



USDA Civil Rights

LA Civil Rights

NHQ Civil Rights

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Quarterly Quote~

“From the equality of rights springs identity of our highest interests; you cannot subvert your neighbor's rights without striking a dangerous blow at your own.”
— Carl Schurz

Happy 40th Birthday Title IX!

-Johanna Pate, Civil Rights Chairperson

On June 23, 1972, President Richard Nixon signed Title IX of the Education Amendments of 1972, 20 U.S.C. §1681 et seq., into law. Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. The principal objective of Title IX is to avoid the use of federal money to support sex discrimination in education programs and to provide individual citizens effective protection against those practices. Title IX applies, with a few specific exceptions, to all aspects of federally funded education programs or activities. In addition to traditional educational institutions such as colleges, universities, and elementary and secondary schools, Title IX also applies to any education or training program operated by a recipient of federal financial assistance.

It's hard to imagine that 40 years ago, young women faced limited enrollment into many colleges and universities, athletic scholarships for females were rare, and math and science was a realm reserved for boys. It was a common societal belief that men would always be the family's primary wage earner; therefore, it was accepted that universities would allow men entrance prior to women. For that reason, Title IX brought about much controversy as it aimed to bring equality to the education system. The New York Times even took a stand against Title IX, saying that ending limited female college admissions was “educationally unsound.”

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During the 1970s, coaches and the NCAA pushed back against the new law, trying repeatedly to water it down, but failed. In the 1980s, administrations interpreted the law to cover only the programs receiving federal money, which excluded athletics – and to the surprise of many, in 1984, the Supreme Court agreed. Until 1988, when Congress finally restored the original intent, Title IX had no teeth. By then, attitudes had changed. A generation of girls was flooding soccer and softball fields, basketball and volleyball courts, ready to play. The reality came home during the Atlanta Olympics in 1996 – The “Title IX Babies” (those born in the early 1970s and later) showed America their commitment to athletic competition by winning gold in gymnastics, soccer, synchronized swimming, basketball and softball.

Below is information obtained from the National Federation of State High School Associations, NCAA, National Center for Education Statistics, Association of American Medical Colleges and American Bar Association.

SCORECARD		
	1971-1972	2010-2011
•Number of girls in high school varsity sports	294,015	3,173,549
•Number of women in college sports	29,977	191,131
•Number of Bachelor's degrees awarded to women	386,683	915,131
•Number of women entering medical school	1,653	9,037
•Number of women in law schools	8,914	68,502

2012 Pride Celebration Quiz

-submitted by Cheryl Turbeville, Gay, Lesbian, Bisexual, Transgender SEPM

1. What advocacy group’s mission is to achieve “workplace equality for all; inclusive of all sexual orientations, gender identities, expressions, and characteristics?”

- a. Out & Equal
- b. Gay, Lesbian and Straight Education Network
- c. Equality Across America
- d. OutServe

2. This illustrious poet, who is widely thought to have been gay, famously penned the line: “What happens to a dream deferred? Does it dry up like a raisin in the sun? Or does it fester like a sore—and then run?”

- a. Virginia Woolf
- b. John Ashbury
- c. W.H. Auden
- d. Langston Hughes

3. The first US President to openly support gay marriage while in office was

- a. Bill Clinton
- b. George W. Bush
- c. Barack Obama
- d. Jimmy Carter

4. In 2010, he became the first openly transgendered athlete to play NCAA Division 1 Basketball at George Washington University

- a. Brendan Burke
- b. Kye Allums
- c. Emile Griffith
- d. Lindsay McLean

5. This bill, which would prohibit civilian, non-religious employers from discriminating in hiring and employment on the basis of sexual orientation or gender identity, has been introduced in every Congress since 1994 (except the 109th).

- a. FNDA (Federal Non Discrimination Act)
- b. Civil Rights Act of 1991
- c. Ryan White Act
- d. ENDA (Employment Non Discrimination Act)

6. In 1973 this well-regarded, but sometimes controversial, psychologist spearheaded the removal of homosexuality from the Diagnostic and Statistical Manual of Mental Disorders (DSM)

- a. Robert Spitzer
- b. Beverly Greene
- c. Gary W. Harper
- d. Susan Cochran

7. Executive Order 13087 was signed by President Clinton in May of 1998. What did it do?

- a. Prohibited discrimination based on sexual orientation in the competitive service of the federal civilian workforce
- b. Established "Don't Ask, Don't Tell"
- c. Prohibited discrimination based on sexual orientation by insurance

- companies
- d. Established June as LGBT Pride Month

8. For five weeks in the fall of 2004 this tennis player, and member of the LGBT community, was ranked #1 in the world. Additionally, she is the first tennis player to come out without losing any major sponsors.

