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IN FOCUS With
Colvin Law
January/February 2019



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REMEMBERING THE YEAR

A Lesson From 'Moonwalking With Einstein'

Once again, I find myself asking, "Where did the year go?" It seems the older I get, the faster time flies — and the faster time flies, the more I realize just how valuable it truly is. Each moment is a resource we can never renew. So as we barrel headlong into 2019, I'd like to explore this question of time and how we can make the most of it.

While it's true we cannot relive a moment once it's spent, we can revisit it in a way. Memory isn't a time machine, but it does provide us with signposts we can look back on and draw from. Poet Oscar Wilde called it "the diary we all carry with us." For much of my life, this was my perception of memory. What I didn't imagine was that this mental bookkeeping would be so central to our experience of time.



“While no one can create more time, we can all seek out new and memorable experiences to make the most of the time we are given.”

A few years ago, I read a very thought-provoking book by journalist and former USA Memory Champion Joshua Foer called "Moonwalking With Einstein." With the tagline "The Art and Science of Remembering Everything," Foer recounts his experience training under "mental athletes" and

explores the latest research into human memory. The result is far from a simple how-to book for those looking to remember their shopping list. Instead, "Moonwalking" is a deep exploration of how we perceive time.

In his book, Foer has an answer to why I and many others seem to experience years as "flying by." The key is the disappearance of novelty as we age. "Life seems to speed up as we get older because life gets less memorable as we get older," he explains. "Monotony collapses time; novelty unfolds it."

This makes a lot of sense. When you're young, life is filled with new and vivid landmarks. Every day seems to bring something entirely unique, and those moments are memorable. But as time goes on, days, months, and years start getting more and more repetitive, causing the mile markers of our memories to blur together. As Foer observes, "You

can exercise daily and eat healthily and live a long life, while experiencing a short one ... Creating new memories stretches out psychological time, and lengthens our perception of our lives."

Foer's message is incredibly empowering. While no one can create more time, we can all seek out new and memorable experiences to make the most of the time we are given. So if you, like me, have found yourself marveling at how quickly 2019 came upon us, I challenge you to change things up. Let's break old habits and find new hobbies. Let's meet more people and go to places we've never been. While no one is guaranteed a long life, you can certainly have a full one.

Here's to a happy, memorable 2019.

—John Colvin

FOUR OF THE SOUTH'S GREATEST WINTER SPORT DESTINATIONS

Who's Ready for Some Powder?

OBER GATLINBURG, TENNESSEE

Located on Mount Harrison in the Great Smoky Mountains, Ober Gatlinburg is the only ski resort in Tennessee. The area is known for a two mile aerial tram, which affords views of the mountains, the Gatlinburg skyline, and nearby Pigeon Forge. The resort not only has nine ski trails, but also has indoor activities consisting of dozens of shops and an indoor skating rink. Outside activities also give visitors the option of a roller coaster, an alpine slide, and a wildlife park.

CLODMONT SKI AND GOLF RESORT, ALABAMA

Unbelievably, you can go skiing in Alabama. Located on 800 acres near the Georgia line on top of Lookout Mountain, Clodmunt ski resort is the southernmost ski resort in the United States. The resort has two slopes of 1,000 feet with a vertical rise of 150 feet, which makes it perfect for beginners. While the resort does not have a traditional chair lift to the summit, it does have a cable with plastic handles that you can grab to reach the summit.

SUGAR MOUNTAIN RESORT, NORTH CAROLINA

Known as the largest ski area in North Carolina, with 21 trails covering over 125 skiable acres, the Resort is popular among families and beginners.

With plenty of entertainment even for those not strapping on skis or snowboards, the ski area includes snowshoeing trails, a 10,000-square foot skating rink, a multi-lane hill for tubing, and a terrain park with a variety of obstacles.

BEECH MOUNTAIN RESORT, NORTH CAROLINA

Situated in the Pisgah National Forest in North Carolina, its elevation of 5,506 feet, makes it one of the highest ski resorts on the East Coast. In addition to 15 different ski slopes with 10 lifts, the resort also has a tubing hill featuring 700 foot chutes suitable for all skill levels. Beech Tree Village has a 7,000- square foot outdoor skating rink for both novices and accomplished ice skaters.



Mom Really Does Know Best 3 Wives' Tales Proven True

"Make a face like that, and it'll stay that way forever." You may have heard something like this from Mom's book of wisdom. Maybe you never disputed the idea that mother knows best. But as you grew up, it slowly became clear that hair doesn't grow back faster and thicker if you shave it, cracking your knuckles doesn't cause arthritis, and gum doesn't stay in your stomach for months after you swallow it. After a whirlwind of wives' tales over the years, many common claims have been put under scrutiny. Wives tales have been known as pseudoscience and blind intuition, but even as many were disproved, some surprisingly proved to hold weight. Here are three wives' tales that have proven to be true.

GARLIC CURES COLDS

For decades, moms have professed the healing properties of garlic, suggesting it can cure colds

and help the body fight sickness. It turns out they were absolutely right. Garlic has antiviral properties that strengthen the immune system and nutrients that help combat illnesses. The effects of garlic can actually be more effective than over-the-counter flu medications. Some studies show that regular consumption of raw garlic lessens the likelihood of getting a cold, so if you feel a tickle in your throat, try a clove before you open the medicine cabinet.

HEARTBURN MEANS A HAIRY BABY

It's hard to list wives' tales without bringing up one about pregnancy. Many are solely based in intuition, but a few that sound odd have proven to be true. In 2007, a study done by Johns Hopkins attempted to debunk the myth that heartburn during pregnancy would mean a hairy baby at birth. Instead of proving it wrong, they found that 82 percent of women with severe heartburn during



pregnancy gave birth to hairy babies. Turns out the hormones that cause heartburn in pregnant women also affect fetal hair growth.

