

Shoals Modern Man

September 2021
An Advertising Section of the

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Talking Man-To-Man
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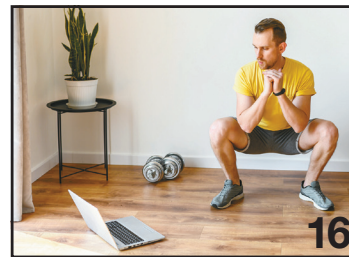
Shoals Modern Man



21



11



16

7 Jeffery Street - Soars in Service to Others

8 Grant Tarascou - Flashpoint

11 Antonio Trevon Hiles, Jr. - Living Life Lifted

12 Men's Wellness of North Alabama

14 Oakley Equipment Lawn & Garden: A Toy Store for Big Boy Toys!

16 An At-Home Fitness Renaissance

18 Men and Mental Health

20 Choosing a Diet

21 Different ways to treat dad

22 Men are increasingly taking health and nutrition seriously

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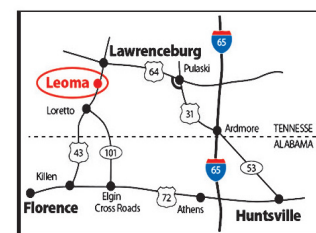
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Jeffery Street

It can never be said that Jeffrey Street doesn't have a servant's heart. As an Emergency Medical Services Instructor, Critical Care Paramedic, Pastor, and Air Evac Lifeteam crew member, he confidently

Soars in Service to Others

by MICKEY J. LOLLAR • Photo by DAN BUSEY

Born in Tupelo, Mississippi, the birthplace of Elvis Presley and a commercial, industrial, and cultural hub of North Mississippi, Jeff Street is accustomed to dynamic southern hospitality with heart, soul, and purpose.

"I am a purpose-driven guy," Jeff admits. "I want to make an impact in as many people's lives as possible, in everything that I do. Why? Because I care."

A familial move to Ripley, Mississippi saw Jeff eventually enrolling in Bethlehem Christian School in Potts Camp, where he played basketball for the Bethlehem Christian School Eagles.

"It's interesting isn't it," Jeff reflects with a wry smile, "that I got so much enjoyment out of a sport that has you sailing into the air so much, for a team whose mascot is an eagle, at a Christian school. Could it have been the first glimpses of Providence?"

In addition to basketball, Jeff also enjoyed music in high school, and still does, with the guitar and drums ranking as his favorites.

"Music brings so much color to one's life. It is used for enjoyment, reflection, meditation, and worship," he voices. "Music is an important part of Christian worship, thanksgiving, and celebration in particular, showing how worshippers feel towards God. Music unites the congregation so that God is worshipped with one voice."

It was unification that brought Jeff to the Shoals area. Meeting, falling in love with, and marrying Tracy Pullum from Florence, Alabama equaled a change in latitude.

"Enough cannot be said about Tracy," declares Jeff. "She is a beautiful body and soul of Godliness. She is the very essence of a partner- offering comfort, advice, companionship, and inspiration. There isn't a moment that passes that I don't thank God for her and her love. And from that Heavenly package came our

two amazing children."

Perhaps another rearing of Providence, while attending a church service, Jeff met and got to know Florence-Lauderdale County Emergency Management Agency member George Mangum. It was the conversations with Mr. Mangum that gave Jeff the lift and thrust needed to soar into the realms of Emergency Medical Services.

Jeff enrolled in Northwest-Shoals Community College and made his way through the Emergency Medical Services program. He then attended the University of Birmingham: Huntsville Regional Medical Campus, where Jeff completed his Critical Care Paramedic training.

"I could not have chosen two better schools," he states confidently. "Northwest-Shoals provides the highest quality EMT, Advanced EMT, and Paramedic education, and continuing education, through innovative, proven teaching techniques. As for UAB: Huntsville, well, it's UAB! They lead medical innovations and bring the highest quality health care to patients."

The next leap in the servant's journey of Jeff Street came when he had the honor and privilege of joining Global Medical Response, the internationally-acclaimed service organization that delivers compassionate, quality medical care, primarily in the areas of emergency and patient relocation services, as an Air Evac Lifeteam employee.

"GMR is the largest medical air transport service in the world," beams Jeff. "They hold true their Mission Statement: 'Our mission of providing care to the world at a moment's notice is at the heart of everything we do. We are caregivers, first and foremost, and we will be there when you need us.' Being a part of something so far-reaching and monumentally impactful is an honor."

Jeff has witnessed the worst and best

of the human condition. Even though a number of years and experiences have passed in his preeminent tenure as a Critical Care Paramedic, Jeff keeps it fresh by centering himself through introspection.

"I consciously focus on what drives me," he admits. "I want to face an impossible and intervene to change the outcome. I want to be security and comfort for that person that feels pain and/or visceral fear. I want to continue learning. All of those things soften the hard edges of the best-practices protocol and rote methodology that comes with many technical, particularly medical, positions. Of course, there are times that burn-out concerns me. Not from a lack of career satisfaction, but from the stress brought on by life and death scenarios. I am human after all. When asked about combatting performance fatigue, I always preach and practice the same thing: Do not let adrenaline drive you. Move past the adrenaline rush and you will find that longevity is on the other side."

As with most frontline workers, and in Christian humility, Jeff does not like brandishing his successes. However, he will dispense general medical advice based on what he has seen in service over the years.

"To whittle it down to the heart," summarizes Jeff, "we all need to stay active and eat healthy. Our bodies are designed to move and keep moving. Our bodies are designed to utilize the healthiest foods possible. A healthy lifestyle can make a lot of headway in illness intervention."

