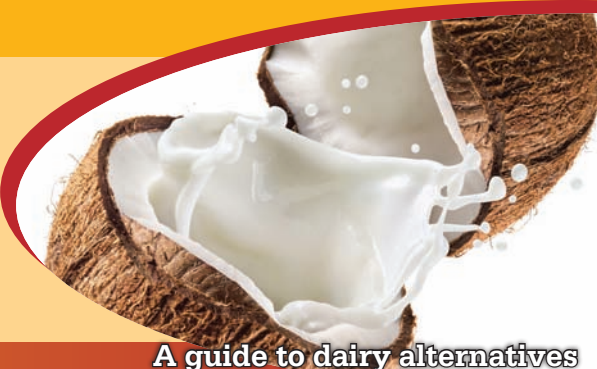


my generation

A publication for the young at heart



A guide to dairy alternatives ... page 11A

Love for people keeps McCarthy going strong

By SHEILA BERGREN
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At age 77, Lynn McCarthy of Little Falls could easily retire. However, loving what she does as a realtor at Edina Realty in Little Falls and the healthy balance between home, work, friends and other activities, retirement is not on her horizon.

"I don't know what I would do with that block of time," she said.

McCarthy's journey into the real estate industry began in 1962. A week after her 18th birthday, she moved to Minneapolis to expand her education. She also started working in a real estate office, answering phones in the evenings and on the weekends.

As time went by, more and more McCarthy realized how much she loved the business. Later, in the 1970s, she moved to Little Falls, continued working in the industry and eventually received her own real estate license in 1976.

"I don't know that I ever really wanted to pursue a career in it. I tell people that if I knew that I would make my living off of commission sales only, I would have told them they were crazy. I was just kind of introduced into it and it was a way to work. I like people and it's really a people business versus a real estate business," she said.

Over the years, McCarthy has seen many different trends and shifts in the real estate industry. The biggest change, she said, has been technology. Back in the day, those who were interested in a property or a home, toured it. Nowadays, many homebuyers, especially if they live far away, are able to take virtual tours of a home and the



(100321-MyGenLynnMcCarthy)

Staff photo by Sheila Bergren

Lynn McCarthy, 77, has been working in the real estate industry since 1962. Loving what she does, she has no plans to retire.

property.

"I still have a really difficult time selling something to someone who has never seen it. It's because I come from a different era, but technology has opened up a whole new world in real estate," she said.

Being a real estate agent in rural America allows her to work with a variety of properties, from residential homes, lakeshore properties, agricultural lands, commercial buildings and more.

One of the biggest challenges in the industry as the real estate business has evolved, is to keep up with all the laws and form changes, McCarthy said. When she first started working in the real estate industry, the homebuyer had a one-page purchase agreement. With all the disclosures, such as about the well and the septic, and additional paperwork, she estimates the purchase agreement nowadays may very well range from 18 to 30 pages.

Although there have been incidents of violence against real estate agents reported across

the United States, McCarthy said she, for the most part, has always felt safe in the appointments she has had with people. She relies heavily on her intuition. In addition, she also always lets someone know where she is going and on some occasions, she brings someone with her.

"We don't have a lot of situations like that, but sometimes you have the person whose drumbeat is different and you can sense that," she said.

The best aspect of being a real estate agent, McCarthy said, has been the people she has met over the years, whether it is a first time homebuyer or on the upper end, she said.

"I enjoy all of it, but there is still a lot of satisfaction in seeing someone own a home who never thought they would have that opportunity," she said.

McCarthy said that, given her age, other younger real estate agents from other real estate offices wonder why she is still working and sometimes say behind her back that she should get out of the business.

"All I can do is just to kind of giggle because I'm very much my own person and I march kind of to my own drum beat," she said.

In some ways, work has been somewhat grounding, too. McCarthy has been widowed twice and in the last nine years, she has also survived cancer twice.

Wanting to give back to the community, McCarthy has served on various boards and committees as well as volunteered wherever a helping hand was needed, such as the Haiti Partnership. She is also active in her church community.

When she isn't working or volunteering, McCarthy enjoys spending time with her children Tammy, Todd and Terry, her seven grandchildren and three great-grandchildren. While they live in different states, McCarthy said she embraces the moments they have.

In addition, she enjoys spending time with her friends.

"I am very blessed in that I have a really strong friend support group and I have a daughter that just moved back to Minnesota, who is a very good friend, so I am very (Continued on Page 11A)

High blood pressure, the silent killer

Question: Why do they call high blood pressure the silent killer?

Answer: High blood pressure — known as hypertension — is very sneaky. It's called the silent killer, because it usually has no symptoms.

Doctors say you have high blood pressure if you have a reading of 140/90 or higher. A blood pressure reading of 120/80 or lower is considered normal. Prehypertension is blood pressure between 120 and 139 for the top number, or between 80 and 89 for the bottom number.

The first number represents your systolic pressure when the heart beats. The second

number represents the diastolic pressure when the heart rests.

