

# The PACKARD PRESS

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

## THE SOUNDTRACK TO SUMMER

*For Family Road Trips, ABBA Is Required!*

This spring, my oldest daughter, Ella, landed the role of Donna in her high school's production of "Mama Mia." It was such a big accomplishment! In the musical, Donna and her daughter Sophie are the two main characters. Donna runs an inn on a beautiful Greek island where Sophie is planning to host her upcoming wedding. When Sophie invites three men who might be her father to her wedding, all kinds of silliness ensues.

Now, even though the musical isn't about ABBA, all the songs are ABBA songs. Leading up to opening night, Ella spent hours practicing her lines and singing through the show's ABBA soundtrack. One day, when she was running through the "Super Trouper" chorus, I chimed in — and she gave me a funny look. She moved on to "Money, Money, Money" and "The Winner Takes It All," and I nailed those too, singing along to every word.

My wife, AmyLyn, walked in on our little spontaneous concert.

"Wow, Michael!" she exclaimed, "I didn't know you were such an ABBA fan."

"Me either," Ella said. "How do you know all of these songs, Dad?"

"Well, that's a bit of a long story..."

Here's the short version: For me, ABBA is synonymous with road trips.



When I was a kid, my family spent our summers taking two-to-three-week vacations crammed into a rickety old motorhome. We drove to Albuquerque, New Mexico — making a pit stop at Carlsbad Caverns — up through Gallup and Shiprock and into Cortez, Colorado. From there, we meandered up through Utah, sometimes visiting one of my older siblings at college in Provo, other times stopping in snowy Idaho to see family or go skiing in the Rockies.

When I was lucky, I got to be my dad's copilot. I perched in the passenger seat of the motorhome with my serious face on and a big, well-worn map open in my lap. I can still see that map in my mind: It was crisscrossed with years of paths, marked in yellow highlighter and pencil scribbles.

I made sure we stuck to our route, calling out mile markers and naming small towns for my dad. With a little help from an older sibling now and then, I could be helpful! Behind me, my brothers roughhoused, and my mom made six sandwiches at a time in the motorhome's tiny kitchen.

*—Michael Packard*

# ARE CHICKENS ALLOWED IN YOUR NEIGHBORHOOD?

## Beat High Egg Prices by Turning Farmer

In some parts of the U.S. this past January, a carton of eggs cost over \$8 — and the national average was a painfully high \$4.82! “Eggflation” has settled down a bit, but you probably won’t forget that bird flu-induced chaos anytime soon. You may even be plotting a way to avoid it — like buying backyard chickens.

Backyard birds are a great addition to most households. If you give them the space, food, and attention they need to thrive, they’ll pay you back with eggs, meat, garden compost, pest control, and endless entertainment. However, you can’t just bring chickens home on a whim. Before building a coop, you need to find out your city’s chicken-raising policies.

### City Crackdowns on Chickens

You might think backyard birds would be beneath the notice of your city government. But in fact, many cities have ordinances that ban chickens, limit the number you can own, lay out how to raise them, or require a permit within city limits.

### Rural vs. Urban Raising

If you live in a rural area, you can likely raise as many chickens as you please without worrying about lawsuits or grumpy city officials. According to The National Agricultural Law Center, right-to-farm statutes protect rural dwellers in all 50 states from litigious neighbors. However, if you live in a suburb or city, you should check at least two things before buying chickens.

- 1. City Ordinances:** Visit your city’s website and search local laws for “chicken” or “domestic fowl.” You may be surprised by what you find! For example, according to the Portland, Oregon, website (Portland.gov), “Up to four (4) chickens, ducks, pigeons, and/or other similarly sized domestic fowl may be kept on any lot.” If you’re not sure how to search your city’s laws, call or visit your local library and ask a librarian for help.
- 2. Homeowner Association (HOA) Rules:** Regulations around chickens can also vary at the neighborhood level. If you have an HOA or neighborhood association, check their rulebook for restrictions on backyard birds. You may need to submit an application, or the birds may be counted as pets and strictly limited.

Buying chickens can be complicated, but if you use a bit of persistence now, you’ll avoid high egg prices later!



## ROCK OUT ON YOUR NEXT ROAD TRIP!

### Put on Our Packard Playlist

Some songs are made to be played in moments of quiet reflection. Others make you want to roll down the windows in your car, let the sounds of the road, and turn your radio up full blast! We’ve gathered a playlist of the latter to celebrate the Packard family’s summer road trip tradition. If you’re not a 1970s Swedish rock fan, don’t worry — it isn’t *all* ABBA.

- “Born to Be Wild” by Steppenwolf
- “Holding Out for a Hero” by Bonnie Tyler
- “Super Trouper” by ABBA
- “(Get Your Kicks on) Route 66” by Nat King Cole
- “The Distance” by CAKE
- “We Didn’t Start the Fire” by Billy Joel
- “S.O.S.” by ABBA
- “Sandstorm” by Darude
- “Sweet Home Alabama” by Lynyrd Skynyrd
- “Fortunate Son” by Creedence Clearwater Revival
- “Dancing Queen” by ABBA
- “Amarillo By Morning” by George Strait
- “Crazy Train” by Ozzy Osbourne
- “Take Me Home, Country Roads” by John Denver
- “Mama Mia” by ABBA
- “Life is a Highway” by Rascal Flatts
- “All Star” by Smash Mouth
- “Livin’ On a Prayer” by Bon Jovi
- “Africa” by Toto
- “I’m Gonna Be (500 Miles)” by The Proclaimers

What are you waiting for? Plug these tracks into Spotify, grab a map and a cooler full of snacks, snag your favorite road trip buddy, and hit the highway!

