

STRIVE FOR EXCELLENCE

NEWSLETTER



Informing The Injured One Person At A Time

A Peek Inside

January has started with a flurry of activity both professionally and personally. Each year I take the opportunity between Christmas and New Year's to plan out and set goals for the upcoming year. More so for work than personally but it offers me the opportunity to work on several areas. This year I determined that I was going to stop drinking coffee. I thank God that the headaches have stopped, however, it has been a tougher change than anticipated. Something that you do consistently but don't even realize your doing is now been replaced. Specifically, I am probably drinking 10 8-ounce bottles of water throughout the course of the day rather than my fix of coffee. However, I have to admit that, especially with the cold weather, I am craving my cups of coffee. I presume it's for the better as that's what all the health articles tell me but so far I'm not feeling the love on that particular claim.



The troops have also settled, with much complaining, back into school. The activities have picked up and Rachel is performing in the pit band for the high school performance of *Les Miserables*. Anna is in the process of analyzing her choices for high school. She is giving great consideration and attention to the process and I could not be more proud of her for the time and effort she's putting into her decision-making. I am eager to see how this will turn out. And Ben and dad are again neck deep into Pinewood Derby car making. As of the writing of this newsletter we are days away from the race and I will certainly provide pictures next month.

January historically also presents the opportunity to reconnect with college friends. Every Martin Luther King weekend a group of college buddies descend upon a rented house at the shore for a weekend of fun. This year was no exception and the amount of laughter that occurs inside of a 2 ½ day period is enough to sustain several additional months. The true enjoyment of this weekend this year is that in several months we will be meeting again as people start hitting the 50-year-old mark. I'm looking forward to a scheduled golfing trip in April where everybody will be able to celebrate their big year. Too be clear, I am not one of them.

Professionally, I am thrilled about what potentially presents itself in 2015. There is lots of anticipated excitement regarding certain new legal matters which I will hopefully be handling and also the possibility of the expansion of the law firm. This will provide us an even better opportunity to help current and future clients. I also want to thank everyone for all of their comments regarding our newsletter and certainly assure everyone that we enjoy producing this newsletter for hopefully your entertainment. I want to express how much again I enjoy communicating with everyone on a monthly basis and look forward to the continuation of the development of our ongoing relationship. I encourage everyone to communicate with us regarding any suggestions you may have and ask that you like us on Facebook, connect with us on Twitter, LinkedIn or Google Plus. I hope everyone had a happy and healthy New Year's and look forward to your comments throughout 2015.

If you would like to have someone else to receive our newsletter please have them call 609- 771- 8611 or email me directly at sgaylord@gaylordpopp.com.

Sam Gaylord

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Hello! We are pleased to send you this monthly issue of *Strive For Excellence*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



The Big Swindle

One evening back when newsboys were a common sight on the streets of every city, one enterprising young lad dropped his stack of papers on the corner and started yelling:

"Fifty businessmen swindled! Read all about it! Fifty businessmen swindled!"

A businessman promptly handed the boy a nickel and scanned the front page.

Perplexed, he quickly skimmed the rest of the paper.

"Hey," he demanded, "there's nothing in here about a big swindle!"

"Read all about it!" the newsboy cried. "Fifty-one businessmen swindled!"

QUOTE OF THE MONTH

The only man who makes no mistake is the man who does nothing. —President Theodore Roosevelt

What Parents Need To Know About Toy Recalls

One of a parent's worst nightmares is when a child is injured, especially when they are injured in a way that simply cannot be predicted. Injuries from choking and other types of incidents that arise from poorly built or defective toys are all too common and may leave parents wondering what their legal rights may be.

First Steps

First, it is important to understand that if a child is injured playing with a toy it is important to talk to a personal injury attorney as soon as possible. This is essential even if the toy is not on any recall list as getting the facts and collecting evidence is going to become more difficult as time passes.

It is also important to understand that not every injury that happens to a child at play is necessarily a case for a personal injury lawsuit. An attorney with experience in this complex area of the law can review your case and provide you with specific information.

Collect Documentation

It will be important, as your personal injury attorney will tell you, to keep records of all doctors that you visit, all test results, and all medications, therapies or other services that the doctors recommend for the child.

You should ensure that any recommendations that the doctors made are followed through on as failure to provide these services, including therapies such as physical therapy or occupational therapy, may be used against you by the company. They may attempt to disprove that the toy and the initial injury is all that is factoring into any longer term health issues that the child may be facing by indicating the failure to follow medical recommendations contributed to the health issues.

CONT'D ON PG.3

Red Velvet Valentine Cupcakes

INGREDIENTS: Original recipe makes 20 cupcakes

1/2 cup butter
2 eggs
1 fluid ounce red food coloring
1 teaspoon vanilla extract
1 1/2 teaspoons baking soda
1 tablespoon distilled white vinegar
2 cups all-purpose flour
1/3 cup unsweetened cocoa powder
1 teaspoon salt
1 1/2 cup white sugar
1 cup buttermilk

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with 20 paper baking cups.
2. In a large bowl, beat the butter and sugar with an electric mixer until light and fluffy. Mix in the eggs, buttermilk, red food coloring and vanilla. Stir in the baking soda and vinegar. Combine the flour, cocoa powder and salt; stir into the batter just until blended. Spoon the batter into the prepared cups, dividing evenly.
3. Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter and frost with desired frosting.

