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A HISTORIC CHRISTMAS VISIT

Winston Churchill at the White House

A HISTORIC VETERANS DAY

Commemorating the 100th Anniversary of the End of World War I

This year, Veterans Day takes on particular historic significance: Nov. 11, 2018, marks the 100th anniversary of the armistice that ended the First World War. Countries around the world will commemorate the signing of this peace agreement with moments of silence, centennial ceremonies, and historical exhibits.

Unlike Memorial Day, Veterans Day is a celebration of life. It's a day to honor the power of peace and the living veterans across the globe who have served their countries. This November, take a moment to remember the war that helped shape the international community's dedication to peace and thank the individuals who served to defend it.

THE GREAT WAR

By 1914, a world war had been years in the making, but the assassination of Archduke Franz Ferdinand of the Austro-Hungarian Empire by a

Serbian nationalist provided the spark that would eventually burn down much of Europe. A chain reaction of land disputes, pre-emptive attacks, and strategic alliances brought over 30 countries into World War I.

The Great War that ravaged Europe resulted in a devastating loss of life, but from those ashes rose a renewed appreciation for the importance of peace and a global effort to ensure its place in the future.

THE RESTORATION OF PEACE

In 1918, Germany surrendered unconditionally, and the armistice ended the fighting at the 11th hour on the 11th day of the 11th month in 1918, though the war did not officially end until the signing of the Treaty of Versailles the following July. An estimated 16 million soldiers and civilians died in just four years, making it one of the deadliest conflicts in modern history.

VETERANS DAY

Originally called Armistice Day, Veterans Day was first observed on Nov. 11, 1919, to honor the one-year anniversary of the armistice, and it became a U.S. holiday in 1938. Today, Veterans Day celebrates veterans who served their country honorably. The U.K., France, Australia, and Canada also commemorate their veterans in November. If you know a veteran, thank them for their service this month.



On Dec. 13, 1941, the HMS Duke of York barreled through the mid-Atlantic, her armored hull rolling and crashing through the winter surf. Her crew kept a sharp eye on the sonar, searching for the telltale blip of a German U-boat. One torpedo could have sunk the soul of the British war effort. Aboard this ship was Prime Minister Winston Churchill, heading to Washington, D.C., for the most important Christmas visit in modern history.

Six days earlier, the Empire of Japan launched a surprise attack on the U.S. at Pearl Harbor. Over 2,400 Americans were killed in the air raid, including 68 civilians. Suddenly, our nation found itself thrust into a global conflict on two fronts. Having faced the horrors of the German bombing campaign in London and needing to shore up the friendship between our two countries, Churchill decided to risk his life in the submarine-infested waters of the Atlantic to visit our nation's capital in our time of need.

“Churchill worked to rekindle the friendship between two nations. He urged a joint session of Congress to “[draw] the sword for freedom and cast away the scabbard.”

Churchill stayed as President Roosevelt's guest at the White House for three weeks, where the

two leaders discussed a joint war strategy for the following years and laid the foundations for a lasting alliance. Beyond troop deployments and supply lines, Churchill worked to rekindle the friendship between the two nations. His goal was to convince America to shake off the deep stupor of isolationism and, as he urged a joint session of Congress, to “[draw] the sword for freedom and cast away the scabbard.”

Today, we tend to forget about the strong isolationist attitude in the United States prior to the attack on Pearl Harbor. Political action groups, such as the America First Committee, were founded to oppose any U.S. involvement in World War II, and many senators and representatives shared the view that America was better off alone. Several congressmen booed the prime minister as he admonished this indifference. But Churchill stood firm in his belief that a transatlantic friendship was more important now than ever before.

Thus, when he addressed the people of the United States on Christmas Eve, the British statesman chose to emphasize the common bonds between the two democracies. With his opening words, Churchill noted, “I spend this anniversary and festival far from my country, far from my family, yet I cannot truthfully say that I feel far from home.”

On what he called “a strange Christmas Eve ... in the midst of war, raging and roaring over all the lands and seas,” Churchill stood by a message of hope, urging listeners to “cast aside for this night at least the cares and dangers which beset



us, and make for the children an evening of happiness in a world of storm.”

As we enter the holiday season 77 years later, the world has changed quite a bit. Most of us will not have to cross the Atlantic by battleship, and our nation is not being consumed by the all-encompassing storm of a world war. But as we journey to visit our loved ones, we would do well to remember Churchill's example and focus on the common good that keeps us together as a nation, celebrating the light and happiness in spite of the forces of fear and division.

Happy Holidays,

John Colvin

Going Beyond 'Get Well Soon'

3 Meaningful Ways to Support Recovery

If you've ever had a friend or loved one suffer a debilitating injury, you know how powerless you can feel to help. You want to make a difference, but in the face of severe medical challenges, it can be hard to know how. It's important to remember that, while you may not be able to have a direct impact on your loved one's physical recovery, there are concrete actions you can take to support them in ways doctors can't.

SUPPORT THEIR EVERYDAY LIFE.

Traumatic injuries can make many aspects of day-to-day life difficult or impossible. Simply making dinner or taking their kids to school may now be herculean tasks for your loved one. Offering to be a volunteer driver or preparing a home-cooked meal can give that

person a much-needed breather. Taking the time to help your friend with everyday tasks is more than just a practical gesture — it lets them know they don't have to bear the burden of their injury alone.

