



The Penny Pincher

April 2003

A Newsletter from Garden State Consumer Credit Counseling, Inc.

Congrats!



Debt Management Graduates

November 2002
to
February 2003

Total #
of Clients

November 2002	132
December 2002	159
January 2003	198
February 2003	190
March 2003	223

Spend Less Than You Make

By Sharon Hussain

Our country is going through a difficult economic time right now. Unemployment is high, interest rates are low and fuel costs are skyrocketing. Couple the economic downturn with the fact that most American families have high debt and little to no savings to begin with, and we have a recipe for financial disaster. All is not hopeless, however. There are steps that can be taken right now to protect yourself. The most important principle to follow is to keep your expenses lower than your income. Whether you are on a fixed income, self-employed or work for someone else, always try to spend less than you make. For most people this is feasible, yet so few actually do it. The reason is that many people have lost sight of the difference between a need and a want.

If you make an honest assessment, questioning purchases before you make them, you will rediscover the differences between necessities and luxuries. I am not suggesting one live a life of total austerity and forego any pleasures. Instead, I am pointing out the fact that no one has unlimited funds and we all must make choices about how to spend our limited resources. This was common sense a few generations ago but seems to be lost on our credit-card driven, overly commercialized, pleasure-at-all-costs society of today.

If you are serious about becoming a better money manager, it is crucial to keep track of all spending for at least one month (longer if possible). At the end of the month, review and categorize your spending. By doing this, you will be able to evaluate your spending habits and make the necessary adjustments. (Avoid having a miscellaneous category, as that will not give you the data you need.) I also recommend having a calculator handy and multi-

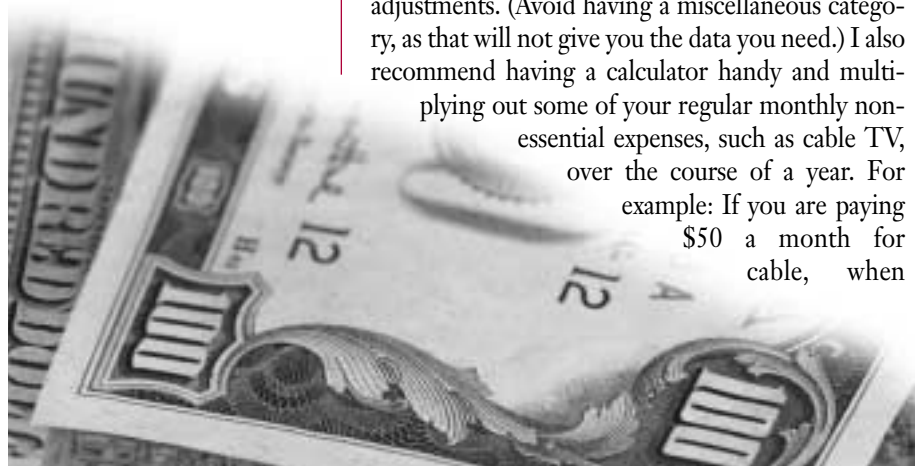
plying out some of your regular monthly non-essential expenses, such as cable TV, over the course of a year. For example: If you are paying \$50 a month for cable, when



you multiply that figure out over a year, it comes to \$600. When you begin to look at your recurring expenses in this way, it becomes easier to decide what is worth it and what isn't. Cut expenses that are not giving you sufficient value. Only you can decide how to spend your money. My only suggestion is to make those choices in a deliberate, well thought-out manner. Don't be swayed by advertisements telling you what you need to make your life better. Make your own decisions!

In the book, *Your Money or Your Life*, Joe Dominguez and Vicki Robin equate money with life energy. In keeping with our cable TV example from above, think for a moment how hard you have to work, in other words, how much life energy you have to expend, to earn \$600. By the way, your true hourly wage is not what you receive in your paycheck. In order to calculate what you really make, you must take your net pay, divide that figure by how many hours are included in your paycheck, then deduct any work-related costs, such as transportation, special work clothing, lunch at work, child-care costs, etc. to arrive at your actual hourly wage. Once you have calculated this surprising figure, see how many hours you really had to work to make that \$600. Taking the time to do these exercises is well worth it. You will actually see what money you are bringing in and how it is being used. It is unfortunate that most people do not make spending choices until circumstances such as unemployment force them to. If you are currently working, take the time now. No job is guaranteed in this type of economy. Gone are the days, for most of us,

(Continued on Page 11)



Teaching Your Children the Value of Money

Source: *The Bureau For At-Risk Youth*

Teaching your child the value of money will help create a financially responsible adult. Parents are often reluctant or embarrassed to talk about finances with their children, but only with parental guidance can children learn sound attitudes and sensible money management. A lack of understanding of money management can lead to financial and business difficulties, and create strain between families and friends.

