16A LIFESTYLES

Breast Cancer Month

NAACP leader Kwesi Mfume speaks out on deadly illness.. See page 13A.



Local dentist tapped for ACD Fellowship

Dr. John Matthew Murphy was awarded Fellowship in the American College of Dentists during the groups annual meeting earlier this month.

The fellowships, which are awarded to less than 3 percent of all dentists, are open only by invitation and based on demonstrated leadership and contributions to the dental profession and society.

Murphy, who has been in practice for 32 years, says he's "happy" to recieve the honor.

"The honor of being awarded the fellowship into the American College of Dentist, and being recognized by my peers as a leader and contributor to the field is the pinnacle of my career," Murphy said. "This is a destinction that I revere and gratefulle appreciate."

Alphas to hold rally at Mint Museum

Alpha Phi Alpha wil host a rally tonight at the Mint Museum, 2730 Randolph Road.

The event is open to all members. For more information, call

Graham to speak at youth banquet

Author Stedman Graham will be the featured speaker for Save the Seed's annual youth banquet,

Graham, who penned best-seller You Can Make it Happen: A Nine-Step Plan for Success," is a former professional athlete and owner of Graham and Associates, a management consulting firm.

Save the Seed is an organizatio of African American men committed to serving as role models for needy youth.

This year's banquet will be held at the Marriot City Center. Tickets are \$35. For more information, call 376-7283.

Overeaters weekly meetings schedule

The Charlotte chapter of Anonymous nosts weekly meeting for those in need of support to overcome eating dis-

Meeting times and sites are as follows:

• Sunday

Advent Lutheran Church, 8840 University Blvd. 5 p.m.

Monday

Mecklenburg County Chemical Dependency Center, Billingsley Road. Noon.

Sharon United Methodist Church, 4441 Sharon Road. 7:15

Tuesday

First Baptist Church, 21007 Catawba Ave. Cornelius. Noon. Glenwood ARP Church, 5024 Freedom Dr. 7 p.m.

CPC Cedar Spring Hospital, 9600 Pineville-Matthews Road,

7:30 p.m.

• Wednesday
St. John's Episcopal Church, 1623 Carmel Road, 10:30 a.m. St. Luke's Lutheran Church.

3200 Park Road, 6:15 p.m. • Thursday

St. Gabriel's Catholic Church, 3016 Providence Road, 6:15 p.m. First United Presyterian Church, 406 N. College St. 12:10 p.m.

 Friday St. John's Episcopal Church,

See AROUND CHARLOTTE page 14A

Keep little ghosts safe



PHOTOS/JERI YOUNG

Displays like this signal the arrival of Halloween, or All Hallows Eve, celebration. Youngsters customarily go from house to house to receive treats from neighbors. Parents should take care to keep the little ones safe.

Experts offer Halloween safety tips

By Jeri Young THE CHARLOTTE POST

Caution: Small ghosts and goblins crossing.
Friday is Halloween and

across the city, children will take to the streets in search of treats...and more than a few

While Halloween is fun for kids, spook sightings are extra scary for parents and police.

The excitement of new costumes and children's natural sense of adventure often make them forget basic safety rules. They dash from between cars instead of crossing at corners and lose their wariness of strangers in the dogged quest for candy.

"Halloween is kind of a tough says Charlotte-Mecklenburg police officer Tom Barry. "We like to talk to anyone who need our help in preventing crime and (ensure) safety.

Barry says parents need to stress the importance of remembering basic safety

Nervous about having your hobgoblins out tomor-

row night?

There are plenty of spooky things going on to enter-

tain kids of all ages.
Several local organizations will host Halloween

The events range from a basketball tournament to old fashioned haunted houses.

In case traditional ghostly gatherings aren't your thing, a couple of local churches will host Halloween

Just in case mom and dad want to go rocking on the

spookiest night of the year, Queen City Omegas will host its annual Mardi Gras tomorrow night at Oasis

"Parents shouldn't hesitate to go to the door with a child," he said. "You're not being overprotective. It's always all right to be cautious."

According to Barry, parents are more aware of safety issues this year in light of several incidents of crimes against chil-

"People are more concerned about safety because of the stories they have heard," Barry said. "In today's society, parents need to be more proactive in protecting children.

Dr. Brent King, director of Emergency Services at St. Christopher's Hospital for Children in Philadelphia, offers these tips to parents:

- · Children should wear light or brightly colored costumes that are visible at night. Carrying a flashlight or wearing reflective tape on costumes will help children be more visi-
- Make sure your child's costume is flame-resistant and fits properly. Avoid oversized shoes, high heels and long skirts or

Some trick-or-treat alternatives are available

Temple, 604 Daniel Burnham Way. The party begins

at 8 p.m. Tickets are \$25 and proceeds will benefit the group's scholarship fund.

• Haunted Castle, through Saturday, 5 - 10 p.m.,

Knights Castle, Fort Mill. Tour "Rooms of the Unknown." Admission is \$6 with discounts available

for groups of 15 or more. For more information, call

•Trail of Fear, through Saturday, 7 p.m.-2 a.m.

