

# STRIVE FOR EXCELLENCE

## NEWSLETTER



Informing The Injured One Person At A Time

### A Peek Inside

Prior to my usual monthly hello I want to apologize for the delay in forwarding our gift for participating in the December contest. By the time you are reading this newsletter, hopefully, you will have received our gift. If you have not received your gift by the time you are reading this please contact me directly so that I can rectify the situation. The phrase "if you want something done right you do it yourself" certainly applies as too does the "the buck stops here." As such, I take full responsibility for this not having been done sooner and again want to thank everyone for their participation in our contest. Your trust is something which is greatly appreciated and respected and certainly I hope remains even with this slight snafu.

On the lighter side, I hope that everyone is staying warm and safe given February's winter conditions possibly even having some fun playing in the snow. I certainly took the opportunity to have some fun with Benjamin as he and I went skiing in the Poconos. Rachel was having five of her friends over to the house for a Valentine Day celebration and as there was going to be way too much estrogen in the house Ben and I took off for some "guy fun." As you can see from the picture he certainly was enjoying himself.



Anna has been in the midst of one of the most difficult decisions of her life; where she plans to go to high school. The debate has continued and as of the writing of this newsletter a final decision had not yet been made. I am proud of the way in which she has gone about the decision-making process. She has listed the pros and cons of each of her opportunities and is giving it great consideration. Amy and I have told her that no matter what she decides that it will be the right decision for her and we will support her no matter what she decides.

Rachel is neck deep in rehearsals for this year's Notre Dame High School play "Les Miserables." We have not yet gotten to what they refer to as "Tech Week" which involves practices every day for four hours. However, Saturdays and Sundays in the month of February have been consumed by her practice schedule. We are certainly looking forward to seeing the performances.

Again, I want to thank everyone for all of their comments regarding our newsletter and certainly assure you that we continue to enjoy producing this for your reading pleasure. I also want to express how much I enjoy communicating with everyone on a monthly basis and look forward to our ongoing relationship. I encourage everyone to communicate with us regarding any suggestions you may have or any articles you may like to see in our newsletter on Facebook and ask that you connect with us on Twitter. I hope everyone is staying healthy and being safe during this winter and look forward to your continued comments throughout this year. If you would like to have anyone else receive our newsletter please have them call 609-771-8611 or email me directly at

[sgaylord@gaylordpopp.com](mailto: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



#### A Long Way Home?

A Texan was hiking in Australia. Feeling thirsty, he stopped at a house along the road and knocked on the door. "Hey, could I maybe get a glass of water?"

"Certainly." The Australian invited him into the house, and they started chatting.

"So what do you do here?" the Texan asked.

"Oh, I raise chickens on the ranch here. And you?"

"Oh, I've got a ranch of my own back in Texas. How much land you got?"

"Well, it stretches about 200 meters in the back—just enough room for my chicken coops."

The Texan laughed. "I've got to tell you, on my ranch I can eat breakfast, get in my car, and start driving, and I don't reach the edge of my land until dinnertime."

The Australian nodded in sympathy. "I used to have a car like that too."

## When Schools Aren't Safe

As a parent, sending kids to school evokes images of children playing, learning and growing, all positive events in the life of the child and the family. However, school is not always a positive experience. In many cases, children are injured in school settings and while under the care of the staff entrusted to prevent these very issues.

### Types of School Injuries

School injuries can occur from a variety of different reasons. The most common types of injuries include:

- Cuts and bruises from play either in physical education classes or during recess or lunch
- Injuries caused by another student
- Injuries during a field trip, sports day, team events or other special event

While these injuries may be caused by the negligence of the staff to supervise children properly, they can also occur as accidents where negligence by the staff is not an issue.

In the case of field trips, sports activities or special days parents may be asked to sign a consent form, which is a waiver, to indicate the parent understood there was potential risk yet agree to let the child participate.

### Safety Related Issues

Another category of school related injuries can occur because of issues which are direct result of the negligence of the school administration or staff. It may also include negligence of the school district as well.

Typically causes of this type of school related injury include food safety issues which can include food allergy issues, cafeteria food safety or failure to correctly maintain the cafeteria within the school.

Asbestos in schools is another type of claim possible if children are exposed to asbestos during remodeling or other

**CONT'D ON PG.3**

## Irish Corned Beef Hash

### INGREDIENTS:

Original recipe makes 8 servings

- 2 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 5 large Yukon Gold potatoes, peeled and cut into 1/4-inch cubes
- 1 large carrot, coarsely shredded
- 2 pounds cooked corned beef, cubed
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon dried thyme leaves
- salt to taste (optional)
- 1/2 teaspoon ground black pepper, or to taste



### DIRECTIONS:

Melt butter with the olive oil in a large skillet over medium heat, and cook the onion just until it begins to brown, about 8 minutes; stir in the potatoes and carrot, and cook until tender, about 15 minutes, stirring occasionally. Stir in the cubed corned beef, parsley, thyme, salt, and pepper. Let the mixture cook until hash is crisp and browned, stirring often, 10 to 15 more minutes.

Source: [www.allrecipes.com](http://www.allrecipes.com)

## Office News

We want to pass along and hope you will join us our deepest sympathies to Larry Popp as a result of the passing of his brother David. If you were unaware or unable to attend any of the services we ask that you send your condolences to Larry and David's family.

