

HAPPY NEW YEAR!



Or is it?.... Corona Virus, Delta Virus, Omicron Virus, what is going to be next?

In the meantime, we must keep our health and stay safe and strong. Follow the rules.

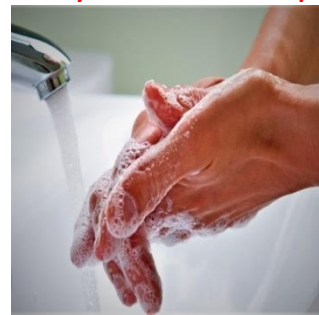
Cover your face



Keep your distance at 6 feet



Wash your hands with soap



On December 8, 2021, the Arizona Republic reported that state health officials announced that the first known case of the omicron variant was detected in Yavapai County, Arizona. The Hill, on December 10, reported that a patient in California first experienced symptoms on Nov. 25. This pandemic also means other things like **1) Resolutions, 2) Making your peace with God, 3) Preparing an advance health directive. 4) For lots of us, it also means increased spending—** both online and in the stores that are open. The time now presents increased opportunities for fraudsters and criminals. While you check the internet and search for the best deals, fraudsters and criminals have geared up, because of the increased sales volumes, to take advantage of the email correspondence and preoccupied consumers, whose guard may have been down leaving them more vulnerable to scams. Whether you shop online or in the stores that are open, do take a moment to make your security list. Check it twice. Below are some tips: a.

Never put your personal ID, financial information or user ID in emails. b. **Never send your debit / credit card numbers or social security numbers via email.** c. **Think before you click.**

Do not click on a link or open a file attachment unless you are sure that it is legitimate. d. **Use only secure websites.**

Make sure the web address begins with https:// vs. http://. e. **Make security your first stop.**

Look on the Bright Side

NABET members and their families know that it is the most wonderful time of the year. Soak up the Festive Cheer! Eat, Drink and Be Merry this year!

Eat Healthy this season

Get your greens in wherever you can



Be Charitable! Do not forget the Children! Donate to the charity of your choice!

Gee Whiz! You're depressed! Traffic, Traffic Everywhere! Be Aware! Holiday Scams! Be Wary! People Prey on your Generosity. Scammers increase their game at this time of the year.

This Season can be difficult and even a depressing one, for those who have lost loved ones. Recently I lost a friend and husband of one of my cousins, who passed away in Florida. He did not reach his 50th birthday. No doubt, you have your own story of a loved one. My thoughts and prayers are with you, especially if your loss was recent. Allow me to share some things that I've learned that might help make this Holiday Season a bit jollier:

- 1) Remember the good times you've had with those who are gone.**
- 2) Don't spend the Holidays by yourself. Be with people. Figure it out.**
- 3) Have a Happy Holiday! This is really the season to be happy!**



4) It is time to take a Vacation!

By Louis Gabriele