

Sisters man defies 'numerical age' taking second in bike race

Jack Addison thinks that the Sisters Stampede is a perfect venue for folks in Sisters to defy the limitations of "numerical age."

Usually held on Memorial Day Weekend, the Stampede, organized by Mudslinger Events, was moved this year to Labor Day Weekend due

to COVID-19. The event was held under modified protocols to address COVID-19 safety. The course was one length for all for a staggered start. The course was 18 miles, plus an additional two miles biking to the starting line.

"My time was one hour, 46 minute, no stops, no aid

stations — due again to COVID," Addison, age 78, reported.

That was good for a second-place finish in his age group of Over 70.

Addison advocates more local participation in all categories, but especially the Over 60 and Over 70 (new this year) categories.

"Just as the Sisters school athletic programs spend most of the energies getting ready for actual contest events, for us 'post-high-schoolers,' preparation for even one mountain biking annual event causes a year-round preparation and participation in truly healthy living," Addison said.

He describes that way of living as "full of self-generated optimism and energy much more rewarding than a blue and white handicap parking decal which isn't hard to talk one's doctor out of."

Since the Sisters Stampede is normally held every Memorial Day, Addison conspicuously wears a small

American flag taped to his helmet to remind people of the "why" of the event.

Addison, a fighter pilot in Vietnam in 1966 says he specifically dedicated his racing effort to honoring the veterans that died in military action and those who almost died torturous deaths as POWs.

"Certainly, it would be great if more veterans or veteran supporters wore flags on their helmets on next Memorial Day in the next Sisters Stampede 2021," he said.

Addison notes that, "this type of vigorous activity is encouraged by cardiologists supporting cardiac rehab for many of their patients. Of course, persons who have had cardiac events should query their surgeons directly regarding the level of activity recommended for the individual patient. The staff at St. Charles has programs for cardiac patients that support exercise at levels that might surprise many patients, as

well as support better nutrition that is very complementary to a vigorous lifestyle."

The Sisters athlete says that, "it's never too late to adopt the double application of real exercise and a diet that one can adopt as a lifestyle rather than a temporary diet 'to lose weight' that simply returns for the vast majority. We can individually stop the life-shortening obesity epidemic that marches on. Sisters is fortunate to have multiple sources of gyms and individual trainers that have core development and sound core workouts."

There's no getting around aging — but Addison defies "getting old."

"Aging is numerically automatic, but getting old involves lots of insidious choices and media-sponsored cultural habits that do not serve us well. In short, get even by unplugging the TV, eat well and move, move, move," he said. "There is no need to fall victim to any particular numerical age."



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— Jack Addison

PHOTO PROVIDED

Estate planning during a pandemic

The coronavirus pandemic has certainly caused havoc and concern for many people, particularly in regard to their health and their finances — and these two areas intersect in estate planning. So, if you haven't drawn up your estate plans yet, or you think they may need to be revised, now may be a good time to act.

This suggestion is not strictly based on issues of morbidity — after all, the vast majority of people who contract COVID-19 will survive. However, even if you never become ill or need to be hospitalized, wouldn't you be glad to know your affairs are in order? If you already have estate plans, you may need to revisit them if your family situation has changed because of marriage, divorce, remarriage, new children, new financial goals, and so on.

Of course, estate planning can be complex, so there's not a "one size fits all" approach. Nonetheless, here are some of the most commonly used documents and arrangements:

Financial power of attorney: A financial power of attorney is a legal document that gives someone the authority to conduct your financial affairs — pay bills, write checks, make deposits, sell or purchase assets — if you were unable to do so yourself. You can establish the financial power of attorney without giving your representative any ownership in your assets.

Last will and testament: With a last will and testament, you can choose how you want your assets distributed, appoint an executor to oversee the distribution and name a guardian to take care of minor children. If you don't have a will, a court might assume these functions, with results you might not have wanted.

Living trust: A living trust allows you to leave assets to your heirs without going through the time-consuming, public and often expensive probate process. Also, a living trust gives you significant

See **ESTATE PLAN** on page 24

Are you happy with your ability to balance?

Do you ever experience dizziness, vertigo, motion sensitivity, nausea, difficulty with visually complex backgrounds, imbalance or difficulty keeping visual focus with movement? Your vestibular system might need a tune up, as it declines over time (faster than visual). There are simple exercises that can make a tremendous difference. Please contact our office with any questions you may have.



Cheers to staying safe, engaged, confident, and doing what you love!
— Annie McDonnell, PT - Trained in Vestibular Rehabilitation at Emory

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