Foster Garvey

John A. Knab

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Overview

John serves as general outside counsel to business organizations and their owners, advising on a range of legal issues, controversies and opportunities.

John advises clients on a wide array of commercial matters, such as service agreements, licenses and other contracts; mergers and acquisitions; equity and debt financings; and other business transactions.

John represents clients in multiple industries, in particular **government contracting**, **transportation** and **food & beverage**.

For **government contracting** clients, many of John's clients are small to medium sized companies that are based in the Washington, D.C. metropolitan area and provide goods and services for U.S. Government procurement. He advises on government contracts, subcontracts, teaming agreements and joint ventures; on organizational and financing issues; on the structure and negotiations of mergers and acquisitions; and on obtaining novations. John also advises clients with regard to bid protests and government contract disputes.

For **transportation** clients, John represents numerous transportation companies that provide services to the U.S. Government, especially the U.S. Department of Defense under the U.S. Transportation Command (USTRANSCOM).

For **food & beverage** clients, John's practice focuses on advising clients in the natural, organic, plant-based, vegan and food tech arenas.

He has advised clients in numerous transactions, helping them achieve excellent results when they sell their companies.

Areas of Focus

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- Business & Commercial Transactions
- Communications, Telecom & Media
- Consumer Brands & Goods
- Emerging Companies & Venture Capital
- Food & Beverage
- Government Contracts
- Health, Beauty & Wellness
- High Net Worth & Luxury Law
- Mergers & Acquisitions
- Sports & Entertainment

Admissions

- Maryland, 1993
- District of Columbia, 1995
- U.S. Court of Federal Claims, 2014

Education

- J.D., Washington College of Law, American University (*cum laude*), 1992
- M.A., American University, Law in International Relations, 1993
- B.A., State University of New York at Albany, Russian, 1986

Languages

- Russian

Professional Activities

- American Law Institute, Instructor, 1997-1999
  - “An Introduction to the Legal System”
- Bar Association of the District of Columbia, Member
- Democracy International
  - Egyptian Parliamentary Elections, Election Observer, 2014
- Federal Contracting Academy, Montgomery County Community College, Instructor, 2011
  - “Introduction to Federal Procurement Law”
- Maryland State Bar Association, Member
  - Business Law Section
    - Subcommittee on Emerging Companies

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Community Activities

- BSA Venture Crew 52 (Chevy Chase, MD), Venture Advisor, 2015-present
- East Bethesda Citizen Association, Member

News & Insights

News

Foster Garvey Attorneys Help Establish Portland-Lviv Sister City Association, Strengthening Cultural Ties

09.04.24

Events

Palm Beach International Boat Show 2026

03.25-03.29.2026

“Ethics and Compliance for Government Contractors,” MACPA’s Southern Maryland Government Contractors’ Conference

05.25.22

Hot Topics in Government Subcontracting

10.03.13

“Be Aware: Federal and State Securities Rules Apply to Start-up Companies,” Montgomery County's Business Innovation Network Luncheon

03.11.10

“Safety Act for Certified Cargo Screening Facilities,” Global Trade and Commerce Association, Air Cargo Security Summit

10.28.09

“Prime Versus Sub Considerations,” Maryland Association of CPAs, Annual Government Contractors Conference

09.09.09

“How to Avoid Pitfalls in Government Subcontracts,” Garvey Schubert Barer and Macro Solutions, Inc.

06.24.08

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Legal Alerts

A New Source of Government-backed Financing For U.S. Food Supply Chain Businesses

03.24.23

It Pays to be Small: New Guidance Gives PPP Loans under $2 Million a Safe Harbor

05.13.20

New Government Guidance Clarifies PPP Loan Eligibility, Promises Enforcement

05.01.20

The CARES Act and Portfolio Companies: Preliminary Guidance on Affiliation Rules

04.03.20

Paycheck Protection Program: SBA Guidance and Application Available

04.01.20

Dealing With a Government Shutdown: Making the Best of a Bad Situation

01.19.18

For Liability for Implied Fraud Under the False Claims Act, Materiality Is the Key

06.23.16

U.S. Government Requires Higher Minimum Wage for Certain Federal Contracts

06.30.14

Aggressive Enforcement Increases Importance of "Country of Origin" Compliance in Federal Contracting

08.07.13

SBA Implements Rule Changes to Strengthen Federal Small Business Subcontracting

08.01.13

SBA Adds Sharp Teeth to Small Business Size Certification and Status Rules

07.30.13

DoD Adopts Final Rules That May Allow Project Management Support Contractors to See Your Proprietary Technical Data and Software

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06.05.13

The Shift from Best Value to Lowest Price, Technically Acceptable Evaluations

03.28.13

Sequestration & Austerity May Increase Government's Use of Terminations for Convenience - Be Prepared!

03.12.13

Be Careful about Personal Data Protection Clauses - Review Them Closely Before Agreeing to Them

01.29.13

Subcontractors: Be Careful About Accepting the FAR Clause Requiring a Contractor Code of Business Ethics and Conduct

10.01.09

Publications

The Perils of Not Keeping Good Records

06.08.16

The Dollars and Cents Importance of Maintaining Company Records

12.05.14

U.S. Sanctions Laws Reach as far as China

11.03.14

A Stitch In Time: An Annual Audit Will Save You Time And Money

09.02.10

Screening Needs a Stimulus

10.12.09

Russian Sports Law

01.01.97

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