How To Teach Your Child the Value of Money

■ *For Younger Children:*

- Start a piggy bank savings account.
- Reward extra chores.
- Guide early spending experiences.
- Teach children age-appropriate ways to earn money.
- If an allowance is given, teach the importance of saving part of it.

■ *For Older Children:*

- Open bank accounts.
- Encourage part-time and summer jobs.
- Guide and advise on sensible saving and spending on child's own choices for clothing, entertainment or gifts.
- Let older children share in big expenses such as a car or college education.



■ *For Children of All Ages:*

- Teach money management by providing opportunities to spend and save their own money.
 - Let children know where you stand regarding money issues.
 - Be a responsible, consistent role model.
 - While they do not need to know how much you earn, all children need to be part of family discussions on expenses and spending.
 - Avoid giving material things to express love and affection.
 - Show balance between the value of material necessities and values such as love, friendship, self respect, family, etc.
- Allow children to make financial mistakes and take responsibility for the results.
- Know that understanding the value of money may not come naturally, but can be taught through parental guidance. ❖

Habitat for Humanity Re-Stores

By: *Beth Duke*

How many times have you needed or wanted something for your home - a bed, an end table, and a screen door - but not really had the required \$100 or more to make that purchase? There may be an alternative in your neighborhood that you are not even aware of.

That's what happened to me. After completing an addition on our home, I was looking for a pullout sofa to place in our "new" spare room but really didn't have the extra money for a brand new sofa. That's when I found out about a local thrift store, the Habitat for Humanity Re-Store.

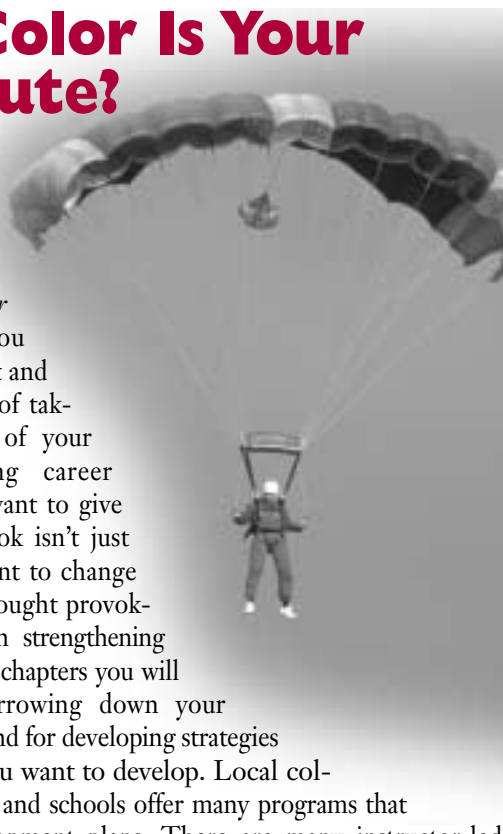
What a find! You can find almost anything you need from dishwashers to crystal glasses. All items are thoroughly checked prior to being placed on the store floor for sale. They do not accept anything in need of repair or that is not in usable condition. All items are donated and the givers receive nothing in return except the convenience of having their unwanted items out of the way.

I found my much-desired sofa bed for only \$80! The color didn't match my decor, but I bought a slipcover that did. My new couch cost me less than \$150. Try buying brand new for that price. I now make regular visits whenever I need to make a household purchase. I end up with a bargain and my purchases go toward a worthy cause. To see if there is a Habitat for Humanity Re-Store in your area, log onto www.habitat.org. ❖

What Color Is Your Parachute?

