

The PACKARD PRESS

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

Just Keep Swimming Through ‘The Dip’

EMBRACING THE PATH OF PERSISTENCE

“Just keep swimming.”

Dory (the blue fish from “Finding Nemo”) said it best. “You know what you gotta do? Just keep swimming, just keep swimming, just keep swimming, swimming, swimming.” Dory faced an impossible task: To find another fish somewhere in the ocean, all while suffering from chronic short-term memory loss. But her strategy was a good one — keep going and never give up.

Most things you want in life don’t happen on the first go-around. Think about a baby chicken hatching from an egg. It may seem to have taken only one day to hatch, but a lot of growth and development took place before that little chicken appeared. It’s that way with pretty much everything in life. (At least for things that are worth spending time and energy on.) From cultivating solid relationships to developing physical fitness to building a business, you must persevere and work every day for what you want.

Aug. 18 is Never Give Up Day, and as a firm believer in the power of grit and determination, I wanted to share my thoughts about working through challenging times. The short version is that resilience and persistence are the answer to many of life’s challenges. I have learned this from my own experiences and trials in life as well as from the clients I work with.



Thirteen years ago, my brother Sam and I moved to San Antonio and started this law firm. While it has been incredibly rewarding, it has been one of the most difficult things I have ever done. For the first several years, my brother and I pulled crazy hours, starting very early in the morning and ending very late at night. We were each working two full-time jobs. We took care of our clients and we focused on building and running the firm. Practicing law is a very large hat to wear, and so is managing a growing business. I’m incredibly proud of what we have been able to do, but it didn’t happen overnight. Never giving up was (and still is) a constant. We couldn’t just quit when it got hard.

It is similar with our injury clients. Often, when someone has been injured in a car wreck, they understandably just want the pain and frustration to be over and done with, but it is rarely a quick turnaround. All the physical therapy, doctor’s appointments, evaluations, and negotiations take time to work through. And to make things worse, the insurance company tries to capitalize on people’s impatience by making low-ball settlement offers. Sometimes, a wreck results in a client becoming disabled. In these situations, it can be incredibly hard to cope and keep going. The client may feel like he is no longer a valued member of society. Maybe he was the tough guy who can’t be tough anymore. Or maybe he had a brilliant mind, and now, after a brain injury, he doesn’t have the same mental or emotional capacity. But it’s crucial for him to keep going, to keep swimming, swimming, swimming.

Now, I know you have just read me saying to never quit, but that’s not 100% true. Winners quit all the time. They just quit the right things. The right things to quit are self-defeating thoughts and beliefs. Those can really tank your motivation and progress.

Nothing worth anything in life comes easy. Remember, persistence is vital. Things rarely get done in one fell swoop. It’s usually closer to a thousand fell swoops. Embrace the challenges that come while you are in the difficult parts of life. And, if you ever need a reminder, think of that little blue fish and just keep swimming.

—*Michael Packard*

Car Crash Confusion

COMMON PITFALLS TO AVOID AFTER AN ACCIDENT

Navigating the aftermath of a car wreck can be overwhelming as you assess the situation and determine what to do next. Be very careful about what you say to the insurance company, as they could use that information against you to reduce your compensation. Plus, dealing with them only adds to the stress, especially when they offer a quick settlement. Let's explore some common mistakes people make when dealing with insurance companies and how to avoid them.

Don't admit fault.

After your accident, you'll talk to many people, from police officers to the other party involved in the crash. Though you may feel shaken, it's important never to admit fault for the accident, especially to the insurance company. Their bottom line is to pay you the smallest amount they can, and they will use your statements as evidence that you are responsible for the damages. They can even twist an apology into proof that you are at fault. Talk to a lawyer before you speak with the insurance company.



Don't settle too quickly.

While taking the first settlement offer from the insurance company may be tempting, understand that it is typically the lowest amount the company can justify paying the victim. Insurance companies try to settle claims quickly, and if you accept their offer too soon, you may not receive the full compensation you're entitled to. At this point, you probably don't know what all your medical costs will be. Once you sign and accept that offer, your case is essentially closed.

Don't avoid the doctor.

Even if you don't believe you are seriously injured, you should seek medical attention immediately after a wreck. For one, you may not know the full extent of your injuries or what treatment you'll need down the road. Additionally, the insurance company may look at a delay in medical care as evidence your injury wasn't very serious or concerning. The longer you wait for a doctor's evaluation, the harder it will be to link injuries directly to the accident.

Remember, the insurance company is not on your side — they aim to minimize your payout. One of the best steps after an accident is to contact a lawyer. Contact the Packard Law Firm today if you need help after a wreck!

—Michael Packard

MANIC MEDIC

How a Doctor Planned to Resurrect George Washington

Fans of deathbed dramas can hardly ask for a more harrowing tale than the story of an overconfident doctor who tried to resurrect George Washington.

As the former president lay dying in December of 1799, Dr. William Thornton raced to Washington's Mount Vernon home in hopes of reaching him before he passed away, according to "Washington's End," a 2020 book by historian and White House speechwriter Jonathan Horn.

Washington had been both a friend and benefactor to Thornton. A classic product of the Enlightenment, Thornton was a brilliant polymath considered a genius in his time. He was born in the British West Indies and attended medical school in Scotland before gaining American citizenship. Washington selected Thornton's design for the U.S. Capitol.

Upon arriving at Mount Vernon, Thornton was shocked to see the president's corpse, frozen solid from the frigid winter temperatures and surrounded by grieving family and friends. The situation did not stop the doctor from hatching a bold plan to revive him. Thornton had studied numerous cases of people who were revived after appearing to be dead. He was an early advocate of the medical technique of mouth-to-mouth resuscitation to revive victims of near-drownings.

