



**Guide to**

**“Jeopardy-Styled” Diversity Challenge**

**Dr. Patreese D. Ingram**  
**The Pennsylvania State University**

**March 2007**

# Welcome to “Jeopardy-Styled” Diversity Challenge

## Introduction

Most people are familiar with the game Jeopardy. The game is designed to test one’s knowledge on a variety of information related to a broad array of topics. Diversity Challenge is a special version of a Jeopardy-styled game. *First*, all of the topics focus on various aspects of diversity. The word “diversity” means differences, and human diversity means differences in people. We are all similar and different in many ways. As the population of this country becomes increasingly diverse, we can all benefit from learning more about people from different cultures and groups, since we will likely need to interact with all kinds of people now or in the future.

*Second*, this Jeopardy-styled game is designed not only to test your knowledge, but also to help you learn about the topics raised by the questions. Therefore, it comes with an answer guide. So, if you don’t know the answer while playing the game, you can go back later and learn more about the topic, including the correct answer.

## Warning

Just like the television version of Jeopardy, not many people will know all of the answers to all of the questions. That is okay. The purpose of the game is to learn while having fun. So, if you miss a question, just consider it an opportunity to gain new knowledge.

## Who Can Play This Game

This game is most appropriate for older teens and adults, and can be used in a variety of settings. It is a good way to introduce the topic of diversity into formal and informal educational settings, spark curiosity about different cultures, and encourage players to further explore diversity topics of interest.

## Supplies Needed

- Two buzzers or bells
- Stopwatch
- Paper and markers to tally scores

## How to Play

1. Each game round will last a predetermined number of minutes (e.g., 20 or 30 minutes) or until all questions have been answered.

2. The game will be composed of two teams competing for the high score. The high score is determined by the number of correct responses to the answers and the point value associated with the answer.
3. The game will have 30 questions with point values assigned to them. The number of points are determined by the difficulty of the question. The more difficult the question, the more points are available.
4. Each team will have a bell. The first team to ring the bell after the question has been read aloud will have the opportunity to respond in the form of a question. If a team rings the bell before the question has been entirely read aloud, that team will be disqualified to answer that question, and the other team will be given the opportunity to answer the question. (the judge may choose not to enforce this rule, if desired). If it cannot be determined which team rang the bell first, the judges will determine which team will answer.
5. If the response is not correct, the value assigned to that question will be subtracted from the team's total score and the opposing team will have an opportunity to respond. If that team responds correctly, they will receive the points. If they respond incorrectly, they will also have points subtracted from their total score. In the event that neither team responds correctly, the audience will have an opportunity to respond for a token prize.
6. Each team will have 20 seconds to respond in the form of a question after they ring the bell. If the team does not answer in that time, it is considered an incorrect response and points will be subtracted.
7. Behind one question will be a "Daily Double" sign. For this question, the team may chose to wager a double score for the question. If the response is correct, the team will receive double the points. If the response is incorrect, the team will lose double the points.
8. At the end of the game there will be a final category question. Each team can wager all or part of their accumulated score. The points wagered will be added to the team's total score if the response is correct and subtracted if the response is incorrect.
9. The winner of the game will be the team with the highest total score.
10. Final authority on the correct answer will be determined by the judges.

## Diversity Challenge Learning and Answer Guide

The following pages contain passages related to the questions in the game. There are six headings: Religions, Holidays, Food, Dress, People, and "The Melting Pot." Under each heading are five questions related to that topic. At the beginning of the Learning and Answer Guide are charts that indicate the heading, the question, and where the answer is located within the guide. Avoid the temptation to read the guide before playing the game. That would take some of the fun out of the game. However, refer to the guide after the game has been played to learn the correct answer and more about the topic.

# Diversity Challenge Learning and Answer Guide

The following charts will indicate where the answer is located within the Learning and Answer Guide.

### Religions

<b>Religions for \$100</b>	<b>The name of the Holy Book for Christians</b>	<b>See Christianity</b>
<b>Religions for \$200</b>	<b>The holy day of the week for this religion is Saturday, and it begins at sundown on Friday</b>	<b>See Judaism</b>
<b>Religions for \$300</b>	<b>The Eightfold Path and the concept of Nirvana are associated with this religion</b>	<b>See Buddhism</b>
<b>Religions for \$400</b>	<b>Judaism, Islam, and Christianity all share this major belief</b>	<b>See Islam</b>
<b>Religions for \$500</b>	<b>Practitioners of this religion have an appreciation for nature and hold a belief that all living things in the universe contain spirits</b>	<b>See Animism</b>

### Holidays

<b>Holidays for \$100</b>	<b>The shamrock and the leprechaun are symbols of this holiday that occurs on March 17</b>	<b>See St. Patrick's Day</b>
<b>Holidays for \$200</b>	<b>The dates of this celebration vary between early November and late December, which is also known as "The Festival of Lights"</b>	<b>See Hanukkah</b>
<b>Holidays for \$300</b>	<b>Seven candles are lit, one each day, between December 26 and January 1 in this celebration</b>	<b>See Kwanzaa</b>
<b>Holidays for \$400</b>	<b>This annual celebration is observed from September 15 through October 15</b>	<b>See Hispanic Heritage Month</b>
<b>Holidays for \$500</b>	<b>The symbols of this Latin American celebration include skulls, bones, and skeletons</b>	<b>See Day of the Dead</b>

## Dress

<b>Dress for \$100</b>	<b>This traditional dress is worn by women in India</b>	<b>See Sari</b>
<b>Dress for \$200</b>	<b>These fasteners are used to fasten the suit jackets of Older Order Amish Men</b>	<b>See Amish dress</b>
<b>Dress for \$300</b>	<b>Some traditional women practitioners of this religion wear clothing that covers everything except the face and hands when outside the home</b>	<b>See Islam</b>
<b>Dress for \$400</b>	<b>Name of the traditional garment worn by German men, especially during Oktoberfest</b>	<b>See Lederhosen and Oktoberfest</b>
<b>Dress for \$500</b>	<b>The name of the belt worn around a kimono</b>	<b>See Kimono</b>

## Food

<b>Food for \$100</b>	<b>Eating raw fish is popular in this culture</b>	<b>See Sushi</b>
<b>Food for \$200</b>	<b>Paczki is a popular treat during this celebration in New Orleans</b>	<b>See Mardi Gras</b>
<b>Food for \$300</b>	<b>Eating beef is forbidden by people of this religion</b>	<b>See Hinduism</b>
<b>Food for \$400</b>	<b>Eating pork and shellfish is forbidden by people of this religion</b>	<b>See Judaism</b>
<b>Food for \$500</b>	<b>A name for a type of food that began in southern United States and is mostly associated with African Americans</b>	<b>See Soul Food</b>

## People

<b>People for \$100</b>	<b>He delivered the famous “I Have a Dream Speech”</b>	<b>See Martin Luther King Jr.</b>
<b>People for \$200</b>	<b>He was the first Catholic President of the United States</b>	<b>See John F. Kennedy</b>
<b>People for \$300</b>	<b>She was the first women to serve as a Supreme Court justice</b>	<b>See Sandra Day O’Connor</b>
<b>People for \$400</b>	<b>The religion of Islam was founded by this person</b>	<b>See Prophet Mohammed</b>
<b>People for \$500</b>	<b>She was the first woman to become head of a Native American Nation</b>	<b>See Wilma Mankiller</b>

## The Salad Bowl

<b>Salad Bowl for \$100</b>	<b>They currently compose the largest ethnic population in the United States</b>	<b>See Hispanic Heritage Month</b>
<b>Salad Bowl for \$200</b>	<b>The fastest growing religion in the United States</b>	<b>See Islam</b>
<b>Salad Bowl for \$300</b>	<b>This racial/ethnic group composes approximately 4.2 percent of the United States population</b>	<b>See Who are Asian Americans?</b>
<b>Salad Bowl for \$400</b>	<b>There are this many males for every 100 females in the United States</b>	<b>See U.S. Demographics</b>
<b>Salad Bowl for \$500</b>	<b>This act protects citizens that have mental or physical impairments</b>	<b>See Americans with Disabilities Act</b>

# Religions

## **Animism**

Animism is the belief that objects and ideas including animals, tools, and natural phenomena have or are expressions of living spirits. Animism is commonly described as the most primitive form of religion. However, some suggest that it is a philosophy rather than a religion. This philosophy treats the world as a community of living persons, only some of whom are human. In addition to humans, rocks, plants, animals, birds, hills, and so forth are also members of the wider community of life.

In some animistic worldviews, found in hunter-gatherer cultures, the human being is often regarded on roughly equal ground with animals, plants, and natural forces. Therefore, it is morally important to treat these agents with respect. In this worldview, humans are considered a part of nature, rather than superior to or separate from it. In such societies, ritual is considered essential for survival, as it wins the favor of the spirits of one's source for food, shelter, and fertility. Rituals are also believed to ward off evil spirits. In more elaborate animistic religions, such as Shinto, there is a greater sense of a special character to humans that sets them apart from other animals and objects. However, Shinto retains the necessity of ritual to ensure good luck, favorable harvests, and so on.

