

# STRIVE FOR EXCELLENCE

## NEWSLETTER



Informing The Injured One Person At A Time

## A Peek Inside

Fall is in the air, windows are open at night and school has started with a bang. In the first few weeks, Amy and I had the opportunity to attend three back-to-school nights in eight-days, attend two high school football games (Friday Night Lights) where Anna not only cheers but also goes out and marches at half time, and get Ben started with two little league baseball games. Needless to say the kids' activities are in full swing.

We also received some additional great news when Rachel was invited to apply for the National Honor Society at Notre Dame High School. Anna also completed her Silver Award Project in Girl Scouts and Ben is finding out that fourth grade is not as easy as third.

I can't believe it's fall. Can someone tell me where summer went??? Oh, I forgot to mention Rachel loves driving everywhere, which scares the holy #@\*^ out of me, although she is very responsible and doing a great job, the fact that I have a 16-year-old who's driving is one of those in the back-of-your-mind indications that I'm getting old. Don't tell anyone.

On a personal note, I have been selected as a Finalist in the 2015 Marketer of the Year contest for Great Legal Marketing. This is quite an honor and I am looking forward to making a presentation at the end of October.

Finally, in closing, I would like to remind everyone that we have only a few slots left for our Testimonial Day and if you are interested please give me a call at 609-771-8611.

If you enjoy the newsletter and know someone who would be interested in receiving a copy and being placed on our newsletter mailing list please have them e-mail me at [sgaylord@gaylordpopp.com](mailto:sgaylord@gaylordpopp.com).

*Sam*



*Anna and her Silver Award Girl Scout Project at Lore Elementary School Ewing*

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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

### Doubling Down

Two friends were watching a movie one night over a few beers.

During a car chase, Joe turned to Mike and said, "I'll bet you \$20 he drives that car off the bridge."

"You're on," Mike said, shaking hands.

Two minutes later, the car went off the bridge, and Mike handed Joe \$20.

A few minutes after that, Joe confessed, "I've got to tell you, I shouldn't have bet you that money. I've seen this movie before."

Mike shrugged. "Me too. I just didn't think that driver would be stupid enough to do it again."

## What To Do When Your Job Makes You Sick

It is one thing to go to work and get injured on a job because of some type of accident or unpredicted event, but to become sick because of the workplace environment is something very different. Many workplaces are toxic and can result in a variety of different respiratory diseases. These diseases, some which are extremely dangerous and even life-threatening include:

- Chronic bronchitis – can be caused by smoke or airborne toxins
- Asthma – related to fumes, exposure to chemicals or exposure to allergens in the air
- Emphysema – exposure to coal dust, asbestos, silica or other types of fine dust particles or chemicals in the air
- Lung cancers – relate to the inhalation of chemicals or compounds, including asbestos (Mesothelioma)
- Lung parenchyma – inhaling toxic gas and vapors particular related to industrial burning, fires or welding
- Sick building syndrome – mold, viruses, bacteria and microorganisms in building air conditioning systems that constantly circulate these contaminants through the air.

Other issues that are related directly to problems with the respiratory system include inhaling of metal vapors, breathing in chemical fumes in the manufacturing of plastics, polymers and resins, and the presence of fungi, often in the form of black mold in buildings

### Symptoms

The most common symptoms of respiratory complications are often missed or dismissed. They can include:

- Constant coughing and wheezing and general cold-like symptoms
- Chronic throat irritations
- Difficulty in breathing

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## Calling All Clients, Calling All Clients

Gaylord Popp is requesting your help in spreading the word about your satisfaction with the services received as a client of the firm. On Thursday October 15th from 9:00 am until we are done we are hosting our First Annual Testimonial Day. We are offering the opportunity for you to come to the office, have some snacks, tell your story and help us get the word out why you liked working with us, how we did, and why you would recommend our services.

These testimonials will be used to help promote your experiences so that you can help us provide the same kind of value

you received to someone else who may be on the fence and just needs that little nudge to get over themselves and call the firm. We are anticipating a large number of people being interested in helping us raise awareness of what we offer and as such we can only take the first 20 people. If you are interested in participating please call 609-362-6194. Please provide your name, number, e-mail and the time of day you would like to be videoed. We will make every accommodation and after we have all of the names we will reach back out and let you know what time we will need you in the office for your close up.

We want to thank you in advance for your continued support of Gaylord Popp and for allowing us the opportunity to serve you as well as those other people in need of the same quality service you have received or are receiving. We look forward to hearing from you at 609-362-6194 and seeing you soon.



## MY PAELLA RECIPE – CAROLYN GAVILA

### INGREDIENTS:

- 1 package boneless, skinless thighs and breasts (like chicken tenders)
- 1 box of Goya yellow rice
- 1 can of chicken broth
- 1 yellow onion or Vidalia onion chopped
- 1 stick of chorizo cut up in 2 inch pieces (like pepperoni)
- 1 pound of cooked shrimp
- 1 bag of frozen peas and carrots (optional).

