

## Tips for Ageless Dressing

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As we become older, our bodies begin to change. Change is often good, but adapting to change is even better. Frequently, our interests change as well. As these changes occur, so should our fashion choices and grooming habits. The concept of knowing how to change with the times is called "ageless dressing."

It's never too late to start changing your personal appearance. Take an honest look at your physical silhouette by studying its shape and proportions in a full-length mirror. Accept your real physical shape, or decide to do something about it now. Then, determine what fashions and grooming techniques will flatter your suited and most flattering to your body now.

These fashion hints will help you develop a habit of "ageless dressing."

Avoid clothing that is too tight or too loose because it focuses attention on your body. Wrinkles, pulls and staining fabric indicate the garment fits too snugly. This doesn't give you sufficient room to bend, stretch, sit down and walk. It's usually easier to get a good fit from separates such as blouses, skirts, pants and jackets than from one-piece garments like dresses and jumpsuits. You can buy separates in different sizes, according to your body proportions. Separates also give you a more flexible wardrobe and make it easier to update your attire because you may only need to add a blouse, skirt or jacket for a new look.

Wear an ensemble with a hemline that's too long adds years to your figure. To pick an appropriate hemline for your body shape and size, test various lengths. Consult with someone whose advice you trust and who will tell you when a hemline looks good or bad. Hem lengths often vary from season to season. However, it's better to continue using the range best suited to your body.

As you age, consider adding more color to clothing and accessories. Remember, your favorite color might not be the most flattering, so have a professional do your colors. Also, think about which colors you're wearing when you receive compliments on them. Avoid dark, dull colors because they add age.

Accessories can make or break an outfit. Keep shoes and pocketbooks clean, polished, and in

good condition. Your handbag and shoes don't have to match, but they should coordinate with your outfit color and suitability to the occasion.

Nothing replaces good grooming, including care of the body, skin and nails and washing and styling hair.

Since water is a good cleanser, you don't need to use soap or your skin every time you bathe or shower. Use a moisturizer to keep your skin smooth and soft. Keep your hair clean, shiny and well-styled. If you want to use hair color, choose a shade a bit lighter than your natural color because dyed hair ages the appearance.

Choose eyeglasses that enhance your appearance. Select frames that work with your face shape, height, hair color and body proportion. Consider your basic wardrobe color trend (warm versus cool colors) and natural skin coloring when buying frames.

Remember, looking good is a function of knowing your body's physical shape and of using clothing and grooming practices to enhance it.

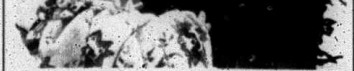
For more information, on parenting contact the Rockcastle County Cooperative Extension Service at 256-2403.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

## Holding On To Your Teens

Parents of teens know that family life is a delicate balance of support and control. As children grow, parents need to gradually give their children additional responsibility. But, perhaps too many parents are beginning to accept the notion that at a certain age teens become independent and, therefore, no longer need guidance or support.

What can parents of teenagers do to overcome this tendency to let go



Caroline Green shows the two polar fleece blankets she made to donate to the Lame Deer Indian Reservation in Montana. Extension Homemakers in Kentucky are collecting and constructing quilts and blankets for the Indian Reservation through March 2004. Several ladies have assisted in making quilts. Supplies for the project have been generously donated by Faye Holbrook, Heritage Crafts, Lorene Manner, Evelyn French, Reese Cummins and Cleo Winkler. For more information on this project, contact the Extension Office at 256-2403.

too soon? The first step is to make a change in our attitude about parenting. Taking the time to be actively involved with our teens will be more useful and rewarding than worrying about them.

Another common mistake parents of teens make is in their interpretation of being available. By giving our full, undivided attention, we send a strong message that we care about our teens and that we are willing to make our relationship a priority.

At all stages of development, parents need to make sure we model the behavior we expect from our children. If we want our teens to behave a certain way, we need to make sure our behavior supports the desired outcome.

Finally, it is important for parents of adolescents to stay involved. The key is making sure that parents, in our effort to be less controlling, are not inadvertently neglecting our teen's need for guidance and support.

As parents, we have the ability and responsibility to counter the trend of letting go too soon. By taking an active and positive approach to parenting, we can

## "Court News"

(Cont. from B2)

tor vehicle under influence of alcohol/drugs, \$200 and costs, \$250 service fee, \$10 victim compensation fund.