Most animistic belief systems hold that the spirit survives physical death. In some systems, the spirit is believed to pass to an easier world of abundant game or ever-ripe crops, while in other systems (e.g., the Navajo religion), the soul must journey to the spirit world without becoming lost and, thus, wanders as a ghost. Funerals, mourning rituals, and ancestor worship performed by those surviving the deceased are often considered necessary for the successful completion of this journey.

Rituals in animistic cultures are often performed by shamans or priests, who are usually seen as possessing spiritual powers greater than or external to the normal human experience.



## Buddhism

Buddhism began with an East Indian prince, Siddhartha Gautama, who lived more than 2,500 years ago. Leaving his luxurious palace and life of pleasure as a young man, the prince traveled into the forest in search of the truth about life, the causes of suffering, and the way to end it. After meditating for a long time, he reached a state of perfect joy and peace, which he called nirvana. For the remainder of his life, he traveled throughout India teaching people what he had learned about the nature of human existence and how they could end human suffering. He became known as the Buddha or “enlightened” one.

The Buddha’s teachings are called the *dharma*. Followers of Buddha try to live in harmony with themselves, with others, and with the environment. They try to do work that is helpful and not harmful. Being mindful and thinking good thoughts are important to Buddhists. The belief is that good thoughts lead to good actions. Buddhists are encouraged to practice six perfections: generosity, morality, patience, vigor, meditation, and wisdom. Meditation is an important part of a Buddhist’s life because it allows the mind and body to be peaceful.

Those ordained as followers and teachers of Buddhism are called monks and nuns. Monks and nuns live very simple lives, renouncing possessions and keeping only what is necessary. They depend on the generosity of others for basic needs such as food and clothing. Many monks and nuns shave their heads as a renouncement of vanity.

Although there are many forms of Buddhism practiced in different parts of the world, certain teachings are core to all forms. Some of the important teachings include the Three Signs of Being, the Eightfold Path, and the Five Moral Precepts.

### *Three Signs of Being:*

- \* Life is always changing.
- \* I suffer when I expect life to be always the way I like it.
- \* I change also. What I call “myself” is not fixed, not a permanent self.

### *The Eightfold Path (the Cure to Suffering)*

- |                       |                     |
|-----------------------|---------------------|
| * Right Understanding | * Right Work        |
| * Right Thought       | * Right Effort      |
| * Right Speech        | * Right Mindfulness |
| * Right Action        | * Right Meditation  |

### *Five Moral Precepts*

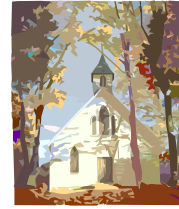
- \* To try not to harm living things
- \* To try not to steal
- \* To try not to use sexuality to harm oneself or others
- \* To try not to tell lies or call people names
- \* To try not to drink or use drugs that harm the mind or body



Today, Buddhism is the main religion in Sri Lanka, Vietnam, Thailand, Myanma (Burma), Cambodia, and Laos. Significant numbers of followers of Buddhism can be found in many parts of the world, including the United States. Chinese and Japanese forms of Buddhism are strong in the United States.

## Christianity

One of the most observed holidays in the United States and around the world is Christmas. Christmas is a celebration of the birth of Jesus Christ. Those who follow the teachings and example of Christ are called Christians. Christians of all kinds hold certain beliefs. These include the belief that Jesus Christ is the Son of God, that the Holy Bible is the word of God, and that Jesus rose from the dead.



However, Christianity is also a diverse religion. There are more than 20,000 different groups or denominations of Christians. These have developed because Christian communities have disagreed about various beliefs and practices in their faith. Three main groups in Christianity are the Roman Catholic Church, the Protestant Church, and the Orthodox Church. About 60 percent of Christians are Roman Catholic, 25 percent are Protestant, and 12 percent are Orthodox.

Differences between the Eastern style of Christianity, with its main base in Constantinople (today's Istanbul, Turkey) and the Western style headed by Rome led to the formation of the Orthodox Church and the Roman Catholic Church respectively. The Protestant Church came into being after a German monk, Martin Luther, protested corruption in the Roman Catholic Church in 1517. Those who agreed with his protests became known as Protestants. In Germany, they formed the Lutheran Church.

Today the Protestant denomination includes, among others, Pentecostal, Episcopalian, Methodist, Baptist, Anglican, Presbyterian, Quaker, Amish, United Reform, Mormon, Jehovah's Witness, Christian Scientist, and the Salvation Army.

The following are just some of the special features of various Christian denominations

- Pentecostals pray in different languages and speak words they believe come directly from God. They call this speaking in tongues and prophesying. Pentecostals place a strong emphasis on the Bible and try to live their lives according to the literal meaning of the Bible.
- Special ceremonies called sacraments or sacred rituals are at the heart of Catholic life. Some sacraments are celebrated at important moments like birth, becoming mature, marriage, and death. Other sacraments include confessing sins and participating in Mass (commemorating the Lord's Supper). Worship includes set words and ceremony. Infants are christened or baptized.
- Baptists reject the idea of infant baptisms, believing that people must understand Christ's teachings before they can be baptized.
- At a Quaker meeting house, silence is important. People sit facing each other, thinking and praying in silence until someone feels moved to read from the Bible or speak what is on his or her mind. There are no special ceremonies, such as communion or baptism, observed.
- Seventh Day Adventists celebrate the Sabbath on Saturday. Many engage in missionary work helping to prepare the world for the Second Coming.
- The Salvation Army is molded after the military. Ministers are officers, congregations are corps, and members are soldiers. Men and women have been equal partners in leading the army since its beginning. Donned in uniforms, they work against hunger and suffering.



## Islam

Islam is the faith and way of life of more than 1.4 billion people around the world. Followers of Islam are called Muslims. The basic beliefs that they declare are “There is no god except Allah, and Muhammad is the Messenger of Allah.” Allah is the Arabic name for God. Muslims believe that Allah’s message was revealed to Muhammad by the angel Gabriel and that his words are written in the Koran. Muslims consider the Koran (also written Qur'an) the central religious text of Islam, to be the literal, undistorted word of God.

Following Christianity, Islam is the second largest religion in the world. Islam is a monotheistic religion, meaning its followers believe in only one God. Muslims believe that Adam, Noah, Abraham, Moses, and Jesus were all earlier prophets. Jesus is considered as one of God’s prophets and messengers to humankind. Muhammad, however, is considered the final prophet.

Anyone can choose Islam as his or her faith at any stage of his or her life. There are Muslims of all races and nationalities and from greatly diverse backgrounds. Only 18 percent of Muslims live in the Arab world; 20 percent are found in Sub-Saharan Africa, about 30 percent are found in the South Asian region of Pakistan, India, and Bangladesh. The world’s largest single Muslim community (within the bounds of one nation) is in Indonesia. There are also significant Muslim populations in China, Europe, Central Asia, and Russia.

Islamic law covers all aspects of life, from the broad topics of governance and foreign relations all the way down to issues of daily living. The “*five pillars*” of Islam are the basis of Muslim life. All Muslims must follow these pillars. The five pillars are intended to increase one’s faith and make a person “better.” In summary, the practices are (in order of priority):

- **The Testimony of Faith** (*Shahadah*) - the declaration that there is none worthy of worship except Allah and that Muhammad is His messenger.
- **Prayer** (*salah*) - establishing of the five daily Prayers.
- **The paying of the poor-due** (*Zakat*) - which is generally 2.5 percent of the total savings for a rich man working in trade or industry, and 10 percent or 20 percent of the annual produce for farmers. This money or produce is distributed among the poor.
- **Fasting** (*Sawm*) - fasting eating, drinking or engaging in sexual relations from dawn to sunset during the month of Ramadan, the ninth month in the Islamic lunar calendar.
- **The Pilgrimage to Mecca** (*Hajj*) - this is done during the month of Zul Hijjah and is compulsory once in a lifetime for one who has the ability to do it. If the Muslim is in ill health or in debt, he or she is not required to perform Hajj.

Muslims also practice dietary laws called *Halal*. Pork or pork products, birds of prey, any meat or bird that has died naturally or has been strangled, and any kind of alcohol or food containing alcohol are prohibited.. Some Muslims do not eat shellfish.

Some Muslims adhere to special rules for clothing. These rules include dressing modestly, in loose-fitting clothes made of fabric that is non-transparent. Some women wear the *hijab*, a head scarf large enough to cover their necks and chests.



## Judaism

Sometimes people talk about the “Jewish race.” Although some people believe that a Jew is someone who has a Jewish mother, others would agree that to be Jewish means following the Jewish religion and cultural way of life. The estimated number of Jews of every race and nationality worldwide is more than 13.3 million. The largest population of Jews is in the United States (6.5 million), followed by Israel (nearly 5 million), and the former USSR. Israel is the only Jewish country in the world.

