



The Shulman Center December 2021 Monthly e-Newsletter

Celebrating The 19th Year of Our e-Newsletter!

Thanks to our 3,000 subscribers for your continued interest & support!

THE HOLIDAYS ARE UPON US!!!

GOODBYE THANKSGIVING...

HERE COMES CHANUKAH and CHRISTMAS!

Watch & listen to this new 30-second PSA
(Public Service Announcement)
for Unsteal.org

See: <https://www.youtube.com/watch?v=uaxnEQXNKcc>

Watch & listen to Mr. Shulman's 20-Minute Interview
on Kleptomania on Anthony Padilla's YouTube Channel
"I Spent A Day with... Kleptomaniacs"

See: <https://www.youtube.com/watch?v=nvGtowTfPqU>

Watch & listen to Mr. Shulman's 90-minute podcast interview
on shopping addiction and more!

See: <https://www.youtube.com/watch?v=gDau-8w4LxY>

Watch and listen to Mr. Shulman's 20-minute live Zoom "Real Men" storytelling
from June 18th which was just uploaded to YouTube:

See: <https://www.youtube.com/watch?v=tT2VGCEsDj8>

Watch & listen to Mr. Shulman's new hour-long podcast interview
on shopping addiction and more!

See: <https://www.youtube.com/watch?v=qO6CZca9xy4>

**Addiction is giving up everything for one thing.
Recovery is giving up one thing for everything.**

New TV series on "theft addiction" may be picked up in this year! *Stay tuned!*

Giving Tuesday Is November 30, 2021!

See: <https://www.givingtuesday.org/>

Don't Wait! Click below....

[Donate To C.A.S.A., LLC and/or The Shulman Center](#)

Please Consider Making A Giving Tuesday November 30, 2021 and/or
Year-End Tax Deductible Contribution to Unsteal.org (a not-for-profit)

[Donate Here!](#) or Go to <https://unsteal.org/>

Please Consider Making A Giving Tuesday November 30, 2021 and/or

Year-End Contribution to *Connection Is Magic!*

Please Note Our Updated Website at:
www.theshulmancenter.com

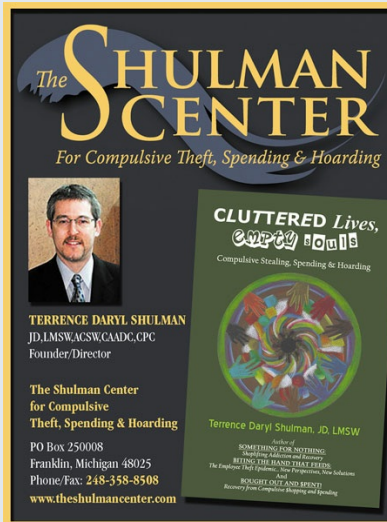


Tina Shulman,
Creative Director

TERRENCE DARYL SHULMAN
JD, LMSW, ACSW, CAADC, CPC
Attorney, Therapist, Consultant, Author & Coach
FOUNDER/DIRECTOR OF
The Shulman Center for Compulsive Theft, Spending & Hoarding



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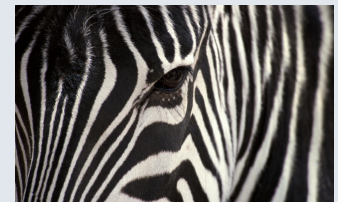
The SHULMAN CENTER
For Compulsive Theft, Spending & Hoarding

CLUTTERED Lives,
EMPTY HOME
Compulsive Stealing, Spending & Hoarding

TERRENCE DARYL SHULMAN
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Founder/Director

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Terrence Daryl Shulman, JD, LMSW
Author of:
SOMETHING FOR NOTHING:
Helping Addicted and Obsessed
BUYERS TAKE THEIR FEET OFF
The Pathway From Addiction Into Empowerment, True Addiction
and
BOUGHT OUT AND BEENT!
Author of the Compulsive Shopping and Spending



CHECK OUT OUR NEW MERCH at Unsteal.org
<https://unsteal.org/swag/>

CHECK OUT SAMSON SHULMAN'S PODCAST
Connection Is Magic!
<https://connectionismagic.com/>
and Merch at:
<https://connectionismagic.com/shop>

