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INSIDE THIS ISSUE

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- pg 1 *A Tribute To “Be Kind, Please Rewind”*
- pg 2 *Honoring Lilly Ledbetter*
- pg 2 *Enjoy Late Summer Tennessee Weather With These Outdoor Activities*
- pg 3 *Rediscovering American Ingenuity in Sports*
- pg 3 *Easy Stuffed Sweet Potatoes*
- pg 4 *Should You Be Able to Change Your Legal Age?*

A TRIBUTE TO “BE KIND, PLEASE REWIND” And The Lasting Memory Of Communal Kindness

Imagine rewinding through the entire movie every single time you finished one on Netflix — and the only reason you’re doing so is for the sake of being polite to others. If you’re my age, you’re probably nodding your head right about now, because we had to do this all the time in the days of VHS tapes.

For the uninitiated, back in the late 80s and early 90s, we didn’t have online movie streaming. Even DVDs wouldn’t be commonplace until the mid to late 90s. (Pretty amazing how quickly our technology can change.) As the weekends closed in, you — along with the rest of the community — would walk into your local Blockbuster or Movie Gallery to rent a VHS tape of a movie.

Now, the problem is that your work or school obligations would’ve kept you busy all week, so, by the time you stepped into a store, who knows if they’d still have “Top Gun” or even “Back to the Future?” Really, it wasn’t uncommon for popular movies to be out of stock to rent. Today, unless you don’t have Internet access and are limited to using Redbox, it’s hard to imagine being unable to watch anything you can think of.

But let’s say, one Friday, you get really lucky. You finally rented “Top Gun.” Or “Back to the Future,” if that’s more your thing. You pop it in the VHS player at home, eager to kick off your weekend with a new movie.

It doesn’t play. The last renter didn’t rewind it after they finished the movie. Now, you have to wait another 5 to 10 minutes as it rewinds.

That’s why stores like Blockbuster put stickers on their VHS rental tapes that read, “Be Kind, Please Rewind.” Of course, not everybody would oblige. It got so bad that, one day, video stores began charging an extra dollar if you didn’t rewind the VHS tape. People were incredibly



upset by this. I remember seeing a lot of media coverage and even newspaper opinion articles of people wondering whether this change was fair or not.

Really, there was no legal obligation to rewind the tape for someone else. But it wasn’t about rewinding the tape — it was about doing the right thing to help someone else to fully enjoy their leisure time and have a better movie-watching experience.

Because video stores were so reliant on their communities, “Be Kind, Please Rewind” represented an act of communal significance. Being able to play a movie right after renting it meant that someone was considerate of you. That’s a good feeling to start a movie with as you decompress from a tough day.

Plato once said, “Be kind; everyone you meet is fighting a hard battle.” Of course, not many people realize or admit

that being kind is also a hard battle in and of itself at times. When you’re tired after a late- night movie, it can feel like too much effort to stand up and click the rewind button for the next renter after you — but doing so meant something, because it was the right thing to do.

I don’t think much about the communal obligation of rewinding movies anymore; I actually think about how we as a society might have forgotten how simple, yet courteous acts can brighten the day of the next person in line. In these exhausting and deeply divided times, we have to keep finding our own ways to “Be Kind, Please Rewind.” Lifting up our communities can mean so much, even through the smallest of actions. You might be surprised by not only how satisfying such actions are to undertake but by how memorable they are too.

— John Colvin

What Is Age but a Number? A Dutch Man’s Quest to Change His Legal Age

In 2018, Dutch native Emile Ratelband was 69 years old. The thing was that the motivational speaker and founder of the Ratelband Research Institute didn’t want to be 69. So, he went to a Dutch court and petitioned for the right to change his legal age. His intention was to change the year of birth on his birth certificate — bumping it up by 20 years. As a result, all records would show him as 49.



WHY DID RATELBAND WANT TO CHANGE HIS AGE?

He told the court he didn’t feel like a man who was almost 70. He said he felt good — he felt like a man 20 years younger. He even said his doctors agreed and that they’d told him he had the body of someone younger.

But there was another major reason Ratelband wanted to change his age. He said doing so would increase his overall happiness and would be helpful on dating apps. He would no longer have to deal with the ageism that came with being 69. Ratelband even went as far as to say he would be willing to delay his pension benefits another 20 years if need be.

In an interview with Dutch newspaper Algemeen Dagblad, Ratelband said, “When I’m 69, I am limited. If I’m 49, then I can buy a new house, drive a different car. I can take up more work. When I’m on a dating site and it says I’m 69, I don’t get an answer. When I’m 49, with the face I have, I will be in a luxurious position.”

Interestingly enough, Ratelband’s request wasn’t dismissed outright by the court. The judge found merit in the argument and said that people desire to change things about themselves all the time, adding that maybe age was one of those things we should consider. “Maybe” being the operative word.

The court ultimately decided that “Ratelband is at liberty to feel 20 years younger than his real age and to act accordingly.” But the judge added that changing his legal documents would have “undesirable legal and societal implications.” The court added “There are a variety of rights and duties related to age, such as the right to vote and the duty to attend school. If Mr Ratelband’s request was allowed, those age requirements would become meaningless.”

Today, Ratelband is 71 and continues his battle to change his age. While he may have lost in his initial quest to legally change his age, according to NPR, he intends to appeal the decision.

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Labor Day 2020: Honoring Lilly Ledbetter

A True American Icon

Imagine growing up in rural Alabama (in a home without running water or electricity) and getting out of school early to work every afternoon until sundown on your grandfather's farm. Further, imagine having the determination for on-the-job learning to manage several local H&R Block offices and to become an assistant financial aid director at your local university — which culminates in your dream job with the Goodyear Tire and Rubber Company as an area manager. However, the story does not end there.