The word “Israel” means someone who has struggled with God and survived. Many Jews refer to themselves as the children of Israel. The Jewish religion began in the Middle East about four thousand years ago with a man named Abraham. The Jewish history has included slavery in Egypt, deportation from Babylonia, persecution by Romans, expulsion from Spain, and genocide during Nazi Germany. Today, Israel is the homeland for many Jews and accepts refugees from many countries.

For Jews, the teachings of God are contained in the *Torah*. The *Torah*, written on a scroll in Hebrew, contains 613 commandments. Reading from the *Torah* is a regular part of Jewish worship. There is a portion of the *Torah* for each week, and in a year, the whole *Torah* is read from beginning to end. In addition to the *Torah*, a collection of books called the *Talmud* contains written discussions of wise people who explain the meaning of the *Torah*.

Jews may be Orthodox or Progressive/Reform. Orthodox Jews practice their religion in strict accordance with the *Torah* and religious laws. Progressive Jews, however, interpret Judaism in light of modern life, changing some of the features of Orthodox practice while keeping the essence of Judaism.

The main Jewish community institution is the synagogue. Although Jewish people may engage in religious study on any day of the week, the most important time of the week is Shabbat or Sabbath. Sabbath lasts from Friday evening to Saturday evening. At the synagogue, Sabbath includes reading from the *Torah* and perhaps a sermon given by the rabbi, or religious leader. In Orthodox synagogues, men and women sit separately, and children may sit with either. In Progressive synagogues, men, women, and children sit together.

The Jewish way of life includes many customs that are special to the culture. There are special rules about what foods Jews may eat. Foods must be kosher, meaning “proper” or “fit.” These rules are generally followed more strictly by Orthodox Jews than by Progressive Jews. Animals used for meat must be killed with a single, swift cut. The blood must be removed by soaking, salting, or rinsing. Meat of animals that have split hooves and chew their cuds can be eaten. Animals that do not have split hooves or do not chew their cuds are considered unclean. Therefore, pork is forbidden. Only fish that have fins and scales are appropriate. Therefore, shellfish are not eaten. Meat and milk must not be eaten together. Orthodox Jews maintain separate sets of cookware for milk and meat foods. Some may even have separate refrigerators and dishwashers.

# Holidays

## Day of the Dead



Daybreak in the graveyard of Mazatlán de Flores, Oaxaca. Photography: Lourdes Grobet.

Day of the Dead is a time when Mexican families remember their dead relatives, and the continuity of life. It is not a morbid occasion but rather a festive time.

Mexicans celebrate the Day of the Dead during the first two days of November. The modern festivity is characterized by the traditional Mexican blend of ancient and Christian features.

In general, the holiday activities consist of families (1) welcoming their dead relatives back into their homes and (2) visiting the graves of their close kin. At the cemetery, family members engage in sprucing up the gravesite, decorating it with flowers, and enjoying a picnic while interacting with other family and community members who

gather there. Celebrants believe that the souls of their dead family members return and are all around them. Families remember the departed by telling stories about them.

The meals prepared for these picnics are sumptuous, usually featuring meat dishes in spicy sauces, chocolate beverages, cookies, sugary confections in a variety of animal or skull shapes, and a special egg-batter bread “*pan de muerto*,” or bread of the dead). Gravesites and family altars are profusely decorated with flowers (primarily large, bright flowers such as marigolds and chrysanthemums) and are adorned with religious symbols. Offerings of food, cigarettes and alcoholic beverages are made available. Because of this warm social environment, the colorful setting, and the abundance of food,

drink and good company, this commemoration of the dead has pleasant overtones for the observers. This celebration expresses the acceptance of death as an integral part of the life cycle.

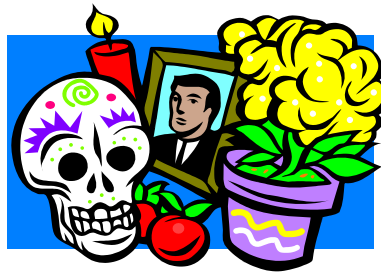


Courtesy of Altar in a home of the Nahuatl village of Milpa Alta. Photography: Lourdes Grobet

In homes, families create an altar and decorate it with items they believe are beautiful and attractive to the souls of their departed loved ones. Such items include offerings of flowers and food, as well as also things that will remind the living of the departed (such as their photo, a diploma, or an article of clothing) and the things that the dead

prized and enjoyed while they were living. In very traditional settings, the path from the street to the altar is strewn with petals to guide the returning soul to its altar and the bosom of the family. The traditional observance calls for departed children to be remembered during the first day of the festivity (the Day of the Little Angels, “*Día de los Angelitos*”), and for adults to be remembered on the second day. Traditionally, this is accompanied by a feast during the early morning hours of November 2, the Day of the Dead proper, though modern urban Mexican families usually observe the Day of the Dead

with only a special family supper featuring the bread of the dead. In southern Mexico, it is good luck to be the one who bites into the plastic toy skeleton hidden by the baker in each rounded loaf. Friends and family members give one another gifts consisting of sugar skeletons or other items with a death motif, and the gift is more prized if the skull or skeleton is embossed with ones own name. Another variation is for bread to be molded into the shape of a body or burial wrap, and for a face to be embedded on one end of the loaf.



Source: Salvador, R. J. 2003. "What Do Mexicans Celebrate on the Day of the Dead?" in *Death and Bereavement in the Americas. Death, Value, and Meaning*, edited by J.D. Morgan and P. Laugani, 2. Amityville, N.Y.: Baywood. Available online at <http://www.public.iastate.edu/~rjsalvad/scmfaq/muertos.html>

## Hanukkah

That the celebration of Hanukkah often occurs during the month of December may lead some to think of Hanukkah as the Jewish form of Christmas. Actually, the meaning of Hanukkah is not at all related to Christmas. In fact, Hanukkah commemorates the winning of a war between the Jews and the Greeks.

In 167 b.c.e., the Greek ruler Antiochus IV Epiphanes passed a law forbidding the practice of the Jewish religion in Jerusalem. Anyone who observed the Sabbath would be subjected to the death penalty. Jews were forced to eat pork (which is against their religion) and join in pagan rites. The Greek ruler placed a statue of his god, Jupiter, in the Jewish Temple. Further, Antiochus had his officers sacrifice pigs at the Temple and ordered local Jewish leaders to do the same. For the Jews, this was the ultimate symbol of uncleanness in the holiest of places. The Jews revolted and fought the army of Antiochus from the countryside using guerrilla warfare tactics.

After several battles, the Jews were victorious and reclaimed the city of Jerusalem in 164 b.c.e. The Temple was purified and statues of pagan gods were removed. As part of the ritual associated with the Temple, the menorah (a candelabra) had to be lit daily using only kosher oil. There was only enough oil to last for one day and it would take eight days to obtain another batch. To the amazement of everyone, however, the small amount of oil lasted eight days.

Hanukkah commemorates the rededication of the Jerusalem Temple in 164 B.C.E. It is observed by lighting candles for eight nights in thanksgiving to God for delivering the Jews from the more numerous and more powerful Greeks. Small gifts are shared among family members each day. Although a well-known holiday, Hanukkah is not a major Jewish holiday. Yom Kippur and Rosh Hashanah are considered the holiest days in the Jewish calendar.



## Hispanic Heritage Month

In 1968, Congress authorized President Lyndon B. Johnson to proclaim a week in September as National Hispanic Heritage Week. The observance was expanded in 1988 to a month-long celebration (September 15-October 15). During this month, America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. September 15 was chosen as the starting point for the celebration because it is the anniversary of independence for five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence on September 16 and September. 18, respectively.

The following are selected facts from the U.S. Census:

The estimated Hispanic population of the United States as of July 1, 2004, 41.3 million, making people of Hispanic origin the nation's largest ethnic minority group. Hispanics constitute 14 percent of the nation's total population. (This estimate does not include the 3.9 million residents of Puerto Rico.)

One of every two people added to the nation's population between July 1, 2003, and July 1, 2004, were Hispanic.

The projected Hispanic population of the United States as of July 1, 2050, is 102.6 million. According to this projection, Hispanics will constitute 24 percent of the nation's total population on that date.

The nation's Hispanic population during the 1990 census was 22.4 million — just slightly over half the 2004 estimated total of 41.3 million.

Sixty-five percent of Hispanic-origin people are of Mexican background. Approximately 9 percent are of Puerto Rican background, with about 3 percent each of Cuban, Salvadoran, and Dominican origins. The remainder have roots in other Central American, South American, Hispanic, or Latino origins.

Roughly half of the nation's Dominicans live in New York City, with about half of the nation's Cubans residing in Miami-Dade County, Florida.

Forty-nine percent of the Hispanic-origin population lives in two states, California and Texas. California is home to 12.2 million Hispanics, and Texas is home to 7.6 million.

*Source: U.S. Census Bureau*





## Kwanzaa

Kwanzaa is a one-week celebration that may be new to many of us. Kwanzaa was founded in 1966 by Dr. Mauline Ron Karenga to celebrate the heritage of the African American people.

