

Shoals

COMPLIMENTARY

Living 50 Plus

DECEMBER 2023/JANUARY 2024



Sharing the magic of Santa Claus

Christmas blessings abound for Russ and Nicole Creel.

A winter wonderland

Christmas tradition was started by Joey Krieger's father.

Get ripped and stay fit

Steve Herring has spent 40 years getting 'big and strong'.

Bassett®



Barnett
Brown &



**Voted #1 Furniture Store
Reader's Choice**

2008, 2009, 2010, 2011, 2013, 2014, 2015, 2016,
2017, 2018, 2019, 2020, 2021, 2022 & 2023

3020 Florence Blvd. • Florence, AL 35634

256-767-1995 • barnettbrown.com

 Monday - Saturday 9 AM to 5:30 PM 

532105-1



SOUTHERN PRIDE PEST CONTROL

We Serve:

- *Homes • Apartments*
- *Restaurants • Hospitals*
- *Businesses*

**We are a Sentricon
Authorized Firm**

256-383-1890

**Certified • Licensed
Bonded • Insured**

532271-1

PESTS • TERMITES • BED BUGS

Publisher
Darrell Sandlin

Executive Editor
Gary E. Maitland

Living 50 Plus Editor
Kevin Taylor

Graphics Technician
T.J. Hildreth

Page Designer
Lin Reynolds

Contributing Writer
Chelsea Retherford

Contributing Photographer
Dan Busey

Advertising Graphic Artists
**Rita Stricklin, T.J. Hildreth,
Russell Roden, Andrea Gray**

Advertising Director
Renita Jimmar-Hall

Advertising Sales Representatives
**Sharon Goens, Holt Bayles
Terri Haston, Dana Trousdale**

Shoals

Living 50 Plus

HOW TO REACH US

For story ideas
or comments:
Kevin Taylor
256-740-5732

For distribution
questions:
Walter Goggins
256-740-5784

For advertising
questions:
Renita Jimmar-Hall
256-740-5815

For website
questions:
Daniel Buford
256-340-2408

Published by

**TIMES
DAILY**

219 W. Tennessee St.,
Florence, AL 35630
256-766-3434

**Tennessee Valley
Media, Inc.**

On the Cover:

Russ and Nicole Creel love sharing the magic of Christmas to children in the Shoals. [DAN BUSEY/TIMESDAILY]

FINANCIAL STRATEGIES TO HELP YOUR MONEY GROW



Investing is often portrayed as something people need not worry about after retirement. The theory that people should avoid risk as they approach and reach retirement age makes sense, as the unknown of investing can expose aging individuals to losses that compromise their ability to live comfortably on fixed incomes.

Though conventional wisdom regarding financial risk and aging still makes sense, the effects of inflation over the last year-plus have highlighted how important it can be for seniors to keep growing their money even after they retire. Fortunately, various strategies can help seniors grow their money without exposing them to considerable risk.

Look into high-yield savings accounts. Interest on savings accounts was once a great way for people to grow their money. But interest rates on standard, no-minimum-balance accounts are now so low that the growth in interest is negligible. However, those with sizable savings can explore high-yield savings accounts. The rules governing eligibility to open such accounts differ between financial institutions, but many mandate that account holders have high minimum balances, typically in the neighborhood of \$250,000. So long as account holders maintain that minimum balance, they can accrue penalty-free interest without exposing their money to the risks of the market.

Consider other exclusive bank accounts. CheckingSM offer exclusive perks, including a dedicated client advisor who can work with you as they navigate life changes, including retirement.

Consider low-risk investments. Risk aversion is not the same thing as risk avoidance. It's wise for seniors to be averse to risk, but they can still consider low-risk investments like short-term bonds as a means to growing their money in retirement. Low-risk investments can be vulnerable to inflation, not unlike money sitting in a savings account. However, certain short-term bonds, such as Treasury Inflation-Protected Securities, are designed to mirror inflation, which makes them an option worthy of consideration for seniors who have been concerned by the ways inflation has affected their financial status in recent years.

People looking to grow their money after retirement can consider a host of options that can make them less vulnerable to inflation.

Come join a community filled with fun activities, and outings while making new friends.



Bernard "Bernie"
Community Dog



COME SEE WHY WE'RE THE BEST!

Named Best Assisted Living Community by US News in 2022

Call 256-408-4211 to schedule your tour today.

ASSISTED LIVING

3275 Co Rd 47, Florence, AL 35630 | PegasusSeniorLiving.com

A PEGASUS SENIOR LIVING COMMUNITY  



The Renaissance
of Florence



“★★★★★
UNMISSABLE AND UNFORGETTABLE.”
RollingStone PETER TRAVERS



RICHARD THOMAS is
ATTICUS FINCH in
HARPER LEE'S
TO KILL A
MOCKINGBIRD

A new play by

AARON SORKIN

Directed by

BARTLETT SHER



February 16 - 18, 2024
VBC - Mark C Smith Concert Hall

BroadwayTheatreLeague.org





**J.W. SOMMER
REHABILITATION UNIT**
at North Alabama Shoals Hospital

CELEBRATING 20 Years of SUCCESS!

J. W. Sommer Rehabilitation Unit continues to provide intensive inpatient rehabilitation nursing and therapy to residents of Northwest Alabama. This level of care is recommended for patients who have suffered a stroke, head or spinal cord injury, amputation, multiple trauma, hip fracture and other diagnosis.

Our services include:

Rehabilitation Physician Specialist (PM&R)

Daily Physician Rounding

24hr Rehab Nursing

Physical Therapy

Occupational Therapy

Speech Therapy

Activities of Daily Living Training



Russ Creel stands by his truck.
[DAN BUSEY/TIMESDAILY]



SHARING THE MAGIC OF

Santa Claus

Christmas blessings abound for Russ, Nicole Creel

By **Chelsea Retherford**
Staff Writer

Before he was Santa Claus, Russ Creel was the jolly old physical education teacher for 21 years in the Lauderdale County School System.

Before that, he had worked with children in other capacities in Montgomery and other areas across the state.

It was his career in education that inspired him to don the red suit as Santa for the first time in 2018.

“I taught a few classes and worked with kids on basic

reading skills and things like that, but primarily what I did for like 90% of my teaching career was elementary P.E. I got paid to play,” he said with a laugh not unlike a ho ho ho.

“I worked with children for about 40 years before I started venturing into this character.”

When asked what led to his Santa gig, Creel said a couple of different things came into play.

He had already picked up a part-time job to supplement his teacher’s



FOOD HEROES ARE VITAL TO OUR SUCCESS!

JOIN OUR WINNING TEAM TODAY.

WE'RE HIRING!

STARTING PAY \$17.25 PER HOUR WITH INCENTIVE.

Full Benefits Package
Contact us today
256.768.2344 • 256.768.2353
www.pilgrimsusa.com

Apply at code

551242-1

VOTED #1
Dental Practice
by Times Daily Readers

SINGING RIVER
DENTISTRY

Tuscumbia / Muscle Shoals / Russellville
Florence Hough Rd. / Florence Helton Dr.
Athens / Madison

www.SingingRiverDentistry.com

559848-1

The Santa Regimen

SANTA FITNESS



Russ Creel may play a plump and jolly Santa Claus, but he makes a conscious effort to maintain a healthy weight in real life.

