

The PACKARD PRESS

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

Breakfast, Brownies, and Bread

A FAMILY'S RECIPE FOR LOVE AND LAUGHTER

"No more than eight pancakes without special permission." That was the "rule" in our house on Saturday mornings when my dad made stacks of pancakes. As a kid, I took it seriously. I had no idea that my dad was joking. I remember counting as I ate each pancake. I even asked for special permission on a couple of occasions, and my dad smirked as he gave me a reassuring nod. "Sure, son. Go ahead." This was just one of our many rituals around food, and it's an example of how we used it to bring our family together.

July is National Culinary Arts Month, which is an opportunity for love, connection, and laughter. There's something magical about people preparing, eating, and sharing meals together. The smells of favorite recipes always bring back memories more than flavors for me.

The benefits of sharing mealtime together as a family has been ingrained in me since I was a kid. I vividly remember watching my dad make breakfast. In addition to the pancakes, he would sometimes make his famous Farmer's Breakfast. Depending on what we had left over from the night before, he would take potatoes (or sometimes rice) and mix in eggs, ground sausage, and top it off with cheese to create a yummy hash. Even all these years later, my siblings all have their own variation on the family dish. And each of us swears by our own version. (But mine really is the best.)

We always did our best to eat together. My dad taught me it's hard to make that happen, but well worth the effort. If you can gather for breakfast or dinner (or even both), all the ingredients are there for magic to happen. There is a feeling of love, happiness, and belonging. We weren't allowed to watch TV or read the newspaper (or even look at the back of the cereal box) during mealtime.

My mom died when I was 13, and we had to figure out a lot of things. My father was pulling double duty, so, we learned to cook out of necessity. I remember watching my little sister, Esther, make a recipe from a Disney-themed cookbook, and I was convinced she would fail. She made a huge mess, but she followed the instructions. It turns out, The Big Bad Wolf's Brownies are where it's at. If she could cook, I could too. So I started combining leftover items from the



fridge to create something edible. Some of it may have looked nasty, but it tasted pretty good. (And the reverse was also true.)

When I left for college, I discovered that I needed more than my "leftover recipes" to survive. I started calling family to gather some of their favorite recipes. My sister would sometimes come over to my apartment to make The Big Bad Wolf's Brownies. I needed more than dessert though, so I was thrilled to inherit a slow cooker from a roommate. It quickly became my sous-chef! Cooking wasn't just a way to feed myself, it helped me entertain friends. (And it upped my dating game!)

Recently, cooking has become a relaxing activity. I've started making sourdough bread, which requires a lot of babysitting. It takes a while, but I like it. It's surprisingly therapeutic and grounding, especially when times are hectic.

The best part of making food is sharing it. There is something special about literally breaking bread together. It creates connection and bonds us to each other. So, whether it's a family breakfast, chocolate brownies, or warm bread, eating together is a powerful way to stay close to those you care about, with love and laughter. (And some flavor!)

—Michael Packard

When Monopoly Helped Win a War

Allied Powers Outwitted the Enemy, One Game at a Time

You know Monopoly as the game that ruins friendships and sparks hourlong battles over Park Place. But during World War II, it played a much more significant and far braver role: helping Allied soldiers escape from German POW camps. Yes, really.

In one of the most brilliant covert ops of the war, the British Secret Service turned Monopoly into a top-secret escape kit. Before this tactic, smuggling noisy paper maps without tipping off the guards was too risky, and getting caught could be fatal for prisoners. Enter silk — strong, weather-resistant, and, most importantly, silent. The British turned to John Waddington Ltd., the licensed Monopoly manufacturer in the UK, who also happened to be an expert in printing on silk. It was a match made in espionage heaven.

Waddington didn't just tuck maps into game boxes, though. In a locked room most employees didn't know existed, craftsmen rigged Monopoly sets with tiny metal files, magnetic compasses, and even real currency hidden beneath the play money. Each game was marked with a secret red dot on the Free Parking space — an insider's clue for captured soldiers to look out for.

Thanks to a clever partnership with the Red Cross, these "games" were slipped into POW camps as humanitarian aid packages. The guards thought they were passing along innocent entertainment. Meanwhile, inside the box were the tools to freedom.

