

Shoals Modern Man

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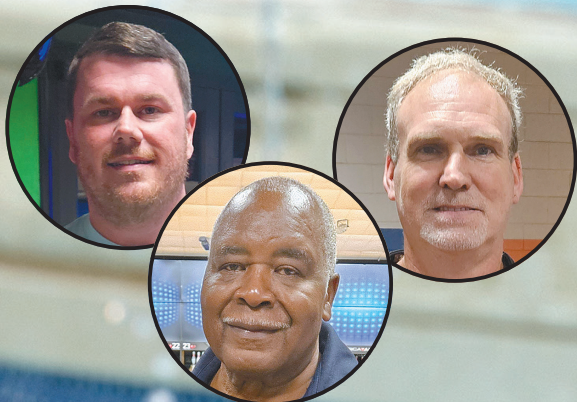
TIMES
DAILY

Investing is a Marathon not a Sprint

Ryan Hamm, Managing Director
and Senior Financial Advisor of
Merrill Lynch Wealth Management

Daily habits that can
help men improve
their overall health

Staying in **BOWLING** is a
their lane: family affair
for these men



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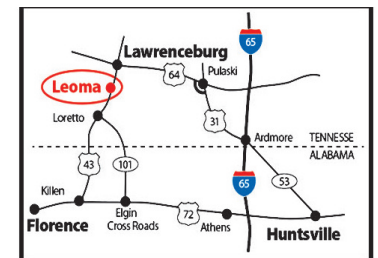
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Did you know?

Socialization in midlife can have a profound impact on individuals as they approach their golden years. A 2019 study led by researchers at University College London found that

being more socially active in your 50s and 60s predicts a lower risk of developing dementia later in life. The study used data from a previous study that tracked more than 10,000 participants between 1985 and 2013. Participants in the study completed cognitive testing from 1997 onwards. Researchers found that someone who saw friends almost daily at age 60 was 12 percent less likely to develop dementia than someone who only saw one or two friends every month. Strong associations between social contact at age 50 and subsequent dementia were also uncovered. The study supports the idea that remaining socially active in one's 50s and 60s can benefit long-term cognitive health.

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INVESTING *is a* MARATHON *not a* SPRINT

by TIFFANI HILL-PATTERSON
Photos by Cliff Billingsley

Ready to take control of your money but unsure where to begin? With so many options available, how do you know which road to take or how quickly you should try to reach the finish line?

The Hamm Group, a Merrill Lynch Wealth Management team in Florence, offered suggestions on how to map a path to your financial goals.

Ryan Hamm, Managing Director and Senior Financial Advisor, said the first thing to consider is your overall financial health.

“When starting to invest, it is important to first assess your financial situation, ensuring you have an emergency fund and have managed high-interest debt,” Hamm said.

“Setting clear financial goals and determining your time horizon (how long you plan to hold a particular investment) and risk tolerance will help guide your investment choices, while creating a diversified portfolio with appropriate investments that align with your goals will help to manage overall risk.”

Ryan Hamm, Managing Director and Senior Financial Advisor of The Hamm Group, a Merrill Lynch Wealth Management team in Florence.

Steady wins the race

But don't go all out, especially at the beginning. You don't want to go out too quickly, get stressed, and end up dropping out of the race.

"We advise to start investing with a manageable amount and consider automated contributions, as this tends to help with adjusting to the process," Hamm said. "As your financial situation or goals change, you can adjust your investment plan accordingly."

When deciding on a course of action, avoid these common novice mistakes:

- Chasing trends
- Over-trading
- Lack of variety
- Lack of concrete goals

Hamm added, "New investors often make mistakes as a result of emotional decisions. They tend to chase short-term market trends instead of following a longer term disciplined approach. They may also over trade, leading to high fees and reduced returns. Neglecting diversification or investing without clear goals can negatively impact the portfolio's performance.

"To help avoid these pitfalls, stick to a long-term strategy, diversify your portfolio, and set specific goals so progress can be measured."

