

The PACKARD PRESS

A collection of thoughts and stories to educate, entertain and inspire.

TWO MOMS ARE BETTER THAN ONE

Happy Mother's Day!

When I was around 7 or 8 years old, my mother brought home a brand-new stereo and a set of big black speakers. It was the late 1980s, and I was amazed by the technology. I was both baffled and intrigued. Simply by plugging in the stereo, sound would blast from the speakers! I had to know how the magical boxes worked.

So, I found a screwdriver and a hammer and proceeded to take the equipment apart. Soon I was sitting in an entangled mess of multicolored wires and circuit boards. I felt like I learned a lot about electronics (even though I still didn't know how the speakers made sound), but everything sure looked cool inside!

After my curiosity had been satisfied, I tried my best to put everything back together. Even though I closed everything up nicely, that poor stereo never turned on again. Mom was not amused by my adventure. When she found out, I had to do the whole family's dishes and laundry for a week!

That memory of my mom (and her stereo) always makes me giggle. Some would say I was mischievous, but I would say I was just curious. This trait of mine continued for years and is still very much a part of me.

Sadly, my mom didn't get to experience my mischief and curiosity for much longer. Sarah Packard, my beloved mother, passed away from Lou Gehrig's disease when I was 13 years old. Her loss left a big hole in the Packard family. Fortunately, my stepmother, Nancy, came along to help fill it. She and Sarah were different in many ways, but they had at least one thing in common — neither of them appreciated my mischievous nature.

I was 15 years old when Nancy married my dad, and it didn't take me long to discover that she's easy to startle. Of course, being 15, I found that very amusing. Nancy is a fantastic cook and she made many trips to the pantry in preparation for mealtimes. So naturally, I would sneak inside when she wasn't looking.

I would squeeze far back against the shelves of flour, pasta, rice, and sugar. When the door swung open and Nancy reached inside, I would leap right at her! For me, it never got old. I've never known anyone who got so easily startled! In hindsight, I feel bad for Nancy

having to deal with such a mischievous little punk. It made me laugh every single time. In fact, I still laugh thinking about it!

Mother's Day is coming up this month, and I have to give thanks because I've been blessed with two mothers: my birth mother, Sarah, and my stepmother, Nancy. They each had their own philosophies of motherhood and parenting, and I try to apply the best of both when it comes to raising my own kids.

My first mother, Sarah, prioritized experiences over things. She brought all 13 kids together for family prayer, family meal times, and family games. We took vacations together and made beautiful memories. Although there were 13 of us, she made each of her children feel special. If one of my sisters attended a dance, Mom would be waiting when she got home to ask which boys she danced with, what those young men said, and whether they looked into her eyes when they said it.

Sarah was the kind of mom who was invested and excited about whatever her kids were involved in. She would help you choose a song for a talent show and help figure out the choreography. She believed that all of her time, talents, energies, and money belonged to God. So she found a thousand ways to give and made deep connections wherever she went. When she passed away, multiple people came up to me at her funeral and said, "Your mom was my best friend."

While Sarah flourished in chaos, Nancy brought much-needed order to our home. Nancy thrived in organization and routine and made sure every one of us kids had guidance and direction (and socks and shoes). Though we weren't hers by birth, she gave us so much love. One way she showed it was through food. She made great sourdough bread and wonderful Cajun food! I still use her Gumbo recipe when I make it for my kids today.

Some people aren't lucky enough to have even one mother, and I was blessed with two. For Sarah, Nancy, and all of the moms reading, happy Mother's Day!



—Michael Packard

AMERICA'S JOURNEY TO ORBIT EARTH

The First American in Space

On May 5, 1961, Alan B. Shepard became the first American to enter space on a Mercury capsule named Freedom 7. It was an incredibly momentous event, but what all had to occur for it to even happen? Let's take a look at what led up to Shepard's launch into space.

During the 1960s, the U.S. and the Soviet Union found themselves in a space race. The United States first began their space mission in 1958 with Project Mercury. Project Mercury had three goals in mind: orbiting a crewed spacecraft, investigating the ability to function in space, and safely recovering the spacecraft and the crew.

