
THE COALITION OF UNITED PROGRESSIVES CHARMECK CHRONICLE



Greetings!

We truly appreciate everyone's involvement.
This War on Oppression will only be won as one mass
movement.

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Our Mission Statement

The continual unification of as many organizations as possible, starting at the local level and branching out to both the state of North Carolina and then the entire nation.

Spotlight

The Power of Affirmations!



*The Power of Daily Affirmations and
Positive Quotes for Your Mental
Health*

By
DonnaMarie Woodson

Double Click for a Trip Back in Time



I've noticed a rise in positive affirmations and support on Facebook. The quotes bring me joy and a true sense of community. We are all feeling the absolute stress we live in 24 hours a day. Back in the day the tv actually went off. Midnight – National Anthem.

Then buzz... Everyone, go to bed! Nothing more to see here.

That Facebook “Challenge of Love” means so much to a lot of us. I shared it as well as numerous other friends. It's so refreshing to see Hope and Compassion being shared instead of pointless complaining.

This got me thinking about the essential qualities of ...

HOPE

If Hope is the belief that life can get better, then Hope is the most

I am tired. There is so much hate and too many who want to keep the hate going!
Breaking News: We all need to show our love to one another. I am challenging at least 20 of my friends to comment “Love Ya” and then put this on your status and see who actually says Love ya!
Ready GO! This should be interesting!
Love Ya!!!

pertinent positivity example there is. Without hope, positivity cannot exist. It's not easy to feel hopeful when you're under considerable stress, but according to

research Hope is brain protective – meaning it helps us stay resilient through challenging times and significant life changes.

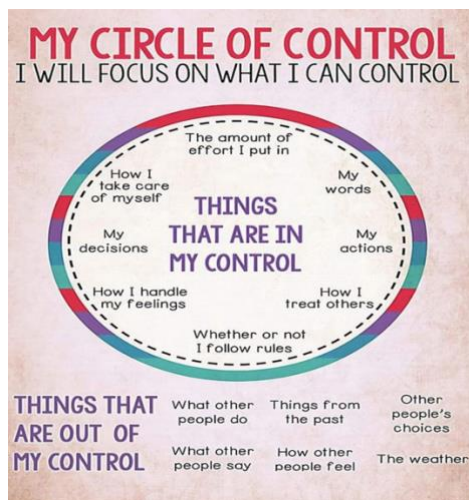
So how do we harness it?

OPTIMISM

There is no one way to feel more hopeful about the future. Usually, it is a combination of support from loved ones, faith (whether spiritual or not), gratitude, compassion and self-care that boost health and happiness.

I find myself rather cynical these days and feel the need for more optimism towards the future.

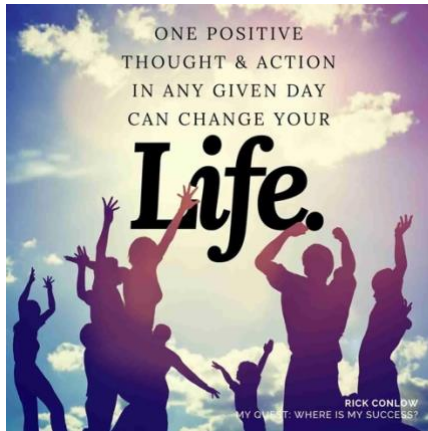
Optimism doesn't deny the presence of negativity in the world – it just acknowledges that feelings aren't permanent. Although optimists are generally thought to be "glass half full" kinds of people, they tend to take a more balanced view than those who dwell on the negatives ([How to Develop a Positive Personality](#)).



Therefore, one way to become more optimistic is to take ownership of the things in life you can control and let go of those you can't. An example of positivity in action here might be to list everything in your life that makes you unhappy and split it into two parts: things you can change and things you can't.

Under the components of your life that you can change, list a few practical steps you could take to improve the situation. For example, if you don't like your job, your list here might include points such as "update my resume" or "talk to my boss". And the things you can't change about your life? Visualize them as different colored balloons and imagine yourself just letting them float away. accessible, and equitable.

Positivity



A positive attitude is something we all strive for, but positivity examples aren't exactly abundant in modern life. From the news cycle to TV dramas, it's not sex that sells according to marketers – it's negativity. As human beings, we're often motivated by our worries and fears. We may not be consciously aware of it, but advertising companies and TV networks

are, which is why it can be hard to find positivity examples in the media.

