

STRIVE FOR EXCELLENCE

NEWSLETTER



Informing The Injured One Person At A Time

A Peek Inside

Winter has decided not to go away and we desperately need SPRING to finally Spring in action. Since last month, there has been lots going on in the Gaylord household. All the troops have been super busy. As I may have indicated last month, Rachel is in the pit band at Notre Dame and this year we had the opportunity to watch Les Miserables.

AWESOME. Although we were in Lawrenceville, New Jersey it was as if we were sitting on Broadway. The caliber of entertainment provided by these exceptionally talented high school students was amazing and a justification of all of the hard work it took preparing for this year's performances. Ben has been swimming and in fact broke his team's record for freestyle and backstroke for 8 and under boys so needless to say he was much more motivated about attending practice after accomplishing that feat. Baseball has "geared up" and he has attended his first two clinics and our first game is right around the corner. Anna and I had the opportunity to take advantage of her holiday present. Tickets to the Ariana Grande concert at Madison Square Garden. As you can see we had a very good time and I think Anna didn't mind hanging out with dad, and it only took a matter of two days for me to regain my hearing.



Mother's Day is around the corner and I thought it would be FUN to have everyone tell a story about your mom and submit them and the winning story will get a special Mother's Day prize. We will announce the winner and submit the story in our May Mother's Day edition. **CHECK OUT PAGE 2 FOR DETAILS!**

Here is my MOM story. Growing up as a kid we moved about seven different times. The one advantage I always had was that my dad was doing well enough where my mom did not have to work and so with each move we could always count on mom being present. This was most important when we would either forget homework, sporting equipment or miss the bus and needed to be picked up. My mother, as a result of the number of moves, became known as Tootsie Trucker. She could pack, move, and unpack with unprecedented speed. What makes the story pretty good is that her nickname stuck and whenever she would write to me in college she would always sign her notes T.T. To this day, I can't thank her enough for always having been there when needed.

I want to thank everyone for their ongoing participation and comments regarding our newsletter and if you are enjoying reading our newsletter or would like to make a comment please go to Facebook, like us, and let us know your thoughts. If you would like anyone else to be placed on our newsletter mailing list please don't hesitate to call me at 609-771-8611 or e-mail me at sgaylord@gaylordpopp.com.

Don't Forget Your Mother's Day Stories. I look forward to reading them all.

Sam Gaylord

April 2015 * Vol. 2* No. 04

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!

Quotes of The Month

For good ideas and true innovation, you need human interaction, conflict, argument, debate.

—Margaret Heffernan

Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be. If we do our best, we are a success.

—Zig Ziglar

Success is getting what you want; happiness is wanting what you get.

—Ingrid Bergman

Your agreement with reality defines your life.

—Steve Maraboli

Divorced from ethics, leadership is reduced to management and politics to mere technique.

—James MacGregor Burns

Lead Poisoning

Lead is used in various industries and in different forms. For example, there is lead paint, lead is in batteries, there is grinding plants and lead smelting, to name just a few of the uses. Lead is found in the water, air, soil, pipes, and many consumer products. If you are not issued the appropriate protective clothing, workers can be exposed to lead, leading to lead poisoning. The public can also be exposed to lead and children are especially susceptible.

There are regulations to protect workers from exposure to lead and other chemicals. If you believe that you have become ill as a result of exposure to lead or you may be entitled to personal injury compensation. While the statute of limitation can vary depending on where you are located, generally you must file the claim petition within two years from the date you are first diagnose with an lead related illness.

Symptoms of Lead Poisoning

In tiny doses lead can result in fatigue, overall aches and pains, and abdominal pain. However, in larger doses lead can cause vomiting, headache and much more serious symptoms. High concentrations of lead can lead to problems with your central nervous system, major organs, and it can even cause death. Dangerous exposure is rare, but it does happen.

If you believe you have been exposed to lead, the first thing you need to do is seek medical advice. There are tests to determine whether you have lead poisoning and there are treatments to help reduce the damage done.

CONT'D ON PG.3

Lemon Garlic Chicken

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 (6 ounce) chicken breasts
- 1/2 cup chicken broth
- 2 tablespoons lemon juice

DIRECTIONS:

1. Heat olive oil in a skillet over medium heat; cook and stir garlic until fragrant, about 1 minute.
2. Add chicken and cook until browned, about 4 minutes per side.
3. Pour broth over chicken and cover skillet; lower heat to low and simmer until chicken is no longer pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Transfer chicken to a plate, reserving broth mixture in the skillet.
4. Pour lemon juice into broth mixture and simmer until liquid is reduced by 1/3, 2 to 3 minutes. Return chicken to the skillet and cook until heated through, 2 to 3 minutes per side. Source: www.allrecipes.com



Win a Gift For Your Mom!

