

# The PACKARD PRESS

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

## The Healing Power of Resilience and Family

### *Finding Success During Difficult Times*

As the year ends, it's good to pause and reflect on the trials and triumphs we've all been through. And what a year it's been for me — not only professionally and personally, but also as a father and husband. Often, when we're engrossed in day-to-day work, it's easy to lose sight of the progress we've made. We might feel stuck in a never-ending cycle with little to show for our efforts. But looking back over a year, we suddenly see the mountains we've climbed. Reflection is an antidote to the disillusionment we can feel while engrossed in life's challenges. It can also serve as a powerful motivator to set new goals.

Losing my brother-in-law, my friend, and my business partner, Dustin Draper, in the latter half of the year rocked my world. His death threw me and my family into turmoil and sent waves through my personal and professional life. Yet, standing here today, I recognize that coping with that loss and still functioning at work and home is my biggest accomplishment this year. The loss we suffered is irreparable, but making it through this storm has underscored the strength and resilience I didn't know I had.

While professional achievements and overcoming adversity are significant, what I cherish most this year are the milestones my family has reached. My daughter Ella, now 18, got lead roles in her high school plays and musicals. She also scored an impressive 34

on her ACT, which is no small feat. Then there's Sabrina, my 16-year-old, who released "Charm" — an album of 16 songs that she wrote completely by herself. Seeing her music on platforms like Spotify and Apple Music was an incredible moment for all of us.

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My sons Noah and Forrest wrapped up their football seasons and showed their commitment and discipline, even in the hot, endless summer practices. And then Cora and Clark both took big steps: Cora, who turned 8, was baptized — a rite of passage in our faith — and Clark started his first year at school!

Amidst all this, my wife and I also managed to steal some time for ourselves. She turned 40 this year, and we celebrated by visiting Guatemala. Exploring another country offered us a break and enriched our perspectives, a wonderful gift at this milestone age.

In sum, this year has been a mixed bag of devastating lows and uplifting highs. But here's the thing: When I look back, the highs seem to shine a little brighter against the backdrop of the lows. The challenges have made the accomplishments more meaningful, and the losses have made the love and success even more precious.

So, why do a year in review? Because it offers a broader perspective that daily life often denies us. It shows us how far we've come and how much we've grown. It prepares us to enter the new year with renewed vigor and optimism. And given what we've been through this year, we could all use some of that.

*—Michael Packard*



# From Miracle Cure to Tasty Delight



## The Unbelievable History of Ketchup

Ketchup, the popular tasty and tangy condiment found on tables and in refrigerators worldwide, has a surprising and somewhat peculiar history. In the 1830s, it was not just a topping for hamburgers and hot dogs; it was actually sold as medicine — yes, medicine!

### A Unique Origin

Ketchup's roots can be traced back to Asia, where it was called *ke-tsiap* (Xiamen), a sauce made from fermented fish sauce. It made its way to Europe in the 17th century, but it looked and tasted different from the ketchup we know today, as it included ingredients like mushrooms, walnuts, and oysters — no tomatoes.

### The Medicinal Claim and Tomato Connection

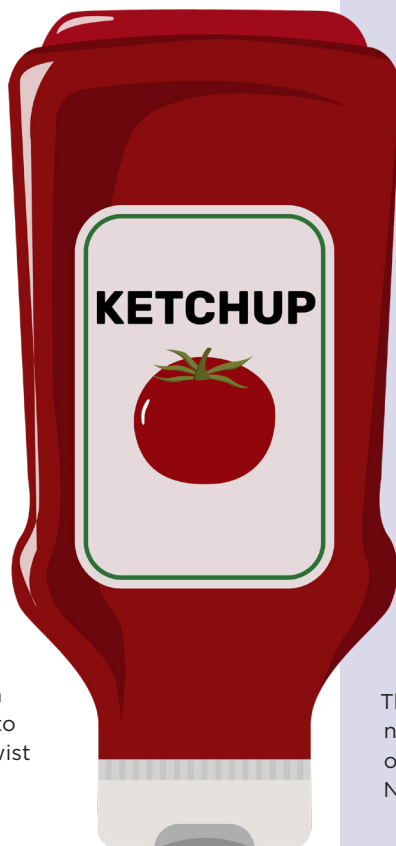
In the 1830s, an Ohio physician named Dr. John Cook Bennett began marketing a tomato-based concoction as a medicinal elixir. Dr. Bennett claimed his tomato extract had incredible healing properties and promoted it as a cure for a wide range of ailments, including diarrhea, indigestion, jaundice, and rheumatism.