If only one number is elevated, you still have high blood pressure with all of its dangers.

Isolated systolic hypertension (ISH) is the most common form of high blood pressure for seniors. When you have ISH, only the top number is too high.

About two out of three people over age 60 with high blood pressure have ISH. About one in three American adults has high blood pressure. In the U.S., high blood pressure occurs more often in African-Americans

High blood pressure can ravage your body. It can enlarge the heart, create small bulges (aneurysms) in blood vessels, damage the blood vessels in the kidneys, harden arteries, produce bleeding in the eyes. The possible consequences are heart attack, stroke, kidney failure and blindness.

Your chances of getting high blood pressure are also higher if you are overweight, don't exer-

The Healthy Geezer



By Fred Cicetti
Columnist

cise, eat too much salt, drink too much alcohol, don't consume enough potassium, endure stress for too long. Obviously, changing your diet, exercising and altering your lifestyle will help.

When you go to your doctor to have your blood pressure taken, there are a few things you can do to get an accurate reading. First, don't eat, drink coffee or smoke cigarettes for an hour before your pressure is

taken. (What are you doing smoking anyway?). Empty your bladder, because a full tank can affect the reading. Sit quietly for five minutes before the test.

If you're like me, you have white coat syndrome. That means your blood pressure jumps as soon as a doctor or nurse approaches you. If your doctor knows this, he or she may recommend a home blood-pressure monitor or ambulatory monitor that is worn around the clock and takes your pressure every half hour.

If you have high blood pressure and lifestyle changes don't reduce it, there are medications to treat the problem. Often, two or more drugs work better than one. Some drugs lower blood pressure by removing extra fluid and salt from your body. Others affect blood pressure by slowing down the heartbeat, or by relaxing and widening blood vessels.

"About one in three American adults has high blood pressure."

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my generation

Staying hydrated is important; so is how you do it

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Our body is made up of more than 50% water. Water helps to maintain a normal body temperature, lubricate joints and get rid of waste through urination, sweat and bowel movements. Water also helps maintain our heart rate, blood pressure and a healthy metabolism.

Not getting enough water, as little as a 2% decrease in body water can lead to dehydration. Dehydration can range from mild to severe. Symptoms of mild dehydration may include headache, increased thirst, decreased urine output, dark yellow urine versus pale, dry mouth, feeling tired or sleepy or dizziness. These symptoms can quickly worsen if fluid is not replaced, which can cause muscle weakness and cramping, a lack of coordination, confusion, faintness not relieved by lying down, rapid breathing, weak rapid pulse and even loss of consciousness. Water is so important that a person could not last more than five days without it.

We've heard for years that we need to drink eight, 8-ounce glasses of water a day. There is no scientific evidence to support this recommendation. You should be drinking enough so that you urinate every two to four hours and that your urine is pale in color. When in the heat or exercising water is lost through sweat and you will need to drink more than normal. The exact amount of water needed per day varies depending on the individual and circumstances.

Plain water is one of the beverage choices you

can make but what about coffee, tea, milk, fruit juice, soft drinks, sports drinks and the list goes on. It may be a surprise to some people that all these beverages count toward your water intake.

Don't forget about the foods you eat, tomatoes, cucumbers, celery and zucchini are 95% water and watermelon, strawberries, oranges, cauliflower and carrots are about 90% water. Leafy greens are up to 95% water. Soup is 90% or more water, yogurt 85%, oatmeal 83% and cottage cheese 77%. The higher the water content of your food the less fluid you need to drink.

When choosing a beverage there are things to consider like nutrient, sugar and calorie content. Plain water is still one of the best choices! Adding lemon, lime or orange slices can add a little flavor to the water, as can cucumber, mint, etc.

Skim, 1%, 2%, whole and chocolate milk all contain important nutrients including calcium, vitamin D and protein. The higher the fat content the more calories and chocolate has added sugar.

Drinks made from 100% fruit juice provides important nutrients. Orange juice for instance is high in vitamin C and contains potassium, folate and other health protective nutrients. The trick is to be sure to account for the calories.

A 12-ounce can of regular soda often has 150 or more calories from nine to 10 teaspoons of sugar. And there is no nutritional value. Diet soda has no added sugar and zero calories. They do contain sugar substitutes. Studies show no clear relation-

ship between artificial sweeteners and cancer.

Coffee also counts toward your water intake and there is no evidence that coffee makes you dehydrated. The diuretic effect of the caffeine in coffee and soda is mild compared to the amount of fluid they contain. Adding caramel, whipped topping and other extras to your coffee is when the calories dramatically increase. Black coffee has no calories. At Starbucks a short (8 ounce) Caramel Macchiato with whole milk has 140 calories, a short (8 ounce) Chai Tea Latte with nonfat milk has 105 calories and if you purchase a bottle of Mocha Frappuccino you'll be getting 150 calories in an 8-ounce bottle.