Be "smart" with goals

Whether it's building up to a 10K, building muscle, or building a home, every dream requires goal-setting, and growing your wealth is no different. The Hamm Group suggested using the "SMART" criteria when deciding on your goals. Make each one specific, measurable, achievable, relevant, and timebound. How do you want your finances to work for you? Is it practical and does it fit your life? What is your timeline?

"Setting financial goals is essential for investment



Andrea Brown and Ryan Hamm of The Hamm Group, a Merrill Lynch Wealth Management team in Florence.

planning as it provides direction and purpose," Hamm said. "Beginners should start by identifying their objectives, such as retirement or buying a home, and define the timeframes for achieving these goals. Prioritize goals by importance and urgency, and use the SMART criteria to structure them."

However, investment goals are not "set it and forget it." You wouldn't write down a strength-training plan, never pick up a weight, and expect to gain muscle. The same applies to investing: You should monitor and update your financial goals to keep moving forward.

"Regularly review and adjust goals as needed based on changes in your financial situation or life circumstances to stay on track," Hamm explained.

What now?

Your goals are set and your timeline established, but how do you choose where to invest? And should you try it on your own or work with an investment advisor?

"If you are new to investing and lack expertise, seeking professional advice can provide valuable guidance and help avoid costly mistakes," Hamm said. "For more complex financial goals or situations, or if you are uncomfortable making investment decisions on your own, professional advice might be beneficial.

"Consider the fees associated with professional advice and weigh them against the potential benefits. Working together with an advisor can help you avoid common emotional mistakes and keep you focused on the long-term plan."

Some common types of investments to consider when first starting out include mutual funds and exchange traded funds, or ETFs, Hamm explained. These offer diversification, they're cost effective, and they're

professionally managed. He also said index funds are good for dipping your toes into the market.

"Index funds are a good option as they aim to replicate the performance of a specific market index and are known for their low costs and broad exposure," Hamm said. "Additionally, index target date funds are designed to automatically adjust their asset mix based on a specified date, offering a hands-off approach to long-term investing. These options can provide well diversified portfolios with minimal complexity."

Risk vs reward

If you want to run a marathon, but you've never even run a mile, you would likely go to a sporting goods store to find proper shoes to help you avoid injuries. Or you might decide that shin splints are a risk you're willing to take because you love your high-top Converse. Investing also comes with risks, and you have to determine how much you can tolerate. Hamm said there are a few steps to take to figure out where your line is.

"Start by assessing your current financial situation, including income, savings,

and debt. Next, define your investment goals and consider the time horizon for achieving them, as longer timeframes usually permit more risk," he explained. "Your level of investment knowledge and experience also plays a role, as greater familiarity often leads to higher risk tolerance."

Additionally, knowing your comfort levels with fluctuations in the market and with potential losses plays a big role in defining your risk tolerance.

"Significant stress may suggest a more conservative approach," Hamm said. "Using risk tolerance

questionnaires or consulting with a financial advisor can help to quantify your risk tolerance. Aligning your risk tolerance with your investment strategy is essential for both achieving your goals and maintaining peace of mind."

Step by step

While looking at the big picture – your goals, your potential investments, your risks, your overall plan – can be overwhelming, Hamm noted that when you break it down, the path will become clearer.

"Start by focusing on the basics and take small

steps. Begin with a modest investment amount and gradually increase as you gain confidence. Set clear, achievable goals to give your investments purpose," he said. "You can also consider seeking advice from a financial advisor to help you develop a personalized plan and guide you along the way."

"Remember, investing is a long-term endeavor, so take your time and make decisions at your own pace."

Madison Crowley, Andrea Brown, Ryan Hamm, Brett Baker, and Andrew Kelley of The Hamm Group, a Merrill Lynch Wealth Management team in Florence.





Staying in their lane: Bowling is a family affair for these men

by TIFFANI HILL-PATTERSON

Photos by Sharon Goens & Janis Collet of Lauderdale Lanes

The United States Bowling Congress notes that the sport has been traced to items found in an Egyptian tomb circa 5200 B.C. The earliest known reference to bowling in America was made by author Washington Irving sometime near 1818 in "Rip Van Winkle."