By: *Tracey Owens*

Have you ever heard of the book, "What Color Is Your Parachute?" If you have not heard of it and are in the process of taking an inventory of your skills and making career plans, you might want to give it a look. This book isn't just for people who want to change jobs. It contains thought provoking information on strengthening skills. In one of the chapters you will find tools for narrowing down your favorite skill areas and for developing strategies to gain the skills you want to develop. Local colleges, universities and schools offer many programs that can fit your development plans. There are many instructor-led courses as well as distance learning programs. Alternate delivery methods include self-paced CD-ROMs and web based training. ❖



Secured Credit Cards - Rebuilding Your Credit or Digging a Deeper Hole

By *Sandy Shore*

Secured credit cards are a way many people use to try to reestablish their credit after it is damaged by a bankruptcy or other bad credit. It works for some people, but not for many others.

In theory, you deposit money into an account, which serves as security for the card. If you deposit \$200, you can charge \$200. If you pay the money back, you can charge again, just like a regular credit card and the information is reported to the credit bureaus, starting you on the road to good credit. If you don't pay the money back, the bank will take the money from your account and you are no worse off than you were before you got the secured card.

You know it can't be that easy. Lenders who offer secured cards are often predatory lenders. They market these cards to people who have bad credit. The interest rates are high and there may be high fees.

Remember that \$200 line of credit? After a \$100 start up fee and a \$6 monthly membership fee, you are left with very little available credit. Since you may not have read the fine print (these lenders count on that), you may charge \$100. Now you owe \$206. You will get an over the limit fee, about \$30. You were expecting a monthly payment of \$10 but now you will be billed for the over the limit fee, the amount you are over the limit and of course



the interest will be added to the balance. At 29%, that would be about \$5. So, your balance is now \$241. The payment will be about \$40. If you can pay it, you will be left with a balance of about \$201. Since you are still over limit, you will get another over-limit fee next month. If you can't pay, you will also get a late fee of about \$30. This can start a vicious cycle. I have seen people with balances of over \$1000 and all they charged is about \$100.

Now, if you've been very careful and have paid on time, have not gone over your limit and picked a card without high fees, you may still not have achieved what you want to. Some issuers of secured cards don't report to the credit bureaus or report them as secured cards. This does nothing to improve your credit.

If you are still determined to get a secured card, wait until you get a good offer. Read the fine print. Remember that the purpose of getting the secured card is to reestablish your credit, not to spend more money. Only charge a small amount and pay the whole bill when you get it.

There are other ways to reestablish your credit. Call us at 1-800-77-BILLS and we can look at your personal situation and give you some suggestions. ❖

Are Americans Eating Healthier?

By: *Tracey Owens*

A survey recently conducted by the Food Marketing Institute and Prevention magazine reported that many Americans consider themselves health conscious, but almost as many say they are frustrated by conflicting expert advice about good nutrition.

More than half of the respondents said they are tired of experts telling them what foods are good or bad for them. Ed Slaughter of the Prevention magazine explains since shoppers are overloaded with conflicting advice, they are becoming more self-reliant when selecting a proper diet.

The report showed that most people surveyed were first concerned with their fat intake, then calories. Others mentioned the amount of sugar and additives found in foods was a concern. The study also showed that 83% of consumers believe nutrition is more important than cost.

Of those who have changed their eating habits, more than half said they are trying to cut fat. A quarter are increasing the number of fruits and vegetables they consume, while 15% are eating less meat. Other steps mentioned were reducing sugar, salt and cholesterol.

Dr. David Satcher of the U.S. Centers for Disease Control and Prevention magazine agreed that advice concerning nutrition is confusing, but he stated that some counsel is consistent. "Being overweight is not good for your health," he said. "It increases the risk of diabetes, hypertension and heart disease. Most Americans consume diets that are too high in fat and need to reduce the fat content. Secondly, we need to increase the fruits and vegetables in our diets." "The average American diet should contain no more than 30% fats and 10% saturated fats," said Dr. Satcher.

Also, according to Dr. Satcher, the U.S. Centers for Disease Controls is particularly concerned about obesity among youth, especially between the ages from 2 to 18 years old. The percentage of obesity within this age group has more than doubled over the past 30 years. ❖



When Duty Calls: The Financial Impact on Military Families Money Management Tips for Military Families Dealing with Deployment

Source: Article based on news release by the McRae Agency.