Kwanzaa means the “first fruits of the harvest.” It is observed from December 26 to January 1. Kwanzaa is unique in that it is neither a religious nor a political holiday but a cultural one. More than 13 million Americans observe Kwanzaa each year.

Kwanzaa is celebrated in a number of ways. A straw place mat called *Mkeka* is used as a centerpiece. A *kinara*, a candle holder using seven candles, represents the seven principles. Three green candles are used to remind us of our rich and fertile land and hope for the future. Three red candles represent the struggle of the African people. One black candle represents the face of the black people.

Grain is used for decoration as a reminder of African agricultural life. A variety of fruits and vegetables [*Mazao*], ears of corn [*Vibunzi*] representing the number of children in the home, gifts of books or handmade gifts [*Zawaidi*], and a unity cup are other symbols of Kwanzaa.

Each evening of Kwanzaa a candle is lit, starting with the black candle, representing one of the seven principles of Kwanzaa.

1. Umoja (*oo-MO-jah*) [**Unity**] stresses the importance of togetherness for the family and the community, which is reflected in the African saying, I am We, or I am because We are.
2. Kujichagulia (*koo-gee-cha-goo-LEE-yah*) [**Self-Determination**] requires that we define our common interests and make decisions that are in the best interest of our family and community.
3. Ujima (*oo-GEE-mah*) [**Collective Work and Responsibility**] reminds us of our obligation to the past, present and future, and that we have a role to play in the community, society, and world.
4. Ujamaa (*oo-JAH-mah*) [**Cooperative Economics**] emphasizes our collective economic strength and encourages us to meet common needs through mutual support.
5. Nia (*NEE-yah*) [**Purpose**] encourages us to look within ourselves and to set personal goals that are beneficial to the community.
6. Kuumba (*koo-OOM-bah*) [**Creativity**] makes use of our creative energies to build and maintain a strong and vibrant community.
7. Imani (*ee-MAH-nee*) [**Faith**] focuses on honoring the best of our traditions, drawing from the best in ourselves, and striving for a higher level of life for humankind by affirming our self-worth and confidence in our ability to succeed and triumph in righteous struggle.

On the last evening, a feast is celebrated, the cup of unity is passed as a toast is given around the family table, and gifts are exchanged.



## St. Patrick's Day

St. Patrick was a Christian missionary who is credited for the Christian conversion of Ireland from paganism. According to one legend, St. Patrick was born the son of a Christian in what is now Britain. As a teen, Patrick was kidnapped by an Irish raiding party and forced into slavery. After six years he escaped and made his way back home. Soon after, Patrick received a divine call in a dream to return to Ireland to spend the rest of his life converting pagans, founding churches, and ordaining clergymen.

Today, St. Patrick's Day is celebrated worldwide by Irish and non-Irish alike. It is a national holiday in the Republic of Ireland. In Northern Ireland, it is a bank holiday. The St. Patrick's Day parade in Dublin, Ireland, is part of a five-day festival with several hundred-thousand people attending. The largest St. Patrick's Day parade is held in New York City, and it is watched by two million spectators. The St. Patrick's Day parade was first held in New York City on March 17, 1762 when Irish soldiers serving in the British military marched through the city. The parade helped the soldiers reconnect with their Irish roots.

Celebrations include wearing green clothing, eating Irish food, and drinking Irish alcoholic beverages, including green colored beer. Symbols of St. Patrick's Day include the shamrock and the leprechaun.

The shamrock is a tiny fragile wild green trefoil plant. Although is not the official emblem of Ireland, it is one of Ireland's most famous symbols. A shamrock is worn as a badge on the lapel on St. Patrick's Day. Each year, the Irish airline flies fresh shamrock to Irish embassies all over the globe for their traditional National Day diplomatic parties.

The leprechaun is an Irish fairy. He looks like a small, old man about two feet tall, often dressed like a shoemaker with a cocked hat and a leather apron. According to legend, leprechauns are aloof and unfriendly, live alone, and pass the time making shoes. They also possess a hidden pot of gold. Treasure hunters can often track down a leprechaun by the sound of his shoemaker's hammer. If caught, he can be forced (with the threat of bodily harm) to reveal the whereabouts of his treasure. But captors must keep their eyes on him every second. If the captor's eyes leave the leprechaun (and he often tricks them into looking away), he vanishes, and all hopes of finding the treasure are lost.

*Source: Webpage created by Marlene Buchanan of Barrie, Ontario, Canada.  
<http://www.bconnex.net/~mbuchana/realms/stpatric/spatindx.html>*

## **Dress**

## Amish Dress

Amish manner of dress encourages humility and separation from the world. Their clothing is not a costume; it is an expression of their faith.

### Men

Men wear dark- colored suits, coats with no lapels, solid-colored shirts, full trousers with suspenders, black socks and shoes, and black or straw, broad-brimmed hats. Because the European soldiers who persecuted them had mustaches and used large buttons on their uniforms, the pacifistic Amish avoid any resemblance to the military and do not wear mustaches. And while their shirts are fastened with conventional buttons, their suit coats and vests are fastened with hooks and eyes.

Married Amish men wear beards based on a biblical passage that states they should not mar the hair on their face (Leviticus 19:26). In some Amish communities young men are encouraged to grow beards as early as possible but must do so, unless they are physically incapable, upon marriage. In other communities, young men do not grow beards until they are married. The lack of a beard signals a single man. Old Order Amish men wear their beards longer, while the New Order Amish men keep them neatly trimmed.

### Women

Old Order Amish women wear plain dresses made from solid colored fabric with long sleeves and full skirts that hang no shorter than halfway between the knee and the floor. These dresses are covered with a cape and apron and are fastened with straight pins or snaps. They never cut their hair, which they wear in a bun on the back of their heads. On their heads they wear a white prayer covering if they are married and a black one if they are single. Amish women do not wear jewelry.



## Islamic Code of Dress

The Islamic dress code is based on passages in the Qu'ran (also written Koran), the Islamic holy book. Dress must be modest, not exposing intimate body parts. This is true for both women and men. Modesty has been interpreted differently by groups of Muslims. However, certain requirements are generally accepted as part of the Muslim dress code.

### Women

Requirements for women's dress

1. Clothing must cover the entire body only the hands and face may remain visible.
2. The material must be thick enough that one cannot see through it.
3. The clothing must hang loose so that the shape/form of the body is not apparent.
4. Females clothing must not resemble males clothing.
5. The design of the clothing must not resemble the clothing of non-believing women.
6. The design must not consist of bold designs that attract attention.
7. Clothing should not be worn for the sole purpose of gaining reputation or increasing one's status in society. It should not be worn for fame, pride, or vanity.

The reason for these strict rules is to protect a woman is protected from the lustful gaze of men. She should not attract attention to herself in any way. The Qur'an states that women must guard their modesty.

### Men

Requirements for men's dress

1. Men should be fully covered between the navel and the knees. This area of the body is called the *awrah*.
2. Men's clothes should be loose enough so as not to describe the *awrah*.
3. The material should be thick enough so as not to describe the color of the skin or the parts of the *awrah*.
4. Clothing should not be designed in a way that attracts attention.
5. They should not be similar to females dress.
6. They should not be similar to what could be identified as the dress of unbelievers.
7. They should not be clothes of fame, pride, and vanity.
8. Men are not allowed to wear silk and gold. (This does not apply to women.)



**Note: None of the clothes are bright bold colors**

## Kimono

The kimono is the traditional dress worn by Japanese women, men, and children. Kimonos are T-shaped, straight-lined robes that fall to the ankle and have collars and full-length sleeves. The sleeves are commonly very wide at the wrist, about a half meter. Traditionally, unmarried women wear kimonos with extremely long sleeves that extend almost to the floor. The robe is wrapped around the body with the left side always over the right and is secured by a wide belt tied in the back called an obi.

All traditional kimonos are sewn by hand, and the fabrics from which they are created are also frequently hand-made and hand decorated. Japan has produced some of the finest silks in the world. Japanese have perfected the arts of weaving and dyeing to produce fine textiles. Since ancient times, textiles have been revered in Japan.

There are styles of kimono for various occasions, ranging from extremely formal to very casual. The level of formality of women's kimonos is determined by the shape (mostly the length of the sleeves), pattern, fabric, and color. Typically, woven patterns and repetitive patterns are considered less formal. Colors and patterns are often chosen to reflect the seasons. Bright colors and spring floral patterns are worn in the spring. Autumn colors and patterns are popular during the fall. They were traditionally all one size, with adjustments made for different body sizes by tucking and folding the fabric. Today, different sizes are becoming more easily available.

### Women's Kimonos

Kimono can be expensive. A women's kimono may easily exceed \$10,000; a complete kimono outfit with kimono, undergarments, obi, ties, socks, sandals and accessories can exceed \$20,000. Traditionally, the formal obi was made of silk, silk brocade, silk crepes, and satin. A single obi may cost several thousand dollars. In practice, however, most kimonos are far less expensive today. Enterprising people make their own kimono and undergarments since they follow a standard pattern or they recycle older kimonos. Cheaper and machine-made fabrics substitute for the traditional hand-dyed silk. There is also a thriving business in second-hand kimonos in Japan.

