

# Free Publication Offers Diversity Educational Activities

**UNIVERSITY PARK (Centre Co.)** — By the year 2056, people of color — including African Americans, Hispanics, Asian and Pacific Islanders, and American Indians, Eskimos and Aleuts — are expected to be the majority population in the United States, says an expert in Penn State's College of Agricultural Sciences.

"As our society becomes more diverse, it's important that we learn to appreciate and understand our differences and to work effectively with people who are unlike ourselves," says Patreese Ingram, assistant professor of agricultural and extension education. "We may not see diversity in our particular community, but our children will experience it.

"Because today's world is changing so fast, kids are challenged to figure out where they fit in and how they can feel good about their contribution," she says. "After the Columbine High School situation, for instance, people focused on where the kids got the guns and what the parents were doing. Buy why were these kids so distraught that they built up enough resentment to want revenge?"

"It seems to me it was because they were different, and being different automatically means undesirable. If we could get people to accept and appreciate difference, our communities — and our world — would be a lot more peaceful.

But that's a huge challenge."

To help address this issue, Ingram developed a publication, "Diversity Activities for Youth and Adults." The publication can be used by teachers, youth leaders, child care professionals and human service professionals. While most of the activities are geared toward middle school students, high school students and adults, Ingram explains, some may be adapted for younger children.

"Although people often think diversity refers only to race, it includes gender, ethnicity, age, income, family structure, the part of the country we're from, physical and mental abilities, religious beliefs, marital status, parental status, sexual orientation, veteran status, education, occupation and language," she says. "Diversity is all of us, in our rich and infinite variety."

Currently:

- one in seven Americans speaks a language other than English in the home
- physically challenged individuals are the largest minority group
- an estimated 10 percent of the population is gay or lesbian
- people 75 years and older constitute the fastest growing age group

"Often, we don't interact daily with others who are different," Ingram says. "So we have stereo-

types and beliefs about people we don't even know. We see things about them that aren't there. They see things about us that aren't there. Stereotypes exist for every group of people imaginable. Even though we may not like to admit it, we all do it. Stereotyping makes it easier to deal with a world filled with massive amounts of information and uncertainty."

Traditionally, America has taken a melting pot approach to diversity, she explains, where immigrants were expected to adapt their "old world" values for those of the "new world." "But this approach equates difference with deficiency. Today, the melting pot concept is being replaced by such terms as 'mosaic society.'

"In a mosaic society, people maintain their own cultures, such as language, lifestyle and religious practices," she says. "Differences are valued and appreciated. As a result, individuals can be proud of their cultural heritage and uniqueness, instead of being ashamed.

"Already, it's hard to identify a single distinctive culture in this country," she adds. "It may be

more appropriate to think of the United States as having a giant multicultural."

Since the 1980s, Fortune 500 companies, government agencies and nonprofit organizations all have been doing "diversity work," Ingram explains. Diversity units are being added to school curricula, from elementary school to college, and some college campuses require diversity-related courses for graduation.

"Diversity has become an issue because of the new, competitive global market and the dramatic change in the United States population," she says. "Individuals also have begun to celebrate their differences instead of compromising their uniqueness to 'fit in.'

"My goal is to help people appreciate differences, as well as recognize the similarities we all share, such as a desire for safety, good health, education and well-being of our children, love and a sense of belonging, self-esteem and the ability to pursue and achieve our potential."

Such extension programs as "Character Counts!" and "Talking

with TJ" help prepare kids to be successful for life in the 21st century. "The kids learn important life and employment skills, because the workplace is going to be different," Ingram says. "They also have fun learning about themselves and other people.

"We all tend to gravitate to people who are most like us," she says. "Likewise, we tend to feel less comfortable with people with whom we have less in common. But as our communities and workplaces change, understanding diversity — particularly for our children — will be crucial."

Single copies of "Diversity Activities for Youth and Adults" are available free of charge by calling the College of Agricultural Sciences Publications Distribution Center at (814) 865-6713. The publication also is available as a pdf file at <http://pubs.cas.psu.edu/FreePubs/ui335.html>. For more information on related publications or diversity programs in your area, call your county Penn State Cooperative Extension office.



## Good sources of potassium abound

I thought bananas were about the best source of potassium, but someone told me that orange juice has more. Who's right?

