district court. Her service on the New Mexico Court of Appeals, 1978-1984, led to her being appointed to the New Mexico Supreme Court where she became the first woman to sit on that bench.

During a critical period for women's rights, Mary Walters took the lead in our state and in our profession. She had many admirers. My wife, Anne, and I, were among them. She was a marvelous person whose life was a blessing to all who appreciated her strength and spirit, and whose death reminds us all what a force for good she was.

CELEBRATION OF CHAUL CHHNAM, CAMBODIAN NEW YEAR

• Mr. REED. Mr. President, I rise today to join Cambodian-Americans in celebration of the traditional Cambodian New Year, Chaul Chhnam, one of the major celebrations of the Cambodian culture. For three days this month, gatherings across the United States will celebrate the beginning of the year. I take this opportunity to wish all Cambodian Americans a very happy New Year.

New Year celebrations are about the passing of time and the rejuvenation of optimism for the future. The Cambodian New Year is this and more. It represents a traditional end of the harvest and a celebration of faith. Traditionally, it was a time for farmers to relax before the rainy season began. The start of the New Year is marked by the sounding of a bell. With the sounding, it is believed that the New Angel arrives. Throughout the day people participate in ceremonies and bring food to the Buddhist monks and religious leaders. The second day of celebration, or Vana Bat, is a time to show consideration for others. Gifts are given to parents, grandparents and teachers, and the respect and generosity is offered to the less fortunate. The third day, or Loeng Sak, includes more religious ceremonies and rituals to bring good luck and happiness to families.

In my home state of Rhode Island there are numerous businesses owned by Cambodian-American families, most of them in the capital city Providence. These families enrich Rhode Island with their diversity and culture, and their hard work contributes much to the local economy. I would like to wish each one of them a happy New Year.

The Cambodian New Year is an appropriate time to remind all Americans why we must support the political and economic stabilization of Cambodia. As Cambodia continues to recover from three decades of civil conflict, including the atrocities committed by the Khmer Rouge, it is critical that the United States and international community aid the Cambodian people in their efforts to build a lasting democracy.

As we approach the beginning of Chaul Chhnam, I encourage all U.S. 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 Jersey, 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 and 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."