University of Idaho Extension

Winter Edition 2010

Rollin' In The Dough

A Family and Consumer Issues Newsletter for Latah County and North Central Idaho Residents

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My Wish for You in 2010

May peace break into your home and may thieves come to steal your debts.

May the pockets of your jeans become a magnet for $100 bills.

May love stick to your face like Vaseline and may laughter assault your lips!

May the problems you had, forget your home address!

In simple words .....
May 2010 be the best year of your life!!!

Author Unknown

Attitude is 99% of the battle.

We Are Moving!!!!

A "Normal" January

Karen Richel, Latah County FCS Educator

Making ends meet...Creating and breaking New Year's resolutions...Handling the stress of bills. This is pretty much the new "norm". With pockets empty after presents and family gatherings, how are you going to make your financial ends meet?

Here are some ideas to make those ends touch (and maybe even overlap):

- $ **Share the warmth** – Snuggle with your family and turn the thermostat down a couple degrees. Turn off the heat and close the doors to rooms that you don't use regularly.
- $ **Utilize the leftovers** – Don't toss the turkey because you can't eat another bite. Call your local Extension office for fun, new recipes to try.
- $ **Learn a new skill** – Make old things new again. Learn to sew, maintain your car, paint, etc. Use what you have and make it better instead of buying new.
- $ **Hold an indoor "moving" sale** – Even though you aren't moving (necessarily), you are "moving" in the right direction. Sell items you don't use anymore, things your kids have outgrown, and junk you forgot you had. Someone would love it...and it might bring in a couple bucks for something you really want or need.

When creating (and then in February...breaking) those New Year's Resolutions, do this:

- $ **Reevaluate your "needs"** – January is a great time to think about what is really important... what is essential to life! It is the beginning of a new year. Think about what you have and what you want for the year. Set some goals. Buy less to clutter your house and empty your wallet.
- $ **Create your own "Bucket List"** – What are the top 10, 20, 150 things you would like to do before you kick the proverbial bucket? The number of things doesn't matter as much as writing them down. Think of goals individually, and as a family, you would like to achieve in your life...or just in this year. And then prioritize them. Figure out which goal is the number one goal you and your family want to work on. For example, if credit card bills are stressing you out and you want to get rid of those before you tackle the 27th goal of the new big screen television, what should you do when that television goes on sale next week? If you stick to the really important before you buy the not-as-important, you will eventually reach your goals...and be less stressed doing it.

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But if you have bills that are mounting and stress that is insurmountable:

$ **Live by this motto** – How do you eat an elephant? Anybody know??? ..... One bite at a time. It can't all be done at once. When you have a lot of bills, it is very important to know where you are right now. Write down what to owe, who you owe it to, when it is due, etc. Don't forget anything. Even if that stresses you out a little more. You need to know what your "elephant" is before you can take your first bite. Once you have that list of bills, start munching. You will take that beast down in no time when you have a plan.

$ **Remember to breathe** – I have two pictures in my office that remind me to stop. One says, "**Breathe….breathe…breathe**" and the other says "***Relax!!!!!!!!!!!***". Sometimes we need to just stop and realize that many people are in the same boat and we just have to do what we can.

$ **Learn from past "mistakes"** – Although buying presents, paying bills and spending your hard earned money is not necessarily a "mistake", think about what you are spending your money on. Could you spend less and get the same result? Could you save the extra money not spent and have a cushion for future financial lulls? All of our needs are different. We just need to know what we will be giving up in order to have them…and what we will gain (stress?!?) from getting them.

Whatever your new year brings, remember to make friends with your money. Let 2010 be a year of new "norms" by tackling that "elephant" and meeting your "Bucket List" head on.

Financial Fun

Find Your Own Cash Cow!