Awareness

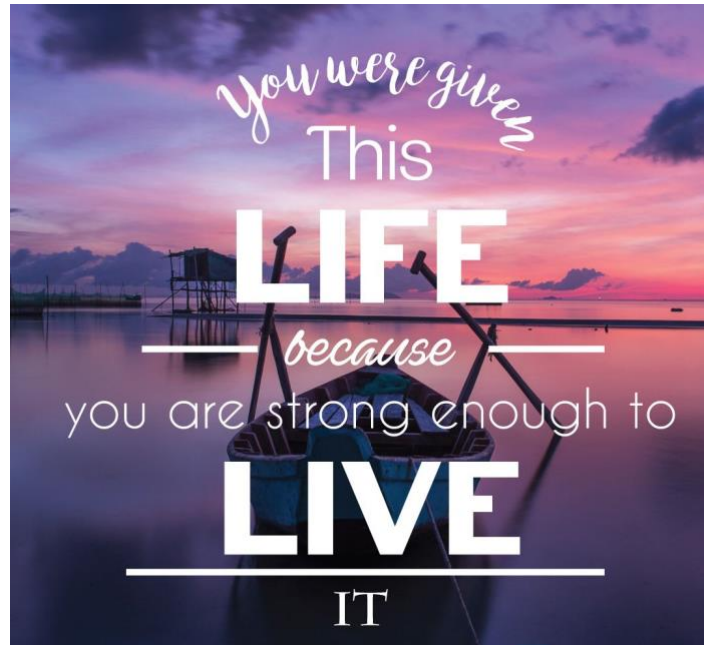
Being aware of your positive and negative emotions is the first step toward changing your outlook. It's important to note that positivity is not a natural state of being. Rather, it is a series of actions performed deliberately to change the structure of your brain. In other words, positivity is a choice.

That doesn't mean that positive people never experience negative emotions – they just tend not to dwell on them.

Resiliency

According to Live Strong, resiliency is "...the willingness to stay engaged rather than become isolated during hard times." Although cutting yourself off from the world is a natural response to anxiety or depression, it is usually counterproductive. Choosing to participate in life and connect with those around you will help you make it through the tough times.

ALWAYS REMEMBER!



♥ AND WE ARE! ♥



Work Cited

<https://www.healthyplace.com/self-help/positivity/how-to-develop-a-positive-personality>

<https://www.healthyplace.com/self-help/positivity/5-powerful-positivity-examples-to-improve-your-attitude>

Editorial

Interacting in the Evolving Post-Pandemic Workspace

By
Tarik Kiley
10/28/2023



The COVID-19 pandemic has changed everything when it comes to how we navigate the business workspace. This is true when it comes to defining concepts regarding

the workspace including the concepts of remote and hybrid work. Many workers post-pandemic want to either work completely from home, or they want to work from home on certain days of the work week, and work at the business office other days of the work week.

According to [forbes.com](https://www.forbes.com), “As of 2023, 12.7% of full-time employees work from home, while 28.2% work a hybrid model.” While most workers continue to work from the traditional business office, even in 2023, the idea of remote and hybrid work is surely catching on. This is a seismic shift. According to [forbes.com](https://www.forbes.com), “A staggering 98% of workers expressed the desire to work remotely, at least part of the time.

This overwhelming figure reflects the workforce’s growing affinity towards the flexibility, autonomy, and work-life balance that remote work offers.”



While they had little choice but to do so during the quarantine, many white-collar workers, particularly, adapted to the remote work environment,

and slowly but surely realized that they could accomplish their work goals remotely, from home, with a laptop computer, and a good internet connection. Also, telework and communication software such as Zoom and Google Meet opened a whole new way to hold business meetings.

Now that workers know that most white-collar work can be completed almost anywhere with a computer and a good internet connection, returning to the business office full time seems daunting. Hence, attitudes towards remote and hybrid work have shifted towards the desire for more remote and hybrid work. Now, companies must adapt to the increasing vocal demand for more remote work from employees.

It should also be noted that young college educated people do not want to follow their parents' paradigm of commuting to work on



traffic congested freeways, to and from suburbs. Instead, they are embracing alternative paradigms, such as

returning to urban living, and also embracing remote work.

