

my generation

A publication for the young at heart



Take advantage of senior perks and discounts ... page 5B

Coach Con Natvig: A legend to many

By SHEILA MCCOY
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Con Natvig of Swanville has coached football for 54 years. To many, he is a legend. Not only because he keeps giving back to the community in various ways, but also for the difference he has made and continues to make in many lives.

"I have the utmost respect for him. He is a Hall of Famer," said USA Head Football Coach Jay Loven.

Loven also knows firsthand the impact Natvig has had on many players through the years. He was one of them. Natvig coached him during his high school years during the 1980s. It's also with that same style of coaching, Natvig continues to encourage and teach players.

One thing that amazes Loven about Natvig is that although more than 50 years has gone by since Natvig started coaching, he is still as passionate about coaching and able to reach players from all backgrounds and at all levels.

"If he ever has to stop coaching, that will be a sad day in the world of football in the whole state of Minnesota. He is one of the best," Loven said.

Natvig started coaching at Swanville High School in 1966 when he started working there as a physical education and health teacher. In addition to football, he has also coached baseball and basketball.

"I enjoy it all. I enjoy the players, the camaraderie with the other coaches and it's just fun to see young men mature and become athletes," he said.

Loven became an assistant football coach for Natvig later in his tenure for eight years.

"He's the one who got me started in coaching," Loven said.

Natvig retired from teaching 1999 after 33 years. However, since he no longer would remain in the district, his coaching contract was not renewed when Swanville High School and Upsala High School merged its football team.

"Back then, just about every coach was in the district they coached in, which now it is completely different," Natvig said.



Submitted photo

Con Natvig has coached football for 54 years and has impacted many lives over the years. In an effort to help him continue to coach despite a cancer diagnosis that makes it difficult to get around, family members and the community are raising funds to buy him a golf cart.

Recognizing his niche for coaching, Natvig's friend, Browerville Football Head Coach Gary Graham asked him to join the Browerville team as his assistant football coach.

Natvig spent about 17 years coaching in Browerville — something Loven always found to be uncomfortable.

"I coached against him for 17 years and I absolutely dreaded every time we had to play," he said.

Coaching changed for Natvig in 2016 after he was diagnosed with lung cancer. Going through aggressive chemotherapy and radiation treatments and not knowing if he would be around to coach the fall of 2017, Natvig resigned from his position.

"In January of 2017, my doctor told me I had two years, maybe at the most five, to live," he said.

It was news neither he or his wife, Kathy, took well.

Initially, it was planned for Natvig to have four rounds of chemotherapy, but because of the significant damage it was causing his body, his doctor at the Mayo Clinic in Rochester canceled any further treatments. Instead, he was instructed to focus on healthy nutrition and engage in physical therapy.

Slowly, he regained

his strength and after a month of physical therapy in a medical facility, he continued his own physical therapy at home with the help of a treadmill.

In time for football season in the fall of 2017, Loven convinced Natvig to return to coaching, but this time for USA.

"It was so nice to have him back," Loven said.

In June 2018, Natvig was declared cancer free and life was looking up — for a while anyway.

Earlier this year, Natvig returned to the doctor in May after having trouble breathing and experienced shortness of breath. A chest X-ray revealed fluid build-up in his right lung. One liter was removed and the fluid was tested, which revealed some strange cells.

It was ultimately the lung positron emission tomography (PET) scan he had that showed that he has cancer in the pleural lining of the lung. Since then, fluids have been removed from his lung four times, he said.

This time, he was given immune therapy instead of chemotherapy, a less aggressive form of treatment.

"I am just happy I don't have to go through chemotherapy again," he said.

Since the shortness of breath and difficul-

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"If he ever has to stop coaching, that will be a sad day in the world of football in the whole state of Minnesota. He is one of the best."

— Jay Loven

Several delicious foods contain ample antioxidants

Courtesy of Metro Creative Connection

The term "antioxidants" is frequently associated with cancer prevention. Antioxidants are helpful, but many people may not fully comprehend the role antioxidants play in fighting cancer.

Antioxidants are chemicals that interact with and neutralize free radicals, thus preventing them from causing damage, offers the National Cancer Institute. Free radicals are formed in the body by exposure to ionizing radiation and other radiation. An excessive amount of free radicals in the body can negatively affect cells and potentially lead to the formation of various types of cancer and other diseases.

