



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

205 S. High St.
Hours of Operation:
Monday–Friday 8 a.m. to 5 p.m. CST
931-962-1044

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

P.O. Box 309
Winchester, TN 37398



IN FOCUS With
Colvin Law
July/August 2019



INSIDE THIS ISSUE

Colvin-Law.com

- pg 1 *The Wisdom of Yogi Berra*
- pg 2 *The Dangers of Roundup*
- pg 3 *Make a Splash Safely*
Juicy Lucy Sliders
- pg 4 *3 Camp Stoves for Your Next Adventure*

AN AMERICAN SAGE

The Importance of Yogisms

Growing up, the words of one of our country's greatest philosophers were often repeated around our house. My father, in particular, was fond of reciting his mantras, before turning to me with a humorous look to say, "Think on that, son." This great American sage was of course Lawrence Peter "Yogi" Berra, renowned catcher and manager of the New York Yankees.

perplexing sayings that some Buddhists use to remind themselves that intuition is often more valuable than reason. That's the beauty of Yogisms. They can get at things that are *emotionally* true without needing to be capital-T true.

You might laugh — we aren't used to thinking of athletes as great philosophers. But I (along with many other Yogi fans) would argue that a baseball star is the ideal avatar for expressing the unique optimism of the American spirit. As reporter Sarah Kaplan points out in her excellent article "Yogi Berra, American Philosopher," baseball and this nation grew up alongside each other. It only seems right that the progenitor of some of our most memorable witticisms was the son of immigrants who stepped up to the plate and found stardom.

All these Yogisms have one thing in common: They're simple. Not "simple" as in unintelligent, but they have a rustic, everyman feel. Rather than use fancy words, Yogi cut to the chase with plain language. Phrases like, "If you don't know where you are going, you'll end up someplace else," and, "How can I think and hit at the same time?" get at big ideas with small words. In fact,



“Phrases like, ‘Nobody comes here anymore; it’s too crowded,’ or ‘90% of the game is half-mental,’ defy logic yet still manage to ring true.”

accused of looking like “the bottom man of an unemployed acrobat team,” by the Yankees’ general manager, the young player from St. Louis went on to win 10 World Series championships — more than any other player. He may not have had the look of your classic champion, but that’s part of what made him such a folk hero. He was lovable because he was fallible.

Chances are you’re familiar with a few of Berra’s famous sayings, or “Yogisms,” even if you’ve never heard of the man himself. The phrase parents tell their kids at Little League games all the time, “It ain’t over till it’s over,” is a quote from Yogi when he was manager of the Mets during the rough start of their 1973 season. In one line, this baseball legend, who reportedly dropped out of school in the eighth grade, captured what it means to have real fighting spirit.

two professors at the University of Michigan Law School demonstrated how Yogisms could effectively replace large portions of California’s legal code. Why say, “The law helps the vigilant,” when you could say, “You observe a lot by watching,” instead?

Many Yogisms are paradoxical or almost nonsensical. Phrases like, “Nobody comes here anymore; it’s too crowded,” or “90% of the game is half-mental,” defy logic yet still manage to ring true. In many ways, they’re like Zen koans —

Beyond his memorable sayings, Yogi’s an aspirational figure in his own right. Once

So as summer goes on and we continue to enjoy one of America’s great pastimes, let’s remember the wisdom of one of baseball’s greatest minds. If you want more Yogisms, Berra and his family collected them in the aptly titled book “I Really Didn’t Say Everything I Said.”

Think on that,

John Colvin

Cooking and Camping

3 Stoves for Your Next Outdoor Adventure



Whether you’re daytripping, car camping, or outright backpacking, nothing makes the wilderness feel more like home than a hot meal. Many summer fire bans put a damper on classic campfire s’mores, but a quality propane stove will let you cook up some good grub in the great outdoors. Here are some of the best units to up your camp-cooking game.

CAMP CHEF EVEREST

This is the ultimate two burner experience. Reasonably portable for its size, this dual stovetop features best-in-class wind resistance and incredibly fast boil times. With a range that can accommodate large cook pots and finely tuned controls that make simmering a snap, you can make some incredible meals from just about anywhere. For those wishing they could just bring their actual stove along on the journey, the Camp Chef has you covered.

MSR POCKET ROCKET DELUXE

For the hunters and backpackers looking to minimize weight without sacrificing their morning coffee, the latest Pocket Rocket

brings the heat. MSR has managed to stack many convenient features onto this burner, and it still comes in under 3 ounces. Sure, there are lighter kits out there, but the Deluxe comes with a built-in pressure regulator for high altitudes, decent wind resistance, a push-button igniter, and excellent simmer control. Its fast boil times mean you can have multiple cups of joe prepped in under four minutes, no matter how remote your campsite.

BIOLITE WOOD BURNING CAMPSTOVE

One of the most innovative designs on the market, this strange little stove is sure to become a favorite of backwoods adventurers and car campers alike. Leave the propane tanks at home: BioLite burns twigs and sticks you can find right around your campsite, saving you weight and money. But the special feature of this stove is it can charge electronic devices. Using patented thermoelectric technology, the BioLite converts heat from the fire into electricity, allowing anything with a USB charger to top off its battery. As electronic devices become more and more common during camping trips, the added utility of this camp stove may soon prove invaluable.

The Dangers of Roundup Are a Big Concern for Middle Tennessee



Working outdoors, tending flowers and greenery, and breathing in fresh air all day long seems like a recipe for good health — right? Unfortunately, for modern-day nursery workers, landscapers, and even home gardeners, the use of pesticides and herbicides has become a fact of life. These chemicals do a great job keeping hungry insects at bay and helping our plants grow lush and beautiful, but at what cost?