### DIRECTIONS:

In a large pot on medium high heat stir in olive oil and 2 tablespoons of butter. When the butter is melted and oil is hot put in the onion and chicken and cook for about 5 minutes until chicken is no longer pink. Now add the chorizo and cook for another 2 minutes until they become soft. Now add the chicken broth and some water enough to cover the meat. This should be 2 cups if not a little more. Bring to a boil and add the rice package. Follow directions on the box. Very easy. Bring the rice to a boil and cover and put on low for 25 minutes. Add the peas 5 minutes before the rice is done. Let everything cook together. Your house will smell very good. After the 25 minutes are up, shut off the heat and add the shrimp, they will cook in 5 minutes. Then you are ready to eat. Enjoy.



## Guest Expert Article: Edwin Mays How Much Do You Know About Each Other's Money?

Sometimes one spouse or partner has only a vague knowledge of how much the other earns, spends, or saves. As retirement nears, this can lead to surprises.



Last month, Fidelity Investments released its 2015 Couples Retirement Study. While most of the 1,051 couples surveyed said they had no difficulties talking to their spouse or partner about money issues, the perception of each other's financial standing wasn't always accurate. For example, 43% of respondents could only guess how much their spouse or partner earned annually; 10% were off by at least \$25,000. In addition, 36% of couples had differing estimates of their investable assets; 60% (including half of baby boomer respondents) had no idea of the size of their projected Social Security benefit.

While talking about money can be difficult, it becomes a necessary conversation in the context of retirement. You want to approach your "third act" knowing how much you have collectively saved, how you are invested, how you spend your money, how much income you have now, and your potential income in the future. Enter the next phase of life with shared knowledge of your financial situation and your retirement potential. You and your family will be happy that you did.

Until next time,

*Edwin Mays* **MAYSGROUP**  
INVESTMENT ADVISORS

Each month, Edwin Mays of Transamerica Financial Advisors in Princeton, NJ will deliver time tested financial planning strategies. He can be reached at [EMAYS35SJN@WFGMAIL.COM](mailto:EMAYS35SJN@WFGMAIL.COM). 609-512-1655 (O). 917-940-5835 (M)

## Fun Halloween Facts

The first Jack-O-Lanterns were actually made of turnips.

The word "witch" comes from the Old English *wicca*, meaning "wise woman." According to popular belief, witches held one of their two main meetings on Halloween night.

The owl is a popular Halloween image. In Medieval Europe, owls were thought to be witches, and to hear an owl's call meant someone was about to die.

## Job Makes You Sick Cont'd...

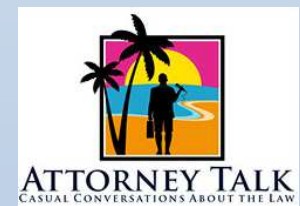
- Feeling heavy through the chest
- Headaches and flu-like symptoms
- Feelings of exhaustion
- Chest tightness
- Fevers and headaches that seem to come and go for no reason

Often these symptoms will initially seem to be better when you are away from work, particularly over a weekend or days off. However, they will progressively become worse when you return to the environment.

### What to Do

It is important to keep a written record of your symptoms and what you are doing on the job. You should also talk to your direct supervisor, human resource contact, union steward, safety monitor, or your workplace physician and report the problems. You should also immediately see your doctor, and then contact a personal injury attorney. Your attorney can work with you to attempt to modify your work environment to provide a healthier place to earn a living. If medical issues are present, your attorney will also evaluate the case and help you to obtain the compensation for your expenses and loss of health through a lawsuit if necessary.

### A PODCAST SHOW WITH HOST KEN THAYER



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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**Join our Ghoul's 'just wanna have fun' Furbaby Photo Contest!**

Send us photos of your furbabies ready for Hallowe'en for your chance to win 1 of 3 Spooktacular pet gift baskets!

Enter on our Facebook page or use the link below! Full details on the page.

<http://bit.ly/1KOJY0J>

Winners chosen by a Spooky panel of lawyers on October 31st!



I love the fall and I hope you are enjoying fall fairs, apple picking and other fun fall activities! Here's to a wonderful month and Halloween P.S. Make sure you enter our contest!

*Sam Gaylord*



**IN THIS ISSUE YOU WILL FIND:**

- What To Do When Your Job Makes You Sick
- A Peek Inside
- How Much Do You Know About Each Other's Money?
- Calling All Clients, Calling All Clients..  
...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.

**Finding Joy In Work**

Work can too often seem like a drain on our energy and existence, but it does not have to be that way. Work can actually be a source of joy, and there a few helpful tips that can assist you with finding the joy in your own employment.

One of the most important tips is to find out what gives you motivation and passion and work on that. You are obviously going to do a better job if you are working on something that you actually care about.

You should also never give up. Failure should never deter you, as sooner or later you will succeed in whatever it is you are trying to achieve. Also important is learning to manage your time, as deadlines are likely to be crucial – the end result has to be delivered on time.

It is a very good idea to keep an open mind and attempt to learn as much as possible from managers, supervisors, and colleagues. Do not be afraid, however, to listen to your own instincts