While the body makes some of the antioxidants it uses to scavenge free radicals and render them ineffective, it also relies on antioxidants from food sources.

"While the body makes some of the antioxidants it uses to scavenge free radicals and render them ineffective, it also relies on antioxidants from food sources."

The Dana-Farber Cancer Institute says that, to date, nine randomized controlled clinical trials of dietary antioxidant supplements for cancer prevention have been conducted worldwide. Some studies have pointed to the benefits of antioxidant supplements,



Berries, by and large, are fruits that have some of the highest antioxidant.

while others found that these supplements can actually elevate cancer risk or diminish the efficacy of cancer treatments. Increasing antioxidant intake may be best accomplished by eating a variety of plant-based foods that contain high levels of naturally occurring antioxidants, rather than through supplementation.

So what foods offer the highest levels of potentially cancer-fighting antioxidants? The largest and most comprehensive study to date into antioxidant levels was published in 2004 in the Journal of Agriculture and Food Chemistry by the U.S. Department of Agriculture. Researchers analyzed antioxidant levels in more than 100 foods. In addition to pointing out many foods people already knew to be antioxidant-rich, researchers uncovered

some surprises.

Here's a look at some of the best bets for beneficial foods that may be part of a cancer-fighting diet.

- Small red bean (dried);
- Wild blueberry;
- Red kidney bean (dried);
- Pinto bean;
- Cultivated blueberry;
- Cranberry;
- Cooked artichoke;
- Blackberry;
- Prune; and
- Raspberry.

These foods rank high among those with the most antioxidants per serving, according to the USDA. However, many other foods also are great sources of antioxidants. These include russet potatoes, pecans, gala apples, walnuts, Indian gooseberries, cloves and mint.

Eating a variety of fruits and vegetables, particularly berries, can provide many of the antioxidants the human body needs to neutralize the potential damage caused by free radicals.

Blurry vision? See an eye care doctor immediately

Question: I'm 70 and I'm starting to see a blurred area in the middle of my vision. Any ideas?

Answer: Have this checked immediately by an eye care practitioner. What you describe is a symptom of age-related macular degeneration (AMD), a leading cause of vision loss in Americans 60 years of age and older.

The Healthy Geezer



By
Fred Cicetti
Columnist

The macula is at the center of the retina in the back of your eye. The retina transmits light from the eye to the brain. The macula allows us to

perform tasks that require central vision such as reading and driving.

In some cases, AMD advances so slowly that people notice little change in their vision. In others, the disease progresses faster and may lead to a loss of vision in both eyes. It comes in two forms — wet and dry.

Wet AMD occurs (Continued on Page 5B)

GIVING YOUR BEST GIFTS BEGINS WITH A WISE STRATEGY

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Take advantage of senior perks and discounts

Courtesy of Metro Creative Connections

Growing older may come with some added laugh lines or a few extra aches and pains, but many will attest to the benefits and wisdom earned from a life well-lived. And if that's not enough, the discounts and other perks afforded seniors can make reaching one's golden years a bit easier to embrace.

Every day the list of companies offering special deals for people of a certain age continues to grow.

Individuals willing to do the research or simply ask retailers and other business-

es about their senior discount policies can be well on their way to saving serious money. Keep in mind that the starting points for age-based discounts vary, with some offering deals to those age 50 and up, and others kicking in at 55 or 60-plus.

The following is a list of some of the discounts that may be available. Confirm eligibility as companies change their policies from time to time. Also, the editors of Consumer World say that the senior discount

might not always be the lowest price, so comparison shopping is a must to find out which discount or coupon is the best deal.

Amtrak: Travelers age 65 and older can enjoy a 10% discount on rail fares on most Amtrak trains. For those who prefer ground travel but want to leave the car at home, this can be a great way to get around.

Fast-food/sit-down restaurants: Establishments like Wendy's, Arby's, Burger King, Denny's, Applebee's, Carrabba's Italian Grill, and Friendly's offer various senior discounts. Most are 10 to 15% off the

"With a little digging, seniors can find scores of discounts to help them save money while enjoying their golden years."

meal. Others offer free beverages or an extra perk with purchase.

Kohl's: This popular department store provides a 15% discount every Wednesday to shoppers ages 60-plus. Other stores like Modell's, Belk, Bon-Ton, and SteinMart offer similar discounts.

