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A Mother's Day Tribute To the Women Who Hold It All Together

May is a special month. The sun shines a little longer, flowers bloom, and everything feels like a fresh start. But more importantly, it's when we celebrate the women who have quietly, lovingly, and relentlessly held our families together — our moms.

This month, I wanted to take a moment not just as an attorney or business owner but as a son, husband, and father to honor the women who have shaped my life: my mom, my wife Jenny, and my late motherin-law, Rosalie.

My Mother: A True Saint People have said for years that my mother is a saint, and they weren't exaggerating. Raising five boys

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and a husband (yes, six wild personalities under one roof) was no small feat. We weren't exactly a "chore-doing" kind of family. Let's just say a lot landed on my mom's shoulders. Still, the house ran, meals were made, and life moved forward. Somehow, she made it all look seamless — though I know now it was anything but. The strength, patience, and selflessness

she showed day in and day out? That's not something you can learn from

a book. That's real, lived love. And we're all better men because of her.

Jenny: Holding It Down With Grace

Then there's my wife, Jenny. She's a full-time lawyer, a mom to three boys, and the person who somehow keeps everything moving in

the right direction. She balances work, sports practices, bedtime routines, and morning chaos, and still remembers who likes what for lunch. Jenny is the center of our family's universe. She has a quiet power, a sharp mind, and a heart with room

for everyone. Watching her raise our boys while excelling in her career is humbling and inspiring. She doesn't just "do it all." She does it all with heart. I don't say it enough, but Jenny, you are the glue, the compass, and the soul of our home. You make it look effortless (even though we know it's not).

Remembering Rosalie

This is our third Mother's Day without Rosalie Montana, and her absence is still deeply felt. Rosalie was a devoted grandmother



and a constant, loving presence in our lives. She was incredibly close with our boys. She never missed a school performance, a game, a birthday, or any of the little moments that make childhood special. She always showed up — with a big heart, a warm smile, and often a treat or two in hand. Whether she was cheering from the bleachers or clapping in the auditorium, vou could count on Rosalie to be there. Her devotion to her grandchildren was unmatched. She gave so much of herself, never asking for anything in return. Just being there for the people she loved — that's what mattered most to her. And that's what we remember.

Simple Ways to Celebrate Mom

You don't need anything extravagant to show appreciation. Often, it's the simple, heartfelt gestures that mean the most. Here are four easy ways to honor the moms in your life this month:

• Write her a note: Not a text. A handwritten note she can tuck away and reread.

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Criminal Mastermind? Not Quite

Woman Arrested After K9 Sniffs Out Her 'Innocent' Tote Bag

There are bad decisions, and then there are "Florida-level" bad decisions. And right at the top of that list is walking around with a bag that literally announces your crime in bold letters. That's exactly what 31-year-old Teryn Acri did when she was caught with a tote bag that read, "**Definitely Not a Bag Full of Drugs**" — which, naturally, was full of drugs. You can't make this stuff up.

Acri's latest brush with the law happened when the car she was riding in got pulled over by deputies in Brevard County. The driver, clearly possessing a stellar decision-making record, assured the



officer that "nothing illegal should be inside." Unfortunately for her, Aurora, the department's drug-sniffing K9, had other ideas.

When the deputy searched the vehicle, Acri's ironically labeled tote bag was sitting there like a neon sign screaming, "CHECK ME IMMEDIATELY." Inside? Allegedly, police found meth, needles, Narcan, digital scales, small baggies, cut straws — pretty much everything except what you would usually find in someone's bag.

What makes this situation even more ridiculous is that this isn't even Acri's first run-in with the law this year. She was arrested on Jan. 6 for — you guessed it — drug trafficking. But after making her \$15,500 bond just two days later, she was out and about, making more exceptionally bad life choices. Now, she's back behind bars, and something tells us she won't be meeting bail this time.

