

# STRIVE FOR EXCELLENCE

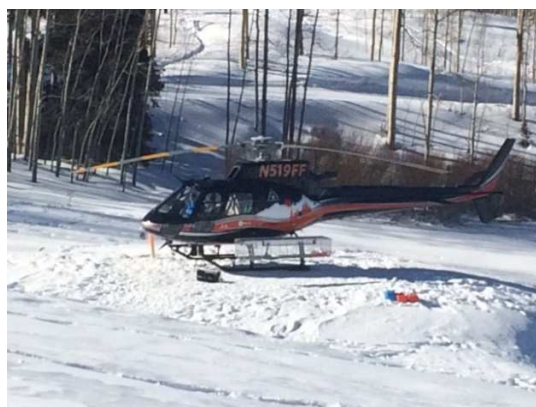
## NEWSLETTER



Informing The Injured One Person At A Time

### A Peek Inside

**THE BUCKET LIST** - This month's article is a rarity as it is about me and for that I apologize because I know my kids and their stuff is much more interesting, however, this past month I had the opportunity to check off an item on "the list". I had been working towards getting ready so that I could go helicopter skiing in Telluride, Colorado. I flew into Denver with my office manager's husband Chris and we're picked up by our driver Hati. We started our 6½-hour drive through the mountains of Colorado which was some of the most beautiful terrain I've ever seen. It was more incredible watching the colors change on the canyon walls as the day moved on and then as dusk hit. We checked in and started getting used to the fact that the lobby of the hotel was at 9,500 feet in elevation.



The following morning, still on Eastern Standard Time, I woke up at 4:00 Mountain Standard Time and had the opportunity to watch the sunrise as you can see. That morning, we started class at 8:30 wherein we underwent avalanche training. Yes, you read that right, avalanche training. We learned what we would have to do if the guide were swept away in an avalanche, as he would be in the lead, and how to come and locate him. This was the

Power Point portion of the training of course while wearing our homing beacons. After class, we went outside for a field test so that we could see how to actually locate someone under the snow. At this point both Chris and I were way too far in the process to turn back, however, the look we gave one another said "are we really going to do this"? The first helicopter ride answered that question with an emphatic yeah baby!!! And five hours later we celebrated the fact that not only had a bucket list item been checked off the list but I had participated in one of the greatest sporting activities I've ever had the chance to experience.

I do have a take away from the entire experience from the perspective of business owner/entrepreneur which I would like to share. I had set a goal and in this case it was two years in the making. I had worked and planned to achieve the goal, physically getting into shape and logistically making all the arrangements. I was provided a deep sense of satisfaction in the completion of the goal and although I was not able to complete the final run (both legs cramped due to lack of oxygen and dehydration) I have given myself the permission to say Great Job! In addition, in preparation for the

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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!

### Joke Of The Day

#### A Hard Bargain

A man driving down a country road spotted a beautiful horse in a farmer's pasture. He got out and knocked on the farmhouse door. When the farmer came out, the man said, "I'd like to buy your horse."

"Well, he don't look so good," the farmer said. "I don't think you want him."

But the man was insistent. "I'll give you \$1,000."

The farmer hesitated. "I hate to take advantage of you, mister. Like I said, he don't look so good."

"I'll give you \$5,000!"

The famer agreed, and the man sent a horse van out to the farm later that afternoon.

The next day the man came back. "You cheated me! That horse is blind!"

The farmer shrugged. "I told you he don't look so good, didn't I?"

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## What To Do If You Are In A Snowmobile Accident

Being out on a snowmobile on a wonderful day is a highlight of the winter season for many people. While most drivers are very careful, accidents can and do happen, and this includes both accidents and injuries to people as well as damage to property.

### Snowmobile Accidents

Although a motorized vehicle, snowmobiles are not the same as a car, truck or even as a motorcycle when it comes to operating and safety. As a recreational vehicle, there are about 110 fatalities involving snowmobiles per year and approximately 13,000 injuries requiring hospitalization.

If you are injured in a snowmobile accident as a passenger, or even as a driver, you may have the grounds for a personal injury case. Not all accidents on snowmobiles are necessarily the result of negligence by another person, but it is worthwhile having the case evaluated by a personal injury attorney with experience in this area.

### Common Issues to Consider

Common factors or issues that an attorney will consider and that can create the foundation for a personal injury case include:

- Negligence by the driver – this can be of another snowmobile or of a snowmobile you are riding on, or if you are a bystander hit by a snowmobile. Driver error or failing to correctly and safely operate the equipment resulting in injury is a common cause of personal injury cases. Often excessive speed is a contributing factor as is driving in the dark or driving while intoxicated.
- Negligence by the owner –if you are driving a borrowed machine with the permission of the owner and the accident was caused by incorrect maintenance or repair

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## Bucket List Cont'd....

exhilaration of completion of this particular bucket list item, I had already started planning what the next item on the list will be in order to avoid any post event malaise or depression. It just struck me on the flight back how connected my personal life and what I practice in my work life are and what a neat realization it was for me and to be able to explain and share my thoughts. Next month I promise to revert back to talking about my kids' and their activities which I know is much more interesting and Hazel will be back with a vengeance as spring is right around the corner. Thank you for allowing me the chance to share with you my experience. If you know anyone who would be interested in getting a copy of the newsletter send me an email at [sgaylord@gaylordpoppcom](mailto:sgaylord@gaylordpoppcom) and I'll put them on our mailing list.

