



IN FOCUS with Colvin Law

Spring 2015 | Volume 1 | Issue 1

Inside this Issue:

- The Launching of a New Website for John R. Colvin Attorney at Law2
- Recipe of the Month:
Easy Blueberry Pie2
- Blueberry Smoothies2
- Social Security Releases New Hearing Office Workload Data ...3
- Try these smart shopping tips at the grocery store3
- July is Blueberry Season!4

In Focus with Colvin Law!

John Colvin is proud to present the firm's inaugural newsletter. John R. Colvin, Attorney at Law hopes to use this newsletter to keep our former and current clients and friends of the firm abreast of important firm news. We hope to bring you both a professional newsletter with information that can help you and your family, but also provide you an opportunity to learn more about "us". In keeping with this, we would like to take the opportunity to tell you about John R. Colvin, Attorney at Law and our values and goals. With a simple mission: Deliver exemplary legal services and results while simultaneously providing excellent client service with compassion and empathy. John Colvin is an attorney who is energetic and a highly experienced trial lawyer who is not afraid to take on the insurance companies as well as zealously represent his clients in Social Security Disability hearings.

Located in Winchester, TN, our law firm represents people in throughout the Tennessee Valley, who need personal injury, workers' compensation and social security disability representation.

John R. Colvin was born and raised in Calhoun County, Alabama where he attended Alexandria Public

Schools. After graduating from Auburn University with a Bachelor of Arts degree in Political Science in 1991, he then attended Cumberland School of Law of Samford University in Birmingham, AL. He received his J.D. in 1994. After being admitted to practice in Alabama and Tennessee, he began the general practice of law in Winchester, Tennessee and for several years was a partner in a southern middle Tennessee law firm. In 2001, Mr. Colvin opened his present law office as a solo practitioner in order to focus his law practice on helping individuals who are seriously injured or have become disabled.

Mr. Colvin is admitted to practice before the Tennessee Supreme Court; United States District Court for the Eastern District of Tennessee; United States Court of Appeals, 6th Circuit; Alabama Supreme Court; United States District Court for the Northern District of Alabama; United States District Court for the Middle District of Alabama.

Additionally, Mr. Colvin is admitted to practice before the United States Supreme Court.



 **JOHN R. COLVIN**
ATTORNEY AT LAW
"BOLD APPROACH. CLIENT FOCUSED."



Syngenta GMO Corn Litigation

A class action lawsuit is currently underway on behalf of all US farmers who did not grow Viptera or Duracade and yet have been financially harmed by Syngenta's premature release and continued sale of GMO corn. Syngenta is an agribusiness that sells two Genetically Modified (GMO) corn varieties. These two varieties, Viptera and Duracade, contain genetically engineered modifications that allow plants to produce proteins that ward off various pests. While approved in the US, the GMO corn seed has not been approved in other countries, including China.

Syngenta claims that in 2010 it tried to get approval for the seed from Beijing; however, Syngenta began commercializing its GMO corn seed before the product

had been approved for sale in China. In 2013, China tested US corn shipments and found it to contain GMO seed and they immediately began to reject American corn shipments. This is a significant problem for many American farmers because in today's marketplace, China is an important export market for US grown corn.

The Chinese ban on American corn currently remains in place and demand for American corn has decreased around the world. This decrease in demand worldwide has resulted in a drop in market price for all US corn, regardless of the variety, and now many American farmers are suffering.

A Wall Street Journal report (September 2014) stated that

Continued on page 2





The Launching of a New Website for John R. Colvin Attorney at Law!

John R. Colvin announces the launch of a new website which will make it easier for his clients seeking information about accidents and social security disability claims and their rights.

The enhanced colvin-law.com. website was designed to provide easy to use and navigate access on a variety of topics and from a variety of devices. "More and more people are connecting while on the go," said partner John Colvin. "Our new site is user-friendly on all mobile devices so that those who need legal assistance don't have to wait until they get back to their PC or laptop to find what they need. Wherever they are and whatever they need to know, they're going to find the relevant information right at their fingertips."

