

# Shoals Modern Man

September 2022  
An Advertising Section of the

TIMES  
DAILY

## The game of a lifetime

Golf proves to be a healthy, fun post-pandemic outlet

**Bryant Mitchell**  
never gave up on his passion for cooking

**Personal style**  
starts with a few basics, a good fit

**Shoals Man's Best Friend**  
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# Shoals Modern Man



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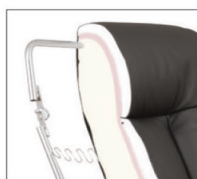
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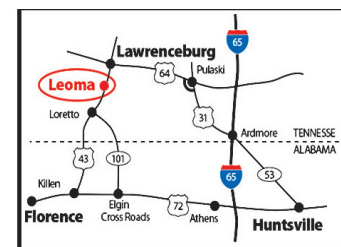


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**A strange thing happened amid the Covid-19 pandemic when the country went into lockdown mode – golf experienced a resurgence unlike any other time in recent history except for maybe when a young golfer named Tiger Woods burst onto the professional golf scene.**

The reason for that resurgence? That's easy – the sport was one of the few things people could do while the country effectively was shut down.

The number of people playing golf rose significantly, with the bulk of those being men of varying ages. For some players, it was a totally new experience. For others, it was a return to a game they might have left behind years before.

David Ray, a 61-year-old Florence native who now splits time between a home in Franklin, Tennessee, and another in Florence, dabbled with golf only occasionally while raising a family and owning his own business.

Recently, he's become one of the newcomers to the game. When he previously played, which often was only once or twice a year for an annual friends get -together, he admits he didn't take golf seriously.

"I always liked being out there," he said. "But there were things that prevented me from playing more. One was time. The other thing was my competitive nature. I never played enough to get better. I would get irrationally upset. I just didn't enjoy who I would become when I was out there because I wanted to win. So, I just stopped."

Fast-forward a few years and the businesses he and wife Kaka had started were on solid footing and the couple found themselves with free time on their hands. They joined Turtle Point Yacht and Country Club in Killen, and Dave broached the subject to Kaka about learning to play. She said yes, and that affirmative reaction set in motion lessons from Turtle Point head professional Les Holcombe and new clubs.

"At the end of the day, this is our opportunity to go out there and have fun together," David Ray said.

Former University of North Alabama golfer and coach Jason Vaughn, who now teaches out of the new Wohali Golf site in Greenhill, has heard similar stories from students that are just now learning to play or coming back to the game.

# The GAME of a LIFETIME

## Golf proves to be a healthy, fun post-pandemic outlet

Dave Ray hits some practice putts at the Robert Trent Jones Golf Trail at the Shoals.





“I’d say that 30 percent of my lessons are, maybe not new golfers but ones that had quit for a while – maybe five, six, seven years – and come back to the game,” he said. “It’s been very interesting to hear some of these guys say they haven’t touched a club in 10 years but this is all we could do for a while and now I am fired up again. I want to get better, so I’m starting to take lessons.”

Vaughn said he has heard a variety of reason players are coming to him for instruction.

“Some want to do it to become competitive and play in tournaments,” he said. “Some are doing it because it is recreation and they enjoy it. They found out they quit playing for whatever reason and probably shouldn’t have. Now they find out they really enjoy it, but would enjoy it even more if they didn’t slice it in the woods every time. So, they are trying to get better.”

The Shoals is blessed with some outstanding public golf. It boasts the Robert Trent Jones Golf Trail at the Shoals, a 36-hole facility, Cypress Lakes Golf Course in Muscle Shoals and Blackberry Trail in Florence. Also, Twin Pines Country Club in Littleville is semi-private, while Spring Creek is a nine-hole municipal course in Tuscumbia. Joe Wheeler State Park has an 18-hole course that is just a 30-minute drive from Florence.

Jakob Kleine is one of three professionals who teach at the RTJ Golf Trail at the Shoals. Like Vaughn, he has noticed the trend of more people playing golf who are new to the game.

He said often new or returning golfers will come out to play a round or two with



Golf is a nice way for Dave to enjoy time with his wife, family and friends.

friends and decide to learn more about the game of find a path forward to improve.

