

# STRIVE FOR EXCELLENCE

## NEWSLETTER



Informing The Injured One Claimant At A Time

### A Peek Inside

With the dog days of summer behind us and school in full swing the household has turned into a concentrated effort to always focus on the calendar. I feel every day we get through without leaving the children in one place or another or worse forgetting someone somewhere (just kidding) is a good day. Organization, or at least the attempt to stay organized, remains the priority in the Gaylord house.

The troops have all started back Rachel as a sophomore in high school (OMG... I would use other language but want to stay clean) Anna as an eighth grader and the big woman on campus at the middle school and Ben is entering third grade.

The month of September has certainly provided some extreme ups and downs. The troops returning to school and having everyone start their activities for the fall has certainly been a true joy. Also having the opportunity to be Ben's Little League coach and as of the authoring of this letter we stand at 3-0 is a blast. In addition, my wife and I celebrated our 20<sup>th</sup> wedding anniversary and I had the chance to take her to see



Billy Joel in Madison Square Garden. It was, although on a school night, good to revisit our younger days and stay up late. On the down side we had the memorial service for my aunt who passed away prior to Labor Day. Her strength and dedication to her family will certainly be forever missed.

We are looking forward to the month of October as we will have the opportunity to visit our alma mater SYRACUSE (Go Orange!!) for Homecoming Weekend and reunite with a bunch of our college friends. I certainly will provide some fun pictures of that in our next newsletter.

Finally I want to again continue to thank everyone for their comments and if you would continue to like us on Facebook and continue to provide your comments it would be greatly appreciated. Further if you would like to have someone else get onto our monthly newsletter mailing list please email me at [sgaylord@gaylordpopp.com](mailto:sgaylord@gaylordpopp.com) and in the subject line indicate newsletter let me know the name and address and we will put them on our list.

October 2014 \* Vol. 1 \* No. 8

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



#### Down the Hole

Two friends were walking through the woods when they found a hole that looked deeper than any they'd ever seen. One of them dropped a rock down and started to count, but although both listened, they never heard the rock hit bottom.

"Let's try something bigger," the other guy said.

They wandered around and found an old anvil in the dirt a few yards away. They lugged it to the edge of the pit, took a deep breath, and pushed it down.

A moment later a goat came dashing through the woods and flung itself down the hole. The two friends looked at each other, stunned.

Then a farmer came running up. "Have either of you seen my goat?"

"Yeah," the first man replied. "He just jumped into this hole."

"That's crazy!" said the farmer. "I had him tied to an anvil."

## Understanding Aggravated Assault

Emotional distress damages are more challenging to address through the legal system because of the very nature of the emotional pain. Unlike physical pain or injury that can be demonstrated, quantified and visible, emotional pain and suffering because of psychological trauma is invisible and highly subjective. However, this doesn't mean that emotional distress cannot be compensated through the courts. In fact, with different options for professional testimony and advances in different types of medical and psychological testing emotional distress compensation is awarded in a number of different situations.

### Legal Definition of Emotional Distress

Emotional distress in the eyes of the law is emotional pain and suffering that is caused because of the intentional or negligent acts of another. For example, in cases of sexual harassment, verbal abuse, libel, slander or threats, the injured party may experience emotional distress even if there was no physical injury. In addition, providing false information to cause distress can also be found under this definition if the information is provided to intentionally cause emotional pain and suffering and is knowingly false by the person providing it.

### Proving Emotional Distress

Proving emotional distress can be very challenging but certainly not impossible. In general your attorney will need to prove that:

- There was a negligent or intentional physical injury that contributed to the emotional distress
- If there is physical injury or even if not the emotional component was designed to cause distress
- The defendant (the cause of the emotional distress) acted intentionally and recklessly and the behavior was extreme and outrageous

The definition of extreme and outrageous is somewhat subjective but is considered behavior that a normal person would find

**CONT'D ON PG.3**

## Fall Butternut Squash Soup

Original recipe makes 6 servings

- 6 tablespoons chopped onion
- 4 tablespoons margarine
- 6 cups peeled/cubed butternut squash
- 3 cups water
- 4 cubes chicken bouillon
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper



### Directions

- In a large saucepan, saute onions in margarine until tender.
- Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
- Puree squash and cream cheese in a blender or food processor in batches until smooth.
- Return to saucepan, and heat through. Do not allow to boil.

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



- Since the 800's November 1st is a religious holiday known as All Saints' Day. The Mass performed on this day was called Allhallowmas. The evening before became known as All Hallow e'en, or Halloween. Its origins lie in both pre-Christian and Christian customs.
- 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
- The largest pumpkin ever measured was grown by Norm Craven, who broke the world record in 1993 with a 836 lb. pumpkin

## ENTER OUR HALLOWEEN CONTEST!

**Email us your most creative Jack'O'Lantern for a chance to win \$50 Gift Certificate**

Winner announced in the November Issue, with a picture too!