*Sam*

## 50 Years And Still Going Strong

In recent decades Home Depot and Lowes have put pressure on local hardware stores everywhere. Yet one store, West Trenton Hardware, has not only survived the onslaught of the “big box”, but is prospering. So much so that they opened their second location, Montgomery True Value, on Rt. 206 in Skillman in the summer of 2014.



The family owned local hardware store has weathered tough economic times and growing competition. Even though the core of the business is hardware, one of the more unique ways West Trenton Hardware and Montgomery True Value achieves success is through diversification. Under one roof customers can have a lamp repaired, tools sharpened, rent a wide variety of equipment, and even have the store set up a small or large party, complete with tents, tables, and chairs. In addition to offering every grill accessory imaginable, both stores separate themselves from the competition by fully assembling, delivering, and setting up any full size Weber Grill. Furthermore, Montgomery True Value can make your home beautiful with Benjamin Moore paints and expert interior design advice. Plans to bring Benjamin Moore to West Trenton Hardware are currently underway. Shoppers will be hard pressed to find such an assortment of products and services paired with the best advice anywhere else.

Beneath all of the unique offerings lies the core to their success. Customer service, product knowledge, and a friendly smile has sustained the business for over fifty years. To this day owners Robert and Tom Nemec have continued the hands on approach their father Bob started when he opened the store back in 1965. At 85 years old Bob still works and can usually be found in the bolt isle having a great time helping customers. With a knowledgeable staff and three generations of a hardware family, you get the expert advice and service that is rarely found in any hardware store big or small.



## Tips For Healthier Eating

Healthy eating plays a large part in helping People to live longer and live healthier lifestyles, and just following a few simple tips can help put people on the right track. One good tip is to always read nutritional labels.



Making a habit of doing this will help you to make wiser food choices. Another good tip is to choose dairy products that are low in fat or, if possible, entirely fat-free. Those who drink full-fat dairy products or two-percent and whole milk should slowly make the change to reduced fat, low fat, or fat-free varieties instead.

Try to cut down on your cholesterol intake. Common foods with cholesterol include eggs (although egg whites are fine), whole milk, and organ meat products such as liver and shellfish. Cutting down on salt is also a good idea, particularly for people who suffer from high blood pressure, so choose foods described as having “reduced sodium” and limit consumption of foods and condiments high in sodium such as fish sauce, steak sauce, pickles, olives and flavored seasoning salts.

## Irish Stew With Guinness For St. Patrick's Day

### INGREDIENTS:

2 tablespoons olive oil  
1 onion, chopped  
3 cloves garlic,  
minced 1 teaspoon salt  
1/2 tsp ground black pepper  
2 pounds beef stew meat, cubed  
3 cups stout beer (ex: Guinness®)  
2 potatoes, peeled and sliced  
2 potatoes, peeled and quartered  
salt & ground pepper to taste



### DIRECTIONS:

Heat the olive oil in a large pot over medium heat. Stir in the onion, garlic, salt, and pepper. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef, beer, sliced potatoes, and quartered potatoes. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beef is tender, about 2 hours. Season to taste with salt and pepper before serving.

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

## Snowmobile Accident Cont'd...

on the equipment the owner may be liable for medical injuries and other damages.

- Failure to maintain the trail – if you are driving on a trail maintained by a group, organization, entity, community or even a private individual and have an accident because of failure to keep the trail in good condition, they may be liable.

In any type of personal injury case comparative negligence, or how much at fault both or all parties were, can also be a factor in the claim. The attorney will need to review the facts of the case and then help you to determine if you have the ability to seek compensation through a personal injury claim.

### A PODCAST SHOW WITH HOST KEN THAYER



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*Luck is a matter of preparation meeting opportunity.*

Lucius Annaeus Seneca

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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## Laurel and Hardy Trivia

For one thing, Oliver Hardy's real name was actually Norvell Hardy; Oliver was his father's name, which he decided to make use of when he became a stage singer.

"D'oh!" – the popular catchphrase used by Homer Simpson "The Simpsons" – was actually first popularized by Scottish actor James Finlayson who made thirty-three films with Laurel and Hardy and uttered the line every single time.

Stan Laurel had been in more than fifty films, and Hardy over 250 motion pictures prior to them becoming an onscreen team. They made 107 movies together, including twenty-three full-length films, forty sound shorts, and thirty-two silent shorts.

So I survived by big adventure – and completed an item on my bucket list! Don't miss this story! Plus a 'hats off' to West Trenton Hardware store. Happy St. Patrick's Day all – and may the luck of the Irish always be with you.

*Sam Gaylord*



### IN THIS ISSUE YOU WILL FIND:

- **What To Do If You Are In A Snowmobile Accident**
- **A Peek Inside – The Bucket List**
- **50 Years And Still Going Strong**
- **Recipe Of The Month**  
...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.

## Amazing Science Facts

Science helps to explain the universe, but it can also succeed in making our problems and dramas seem petty in comparison to what is going on "out there." Warning: The following facts may just blow your mind:



The deepest part of the entire ocean is the Mariana Trench, which is in the Pacific Ocean. The Trench is almost seven whole miles down – a barely comprehensible 12,067 yards deep.

People often complain about the weather, but Earth's most extreme climatic moods seem tame in comparison to the weather in the rest of the universe. The wind on Neptune, for example, blows at a rate of 1,600 miles per hour; you would also be out of luck if you are one of those people that prefer some seasons to others in a year, given that the average season on Neptune lasts for over four decades.

The weather is no better on Mercury either, with temperatures reaching 788 degrees Fahrenheit on the side of the planet that is closest to the sun.