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MAKE A SPLASH! Water Fun for the Whole Family

Few outdoor activities are more fun to do as a family than beating the heat in the water. A facility as simple as a community pool can offer fun for all ages, including wading, diving, and lap swimming.

As summer gets underway, consider making plans to try more complex aquatic sports as a family. Here are four exciting options that will inspire the whole family to take the plunge.

Stand-Up Paddleboarding

This sport originated among Hawaiian surfers and began gaining momentum nationwide about a decade ago. Participants stand upright on a flat, buoyant board and propel themselves over lakes, rivers, and oceans with a single paddle. Paddleboards are bigger than surfboards and are stable enough to hold a picnic in a waterproof bag!

Snorkeling

Snorkeling is a great family activity for all ages if you're vacationing near an ocean. Flippers, watertight goggles, and snorkels are easy to rent or buy. Exploring the wonders beneath the waves is as easy as floating on the surface and paddling your flippers. While any clear ocean waters can be fun to explore, consider trekking to Hawaii or Cozumel to see spectacular schools of fish and rock formations.

Canoeing and Kayaking

Few aquatic activities offer more opportunities for reflection and quiet conversation than paddling a canoe or kayak. These watercraft are usually available to rent near lakes and rivers, and, barring rough weather, navigating with them is relatively safe and easy. Pack a picnic, explore, and see what you can find along a river or lakeshore.

Waterskiing

While this sport requires access to a speedboat and a skilled operator, arranging to try it can offer unforgettable thrills. Nothing can compare to the exhilaration as you first rise above the waves and stand on your skis; participants also get a full-body workout! Waterskiing poses a challenge for beginners when crossing the wake and keeping their legs beneath them, but the rewards are worth the effort!

This summer, consider vacationing near a body of water to explore these aquatic activities or others, such as sailing or bodyboarding. You will create lasting memories and may ignite passions your kids will enjoy for years!



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Taking the Good, Leaving the Rest

How My Father Taught Me the Power of Growth and Forgiveness

I grew up with a good father. Not a perfect one, but a hardworking and wise one. He had strengths and weaknesses like all of us, but as a child, I had my dad on a hero's pedestal. Consequently, I didn't really see his weaknesses. Later, as a teenager, I was angry as I discovered that he was not perfect. I couldn't reconcile how he could be a good father while still being flawed. Only in my adulthood did I realize he was a normal human being. There was no paradox — he could succeed in some areas and still make mistakes in others.

One of the most powerful lessons he taught me throughout my childhood was about this very thing. "Son, you're going to see things in me that you'll want to pass on to your own children, and there will be plenty that you won't. So, take the good and leave the rest."

That advice became one of the foundations of how I view fatherhood. It taught me to appreciate what he gave me, learn from

what he couldn't, and ultimately, move forward with grace and growth.

My father didn't have a great experience with his dad (Grandpa Forrest). When he was only 4 or 5 years old, Grandpa Forrest was captured as a civilian prisoner of war during the first month of WWII. After the war ended, he finally returned to his family. He was gone for over four years. This left a gap that wasn't easy to fill. Even after the war, Grandpa Forrest suffered from severe psychological trauma (PTSD was only first recognized in 1980). So, my dad had to look elsewhere for father figures. He learned what love and leadership were by observing others around him. Despite these challenges and the absence of a traditional fatherly presence, he refused to let those hardships define who he was. Even as a teenager, he chose to build something better for himself and for the family he would one day lead. I am immensely grateful for the wisdom my dad had back then.

Like many of his generation, he wasn't prone to apologizing. He thought it showed weakness and undermined our trust in him. He didn't always get it right, but my dad was consistent, dependable, and filled with love. I never doubted his love for me.

Now, as a father myself, I follow the counsel from my dad; I take what worked and try differently for what didn't. For example, I teach my children how to be a good parent. However, I believe in apologizing when I mess up. I want my children to see that admitting mistakes isn't a weakness — it's a strength. In doing this, we've made our family and home a little bit better. No blame. Just accountability and finding a better way when necessary.

