

Summer cheats: Know the signs

Continued from page 1B
cheat. For a woman to cheat, she said it's for emotion reasons.

If a spouse finds the significant other is having an affair, Houston said there are five things he or she shouldn't do:

- Don't put him (her) out or leave him yet.
- Don't tell the whole world about his infidelity.
- Don't ignore his affair or pretend it's not happening.
- Don't confront him with the three P's—proof, a plan and a purpose.

• Don't waste your time and energy on the other woman.

"All marriages don't have to end in divorce," she said.

Talking about and studying infidelity has become a way of life for the New York author and it all started when she found out that her ex husband was carrying on an affair of his own.

Houston said that she was writing an article for Black Elegance magazine and had a recorder attached to the phone in her office to record

her interviews. Her ex didn't know that when he was talking on the phone to the three other women that he'd been seeing that those calls were being recorded.

"This was not a situation that I thought I would find myself in," she said. "We had the perfect marriage and there wasn't a problem in our relationship."

To find out what was going on, Houston said she ran out to the nearest bookstore and purchased every book she could find on the subject of

infidelity. "There were about four books out there," she said. But added that there is a lot more information that women and men need about cheating that wasn't on the market.

That's one of the reasons why Houston wrote her book, "Is He Cheating on You?: 829 Telltale Signs." The book is only available online because Houston said you never know who the other woman is and she could be the cashier at the bookstore.

Parents are more involved in kids' college life

Continued from page 1B

ly to add a separate check-in for parents, a separate financial aid packet and information on how to get involved on campus. A parent association was formed three years ago. This year, more than 70 percent of freshmen arrived with a parent in tow, Boughton said.

Boughton said WestConn's parent-embracing model is the "forward-thinking, healthy way" to handle the new burst in parent presence on campus.

"This is no longer about, in the year 2006, whether or not parents should be involved in their children's education. They are going to be. Having done so, it's a matter of how you choose to deal with it as an institution," she said.

Sharon Brennan, director of admissions at Southern Connecticut State University, said Southern also has added a parent program on financial aid and academic advisement during student placement exams. For an exam seating 200 students, about 60 parents often stick around, Brennan said. The school, however, is careful to arrange separate events for parents and students to allow students space during the first few days on campus.

"If they are together, the kids are embarrassed and the parents will dominate," Brennan said.

Quinnipiac University added a one-hour parents

program six years ago, Associate Dean of Students Cheryl Barnard said. Now, that has increased to an after-noon-long orientation.

"Compared to other schools, that's nothing," she said.

Brennan is concerned children of hyper-involved parents are at a serious disadvantage when they leave the nest. After 18 years with mom and dad hovering inches away, she believes students fail to develop basic safety skills, study and sleeping habits, negotiation skills, sharing skills and self reliance.

"If you have a parent who has done all that, who is going to do that? Nobody," she said.

Barnard described the phenomenon as two-pronged: "Kids don't know what to do with all this freedom, so the parent says, 'I still need to be involved'."

And in recent years, she has seen more than a few involved parents.

"The number of parents who set up their (children's) e-mail and passwords and register them is phenomenal," she said. "I get e-mails on a daily basis from parents using their student's Quinipiac e-mail."

"It's a generation of parents that want the best for their children, and so they have done what they thought has been the best," Barnard added. "But what they haven't looked at is all the life lessons that their child has yet to learn because their par-

ent has been so involved in their life."

WestConn student Chris Wallace, 20, whose parents were founding members of the school's parents association, says he learned to navigate school on his own. But when the East Haven resident arrived at school as a freshman, his parents were there beside him. For two years, the Wallaces met jointly with Chris' academic adviser to go over his course load.

Even when his parents weren't on campus, Wallace would have nightly chats with his mother about academics, girls and his weekend plans. But his support system changed last year when his mother died of cancer.

"It grew me up in a way I never wanted to grow up this way, but it happened and I had to deal with it," he said.

For the first time, Wallace chose his own courses for the coming semester. He's enrolled in German, a choice his father questioned, but, "We compromise now."

He's even teaching his friends how to do their laundry.

"My friends didn't know what a spin cycle was," he said.