San Diego, March 10, 2003:

More than 150,000 troops have been deployed for service overseas as the U.S. prepares for a possible war with Iraq. For the families left behind, dealing with the separation is never easy and juggling household finances is just one more source of family stress. However, with the right information, this task can be much less frightening.

The following are suggestions for military families to effectively manage their debt and credit concerns and to help ease the financial burden at home:

- ◆ If the family member leaving on deployment is the one who typically handles the bills and manages the household finances, be sure to go over these details prior to deployment. Discuss what bills need to be paid and by what dates to avoid late fees or negative marks on your credit report. Try setting up automatic bill-pay service online to make the schedule easier to maintain. Start a file with all important financial documents, receipts, account numbers, financial and computer passwords, etc.

- ◆ Be sure the spouse or someone else left behind is authorized to make decisions on all financial accounts and has access to needed funds. If necessary, draw up a power of attorney to accommodate this. Be sure all insurance policies are complete and that the information is readily available for family members.

- ◆ Save, save, save. It is impossible to predict all emergency expenses that can come up during deployment, so it helps to have as much money stowed away as possible. Have an open conversation about the family's monthly budget. Consider what impact deployment will have on the family's cash flow and expenses, such as if babysitters will be needed to watch the children while the remaining spouse works, etc. Next, consider what household expenses can be put on hold, cut back or eliminate, such as the deployed spouse's automobile insurance, mobile phone service, memberships, etc., and put that money into a savings account each month.

- ◆ Discuss how you will handle filing your taxes well in advance to avoid penalties for late filings. Extensions can be provided for active duty military, so be sure you understand how the procedures work.

- ◆ Live within your means. Avoid the temptation to throw big parties when a loved one is shipping off or coming home or extravagant gifts or activities for the kids to compensate for a parent being gone. You may need this money for a household emergency down the road. Focus on thoughtful and creative (and free!) ways to show your care instead.



- ◆ Avoid putting new expenses on credit cards. Consider this: A \$1,000 tab charged on your credit card at 17 percent interest will take you more than 17 years to pay off and cost an additional \$1,590.17 in interest if you only make the required minimum payment of 2.0 percent.

- ◆ Ask for help. Handling your family's financial situation alone can be a stressful experience, particularly if you are struggling with debt or poor credit ratings. Don't be embarrassed to seek the help of a professional credit counselor or financial advisor. There is plenty of free and low-cost assistance available to get you started on the right foot. ❖

Coping with Fear of Terrorism and War

Source: Lifeworks/Ceridian Corporation

Fear of terrorism and war can make us feel anxious and afraid. We may have fears about bioterrorism, flying, threats to public buildings, “dirty bombs” or other concerns. The most effective way to manage these fears is to concentrate on the things over which we have control. It’s also important to try to avoid becoming overwhelmed by things over which we have no control- like how or if terrorists will strike again or what will happen if a war breaks out?



Concentrating on what you can do

While it’s impossible to fully protect yourself and your family from danger or an act of terrorism, there are things you can do to be safer. This doesn’t mean staying at home, avoiding public places, or buying duct tape or gas masks. It means being more careful, in a common sense way, about the things we do each day.

- If authorities issue warnings or urge the public to take certain precautions, be sure to follow these instructions. For example, if the government issues a safety alert or warning, pay attention to this information and take necessary precautions.
- Be prepared at home. It always makes good sense to be prepared for emergencies...Here are some supplies to keep on hand in case of any emergency:
 - several days worth of non-perishable food and water
 - clothing, blankets and sleeping bags for all family members
 - a first-aid kit
 - a battery-powered radio, flash light and extra batteries
 - personal items such as; tissues, toothpaste, contact lens supplies, prescription medications and soap
- Government authorities may recommend additional supplies to have on hand during periods of heightened fear. Check the government Web site, www.fema.org, for more information on supplies to have on hand. Check with your local chapter of the Red Cross for more information about disaster preparedness as well.
- If you are worried about the possibility of bioterrorism, the most important thing you can do to protect yourself and your family is to make sure you’re in the best possible health.
- Make sure that you and your children are up to date with your regular immunizations. If you have any questions about regularly scheduled vaccinations, call your doctor. You may also want to get flu shots to avoid unnecessary worry about illness.
- Keep in mind that state and federal governments have been considering and preparing for the threat of bioterrorism for years and have plans for coping with outbreaks. Federal agencies have stockpiles of antibiotics and medical supplies ready to be distributed across the country quickly, as well as, doctors and medical experts who are familiar with the diseases that could be used in a terrorist attack.

