

SNELLINGS LAW PLLC

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3 Years Later

Looking Back on the Day My Life Changed

As a kid, I always loved Halloween. It was one of my favorite nights of the year. I would get dressed up, meet my friends, and go have fun for hours. Back then, we didn't have a care in the world other than finding the homes that had our favorite candy.

Years later, Halloween has taken on a totally different meaning. On the morning of Oct. 31, 2017, I had my kidney transplant. Yes, it was totally weird walking into a hospital on Halloween to have someone else's kidney taken out of them and put into me (Frankenstein, anyone?). The transplant came after years of steady decline in the function of my kidneys (due to a bad interaction with a drug I was prescribed for a totally different issue). Thankfully, my best friend, Jacob Thompson, was a match and stepped up to the plate to save my life.

I am eternally grateful for his gift, as is my family. In fact, my parents send him a box of nice steaks each year to celebrate his gift. Jacob was incredibly selfless with his decision, and he will always be my greatest hero.

I am also thankful for the doctor who did an amazing job performing my surgery, Dr. Goran Klintmalm. I remember Dr. Klintmalm coming into the pre-op room and checking on me. He described the surgery for me yet again. He made it sound so simple, despite my knowing how difficult of a surgery it was to perform and all of the potential complications. The next time I saw him was in post-op. He came into my room and, in his German accent, asked how I was doing. I remember telling him that I was in quite a bit of pain.

His response, "Well, I did just cut you with a knife."

"Fair enough," I responded.

Then there is my other doctor and kidney specialist, Dr. David Nesser. I have a profound respect for this man. He has done a fantastic job guiding me through recovery. The level of concern and empathy he shows is nothing short of phenomenal. This is a man who really cares about his patients, and it was clear from the very first time I met him.

I can't thank any of these gentlemen enough for the impact they've had on literally saving my life and keeping my new kidney healthy.

Three years later, I feel good. Living as a transplant recipient can often be challenging. However, the benefits greatly outweigh those challenges. It's an incredible gift to receive, and it's my duty to care for that gift in the best way I can.

It's worth it to get poked and prodded every month as they make sure everything is working as intended. When you have your energy back and you can play with your kiddos, any ongoing challenges pale in comparison.

I want to thank all the donors out there who gave the gift of life — or those who are ready to give the gift of life, but are waiting for the right opportunity. I was fortunate that I had a match so close, but others aren't always so fortunate. This is why it's so important to register as a donor — to give people in need of a transplant the greatest chance at life.

"Living as a transplant recipient can often be challenging. However, the benefits greatly outweigh those challenges. It's an incredible gift to receive, and it's my duty to care for that gift in the best way I can."



Jacob and me this past summer.

I also want to share my support for everyone who is on a transplant list. Being on that list isn't easy. It comes with a lot of uncertainty, but we can live with the knowledge that there are people out there who are ready and willing to help. It's just a matter of making that connection.

If you would like to know more about donation or would like to register to become a donor, please visit DonateLife.net or RegisterMe.org to help change someone's life just like Jacob Thompson changed mine.

-Scott Snellings

CATCHPHRASE!

6 Things Celebrities Tried to Trademark — and Some Who Succeeded

Celebrities love to trademark all sorts of things for one simple reason: People associate certain words with the celebrity's brand, and the celebrity wants to protect that. It makes sense from a business perspective, but sometimes, it can get a little silly. Read on to see what the U.S. Trademark and Patent Office gave its blessing to and which trademarks it outright refused to create.

Blue Ivy Carter

Just days before their first daughter was born in 2012, Beyoncé and Jay-Z filed for a trademark on her name. The problem was that a wedding planning company called Blue Ivy was already using the name. Plus, Jay-Z mentioned to the media that their intention was to prevent others from using it. The trademark was denied.



Kylie

This generic trademark was filed by Kylie Jenner (of the Kardashians and Jenners). Her intention was to use her trademarked name for marketing purposes. The trademark was denied, and Jenner even ended up in a brief legal battle with singer Kylie Minogue.

'Let's get ready to rumble!'

One of the most well-known catchphrases of all time was successfully trademarked in 1992 by its creator, boxing announcer Michael Buffer. Even better, it's made Buffer a *very* wealthy man. To date, he has made nearly $500 million dollars by licensing the trademark.

'Rock Star From Mars'

Back in 2011, actor Charlie Sheen had a very public meltdown. During the episode, he rambled off countless phrases such as "Duh, winning," "tiger blood," and "rock star from Mars." In the end, he tried to trademark a total of 22 phrases, but all were rejected by the U.S. Patent and Trademark Office.

'You're fired!'

Donald Trump is known for many things, including emblazoning his name on everything he owns. Long before he was president and while host of "The Apprentice," he filed a trademark on the show's catchphrase. It was denied because it was too close to a preexisting (and trademarked) board game called You're Hired.

'BAM!'

TV chef Emeril Lagasse was a pioneer in the world of cooking shows. He popularized cooking on TV and captivated audiences by exclaiming one simple phrase every time he added an ingredient to whatever he was making: "BAM!" Naturally, he trademarked his signature phrase, but he doesn't discourage people from using it as long as they keep it in the kitchen.

3 Great Apps to Maintain Your Mental Health at Home

When you lead a busy lifestyle, mental health often takes a back seat to other pressing matters. Thankfully, there are a number of easy-to-use apps to help address this concern. Even if you're pressed for time, these apps can help you maintain your mental health. And if you're just looking for some simple resources to guide you through mood-boosting exercises, they've got you covered there too.