“When I first started, I didn’t weigh but about 215,” Creel said, explaining that he lost much of that weight after experiencing some back problems and undergoing a few procedures.

When he got down to 179, he still didn’t feel his best, but after finding a healthy medium, he feels he’s on the right track.

“I’m back up to 192 now, and I try to stay around 190. I feel good,” he said. “I was in

good shape, and I was not going to be really big like a lot of Santas.”

While he learned lots of tips and tricks from fellow Santa impersonators, who he has befriended over his six-year career, unfortunately, Creel also learned a few unhealthy habits are better left at the North Pole for the fictional character.

“There were so many Santas who passed away from COVID, internationally and in our state,” he said, a little tearfully. “COVID ended up doing them in because they had secondary situations like diabetes and heart disease, and their weight played a big part in that. I didn’t weigh but about 215. I dropped down during COVID. I ended up losing weight.”

Determined to look the part without compromising his health, Creel sought more advice from another Santa friend.

He learned about a cooling vest he could purchase to wear under his thick red suit, which helps provide most of the girth around his belly.

“It adds probably three inches to me front and back, so I don’t have to use any padding. I went down that route (padding). It didn’t work, and I would sweat,” Creel said.

An added bonus is that it keeps him comfortable during some arduously long photo shoots that begin as early as September.



Russ Creel's car tag on his truck.
[DAN BUSEY/TIMESDAILY]

salary with Wynn Enterprises (now Wynn Marine, LLC), building windows for Tiffen Motorhomes.

During the 2017-18 school year, Creel said he was approached by his supervisor, who asked him if he'd considered coming to work there full-time.

"I realized that was my 25th year teaching in the state of Alabama, so I told him to make me an offer, and they did. I had a master's degree, and they were paying basically what I was making teaching, plus I was going to get to draw my retirement. That was kind of a no-brainer," Creel said.

While he couldn't refuse the offer, Creel came to realize the following fall that without his students, something was missing.

"After I retired, I had some problems with depression," he admitted. "I had been around kids for so much of my life and then, all of a sudden, I wasn't.

"Now, I worked with some wonderful guys. They taught me a lot, because I had never done factory work, and I was learning a lot about machinery. The guys were great, but I missed the kids.

"I didn't think about it too much that summer, but when school started back, I was getting up making windows and talking to grown-ups. That's when it kicked in."

Coincidentally, in the fall of 2017, before he had left school, Creel had begun growing out his beard.

"I didn't know at that time that I was going to be retiring in May of 2018," he said. "That November, I started growing out my beard, and I hadn't grown a beard in 30 years. I just wanted to. No-shave-November had already started, and we were halfway through the month when I decided."

When Creel's stubble came in, he said he was shocked to see it was white.

By the following spring, Creel's white beard had grown to a full inch, and he began getting several comments and suggestions about playing Santa the Christmas icon. After his short bout with depression, he remembered the idea and began making preparations.

Creel and his wife, Nicole, purchased his first suit, a backdrop and some other Santa supplies and had about 30 bookings before Christmas Eve of 2018.

He said they worked with one photographer that first year, but by the next season, the business grew exponentially. By their sixth Christmas season, the Creels added Mrs. Claus into the model, and by October they had already booked 120 Santa visits, events and photo shoots with more than 20 photographers.

"This year, it's more difficult booking home visits because there are so many businesses

The Santa Regimen

A HEALTHY SUPPLEMENT



Instead of milk and cookies, Santa Creel partakes in a vitamin ritual, and he washes all those nutrients down with tonic water.

The practice is another that came into play following the COVID pandemic, Creel explains.

“When COVID hit, we weren’t sure how to respond,” he said. “I’ve got a master’s degree in health, and so I started doing a little research. I wanted to talk to some doctors who were friends, and they were very open. I wanted to know things that might help keep it at bay or things that might help ensure a milder case.”

Creel listed zinc, vitamin D3, and magnesium as supplements he was already taking, but his physician advised him quercetin would help his body absorb more zinc.

He’d already begun the practice of taking the pills with tonic water, but another physician confirmed Creel was on the right track.

“(The doctor) says, what do you take the vitamins with? I said, tonic water. She goes, I was going to tell you that. She

said, why do you use tonic water? Because tonic water has traces of quinine in it,” Creel said. “Many years ago, they would give people quinine to relieve cramping and things like that — just little traces of quinine. Tonic water still has that in there. So, I take all those vitamins at night with tonic water.”

Now Creel has added biotin to his daily vitamin cocktail for at least six months out of the year.

“During the offseason, starting Christmas Day or Christmas Eve, I will start taking biotin,” Creel said. “I take like 10,000 IUs (international units) daily. It’s good for your nails and it’s good for your hair, and my beard will grow faster when I take it. Now in September, when I start doing shoots, I stop taking it so my beard won’t grow as fast.”





**We're
invested
in YOU.**

BANK  INDEPENDENT[®]

BIBANK.COM
MEMBER FDIC



The Santa Regimen

MANE HEALTH



Russ Creel fixes his beard in a mirror while his wife, Nicole, looks on. [DAN BUSEY/TIMESDAILY]

Speaking of beard health, that's another self-care practice Creel takes seriously.

"I never knew," Creel said with a laugh. "You know, you play Santa, so you think you buy an outfit. I never knew I'd spend more time on my beard than (my wife) probably does on her hair. I mean, I do. It is a daily routine."

When Nicole Creel met her husband, she said he was clean shaven on his face and on his head.

"He looked like Mr. Clean," she said with another endearing laugh.

Now, the Creels have had to learn all about beard maintenance.

When Russ began growing out his beard for the first time in 30 years, he said he was surprised to see it growing out gray and white



Russ Creel won a trophy for 'Best Beard Award' by Cotton State Santas. [DAN BUSEY/TIMESDAILY]

— all except his mustache.

As they begin booking photo sessions towards the end of the summer, Russ said he begins bleaching his mustache and eyebrows, which means they need extra conditioning and care.

"I get bleached every three weeks

throughout the season, but it's course and it can take it," he said. "I condition my beard every single day. I might not wash it every day, but I always put conditioner in it every day. Sally keeps me going good. I have a purple shampoo and a spray-in conditioner I like to use."

After washing and conditioning, his grooming routine usually ends with beard balm. Before a photo shoot, he combs his beard out with a pick to help fluff it up.

He hopes one day to pass on tricks of the trade to his son, Marlee James Creel.

"My son is redheaded and has a long red beard, and he looks like Kris Kringle," Russ said. "You know, Kris Kringle has the long red beard. I told him, I said, one of these days I'm going to be gone, and you'll have to step into my shoes."

taking an interest in us and asking us to be a part of their Christmas season,” Creel said.

He and his wife have had engagements like an annual “Paint with Santa” event at the Artsy Place in Muscle Shoals; school visits in Lauderdale, Colbert, Franklin and Lawrence counties; and private home bookings.

They’ve partnered or volunteered with great causes like Every Piece Matters for Autism Awareness and the Shylee Smiles Foundation for families impacted by cancer.

When his calendar fills up, Creel doesn’t mind referring clients to other Santas who have helped him hone his craft.

“I have several good friends who are amazing Santas,” he said. “One has been a great mentor to me, and we just refer people to them because we know these guys are going to do a great job. They’ve got a heart for this.”

