

# Sometimes, relaxation can be the best thing Letters

From Page A4

By Naomi McLean  
Chronicle Columnist

Perhaps you've had the rather annoying experience of lying in bed at night wide awake and being unable to sleep while vacationing.

It might have been that it was too warm to sleep, possibly too cool with air conditioning, or maybe there was something bothering you. First you laid on your back, but discovered that wasn't right. Then you rearranged your pillow. Next you rolled over on your side with your arm tucked under the pillow. Still, you were unable to relax.

Finally realizing that all your efforts to sleep were futile, you decided to get out of bed and sit up for awhile. You sat in a comfortable chair by the window and looked out. There, before your wondering eyes, lay the still,

Naomi's View

**NAOMI  
MCLEAN**



strange and beautiful world of the night.

The sidewalks were dark and quite empty. Only one or two people passed by and you wondered where they could possibly be going at such an hour. Maybe they worked at night and were on their way to their jobs, you thought. The heavy blackness was dotted with the intermittent flashing of neon signs. Red and yellow and blue and orange lights twinkled on and off advertising furniture, shiny automobiles or perhaps a new breakfast cereal. The soft,

hazy lights looked like a colorful rainbow lighting the darkened sky and soon your eyes were filled with sleep.

Somewhere you could hear the faint sound of someone whistling a lonely tune that was appropriate in the emptiness outside your window. You were tired, but somehow you could not resist watching the world that appears when most people are sleeping.

The tapping of a policeman's nightstick being run over an iron fence called your attention. He walked up one street and around the corner and finally back to the fence, tapping his stick again. Back and forth he walked and tapped the stick. You heard the sound of an automobile engine as the driver tried frantically to start it. He turned the key over and over again. Finally, the stubborn engine responded and the auto sped away.

The night became even quieter. Not a sound could be heard.

Slowly, slowly, the neon signs stopped blinking until they were almost all out. The entire city was asleep and you decided to join it.

Once more you climbed into your bed, but this time you found a comfortable position. How relaxed you felt after spying on the sleeping city. Quite easily and quickly you dropped off to a peaceful and sound sleep.

It seemed like only minutes later that you felt the glaring light of the sunrise in your eyes. The clanking of milk bottles could be heard as the milkman carried them out of his spotless truck to your doorstep and deposited them noisily.

Already the children were laughing and talking downstairs and you realized the city had begun to wake up. Alarm clocks clanged and stirred their owners from their sleep and urged them to work. Buses ran to and fro in the streets. The river was crowded with little sailboats and ferries and the faraway mountain appeared to be wide awake.

It was relaxing to remain in bed and listen to the awakening city. However, you knew that you, too, must rise. In spite of it all, the annoying experience ended in a period of relaxation.

Fogle, Naomi Jones, Baxter Griffin, Paulette Marshall, and Belle Worthy for their donations and contributions to the July 28th NAACP youth fund-raising event. Also, thanks to the many friends that came out to support the youth.

**Ann Simmons  
NAACP Youth Adviser  
Winston-Salem**

it does everything but protect the family. However, it is "received" as a good thing.

Helms knows perfectly well that most us are entirely too busy to read all these bills. We can't do our jobs and the jobs of our legislators, too.

That is just why we need a man like Jim Hunt in the senate. When Hunt first ran for governor I was not for him, but I have seen what he has done for the state. When I am wrong I like to admit it. Thank God we got Hunt over my objections. I saw a bit of what he did and began to like him -- saw more and loved him.

We can trust Jim Hunt to do his job in the senate. He is not overly concerned with perceptions. Jim Hunt has the old-fashioned ideas that if a man does a good job and is honest, all the people will know about it. He trusts the people and I trust him.

**Nell Scott Weaver  
Winston-Salem**

## Old-fashioned?

To The Editor:

They tell us that perception, not substance, is what counts in politics. That's a hell of a way to run a railroad, much less a country. My grandmother had an answer for that one "I am so busy seeing what you are, I have no time to listen to you telling me what you want me to believe you are!"

(U.S. Sen. Jesse) Helms proposed a bill called "The Family Protection Bill," when

## Hauser

From Page A4

and universities receive an equitable share of the chain's corporate donations program.

And now for a look at the East Winston store. Food Lion made the East Winston Shopping Center possible by becoming the principal tenant of the center. They agreed to locate there after a 20-year search for such a tenant. The store has a black manager and 36 of its 42 employees are black. The supermarket provides a convenient, competitive place for the community to shop. The supermarket is a customer of the nearby minority-owned bank, and it gives as much of its advertising dollar to the local black paper and radio station as any of the other local food chains.

Is Food Lion an asset to the black community? Is Food Lion a responsible corporate citizen? Isn't the present corporate program of Food Lion consistent with the objectives of the NAACP? It is my opinion that thinking people would answer those questions in the affirmative.

Is Food Lion antagonistic to the black community? Should the East Winston community initiate a boycott of the East Winston Food Lion supermarket and drive a convenient, competitive supermarket from its community? My answer to the above is a resound-

## Little

From Page A4

the dollars out of our community each year, can a few jobs be too much to ask?

