



IN FOCUS

with Colvin Law

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Getting to Know John - Q&As With John Colvin

John R. Colvin, Atty., Q & A:

1. Why did you decide to locate your law practice in Winchester, Tennessee? Prior to becoming a licensed attorney, I worked and traveled as a construction laborer for a contractor and got to see first-hand the mountains, rivers, and lakes of the scenic Tennessee Valley and realized that one day I wanted to raise a family and live in the region.
2. Any lawyers in the family? My earliest memories were going to my father's law office after school and trying to bring home pens and legal pads. I grew up around the legal profession and in a family of lawyers with my father, brother, uncle, and cousins having attended law school. My father is a retired Alabama State Court Judge.
3. How did you meet your wife? I met my wife over 15 years ago on a blind date on April Fools' Day. Despite our first date, she ultimately agreed to marry me and we now have two children.
4. Do you play any musical instrument? I enjoy a wide variety of music, but do not play any musical instrument. However, I hosted and programmed a weekly folk and bluegrass radio show for 2 years in Auburn, AL
5. Favorite Author? Wendell Berry of Henry County, KY
6. Favorite Sport? I live for College Football and football Saturdays in the fall.
7. Favorite Meal? I always enjoy a fresh off the grill down-home greasy cheeseburger (not "fast food")
8. Favorite Dessert? You can never go wrong with homemade apple pie
9. Favorite Activity? A perfect day is spending time outdoors with my family
10. What do you like most about being a lawyer? There is no higher reward than knowing that the efforts of your law office have truly helped the well-being of individuals and families in need of legal assistance.



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

Talcum Powder: Not What We Used to Think

What is Talcum Powder?

Talcum powder is a soft, white powder developed from talc, or magnesium silicate, a mineral composed primarily of magnesium, silicon and oxygen. When it is finely ground, talc absorbs moisture and helps reduce friction. These properties make it a widely used ingredient in cosmetics, personal hygiene products and many other common consumer goods.

Questions about the safety of talc and talcum powder have arisen several times over the past four decades, but now health-care experts charge that they are linked to ovarian cancer and other serious conditions.

Talcum Powder Uses

For generations, talcum powder has been a fixture in American bathrooms and nurseries, and it was assumed to be a soothing substance. Millions of mothers and care

givers used it on the bottoms of infants as an inexpensive and effective way to treat diaper rash and other slight irritation.

Make-up developers also put the substance in face powders (both loose and pressed), powdered eye shadow and blush products to name a few.

Talcum Powder? and Safety Issues

Respiratory Problems

It has been widely determined and confirmed that talc can cause respiratory problems, especially in infants. Therefore, use of baby powders containing talc is strongly discouraged by the American Academy of Pediatrics and a majority of pediatricians.

Talcosis

In addition to issues involving infants, as powder is applied, particles of talc become airborne. Often these

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Talcum Powder: Not What We Used to Think *continued from page 1*

particles are inhaled which can cause wheezing, shallow breathing, coughing and in some cases acute lung irritation. This is known as talcosis.

Long Term Exposure

Inhalation of talc can also cause pneumonia and trigger asthma symptoms in sensitive individuals. According to the CDC, those individuals who have long-term exposure to talc, for example, miners and millers, who inhale talc have an increased incidence of serious chronic respiratory diseases and lung cancer.

Talcum Powder and Feminine Hygiene

Body powders and feminine hygiene products with talc as an ingredient were marketed heavily over the years for the prevention of vaginal odor in women and have been generally used for that purpose. However, evidence that first emerged in the 1970s linked the application of the powder to the female genital area to serious health effects, including ovarian cancer. When applied to the genital area of women, particles travel through the vagina and into the uterus and along the fallopian tubes to the ovaries. There, it can take years to dissolve, causing inflammation.

The journal Cancer Prevention Research published a study in June 2013 that showed women who used talcum powder in their genital area were shown to have a 20- to 30-percent greater risk of developing ovarian cancer than women who did not use talc products.

Talcum Powder Legal Action

Several lawsuits have been filed against manufacturers of these talc based products. Plaintiffs in the litigation allege that specifically, Johnson

& Johnson has known about the risk of ovarian cancer with use of these products for decades, yet has failed to warn its consumers.

California

One such lawsuit is a class-action suit filed in California against Johnson & Johnson. This suit seeks to force the company to properly inform consumers about the potential health risks of their talcum powder products.

Illinois

A similar class action was filed in Illinois. In that case, Johnson & Johnson is alleged to have continued marketing its baby powder as a safe product for use in infants and women despite a growing body of evidence linking the product with increased risk of ovarian cancer.

Other Talcum Powder Cases

South Dakota

A South Dakota jury determined that Johnson & Johnson failed to adequately warn consumers of the risk of ovarian cancer from talcum powder.

A product liability lawsuit was filed by a woman diagnosed with ovarian cancer in 2006. 56 year old

Deane Berg had used Shower to Shower body powder for over 3 decades. Talc was found in the cancerous tissue removed from her body. Doctors stated that these talc particles were the direct cause of her cancer.

Mississippi

Another legal action involving talcum powder and ovarian cancer is an investigation launched by the Mississippi Attorney General's office. This investigation has been focused on Johnson & Johnson's marketing, whether the company has been promoting their talcum powder products for feminine hygiene.



Where will new creative thinkers come from?

We tell children to hang on to their dreams, but that advice doesn't always stick. A story once recounted by Gordon McKenzie (and retold by business writer Daniel Pink), makes this point.

McKenzie was a well-known creative force at Hallmark Cards who often visited schools to talk about his work. He usually opened his talks by introducing himself as an artist. Then he'd ask the students, "How many of you are artists?"