“There are enough people to go around,” Nicole Creel agreed with her husband about sharing clients with others in the business.

While her husband is now fully retired, Nicole came into her role while holding a full-time job with the Colbert County Probate Office.

“It gets hairy at times,” she said of keeping up with Santa bookings, which the couple now

CARINGPLACE OF THE SHOALS

Adult Day Services



- Care for the frail elderly and individuals with dementia
- Providing caregivers a much-needed break
- A loving and safe environment for your loved one
- Open 5 days a week for your convenience
- Experienced and trained staff certified in Montessori-inspired dementia programming

The Cycle of Care Continues

Every season of life brings its unique challenges. We specialize in providing support for families facing the profound effects of aging, especially dementia. Our facility provides a safe and enriching environment for your loved one, so you can take a well-deserved pause. Open Monday to Friday, 8 AM to 5 PM we offer you the freedom to carry on with life as usual while continuing the cycle of care for your loved one.



Contact Us
+1 256-335-5245



CARINGPLACE
ADULT DAY SERVICES

216 South Marengo St. Suite I
Florence, AL
www.caringplaceshoals.org

570287-1



Merry Christmas

WE WISH YOU A VERY
MERRY CHRISTMAS
AND A HAPPY NEW YEAR!



McBRIDE
BENEFITS & INSURANCE GROUP
407 S. Court Street Florence AL

Health | Dental | Vision | Life |
Disability | Medicare
Home | Renters | Auto | Boat | RV |
Commercial

JOEY MCBRIDE
PRESIDENT/BROKER
256.767.2703



532086-1

The Santa Regimen

A LITTLE BIT OF MAGIC



Russ also believes a healthy imagination is all part of keeping up his Santa persona, and it's one he loves sharing with clients and visitors — young and old alike.

He said he's carefully crafted answers for curious children still holding on to their belief in Father Christmas, but as a retired teacher, he hopes his playful antics and stories ultimately lead to a greater message.

He wants to be certain children

know the true meaning of Christmas isn't about wish lists to Santa, or the gifts under the tree. One way he subtly introduces that message is by breaking the ice with some of his costuming.

"I always have a chance to talk to kids and say, what's the real meaning of Christmas? I don't push that on anybody. When the door is open, I'll step through, but I don't push the door open," Russ said. "For two years, I've wanted a special belt buckle. I've been wearing a popular one that says,

'Believe,' but I wanted something different."

He took an idea to Jane Marinello at OLSANTAS, and together they designed a new buckle that still incorporates the word "Believe."

Russ' version also features a manger meant to incite images of Jesus Christ, who inspires Russ every Christmas season.

"This is my new belt buckle," he said, beaming as he shows it off. "This is my pride and joy. It's a reminder that He gave us the greatest gift of all."

manages solely through their social media account, Santa Creel.

“There have been times I couldn’t answer our page until I got home because we were so busy at work. There was just no way. When he was still working, we’d come home and try to answer everyone and get them on the book, but we had to communicate with each other to make sure we weren’t double booking.”

Even as a busy working woman, Nicole supported her husband behind the scenes at many of his photo shoots, which is how she accidentally stumbled into her character one Christmas.

“We were doing a shoot and there was a little girl who was pretty distraught with me,” Russ said. “Nicole is standing there, wearing blue jeans and



Russ Creel shows his magic book that changes to pictures and fonts as he flips through it. [DAN BUSEY/TIMESDAILY]

HOME means more than ever

Merry Christmas from my Home to Yours.

If you're thinking about buying or selling, I am here to answer your questions and help you get the best market value.



"I make it easy, you make it home." Call me today. I have the experience to ensure your home search is a success.

Randall Matthews
256-762-7423
Email: Randall@Neesere.com • Website: www.Neesere.com



ElderCare Services

Home Care in the Shoals since 1996

Founded by Jean Gay Mussleman, ElderCare has been helping Senior Citizens for 27 years.

- Personal Care
- Fall Prevention
- Meals
- Medication Reminders
- Transportation
- Alzheimer's & Dementia Care



Dee Mussleman, Owner, CSA, CDP

Local, family-owned agency

1130 Bradshaw Drive, Florence, AL 35630
256-740-8249 • www.eldercareweb.com



Various publications and editorials that Russ Creel has been featured in.



Russ and Nicole Creel during the 2022 Florence Christmas Parade.



Among sand and beach balls, Santa Claus, also known as Russ Creel, reads 'Santa's Eleven Months Off' to children at the Muscle Shoals Public Library, July 12. [DAN BUSEY/TIMESDAILY PHOTOS]

a black and red buffalo plaid shirt, and she starts talking to the girl.”

The Creels said the girl was inconsolable even by her mother and grandparents, but when Nicole stepped in, the little one calmed down long enough to take the photo — in Nicole’s arms with Santa at a safe distance behind her, of course.

This was Nicole’s debut.

She was encouraged by the photographer to start doing shoots alongside her husband, so she contacted their costume designer, “Elf Annette” Campbell, who owns The Sewing Elves in Trinity.

“We’ve gotten to be really good friends with them, and she’s made several outfits for us,” Nicole said. “Every single thing she’s made for me, I would tell her my ideas and she just ran with it.”

While Nicole loves stepping into her role as much as her husband delights in his, she said playing Mrs. Claus comes with some conditions, and Elf Annette is happy to oblige.

“I told her, I don’t want to be old lady Mrs. Claus,” Nicole said definitively. “I will not wear a bonnet or anything on my head.”

Russ enjoys putting a unique Creel spin on the classic characters too, often spending lots of his free time developing their characters.

Having worked with children for so long, he said he knew to anticipate some questions from curious onlookers and skeptical visitors. One of the first questions he was asked on a school visit was “Where is Rudolph?”

Now Russ comes prepared. His white pickup truck sports

“Santa” on the driver’s side window, “Mrs. Claus” on the passenger side, and “Santa CEO” on the license plate. The truck also comes with its own backstory.

Whenever Russ or Nicole is asked about the reindeer or his sleigh, Russ explains that he and his team only fly at night when it’s safest because most airplanes are grounded. When he does fly into the Shoals to visit children, he conveniently leaves his sleigh at the Muscle Shoals airport hangar, where his reindeer can be cared for while he takes on his Santa duties.

“When I come to the Shoals, it’s the coolest thing,” Russ keeps up the gimmick. “They give me a pretty white truck to drive, and they even put my name on it! I’ll have kids go out and look at my truck, and they go, “They really do!”



turn to the expertsSM

Cooling and heating
is our only business.

That's why we're the experts!



COOLING & HEATING, INC
chcooling.com

Service • Maintain • Replace

256-248-4886

AL #06222
AL Certification #50045

*Serving the Shoals
for 67 years!*

532070-1



Russ Creel is helped by his wife, Nicole.
[DAN BUSEY/TIMESDAILY]

He also cautions children he sees close to Christmas: They never know when they might see him in town throughout the year as he compiles his naughty and nice list.

Whenever he's caught out of costume in a grocery store or running errands, he employs a trick he learned from another Santa mentor and former mayor of Phil Campbell, Steve Bell.

