

A man with a beard and short brown hair is sitting on a black stationary bike. He is wearing a dark grey t-shirt with 'JANE BROOKLYN, NY' printed on it, olive green shorts, and black sneakers. He is looking off to the side with a thoughtful expression. The background is a workshop with a white brick wall, a broom leaning against it, and some equipment hanging on the wall.

Shoals Modern Man

September 2020

An Advertising Section of the

TIMES
DAILY

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for the
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Shoals Modern Man



6 Modern Cuts for the Modern Man

7 Belly fat is no mere cosmetic concern

8 Shoals Items for the Shoals Man

10 You don't have to live with **Leg Pain**

11 3 benefits of core **strength training**

13 Potential symptoms of **prostate cancer**

14 Cypress Creek Indoor Range

17 Tips to help new fathers bond with their babies

18 Tips to help men look their best

19 Snoring and Alzheimer's disease

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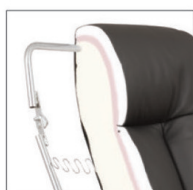
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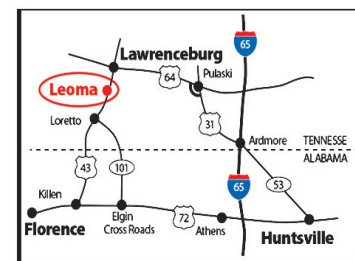
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Modern Cuts for the Modern Man

by CECILIA BRUMLEY • Photos by DAN BUSEY



AUSTIN SHIREY

What could be more modern than getting a nice trim and shave at this local hot spot?

Greasy Hands barber shop, owned and operated by Austin Shirey, is a traditional barber shop with an added twist. Shirey has given his shop a clean, bright, and crisp feel so his clients are comfortable during their time there.

Shirey graduated from the University of Alabama, and after two years working in advertising sales while

living in New York he decided he wanted a change. Barbering piqued his interest after he visited barber shops in New York. Shirey took the leap and attended barber school in Manhattan for six months before making plans to move back home to the Shoals area to be near his family. His brother Garrett decided to team up with Austin and went to school in Manhattan as well. The two, along with four other professional barbers, comprise the team at Greasy Hands on East Tennessee Street in Florence.

“We tailor every cut to your hair type, head shape, and how much effort you want to put into styling

it,” Shirey said. “Our barbers are constantly learning and growing to stay up to date on what the modern man requires.”



With shops in Huntsville and Tuscaloosa, “Greasy Hands is in this for the long haul. We grow with our clients no matter what phase of life they’re in.”

If you are looking to freshen your look, then look no further than Greasy Hands. Book your appointment online at greasyhands.com.



Belly fat is no mere cosmetic concern

Men with belly fat may see their growing stomachs as a chiefly cosmetic concern that affects their appearance but not their overall health. But researchers are learning a lot about belly fat, including just how dangerous it can be.

According to a recent study published in the *Journal of the American College of Cardiology*, increasing stomach fat is associated with worsening heart disease risk factors, including high blood pressure. Research into fat and its connection to heart disease is ongoing, but evidence suggests that fat in the abdominal cavity is particularly dangerous.

Why is belly fat so dangerous?

Belly fat does not include just subcutaneous fat, or the layer of padding just below the skin. One of the biggest threats posed by belly fat is that it also includes visceral fat that surrounds the internal organs. Harvard Medical School notes that visceral fat lies deep inside the abdominal cavity, padding the space between a person's abdominal organs. This type of fat has been linked to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes.

What contributes to belly fat?

The term "beer belly" might suggest that only men who drink excessive amounts of beer are at risk of developing unhealthy amounts of belly fat. While drinking too much beer is unhealthy and will result in more belly fat, beer is not the only culprit.

The Mayo Clinic notes that aging can play a role in the development of belly fat. Men, especially

those who are not physically active, naturally lose muscle as their bodies age. That loss of muscle mass decreases the rate at which the body uses calories, which can make it more difficult to maintain healthy weights and prevent belly fat from developing. That's one reason why the Office of Disease Prevention and Health Promotion advises men in their 50s to consume roughly 200 fewer calories per day than they did when they were in their 30s.