Dad taught me that it's easy to hold grudges, but it's better to let things go. Forgiveness doesn't mean returning to the way things were or staying in an unhealthy situation. It's about releasing resentment and anger. When you hold tight to these emotions, you suffer — in body, mind, and spirit.

Father's Day can be a joyful celebration for many. But I also acknowledge that it can be a complicated or painful day for others. Your father may have passed away. Or he might have been absent, abusive, or neglectful. You might carry deep pain from that relationship. It is okay to feel those emotions. You're not alone. If you're struggling, know this: You get to choose what kind of legacy you carry forward. You can still find healing. You can be the kind of parent you needed as a child.

This Father's Day, I'm filled with gratitude. Gratitude for my dad, for the lessons he gave me, and for the knowledge and ability to grow beyond what he could give. Fatherhood isn't about perfection. It's about presence, humility, and love. It's about showing up, learning as you go, and doing your best. Even when it's hard and you don't know what to do.

In the end, we don't only leave behind material things. We leave a legacy for those who come after us. Every effort to be better, to listen more, and to love deeper will impact generations.

So, this month, I hope you look to your father figures and see human beings. Then, as complicated as it may be, take the good and leave the rest.

—Michael Packard



Ancient Wisdom or Legume Lunacy?

The Philosopher Who Feared Beans More Than Death

Pythagoras (yes, the one responsible for making high school geometry a nightmare) had a dark secret. He wasn’t just a mathematical genius; he was also utterly and irrationally terrified of beans. Specifically, fava beans. And not just in an *I-don’t-like-their-texture* kind of way. He believed they were portals to the underworld, conduits for lost souls, and, perhaps most offensively, they caused distracting gases.

Legend has it that Pythagoras was so committed to avoiding beans that, when fleeing from attackers, he and his followers refused to run through a blooming fava bean field. Instead of making their great escape, they chose to stand and fight. Spoiler alert: It didn’t end well for them.

The Philosopher vs. The Bean

So, why was Pythagoras so scared of a simple legume? One of the more eyebrow-raising explanations is that he believed fava beans bore an uncanny resemblance to human reproductive organs. Apparently, the connection was so strong in his mind that he once declared, “Eating beans and eating the head of one’s parents are the same thing.” That is quite the leap, even for a philosopher.

Another theory suggests Pythagoras believed beans were literal doors to the underworld. He wasn’t alone in this, as the ancient Greeks and Romans were suspicious of fava beans, perhaps because they could cause a rare and severe genetic reaction called favism. Unbeknownst to the ancients, some people (especially in Mediterranean regions) have a genetic deficiency that makes fava beans potentially deadly. So, weirdly, **Pythagoras may have been onto something**, but not for the reasons he thought.

The Man, the Myth, the Golden Thigh

Of course, bean phobia wasn’t Pythagoras’s only claim to strangeness. His followers believed he was a demigod, possibly the son of Hermes or Apollo. They claimed he could tame wild animals just by speaking to them and that he had the power to write messages on the Moon. But the most outrageous legend? **He supposedly had a golden thigh.** He would flash his shimmering leg whenever someone doubted his divine status and instantly gain a new believer.

And yet, despite all this mysticism, Pythagoras’s biggest fear was beans. This just goes to show that even history’s greatest minds had their odd quirks; some were just more odd than others.



APOLOGIZE, HUG OFTEN, AND COOK EGGS

DAD ADVICE THAT MATTERS

Some of the best advice I’ve gotten about being a dad came from my father, sometimes directly, and sometimes in the moments when I had to go the opposite direction. It’s not about getting it all right; it’s about showing up with love, learning as you go, and hoping the lessons make a meaningful difference in your children’s lives.

Learn from imperfections.

My father said I won’t want to apologize when I’m a dad, or it may be challenging. But at that moment, he was saying “sorry,” which was a lesson. Take the good and leave the bad. Let your children see that strength isn’t about being right all the time. When you can apologize to your kids, you’re teaching them responsibility, empathy, and forgiveness, all at once.

Teach parenting while parenting.