Deciding which type of kimono to wear relates to the woman's age and marital status, and to the level of formality of the occasion. Young, unmarried women typically wear kimono with long sleeves that are colorful and rich with patterns. Married and older women tend to wear more subdued colors and smaller designs.



The most formal kimono for married women is black and patterned only below the waistline. They are worn often by the mothers of the bride and groom at a wedding. These kimonos

usually have five family crests printed on the sleeves, chest and back. The *furisode* is the most formal kimono for unmarried women. It has very long sleeves and is patterned all over. The *yukata* is a very casual unlined kimono made of cotton and worn in the summer and at hot springs resorts. It consists of one big piece of cloth with two wide sleeves. An obi is used to hold the kimono together. Yukatas come in a variety of colors and designs. Many young women wear the yukata.

### Men's Kimonos

In contrast to the woman's garment, men's kimonos are far simpler, typically consisting of a maximum of five pieces, not including socks and sandals. Men's kimonos are usually one basic shape and are mainly worn in subdued colors. Formality is determined by the type and color of accessories, the fabric, and the number or absence of kamon (family crests). Silk is the most desirable and most formal fabric. Cotton (the yukata) is more casual. These days there are polyester kimonos as well, which are generally more casual.



Men's Kimono



Men's Formal Kimono

## Oktoberfest

Oktoberfest is a two-week fall festival that began in Munich, Germany, in 1810. This German name translates to October festival. The celebration in Munich is also known as the Largest People's Fair in the World. Oktoberfest begins sixteen days prior to the first Sunday in October or October 3<sup>rd</sup> when that day falls on a Monday or Tuesday.

The festival began as a celebration of the marriage between the Bavarian Crown Prince Ludwig (who later became King Ludwig I) and Princess Therese of Saxony-Hildburghausen on the October 12, 1810. The festival was proclaimed a state fair. In the following years, the celebration was repeated and moved into September to take advantage of warmer weather. The festival was dedicated to the fall harvest and to the region's most famous product, beer.

Many festivals include costume parades, decorated horse teams, bands in festival tents, dancing, drinking, and eating. Beer plays a central role in the fair, with every festival beginning with a keg of beer tapped by the Mayor of Munich, who declares, O'zapft is! (Bavarian for "Its tapped!"). A special Oktoberfest beer is brewed for the occasion (Wieserbier), which is slightly darker and stronger in both taste and alcoholic proof. Visitors also consume large quantities of food, most of which is traditional hearty fare such as sausage, chicken, *käsespätzle* cheese noodles, and sauerkraut, along with such Bavarian delicacies as roasted ox tails.

Although it began in Munich, Germany, many cities around the world, including some in the United States, hold Oktoberfests. This is an opportunity to wear traditional German dress, including lederhosen for men and Dirndls for women.

## Lederhosen

The word *lederhosen* is German for leather pants. It is commonly used to indicate a particular type of short pants that originated in Germany or Austria. Lederhosen have a mixture of features that distinguish them from a pair of leather shorts made elsewhere in the world:

- a bib front, with either button or zippered fastenings
- leather braces with a cross bar
- legs that have a turn-up or cuff
- lacing on the bottom of the leg
- the use of large buttons that are attached with leather straps
- pockets at the front rather than the sides
- a single small knife pocket near the bottom of the right leg
- leather that is selected for its durability rather than fashion



A single pair of lederhosen may have most of these features or just a few. Lederhosen are typically made from black, brown, gray, or tan leather and may have a shiny or suede finish. Although they may look uncomfortable, they are made of soft leather and are very comfortable to wear. In addition to feeling good, they are very practical garments. Lederhosen are very durable and practically indestructible. Well-made lederhosen can almost never be worn out. Additionally, they do not need washing like cloth garments. For that reason, they are perfect for hiking and outdoor activities. Today, they are most commonly worn at folk festivals and other such traditional events.

## Sari

Nothing identifies a woman as being Indian so strongly as the sari (saree). The sari is a rectangular piece of unstitched fabric which is draped in a very fascinating manner around the entire body. The length of the fabric is 6 yards (5 meters) long. This is one piece of clothing which fits all sizes.

Most of this fabric is pleated at the waist and then wrapped to make a skirt, with the remaining few yards swept across the upper half of the body, covering at least one shoulder and sometimes veiling the head. One wraps, folds, tucks and drapes a seamless piece of cloth that creates form from the formless. The style and texture varies from south to north and east to west in India.



A petticoat, or a slip, is worn under the sari to hold the sari in place. Along with the sari is a tight fitting blouse called the *choli*. It is believed that the choli was introduced into the culture by the British. The choli may be made from the same fabric as the sari or from a different fabric. The sleeve length of the blouse is dictated by the hottest Indian film stars and varies from full sleeves to half sleeves to sleeveless. Many sari include gold in the fabric.

The Sari is very flattering to all shapes and sizes and forgiving of the various flaws. It can ingeniously conceal or accentuate the curves; it is all a matter of how you drape it. It creates a picture of flowing grace. The simplicity and practical use of this garment has kept it as a mainstay in Indian culture and fashion for well over 5,000 years.

In ancient India the ideal feminine figure had a small waist and a large bust and hips. Sculptures of these times reflect this image. The pleating and draping of a sari has the tendency to emphasize the hips and draw attention to a small waist.

The style of clothing worn in India has been influenced by the Hindu religion. Piercing the fabric with needles was considered impure in Hinduism. Therefore, unstitched clothing was preferred for religious and social reasons. This fostered the growth and development of the sari.

While the draping of a sari appears to be the same, there are subtle differences in how women wear them according to the region of their country, ethnic group, or local community. In addition, its manner of wearing as well as its color and texture are indicative of the status, age, occupation, and religion of a woman.

The woven fabric for the sari is made of cotton, silk, or a combination of both. Today, there are combinations of silk and polyester blends. Traditional motifs include the mango, elephant, peacock, diamond, lotus, pot, creeper, flower, parrot, hen, and pictures from mythology. A crucial part of the fabric is the *kinar* or border. The border, which is often gold, marks the river-like flow of the sari over and around the body, through the pleats and along the curves, until it climbs the shoulder and falls beyond.

# **Food**

## Mardi Gras

Mardi Gras is French for “Fat Tuesday.” It occurs the day before Ash Wednesday, which begins the Christian period of sacrifice known as Lent. Other names for this day include Shrove Tuesday and Pancake Day. Mardi Gras is the final day of Carnival, a two-week celebration in Brazil of dance, music, and good food.

The date for Mardi Gras can vary from February 3 to March 9 in non-leap years or February 4 to March 9 in leap years. Like Lent, the date is dependent on that of Easter. The biggest celebration of Mardi Gras in the United States is in New Orleans, Louisiana.



*Costumed musicians, French Quarter, New Orleans*



New Orleans Mardi Gras is particularly well known and is often called the greatest free show on earth. The celebrations draw many tourists to the city in addition to the celebrating locals for the parties and parades. Most tourists can be found within the French Quarter, especially Bourbon Street.

Mardi Gras came to New Orleans with the earliest French settlers. As a result, New Orleans developed new traditions, including special organizations that put on parades and balls for Mardi Gras. There are as many as sixty such organizations that have parades in the greater New Orleans area.

Officially, the Mardi Gras season, more properly called Carnival, starts at the end of the twelfth day of Christmas. Most parades, balls, and other festivities occur on the weeknights and weekends of a two-week period before Mardi Gras Day. Though each parade is unique, there are certain common ingredients: 1) either a king or queen who reigns over the parade; 2) gaily colored floats with riders who throw various items, including bead necklaces, doubloons with the organizational emblem, and often, that year's parade theme, and other assorted fun items; and 3) marching bands, usually from high schools and universities, but often other invited guest bands.

### **Paczki**

Paczki, traditional Polish doughnuts, are deep-fried pieces of dough shaped into flattened spheres and filled with jam or other sweet fillings. A traditional filling is marmalade made from fried rose buds. Other fillings may include prunes, lemons, strawberries, Bavarian cream, and raspberries. Fresh paczki are usually covered with powdered sugar, icing, or bits of fried orange zest.

Traditionally, the reason for making paczki has been to use up all the lard, sugar, and fruit in the house, which are forbidden during Lent. In Polish communities, they are eaten especially on Fat Thursday, the last Thursday before Lent. Due to French influence, however, many people eat paczki on Mardi Gras (Fat Tuesday) rather than on Fat Thursday.

## Soul Food

Soul food is an American cuisine typically associated with African Americans. Soul food originated in the South during slavery times. The term became popular in the 1960s.

