

Happy Birthday, Mechanics And Farmers From Page 4

make the time to drive your BMW "across town?" Lord, what will your white friends think?!

Well, who cares what they think?!? We as a people must come to the realization that NO ONE can save us from us, or for us, but us! Supporting Mechanics and Farmers is supporting the economic viability of our community. So, come on y'all, get with it!!

Perhaps most disheartening, though, is the pitiful, pathetic record of support by

our black churches. Brother White informed this writer that to date, he can count on his hands the number of black churches that have opened main accounts with the bank. Now, the last time I saw Mel White, he had 10 fingers, which means that out of approximately 150 predominantly black congregations, less than 8 percent have had the sense of responsibility to deposit their considerable resources with Mechanics and Farmers.

I don't mean "no harm," but I am cer-

tain that God will bless your money at Mechanics and Farmers just as much — if not more — than he does at Wachovia, NNCNB, First Union, Southern, etc... Clearly, our preachers, trustees, deacons, missionaries and laypersons must do better.

*When all God's children get together,
What a day of rejoicing that will be...
For when we put our money in
Mechanics and Farmers,
It will hasten the day when we are*

free...

So, in closing, I say Happy Birthday to Mel, Betty, Sharon, Tammi, Angela, Billie, Bernice, Loretta, Gwen, Thomas, and the Board of Directors. Congratulations on your first year of service to Winston-Salem. Keep on keeping on; for more than being a full-service bank, you symbolize the hopes and aspirations of a people — a community — in dire need of a sound economic base.

May you assets always exceed your liabilities.

To my wife Sylvia, and daughter Thema, I also extend birthday greetings, with the sincere hope that the investment of love which we deposit with each other today, will bring forth bountiful returns tomorrow and always. God Bless you both...

(By the way, Thema insisted that I inform you that she already has opened up a "modest" savings account at Mechanics and Farmers; what's your excuse?)

Naomi's View

NAOMI McLEAN



Someone has said:

"People who have patience are contented people. They will never become nervous wrecks or develop an illness over small matters. They do not hurry through their daily lives trying to get everything done and then accomplishing nothing. They do not consider waiting a necessary evil."

How different people pass their time while they are waiting is interesting to note; their actions depend mainly on what they are waiting for and, of course, how long they have been waiting.

It seems that some people become nervous when they have to wait for any length of time. They begin to pace the floor or to drum their fingers or even mutter to themselves. But this is not true of all people. There are those who are quite calm and relaxed while they await the arrival of their dinner partner or their waiter to serve them at a restaurant. They do not become annoyed when a friend is late for an appointment. If they cannot be waited upon immediately in a store, they will simply smile at the sales clerk and of course, allow her to finish with another customer.

But...what about the man who has his automobile double-parked in front of a department store where his wife is shopping? He is impatient. Lighting a cigarette, he will glance nervously at his watch and keep a sharp eye out for a policeman who might give him a ticket. He might drum fingers impatiently on the steering wheel or try to get interested in a newspaper article.

Really, the poor man doesn't know whether to circle the block or to take a chance on staying where he is. If he drives around the block, he might get caught in traffic. Too, his wife may come out of the store and have to hold heavy packages as she waits for him, getting more annoyed as the time goes by.

Yet, if he stays where he is, he will probably tie up traffic and be the object of disdainful looks from other drivers. Also, the risk of getting a ticket is involved.

Next, we have the restless patients who are waiting to see the doctor. The woman sitting near the door tries to quiet her little boy who is passing the time by tearing up magazines. The coughing of an elderly man bothers another woman, and she attempts to drown out the sound by rattling the pages of the paper she is reading. The patients are annoyed at having to wait and complain to one another.

Soon, the nurse asks for the next patient. Usually the woman who has been most impatient will be the one who is very disturbed if the doctor appears to be rushing through her visit.

So, we spend a good deal of our lives waiting. We wait for summer vacations or some special occasion or a meeting with possibly an old friend whom we have not seen in years. Children, of course, are always looking forward to something. They anxiously await birthday parties, the annual trip to the circus, and especially the holidays when they receive gifts.

In a summary, most of the time we are waiting for something.