According to forbes.com, “The age group most likely to work remotely are those aged 24 to 35...Education also plays a significant role in remote work accessibility. Those with higher levels of education have a better chance at remote work. This could be a consequence of the qualities of roles that necessitate postgraduate qualifications, which usually involve cognitive labor that can be done anywhere.”

This means that if the work is remote, then it can be done from anywhere there is a stable internet connection, meaning that remote work can be done practically worldwide. Digital nomads are a newer class of worker who are taking advantage of this trend. Digital nomads often work remotely in overseas locations, with ties to their workplace environment, essentially being a laptop computer and a stable internet connection.



Office Workers in the 1970's

It should also be noted that the ability to work remotely actually increases productivity for many. Many workers can get more accomplished, remotely, because of the availability of information

technology that leads to increased productivity. Sidebar: This is an argument for the four-day work week, that will have to be discussed in a separate article, later...in that, since workers are more productive with the use of information technology, then, it is unnecessary to have to work five days a week. Workers can get the same amount of productivity in four days that they used to get in five days.

Forbes.com notes, “According to various studies, remote workers are, on average, more productive than their office-based counterparts, with 45% of full-time employees in the U.S. reporting that they work in a remote work model and in a more productive way. This can be attributed to the flexibility and autonomy that remote work offers...” So, increased flexibility and autonomy encourages productivity.

While some continue to defend the traditional office space, the Harvard Business Review notes that, “Leaders must actively collaborate with their employees to find a balanced approach to one of the most significant changes to the way we work since the [I]ndustrial [R]evolution.” Surely, the Information Age has made certain practices from the Industrial Revolution outdated. Certain practices from the Industrial Revolution probably don’t make white-collar workers more productive. Again, spending five days a week working in a business office doesn’t necessarily make people more productive. While information technology is the key to increasing productivity, the flexibility of remote and hybrid work seems to be the key to happiness, or at least increased enjoyment of the work at hand for many workers.



It should also be noted that the post-Industrial Revolution workspace is more collaborative. Email, texting, and Google Suite have opened the ability to communicate in an instantaneous manner and have reduced communication barriers. The reduction of barriers to communication has resulted in more collaboration across teams. So, distance is no longer a barrier to being able to work together.

Now that distance is no longer a barrier to working together for white-collar workers, where work takes place is not as important as the experience of where work takes place. Between the home office, and the business office, there is the increasing popularity of the co-working space.

According to a blog on flexjobs.com, “Coworking spaces are shared offices where individuals or small companies can rent a space, typically a desk or office. Coworking spaces are very communal in nature and often have many common areas designed to allow people to mingle and network with ease.” Co-working spaces also often include a décor that increases communication between workers and as noted, increases opportunities to network.



This is in opposition to the outdated cubicle farms of yesterday’s corporate office space. The flexjobs.com blog goes on to note that, “With amenities like coffee bars, free snacks, comfortable seating, standing desks, conference rooms, printing, yoga and fitness classes, and more, coworking spaces strive to stand out from a typical office space.”

Co-working spaces are the newly defined office spaces of the Information Age. The co-working space offers an alternative space for people who don’t necessarily want to work from home, but who also do not want to return to the cubicle farm of the corporate office. Co-working spaces provide the community that may not be primarily accessible from the home office experience, without the crushing staleness of the corporate office experience, either.

Of course, companies are going to have to give up control to a certain degree if they are going to support worker autonomy and the desire for flexibility with remote and hybrid work. They are also going to have to find out what to do with all the unused and undesirable office space, much of it found in central business districts, or downtown areas. Still, this is all to say that the workspace is evolving, and there are new considerations to consider since the COVID-19 pandemic. Business leaders must recognize these new trends.

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Announcements



Democrats of North Mecklenburg: Monthly Meeting

Thursday, November 2, 2023, at 6:30 pm
Media Center, Cornelius Elementary School
21126 Catawba.

Please RSVP via the button below or email us at
democrats@demsofnorthmeck.org.

Join NCDP and the Democratic Women of
Mecklenburg County, Thursday, November 2nd
from 6-8pm for our
“Get Out the Vote Phone Bank.”