A poor diet also can contribute to belly fat. When choosing protein sources, men should forgo red meat, which can be high in saturated fat, in favor of fish and low-fat dairy products. Harvard Medical School notes that other healthful sources of protein include chicken, turkey, nuts, beans, and whole grains.

But even the healthiest diets won't do much to reduce or prevent belly fat if men also don't control their portion sizes. When dining out, men can share plates or decide in advance to eat half their meals and take the rest home. When eating at home, men should not feel obligated to fill or empty their plates. Feeling full or uncomfortable after eating is indicative of overeating. Avoid that feeling and cut down on belly fat by eating healthy portions of healthy foods.

How is belly size determined?

Men concerned about belly fat can measure their bellies and discuss belly size with their physicians. The Mayo Clinic offers the following guidelines to measure belly size:

- Stand and place a tape measure around your bare stomach, just above your hip bone.



- Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.

- Relax, exhale and measure your waist. Do not suck in your stomach.

A waist measurement greater than 40 inches indicates an unhealthy amount of belly fat that can increase a man's risk for heart disease.

Belly fat might mistakenly be viewed as a cosmetic concern, but the consequences of excess belly fat affect far more than a man's appearance.



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You Don't Have to Live with Leg Pain

by AMY COLLINS

Leg pain affects a vast percentage of Americans, and most people learn to live with it, believing that it's just part of life or getting older. But Dr. Ajit Naidu at the Cardiovascular Institute of the Shoals says that just isn't true. "This is treatable," he says. "In most cases, the problem can be addressed safely and effectively in the outpatient setting."

Dr. Naidu has delivered countless lectures on these common but much under-diagnosed and under-treated issues. He successfully treats thousands of patients each year. And while anyone of any age and gender can suffer from these issues, it is a condition most often

ignored by men. "People are often told they're just getting older and have to live with it, misdiagnosed with fibromyalgia or neuropathy, or simply ignored. Some are referred to a pain clinic where only the symptoms are treated, not the cause," says Dr. Naidu.

Two of the most common conditions of leg pain are the vascular causes Peripheral Arterial Disease (PAD) and Chronic Venous Insufficiency (CVI). "They are easily treated," says Dr. Naidu, "But chronically underdiagnosed." If left untreated this could lead to loss of mobility and even amputation.

Peripheral Artery Disease is a condition where fatty deposits and calcium build up in the walls of the arteries, causing pain and cramping in the legs, weakness or heaviness in the legs, sores that won't heal and erectile dysfunction in men. It can affect a person's ability to work, stand, enjoy leisure time, and in general, one's quality of life. "It can also affect the heart, brain, and kidneys," says Dr. Naidu.

Chronic Venous Insufficiency is a condition where the vein valves don't function properly. Symptoms