"I carry a gold coin with me," Russ explains. "The coin says, 'I was caught being good.' Santa Steve Bell told me about it. Now, I always have the coins in my pocket, and I'll say: 'Do you know how you recognized me out of my suit? It's because you were being good.'"

He and Nicole said they've had countless special moments with children and their families since they took on their roles.



Nicole Creel stands next to Russ' truck.

"We get the bigger blessing out of it," Nicole said.

Russ agreed and said he feels most blessed when he knows he's shared something greater than the magic of Santa Claus, like one Christmas when one of his young visitors expressed a wish to pass on

her gifts to a family in need.

"I don't want kids to get so lost in Santa that they forget the real meaning of Christmas," Russ said. "You know, just like we've been given the greatest gift there ever was, I'm just here to remind you to give to others the way we were given to."



EAGLE PRO
HEATING AND COOLING
A Division of Eagle Pro, LLC
256-767-5154

THE LAST HVAC COMPANY YOU WILL EVER NEED!

MAINTAIN BEFORE IT'S TOO LATE

Our professional technicians provide comprehensive heating, ventilation, and air conditioning services for a comfortable indoor environment. It is vital for the life of your HVAC system to receive regular maintenance every 6 months. Like an oil change for your car, your HVAC system needs to be evaluated, cleaned, and regulated for optimal efficiency. Our company takes pride in taking care of our clients HVAC systems by giving a thorough system evaluation and cleaning for your HVAC system at every maintenance visit! Check out what our customers have to say on Google with over 300 5 star ratings.



WINTER TIPS

- Turn your heat on to make sure it is working efficiently before freezing temperatures begin!
- Check secondary heat (gas logs, wall heaters, and emergency heat).
- Make sure your filter is clean.
- Cover your water spigot and seal windows.



FREE FURNACE

WITH THE PURCHASE OF AN AC SYSTEM

12
Months

NO
PAYMENT



SCAN HERE FOR A
FREE QUOTE



A winter wonderland of trees



Joey Krieger works to rearrange branches to a tree at his home. [DAN BUSEY/TIMESDAILY]

Christmas tradition was started by Joey Krieger's father

By **Chelsea Retherford**
Staff Writer

The halls are decked. The den is decked. The kitchen, the bedrooms, the bathrooms — every nook and cranny of the Krieger house in Florence has gotten the Christmas lift.

It's a tradition that Joey Krieger said began with his father, Conrad, who loved the holiday as much as he does.

"He probably started doing it about 40 years ago. When he passed away, I kind of took it up," Krieger said as he fluffed a lighted tree in his living room in late October.

The tree was one of a dozen or so that had been drug from the attic, set up, fluffed, and lighted all before Halloween. A handful of trees were already complete

with ornaments. Yet, Krieger said he'd fallen behind this year.

Krieger admits he usually has his extravagant display up by the Sunday before Thanksgiving so he can enjoy the fruits of his labor during his week off from his other passion — band directing for Mars Hill High School.

Four Physicians Proudly Serving

The Shoals

Schedule An Appointment Today

 256.760.0422

CCI
CLEARVIEW
CANCER INSTITUTE
clearviewcancer.com



“Everybody asks, well, how did you learn to do that? I say, I don’t know! I just start putting stuff on there, and I see how it goes.”

JOEY KRIEGER



Krieger said the task has become more challenging over the past four years since the school’s music program added a marching band. Still, in between football Friday nights and band competitions on Saturdays, Krieger always succeeds before his self-imposed deadline.

By the time he’s finished, he typically has about 30 trees lining the halls of his home — give or take one, two or six. He set a record for himself in 2019.

“That was the year we put up 36 trees,” he said.

Up to that point, he and his wife, Kelli, had a deal that seemed to work out for the both of them each year. He put everything up. She took everything down.

“Yes, but that’s the year he started helping me take them all down,” Kelli Krieger said with a laugh.

She said she always enjoyed the holiday too, but being married to an extreme decorator has helped her get more into the spirit. Now, she has her own sewing tree among the many themed firs in their home.

It’s decked with measuring tape, wooden spools, thimbles, and for garland, Kelli said she used red tatted lace hand-stitched by her mother and grandmother.

The Kriegers also have a fruit tree, a fine China tree and a silver tree in their kitchen. Walking into the next room, they have a teacher tree that displays every ornament a student

has given Krieger in his 32 years at Mars Hill so far.

There is a cardinal tree, which holds an extra special place in the designer's heart, but his favorite is likely the gold tree, which also happens to be the Krieger's very first Christmas tree they purchased as a couple the December after they were married.

"That first Christmas, my grandmother had given us a Christmas tree. We had just finished dinner, and I was about to put it up," said Joey, explaining that the Kriegers started out in a much smaller home. "Kelli was standing in the kitchen, and I just looked at her and said, "There is no way we're going to have this Christmas tree. We went to Walmart, and we bought that tree right there."

The tree has made an appearance as the star of the Kriegers' home every year since, even among



A portrait from Joey and Kelli Krieger's first Christmas hangs in a Christmas tree. [DAN BUSEY/TIMESDAILY]



**24 MONTHS
INTEREST FREE
FOR DECEMBER 2023**



13480 HWY.43 - RUSSELLVILLE, AL **HKF HELEN K FURNITURE**
256-332-0965
 MON. TUES. THURS. FRI. SAT.: 9:00 AM - 6:00 PM
 WEDNESDAY: 9:00 AM - 6:00 PM • SUNDAY: CLOSED
WWW.HELENKFURNITUREINC.COM



Home Instead®

To us, it's personal



NOW HIRING CAREGIVERS!

Home Instead is seeking honest compassionate people to work with our clients in their homes, assisting with such things as walking, bathing, dressing, medication reminders, meal preparation, and doing errands.

Retirees and students encouraged to apply. 4 hour and 8 hour shifts available. Work part time or full time. We have days, evening, and overnight shifts available. Do something to make a difference, become a Home Instead Caregiver.

Apply online at www.homeinstead/200 or come by our office at 2703 Darby Drive, Florence for a paper application.

532216-1



other stellar examples like the Alabama football tree, the Grinch tree, the Santa Claus tree, and what Joey calls is his “floosy tree,” which is decked in feather boas and a sparkling crown.

Joey said he’s added new trees over the years, beginning with the first year he took over from his father in 2003.

When the elder Krieger passed away 20 years ago, Joey said his stepmother gifted him lots of his dad’s ornaments and things as she couldn’t bring herself to put up that December. When Joey started out, most of the ornaments had belonged to his father.

Now, he’s added to his collection over the years, but he still puts out several of the decorations that started it all.

“I don’t know where it came from,” Joey answered when asked where he and his father found their shared obsession. “This is



LACKEY'S FURNITURE

3211 Florence Blvd,
Florence

256-764-7815

lackeyfurniture.com

532123-1



Joey Krieger decorates another tree.
[DAN BUSEY/TIMESDAILY]

my grandfather's farm; they were German, so they were Catholic. You know, they had a Christmas tree, but I don't remember it getting this big until my dad started it. He just loved Christmas trees and started doing it."

Joey admits he continues to add to his collection every year, though he's begun to slow down.

At one time, he and his wife made a point to hit clearance sales the day after Christmas each year. Now, they hit up estate sales, yard sales, antique stores, and such, buying things here and there as they find great deals.