“The most uptick thing we have had out here is lessons,” he said. “Those beginners who have kind of struggled through with their friends, they come and get some instruction to get started off on a better foot. They get a little frustrated because it is a hard game, and then they come get some instruction.”

Kleine said beginning golfers are taught the basics before even taking a swing.

“We make sure your grip is good, make sure your posture is good, make sure your aim is good,” he said. “If we can get all of your pre-swing basics down, then your body will know how to swing the club. We have to get you in the right position before you start.”

Kleine said the instructors at the RTJ let newer golfers know that becoming proficient isn’t going to be easy.

“It’s a process,” he said. “Come out and take some instruction with me and we’ll get you to understand the ideas of what you are supposed to do. Go practice. Play nine holes from the forward tees so you can get the feeling of it. We try to get people to do the things that will make them succeed.”

Vaughn recommends players returning to the game after a lengthy layoff that might have older equipment to take a few lessons before looking at upgrading their clubs.

“Let’s get the swing back in some shape and then let’s get fitted for clubs,” he said. “Then I would go the route of buying a whole set.”

Ray said buying new equipment – what he was using included a persimmon-headed driver that has been rendered extinct by modern technology – was a shock to his system in terms of performance.

“The biggest step I ended up taking was allowing myself to buy new equipment,” he said. “I laughed because it took my friends 40 years to talk me into it. I was so shocked – I know that technology has improved so significantly but the clubs are just that much better. What that did was give me hope that this could be really, really fun.”

Golf has proved to be exactly that for Ray – fun.

“One of the things that is important in life is to enjoy life,” he said. “Playing golf is something that has helped me.”



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# Bryant Mitchell never gave up on his passion for cooking

by SHERHONDA ALLEN • Photos courtesy of Bryant Mitchell and Blake Sulcer

The weekday lunch crowd had waned at Mitchell's Smoked Meats, and owner Bryant Mitchell took time to sit at one of the tables to reflect on what had brought him to this point in his success.

It's fair to call Mitchell a self-made man, but he's quick to credit God and the people who supported him as he chased his passion for cooking in general and smoking meats in particular - and launched his business, located at 2800 South Wilson Dam Road in Muscle Shoals.

"I've been cooking all my life," Mitchell said. "My mother and grandmother - both grandmothers - were good cooks. Everything was made from scratch. I just grew up learning and listening to mama and grandmama. I liked to cook. Period."

Mitchell cooked for everyday meals at home and special meals during holidays. As a teenager, he discovered he also liked to grill and continued to perfect his grilling technique in college where he grilled for friends at their houses or apartments.

"I just fell in love with cooking and barbecuing," he said.

However, his path didn't immediately lead him into the restaurant business. In the automotive sales industry for 28 years, he quickly rose in its ranks, serving as sales manager for 20 of those 28 years.

"I thought I would retire in the car business," he said.

Meanwhile, he never stopped cooking, grilling and smoking meats. He practiced and perfected his technique, as well

as developed his own recipes for rubs and sauces. "Anybody can go into the backyard and grill. But smoking is a process. It's an art. It's a technique. And it's time - you have to have patience to smoke meat."

"I ... practiced my sauces, tried my own tastes and recipes, trying this and trying that over the years. I've been making my barbecue sauce for about 10 years. I've been making my rubs for about 12 years. So now we have a barbecue sauce, a spicy barbecue sauce, a bourbon barbecue sauce, which is a hit, it's very popular, and a hot barbecue sauce." He has also added his own recipe white sauce to his menu.

"About seven years ago, I decided to start doing it for the public and start selling to the public. Me and my friends started Four Horsemen Barbecue back in 2016."

The name was from a favorite wrestling team that was popular in the 1980s. The other three men - Heath Killian, Kenny Soeder and Carter Triplett, who died a couple of years ago - also were in the automotive sales business. Mitchell and Killian had been selling Boston butts and ribs "once or twice a month on weekends" because they both enjoyed cooking. When the four friends got together to sell to the public, "Heath came up with the name Four Horseman Barbecue, and I came up with the slogan, 'No joke, only smoke,'" Mitchell said.

They were together for almost two years.

"I had a vision that we could do more,

Bryant Mitchell with a tray of fresh sliced brisket.