By the end of the war, over 35,000 POWs had escaped German camps — many with the help of these customized Monopoly sets. Though exact numbers are lost to history, Monopoly's role in those escapes is one of the war's clever secrets.

The mission was kept quiet for decades to preserve the strategy for future use. Today, the story reminds us that the simplest tools can sometimes carry out extraordinary missions. Next time you pass "Go," just remember Monopoly once helped people pass barbed wire.

POWER TOOLS, LADDERS, AND LIABILITY

Who's to Blame for Your Worksite Injury?

Construction sites buzz with activity and risks, like power tools, ladders, trucks, and a rotating cast of workers. When something goes wrong and you are injured on the job, that busy scene can become a legal maze. Determining who is responsible can be complicated with multiple parties involved in even "small" projects. From project managers to subcontractors, with so many people on site, even one small act of negligence can trigger a serious injury and a complex case. Understanding who may be liable isn't always straightforward, but it's the key to getting the compensation you deserve.

Contractors

Contractors and subcontractors have a responsibility to maintain safety on a construction site. That duty of care includes ensuring employees follow safety protocols, have the right tools, and receive proper training. A contractor who did not adhere to these standards could be deemed liable or partially responsible for your injuries.

Property Owners

The owner of the property also has a responsibility to keep workers safe. If someone is injured on a site due to unsafe conditions of the area itself, like uneven floors or bad wiring, they may also be liable.

Construction Companies

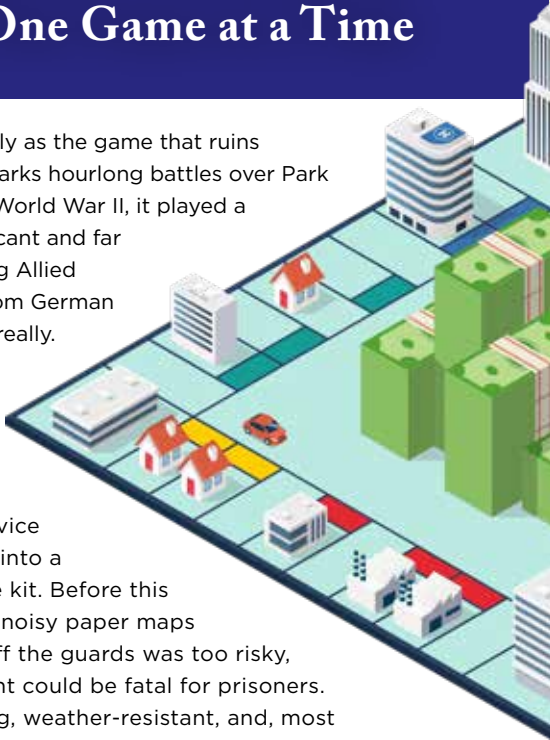
The construction company itself is often partially to blame when worksite injuries occur. They are in charge of, among other things, following all the regulations set by safety organizations like the Occupational Safety and Health Administration (OSHA). When companies do not comply with OSHA, it can lead to dangerous conditions, inadequate supervision, and serious injuries to workers.

Equipment Manufacturers

Construction sites come with powerful machinery and tools that can harm employees if they don't function correctly. If heavy machinery malfunctions and someone gets hurt, the company that made it can be found liable if it was due to a design flaw or some kind of manufacturing defect.

When you get hurt at a construction site, many parties may have contributed to the chain of events that caused your accident. This can be a blessing because it gives you many options for compensation, but it can also be a curse, as it muddles the waters of who's to blame. At Packard Law Firm, we can help determine who is responsible so you can focus on moving forward. Contact us today for a free consultation.

—Michael Packard



From 'I'm Bored' to 'I Invented This'

Let Boredom Unlock Your Child's Creativity

A simple stick could be a sword, part of a clubhouse, or even a magic wand! Those imaginative moments of childhood were born out of sheer boredom. And, believe it or not, that boredom wasn't such a bad thing. As the summer continues and the screens of smartphones and tablets call louder than ever, boredom might be the secret for children to unlock their creativity in brand-new ways. Leaning into boredom rather than trying to scroll out of it can help them get in touch with their inventive sides. Here's how you can help them turn doldrums into a playground.