**During This Time of Social Distancing, Your Life Does Not Have To Be on Hold!
Specialized Therapy by Telephone or Video-Chat
Your Life Is Calling...
CALL US AT: 248-358-8508!**

150-Question Online Shoplifting Assessment Tool

ANNOUNCING THE RECENT LAUNCH OF A NEW

150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL

DEVELOPED BY THE SHULMAN CENTER

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 20-30 minutes to complete and can be used by courts, therapists, and those who have shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one-page summary that tells you how severe a shoplifting problem you have, what type of shoplifter you are, and what is your risk of reoffending in the future (low, medium, high, very high).

See: <https://ade.solutions/shoplift.html>

Read Recent Comprehensive Article from MoneyGeek

on Compulsive Shopping/Spending... I'm quoted

[Click Here!](#)

See Recent Guardian UK Article on Why Wealthy People Shoplift:

Mr. Shulman quoted as expert!

[Click Here!](#)

Listen to Mr. Shulman on a recent 100-minute Podcast Interview

"White Collar Crime and Recovery" with 15 other "convicts"

[Click Here!](#)

See Recent Free Press/USA Today Article on Shopping/Shoplifting Addiction:

Mr. Shulman quoted as expert!

[Click Here!](#)

Listen to Mr. Shulman's 40-min Interview

Less Waves, More Ocean: Staying Calm in Covid Times

[Click Here!](#)

Listen to Mr. Shulman's Recent 45-minute Audio Interview on Shoplifting Addiction:

When Stealing Is A Drug!

[Click Here!](#)

See Recent 5-Minute Video on Shopping Addiction on Cheddar:

Mr. Shulman quoted as expert!

[Click Here!](#)

See Dr. Oz's 15-minute July 9, 2019 Shoplifting Addiction Episode

Mr. Shulman Feature on The Show!

[Click Here!](#)

QUICK LINKS

[2-minute NBC Nightly News Segment \(May 2021\) on Phone and Shopping Addiction Guilt Gifting Is A Thing in 2020 But It Can Get Out of Hand Quickly!](#)

[Anti-Capitalist Teens Share Shoplifting Tips on Tik-Tok](#)

[Online Shopping Addiction in The Time of Covid Quarantine](#)

[White Collar Support Group Video Podcast Episode#1](#)

[Shopping Addiction and Holidays](#)

[Guardian UK Article: Rich Robbers](#)

[NYPost Shopping Addiction Article](#)

[Dr. Oz July 9, 2019 Episode on Shoplifting Addiction](#)

[Mr. Shulman Quoted in July 14, 2019 Article on Netflix Series "Trinkets" on Teen Shoplifting](#)

[Mr. Shulman Quoted in Vancouver Sun July 24, 2019 Article on Shopping Addiction](#)

[Stop Thief! Restaurant Diners Help Themselves to More Than Food!](#)

[New 10-minute Video Preview of Forthcoming Online Employee Theft Prevention Course](#)

[August 15, 2018 Cover Story on Shoplifting in Detroit Metro Times](#)

[Cosmo Journalist Confesses She's A Shopaholic!](#)

[You Could Be an Online Shopping Addict!](#)

[Men Are Shopaholics, Too! Author Buzz Bissinger Tells All on NBC's Megyn Kelly Show](#)

[Plain Thieves or Addicted to The Rush? Mr. Shulman Featured in Recent 3-minute news clip](#)
[Check Out Our Updated Hoarding Disorder Video Archive Webpage!](#)
[Samson Shulman Podcast Interview with Jonathan Schwartz: Embezzler to The Stars](#)
[Mr. Shulman Quoted About Worldwide Shoplifting Trends In Recent International Online 'zine](#)
[Mr. Shulman's Appearance on T.D. Jakes May 12, 2017 Show on Financial Infidelity](#)
[Mr. Shulman's 90-Minute Hoarding Presentation](#)
[Mr. Shulman Quoted in Recent Online Article on Shopping While Driving](#)
[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)
[Shopping Addiction Featured on NBC's Megyn Kelly Show Tuesday February 27](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Monday December 6, 2021—Mr. Shulman gives a free, live 90-minute Power Point presentation entitled *"The Best of Times or The Worst of Times? Coping with Holiday Stress"* at The Genesee, MI Public Library (Davison branch) from 5:00pm - 6:30pm. Free.