Look for the hidden words for ideas on how to slash ordinary household debt. Check with Karen for more ideas.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	K	A	R	S	E	K	A	M	O	P	C	X	T	U	K	L	M
2	R	D	V	F	T	N	S	U	B	S	T	I	T	U	T	E	G
3	U	F	U	N	B	R	A	E	L	I	M	I	N	A	T	E	I
4	N	W	S	O	H	I	Q	Y	Z	A	W	O	R	R	O	B	I
5	B	I	L	M	A	D	P	E	O	E	N	I	L	M	A	P	O
6	D	E	L	B	A	R	T	E	R	J	E	U	A	R	S	M	R
7	D	V	F	T	N	G	E	Q	Y	Z	A	I	U	W	S	O	H
8	I	E	B	N	J	E	E	U	O	P	C	X	T	U	K	A	R
9	S	V	O	P	C	L	X	T	U	K	L	M	R	D	V	F	T
10	N	A	G	U	F	C	U	N	B	R	A	I	N	W	S	O	H
11	C	S	I	Q	Y	Y	Z	A	I	B	I	L	M	A	D	P	E
12	O	U	E	N	I	C	L	M	A	P	O	D	E	L	J	E	U
13	A	R	T	S	M	E	R	D	A	V	F	T	N	G	E	Q	Y
14	Z	A	I	B	U	R	W	R	S	D	O	H	I	B	N	J	E
15	U	O	P	C	A	X	T	E	U	K	A	A	R	S	O	P	C
16	X	T	U	K	L	C	M	N	R	D	V	P	F	T	N	G	U
17	F	U	N	B	R	A	K	T	I	N	W	S	T	O	H	I	Q
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17

Finding the Cash Cow - Ideas for Slashing Debt

HIDDEN WORDS

SUBSTITUTE	ADAPT
BORROW	RECYCLE
MAKE	SAVE
CUTBACK	BARTER
RENT	ELIMINATE

Financial Happenings

Upcoming Workshops

"Investing in the New Normal" Workshop

Have you been asking yourself these questions?

- I used to invest in my companies retirement account, but the value just keeps dropping. Why should I keep putting money in?
- I lost my job. What should I do with my 401K?
- How will rising inflation and interest rates affect my savings?
- Are there alternatives to low CD rates?
- I thought my investments were diversified. Why did they all drop so much in 2008?
- I've lost so much in the last 2 years. Will I ever be able to retire?

You are not alone…
Join us on **February 18th**
at Latah County Fairgrounds – Middle Room
6:00 – 8:00 p.m.

"Financial 'Fun'damentals" Workshops

Are you tired of not knowing which way to turn? Do you seem to have more money going out than coming in? Would you like to have a bit of fun while learning some financial "secrets"? Come for the information, fun, games, ***prizes***, helpful resources, and more…

Topics include:

$ Building a Better Budget & Managing Money and Debt (including Slashing Household Expenses)

$ Credit Everything!!! (including Credit Card BINGO and the new Credit Card rules)

$ Guarding Your Personal Identity and Protecting Yourself from Predatory Lenders

March 9th, 16th and 23rd at Latah County Fairgrounds
Middle Room
6:00 – 8:00 p.m.

To register for any of the classes,
call Karen at (208) 883-2267
or email krichel@uidaho.edu

Other Topics of Interest

Pressure canning is on the rise. This year Extension will be offering several

FREE

PRESSURE CANNER GAUGE TESTING CLINICS.

The details are still being worked out but check with Karen for locations, dates and times.

Please come see us at our FREE pressure canner gauge clinics. The Extension office is always happy to test your gauge if you can't make it to a clinic; however, due to increasing expenses, $2.00 per gauge will be charged for office calls & you will be asked to leave your lid for testing (a maximum of 24 hours).

What Else???

University of Idaho Extension has a new website with tons of helpful financial information and tools.
Check it out at
www.extension.uidaho.edu/personalfinance/

IDAHO Personal Finance

Effective February 1, 2010

WE ARE MOVING!!!

NEW ADDRESS:

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Come Visit Us! ☺

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact **Karen Richel** one week before the event at P.O. Box 8068, Moscow, ID 83843, phone: 208-883-2267.