

B
Section

LIFE



IN RELIGION
Church votes to keep disgraced pastor.

THE EYES HAVE IT

Cleaner brows and added lashes make for a more dramatic look

By Erica Singleton
FOR THE CHARLOTTE POST

It has been said that eyes are the window to the soul, and are often time's feature first noticed by the opposite sex. Keep your windows looking their best, with one of the latest trends in the beauty industry and one of the most common ways to jazz up your look.

Essence Legette has been doing makeup, eyebrows and now lashes for more than 12 years. The Ohio native joined Eden Salon off Central Avenue two months ago, but already she has a stream of clients coming in to get their eyebrows and lashes done.

"It gives you a clean look," explained Legette. "Correctly shaped eyebrows have a strong positive impact on the overall attractiveness of the face."

Arching, or cleaning up the eyebrow, is often done as part of a makeup service. While many people don't pay attention to their eyebrows, Legette said they should.

"The natural arch of the eyebrow follows the orbital bone, or curve line of the eye socket," said Legette. "Most people have hair growth above and below the natural line. These hairs should be removed to give a clean and natural appearance."

There are several techniques to arch or clean brows: with a razor, plucking, waxing, or threading. "Some clients are more comfortable with a razor, but you would have to have your brows arched once a week; with waxing it's every other week, and lots of people prefer that," said Legette.

However she warned, wax can irritate the skin, or cause burning or bruising if too hot. Legette does a consultation with clients, letting them specify the technique and style based on facial structure: oval, round, long, square, heart, and diamond.

For a client with an oblong face, Legette makes the brow thicker on the outside. Ashley Lewis is in Legette's chair getting her eyebrows cleaned up with a razor; she prefers her brows thick in the corners and thin at the edges.

Another face altering eye embellishment is false lashes. One of the newest and fastest growing trends, lashes add instant glamour to even the unadorned eye.

"It's really popular and hip," said Legette, "especially with individual lashes."

In the past, false eyelashes have been bonded or glued to existing lashes as a full set, now single eyelashes can be added for a subtle or dramatic change in look.

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Please see **CLEANER/3B**

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PHOTO: WADE NASH

Albemarle Middle School staff and students get in the spirit of giving, raising enough food to feed 1,200 families this holiday season.

Season of giving brings out the best in young, old alike

By Cheris F. Hodges
cheris.hodges@thecharlottepost.com

In the season of giving, students at Albemarle Road Middle School have really stepped up to the plate.

Students and staff at the school collected more than 8,000 items of food for Second Harvest Food Bank.

That is enough to feed 1,200 families, and the kids, according to the teacher who organized the food drive, did it without the promise of rewards for their efforts.

Albemarle Road Middle School Principal Betty Bauknight said, "This says a whole lot about caring for other people. One of the things we try to instill in our children is that even though individuals give us things we should always give back. Many of our children are so very fortunate and don't realize that there are children in their midst who don't have anything."

Teachers Shelton Harrison, Melanie Hook and McAnthony Teaste organized the drive.

Students aren't the only ones helping the less fortunate, though.

Charlotte native and NBA star Antawn Jamison provided 300 pairs of shoes to men at the Uptown Shelter for the fifth year in a row.

"This program has been very important to me ever since I learned about it when George Shinn and the Hornets left Charlotte about five years ago," said Jamison in a statement. "I was touched by the impact it was making and want to see it continued so that the men at the shelter would at least have one bright spot during the holidays."

WQNC radio personality Jaye Delai plans to feed homeless people Saturday at Club Allure on Bland Street.

Delai, host of the "Jaye in Your Midday" show on Q92.7, said he wanted to show his children how other people don't have as much as they do.

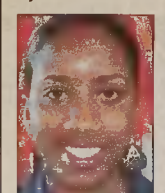
"I know how it feels to be in the position of not knowing how I'm going to feed my children," Delai said.

Initially Delai want to feed about 15 people, but when listeners and people in the business community found out what he was doing, donations began pouring in. Bi-Lo donated 10 turkeys and Delai

Please see **HOLIDAY/3B**



Eyebrows before...



and after

MODEL: ASHLEY LEWIS
PHOTOS: ERICA SINGLETON

Too doggone cold? Think about pets

By Erikah Wolde-Georgis
FOR THE CHARLOTTE POST

As winter starts to settle in, it can be easy to forget animals in the backyard. Nipsy, a female miniature schnauzer mix, comes to mind for Lori Todd, kennel supervisor for 10 years at Mecklenburg Animal Control.

Nipsy's survival was against the odds. The puppy felt like a "block of ice," said Todd.

She warmed the pup with warm towels, wrapped hot water bottles and fed it fluids intravenously to save Nipsy's life.