“I could cook more,” Mitchell recalled. But the other three didn’t share that vision and while they all remained great friends, Mitchell began to pursue his vision solo.

He started Mitchell’s Smoked Meats in 2018.

“I was cooking from home. I had two big smokers. A gentleman gave me my first big smoker, and I had it customized, and I had another smoker built and started doing brisket, started doing chicken, turkeys and hams - did a lot of turkeys and hams for the holidays, and now I cook turkeys and hams year round. I saw a future in it, and my hobby turned into a job.”

But the job didn’t dim his pleasure and passion for cooking and smoking meats.

“It actually enhanced the pleasure. I saw where I can do this on the weekends, I can do this for private people, .... the church, a lot of the local organizations around here I’ve cooked for. We actually smoked meat for a couple of different restaurants that didn’t smoke meat, but wanted smoked meat on their menu.”

His automotive sales manager duties took away time from his cooking, smoking and grilling. And his public following for his food was strong. “People kept calling me, wanting me to (cook) ribs and chicken.”

“As I grew in the car business, I started wanting to have my own car lot, and as I grew in the barbecue business, I wanted to have my own restaurant.”

Mitchell scouted out the restaurant location and purchased it in July 2021. He started renovations on the property in November that year and left the car

business in December. He opened his doors at the location during the last week of April.

“With the public demand and my desire to be a pitmaster, the business took off,” he said. “It has been a total blessing, and we’ve just been overwhelmed with the public’s support, the support from the churches, the community, the city, friends, family, the support of my family - my daughter works here. She’s the kitchen manager, and she makes a lot of my sides and desserts. Everything here is homemade. We make all our sides, all sauces, all rubs, all are homemade.”

When he speaks of his daughter, his other children and grandchildren, he pulls a brown paper napkin from the dispenser on the table in his business to wipe at sudden tears.

“I wanted to have somewhere either my kids or my grandkids could maybe take it on,” he said. He has visions of growing the current business with possibly establishing another location. Through it all, his daughter could “run all of it” if he decides to retire, he said.

“I always wanted to not just help myself, but to help the family, and help other people,” he said. “I’ve had so

much done for me, I like to give back.” If he were to counsel budding entrepreneurs, Mitchell said he would tell them to simply “follow your dreams” but would warn them that it’s hard work. He has been at his business “sometimes 24/7.”

“Pay attention, ask questions, get to know somebody who has their own business...who can hopefully talk to them, advise them ... .do your due diligence with your paperwork. And you have to have a personality. If you’re doing something where you’re dealing with the public, you’ve got to have a personality and it’s got to be genuine - you’ve got to want to talk to people. You’ve got to want to help people. You’ve got to want to engage with people.”

And stay focused.

“Follow your passion and your dream. Don’t give up on what you want to do. There’s going to be doubters, there’s going to be setbacks, there’s going to be times where you doubt yourself, but if it’s really what you want to do, and you’ve got the drive to do it, don’t give up.”



Bryant and his daughter Keya Mitchell.



# Healthy ways to build muscle naturally

by METRO NEWS

**Reshaping one's body takes time and commitments, though shortcuts can be tempting when trying to get fit. The desire to see instant results can lead some people to make potentially dangerous mistakes in the name of looking good.**

There are various ways to safely build natural muscle. Novices should always consult their physicians before beginning a fitness regimen. Patience must be part of the equation, as expecting overnight results but not seeing them may derail your fitness efforts or lead you down an unsafe path. The following are some safe ways to build muscle.

- **Boost training volume.** According to Ava Fitzgerald, C.S.C.S., C.P.T., a sports performance coach with the Professional Athletic Performance Center in New York, one may need to increase the number of reps and sets, but at an intensity at between 50 and 75 percent of the person's 1RM (the maximum weight he or she can lift for one rep). For good muscle volume, she recommends three to six sets of 10 to 20 reps.

- **Increase caloric intake.** Find the balance between eating enough to gain muscle and gaining too much and body fat percentage creeping up. This can take some trial and error. Try to eat more calories on training days, focusing on plenty of lean protein, whole grain carbohydrates and vegetables.

