

Home sweet stage

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chase the home.

"Staging involves three main steps: Cleaning, de-cluttering and de-personalizing," she said.

Cox works hard to make a home's first impression a great one so that buyers can see the full potential of the home. By eliminating

clutter and distractions, such as personal belongings, potential buyers are better able to visualize their own belongings in the space.

Staging isn't easy, Cox said, relating the experience to packing up a home and moving several times.

For more information about home staging, log on to www.stagecoachhomes.com.

Stroke risk higher for women

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of the face, arm or leg, especially on one side of the body.

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headaches

with no known cause.

Screening for stroke

Life Line Screening will host a screening at Third Presbyterian Church April 10. The church is located at 4019 Central Ave. Appointments will start at 9 a.m.

Screenings involve ultrasound and scanning for poten-

tial problems related to blocked arteries, aortic aneurysms and hardening of the arteries in the legs, a predictor of heart disease.

A complete screening is \$109, a vascular and osteoporosis screening is \$129. Pre-registration is required. For information or an appointment, call (877) 237-1287.

Upgrading to spring fashion doesn't have to break the bank

By Cheris F. Hodges
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Spring is just around the corner and it's time to overhaul your wardrobe.

But you don't have to go broke doing it.

High fashion doesn't have to mean high prices. According to The Budget Fashionista.com, budget shopping is a fine art that takes a little training.

When you go out shopping, according to the site, you should know what looks good on you.

"Just because it looks good in the magazine it doesn't mean that it will look great on you," the site states.

Don't be afraid to hit outlet malls. In the Charlotte area, there's the Tanger Outlets in Gaffney and Concord Mills. When you head out to the outlets or discount stores, expect to see a lot of cherry red, cream and khaki. Trench coats are expected



Red is this season hot new color.

kind baubles that can turn a cute outfit into something fabulous.

Through Saturday, the shop located at 1111 Central Ave is offering 25 percent off spring accessories.

Gold and silver, according to Style.com are hot this season and so are drop earrings and stackable rings with colorful gemstones.

Ivillage.com also suggests the simplicity of a charm bracelet and flowers and feathers attached to necklaces or pinned on clothes.

Before you break your budget on trendy items, remember that trends don't last very long. The Budget Fashionista says your wardrobe should be 70 percent classic pieces, like black suits and evening wear. "Go cheap as possible on trendy items because they can have a short closet lifespan," the site states.



Wedge heel shoes are all the rage this season, replacing the stiletto.

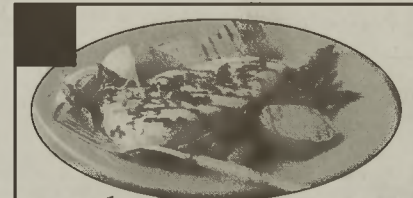
to be big this year, especially in muted colors, pinks and pastels. Black is also still in fashion.

Stores like Marshall's, TJ Maxx and Burlington Coat Factory offer designer clothes at discount prices.

For men this year color is also in, just not so much pink now. According to Marshall's website, adding a bold or trendy tie in a cream, camel and beige with a white shirt is a funky way to stand out and be in style.

Style.com said wedge heels and platform shoes are in and sexy stilettos are out. For men, loafers and retro sneakers are the in thing, according to about.com.

Nothing sets off an outfit quite like the right accessories. Locally, Eden Haute Accessories offers one-of-a-



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Take a stake in a child's life!



"Take a stake in a child's life!" to prevent child abuse and neglect.

Date: April 1, 2006
Time: 10:00 a.m. - 12:00 noon
Start: Education Center
(Intersection of 2nd and McDowell)
Finish: At Frazier Park

Activities: The day will begin with a memorial walk from the Education Center to Frazier Park. Refreshments will be served and attendees will hear guest speakers discuss child abuse and neglect issues. The highlight of the day will be a special flower planting ceremony in memory of children who have died of child abuse and neglect in Mecklenburg County.

Sponsored By:

- Guardian Ad Litem
- Charlotte-Mecklenburg Schools
- Mecklenburg County Park and Recreational Services
- Council for Children
- Mecklenburg County Department of Social Services Youth and Family Services Division

