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FIVE BEAUTIFUL DAY HIKES IN THE SOUTHEAST

It's the middle of summer, and you're feeling the need to get away and enjoy nature's full splendor. Long days, good weather, and vacation time are all good prompts to travel, whether it's just for a day hike or for a weekend in the great outdoors. Here are some of the most beautiful hikes in the Southeastern United States, all within a day's drive.

Tallulah Gorge State Park, Georgia

The main attraction of this 2-mile hike is the 1,000-foot gorge that slices its way through lush forest growth, making it one of the most spectacular canyons in the East. The hike passes four waterfalls, including the tallest in the canyon — the 96-foot-tall Hurricane Falls — along with naturally occurring water slides scattered along the way for a refreshing respite from hiking. A hiking permit is needed to visit the floor of the falls and is restricted to 100 per day.

DeSoto State Park, Alabama

The park is located on Lookout Mountain and is known for its peaceful river and surging waterfalls, popular for inner tubing and kayaking. There are over 25 miles of hiking trails ranging anywhere from easy to expert. The DeSoto Scout Trail is the main trail that follows the Little River all the way to the Little River Canyon National Preserve with its picturesque waterfalls.

Radnor Lake State Park, Tennessee

While the park is located in Nashville, Tennessee, it has more than 1,300 acres of forests and trails perfect for communing with nature and the peaceful outdoors

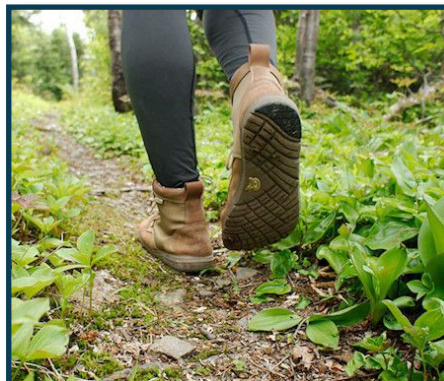
while not getting too far away from the city. The natural area is known for its rare wildflowers, such as blood root, and majestic wildlife, including bald eagles.

Stone Mountain, Georgia

Located east of downtown Atlanta, Georgia, it is a popular place to explore, with a nature garden, hiking trails, lakes, and mountaintop panoramic views. The trails are as short as ¾ mile and as long as 5 miles. While Stone Mountain itself is highly commercialized, it is easy to detour onto one of its many natural byways.

Grandfather Mountain, North Carolina

North Carolina is known for its natural beauty, with many opportunities to experience mountains and grassy meadows abounding with wildlife. Grandfather Mountain, the highest peak in the Blue Ridge Range, is a landmark with its mile-high swinging bridge, multiple trails to explore, and scenic overlooks. The mountain supports 42 rare and endangered species and has been designated as an International Biosphere Reserve.



A TALE OF TWO PRESIDENTS *The Political Feud Between Thomas Jefferson and John Adams*

Once friends and fellow patriots, Thomas Jefferson and John Adams became bitter adversaries for years after their contentious campaign against each other for president during the early years of our young republic. While Adams preceded Jefferson in office, serving 1797–1800, during this time, their ideas about policy became as distinct as their personalities. Adams was a strong believer in centralized government, while Jefferson believed in a more hands-off approach that gave states the right to make their own decisions. Sound familiar? It's the same story today.

Right now, many believe that our nation is severely divided. Recent news stories have documented that in many households, family members can't have dinner together without arguing about the current political climate and sparking a family feud. However, these opposing views are half of what makes our nation great. The other half? Our ability to work together despite our differences and seek a solution for the common good of our nation. Despite the heated political discourse, there's ultimately some give and take.

Despite their political differences, Jefferson and Adams eventually forgave each other years into their political feud and renewed their friendship. After serving two presidential terms, Jefferson and Adams both expressed to third parties that they wanted to resume their friendship. Adams was first to break the silence by sending Jefferson a letter on January 1, 1812. In the letter, he wished Jefferson many happy new years to come. Jefferson responded by recalling the good, old days when they fought for the same cause against the British empire and helped establish the former colonies into a new political system based upon their common beliefs in democracy and life, liberty, and the pursuit of happiness.

This one simple gesture on Adam's part led to over 14 years of renewed friendship between them. Despite their long feud, the two passed away within five hours of each other on July 4, 1826 on the 50th anniversary of the Declaration of Independence. Adams lived to the ripe age of 90, while Jefferson passed away at 82 years old.

Despite their political differences, Jefferson and Adams eventually forgave each other years into their political feud.



Jefferson and Adam's story brings home a valid point: Regardless of the disagreements you have with others, it's always possible to rekindle a positive relationship by remembering our common set of beliefs that bind us together as a nation. This is a great story to remember as we're all eating apple pie and fresh watermelon during our nation's Independence Day with our neighbors, friends, and family. While it may seem that our differences are unique to our time, Jefferson and Adam's story shows us that division and passionate political discourse is nothing new. At the end of the day, it's our ability to see past our differences and work together that makes our nation truly great.

From all of us at Colvin Law, happy Independence Day!

— John Colvin

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August's Best Deals

August is back-to-school season, and that means you'll find plenty of items on sale — everything students and families need to start the new school year right. Retailers, both online and off, are vying for your dollar this month, and they know just how much families love to save. Here's a sample of the items you'll find on sale in August.

