

Guru Nanak was born in November of 1469 in present-day Pakistan. According to Sikh traditions, the birth and early years of his life were marked with many events that demonstrated that he had been marked by divine grace.

He traveled far and wide, teaching people the message of one universal creator and that God is good and that God is everywhere. Guru Nanak also preached the universal message of justice and equality for all women's empowerment, service to others, and a devotion to nature and the environment.

Every year, Sikh pilgrims travel to his birthplace to remember his life and his message of love, compassion, and kindness, these values that we hold true every day.

I know from personal experience in my interactions with the Sikh leaders across my district and throughout this country that these values are instilled in each and every one of us and them.

Unfortunately, one such Sikh leader tragically passed away a week ago, and her loss is heavily felt by so many members, not only throughout California, but in India.

HONORING JASBIR "GUDDI" SIDHU

Mr. COSTA. Mr. Speaker, I rise to celebrate a beloved member of the Sikh community in my home of Fresno, California: Ms. Jasbir "Guddi" Sidhu.

Guddi lived an admirable life and made so many, countless contributions to our communities. For 25 years, she produced a weekly television show and was a founding member of KBIF 900, a local radio station.

Her weekend programming featured interviews with community members and cultural figures. She was a role model and a leader to all, especially young girls and women. It not only aired in Fresno, but also halfway around the world, in India. It was also streamed by thousands on social media.

Guddi was a member of numerous local organizations and worked hard to preserve the Punjabi culture and Sikh religion for children and families in her community and helped those assimilate who came from Punjab.

Mr. Speaker, I ask my colleagues to join me in honoring the service of Jasbir "Guddi" Sidhu, a beloved member of our community, who had a passion for people and made a difference.

SYRIA CRISIS

Mr. COSTA. Mr. Speaker, I rise today to draw attention to the recent events transpiring in northern Syria.

Turkey's continuing actions against the Kurds in northern Syria is not only appalling, but it is unjustifiable, and it is not right.

The Kurds have courageously fought side by side with our troops and deserve better, losing over 10,000 of their soldiers in defeating ISIL as the caliphate, but yet ISIL could come back. They are also guarding thousands of ISIS prisoners.

The Kurds have been our partners. The United States must immediately

impose sanctions on Turkey for their irresponsible and outrageous behavior.

This White House's actions, I believe, have made the situation possible; and now Congress must act to confront this unfolding humanitarian disaster, which is also a threat to our national security and damaging to our international reputation.

I will be supporting bipartisan legislation to confront the administration and Turkey on this matter later this week. I support H.J. Res. 77, which expresses the Congress' opposition to the administration's abandonment of our Kurdish allies.

Though Turkey is a NATO ally, we cannot stand by and let this happen in the face of reckless and irresponsible behavior on Turkey's part. And this isn't the first time Turkey has acted in this way.

This action has become necessary because of the unilateral actions that the President took without consulting Congress or our European allies. It makes no sense.

It is critical that we maintain our friendships and our alliances. America needs to have our alliances. We need to have friends.

When there is no longer a priority for this administration to embark upon maintaining our relationships with our allies—our friends—we go down a perilous path, mark my words. The United States needs its friends, and actions like this undermine our global image and risk us being seen as an unreliable partner in international affairs. We don't want to be seen as an unreliable partner in international affairs.

Mr. Speaker, I ask my colleagues to join me in calling for responsible leadership, on a bipartisan basis, on this issue.

RURAL BROADBAND DEVELOPMENT

The SPEAKER pro tempore. The Chair recognizes the gentleman from Pennsylvania (Mr. THOMPSON) for 5 minutes.

Mr. THOMPSON of Pennsylvania. Mr. Speaker, I rise today to discuss an issue that is incredibly important to me as a senior member of the House Agriculture Committee.

My vision for the future of rural America includes rebuilding the communities that provide much of our food, fiber, and energy, and to provide support for a robust rural economy. Of course, this is virtually impossible without reliable, high-speed, 5G broadband connectivity.

In the late 1800s, Thomas Edison created the first practical incandescent lightbulb. By 1925, half of all homes in the United States had electricity. Today, we take electricity for granted. We don't think twice when we flip a switch.

As we continue to experience today's modern technical revolution, it is my goal to see 5G broadband just as commonplace. Twenty-four million Ameri-

cans still do not have access to broadband, and the vast majority of these people live in rural areas.

