

Home Remedy

Columnist Tony Brown talks with two scientists who say that an effective treatment for herpes' painful sores can be found in your kitchen cabinet.

Editorials, Page 4.

Once Upon A Time...

Blessed with an active imagination, little Melinda Daniels keeps her family and friends spellbound with her original and enchanting childhood stories.

Second Front.



Running Religiously

Long distance runners put their bodies through agonizing training for the thrill of victory, but local resident Darryl Robinson does it for another reason.

Sports, Page 14.

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Downtown Renaissance: Will It Include Average Citizen?

By RUTHELL HOWARD
Staff Writer

The sounds of progress pierce the air downtown: Hammers clang as workers place steel beams to support the Winston Plaza Hotel, now under construction on Cherry Street.

The sights of progress are evident, too: People on congested Trade Street en route to Fourth Street weave between construction trucks. Tuxedo-clad workers rush in and out of the recently-opened Encore Restaurant in the School of the Arts Roger L. Stevens Center for the Performing Arts on Fourth Street, which itself will open to the public Friday evening.

Businessmen confer over lunch in the Park Place Restaurant in the newly-remodeled Sawtooth Center for Visual Design as others visit the center's art displays. Meanwhile, small-time entrepreneurs wander in and out of their corner stores, sizing up the human traffic and the number of prospective customers.

The sights and sounds show promise of a new downtown, as do plans by the First Stevens Limited Partnership to build offices, townhouses, shops and businesses in six

buildings on Holly Avenue, as well as 350-space parking deck to accommodate the expansion.

But what will downtown's rebirth hold for the average Winston resident?

As far as dining is concerned, the two latest additions to the downtown's restaurant scene may give an indication. The Encore Restaurant offers continental cuisine that can range from

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-- Alderman Larry Womble

\$3.95 to \$6.95 per person for lunch and from \$12.50 to \$17.95 per person for dinner. Wines cost from \$1.95 to \$2.95 a glass and from \$8 to \$90 a bottle.

At Park Place, lunch ranges from \$1.95 for a hot dog to \$6.75 for sea scallops and dinner from \$6 to \$8.75 per plate.

As far as entertainment goes, the opening of the Stevens Center will cost as much as \$250 per

person, and though there are a few less expensive restaurants and entertainment options available, the revitalization trend seems most recently to be disturbingly high-priced, say some critics.

Southeast Ward Alderman Larry Womble says that downtown has few activities other than shopping for the low- to middle-income resident. "I'm talking about normal activities that would make downtown attractive to the average citizen," Womble says. "There is not even a good movie going on, and at one time, there were five movie theaters. Those movies moved out just like everybody else did and went to the suburbs and the shopping centers."

Womble feels that, besides another hotel and arts and cultural activities, downtown needs apartments other than the luxury units to be built on the top five floors of the Stevens Center.

He says he recalls the "old downtown," where people used to live, get haircuts, watch movies, go to restaurants or visit friends.

"One of the most important things that we can do to bring downtown back to life again is to bring people downtown," Womble says. "If

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Our Venerable Old Friend Won't Be Around Much Longer

By RUTHELL HOWARD
Staff Writer

fire in 1926.

A campaign was then launched to raise funds to purchase a Patterson Avenue building to be the future home of the YMCA in the black community and a facility for black YWCA use as well. The \$25,000 building fund campaign was to finance the construction of a new facility, complete with a gym, auditorium, swimming pool and "other modern facilities."

Y board members said in an open letter to the community that the new facility would provide "an opportunity for boys and men to meet in a club-like atmosphere, play and enjoy the guidance of trained leaders" and a social and entertainment institution for returning black soldiers from World War II.

Pledges toward the cause mounted to \$38,373, but only \$5,067 of the promised money was raised.

The excited YMCA Board of Directors had put up a "Watch This Site" sign on the Patterson Avenue lot. People from the community watched and watched for 20 years, and the weatherbeaten sign eventually fell down. The new Y was not built.

"We were in a depression and people just didn't have the money and jobs were not what they are today," says funeral home owner and director Clark S. Brown, who served two terms as chairman of the YMCA board in the 40s and has worked with the Patterson Avenue YMCA

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The Patterson Avenue YMCA has long been a strong institution in the black community, but it will soon be torn down after the new Winston Lake Y is completed in 1985 (photo by James Parker).

Some Health-Care Tips ...

Here are some ways to help cut the high cost of medical care:

• Before having a prescription filled, make sure you ask the pharmacist about the availability of low-cost brand names drugs or generic drugs. If possible, purchase your drugs from a discount drug store.

• In most localities, there are community medical centers and family medical centers that charge fees according to family size and income. The quality of service is usually good, especially from a preventative standpoint.

• Dental care can be particularly costly and many places of

employment don't carry a dental care plan. But there are ways of getting good dental care through clinics associated with dental schools.

• The cost of minor surgery, such as a tonsilectomy and the removal of a hernia can be greatly reduced through the use of free-standing ambulatory surgery centers.

You can maintain good health by getting the proper rest, daily exercise, eating the right foods and seeing a doctor and dentist at least once a year. Your body has rights over you, so respect them.

Health Care

By Necessity, It Falls Considerably Low On Some Priority Lists

By EDWARD HILL JR.
Staff Writer

As a rule, black people generally die sooner than whites.

A 1979 statistical study conducted by the National Center for Health Statistics and collated by Dr. Jacquelyne Jackson of Howard University, indicates that the death rate (per 100,000) among black males far exceeds that of white males and the same holds true for black females when compared to white females.

Heart disease, cancer, diabetes and liver diseases are the leading causes of death among black males and have drastically lowered the life expectancies of both black males and females.

On the average, blacks can expect to live 68 years while the average life span of whites is 74 years. And with a higher incidence of stress, the average life span of blacks can be expected to

drop even more.

Reasons for the high rate of deaths range from environmental conditions to economic status to poor dietary habits to just plain neglect.

The main factor, however, appears to be a general lack of adequate health care and prevention.

Locally, black physicians say they have noticed a significant decrease in the number of blacks seeking medical care in recent years. Much of the reason, they say, can be attributed to the economic conditions. Food, clothing and shelter are higher on their priority lists than an annual visit to the doctor for a checkup or a yearly dental appointment.

"We have experienced a significant decrease in the number of blacks seeking medical care," says Dr. Thomas Clarke, a private obstetrician/gynecologist for the past 19 years. "How much of that is due to neglect and how much is

due to the economy, I can't really say. But I'm sure the economy plays a great role."

"Basically, I would have to say there has been a decrease," adds Dr. Jonathan Weston, another ob/gyn specialist. "I've talked with several physicians who practice internal medicine and they say their practice is down."

"Yes, economics does play a part in medical care," says Dr. Ernest Young, a private physician who specializes in internal medicine. "But it's not necessarily black costs versus white costs. It affects everybody, regardless of color."

Dr. Raymond Oliver, a local dentist who has been in practice for 20 years, says he has seen a 20-percent decline in patients seeking dental care over the last two years.

"It's hard for people to understand prevention when they have to first think in terms of food, clothing and shelter," says Dr. Willard