Glen D. Partin: Driving DUI suspended license, \$100 fine and costs and 30 days in jail/to serve 10 on weekends/balance conditionally discharged two years; No/Expired Kentucky Registration Receipt, \$25 fine; Failure to wear seat belt, \$25 fine; Contempt of court, \$100 fine and 10 days in jail/concurrent; Operating on suspended/revoked operators license, \$100 fine and costs and 10 days in jail/concurrent/on weekends.

Dana Powell: Public intoxication, \$100 fine and costs and 20 days/conditionally discharged two years.

Melissa J. Reed: DUI, 2nd offense, \$350 fine plus costs, \$250 service fee, \$10 victim compensation fund, 30 days in jail/to serve 72 balance conditionally discharged two years/12 month operator license suspension; Driving on DUI suspended license, 30 days in jail/to serve 72/concurrent; No insurance, \$500 fine/suspend \$450 on proof.

Amey L. Schroeder: Operating motor vehicle under influence of alcohol/drugs, \$200 fine and costs, \$250 service fee, \$10 victim compensation fund, 30 days in jail conditionally discharged two years/30 day operator license suspension; Failure to produce insurance card, \$50 fine.

Mary E. Spears: Speeding, \$60 fine and costs; Failure to wear seatbelt, \$25 fine.

Sherryl Lynn Bowling: Theft by deception, bench warrant issued for failure to appear.

Donald C. Little: Speeding and failure to wear seatbelt, fine and costs, bench traffic ticket authorized. November 6, 2003.

Rebecca B. Akin: Alcohol intoxication, \$100 fine and costs.

Anderson L. Jarvis: Operating motor vehicle under influence of alcohol/drugs, \$200 and costs, \$250 service fee, \$10 victim compensation fund, 30 day operator license suspension.

## Help Wanted

Clerical and appointment setting. Full time - Monday thru Friday. For more info call 1-888-726-6570

Subscribe to the Signal

# Christmas in the Valley SHOW 2003

NOVEMBER 14 - DECEMBER 13

An original musical production starring the entire cast of Renfro Valley entertainers.

Nov. 14 - Sat. - 7:00 p.m.  
(8:00 p.m. 12th & 13 only)

Nov. 15 - Sun. - 8:30 a.m.

Nov. 16 - Sat. - 7:00 p.m.

Nov. 17 - Sun. - 8:30 a.m.

Nov. 18 - Sat. - 7:00 p.m.

Nov. 19 - Sun. - 8:30 a.m.

Nov. 20 - Sat. - 7:00 p.m.

Nov. 21 - Sun. - 8:30 a.m.

Nov. 22 - Sat. - 7:00 p.m.

Nov. 23 - Sun. - 8:30 a.m.

Nov. 24 - Sat. - 7:00 p.m.

Nov. 25 - Sun. - 8:30 a.m.

Nov. 26 - Sat. - 7:00 p.m.

Nov. 27 - Sun. - 8:30 a.m.

Nov. 28 - Sat. - 7:00 p.m.

Nov. 29 - Sun. - 8:30 a.m.

Nov. 30 - Sat. - 7:00 p.m.

Nov. 31 - Sun. - 8:30 a.m.

# Estate Auction

of the late Mr. Cecil Lawrence's

## Truck, Farm Machinery, Tools, Guns & Knives

Sat., Nov. 15, 2003 at 10:00 a.m.

Lake Linville, Renfro Valley

LOCATION: In Renfro Valley, turn off US 25 onto the Lake Linville Road and proceed 8/10 of a mile to the auction site. Auction signs are posted.

In order to settle the estate of the late Mr. Cecil Lawrence, our firm has been authorized to offer this equipment and tools for the high dollar. The machinery, tools, guns and knives will sell at absolute auction. However, the Dodge Dakota will sell with reserve.

TRUCK: 2000 Dodge Dakota, V6 Magnum, extended cab, SLT package, 34,795 miles.

FARM MACHINERY: Massey Ferguson 135 Tractor, gas, Freeman front-end loader, Wagon turning gear, Bushhog Brent rotary mower - 5 ft. cut - 12 ft. utility trailer, John Deere 317 lawn tractor with 42 inch cut, John Deere dump trailer, Load Hog lawn trailer, rock rake, rear roller for tractor, Post-hole digger, 12 inch auger, single plow, 6 ft. grader blade, cultivators, carry-all, old pond scoop, Craftsman push mower, leaf blower, mistletoe leaf rake, fertilizer lawn spreader for lawn tractor, leaf catcher, lawn tractor blade, metal fence posts, brick saw, Poland chain saw, lawn sweeper, Black & Decker electric hedge trimmer, aluminum 24 ft. extension ladder, small fiberglass paddle boat.