Create a boredom jar.

Every child has a creative spark but may not know where to start, especially if they're bored or have to come up with something to do outside of a structured activity. Start by asking them about things they enjoy, their favorite hobbies, or

new skills they want to learn. You can use the list they create to make a boredom chart or jar they can turn to when they feel the pangs of boredom. The ideas, on strips of paper in a jar or written on a board, can range from nature walks to art or a board game. This gets them thinking about what interests them and gives them a resource they created themselves.

Encourage screen-free activities.

Most young people have a "boredom buster" in their pocket at all times. Yet research has found that boredom leads children to develop stronger problem-solving skills and better organization and teaches them how to regulate their emotions. Establish times this summer when the whole family has to step away from their screens, put the phones away, and just see what develops without the distraction. When children and adults don't have their apps and social media



to rely on, it forces everyone to think more creatively.

Boredom isn't the enemy; it invites children to use their imagination and discover who they are. It will take a bit of guidance and practice, but time away from screens will help your child can turn any dull day into a day full of growth, art, and exciting adventures.

TAKE A BREAK

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

American	Flag	Ruby
Bicycle	Independence	Stars
Cherry	Paddleboard	Sherbet
Fireworks	Picnic	Trampoline

The Big Bad Wolf's Brownies

This recipe for The Big Bad Wolf's Brownies appeared in Walt Disney's Mickey Mouse Cookbook.

Ingredients

- Shortening for buttering pan
- 1/2 cup butter
- 2 squares (2 ounces) unsweetened chocolate
- 1 cup sugar
- 1/2 cup all purpose flour, unsifted
- 1 tsp baking powder
- 1 tsp vanilla extract
- 2 eggs
- 1/2 cup pecans or walnut pieces, raisins or salted pecans

Directions

1. Preheat oven to 350. Grease 9x9x2 pan with shortening.
2. Melt butter and chocolate in large saucepan over low heat. Remove sauce pan from heat.
3. Stir in sugar, flour, baking powder, vanilla, and nuts. Add eggs and beat well with egg beater.
4. Pour batter into baking pan. Bake for 30 minutes.
5. Remove pan from oven and place on rack.
6. When brownies are cool, cut into squares.

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TRAIL-READY

Savoring Nature Safely on a Biking Adventure

Mountain biking is one of the nation's fastest-growing sports. Drawn by its physical and mental challenges and access to nature, more than 9.2 million people participated in the sport in 2023, up 4% from 2022.

Before setting out, it's essential to realize that off-road biking can take you far from your comfort zone. Riding on rugged terrain is considered an extreme sport with a high rate of injuries, and participants tend to overestimate their skill level. Keep these tips in mind to ensure your enjoyment as a novice in this exciting sport.

Be Weather-Wary

Familiarize yourself with seasonal weather patterns in your area. Prepare for the possibility of extreme heat and sudden midsummer storms. Check the forecast before each outing. Heat sickness can catch you off guard, causing nausea, dizziness, confusion, and clammy skin. If these symptoms set in, find shade, drink water, and try to cool down.

Know Your Level

Be realistic when choosing routes, and check out the mileage, trail conditions, and elevation of any path you choose. Helpful apps include Ride with GPS for route-finding and navigation and Strava for performance-tracking and networking. As you

plan, note the trail surface. Riding on gravel or dirt takes far more energy than paved trails. If you want to test your limits, do it on terrain you have traveled before.

Gear Up

Carry more water than you expect to need, and bring a portable water filter. Poor hydration is one of the main reasons cyclists get in trouble. Also, bring ample high-protein food, a tire patch kit, and first-aid supplies. And don't neglect the basics: Be sure to wear a properly fitted, sturdy helmet.

Don't Go Alone

Let someone know your planned route. Leave a detailed itinerary and planned check-in times with a person you trust. Carry a fully charged phone and charging device, and bring maps as digital downloads or on paper. Also, practice basic navigation skills, such as tracking the sun's position in the sky and noting landmarks.

By cycling smart, you can reap the maximum benefits of one of the nation's most exciting sports!