If irony were a crime, Acri would be serving a life sentence. Carrying drugs is bad enough, but labeling them like a cartoon villain? That's next-level absurdity. The universe has a sense of humor, but so does law enforcement, and they love an easy arrest. If nothing else, let this be a PSA: If your bag screams, "I'm guilty," expect to be treated accordingly.

WHEN LAUGHING WAS SCANDALOUS

Outrageous Etiquette Rules From the Past

Etiquette has always been an ever-changing game, but some rules from the past are so bizarre that it's hard to believe anyone actually followed them. From mandatory gloves to rain-soaked gentlemen, let's take a trip back in time and appreciate just how far we've come in the world of social graces.

Imagine being a Victorian woman at a fancy gathering. You spot someone across the room and want to strike up a conversation — but wait! **If you weren't spoken to first, you had to stay silent.** Initiating conversation could ruin your social standing because heaven forbid a woman has an independent thought. And if you did manage to chat with someone, you had better keep your laughter under control. **Women were expected to cover their mouths when laughing** because too much joy was unacceptable.

Speaking of controlling appearances, let's talk about the ultimate fashion injustice — men and umbrellas. In 18thcentury England, *a man carrying an umbrella was seen as weak*. A true gentleman had to brave the rain with a stiff upper lip and a soggy coat. Meanwhile, women had their own list of fashion do's and don'ts. Gloves? Mandatory. Hair up at all times? Absolutely. When crossing the street, *a lady could only lift her dress with one hand* because lifting with two hands was just too scandalous and might show off too much ankle.

Photographs were another place where emotions were strictly off-limits. Smiling in photos was considered undignified, and people had to remain as serious as possible. So, if you've ever wondered why your great-great-grandparents looked like they just lost a bet in every old photograph, now you know!

Fast forward to the 1960s, and while some rules relaxed, others remained oddly specific. Holding your drink in your right hand at a party? Absolutely not! **Your right "social" hand had to stay free to shake hands and light cigarettes.** And **if you were a dinner guest, you had better prepare a toast** — because nothing says party etiquette like being put on the spot for an impromptu speech.

So, the next time you see someone laughing freely or using an umbrella without shame, take a moment to appreciate just how much times have changed!

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- **Plan a stress-free day:** Maybe brunch at a local spot or a quiet walk in the park.
- *Give her time:* Alone time. Reading-a-book-without-interruption time.
- **Start a new tradition:** A monthly coffee date, photo album, or weekend walk.

To all moms ...

Whether you're a mother, stepmom, grandmother, or someone who's stepped into that role with love — thank you. You make the impossible look effortless. You show up, give everything, and often ask for nothing in return.

Mother's Day may be a moment on the calendar, but our gratitude for everything you do is year-round. Today, we say it a little louder: **Thank you**.

-Brian O'Connor

Slow Cooker Shredded Beef Lettuce Cups

Inspired by TasteOfHome.com

Ingredients

- 1 boneless beef chuck roast (about 2 lbs)
- 3 medium carrots, peeled, chopped
- 2 medium sweet red peppers, chopped
- 1 medium onion, chopped
- 1 8-oz can unsweetened
- crushed pineapple, undrained

Directions

- 1. In 4- or 5-quart slow cooker, combine roast, carrots, peppers, and onion.
- 2. In small bowl, stir together the next 6 ingredients; pour over roast.
- Cover and cook on low for 6–8 hours. Remove roast, let cool slightly, then shred.
- 4. Skim fat from cooking juices, then transfer juices and vegetables to a small saucepan; bring to a boil over high heat.
- 5. In a small bowl, combine cornstarch and water, stir mixture into juices, and cook 3–4 minutes until sauce is thickened.
- 6. Return beef, sauce, and vegetables to slow cooker; cook for 10–15 minutes.
- 7. Serve beef in lettuce leaves.