During this time, tomatoes were still relatively new in American cuisine, and many people were skeptical about their edibility and safety. In fact, some believed tomatoes were poisonous, but Dr. Bennett aimed to market them as a safe and healthy miracle ingredient. His tomato preparation was a precursor to modern ketchup.

### The Transition to the Table

Over time, the medicinal claims surrounding tomato-based ketchup faded, and people began enjoying its taste. A tomato-based ketchup started to appear in cookbooks as an ingredient in recipes and was commonly paired with eggs, meat, and fish. By the late 19th century, ketchup had become a staple in American households, and companies like Heinz began mass-producing it.

Today, it's tough to imagine ketchup as anything other than a delicious topping for our favorite foods, and while tomatoes do contain antioxidants and vitamin C, we know ketchup won't cure a sickness. However, its transformation from fish sauce to tomato medicine to a beloved topping is a remarkable twist in culinary history!



## Find the Positive Side of Your Life Again!

### 3 Steps to Prevent a Self-Doubt Spiral

What if we told you that instead of letting negative thoughts about your past, your body, or your finances control your life, you could rewrite them? It sounds impossible, but there's actually a way to trick your brain into leaving negativity behind. Follow these steps to turn your self-doubt into self-esteem.

#### Step 1: Identify negative thoughts.

Most people don't even realize they're living with repetitive negative thoughts, and that can make them tricky to identify. However, you must learn to notice these thoughts before you can re-frame them to evoke positive feelings. Here are a few patterns to look for.

- You have an "all or nothing" mindset and can see only success or failure waiting for you.
- You only think about the bad in a situation and blame yourself when things go wrong.
- You jump to conclusions and expect the worst possible outcome.
- You reach unrealistic conclusions based on your emotions, not facts.

#### Step 2: Challenge unhelpful thinking.

Once you identify a negative thought, it's time to challenge it. Look at the bigger picture and all the facts. Is this negative thought logical? Is there evidence for it? Probably not! The cycle of unhelpful thinking is fueled by emotion. When you challenge those emotions with facts, you'll see they don't hold up.

#### Step 3: Reframe negatives into positives.

Imagine what you would say to a close friend who told you they were having this negative thought. You'd show them grace, compassion, and affirmation, right? Of course you would. Now, it's time to give yourself that benefit of the doubt.

Ask yourself, "What's positive in this situation?" Perhaps you did your best, and that's all you could do! Or maybe you realize that even if you assume the worst-case scenario happened, it wouldn't be the end of the world. Use these mental tricks to put your negativity into perspective.

This is just the tip of the iceberg when it comes to re-framing negative thoughts. To really make this mindset shift stick, scan our QR code to watch a short video from the experts at England's National Health Service.

# Celebrate the Holiday Season in San Antonio

## Beautiful Lights and Ice Skating!

Downtown San Antonio provides some of the most spectacular holiday events and sights. People from throughout the area and central Texas visit to see the array of lights, parades, and other events happening during this magical time. Let's look at some of the best events this holiday season.

**The Alamo** — As one of the most iconic places in Texas, The Alamo participates in the holiday spirit. Be sure to get there before Jan. 2, 2024, in order to see how the historic landmark is decorated for the holiday season. It offers a picturesque background for holiday photos and a wonderful ambiance to take a walk with loved ones.

**The San Antonio River Walk** — During the holiday season, the San Antonio River Walk becomes an enchanting destination you shouldn't miss. The already picturesque riverscape becomes even more captivating as it's illuminated by more than 100,000 twinkling lights that decorate the trees and bridges, glowing throughout the night. For those who want to experience the scenery, you have options: Take a leisurely walk alongside the river or a tranquil Go Rio Cruise.