TOOLS: Bosch 14 1/4 volt cordless drill, Craftsman 12 inch band saw/sander with stand, Craftsman 3.25 HP shop vacuum, metal cutting band saw, Craftsman 10 inch table saw with stand, Craftsman 4 inch belt sander, Bench drill press with attachments, wood lathe, Sears Craftsman 3 HP 10 inch Compound Miter Saw, General Makita 1 HP wood lathe with 12 inch turning capacity and attachments, Speed-Air air compressor, Lincoln electric arc welder on stand, Black & Decker 7 1/4 inch skill saw with case, Dewalt 7 1/4 inch skill saw with case, Skoyscraft drill bit set, Makita cordless drill, Makita cordless sander, Sears Craftsman router bits, Dremel with attachments, Boische electric hand wood planer with case, Boische sander with case, Milwaukee heavy duty 3/4 inch deep cut band saw with case, Hickory 16 pc. Forstner bit set, Craftsman 3 inch belt sander, Mill saw, Craftsman sander/polisher, Craftsman router, like new, Makita 4 inch disc grinder, Black & Decker Sander with case, Craftsman 12 1/2 inch planer, 2 HP.

Black & Decker workshop table, blueprint cabinet on wheels with sliding drawers, two metal golf cabinets on wheels, 3 pc. aluminum tool cabinet, aluminum dolly, air tank, Stack on boxes, bench grinder with light, bench vice, battery charger, mini drill press, small skid sander, 18 volt cordless drill, 15.6 volt cordless drill, hand-type miter saw, jumper cables, welding masks, tap and die sets, socket sets, like new, air grinders, set of wood knives, telephone pole climbers and safety belt, small belt sander, two Craftsman jigs saws, 1" all kinds of bits, screwdrivers, offsets, wood clamps, nuts, bolts, files, aluminum wrenches, hammers, heavy extension cord, plus much more.

KNIVES: Cagarras Scout Knife with compass, Tree Brand Rock camping knife, Franklin Mint Collector's Knife Single Blade, Case Boy Scout's Knife, in music box case, Case Double-Blade Texas Long Horn Logo, Back, Large 3 Blade W.R. Case and Sons, Tested XX 6991, Case Camping Knife 6254 Fork and Knife, Victorinox, Red's Promotion Knife, 2 Blade Imperial, Robin Hood Shoe, with celluloid handles promotional knife, very rare, Franklin Mint John Deere collector's knife, 3 blade Schrade Kentucky Rifleman.

Front Lincoln County Chicken Bristle collector knife, K-Hyber 2 blade, Winchester 3 blade, stag handles, B. & C. Creek single blade, shank, 3 blade NC CC, Camof. Ohio, small single blade K.O.C.K., 4 blade stag handle, butt and grooved, Victorinox double blade promotional knife, two hand carved wood knives, large 2 blade, stag handle, Brown, single blade Bear, 2 blade press button knife, small 2 blade, Imperial, 2 blade Buck Hammer, Anvil, 6 blade Albe's knife, small Schrade, metal handle knife, 3 blade Uncle Henry, stag handle, 2 1/2 pc. Barlow-style Schrade, bone handle hunting knife, San Victorinox Red Cross knives in various sets, Cincinnati Country Knife 1972 Commemorative Knife, Old 2 blade Schrade, stag handles, (repaired), Farmers' commemorative knife, Hunts commemorative knife, Star handcrafted 2 blade, large Leatherman super tool, Leatherman micro tool, Derringer pistol-style cigarette lighter.

GUNS: Trooper MK III 357 magnum, nickel plated with pearl handles, Winchester 22 rifle with scope, Browning automatic 30 gauge shotgun, Winchester model 61 22 rifle, Daisy BB gun.

In addition to these items, we will be selling a Rascal Scooter Motorized Wheel Chair for another party.

Auctioneer's Note: This is one of the best collections of tools and equipment we've had at auction. Mr. Lawrence took extremely good care of everything. Make plans to spend the day with us.

Inspection: Morning of the auction only beginning at 9 a.m. until sale time.

Order of Sale: Truck, Farm Machinery, Guns, Knives, Tools and Miscellaneous.

Note: Lunch and restrooms will be available on the grounds. Watch for parking attendants to assist you in parking.

Terms: Cash or check in full day of sale.

Announcements day of sale take precedence over printed matter.

For additional information, contact the auctioneers.

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