Keeping fears in perspective

- If you feel anxious or afraid about terrorism, try to concentrate on the things you can control. It’s important to spend energy on these things - being with your family, interacting with other people, doing the best job possible at work - rather than focusing on worries over which you have no control.

Here are some things you can do to keep your fears in perspective:

- Limit the amount of news coverage you take in. If news stories about terrorism or an impending war make you anxious, limit how much news you read, listen to or watch.
- If you are a parent, model positive behavior for your children. Children learn about dealing with uncertainty and fear from watching parents cope during difficult times. If your children see you keeping your fears in perspective and finding positive ways to cope, they will learn to do the same.
- Practice stress-relief techniques that work for you. Walking, exercising, listening to music or reading books for pleasure are all ways to relieve stress.
- Spend time with friends who make you feel less anxious. Talk about your fears.
- Take care of yourself. Healthy eating, adequate sleep and exercise are all vital to good mental and physical health.
- If the thought of travel makes you anxious, postpone trips for the time being if possible.
- Seek support from your faith community. Many people find comfort in their religious beliefs and faith communities in difficult times.

If your fears stop you from doing things you normally do or have a serious impact on your personal or work life, consider seeking professional help. Many people find that talking about their fears with a professional helps restore their confidence and gain perspective on what's important. Contact your employee assistance program (EAP) or seek out a mental health professional, if you need someone to talk to.

Helping children cope

- Children notice adult fears and the reactions of people around them. During times of heightened fear, it's more important than ever to listen to your child, spend extra time together and offer lots of love and support.
- Encourage your child to talk with you about his fears and how he is feeling. What is he thinking? Ask, "What are you scared of?" For example, your child may have fears about what will happen to your family if a war breaks out. Once you know what his worries are, you will be able to offer the information and reassurance your child needs. Assure your child that anything he is feeling is "OK" and that he can always talk with you about his thoughts and feelings.
- Limit exposure to television or newspaper coverage. Violent and disturbing images on TV can be especially disturbing for children and can heighten fears. Monitor what your child is watching and limit exposure to news reports. If your child wants to watch news coverage, make sure you watch together so you can answer questions and offer comfort.
- Let your child know she is safe. During times of high alert or political unrest, children feel more vulnerable. They feel what the adults around them are feeling. Reassure your child that you are there to protect her and that the family is safe. Tell your child, "The world is mostly a safe place. We are unlikely to be hurt."
- Spend extra time together as a family. Have meals together when you can. Always give goodbye kisses. Read bedtime stories and have bedtime talks with your child. Put a note in your child's lunchbox. Play board games together after dinner. Make time for comforting family routines.
- Watch for changes in your child's behavior. Nightmares or other sleep problems, a change in appetite, being more clingy than usual, not wanting to go to school or having problems at school are all signs that your child may be experiencing stress or may be having trouble coping. If your child seems to be having trouble coping, seek professional help. Ask your pediatrician, school guidance counselor or employee assistance program (EAP) for names of counselors who specialize in working with children.

Reaching out to older relatives

- During times of heightened fear, it's important to reach out and offer support to the older adults in your life.
- Call and visit grandparents and the other older adults in your life more often than usual. Frequent check-ins can help calm fears.

- Talk to your older relative about how he or she survived traumatic events in the past. Many older people have lived through extremely difficult times such as the attack on Pearl Harbor or the Holocaust. Talking to older people about what they did to get through these kinds of events is a way to give each other support and it can also serve as a reminder that people do find ways to survive traumatic events.
- Let older relatives and friends know you are there for them if they need support or need someone to talk to.
- Make sure your older relative or friend is eating well, getting adequate sleep and taking any necessary medications.
- If possible, help your older relative or friend get exercise. You might propose a short walk or another outdoor activity.
- Encourage your older relative or friend to limit exposure to TV or newspaper coverage to help calm fears.
- Talk with a professional if you are worried about your older relative or friend. Your older relative's health care provider is a good place to begin finding help. Your EAP can also help you get professional assistance.