Jim Wallace, Chris' father, joined WestConn's parent association early in Chris' freshman year. Through his wife's battle with cancer, Jim Wallace said he found time to meet regularly with Chris' professors to talk about Chris' academic progress.

Dress for success, not sweat

Continued from page 1B

in and out of air conditioning, so layering is important. A dress is easy to pair with a little cardigan or soft jacket, as well as a little sweater wrap that can roll up and go right in your bag."

Rowley's right that bare isn't always best, especially in an office where attire should be respectful no matter what the weather is outside. A bonus: Many loose dresses will look good paired with leggings or tights this fall, capitalizing on what is already one of the hottest trends.

• Thalia, latin singer and designer of Kmart's Thalia Sodi Collection: A pretty camisole.

"Being from Mexico, I know how to stay cool. I have mastered looking cool and still fashionable. The camisole is the basis. I need to feel fresh, be loose and open, see the skin of my arms and cleavage to feel cool. You can wear a camisole with all different bottoms."

The appeal of camisoles on a hot day is easy: there's not much to them. The appeal as workplace apparel is easy, too: they fit nicely under a jacket or cardigan - and that's how you should wear them in the office. While lingerie looks have moved into ready-to-wear, your co-workers shouldn't see bra straps or a lot of lace. That said, a touch of lace or other embellishment can be what sets a camisole apart from a plain cotton tank top.

Also, a camisole can give a pop of color to an otherwise neutral outfit. (Those neutral outfits are good, though, because they're so versatile.)

• Nicole Fischelis, fashion director of Macy's East: Linen pantsuit.

"I love linen, and I have a lot of minimalist linens suit - pants, tops and open-shirt jackets. They're very neutral and clean colors, brown, cream and gray I wear interesting jewelry with them. It's what I feel really good in."

Don't worry about the inevitable wrinkles that come with linen - make it part of a cool, casual look that's still pulled together. Choose accessories that are little bit funky maybe chunky beads or metallic flat sandals. Anything that's too tailored or refined will work against the vibe you're trying to project. Brown, gray and even black can still be summery enough in linen and they can give an outfit a longer life because they certainly can be worn in September when a pastel will start

to clash with the scenery.

• Tom Julian, strategic director of trends at ad agency McCann Erickson: Lacoste polo shirt

"It's acceptable for business. You can wear it with a chino or a lightweight gray flannel trouser. You can wear it with a blazer or without. The collar makes the difference."

T-shirts cross a casual line that's not acceptable in many business situations. What if a meeting is moved at the last minute to a lunch at a swank restaurant? What if you're called on to give a presentation to the bosses? A T-shirt isn't going to cut it. A polo shirt can carry you through both - just make sure there's no stain left behind from last weekend's barbecue.

• Cristina Ehrlich, celebrity stylist - clients include Penelope Cruz, Jennifer Garner and Demi Moore - and co-designer of Miss Davenport:

"I can't live without cotton-linen trousers. They're comfortable, cool and chic while running around town. My absolute favorites are Dries Van Noten and J.Crew. The style is dressy enough to transition gracefully from cool and comfortable day to sleek and elegant night."

Not having to go home between work and a dinner date is reason enough to wear linen trousers. And by the end of the day, honestly, almost any fabric looks a bit rumpled. Since it's expected with linen, it seems a bit more acceptable. A tailored style also keeps the look from appearing too slouchy.

• Ali Fatoureehi, creative director of Genetic Denim:

Lightweight denim jeans.

"It all goes back to fabric. You can't escape denim, especially me because I'm in the denim business and I'm in LA. I wear a really light fabric with flip-flops and a T-shirt. Very casual. For denim, the fabric weight makes a difference - 8 1/4-ounce fabric feels like linen."

Denim already is a staple in almost every closet. The key is to have denim choices for different forecasts since it's not a one-weight-suits-all fabric. A denim that's 6 or 8 ounces per square yard still looks like the denim used for jeans but isn't heavy or stiff. An ultralight 4-ounce denim is known as chambray and is more commonly used for tops than bottoms, and 10-ounce or higher denim is the right weight for fall or winter.

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Whatever your dreams may be, do what you have to do to make them happen. This is what it really takes to make it along the road to success. But in the end, you will discover it was worth it. Be strong! Be courageous! You have what it takes.

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