As if Jeff Street does not do enough for his fellow humans, he serves as an EMS instructor at Northwest-Shoals Community College, where the EMS education spans four levels of competency: Emergency Medical Responder, Emergency Medical Technician, Advanced Emergency Medical Technician, and Paramedic. The EMS program at

Northwest-Shoals Community College is designed to prepare qualified applicants in basic and advanced emergency care in clinical and in-field environments.

"Graduates qualify for employment with fire and rescue departments, ambulance services, and industries, and emergency departments within medical facilities," Jeff encourages. "There is a great need for EMS workers, now more than ever. With dedication, experience, and training, someone can work their way into more specialization."

Coming around the circle of life, as Providence can lead, Jeff also spends chunks of time in study and teaching of the Bible. As a matter of fact, he serves as the Pastor for the Experience Church at the Lighthouse in St. Florian, Alabama, where his servant's heart continues to beat hard and fast for Jesus Christ and His teachings.

"I want people to see me as an honest and dependable man," years Jeff. "From my family to my congregation to my patients to my employers, I strive to model Christian values across all facets of my life. To show that there is nothing to fear when the knowledge is there."

When the luxury of down-time presents itself to Jeff, he takes advantage of it by helping with the Helen Keller Hospital Ambulance Service, kayaking the verdant waterways of the region, and responsibly riding a 51-horsepower Kawasaki Vulcan 1500 motorcycle.

"There are some similarities between my Kawasaki Vulcan and the Bell 206 LongRanger helicopter that the Air Evac Lifeteam utilizes," he details. "Both are very well-designed and built. Both offer a soaring feeling of freedom in the open air. Most importantly, both can offer a new lease on life."

Russellville Firefighter Grant Tarascou has a 5-alarm passion for family, fire safety, and old films, and with October being Fire Safety Month, he is equipped and ready for

Flashpoint

by MICKEY J. LOLLAR • Photo by DAN BUSEY

Perhaps it was serendipity that Grant Tarascou was born in San Bernadino County, California, with its searing summer temperatures of 110 °F, wild and hot Santa Ana winds abetted across the Mojave Desert, and the hot stage lights of neighboring Los Angeles. Heat is in his blood.

The future firefighter moved to Alabama after his parents visited and fell in love with the region. Living first in La Grange, Colbert County, Grant's family eventually moved to Mountain Star, Franklin County, where he attended Belgreen High School. While in high school, Grant excelled at basketball and played until he graduated.

"I enjoyed the strategy and adrenaline levels of basketball," admits Grant. "It taught me good sportsmanship, discipline, and increased my critical thinking skills."

Throughout his childhood, Grant maintained a very defined respect for all frontline workers. He also particularly enjoyed military and adventure movies. When Tharptown Fire Chief Doug Hatton came calling with a proposition that married both, the then 19-year-old Grant could not pass up the opportunity, or yet see what the embarkment was foreshadowing.

Grant reflects respectfully that "Chief Hatton asked me to be a volunteer firefighter at the Tharptown station. The gentleman-the hero- quickly became my valued mentor, leading me through the process of becoming a firefighter, from qualifications to

training to certification exams. He saw something in me and made something of me."

Grant attended Northwest-Shoals Community College and the University of North Alabama. In the want to further serve, he joined the Alabama National Guard, rising to First Lieutenant and a Signal Officer for the 115th Expeditionary Signal Battalion, thus bringing full-circle a journey that began with a young boy watching military films and cheering the fire engines in the Christmas parade.

"For me, but really everyone that has a frontline career, the most rewarding part," admits Grant, "is having the ability to offer and providing a service to the community. I take great pride in the Russellville community that I serve. I take ownership in Russellville's safety, and gladly bear that yoke."

As with most people that serve the public and its safety, Grant is not one to talk about his accomplishments. However, he will gladly sing the praises of those that he serves with, therefore reflecting the very core values that he holds true.

"I work with courage, integrity, love, patience, and altruism," he admits of his co-workers. "Personally, I have wholehearted faith in Jesus Christ, and I see His teachings in the firehouse every time that I have the pleasure of being there. Whether or not my co-workers hold the Christian faith, I see its tenets in each firefighter, and it is strong and at work for the people of Russellville."

In service to safety education,

Grant is quick to remind the public that October is Fire Safety Month. The month will see a host of events, from elementary school presentations about fire safety to visits from Sparky the Fire Dog, who turned 70-years-old this year.

"The best piece of advice that I can give to anyone about fire safety," pleads Grant, "is to get smoke detectors in your house, and test them when recommended. Smoke detectors are inexpensive, so sensitive now, and use very little power. They are your hidden and silent guardians that are always on duty."

Now a seasoned firefighter, with military experience under his belt, it might be surprising to learn that there is still something that rekindles a spine-tingling thrill in Grant Tarascou.

"It's still an emotional thrill for me to face a fire," he admits with reservation. "Of course, for the safety of people and their belongings, I certainly hope that I will never be needed. But, I am, unfortunately, and it is thrilling to face an unpredictable adversary that is ever-changing and that moves fast, silent, and intense. Fires are organic entities that each have their own personality, and they take on different personalities in each of the four stages- Incipient, Growth, Fully Developed, and Decay- of their life. Simply put, fighting a fire is a chess game."

Luckily, the greatest thrill in the life of Firefighter Tarascou is not as dangerous.

"My wife Kayla and I met while in college," Grant beams. "We also

went to the same church. So we got to know one another in both settings. Kayla encouraged me every step of the way on my career path. Fire Chief Hatton started me on my journey and Kayla helped me see it through to the end. Not only do I have a wife and a career that I would not trade for anything, I also have two wonderful children! I have a daughter that is 5-years-old and a son that is 8-months-old."

When considering the future for his children, Grant hopes that more people will look into volunteering and careers in the field of Emergency Medical Services.