Several of Krieger's trees have been gifted to him after the previous owner decided to upgrade or purge their old tree when the pre-lit lights stopped working.

"We don't do the pre-lit lights anyway," Joey said. "We like to add our own lights. So, we'll take the tree, and we don't mind that

the lights aren't working."

In other cases, fellow church members have gifted trees to the Kriegers.

"Two years ago, a lady that went to church with us called me and said, 'I want you to come see me. I've got something I want to give you,'" Joey said. "She had a Christmas tree that David Christopher had decorated for her. She said, when I'm gone, I want you to have that tree. So, I've got that tree, and then another lady who went to church with us gave us a tree that has a train around it. We've got a bunch of special things like that."

It's not just Christmas trees that decorate the Kriegers' festive home. Joey also collects Christmas village pieces and nativity scenes.

This year, he plans to complete his winterscape of New York City.

Joey said he was inspired to hunt for bargains on the

collectible buildings, like his replicas of the Empire State Building, the Chrysler and Flatiron buildings, and the ice skating rink at the Rockefeller, after several band trips to New York with his high school students.

"He took the band to New York, and we went to see 'Phantom of the Opera' at the Majestic Theatre," Kelli said. "I found a Department 56 replica of the Majestic Theatre and bought it for him one year. Then, it kind of got out of hand."

Another wintry London scene was also inspired by a band trip to the city in the United Kingdom. Joey said he has replicas of the Globe Theatre, Windsor Castle, Big Ben and other of Great Britain's architectural icons. Whenever students come to tour his home, Joey said they're always excited to see some of the places they've visited.

Over the years, the Kriegers have invited church groups, co-workers, students and others to their home for an open house Christmas party. Though that's slowed down since the COVID pandemic hit in 2020, Joey and Kelli said they still enjoy inviting guests to mingle and admire the spectacle.

Over the years, Joey has also been asked to share tips or even to decorate others' homes.

"Oh no," he answers emphatically.

"Everybody asks, well, how did you learn to do that? I say, I don't know! I just start putting stuff on there, and I see how it goes.

"I wouldn't tell anybody how to do it," he said. "I don't give out advice. I just like for people to come and see it and watch their faces light up. Everybody likes to look at Christmas lights."



A Christmas tree uses cotton to portray snow.
[DAN BUSEY/TIMESDAILY]

Every Day Lighting For *Every Day Living*

Serving the Shoals for over 28 Years

Progressive LIGHTING, INC

205 Seville St., Florence
256-760-9694
progressivelightingal.com

562131-1

The Right Long Term Care for Your Loved One

Specializing In:

- All female memory care unit
- IV Therapy
- 24 hour nursing services
- Respiratory therapy services
- Medicare certified, Medicaid approved

Florence
Nursing and Rehabilitation Center, LLC

Schedule a tour today!

2107 Cloyd Blvd. • Florence, AL 35630
Tel: 256.766.5771 • FlorenceRehabCenter.com

567364-1

GET RIPPED AND **STAY FIT**



Steve Herring sits inside UNA's weight room. [DAN BUSEY/TIMESDAILY]

Steve Herring has spent 40 years getting 'big and strong'

By Chelsea Retherford
Staff Writer

Steve Herring slips out of the jacket that barely conceals his bulging biceps and makes his way to a bench in the weight room at the University of North Alabama, where he's served as strength and conditioning coach for the past six years.

Herring, 62, is walking proof that heavy powerlifting isn't reserved exclusively for the young athletes he trains each week. In fact, Herring will go so far as to say resistance training should become a weekly health ritual for anyone regardless of their age.

"After 40, your body really starts losing muscle. The only way to maintain that muscle is through resistance training," he said.

Aside from a boosted metabolism and improved stability, Herring said strengthening exercises can also help build stronger bones, which is especially important for women who are at greater risk for developing osteoporosis following menopause.

While it might seem easy to jump on a treadmill and call it a

Treat Yourself



Massage | Facials | Pedicures | Dermaplane Facial | Microdermabrasion | Chemical Peels
Acoustic Lipo | Laser Hair Removal | Eyelashes | Full-Service Hair Salon

Spa Packages
Available

VOTED
#1 SPA AND
HAIR SALON
TimesDaily Reader's
Choice 2023

OASIS
Florence
DAY SPA & SALON

Gift Certificates
Available



M-F 9 to 6 | Sat 9 to 5 | 2471 Mall Road | Florence AL 35630 | 256-766-8085 | www.oasisflorence.com

532056-1



Steve Herring works out inside UNA's weight room. [DAN BUSEY/TIMESDAILY]

workout, Herring said there is more that strength training can do for the body than walking, jogging, or even running can achieve on its own.

“Weightlifting gives you the biggest results,” he said, explaining that the 400 calories burned in a 45-minute walk are the same 400 calories burned in an intense weight room session, but the calorie deficit comes with a few added benefits.

“When you lift weights, it tears that muscle tissue down, so your metabolism stays elevated while it’s trying to heal,” Herring said. “When it heals, it grows back denser, so you’ve got your bone density, your muscle density, you’ve burned the same number of calories, but you’ve done your body better because you’re actually changing your body.”

“A lot of people who control their eating and get on a treadmill, they’ll lose weight, and they’ll go, ‘Well, this is not the body I wanted.’ You see yourself getting smaller, but you don’t see the fit you. If you control your eating, you lift weights and then the weight is gone, you’re going, this is the body I wanted.”

While he isn’t discounting the health benefits of a good aerobic workout, Herring said adding some type of resistance training to the routine can only boost those fitness goals. He said toned muscles and a fit physique are added bonuses, but are usually what motivates people to start training in the first place.

At the same time, Herring said he’s always shocked to hear from potential clients looking for advice

on how to stay fit without getting ripped, but he said he always reassures newcomers that even daily lifting won't produce those immediate results.

"That has always amazed me," he said with a laugh. "Women always go, 'Oh, I don't want to get big,' but I've even had men say, 'I don't want to get real big and ripped like you.' Well, it's taken me 40-something years to get this big."

As a lifetime, drug-free lifter, Herring said he considers himself lucky for being introduced to weightlifting and resistance training as a high school student in the late 1970s at a time when most schools in north Alabama couldn't boast about a fully equipped facility.

When he joined the Rogers High School football team, the school had recently completed the then-new field house and brought in state-of-the-art weights and equipment.



Steve Herring spots for another inside UNA's weight room. [DAN BUSEY/TIMESDAILY]



THE PEARL
OF THE SHOALS
Assisted Living | Memory Care

Trusted Care:
A place that feels Like Home

Amenities:

- Memory Care
- Meals Provided
- Medication Assistance
- Shuttle Service
- Room Service
- Pets



2904 South Wilson Dam Rd., Muscle Shoals
256-826-5800

531616-1

A *Shoals* WEDDING

Make a Picture Perfect Wedding Day at Robert Trent Jones Golf Trail



Make wonderful memories with family and friends at the perfect ceremony and reception spot.



