

# Women Should Not Have To Engage In Fallacy Of The "Ideal Mate"

Dear Sir:  
After reading the article, "How To Marry The Man of Your Choice" (The Charlotte Post, November 7, 1988), I experienced a great amount of discomfort. My initial response was, "How dare they continue to perpetuate the fallacy of the 'ideal mate?'"

A woman does not have to engage in certain charades, such as the ones suggested in the article, in order to get a man. It is possible for a woman or a man to find the mate of his or her choice if he or she first knows what his or her choice is. Also, that choice must be a realistic one.

So, I would like to give the TAT Guidelines for finding the mate of your choice:

-First you need to know what you want out of a mate and out of a relationship. Be as clear about your present and your future goals and desires as possible.

-Do not assume that your potential mate is a mind reader. This is a waste of time for both parties. Do not be afraid to openly communicate, even if it means stepping on toes.

-Be realistic in your goals. There is no Prince (or Princess) Charming, so stop soaking those feet in that glass slipper.

-Be willing to give without expecting to be compensated for it.

-Be willing to compromise in relationships. As the old adage goes, "No one is perfect," including you.

-Most importantly, do not expect anyone to go that extra mile for you if you are not willing to go that same extra mile.

Of course, this does sound much simpler than it actually is. But men and women are going to have to

## Speaking Out



Tawanna Taylor

ideal mate when you learn to accept others' weaknesses and basic human flaws, since you, too, have them. Become the ideal mate, if you want one!  
Twanna A. Taylor

### Carousel Parade

Join the fun of this year's Carolinas' Carousel Parade November 26, Thanksgiving Day, at 2 p.m. The parade will begin at North Tryon and 11th Streets, proceed down Tryon to Stonewall Street, turn left onto College Street. The parade will then turn right onto 2nd Street and proceed down 2nd to McDowell Street. Grandstands will be located on 2nd Street between Davidson and McDowell Streets. For more information on the parade or how you can attend the Queen's Luncheon on Tuesday, November 26 or the Pageant and Coronation Dance on Wednesday night, November 27, call 372-9411.

start defining their needs early in relationships so that the direction is clear and easily guided. If two people would admit to each other early in a relationship that they do not want the same things from it or each other, then it would surely prevent them from wasting six months, one year, or 10 years of each other's lives.

Once you come to the realization that there is no "Mr. or Miss Right," only then will you be able to put a relationship into the pro-

per perspective. The ideal mate will never walk into your life, because that person does not exist. A strong and happy relationship is grown out of the understanding that both partners must work together to build a solid foundation. Partners in a relationship are able to do this when they realize that they want the same things, and they are willing to give up some things in order to strive for the things that they want.

You will become the

### For Children

## Uptown Charlotte To Feature Holiday Activities

Holiday activities for children will be featured during Kids' Day in uptown Charlotte, December 7, 10 a.m. until 3 p.m.

To begin the day, children with their adult companions will be encouraged to ride a Charlotte Transit bus to the center city. When they reach the Tryon Street Mall, volunteer "elves" will direct them to special events taking place

along the Mall. Currently, children's activities are scheduled at Spirit Square, Discovery Place, Main Library, Belk and Ivey's. In addition, children can tour the Adam One police station, view uptown from an upper floor of the Independence Center and shop at area stores.

Most of the activities will be free or available at a

reduced rate. Supporters of Kids' Day include: Central Charlotte Association, City of Charlotte, Charlotte-Mecklenburg Schools, Charlotte-Mecklenburg Public Library, Discovery Place, Spirit Square, Charlotte Opera, Community School of the Arts, the National Conference of Christians and Jews with its Youth Involvement Council, Belk, Ivey's, Faison Associates, Marriott City Center Hotel, Burger King and McDonald's.

### Holiday Tree-Lighting

The Second Annual Holiday Tree-lighting will be held in uptown Charlotte on Friday, December 9, 8:30-9 p.m.

Entertainment for the event will include brief holiday performances by area groups. The activities will take place at the Square (the intersection of Trade and Tryon streets).

The first anniversary of the Tryon Street Mall will also be celebrated at this

event. The Mall was officially opened to the public on Thanksgiving Day, 1984.

The climax of the evening will be the lighting of Charlotte's Christmas tree at Independence Plaza Park (at the Square). The 30-ft. tree's decorations will include ornaments made by students at First Ward and Irwin Avenue Schools. The tree is co-sponsored by the Central Charlotte Association and WBTV.

## Vaccine To Protect Children Against Haemophilus Influenza Type B Disease

The North Carolina Academy of Family Physicians has officially endorsed the use of the recently FDA approved vaccine for Haemophilus Influenza Type B disease (HIB). HIB is the most common cause of bacterial meningitis and a leading cause of serious systemic bacterial diseases in young children in the United States.

Recent studies indicate that one in 200 American children will contract HIB disease during the first five years of life. Although the Haemophilus bacteria are commonly found in the nose and throat, under appropriate conditions they can enter the bloodstream and cause serious diseases. The most common and lethal of these is bacterial meningitis (inflammation of the membranes covering the brain and spinal cord), which affects approximately 80 percent of those children who contract HIB disease during the first five years of life. The mortality rate

for HIB meningitis ranges from five to 10 percent. Epiglottitis, inflammation of the epiglottis (the elastic cartilage at the back of the throat that closes to protect the airway during swallowing), accounts for another 20 percent of HIB disease annually. The remainder of HIB diseases include pneumonia, septic arthritis and cellulitis.

Treatment of confirmed HIB meningitis involves therapy with antibiotics. However, by the time the symptoms of HIB meningitis are easily recognized, total recovery may not be possible. Serious neurological after-effects may include paralysis, loss of hearing, seizures and behavioral and learning disabilities. HIB meningitis is considered the leading cause of acquired mental retardation in the U.S.

HIB is a contagious disease and, therefore, harder to control. The number of infants and young chil-

dren attending day care centers has increased rapidly in recent years. This multiplies the already serious problem of HIB infection because of the increased risk of the disease spreading rapidly among children of this age group in close contact with one another. The CDC reports that "for children 18 months and older, 66 to 70 percent of all HIB (disease) cases in the U.S. may be attributable to exposure in day care centers." There is also an increased risk of infection in a home environment where several young children are present.

Studies clearly document

the effectiveness and safety of the HIB vaccine in the 34-month to five-year age group. Its use in this patient population should be of enormous public health benefit.

The North Carolina Academy of Family Physicians specifically recommends the vaccine for all children at 24 months of age and for children known to be in high risk groups as early as 18 months.

Sufficient data is not available at this time to determine the necessity for repeat doses of the vaccine. The vaccine is not recommended for children under 18 months of age or over five years of age.

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