<https://www.mobilize.us/ncdems/event/590322/>

Announcements



Democratic Women of North Mecklenburg County

Monthly Membership Meeting Elections

Wednesday, November 8, 2023

Caldwell Presbyterian Church

Hope Community Center

1609 E. Fifth St. Charlotte 28204

Red Wine & Blue

Sisters Lead Sisters Vote and Win with Black Women

Welcome Vice President Kamala Harris

Friday, November 3, 6:00 pm



[RSVP now for our virtual event, Sisters United: Taking Back Our Rights with VP Kamala Harris!](#)



Please submit your group events to donnamarie93@gmail.com by the 15th of the month for inclusion in the Announcements.

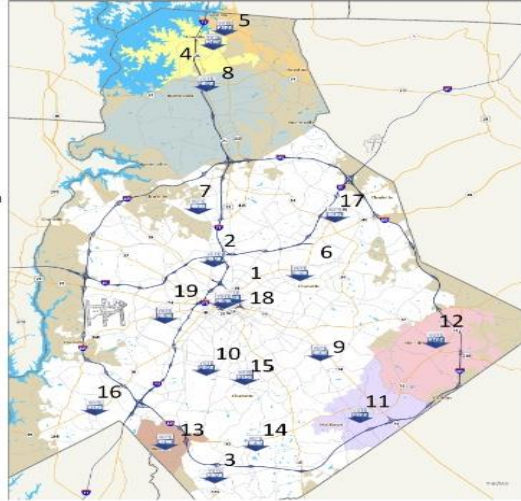
Happenings!

Mecklenburg County General Election November 7, 2023 One Stop Early Voting

HAL MARSHALL (opening October 19th 8am)
1 - Located at 618 N College St

Additional Locations (opening October 26th 8am)

- 2 Allegra Westbrook Library 2412 Beatties Ford Rd CLT
- 3 BALLANTYNE Former Rite Aid 15221 John J Delaney Dr CLT
- 4 CORNELIUS Town Hall 21445 Catawba Ave Cornelius
- 5 DAVIDSON Town Hall & Community Ctr 251 South St Davidson
- 6 EASTWAY Recreation Center 3150 Eastway Park Drive CLT
- 7 Hornet's Nest Park 6301 Beatties Ford Rd CLT
- 8 HUNTERSVILLE North County Regional 16500 Holly Crest Ln
- 9 EAST Independence Regional Library 6000 Conference Dr CLT
- 10 Marion Diehl 2219 Tyvola Rd CLT
- 11 MATTHEWS Library 230 Matthews Station St Matthews
- 12 MINT HILL Library 6840 Matthews - Mint Hill Rd Mint Hill
- 13 PINEVILLE Library 505 Main Street Pineville
- 14 SOUTH County Regional Library 5801 Rea Rd CLT
- 15 SOUTHPARK Regional Library 7015 Morrison Blvd CLT
- 16 STEELE CREEK Martial Arts 10720 S Tryon St Suite N CLT
- 17 UNIVERSITY CITY former Kohls 9315 N Tryon St CLT
- 18 UPTOWN Overstreet Mall 101 S Tryon St Suite 10 CLT
- 19 WEST Boulevard Library 2157 West Blvd CLT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				October 19 HAL MARSHALL 8 am - 5 pm	October 20 HAL MARSHALL 8 am - 5 pm	Closed
Closed	October 23 HAL MARSHALL 8 am - 5:00 pm	October 24 HAL MARSHALL 8 am - 5:00 pm	October 25 HAL MARSHALL 8 am - 5:00 pm	October 26 ALL 19 Sites 8 am - 7:30 pm	October 27 ALL 19 Sites 8 am - 7:30 pm	October 28 ALL 19 Sites 8 am - 3:00 pm
October 29 ALL 19 Sites 1 pm - 4 pm	October 30 ALL 19 Sites 8 am - 7:30 pm	October 31 ALL 19 Sites 8 am - 7:30 pm	November 1 ALL 19 Sites 8 am - 7:30 pm	November 2 ALL 19 Sites 8 am - 7:30 pm	November 3 ALL 19 Sites 8 am - 7:30 pm	November 4 FINAL DAY ALL 19 Sites 8 am - 3 pm
Closed	Closed	November 7 Election Day 6:30 am - 7:30 pm Voting in your assigned precinct (check your voter card or visit our website meckboe.org)	Eligible individuals may register and vote during the one-stop early voting period.			

For further election related information visit our web site at www.meckboe.org



The Executive Corner:

**Rev Rodney Sadler, Joel Segal, DonnaMarie Woodson
Rev Glencie Rhedrick**

Coalition of United Progressives-CharMeck Chronicle

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