Register at: <https://www.thegdl.org/events/https://www.thegdl.org/events/>

Saturday December 18, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled *"Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity"* for CORE Learning, Inc. (Michigan) from 9:30am - 4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Friday April 22, 2022—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled *"Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity"* for the Genesee Intermediate School District from 8:30am - 3:00pm. Private.

Wednesday July 6, 2022—Mr. Shulman gives a free, live 90-minute Power Point presentation entitled *"The Five Love Languages: Understanding Yours and Others for Better Relationships"* at Bay County, MI Public Library (Sage, MI branch) from 6:00pm - 7:30pm. Free.

Register at: <https://www.baycountylibrary.org/events/bcls-news-events>

FACTS, STATS, QUOTES & MORE!

Request 4 Year-End Charitable Contributions

Wishing you a Happy New Year.

Thanks for your interest and support.

Please Consider Making A Giving Tuesday November 30, 2021 and/or Year-End Tax Deductible Contribution to C.A.S.A., LLC

Here's our PayPal donation link below:

<http://new.theshulmancenter.com/online-store.html>

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[Donate Here!](#) or Go to <https://unsteal.org/>

Please Consider Making A Giving Tuesday November 30, 2021 and/or Year-End Contribution to *Connection Is Magic!*

See: <https://connectionismagic.com/> or Go to <https://www.patreon.com/connectionismagic>

Request 4 Anonymous & Confidential Excessive Acquisition Study

Hi Everyone...

I recently spoke to May Luu, a researcher from Canada who is interested in understanding your experiences with bringing home too much stuff (for example, compulsive buying, shopping addiction, acquiring things for free). It can be extremely hard to recruit participants for studies, so any help from you would be great. If you want to be part of improving treatments for acquiring too much stuff, you can participate in her online paid study. The study itself takes about 1 hour and you will receive CAD\$13.00 (or equivalent in your local currency) in appreciation.

To see if the study is a good fit for you, you will need to do a 10-15 minute phone screen with May first. If you would like to participate, please send May an email at hoarding@psych.ubc.ca

For more information, here is the study website: <https://psych.ubc.ca/research-participation/why-do-we-buy-understanding-acquiring-study/>

Do you find it hard to resist buying things or bringing home free stuff? Do your friends call you a shopaholic or shopping addict? Do you experience big problems because of the amount of stuff you bring home? Would you like to help improve treatments for bringing home too much stuff? May Luu, a researcher from Canada, would like to hear your experiences through an online paid study. The study itself takes about 1 hour and you will receive CAD\$13.00 (or equivalent in your local currency) in appreciation. To see if the study is a good fit for you, you will need to do a 10-15 minute phone screen with May first. If you would like to participate, please send May an email at hoarding@psych.ubc.ca

For more information, here is the study website: <https://psych.ubc.ca/research-participation/why-do-we-buy-understanding-acquiring-study/>

Social Media (Please note the starred portion at the end must be included in your post for ethical reasons). Do your friends call you a shopaholic or shopping addict? Do you find it hard to resist buying things? Do you experience problems because of your buying?

Share your experiences by taking part in a UBC study on acquiring. Learn more: <https://bit.ly/UBCBuyStudy>

For more info, please email: hoarding@psych.ubc.ca

****Please note that if you like or comment on this post, this will be visible to others. If you would like your interest in the study to be confidential, message the email address above.**

Christmas can't be bought from a store. Maybe Christmas means a little bit more.—Dr. Seuss

Giving your presence might be the best holiday gift you could give someone this year.—Ken Fite

Remember that the happiest people are not those getting more, but those giving more.
—Jackson Brown, Jr.

We make a living by what we get. We make a life by what we give. — Winston S. Churchill

Love the giver more than the gift. — Brigham Young

New Year's Day is every man's birthday. — Charles Lamb

SPOTLIGHTS!
OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!