"Volunteer fire departments represent the very best of humanity," he expresses. "They allow all EMS divisions more flexibility and more coverage. Not to mention, they are really good cooks! Take the opportunity to enjoy some of the volunteer fire department fundraisers around, and talk with them about volunteering."

With a passion to serve and protect, fire is certainly in the blood of Grant Tarascou.

"Fire utterly changed the life of the prehistoric human," he points out. "It continues to change our lives, both negatively and positively, to this very day. We must understand, control, and respect its erratic nature. One of the most enjoyable ways that I choose to respect fire is when it cooks my steak to a perfect 145°F! Now that's showing it who's boss!"



Grant Tarascou

We were lucky enough to catch up with one of **Florence Police Departments** finest to be included in this special section. **Antonio Hiles** was scheduled to appear for the cover shot but his duties with the Army National Guard took him away on short notice. Antonio is serving the people in need in Louisiana and the coast who suffered hurricane damage.

***Thank you Antonio** for serving not only the Shoals, but those in need across our country. We are proud and forever grateful for you!*



Antonio Trevon Hiles, Jr.

With a calling to serve early in life, this Tennessee native now calls the Shoals home, and Antonio Trevon Hiles, Jr. continues to inspire by example through

Living Life Lifted

by MICKEY J. LOLLAR • Photo courtesy of Police Academy Graduation

Born in Murfreesboro, Tennessee to Sylvia and Tony Hiles, Antonio Trevon Hiles, Jr. completed his tenure in secondary education at Cascade High School in the picturesque community of Bell Buckle, Tennessee. It was during his time in high school that a desire to serve the greater good put down substantial roots in his life.

“I was a member of the Cascade High School Champion Band,” Antonio beams. “I played the bass drum, and enjoyed the discipline and military structure that a band-marching band in particular offers. Of course, making music for the school and community is obviously an uplifting experience too. There’s an exciting and satisfying buzz that you experience when you are part of a group that people look to with a sense of continuity, pride, and positive anticipation.”

Though high school brought thoughts of a future in law enforcement first, Antonio started college enrolled in pre-Pharmacy studies.

“I enjoyed science,” he muses, “and a career in pharmacy seemed a great way to help the public through science. And it is! It just didn’t seem like it was going to satisfy my adventurous side.”

His sophomore year at Middle Tennessee State University rolled around and Antonio joined the Army National Guard. It was then, through the dedicating of one’s entire self to the service of a government and its citizens, that Antonio came full-circle with an enrollment in Criminal Justice studies.

“It was to be a part of positive change in a community,” states

Antonio. “That’s the broad reason that I chose law enforcement as a career. To protect others and the positive change that I can effect. To bring the full weight of Romans, Chapter 13, Verse 9 to bear and to model and call for all people to ‘love your neighbor as yourself.’ And, yes, there are times when law enforcement is adventurous! The discipline of criminal justice, not to mention its work for the people, is always dynamic.”

Officer Antonio Hiles, Jr. now proudly serves with the men and women of the Florence Police Department.

“I serve in an environment that exhibits and lifts up a long list of positive and inspirational principles,” Antonio summarizes. “I hold taking responsibility, complete follow-through, working hard, humility, loyalty, kindness, and respect very dear. I want to embody those qualities and model them for everyone, especially our citizenry. Taking those core principles beyond, they are the practices of a God-fearing individual, which I am proud to be. For me, my service-at-large actually distills down to the fact that I have a deep-seated passion for serving Christ in our local church.”

Antonio follows in the footsteps of most of the men and women that serve the greater good by being tight-lipped about the impact that he makes on those helped.

“I don’t like to talk about myself,” he declares with humility. “When asked to reflect on my interaction with the human condition and choose a benchmark moment, I would have to talk about being approached by the parents of a young man that was

prone to running away. They asked me to sit down with him and relay to their son the trials and tribulations that I have seen and experienced in my life. And I did that. Really, I drove home the point that everyone experiences hardships, but it’s how you overcome them with honor and an uplifting of your name that proves what you’re made of. Surrounding yourself with the right people- good people- is key to avoiding and overcoming hardships. That’s the best advice I can give to anyone: surround yourself with and take counsel from the right people.”

Further modelling exemplary association, on September 12, 2020, Antonio married Shoals-native Erica Channing Malone at Grace Life Church of the Shoals in Muscle Shoals, Alabama.

“Erica is my rock. She is my inspiration,” Antonio gushes. “If I have had a particularly rough day, my wife meets me, full of compassion, and helps me put things into perspective. Not only is she the voice of reason, but she also has a phenomenal singing voice. Like an angel.”

When Officer Antonio Hiles, Jr. is not on duty he likes to tap back into a source of pride and success from his past: music.

“In my down time, other than spending it with my wife, I like to sing in our church choir,” he relays. “My favorite song is ‘Noel,’ a beautifully written song by Chris Tomlin and Lauren Daigle. But, in all frankness, my favorite version is when Erica sings it. She truly captures the essence of the song.”

Other than music, Antonio has a passion for writing and journaling

about Biblical topics.

“My passion for writing translates into studying the Bible and writing about those studies. Often times I will post my writings on social media,” he declares.

Beyond, Antonio enjoys the study of history in general. Interestingly, he even considered being a history teacher for a time, but “criminal justice just pulled too hard.”