Moodfit (GetMoodfit.com)

Think of this app as a fitness tracker for your mind. The mood tracker allows you to record your moods and thoughts and follow trends and changes over time. You can look at these trends yourself or set the app to monitor specific areas of your mood. This highly customizable app is packed with tools and resources to help you with your mental health. In addition to the mood tracker, Moodfit offers a range of breathing exercises and a guide to mindfulness meditation.

MoodMission (MoodMission.com)

If you're struggling with mental health issues, like anxiety and depression, you may feel like this free, evidence-based app was designed just for you. MoodMission asks you a series of questions to assess how you're feeling, then suggests a series of "missions" you can complete to help you get into a better state of mind. Missions are short, achievable tasks, like taking a walk around the block or cleaning up a room in your home. Of course, like all the apps listed here, it is not a replacement for professional mental health care, but it offers evidence-based exercises and a level of support that's not often found in smartphone apps.

Talkspace (Talkspace.com)

While this app contains a number of mental health tools, its primary purpose is to connect you quickly with one of the company's thousands of licensed and experienced therapists you can message on a regular basis. Unlike traditional therapy where you schedule an appointment and meet in person, Talkspace allows its user to communicate with their therapist through the app's encrypted messaging system. It also allows you to request a check-in from your therapist and provides a place for them to upload your therapy notes. Talkspace is more costly than some other apps, but depending on your specific needs, it may be worth it.



TAKE A BREAK







Inspired by Candiquik.com

These adorable chocolate-dipped strawberry ghosts will be the stars of your Halloween party!

Ingredients

- 16 oz white chocolate, chopped
- 24 strawberries
- 1 package mini dark chocolate chips

Directions

1. In a microwave-safe bowl, heat the white chocolate at 50% power for 30 seconds. Remove it and stir, then repeat the process until melted.
2. Lay out a sheet of parchment paper.
3. One by one, dip the strawberries into the melted white chocolate and set them on the parchment. Allow the extra chocolate to pool to form a "tail" effect.
4. Before the chocolate coating fully cools, add three mini chocolate chips to each berry to form two eyes and a mouth.
5. Let chocolate set, then serve your spooky snacks!

THE NIGHT MARTIANS INVADED NEW JERSEY

Orson Welles Recounts 'The War of the Worlds'

On the evening of Oct. 30, 1938, an eloquent voice graced the airwaves in New Jersey:

"We now know in the early years of the 20th century, this world was being watched closely by intelligences greater than man's, and yet as mortal as his own. We now know as human beings busied themselves about their various concerns, they were scrutinized and studied, perhaps almost as narrowly as a man with a microscope might scrutinize the transient creatures that swarm and multiply in a drop of water …"

And so began Orson Welles' classic radio broadcast, a retelling of H.G. Wells' "The War of the Worlds." Peppered in the retelling were fictional news bulletins informing the public of an alien invasion. Martians had arrived in New Jersey!

Some listeners, who had missed the fact that this was a retelling of "The War of the Worlds," assumed the news bulletins were the real thing. Frenzied, they called local police, newspapers, and radio stations hoping for more information about the invasion. What were they supposed to do?

Higher-ups at the CBS radio studio where Welles delivered the live reading called and told him he needed to stop and remind listeners that this was a work of fiction. The panic, it seemed, was growing as the Martians "approached" New York. A little later that night, police showed up at the studio with the intent of shutting the whole thing down.



The next day, the story broke across the country — newspapers reported on mass hysteria and stories poured out that the nation had erupted in panic. However, as we now know, the extent of the panic was exaggerated. In fact, the program didn't even have very many listeners that night, and most who had tuned in were aware they were listening to a radio play rather than a news broadcast.

American University media historian W. Joseph Campbell, who researched the broadcast in the 2000s, found that while there had been some panic, most listeners simply enjoyed the show. It turns out the person who was the most frightened was Welles himself who thought his career had come to an end.

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RAZOR BLADES AND POT?

HALLOWEEN MYTHS THE MEDIA LOVES TO SCARE US WITH

For many people, Halloween is the time of year when certain spooky myths and superstitions come alive. It's when we hear stories of black cats and bad luck or ghosts in the attic. But there are some recent myths that often get perpetuated by both mainstream and social media — stories that frighten parents and create an anxious, fearful atmosphere.

Razor Blades and Poison For a long time, the "razor blades in candy" has been a go-to media story. Every year around Halloween, you're sure to see your local news running a segment that encourages parents to check their kids' candy for tampering so their children don't swallow razor blades or poison.

There have been zero substantiated cases of any child or parent finding a razor blade hidden in the chocolate and nougat. There has, however, been one lone case of a child being poisoned. In 1974, a father hid cyanide in his son's candy in Texas, leading to the child's death. It was discovered that the father was attempting to collect life insurance to ease his $100,000 debt.

THC THC (tetrahydrocannabinol) is the primary psychoactive compound found in cannabis, and it's the chemical that makes people high. In more recent years, there have been an increasing number of stories spread on social media about THC-laced candy or edibles being found in kids' candy bags.

There are also news stories of THC-laced candy being found during warranted searches. However, that's as far as the story goes, at least when it comes to Halloween. In 2019, police in Johnstown, Pennsylvania, warned parents to be on the lookout for THC-laced candies after they found some in a bust. While the warning was certainly valid, nothing ever came of it.



Should you check your child's candy? Most definitely! It's always good to check just in case, though the danger is negligible. That said, kids should never take unwrapped or homemade treats while trick-or-treating. This has less to do with hidden razors and more to do with simply not knowing what's in those items, such as potential allergens.