Contact Mr. Shulman for More Information
on starting a C.A.S.A. chapter near you!

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**ANNOUNCING THE RECENT LAUNCH OF A NEW
150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL
DEVELOPED BY THE SHULMAN CENTER
WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT.**

This is a rare and in-depth assessment tool and can be easily accessed online.

*It takes about 30 minutes to complete
and can be used by courts, therapists, and those who have shoplifted.*

*Once the questionnaire is completed and submitted,
you will receive an immediate one-page summary that tells you*

*how severe a shoplifting problem you have,
what type of shoplifter you are,
and your risk level for reoffending in the future
(low, medium, high, or very high).*

See: <https://ade.solutions/shoplift.html>

Or click here: [Shoplifting Assessment](#)

View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:

<https://www.youtube.com/watch?v=N7eNcJhwGwc>

In 2019 I was contacted by three gentleman from the Baton Rouge and Lafayette, Louisiana area--one from the criminal justice system. one from addiction-recovery treatment centers, and the other specialized in developing online learning courses. They commissioned me to develop four online education programs:a juvenile and an adult shoplifting prevention course; an adult employee theft prevention course; and an adult identity theft prevention course. These four courses have been live online since mid-2020 and a 5th course I developed on effective decision making went live this past month.

See course information at:

<https://cbtclasses.com/course-registration/>

In 2018 I was contacted by Turning Point Justice, Inc. out of Boca Raton, Florida and consulted with them to create an online program to address the epidemic of employee theft--based on my book *Biting The Hand That Feeds* and my counseling with theft offenders. Next, I consulted on and co-created an online shoplifting awareness-prevention program based on my book *Something for Nothing*. Both programs are now available for purchase. The employee theft course is available to individuals but was primarily designed to be marketed to companies and organizations of all kinds. The course has three modules: 1. An introductory course for all employees (incoming and seasoned); 2. A secondary review course for any employee who . has committed a minor infraction of dishonesty in the workplace but who is given a second chance and retains his/her employment; and 3. A special course for any employee who is terminated for employee theft but will be offered a chance to take this course for his/her own reflection and, possibly, to receive leniency. The shoplifting course is available to individuals who may be court-ordered to take it or who may wish to take it voluntarily for self-improvement and, possibly, to receive leniency as well. See course information at: <http://turningpointjustice.com/>

Instructions: To request enrollment in an education course by Turning Point Justice, please email: support@cbtfortheft.com and indicate you were referred by The Shulman Center. Please be sure to include your name and phone number for TPJ to get in touch with you.

I am honored and excited to announce that my 2003 book *Something for Nothing*:

Shoplifting Addiction and Recovery has been translated into Japanese was published on July 9, 2019. I received several copies in the mail and it is listed on the Japanese version of Amazon.com! I'll have to brush up on my Japanese! We are discussing a possible trip to Japan later this year to help promote it! Dr. Hiroshi Okuda, a psychiatrist from Japan who helped me get this book published, visited me in Detroit on September 14, 2019. Tina, my wife and the creative director of The Shulman Center, and I hoped to visit Dr. Okuda in northern Japan in April 2020 but this was postponed due to the Covid pandemic. We hope to visit in 2022.

White Collar Crime Support Group
Meets Online on Zoom Monday Evenings Since 2016
7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Contact:

Rev. Jeff Grant, J.D., M.Div., Co-founder/Minister, Progressive Prison Ministries, Inc., Greenwich CT & Nationwide. 203-405-6249, jgrant@prisonist.org, Mailing: PO Box 1, Woodbury, CT 06798
See: www.prisonist.org

RECO12.COM

Weekly Recovery Open Talks Live Online
(And Recorded for Later Listening)
See: <https://www.reco12.com/>

Check out new **Unsteal.org** videoclips...
Confessions of A Repentant Thief
Unsteal Repayment Boxes Now in Stores!
<http://www.unsteal.org>

Great podcasts by my brother Samson Shulman!
Interviews with up 'n coming trailblazers
and their ups 'n downs along their way
<http://www.hustlesanctuary.com/>
and his new podcast called Connection Is Magic!
<https://connectionismagic.com/>

