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The PACKARD PRESS

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



Finding Solace, Strength, and Connection Through Song

I love music. The reasons are hard to explain, but I think I love music because of the powerful memories I have associated with it. Music has comforted me, inspired me, and helped deepen my connection with the people I love. When people make music together, it's not just the notes that harmonize; it's the people. If you're creating music, you're putting a little bit of your soul out there.

National Carry a Tune Week kicks off in October, and as someone who can't imagine a day without music, it's a beautiful reminder of how much it has meant to me throughout my life. Music is powerful; it can soothe you, bring you joy, and even take you back to a specific time in the past.

My earliest memories of music are from my childhood. My mom would play one of the three pianos we had in our home, and we would all gather around and sing along, looking over her shoulder for the lyrics. Most of my 12 siblings played at least one instrument, and all of us sang. (For me, it was choir and trombone.) Our family learned music early on, and we played or sang together, regardless of skill level.

In my angsty teenage years in the early 90's, I would turn on the stereo system and play Nirvana or Pearl Jam as loud as possible to distract me from all the frustrations of being a freshman. When I hear those songs now, I'm brought back to high school. Our school colors were black and gold, and for homecoming one year, our entire football uniform was black (helmet included). The whole football team ran out onto the field with "Back in Black" by AC/DC blaring through the stadium. It was great!

I remember when I first left home after graduation and moved to Utah. I felt so alone. One Sunday morning, I went to a random church service. It was on campus, and the service was in a large lecture hall.

I sat down, not knowing anyone. My mom had passed away by then, and I was so physically far from home. My heart was troubled. We sang "Master the Tempest is Raging" (which is about the story of Jesus and his apostles on the stormy sea of Galilee). At that moment, singing "Peace be still," I knew everything would be okay. I felt peace deep in my heart and it filled my soul. For me, it was a sign that I was not alone. Now, anytime I hear that hymn, I see that sad 18-year-old boy being comforted by his Master.

Now, in my own family, music continues to be a big part of my life. My wife has an amazing voice and teaches early childhood development music classes. Before kids have big enough hands for the piano, she teaches music theory, ear training, and all the building blocks. All our children went through those classes and learned amazing skills from her. All of them are involved in music to some degree. For example, my son Forrest plays the drums in the band. Whether it's dinnertime or homework time, he is always drumming a beat with his hands on the table. My son Noah plays the guitar. My daughters are also musicians. Sabrina JaNae just released her second album and even filmed a music video for her song "Critical Hit!" (Check out her album "Blue" on all music platforms!)

Music is wonderful. It has the power to guide, inspire, and heal. So, think back on the memories you have that involve music. Share those memories with somebody, and go make some more!

-Michael Packard

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FUN, NOT FUSSY

Nail Halloween With Minimal Effort

Halloween has a way of sneaking up on you. One day, it's back to school, and the next, you're knee-deep in costume negotiations and candy debates. But here's the good news: You don't need an over-the-top haunted house or a monthlong Pinterest board to make the holiday memorable. With a few simple ideas, you can turn Halloween into a tradition your kids look forward to without totally exhausting yourself!

GLOW-IN-THE-DARK EGG HUNT

Who says egg hunts are just for spring? Fill plastic eggs with small candies, stickers, or tiny trinkets, toss in a glow stick bracelet or glow-in-the-dark sticker, and scatter them in the yard or house. With the lights off and flashlights on, it's like Halloween hide and seek!

COSTUME CREATION STATION

You can forget the overpriced store-bought outfits that tear before dinner on Halloween night. Set up a costume creation corner with old clothes, cardboard boxes, fabric scraps, and safe accessories. Let the kids go wild designing their own characters. These can be superheroes, TV characters, animals, or fun foods.

PUMPKIN PAINTING PARTY

Carving can be fun, but it's not always kid-friendly. Painting pumpkins is safer, cleaner, and just as festive. Grab some



nontoxic paints, markers, and stickers, and let your kids transform their pumpkins into silly, spooky, or sparkly works of Halloween art.

HAUNTED STORY WALK

Set up a path around your backyard or hallway with hidden story pages or flashlight stations. Each stop reveals part of a spooky (but age-appropriate) tale. For an extra-special touch, have an older sibling or adult dress up and narrate along the way.

SPOOKY SNACK LAB

Host a kitchen "lab" where your little monsters whip up their own creepy creations. Think monster trail mix, pretzel broomsticks, mummy-wrapped hot dogs, or bubbling punch with dry ice. The process is half the fun, and the mess is part of the Halloween magic.



Music, Lounges, and Midair Dancing

The Rise of Party Planes

The 1970s were the golden age of commercial flying, and airlines went all out to make traveling by plane more than just getting from one place to another — they tried to dazzle passengers along the way. With the release of Boeing’s 747, airlines had more space to work with, so some chose to turn air travel into something closer to a night out.

Air Canada was all in on the trend. On transatlantic flights between Toronto and Europe, the upper deck of their 747 became a full-on disco. Passengers danced to 8-track tunes beside mirrored walls. You could hit the dance floor even at 35,000 feet.

They weren’t the only ones, either. United Airlines turned its upper deck into the “Friendship Room,” while Qantas called theirs the “Captain Cook Lounge.” Singapore Airlines had the “Raffles Lounge,” which came equipped with slumberettes for anyone looking to lie down after an in-flight drink or two. And American Airlines even had a piano in the back of the plane. It wasn’t exactly a grand piano — more of a sturdy Wurlitzer organ — but it gave fliers something to gather around.

