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How the Grinch Stole Our Hearts

BEHIND THE TIMELESS CHRISTMAS TALE

As regularly as Rudolph does, the Grinch appears on our television screens every December. Despite his negative attitude and nefarious intentions, the protagonist of "How the Grinch Stole Christmas!" remains a family favorite more than 60 years after the animated TV special first aired.



The Grinch's transformation into a cultural icon began with a 1957 children's book. Author Dr. Seuss had recently experienced great success with "The Cat in the Hat" and was a hot commodity. He published "How the Grinch Stole Christmas!" later that same year, and the black-and-white book was an instant smash. The story might have ended there if Dr. Seuss had his way.

Dr. Seuss was protective of his creations and didn't trust them in anyone else's hands, but his filmmaker friend, Chuck Jones, eventually persuaded him to reconsider. Still, the story required some changes. Jones assigned the Grinch his signature green color, and the Grinch's dog, Max, was given a more prominent role to increase the special's runtime. But the songs were the most important of all.

The TV special contains nine total musical numbers, the most famous featuring lyrics only Dr. Seuss could have written. "You're a Mean One, Mr. Grinch" is a hilariously clever song and a highlight of the program. The filmmakers also secured a big win in the voice talents of horror movie legend Boris Karloff, who provided an alternately sneering and tender tone to the production.

Thanks to its full animation technique featuring 25,000 drawings, Variety says "The Grinch" may have been the most expensive television special made at that time. Later, Hollywood upped the ante with a live-action adaptation in 2000 and an animated full-length film in 2018. Both movies were box office successes, but neither has overtaken the 26-minute TV special as our favorite way to enjoy the Grinch.

Why does the Grinch endure? Dr. Seuss based the character on himself, so it may be that there's a little bit of the Grinch in all of us. Unlike that other well-known holiday-hater Ebenezer Scrooge, he gives those who aren't full of Christmas cheer a favorable mascot. The Grinch's wild schemes and comical complaints are more fun than menacing, and his story produces a reliably happy ending. As its greatest gift, an annual viewing can leave even the most hardened Grinch feeling as if their own heart has grown a size or two.



MAKE 2023 A YEAR TO REMEMBER

By Accomplishing Your Life Goals

As we prepare to wrap up one year and start another, it's the perfect time to reflect on these past few years and think about everything that's happened and how far we've come. I encourage you all to take some time at the end of 2022 and think about your future, figure out what your life goals are, and how to accomplish them. Each of us has specific goals we want to achieve or places we want to see in our lives, and there's no better time than the present to think out how to get there.

Dan and I recently had an opportunity to check an item off our bucket list when we took a trip to see the northern lights in Canada. We have wanted to do it for years, and it's always been one of my personal life goals. It was truly a beautiful and awe-inspiring experience, and I'm so glad we had the ability to plan and take a chance at this dream bucket list item.

Waiting for life to happen and for others to accomplish your goals for you is a terrible trap to get stuck in. Working towards my life goals is an everyday task that some days results in a millimeter step forward. Maybe one of your life goals is to travel to Europe. For most of us, that's going to require some proper planning. You need to save enough money to fund the trip, map out the places you want to visit, reserve hotel rooms, transportation, and much more to get the most out of your trip. Don't wait around for someone else to plan your dream European vacation; start planning yourself and see what happens.

As you start planning your future goals, you must remind yourself that Rome wasn't built in a day, and there are no shortcuts to accomplishing your dreams. If it were easy, everyone would do it. It's going to take hard work, dedication, and effort. Spend some time visualizing your life goals or items you want to check off your bucket list and think about how to accomplish them. Outline those plans and slowly implement them to make your goal feel more obtainable. Some goals may take months or even years, but the result will be well worth the time and effort.



As you're thinking about the goals you want to accomplish or your seemingly far-fetched bucket list, you should ensure that one of your life goals is to be as prepared as possible for your and your family's future. The best way to do this is through an estate plan. Creating an estate plan ensures that your family is taken care of if something tragic and unexpected happens to you. When you have an estate plan in place, you gain peace of mind about the future, allowing you to fully enjoy whatever new adventure you're planning as you attempt to cross an item off your bucket list. We're available to help you create an estate plan or answer any questions you may have about the estate planning process.

As we prepare to enter the new year, take a moment to think about what you want to accomplish in your life. This is the perfect time to turn your dreams into reality.

—Jackie Bedard

That's a Wrap

Make the Worst Holiday Task Easier

Some lifestyle blogs and magazines act like it's normal to make your own hand-stamped wrapping paper or attach pine cones to gifts with ribbon as a decorative flourish. But when it comes to wrapping presents, most of us just want to get it done. So, we've compiled some expert tips to make this year's gift-wrapping a breeze — or at least less of a chore.

Use what's on hand.

Before you start wrapping, you should confirm you have all the supplies you need. But unexpectedly running out of paper, tape, or gift boxes has happened to the best of us. You could run to the store to buy more — or get creative.