SUPPORT THEIR EMOTIONAL RECOVERY.

People faced with injuries, disabilities, and illnesses can feel emotionally isolated from their friends and loved ones. They may feel that others won't understand their pain or that they should put on a brave face and not complain. You can't force your friend to talk about their issues, but simply being there to listen to what your friend is going through makes a world of difference. Having someone who is willing to listen without judgment can provide a salve for emotional hardship.



SUPPORT THEIR RIGHTS.

Sometimes an injury can leave your loved one tangled up in disputes with opportunistic insurance companies or individuals they feel are responsible for their injuries. While you may not be able to represent your friend's legal interests in these situations, you can introduce them to someone who can. Referring your friend to a personal injury firm you trust can help them chart a path toward just compensation for their injuries.

The Dark Side of the Holidays

Opioid Use and Car Accidents



This time of year, everyone seems to be dusting off old family traditions as they prepare for merriment on the horizon. The pastime this month is, of course, enjoying plates full of delicious food with your closest friends and family members. Next month, you'll likely sip some eggnog, exchange white elephant presents, dress up for an ugly sweater party, and watch "The Grinch" at least 10 times. Alongside these joyous holiday customs, unfortunately, lurks a darker tradition: driving under the influence. The statistics regarding vehicular accidents are highest from November to January. And although most DUIs are caused by alcohol impairment, opioid impairment is also a danger.

As more people have been introduced to opioids, the number of opioid-related accidents has rapidly increased. In fact, of all the accidents that took place in 2017

along the state highways here in Tennessee, 431 at-fault drivers had drugs in their systems. While these numbers continue to skyrocket, education involving inappropriate opioid use has remained stagnant. For example, the same drivers who would never use an opioid like heroin feel comfortable taking pharmaceuticals such as codeine, fentanyl, and oxycodone before getting behind the wheel. These prescription drugs are synthetic, which makes them just as dangerous as their street drug counterparts, particularly when taken while operating machinery. This danger stems from side effects such as slowed reaction times and other cognitive impairments.

While the warning label on the back of those pill bottles instructs individuals to avoid using the medicine while operating machinery, noncompliance is far too common among drivers. Lawmakers and policemen are working hard to combat this negligence, but it's crucial to be responsible for your safety this holiday season. Whether that means you avoid getting behind the wheel after taking your prescription or you practice focused defensive driving while traveling to Thanksgiving dinner, prevention and attention are key to solving this epidemic.

If you want more information regarding opioid abuse, or if you or someone you know has been injured by an impaired driver, please give our office a call at 877-380-3017 so our team can give you the help you need and deserve.

Thanksgiving Prep for the Whole Family



Thanksgiving is more than just a feast; it's about coming together as a family and being thankful for one another. So why wait to get into the spirit until everyone is seated at the table? Here are a few ways you can make the actual preparation of Thanksgiving dinner fun and engaging for the whole family!

GIVE EVERYONE A ROLE

No, not those rolls — yet. Making the feast a family project can turn the day from a hectic list of chores into a magical bonding experience. It's important to match each family member to a job that best fits their abilities. Young children can mash potatoes or rinse ingredients in the sink. Older kids can take on more responsibility, like measuring ingredients, keeping an eye on timers, and setting the table. Teens and young adults can supervise their younger siblings and cousins in these important tasks and may be called upon to stir what's on the stove while an adult checks on the football game.

ROLL OUT THE DECORATIONS

Still not talking about bread. Not everything in Thanksgiving preparation needs to be tied to the kitchen. Creative family members of all ages can work together to bring some seasonal flare to the dining room. Maybe this means picking up some Thanksgiving coloring books, or perhaps the family can venture outdoors to collect autumn trimmings for crafts. It's a great way to let each family member put their own personal spin on the holiday!

HAVE A 'ROLLER DERBY'

Finally. While an adult should be the one to put these delicious baked goods in the oven, the whole family can help shape the dough. In fact, Care.com recommends making this a contest. Set aside a time when everyone can vie for the title of Fastest Roll Maker, and you'll have plenty of warm, flaky, delicious treats come dinnertime.

Letting everyone play a part may take a little more planning and add slightly more chaos to your Thanksgiving preparations, but it's sure to produce a lot of great memories and bonding moments among your loved ones. And by the time you sit down to eat, you'll all have something to be thankful for right in front of you — *Those. Delicious. Rolls.*



Spicy, Creamy Sweet Potatoes

Inspired by The New York Times

Ingredients

- 5 pounds sweet potatoes
- 1/2 cup dark brown sugar
- 1 cup canned coconut milk
- 4 tablespoons unsalted butter
- 1 tablespoon Thai red curry paste
- 1 tablespoon kosher salt

Instructions

1. Heat oven to 375 F. On a large sheet pan, bake potatoes until very soft, approximately 75 minutes.
2. Let potatoes cool until they are safe to handle, then peel and mash.
3. In a small saucepan over low heat, combine coconut milk and curry paste. Once mixed, add the mixture, salt, half the sugar, and half the butter to potatoes.
4. 30 minutes before serving, heat oven to 425 F. Spread potatoes in a baking dish, cover with foil, and bake for 20 minutes.
5. Uncover potatoes and dot with remaining butter and sugar. Broil until brown, crusty, and delicious. Serve hot.

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