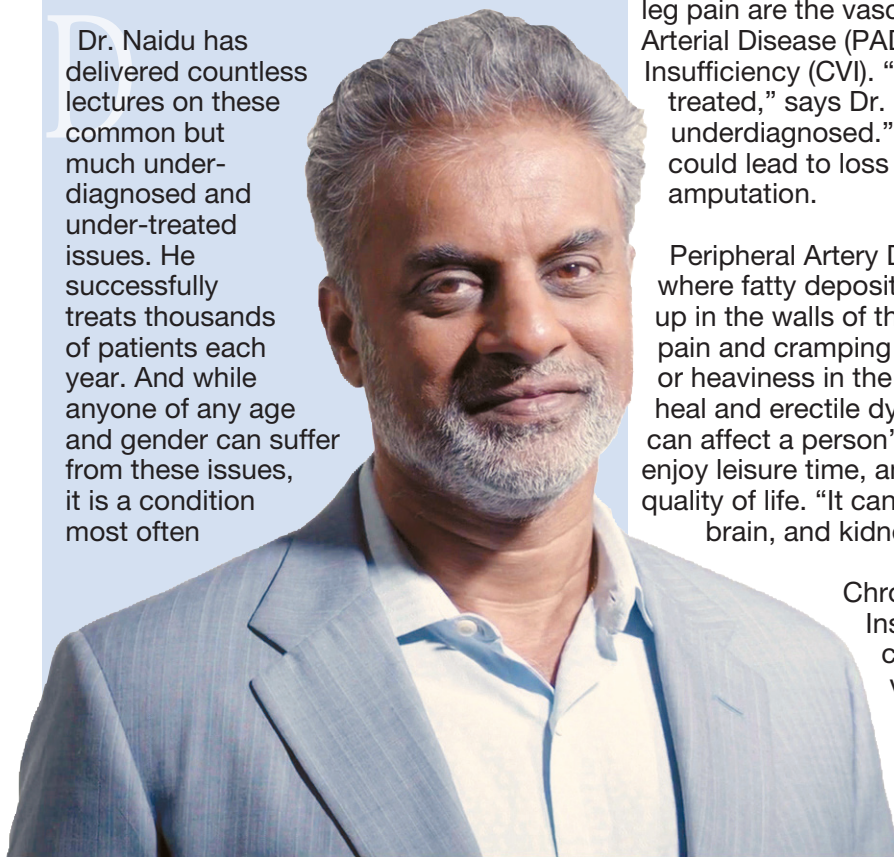
include leg pain that feels better when standing, swelling or cramping at night, itching, tingling, restless legs or heaviness in the legs. It can cause varicose veins, skin discoloration, and even venous ulcers. It may be difficult for people with this condition to sit for long periods of time or to walk upstairs. It can negatively affect the quality of a person's sleep, ability to work and their leisure time. "It doesn't have to be that way," Dr. Naidu says.

If you or your loved one has experienced any of the symptoms, you may have a very treatable condition. "Come see me", Dr. Naidu says. "You don't have to live with this pain. This problem can be easily fixed, and you can get back to living your best life."

Learn more about these conditions at www.cardioshoals.com.

Make your appointment with Dr. Naidu today. No referral needed.

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Dr. Ajit Naidu

3 BENEFITS OF CORE STRENGTH TRAINING



In the last decade, chances are strong competitive athletes, weekend warriors and men and women who routinely exercise have heard of workouts touting the benefits of core-strengthening exercises. Those unfamiliar with core training might think it's just another exercise fad, unaware of the many practical benefits of a strong core.

To understand the benefits of core strength training exercise, it first helps to understand what such exercises are and dispel a common misconception about core training. People unfamiliar with core strength training may mistakenly believe it's merely a way to sculpt toned abdominal muscles. While core training focuses on muscles in the abdomen, it does not do so exclusively. Proper core strength training focuses on the body's entire core, including the hips, back and chest as well as the abdomen.

The following are three significant ways that athletes and nonathletes alike can benefit from core strength training.

1. Improved balance

While working muscles in the hips, abdomen and back, core strength training is training these muscles to function as a more cohesive unit. This can improve balance, which can prove especially beneficial to aging men and women who may feel like they are losing some of their coordination.

2. Uniformity of muscles

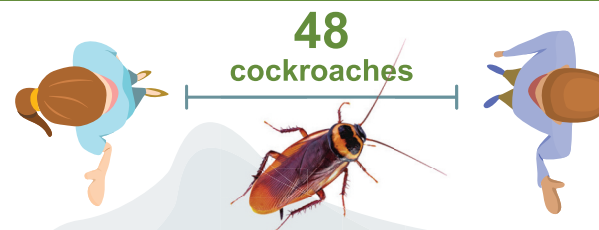
Men and women who adhere to more traditional strength training workouts may notice certain muscle groups develop more than others, perhaps naturally or because they are willingly or subconsciously focusing on certain areas more than others. For example, a person who enjoys doing bicep curls might develop especially large biceps but may not focus as much on the muscles in his or her back. That can lead to muscular imbalances. Proper core strength training reduces the likelihood of such imbalances because the exercises focus collectively on a group of muscles, training these muscles to work together and developing them at the same pace.

3. Better posture

According to the online medical resource WebMD, core-strengthening exercises are the best way for men and women to improve their posture. That's because some of the muscles worked during core training move the torso by flexing, extending or rotating the spine, while other muscles worked stabilize the pelvis and spine in a natural, neutral position. The Premier Sports and Spine Center notes that some of the benefits of good posture include lower injury risk, better alignment that can lower risk for arthritis and improved muscle health.

