

There being no objection, the material was ordered to be printed in the RECORD, as follows:

THE ROLE OF THE FARM IN A HEALTHY DIET
(By Travis Koester)

Americans talk skinny, but eat fat. What can farmers do to help? American agriculture will feed the world with a safe, abundant, and affordable food supply. This has been our message in recent years. It is time for change. What word is missing? Healthy! Farmers can help Americans through education and making healthier food more available to low income families.

Living on a family dairy farm, what can I do? In a country where more than two-thirds of the population is overweight, adult food choices are often made on impulse, not intellect. Americans say they'd like restaurants to offer healthier items, but only 23 percent order those foods, according to research firm Technomic. We must reach the public at a young age. I can encourage teachers to welcome Farm Bureau Ag in the Classroom. These educational programs can influence my generation to eat healthy.

However, healthy food generally costs more than unhealthy food. How can we assist those with low incomes? Working with Partners in Food, our family farm donates lean healthy beef to local food banks, providing the underprivileged with nutritious protein. Furthermore, I live in a community with a plethora of gardens. Grandmother alone has four gardens! I will encourage my community to share excess garden items with the poor by using my family farm as a collection point. Neighbors and family can share healthy fruits and vegetables that I can deliver to local food banks promoting agriculture at the same time.

It is time for farmers to take action through education and making healthy food more available to the poor. One farmer at a time, we can make a difference and improve the health of our fellow Americans. Will you join me? American agriculture will feed the world with a safe, abundant, affordable, and healthy food supply.

THE ROLE OF THE FARM IN A HEALTHY DIET
(By Andrea Ledgerwood)

Indiana farms are crucial to our state's well-being. They provide healthy foods we eat every day, including milk, eggs, corn, and meat. The health of the animals occupying the farms ensures the quality of the food. Indiana farmers take pride in making sure only the healthiest products go to market.

On that note, we also get nutrients from these products. Milk from dairy cows can reduce the risk of health issues such as osteoporosis, some cancers, type two diabetes, and obesity to list just a few. It is just rich, cold, delicious, wholesome, fresh milk from our Hoosier dairy farmers who care about us. Hoosier farmers also grow sweet corn in the rich Indiana soil. Sweet corn contains only one gram of fat per ear of corn—that is seven times less fat than name brand granola bars. It also has significantly more vitamin C than most granola bars. Doesn't a crunchy, sweet, flavorful, fun to eat summer treat from our fellow Hoosier farmers sound delicious?

If Indiana were to have more farmers' markets in our cities and towns, I believe we could improve our state's average health, including obesity. When we incorporate educational and nutritional values, Hoosiers will soon realize that eating healthy can be easy, affordable, and fun. The Farm Bureau exhibit at the Indiana State Fair is an excellent example of people working together to educate the public about farm safety and the

healthiness of homegrown farm products. They have demonstrations, food samples, and very knowledgeable people that care about your health. I believe if we had more of those types of facilities around Indiana, people will be more encouraged to consume the rich, tasty, fresh farm products from our local Hoosier farmers. Don't you agree . . . there's a lot more than corn in Indiana!!

2011-2012 DISTRICT ESSAY WINNERS

District 1: Rachel Stoner, Kyle Venditti; District 2: Luke Lashure, Andrea Ledgerwood; District 3: Ross Kindig, Grace Ringer; District 4: Will Harris, Carley Myers; District 5: Bailey Hayes, Jonathan Meredith; District 6: Aiden Foran, Karsyn Gaynor; District 7: Courtney Brown, Sam Ellis; District 8: Elizabeth Field, Brevin Runnebohn; District 9: Hallie Klueg, Travis Koester; District 10: Jerry Clayton, Anne Franke.