The goal of these airlines was to create a glamorous experience for passengers. But the good times didn’t last long. By the early 1980s, most airlines had traded disco lights for passenger capacity, and the lounges and passenger bars faded out. People were flying more than ever, but the party plane era quietly ended.

Still, it’s fun to look back on this period of air travel when the additional space in bigger planes meant bars, lounges, and music. For a little while, at least, flying came with cocktails, conversation, and maybe even a chance to dance down the aisle.



SPOOKY MISTAKES THAT CAN HAUNT YOUR CASE

Keep Your Claim from Vanishing

With Halloween around the corner, you have to watch out for more than frights lurking in the dark; they may also be haunting your personal injury or Social Security disability case. Missed deadlines, incomplete records or evidence, and failure to follow your doctor’s orders are common errors that could creep up and negatively impact the outcome of your claim. Just like a flashlight can help scare off monsters, knowing what to avoid can help ensure you get the compensation you deserve.

MISSING DEADLINES

Timing is everything. Personal injury cases have a statute of limitations, or a legal time window to file a claim. If you miss that deadline, your case will likely be dismissed, and you will lose the opportunity to seek damages. Though you can file for your Social Security disability any time after you become disabled, you need to follow several timelines throughout the process. If the SSA denies your claim, you only have 60 days to file an appeal. If you miss that deadline, you risk losing your benefits and may have to wait a year or more for another chance.



INCOMPLETE RECORDS OR EVIDENCE

Evidence is crucial if you want to win your case, and you need to keep details and records of everything from your medical treatment to your expenses. Your word and memory aren’t enough. Document everything, hold onto any information from your doctor or medical care, and collect any photos that help prove your case. When you apply for your SSDI benefits, missing key details or outdated records may prevent you from being approved. Make sure your records are as thorough and up to date as possible.

NOT FOLLOWING MEDICAL TREATMENT

In both personal injury and SSDI claims, keeping up with your medical treatment plan and any guidance from your doctor is essential. This doesn’t just ensure you heal and stay healthy; it also acts as a paper trail and helps prove your injuries or disability are as serious as you say they are. Stay on top of your appointments and medications, and keep records of every visit.

Don’t fear! At Packard Law Firm, we can help you avoid all the spooky pitfalls so your case doesn’t vanish into the dark!

—Michael Packard

Look Twice, Save a Life

Simple Moves That Prevent Big Accidents for Pedestrians

This fall, whether you’re walking with the kids for trick-or-treating or driving through a crowded neighborhood during an event, pedestrian safety is everyone’s responsibility. The split second you take to look twice could save a life. Being mindful of your surroundings is essential as a driver or pedestrian, especially during a season with heavier foot traffic. From looking both ways before crossing the road or turning to using extra precaution as you back up, here are some tips to keep everyone safe on foot or behind the wheel.

DRIVEWAY DANGERS

A car backing out of a driveway or parking space is one of the most dangerous scenarios for a pedestrian. Drivers have limited visibility, so it’s crucial not just to look left or right, but to do it twice. Behind the wheel, you need to be incredibly aware of your surroundings because a child or a bike might be behind you before you realize. In the morning, before you even get in the vehicle, take the long way. Walk behind your car before you get in the driver’s seat. If you’re on foot and a car is backing out or preparing to turn, stop and make sure the driver sees you. Tell your children to wait to cross until they make eye contact with the driver. This ensures the driver knows you are there.

CROSSING CONSIDERATIONS

As a pedestrian, limit your time on the road as much as possible to prevent unwanted accidents. The crosswalk is the best option if you need to cross the street. If there is no crosswalk where you are, choose somewhere well-lit and



look both ways before finding a good gap in traffic to move. Walk perpendicular to the road, not at an angle, because that is the shortest distance across the roadway. While you’re driving, slow down at crosswalks so you are prepared to make a stop. Yield to pedestrians and stop well enough back from the crosswalk to give other vehicles a view of the crossing pedestrians. Don’t pass cars stopped at a crosswalk; they may be waiting for people you cannot see to get across.

All of us at Packard Law Firm wish you a safe season.

TAKE A BREAK



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| Candy | Libra | Pumpkin |
| Gourd | Marigold | Soup |
| Haunting | Moon | Teachers |
| Leaves | Opal | Touchdown |

Extra-Crispy Ranch Chicken Cutlets

Ingredients

- Olive oil
- 4 boneless, skinless chicken breasts
- Kosher salt and freshly ground black pepper, to taste
- 3/4 cup flour
- 2 large eggs, beaten
- 1 cup panko breadcrumbs
- 1/2 cup freshly grated Parmesan cheese
- 1 oz ranch seasoning, store-bought (1 packet) or homemade
- Cooking spray

Inspired by TheCookieRookie.com

Directions

1. Preheat oven to 375 F. Grease a 9x13-inch baking pan with olive oil and set aside.
2. Season both sides of chicken breasts with salt and pepper.
3. Set out three shallow bowls. In the first, combine flour and a pinch of salt and pepper. Add the eggs to the second bowl. Mix panko, Parmesan, and ranch seasoning mix in the third bowl.
4. For coating, dip seasoned chicken breasts in flour, coating both sides. Then, dip the chicken in the beaten eggs and, finally, the panko mixture.
5. Place each coated chicken breast in the prepared baking dish.
6. Spray the tops of the chicken with cooking spray.
7. Bake for 30 minutes, or until the chicken reaches 165 F and is golden brown.