



See What's New

RESILIENCE AND TRIUMPH: 6 Years Kidney Strong!

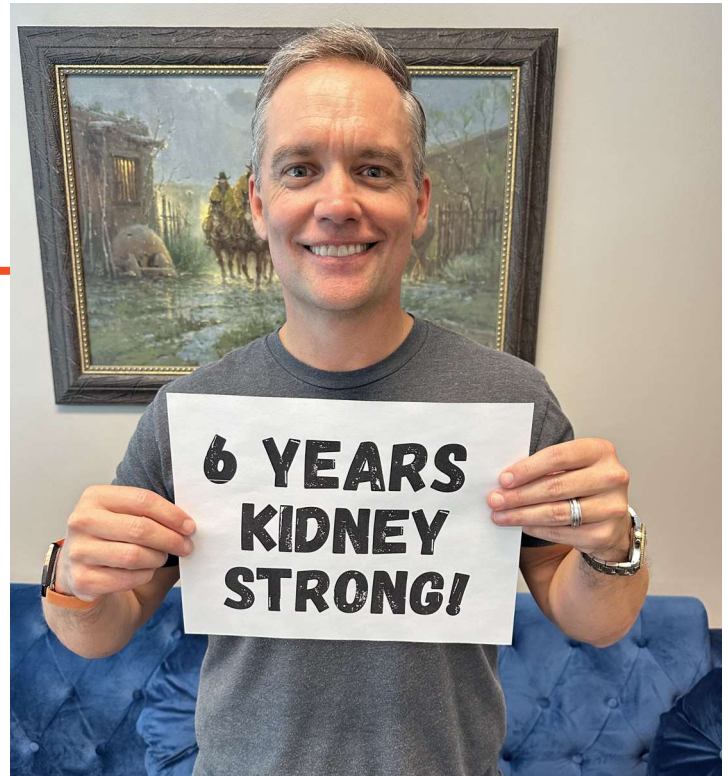
Six years ago, I opened the doors to Snellings Law. Filled with determination, excitement, and a bit of nervousness, I was ready to begin serving the community and helping others. However, this year also marks an important milestone — six Octobers ago, they rolled me back to the operating room for my kidney replacement. That’s right; just two months after Snellings Law’s grand opening, I had a kidney transplant.

With a 2-month-old law firm, two kids under 3 years old, and too much to lose, I made the best decision for my health and went under the knife. While it wasn’t ideal, it all worked out. In the weeks leading up to this procedure, I was more nervous than I’ve ever been. Would I pull through? How would it feel to give my children one last hug before leaving for the hospital? What about saying goodbye to my parents and wife when it was time for them to roll me back? What would my recovery look like and how long would it take for me to refocus my time on running my new law firm?

Finding a donor was an incredibly humbling experience. The amount of kind-hearted and loving people who were tested to find out if they were a donor match for me was astounding. Asking for help is one of my downfalls — I struggle to seek assistance when I need it. Thus, the “big ask” in search of a viable donor was tough.

Today, I proudly have my best friend’s kidney — thank you, Jacob Thompson. Ironically, he was a match and was kind and generous enough to make this sacrifice for me. This experience, while traumatizing and terrifying taught me something more than how fragile human life is. It taught me that as people, we are here to give and help each other, and when it comes your turn to ask for help, it’s something we shouldn’t shy away from.

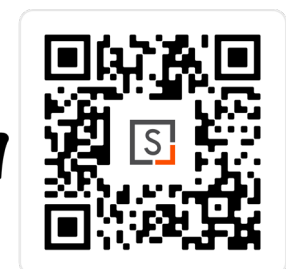
At some point in each of our lives, we all face a daunting challenge. Whether it’s health, work, a relationship, or mental health, we struggle. However, it’s important to remember that adversity makes us grow. I know I did. When I said goodbye to my kids, unsure of what would happen, I learned that every day we get with our family and loved ones is a gift from God.



When I handed the keys to the law firm over to Gina, my paralegal of two months, I learned what it meant to place full trust in someone. When I saw my best friend with his pregnant wife standing next to him before his surgery to give me his kidney, I learned what sacrificing for a friend looks like. When I surrendered my worried self to God as they wheeled me back to the operating room, I learned what God’s peace feels like. When I saw the care and patience my wife had while she cared for me before and after my surgery (and I was a bit of a bear), I learned what it looks like to be there for your spouse in sickness, not just in health.

