

FINANCIAL PARTNERS NEWSLETTER

March 2008

YOU ARE STUCK WITH YOUR DEBT IF YOU CAN'T BUDGE IT!!

Tax Refunds and Economic Stimulus Payments

No cost tax preparation is still available in Madison and Powell County. If you need your taxes prepared before the April 15th deadline, please call 859-624-2046 or 877-784-4391 to make an appointment for Tuesday or Thursday.

Still have questions about the Economic Stimulus Package and how you can receive a check? Check the website at www.irs.gov and look for rebate information. You will be considered for a payment if you filed a 2007 income tax return. People who normally do not file because they are not required to – Social Security and Veteran Benefits – still need to complete a simple 1040A to be considered. These no cost returns can be prepared at the sites in Richmond, Berea and Powell County. Just call for an appointment.



What will you do with your Economic Stimulus Payment?

- Review your debt snowball to determine if you can payoff some of your bills completely.
- Could the extra money help you fund your emergency fund?
- Re-examine your yearly expenses. Can this pay for taxes, insurance or car repairs?



Remember to decide what to do with the extra cash together. Make a plan, even if some of it is for fun.

Reminders:

- Communicate with Your Spouse
- Plan Your Budget Every Month
- Teach Your Kids
- Stay Motivated

***Dollars and Sense
should go together—
Dave Ramsey***

WORK ON YOUR BABY STEPS?

1. **\$1,000 to start an Emergency Fund**
2. **Pay off all debt using the Debt Snowball**
3. **Three to Six months of Expenses in Savings**
4. **Invest 15 percent of Household Income**
5. **College Funding for Children**
6. **Pay off Home Early**
7. **Build Wealth and Give!**

ARE YOU KEEPING UP THE GAZELLE INTENSITY?



Money Talk Tips

- ◆ Set aside a regular time each month to discuss money issues (your budget, planned expenses, debt-reduction plans).
- ◆ Talk regularly about ways to better manage your money.
- ◆ Use a team approach. Respect each other's differences, and work toward decisions both of you agree with.
- ◆ Keep each other up to date on all personal assets and debts.
- ◆ Discuss and come to agreements about how to use any extra money (such as tax refunds).
- ◆ Write short and long-range financial goals together.
- ◆ As you set financial goals, remember to be realistic, specific, and flexible.
- ◆ Remember to use positive communication skills when discussing money.

**Adapted from "Managing Your Money," E. Ames, Ohio State University Extension – Found www.aces.edu/pubs/docs/H/HE-0829/HE-0829.pdf, AL Marriage Handbook*

"Nothing has challenged me so much as the challenge to build my marriage; yet nothing else in my life has been so rewarding." - Rick Warren

"The most important thing a father can do for his children is to love their mother. "

Theodore Hesburgh

SUPER CHEAP MEAL

Cheap. Fast. Good! A Cookbook by Beverly Mills and Alicia Ross

- 1 CUP LONG GRAIN RICE
- SALT
- 2 tsp VEGETABLE OIL
- 1 LARGE ONION
- 1 CAN RED OR WHITE BEANS OR 1 CUP HOMEMADE BEANS
- 1 CAN BLACK BEANS OR 1 CUP HOMEMADE BEANS
- 1 CAN DICED TOMATOS SEASONED WITH GARLIC AND ONION
- 1 CLOVE GARLIC, MINCED
- 1 CUP FROZEN CORN
- 1 tsp CHILI POWDER
- ½ tsp GROUND CUMIN
- ½ CUP SHREDDED CHEESE

RICE AND BEANS
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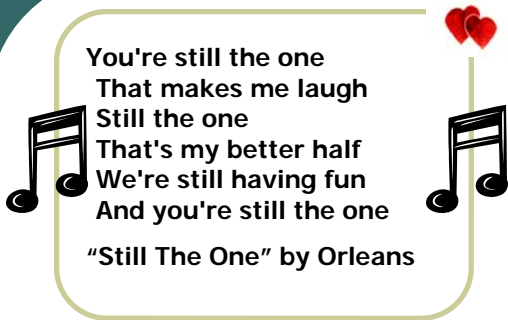
1. Bring 2 cups lightly salted water to a boil in a covered medium size saucepan. Add the rice, stir, and reduce the heat to low. Cover the pan and simmer until the rice is tender, about 20 minutes.
2. Meanwhile, heat the oil in an extra- deep 12 inch skillet over medium heat. Peel and coarsely chop the onion, adding it to the skillet as you chop.
3. Cook the onion for 2 minutes, stirring occasionally, while you rinse and drain the red or white beans. Add them to the skillet. Add the black beans with their juice and the tomatoes with their juice. Add the garlic to the skillet. Add the corn, chili powder and cumin. Stir to blend well. Reduce the heat to low and simmer until heated through, about 2 minutes.
4. To serve, divide the rice among four pasta bowls, and top it with the bean mixture. Sprinkle the cheese evenly over each serving. Serves 4.

Less than \$5.00 a meal!!!

WAYS TO STRETCH YOUR FOOD DOLLAR

- ✦ Use a pocket calculator in the store to stay within your budget.
- ✦ Plan menus for at least 2 weeks to reduce trips to the store. Make a grocery list and stick to it.
- ✦ In planning meals, use store ads to take advantage of specials.
- ✦ Plan meatless meals. Use meat substitutes like dried beans, peas, and eggs.
- ✦ Brown bag your lunch.
- ✦ Learn to cook from scratch.
- ✦ Plant a small garden.
- ✦ Shop in season for fruits and vegetables.
- ✦ Don't buy junk food.
- ✦ Clip and use coupons for items that you usually purchase.
- ✦ Buy store brands rather than name brands.
- ✦ Compare quality.
- ✦ Don't shop hungry. You will have the tendency to buy more.
- ✦ Recognize advertising gimmicks. A large display of canned goods may not be cheaper than those on the shelf.

Reprinted from The University of Georgia Cooperative Extension Service, Colleges of Family and Consumer Sciences and Agricultural and Environmental Sciences. Surviving Tough Times. 50 Ways to Stretch Your Food Dollar <http://www.fcs.uga.edu/pubs/PDF/HACE-E-23-19.pdf>


 You're still the one
 That makes me laugh
 Still the one
 That's my better half
 We're still having fun
 And you're still the one
 "Still The One" by Orleans

Websites to Check Out:

- www.feedthepig.com
- www.cheapskatemonthly.com/member.asp
- www.homeeconomiser.com
- www.daveramsey.com
- www.angelfoodministries.com
- <http://healthymarriagetips.com/animalkingdommarriage.htm>



"Due to your reprehensible lack of discipline and flagrant disregard for your credit limit, you have been selected Customer of the Year!"

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We want to continue to hear from you.

Send us your Success Stories:

- ✦ # of Cut Up Credit Cards
- ✦ \$ of Debt Paid Off
- ✦ \$ of Credit Declined
- ✦ Family Successes

E-mail your class facilitator or mgross@foothillscap.org with your successes.

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Phone: 859-624-4116
 Toll Free: 877-784-4391
 Fax: 859-624-2049
www.foothillscap.org/FinancialPartners.htm
 311 Spangler Drive, Suite L
 Richmond, KY 40475

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