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A CROSS-COUNTRY CYCLING RIDE FOR A WORTHY CAUSE

A cross-country cyclist from Virginia recently demonstrated that retirement does not have to result in inactivity. Douglas Stetson, a retired Navy physician and friend of Oast & Hook, made a 4,200 mile cross-country cycling trip, from Virginia Beach, Virginia, to San Francisco, California, in order to raise money for Multiple Sclerosis (MS) research. Dr. Stetson's trip was also noteworthy because he reached his destination on August 30, 2007, his 63rd birthday. Dr. Stetson became interested in raising funds for MS because a member of his bicycle riding club, though affected by the disease, is an avid cycling fan and rides a tandem bike (a bicycle ridden by two people) with her husband at many cycling events. In 2006, Dr. Stetson first rode the MS 150 tour, a 150 mile round trip from Cape Charles to Silver Beach on Virginia's Eastern Shore. When the MS 150 event for 2007 came up, Dr. Stetson instead decided to ride across the country, and he raised over \$8,700 for MS research this year.

Dr. Stetson prepared for several months for his long ride. He bought practice gear, had practice runs with friends and family, and researched maps to decide on his route. On May 25, 2007, he dipped the rear wheel of his bike into the Atlantic Ocean at Virginia Beach. He carried four saddlebags with clothing, food, water, money and camping gear, all of which totaled about 45 pounds. Dr. Stetson usually rode 50 to 60 miles each day, and one day he rode 115 miles. The trip took him over the Appalachian Mountains in Virginia, through the bluegrass region of Kentucky, farming country in Illinois, the Ozark Mountains in Missouri, the great plains of Kansas (where he was briefly trapped by a flood), and scenic Colorado to Pueblo, the mid-point of his journey; then he crossed the Continental Divide at Monarch Pass (at 11,315 feet, the highest point of the journey), across the canyons of Utah, and the deserts of Nevada, over the Sierra Nevada mountains at Carson Pass, and through California to San Francisco. Dr. Stetson kept an online journal in which he described his daily adventures, including the places he visited and the people he met along the way. Several local newspapers in towns along his route interviewed him about his trip and his quest to raise funds for MS

research. He was able to take time to enjoy the surroundings, cities and towns on his journey, and he met many new friends, including cyclists from across the country.

Dr. Stetson finally reached California on day 78 of his trip. His wife met him in California, and he completed his journey on day 96, August 30th, by dipping the wheels of his bike into the Pacific Ocean. He met his goal, and raised funds and awareness about Multiple Sclerosis, a disease that affects several Oast & Hook clients and their family members. Oast & Hook congratulates Douglas Stetson for a job well done!

For more information about Dr. Stetson's trip, please read his online journal at:
www.crazyguyonabike.com/doc/stetsonxc07

Announcements

Earlier this week, Andrew Hook presented at Virginia CLE's 16th Annual Advanced Elder Law Seminar. You can find a copy of his power point presentation entitle "Medicaid-Related Trust Instruments" on Oast & Hook's website at www.oasthook.com.

The Hampton Roads Caregivers' Coalition's 14th Annual Fall Festival for Caregivers will be held from 8:30 a.m. to 3:00 p.m., Friday, October 26, 2007, at the Holiday Inn Executive Center in Virginia Beach. It will offer practical caregiving information and support for individuals providing care in the home and community. The keynote speaker will be Teepa Snow, a renowned caregiving expert, who is returning by popular demand. She will present an all day seminar "Family Caregiving: Building Skills to Improve Care." Ms. Snow is a dynamic and humorous speaker, and she will undoubtedly provide much food for thought.

Reservations must be made and paid for by check in advance and no payment will be allowed at the door. The fee, which includes a continental breakfast, lunch, and the program, is \$35 for professionals (those whose paid work involves caregiving or healthcare services) and \$25 for non-professionals (unpaid family members, students, and volunteers.) Thirty-five vendors will participate and door prizes will be provided. To request a registration brochure or for more information, please phone Mary Catherine Dziedziak at 757-420-5448 or e-mail her at marycdz@verizon.net. Please join the Hampton Roads Caregiver's Coalition for a day of education, support, and fellowship.

Speakers

If you are interested in having an elder law attorney from Oast & Hook speak at an event, then please call Jennifer Lantz at 757-399-7506.

Oast & Hook

Oast & Hook is an elder law firm. We represent older persons, disabled persons, their families, and their advocates. The practice of elder law includes estate planning, investment and insurance advice, estate and trust administration, powers of attorney, advance medical directives, titling of assets and designations of beneficiaries, guardianships, conservatorships, and public entitlements such as Medicaid, Medicare, Social Security, and SSI, disability planning, income tax planning and preparation, bill paying, account management and reporting, care management, and fiduciary services. We also handle litigation involving these issues, such as will contests and estate administration disputes. For more information about Oast & Hook, please visit our website at www.oasthook.com.

Oast & Hook is the Virginia member of the Special Needs Alliance, a nationwide network of disability attorneys. As members of this alliance, we assist personal injury attorneys in resolving their cases to enhance the judgments and awards of their disabled clients and to maintain the eligibility of these clients for SSI and Medicaid. We are experienced in protecting the public benefits of persons with special needs and in assisting with the management of their assets. For more information about the Special Needs Alliance, visit its website at www.specialneedsalliance.com.

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