**The Fiesta de las Luminarias** — This is a captivating Christmas celebration also situated along San Antonio's scenic River Walk. The riverbank, adorned with over 2,000 traditional Mexican luminarias, transforms into an awe-inspiring spectacle of holiday lights. Guests



are invited to stroll through this radiant setting while savoring hot cocoa and soaking in the melodic sounds of carols. Because this event is held across three specific weekends in December, you can easily plan to experience this festive occasion.

**Ice Skating** — Ready to put on a pair of skates? The Rotary Ice Rink is back for its fourth year. It opened in November and will stay open until Jan. 17, 2024, allowing San Antonio residents to try out their moves on the ice. Last year, more than 200,000 people visited the rink, which doubled in size to more than 5,000 square feet. There will also be a giant Christmas tree nearby for family photos.

## TAKE A BREAK

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A	H	X	E	N	H	E	J	I	E	W	V	P	E	V
B	X	W	K	H	K	V	X	F	U	B	Q	C	X	B

Chimney	Mistletoe	Sleigh
Christmas	Ornament	Snowman
Gifts	Parka	Wreath
Igloo	Reindeer	Yuletide



## Skillet Chicken Pot Pie

Inspired by [TheModernProper.com](http://TheModernProper.com)

### Ingredients

- 1/2 cup butter
- 1 cup chopped onion
- 1 cup sliced celery
- 2 cups sliced carrots
- 1/2 cup flour
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 tsp celery seed
- 1 tsp garlic powder
- 1 cup milk
- 2 cups chicken stock
- 2 cups peas
- 4 cups cooked chicken
- 1 package frozen puff pastry, thawed
- 1 egg

### Directions

1. Heat oven to 425 F.
2. In a 12-inch cast-iron skillet over medium heat, melt butter, then add onion, celery, and carrots. Sauté for 5 minutes.
3. Add flour, salt, pepper, celery seed, and garlic powder to pan and stir. Sauté for 2 minutes. Slowly incorporate milk.
4. Add stock and bring to a simmer, whisking until mixture thickens. Add peas and chicken.
5. Roll out pastry sheet into 16-inch square on floured surface. Cut into 3-inch squares and place overlapping onto chicken mixture.
6. In a small bowl, whisk egg with 1 tbsp water. Brush egg over pastry and place in oven for 25 minutes or until golden and bubbling.

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The Packard Family Is Here to Help Your Family! *Personal Injury | Social Security Disability | Car Accidents | Special Needs Planning*

## THE TUOHY FAMILY VS. MICHAEL OHER: A LEGAL SHOWDOWN

The story of how Michael Oher went from a young homeless boy to an NFL star captured the hearts of many and inspired the critically acclaimed 2009 film "The Blind Side."



However, behind the heartwarming tale lies a complex legal battle between Michael Oher and the Tuohy family, who adopted him during his teenage years.

Oher alleges that Sean and Leigh Anne Tuohy misled him into accepting a conservatorship instead of adoption and that he never received fair compensation for his portrayal in the movie. In his petition filed in a Tennessee court, Oher seeks to end the Tuohy family's conservatorship over him and requests a full accounting of any funds he should have received. In response to the petition, the Tuohys expressed their heartbreak over the situation while accusing Oher of demanding \$15 million and threatening negative press coverage if they didn't comply.

Sean and Leigh Anne Tuohy claim they have always been upfront with Oher about the conservatorship and that they have split all profits from "The Blind Side" equally

with Oher. Still, the heart of Oher's lawsuit lies in the claim that they led him to believe he was signing adoption papers when, in reality, they were for a conservatorship. This legal arrangement gave the Tuohys significant control over Oher's life, his story, and the substantial financial gains resulting from it. Oher asserts he did not receive what he was rightfully owed.

Oher's lawsuit is not only about financial matters but also the emotional stress that came with recently learning he was not legally a member of the Tuohy family, which he had believed for years. Furthermore, the case brings into question the safeguards for young individuals who may enter into legal agreements without a complete understanding of their implications. Seeing how this blockbuster lawsuit shakes out in the coming months and what the verdict means for other young people in similar situations will be interesting.