

joy to their parents. Susan Upchurch was born on May 1, 1962, and Sharon Upchurch was born on November 5, 1963.

The marriage of Sharon Upchurch to Michael Maita has been blessed with two children. William and Catherine are the proud grandparents of Alyssa Morgan Maita, born on January 5, 1998, and Andrew Jordan Maita, born on October 1, 1999.

I am pleased to help honor the Upchurches, their strong and enduring marriage, and the wonderful family they have raised. Mr. Speaker, I am sure the whole House will join me in wishing the Upchurches all the best in the years to come.

RECOGNITION OF FOOD ALLERGY
AWARENESS WEEK

HON. THOMAS M. DAVIS

OF VIRGINIA

IN THE HOUSE OF REPRESENTATIVES

Monday, May 8, 2000

Mr. DAVIS of Virginia. Mr. Speaker, I rise to bring to the attention of my colleagues the celebration of Food Allergy Awareness Week, which will be observed around the country this week, May 8–12. The Food Allergy Network, which is based in my district, is celebrating this week to increase the public's awareness of food allergies and anaphylaxis.

Scientists estimate that more than 6 million American children and adults have food allergies. A food allergy is the immune system's reaction to a certain food, which differs from food intolerance; a metabolic disorder. During an allergic reaction the immune system mistakenly believes that a harmless substance, in this case a food item, is harmful. In its attempt to protect itself, the body creates specific antibodies to that food. The next time the individual eats that food, the immune system releases massive amounts of chemicals and antihistamines. These chemicals trigger a cascade of allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin, or cardiovascular system.

Any food can cause an allergic reaction, but eight foods cause 90 percent of all food allergies and they are: milk, egg, wheat, peanut, soy, tree nuts, fish, and shellfish. In most cases, children outgrow their food allergy with the exception of allergies to peanuts, tree nuts, fish, and shellfish, which are life-long allergies.

Presently, a cure does not exist for food allergies, only a strict avoidance of the problematic food will allow these individuals to lead a near-normal life. Therefore, accurate food labeling is vital to avoid life-threatening allergens.

If a problematic food is consumed, the individual will experience symptoms ranging from a tingling sensation in the mouth, swelling of the tongue and the throat, difficulty breathing, hives, vomiting, abdominal cramps, diarrhea, drop in blood pressure, loss of consciousness, to death. Symptoms will typically appear within minutes or up to two hours after the person has eaten the food to which he or she is allergic. The most severe reaction will cause anaphylactic shock or anaphylaxis. Anaphylaxis is a sudden, severe, potentially life-

threatening allergic reaction. It typically involves two or more of the body's systems and can be fatal, sometimes within minutes. Peanuts, nuts, fish and shellfish commonly cause the most severe reactions.

Epinephrine also called adrenaline, is the medication of choice for treating a severe food allergy reaction. Epinephrine usually relieves anaphylactic symptoms for about 15 minutes, just long enough for the patient to get medical treatment. That is why it is so very important that ambulances and emergency health care providers, such as EMT's carry and be allowed to administer this life-saving drug. Unfortunately, only nine states currently allow EMT's to administer epinephrine, but the Food Allergy Network has been working hard to educate states about why this is so vitally needed.

Mr. Speaker, physicians are reporting an increase in the number of patients with food allergies across the country. It is estimated that between 100 and 200 people die each year from food allergy-related reactions. That is why the Food Allergy Network's mission of increasing public awareness about food allergies and anaphylaxis, to provide education, and to advance research on behalf of all those affected by food allergies is so important. I hope that all of my colleagues will join me in supporting Food Allergy Awareness Week and recognizing the valuable work of the Food Allergy Network.

SPECIAL RECOGNITION AND COM-
MENDATION FOR ALVIN R. BELL,
ON HIS RETIREMENT FROM PUB-
LIC EDUCATION

HON. MICHAEL G. OXLEY

OF OHIO

IN THE HOUSE OF REPRESENTATIVES

Monday, May 8, 2000

Mr. OXLEY. Mr. Speaker, today I rise to spotlight a very special individual who has unselfishly given his time, energy, and spirit to others in the Fourth Congressional District of Ohio. The month of June will pose many challenges to Findlay High School since it will be losing a top notch teacher and educator to a well-deserved retirement. His shoes will be very difficult to fill.

Al Bell has taught at Findlay High, my alma mater, in Findlay, Ohio since 1964. It is not every high school that can boast of a teacher who has taught there for 36 years. Over the years I have witnessed how Al cares very deeply for his high school community family. For twelve years, Al has instructed and guided his students to state and national awards for their accomplishments in the We the People . . . competition. He has served eleven years as the History Department chair at FHS. Al sat on the Strategic Planning Committee for Technology and the Selection Committee for the Robert H. Hill Award for Findlay City Schools. Al has served in all aspects of academic life. He has been a teacher, advisor, scholar, international consultant and mentor. He knows inside and out how to guide a school to academic success and national recognition.

The Center for Civic Education has also recognized that Al's academic strength and pro-

fessionalism can benefit those around the world. He has served in both consultative and editorial roles for the Center. The Center has twice selected Al to travel to war-torn Bosnia to help educate Bosnian teachers on the virtues and benefits of democracy and how to impart this knowledge to young Bosnians. Al Bell is a peacekeeper in his own right.

Though he will no longer work as a teacher for FHS, he will never be far from it in mind and spirit. The inspiration to "think" is perhaps one of his greatest legacies which lives on in those blessed enough to have known him. To Al and his wife, Judy, all the best as they approach this new adventure of retirement together.

SENATE COMMITTEE MEETINGS

Title IV of Senate Resolution 4, agreed to by the Senate on February 4, 1977, calls for establishment of a system for a computerized schedule of all meetings and hearings of Senate committees, subcommittees, joint committees, and committees of conference. This title requires all such committees to notify the Office of the Senate Daily Digest—designated by the Rules committee—of the time, place, and purpose of the meetings, when scheduled, and any cancellations or changes in the meetings as they occur.

As an additional procedure along with the computerization of this information, the Office of the Senate Daily Digest will prepare this information for printing in the Extensions of Remarks section of the CONGRESSIONAL RECORD on Monday and Wednesday of each week.

Meetings scheduled for Tuesday, May 9, 2000 may be found in the Daily Digest of today's RECORD.

MEETINGS SCHEDULED

MAY 10

9:30 a.m.

Indian Affairs

To hold hearings on proposed legislation authorizing funds for programs of the Indian Health Care Improvement Act. SR-485

Armed Services

Closed business meeting to markup proposed legislation authorizing appropriations for fiscal year 2001 for military activities of the Department of Defense. SR-222

Appropriations

Labor, Health and Human Services, and Education Subcommittee

Business meeting to markup proposed legislation making appropriations for the Departments of Labor, Health and Human Services, and Education, and Related Agencies for the fiscal year ending September 30, 2001. SD-192

Governmental Affairs

To hold hearings on the nomination of Anna Blackburne-Rigsby, of the District of Columbia, to be an Associate Judge of the Superior Court of the District of Columbia; the nomination of Thomas J. Motley, of the District of