Lilly Ledbetter has lived all her adult life in the community of Jacksonville, Alabama, where I was born and raised. She worked nearly 20 years at the local Goodyear plant when, nearing retirement in 1997, she received an anonymous note in her work mailbox revealing that male employees at her same level and responsibility with the company were making 25% to 40% more than she was. Simply, her male counterparts had been outearning her since early on for the same work.

Upon learning this information, Lilly filed a complaint with the Equal Employment Opportunity Commission (EEOC), after which the company moved her, at age 60, to a more strenuous job in a dimly lit room lifting and inspecting Hummer tires with no mechanical assistance. She only lasted 10 months on her new job assignment before quitting at the behest of her orthopedist, who told her that her new job assignment was going to render her crippled.

Due to Goodyear's actions, a federal jury awarded Lilly 3.6 million for insufficient wages. Goodyear ultimately appealed to the U.S. Supreme Court, wherein the award was vacated based upon an obscure law that she should have filed her claim 180 days after her first paycheck, even though she did not find out about the earnings discrimination until 7,300 days afterward.

Many would have given up their fight after going to the U.S. Supreme Court, but not Lilly Ledbetter.



She courageously took her fight to the halls of government in Washington D.C., and on Jan. 29, 2009, the Lilly Ledbetter Fair Pay Act was signed into law, closing the gap between women's and men's wages.

We salute you Ms. Lilly Ledbetter, one of Time Magazine's 100 most influential women of the past century, on this Labor Day 2020!

Rediscovering American Ingenuity in Sports

How Will Sports Across the Nation Adapt to the Pandemic? Many Are Finding Out



Through every trial and tribulation, Americans have found ways to make the best of a bad situation, or at least make everyone's day a little better. The world of sports is no exception to this. Many people in the sports industry — teams or leagues alike — have been pondering the restrictions given to us by COVID-19, and they have begun working on unique solutions to the challenges. Here are just a few of our favorites.

THE MILWAUKEE BREWERS CUTOUT CREW Many baseball fans are saddened that they couldn't sit in the stadium this summer, eating hot dogs and enjoying the usual experience of attending live games. While they may

not be able to be there in person, Brewers fans will be able to send personal representation instead — two-footed, cardboard cutout representations, that is.

The Brewers Cutout Crew is a unique offering where fans can pay \$50, upload a photo of themselves online, and a two-foot cutout of them will be printed to be installed in Miller Park seats. A portion of the proceeds will go to the Brewers Community Foundation, which benefits nearly 200 nonprofit organizations.

REINVENTING HOW WE REFEREE Whether part of a sports organization or the White House, many have started to become concerned about the whistle. Taking a deep breath, putting your mouth over a piece of plastic, and bursting saliva droplets from its open slit isn't exactly appealing during a pandemic. That's when Ron Foxcroft, owner of Fox 40 and most trusted whistle brand in North America, received about 50,000 orders for their electronic whistles.

Introduced a decade ago, the electronic whistle didn't get much attention until the pandemic. In fact, most sports officials didn't know it existed at all. As a more sanitary solution while allowing referees to react quicker, you can expect to hear a lot more electronic whistles in the future.

There's plenty of bad news about sports games being canceled, but there's good news too! The ways in which sports teams and fans are adapting to the times is fascinating, and, from everyone at Colvin Law, we're eager to see where it goes next.

Enjoy Late Summer Tennessee Weather With These Outdoor Activities



Don't miss out on the clear, sunny weather before winter comes! While the annual family tradition of pumpkin picking may or may not be on hold, many more outdoor activities are safe and fun for the whole family. Here are a few of our ideas for those looking to catch some late summer and fall sunshine.

PLANT BULBS IN YOUR GARDEN FOR NEXT SPRING Going outside doesn't necessarily mean going out of your house! Stay in and prepare your garden for the colder months. And, whether you're a beginner or an experienced gardener, planting bulbs can give you something extra exciting to look forward to in the spring months.

RENT A CABIN Preparing a getaway for yourself and/or the family can be one of the most restorative gifts you can give. Why not rent an isolated cabin to enjoy nature

that much more? Go hiking, fishing, stargazing, and enjoy anything else the locale has to offer. Plus, you can bring board games and card games for the colder nights!

HAVE A PICNIC Complete your family hike with a picnic! Choose a trail that's ideal for your family's physical activity and get everyone involved with setting up a picnic, from laying out blankets to setting up the meal. This is a great way to make family memories while getting out of the house into scenery that's completely different.

BUILD A BONFIRE Perfect for your cabin night out, but also for your night hikes or picnics, a bonfire can be a beautiful way to spend a late evening with your loved ones. Share stories, roast marshmallows, and talk about everything you're looking forward to while the rest of the world feels far away.

We hope that you have a beautiful fall! Have a favorite outdoor activity lately? Tell us all about it next time we chat.



Easy Stuffed Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- 1 15-oz can black beans, drained and rinsed
- 2 medium tomatoes, diced
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp coriander
- 3/4 tsp salt
- 1/4 cup sour cream
- 1/4 cup fresh cilantro, chopped

Directions

1. With a fork, prick each sweet potato a few times. Microwave the potatoes on high 12–15 minutes, or until cooked through.
2. In a microwave-safe bowl, combine the beans, tomatoes, olive oil, cumin, coriander, and salt. When the potatoes are done, microwave the mixture on high for 2–3 minutes.
3. Cool potatoes slightly, then cut each potato open lengthwise. Pull the halves apart to create space to spoon the warm bean salsa inside.
4. Add a scoop of sour cream to each potato, garnish with cilantro, and serve!

Inspired by EatingWell.com

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