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# THE COALITION OF UNITED PROGRESSIVES CHARMECK CHRONICLE

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**Greetings!**

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

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## Sections

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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

*One, Two, Three, Breathe* 🙏



**"Mindfulness Breathing Meditation"**

**By**

**By DonnaMarie Woodson**

This is not the **Spotlight** I originally intended to write. That piece was about an article in the Washington Post about how dramatically the number of hate crimes in D.C. has soared but, the number of prosecutions has plummeted.

And, according to Jessie K. Liu, the U.S. attorney for the District, it's extremely hard to prove the "hate" in the hate crime.

Really?!!! Why would you walk up to someone you don't know

and put a bullet in their chest because you feel it's your right to kill based on their sexual orientation?



*Jessie K. Liu*

## Seriously?!!!



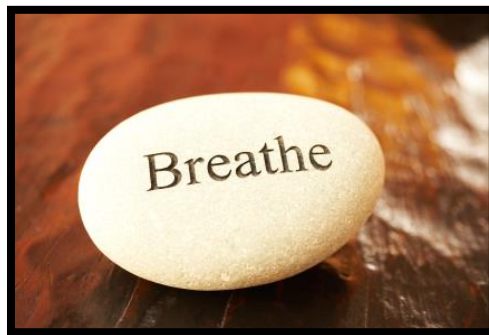
Okay, see my blood pressure has already jumped 10 points just with this short introduction. So, like I did when I started to write this a few days ago, I had to stop myself, take a deep breath, and breathe.

My stress level has been through the roof and I'm not alone. I've spoken with a myriad of people who feel a daily sense of dread and depression that is permeating our country. We've been under assault for over 2 years with this Administration and the "he who shall not be named" residing at 1600 Pennsylvania Ave has been quite successful thus far at turning over every slimy rock of hate he can find. And, we know there's more ahead.

As activists and even those who aren't political junkies like me, self-care is crucial to us not completely losing our minds.

So, let's all take a moment and breathe. Try this guided meditation and let me know if it helps as a go-to resource in boosting your mental state of mind.

## "Mindfulness Breathing Meditation"



(CLICK ON IMAGE TO HEAR AUDIO)

*Make it a practice to live in the here and now, not the past or the future. Realize that NOW is the only reality there is.*

### Led by Beverly Hays Center for HealthyMinds

- Sit comfortably, spine straight and strong but not rigid, body relaxed. Release any tension in your jaw, shoulders, neck or anywhere that you may have the habit of holding stress.
- Breathing through your nose, take a gentle but deep inhale. And as you release the exhale, allow your eyes to drift closed, or if you prefer, just lower and soften your gaze. Begin to turn your attention inward, taking a moment to notice your inner landscape, the state of your mind.

- Are there emotions present? Are you sleepy or energized? Mind buzzing or calm? Without forming an opinion or passing judgment, just notice this.
- Now, with a deep inhale, imagine that you are gathering in any mental residue from your day. Any problem or unfinished business that is tugging at your attention. And with a complete exhale, release it, and see it all drop away.
- Notice your breath as you set your intention to be present for this meditation.
- Letting the breath come to you, without attempting to change or control it. Just notice as it falls into a natural rhythm.
- Breathe in, breathe out. When thoughts arise, which they will just notice them, and let them pass away.
- Gently return your attention to breathing. Calming, centering, constant. There is only this moment, this breath; connecting mind and body.
- When you're ready, take a deep, intentional inhale, and with your exhale, release your attention to the breath, and open your eyes.

***"As you move through your day, it may be helpful to remember that breath is always with you and can be used, in the moment, as a method to calm and focus your mind." Beverly Hays***

#### **Works Cited**

<https://centerhealthyminds.org/join-the-movement/just-stop-and-breathe>

<https://www.washingtonpost.com/graphics/2019/local/dc-hate-prosecutions-drop/>

## Editorial

### **Why Tariffs Don't Work**

**By**

**Tarik Kiley**

**August 25, 2019**



Here is what I learned in undergraduate school for Political Science about tariffs. Tariffs are taxes on imports. If you make imports artificially more expensive then it hurts productivity and market competition.

Lower market competition hurts the quality of goods offered in the market. In other words, if you protect domestic markets from foreign competition, it brings the quality of goods and services down. The domestic market will not try as hard to compete with imports because they know that the cost of the imports have been made artificially high.

Also, the global economy suffers when there is not a free flow of goods, services and labor. For example, if Mr. Trump keeps Mexican migrant labor from working in the USA, which he seems that he wants to do, then you can imagine that the economy of a

state such as California, will truly suffer as the crops rot in the fields from lack of agricultural labor supply.

Additionally, tariffs are a bad idea, because when tariffs are placed on China, China will simply retaliate with tariffs of their own. They will work to protect their domestic industries, as well.

So, everyone suffers with higher costs of goods for all.



Also, protectionism of domestic industry only makes

sense when that industry is barely developing. It makes sense to protect an infant industry with additional research and development dollars for example, in order to encourage that industry to grow. But, the USA isn't a country with weak industries. Instead, the USA has historically had one of the strongest and most innovative economies which the world has seen.

### **So what is Mr. Trump doing?**

Mr. Trump has placed tariffs on \$200 billion dollars of imported Chinese goods, according to *The Atlantic*. So, China is also retaliating with tariffs on \$60 billion dollars of American imported goods. Mr. Trump thinks that tariffs will make China more cooperative, and that somehow the tariffs will force the Chinese to give the American government concessions. Instead, tariffs are more likely to hurt the American consumer, as manufactured parts for example, made in China, but necessary to build American products, become more expensive to the American importers of these parts. And, most likely the American companies who rely on Chinese manufactured parts will pass these costs onto the consumer.