While Lauderdale Lanes hasn't been around quite that long, it has been a staple of the Shoals since 1963.

"It was called Fountain Lanes originally, but then changed to Lauderdale Lanes," said Janis Collett, the center's co-owner, with Nick Korink, since 2020.

Since 1963, Lauderdale Lanes has seen many changes. Robert Jackson, 73, has been around for many of them.

"I've been bowling since the '80s," the Norfolk Southern Rail retiree said. "There used to be wooden approaches and wooden lanes. Now they've gone synthetic. We used to keep score by hand – in open play and they'd give you a sheet of paper and you kept your own score. Now they have automatic scores for everybody."

Randy Taylor, another longtime Shoals bowler, also talked about the upgrades he's seen in his more than nearly 50 years in the sport. Taylor, 50, has been bowling since he was 3 years old.

"I used to work in the bowling center when I was younger and I'd probably bowl 50-60 games a day," Taylor said.

"We used to use an old Brunswick Black Beauty ball, which was almost like a rock that wouldn't hook at all. Now you've got balls that, instead of hooking two or three boards, hook 15 or 20."

In league with friends

Some things haven't changed, though: the reasons many men continue to walk through the doors of Lauderdale Lanes.

Jeremy Price, 37, is new to the game, but he's already developed a passion for it, joining several leagues with family members. "I started with the youth league and bowling with my two children, just for fun. And it progressed from there."

So what keeps him coming back? "It's the camaraderie and the friendships I've made," he said.

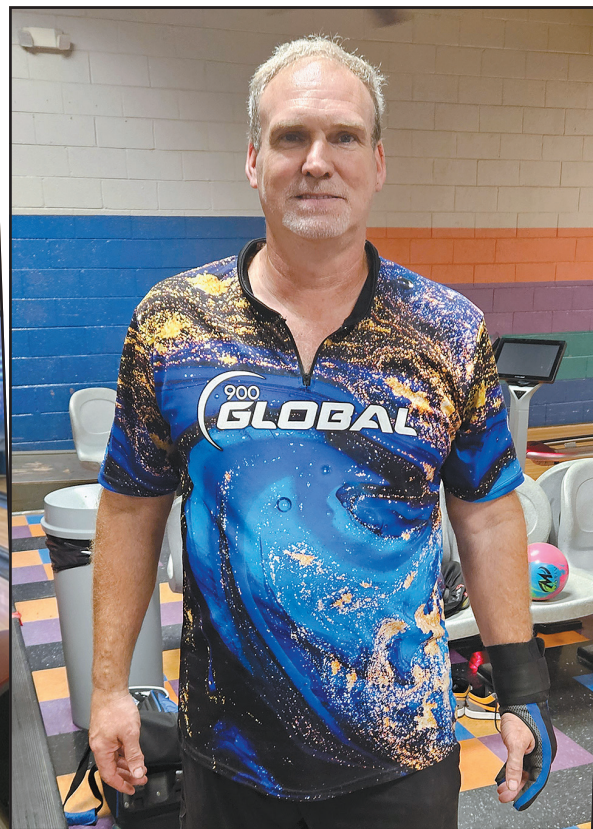
"I've also started competing in tournaments, like the Tennessee Valley Tournaments, and I was the 2023 Tournament of Champions winner. Not too bad for someone who's been bowling 2 ½ years."

Collett, the bowling center's co-owner who has been bowling since she was eight years old, said that men outnumber women in the Lauderdale Lanes leagues.

"The Ten Pinner league has been around for 40 years," she said. "It's the biggest league and used to be all men, but is a mixed league now. People have a great time as part of the leagues and they're for all ages."



Jeremy Price



Randy Taylor



Robert Jackson

My oldest is probably late 80s. "Many bowlers in the leagues have bowled together for years, but they welcome new people, too, and make new friends."



All in the family

Taylor, whose pro career was cut short by injury, also said bowling is a good pastime for men and their families.

