620 seeking a better future in a free land for their descendants. It is the very same story of pilgrims like Baba Vasakha Singh and Baba Jawala Singh Thathian who founded the Stockton Gurdwara Sahib a century ago, and all those who have followed since.

One hundred and fifty years ago, Abraham Lincoln said that although many people who were then in America could trace their families back to the American founding, many more had come since then, and could not. But, he said, “when they look through that old Declaration of Independence they find that those old men say that ‘We hold these truths to be self-evident, that all men are created equal,’ and then they feel that that moral sentiment taught in that day evidences their relation to those men, that it is the father of all moral principle in them, and that they have a right to claim it as though they were blood of the blood, and flesh of the flesh of the men who wrote that Declaration, and so they are.”

There is no religion more attuned to the principles of the American Declaration of Independence than the Sikh religion.

Both reject the idea of aristocracy and social class and instead judge every individual on his or her own merit and character.

Both embrace the unique notion that we are born with equal claim to unalienable rights that come directly from the “laws of nature and of nature’s God,” and not from government—rather, we create governments to protect these God-given rights and that whenever any form of government becomes destructive of these rights, it renounces its legitimacy.

And both have inspired and animated the aspirations of those around the world seeking to reclaim, protect and enjoy these God-given rights.

Individual liberty, personal responsibility, Constitutionally limited government—these are fundamental both to the Sikh Religion and to the American Founding.

Today, we celebrate not only a century of Sikh immigration and integration into America, together, we celebrate the immortal inscription on the American Liberty Bell, to “Proclaim Liberty Throughout ALL the Land, and Unto ALL the INHABITANTS Thereof.”

HONORING PAUL FORD

**HON. HEATH SHULER**

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. SHULER. Mr. Speaker, I rise today to honor several of the volunteers who have served in my District office over the past six years while I have been in office. A Member of Congress’ most important responsibility is to provide exceptional constituent services and these volunteers have assisted my staff in providing the excellent assistance so many have come to expect in our District. I take great pride in the work that each one has done on my behalf and on behalf of everyone in the 11th Congressional District of North Carolina.

These volunteers have always treated our constituents with the utmost respect and always made sure their needs were met in a timely fashion. I owe a debt of gratitude to each one of them for the support and friendship which they have shown me while I have served in Congress.

Paul Ford has played a valuable role as a volunteer from the very beginning of my time in Congress. Paul’s background as an attorney was especially beneficial in assisting constituents in resolving issues with the Office of Personnel Management. Paul was able to guide constituents through the often difficult and bureaucratic process required to resolve their disputes the agency. Many throughout western North Carolina are grateful for Paul’s assistance.

Paul should be proud of the service he has provided to our District and country. It has been an honor to serve with him and as I retire from office I wish him the very best in the future. Western North Carolina is a better place because of his efforts and I will cherish the memories of serving with Paul and the team by my side.

Mr. Speaker, I ask my colleagues to join me in recognizing and thanking Paul Ford for his hard work on behalf of all of western North Carolina and to wish him continued success in his future endeavors.

IN RECOGNITION OF THE 110TH ANNIVERSARY OF ST. JOHN NEPOMUCENE PARISH IN CLEVELAND, OHIO

**HON. DENNIS J. KUCINICH**

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. KUCINICH. Mr. Speaker, I rise today in honor and recognition of St. John Nepomucene Parish of Cleveland, as they celebrate 110 years of worship and service. St. John Nepomucene is one of only two Czech congregations left in the Cleveland Catholic Diocese.

In 1898, 200 Catholic Americans of Czech heritage met at the East 52nd Street home of Frank Stepanik. The gathering, organized by John Jira and Charles Vana, sparked the beginnings of a new parish. In 1902, St. John Nepomucene Parish was established. Parish members were also focused on the welfare of their children. To preserve the culture, history and language of their Eastern European

homeland for their children, members organized again to establish a school. In 1903, St. John Nepomucene School was established, with an enrollment of 300 students.

As immigrants navigated their way through the difficult transition toward assimilation in America, St. John Nepomucene served as a haven of security, faith, support and assistance. As immigrants embraced the freedoms and ideals of their new nation, St. John Nepomucene served as a bridge between two worlds—connecting Fleet Avenue to their homeland across the ocean.

Mr. Speaker and colleagues, please join me in honor, recognition and celebration of the generations of spiritual leaders and parishioners who founded, supported and sustained St. John Nepomucene Church for 110 years. The leaders and members of St. John Nepomucene Parish, past and present, continue their tradition of providing faith and hope to individuals and families throughout Slavic Village.

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HUDSON RIVER SCHOOL OF  
PAINTING

**HON. JAMES P. MORAN**

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. MORAN. Mr. Speaker, I rise today to call attention to the Hudson River School of Painting. The Hudson River School is the first American art movement. Begun in the early 1800s, the movement comprised three themes of American life at the time—discovery, exploration, and settlement. The style originally focused on landscape paintings of the Hudson River Valley and surrounding areas, before expanding to the nearby Catskill, Adirondack, and White Mountain ranges, eventually including locales far outside this narrow slice of upstate New York.

One of the Hudson River School's leading painters, Sanford Robinson Gifford, served in the New York State National Guard's Seventh Regiment during the Civil War. Mustered into service in defense of the Union, the Seventh Regiment's stay while in Virginia inspired Gifford to paint several scenes of the enlisted life. One of these paintings, "Bivouac of the Seventh Regiment, Arlington Heights, Virginia," captures a scene at the heart of Virginia's 8th Congressional District.

