

# TRANSFORM

“THE ARC OF THE MORAL UNIVERSE IS LONG, BUT IT BENDS TOWARD JUSTICE”

DR. MARTIN LUTHER KING, JR.

## 4-Week Anti-Racism Challenge (ARC)

**WEEK 1:** January 1 - 6, 2023

**Please complete 3 or more activities this week. Choose from of the following:**

**SUPPORT:** Black Market KY is one of the only places in Louisville’s West End to buy fresh food and veggies. Their store was damaged in last week’s bad weather. Consider donating to help them recover and reopen.

[https://spectrumnews1.com/ky/louisville/news/2022/12/27/driver-crashes-into-black-market-ky-grocery-store?cid=id-app15\\_m-share\\_s-web\\_cmp-app\\_launch\\_august2020\\_c-producer\\_posts\\_po-organic](https://spectrumnews1.com/ky/louisville/news/2022/12/27/driver-crashes-into-black-market-ky-grocery-store?cid=id-app15_m-share_s-web_cmp-app_launch_august2020_c-producer_posts_po-organic)

**WATCH:** Vernā Myers’ Ted Talk: How to overcome our biases? Walk boldly toward them.

[https://www.ted.com/talks/verna\\_myers\\_how\\_to\\_overcome\\_our\\_biases\\_walk\\_boldly\\_toward\\_them?utm\\_source=rn-app-share&utm\\_medium=social&utm\\_campaign=tedsread](https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them?utm_source=rn-app-share&utm_medium=social&utm_campaign=tedsread)

**READ:** Stokely Carmichael’s historic 1966 speech at Berkeley, CA

<https://www.blackpast.org/african-american-history/speeches-african-american-history/1966-stokely-carmichael-black-power/>

**LEARN:** More about the history of Louisville’s West End:

<https://www.blackpast.org/african-american-history/the-west-end-of-louisville-ca-1835/>

**READ:** Racism poses significant public health threat: *The Guardian*

<https://www.theguardian.com/science/2022/dec/08/racism-poses-public-health-threat-to-millions-worldwide-finds-report>

**WATCH:** Dr. Stephen Kniffley’s animated overview of racial trauma and its impact.


<https://youtu.be/8YP6ovAl7e0>

**VISIT / SUPPORT:** A Black woman-owned business in the heart of Louisville, Sweet Peaches Diner. We've heard rave reviews! Open for dine-in, carryout and catering. Learn more here:

[https://www.wdrb.com/news/sweet-peaches-reopens-with-a-new-look-in-the-russell-neigborhood/article\\_a160dba4-ebea-11eb-85d6-3342276e9074.html](https://www.wdrb.com/news/sweet-peaches-reopens-with-a-new-look-in-the-russell-neigborhood/article_a160dba4-ebea-11eb-85d6-3342276e9074.html)

<https://www.facebook.com/sweetpeaches8615/>

**WATCH:** John Oliver on Bail Reform.

 [Bail Reform: Last Week Tonight with John Oliver \(HBO\)](#)

**LEARN:** The US paid slaveowners for their "losses" after the Civil War

<https://www.zinnedproject.org/news/tdih/compensated-emancipation-act/>

**WRITE:** If you haven't already, please write your Kentucky state legislators, urging them to amend the Kentucky Constitution's Section 25 which states: "**Slavery and involuntary servitude in this State are forbidden, except as a punishment for crime, whereof the party shall have been duly convicted.**" It's shocking that this provision is still on the books and way past time to remove it. Read Terrence Sullivan's article on the subject here:

<https://www.courier-journal.com/story/opinion/2022/12/12/its-time-to-amend-the-kentucky-state-constitution-to-prohibit-slavery/69709629007/>

\*\*Find your Kentucky state senators and representatives here:

<https://apps.legislature.ky.gov/findyourlegislator/findyourlegislator.html>

**CREATE** your own anti-racism activity. If you like, **please share it** with us at [dikerrigan@listenlearnact.org](mailto:dikerrigan@listenlearnact.org) so we can pass the idea on to others.

**CONNECT:** Invite a friend to the 4-week ARC. Just send them this link to sign up!

<https://lp.constantcontactpages.com/su/ambMTOs/listenlearnact>

Thank you for your commitment.

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Use the link below to copy or download this ARC Tool to track your progress:

<https://docs.google.com/spreadsheets/d/1KshnjV-w4a7bxa5lyfdBfZ-GRX7TqypB/edit#gid=446847735>