

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