While the lessons from that experience grow each year, a constant takeaway is that life is such an incredible blessing. Thank you to each of you who have been and continue to be a part of my story!

- Scott Snellings



Driven To Help

FROM APPLICANT TO ARRESTED: The Fugitive Who Applied for a Police Job

Even most criminals need traditional employment to pay the bills, but Zyeama Johnson looked for work in all the wrong places. Perhaps Johnson imagined her previous experience with law enforcement would give her a leg up in her application to the Hudson County Sheriff's Office in New Jersey in 2022. But unfortunately for her, all of Johnson's past and future involvement with the police would be on the wrong side of the law.

Johnson was looking for a legal way to earn a living when she applied for a job as a security guard at the sheriff's office. But her past money-making ventures allegedly involved fraud, and she had failed to appear in a Pennsylvania court on the charges. Presumably, Johnson did not realize a police station would perform a background

check before hiring — or that this office specializes in resolving outstanding warrants.

When processing her application, the Hudson County Sheriff's Office discovered the active bench warrant in Pennsylvania. The routine investigation also found 10 additional active bench warrants in Jersey City, New Jersey; Johnson had allegedly failed to appear on traffic charges.

Most employers in this situation would probably move on to the next applicant, but the sheriff's department decided to call Johnson in for an "interview" instead. Unsurprisingly, they had no intention of hiring her and arrested the fugitive on the spot. It gave the standard interview

question, "Where do you see yourself in five years?" a new meaning.

After taking Johnson into custody, the police proceeded to search her property. Incredibly, they found two credit cards in her possession they believed were stolen. Police added credit card theft charges to Johnson's already considerable rap sheet. To make matters worse for her, the sheriff's office also contacted Johnson's former employer, the United States Postal Service, which launched its own investigation into her conduct.

As of October 2022, Johnson was being held in a Hudson County jail awaiting extradition to Pennsylvania for the most serious charge against her. It's unclear why she thought applying for a law enforcement position with outstanding warrants was a wise career move, but at least she made her would-be coworkers' jobs easy that day.



Unlock the Secrets of a Calming Bedtime Routine

Does it always seem like your kids get a burst of energy right before bedtime? After a jam-packed day, your child's pent-up stress and energy will likely spike when it's time to head to bed. The key is implementing a consistent bedtime routine to help them transition into sleep mode. Try therapeutic techniques to soothe your child for a full night of shuteye.

Squeeze 'em tight (add pressure).

Just like you would swaddle a baby, you should wrap your kids up like tiny burritos! When you add pressure that squeezes them tight, your child's tactile and proprioceptive senses are activated, which creates a sense of calm and relaxation. You can also do this with weighted blankets, tight cuddles, or by tucking them in nice and snug with pillows placed around them to add more pressure.

Get them warm and cozy.

Warmth is another element that can increase calm and signal bedtime! Put their

blankets in the dryer so they'll have them nice and warm when it's time to lie down. Additionally, you can give them a warm drink with a straw, as the warmth not only relaxes them but the straw also encourages sucking motions, which are incredibly soothing for children.

Create gentle movements.

Repetitive and rhythmic movements like rocking back and forth generate vestibular input for the nervous system. This will help your children feel comfortable and ready to sleep! You can try these motions by rocking them on a yoga ball for a few minutes, reading a bedtime story in a rocking chair, or sitting with them in a porch swing or hammock right before bed.

Turn the screens off.

We already know that looking at screens harms our sleep, so why would that be any different for children? Decrease screen time as the day advances and completely turn off any screens at least two hours



before bedtime. Not only do you want to cut these harsh lights, but you should also add comforting ones! Unwind in dim lighting as the day ends, and place lava lamps or a night light in your children's rooms to help soothe them. Also, adding a white noise machine or playing calm music can do wonders!

Combine these therapeutic methods to create the perfect bedtime routine that will have your energetic kiddos in bed without a hitch.

TAKE A **BREAK**



THE REVENGE OF THE RONIN

Unveiling the Historic Massacre of Kira Yoshinaka

Never has there been a tale of revenge so blood-filled and epic as the 47 Ronin. Honorable and loyal to the end, these samurai warriors proved their dedication to their master in an incident that would become immortalized in Japanese literature, theater, and film. So, what led these samurai on a vengeful rampage?