Marriott: Travelers age 62 and older are privy to a 15% discount on room rates at Marriott brand hotels, subject to availability.

Roto-Rooter: Plumbing problems can get



Growing older may come with some added laugh lines or a few extra aches and pains, but many will attest to the benefits and wisdom earned from a life well-lived.

expensive, but online sources cite a 10 to 15% discount depending on location for this drain cleaning service provider in North America.

National Parks: The U.S. National Parks Service offers steep discounts on the annual pass, which provides entry to more than 2,000 federal recreation sites.

Grocery store: Food shopping gets a little easier with discounts at Bi-Lo, Fred Meyer, Gristedes, Harris Teeter, Piggly-Wiggly, and Publix. Be sure to check with local supermarkets about senior discounts, as they vary, particularly as to what day of the week and for what age they kick in.

AARP membership: It

is important to note that many companies require enrollment in AARP for people to get senior discounts. AARP also has its own AARP Prescription Discount Card so that members and families can save around 61% on FDA-approved drugs that prescription insurance or Medicare Part D plans fail to cover.

T-Mobile: This carrier offers two lines with unlimited talk, text and LTE data for \$35 with AutoPay for seniors age 55-plus. Only the primary account holder has to be 55.

With a little digging, seniors can find scores of discounts to help them save money while enjoying their golden years.

he gets the golf cart, the first thing he will do is to take his wife of 49 years for a spin.

a check to Con Natvig with "Donation for Golf Cart" in the memo and mail it to Con Natvig, PO Box 302, Swanville, MN 56382.

For more information or to arrange an electronic donation, call Loven at (320) 360-2550.

Natvig said that once

The Healthy Geezer

(Continued from Page 4B)

when blood vessels behind the retina start to leak and raise the macula. An early symptom of wet AMD is straight lines that appear wavy. Wet AMD is considered to be advanced AMD and is more severe than the dry form. However, dry AMD can turn into wet AMD at any time.

Dry AMD occurs when macular cells break down, gradually blurring central vision in the affected eye. Central vision in the affected eye can be lost. Dry AMD generally affects both eyes, but vision can be lost in one eye.

The risk of getting AMD increases with age. Other risk factors include smoking, obesity, race (whites are at higher risk), a family history of AMD, and gender (women are at higher risk).

AMD is detected through a comprehensive eye exam that includes a visual acuity test, a dilated eye exam, and tonometry. Visual acuity is measured with an eye chart test. In the dilated eye exam, drops are placed in your eyes to enlarge the pupils. Then, a magnifying lens is used to examine your retina. Tonometry measures the pressure inside the eye.

You may also be asked to look at an Amsler grid. With one eye, you will stare at a black dot in the center of the grid. You may notice that the straight lines in the pattern appear wavy or are missing. These may

be signs of AMD.

Other tests that may be done include:

- Using special dye and camera to look at blood flow in the retina (fluorescein angiogram)
- Taking a photo of the inner lining of the eye (fundus photography)
- Using light waves to view the retina (optical coherence tomography)

Once dry AMD is in the advanced stage, no treatment can prevent vision loss. However, treatment can delay and possibly prevent AMD from progressing to the advanced stage. Some vitamins and minerals may reduce the risk of developing advanced AMD.

Wet AMD can be treated with surgery, therapy, and injections into the eye. None of these treatments is a cure for wet AMD. Each treatment may slow the rate of vision decline, but the disease may progress anyway.

The U.S. Food and Drug Administration has approved the Implantable Miniature Telescope (IMT) to improve vision in some patients with end-stage age-related macular degeneration.

Surgically implanted in one eye, the IMT is a small telescope that replaces the natural lens and provides an image that has been magnified.

If you have lost some sight from AMD, don't be afraid to use your eyes for reading, watching TV, and other routine activities. Normal use of your eyes will not damage your vision further.

Coach Con Natvig: A legend to many

(Continued from Page 4B)

ty breathing makes it extremely difficult for Natvig to get around and affects his ability to coach, family members and several people in the community are raising

funds to buy a golf cart for Natvig. To make it simpler for people to donate rather than going through any middle parties, Loven said they arranged for any donations to be sent to Natvig directly.

Those who want to donate may make out

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