Colvin-law.com features a collection of conveniently organized legal information and timely blogs. Restructured navigation tools guide the reader to the specific answers they need or to frequently asked questions which may help them formulate questions about their particular situation. "Often, people who have been involved in an accident or who have been denied their social security disability claim are overwhelmed with information, we hope this new site will help them sort it out," Colvin said. "We hope the website will provide a basic framework and that they will then reach out to us for personal attention to their legal needs."

Users can now reach out through one of a variety of options, but the most important to Colvin and his team remains the face to face meetings where they can get the best feel for the client's needs and issues. "We're always glad to help people through traditional channels – telephone and office visits. But we really mean it when we say, "BOLD APPROACH. CLIENT FOCUSED.", we put the client first, and that is reflected in our commitment to be easily accessible in the manner that is most convenient and comfortable for them."

The restyled John R. Colvin, Attorney at Law website offers an opportunity for prospective clients to get better acquainted with the Colvin name, one long known in Tennessee and Alabama legal circles. Through testimonials from clients, as well as descriptions of types of possible practice areas, the reader comes to know John Colvin as a lawyer who is tenacious, compassionate and experienced. "The satisfaction I get from assisting injured people and those with disability claims with their legal problems is a labor of love," said Colvin. "I've always had a strong desire and drive to help people, and I look forward to utilizing our presence on the Internet to enable us to do just that."

Recipe of the Month EASY BLUEBERRY PIE

½ cup sugar
½ cup cranberry (or other no sugar added) juice
2 quarts blueberries (fresh is best for this recipe)
¼ cup cornstarch
1 ready-made pie crust (we like graham cracker for this pie)

Directions

Step 1: Combine the sugar, cornstarch, and juice in a medium saucepan, over medium high heat, stirring until the mixture thickens (be careful it will burn quickly if not stirred regularly!)

Step 2: After the mixture has thickened, take it off the heat and continue to stir occasionally until the mixture cools somewhat. Then gently fold in the blueberries until they are all coated with the sauce.

Step 3: Pour berries into the pie crust and refrigerate 8 hours or overnight. Serve plain or with whipped cream.

Note: Our family prefers deserts that are not too sweet so if this ends up being too tart for you add another 1/3 cup sugar to the recipe or substitute a sweetened juice for the cranberry juice.



BLUEBERRY SMOOTHIE

1 cup blueberries (fresh or frozen)
1 medium banana, sliced
1 cup yogurt (preferably plain vanilla or greek)
½ cup milk
2 TBS honey

Directions

Combine all ingredients in a blender and process until smooth. Enjoy!!

Note: We use all sorts of fruit for smoothies, depending on what's in season. We keep the banana, yogurt, and milk the same and then experiment and have fun adding other combinations!



Syngenta GMO Corn Litigation continued from page 1

US corn prices in the first seven months of 2014 were down 85% from the same period in 2013. Additionally, corn prices have dropped a dramatic 60% from their 2012 peak. These losses can be directly linked to the record production of corn and the simultaneous lack of export demand that resulted from Syngenta's GMO contamination of US exported corn.

If you, or someone you know, have suffered due to Syngenta's failure to properly channel its GMO corn so that it would not end up in US corn exports, you should contact an attorney to discuss your rights. If you need more information or would like to discuss a potential claim involving the GMO Corn Litigation, we invite you to contact our office.

Social Security Releases New Hearing Office Workload Data

The Social Security Administration recently released their updated fiscal year 2015 Workload Data Report for each of their hearing offices across the United States. One of the major hurdles in any Social Security disability claim is the wait time that a Claimant is confronted with when pursuing his or her claim. The chart below details each ODAR/hearing office that we regularly represent Claimants before and the average processing time in terms of number of days once a Claimant's file reaches the ODAR/hearing office to when a decision is made. You will note that each of the hearing offices in our region all exceed a one year wait time

once a Claimant's file reaches the respective hearing office. While the average number of days is certainly an average, the wait time could be shorter or it could be a little bit longer. However, it is our experience that the overall average number of days reported by Social Security is an accurate representation and good indicator for each ODAR/hearing office. We hope that you find this information both informative and helpful as one of the many services that our office performs in keeping our clients fully informed of the Social Security claim process.

