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IN FOCUS With
Colvin Law
July/August 2018



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WHY LOCAL MATTERS

What a Good Economy Truly Looks Like

Wendell Berry is perhaps one of the greatest living poets in our nation. In his poems, Berry dwells on the wild places, the hollows and plowed fields of his youth in rural Kentucky. He elevates this endangered portion of the American tradition with simple language and biting wit. But it isn't Berry's poetry that interests me today; it's his economics.

Being both a farmer and a prolific writer, Wendell Berry has published countless essays about the effects of our modern, corporatized economy on the environment, agriculture, and small-town America. One of Berry's theses in particular struck a chord with me: "A good community, as we know, insures itself by trust, by good faith and good will, and by mutual help. A good community, in other words, is a good local economy."

Somewhere along the way, with the advent of the "big-box store," we lost all of that. Monolithic superstores on the outskirts of town and online retailers operating entirely out of state replaced the brick-and-mortar, mom and pop operations that used to be communal hubs throughout the Tennessee Valley and beyond. In the name of low prices and convenience, the small-town economy was gutted, along with the sense of good faith, good will, and mutual help that flowed through its veins.

These big-name stores rob employees of all incentive to care about their own community. Hard working hourly employees have to worry about living paycheck to paycheck on minimum wage, managers fret over meeting compliance standards handed down from headquarters, and even the CEOs have to worry about meeting the expectations of shareholders. The system does not leave much room for human interaction with real flesh-and-blood shoppers, and it certainly does not incentivize it. Everything is reduced to numbers on a spreadsheet.

Thankfully, there has been a revitalization of a concept our ancestors took for granted: buying local. This counterrevolution has come about thanks to the popularization of farmers markets across the country. Of course, there have been farmers markets for as long as there have been farmers. But today, these weekly events have come to symbolize a rejection of the choking tendrils of the sterile megamart.

And you can feel the difference. Every Saturday morning, my family heads down to our local farmers market, and suddenly, our town has a real, living sense of identity. The people there — ourselves included — aren't just



there to buy what we want and leave. We're there to socialize, share stories, and enjoy the weather. You make connections at that market you wouldn't anywhere else.

For example, there's a local farming family that knows *exactly* the kind of soft baby okra my kids love. Whenever we stop by their family stall, they help the children pick out the best pods and the juiciest little tomatoes to pair them with. My kids love the experience; it's the highlight of their morning. Seeing their beaming faces from this small but powerful act of kindness is all the proof of Wendell Berry's statement I need. This is what a good community looks like.

For my part, I strive to deliver the same kind of service in my law practice. Being a local lawyer helps me appreciate the local okra farmer, because at the end of the day, we're both folks trying to make a living by helping people in our community. By bringing good faith and goodwill to the table, our little community practice can do a whole lot of good for those in need.

— John Colvin

HOW MUCH SUNSHINE IS TOO MUCH?

Keep Your Family Safe

To many people, summer is all about heading outside to enjoy the weather. But getting too much sun can be dangerous. To have a fun-filled summer with your family this year, remember that it's essential to protect yourself from harmful UV rays.



COVER UP

Covering your skin is one of the best ways to avoid skin damage. Wide-brimmed hats, long-sleeved shirts, and long pants or skirts can protect your skin from direct exposure to UV rays. While this tactic protects you from the sun, it offers poor defense against the heat. So, if you opt for cooler attire, it's important to cover all exposed skin with a copious amount of sunscreen. Be sure to reapply every two hours for maximum skin protection.

SPEND LESS TIME IN THE SUN

If you're planning to spend a significant amount of time in the sun, consider your environment. Will there be plenty of shade? Will you have to bring your own? What's the best way to step out of the sun for a few minutes? Wearing sunscreen and protective clothing are great ways to shield yourself from UV rays, but it's important to avoid being in direct sunlight for long periods. Taking a break from the sun gives your body the time it needs to recuperate and helps prevent sunburn and heatstroke.

COMMON MYTHS ABOUT SUN EXPOSURE

Many people think that a tan is better than a sunburn, but the result of tanning is still sun damage. When your skin tone changes due to the sun, regardless of whether it tans or turns red, it's a result of the epidermis reacting to damage caused by UV rays. Both are symptoms of harmed skin.

While vitamin D is important, the sun does not contribute to its creation as much as you might think. Doris Day, a New York City dermatologist, explains that if your skin were to constantly produce vitamin D from being in the sun, it would reach toxic levels. Vitamin D is the only vitamin that your body can produce on its own, through a common form of cholesterol or 7-dehydrocholesterol. Spending time in the sun does help vitamin D form, but you need far less exposure than you think.

Knowing how to protect yourself from UV rays is the first step to having a safe, fun-filled summer!

“A good community, in other words, is a good local economy.”

Having grown up in a rural community myself, these two sentences really hit home. When I was a kid, I remember the local Main Street was always abuzz on Saturdays as families from the surrounding countryside came to trade and socialize in the town square. It was possible for a community that small to still have a vibrant "downtown" in those days, with little shops and corner stores owned and operated by local families.

This American Grub

How Hot Dogs and Hamburgers Became National Treasures

If your plans for this Independence Day involve firing up the barbecue, you'll probably be cooking two American classics: hot dogs and hamburgers. Come the Fourth of July, families will be grilling up burgers and dogs from sea to shining sea, but it wasn't always this way. The story of how beef patties and sausages became culinary symbols of our nation will give you plenty of food for thought.

THE HOT DOG

It was German immigrants who brought the "frankfurter" and the "wienerwurst" to American soil in the 1800s. There is much debate over who first decided to place one of these franks in a bun, but by the opening of the 20th century, hot dog stands had popped up all over the Eastern Seaboard. We do know the identity of the man who took the hot dog's popularity to a national level: Nathan Handwerker.