On a lighter note the firm has added a new member, Nancy Coughlin, to our personal injury department. Nancy will be working directly with Larry and Ken Thayer and we are thrilled to have her on board. Also Tanya Phillips and Rose Szabo had the opportunity to experience Cork and Canvas in Lawrenceville, New Jersey and as you can see by the picture they had a good time in their budding artist careers.



Finally, Gaylord Popp has become the title sponsor to the Head To Toe Women's Expo which will take place in May of this year. We will provide additional details of the event as they become available and certainly look forward to sponsoring the event and the organization for professional women.



## Shopping Healthier

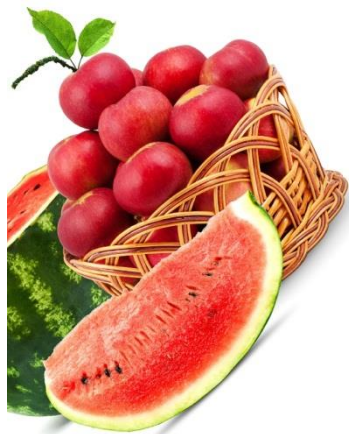
Grocery shopping can be a tricky business, especially for those who are trying to shop healthier. However you can make smarter decisions when shopping by making use of a few tried and tested techniques.

One of the best suggestions is to make out a list of the healthy foods you want to purchase before you enter the store and to know where these kinds of foods are located and head straight to that section.

This will both help you to save time shopping and also cut down on the temptation to purchase less healthy items.

It is also a good idea to avoid going shopping when you are feeling hungry as the amount of impulse buys you pick up can end up being more than you wanted going in.

The produce department also needs to be made more use of. Vegetables should actually take up almost fifty percent of all the food you eat.



## Teen Communication Tips

It can be hard to communicate with teenagers sometimes, but parents still need to do just that and there are some ways that can make the task easier on all concerned.

One important thing to remember is to listen as well as speak. It is particularly important to spend more time listening than speaking when it comes to teenagers, who may have more to say that some parents might think if they would only give them the time and the chance to do so.

Privacy is important. All teenagers need to be able to have their own space, and it is a good idea to knock before entering their bedroom.

At the same time parents should also still spend some time with their teenage children and set aside time to do things together. Offering lifts also extends further opportunities for communication, as do family mealtimes.

Take an interest in their interests. Be it the sport they play, or the TV shows or music they are interested in, taking a continued active interest in the things that matter to them will help to bridge the generation gap.



## School Safety Cont'd...

types of repairs in the school. Health issues for children linked back to the presence of asbestos is becoming a more common school related injury claims. Unsafe playground equipment or improperly maintained schools and classroom resulting in the injury to a child also result in school injury related lawsuits. Understanding if there is a case of negligence against the staff, school administration or school district starts with talking to a personal injury attorney familiar with this specialized area of the law.

Evaluating your case and providing an accurate explanation of your options can help you in determining how to proceed and what to expect to get compensation to address your child's injury.

## 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:*

<b>Yolanda Ward</b>	<b>Cecil Smith</b>
<b>Elmer Miller Jr.</b>	<b>Robert Ponton</b>
<b>Shonda Hayes</b>	<b>Mattie Harrold</b>
<b>Debbie Parks</b>	<b>Brian Blakely</b>
<b>Scott Digrezia</b>	<b>Ricky Ruffin</b>
<b>Sheila Addeye</b>	<b>John Gaines</b>
<b>Mary Ann Riley</b>	

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for free offers  
and connect with us via:**





## GaylordPopp Attorneys

Mountain View Office Park  
850 Bear Tavern Road; Suite 308  
Trenton, NJ 08628

609-246-0667    [www.gaylordpopp.com](http://www.gaylordpopp.com)

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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## Ways To Spark Your Kids' Imagination!

**Bring kids into the kitchen.** Encourage your children to help you pick recipes, gather ingredients, and make meals and snacks. They'll enjoy helping, and you can experiment with different ingredients and arrangements to make something new.

**Get out the blocks.** Simple toys like building blocks allow children to put together their own towers, castles, and other structures, teaching them to let their imagination soar.

**Put on a show.** Ask your kids to dress up and act out a made-up scene, or something they've seen in a movie. Encourage them to improvise. Play games like charades, sing songs as a family, and put on a talent show when groups get together.

**Do some artwork.** Keep a set of watercolors and other paints on hand, as well as crayons, colored pencils, construction paper, clay, and the like. Praise your children's artistic talent and give them the time and space to develop their creativity.

We are getting closer to spring, and I can't be more excited! We have some great surprises ahead...so keep your eyes peeled in future issues. We hope you enjoy this publication as much as I enjoy doing it.

*Sam Gaylord*



### IN THIS ISSUE YOU WILL FIND:

- A Peek Inside
- When Schools Aren't Safe
- Irish Corned Beef Hash
- Office News
- Teen Communication Tips
- ...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

In last month's edition I talked about Hazel being a friend in need as staying with me when I fall asleep on the couch. I wanted to truly let you know how much a friend indeed she is as demonstrated by the daily greeting at the door when I come home. It used to be when I walked in the door I was greeted by my children. Somewhere along the road that ended,, however, typically when I'm coming home these days the kids are either at an activity, entrenched in homework or otherwise pre-occupied. The thrill of dad coming home has subsided by way of the children but not by way of Hazel. As you can see she takes the opportunity to greet dad as I walk through the door. I will continue to share with everyone additional photos and stories throughout the editions of our newsletter as they certainly continue to bring a smile to our face on a daily basis.

