



Welcome to **Week 4 of Cultivating Justice: A Quest Toward Racial Equity**. Last week you had the opportunity to explore how racism operates in specific contexts (i.e. policing, health, education). This week we invite you to locate local opportunities for action against racism.

WELCOME: Watch [this video by Cary Darrah](#), President and CEO of Grow Cedar Valley. In this video, Darrah discusses the connection between equitable and diverse communities and economic growth and prosperity.

MISSION: Visit the “[Locate](#)” page on the Quest website. How can you support these local efforts? Can you reach out? Volunteer? Make a donation? How can you apply what you learn in your own spheres of influence?

CONTEMPLATE: This week’s “contemplate” is a short exercise.

1. To begin, test your awareness as you [watch this 1-minute video](#). Do NOT read the questions below until you have watched the video.
2. Contemplate:
 - a. How did you do? Can you think of an experience where you were not aware of something until someone pointed it out to you? How did it feel? What did you do differently after being made aware?
 - b. It is easy to miss things that are right in front of you, especially when you’ve been instructed or have learned to look elsewhere. What distracts you from seeing racism? Or perhaps, what distracts you from taking action to stop racism?
 - c. There are many people and organizations doing brave, brilliant, and hard work to address racism in the Cedar Valley. How will you take notice of these efforts and support them?

COMMUNITY ASSIGNMENT: Explore [Issue 10](#) (all) and [Issue 11](#) (focusing on the essay “Words Matter” on pages 21-22). Uprising Magazine exposes a variety of fashions, art, and cultures to inspire readers. In the past couple of years, Uprising has dedicated efforts towards enacting social justice through sharing stories and engaging in social causes on UNI’s campus.

Published once per semester, Uprising creates impressions through artistic design, articles, photographs and cultural news. Uprising Magazine serves as a facet for Fashion, Journalism, Graphic Design, Art, Photography, and Social Justice at UNI. Uprising is where students of various backgrounds come together to showcase their talents and passions.

REFLECT & DISCUSS:

1. As you move through Issues 10 and 11 of Uprising Magazine, locate and mark the places, people, and resources that could aid you in your own activism and/or community organizing efforts. Consider adding these resources to the [Organizing Activism: Inner Work Worksheet](#) provided in the Week 1 Newsletter.
2. What did you learn about your community by reading Uprising Magazine? Were there images or statements that moved you? What can you learn from those emotions?
3. How does Uprising Magazine practice intersectionality? Are there other concepts you've learned about on the Quest that you can apply to the magazine?
4. What did you think about the essay "Words Matter" in Issue 11? How can you practice or have you practiced "calling in"? How does this essay relate to other concepts you have learned about on the Quest?
5. Name one action you will take that is inspired by this issue of Uprising Magazine.
6. There are other local groups, programs, organizations, and businesses in the Cedar Valley doing amazing work to promote racial justice. Consider submitting or nominating these for inclusion in the Quest. Email Danielle McGeough at quest@uni.edu with your submission and/or nomination.