ROBERT TRENT JONES GOLF TRAIL *at* THE SHOALS
rtjgolf.com

531644-1



Steve Herring leads a strength and endurance workout for local residents at the newly resurfaced practice field near Flowers Hall. [PHOTO COURTESY OF STEPHEN LOVELL]



Steve Herring works with Eli Cazola during a UNA football practice in 2022. [DAN BUSEY/TIMESDAILY]

“Most of the high schools in this area at that time had like just a universal machine,” Herring said. “Matter of fact, when I came to UNA to play football, we barely had a weight room. We just had a bench press, a bench, a few dumbbells, and like a cable machine. When I came here, I was lucky we had young coaches who were ahead of the curve and taught that stuff. I ate it up. I loved it.”

Even as a young child, Herring said he’d always been concerned with growing up to be “big and strong.” Weightlifting around football practice just reinforced those goals.

He began training others his senior year at Rogers and joined Bigger Faster Stronger (BFS), a physical education and character development program for students that was established in 1976.

“I started early in that kind of stuff,” Herring said. “Of all the hobbies I’ve had in my life — and I’ve played golf, I’ve rode bicycles, I’ve done all that kind of stuff — but the one thing that stayed consistent in my life is the weightlifting. I was a competitive power lifter for years.”

When he was younger, Herring said he set goals that focused on strength, but back then, he was just as concerned with his size.

“It was just about how big I could get — big as a house,” he said. “Then things just change. That’s no longer the biggest concern.”

As a powerlifter, Herring maintained his 220-pound weight to compete in his class. When he stopped

“When you lift weights, it tears that muscle tissue down, so your metabolism stays elevated while it’s trying to heal. When it heals, it grows back denser, so you’ve got your bone density, your muscle density, you’ve burned the same number of calories, but you’ve done your body better because you’re actually changing your body.”

STEVE HERRING, HEAD STRENGTH AND CONDITIONING COORDINATOR AT UNA

competing, he said his weight began to fluctuate.

“I think when I took this job, I was 260-something. Even in my 50s, I was still large,” he said.

Though his heightened metabolism due to years of conditioning meant he never struggled to lose the 10- to 20-something pounds he’d packed on after retiring from competitive lifting, Herring said he wishes he had paid more attention to his eating habits when he was younger.

“In my mind, I would still like to be that big, but I would like to be leaner. I would like to be 240 with abs, but we’ll see. That’s all in the nutrition side of it,” he said.

“You know, I do this for a living, and I’ve taught people how to do it. It’s still just as hard for people who know how to do it. People who write the programs and teach all that stuff, we still fight the same battles. I like the cookies, cake and drinks as much as anybody else.”

Without diving too much into the specifics of a well-balanced diet, Herring said a good tip, especially for anyone working out regularly, is to incorporate the right amount of protein, nutritional carbohydrates and healthy fats into their daily eating.

“Sometimes it’s not as much about what you’re eating as it is how much you’re eating,” he added. “You know, you can eat chicken, rice and broccoli, and that’s great, but too much



ICS
ROOFING
& CONSTRUCTION, INC.

**8 Time Winner
of the
#1 Roofing
Company
in the Shoals**

**A BBB ACCREDITED ROOFER
IN THE SHOALS**

If you’re looking for a locally owned and operated Shoals area roofer to make repairs or installations, ICS Roofing & Construction Inc is at your service. As a family company, our team of highly trained professionals insists on quality workmanship, and we’ll treat your home like our very own. To help you deal with your problems on a timely basis, we can schedule your initial appointment during our convenient hours. Our team can assist you with storm damages, and we have multiple licensed insurance adjusters on our staff. We’ll aim to make any of your repairs so that they’ll last for years to come. We can help you with a variety of tasks.

**Gutter Installation,
Gutter Guard
Installation,
& Full Service
Insurance Claims
Assistance.**

ICS
Insurance Claims Specialist

ICS Roofing & Construction Inc is an Owens Corning preferred contractor. We aim for excellent services and fast turnaround times. Call us to receive your estimate from a Sheffield, AL roofer.

Roofing & Construction, Inc.

3312 N. Jackson Hwy. Sheffield, AL 35660
256-383-ICSR(4277) icsroofingco.com
Fax: 256-383-4210 info@icsroofing.com

531940-1



Steve Herring directs players as UNA football holds practice at Tom Braly Stadium in Florence in 2021. [DAN BUSEY/TIMESDAILY]

chicken, rice and broccoli, you gain weight. You may eat the right foods, but the portions are too large. Make sure you're eating the right foods."

For anyone struggling with their weight or their health, or anyone who feels it may be too late to start a workout routine, Herring urges them to start from where they are and add a little more to the effort as they progress.

Even a little movement and strength training is better than none, after all.

Consistency is the key, he said.

"If you're saying, 'I'm going to work out three days a week,' then do your three days. It doesn't have to be Monday, Wednesday and Friday. If you can do Monday but you can't do Wednesday, do Thursday, but be consistent with what you do," Herring said.

"Once you've established your consistency, bring the intensity," he said. "If you could do 12 reps with the (20-pound weight), and then all of a

Shoals

Living **50** Plus Service Discount Directory

LOCAL RESOURCES AND SPECIAL OFFERS



AKINS FUNERAL HOME
SERVING FRANKLIN COUNTY FOR 40 YEARS
PRE-PLANNING
Your survivors will not have to worry about finalizing your funeral.
You will have peace-of-mind about your decision.
akinsfh@yahoo.com
Staff is always available, 24/7

13455 Hwy 43, Russellville • 256-332-1131



CARTER OIL CO.
(Since 1965)

We deliver diesel, gasoline, bulk oil, and kerosene all over Northwest Alabama.
604 E. 2nd St., Sheffield
256-383-0914



EB EXPRESS BATH
NOT SURE WHERE TO BEGIN?

Let our team take your vision from design to dream bathroom!

CALL FOR YOUR FREE DESIGN CONSULTATION
256-502-9587
EXPRESS-BATH.COM



ELKINS FUNERAL HOMES

1535 Hermitage Dr., Florence
(256) 764-0221



Listen to Callie...
"Come See My Papa... He's the Best!"

DROKE HEARING AID CENTER
Committed to Better Hearing Since 1936
DON W. LITRELL, BC-HIS

We accept most insurances including US DOL-OWCP
215 West Alabama Street, Florence 116 E. 5th Street, Tuscumbia
256-764-0888 or 256-764-0896 256-381-9444

Don't miss out on the conversations that matter the most.

Voted #1 TimesDaily Reader's Choice
2009, 2010, 2012, 2013, 2015, 2016, 2017, 2018, 2019, 2020, 2021 & 2022!



Cathedral Caverns State Park

CABINS, CAMPGROUNDS, & CAVE

"What a great PLACE for FUN!"
www.alapark.com


Grant, AL - Just a 40 minute drive from Huntsville • 256-728-8193

All Tires Guaranteed!
We will meet or beat any competitor price on comparable tires.
"It's worth the drive!"
Bilingual and interpretation service available.

...In that we were yet sinners, Christ died for us. Romans 5:8



COLLEGE TIRE
In Hanceville at the Intersection of 31 & 91
256-352-2221
Mon. & Tues. 8-5:30; Wed. 8-12;
Thur. & Fri. 8-5:30; Sat 8-2



BAMA AIR CONDITIONING

1016 Maddox Road
Phil Campbell, AL
256-668-0781
205-486-6409
Lic# 95067

Shoals

Living **50** Plus Service Discount Directory

LOCAL RESOURCES AND SPECIAL OFFERS

L.J. Mabe LLC Service Company

LARRY J. MABE - OWNER

**Tankless Hot Water Heaters
Installation & Maintenance Free Estimates
Repair & Replace • All Types of Water Heaters**

Upgrade Your Home; Upgrade Your Life!