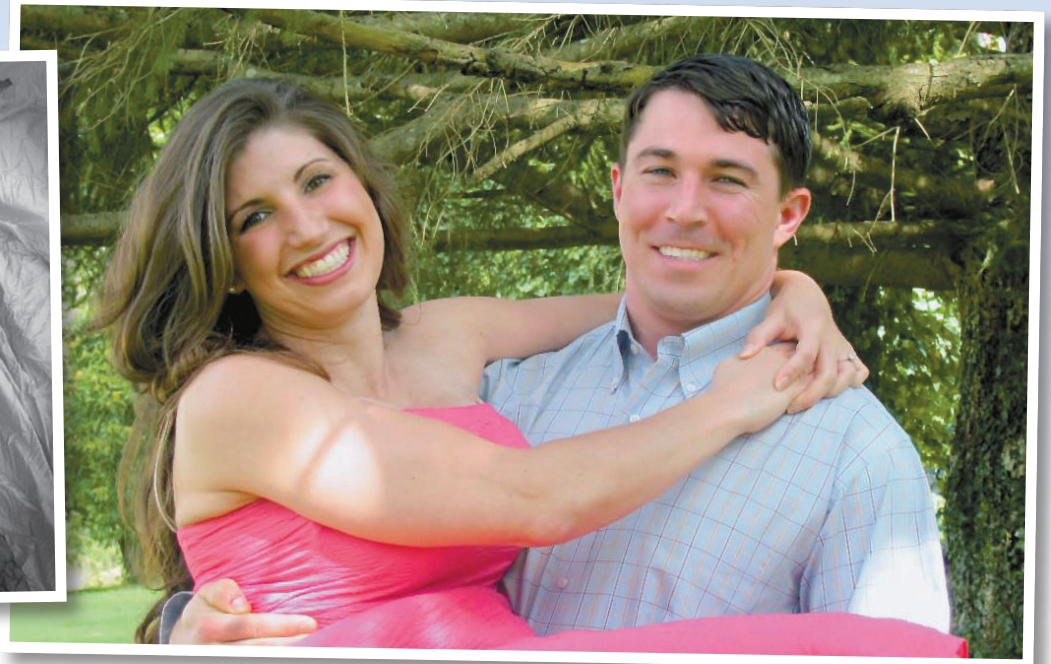
Antonio continues with words to the wise, in that one has “to know your roots to fully know who you are, and then what you pass down. There is nothing new under the Sun and studying history can help us to not make the same mistakes again. There is a catharsis in that.”

In his study of familial history, Antonio has traced his father’s lineage to Lynchburg, Tennessee, and has used the knowledge as further inspiration.

“One of the most fascinating and touching moments that I have ever experienced is when I got to visit the very house where my great-great-grandfather was born,” Antonio reflects. “Just thinking of the time and times that the house has seen and passed by its windows, it’s tough to wrap your head around. It’s definitely a reminder that, no matter what is going on, you always have family, whether it’s through blood or friendship, home or church, school or your community’s police force. There is always someone who wants to lift you up and help you succeed. Just earnestly and honestly seek them out and let the time that has passed through them advise and encourage you. Like I did.”

Men's Wellness of North Alabama: Talking Man-To-Man About the Needs of Men

by MICKEY J. LOLLAR • Photos by SUSAN ORICK



There is a new business in the Shoals area that is addressing aged concerns. Located at 215 Ana Drive, Suite A, Florence, is Men's Wellness of North Alabama, the brainchild of Physician Assistant- Certified Josh Rogers, and his wife Dr. Jessica Rogers.

"At Men's Wellness of North Alabama, we are different because we focus our attention on one goal," Josh affirms. "Men need to be heard, evaluated, and treated with the same attention to detail as every other medical need. Even if some providers and clinics address sexual and holistic approaches to the needs of men, they tend to approach the subject in an environment that makes the men feel uncomfortable. Often,

they feel like it would be much easier to fully disclose their concerns with providers if they could do it 'man to man.'"

Josh Rogers approaches men's wellness with first-hand experience.

"I developed a need to visit a clinic while in the Army National Guard, started a vast amount of research, which led to the creation and opening of our clinic in Florence," Josh expresses.

Opened in December of 2020, Men's Wellness of North Alabama is not a primary care provider, but a comprehensive care provider that offers a multitude of services, including Hormone Replacement Therapy, Erectile Dysfunction Therapy, Hair Restoration Treatment,

and Skin Treatment: Resurfacing and Scar Reduction. The clinic is set in an office environment that evokes masculinity and comfort, with repurposed wood, tool-chests for storage, a glass-top table filled with spent ammunition shell casings, and a waft of rock-and-roll and barbershop scents weaving throughout the rooms. There is even an exact replica of a Rogers' Rangers tomahawk embedded in a block of wood on the reception desk.

Men's Wellness of North Alabama offers testosterone replacement therapy for men to aid in quality-of-life restoration. After age thirty, men start to lose 2-3% of their testosterone, and symptoms begin shortly after. Testosterone

replacement therapy is designed to treat a testosterone deficiency, otherwise known as Low-T, or low testosterone. The benefits of the treatment depend on the symptoms being experienced. Some of the common symptoms of low testosterone include weight gain, abdominal fat gain, muscle loss, muscle weakness, difficulty achieving or maintaining erections, fewer spontaneous erections, hair loss, bone density loss, apathy, lethargy, fatigue, difficulty forming new memories, and difficulty remembering words, dates, and/or locations. Methods of treatment for low testosterone include Pellet Therapy with BioTE, HRT Injections, and Body Function Optimization.

Over 23 million men have some form of erectile dysfunction (ED) in Alabama and close to the same number have low testosterone levels. Sadly, approximately 80% go unreported because both health care providers and patients are not comfortable discussing sexual health.

By the time you reach the age of 40, you have a 40% chance of developing erectile dysfunction. By the time you are 70 years old, you have a 70% chance of developing the condition. While this is often caused by low testosterone, there are also other causes.