Core strength training exercises can pay various dividends that greatly improve adults' overall health.

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PROSTATE CANCER



Just a Reminder:

A Prostate Cancer Screening Could Save Your Life.

Prostate cancer is the second leading cause of cancer-related death in men in the U.S. According to the American Cancer Society, one of every six men will develop prostate cancer in his lifetime.

The good news is that over 90% of prostate cancers are now being diagnosed in the early stages, and with early detection, remission rates greatly improve. Since there are often no symptoms to indicate prostate cancer's early stages, most medical experts recommend annual prostate cancer screenings for men over age 50.

Ask your local doctor about a specific antigen (PSA) blood test and the digital rectal exam (DRE).

POTENTIAL SYMPTOMS of PROSTATE CANCER

Prostate cancer is a formidable foe that kills tens of thousands of men every year. According to the American Cancer Society, prostate cancer is the second leading cause of death in American men, behind only lung cancer. Colorectal cancer is the third.

The World Cancer Research Fund International notes that age-adjusted incidence rates of prostate cancer have increased dramatically, citing the increased availability of screening for prostate-specific antigen, or PSA, for helping to find prostate cancer in men who otherwise might never know they were sick. In fact, the Prostate Cancer Foundation notes that there usually aren't any early warning signs for prostate cancer, which only highlights the importance of routine screenings.

Tumors resulting from prostate cancer may not push against anything to cause pain, even as they are growing. So men who do not receive routine prostate cancer screenings may live for years with the disease without knowing it. Such screenings can be a great ally in the fight against prostate cancer, but men also can remain on the lookout for potential signs of the disease. The PCF notes that, in rare cases, prostate cancer can produce the following symptoms, which men should immediately bring to the attention of their physicians.

ISSUES WITH URINATION

Urinary issues do not necessarily mean a man has cancer. But such issues should never be ignored, and any that arise should be brought to the attention of a physician immediately.

Men might mistake a growing need to urinate frequently as a simple side effect of aging and accept it without telling

their doctors. But a need to urinate frequently, especially at night, might be a symptom of prostate cancer.

Some men may experience difficulty starting or holding back urination, but those who are experiencing difficulty starting or holding back urination should contact their physicians upon the appearance of these difficulties.

Men with prostate cancer may experience weak, dribbling or interrupted flow of urination. Such issues may be symptomatic of other conditions, so men should not immediately assume they have cancer.

ERECTION AND EJACULATION DIFFICULTIES

Men might be embarrassed to report certain symptoms to their physicians. But in such situations, it's important to remember that reporting any difficulties can be the first step toward healing, while avoiding such discussions can have long-lasting and potentially fatal consequences.

Some men experience difficulty in having an erection, and that difficulty may or may not be a byproduct of prostate cancer.

Men may also notice a decrease in ejaculate or begin experiencing painful ejaculations. While these symptoms are not always a result of prostate cancer, they should be reported to a physician who can then take measures to confirm or rule out the presence of cancer.

ADDITIONAL SYMPTOMS

The PCF notes that conditions such as prostatitis and benign prostatic hypertrophy, or BPH, are common, benign diseases that can cause symptoms similar to prostate cancer. But men should still report symptoms such as blood in their urine or semen, pressure or pain in their rectum and/or pain or stiffness in their lower back, hips, pelvis, or thighs to their physicians the moment they begin to feel such symptoms.

Men concerned about prostate cancer or interested in learning more about screenings can visit www.pcf.org for more information or visit your local doctor in the Shoals area.



Cypress Creek Indoor Range

by CECILIA BRUMLEY • Photos by DAN BUSEY

In 2017, Cypress Creek Indoor Range became northwest Alabama's first indoor firing range offering 10 lanes of 25, and 50 yards for rifle and pistol practice. Owners Keith Collier and Gene Schrieber did their research when they were making plans to open the facility.

Indoor ranges are becoming more popular because there are fewer places to shoot. Cypress



Will and Whitney Smith of Florence firing a few rounds of their latest purchase before taking it home.