- **Zero in on the eccentric phase of movement.** Research published in the European Journal of Applied Physiology found that eccentric workouts are better at triggering hypertrophy, or the increased size of

muscles. For example, when doing a squat, lowering into the squat would be the eccentric phase of the exercise. Increase weight resistance to make this eccentric phase even more effective.

- **Hit muscle groups more frequently.** In the 2016 study, "Effects of Resistance Training Frequency on Measures of Muscle Hypertrophy," published in Sports Medicine, targeting various muscle groups twice a week, rather than once, helped maximize muscle growth.

- **Consider a full-body routine.** Working the entire body several times a week also may help one make gains in muscle growth. University of Alabama researchers followed a group of men who had been lifting weights for several years. Those who performed a full-body routine three

days a week for three months gained almost 10 pounds of muscle over that time.

- **Fatigue the muscles.** Decrease rest periods between sets to encourage quick release in muscle-building hormones.

- **Have casein protein before bed.** Data published in Science Daily in March 2019 found that pre-sleep protein intake increases muscle protein synthesis during overnight

sleep in young adults.

Lead author Dr. Tim Snijders of Maastricht University gave 44 healthy young men a 12-week lifting program. Half were also given a nightly, pre-

sleep protein shake with about 30 grams of casein, while the others weren't. The protein-before-bed group gained significantly more muscle strength and size than those who had no protein before bed.

Muscle growth comes from frequent strength training, increasing caloric consumption, taxing muscles, and being consistent and patient with one's goals.





# Too much sleep can be harmful

by METRO NEWS

Lack of sufficient sleep is a problem for millions of people across the globe. But what about too much sleep? Though busy men and women might think it's impossible to get too much sleep, excessive sleep is nothing to joke about.

According to the National Sleep Foundation, most adults need between seven and nine hours of sleep per night (the NSF notes that a small percentage of people may need 10 hours of sleep per night). People who routinely sleep more than seven to nine hours may have an underlying health concern. For example, the NSF notes that a recent study found that routinely sleeping more than 10 hours per night can be linked to metabolic syndrome. The Mayo Clinic says metabolic syndrome refers to

a cluster of conditions that occur together and increase a person's risk for serious health issues, including heart disease, stroke and type 2 diabetes.

Obesity, headache and back pain are some additional potential side effects of excessive sleep.

The Division of Sleep Medicine at Harvard Medical School notes that genetics and age are significant factors in determining the amount of sleep healthy individuals need. However, young adults should resist the notion that they need less than seven hours of sleep per night because they're young, while older adults should similarly avoid thinking that they need more sleep simply because they're aging. As the NSF guidelines suggest, the sweet spot



for healthy adults is typically between seven and nine hours of sleep per night.

A good night's rest is an essential component of a healthy lifestyle. But adults must recognize that excessive

amounts of sleep can be just as detrimental as inadequate sleep. Individuals can speak with their physicians to determine their specific sleep needs.



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# PERSONAL STYLE

starts with a  
few basics,  
a good fit

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John Posey stands next to a selection of sports coats.

A good sports coat - or two! - is a must-have staple to upscale your look this fall

by SHERHONDA ALLEN  
Photos by Holt Bayles

“Everybody likes to see a sharp-dressed man,” said John Posey, of Coats Clothing in Florence.

Being well dressed this fall is not about formal attire or cashmere cardigans. But with the change from summer’s heat to autumn’s milder temperatures, comes the opportunity to upscale your look by adding clothing that’s on trend, but not too far outside the box.

## COLOR TRENDS

A new suit is not the only way to add style to your look - especially if you go for the traditional navy or black.

Instead, consider adding a few sports coats you can wear not only to work, but that can bump your look to second-glance attention when you’re out on a date, or need to look good, but not formal for other occasions.

“This is one of the biggest years for sports coats,” Posey said. “I’m seeing more men when they’re out ... around downtown wearing them.”

He said the fall colors for sports coats are an earth-inspired mix of brown hues and the colors of the changing nature of the season. Posey said pairing the sports coat with a pop of color in the shirt elevates the look.

A great color to consider? Terra cotta. Yes, terra cotta as in the clay. Its brownish orange, baked earth overtone is a perfect complement to the seasonal sports jacket.

“Terra cotta mixes well with earth tones,” Posey said. “Everybody can wear it.”

