



# Weekly Challenges

## Week 2: Feb 10-14



- 1) BROADEN:** Did you know there is a map of local businesses owned by people of color? Broaden your eating horizons. Select a new-to-you restaurant on the map linked in #2 or ask a coworker for a recommendation. Not sure what to order? Ask the staff for recommendations. Prefer eating at home? Try shopping at a people of color-owned grocery store (again, you can use the map 😊). Pick up ingredients to make a new dish or drink.
- 2) ADD:** Help shift purchasing power to a diverse range of local businesses. If you find or know of a great restaurant, café, or business owned by people of color (POC), add it to the [POC-Owned Business Map](#) created by [Equity Matters](#). (QR code: the map)  
*If you have problems with the QR code, check your inbox for the link or contact [dsharp@uoregon.edu](mailto:dsharp@uoregon.edu).*
- 3) PAUSE:** Practice pausing and thinking before communicating. We've all said something and then thought, "Oooohh, that didn't come out right." Before speaking or hitting send on that email when you want to critique or defend, pause and think about how it might be heard. Being in a community is about thinking of others' perspectives, not just focusing on our own.
- 4) CONNECT:** Try some of these questions to find out more about co-workers, family & friends:
  - What led you to this career?
  - What are your three most-used apps?
  - What's your biggest work pet peeve?
  - How do you prefer to end your day?Link: <https://www.themuse.com/advice/70-better-get-to-know-you-questions>
- 5) CONSIDER:** Take 10 minutes to think about how race and ethnicity have shaped you. Race is one or more of these broad categories: African American/Black, Asian, Latinx, Native American/ Indigenous, Pacific Islander, White. Ethnic groups are smaller sub-categories within one's race. A person's race may be Asian, and their ethnicities may be Japanese and Okinawan. What stories do you tell yourself or others about your racial or ethnic background? Check out this related 5-minute video (scan the QR code): <https://projects.seattletimes.com/2016/under-our-skin/#colorblindness>

### IN-PERSON ACTIVITIES: This Week and Next

Register in  
MyTrack or  
contact  
Debbie Sharp  
at [dsharp@uoregon.edu](mailto:dsharp@uoregon.edu)  
or  
541-346-3096

#### **Women, Language, and Power with Melissa Baese-Berk**

Monday, February 10, 10:30-11:30am, Rm 271 (large conference room) at 1715 Franklin

#### **Guided tour of *Racing to Change: Oregon's Civil Rights Years - The Eugene Story***

Friday, February 14, 1:00-2:00pm, Museum of Natural and Cultural History; or

Tuesday, February 18, 11:00am-12:00pm, Museum of Natural and Cultural History