Carrie Rattle, CFP, of Behavioral Cents bought
Dr. April Benson's Stopping Overshopping Program
which includes a *guided self help program that is housed on an App called Mentegram.*
See: <https://www.shopaholicnomore.com/guided-self-help-for-when-the-urge-strikes/>

Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!
<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>

Online Course For Shoplifters Helps Them Understand and Stop Stealing
<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

Monthly Articles of Interest

Click on **blue** hyperlinks
to view full articles/videos:

[Six Ways To Fight S.A.D. \(Seasonal Affective Disorder\)](#)
[Do You Really Want To Be S.A.D. This Winter?](#)

[The Secret of Talking To Someone Who Always Gets Defensive](#)

The Secret of Talking To Someone Who Always Gets Defensive
You Talking To Me!?

Great recent, free 1-hour online NPR interview on Trauma
NPR's Krista Tippett Interviews Noted Author/Therapist Bessel van der Kolk

7 Ways Debt Is Bad for Your Health
As If Debt Wasn't Already Bad Enough!

Winter's-a-comin'... Instant Mood Boosters, Anyone?
Here's 6 That Might Help You!

See My Recent 20-Minute YouTube Interview
"I Spent A Day with... Kleptomaniacs!"

Deep Friendship Is Also A Kind of Falling In Love...
And Here's 35 Questions That Help Deepen Friendships

The Real Costs of Our (Compulsive) Consumption
Love People, Use Things

Colonel Punished for Shoplifting Shoes from PX
Looks Like This Colonel Is Headed to The Clink!

The Dark Side of Black Friday
Watch This Short Educational YouTube Video! It Applies Even After Black Friday!

Biden Treasury Secretary Nominee Once Arrested for Shoplifting at TJ Maxx
Nobody's Perfect And Hope She Learned Her Lesson!

What People Say They Wished They Knew About Therapy Before They Went!
You Might Relate, You Might Not But You May Be Surprised and Enlightened

How Does Afterpay Really Work?
Caveat Emptor: Buyer (and Borrower) Beware!

Here's Your Free Online 5-Minute Audio and/or Visual Relaxation
Take A Break! Rejuvenate! Play It One Time, Twice or Eight!

13 Signs You May Have A Problem with Alcohol....
If You Have Even A Few of These, Check Yourself Before You Wreck Yourself!

Suze Orman's List of 35 Common Mistakes Americans Make with Money
Be Honest: How Many of These Have You Made?

7 Ways That Decluttering Can Improve Your Mental Health
Don't Wait Until Spring to Declutter and Discard: Act Now!

A Shoplifting, A Shooting, And A Remarkable Second Chance
This Story of Forgiveness Is Something You Have to Read to Believe!

This Month's Featured Articles

Will This Holiday Season Bring Hope or Horror?

Another month is in the history books. November is gone and November arrives. The U.S. just surpassed 50 million confirmed Covid cases and over 800,000 deaths since early 2020--almost two years ago. And we're seeing a spike again in Covid cases in almost every state. Oh, and there's the new South African Covid variant "Omicron" which mutates beyond measure.

The 2021-2022 Farmers Almanac Weather Prediction for the United States is that *the upcoming months* will bring "**a season of shivers.**" "This coming winter could well be one of the longest and coldest that we've seen in years," the publication's editor Janice Stillman said in statement. But NOAA (National Oceanic and Atmospheric Administration) has just released the 2021-2022 winter outlook and said that The United States should expect **a warmer than normal winter** across the eastern and southern regions, with an equal chance for above average or below average precipitation

With Thanksgiving over, Chanukah just starting, and Christmas less than a month away, the holiday season--and holiday shopping season--are in full-swing! And while I'm no longer shoplifting (hopefully) and not planning on spending too much time, energy or money on gifts, I am welcoming the distractions the holidays bring: even though I'm still addicted to politics, the polarized heat might cool a bit at least until the new year starts (at least, in part, because our hard-working politicians will be home and not in Washington, D.C.).