High efficiency tankless water heaters provide endless domestic hot water, all while keeping your utility bills low.

NAVIENT Rinnai

- Never Run Out of Hot Water
- Save Valuable Space
- Better Value Than a Tank
- Reliability You Can Count On

3401 Huntsville Road, Florence • (256) 394-2490

WE ARE A SERVICE COMPANY

535113-1



Loretto Memorial Chapel, Inc.

110 North Military Street
Loretto, TN 38469
931-853-6995 • 1-800-437-0548

"We Honor All Burial Policies"
"Call Us About Our Pre-Need Plan"

535114-1




Marion County Funeral Home
3325 Bexar Ave E • Hamilton, AL 35570
(205) 921-5777 • www.marioncountyfh.com

535115-1

Your Real Estate Guide
for Buying or Selling



Renee' Parnell

Associate Broker
ABR, GRI, CRS

256-335-4080

renee@reneeparnell.com
reneeparnell.c21.com
Renee.parnell@century21.com

CENTURY 21
Clement Realty, Inc.

535117-1

Bedford, Rogers, Bowling, and McReynolds, P.C.

Specific Areas of Practice
for our Russellville office:
**Civil Litigation • Criminal Law
Domestic Relations
Commercial Litigation
Personal Injury • Probate**

**303 Jackson Ave. N.,
Russellville, AL
256-332-2880**

535119-1




SECURITY LOCK & KEY

YOUR SECURITY IS OUR BUSINESS

- COMMERCIAL • RESIDENTIAL • INDUSTRIAL
- KEYS • RE-KEYING
- LOCKOUTS • SAFES • LOCKS
- **24/7 EMERGENCY SERVICES**

256-764-3349
1709 N. Wood Avenue • Florence AL 35630

535126-1



MORRISON
FUNERAL HOMES

Tuscumbia • 256-383-7311
Florence • 256-766-2001
Cherokee • 256-359-4033

535121-1

Shoals

Living **50** Plus

Service Discount Directory

LOCAL RESOURCES AND SPECIAL OFFERS



SPRY MEMORIAL CHAPEL
907 South Jackson Ave, Russellville
256-332-1122

535127-1



Vic Porter Insurance Agency



Vic Porter

421 Tennessee St., Florence
256.764.3002
vic@vicporterinsurance.com

536765-1



TISHOMINGO MANOR

A Skilled Nursing & Rehab Facility
Offering Short-Term & Long-Term Care
(662) 423-9112 • 230 Kaki St. • Iuka, MS
(Just minutes away from AL state line on Hwy 72 W)

535129-1



WINDOWS AGAIN

REPLACEMENT WINDOWS

**SIDING and
REMODELING**

Pat Murray • TVA Approved Contractor



256-366-8080



535130-1



*We Make Your
Life Beautiful!*

WEARHOUSE
Clothiers & Home Furnishings

Clothes • Shoes
Jewelry • Furniture
Home Decor

3624 Cloverdale Road, Florence • 256-767-4399
Open Wed. - Sat., 10 a.m. - 5 p.m.

535132-1

**THOMPSON & SON
FUNERAL HOME**

Col. & Mrs. Arthur D. Graves

*“Serving North Alabama Since 1922
with Dignity and Pride”*

415 S. Poplar St., Florence 256-764-2651
400 S. Washington Ave., Tuscumbia 256-383-2402

535128-1
532299-1



**SOUTHERN
MAGNOLIA**

Iuka and Golden, MS
www.hickoryseniorliving.com

Assisted Living & Memory Care

We're Here for You!

535870-1

HOLIDAY BAKING WORD SEARCH

P U M P K I N P I E T V A N I L L A D P
 O F G G G I R K C T M A E R C U K Y G V
 K O D U P S P F S T R U D E L A F R H O
 H G L I N G R E D I E N T S G K U A U R
 C T O Y O O S G G E G D V U C Y I N O F
 S T F N C K O R L L R I B H P B P S L B
 T H V Y V T K N E A D E K A C T I U R F
 A D A E R B R E G N I G P N E S S S Y B
 E E K B A K E D H N C G D R P F E M C I
 R V P T O R T E H H E N U R P I H O H G
 T B A I S L O E O L C T I O K I R P E S
 Y H A P C E T C S I A N S O S H K A Y U
 F G N L O E O R L R K R O R N S B S B I
 F N A A Y L R P E L H C N N O N V T B D
 P I S T A V O P E S S V N C E K M R Y O
 P D M T D E M S I F S U L G V A O Y F I
 C D E E M E S S S D A E Y D V D C U F G
 L U C R T H N P B V D O D U E T K G P B
 Y P R K O G D B M H C R U M B S K V Y I
 A T E S T I A K M Y R O L L I N G P I N

WORDS

- BAKED
- CHOCOLATE
- COOKIES
- CREAM
- CRUMBS
- DESSERT
- EGGS
- FOLD
- FRUITCAKE
- GINGERBREAD
- INGREDIENTS
- KNEAD
- PASTRY
- PLATTER
- PUDDING
- PUMPKIN PIE
- RECIPE
- ROLLING PIN
- SPRINKLES
- STRUDEL
- TEMPERATURE
- TORTE
- TREATS
- VANILLA

Find the words hidden vertically, horizontally, diagonally, and backwards.



**WORKOUT
WHENEVER!**

DISCOVER YOUR Y.

YMCA OF THE SHOALS
ymcashaols.org | 256.246.9622

*Give the gift
of health with a
YMCA Gift Certificate.
No joining fee in
January.
A great way to start
the New Year!*

sudden you could do 20 reps with the 20, well move up to the 25. Then get your 12. Increase your intensity.”

It happens often. Herring sees people who are motivated to change their lifestyle for the better, but it’s their self-confidence that stands in the way. He has tips for anyone falling into that category as well.

“There are two reasons people immediately jump on the treadmill — one, it’s easy. They don’t have the knowledge about this or that, so they turn on the treadmill and they walk. Two, they don’t worry about being watched or judged. Walking on the treadmill is walking on the treadmill.”

Rather than the intensity of the exercise, Herring said it’s usually a person’s thought distortions that prove to be their biggest adversaries.

“Man, I’ve never been in a weight room. What if I do the exercises



Steve Herring leads a strength and endurance workout for local residents at the UNA practice field. [COURTESY PHOTO]



Your Insurance Solution

An FS Insurance Company

This holiday season
GIVE THE GIFT THAT KEEPS ON GIVING!

Give your family the gift of peace of mind through one of our
customizable insurance policies!