"It's a good time for families to get together. And it's good to get together with some of the other guys to have good fellowship and get away from the everyday hardships of the world and take it easy and have some fun. And joke and laugh and bowl the best you can and try to win some."

For Jackson, it's a way to enjoy a hobby with loved ones.

"I like it because it's air-conditioned and I don't have to get out in the hot sun," he said with a laugh. "As you get older you look for a hobby. In my younger days, I played a lot of softball and a friend of mine who was on the team got me into bowling. So I started bowling with him and got hooked."

"It's something you can do with your family. You can't take two or three kids and your wife on the golf course," said Jackson, whose wife still bowls with him. "But when I was coming along you could take your whole family and enjoy a few games and the kids could take off and play arcade games and everyone would have a good time at the bowling alley."

New generation

It's a family affair for Price, too. His son is part of the Lauderdale Lanes youth league and his daughter earned a bowling scholarship to the University of Mobile.

"Bowling has led to countless friendships and I've kept my family involved, too," he said. "My first 300 game was really meaningful because I had my whole family there. My daughter was bowling on our league team and that was her last night of league before she went off to college."

And Jackson would like to get more kids involved in the sport by bringing it to local high schools.

"Bowling is a high school sport now everywhere except (the Shoals area)," he said. "The closest is Clements High School. Some of these kids in our youth league are really good bowlers and they go to different local schools. We just can't seem to get off the ground with starting the high school teams – we can't get our schools to buy in yet."

Join the fun

For anyone thinking about joining a league, they all said to just stop by Lauderdale Lanes and someone would be willing to help.

Price said, "Just go for it. It's fun for the whole family and one of the more inexpensive options."

"Go have fun," Jackson said. "You're not going to be good at first, but come over and work hard at it. I believe in helping people and showing them a pointer or two. Some people will have funky deliveries and some will have nice form, but everyone will develop their own throw."

"There are plenty of people at the center all the time," Taylor said. "We need more bowlers, and any of us would like to help. Just sign up and have fun."



Jeremy Price



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Daily habits that can help men improve their overall health

by METRO NEWS

No two men have the same exact makeup, so a health and wellness routine that works for one will not necessarily work for another. It's important that men looking to turn over a healthier leaf keep those nuances in mind as they begin what will hopefully prove a successful journey to a healthier version of themselves.