Here's a list of what's going on for the family.

pants that could cause a child

- Avoid dressing your child up in masks, wigs or veils that obstruct vision. If a child wears makeup, parents should look for non-toxic, hypoallergenic
- Send your child out early and obey trick-or-treat hours set by your community.
- If you can't trick-or-treat with your child, send him out with a group of his close friends or with another adult.
- Go over basic ground rules that you expect your child to follow if he is trick-or-treating without you:

Don't cross in the middle of the street and always use the sidewalk. Don't go into strange homes

or apartments. Don't talk to strangers or get

into a stranger's car. Avoid houses that don't have their outside lights on.

Don't eat your candy until you get home.

· When your child gets home from trick-or-treating, inspect candy before it is Discard all unwrapped or loosely wrapped candy or fruit.

• If you have any questions suspicious-looking treats, call your local police department.

 Small children should carve pumpkins. Children can draw a face with markers, then a parent can do the cutting.

• If you decide to light your pumpkin with a votive candle, make sure that you place the pumpkin on a sturdy surface and keep it away from curtains and other flammable objects. Never leave a lighted pumpkin unattended.

To keep your own home safe for visiting trick-or-treaters, make sure your doorway is uncluttered. Remove anything a child could trip over, such as garden hoses, toys, bikes and lawn decorations.

The Associated Press contributed to this article.

Three area locations: McAlpine Park, South Charlotte Middle School and Lakewood Park,

· Terror at South End, through Friday, 8 p.m.-mid-

night. Party begins in front of the Spaghetti Warehouse, 101 W. Worthington Ave. Haunted maze,

graveyard, dungeon and other ghoulies. For more information, call 559-8072.

• Halloween Hoops contest, 7 p.m. Hawthorne Recreation Center, 345 Hawthorne Lane. For 14 years and older. For more information, call 336-2008.

See HALLOWEEN page 15A

Statesville. Proceed benefit Special Olympics.

Cover

Lambert work took 10 years

ByJeri Young THE CHARLOTTE POST

Drumbeats from Kabala Joseph B. Lambert Commonwealth Publications \$4.99

Joseph Lambert always had a

It just took him a few years to

put it on paper.

Ten years to be exact.

"I started in 1986," Lambert said. "It was published in 1996. I would work a little, then put in on the shelf. It could have taken one or two years if I would have worked on it continuously. What really took time was finding time to sit down and write.'

Lambert also faced the challenge of figuring out how to actually put his story on paper.

In 1986, he started writing "Drumbeats from Kabala" longhand. By the time the book was completed, he had purchased both a typewriter and computer.

"The typewriter didn't work," Lambert said. "Neither did writing it out longhand. It was hard figuring out how I felt most comfortable writing."

Lambert, an accounting technician, says he always had the desire to write. For several years, he was an editor with International Black Writers of Charlotte, a group that sponsored readings and critical reviews for aspiring black writ-

In "Drumbeats from Kabala," Lambert turns his pen to the problems facing Hufno, a young African who travels to America to seek his fortune. Hufno finds New York City and

American customs baffling. Lambert knows first hand Hufno's problems. He immigrated to the U.S. from Sierra Leone "It's mostly creative fiction,"

Lambert says of his character's adventures. "Like most fiction, it incorporates a little bit of the experiences of friends and people I know myself."

Aside from the problem of finding time to write, Lambert faced the challenge of finding a publisher. Without an agent, he sent copies of his manuscript to severai publishers b re mitting on one that accepted his work.

"It was sometimes frustrating," he said. "The general expectation is that you will be turned down even though the work may be

Lambert says the rejection notes from publishers kept him

"They were never negative," he said. "They liked the work and said good things about it. That made it easier to take the rejection. I was glad even the turn-

See DRUMBEATS page 14A

By Laura Meckler

happenings for families.

WASHINGTON - The place smelled like dirty diapers.

"Yuck," thought Betsy Sullivan. She didn't want to leave her daughter at a child-care center like that.

But the next place was worse. No one even realized she was

"I could have walked in and walked off with the place, or a kid for that matter," said Sullivan, who lives outside San Francisco.

"It was really scary."

And so it went, until the Sullivans found a center that was structured, but not a boot camp; a place without foul odors; a place they could leave 18-month-old Elva, the little girl who takes

months to warm to strangers.

Cost and quality. They are the two biggest issues in child care. And they cut against each other: Improving quality usually means

spending more. Experts will sort through such problems and potential solutions

Thursday at the first-ever White House conference on child care. But President Clinton plans to announce few concrete proposals, instead focusing on a handful of

modest ideas that include: A public education campaign and literature to help parents choose high quality child care.

• New incentives, such as loans or grants, to help child-care workers get more education.

 A campaign to get businesses more involved in providing child See CHILD page 14A



Search for good child care can be difficult for parents.