The legacy of the Hudson River School, however, is much greater than the paintings hanging on museum and gallery walls across the nation. These paintings, depicting historical landscapes across our country, captured the hearts of the American people. The majestic landscapes, seen by millions of Americans, fueled an interest in the conservation movement as the public demanded that many of the sites depicted by the Hudson River School be preserved for future generations. This conservation movement quickly led to the establishment of the first national park in 1872, giving rise to the creation of the National Park Service in 1916. Hundreds of millions of visitors travel, explore, and enjoy these parks every year.

Adding to the legacy of the Hudson River School is New York's Metropolitan Museum of Art. This landmark cultural institution was established with the help of artists from the Hud-

son River School of Painting, including Mr. Gifford. In addition to donating time, funds, and some paintings, these Hudson River School artists served as trustees and committee members.

Mr. Speaker, the impact of the Hudson River School is much greater than simply beautiful paintings of the mountainous river valley in New York. Its legacy can be found in our National Park system, our commitment to conservation and in our museums and cultural institutions enjoyed and appreciated by Americans all over the country.

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SUPPORTING OUR CLOSEST ALLY,  
ISRAEL

**HON. CHRISTOPHER H. SMITH**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. SMITH of New Jersey. Mr. Speaker, this week and even today Israel's terrorist enemies massively escalated their rocket attacks on our country's closest ally, Israel—Hamas has fired its rockets at large cities whose population has not been under attack for decades, including Tel Aviv and Jerusalem, the latter of which had never been subject to rocket attack. Sadly, three people have been killed.

Words cannot express the inhumanity and barbarity of these rocket attacks. The number of Israelis who live under daily threat of air attack has increased exponentially: more than a third of Israel's population lives in the Tel Aviv metropolitan area alone, which was last under rocket fire during the first Gulf War.

This is the moment for America to send a clear message: Hamas's rocket attacks are completely and totally unacceptable and unjustified and intolerable, their escalation even more so. The Israeli government has not only the right but the duty to defend its people. I want to recognize and applaud Israel for vigorously doing so, and for taking every reasonable precaution to avoid civilian casualties. I want to remind my colleagues that Hamas's goal is not to avoid civilian casualties, but to initiate conflict that will cause it, so that all the people killed, whether Israeli or Palestinian, are in fact Hamas's victims. Our hearts and prayers go out to their families.

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HONORING WHITNEY MITCHELL

**HON. HEATH SHULER**

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. SHULER. Mr. Speaker, I rise today to honor the members of my Congressional Staff who have served with me over the past six years while I have been in office. A Member of Congress' most important responsibility is to provide exceptional constituent services and my team is second to none in providing the best assistance to all in our District. My Washington, D.C. office is also tasked with researching, processing, analyzing, and making recommendations on an infinite number of reports, policies, and legislation. I could not ask for a more talented or dedicated team, and I take great pride in the work that each staff member has done not only on my behalf, but

also on behalf of the 11th Congressional District of North Carolina and the United States.

My team has shown a strong sense of dedication to meeting the needs of our constituency. I owe a debt of gratitude to each one of them for the support and friendship they have shown me during my six years of service in the Congress.

Whitney Mitchell has been an invaluable asset to my office since joining our team in February of 2009. Whitney's talents as a skilled and effective communicator were quickly recognized and rewarded with a series of promotions, ultimately achieving Press Secretary and Communications Director status. Few individuals on Capitol Hill have so effortlessly and skillfully developed a political acumen as sharp as Whitney's, or mastered the complexities of political nuance and communication as she has. Marking Whitney's strengths further still, she is also responsible for a broad portfolio of legislative issues for which she has proven her ability to rapidly research and synthesize voluminous amounts of information while also successfully reinterpreting complicated information into clearer, more comprehensible parts, the latter a critical skill to effectively communicate policy to our various constituent groups. In all, Whitney has been a trusted, loyal and exceptional member of my staff.

Whitney should be proud of the service she has provided to our District and country. It has been an honor to serve with Whitney and as I retire from office I wish her the very best in the future. Western North Carolina is a better place because of her efforts and I will cherish the memories of serving with Whitney and the team by my side.

Mr. Speaker, I ask my colleagues to join me in recognizing and thanking Whitney Mitchell for her hard work on behalf of all of western North Carolina and the United States and to wish her continued success in her future endeavors.

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HONORING THE 120TH ANNIVERSARY OF THE FRIENDLY SONS OF ST. PATRICK OF MORRIS COUNTY

**HON. RODNEY P. FRELINGHUYSEN**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Friday, November 16, 2012*

Mr. FRELINGHUYSEN. Mr. Speaker, I rise today to honor The Friendly Sons of St. Patrick of Morris County, Morristown, New Jersey as they celebrate their 120th Anniversary this year.

The Friendly Sons of St. Patrick is a national network of social organizations of men of Irish ancestry and affinity. Each local organization takes an active role in their community preserving the Irish history and heritage of its members while also participating in acts of charity. The purpose of each local Sons of St. Patrick organization is to provide an opportunity for Irish-Americans to meet in a spirit of comradeship for the common purpose of promoting, cultivating, celebrating and preserving interest in Irish arts, literature, history and culture.

The Friendly Sons of St. Patrick of Morris County was founded in the spirit of the first truly American St. Patrick's Day celebration