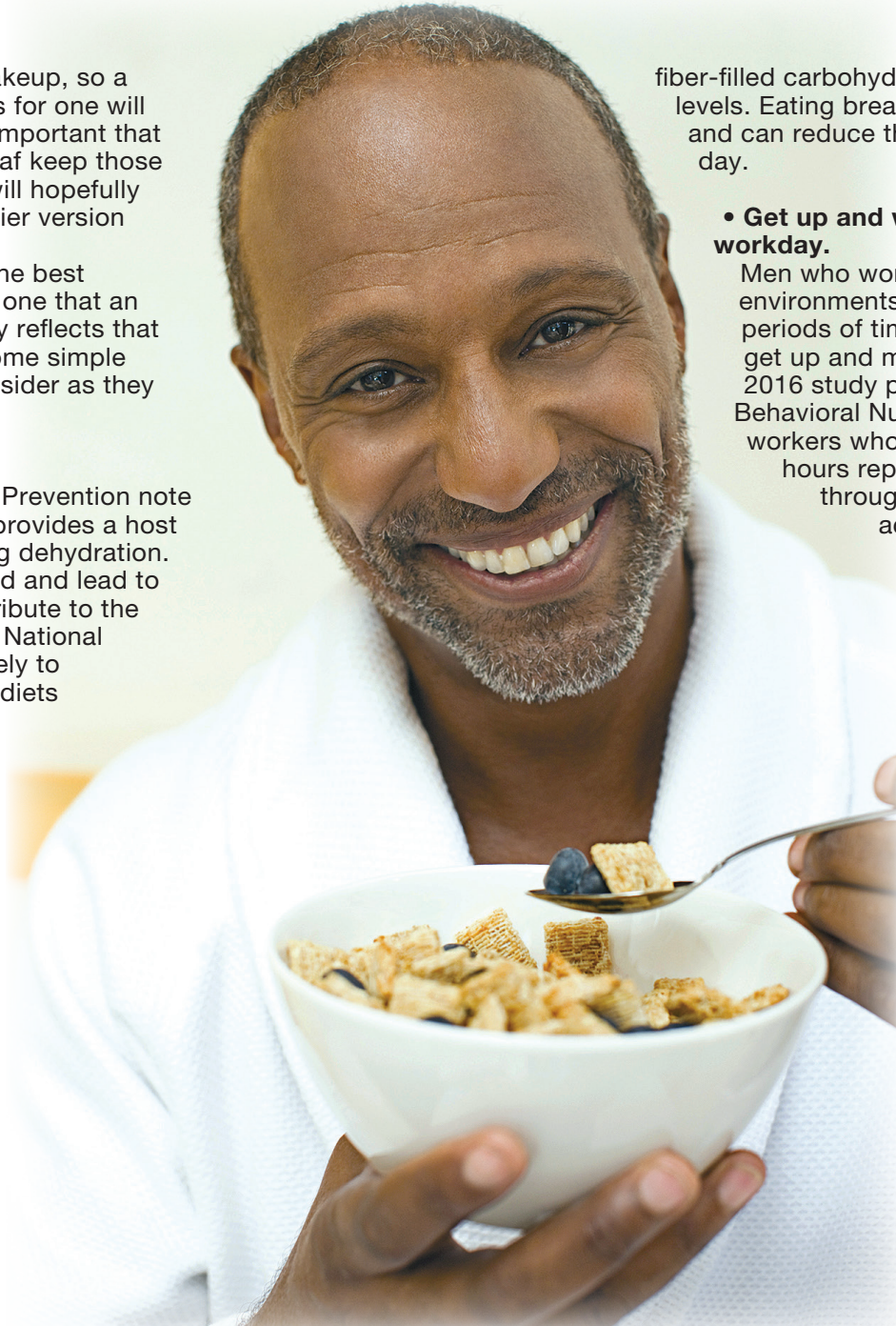
Health care professionals often say the best approach to a healthier lifestyle is the one that an individual will stick to. That philosophy reflects that each man is different, but there are some simple daily habits all men might want to consider as they seek to improve their overall health.

- **Drink more water.**

The Centers for Disease Control and Prevention note that drinking enough water each day provides a host of health benefits, including preventing dehydration. Dehydration can adversely affect mood and lead to confusion. Dehydration also can contribute to the formation of kidney stones, which the National Institutes of Health notes are more likely to affect men than women due to men's diets and differences in urine chemistries. Symptoms of dehydration also mimic signs of hunger, which means men might overeat under the mistaken impression that they're hungry when all their body really wants to do is hydrate. The U.S. National Academies of Sciences, Engineering and Medicine determined that men should consume about 15.5 cups of water per day.

- **Eat breakfast.**

One-the-go guys may skip breakfast, which can cause a ripple effect throughout the rest of the day that ultimately harms their overall health. The Cleveland Clinic notes that the body is most insulin-sensitive in the morning, making mornings a great time to consume



fiber-filled carbohydrates that can help to lower cholesterol levels. Eating breakfast also kicks metabolism into gear and can reduce the likelihood of overeating later in the day.

- **Get up and walk around throughout the workday.**

Men who work in office settings or other environments that require them to sit for long periods of time should make a concerted effort to get up and move around during the workday. A 2016 study published in the International Journal of Behavioral Nutrition and Physical Activity found that workers who avoided sitting for six uninterrupted hours reported feeling more energetic throughout the day than those who were not active. In addition, the study found that those who rose for hourly five-minute walks reported greater happiness, less fatigue and smaller cravings for food than on days when they took a single 30-minute walk.

- **Cut back on screen time.**

Parents may work hard to ensure their children are not spending too much time on their devices, but men also can benefit from spending less time staring at screens. The Mayo Clinic notes that cutting screen time can encourage men to be more physically active, improve their sleep quality and make strong social connections. Each of those things can improve overall health.