Finally, remember that what terrorists want is for people to feel immobilized and afraid. Try hard not to give in to that fear. Carry on with your life. Do what you can to live as normal a life as possible. Stay strong as a family. ❖



53 Practical Ways to Fight High Grocery Prices

Source: www.cyber-north.com/tipnet/grocery.html

1. Learn to cook intelligently. Invest in a good, inexpensive cookbook.
2. Plan all meals in advance.
3. Cook only as much food as your family will consume at each meal.
4. Cook slowly. Do not overcook. This prevents vitamin and mineral losses.
5. Save and make use of all leftovers. Start collecting leftover recipes.
6. Serve smaller portions. Eat less, stay slimmer...and healthier.
7. Eliminate fancy, fattening, expensive desserts.
8. Give children smaller portions and teach them not to waste food.
9. Pet food is expensive. Train your cat and dog to eat leftovers.
10. Avoid "fad" and junk foods consisting of empty calories.
11. Cut down on all sweets, white flour products and fatty foods.
12. Stop smoking. Drink juices instead of alcoholic beverages.
13. Don't drive many miles to save a few pennies at a certain store.
14. Use powdered milk instead of fresh milk.
15. Beat high coffee prices by drinking tea - and save about half.
16. Take your lunch to work.
17. Watch "open dating" on perishables and avoid buying outdated, spoiled food.
18. Become a "comparison shopper". Buy "specials" from several stores.
19. If you don't have one, invest in a new or good used freezer.
20. Read labels. Remember that ingredients are listed in order by weight.
21. Purchase only what you will use and eat everything you buy.
22. Visit your grocer as LEAST often as possible.
23. Trade money-saving recipes with friends, relatives, neighbors.
24. When grocery shopping, carry a list and stick to it!
25. Shop only on a FULL stomach. Never when hungry.
26. Never take children grocery shopping with you.
27. Clip, save and use "store coupons". Trade those you don't need.
28. Watch for grocery store "sale" ads and shop the store's specials.
29. Watch the cash register when checking out. Errors can be costly.
30. Buy your favorite foods in the largest size containers available.
31. Buy cheaper "store" or "house" brands.
32. Avoid the supermarket's "gourmet" section.
33. Stock up on genuine bargains.
34. Ignore advertisements for "new" or "improved" convenience products.
35. Avoid all convenience foods and items with long lists of additives.
36. Stock up on "in season" foods.
37. Pocket big savings by using more poultry in your menu.
38. Avoid non-nutritious foods, junk foods, sugary foods, soft drinks, etc.
39. Dine out less often. When you do, take home leftovers in a "doggie bag".
40. Grow some of your own herbs, fruits, and vegetables.
41. Avoid convenience stores. They're more expensive.



42. Ask store personnel to steer you to the "best buys".
43. Buy your favorite foods by the case and ask for discounts.
44. Make your own soups, bakery goods, ice cream, yogurt, cole slaw, jams, etc.
45. Buy un-sliced cheese and sandwich meats. Slice them yourself and save.
46. Look for damaged merchandise and ask for price reductions: dented cans, crushed cartons, outdated bakery goods, bruised produce, etc.
47. Buy ONLY food items from your grocery. Buy non-food items elsewhere.
48. Serve a balanced diet and you won't have to spend on vitamins.
49. Buy "in season" produce from local farmer's fields, gardens, orchards.
50. Compare prices on foods in various forms - canned, frozen, fresh and dried. Buy the least expensive.
51. Observe "unit pricing". Compare weights before deciding.
52. Before checking out, weed out the items you don't need.
53. Limit snacks at home to popped corn, fruit & vegetables. ❖

The Recipe Corner...(inexpensive delicious recipes)

Source: www.betterbudgeting.com/frugalrecipes



Best Brownies, Cheap and Low Fat

Ingredients:

- 2 boxes snack size brownie mix
- 1 individual container apple sauce
- 2 egg whites
- 6 T. water

Directions:

- Mix all together in a large bowl and spread in pan sprayed with non-stick cooking spray.
- Bake at 350 degrees for about 28 minutes (depending on your oven) until toothpick comes out clean.
- Cool completely, then sprinkle with powdered sugar ❖

50/50 Pudding

Ingredients:

- 1 box of pudding mix (any flavor, any size)
- Milk (1 c. for the small box of pudding)
- Water (1 c. for the small box of pudding) ❖

Peanut Butter Balls

Ingredients:

- 1-2 c. peanut butter
- Powdered sugar

Directions:

- Take about 1-2 cups of peanut butter and mix together with enough powdered sugar (you can also add a little powdered milk) to form a dough like ball that is easy to mold.
- Now roll the dough into 1 1/2" balls and then roll around in some more powdered sugar until completely covered.
- Place in an airtight container and keep refrigerated until they're all gone, which will be in just a few days if you didn't make enough! ❖

If you have an inexpensive and delicious recipe that you would like to share, please write to us at:
GSCCC Newsletter, 225 Willowbrook Road, Freehold, NJ 07728
or e-mail us at: Newsletter@GardenStateCCC.org

Assess Your Stress...When should you seek help:

Source: WebMD

	Never 1 point	Rarely 2 points	Sometimes 3 points	Fairly Often 4 points	Always 5 points
1. I feel tired or have a lack of energy.					
2. I have trouble sitting still or concentrating.					
3. I have some problems getting to or staying asleep at night.					
4. I feel pain in my chest and shortness of breath.					
5. I am constipated or have diarrhea.					
6. I feel nervous, and shake or sweat a lot.					
7. I have an upset stomach & muscle aches, especially in my back, neck or shoulders.					
8. I have headaches.					
9. I smoke and/or drink alcohol.					
10. I have gained or lost more than 10 pounds.					

(Add up all your points)
YOUR TOTAL SCORE:

SCORING:

10 to 20 points

This score suggests that you have a low level of stress and/or you are doing a good job of managing stress. While stress and anxiety are not currently affecting your health, you still need to be aware of the signs and symptoms.

20 to 30 points

This score suggests that stress may be starting to affect your health. You may want to discuss stress management techniques with your healthcare provider. In addition, examine those questions that earned a high score. Can you determine the source of these difficulties? Are there things you can do right away to help reduce stress in those areas?

30 to 40 points

Stress is starting to affect your health in a negative way. Talk to your health care provider about ways to bring stress under control.

40 to 50 points

You are at risk for stress-related illnesses. It's time to take action. See your doctor. ❖



Physical Warning Signs: Chronic Stress

Source: WebMD

Chronic stress can wear down the body's natural defenses leading to a variety of physical symptoms, including the following:

- Dizziness or general feeling of "being out of it"
- General aches and pains
- Grinding teeth, clenched jaw
- Headaches
- Indigestion
- Increase in or loss of appetite
- Muscle tension in neck, face or shoulders
- Problems sleeping
- Racing heart
- Cold and sweaty palms
- Tiredness, exhaustion
- Trembling/shaking
- Weight gain or loss
- Upset stomach
- Sexual difficulties



Tips for Reducing Stress

Source: WebMD

If you are one of the millions of stressed-out Americans, there's good news. People can learn to manage stress. Start with these tips:



- Keep a positive attitude.
- Accept that there are events that you cannot control.
- Be assertive instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Learn and practice relaxation techniques.
- Exercise regularly. Your body can fight stress better when it is fit.
- Eat healthy, well balanced meals.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Don't rely on alcohol or drugs to reduce stress.
- Seek out social support.
- Learn to manage your time more effectively. ❖



Spend Less *(Continued from cover)*

that you start working at a company straight out of school, stay there for forty years, getting regular raises along the way and retire with a nice pension and a gold watch.

Today, most people change careers several times in their lives and change jobs on an average of every 2 1/2 years. Social Security is not sufficient for retirement needs; it was never meant to be the sole income. When President Roosevelt instituted it, he arbitrarily chose the age of 65 because hardly anyone ever lived to reach that age. Within the next twenty years, unless changes are made, Social Security will not have enough money to pay out all benefits owed.

I implore you, keep income as high as possible and keep expenses as low as possible. Shaving even a dollar a day from your spending will yield you \$3650 in ten years (and that's without figuring the interest!). Begin today, save as much as you can, you will surely need it! ❖

The Penny Pincher

If you have any comments or suggestions for future newsletters, please write to:

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"The Penny Pincher" does not assume responsibility for any advice given. It is up to the reader to determine if advice is safe and suitable for their own situation.

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GARDEN STATE CONSUMER CREDIT COUNSELING, INC.
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STREET: _____

CITY: _____ STATE: _____ ZIP: _____

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