2010-2011 COUNTY ESSAY WINNERS

Adams: Carley Myers and Triston Vetter, Adams Central Middle School. Allen: Haleigh DeVido and Luke Lashure, Saint Joseph Hessen Cassel School. Bartholomew: Aaron Kruchten and Audrey Wetzel, Central Middle School. Benton: Kendra Budreau and Joe Stembel, Benton Central Junior-Senior High School. Carroll: Morgan Dominguez, Delphi Community Middle School. Cass: Jodi Aleshire and Derek Sullivan, Southeastern School. Clay: Courtney Brown, Clay City Junior-Senior High School. Crawford: Nicholas Lahue and Nickki Parks, Crawford County Junior-Senior High School. Decatur: Sam Owens and Mika Shook, South Decatur Junior-Senior High School. Franklin: Sydney Browning and Dakota Busch, Mount Carmel School. Gibson: Cecilia Hall, Saint James Catholic School. Hamilton: Trenten Richardson, Carmel Middle School. Hendricks: Jonathan Meredith, Cascade Middle School. Howard: Will Harris and Anna Ortman, Northwestern Middle School.

Jackson: Anne Franke, Immanuel Lutheran School; Christopher Rust, Saint John's Lutheran School. Jay: Brett Laux and Abby Reier, East Jay Middle School. Lake: Mechai Sharks, Our Lady of Grace School; Kyle Venditti, Taft Middle School. Marion: Aiden Foran and Karsyn Gaynor, Immaculate Heart of Mary School. Monroe: Sam Ellis, Bachelor Middle School. Newton: Ross Kindig and Grace Wernert, South Newton Middle School. Owen: Caroline Sebastian, Owen Valley Middle School. Parke: Ross Akers and Bailey Hayes, Rockville Junior-Senior High School. Perry: Izic Holmes, Cannelton City Schools. Pike: Taylor Carlisle, Pike Central Middle School. Porter: Rachel Stoner, Morgan Township Middle School. Rush: Elizabeth Field and Brevin Runnebohn, Benjamin Rush Middle School. Steuben: Andrea Ledgerwood, Prairie Heights Middle School. Switzerland: Jerry Clayton and Destiny Marcum, Switzerland County Middle School. Vanderburgh: Hallie Klueg, Thompkins Middle School; Travis Koester, Saint Wendel Catholic School. Wayne: Conner Allen and Amanda Wilson, Centerville Junior High School. White: Zeb Davis and Grace Ringer, Frontier Junior-Senior High School.●

TRIBUTE TO BRIGADIER GENERAL
JOHN R. McMAHON

● Mrs. MURRAY. Mr. President, it is with great privilege that I congratulate BG John R. McMahon, division commander of the Northwest Division of the U.S. Army Corps of Engineers, on his well-deserved retirement after a long and successful career serving our country. Brigadier General McMahon

has been stationed with the Northwest Division since 2009, and my staff and I have had the pleasure of working extensively with him during that time.

An example of Brigadier General McMahon's leadership ability was his response to a storm that caused serious damage to the Howard Hanson Dam in King County. The storm raised the flood threat for hundreds of thousands of residents in the Green River Valley, which is home to one of the largest manufacturing and distribution bases on the west coast. Brigadier General McMahon and the Army Corps reacted quickly and decisively to respond and repair right abutment seepage issues and other potential failure modes, allowing the facility to return to normal operation in less than three years.

During his tenure, Brigadier General McMahon addressed the need to replace three lock gates on the Columbia-Snake River navigation system, and that was no small feat. He has also worked extensively to lay the groundwork with the Department of State in preparation for the upcoming renewal of the Columbia River Treaty. Brigadier General McMahon's hard work leaves a strong legacy upon which these important efforts may progress.

Additionally, as we all know, the Missouri River system witnessed some of the worst flooding in history in 2011. Under Brigadier General McMahon's leadership, the Army Corps responded quickly and efficiently to minimize the threats of rising floodwaters and to answer calls for help in repairing the extensive damage caused by these floods. For this, so many are grateful. His professionalism and expertise helped our Nation through this disaster and undoubtedly lessened the destruction and prevented loss of life.