Use everyday moments to teach your children about behavior, morals, and future parenting values. It could be showing them that even though they may not feel like saying their bedtime prayers or eating their veggies, those are important habits for their well-being.

Show them love.

Ensure your kids know how much you love them through your words and physical affection. Hug them, hold their hands on walks, or pat them on the shoulder. I will literally look into my children’s eyes, hold their faces so they are not distracted, especially the younger kids, and just say, “Daddy loves you no matter what.” I ask them to repeat it so they can internalize it.

Cook and connect.

Cook with your children and prioritize having meals together as a family. Teach them a favorite recipe, whether scrambled eggs or your specialty. Show them how to prepare something for themselves or the people they love. It’s a fun, wonderful way to connect and give them important life skills.

Experiences over things.

If you are going to spend money on anything, use it for experiences you can share with your family to build a better relationship with your kids. It could be as simple as a gaming console with enough controllers for everyone and a commitment to playing together. The quality time will make a lasting difference.

—Michael Packard



Temporary Flare-Up or Permanent Damage?

NOT ALL PAIN IS THE SAME — AND THE LAW AGREES

The line between “aggravated” and “exacerbated” injuries can seem blurry in the world of personal injuries, but the difference matters, especially in legal and medical contexts. Picture this: You’ve got a nasty sunburn, and someone gives you a friendly slap on the back. It’s not going to feel good. The pain spikes, but once the sting fades, your skin returns to routine healing. That is an exacerbation, a temporary flare-up of symptoms. Now, imagine that same slap on the back coming from someone with grime-covered hands, leading to an infection or even permanent scarring. A lasting worsening of a preexisting injury is an aggravation. The key distinction between the two is that exacerbation is temporary, and aggravation causes a permanent change. Knowing this seemingly subtle difference can have a significant impact on your claim.

Why It Matters

You could be entitled to compensation for both aggravated and exacerbated injuries,

and the insurance company and attorneys will assess your claim differently for each. If a temporary worsening of a preexisting condition will cause you to miss out on work hours and income, you may be able to recover some of that. If the accident aggravated your condition enough that it will have long-term or lifelong effects, you can likely seek even more damages.

Proving Damages

The key to success in a claim involving heightened preexisting conditions after an accident is to have the proper evidence to back it. Seek medical attention right away and make sure you take home detailed medical records that show how the accident worsened your condition. The records should include an assessment of your condition before the accident, details of how it worsened, and a recommended treatment plan. You’ll also need police reports, witness statements, and any photo or video evidence to show the accident

was the fault of another person. Your documentation should clarify why you need compensation for the aggravation, like medical bills, additional physical therapy, or lost income from work.

At Packard Law Firm, we know the difference between exacerbated and aggravated injuries, and we’ll make sure the insurance company does, too. Contact us today for a consultation so we can help you get the compensation you deserve to heal.



TAKE A BREAK



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|-----------|------------|-----------|
| Adventure | Hiking | Pride |
| Barefoot | Juneteenth | Sandals |
| Father | Park | Sunburn |
| Gemini | Picnic | Volunteer |

Simple Summer Garden Pasta

Ingredients

Inspired by TheKitchn.com

- 4 cups cherry tomatoes, halved
- 4 cloves garlic, minced
- 1/2 cup extra virgin olive oil
- 1 tsp red pepper flakes (optional, to taste)
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 lb angel hair pasta
- 1 cup fresh basil
- 2 cups freshly grated Parmesan cheese
- Cooked, chopped chicken for serving (optional)

Directions

- In a large bowl, combine tomatoes, garlic, olive oil, red pepper flakes, salt, and black pepper and toss until well coated.
- Cover and let the mixture sit at room temperature while the pasta cooks.
- Add pasta to a pot of boiling water and cook per package directions until al dente.
- Drain the pasta, reserving 1/4 cup of the pasta water to add to the tomato mixture.
- Coarsely chop the basil leaves.
- Add the pasta, Parmesan cheese, and chopped basil to the tomato mixture and toss again until combined.
- Serving suggestion: Add cooked, chopped chicken for more protein.