One product has become especially popular with professionals and hobbyists: Monsanto's Roundup. This glyphosate-based herbicide is ruthlessly effective against weeds, but has also been linked to numerous cancers. It's the focus of a growing number of lawsuits from people alleging their illness is the result of Roundup use.

In 2018, a San Francisco jury awarded a former groundskeeper with terminal non-Hodgkin's lymphoma \$289 million in damages in his lawsuit against Monsanto. (The plaintiff later agreed to a lower amount of \$78 million.) In 2019, a federal jury awarded a cancer-stricken farmer in Sonoma County, California \$80 million.

Tennessee's cancer fatality rate is 13% higher than the national average. Given the local concentration of agricultural workers and landscape nursery workers, our surrounding area is particularly susceptible to heavy glyphosate exposure. For example, Warren County and the McMinnville area boasts over 300 nurseries and bears the proud title "Nursery Capital of the World."

MONSANTO DENIES DANGERS OF ROUNDUP

Despite being charged by the New York attorney general in 1996 for making deceptive claims, including that its product is "safer than salt" and "practically non-toxic," Monsanto continues to maintain that Roundup is not harmful. After the San Francisco verdict, its parent company, Bayer, stated that "glyphosate-based herbicides have been used safely and successfully for over four decades."

But evidence suggests otherwise. The Environmental Protection Agency (EPA) first noticed in the 1980s that a high number of farmers were being diagnosed with non-Hodgkin's lymphoma. While the EPA declared that glyphosate was "not likely" to cause cancer in humans in 2017, other organizations disagree.

- The World Health Organization's International Agency for Research on Cancer has classified the chemical as a "probable human carcinogen."
- In a 2019 review, scientists at the University of Washington found that agricultural workers who use glyphosate products regularly have a 41% higher chance of contracting non-Hodgkin's lymphoma than other people.
- The non-Hodgkin's rate for Americans overall is 2 in 100. For heavy users of glyphosate, the rate is 2.8 in 100 — still low, but a significant difference.

It should be noted that Roundup is not the only herbicide with glyphosate. Over 750 products containing the chemical are sold in the United States. It's so widespread that its residue is in our water and food. A 2016 report found traces of glyphosate in the urine of 93% of people tested. No one knows the consequences, if any, of low-level exposure.

IF YOU WORK WITH GLYPHOSATE, PROTECT YOURSELF

Whether you are a nursery worker, landscaper, farmer, or just someone who likes to keep your yard free of weeds, take a few precautions when working with glyphosate-based herbicides. Wear closed-toe shoes, rubber gloves, long pants, long-sleeved shirts, and goggles or safety glasses with side protection. Minimize inhalation of mist and fumes with a face mask. If you can, avoid the use of these products altogether. Old-fashioned elbow grease is just as effective at eliminating weeds!

Make a Splash Safely

Water Safety Tips

The summer heat is here, and we've seen plenty of people taking to the water to cool off and have fun. Tim Ford Lake, Elk River, and many other locations are great places to swim, kayak, paddle board, or float. Just remember that no matter how eager you or your children are to get in the water, it's always important to take the proper safety precautions.

NEVER ALONE

First and foremost, never be alone in the water. At the very least, there should be a lifeguard on duty. But even experienced swimmers and water sports enthusiasts should rely on the buddy system. If something does go wrong, it can be very hard to signal for help before it's too late. This goes double for children. It's very easy for lifeguards to overlook a youngster struggling to stay afloat, so parents or guardians should be present at all times.

WEAR THE RIGHT GEAR

For young swimmers, water wings or floaties should be used to keep their heads above water. However,

when venturing farther out on a watercraft, even adults should consider donning life jackets. If you are out in the middle of a lake and get separated from your boat or paddleboard, you don't want to have to tread water until help arrives.

REACH, THROW, DON'T GO

When someone is in danger in the water, it can be tempting to jump in after them — especially if they are a friend or loved one. But in many cases, this actually puts you and the person in trouble in even more danger. You may get stuck in the same predicament or be pushed underwater by the panicking person you are trying to save. If at all possible, it's best to signal for professional help and then try to reach out to the person in danger from a safe distance or throw them a life preserver.

Last but not least, remember to wear sunscreen! Nothing ruins summer fun like a bad burn, not to mention the heightened risk of skin cancer. With all that said and done, have an amazing time out on the water!



Ingredients

- 2 lbs. ground chuck beef, 20% lean
- 8 slices melting cheese (like American, Swiss, Muenster, or cheddar)
- 16 small potato rolls, toasted
- Salt and pepper, to taste
- Your favorite burger accompaniments

Instructions

1. Divide beef into 16 evenly sized balls.
2. Rip cheese into roughly equal pieces, creating 16 equal portions.
3. Using your index finger, create a small indentation in each ball.
4. Fill indentation with cheese and pinch meat around to seal. Then gently form balls into 3/4-inch-thick patties. Season patties.
5. Meanwhile, heat a cast-iron skillet to medium-high.
6. Lightly coat skillet with oil and cook patties in batches. Brown one side undisturbed, about 3 minutes. Carefully flip and cook until desired doneness, about 3 minutes for medium.
7. Serve on toasted potato rolls with your favorite accompaniments.

SUDOKU

		8	3		6			
	5	6						1
	8							
							2	
	5	2			7			
	7		4		8	9		
		1				2		
6					2		9	8
	9						1	7

2	9	3	1	5	8	4	6	1	7
6	4	7	1	3	2	5	9	8	
5	8	1	7	9	6	2	4	3	
1	7	4	2	8	9	3	5		
8	3	4	8	1	5	7	2	6	
9	5	2	3	6	7	1	8	4	
4	6	8	2	7	1	3	5	9	
3	2	5	6	4	9	8	7	1	
7	1	9	5	3	4	6	2		