As long as the supply chain unclogs a bit and the continued scourge of "smash-and-grab" and "flashmob" shoplifters don't swipe everything off the shelf, most Americans will fill ourselves with cookies and toys we snatch in stores, online, through QVC, or pirate from our next-door neighbors' porches!

We might as well enjoy the last month of this crazy year which started off with a literal bang on January 6th because the start of 2022 likely will see the January 6th Commission hit its stride with its investigation of the ramp-up to that fateful day. Plus, the 2022 mid-term election campaign onslaught will shift into high-gear.

Our democracy remains on the brink! Two-Thirds of Republicans still feel the 2020 election was stolen. The January 6th Capitol Insurrection House Investigatory Committee is heating up. Voter laws and voting procedures for the 2022 election are in major flux. Reproductive rights are up-in-the air. And the culture wars around face-masks, vaccinations, school safety, and many other issues are white-hot!

The holidays will either be a welcome distraction and salve or another round of relatives avoiding each other... or both.

We may temporarily soothe ourselves with shopping, spending, gorging ourselves with food and booze, and just ride out the next two months until the new year.

What kind of individual and collective "new years resolutions" will we make... if any?

Our nation is at on the brink of another civil war that could reach a level beyond verbal vitriol. A house (or country) divided against itself cannot stand. We need a miracle... And if ever there was a time for miracles, hopefully this holiday season is the time.

But I'm not holding my breath...

To use a common addiction-recovery concept: we are insane and out of control and need to hit bottom to surrender, shift, and embark on a fundamentally different mindset and action path.

Another aspect of the addiction-recovery journey which applies to our political times is that we must move from denial to truth. As former (deceased) New York U.S. Senator Daniel Patrick Moynihan put it several decades ago: "You're entitled to your own opinion but not to your own facts." An obvious problem in today's politics is we can't even agree on what the truth is.

God, if you're out there.. please help save us from ourselves.

Happy Holidays everyone!

HOW TO HAVE COVID-SAFE HOLIDAYS FOR ALL!

With the coronavirus pandemic continuing into a second holiday season, the U.S. Centers for Disease Control and Prevention appeared to have released updated guidance over the weekend for those looking to celebrate safely.

But the portion of the agency's website reflecting holiday guidance, refreshed on Friday, was taken down on Monday.

"The content is in the process of being updated by CDC to reflect current guidance ahead of this holiday season," CDC spokeswoman Kristen Nordlund said in a statement. "The page had a technical update on Friday, but doesn't reflect the CDC's guidance ahead of this upcoming holiday season. CDC will share additional guidance soon."

The page, which remained through the weekend, said the safest way to celebrate remains virtually or outside.

"Attending gatherings to celebrate events and holidays increases your risk of getting and spreading COVID-19," the guidance read. "The safest way to celebrate is virtually, with people who live with you, or outside and at least 6 feet apart from others."

But for those who wish to still gather indoors when outside is not an option, the CDC recommended bringing fresh air in.

"If celebrating indoors, bring in fresh air by opening windows and doors, if possible," its holiday celebrations guidance stated. "You can use a window fan in one of the open windows to blow air out of the window. This will pull fresh air in through the other open windows."

Here is what the CDC recommended before the page became inactive.

For "safe celebrations":

- Host a video chat party with family and friends to share in the celebration.
- Plan a special meal with people who live with you inspired by the holiday or event.
- Have an outdoor celebration with everyone at least 6 feet apart.
- Watch virtual events and celebrations.
- Drive or walk around your community to wave to neighbors from a safe distance.
- Take a food or gift to family, friends, and neighbors in a way that does not involve contact with others, such as leaving them at the door.
- Throw a virtual dance party and collaborate with friends and family on a playlist.
- Celebrate outside with neighbors and friends.
- Attend a virtual ceremony or celebration.

For making in-person celebrations safer:

- Get vaccinated when you are eligible.
- Know when to wear a mask.
- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
- In areas with high number of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.
- Outdoor activities are safer than indoor gatherings.
- Have conversations ahead of time to understand expectations for celebrating together.