If the occasion is more casual than even a sports jacket, a patterned shirt can still give you a stylish uptick in color and that Southern gentleman vibe, Posey said. The Oxford button down and chambray are timeless, classic shirts and can be found in a variety of colors. Slate blues, or the autumn color trends this year of pumpkin spice or mustard seed would pair well with slacks that are a solid khaki or twill.



## FIT TRENDS

Ah, the slim fit pants. Comedians past a certain age make fun of wearing them while admitting they seek them out because the look is youthful and fashionable.

"You have a lot of people who want to wear slim who shouldn't," Posey said. If the pants are a bad fit, almost fit, or too tight fit, style vanishes.

But not every man can just walk into a store and buy the slim fit look from the shelf or order it online. What usually happens is that you'll size up, just to get the fit you need in the waist or thighs, which presents another problem, Posey said.

"You don't want that baggy, hand-me-down look."

Posey said a classic fit is better, or, make the investment to have the pants tailored to your waist and thighs, then, "you can always taper down," to achieve the slim look, he said.

"When you look better in your clothes, you feel better," he said.

### START WITH THE BASICS

Build a wardrobe of quality made basics, starting with your suits. Navy, charcoal and black are essential

starter colors, Posey said.

Other basics considered essential by industry watchers include: the Oxford shirt in white and blue; one good cotton white, and one good cotton gray T-shirt; a polo shirt; a crew-neck sweater; a fine knit roll-neck sweater; a cozy hoodie for casual wear; a quality fit pair of jeans and chinos; a good twill overshirt; and a quality thick overcoat.

A selection of neck ties and belts, different colors and styles.



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# Did you Hear?

## Dogs are Man's Best Friend

by METRO NEWS



Dogs are social pack animals who thrive off attention and affection, making them a prime candidate for a person's best friend, since dogs have been domesticated to a point where they need us to survive, and we tend to find that we need them almost as much, people and dogs develop a symbolic relationship.

Your Best Friend deserves the very best care. Don't forget to massage your friend it helps them relax when they are experiencing anxiety. When your dog is stressed out, use your palm to make a gently sweep from the top of his or her head along the pine to the tail several times. You

can finish this calming massage by gently resting one hand on our dog's head and the other over the area of the back above the hips. Also did you Know? Dogs have different pH levels than humans, so make sure you use gentle, yet effective all-natural shampoos and conditioners made specifically for pets and specially formulated for your dog's skin type. Also did you know that by brushing your dog or cat for just one minute outside or in the garage each day will help reduce the amount of hair that accumulates on floors and furniture. Regular trips to the groomer will also help keep pet shedding and odors

under control. And don't forget that your Senior Pets need Specialize care.

Make sure you get their annual vaccines and utilize doggy day care while you are away, don't forget they will play while you are away. Always giving the best care for your best friend.

From puppyhood to their golden years, just like us they need quality care for every age and stage. Make their everyday pawesome.





# DOG FACTS

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**84.6 Million** American Households Have Pets

48% Are Dogs · 38% Are Cats  
12% Are Fish · 6% Are Birds

I watched my dog chase his tail for 10 minutes and thought "Wow, dogs are so easily entertained." Then I realized I just watched my dog chase his tail for 10 minutes.

**\$62.75 Billion**  
Is Spent on American Pets by Their Owners

**3.2 Million**  
Dogs & Cats Are Adopted From U.S. Shelters Each Year

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Sleep in Bed with Their People

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**WHOA!**

Fleas can jump to heights 110 times their length!  
Similar to fingerprints, no two dogs have the same nose print!

**Q. What kind of dog did Dracula Have?**  
**A. A bloodhound**

Statistics: The Humane Society of the United States, American Pet Products Association, American Society for the Prevention of Cruelty to Animals

# FULL LIFE WELLNESS CENTER



L to R: Stacey Moore, MSN, CRNP; Danielle Elliott, MSN, CRNP; Liz Davis, MSN, CRNP, NTP; Douglas Woodford, MD; Ashley Frederick, MSN, CRNP, NP-C; Emily Russell, DNP, FNP-C

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**Morgan Cheek  
with Koa & Moose**  
of Morgan Cheek Services



**Josh Rogers  
and 50 Cal Rogers**  
of Men's Wellness of  
North Alabama

## Why is their bond special?

Pumpkin is always waiting for me when I come home, whatever the time she is there waiting for her walk. If I take a nap in (the) recliner, she is spread eagle on my chest sound asleep. When she is scolded for doing wrong, she walks around with head bowed and tail dragging, then soon she is licking my face. A definite member of the family.