Why then, is the boycott so controversial in some circles of the black community? I suspect the major cause of disagreement eddies at the feet of the Food Lion in East Winston shopping center.

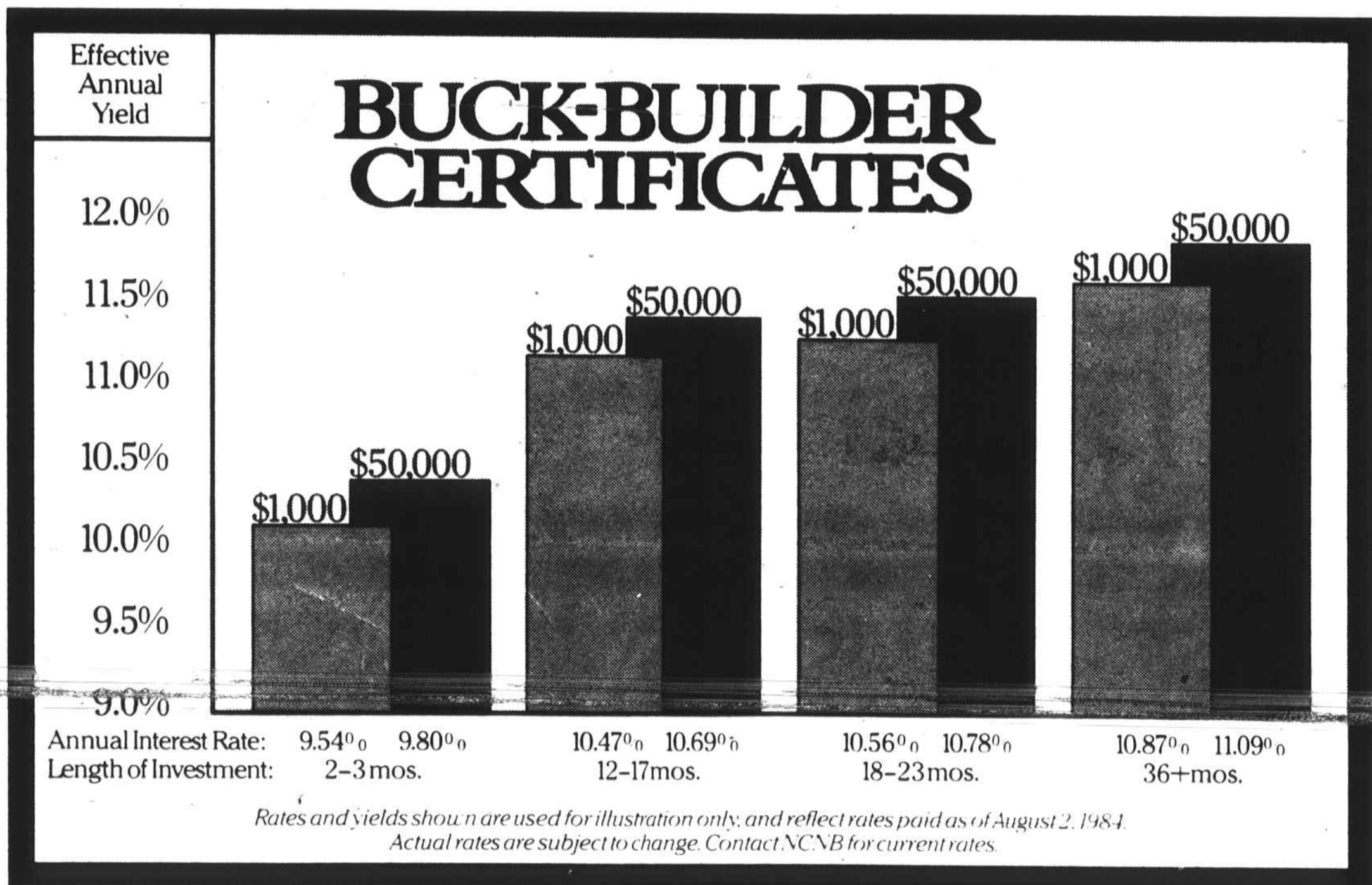
This particular shopping center has some investment from a few black citizens who are members of the local NAACP. However, the vast majority of the investments made in this shopping center have been made by whites. This is not a black-owned shopping center, but it does provide convenient shopping for an area of Winston-Salem that has been ignored for years.

To its credit, Food Lion was the one food chain that responded to the call to locate in the East Winston shopping center. But, let's be clear -- Food Lion did not locate in East Winston for any altruistic purposes. Food Lion's surveys showed them a lucrative, untapped consumer market and it seized the blatant opportunity. The East Winston Food Lion store is one of the most profitable stores in the entire Food Lion chain, and thusly Food Lion's rebuff of the NAACP is even more insulting and ironic.

There are some blacks who believe that black people would

Please see page A11

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