Some simple adjustments to their daily routines can help men improve their overall health.



Grooms must make decisions on their wedding style, too

by METRO NEWS

All eyes tend to gravitate toward brides during a wedding ceremony. That's for good reason, as brides typically spend a significant amount of time searching for the perfect dress and tending to additional parts of their wedding day look, such as hair and makeup. But grooms also try to look their best on their wedding day, and they must make various style choices as well.

Classic tux or something less traditional?

Black tuxedos call to mind many things, including the fictitious British spy James Bond and, of course, traditional weddings. The classic black tuxedo with black tie can set an especially formal tone for a wedding,

and grooms must decide if they prefer this classic look or something less traditional. Outdoor wedding ceremonies might encourage grooms to look for something stylish but less formal than a black tuxedo. In such instances, a white tuxedo can be ideal, particularly if the wedding is scheduled for spring or summer.

Fine-tune with tailoring

Grooms accustomed to buying suits off the rack may feel they can take the same approach on their wedding day. However, wedding day photos will serve as a visual record of the big day for decades to come, so working with a tailor to ensure the tux or suit fits perfectly is the way to go. A well-fitting suit may prove more comfortable

throughout the day, and tailoring ensures grooms look their best.

Timing and texture

Grooms can experiment with various textures and materials as they seek a wedding day tuxedo that suits their desires and demeanors. A velvet tuxedo jacket can set a sophisticated and unique tone, though such attire is arguably most suited to indoor ceremonies during colder months. The same goes for corduroy and tweed, as these materials tend to be a little warmer. Linen and seersucker tuxes and suits also can shed light on a groom's personality, and these might be best suited to warm weather weddings in outdoor settings.

Accessories

A tuxedo ensemble is not complete without a tux and pocket square. Matching the color of the tie and the pocket square is a classic look. Grooms whose brides are wearing a dress with some color can choose a tie and pocket square combination that matches the color in her dress. Socks also merit consideration and can provide another way for grooms to make a statement without drawing attention away from their brides.

Brides garner the bulk of guests' attention on a couple's wedding day. But grooms also can use fashion to make a statement during their weddings.

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What to know about pinched nerves

by METRO NEWS

Few medical conditions can be as uncomfortable as radiculopathy, commonly referred to as a pinched nerve. Anyone can suffer from a pinched nerve, which is why it behooves people from all walks of life to understand this painful yet often preventable condition.

What is a pinched nerve?

The medical experts at Cedars Sinai note that the spine is made up of bones called vertebrae. The spinal cord runs downward through the center of these bones, and nerve roots branch off the cord and go between each vertebra. A pinched nerve occurs when problems affect those nerve roots.

Where do pinched nerves occur?

Cedars Sinai notes that a pinched nerve is most likely to occur in the lower back. However, pinched nerves can affect other areas of the body, including the neck, arms and legs.

What are the symptoms of a pinched nerve?

People who have experienced radiculopathy may identify pain as the most notable symptom of a pinched nerve. Cedars Sinai notes such pain may manifest in different ways depending on which part of the body is affected. Pain-related signs of a pinched nerve in the lower back include:

- Sharp pain in the back that may travel down to the feet
- Pain that worsens when sitting or coughing

A pinched nerve in the neck may produce:

- Sharp pain in the arm
- Pain in the shoulder
- Feelings of numbness or pins and needles in the arm
- Worsening pain when the neck moves or the head turns

Additional symptoms of a pinched nerve include numbness of the skin and weakness in the leg or arm.

Are there risk factors for pinched nerves?

Though anyone can experience a pinched nerve, various conditions can increase a person's risk for radiculopathy. Such factors include, but are not limited to:

- Poor posture
- Poor body position: Crossing the legs when seated can pressure the spine and increase risk for a pinched nerve
- Herniated disc
- Slipped disc
- Arthritis in the spine: Rheumatoid arthritis and osteoarthritis can contribute to a narrowing of nerve openings and stiffness in the spine. Each of those conditions can increase pressure on the nerves, potentially leading to a pinched nerve

- Weight gain
- Pregnancy
- Post-surgery scar tissue: People who have previously had spinal injury might be at greater risk for a pinched nerve due to the formation of scar tissue that affects a nerve root along the spinal cord.