It started in April 1701, when nobleman Asano Naganori, also known as the lord of Ako, was treated with complete disrespect and arrogance by Kira Yoshinaka, a court official. After holding back his anger, Asano finally snapped. Asano revealed his sword and attacked Kira in the middle of the palace's main hall. Although Kira lived to tell the tale, Asano broke court rules and was ordered to kill himself. Following the court's ruling, Asano ended his life on April 21, 1701.

After his demise, Asano left behind his faithful 47 samurai, whose status was lowered to ronin (samurai with no leader). Crushed by his death, the ruthless men created a plan. The 47 Ronin laid low for two years by dispersing and living in "retirement." The years passed, and the men were able to lower Kira's guard. At this point, one of the ronin had reached his 80s and could not participate in the vengeful plan. However, the remaining 46 men raided Kira's estate on an early January morning in 1703. They fearlessly battled Kira's samurai and decapitated Kira. The ronin then carried his head in a basket for miles to their deceased lord's grave.

Authorities were intensely conflicted on how to treat the vengeful massacre. While it broke the shogun's rules, the act followed the respected samurai warrior code. Yet, in the end, all 46 men were ordered to

kill themselves via self-disembowelment, *hara-kiri*. The ronin ranged in age from 15 to 77 years old. After their deaths, the ronin became legends and were buried alongside their master, Asano Naganori. You can visit this famous site at Sengakuji Temple in Tokyo.



HOMEMADE PUMPKIN SPICE LATTE

Inspired by AmbitiousKitchen.com

Save money this October with this delicious homemade pumpkin spice latte that will taste better than any store-bought coffee.

Ingredients

- 2 shots espresso (or 1/2 cup freshly brewed coffee)
- 1 cup milk of choice
- 3 tbsp pumpkin purée
- 1-2 tbsp maple syrup
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- Whipped cream for topping (optional)

Directions

1. In a small pot on medium heat, heat milk until simmering but not boiling.
2. Make your espresso (or coffee) and pour into a large mug or Mason jar. Add pumpkin purée, maple syrup, pumpkin pie spice, and vanilla and stir until well combined.
3. With a milk frother, froth the heated milk until foamy. Then, pour into your pumpkin espresso mixture and top with whipped cream. For decoration, you can sprinkle more cinnamon or pumpkin spice on top!

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Sherri Papini's Disappearance

THE SHOCKING TRUTH BEHIND SHERRI'S KIDNAPPING REVEALED

Sherri Papini vanished out of thin air in November 2016. The day she went missing, her husband, Keith Papini, came home expecting to see his wife and kids but found the residence eerily empty. Keith called the children's day care to ask when his wife picked them up, but they informed him she never did. While the kids were safe, Sherri was missing.

Three weeks passed before Sherri was finally found alone on a freeway nearly 146 miles from her home on Thanksgiving Day. She was cut and bruised, her long hair chopped short, and her back branded with a Bible verse.

When the police questioned Sherri, she was hesitant and frightened. She claimed two Hispanic women abducted her, took her to an unknown location, chained her up, and tortured her before planning to traffic her. The story horrified

the community and made many Hispanic women fear wrongful persecution.

At the time, male DNA was found on Sherri's clothing, despite her insistence no men were involved in her kidnapping. Years later, in 2020, the authorities used genetic DNA technology to track down the man, Sherri's ex-boyfriend, James Reyes. This was when Sherri's tale began to fall apart. Reyes was questioned by police, who exposed the truth about Sherri's vanishing act.

He revealed that Sherri told him her husband, Keith, was abusing her, and she needed his help to escape. She convinced him to brand her, but all her other injuries were self-inflicted. Reyes had no idea about Sherri's fabricated story involving two Hispanic kidnapers. At first, Sherri stuck with her story when questioned again but eventually admitted it was all a hoax.

In 2023, Sherri Papini was charged with false statements and mail fraud and sentenced to 18 months in prison for her long-winded lies that wasted police resources and federal financial assistance. Her story resulted in numerous innocent Hispanic women being wrongly questioned by authorities. But now, these women can rest easy knowing the case is finally closed.