- Have conversations ahead of time to understand expectations for celebrating together.
- Do not attend or host a gathering if you are sick or have symptoms of COVID-19.
- If celebrating indoors, bring in fresh air by opening windows and doors, if possible. You can use a window fan in one of the open windows to blow air out of the window. This will pull fresh air in through the other open windows.
- Thinking of traveling for the holidays? Here are some recommendations: The CDC recommends that those who are not fully vaccinated delay any travel plans.
- If you are not fully vaccinated and must travel, here are the CDC's Domestic Travel or International Travel recommendations for unvaccinated people.
- If you will be traveling with unvaccinated people, such as children younger than 12 who are not eligible for vaccines, follow recommendations for unvaccinated people and choose the safer travel options.
- Everyone, even people who are fully vaccinated, will still be required to wear a mask on public transportation.

ENJOY THE HOLIDAYS BY STAYING SAFE FOR YOURSELF, YOUR LOVED ONES, AND EVERYONE!

Holiday Shopping 2021:

What To Expect, Early Sales And Tips To Find The Best Deals

The Holiday 2021 sales have already kicked off but this year, it's especially important that you plan ahead to avoid the well-known shipping delays and stock issues impacting shoppers. Read on for tips to make your holiday shopping a success.

Shipping and Stock Issues for 2021

As we all remember, holiday shopping last year in 2020 had plenty of challenges and many of those same issues are still causing problems a year later. The supply chain issues that have been going on since the pandemic began have not resolved. Not even close.

According to an article from WRAL TechWire, "Manufacturers are wrestling with bottlenecks at factories and key ports like Long Beach California — and all points in between. Furthermore, labor shortages in the U.S. have made it difficult to get stuff unloaded from ships and onto trucks."

In addition, the United States Postal Service is implementing new service standards which will involve longer first-class mail delivery times for some mail and cuts to post office hours.

Plus, just to make things even more interesting, there is a global shortage of computer chips which could keep consumer electronics prices higher until the middle of 2023, WRAL TechWire wrote.

Advertising

Individual retailers are getting creative this year. Target, Costco, Walmart and Home Depot have all chartered their own container ships, in an effort to avoid delays, according to [Today.com](#). For consumers, this means that early shopping and deal hunting are the best ways to ease your stress regarding product availability and help you stay within your holiday shopping budget.

Shopping Trends 2021

The biggest trend for 2021, as you can probably guess, is shopping early. Shoppers are also highly interested in free shipping offers, online shopping, curbside pick-up and of course, finding the best price.

RetailMeNot.com conducted a consumer survey of more than 1,000 US consumers and found that holiday shoppers are getting an extra-early start this year.

According to the survey:

* 83% of holiday shoppers indicate they'll get started before Thanksgiving and 30% say they're starting even earlier than they did last year.

- * 52% of respondents indicated that they were shopping online more and 32% responded that they were shopping on mobile more.
- * 41% of those taking the survey shared that they feel nervous that gifts getting shipped to them will not arrive before the holidays.
- * Consumers will be splitting their holiday shopping about 50/50 between in-store and online shopping.
- * Shoppers feel very strongly about getting free shipping for the holidays.
- * Shoppers plan to spend 15% more than they did last year — \$885.76 on average, up from \$766 in 2020 and \$738 in 2019.
- * Shoppers are most likely to spend more money with a retailer during the holiday season if they provide free shipping, have the lowest price on a gift they need to purchase and provide the best sales and discounts throughout the season.
- * Top shopping items this year include apparel, gift-cards, toys and small electronics.

See the full survey at RetailMeNot.com.

8 Tips for Finding the Best Deals in 2021

For some products, simply finding the item is considered a win. Top electronics and gaming systems that are next to impossible to find, in part due to the chip shortage, will not be deeply discounted this year.

The good news is that many retailers have already rolled out highly competitive early holiday sales including [Amazon](#), [Walmart](#), [Target](#) and more and you can find great deals right now on top toys, electronics, clothing, items for the home and more.