On behalf of all who live in the Pacific Northwest, I thank Brigadier General McMahon for his dedication to the safety and well-being of the people of our region. His knowledge, experience, and tireless effort will be sorely missed. Mr. President, I congratulate General McMahon and wish him and his family the best of luck in their future endeavors.●

REMEMBERING PAUL SANDOVAL

● Mr. UDALL of Colorado. Mr. President, today I wish to honor a great Colorado leader and dear friend, Mr. Paul Sandoval. Two days ago, Paul passed away after a battle with pancreatic cancer, and I want to take this opportunity to honor his tremendous legacy and express my profound sadness at the loss of my dear friend a man who was the consummate public servant. I knew Paul as a fiercely compassionate person, tough yet kind, and he maintained these qualities throughout his battle with cancer.

Paul was a true family man. Known for his modesty and generosity, he gave as much to his family and friends as he did to his community and the State of Colorado. But it is not easy to express

just how much Paul meant to the people of Colorado.

He was perhaps most proud of this crowning achievement: being a tamale maker. He left an indelible impact on the culinary landscape of the State. I won't be the first or last to say this, but Paul's tamale shop, La Casita, makes the best tamales in Denver. People flocked to his restaurant, a landmark in north Denver, not only because of his delicious "mile high traditional" tamales but because of the community he created for all who visited. For the past four decades, anyone seeking fresh tamales and stimulating conversation about politics made a visit to Paul's restaurant.

The consummate public servant, Paul was often called the godfather of Colorado politics. He served the State faithfully as a State senator, a member of the Denver school board, and an adviser to elected officials at the local, State and Federal levels. I often relied on Paul's guidance, and I feel the loss of his counsel and friendship deeply.

I admire Paul because he never let partisanship get in the way of a good idea. As a supporter of Democrats, Republicans, and Independents, he valued a person's character and integrity, not party affiliation. Good people make the call to public service worth heeding, and Paul was one of the best. He embodied the Colorado principle that when you work together, things get done for the good of Colorado's families. Paul's example inspires my approach to bipartisanship and collaboration in the Senate today.

Paul's hard-working, entrepreneurial spirit stems from his early life and experiences. He started selling the Denver Post at the age of 6 and was delivering groceries for a local market by the eighth grade. At that young age he even tracked down a customer who owed him for a newspaper, then negotiated with the man to pay interest for holding out. His early training in negotiation paid off for Colorado because Paul became one of our State's talented bridge-builders: he formulated commonsense public policy and then brought people together to achieve it.

The son of the founder of a meatpacking union, Paul had politics in his blood and was elected to the Colorado State Senate in 1974. In the Senate, Paul was a champion of many issues, but education issues held a special place in his heart and on his agenda. His leadership ensured the passage of Colorado's first bilingual education bill, and he cofounded the Chicano Education Project to implement bilingual curricula across the State. Paul furthered his commitment to educating Colorado's future leaders by later joining the Denver school board, and he personally set up scholarship funds to support undergraduate and graduate students.

For all of his work and in recognition of his leadership throughout the State, Paul received awards too numerous to recount here. Most recently, he was

awarded the Hispanic Chamber of Commerce of Metro Denver's Lifetime Achievement Award. In addition, at this year's Jefferson Jackson Day Dinner, the Colorado Democratic Party honored him with its Lifetime Achievement Award.

My thoughts and prayers are with Paul's beloved wife Paula, his children, and his family, and I share their profound grief at the loss of my dear friend and confidant. But Paul's legacy will endure through the family he cherished, the generations of public servants he mentored, and the gift of inspiration he imparted to all of us.

I can think of no better way to describe Paul than as authentic, a real believer in what people could do through a good education and hard work, and a man who nourished a better political system the same way he nourished us with the best tamales in Denver. Paul Sandoval will be deeply missed but always remembered, for his extraordinary spirit.●

MESSAGES FROM THE PRESIDENT

Messages from the President of the United States were communicated to the Senate by Mr. Pate, one of his secretaries.