Creek's shooting ranges are climate controlled and have an air filtration system that removes gases and smoke from the firing stations. At least one range safety officer is on duty to make sure proper procedure and protocols are being followed at all times.

Cypress Creek also sells firearms and ammunition. Buyers may test fire a weapon with 10 rounds for a small fee. If the gun is purchased, the fee is deducted from the purchase price. Memberships are available for individuals and families as well.

An interior designer was



Cypress Creek also offers an array of ammunition and firearms in their storefront.



hired to give the range a warmer appearance, and an area of the retail space is currently under construction to provide a pistol lounge area.

"This area will be more of a 'boutique space' if you will," Collier said. "When we were researching different facilities there were places my wife wouldn't have felt comfortable going into and purchasing a gun, and some of those places I wouldn't have wanted her to go without me. We wanted to create an environment where we could sit down and explain a weapon, make the buyer comfortable with their gun and confident they can use it on the worst day of their life."

A Facebook contest is going on now at the Cypress Creek Indoor Range page to help name this part of their facility.



Whitney Smith practicing with her new handgun as her husband Will stands nearby.



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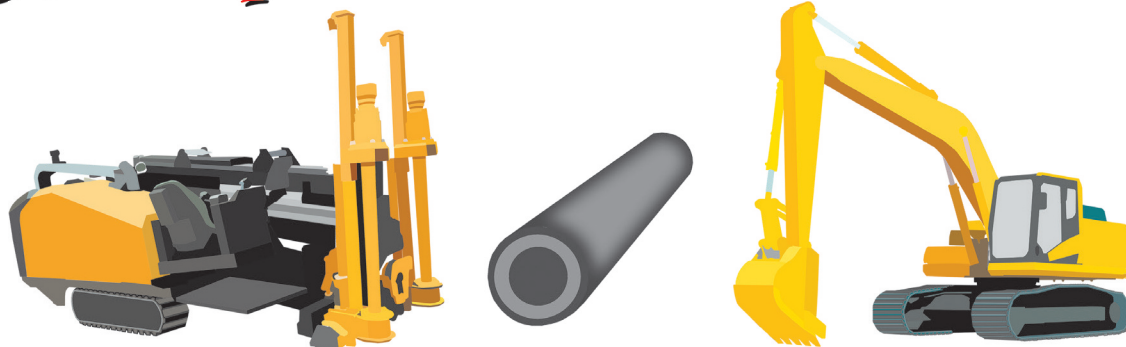
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Keith discusses construction progress with the crew as they work on the pistol lounge coming in the retail space at Cypress Creek.

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TIPS TO HELP NEW FATHERS BOND WITH THEIR BABIES



The birth of a child is a momentous occasion in the lives of parents. First-time parents may be especially moved upon seeing the birth of their child, having never before witnessed something so profound.

When the time comes for parents to leave the hospital and take their newborns home, new moms and dads take on different roles. Moms who are nursing or handling the bulk of the bottle-feeding while spending a few months on maternity leave may appear to have more opportunities than fathers to bond with their new babies. But there are many ways for new dads to bond with newborns as well.

HOLD YOUR BABY AS OFTEN AS POSSIBLE. Pediatrician David Hill, author of the book "Between Us Dads: A Father's Guide to Child Health," says bonding between father and newborn has as much to do with contact as involvement. Many first-time parents are understandably nervous about holding their newborns, who seem so fragile. But newborns benefit from being held, and Hill notes that a bond will develop between father and baby if there is physical contact.

FIND WAYS TO SPEND TIME TOGETHER. Fathers might not be able to pitch in at feeding time if mothers are nursing. Because newborns spend so much time being nursed and sleeping, fathers may feel as though they don't have much time to spend with their babies each day. But any time spent with a newborn can be a time for fathers to develop bonds with their children. Time spent

changing diapers can prove to be a great time for fathers to bond with their newborns. Make eye contact with babies while changing their diapers, as Psych Central, an independent mental health social network run by mental health professionals, notes that babies have a preference for eye contact.