Josh lays out the facts about erectile dysfunction for his clients, "1. ED is one of the last symptoms of low-T. 2. Our treatments are specially designed to get you back in gear with minimal to no side-effects. 3. Millions of dollars are spent by the pharmaceutical companies to advertise their respective brands that are sold as a one-pill-fits-all solution. Often, these medications do not work well and have various unpleasant side effects. 4. Each prescription issued by Men's Wellness of North Alabama is a compounded

medication developed specifically for you. 5. Low-T Symptoms produce an increase in anxiety and a loss of self-esteem and confidence. This worsens the dysfunction. 6. Many insurance companies reimburse for our services. Before you leave our office we will present the appropriate paperwork and diagnosis codes required by insurance. You can then choose to submit this to your provider."

Josh then tackles the myths of erectile dysfunction. "Some of the most commonly held beliefs that are simply not true include that ED can be caused by riding a bicycle or wearing tight underwear. Low-T is the main cause of a low sex drive. Low Testosterone only affects a man's sex drive. Having low testosterone and ED means that you've lost your manhood and your 'man card.' The primary cause of Low-T is age. Testosterone treatments turn you into a hairy sasquatch. If you have trouble getting an erection, it means that you and your partner are not compatible. All of those are not true."

With a worry about hair loss settling into the male psyche during the teen

years, the most common form is male or female pattern baldness. However, there are many other reasons for hair loss. Whatever the reason, we normally notice the issue as more and more hair moves from the active growing phase into the dormant phase.

Under normal circumstances, hair follicles consistently cycle among the phases, but when hair thinning begins and progresses to hair loss, it is because too many hairs are entering the dormant phase and staying there for too long. Eventually, if left untreated, these hair follicles will stop producing hair at all.

If you are frustrated with thinning hair or hair loss, hair restoration with PRP from Men's Wellness of North Alabama could be the answer. This revolutionary treatment may be able to restore your hair's normal growth-cycle and give you back a full head of hair.

"The Mission Statement of our business," boasts Josh, "is 'to enhance my community's quality of life by optimizing their personal, relational, and physical health.' The vision for Men's Wellness of North

Alabama is to provide world-class patient experiences that lead to exceptional results. I want every man to be a 'total man,' and to realize that there is no such thing as 'normal aging.' That is why we encourage partners to join our clients in-office, as they are integral in the re-formation and maintenance of a 'total man.'"

When not at the clinic and two busy medical schedules allow, Josh enjoys spending time with his family, both at home and outdoors.

"Jessica and I are both responsible adrenaline junkies," Josh admits. "Our very first date was a skydive over the beautiful rolling Appalachian foothills surrounding Knoxville, Tennessee. We love to stay active, both with each other and separately, and we want to facilitate the same in our patients. To be the very best you that you can be!"

Men's Wellness of North Alabama offers a free 1-hour consultation, with extended discounts for frontline workers, and can be reached by calling (256) 366-2470. Please visit the website at www.mens-wellness.com.



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Oakley Equipment Lawn & Garden: A Toy Store for Big Boy Toys!

Story and Photos by MICKEY J. LOLLAR

Soon to celebrate 31 years in business, Oakley Equipment opened its doors in October of 1990 as a repair center focusing on lawn and garden. The initial years were primarily service-oriented, with the exception of selling Stihl brand hand-held equipment. Additional product lines arrived in-store as the business grew, with an expansion into the current retail store location in 1996. Oakley

Equipment takes great pride in creating a customer-centered experience at the store, and consistently sees repeat customers, referrals, and the fostering and growth of positive relationships, both with private and commercial clients.

Within the walls of the Oakley Equipment Lawn and Garden store, located at 4990 Highway 157, Florence, is a multitude of equipment from the

highest quality brands, including Ariens, Gravely, Stihl, Bobcat, Walker, Cub Cadet, Wright, Exmark, Barrentine, and Big Green Egg.

Often, when the term “equipment” is used, it evokes something that is purely utilitarian. However, such an assumption sells short what is now offered in the way of equipment like lawnmowers, job site vehicles, and grills, particularly at Oakley

Equipment. Gone are the days of pure utilitarianism, with equipment evolving, now fostering an ability to experience pleasure and enjoyment through an ease of work.

In honor of 21st century technology and the guys that use it, Shoals Modern Man wants to highlight three “Big Boy Toys” offered at the best prices by Oakley Equipment Lawn and Garden.

Big Boy Toy 1 ZT6000 Zero-Turn Mower, by Bobcat



Versatility and dependability are defined with the 52 or 61-inch, deep-profile, bullnose AirFX™ deck, complete comfort command center, 15-gallon dual fuel tanks and powerful Kawasaki® FX series engine!

The new Bobcat mower lineup delivers the durability, ease of ownership, and quality of cut that professionals demand and homeowners aspire to own. The Bobcat brand is all about delivering the performance you need when you need it, making you totally confident in your ability to manage your turf.

From the optimum user-experience, and feel of the controls as you mow down a tough challenge, to the best-in-class serviceability and warranty, Bobcat has every detail nailed down giving you more comfort, fewer hassles, and acres of perfectly maintained turf every season.

Whether your goal is to increase your profit or free-up some personal time, your mower should be ready to work when you are, and it should stay ready for the next job with a minimal amount of care and maintenance. Bobcat mowers are designed to roll with the challenges of every job – and work as hard as the people that use them.

Stunning results are what it is all about, and stunning results are what you will get when doing work with a Bobcat mower. From its tough and well-designed mower decks to its even clipping dispersal and remarkable deck cleanliness, this mower is made to turn heads.

The Kawasaki FX801V engine provides the commercial-quality power and durability that professional mowing operations can depend on to get the job done right, every time.

Specifications-
Mower Deck: AirFX™ Cutting System
Width: 54.3 inches
Adjustable Scalp Rollers: 6
Cutting Height: 1-5.5 in.
Engine Model: Kawasaki FX801V
Displacement: 852 cm³ to 12 cm³
Transmission Type: HG ZT-4400 Hydrostatic Transaxles
Fuel Capacity: 15 gallons
Forward Speed: 12 miles per hour

Mower accessory options include: 3.75 and 5.0 bushel poly side bag; BOSS-Vac Pro 12-bushel Collection System; Canopy kit; ECO Plate; Laser-edge blades; Light kit, footplate; Light kit, magnetic and 12V; Mulching baffle kit; No-flat caster options; Striping kit; and a ZT hitch kit.