When Africans were brought to this country, they and the slave traders brought seeds of native African crops to America. Some of these foods included yams, watermelon, pumpkin, and okra. As slaves, African Americans were generally given only the parts of the animal that the slave owners did not want such as pig feet, ham hocks, chitterlings (pigs' small intestines), pig ears, hog jowls, tripe, neckbones, chicken gizzards, and pig skin.

The slaves were also given discarded parts of vegetables, such as the tops of turnips, beets, and dandelions. They also added collard greens, kale, mustard greens, and pokeweed to the diet. Lard, onion, garlic, bay leaves, and thyme were used to flavor the vegetables, and pig skin was used to make cracklin'.

Other ingredients given to the slaves were cornmeal and black molasses. The cornmeal was used to make bread, and the molasses was added to cornmeal to make a pudding-type dessert. When slaves began cooking in the plantation houses fried chicken and sweet potatoes (replacing the African yam) were added to the menu. Iced tea and lemonade became the popular drinks.

After slavery ended, most African Americans were poor. Fishing and hunting added fish and wild game, such as possums, rabbits, and squirrels to their diet. Soul food was wholesome food that used everything available. Nothing was wasted. To leftover fish was added egg, cornmeal, and seasonings. This was deep fried as croquettes. To stale bread was added milk, raisins, and sugar to become bread pudding. The liquid from boiled vegetables became a beverage known as "pot liker."

Poor whites and African Americans in the South ate many of the same dishes, but methods of preparation varied. Soul food tends to be spicier than European American cuisine. Today, when one thinks of soul food, some of the following items come to mind:

Barbequed pork ribs	Grits for breakfast, lunch or dinner
Black-eyed peas	Hoghead cheese (from pig snouts, lips, and ears)
Biscuits	Hot sauce
Candied sweet potatoes or yams	Lima beans
Chicken gizzards	Liver and onions
Chitterlings	Okra
Collard and turnip greens	Pickled pig feet
Cornbread and buttermilk	Red beans and rice
Cracklin' (pork rinds)	Tongue (cow)
Fatback	
Fried chicken	
Fried corn	
Fried pork chops	



## “Sushi”

Eating raw fish is popular in Japan. Americans often mistakenly refer to raw fish as sushi. Actually, sushi refers to specially prepared rice that is mixed with rice vinegar, salt, and sugar. Thin slices of raw fish are more correctly called sashimi. When the fish is put onto the specially mixed rice, it can be called *sushi*.

There are several types of sushi. The most popular type is called *nigiri zushi* and is made of a small hand-formed ball of sushi rice covered with a small portion of horseradish (*wasabi*) and then with a thin slice of fish. Toppings might include grated ginger, chopped chives, salt and lemon juice, or a seasoned sauce.

*Nare sushi* is pickled or fermented fish served on rice or wrapped inside balls of the specialty rice. *oshi zushi/osaka sushi* is a third type of sushi made from seasoned rice that is inside small, wooden boxes, sometimes smeared with horseradish (*wasabi*) and topped with thin slices of fish carefully arranged to form a pattern. A wooden lid will then be pushed on top of the sushi to press it evenly and firmly. The sushi will be then slid out of the box and cut into regular rectangular portions for serving. Other forms of sushi include the specially mixed rice rolled into cylinders in sheets of dried seaweed. An additional type of sushi consists of the rice mixture stuffed into a pouch of fried tofu.

Other ingredients used in making sushi include meats, vegetables, mushrooms, and eggs. Soy sauce, horseradish, and pickled ginger are common condiments served with sushi.



# People



## **John F. Kennedy**

On November 22, 1963, John Fitzgerald Kennedy was killed by an assassin's bullets as his motorcade wound through Dallas, Texas. Kennedy was the youngest man elected president of the United States; he was the youngest to die.

Of Irish descent, he was born in Brookline, Massachusetts, on May 29, 1917. Graduating from Harvard in 1940, he entered the Navy. In 1943, when his Patrol Torpedo boat was rammed and sunk by a Japanese destroyer, Kennedy, despite grave injuries, led the survivors through perilous waters to safety.

Back from the war, he became a Democratic Congressman for the Boston area, advancing in 1953 to the Senate. He married Jacqueline Bouvier on September 12, 1953. In 1955, while recuperating from a back operation, he wrote *Profiles in Courage*, which won the Pulitzer Prize in history.

In 1956, Kennedy almost gained the Democratic nomination for vice president and four years later was a first-ballot nominee for President. To allay fears that his Roman Catholicism would impact his decision making, he said in a famous speech in Houston, Texas (to the Greater Houston Ministerial Association), on September 12, 1960, *I am not the Catholic candidate for president. I am the Democratic Party's candidate for president who also happens to be a Catholic. I do not speak for my church on public matters—and the church does not speak for me.*

Millions watched his television debates with the Republican candidate, Richard M. Nixon. Winning by a narrow margin in the popular vote, Kennedy became the first Roman Catholic president.

In his inaugural address, he made a statement that became famous: *Ask not what your country can do for you—ask what you can do for your country.* As president, he set out to redeem his campaign pledge to get America moving again. His economic programs launched the country on its longest sustained expansion since World War II. During his term he laid plans for an assault on poverty and vigorous action for equal rights. He wanted America to resume its old mission as the first nation dedicated to the revolution of human rights. With the Alliance for Progress and the Peace Corps, he brought American idealism to the aid of developing nations.

However, Kennedy was challenged by Russian interest in placing nuclear missiles close to our shores in Cuba. The American response to this Cuban crisis led to a slow-down of the arms race. His administration, thus, saw the beginning of new hope for both the equal rights for Americans and peace for the world.

Source: <http://www.whitehouse.gov/history/presidents/jk35.html>

## **Martin Luther King Jr.**

Martin Luther King Jr. (January 15, 1929 - April 4, 1968) was a Baptist minister and American political activist. He was the most famous leader of the American Civil Rights Movement. King won the Nobel Peace Prize before being assassinated in 1968. In 1977, King was posthumously awarded the Presidential Medal of Freedom by Jimmy Carter. For his promotion of nonviolence and racial equality, King is considered a peacemaker and martyr by many people around the world. Martin Luther King Jr. Day was established in his honor.



### **Civil Rights Activism**

In 1953, King became the pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama. He was a leader of the 1955 Montgomery bus boycott that began when Rosa Parks refused to comply with one of the Jim Crow laws requiring her to give up her seat on the bus to a white man. The boycott lasted for 382 days. The situation became so tense that King's house was bombed. King was arrested during this campaign, which ended with a U.S. Supreme Court decision outlawing racial segregation on intrastate buses.

While at seminary school, King became acquainted with Mahatma Gandhi's philosophy of nonviolent social protest. In 1957, King helped to found the Southern Christian Leadership Conference (SCLC). This group worked to organize black churches to conduct nonviolent protests for civil rights reform. King continued to provide leadership for the organization until his death. The organization's nonviolent principles were criticized by some blacks and challenged by the Student Nonviolent Coordinating Committee (SNCC).

The members of SCLC were mainly from black communities associated with Baptist churches. King strictly followed the philosophies of nonviolent civil disobedience used successfully in India by Mahatma Gandhi. He applied this philosophy to the protests organized by the SCLC. King correctly recognized that organized, nonviolent protests, against the racist system of southern segregation (known as Jim Crow laws) would lead to extensive media coverage of the struggle for black equality and voting rights. Indeed, many newspaper and television stories were written and aired about the daily deprivation and indignities suffered by southern blacks. Segregationist violence and harassment of civil rights workers and marchers were also made public. This produced a wave of sympathetic public opinion that made the Civil Rights Movement the single most important issue in American politics during the early 1960s.

King organized and led marches for blacks' right to vote, desegregation, labor rights, and other basic civil rights. Most of these rights were successfully enacted into U.S. laws with the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. On April 4, 1968, King was shot by James Earl Ray while he was standing on the balcony of the Lorraine Motel in Memphis, Tennessee, campaigning to help the poor. He was only thirty-nine years old at the time of his death. His life's work continues to have a profound influence on humanity.



## Wilma Pearl Mankiller

Wilma Pearl Mankiller was born on November 18, 1945, in Tahlequah, Oklahoma. She was the first female chief of the Cherokee Nation. Mankiller grew up with her family in an isolated Cherokee community in Adair County, Oklahoma. Her father moved the family to San Francisco in 1956 in hopes of a better life as promised under the Bureau of Indian Affairs' Indian Relocation Program. By the late 1960s, failed promises led Mankiller to join the activist movement. She participated in the occupation of Alcatraz Island and other Indian demonstrations. In hopes of helping her own people, she returned home in 1977 and began a low-level job for the Cherokee Nation.

By 1983, she was elected deputy chief of the Cherokee Nation working with Ross Swimmer, who was serving his third consecutive term as principal chief. In 1985, Chief Swimmer resigned to take the position as head of the Bureau of Indian Affairs. This allowed Mankiller to become the first female principal chief. She was freely elected in 1987 and re-elected again in 1991 in a landslide victory, collecting 82 percent of the vote. In 1995, she resigned, largely due to health problems.