Source: www.allrecipes.com



Valentine's Day Fun

Did you know?

In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day and is associated with romantic love.

In the Eastern Orthodox Church, St. Valentine's Day is celebrated on July 6, in which Saint Valentine, the Roman presbyter, is honoured.

Over 1 billion Valentine's Day cards are exchanged each year. It's the second biggest season for cards.

In Victorian times it was considered bad luck to sign a Valentine's Day card.

Joke time!

Q: What is a vampire's sweetheart called?
A: His ghou-friend.

Q: What did the paper clip say to the magnet?
A: I find you very attractive.

Q: What do squirrels give for Valentine's Day?
A: Forget-me-nuts.

Q: What do you call a very small Valentine? A: A Valentiny!



Dealing With Workplace Stress

Stress in the workplace is on the increase, and can often put a serious dent in our quality of life and overall wellbeing. It is vital to have strategies in place to be able to deal with workplace stress.

It is crucial to learn to recognize when you are feeling under stress. Being aware that you are stressed is the first step to being able to let go of it. Keep paying attention to your feelings and become aware of when your body is letting you know it is time to have a break. Your behavior and mood are often affected by stress.

Feelings of helplessness often exacerbate the level of stress we are under. A lot of things in life are out of our control, and never more so than at work. You need to focus your attention and energy on those things that you are able to control, including your own actions, feelings, and thoughts.

Also crucial is being able to unwind when you get home from work. Listening to music on your way home is often a way for people to relax and forget about work.



Timeless Nutrition Tips

Diet advice seems to come in trends, but the reality is that people who always stay slim do not follow such fads; instead they stick to well-worn eating strategies that have stood the test of time and common sense.

One important tip is to keep temptation out of your eye line. If sugary snacks and unhealthy foods are kept out of sight, they are less likely to be indulged in, and the reverse is true with healthy alternatives.

One clever recommendation to help cut down on calories is to boost the flavor of the food you are eating. Recent studies have shown that people eat more of foods that lack a distinctive scent, so one way to get around this sensory illusion to make you think you are consuming something richer without actually adding on the fat and calories is to add sodium-free spice blends and herbs to your food.

Using herbs to spice up meals instead of salt can also cut sodium consumption by around a thousand milligrams per day.



Toy Recalls Cont'd...

It is possible to successfully sue a company and other related parties that sold a defective or harmful toy. This can occur before or after the recall, but circumstances and other factors that are specific to your case will need to be considered.

The settlement for injuries cause to children by toys will include current medical bills and future medical bills, pain and suffering, long term care in severe cases and, in many situations, compensation for emotional stress that will certainly be a factor for the family.

THANKS TO OUR CLIENTS!

Our practice continues to grow and we recognize that our best clients come from your referrals. Referrals are welcome and we want to take a moment and THANK those who have referred new clients to US. It's the biggest compliment we can receive!

MANY THANKS TO:

Mattie Harrell
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Ed Leister
Barbara Roberts

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Gaylord Popp, LLC also handles Social Security Disability, Disability pension appeals and personal injury matters like motor vehicle accidents, truck accidents, motor cycle accidents, slip and falls?



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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President's Day Trivia

Celebrated on the third Monday of February is President's Day (for Washington's Birthday) George Washington's birthday is actually February 22nd.

It's a Federal Holiday that honors presidents of the United States, including George Washington, the USA's first president.

President Washington's first term as president was from 1789 to 1793 and his second term from 1793 to 1797.

Did you know, the capital of the United States, Washington D.C., Washington State and at least three universities are named after George?

February can feel like a long and cold month – so I hope you have Valentine's Day fun to jazz it up. I know Mary Ann Suto will, as she was our \$100 Gift Certificate, grand prize winner from our raffle last month! Congratulations Mary Ann!

Sam Gaylord



IN THIS ISSUE YOU WILL FIND:

- A Peek Inside
- What Parents Need To Know About Toy Recalls
- Red Velvet Valentine Cupcakes
- Valentine's Day Fun
- Dealing With Workplace Stress
- ...and more!

Samuel Gaylord specializes in the areas of Workers' Compensation, Social Security Disability and Disability Pension Appeals. Mr. Gaylord is certified by the New Jersey Supreme Court as a workers compensation law attorney and is admitted to practice in New Jersey, Pennsylvania and Washington D.C and before the United States Supreme Court.

Hazel's Haven

So in last month's edition of our newsletter, I introduced you to Hazel. I thought it might be fun to provide a little insight into one of her favorite activities. Hazel has the wonderful ability to be a friend in need in the wee hours of the morning. There are any given evenings where I will say to my wife Amy I am just going to lay here (on the couch) for a minute. Of course, it winds up being code for I am about to fall asleep because I'm exhausted and I will be up later. Rather than go to her normal locale when this occurs, Hazel is willing to stick it out with dad until such time as I get my you know what off the couch and actually go to bed. As you can see, she also enjoys the opportunity to power nap during these periods with dad but the problem is that when I do get up my friend is right there and no matter the time wants to go for a walk. Summers I don't mind but this time of year just a little chilly at 2 or 3 am. I will continue to share with everyone additional photos and moments that on a daily basis always brings a smile.