JOINT PAIN PREDICTS THE WEATHER

Did you ever look at your mom with skepticism when she would predict rain because her knees hurt? If so, you might owe your mom an apology, because there is a scientific connection. The drop in barometric pressure that's common during storm weather causes pain in arthritic joints.

Applying For SSDI?

What You Need to Know

For many, applying for Social Security Disability Insurance (SSDI) is confusing and intimidating. While the system is not as complex as it initially seems, it does take time and effort to do correctly. If you are feeling overwhelmed or don't know where to begin, here's a brief guide to get you started.

GET THE SSDI APPLICATION.

The application is available online at [SSA.gov/planners/disability/apply.html](https://www.ssa.gov/planners/disability/apply.html). You can also apply toll-free over the phone by calling 1-800-772-1213. If you are deaf or hard of hearing, call TTY 1-800-325-0778. Alternatively, you can visit your local Social Security office. If you don't know where the nearest office is, visit [Secure.SSA.gov/ICON/main.jsp](https://www.ssa.gov/ICON/main.jsp) and enter your zip code.

BE PREPARED.

It helps to know the information the SSA is going to need from you ahead of time. This information includes:

- Your Social Security number and documentation that proves your age
- Names, addresses, and phone numbers of doctors, caseworkers, hospitals, and clinics that took care of you, along with the dates of your visits
- Names and dosages of all the medications you are currently taking

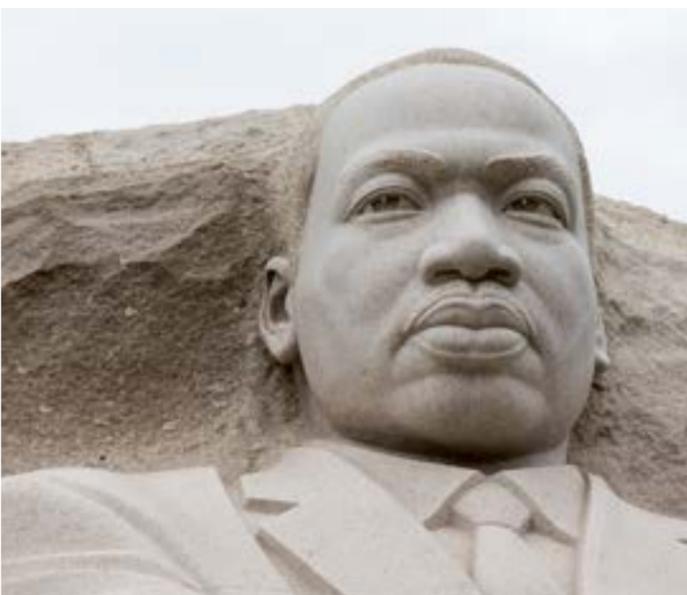
- Medical records that you already possess, including laboratory and test results
- A summary of your work history and your most recent W-2 form, or a copy of your federal tax returns if you were self-employed
- Social Security numbers and proof of age for each family member who may qualify for benefits
- You might need to submit documentation that proves your marriage, particularly if your spouse is also applying for benefits. You might also be asked to provide dates of any previous marriages

IF YOU ARE DENIED.

If your application is denied, the SSA also provides the opportunity for appeals. Appeals are common, but they are just as likely to be denied as the first application if the errors aren't addressed or a better argument isn't made about the qualifications of the applicant. A thoroughly prepared application is the best way to maximize your chances of being approved for benefits.

For more than 20 years, John R. Colvin has worked with SSDI applicants throughout Tennessee and Alabama to get them the benefits they deserve. If you have questions about applying for SSDI or appealing a denial from the Social Security Administration, we encourage you to contact John R. Colvin to speak to an attorney who can help.

A Legacy of Love Honoring Martin Luther King Jr.



This month, we honor a true American hero who dared to speak truth to power and march in defiance of hatred. Dr. Martin Luther King Jr. was taken from this world too early, but his message of hope, courage, and equality still burns brightly today. As we celebrate the life of Dr. King and the ongoing legacy of the civil rights movement he dedicated his life to, we'd like to share some of his words of wisdom:

"The arc of the moral universe is long, but it bends towards justice."

"I have decided to stick with love. Hate is too great a burden to bear."

"The time is always right to do what is right."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"Our lives begin to end the day we become silent about things that matter."



Peanut Butter and Berry French Toast

Ingredients

- 8 slices brioche, 1/2-inch thick
- 1/4 cup creamy peanut butter
- 2 large eggs
- 1/8 cup heavy cream
- 2 teaspoons pure vanilla extract
- 2 cups cornflakes
- 2 tablespoons unsalted butter
- 2 cups mixed berries
- Powdered sugar, to sprinkle
- Maple syrup, for serving

Instructions

- On a large baking sheet lined with wax paper, place 4 slices of brioche and spread 1 tablespoon of peanut butter on each. Cover with remaining slices, creating sandwiches.
- In a pie plate, beat eggs with cream and vanilla. In another, coarsely crush the cornflakes.
- Lightly soak sandwiches in the egg mixture, then dredge in cornflakes, pressing to adhere. Return to baking sheet.
- In a large skillet over medium heat, melt 1 tablespoon butter. Once melted and up to temperature, add sandwiches, cooking on one side until golden and crisp, about 2-3 minutes.
- Return sandwiches to baking sheet, add remaining butter, and repeat on other side.
- Top sandwiches with berries, sprinkle with powdered sugar, and serve with maple syrup.

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