- a. Billy Jean King
- b. Martina Navratilova
- c. Amelie Mauresmo
- d. Rennae Stubbs

9. Who was the first US representative to voluntarily come out as a member of the LGBT community in 1987? (2012 marks the 25th anniversary of this historic announcement)

- a. Tammy Baldwin (Wisconsin's 2nd District)
- b. Jared Polis (Colorado's 2nd District)
- c. David Cicilline (Rhode Island's 1st District)
- d. Barney Frank (Massachusetts' 4th District)

10. The first openly gay ambassador (appointed to Luxemburg in 1997) was

- a. Michael Guest
- b. James C. Hormel
- c. David Huebner
- d. Roberta Achtenberg

Answers: 1.Out⩵ 2.Langston Hughes; 3.Barack Obama; 4.Kye Allums; 5.ENDA (Employment Non Discrimination Act); 6.Robert Spitzer; 7.Prohibited discrimination based on sexual orientation in the competitive service of the federal civilian workforce.; 8.Amelie Mauresmo; 9.Barney Frank (Massachusetts' 4th District); 10.James C. Hormel

Pasture Walks: An Innovative Technique for Providing Education and Outreach

-John Turpin, Limited Resource and Small-Scale Farmers and Socially Disadvantaged Producers Coordinator

Organizations known as grazing networks, grazing alliances, or pasture walk groups are groups of farmers and ranchers who work together to increase their knowledge of forage management, pasture based production, and farm economics. These groups share their experiences and offer advice to one another, organize educational events around their common interests, and spend a little time socializing through Pasture Walks.

These grazing networks and their activities have been compared to the front porch of homes, where in a by-gone era, neighbors would gather to exchange news and

information. Members of grazing networks usually find that what they learn from other farmers and ranchers is timely, practical, and profitable. They also find within the pasture walk network, a spirit of community and support that many find crucial to sustaining the life of family farms.

New Zealand farmers began forming grazing networks and organizing Pasture Walks more than 40 years ago. These networks would become the foundation that would develop and promote intensive rotational grazing management techniques and would serve as templates for the grazing networks that have taken root in the US since the 1980s.

The grazing network promotes a farmer to farmer, mutual self-help approach to learning through Pasture Walks and Field Days hosted by individuals on their grazing operations. The Walk agendas are flexible, enabling participants to share their experiences with one another. In many instances, Walk participants become both student and teacher. By providing the opportunity for small groups of graziers to join together for discussions of grazing lands conservation and forage management topics, Pasture Walks provide a relaxed atmosphere for the sharing of information and ideas.

This relaxed approach to outreach and education is particularly effective for reaching nontraditional audiences.

To find and join a pasture walk group or grazing alliance near you, go to the Louisiana Grazing Lands Conservation Coalition website- www.lagrazinglands.com. Upcoming Pasture Walks and information on the active grazing alliances around the state are posted to this website.

Rice and China

-Dawn Allen, Asian/Pacific Islander SEPM

Rice has played an important role in the history of China. Rice production originated in China at least 3,000 to 4,000 years ago and then later spread to Sri Lanka and India. The northern region of China has a very mild climate and therefore, does not grow rice.

In classical Chinese, the words for agriculture and for rice are the same, indicating that rice was already the staple crop at the time the language was taking form. A Chinese myth is that rice was sold as gift to the gods in lieu of animals. It is believed that after the lands were flooded, all living plants were destroyed. Animals were scarce, making hunting difficult. One day, a dog came abounding across a field and as it approached the Chinese people, they noticed its fur was covered with yellow seeds. Not knowing what these seeds would produce, they planted them and as a result, rice grew. Even today, the Chinese have a strong belief that the precious things of life are not the pearls or jade, but the five grains with rice being number one. In history, rice was used to brew wines and offered as a sacrifice to the Gods.

Rice, also played an important role in a number of traditional Chinese festivities.

- Nian Gao is a traditional Chinese rice cake eaten at the Chinese New Year for good luck. Nian Gao is made from glutinous, or sticky rice. The traditional Nian Gao cake is round with a traditional Chinese character written on the top. Today, Nian Gao can be formed into a variety of shapes and served fried, baked or steamed. Nian Gao is a homonym for the Chinese New Year greeting, "Nian Nian Gao Sheng" which means to have a prosperous and progressive new year