## Why is their bond special?

My dogs just give such an unconditional love and comfort that is unexplainable. I enjoy their companionship and they make my life and my family's life more enjoyable.

## Why is their bond special?

Koa was my best friend, he was always there no matter what and helped me through all my tough times, the best BBQ helper, (as well as a tester). We found Moose and had to bring him home and he fit right in with the family.

## Why is their bond special?

My best friend is my boxer 50 Cal Rogers, named after the machine gun, round. He came at a stressful time while I was going through medical training. He is a rescue pup, with a passion for chasing squirrels. Cal and I have added a wife and two kids to our family, he provides love and a place for cold toes. We love you Cal!



**Mike Hargrove & Dixie**  
of Sweetwater Paint

## Why is their bond special?

It was love at first sight...for both of us. As a puppy she was too small to stay home alone so off to work with me she came and never looked back. Dixie's days are busy, (guarding) the register, then taking a nap (in between greeting) the customers, while enjoying a treat.

"How many legs does a dog have if you call his tail a leg? Four. Saying that a tail is a leg doesn't make it a leg."  
~ Abraham Lincoln

"The average dog is a nicer person than the average person."  
~ Andy Rooney

"What do dogs do on their day off? Can't lie around—that's their job."  
~ George Carlin



# Oh yea, here's a cat lover that wanted in on the dog action...



## Billy Hammock and Bernadette

Lauderdale Revenue Commissioner and owner of Creative Jewelers

### Why is their bond special?

Bernadette was a blessing Creative Jewelers didn't know it needed until she followed owner Billy Hammock into the store 6 or 7 years ago. Billy never expected to have a cat as a permanent member of staff. However, Bernadette won the hearts of everyone the moment she ran in the door. Bernadette has since become the official door greeter at Creative Jewelers.

## Why it pays to use crates when training puppies

by METRO NEWS

Puppies make great additions to a household. Parents often find that dogs can teach youngsters lessons about compassion and responsibility, while moms and dads enjoy the companionship and unconditional love their dogs provide.

As first-time dog owners learn shortly after bringing their puppies home, pets require a lot of work. That's especially true of puppies, which must be housebroken so they can learn to live within the structure of a family. Crate training, which is supported by the American Kennel Club, is a great way to teach puppies proper behaviors and to get them to adjust to their new lives.

Many dog owners, particularly those who have never before had a dog, may hesitate to employ crates to train their puppies. That's understandable, as on the surface it can seem cruel or inhumane to confine a living animal to a cage. However, the AKC notes that dogs are den animals that naturally seek out canine caves for security. That's true whether dog owners provide crates for their puppies or not. So while humans may see crates as cruel, dogs very likely view their crates as secure places where they can go



if they get scared or feel skittish. In fact, according to the AKC, dogs' perception of crates is one reason why dog owners typically find it relatively easy to get their dogs to adjust to crates and ultimately enjoy them.

The AKC urges dog owners who plan to crate train their puppies to find appropriately-sized crates before they begin training. Crates should be just large enough for dogs to lie down, stand up and turn around. Dogs won't embrace crates that are too small, and crates that are too big will give dogs the impression that they can use one corner to defecate and use the rest for sleep or play. That's the wrong message to send, as dogs should never be encouraged to relieve themselves in their crates.

Crate training can be invaluable when welcoming puppies into a home.

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# Tips for first- time boat buyers

by METRO NEWS

Boating is a rewarding hobby that can be great for people from all walks of life. Many people buy a boat because they already have a passion for fishing and want their own vessel to take out on the water. Others may buy a boat because they like the challenge posed by sailing, a demanding yet rewarding hobby.

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According to Grow Boating, a marine industry organization that aims to generate awareness and interest in boating, retail sales of new boats, marine engines and marine accessories in the United States totaled \$20.1 billion in 2017. That marked a 9.5 percent increase from the year prior, highlighting the growing popularity of boating. In fact, Grow Boating notes that 141.6 million Americans went boating in 2016.