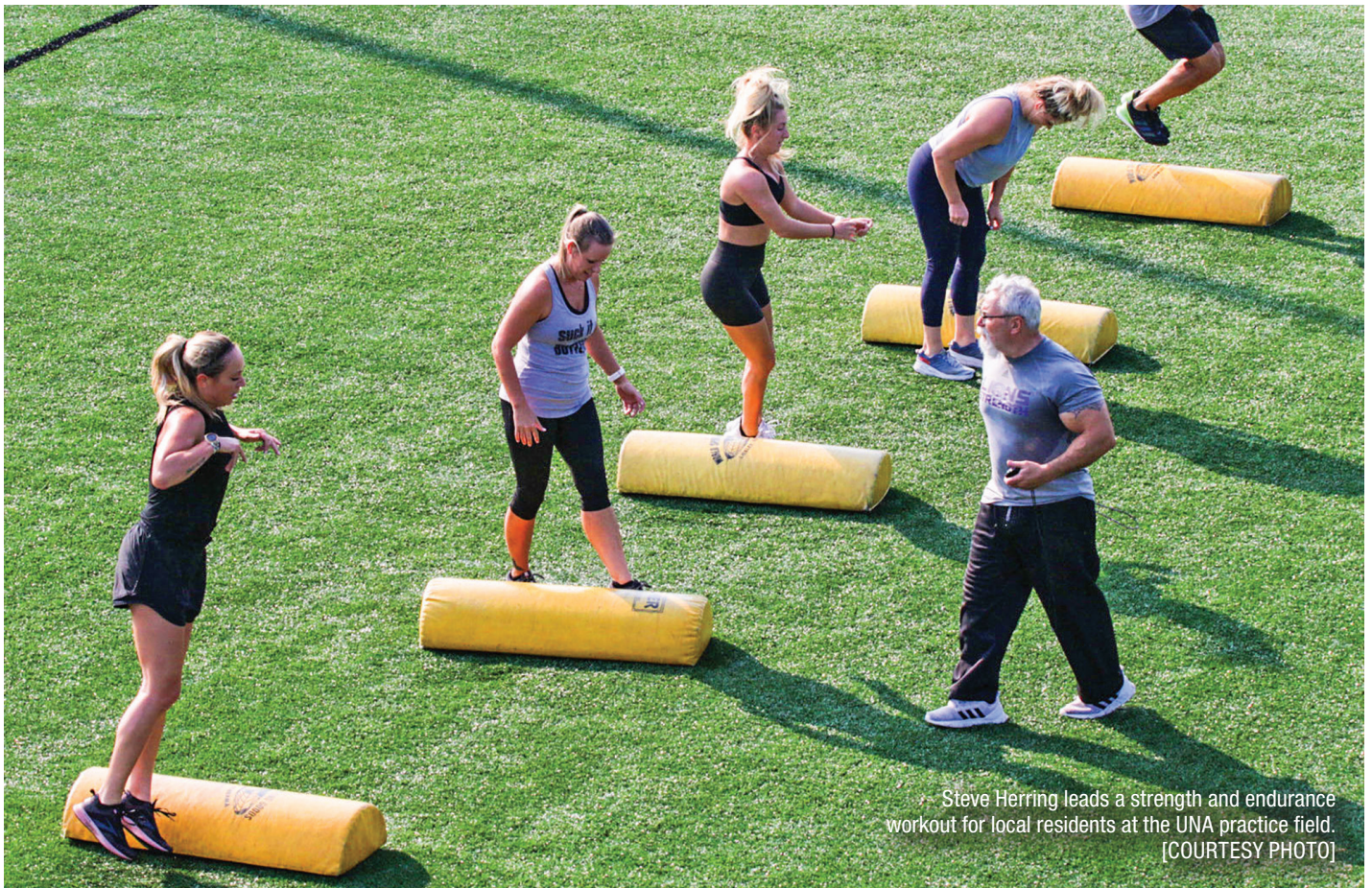
We have a variety of different policies to meet your specific needs!

- **Whole Life**
- **Universal Life**
- **Term Life**
- **Estate Planning**
- **Children’s Life**
- **and More!**

GIVE US A CALL TODAY!



256-764-1511



Steve Herring leads a strength and endurance workout for local residents at the UNA practice field. [COURTESY PHOTO]

wrong,” he listed as one of those common misconceptions he hears frequently.

“Most people don’t realize that if they go into a public gym, nobody cares what you do,” he said. “No two people are concerned with anyone else. If they have the best body, they are concerned for themselves. If they have the worst body, they’re concerned for themselves. The best thing you can do is ease your mind. Nobody cares. Just do your thing.”

For anyone who still prefers to go their fitness journey alone, he encourages them to seek help from a professional when they need it — even if it means consulting an app or reputable online resource. He also urges them to incorporate a buddy system into their routine with someone they’re comfortable working out around.

“I didn’t stop lifting heavy because I couldn’t lift heavy. I stopped lifting heavy because I didn’t have anyone to lift heavy with,” he said. “If you’ve got a friend, you’re in that battle together.”

“I’ve done this my whole life, but I’ll get up some days, and I go, ‘I don’t want to hit it today.’ If I had my workout partner, they would say, ‘Yeah you are! Get your butt in here. We’re doing this today.’ It holds you accountable.”

One more tip for someone just starting out: Make your workout fun, and don’t be afraid to say you’re doing it for yourself.

“Even though people say it: ‘I want to be a healthier version of myself.’ No, you want to look great. Do you get healthy and fit along the way? Absolutely. It does all sorts of things to change you,” Herring said. “You get what you put into it.”



UNITED
BENEFITS

RETIREMENT PLANNING



DO YOU HAVE A RETIREMENT PLAN?

As you get closer to retirement age, there are many irrevocable decisions you'll have to make. That's why it's so important that you understand your options.

WE CAN HELP WITH

- Helping Set Retirement Goals & Calculating Retirement Date
- Understanding Options Before & After Retirement
- calculating Your FERS & CERS Monthly Annuity
- Paperwork Assistance
- Social Security Strategies
- Strategies to Maximize Your TSP & 401(k)
- Survivor Annuity Options
- Military Buyback
- Integrating Your FEHB & Medicare
- FEGLI

REACH OUT

If you have any questions, please schedule a free one-on-one consultation. You can do so by calling us at 866-558-2121 or by scanning the QR code.

<https://unitedbenefits.com/shoals/>



531754-1



3295 County Road 47,
Florence, Alabama



866.558.2121



www.unitedbenefits.com



Impressive Relaxers

that give comfort to your bottom line

IMG® is the progressive choice in motion furniture with exceptional seating comfort, unrivaled quality and functional designs.



360 swivel on MANUAL
- 180 on MOTORIZED



Gliding / rocking function



Integrated footstool



Effortless reclining



Adjustable head and neck support



3 sizes



Free Delivery



COLD-CURE MOLDED FOAM

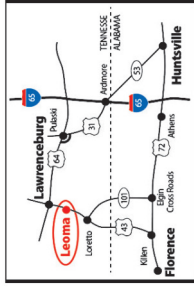
This spaceage material encases the interior steel frame and sinuous springs, allowing for body-friendly curvatures to be covered with glove-fitted upholstery. This guarantees absolute comfort and durability.

SINCE 1970 FREE DELIVERY! ONLY 3 MILES SOUTH OF LAWRENCEBURG ON HWY. 43



Story & Lee

Since 1970
Furniture & Bedding



WARRANTY

Ten years on molded foam cushions and steel frames.

Five years on mechanisms.

Two years on motor, battery-parts plus leather and fabric covers.

Hwy 43, Leoma, TN • Store Hours Mon. thru Sat., 9 AM 'til 6 PM - (931) 852-2111 • Toll Free 1-800-345-2511 • www.storyandlee.com

This ad turned sideways per advertiser's request