A Jewish immigrant from Poland, Nathan sliced buns for a hot dog stand on Coney Island. After scraping together enough money, he quit his job and opened a stand of his own, undercutting his former employer's prices by half. Not only did Nathan's hot dogs outsell the competition, the Great Depression made them the perfect food for a nation suddenly living on a tight budget. By the 1930s, hot dogs had become so unquestionably American that Franklin Roosevelt famously served them to King George VI during his royal visit in 1939.

THE BURGER

Like the hot dog, the exact origin of the beef patty's eventual "sandwiching" is lost to history. Once again, it was German immigrants who brought their recipes for "Hamburg steak" with them across the Atlantic, but reports vary as to who first sold the meat patty inside a bun.

Multiple diners and fairgrounds across America claim to be the home of the first hamburger. All of these claims date to the turn of the 20th century, a time when our nation was faced with feeding a growing working class quickly and cheaply. By the 1950s, the burger had become a symbol of the American everyman.

Both the hot dog and hamburger embody the history of our nation. Immigrant traditions merged with blue-collar needs to create two uniquely American foods. It's fitting that we celebrate America's birthday with the grub that has grown along with it.



The Bounty of the Farmers Market

Fresh. Local. Seasonal. Inexpensive.



When it comes to supporting your local economy, there's no bigger step you can take than buying your produce from a farmers market. Supporting your neighbors isn't the only reason to frequent a farmers market, though. Here are a few other benefits just in time for August's national Farmers Market Week.

YOU'LL EAT HEALTHIER

If you're trying to cut out processed foods in favor of whole fruits and vegetables, make the farmers market your premier shopping destination. You'll find yourself centering meals on vegetables. You can still supplement your haul with staples from the grocery store, but try to use it only for items you can't get locally.

YOU'LL SAVE MONEY

Farmers markets are more affordable than you've been led to believe. In most cases, buying your produce there is actually the

cheapest option. Because you're buying directly from the grower, you'll cut out the number of middle men. Additionally, seasonal produce is always cheaper than springing for out-of-season items. Ever wonder why tomatoes cost more in December? It comes down to how many miles that tomato had to travel. You'll never deal with those markups at the farmers market.

YOU'LL TRY NEW THINGS

There are so many crops that aren't popular enough to warrant a regular display on store shelves. In the past, most of these delicious products only made their way to restaurants. With the growth of the farmers market, however, you can get your hands on lesser-known vegetables that will surprise and delight you.

YOU'LL HAVE MORE FUN

Grocery stores are sterile places that can put a damper on even the sunniest days. Farmers markets, on the other hand, are vibrant, exciting spaces to hang out. As this month's cover article attests, you'll be able to build a real relationship with the people growing your food. Before you know it, you'll have your very own direct supplier of farm to table locally grown vegetables.

Here in Winchester, our local market is the Franklin County Farmers Market. You can go to PickTNProducts.org to find the market in your neck of the woods. Happy shopping!

Stealth Injuries

Understanding Occupational-Disease Claims

In many cases, instances of workplace injury are cut and dry. If a loose piece of equipment falls on your foot or improperly vented steam burns your hands, you'll know. But there are other kinds of workplace hazards that are more pernicious, affecting you slowly over time. In Tennessee, these stealthy injuries are designated as "occupational diseases."

The term occupational disease refers to any chronic ailment that comes about as a result of you doing your job. These can often be slow-moving but ultimately debilitating conditions, such as hearing loss, carpal tunnel, hypertension, or even heart and lung disease. Under Tennessee Law, you can be compensated for these injuries provided that certain criteria are met.

THE DISEASE MUST BE A RESULT OF WORK

To qualify for workers' compensation for the likes of carpal tunnel, tinnitus, heart disease, and the like, the debility must arise "out of and in the course of employment." Evidence must show that your employment conditions are more than 50 percent responsible for your injuries.

This means there has to be a direct correlation between tasks and/or environments linked to your work and the debility you face. Factors

of your home life can complicate these matters. Claiming lung disease while being an active smoker or carpal tunnel when you type on your home computer muddies the waters as to whether or not your employer can be called "responsible" for your occupational disease.

THE DISEASE WASN'T INTENTIONALLY SELF-INFLICTED

You can also be disqualified from compensation if the disease arose from willful negligence on your part. Refusing to wear safety equipment or follow standard operating procedure, as well as any other misconduct related to your condition, classifies it as "intentionally self-inflicted," taking away any right to compensation.

Occupational diseases are extremely serious once they strike, often carrying with them life-altering consequences. However, the onerous nature and the steep criteria for compensation can make seeking workers' compensation for these disabilities difficult. An experienced workplace injury attorney like John Colvin will listen to your unique situation and help you chart the best course of action to ensure your rights are upheld. If you are suffering from an occupational disease, please reach out to our office at 877-786-0641 and get your free consultation.



Charred Chili-Cheese Corn

Inspired by Bon Appetit magazine

You'll find all of the flavors of elote, Mexican street corn, in this dish, without any of the mess. It's the rare side that can outshine any main course.

Ingredients

- 4 ears of corn, husked
- 1/4 cup fresh lime juice
- 4 tablespoons high smoke-point oil, such as canola or vegetable
- 2 ounces fresh cotija cheese (or feta), crumbled
- 1 large shallot, thinly sliced
- 1/4 cup cilantro
- 1/2 red chili (such as Fresno) or jalapeño, thinly sliced
- Salt and pepper, to taste

Instructions

1. Heat grill to medium.
2. Brush corn with 2 tablespoons oil and grill until visibly charred, 10–12 minutes.
3. Cut kernels off cob and combine with shallots, chilis, lime juice, cheese, and remaining oil.
4. Season with salt and pepper, garnish with cilantro, and serve.

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