Laptops

Finding the perfect laptop for yourself or your kids might take a little research, but it's research that will pay off in the form of big savings. You'll find discounts at most retailers that offer laptops, including the manufacturers themselves. Apple, HP, Dell, and others typically offer incentives on top of discounts (such as gift cards), so it's in your best interest to look around to find the deal that works for you.

Storage Containers

With millions of college students getting ready to head off to school, many retailers are taking advantage of the fact that these kids need a place to store all of their stuff. You, too, can take advantage of these sales to stock up on storage bins and boxes for just about any purpose, from food to clothing storage. In addition to storage containers, you'll find many home-organization products on sale, as well.



Vehicles

According to USAA, August is a great time to start shopping for a new vehicle. New-year model cars and trucks are trickling onto lots around the country, and dealerships are slightly more motivated to get rid of last year's stock. Use this time to do research and browse dealer selection. For even more potential savings, USAA suggests visiting the dealership on a Monday or Tuesday and later in the day.

Why Teen Driver Crashes Increase in Summer

Every summer, the number of crashes involving teen drivers increases, especially during the 100-day period that begins on Memorial Day. Several factors contribute to this phenomenon, the most obvious being that teens drive more than usual during the summer.

During the school year, teens might be driving to and from school five days a week. In the summer, they're more likely to drive several times a day, chatting with one or more passengers, and to drive late at night.

Driving at night and driving distracted are known to be crash risk factors for teen drivers. Driver's education classes teach teens about the dangers of distraction and other behaviors, yet those lessons are quickly forgotten. Parents play the most important role in helping their teens stay safe on the road.

Legal Restrictions on Teen Driving

Many states have graduated driver's licensing (GDL) laws that limit nighttime driving and the number of allowable passengers. In Tennessee, teen drivers with a learner's permit who are under age 18 cannot drive between 10 p.m. and 6 a.m. and can transport no more than one passenger.

Teens are eligible for a learner's permit at age 15 and can get an intermediate restricted license at age 16 if they've completed 50 hours of driving, including 10 hours of night driving, and met all other requirements. With a restricted license, teens cannot drive between 11 p.m. and 6 a.m.

GDL laws can help reduce teen crashes, but only if those laws are enforced. A study in 2015 found that 14 percent of Tennessee parents were unaware of the state's GDL laws. And a survey conducted by the University of Tennessee, UT Extension Institute of Agriculture found that even when parents are aware of the rules, they don't always enforce them. One police officer surveyed said that when teens get their license, parents should have to sign a form acknowledging

the applicable driving restrictions. Another police officer said that parents are a "stronger tool than enforcement by police."

Developing 'House' Rules

GDL laws are useful for helping teens gradually develop the skills they need to be safe drivers. However, the National Safety Council says state laws don't adequately protect teens, and for that reason, parents should develop their own driving rules for their children.

An online New Driver Deal template may be helpful for parents wanting to strengthen rules for their teen driver. It includes specific promises for teens to agree to, such as, "I will never eat while driving." A section for parents includes the promise, "I agree to stay involved: I will ride with my teen once each week to see how they are progressing and coach them." A blank field allows for parents or teens to add more rules or provisions.

Being Good Role Models

From an early age, children learn a lot by observing their parents. If children grow up seeing their parents routinely texting while driving, it's reasonable to assume that when those children reach driving age, they will engage in the same behavior.

Parents can help their teens develop safe driving habits by setting a good example and by being actively involved as they develop driving skills.

John R. Colvin, Attorney at Law, has successfully represented injured clients throughout Tennessee and Alabama who have been seriously hurt in car accidents. For 20 years, he has been helping victims put their lives back on track, and he is ready to help you. For advice on how to proceed next or if you have any questions about this topic, call 1-931-962-1044. Put his bold approach and client focus to work for you.

Avoid Common Scams

Tennessee Ranked 9th in the U.S. for Fraud Last Year

Criminals defrauded Tennesseans of nearly \$11 million last year, according to a new report by the Consumer Sentinel Network Data Book. That makes the Volunteer State ninth in the country for reports of fraud or scams.

What does this mean for you? Scammers and identity thieves are among us, and you need to protect yourself. A few common scams include:

- Impersonating the IRS to demand payment for bogus "tax debts" (the IRS never asks for payment over the phone).
- Targeting the elderly with false claims of having their medication
- Offers for false loans with the first payment asked for up front
- Identify theft

Scammers are crafty, but there are a few ways to detect them. First, the IRS never calls taxpayers to demand immediate payment. If you do owe taxes, they'll mail you a bill first. They also will never ask for credit or debit card numbers over the phone.

Secondly, most scams involve interaction over the phone. If someone calls you, claiming you owe them money, tell them you'd like to take their number down



and call them back. Any legitimate company would allow this option, but not many scammers.

Third, don't give potential identity thieves any of your personal information. Your Social Security number, in particular, is valuable to them. Not even your doctor needs your SSN, so be extra, extra careful about giving it out.

If you have any additional questions about fraud or identity theft, call 1-877-580-7968 or visit us at www.Colvin-Law.com.



Sensational Summer Salad

Ingredients

- 1 pound strawberries, thinly sliced
- 3 medium peaches, thinly sliced
- 1 cup blueberries
- 1 heaping tablespoon fresh basil or mint, chopped
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 2 teaspoons balsamic vinegar

Instructions

1. In a medium serving bowl, combine the strawberries, peaches, blueberries, and basil.
2. Drizzle lemon juice, maple syrup, and balsamic vinegar on top.
3. Gently toss to combine.
4. Serve immediately, or chill for later.

Recipe inspired by CookieAndKate.com.

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