Mankiller faced many obstacles during her time in office. When she became principal chief, the Cherokee Nation was dominated by men. This structure contrasted with the traditional Cherokee culture and value system, which instead emphasized a balance between the two genders. Over the course of her three terms, Mankiller made great strides to bring back that balance and reinvigorate the Cherokee Nation through community-building projects that practiced *gadugi* [men and women working collectively for the common good].

Examples of progress include, the founding of the Cherokee Nation Community Development Department, the revival of Sequoyah High School, and a population increase of Cherokee Nation citizens from 55,000 to 156,000. She was also very instrumental in providing financial and technical assistance to members of the tribe so that they could get off welfare and open small businesses, generating the Cherokee Nation's economic self-sufficiency. Though she is no longer in office, Mankiller remains the most celebrated Cherokee person of the twentieth century.

*Prior to my election, says Mankiller, young Cherokee girls would never have thought that they might grow up and become chief.* Wilma Mankiller authored several book:

- *Mankiller: A Chief and Her People* (1993). St. Martin's Press, [ISBN 0312206623](#)
- *Every Day Is a Good Day* (2004). Fulcrum Publishing, [ISBN 1555915167](#)
- *A Readers Companion to the History of Women in the U.S.* (1998). Houghton-Mifflin Company, [ISBN 0395671736](#) Editors: Mankiller, W.; Mink, G. Navarro, M. Smith, B.; & Steinem, G.)

Sources: <http://www.powersource.com/gallery/people/wilma.html>  
[http://en.wikipedia.org/wiki/Wilma\\_Mankiller](http://en.wikipedia.org/wiki/Wilma_Mankiller)

## The Prophet Muhammad

Muslims believe that Muhammad is the prophet of the Islamic faith. Born in Mecca in the year 570 c.e., he was a direct descendant of Ishmel, the oldest son of Abraham. Orphaned before the age of six, he was raised by his grandfather and later his uncle in the city of Mecca. As he grew up, he worked as a merchant and became known as *al-amin* the trustworthy one. At the age of 25, he married a successful businesswoman named Kadijah. They had two boys and four girls and lived happily for 25 years until her death.

At the age of 40, Muhammad, while meditating in the cave Hira on the outskirts of Mecca, began to receive messages from God through the Angel Gabriel. The Angel Gabriel told him that he had been chosen by God as His messenger. These messages were revelations, which he continued to receive for twenty-three years. These revelations became known as the Qu'ran (Koran) (the holy book of the Islamic faith). Gabriel instructed Muhammad to begin to proclaim God's message. The people of Mecca, at that time, were idol worshipers and rejected his messages. Muhammad spoke out against idolatry and against the treatment of the poor by the upper classes. Muhammad was forced to leave Mecca.

Muhammad and his followers migrated to Medina where they lived for ten years. Here the Muslim community grew. He later returned to Mecca and forgave his enemies. He continued to gain converts to Islam and the belief in One God. In less than a century, Islam had spread to Spain in the west and as far east as China. Muhammad died suddenly on June 8, 632 c.e., at the age of 63.





## Sandra Day O'Connor

Sandra Day O'Connor (born March 26, 1930) is an American jurist and former politician who served as the first female Associate Justice of the Supreme Court of the United States from 1981 to 2006. The Senate confirmed O'Connor's appointment unanimously. As if in anticipation of her arrival, the Court abandoned its formal use of Mr. Justice as the form of address. Instead, it opted for the simpler and gender-neutral Justice.

Due to her case-by-case approach to jurisprudence and her relatively moderate political views, she was the crucial swing vote of the Court for many of her final years on the bench. She often cast the deciding vote in 5-4 decisions dealing with some of the most important and controversial issues of public debate. In 2004, *Forbes* magazine called her the fourth most powerful woman in the United States and the sixth most powerful in the world.

Prior to joining the Supreme Court, she was a politician and jurist in Arizona. She was nominated to the Court by President Ronald Reagan and served for more than twenty-four years. On July 1, 2005, she announced her intention to retire effective upon the confirmation of her successor. Justice Samuel Alito, nominated to take her seat in October 2005, received confirmation on January 31, 2006.

In perhaps her most important majority decision, *Grutter v. Bollinger* (2003), she wrote that the University of Michigan's law school could constitutionally employ a race-based affirmative action system so long as it considered each applicant individually rather than as a member of a group. She wrote, however, that the state's legitimate interest in using race as a factor for admission had gradually declined over the past twenty-five years as minority test scores improved and that the Court should continue to monitor the strength of that interest until it decided that it was no longer sufficient to merit racial distinctions. The opinion had the characteristic effect of giving the Court a great deal of flexibility and discretion in future cases.

Source: [http://en.wikipedia.org/wiki/Sandra\\_Day\\_O'Connor](http://en.wikipedia.org/wiki/Sandra_Day_O'Connor)

## **The Salad Bowl**



## Demographic Factors of the United States

The following tables from the U.S. Census Bureau provide present and projected information about race, ethnicity, age, and sex of the U.S. population.

**Table 1. Projected Population of the United States by Race and Hispanic Origin: 2000 to 2050 (in thousands, except as indicated.)**

### Population by Race or Hispanic Origin

	2000	2010	2020	2030	2040	2050
<b>POP TOTAL</b>	<b>282,125</b>	<b>308,936</b>	<b>335,805</b>	<b>363,584</b>	<b>391,946</b>	<b>419,854</b>
White alone	228,548	244,995	260,629	275,731	289,690	302,626
Black alone	35,818	40,454	45,365	50,442	55,876	61,361
Asian alone	10,684	14,241	17,988	22,580	27,992	33,430
All other races <sup>1</sup>	7,075	9,246	11,822	14,831	18,388	22,437
Hispanic(any race)	35,622	47,756	59,756	73,055	87,585	102,560
White alone (not Hispanic)	195,729	201,112	205,936	209,176	210,331	210,283

### Percentage of Total Population by Race or Hispanic Origin

	2000	2010	2020	2030	2040	2050
<b>% TOTAL</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
White alone	81.0	79.3	77.6	75.8	73.9	72.1
Black alone	12.7	13.1	13.5	13.9	14.3	14.6
Asian alone	3.8	4.6	5.4	6.2	7.1	8.0
All other races <sup>1</sup>	2.5	3.0	3.5	4.1	4.7	5.3
Hispanic(any race)	12.6	15.5	17.8	20.1	22.3	24.4
White alone (not Hispanic)	60.4	65.1	61.3	57.5	53.7	50.1

#### Footnotes

<sup>1</sup> Includes American Indian and Alaska Native alone, Native Hawaiian and Other Pacific Islander alone, and two or more races

Source: U.S. Census Bureau, 2004, "U.S. Projections by Age, Sex, Race and Hispanic Origin."

<http://www.census.gov/ipc/www/uninterimproj/> Internet Release Date: March 18, 2004

- The total U.S. population is expected to increase by 137,729,000 between 2000 and 2050.
- As a percentage of the total population, whites will decline, blacks will increase slightly, and Asians, Hispanics, and all other races will double.

**Table 2. Projected Population of the United States by Age: 2000 to 2050. (in thousands except as indicated)**

**Population by Age-Group**

	<b>2000</b>	<b>2010</b>	<b>2020</b>	<b>2030</b>	<b>2040</b>	<b>2050</b>
<b>TOTAL</b>	<b>282,125</b>	<b>308,936</b>	<b>335,805</b>	<b>363,584</b>	<b>391,946</b>	<b>419,854</b>
0 – 4	19,218	21,426	22,932	24,272	26,299	28,080
5 – 19	61,331	61,810	65,955	70,832	75,326	81,067
20 – 44	104,075	104,444	108,632	114,747	121,659	130,897
45 – 64	62,440	81,012	83,653	82,280	88,611	93,104
65 – 84	30,794	34,120	47,363	61,850	64,640	65,844
85+	4,267	6,123	7,269	9,603	15,409	20,861

**Percentage by Age-Group**

	<b>2000</b>	<b>2010</b>	<b>2020</b>	<b>2030</b>	<b>2040</b>	<b>2050</b>
<b>TOTAL</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
0 – 4	6.8	6.9	6.8	6.7	6.7	6.7
5 – 19	21.7	20.0	19.6	19.5	19.2	19.3
20 – 44	36.9	33.8	32.3	31.6	31.0	31.2
45 – 64	22.1	26.2	24.9	22.6	22.6	22.2
65 – 84	10.9	11.0	14.1	17.0	16.5	15.7
85+	1.5	2.0	2.2	2.6	3.9	5.0

Source: U.S. Census Bureau, 2004. U.S. Interim Projections by Age, Sex, Race, and Hispanic Origin.  
<http://www.census.gov/pc/www/usinterimproj/> Internet Release Date: March 18, 2004.

- As a percentage of the population, between 2000 and 2050, those in the age-group of 0 – 4 will remain relatively constant; those in the age-groups 5 – 19 and 20 – 44 will decline; those in the age-group 45 – 64 will increase slightly; and those in the age-groups 65 – 84 and 85+ will increase.