HEARING OFFICE WORKLOAD DATA

FY 2015 (For Reporting Purposes: 09/27/2014 through 05/29/2015)

Ranking out of 164	Office Location	Judges	ALJ Dispositions Per Day Per ALJ	Number of Cases	Average Processing (Days)
53	Florence, AL	6	2.18	4687	431
99	Franklin, TN	11	2.03	6198	473
119	Birmingham, AL	18	1.71	11817	499
123	Nashville, TN	12	2.20	5450	503
137	Atlanta North, GA	13	2.0	6792	525
142	Chattanooga, TN	10	2.18	7621	528
150	Knoxville, TN	15	1.96	7350	552

If you or a loved one become disabled or are no longer able to work, please do not hesitate to contact our office regarding how we might assist with a potential Social Security disability claim. Our office has over

20 years of experience in regularly representing deserving Claimants at all levels of the appeals process including a Federal District Court Civil Action if necessary.

Try these smart shopping tips at the grocery store

Here are some tips for savvy shopping at the store

Everyone wants to stretch his or her food dollars. You don't have to live on ramen noodles and cold cereal three times a day to do it. Here are some tips for savvy shopping at the store:

- Don't fall for fancy displays. Items stacked at the end of the aisles, like sodas, aren't necessarily on sale. The display can make them seem like they're marked down, but often they're still regular price.
- Remember that you pay for convenience. Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. In both cases, they're a little more expensive. Decide whether the convenience is worth the extra money.
- Try the store brands. If you compare the contents and nutritional value of name-brand versus no-brand items, you'll often discover that they're almost identical. In many cases, they're made in the same plant and just packaged with the store label.
- Use coupons. How often have you clipped coupons only to allow them to expire? Develop a system that will ensure you remember and use them.
- Avoid the stores on the weekend. Crowded stores and long lines makes you more susceptible to impulse buying. Try to shop on weekdays, first thing in the morning or late at night.

Referrals We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. A referral from a former client or friend is the greatest compliment our firm can receive. We welcome the opportunity to help. **Thank you!**

Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Colvin Law we are client focused and believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.



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Blueberry Season is Here!

Our family loves fruit especially berries of all types. Blueberries are a particular favorite and we are lucky that this superfood grows well in our area. I call it a “superfood” because scientists and researchers are finding more benefits to blueberries every year. They laud its high levels of vitamin C and K, as well as its antioxidant properties. Of course we all hear about antioxidants being good for us, and blueberries are believed to help protect our nervous and cardiovascular systems, help muscles repair faster, help regulate blood sugar in people with diabetes and could even aid in preventing certain types of cancers. With all those benefits and their great taste it makes sense to add blueberries to our diets!

My family started out with two blueberry plants that took off immediately and we have added several more over the years. They have grown easily with almost no help from us, although I do regular pruning each fall to keep them from growing too tall and spindly. The pruning has an added benefit of keeping the berry production even around the blueberry bush and not concentrated at the top where they are hard to reach. The bushes pictured in this article are our main blueberry producers, up to a gallon or more every few days during peak berry season (which for blueberries is usually from late June through the middle of July for our area). In subsequent years we decided to add several more blueberry bushes after reading that cross-pollination between plants helps make the blueberry bushes



healthier and more productive. We have planted ours along a brick wall that is well-drained and receives morning and early afternoon sun with the brick wall helping to retain heat.

When the berries start to ripen they do so in stages that keep us checking daily for the juiciest and bluest berries. My kids have taken blueberry picking over as one of their summer jobs, and it's an easy and fun activity for even young children. Besides, the kids' small size makes it easier for them to reach the berries hiding near the bottom of the bushes! We normally eat the berries fresh (after rinsing them off to remove dirt and small insects) and give many pints away to friends and family. Of course, we also lose our fair share to birds, squirrels and chipmunks but we still have plenty left over! My wife has started to experiment with freezing the berries as well, for use in cobblers and smoothies through the winter. So far the best method for freezing has been as follows: wash the berries and lay out on

clean kitchen towels to dry. Once dry, lay in an even, single layer on cookie sheets and place in the freezer. Once frozen, the berries can be transferred into Ziploc bags to be pulled out of the freezer as needed.

We make a blueberry pie with the fresh berries that is a family favorite, and I have shared the recipe below. My kids also love anything in smoothie form, so a quick and easy smoothie recipe is also included. I hope you all enjoy these delicious and healthy “superfoods”!!