Big Boy Toy 2 Atlas Job Site Vehicle 3400SD, by Gravely



The Atlas JSV 3400 sets itself apart from traditional UTV side-by-sides with features like a steel box with electric bed lift and an electric power steering kit for responsive, automotive-quality control.

A two-cylinder, SOHC engine, stronger clutch and smoother drivetrain tackle demanding jobsite conditions, while the one-piece chassis and independent rear suspension offers rigidity in the toughest work environments.

The Atlas JSV's fabricated all-steel cargo bed will not buckle or bend. Dump cargo with the touch of a button and haul a fully loaded pallet, thanks to a generous 18 cubic feet of cargo space. With a towing capacity up to 2,500 pounds, you can transport even more equipment through the jobsite. The tires are four common size, high-wear tires that

maximize the potential of just one spare.

The interior design has upgraded styling, a digital display, and larger foot wells to provide a premium work experience.

Specifications-
Engine: Polaris® 2-Cylinder, SOHC, Gas
Horsepower: 40 HP
Displacement: 999 CC
Fuel Capacity: 11.5 gallons
Ground Speed: 35 miles per hour
Steering: Electric Powered Steering
Weight: 1,790 pounds
Length: 129 inches
Width: 64 inches
Height: 75 inches
Ground Clearance: 11 inches

Big Boy Toy 3 Kamado-Style Grills and Accessories, by Big Green Egg



Historically and culturally speaking, a kamado (Japanese for “stove”) is a traditional Japanese wood- or charcoal-fueled cook stove made from a variety of materials including high

fire ceramics, refractory materials, double wall insulated steel, or traditional terra cotta.

In the case of the Big Green Egg kamado-style grills, these cookers function a lot like wood-fired ovens because the thick sides can absorb a ton of heat. They also tend to be more efficient with their use of charcoal and cook food more evenly than grills made with plated steel. The state-of-the-art ceramic technology and patented components of a Big Green Egg grill provide the best thermal properties, material quality, and cooking results.

Lighting the charcoal is simple, and the Big Green Egg reaches cooking temperature in minutes, while you can easily control the heat by adjusting the patented airflow systems, as a high-quality temperature gauge provides precise readings to 750°F.

While most grills retreat in the colder months, the thermal efficiency of a Big Green Egg performs as well in winter as it does all summer.

The Big Green Egg has an exterior glaze that easily wipes clean. Inside, residual heat burns away any build-up – just like a self-cleaning oven!

Every Big Green Egg comes with a free Best-In-Class lifetime warranty, with the company standing behind their products for over forty years.

The Big Green Egg grills come in seven sizes- 2XL, XL, Large, Medium, Small, MiniMax, and Mini- and can be accompanied by a litany of accessories to make food preparation egg-traordinary.

Big Green Egg Recipe: Spicy Pickle Pig Shots



Photo courtesy of Big Green Egg Promotions

Ingredients-

- 1 lb. bacon, sliced in half
- Kielbasa sausage, sliced into ½ inch sized pieces
- 20 dill pickle chips
- 2 8-oz packages of cream cheese
- 1 cup shredded Monterey jack cheese
- 2 green onions, sliced
- 1 jalapeño, deseeded and diced
- 1 tablespoon garlic powder
- Big Green Egg Sweet & Smoky Seasoning
- Big Green Egg Dill Pickle Hot Sauce
- Salt and pepper to taste

Instructions-

Set your Big Green Egg for indirect cooking with a convEGGtor at 250°F.

To create the filling, mix together the cream cheese, shredded Monterey jack cheese, sliced green onions, diced jalapeño, garlic powder, and a pinch of salt and pepper to taste. Spoon the cream cheese mixture into a gallon-size plastic bag or a piping bag. You can easily spoon the mixture into each cup, but the piping bag actually makes it easier. Set the mixture aside.

Using a knife, slice the bacon in half and sprinkle each slice, on both sides, with the Big Green Egg Sweet & Smoky Seasoning. Set aside.

To create the pig shots, place a pickle chip on each sausage slice and wrap the bacon around to create a cup. Secure the bacon with a toothpick inserted through the sliced sausage piece on bottom. Pipe (or spoon) the cream cheese mixture into each bacon cup. Place the pig shots directly on the cooking grid or on a perforated pan on the grid. After 1½ hours, use a basting brush to glaze each pig shot with the Big Green Egg Dill Pickle Hot Sauce. Cook for 15-30 minutes more.

Remove the shots from your Big Green Egg and garnish with more of the hot sauce or with fresh chopped dill or parsley, and enjoy!

Oakley Equipment Lawn and Garden is open Monday through Friday, 7:00 a.m. to 6:00 p.m., and Saturday, 7:00 a.m. to 4:00 p.m. The store can be contacted at (256) 764-9899. Please visit the website at www.oakleyequipment.com/oakleynapa/.



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An At-Home Fitness Renaissance

The COVID-19 pandemic has changed the way we work out, likely for good.

When lockdowns forced gyms to close, many instructors took their classes online, giving people a way to work out even when they couldn't hit the gym.

These at-home workouts are a far cry from a Jane Fonda or Richard Simmons VHS tapes of the 1980s and '90s. Today's connected workouts link you to other fitness enthusiasts via video and integrate health data from your wearable fitness tracker. Mens Health calls it "Fitness 2.0."

The Trend

On-demand workouts had been making their way onto the fitness scene, but the pandemic has forced gyms to transition their offerings online more and more.