Also, if you consider the economic concept of cheaper, better, faster—that cheaper, better and faster produced goods are more likely to sell, then you will understand that the Chinese are not cheating

the Americans with “unfair trade practices” at all. Instead, the Chinese are able to make products cheaper, better and faster, making their exports more appealing to consumers on a global level. Ultimately, consumers consume more of goods which are cheaper, better and faster, and less of goods which are not produced cheaper, better and faster.

It also seems that Mr. Trump’s frame of reference is dated as well. The global economy has matured, but it doesn’t seem as if Mr. Trump has kept up with recent developments. For example, he talked about “bringing coal back”—not understanding that coal is a sunset industry and the sunrise industry in that sector is actually clean, and renewable energy such as solar and wind power.



The solution for the American economy rests in its ability to innovate. Think of all of the American inventions which have bolstered the US economy. Think of cars, airplanes,

computers, goods such as refrigerators, and the Internet for example, which all have made the US economy strong.





**Also, the USA has to continue to develop and maintain its advantage in human resources and labor supply. The USA has some of the best universities in the world. The USA has to continue to produce the high skilled workers of tomorrow. In this way, the USA's economy will remain strong, as it becomes a place of cutting edge technology as it has been in the past. The US needs to continue to look towards high tech sectors such as robotics, biotechnology, civil engineering etc. and needs to produce the workers needed for these industries to thrive.**

#### **Works Cited**

<https://www.uschamber.com/tariffs>

<https://www.theatlantic.com/ideas/archive/2019/05/trumps-tariffs-show-he-doesnt-get-how-trade-works/589351/>

<https://www.latimes.com/opinion/story/2019-08-19/china-trade-tariffs-trump>

# Announcements



## N. Meck Democrats Monthly Meeting

Thursday, September 5th at 7:00 PM

Magnolia Woods

12125 Statesville Rd

Huntersville, NC 28078

## The Climate Crisis: Impacts To Women

### The Climate Reality Project - Charlotte, NC Chapter

Wednesday, September 4, 2019, 7:00 PM – 8:30 PM

Wedgewood Church

4800 Wedgewood Dr.

Charlotte, NC 28210

## Natasha Marcus w/Tara Romano (NARAL Pro-Choice NC)

Thursday, September 5th, 6:30-8:30 pm

Unitarian Universalist Church of Charlotte

234 N. Sharon Amity Road

(Information on Fake Crisis Pregnancy Centers and how we can help expose them and protect a patient's right to be informed about all their options.)

# Announcements



## N. Mecklenburg Progressives Dinner

Monday, September 9th at 6:30 PM

Famous Toastery

12715 Conner Dr.

Huntersville, NC

(just off Gilead, across the parking lot from Earthfare)

Speaker - Rev. Amy Brooks, Charlotte Organizer

Greenfaith

## Democratic Women of Mecklenburg County

September Membership Meeting

Wednesday, September 11th 6:30 PM – 8:00 PM

Belmont Regional Center

700 Parkwood Avenue, 28205



Please submit your group events to  
[donnaMarie93@gmail.com](mailto:donnaMarie93@gmail.com) by the 15<sup>th</sup> of the month for  
inclusion in the Announcements.

# Announcements



## "Dem Friends"

Thursday, September 12th at Noon

Asian Buffet & Grill

11032 East Independence Blvd

Matthews, NC 28105

704-246-6962

(Every 2<sup>nd</sup> Thursday of the month)

## Charlotte Strike for Climate

**The Climate Reality Project - Charlotte, NC Chapter**

Friday, September 20, 2019 at 9:30 AM – 11:30 AM

Charlotte Mecklenburg Government Center

600 E. 4<sup>th</sup>, Charlotte, NC 28202

# Announcements



## N. Meck Town Hall

Senator Natasha Marcus

Representative Christy Clark

Thursday, September 19<sup>th</sup> at 7:00 pm

Cornelius Town Hall

21445 Catawba Avenue

Cornelius, NC

## The 55th Annual Festival in the Park

Friday, September 20<sup>th</sup> - 4:00 PM – 9:00 PM

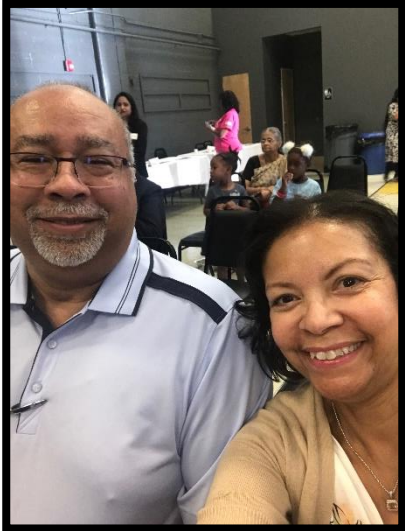
Saturday, September 21<sup>st</sup> – 10:00 AM - 9:00 PM

Sunday, September 22<sup>nd</sup> – 10:00 AM – 5:00 PM

Freedom Park – 1409 East Blvd

Charlotte, NC 28203

# Happenings Gallery!



**Kevan Woodson, DonnaMarie Woodson**



**Mad Hatter Fundraiser - Congresswoman Alma Adams, Jill Biden**



**Paint the Town Blue Gala – Jane Whitley, Dimple Desai, Wesley Harris, DonnaMarie Woodson**



**Stop the Violence Press Conference - Cade Lee, DonnaMarie Woodson, Claudia Sandoval**



**West Side Dem Good Time - Senator Mujtaba Mohammed, Janice Robinson, DonnaMarie Woodson**



**The Executive Corner:**

**Executive Director - Jade X. Jackson**

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

**Coalition of United Progressives-CharMeck Chronicle**

**Editor: DonnaMarie Woodson**

**Contributor: Tarik Kiley**