Before the first American took flight, the U.S. conducted several test launches to see what they needed to adjust and modify to be safely launched into space. The first successful launch of Mercury without an astronaut occurred in December 1960. But before they attempted to launch an American into space, NASA tested the Mercury capsule in January 1961 with a chimpanzee named Ham, who took a route that was similar to the one Shepard would eventually take.

After going through numerous simulations, NASA decided that Shepard would be making the first flight. He began his mission on May 5 at the Cape Canaveral Air Force Station, and over half a million Americans watched the launch on nearby beaches. Shepard took his orbit around the Earth and made a successful return. He then received NASA's highest reward, the Distinguished Service Medal, from President John F. Kennedy on May 8, 1961.

Although the Soviet Union sent the first human into orbit in April 1961, this didn't stop the U.S. from pushing forward. Instead, the bravery of these men inspired the U.S. to go to new heights and have the first man on the moon in 1969.

There are still ongoing debates about whether the U.S. or the USSR won the space race. Either way, this race allowed the world to conduct more research on our galaxy. As a whole, this event led to tremendous efforts to push the limits of human capabilities, create new technology to explore outer space, and see what our universe holds.



HER PATIENCE PAID OFF

After Multiple Denials, Beverly Won Social Security Disability



In 2019, every day at work was an uphill battle for Beverly Temple. She was a medical support assistant at a local hospital and struggled with depression, anxiety, arthritis, and heart problems. Eventually, edema appeared in her legs and feet. The painful swelling made walking almost impossible.

"I started getting sick with my edema and just falling, sometimes

I'd fall at the counter and [my coworkers] wouldn't help me," she remembers. "God whispered in my ear and told me, 'It's time for you to retire, because they're not helping you and they're not going to help you.'"

Fortunately, Beverly's friend Belinda Brooks was on her side. Belinda recommended that, instead of retiring, she contact Packard Law Firm and apply for Social Security Disability Insurance benefits.

"[Belinda said,] 'If you go the other way with disability without a lawyer, it's going to be forever for you, and you deserve it now,'" Beverly remembers. "I called Packard and they helped me right away!"

Beverly's case was complicated. She had medical coverage through the VA, so she was able to see a psychiatrist and psychologist. Fortunately, her doctors agreed to help, but her claim was still denied twice. COVID-19 slowed down the appeals process. Still, her case manager, Amanda, didn't give up!

We finally got Beverly an audience with a judge. She talked to him on the phone and he was moved by her story.

"The lady [from Packard] called me right back, and she goes, 'You know, we won!'" Beverly recalls.

The SSDI benefits were life-changing for Beverly and her husband, Rodlaroc (who is also her caregiver). Beverly said she feels blessed to have Medicare and finally get the specialized medical treatment she needs.

"I appreciated that Packard didn't ask for any money until I got paid! It was actually a blessing to my life," she says.

If you know someone like Beverly, please send them to our website or pass along our phone number. We'll help them pursue their benefits, no matter how long it takes.

ENJOY A BURGER ON US!



May is National Hamburger Month, and we're celebrating in style: by eating juicy local burgers, and sharing them with you! Below, you'll find four of Michael's favorite burger joints in San Antonio to grab a quick bite. He's always on the lookout for new places to try, and he needs your help to find his next spot.

Text the name of your favorite burger place to him at 210-756-5399 or email it to Giveaway@PackardFirm.com, and we'll put your name in the drawing. We will choose two winners who will each **win a \$50 gift card** to the burger joint of their choice — their favorite or one on Michael's list!

We'll choose a winner on May 31, so act fast to claim your shot at burger heaven.

Lord's Kitchen (118 Seguin St.) — These guys make fantastic burgers! If you've never been, Michael recommends watching a few people ahead of you in line place their orders so you know how to do it. (Think of the grill cook as a distant cousin to "The Soup Nazi" from "Seinfeld.")

Sam's Burger Joint (220 E. Grayson St.) — Sam's is a great spot for half-pound angus burgers. They even brand the bun! Try going for a late dinner so you can enjoy your burger to the beat of their live music.