In kindergarten and first-grade classes,

nearly every hand shot up. In the second-grade classroom, about three-quarters of the class would typically raise their hands, but not as eagerly. Only a handful of third-grade students would put their hands up.

By the time the children reached the sixth grade, not one of them would admit to being an artist because it was now seen as "not cool."

If we want more creative people to solve our problems, we need to start with the children.

Two-minute walks may improve your health

Exercise keeps you healthy. Fortunately for busy people, exercise doesn't have to mean working out at the gym or running a marathon. A study reported on the Science Daily website found that adding just two minutes of walking per hour to your routine can extend your life expectancy.

Scientists at the University of Utah School of Medicine discovered that taking a two-minute walk once an hour was associated with a 33 percent lower risk of dying. Even brief walks add up to a substantial benefit when taken often during the day. The scientists emphasize that these walks should be an addition to a moderate exercise habit, not a replacement for one. It's a step in the right direction.

Monthly – September 2015

Baby Safety Month. Drowning, falls, chemicals, and other hazards can endanger the life and health of any small child. During September, take a good look around your house and eliminate any threats to babies' safety that might be hiding in plain sight.

Library Card Sign-Up Month. A time to remind parents and children that a library card is the most important school supply of all. If you don't already have a library card, get one in September; if you do, visit your local library and use it.

National Bourbon Heritage Month. A celebration of bourbon as America's "Native Spirit." The U.S. Senate declared September National Bourbon Heritage Month in 2007, calling on those who enjoy bourbon to do so responsibly and in moderation.

National Campus Safety Awareness Month. College campuses are not immune to destructive behaviors and violence due to high-risk drinking, drug abuse, sexual assault, fire safety, and more. As your kids head to college this month, talk to them about safety and investigate the resources their school offers.

Monthly – October 2015

Adopt A Dog Month. Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.

Eye Injury Prevention Month. Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life. The American Academy of Ophthalmology reminds

everyone to wear protective eyewear when performing home repairs or maintenance, and while playing sports.

National Bullying Prevention Month. A campaign to unite communities nationwide in educating and raising awareness of bullying prevention. National Bullying Prevention Month is recognized across the United States, with organizations like Facebook, Disney, CNN, Yahoo Kids, and other partners supporting the effort through media outreach and dissemination.

National Cyber Security Awareness Month. National Cyber Security Awareness Month is designed to engage and educate public and private sector partners with events and initiatives aimed at raising awareness about cyber security and increasing the resiliency of the nation in the event of a cyber - incident.

Of Course – don't forget **Halloween October 31st** – keep your eyes open for all of those little "ghost and goblins" who will be out trick or treating!

Monthly – November 2015

Day Light Savings Ends Sunday November 1st – so don't forget to Fall Back – by turning your clocks back 1 hour on Saturday night before you go to bed!

Veterans Day – November 11th – We have the chance to honor and remember our veterans and those who serve our great nation in our military! Thank You!

Thanksgiving Day – November 26th – Our chance to give thanks for all of our gifts, family and the life we share in this great nation!

Control your appetite after the workout

Does a good workout leave you feeling hungry for a snack—or a meal? Don't sabotage your exercise efforts. Remember these tips for dealing with the munchies:

- Drink some water. Thirst sometimes masquerades as hunger. Take a drink of water or some other non-caloric beverage to rehydrate and fill your stomach.



- Plan ahead. Prepare a healthy snack before your workout. Some fat-free

yogurt or a tuna sandwich on whole-grain bread will fill you up without undoing the benefits of exercise.

- Eat before. Have a modest meal 30-60 minutes before exercising. This can



- stave off pangs of hunger afterward.
- Slow down. Take a more moderate approach to working out. You can get good results at a lower intensity, and you won't feel like you're starving afterward.

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.



JOHN R. COLVIN
ATTORNEY AT LAW
BOLD APPROACH. CLIENT FOCUSED.™

John R. Colvin
P.O. Box 309
Winchester, Tennessee 37398
www.colvin-law.com

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Be alert to the signs of Alzheimer's disease

More than 5 million people live with Alzheimer's disease in the U.S. It's an affliction that can't be diagnosed with a blood test or a brain scan, so doctors and patients depend on behavioral clues to determine whether someone is suffering from it. An early diagnosis can help with treatment and care, so pay attention to these warning signs from the Alzheimer's Association:

- Changes in memory that disrupt daily activities
- Difficulty solving problems or making plans
- Problems performing familiar tasks at work or at home
- Confusion over places and times
- Problems processing visual images and spatial relationships
- Growing difficulties with writing and speaking
- Losing items/getting lost outside
- Difficulty making decisions/questionable judgment
- Growing withdrawal from social activities at home and work
- Sudden mood swings or changes in personality

If you or a loved one begins exhibiting a number of these symptoms, consult with your doctor. Although Alzheimer's has no cure, many treatments can delay its onset and provide a meaningful quality of life for years.

The Right Diet May Guard Against Dementia

Could the right diet lower your risk of developing Alzheimer's disease? Maybe, according to an article on the MedicineNet website—although the results aren't conclusive yet. A study of adults who closely followed a combination of two well-known diet plans, the Mediterranean diet and the DASH diet, found that subjects had a 53 percent lower risk of being diagnosed



with Alzheimer's. Other subjects who stuck to the diet only moderately well saw their risk drop approximately 35 percent.

The combination diet plan, known as the

MIND diet, emphasizes healthy grains, vegetables, beans, poultry, and fish, along with a limited amount of red meat, butter, and sweets. Researchers have noted that other factors, like smoking history, regular exercise, and challenging activities like Sudoku or crossword puzzles, have also contributed to diet followers' results.

On the other hand, both the Mediterranean and DASH diets are believed to be effective at preventing heart disease, making them a healthy choice for other reasons.