A 2017 study by the United States Department of Agriculture discovered that 29 percent of American farmers did not have reliable internet access, despite the fact that agriculture is all about technology today. Without reliable broadband access, we are leaving money on the table, and the American economy is failing to meet its fullest potential.

Connectivity and competition go hand in hand, and we can continue to invest in rural communities with 5G. Agriculture, healthcare, energy, education, and so many other industries demand this level of service.

In 2018, we ushered in a new farm bill that underscored the importance of broadband in rural America. Under broadband guaranteed lending programs, larger rural communities are permitted to build infrastructure for telecommunication networks.

The farm bill also supports broadband development where it is most needed by prioritizing funds to rural communities that are at least 90 percent unserved.

We can also encourage innovation on this front through opportunity zones. Established by the 2017 Tax Cuts and Jobs Act, Mr. Speaker, opportunity zones incentivize long-term investments—private-sector investments—in rural, underserved, or economically distressed areas across the Nation through public-private partnerships.

In the Commonwealth of Pennsylvania, there are 300 opportunity zones—there are 18 congressional districts—and I am proud that 31 of these are in my district.

To tackle broadband development head-on, the FCC has introduced the idea of gigabit opportunity zones, and the proposal has a promising future ahead of it. Gigabit opportunity zones are designed specifically to address underserved areas by incentivizing State and local governments to foster connectivity, ultimately streamlining regulations, supporting job creators, and strengthening our neighborhoods.

Mr. Speaker, with continued investment in 5G broadband development, the future of rural America looks bright.

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LOW-INCOME SENIORS DRUG COVERAGE

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from New Hampshire (Ms. KUSTER) for 5 minutes.

Ms. KUSTER of New Hampshire. Mr. Speaker, I rise today in support of H.R. 4669, the Maximizing Drug Coverage for Low-Income Seniors Act.

This past week, I joined my colleagues, HALEY STEVENS, JAHANA HAYES, and TERRI SEWELL to introduce this commonsense legislation that will

help to ensure that low-income seniors are matched with the Medicare part D prescription drug program that is best for them.

I continue to hear from folks in New Hampshire who are struggling to pay for Medicare prescription drugs, often being forced to choose between groceries or rent, and the medications that they need.

Far too many Americans are forced to make these impossible choices between basic necessities for their families and their prescription medications. This legislation will help some of our most vulnerable Americans afford the medications they depend on to stay healthy, and it will save taxpayer dollars.

Mr. Speaker, I encourage my colleagues to support this important bill.

STATEWIDE AWARD FOR HOMETOWN HERO STEVE BOT

The SPEAKER pro tempore. The Chair recognizes the gentleman from Minnesota (Mr. EMMER) for 5 minutes.

Mr. EMMER. Mr. Speaker, I rise today to congratulate St. Michael's city administrator, Steve Bot, for receiving the 2019 James F. Miller Leadership Award from the League of Minnesota Cities.

This award is the most prestigious award for nonelected public servants in the State of Minnesota. Our office has the honor of working with Steve through his role as chair of the I-94 West Corridor Coalition which works to expand and improve this vital transportation route in Minnesota's Sixth District.

We recently joined Steve at St. Michael's new public works facility and saw firsthand the incredible work he is doing in St. Michael. It is evident that Steve's efforts to improve his community have been noticed by many, at home and around the State of Minnesota.

I congratulate Steve on this well-deserved award and thank him for everything he does for our community.

RECOGNIZING LAKE RIDGE CARE CENTER FOR 100 YEARS OF EXCELLENT CARE

Mr. EMMER. Mr. Speaker, I rise today to recognize Lake Ridge Care Center in Buffalo, Minnesota, for providing outstanding care for our seniors.

This year marks the center's 100th anniversary. For a century, this facility has offered short- and long-term care for older adults. Since a large number of residents are not mobile, the staff of this 100-year-old facility found a new way to get residents moving by starting a "Daily Boogie Walk" with music playing over a sound system.

With music requests from the 1950s and beyond, residents have been motivated to exercise. As a result, the center's quality measures rose from 41 percent to 70 percent of residents walking. They rose by 130 spots in our State's rankings.

Congratulations to the staff at Lake Ridge Care Center for their innovation

and going above and beyond, and thanks for caring for our seniors with a profound level of care.