However, not all pets are so lucky. Even big breeds like malmutes and huskies are vulnerable to the cold if their coats aren't properly cared for. She says many of the calls they receive are from passersby who note possible neglect or inadequate shelter.

So, how do you recognize the signs of hypothermia? First, ask a few basic questions. Does the pet's shelter protect him from the wind and bad weather? Is the animal lying directly on the ground? These factors make it difficult for warm-blooded

animals, specifically dogs, to maintain body heat.

"If you're outside and you are not comfortable, you need to consider your pet," Todd says.

Hypothermia occurs when the core body temperature drops to 82 degrees and lower. Carolina winter nights often hover around 40 degrees. Todd suggests bringing pets inside during the worst weather. Symptoms of hypothermia include depressed pulse and breathing, sluggish movement or responses, and often an odd skin color characterized by bright red followed by a pale color.

Dog socks or booties may sound extravagant, but consider ear tips, foot pads, noses and feet are often the first to succumb to frostbite. Pet sweaters are also widely available. Heat lamps can be lifesavers with their radiant heat. If it freezes overnight regularly, consider a heated water bowl.



Out The Box



Holiday recipes from Mert's Heart and Soul

Are you looking for something new and different to add to your holiday menu? Mert's Heart and Soul offers these low country recipes that are sure to spice up your dinners and warm your soul.

Frogmore Stew (serves 10)

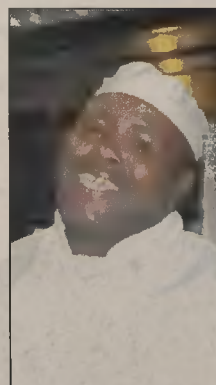
- 1/4 cup Old Bay seasoning
- 3 lb sausage
- 2 tablespoons salt
- 2 lb new potatoes
- 2 teaspoons pepper
- 10 ears corn cut in half

2 onions cut into quarters
4 lb shrimps

Fill a large pot one-third full of water. Add Old Bay, salt, pepper and onions. Bring to a boil. Add sausage and cook for 30 minutes. Add corn and cook for 8 min. Add shrimp. Cook 3 minutes. Drain and serve. Have serving with sausage, potatoes, corn and shrimp.

Serve cocktail sauce w/shrimp and butter for corn.

Please see **HOLIDAY/3B**



James Bazzelle, owner of Mert's Heart and Soul.

The People's Clinic
THE THOMAS PRICELIUS RESEARCH CENTER
OF INTEGRITY HEALTH
WALKER HOSPITAL UNIVERSITY OF NORTH CAROLINA
MEDICAL CENTER

Stroke threat to African Americans

In the United States, stroke is the third leading cause of death and a leading cause of serious, long-term disability. The Centers for Disease Control and Prevention estimate that each year about 700,000 people will have a stroke, even though 80 percent of strokes are preventable. Of those who have a stroke, 5-14 percent will have an additional stroke within one year. According to the National Stroke Association, the rate of first strokes in African-Americans is almost double that of whites. Also, blacks are twice as likely to die from stroke and are more affected by stroke than any other racial or ethnic group.

There are a number of risk factors for stroke that contribute to this staggering statistic, most of which can be modified, treated, and controlled. The more risk factors you have, the higher your chances of having a stroke. Let's define stroke and discuss the risk factors and ways which you can decrease your likelihood of having one.

What is a stroke?

A stroke (or brain attack) occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. When blood flow to the brain is interrupted and no oxygen reaches the brain, the cells begin to die (brain damage). When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These may include the ability to speak, to move (paralysis), or to remember things. How a stroke will affect a person depends on where it occurs in the brain and how much brain damage is done. Some people can recover completely from a stroke, but more than two thirds of survivors will suffer some form of disability.

Uncontrollable Risk Factors

Some risk factors for stroke cannot be controlled, such as age, gender, and family history. The risk for stroke increases with age; after the age of 55 your stroke risk doubles for every decade. Stroke is also more common in men than in women, although women account for more than half of all stroke deaths each year. If someone in your family has suffered a stroke, then your chances of having a stroke are higher. Having one or more of these risk factors does not mean you will automatically have a stroke. But, because your stroke risk is higher, it's even more important that you talk to your doctor about changes you can make to help prevent a stroke.

Controllable risk factors

High blood pressure. High blood pressure is the number one risk factor for stroke, and 1 in 3 African-Americans suffer from high blood pressure. You can prevent and control blood pressure with drug therapy and/or lifestyle modifications.

Diabetes. Individuals with diabetes have a higher stroke risk. African-Americans suffer from diabetes-related medical complications at a much higher rate than their non-minority counterparts. To decrease stroke risk, it is important that diabetes be controlled.

Obesity and overweight.

Please see **STROKE/2B**