



# IN FOCUS

## with Colvin Law

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Tims Ford Blueway, the first ever on a lake in Tennessee, is a series of trails on the water that provide access for nature lovers to explore one of the Tennessee Valley’s most scenic waterways. The Tims Ford Blueway is a multi-route canoe, kayak, standup-paddleboard blueway... basically a series of trails spread out across the lake. A map of the blueway, the first of its kind in Tennessee, can be found at the following web-site link:

<http://www.winchester-tn.com/government-information/parks--recreation-dept/tims-ford-blueway>

While the trail is designed for paddlers, motorized boats can use it as well. Any excursion on the Blueway can be customized from a couple of hours to a couple of days and includes five islands on the lake that the adventurous can even camp on.

#### Tips for Paddling on the Blueway:

Paddleboarders are now the fastest growing segment of the boating community. Growth in the sport exceeds 270% within the past decade. A paddleboard requires the same safety precautions and vigilance as any other activity on the water. Kayaks, canoes, and other slow moving vessels can be difficult to spot and cannot maneuver or change course quickly. The responsible paddleboarder recognizes that, and takes reasonable precautions when operating in canoe and kayak waters.

The first thing to know about stand-up paddleboarding (SUP) is that a paddleboard is a vessel when used “beyond the narrow limits of a swimming, surfing or bathing area.” If a paddleboard is used within a designated “swimming, surfing or bathing area,” the Coast Guard does not consider it to be a vessel. What does this mean for you? When using a paddleboard beyond the limits of the swimming, surfing or bathing area, you need to be as prepared as you would be when using what is considered a traditional vessel, which includes wearing a life jacket.

Whether you are a seasoned paddleboarder/boater or new to the activity, here are some other tips when it comes to using stand-up paddleboards and kayaks/canoes:

1. Wear a lifejacket and carry a whistle – expect to capsize and swim occasionally when paddling a SUP, kayak or canoe. Learn more about PFDs and how they can save your life.
2. Make sure you are a competent swimmer
3. Know how to self-rescue
4. Know how to tow another board or kayak
5. Know the local regulations and navigation rules
6. Understand the elements and hazards – winds, tidal ranges, current, terrain
7. Know when to wear a leash
8. Be defensive – don’t go where you aren’t supposed to be and avoid other swimmers, boaters, paddleboards
9. Practice good ethics and rules of conduct – Key points on how to appropriately share and enjoy our natural paddling resources
10. Use proper blade angle to be the most efficient paddle boarder
11. Know your limits – Good things to contemplate before you leave shore
12. Cold water safety – Cold water is extremely dangerous! Learn more about protecting yourself in this environment!
13. Know the rules of the road – What paddlers need to know when sharing the waterways
14. Always “paddle” with a buddy
15. Take a safety course – whether it’s a safety or skill development course, an ACA on-water instruction course provides the information you need for canoeing, kayaking or stand-up paddleboarding or safety & rescue. And remember... have fun and be safe!



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## Dangers of “Distracted Walking”



Many of us realize the dangers of “distracted driving”. There have even been laws in some states banning texting while driving or talking on a cell phone unless it is using a “hands-free” device. These laws are designed to target those who text and talk on cell phones while driving. But, fewer of us realize the dangers involved with “distracted walking”. In today’s world of technology and its impact on our daily lives, we don’t recognize walking and talking or texting as issues that need to be addressed. However, pedestrian deaths in Tennessee are at a 20 year high. And nationally, there has been a drastic increase in the number of pedestrian deaths each year.

In Tennessee, the challenge is of an urgent nature as 10% of all roadway fatalities now involve people outside of a vehicle. Although police across the state are continuing to focus their efforts on educating drivers regarding safe crossings, an analysis of speed limits in danger areas, and engineering changes that try to anticipate driver errors, this does not completely address the issue at hand. Pedestrians need to be educated as well.

Several states have recognized this issue as a priority and are setting about to do something to try to prevent more fatalities. New Jersey for example, has considered legislation that would ban walking and texting and ban pedestrians on public roads from using electronic communication devices unless they are hands free. Violators could face fines of \$50, 15 days of imprisonment or both. Although there are people on both sides of the legislation, all agree that people need to be made aware of the issue rather than taking for granted that nothing will happen to them at all.

## Learn the ABCs of Skin Cancer

That dark spot on your skin may be a freckle—or it may be skin cancer. How can you tell? The American Academy of Dermatology takes an alphabetical approach to identifying potentially dangerous skin conditions. Contact a dermatologist if you answer “yes” to any of these questions.