Pinched nerves are painful but treatable. Individuals who suspect they are experiencing a pinched nerve are urged to contact a physician immediately.





Slow cook SPICY WINGS for the BIG game

by METRO NEWS

The games garner the bulk of fans' attention when football season kicks off each year at the end of summer. While the exciting action on the gridiron is a cause for celebration among millions of football fans, the food enjoyed during game day provides much to look forward to as well.

Certain foods have become part and parcel of watching a particular sport. For example, who can attend a baseball game and resist the temptation to indulge in a hot dog? For football fans, chicken wings are the go-to game day dish. There's no shortage of ways to prepare chicken wings, but fans who like their game day grub to have a little kick can try this recipe for "Spicy Soy Chicken Wings" courtesy of Andrew Schloss's "Cooking Slow: Recipes for Slowing Down and Cooking More" (Chronicle Books).

SPICY SOY CHICKEN WINGS

Makes 4 servings

- 4lbs. chicken wings, cut into sections at the joints, tapered wing tips trimmed and discarded
- Coarse sea salt and freshly ground black pepper
- 2/3 cup soy sauce
- 2/3 cup firmly packed dark brown sugar
- 1 teaspoon dark sesame oil
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon hot chili powder, preferably habanero
- 2 garlic cloves, minced



Combine the chicken wing pieces with a generous amount of salt and pepper in a large zippered plastic bag. Close the bag tightly and refrigerate for at least 12 hours or up to 24 hours.

Preheat the oven to 225 F. Transfer the chicken to a baking dish in a single layer without crowding.

In a small saucepan, stir together the soy sauce, brown sugar, sesame oil, cayenne, chili powder, and garlic and heat to a simmer, stirring to dissolve the sugar. Pour over the chicken. Cover the baking dish with aluminum foil and cook until the chicken is nearly falling off the bone, about 3 hours.

Raise the oven temperature to 450 F and continue baking until the chicken browns and the sauce thickens into a glaze, about 10 minutes longer. Watch carefully near the end of the cooking time to avoid burning. Toss the wings in the sauce to coat and serve.

Variation: In a slow cooker:

Follow the recipe, cooking the chicken in a 6-quart slow cooker on high for 3 to 4 hours, instead of a baking dish in the oven. When the wings are cooked through, transfer to a bowl. Simmer the sauce with the lid of the cooker off until it thickens, about 10 minutes longer. Toss the wings in the thickened sauce and serve.

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Foods that can affect long-term health and wellness

by METRO NEWS

The phrase “you are what you eat” can serve as a warning that the foods a person consumes greatly affect his overall health. Although eating a cheese-laden burger with a side of deep-fried potatoes every so often will not turn a person’s health on its head, repeatedly making poor dietary decisions may be a recipe for chronic health problems.

Health experts say foods (and beverages) can affect hearts, waistlines and brains. Foods that are grouped under the category of “junk food” tend to be the largest dietary offenders. The term “junk food” refers to foods that contain high levels of fats, sugar or salt, and lack nutrients such as fiber, vitamins and minerals. Some of the foods that fall into the junk food category include cakes; processed meats like bacon and lunch meats; chips; chocolate and candies; sugary drinks; and fast food, like burgers and pizza.

Here’s a more in-depth look at certain foods or ingredients and what they can do to the body.

• Industrial and processed seed oils:

According to Harvard nutritionist Dr. Uma Naidoo, highly processed oils are usually extracted from soybeans, corn, rapeseed, cottonseed, sunflower, and safflower seeds, and



contain a lot of omega-6 fatty acids. Excessive consumption of omega-6 fatty acids can trigger inflammation in the body and the brain. Inflammation is recognized as a risk factor for Alzheimer’s disease. Olive, coconut or avocado oils are healthier alternatives.