Tell us how amazing your Mom is. What are her best traits? What does she do that makes her so special to you? Let us know and you can win her a.....

SPA GIFT CERTIFICATE

Treat her to some relaxation and pampering!!



How? In approximately 150 words or less, email your story to me at sgaylord@gaylordpopp.com. Or send us a message or post on Facebook. You can find us at www.facebook.com/gaylordpopp

Please place submissions before April 20th. Winner will be announced in the May Issue, along with the story. Look forward to reading them!

THE 'GREAT ONE' AND THREE THINGS TO AVOID IN RETIREMENT

It was 1988, Stanley Cup Finals, Oilers v Bruins, and of course Wayne Gretzky, "The Great One" was in his prime.

With 3:32 left in the second period of the fourth game, the lights went out in the historic Boston Garden. While the game was on hold, the television broadcaster had time to ask Gretzky a few questions.

Interviewer: "Wayne, you're not the biggest, strongest, toughest, or fastest guy in the league, but yet you're the best hockey player in the world. How do you explain your success in hockey?"



With his Canadian accent, The Great One says- "You're right. I can't go into the corners and fight with those big guys, I'd get my head knocked off. And I'm certainly not the fastest guy on ice. What I do is simple— **"I don't go where the puck is, I go where the puck is going to be."**

For those planning a retirement that could last 10, 20, 30 years or more, The Great One's philosophy should be a template.

Create a Financial Plan that fits where you are going... not where you are. Simple advice, but most people focus simply on today—leaving themselves and their families vulnerable to the three main threats to retirement savings:

1. Market Volatility
2. Taxes
3. Unexpected Health Issues.

Regardless of where you are today financially, imitate 'The Great One' and make your financial plan fit your *future* needs. You and your family will be grateful that you did.

Until next time,

Edwin Mays

Each month, Edwin Mays of Transamerica Financial Advisors in Princeton, NJ will deliver time tested financial planning strategies. He can be reached at mays.edwin@gmail.com, 609.512.1655 (O). 917.940.5835 (M).

Lead Poison Cont'd...

Compensation Claim Information

If you or someone you love has been diagnosed with colica Pictonum, plumbism, saturnism, painter's colic or Devon colic, you need to talk to a personal injury attorney today about your lead poisoning. It's important to talk to an experienced personal injury lawyer who is experienced with handling claims for lead poisoning victims to assess your situation, and then talk to you about your legal options. If you have a claim a personal injury lawyer can help you get compensation.

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:

Chris Mallepalle
Jim Lazzaro
Innette Braxton
Ron Livingston
Bahku Thorpe
Donna Downs
Mattie Harrell
Ron McMullen
Carl Reiser

Be sure to visit our website at www.gaylordpopp.com for free offers and connect with us via:



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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Strange Frog Facts

Frogs are many different things to many different people – everything from adorable to slimy, to fascinating and even repulsive. Most people, however, will be completely unaware of many of the strangest and most bizarre facts about frogs. One such bizarre fact is that frogs often swallow their food by using their eyeballs. Frogs take food into their mouths, but in order to assist it to go down their throat, they pull down their eyeballs. Although the great majority of frogs lay eggs that later turn into tadpoles, there are some species of frog that actually give birth to live tadpoles, including one species of fanged frog that reside in Indonesia. One of the most peculiar frogs in the whole world is the Common Suriname toad, which has a flattened pancake-style shape, and lives in water for its entire life. When they mate, the male catches and fertilizes eggs released by the female, which then go back to the female and embed themselves in the sponge-like tissue in her back, eventually bursting out as froglets.

Spring is upon us and I couldn't be happier! It also means that Mother's Day is coming up. Look inside for our Mother's Day Contest and take time to honor your Mom.

Sam Gaylord

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 - **Win a Spa Visit For Your Mom!**
 - **The 'Great One' and What To Avoid During Retirement**
- ...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 she really is still a puppy. Although Hazel is over 2 years old she really is still just a puppy.

Here is the picture of her looking pathetic after having rooted through the trash, eaten some empty towel rolls, and having gotten sick; at least she was kind enough to do that on the hardwood floor. Of course what comes next is the fun part because as soon as she's done looking pathetic and apologetic she immediately jumps up, runs right at me, wags her tail and wants to play.



Gotta love it! I will continue to share with everyone additional photos and stories throughout the additions of our newsletter as they certainly continue to bring a smile to our face on a daily basis.