The fun of boating compels many people to buy their own boats. For first-timers, buying a boat can be both exciting and confusing. Prospective buyers must decide on everything from the type of vessel they want to the size of the boat to where to store it when they're not out on the water. Such decisions can make the process of buying a boat somewhat intimidating. However, the following tips might facilitate the process of buying a boat for the first time.

- **Assess your skills.** An honest assessment of your skills will help you determine if the time is right to buy a boat. There's no shame in waiting to buy a boat until you become more comfortable navigating it. Boating schools can be great resources for novices, teaching them the ins and outs of boating. The United States Coast Guard notes that boating safety courses are offered throughout the country for all types of recreational boaters.

- **Ask around.** Boaters tend to be passionate about boating, and many are willing to offer advice to novices about boats that may suit their needs. Local marinas can be great resources for first-time boat buyers. Visit a local marina and seek advice from current boat owners. Some may share their own travails and triumphs from their first boat-buying experience, and those stories can serve as a guide as you begin your own journey to boat ownership.



- **Be patient.** Boats are significant investments, so it serves prospective owners well to be patient and exercise due diligence before making a purchase. Do your homework on the type of boat that best suits your needs, skill level and budget.

- **Do your homework in regard to fees.** The cost of owning a boat is more than just the sticker price and the cost of fuel. Much like you would before buying an automobile, get a quote on boating insurance before making a purchase, being as specific as possible in regard to the boat's make, model and age when asking for an estimate. In addition, get quotes on docking and mooring fees. When buying a boat, people envision taking their boats out as much as possible. That's only possible for boat owners who fully grasp the full cost of boat ownership and how to finance all of the ancillary expenses of owning a boat.

The decision to buy a boat requires careful consideration of a host of factors to ensure boaters find the right boat and get the most of their time on the water.

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GUYS LOVE CARS. WE KNOW THAT.

# And Now Tech makes it Easier to Take to the Road

by METRO NEWS

Gadgets and cars have seemingly always had a symbiotic relationship. As cars have evolved, so, too, have the gadgets that make driving more enjoyable.

The connection between cars and gadgets has become even stronger in recent decades, a time marked by rapid technological advancements and one in which car buyers increasingly look for tech-friendly cars and trucks. Buyers in the market for new automobiles may be surprised by some of these innovations that have changed driving.

• **Remote start:** No one enjoys enduring frigid winter mornings or suffocating summer heat as they sit in their cars waiting for their engines to warm up or for their windshields to defrost. Innovation has made such

unpleasantries a thing of the past thanks to remote start technology, which allows drivers to use their smartphones to start their vehicles from inside their homes.

• **Bluetooth connectivity:** Bluetooth connectivity has been around for years, and this advancement has made staying connected while behind the wheel more convenient and more safe. All it takes is connecting your smartphone to your vehicle's bluetooth. Once that connection is made, drivers can play music, accept phone calls and even receive text messages while keeping their hands on the wheel and their eyes on the road the entire time.

• **Self-parking:** Drivers who never mastered the art of parallel parking need not avoid cities any longer.



Some cars now come with self-parking features that drivers simply turn on. Once the feature is enabled, the car will parallel park itself.

• **Blindspot monitoring:** Aging drivers who haven't purchased a new car in awhile but are in the market may be thrilled to learn that blindspots have become a thing of the past. Blindspot monitoring systems alert

drivers of approaching cars via a light on their sideview mirrors and/or a sound as drivers attempt to change lanes. This can make it easier for aging drivers with flexibility issues to avoid accidents when changing lanes. Anti-collision warning systems operate in a similar fashion, alerting motorists, and potentially even applying the brakes, if the system suspects the car is about to hit something.

• **Massaging seats:** Many tech products in vehicles are designed to make driving safer, while others are all about comfort. Massaging seats falls into the latter category. Such seats make it easy for drivers who like long road trips to get through trips without succumbing to the aches and pains that can develop when sitting behind the wheel for long stretches.

Modern vehicles are technological marvels that can make taking to the open road easier and more enjoyable than ever.

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Romans 5:8



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