Email a picture to [sgaylord@gaylordpopp.com](mailto:sgaylord@gaylordpopp.com)



## Tech Tips with Dan Little

You probably don't even realize it, but when you first start your PC, dozens of programs and services are starting that you most likely don't need. Some rear their ugly heads in the system tray (that little collection of icons next to the clock in Windows), but others run quietly in the background with you none the wiser.



Now, don't get excited, these instructions will take you to corners of your operating system (OS) you may not have seen before, but follow the instructions below and you should notice quicker performance and faster start times.

In Windows XP select Run from the Start menu, under Vista you can hit the Windows key and "r" at the same time to bring up the Run dialog.

- Type msconfig.
- Select the Services tab.
- You can safely uncheck the following services:
  - Fast User Switching,
  - Indexing Service,
  - Remote Registry,
  - Smart Card,
  - Telephony,
  - Messenger,
  - Net Logon,
  - Telnet,
  - Terminal Services,
  - NetMeeting Remote Desktop Sharing,
  - Remote Desktop Help Session Manager,
  - Uninterpretable Power Supply

### Here are some other tips to speed your internet browsing

#### Use Ctrl+F to Search a Web Page or Document

When there's a specific word you want to find - hit Ctrl+F. A search bar will appear in the upper right or left corner. Type the word you want, and the program will bring you to the first instance and highlight all instances. Depending on the application, if there are multiple instances, you can jump ahead to the next or previous one by using arrows that usually appear in the search box.

#### Scroll Faster Using the Space Bar

Scrolling through a long Web page (like a BuzzFeed listicle) takes ages using the mouse wheel, cursor on the scrollbar, and certainly the down arrow key. Instead, use the space bar to jump down one full screen at a time. Add Shift to the equation (Shift+spacebar), and you'll scroll up a full screen with each press. Hold down the space bar, and reach the bottom of the page fast as can be.

#### Add "site:" to Search Specific Domains

Let's say you remember that The New York Times published a killer no-knead bread recipe a few years ago, and you want to find it. You could search online for "no-knead bread" and hope the right recipe comes up, or you could add to your search this phrase "site:nytimes.com" to get results only from the Times.

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## Aggravated Assault Cont'd...

to be extreme and emotionally distressing. This means that the level of insults, slander, libel, threats or verbal abuse has to be more than what the typical, average person would see as over the top and not just insults or petty comments.

### Filing Your Lawsuit

The first step in filing a lawsuit for emotional distress starts with getting a personal injury attorney involved. Different states have different statute of limitations that apply based on the type of underlying claim. This could be personal injury, in most states 2 years, or in cases of defamation it could be as long as three years or as short as 6 months. Consulting with your attorney as soon as possible will ensure you act before your time to file has expired.

## 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:

**Gary Hammond**

**Arcadia Rivera**

**Joe Melvin**

**Nora Anderson**

**Matt Fletcher**

**Brain Blakely**

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

October 2014 \* Vol. 1 \*No. 8

**Surprising Facts about Space**

There are a number of facts about space that many people would find surprising. For instance, a standard NASA spacesuit costs as much as twelve million US dollars, with seventy percent of the cost being down to the backpack and the control module. Another fact that might just take you by surprise is that we are actually made of stars.

Stars become so hot that the nuclei of their items fuse together in order to create the calcium in our bones, the oxygen that we breathe, the iron in our blood and even the carbon in our bones. According to astronomers, the biggest chance of human life being wiped out by a large asteroid will be in 2029. Although there is only a three percent chance of Earth being hit by asteroid “Apophis”, if it happens that will be the end of all life on the planet, plant and animal alike.

Fall is such a beautiful time of year!  
Enjoy the fall scenery, maybe some  
apple picking, walk in the woods,  
and of course taking time to read  
our newsletter! Happy & Safe  
Halloween everyone!

*Sam Gaylord*



**IN THIS ISSUE YOU WILL FIND:**

- \*A Peek Inside
- \*Understanding Aggravated Assault
- \*Fall Butternut Squash Soup Recipe
- \*Halloween Trivia & Fun (& a Contest!)
- \*Tech Tips With Dan Little
- ...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.

**Avoiding Shopping Mistakes**

Even with the best of intentions about healthy food and nutrition, we can still make mistakes when we actually go out to shop. There are a number of common mistakes and misperceptions that even people who thought they were well-informed can make.



One common mistake is people paying more for brown eggs rather than white in the belief that the brown eggs are better for you. The reality is there is no truth to this whatsoever. The color of the egg is irrelevant to its nutritional content or its taste. The only thing that makes a shell a certain color is the breed of the chicken.

Another mistake is purchasing low-fat peanut butter to save on fat and calories. The irony here is that the fat in peanut butter is actually good for you so there is no point in avoiding it. Low-fat peanut butter also actually has higher sugar content in order to make up for less fat, with little if any difference in calories.

When buying peanut butter, choose the one with the least ingredients, preferably with nothing more than peanuts and a small amount of added salt or sugar.