- 1/2 cup reduced-sodium soy sauce
- 2 tbsp packed brown sugar
- 2 tbsp white vinegar
- 1 garlic clove, minced
- 1/2 tsp pepper
- 3 tbsp cornstarch
- 3 tbsp water
- 24 lettuce leaves for serving



Healthy Families Start With Smart Habits Tips for Fighting Germs Year-Round

For families, "sick season" can seem never-ending. Just when it feels like the sniffles are gone for good, someone else comes down with a cold. Even though the weather's getting warmer, germs have not taken a vacation. Keeping your family healthy requires extra precautions, no matter the time of year.

Keep your hands clean.

Focusing on everyday hygiene is one of the best ways to prevent illness, and it all starts with hand-washing. Soap and water are the go-to combo, but hand sanitizer is an excellent option for cleaning on the go. Teach kids to wash their hands before eating and after using the restroom, playing outdoors, and visiting crowded places. You can even turn this habit into a fun family ritual by having your little ones sing their favorite song while scrubbing for 20 seconds.

Fuel up with healthy choices.

A strong immune system is also key to illness prevention. Getting adequate sleep and eating a nutrient-dense diet provides natural immune-system support. The kids and adults in your family can boost immunity by loading up on fruits and vegetables; focus on those full of vitamin C, such as strawberries, citrus fruits, and bell peppers. Lean proteins like chicken and fish and fiber-rich foods like avocados and broccoli also support a robust immune system.

Stay on top of surface cleaning.

Germs love high-contact areas like countertops, doorknobs, bathroom fixtures, and light switches. Cleaning these surfaces daily reduces germ exposure and complements frequent handwashing. If someone has been sick, more frequent wipedowns will help prevent others from getting sick. And don't forget about phones, tablets, and remote controls. These devices harbor bacteria and viruses and come into contact with our hands and some of them, our faces.

See a doctor when symptoms linger.

Unfortunately, even the best prevention habits can't guarantee an illness-free household. If a family member has a fever lasting more than two days or cold and flu symptoms lasting longer than 10 days, it's time to visit your health care provider. When in doubt, trust your instincts — early treatment can be key to ensuring quick recovery.

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Too Heavy? Detroit Rapper Takes Legal Action Against Lyft

RIDESHARE REFUSAL Detroit Woman Sues Lyft Over Driver's Discriminatory Behavior

Rideshare services like Lyft and Uber have become popular ways for Americans to get from point A to point B. Most drivers are courteous, kind, and conversational as long as you return the favor and respect their vehicle. However, not every ride will be perfect. Every once in a while, you encounter a rude, unaccommodating, or disrespectful driver. A Detroit woman



recently found herself in a disagreement with a Lyft driver who was unwilling to provide service, resulting in a lawsuit.

This past January, Detroit rapper Dajua Blanding, known on stage as Dank Demoss, requested a Lyft to drive her to her cousin's house so she could attend a Detroit Lions watch party. The driver arrived at her home 10–15 minutes later in his Mercedes-Benz sedan but locked the doors upon seeing Blanding approach his vehicle. The driver, identified as John Doe, refused to let Blanding in his car.

Realizing something wasn't right, Blanding pulled out her phone and started recording. The driver claimed that Blanding was too big to fit in the back seat and that his vehicle's tires could not support her weight. Blanding assured the driver she could fit, but he responded, "Believe me, you can't." He encouraged her to order a Lyft XL before apologizing, canceling and refunding her ride, and driving away.

Blanding, who says she weighs about 490 pounds, has since obtained legal counsel who stated the Lyft driver's actions were against the law. Michigan is the only state where weight is a protected characteristic. Her attorney claims that denying someone a ride based on their weight is the same as denying them due to their race or religion under the Elliott-Larsen Civil Rights Act.

Lyft released a statement afterward, stating that it "unequivocally condemns all forms of discrimination." Blanding is currently suing Lyft and the driver for damages, including stress, humiliation, embarrassment, outrage, mental anguish, fear, and mortification, as well as emotional, economic, and noneconomic damages.