Chris Madrid's (1900 Blanco Rd.) — Chris Madrid's has been serving burgers since 1977, and the Tostada Burger with refried beans, chips, onions, cheddar, and salsa is a house specialty. The half-pound "macho" burgers are so juicy, you might need to use a napkin to wipe your forearms afterwards.

The Longhorn Cafe (Multiple locations) — The Longhorn Cafe has nine locations in San Antonio, Boerne, and New Braunfels, so there should be one near you! They make great classic burgers, and Michael has a soft spot for their tater tots.

Remember, if one of these restaurants makes your mouth water, you could win dinner on us. Just text the name of your favorite burger place to **210-756-5399** or email it to **Giveaway@PackardFirm.com**.

TAKE A BREAK

H	O	N	X	H	N	M	M	C	I	W	M	D	R	T
L	T	E	O	C	X	O	N	L	M	E	O	L	U	G
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H	A	W	T	H	O	R	N	R	O	Z	P	N	L	A
Z	U	H	D	S	H	J	U	R	B	V	R	O	J	W

Cinco	Hawthorn	Memorial
Fourth	Lemonade	Nurses
Freedom	Library	Prom
Graduate	Maypole	Taurus

MOTHER'S DAY BRUNCH RAINBOW FRITTATA



Inspired by EatingWell.com

Ingredients

- Nonstick cooking spray
- 1/4 cup sweet potato, diced
- 1/4 cup yellow pepper, diced
- 1/4 cup broccoli, chopped
- 8 eggs
- Basil, thyme, salt, and pepper, to taste
- 1/2 avocado, pitted, peeled, and thinly sliced
- Cherry tomatoes, halved
- Sriracha hot sauce (optional)

Directions

1. Preheat oven to 350 F and coat a cast-iron skillet with nonstick cooking spray.
2. In the skillet over medium heat, cook sweet potatoes, yellow pepper, and broccoli until soft.
3. In a medium bowl, whisk together eggs, basil, thyme, salt, and pepper.
4. Pour egg mixture into skillet with vegetables. Don't stir but instead use a spatula to lift the edges of the egg mixture until it is evenly distributed.
5. Transfer mixture to oven. Bake for 5 minutes or until the dish sets.
6. Top with avocado and tomatoes. Drizzle Sriracha on top (if desired).

The Packard Family Is Here to Help Your Family

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THE ART OF QUIETING YOUR MIND BEFORE BED

All day long, thoughts run through your mind, and by the end of the day, your head is probably ready to explode. After all, it's estimated that in 24 hours you can have between 60,000-80,000 thoughts. At some point, your brain needs a break, and that's especially true before you try to go to bed. Here are some ways to quiet your mind, so you can get a full night's sleep!

Keep your bed for sleeping.

If you aren't sleeping, get out of bed! Getting in the habit of scrolling through your phone, watching TV, reading, working, or even eating in bed teaches your brain that your bed is for things other than sleeping! If you find yourself tossing and turning, get out of bed and try a relaxing activity such as reading, journaling, listening to music, or meditating. When you get tired, try getting back in bed.

Breathe deeply.

Breathing exercises can not only help calm your mind and spirit, but they can lower your heart rate, which is especially beneficial in relieving stress or anxiety when things are upsetting you.

Write it down.

Instead of letting thoughts fill your mind right before bed (such as the next day's tasks or any worries you have), set aside time before bed to write it out. Whether you are a fan of journaling, writing letters, or simply just listing out your problems, goals, and thoughts,

grab a pen and paper and make it a nightly routine. This way, your thoughts will be freed before your head hits the pillow.

Try a light snack.

When you can't sleep, the last thing that you want to do is eat something heavy. In fact, when you eat a large meal right before bed, your digestive system can become overwhelmed. But, studies have shown that eating a light carbohydrate snack such as crackers or popcorn when you can't sleep may be helpful.

Turn your room into a sleep haven.

Keeping your bedroom neat, relaxing, and calm can help improve your sleep! Keep all televisions, computers, and screens out of the bedroom and furnish it with soft colors and textures that are tranquil and soothing to you.

Pumping the brakes on worrisome thoughts racing through your mind can be tough, but trying these tips and tricks may earn you some relief and much needed sleep.