CONGRATULATING BRYAN SCHAFFER ON 33 YEARS OF SERVICE

Mr. EMMER. Mr. Speaker, I rise today to congratulate Bryan Schaffer, development director of planning and community for the city of Blaine. He has done an incredible job. Bryan is officially retiring after 33 years of service.

Bryan started with the city in June of 1986 as a code compliance officer. Later, he became the city planner. Since 2000, he has been the director for the city. Bryan has left a lasting impact on our community.

Bryan's fingerprints are on the largest projects in Blaine, from the TPC Twin Cities golf course, which is home of the 3M Open—PGA Tour event, to the largest housing development Blaine has seen thus far, The Lakes, which added revenue and growing families to the city. Most notably, Bryan secured 580 acres of land that now serves as the Blaine Wetland Sanctuary.

Mr. Speaker, I thank Bryan for his service to the city. Good luck to him in his retirement.

EISENHOWER PRESIDENTIAL LIBRARY AND MUSEUM

The SPEAKER pro tempore. The Chair recognizes the gentleman from Kansas (Mr. MARSHALL) for 5 minutes.

Mr. MARSHALL. Mr. Speaker, this past weekend I had the honor of being back in my home State in Abilene, Kansas to honor our 34th President's 129th birthday, and to rededicate the newly remodeled Eisenhower Presidential Library and Museum.

I got to see old friends. I got to play in an old-timers baseball game. I got to hear part of Ike's story through the eyes of his granddaughter, Mary Jean, and his great-grandson, Merrill Atwater.

I have had a special connection to this Presidential museum since I was 9 years old when my dad was honored to be part of the honor guard for Ike's funeral procession.

Though I have been to the Eisenhower Library and Museum numerous times, I was once again enthralled with Ike's story. I was so impressed with the beautiful new layout and the modernization of the museum. This is, indeed, a great place to take children, to help them learn about the story of America.

Ike's story, his words, his Kansas values from over 60 years ago, ring as true today as they did then. Ike, who was born on the wrong side of the track, literally, held hard work and education in the highest regard. He often spoke of his home as the heartland of America. He spoke of the value of being part of a community and a humble lifestyle.

Ike was a visionary in many ways. He is now credited as being one of the top five Presidents in American history, and perhaps one of the greatest commanding generals of all time.

He started the fight for civil rights. He started NASA, the FAA, as well as the Department of Education. And, of course, he was responsible for the Interstate Highway System which we rely upon today. But of all the things which I saw, what struck the loudest chord was Ike's battle to end war, or as he called it "waging peace." In Ike's words, "I hate war as only a soldier who has lived it can . . ."

Ike was the first one to coin the phrase "peace through strength."

Ike went on to say: "Our economic strength and military strength are our Nation's shields—without which peace could never be preserved, nor freedom defended."

Dwight D. Eisenhower embodied the American ideal of success through hard work, opportunity, and a purposeful life. I am thrilled this great American and Kansan will soon be honored with a national monument here in Washington, D.C. to celebrate his life and legacy.

BREAST CANCER AWARENESS MONTH

Mr. MARSHALL. Mr. Speaker, for over 30 years, I wore a pink tie like the one I have on today to work almost every day. October is Breast Cancer Awareness Month, but what most people don't realize, is that one out of eight women develop breast cancer in their life.

As an obstetrician and gynecologist, I have had to tell hundreds of women that very bad news. That is why I try to remember every October, remember to encourage women to go get their mammogram done. If you are over the age of 35 and it has been over a year since your last mammogram, please call your physician's office, talk to a nurse and ask her: Is it time for you to go get your next mammogram done?

I think it is good for us to talk about risk factors for breast cancer, and, of course, everyone knows that the risk of a family member having breast cancer increases your risk, and that may encourage you to get your mammogram done more often and at a younger age.

If you have more than one first-degree relative with breast cancer, you want to talk to your doctor about some genetic studies to see if, indeed, you are carrying some type of a gene mutation that would increase your risk for breast cancer.

But there are other risk factors as well that people don't often think about. A poor diet that is high in fat increases your risk of breast cancer; obesity increases your risk of breast cancer; lack of exercise increases your risk of breast cancer; smoking increases your risk of breast cancer; and a history of radiation exposure to the chest increases your risk of breast cancer.

So a good diet, regular exercise—30 minutes of walking every day—will decrease your risk. What people often ask me about, though, are the ways that you can prevent breast cancer and decrease your risk. I have already mentioned a good diet and exercise, but