SPEND ALONE TIME WITH YOUR NEWBORN. Fathers of newborns who are being nursed may feel like their is no ideal time to spend along with their children. But mothers, especially those who work and intend to keep breastfeeding after their maternity leave ends, can learn to use a breast milk pump so dads can bottle-feed. Learning to eat from a bottle will help babies in the long run, and dads can get some quality alone time with their newborns while bottle feeding. Fathers of babies who are bottle-fed can spend more time alone with their children, and give moms a much-needed break, without the fear of having nothing to feed them should they get hungry while mom is away.

HELP YOUR BABY FALL BACK ASLEEP. Nursing mothers may feel inclined to wake up with their newborns in the middle of the night and let dad keep sleeping. But babies are not necessarily waking up in the middle of the night due to hunger. Some might simply need to be comforted, and dads can comfort their children just like moms can, all the while strengthening their developing bond.

New fathers can strengthen the bonds they have with their newborns in various ways.



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TIPS TO HELP MEN LOOK THEIR BEST



MAINTAIN YOUR BEARD. The beard boom continues, but men who want to look sharp and well-groomed should make an effort to trim any wild facial hair they may have. Beard combs are designed to minimize damage to facial hair when used and can help to smooth facial hair that can appear unkempt. Some barbers even specialize in grooming beards, which can be helpful for men who are short on time or those with especially long beards that could use a little love and attention.

PROTECT YOUR FACE. Skin dries with age, but men can take steps to protect their skin and keep it glowing as they grow older. When spending time outdoors, always wear sunscreen with a minimum SPF of 30 and, ideally, one that includes moisturizer as well. Exposure to the sun without adequate protection can lead to the formation of lines and wrinkles while increasing a man's risk for skin cancer. Night creams that contain retinol can help smooth wrinkles and give skin a more even-toned look. Prescription night creams tend to be considerably more potent than over-the-counter alternatives.

MAKE AN EFFORT TO REDUCE STRESS. Stress produces a host of negative side effects, some of which can indirectly affect appearance. Some people dealing with stress end up suffering from insomnia, which can contribute to bags under the eyes. Stress also can adversely affect hydration of the skin, contributing to dry skin. Stress also can contribute to hormonal imbalances that lead to skin conditions such as acne, psoriasis and eczema. If stress is a problem, make a concerted effort to reduce it, even working with a physician to reduce stress when necessary.

Men are concerned about their appearances just like women are. There are many simple ways for men to address their appearance so they look and feel better.

Though television commercials might give the impression that beauty and grooming concerns are exclusive to women, men like to look good, too. In fact, according to the market research firm Euromonitor International, retail sales of male grooming products at Procter & Gamble exceeded \$11 billion in 2016.

While men many never spend as much money on beauty grooming products as women (a survey of 3,000 women conducted by online beauty retailer SkinStore found that women in the United States spend roughly \$300,000 on their faces alone during their lifetimes), that does not mean they aren't equally as concerned about their appearances as women. Men who want to look their youthful best can consider the following tips.

COVER GRAY HAIRS. Men who aren't ready to go gray but are anyway can find products designed specifically for men who want to conceal their gray hairs. Avoid dyes that might bleach all hair, including those that are not gray, opting instead for a product that tints gray hairs without affecting hairs that still boast their natural colors.



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SIDE EFFECTS of SNORING INCLUDE HIGHER RISK for ALZHEIMER'S

Snoring may seem like a pesky yet minor problem, but it can be much more serious than some people know. Although snoring is a common problem among all ages and genders, the National Sleep Foundation says that men are twice as likely to snore as women, and snoring can worsen with age.

may be a symptom of obstructive sleep apnea. Over time, apnea can be associated with high blood pressure and increased risks of heart attack, stroke or death, advises WebMD.

Now there is new evidence that those with obstructive sleep apnea may be at a higher risk of developing Alzheimer's disease as well. A new study published in the journal *Neurology* found that people with sleep apnea tended to develop memory problems and other signs of cognitive impairment earlier than people without such sleep disorders. Richard Osorio, MD, a research assistant professor of psychiatry at the NYU Center for Brain Health, found that, among 2,000 people studied, those who reported having sleep apnea or snoring tended to develop signs of mild cognitive impairment, including memory lapses and slower speed on cognitive skills, about 12 years earlier on average than those who didn't report any sleep-related breathing issues. Mild cognitive impairment often precedes dementia related to Alzheimer's disease.