Sports drinks average about 50 calories in 8 ounces, from sugar. These drinks contain electrolytes, added electrolytes are not necessary unless you are exercising strenuously for 90 minutes or longer.

Sugar sweetened drinks are a major reason Americans are overweight. You can hydrate with no added calories by drinking water and other zero calorie beverages.

For a quick easy refreshing drink try a fruit juice spritzer using 8 ounces of light cranberry juice and 4 ounces of a diet lemon-lime soda, simply mix together and pour over ice. This 12-ounce drink has 50 calories, vitamin C and potassium. Substitute any fruit juice, calories will vary depending on the juice used. Make it into a slushy by freezing the fruit juice in ice cube trays for at least two hours. Place the ice cubes and soda in a blender and blend until slushy consistency. Seltzer water, club soda or mineral water can be used in place of diet soda.

importance of having laughter and humor. It has not only made the journey more enjoyable, but it has also helped to stay positive, regardless of what challenge may be

ahead. McCarthy said a lot of it begins with a thankful heart and attitude. Every morning she thanks God for the blessings in her life and for life itself.

Chicken Fennel and Orange Salad

(Mediterranean Diet Recipe)

Serves: 4 (side dish servings)

Ingredients:

- 2 4 oz. boneless, skinless chicken breasts
- 1 Tablespoon extra-virgin olive oil
- 1/2 cup bite-sized broccoli florets
- 2 small fennel bulbs, thinly sliced
- 1 orange, peeled and segmented
- 6 cherry tomatoes, halved
- 1 avocado, sliced
- Salt and freshly ground pepper to taste

Dressing:

- 2 Tablespoons plain Greek yogurt
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon extra-virgin olive oil
- 1 Tablespoon chopped chives

Directions:

Using a rolling pin flatten the chicken breasts to an even thickness. Season all sides with salt and pepper. Heat olive oil in a skillet over medium heat. Once heated, sauté the chicken breasts until golden brown. Reduce heat to low and cover for 10 minutes. Remove skillet from the heat and let chicken rest, covered, for an additional 10 minutes. Slice thinly.

Meanwhile, place broccoli in a microwave safe dish with a little water and microwave until the broccoli is slightly softened.

Add the broccoli, fennel, orange segments, cherry tomatoes and avocado to a large salad bowl.

Mix the dressing ingredients together. Season to taste with salt and pepper. Add chicken slices to the salad bowl. Drizzle dressing on top and gently toss all the ingredients together.

Nutrition information: Calories: 270; Carbs: 22 grams; Protein: 16 grams; Fat: 15 grams; Saturated fat: 2 grams; Fiber: 7 grams; Sodium: 117 milligrams

A guide to dairy alternatives

Courtesy of Metro
Creative Connection

Food allergies affect millions of people around the world. The group FARE (Food Allergy Research and Education) says researchers estimate 32 million Americans have food allergies. Among those allergies, milk is a leading source of food-related irritation.

People with milk or dairy allergies experience symptoms because their immune systems react as though these foods and beverages are dangerous invaders, according to the American College of Allergy, Asthma and Immunology. Symptoms of dairy allergies can include upset stomach, vomiting, bloody stools, hives, and general feelings of malaise. Dairy allergies also can cause anaphylaxis, a severe, life-threatening reaction.

"People with milk or dairy allergies experience symptoms because their immune systems react as though these foods and beverages are dangerous invaders"

As delicious as dairy products can be, people with dairy allergies have to avoid milk, cheese and yogurt, among other foods. Fortunately for allergy sufferers, a variety of foods and beverages can be easily substituted for dairy products.

Traditional milk: Non-dairy alternatives for milk abound. Soy



Coconut-based butters, milks and yogurts can serve as alternatives for people who must avoid dairy.

milk was one of the first alternatives to cow milk, and now rice, almond, coconut, oat, and hemp seed milks also are available.

Yogurt: Dairy-based yogurts come in a variety of flavors. So, too,

do dairy alternatives. Many alternatives are made from the same ingredients as milk alternatives. So these yogurts may be soy- or coconut-based.

Ice cream: Silky, creamy ice cream is a treat on a hot day. For people with dairy allergies, soy- and coconut-based ice creams can serve as an alternative to traditional ice cream.

Cheese: Cheeses can be hard, grated, spreadable, and soft. Substituting for cheese

in a non-dairy diet can be challenging. Nutritional yeast can make foods more flavorful and can be sprinkled on like parmesan cheese. Sliced smoked tofu can mimic mozzarella or provolone on cracker platters. Cubed tofu may have the texture of cottage cheese or ricotta. Cheesy sauces often use a combination of ground nuts, spices and nutritional yeast to create that tangy appeal.

Butter: Many non-dairy butters are made from vegetable oils or coconut. They often lend fat and flavor to dishes. Margarines and other butter alternatives are readily available in the dairy aisle.

Many people must avoid dairy due to allergies or other health-related reasons. Fortunately, stores are stocked with many items that can easily replace dairy in recipes or as stand-alone foods and beverages.

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