Top fitness brands such as Orangetheory, Nike and Peloton offered their online classes for free during the early days of lockdowns, to help people shrug off the isolation blues and fight the "quarantine 15," a phenomenon that occurred as we tended to pack on pounds and be sedentary while stuck at home.

The fitness and nutrition app Daily Burn reported a 268% year-over-year increase in new members in March 2020. And even as infection rates have declined and gyms have reopened, in many areas of the country, they still are operating at reduced capacity and continuing their online offerings.

Get Started

You don't have to invest in pricey equipment or even try a new service to get on board with the at-home fitness trend. In fact, the gym you already belong to likely has added online offerings during the pandemic. That means you might be able to connect online with your favorite instructor and keep moving.

If you are in the market for a full at-home setup with new equipment, you'll need to do some research first. Peloton started the connected cycling trend, but other providers weren't far behind. You can find a bike set up to connect through an app on your own device for around \$500.

Other connected devices also are trending, including treadmills and rowing machines. With any connected device, keep in mind you'll also need to pay a monthly subscription fee, usually between \$40 and \$50, to stay connected and access live workouts.

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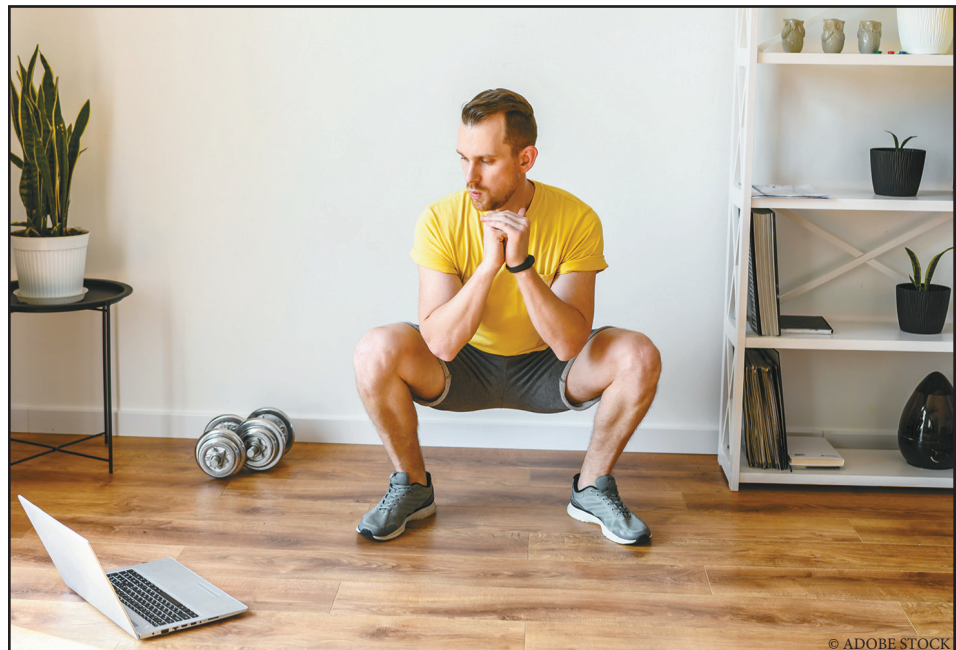


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Men and Mental Health

Mental health is an issue fraught with complications for men.

Men are less likely to be diagnosed with mental illness, according to the Centers for Disease Control and Prevention, but 3.5 times more likely than women to commit suicide. They also are less likely to get mental health treatment.

Between 1999 and 2017, the suicide rates for men ages 10-74 increased by an average of 26%, according to the CDC. The nonprofit Mental Health America says that more than 6 million men in the U.S. experience symptoms of depression each year, and more than 3 million experience an anxiety.

Of Americans diagnosed with substance abuse disorder and mental illness, more than half are men, according to the American Psychological Association.

The Stigma

Men may be less likely to seek help with mental illness because of an outdated social stigma attached to a diagnosis in men, according to the University of Rochester Medical Center, which notes, "Some may see it as a sign of weakness rather than a treatable illness."

A study published in the American Journal of Men's Health found that men struggle to establish social connections due to fear of being

judged as emotionally vulnerable, weak and "unmasculine." Research has shown that social connectedness helps people get support for mental health struggles.

Getting Help

The most important step toward getting help for yourself or a loved one is recognizing the signs of a mental disorder. The National Institute of Mental Health offers the following list of red flags.

- Anger, irritability or aggressiveness.
- Noticeable changes in mood, energy level, or appetite.
- Difficulty sleeping or sleeping too much.
- Difficulty concentrating, feeling restless or on edge.
- Increased worry or feeling stressed.
- Misuse of alcohol and/or drugs.
- Sadness or hopelessness.
- Suicidal thoughts.
- Feeling flat or having trouble feeling positive emotions.
- Engaging in high-risk activities.
- Aches, headaches, digestive problems without a clear cause.
- Obsessive thinking or compulsive behavior.
- Thoughts or behaviors that interfere with work, family or social life.
- Unusual thinking or behaviors that concern other people.

If you or someone you know is having a mental health crisis, call the National Suicide Prevention Line at 1-800-273-8255.



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Choosing a Diet

If you're looking to shed pounds, you'll need a combination of diet and exercise.

There are many diet options, from new and trendy to tried and true. Consider your goals and preferences when choosing a diet.

Carb-Focused Diets

Diets such as low-carb, Atkins and Paleo focus on your intake of carbohydrates but do not restrict protein or fats. They are ideal for people with a lot of weight to lose and are effective for reducing belly fat. If you are loath to give up your bread, however, these diets are likely not for you. In addition, your LDL or "bad" cholesterol could go up due to increased fat intake.