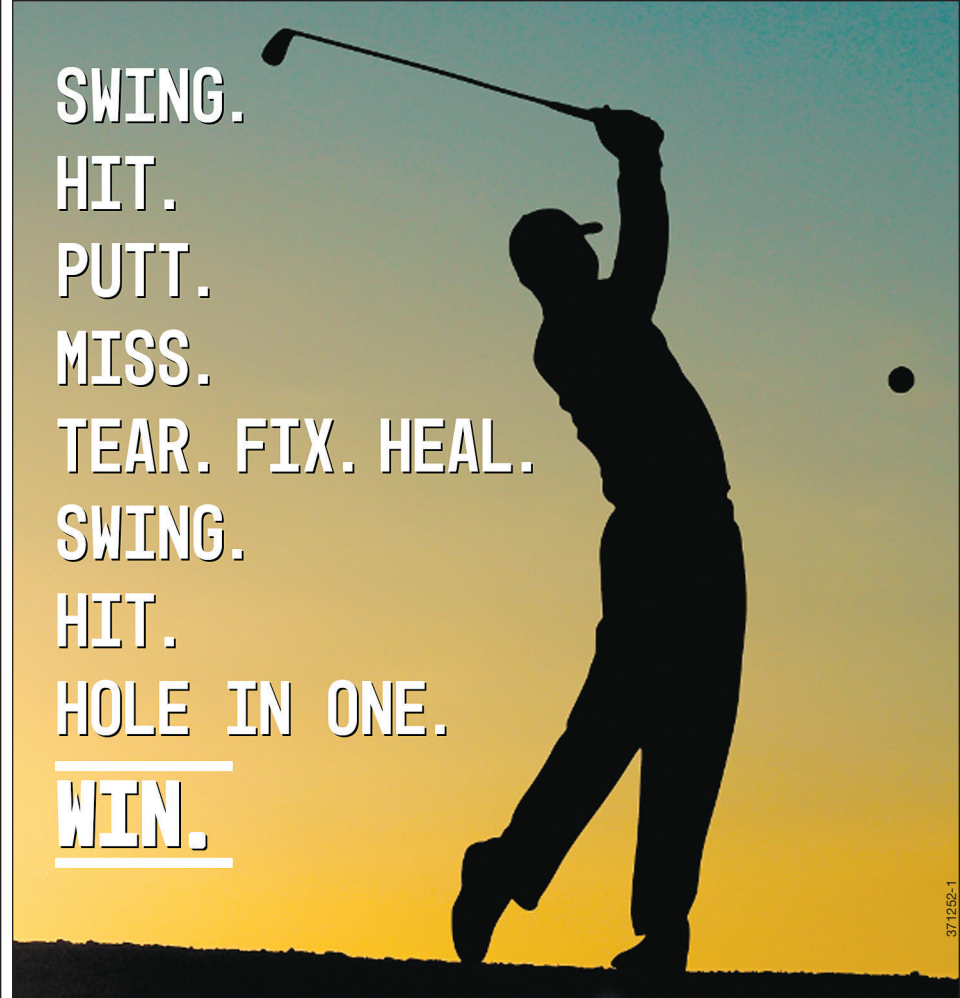
The aging process can lead to a relaxation of the throat muscles, resulting in snoring. Furthermore, the NSF says anatomical abnormalities of the nose and throat, illness and other factors may also contribute to snoring. Drinking alcohol, which can have an effect similar to muscle relaxants, in the evening can make snoring worse.

While many people may think snoring is a mere nuisance, it actually

Some researchers believe snoring and sleep apnea may contribute to a buildup of the toxic protein in the brain called beta-amyloid, which is a hallmark of Alzheimer's disease and other dementias.

If snoring has become problematic, men are urged to visit a doctor or sleep specialist to see which therapies can be instituted to help improve sleep and overall health.

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