Actually, both are good sources and contain about the same amount of potassium. According to the U.S. Department of Agriculture's Nutrient Database, one medium-sized banana contains 467 milligrams of potassium. One cup of orange juice (frozen concentrate, diluted) has 473 milligrams. Either will help you toward the recommended minimum of 2,000 milligrams of potassium a day.

By the way, that 2,000 figure really is a "minimum." Some guidelines recommend as much as 3,500 milligrams a day — that's what's used as the "Daily Value" reference when potassium content is listed on food labels.

Either way, most people get plenty of potassium because it's in such a wide variety of foods. A cup of baked acorn squash contains 895 milligrams of potassium. A 7-ounce baked potato contains 844 milligrams. A cup of baked beans, 752 milligrams. A cup of boiled zucchini, 455 milligrams. A 6-ounce can of tuna, 407 milligrams. A large fast-food hamburger, 394 milligrams. A 1.5-ounce box of raisins, 323 milligrams. A medium-

sized tomato, 273 milligrams. Even an 8-ounce cup of coffee isn't a bad source of potassium, with 128 milligrams.

It's nice that potassium is so prevalent in the diet. It works within cells to help muscles contract, help nerves send messages, and generally help cells do what they're supposed to do. It also works with other minerals — sodium, calcium and magnesium — to help the body maintain a proper balance of fluid, which promotes normal blood pressure and heartbeat. It does that in a variety of ways. If your body gets bloated, potassium is the hero that sends excess fluid to the bladder. Reducing the body's fluid levels leads to a reduction in actual blood volume. That, in turn, decreases blood pressure. With the fluid goes excess sodium, which, in some people, is linked with high blood pressure.

Also, some high-blood pressure medications may cause potassium levels to dip, so people taking them are also often given a potassium supplement and encouraged to eat potassium-rich foods. Luckily, they aren't hard to find.

*Chow Line is a service of The Ohio State University. Send questions to Chow Line, c/o Martha Filipic, 2021 Coffey Road, Columbus, OH 43210-1044, or [filipic3@osu.edu](mailto:filipic3@osu.edu)*



At the Bustleton Sod Farm in Philadelphia, this display achieves lots of laughs with the caption, "Every successful man has a good, safe, woman driver behind him or a back seat driver." Harold Lovett said Bustleton is the last commercial farm in Philadelphia. The 67-year-old Lovett grows pumpkins, Christmas trees, and sod on the farm.



Bucks County 4-H recognized a volunteer commitment of 230 years of service from 27 adults at the annual 4-H Achievement Day recently.

Nancy Hottle, 4-H leader, Coopersburg, was recognized for 30 years of volunteer service to 4-H. She is leader of the Spurs N Burrs 4-H Horse and Pony Club.

Recognized for 20 years of 4-H volunteer service were Donald Dickson, Perkasio, Seeing Eye 4-H Puppy Raising Club; and Chuck and Roberta Kroll, Bridle Path Horse and Pony club, Doylestown.

Ten years of 4-H service awards were presented to Gail Crooke, Perkasio, Danboro 4-H Club; Maryellen Flinchbaugh, Warrington, Bucks County 4-H

Development Fund Board; Kathleen Parry, Newtown Seeing Eye 4-H Puppy Raising Club; Doris Shelly, Fountainville, 4-H Shooting Sports; and Jennifer Fisher Keller, Richlandtown, Spurs N Burrs and Bucks County 4-H Development Fund Board president.

The following 4-H volunteers received awards for five years of

4-H service; Susan Allison, Gardenville; Ivan Belac and Deborah Dimick, Quakertown; Deborah Dodge, New Hope; Penny Ebinger, Morrisville; Susanne Ellis, Langhorne; Terry Geake and Betsy Nilsen, Hellertown; Carol Hopkins, Warminster; Bruce Linsky, Philadelphia; Preston Miller and Rebecca Harris, Perkasio; Howard Moyer and Dave Hardy, Sellersville; Alleen Naudascher, Milford Square; Jim and Jeannette Pitman, and Jane Zezeck, Chalfont.

For more information on Bucks County 4-H and how to volunteer, contact Penn State Cooperative Extension (215) 345-3283.

## Park History

LANCASTER (Lancaster Co.) — Through slides and discussion, view the history and natural history of all eight Lancaster County Parks with a county

park naturalist. Meet in the environmental center in Lancaster County Central Park, Tuesday, Jan. 11, 7 to 8:30 p.m.

Register at 717-295-2055.