• Processed foods:

Foods are processed to keep them shelf stable longer. Heavily processed foods like crackers, baked goods, and jarred pasta sauces are potentially unhealthy. It is estimated that more than half the calories in the average

American diet, and around 48 percent of the Canadian diet, come from ultra processed foods, advises the Laborers’ Health & Safety Fund. A five-year study of more than 100,000 people found that each 10 percent increase in consumption of ultra processed food was associated with a 12 percent higher risk for cancer.

• Sugar:

Foods and beverages with added sugar can be problematic. A high sugar diet can contribute to excess glucose in the brain that can cause

memory impairments, and the National Institutes of Health indicates studies have show that individuals who consume greater amounts of added sugar tend to gain more weight and have higher risk of obesity, type 2 diabetes, hypertension, and cardiovascular disease.

• Saturated fat:

Eating too much red meat can be bad for the heart and brain. WebMD says red meat is high in saturated fat and can contribute to cardiovascular disease. The same can be said for butter and full-fat cheeses. Opting for low-fat dairy and alternative protein sources can be beneficial.

• Mercury-containing fish:

While eating fish is generally touted as a healthy move, swordfish and tuna lose points because they can contain high levels of mercury. WebMD says mercury is a neurotoxin, which means it is toxic to the brain and can cause memory loss.

Certain foods can compromise long-term health. Careful dietary planning that emphasizes nutritious meals over junk food and processed foods can promote both short- and long-term health.

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Tips to prevent pickleball injuries

by METRO NEWS

Pickleball has inspired millions of devotees. According to the Association of Pickleball Professionals, roughly 36.5 million individuals played pickleball in 2022, and 45 percent of players who participated in a YouGov study conducted between August 2021 and August 2022 indicated they planned to play more pickleball in the coming six months than they had in the previous six months.

Pickleball is thriving, and that's great news for those who love the game. Unfortunately, pickleball also has proven beneficial to orthopedic practices. A 2023 analysis from UBS estimated pickleball injuries could cost Americans nearly \$400 million in 2023. Seniors are especially vulnerable to pickleball injuries, as a 2021 study published in the journal Injury Epidemiology found that 86 percent of emergency room visits related to pickleball injuries affected individuals 60 and older.

Injuries are a part of any sport, and pickleball is no different. Though there's no foolproof method to guarantee pickleball players don't get hurt playing the game they love, the following are some tips that can reduce injury risk.

- **Gear up.** Pickleball is a competitive sport, but there's a tendency among some players, particularly novices, to take a casual approach to the game. Veteran players may know better, but anyone new to the game should be sure to wear the appropriate gear when playing. Athletic shoes with ample traction can reduce the likelihood that players will slip or fall. The right racket also can reduce risk for elbow injuries. The sporting goods experts at Dick's Sporting Goods note that paddles should feature a light to medium weight, comfortable grip and a large sweet spot. The right paddle will be different for everyone, so novices are urged to speak to veteran players for

advice on which paddle might be best for them.

- **Embrace physical activity.** Pickleball can be a great workout, and players can reduce their injury risk by embracing physical activity even when they are not playing. Leg exercises can help build lower body strength, but strength exercises that focus on the upper body also can reduce injury risk.
- **Loosen up before playing.** Taking the court right after getting out of the car is a recipe for injury. Arrive five to 10 minutes before a game and use that time to loosen up. A short walk and some subsequent stretches can help players make sure their bodies are not too tight to play. Some brief warm-up exercises and stretching can reduce muscle tension and make the body less vulnerable to injury.
- **Hydrate before, during and after a game.** The experts at Johns Hopkins



Medicine note that water cushions the joints, which helps athletes maintain their flexibility. Flexibility can reduce injury risk, particularly in a sport like pickleball. The 2021 study published in Injury Epidemiology noted that 60 percent of pickleball injuries are sprains, strains or fractures. Remaining flexible can reduce athletes' risk for sprains and strains. Johns Hopkins recommends adults consume between six and 12 ounces of water for every 20 minutes of sports play and to drink between 16 and 24 ounces afterward.

Pickleball is wildly popular, even though pickleball injuries are common. Players can embrace various strategies to reduce their injury risk.

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