Before Washington died, he had suffered a series of tortuous medical treatments for a bad throat infection, including numerous bloodlettings, throat poultices, enemas, and purgatives. Thornton recalled cases he had read about fish being revived after freezing and proposed to thaw Washington's corpse in cold water, restore air to his body by performing a tracheotomy, and replace the blood drained by the doctors with lamb's blood. If a lack of air and loss of blood had killed the president, then restoring them and warming the body should revive him, Thornton reasoned.

None of Washington's grieving family and friends supported Thornton's idea. They recalled the former president's deathbed instructions to the doctors attending him at the time, "I pray you to take no more trouble about me; let me go off quietly." Ultimately, the president's instructions were honored. Despite Thornton's effort to have his body transported to the Capitol for burial, they granted Washington's final wish: He was permanently interred at his Mount Vernon home.

BACK TO SCHOOL LIKE A PRO

Top Strategies to Share for a Successful Academic Year

As the school bells prepare to ring in another academic year, students of all ages pack their backpacks, organize their planners, and probably feel excitement and nerves. Whether they're stepping into a new classroom, returning to familiar hallways, or heading off to college, this back-to-school season is the perfect time for parents to help their kids prepare for a successful year. Here are three tips for students to ace this school year.

Stay ahead of schedule.

With all the assignments ahead, staying on top of the workload and, even better, staying ahead of schedule is essential.

Creating a homework routine is vital. It's best to start assignments immediately instead of cramming at the last minute. This practice will help students meet deadlines and reduce their stress. Encourage a planner or to-do list to prioritize daily tasks. Then, suggest your kids pick one day a week to organize and plan what they need to accomplish.

Find a study zone.

If students live in a dorm or a busy household, it's beneficial for them to create a study sanctuary or find a place that works for them to get things done. Having a clean, organized, distraction-free space to work in improves focus. Help kids keep distractions like cellphones tucked away in a drawer or out of sight in this area. For college students, campuses have many quiet places, like libraries.



Participate in class and clubs.

Participating in class and extracurricular activities can help students get the most out of their educational experience. Studies have found that students who sit in the front row of class and ask questions have fewer absences and better classroom performances. Encourage your kids to participate; they'll understand the subject matter better, and teachers will be more likely to write them a recommendation. By joining a club or sport, they'll build critical social connections, learn life and time management skills, and become more confident.

As you help your kids, younger or older, prepare for this exciting time, remember that their success is based on good habits. Remind them to focus, work hard, and have fun making new friends and discovering who they are.

—Michael Packard

TAKE A BREAK



Vacation
Mustard
Moon
Sandcastle

School
Backpack
Zucchini
Melon

Olympics
Bees
Peach
Twins

Lime Chicken With Corn and Poblano Salad



Ingredients

Inspired by PureWow.com

Chicken

- 3 tbsp olive oil
- 1 cup all-purpose flour
- 1 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1 1/2 tsp salt
- 3/4 tsp black pepper
- Zest of 1 lime
- 8 chicken thighs

Corn and poblano salad

- 2 tbsp olive oil
- 2 poblano peppers, diced
- 2 garlic cloves, minced
- 1 14-oz can of corn
- 4 scallions, minced
- Juice of 2 limes
- 1/3 cup chopped cilantro
- Salt and pepper

Directions

1. Preheat oven to 400 F.
2. In a large oven-proof skillet, heat olive oil over medium heat.
3. In a bowl, whisk flour, spices, and lime zest. Dredge chicken in the mix to coat.
4. Add chicken, skin-side down, to skillet, then place skillet in the oven for 30–35 minutes.
5. In a medium skillet, heat olive oil and add poblanos. Sauté 4–5 minutes. Add garlic and sauté for another minute.
6. In a bowl, add poblano mix, corn, scallions, lime juice, and cilantro, toss and serve with the chicken.

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Lime Chicken With Corn and Poblano Salad
4. Simplify Your Move With These Ingenious Hacks

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MOVE LIKE A PRO

Top Tips to Tackle Your Relocation

Moving can be one of life's most exciting and stressful experiences. The journey to your new home has challenges and puzzles, from packing woes to furniture fiascos. Don't stress the suitcases and moving companies! With these moving hacks, you'll be ready to tackle your relocation adventure and save money! So, grab your boxes and packing tape; we're about to get a move on!

Rent Boxes

You can rent reusable boxes from companies like U-Haul instead of buying or collecting cardboard boxes over time. This can speed up the packing process as you don't have to assemble or tape anything. Since you are renting, you might save money going this route.

Once you're done with these sturdy containers, you simply return them.

Bag Your Clothes

Take all your clothes on hangers and put them together in a pile so the hangers face the same direction. Then, simply pull a trash bag over them. This gives you a straightforward way to pack, transport, and unpack your clothes. Once you arrive at your new place, hang the bag in the closet with all the hangers and pull the bag off. This saves tons of time and makes unpacking easy.

Pack Non-Essentials Early

Save yourself some stress by getting an early start on packing. Start by packing off-season or non-essential items weeks or months before moving. This could



include clothes or items like art and books. By getting a head start and boxing up things over time, you won't have to scramble down the wire to get everything done. Even better, before you pack anything, purge your home of items you don't use or need anymore and donate them. The less you have to pack, the quicker you can kick your feet up in your new living room.

As you embark on this new chapter, remember that preparation is the key to a smooth move. So, don't let moving madness get the best of you. With these hacks and a little planning, you'll quickly settle into your new home.