

citizens to join in the spirit of this special holiday.●

NATIONAL PECAN MONTH

● Mr. CLELAND. Mr. President, April is "National Pecan Month." One of the nation's important agricultural products, pecans are the only major tree nut that can be considered a true American nut. Pecans were first discovered growing in North America and parts of Mexico in the 1600's and were given the name "pecan" based on the Native American word of Algonquin origin, meaning "all nuts requiring a stone to crack." Pecans were favored by pre-colonial residents and served as a major source of food because they were accessible to waterways and easier to shell than other North American nut species.

Today, pecans are grown in Alabama, Arizona, Arkansas, California, Florida, Georgia, Kansas, Louisiana, Mississippi, New Mexico, North Carolina, Oklahoma, South Carolina and Texas and are enjoyed around the world as the perfect nut. According to U.S. Department of Agriculture statistics, over 346 million pounds of pecans were produced in the U.S. in 1999. In fact, the majority of the world's pecan production, 80 percent, comes from the U.S.

While valued for their wonderful aroma and flavor, scientific research has begun to recently reveal an even more important reason to make pecans part of an everyday, healthy diet. According to researchers at leading academic institutions in this country, pecans have many of the important nutritional attributes that health professionals recommend. Not only are nutrition researchers finding that pecans can lower blood cholesterol levels when incorporated into the diet, food scientists have also found that pecans are a concentrated source of plant sterols, which are widely touted for their cholesterol-lowering ability. Numerous studies have also shown that phytochemicals like those found in pecans act as antioxidants, which can have a protective effect against many diseases.

Since 90 percent of the fat in pecans are of the heart-healthy unsaturated variety, they fit right into the government's latest U.S. Dietary Guidelines for Americans issued in May 2000. The latest dietary guidelines from the American Heart Association, AHA, also bode well for pecan lovers. The new AHA guidelines specifically advise Americans to limit their intake of saturated fat and to "substitute grains and unsaturated fatty acids from fish, vegetables, legumes and nuts" in its place.

In addition to their cholesterol-lowering properties and heart-healthy fats, pecans contain more than 19 important vitamins and minerals, including vitamins A and E, folic acid, calcium, magnesium, phosphorus, potassium, zinc and several B vitamins, and are a good

source of fiber. Pecans are part of the protein group in the U.S. Department of Agriculture's Food Guide Pyramid, making them a nutritious alternative for Americans who are vegetarians or striving to eat a more plant-based diet. Pecans, which are naturally sodium-free, are also ideal for anyone who wishes to restrict their sodium intake.

Pecans, a true all-American nut, deserve to be recognized. Not only for their long history of providing sustenance and enjoyment, but for the health benefits they can provide to Americans—especially those striving to eat a healthier diet. I hope my colleagues will join me in celebrating "National Pecan Month."●

MESSAGES FROM THE PRESIDENT

Messages from the President of the United States were communicated to the Senate by Ms. Evans, 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 which referred to the appropriate committees.

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

MEASURES PLACED ON THE CALENDAR

The following bill was read the second time, and placed on the calendar:

H.R. 8. An act to amend the Internal Revenue Code of 1986 to phaseout the estate and gift taxes over a 10-year period, and for other purposes.

EXECUTIVE AND OTHER COMMUNICATIONS

The following communications were laid before the Senate, together with accompanying papers, reports, and documents, which were referred as indicated:

EC-1341. A communication from the Acting Administrator of Agricultural Marketing Service, Fruit and Vegetable Programs, Department of Agriculture, transmitting, pursuant to law, the report of a rule entitled "Nectarines and Peaches Grown in California; Revision of Handling Requirements for Fresh Nectarines and Peaches" (Doc No. FV01-916-1 IFR) received on April 3, 2001; to the Committee on Agriculture, Nutrition, and Forestry.

EC-1342. A communication from the Deputy Associate Administrator of the Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Fenpyroximate; Time-Limited Pesticide Tolerance" (FRL6773-2) received on April 3, 2001; to the Committee on Agriculture, Nutrition, and Forestry.

EC-1343. A communication from the Deputy Associate Administrator of the Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Imidacloprid; Pesticide Tolerance"

(FRL6777-6) received on April 3, 2001; to the Committee on Agriculture, Nutrition, and Forestry.

EC-1344. A communication from the Deputy Associate Administrator of the Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Approval and Promulgation of Implementation Plans; State of Missouri" (FRL6964-1) received on April 3, 2001; to the Committee on Environment and Public Works.

EC-1345. A communication from the Deputy Associate Administrator of the Environmental Protection Agency, transmitting, pursuant to law, the report of a rule entitled "Amendments to Vehicle Inspection Maintenance Program Requirements Incorporating the Onboard Diagnostic Check" (FRL6962-9) received on April 3, 2001; to the Committee on Environment and Public Works.

EC-1346. A communication from the Director of the Office of Regulations Management, Veterans Benefits Administration, Department of Veterans Affairs, transmitting, pursuant to law, the report of a rule entitled "Signature by Mark" (RIN2900-AK07) received on April 3, 2001; to the Committee on Veterans' Affairs.

EC-1347. A communication from the Director of the Office of Regulations Management, Veterans Benefits Administration, Department of Veterans Affairs, transmitting, pursuant to law, the report of a rule entitled "Claims Based on the Effect of Tobacco Products" (RIN2900-AJ59) received on April 3, 2001; to the Committee on Veterans' Affairs.

EC-1348. A communication from the Director of the Office of Federal Housing Enterprise Oversight, transmitting, pursuant to law, the report of a rule entitled "Assessments" (RIN2550-AA15) received on April 2, 2001; to the Committee on Banking, Housing, and Urban Affairs.

EC-1349. A communication from the Director of the Office of Federal Housing Enterprise Oversight, transmitting, pursuant to law, the report of a rule entitled "Rules of Practice and Procedure" (RIN2550-AA16) received on April 2, 2001; to the Committee on Banking, Housing, and Urban Affairs.

EC-1350. A communication from the Acting Assistant Secretary of Legislative Affairs, Department of State, transmitting, pursuant to the Arms Export Control Act, the certification of a proposed Manufacturing License Agreement with the Republic of Korea; to the Committee on Foreign Relations.

EC-1351. A communication from the Acting Assistant Secretary of Legislative Affairs, Department of State, transmitting, pursuant to law, a report concerning the promulgation of an interim rule which amends 22 CFR 41.81; to the Committee on Foreign Relations.

EC-1352. A communication from the Chief of the Regulations Unit, Internal Revenue Service, Department of the Treasury, transmitting, pursuant to law, the report of a rule entitled "Announcement and Report Concerning Pre-Filing Agreements" (Ann. 2001-38, 2001-17) received on April 3, 2001; to the Committee on Finance.

EC-1353. A communication from the Chief of the Regulations Unit, Internal Revenue Service, Department of the Treasury, transmitting, pursuant to law, the report of a rule entitled "2000 Nonconventional Source Fuel Credit" (Notice 2001-31) received on April 3, 2001; to the Committee on Finance.

EC-1354. A communication from the Secretary of the Treasury, transmitting, pursuant to law, the Financial Report of the United States Government for Fiscal Year 2000; to the Committee on Governmental Affairs.

EC-1355. A communication from the Director of the National Science Foundation,