- Laba porridge is a traditional Chinese rice dish eaten at the Laba Festival. The Laba Festival is held on the eighth day of the twelfth lunar month, the day Prince Siddhartha reached the pinnacle of enlightenment and became Buddha. An ancient legend tells that Buddha was believed to have fallen unconscious from his exhausting journey for enlightenment. A girl came to his aide and fed him from a bowl of milky rice porridge. The Chinese commemorates the day by eating Laba porridge. Typically, the nutritious porridge, also known as babao, meaning eight treasures, is made from eight ingredients like glutinous rice, beans, nuts and fruits. Sugar is added to improve the taste

- Tangyuan, also known as yuanxiao, is a traditional rice dumpling ball eaten at the Chinese Lantern Festival on the fifteenth day of the first lunar month. The dumplings symbolize happiness and reunion. Tangyuan is made from glutinous rice flour and can be stuffed with sweet and crunchy fillings (sugar and nuts) and salty fillings (meats and vegetables).

It is believed that rice was brought to West Asia and Greece in 300 B.C. by Alexander the Great's armies. Then in 800 A.D., East Africa was introduced to rice. During the Middle Ages, Malaria was rampant and the rice fields were blamed. Many farmers were discouraged from growing rice. There are several stories about how rice came to North America. One story was that a damaged ship was forced to dock in the Carolinas and in return for repairs; the colonizers were given a bag of rice. Also, slaves from Africa brought rice from their land. On average, an American consumes around 25 pounds of rice a year. In parts of Asia, a person can consume between 200 and 400 pounds of rice a year.

In my language, Cantonese, "Sic Fan", (to call people to dinner) is translated as "Eat Rice". My favorite rice dish is the following served during Dim Sum:

LOTUS LEAF WRAPS (LO MAI GAI)

- 4 lotus leaves, cut in half
- 1 1/4 cup glutinous rice (sticky rice)
- 4 Chinese dried black mushrooms
- 1 boneless, skinless chicken breast, 6 ounces
- 1/4 teaspoon salt
- 1 tablespoon Chinese rice wine or dry sherry
- 1 teaspoon cornstarch
- 2 Chinese sausages (lop cheong)
- 1 clove garlic, peeled and chopped
- 1 tablespoon Chinese or Japanese rice wine
- 1 tablespoon light soy sauce
- 1 teaspoon dark soy sauce
- 1 1/2 teaspoon cornstarch dissolved in 1 tablespoon water
- 2 tablespoons vegetable oil for stir-frying, or as needed

1/4 teaspoon sesame oil

Freshly ground black or white pepper to taste

Preparation:

One hour ahead of time, prepare the rice and lotus leaves:

Soak the lotus leaves in hot water for 1 hour. Pat dry. Cover the rice with water and let soak for 1 hour. Drain.

Next, steam the rice. Line a bamboo steamer with parchment paper or cabbage leaf. Fill a wok approximately to the half-way point with water so that the steamer will be sitting above the water without touching. Bring the water to a boil cover the rice and steam for about 20 minutes.

Remove the rice, cover and keep warm while preparing the remainder of the ingredients. Soften the dried mushrooms by soaking in hot water for 20 to 30 minutes. Squeeze out any excess water, remove the stems and finely chop.

Cut the chicken into small cubes about the size of a postage stamp. Add the salt, 1 tablespoon rice wine and 1 teaspoon cornstarch. Marinate the chicken for 20 minutes.

Finely chop the sausages. Peel and chop the garlic. In a small bowl, combine the rice wine, light soy and dark soy sauce.

In a separate small bowl, dissolve the cornstarch in the water, and whisk into the sauce.

Heat a wok and add 2 tablespoons oil. When the oil is hot, add the garlic and stir-fry until

aromatic (about 30 seconds). Add the chicken cubes. Stir-fry until they turn white and are 80 percent cooked through.

Add the sausages and the mushrooms. Stir-fry for a minute.

Give the sauce mixture a quick re-stir then add in the middle, stirring quickly to thicken. Season with pepper, to taste. Cook for 1 to 2 more minutes to mix everything together and heat through. Remove from the heat and stir in the sesame oil. Cool.

To make the wraps, separate the rice and the filling into 8 equal sections, 1 section for each wrap.

Lay out a lotus leaf in front of you. Place a portion of the rice mixture into the center of a lotus leaf.

Add the meat and vegetable mixture over top, shaping the rice with your hands so that it forms a ring around the filling.

Add more rice to cover.

Form a square parcel with the lotus leaf and tie it up with twine. Repeat with the remaining lotus leaves.

Steam the lotus leaf parcels, covered, on a heatproof plate in a bamboo steamer for 15 minutes, or until they are done.



edited from:

About.com, Chinese Food-Lotus Leaf Wraps (Lo Mai Gai).

<http://chinesefood.about.com/od/dimsumandpartyrecipes/r/lotusleafwraps.htm>

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