Intermittent Fasting

Intermittent fasting is a trending diet method that focuses on restricting the time during which you can eat each day. A typical intermittent fasting method is to fast for 18 straight hours and eat for 6 hours of the day, known as 18/6 intermittent fasting. A more extreme version involves fasting for 24 hours at a time.

Intermittent fasting can have big weight loss results, but use this method with caution. Men's Health warns that the risks include hunger, overeating when not fasting, feeling tired or irritable and becoming intoxicated more quickly while drinking.

Technology-based Diets

A new wave of diets uses technology and psychology to shape food choices.

Noom claims to create "long-term results through habit and behavior change, not restrictive dieting." It's based in cognitive behavioral therapy and aims to help you make small changes to reach your goal. The app rates food on a color-based scale and asks users to take quizzes about fitness and nutrition.

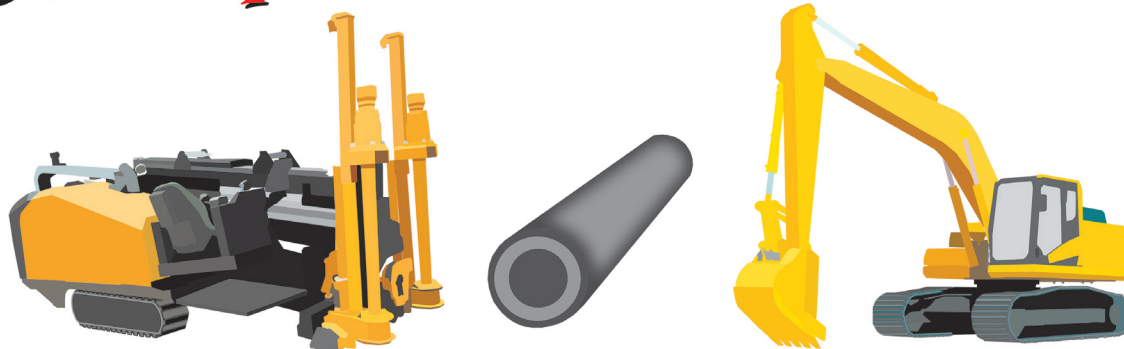
The newest incarnation of Weight Watchers employs a smartphone app to help users track their daily food intake and exercise. The Smart Points system gives users a daily allotment of points, as well as extra weekly points and earned points for exercise. It even includes a barcode scanner so dieters can simply scan the barcode of a packaged food to find its Smart Points value.

Before starting any diet or exercise plan, visit your doctor to talk about your health.



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Different ways to treat dad



The year is filled with many different celebrations, but celebrating dad does not have to be just on Father's Day. Each month you can show dad how much he is loved and appreciated.

The following are some great ways to treat dad:

1. Participate in his hobby

Dad likely has some favorite hobbies, such as playing a favorite sport, boating, hunting, woodworking, or restoring a classic car. Asking to join in to learn the ropes of his favorite hobby can be an ideal way to spend time with Dad and show you care.

2. Tackle his chores

Provide Dad a weekend off from his normal tasks around the house if they are within your skill set. Volunteer to mow the lawn, weed the garden, run for groceries, or get the car washed. You also may want to help him finish a project he started but hasn't yet completed.

3. Take in a show or a game

Maybe Dad has a favorite team he follows or a comedian he loves to watch. Purchase tickets so you can go in person. If that's not possible, make home viewing a special event by clearing a few hours of your schedule and setting up a comfortable viewing area. Make some special snacks and stream his favorite programming right at home.

4. Give him "his" space

Dads often make sacrifices for their families, and this could mean compromising on his comfort and pleasure to ensure everyone else has what they need. Create a spot that is entirely his own. This may involve renovating the basement or garage for hobbies or hanging out. Even a free-standing shed in the backyard can be billed as a "Dad Zone," giving your father a place to which he can retreat for some peace and quiet.

5. Encourage him to visit the doctor

Many men do not feel the need to visit a doctor unless there is something that is causing problems that can no longer be ignored. Encourage preventative care. Tell him, "if not for yourself, then do it for us".

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Men are increasingly taking health and nutrition seriously



Certain notions regarding nutrition and diet prevail even in the wake of research that suggests they shouldn't. For example, it has long been assumed that females diet and men give little thought to the foods they consume. But many such assumptions no longer hold water.

Recent evidence shows that men diet, too, and many men — perhaps spurred on by a recent health crisis or a desire to be as healthy as they can be — have taken much more informed and active roles in regard to their diets.

Data from the National Institute of Diabetes and Digestive and Kidney Diseases says around 73.7 percent of men in the United States are considered to be overweight or obese. This may be driving the fact that more than one in three U.S. consumers followed a specific diet or eating pattern in 2018, according to the Annual Food and Health Survey, released by the International Food Information Council Foundation. In 2016, a survey of more than 2,000 adults in the United Kingdom, conducted by the retail analysts Mintel, uncovered that almost half of Brits tried to lose weight in the year prior. However, 42 percent of male respondents and 33 percent of female participants reported being unaware of how many calories they

were consuming each day.

As more men take control of their eating habits, these strategies can help them achieve optimal health.

- Change the name. Men are often drawn to regimens that will help make them better at sports or increase energy. Referring to such changes as "food plans" or "lifestyle plans" may prove more effective than calling them "diets."
- Work with a nutritionist. Everyone can use a little guidance when making initial changes to their diets. A nutritionist can help men weigh their goals and customize food plans that fit.
- Pair dieting with exercise. Food choices play a major role in weight loss, but exercise is a key component of overall health and should not be overlooked.
- Count calories. Using a food tracker is one of the best ways to measure calories and nutrients so you can have a better grasp on what you're eating and how it's affecting you.

Men are taking active roles in choosing the foods they eat, and that increased interest can have lead to positive long-term results.

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