EXECUTIVE MESSAGES REFERRED

As in executive session the Presiding Officer laid before the Senate messages from the President of the United States submitting sundry nominations and withdrawals which were referred to the appropriate committees.

(The nominations received today are printed at the end of the Senate proceedings.)

MESSAGE FROM THE HOUSE

At 10:35 a.m., a message from the House of Representatives, delivered by Mrs. Cole, one of its reading clerks, announced that the House has passed the following bills, in which it requests the concurrence of the Senate:

H.R. 1038. An act to authorize the conveyance of two small parcels of land within the boundaries of the Coconino National Forest containing private improvements that were developed based upon the reliance of the landowners in an erroneous survey conducted in May 1960.

H.R. 2146. An act to amend title 31, United States Code, to require accountability and transparency in Federal spending, and for other purposes.

H.R. 3336. An act to ensure the exclusion of small lenders from certain regulations of the Dodd-Frank Act.

The message further announced that the House disagree to the amendment of the Senate to the bill (H.R. 4348) to provide an extension of Federal-aid highway, highway safety, motor carrier safety, transit, and other programs funded out of the Highway Trust Fund pending enactment of a multiyear law reauthorizing such programs, and for other purposes, and agree to the con-

ference asked by the Senate on the disagreeing votes of the two Houses thereon, and appoint the following Members as managers of the conference on the part of the House:

From the Committee on Transportation and Infrastructure, for consideration of the House bill (except section 141) and the Senate amendment (except sections 1801, 40102, 40201, 40202, 40204, 40205, 40305, 40307, 40309-40312, 100112-100114, and 100116), and modifications committed to conference: Messrs. MICA, YOUNG of Alaska, DUNCAN of Tennessee, SHUSTER, Mrs. CAPITO, Mr. CRAWFORD, Ms. HERRERA BEUTLER, Messrs. BUCSHON, HANNA, SOUTHERLAND, LANKFORD, RIBBLE, RAHALL, DEFAZIO, COSTELLO, Ms. NORTON, Mr. NADLER, Ms. BROWN of Florida, Messrs. CUMMINGS, BOSWELL, and BISHOP of New York.

From the Committee on Energy and Commerce, for consideration of section 142 and titles II and V of the House bill, and sections 1113, 1201, 1202, subtitles B, C, D, and E of title I of division C, sections 32701-32705, 32710, 32713, 40101, and 40301 of the Senate amendment, and modifications committed to conference: Messrs. UPTON, WHITFIELD, and WAXMAN.

From the Committee on Natural Resources, for consideration of sections 123, 142, 204, and titles III and VI of the House bill, and section 1116, subtitles C, F, and G of title I of division A, section 33009, titles VI and VII of division C, section 40101, subtitles A and B of title I of division F, and section 100301 of the Senate amendment, and modifications committed to conference: Messrs. HASTINGS of Washington, BISHOP of Utah, and MARKEY.

From the Committee on Science, Space, and Technology for consideration of sections 121, 123, 136, and 137 of the House bill, and section 1534, subtitle F of title I of division A, sections 20013, 20014, 20029, 31101, 31103, 31111, 31204, 31504, 32705, 33009, 34008, and division E of the Senate amendment, and modifications committed to conference: Messrs. HALL, CRAVAACK, and Ms. EDDIE BERNICE JOHNSON of Texas.

From the Committee on Ways and Means, for consideration of sections 141 and 142 of the House bill, and sections 1801, 40101, 40102, 40201, 40202, 40204, 40205, 40301-40307, 40309-40314, 100112-100114, and 100116 of the Senate amendment, and modifications committed to conference: Messrs. CAMP, TIBERI, and BLUMENAUER.

MEASURES REFERRED

The following bills were read the first and the second times by unanimous consent, and referred as indicated:

H.R. 1038. An act to authorize the conveyance of two small parcels of land within the boundaries of the Coconino National Forest containing private improvements that were developed based upon the reliance of the landowners in an erroneous survey conducted in May 1960; to the Committee on Energy and Natural Resources.