Dr. Charles Faulkner

Body Language: Accurate Guide To Your Emotions

Did you know that your behavior can indicate what you are thinking? Often, your body may be a better, more accurate guide to your feelings and emotions than anything you say. A person can look at you and often know exactly what your mood is.

This way of communicating with your behavior is sometimes called "body language." Body language is not a science and the same behavior of two people does not always mean the same thing. However, you can use behavior as a general guide to a person's personality.

The face is the most obvious indicator of feelings. Wide-open eyes usually indicate fear or hostility. When the teeth are tightly clenched and the eyebrows wrinkle, you can be certain that the subject is angry.

Did you ever notice that a person who wants to ignore you, and wants you to know it, often turns his or her head away from you and stares down at the ground? A wrinkled forehead and a slight frown usually provide very convincing evidence that your presence is not desired.

The "Dictionary of Body Language" is broad and interesting. Some of the vocabulary follows. (Some of this information is taken from the book "How To Read A Person Like A Book" by Gerald Nierenberg and Henry Calero):

• *Antagonism, hostility, anger and rebellion are in-*

dicated by a tight jaw.

• *Guilt and discomfort* are indicated by a failure to look into a person's eyes when being spoken to.

• *Defensiveness, aggressiveness or hostility* are indicated by severe and continued eye contact.

• *Defensiveness and insecurity* are indicated by crossed legs, rigid body, crossed arms, clenched fist, the inability to look one in the eye when talking or the leg over a chair with the back partially turned to the other person.

• *Relaxation, security and rapport* are indicated by uncrossed legs, attentive facial look, uncrossed arms and exposure of the palms of the hand.

• *Extreme insecurity* is indicated by a squeezing of the fist, or grasping of the arms.

• *Boredom* is indicated by crossed legs and kicking motion.

• *Attentiveness* is indicated by a slight leaning toward the speaker and uncrossed legs.

• *Agreement* is indicated by leaning toward the speaker and sitting on the edge of the seat.

For the behaviors noted above to be useful signs for interpreting behavior, you must combine certain signals with certain other signals. Otherwise, you might make a clear misinterpretation of the meaning of the gesture.

The definitions of behavior are general and should be carefully evaluated in conjunction

with other information about a person for it to be valid. For instance, some people cross their legs to relax. However, if the legs are crossed, the arms crossed and eye contact avoided, you may then interpret the behavior as indicative of personal insecurity and defensiveness.

Chronicle Letters From Page 4

Because of your generous contributions, the participants were more than able to meet in an atmosphere of "fun and fellowship."

Your care and concern for your community and its citizens are to be commended. May we continue to serve each other in

a positive manner.

Again, thank you!

**The Sunrise Towers Bingo Club and Betty Jeffries
Winston-Salem Recreation Dept.**

The Myth From Page 4

or the death penalty are represented by court-appointed lawyers who are overworked and underpaid. As Tom Wicker states, "those wealthy and knowledgeable enough to hire good lawyers seldom suffer the death penalty." It is clear that the criminal justice system "cannot prevent in-

justices" and "arbitrary and capricious judgements." Langston Hughes once said the same thing, even more eloquently: "That Justice is a blind goddess/Is a thing to which we black are wise/Her bandage hides two festering sores/That once perhaps were eyes."

Capital Gain.

Time and again, you've heard it said, "To make money, you have to have money."

The truth is, you have to know how to save money before you can think about making more.

That's why more and more people are joining the Payroll Savings Plan to buy U.S. Savings Bonds. That way, a little is taken out of each paycheck automatically.

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Take stock in America.

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Martial Arts

From Page 4

so explore each one until you are satisfied you can get the full benefit of martial arts training.

Expense may be a problem, but usually YMCAs are not too expensive, and there's always the option of getting a book from the library to familiarize yourself with the art itself.

Having a black belt in karate or a black or red sash in Kung Fu is the ultimate goal, but in terms of the martial arts as a stress management tool, neither is a must. The most important goal in stress management would be to reduce the amount of physiological and psychological stress on the self.

Remember, restoring the body-mind flow is the goal in all stress-reduction programs.

To flow with the Yin and Yang of life.

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