# PLAN YOUR NEXT SUMMER DAY TRIP

## These Local Destinations Are Calling!

If Michael inspired you to plan a road trip, you're in luck — there are plenty of local wonders just a short drive from San Antonio! Here are three destinations we recommend day-tripping to this summer. Don't forget to blast the playlist from page 2 along the way.

### Fredericksburg: German History and Delicious Wine

Nestled in the Texas Hill Country just over an hour from San Antonio, Fredericksburg is the perfect place to tuck into a plate of authentic German schnitzel. Over a half-dozen German restaurants are in town, including Altdorf Restaurant & Biergarten, Der Lindenbaum, and the Old German Bakery & Restaurant. The fresh Texas-grown peaches and locally-produced wines are also worth the trip! Head to [VisitFredericksburgTX.com](http://VisitFredericksburgTX.com) and explore the "Things to Do" tab to plan your visit.

### Buc-ee's: The Largest Gas Station in the World

Michael describes Buc-ee's as "a gas station that is a merging of Costco, the county fair, and a pristine airport bathroom" — in the best possible way! The chain's Texas locations hold two Guinness World Records: One for The World's Largest Convenience Store and another for The World's Longest Car Wash (255 feet).

The New Braunfels Buc-ee's is less than an hour from San Antonio and features an outrageous amount of snacks (don't miss the sugary Beaver Nuggets) and plenty of merchandise to entertain your kids for hours. It's also home to a delicious brisket served up by a pitmaster. If you haven't had the Buc-ee's experience yet, go to shop and stay for the housemade fudge and kolaches.

### Castroville: Visit Texas's 'Little France'

If you drive just 30 minutes outside of San Antonio, you'll arrive in Castroville, a small town settled in the 1840s by immigrants from France's Alsace region. According to The Lone Star Travel Guide, Castroville is a must-visit spot for history buffs. "The Castroville visitor's center is housed in a genuine 17th-century French home that was relocated to Texas in the 1990s," the guide explains. Castroville is a Preserve America City and home to almost 100 buildings built from 1844–1920. Visit [VisitCastrovilleTX.com](http://VisitCastrovilleTX.com) to create your itinerary.



## TAKE A BREAK

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

Beach	Juneteenth	Refugee
Burgers	Music	Sailing
Cycling	Pearl	Solstice
Father	Pride	Waterski

## Cherry Chia Greek Yogurt Bowls

Inspired by HungryHobby.net

### Ingredients

#### Chia Seed Jam

- 2 cups Chelan fresh sweet cherries, pitted
- 3 tbsp chia seeds
- 2 tbsp honey
- 1/4 cup water

#### Greek Yogurt Bowl

- 1 cup nonfat plain Greek yogurt
- 1/2 tsp vanilla extract
- 1 tsp hemp seeds
- 1 tbsp granola

### Directions

#### Chia Seed Jam

We suggest making the chia seed jam in advance and storing it in the refrigerator so you can quickly assemble these yogurt bowls all week.

Using a potato masher, mash down the cherries. Place a small pot on high heat and add the cherries, chia seeds, honey, and water. Bring the mixture to a boil, then turn down the heat and let simmer for 10 minutes, stirring constantly. Allow jam to cool before using or refrigerate.

#### Greek Yogurt Bowls

In a small serving bowl, mix the Greek yogurt with vanilla extract. Top the Greek yogurt with 2 tbsp cherry chia seed jam, hemp seeds, granola, and a few additional Chelan fresh sweet cherries, if desired.

## The Packard Family Is Here to Help Your Family

Personal Injury  
Social Security Disability  
Car Accidents  
Special Needs Planning

1. Michael Shares His Summer Soundtrack
2. The Workaround for High Egg Prices  
The Packard Road Trip Playlist
3. 3 Local Wonders Just a Day Trip Away  
Cherry Chia Greek Yogurt Bowls
4. The Colorful History of Medieval Smack Talk

## THE ORIGINAL RAP BATTLES

### *How Disses Became Poetry*

Long before diss tracks, rap battles, and “yo mama” jokes, there was medieval “flyting.” Defined as quick exchanges of witty insults, these poetic slights were popular in England and Scotland from the 5th to 16th century. Insulting someone in verse took immense effort and quick wits, and they were undoubtedly a performance you didn’t want to miss.

Despite crude language and below-the-belt potshots, flyting became entertainment for royals and was dubbed “court flyting.” While these jests are not well-documented, one flyting event made history. The iconic exchange known as “The Flyting of Dunbar and Kennedie” occurred in the early 16th century between William Dunbar and Walter Kennedie. The two were performing their court flyting for the Scottish King James IV.

Both men were known for their intellect and clever nature, and their flyting did not disappoint. This famous dialogue featured two firsts: using fecal matter as an insult *and* dropping the F-bomb. Low-brow and crass, these speedy insults were simply too entertaining for even kings and queens to ignore.

If you’re wondering what exactly these two “gentlemen” were saying, we’d have to admit that it would be difficult to quote without including expletives and curses. However, one tame section can be shared here. Dunbar reportedly insulted Kennedie by saying:

*Maggoty mutton, gorged glutton, scurrilous  
certain heir to Hillhouse,  
Rank beggar, oyster-dredger, dismal debtor  
on the lawn,  
Lily-livered, soul-shivered, cheap as slivers  
in the millhouse,  
Bard baiter, thief of nature, false traitor,  
devil’s spawn.*

While these amusing fights were a form of entertainment, men also used them to influence the courts and improve their social profile while lowering others. So, as you can imagine, flyting could get intense (similar to rap battles and heated diss tracks).

Centuries have passed, yet some things never really change!