### Male-Female Ratio (2000)

1990: 95.1% or 95.1 males to every 100 females

2000: 96.3% or 96.3 males to every 100 females

### Gender Ratio by Age-Groups (2000) (number of males to every 100 females)

Age –Group	Ratio
Under age 5	104.8
5 – 14	105.0
15 – 24	105.1
25 – 34	101.8
35 – 44	98.9
45 – 54	96.4
55 – 64	92.2
65 – 74	82.3
75 – 84	65.2
85 and over	38.6

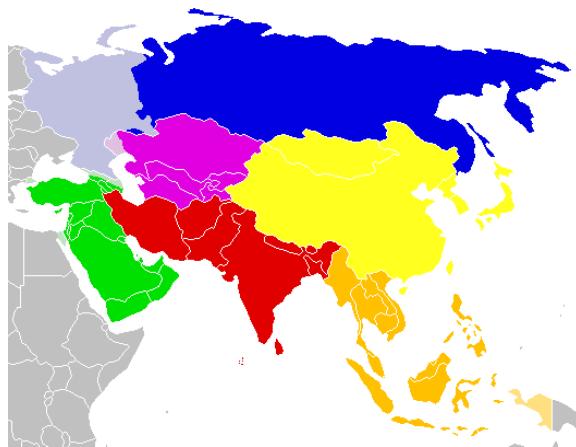
Source: U.S. Census Bureau, Census 2000 Summary File 1; 1990 Census of Population, *General Population Characteristics: United States* (1990 CP – 1 – 1).

- While a slightly greater percentage of males are born than females, the percentage of males decline with each increasing age-group after the age-group 2-5 – 34.

## Who Are Asian Americans?

Asian American is a term used to describe a very diverse group of ethnic cultures. These include Asian Indians (originating from India), Pakistani, Chinese, Thai, Japanese, Filipino, Vietnamese, Lao, Cambodian, Hmong, Korean, and more. For demographic purposes, people from the Pacific Islands are often grouped with Asians; both are identified as Asian/Pacific Islanders. Pacific Islanders include those from Hawaii, Samoa, and Guam. Although all of these groups fall under the umbrella of Asian/Pacific Islanders, there is a great deal of diversity among the various ethnic groups. They do not all share a common language, religion, or cultural background.

The percentage of Asian/Pacific Islanders is increasing rapidly in this country. Based on 2000 census data, the current population is estimated at nearly 12 million, or 4.2% of the country's population. If current trends continue, this population is expected to reach more than 33.5 million, or 8percent of the US population by the year 2050. Both a change in the law that restricted the number of immigrants from certain parts of the world and a rise in the number of refugees have contributed to the rapid increase of Asian Americans. California, Hawaii, New York, Illinois, and New Jersey have the largest number of Asian Americans.





## The ADA

The Americans with Disabilities Act (ADA), enacted in 1990, gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity for individuals with disabilities in public accommodations, employment, transportation, and state and local government services. It also requires the availability of TDD/telephone relay services.

The employment provisions apply to private employers, state and local governments, employment agencies, and labor unions with more than fifteen employees. The ADA prohibits discrimination in all employment practices, including job application procedures, hiring, firing, advancement, compensation, training, and other terms, conditions, and privileges of employment. It applies to recruitment, advertising, tenure, layoff, leave, fringe benefits, and all other employment-related activities.

Employment discrimination is prohibited against "qualified individuals with disabilities." This includes applicants for employment, as well as current employees. An individual is considered to have a disability if s/he

- has a physical or mental impairment that substantially limits one or more major life activities, such as seeing, hearing, speaking, walking, breathing, performing manual tasks, learning, caring for oneself, and working;
- has a record of such an impairment, for example, a person who has recovered from cancer or mental illness
- is regarded as having an impairment, such as a qualified person with a severe facial disfigurement that the employer may fear will bring negative reactions from customers or co-worker or
- has a known association or relationship with an individual with a disability, such as a child or spouse who has a disability.

An individual with a minor, nonchronic condition of short duration, such as a sprain, broken limb, or the flu, generally would not be covered under the ADA.

A "qualified" individual with a disability meets legitimate skill, experience, education, or other requirements of an employment position that s/he holds or seeks. The person must be able to perform the essential functions of the position with or without reasonable accommodation. An employer is free to select the most qualified applicant available and to make decisions based on reasons unrelated to a disability.

"Reasonable accommodation" is any modification or adjustment to a job or the work environment that will enable a qualified applicant or employee with a disability to participate in the application process or to perform essential job functions. An employer is not required, however, to make an accommodation if it would impose an undue hardship on the operation of the employer's business. Tax credits and tax deductions are available to employers to assist with the cost of making facilities accessible to persons with disabilities.

## **What Is Culture ?**

Culture can be defined as a set of values, beliefs, and behaviors common to a large group of people. It includes the traditions and principles or guides for behavior that are shared among members of a particular group. Culture represents the “truths” that are accepted by members of the group. Most cultural rules are not written down. We learn them from other members of the group. Culture is like the air that we breathe. We do not think about directly, we take it for granted.

In some cultures, the older people are the most respected age-group in society. Older people are valued for the experience and wisdom they have gained during their long lifetime. The place of honor in the family goes to the oldest person. Members of the family seek the advice of the older people. Older people are proud of their age. This cultural belief is true in many Asian cultures such as Chinese or Japanese cultures. Yet, in other cultures, youthfulness is valued more than older age. People try to stay young as long as they can. Hair coloring and plastic surgery may be used to maintain a youthful appearance. Older people are thought to be “out of touch.” Children hold the special place in the family. This belief is strongly held by many people in the United States.

Culture is very important because we tend to interpret other people’s behaviors through our own culture. We expect others to think and act the way people in our culture think and act. We even interpret their behavior through our own expectations. When people from a different culture act differently from people in our own culture, we may consider their behavior to be strange, inappropriate or even wrong. The important thing to remember is that differences in cultures are not good or bad; differences in cultures are not right or wrong - they are just different ways of acting and thinking. To interact effectively with all kinds of people, it is important to be respectful of cultural differences.



## References and Related Resources

Animism. <http://en.wikipedia.org/wiki/Animism>

Bowker, J. (1997). *The Oxford Dictionary of World Religions*, New York, Oxford University Press, pp. 662-663.

Bowser, P. & Eckstein, J. (1970). *A Pinch of Soul*. Avon, New York

Counihan, C.& Van Esterik, P (eds). (1997). *Food and Culture, A Reader*, NY: Routledge.

Everything about Kwanzaa. <http://www.tike.com/celeb-kw.htm>

Fletcher, P. & Peterson, K. (1998). *A World of Faith*. Signature Books.

Glenn, G. (February-March, 1997). Southern Secrets From Edna Lewis, *American Visions*. Heritage Information Holdings, Inc.

Harris, J. (1996). *The Welcome Table – African American Heritage Cooking*. NY: Simon and Schuster.

Islam. <http://en.wikipedia.org/wiki/Isla>

Knight, K. (1995). *World Religions: Islam*. New York: Thomson Learning.

Logan, J. (1995). *Christianity*. New York: Thomson Learning.

Mardi Gras. [http://en.wikipedia.org/wiki/Mardi\\_Gras](http://en.wikipedia.org/wiki/Mardi_Gras)

Martin Luther King. [http://en.wikipedia.org/wiki/Martin\\_Luther\\_King](http://en.wikipedia.org/wiki/Martin_Luther_King)

Paczki. <http://en.wikipedia.org/wiki/P%C4%85czki>

Puckett, S. (February 1, 1997). "*Restaurant and Institutions*", [Soul Food Revival](#)

Pearl Mankiller. [http://en.wikipedia.org/wiki/Wilma\\_Pearl\\_Mankiller](http://en.wikipedia.org/wiki/Wilma_Pearl_Mankiller)

Rice, E. (1978). *Eastern Definitions: A Short Encyclopedia of Religions of the Orient*, NY: Doubleday, pp. 258-265.

Root, W. and de Rochemont, R. (1976). *Eating in America, A History*, NY: William Morrow.

Sandra Day O'Connor. [http://en.wikipedia.org/wiki/Sandra\\_Day\\_O%27Connor](http://en.wikipedia.org/wiki/Sandra_Day_O%27Connor)

Sandra Day O'Connor. Biography . Oyez. US Supreme Court Multimedia.  
[http://www.oyez.org/oyez/resource/legal\\_entity/102/biography](http://www.oyez.org/oyez/resource/legal_entity/102/biography).

Soul food. [http://en.wikipedia.org/wiki/Soul\\_food](http://en.wikipedia.org/wiki/Soul_food)

Soul food. [http://www.foxhome.com/soulfood/index\\_frames.html](http://www.foxhome.com/soulfood/index_frames.html)

Sushi and Sashimi: The Jewels of Japanese Cuisine. <http://rgmjapan.tripod.com/SUSHI.html>

Wood, Angela. (1995) *World Religions: Judaism*. N.Y.: Thomson Learning.