**A:** Asymmetry. Is the spot or mole generally circular, or does one side look different from the other?

**B:** Border. Is the edge of the item uneven, notched, or blurry?

**C:** Color. Does the object vary in color in different areas?

**D:** Diameter. Is the area larger than a pencil eraser?

**E:** Evolving. Has the object changed its size, shape, or color?

## Keep a healthy balance in your busy life

Work is an important part of your life, but it shouldn’t be your whole life. For your family’s sake, and your own, strike a healthy balance between your career and your personal needs. Here are some tips:

- Learn to shut work off. These days you can work practically anywhere, anytime. It can be a trap, so set a firm time of day to stop work and start concentrating on your family and other activities.
- Focus on the here and now. When you’re working, give it your full attention. And when you stop, don’t let worries about work and details about your job occupy your thoughts. This may take some practice, but teach yourself to be in the present at all times.
- Find a good non-work activity. If you’ve got nothing to do after work, you’ll have a hard time disengaging when you try to stop. Find a hobby to immerse yourself in, or just make an effort to devote your full attention to your family’s needs. (Even then, make an effort to give yourself some personal time so you don’t burn out on responsibility.)
- Don’t let your job define your identity. When you describe who you are to people, let your job be only one aspect of your self-portrait. That way, a setback in any one area won’t be as damaging to your self-image, and you’ll be less tempted to ignore other possibilities open to you.

## Up all night? Fight insomnia with this information

Approximately 6 percent of people in the U.S. suffer from insomnia and the negative effects it can have on health. If you can’t fall asleep at night, these facts from the Live Science website may help:

- Keep a consistent schedule. If you can’t get to sleep after a weekend, the reason may be that you’ve stayed up later for a couple of days. Stick to a consistent routine so you’re rested on Monday morning.
- Sleeping pills aren’t the answer. Specialists caution that medications don’t cure insomnia and may increase other health problems.
- Hormones may play a role. Women are twice as likely to struggle with insomnia than men, studies show. Sleepless nights may be associated with women’s menstrual cycles, as well as pregnancy, menopause, and other hormonal changes.







## Give Dad something special on Father's Day

Fathers play a special role in people's lives. Let them know that. On June 19, skip the tie and tell your dad what he means to you from the bottom of your heart. Some suggestions:

- Write a letter thanking your father. Talk about all he's done and all he means to you. Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- Write a thank-you book. Buy a small book of blank pages. On each page, record something you're thankful for. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your other siblings and have them contribute their own thoughts of gratitude.
- Create a record of your father's life. Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

## Don't take chances with Kids' Car Seats

Strapping one's child into the car seat is a regular task for most parents. Unfortunately, even very small children are able to unbuckle themselves, leading to distracted parents behind the wheel—and car accidents.

Researchers at the Yale School of Medicine surveyed 378 parents; slightly over half reported that at least one of their children had successfully unbuckled their seatbelts while in a car seat one or more times. Children as young as 12 months were able to extricate themselves, and 75 percent of the kids were 3 years old or younger. Boys were more likely than girls to unbuckle themselves (59 percent of boys, as opposed to 42 percent of girls).

More than 40 percent of kids who "freed" themselves did so while the vehicle was moving. The distraction to parents, as they pull over, reprimand their children, and then buckle them in again, increases the chance of a serious injury 3.5 times. So be sure to double-check that your child's seat is installed properly, and that children are fastened securely.



## Strawberry Pie

### Ingredients

1 9 inch pie crust, baked  
1 quart fresh strawberries  
1 cup white sugar

3 Tsp cornstarch

$\frac{3}{4}$  cup water

$\frac{1}{2}$  cup heavy whipping cream

### Directions

1. Arrange half of strawberries in baked pastry shell. Mash remaining strawberries and combine with sugar in medium saucepan. Place saucepan over medium heat and bring to a boil, stirring frequently.
2. In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly. Pour mixture over berries in pastry shell. Chill for several hours before serving. In a small bowl, whip cream until soft peaks form. Serve each slice of pie with a dollop of whipped cream.

**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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## Power tools in the workplace: Make sure they're used safely

A tool as simple as a screwdriver can cause injury if it's used incorrectly. When you're talking about power tools such as drills or chainsaws, the potential hazards multiply. Keep your workplace safe by making sure everyone follows these basic precautions:

- **Train thoroughly.** Anyone working with a power tool should be properly trained in its use before picking it up on the job. Take the time to familiarize employees, and yourself, on safe handling.
- **Dress appropriately.** Gloves, protective goggles, and other equipment may be needed to ensure safety. Keep them accessible, and require their use. Replace them as necessary.
- **Check tools before use.** Examine the equipment before turning it on. Are cords frayed? Are safety shields secure? Be on the lookout for any defects that might cause an injury.
- **Clear the area.** Your workspace should be uncluttered and free of distractions. Watch for cords that might trip you or another employee. Be aware of people nearby who might interrupt you or accidentally walk into danger.
- **Pay attention.** While using the tool, keep your eyes and your mind on the work. A second's inattention can lead to an injury.
- **Store tools properly.** Don't leave a drill or power saw lying around when no one is using it. Keep tools safe and secure, locked up if necessary, and maintain them so they continue to operate within safety parameters.
- **Keep first aid handy.** Even if you never need them, stock bandages, disinfectant, and other basic first-aid supplies where they'll be easy to find in case of an accident.