Wrapping paper is the easiest item to substitute. Brown paper bags work very well, whether or not you make them fancier with ribbons or stamps. A unique alternative is the aluminum foil you already have stored in your kitchen. Meanwhile, cereal boxes can be great if you run out of gift boxes. And if you have too little tape, you can use stickers in a pinch. Best of all, you can tell everyone your material reuse was an eco-friendly choice.



Wrap small gifts with ease.

The most difficult items to wrap are the tiny ones. Many people cut little bits of wrapping paper and cover them in tape, but anyone who has ever received such a present knows it's no fun to open. Others spend money to buy small, beautiful gift boxes.

But a more straightforward and less expensive route involves a used toilet paper roll. Remove any residue, place the gift inside, then fold the ends of the roll in. Ta-da — you have an instant gift box. You can also wrap small presents like a piece of hard candy. Instead of struggling to fold and tape, fold the paper around the present horizontally, then twist the edges shut.

Keep it simple.

There's nothing more frustrating than realizing you cut your wrapping paper too short. Do you throw it out and recut it? Place a strip of paper over the bare spot? Before you go to any desperate measures, turn the gift diagonally and see if the paper is now long enough to cover the entire present. Whether this hack works depends on your gift's size and shape, but it's worth a shot before wasting more time and materials.

Oddly shaped gifts seem to cause the most strife of all, though. What do you do with wine bottles, stuffed animals, and other non-rectangular items? The internet has you covered with plenty of detailed tutorials, but we offer a different solution: Go with your gut and do your best.

Most people don't expect your gifts to look picture-perfect. And research by SciTechDaily found that intricately wrapped presents create unrealistic expectations. Those who receive an averagely wrapped gift are more likely to be impressed by the contents than those who get one that looks like Martha Stewart herself wrapped it. So, rest assured there's nothing wrong with a utilitarian job. What's underneath the wrapping paper matters most.

THINKING ABOUT TRAVELING?

2023's Must-See Destinations

Because of the past few years, it's safe to say we're all in need of a vacation. The pandemic put a halt on travel plans, but now that many restrictions have been lifted, people can joyously plan their vacations for 2023. Do you want to make travel plans but are unsure about where to go? Don't worry; we've got you covered. Here are the destinations U.S. News ranks as the best places to visit in the new year.

Take in the sights at America's national parks.

Before the pandemic, people would save up large amounts of money to spend time at crowded tourist destinations like Las Vegas or Walt Disney World. Now, people are more interested in less-crowded outdoor environments. According to U.S. News, some of the best places to visit in the U.S. are national parks. The Grand Canyon, Yellowstone, Yosemite, and Glacier National Park all made the list. If you want to see beautiful scenery with amazing wildlife, visit these national parks!

See beautiful places outside the U.S.

If you're interested in traveling outside the continental U.S., some wonderful places are worth exploring. Topping the U.S. News' list of best



places to visit in the world is South Island in New Zealand. Enjoy pristine beaches, tropical rainforests, and breathtaking views of the Southern Alps all in one place. Paris also made the list — there's never a bad time for a romantic trip to visit the Eiffel Tower. And if you want to stay within the country, you can always visit Hawaii. The Hawaiian island of Maui specifically has unforgettable scenic drives, swimming and snorkeling, and even a volcano.

Want a small-town adventure?

If you have no interest in leaving the country or heading out into the wilderness, many quaint small towns await. You can visit Bar Harbor, Maine, to experience fabulous bed and breakfasts, plus great restaurants and views. Or you can travel to Telluride, Colorado, for some awe-inspiring views of the mountains — with many festivals throughout the year, it's worth checking out. Jackson Hole in Wyoming, Lake Tahoe on the border of California and Nevada, and Sedona in Arizona are also great smaller towns that feature fun activities and natural beauty.

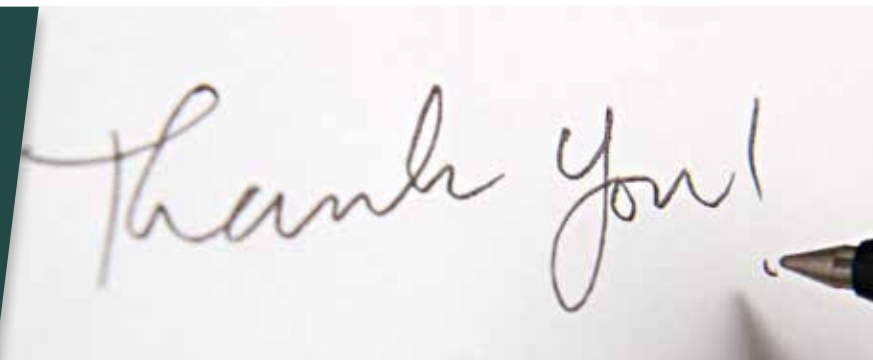
A Guide to Alzheimer's Care

Download your free e-book to learn:

- *Alzheimer's 101: What is it, how is it diagnosed, and how does it progress?*
- *What care options are available?*
- *What resources are available for caregivers?*



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