Here are 8 tips to conquer the challenges of Holiday Shopping 2021:

1. Shop early: Yes, there it is again. But seriously, it's especially imperative this year that you understand the importance of purchasing sooner than later, if you actually want your gifts to arrive on time.
2. Consider gift cards or vouchers: Many retailers offer online gift cards that are sent to the recipient in a matter of minutes. You'll have no worries about late gifts or out of stock items. As we get closer to the holidays, look for restaurants and retailers that offer Bonus Cards when you buy a gift card. For example, a restaurant may offer a Bonus Card for \$10 if you buy a \$50 gift card. The Bonus Card will usually have a specific redemption window, but they are a nice extra if you are already buying gift cards to give as gifts.
 - * [Amazon Gift Cards Offer](#): Now through December 18, first-time [Amazon Gift Card shoppers](#) will receive a \$10 promotional credit with the purchase of \$50 or more in Amazon Gift Cards, while supplies last, according to a statement from the company.
 - * [Groupon](#) offers discounted vouchers for massages, restaurants, hair blowouts, rock climbing, martial arts classes, fitness classes, car washes, movies, paintball, distillery and brewery tours, car detailing, and more! You can print out the voucher after purchase and the recipient can use it any time before it expires. See the current deals [at Groupon.com HERE](#).
3. Take advantage of holiday price matching: Multiple stores will price match during the holidays and the new Holiday Price Match Guarantee at Target is especially competitive. It started on Oct. 10 and lasts until Dec. 24, 2021.

"If you purchase an item in store or online and the price goes lower at Target on or before December 24, 2021, you can request a price match. Proof of purchase is required for price adjustments," the [Target website](#) indicates. Target will also continue matching select competitors' pricing within 14 days of purchase.
4. Sign up for discounts: Many retailers will offer a discounts up to 35% off when you sign up for e-mail newsletters, mobile apps and reward programs. You may want to get a free e-mail address just for these deals if you don't want them flooding your inbox. Sites like [Retailmenot.com](#) offer coupon codes for many retailers.

For instance, in previous years during Black Friday week, Kohl's has offered their best Kohl's Cash

promotion of the year: \$15 Kohl's Cash for every \$50 you spent. Plus, if you were a Kohl's Rewards member, they have offered high value percent off coupons to stack with the Kohl's Cash promotions. Sign up now for the rewards programs at your favorite retailers so you get the best coupons to use during the holiday sales.

5. Score free shipping: One of the best ways to save when ordering online is to make sure you do not pay for shipping. Many websites offer free shipping if you spend a minimum amount. Some stores offer free shipping with no min. purchase, like Amazon (if you are a Prime Member), Walmart (if you are a Walmart+ Member) or Target (if you have a Target RedCard).

Some retailers will also offer free shipping if you have an item shipped to their store. You can then pick it up at customer service in the store or request curbside delivery, which I have used at Kohl's many times.

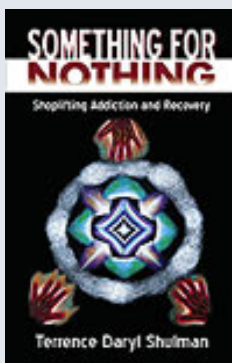
6. Use online price comparison sites: Price comparison sites like Honey and Google Shopping allow you to see the price of an item at various stores so you can find the best price at any given time.

7. Use your rewards card: If you are paying with a credit card, use the card that offers you rewards that you can later redeem for travel, gift cards and more. And of course, make sure you pay your balance in full each month so you don't incur any interest.

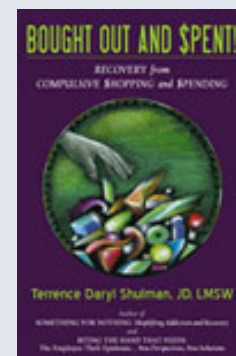
8. Be flexible: This year, you may not be able to find every item on your gift list. If you have a back-up plan and can be a little flexible, you'll be able to snag the better buys when you see them. The less flexible you are regarding specific brands and popular products, the more you may have to pay, if you can find the items at all.

HAVE A SAFE MONTH AND REMEMBER: LIFE IS WHAT WE MAKE OF IT!

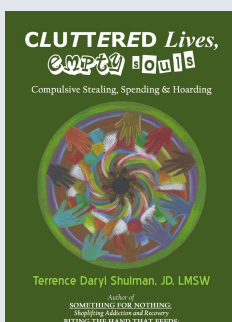
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