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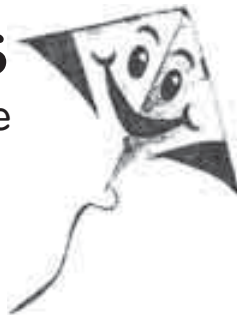
12 oz - \$2.00, 16 oz - \$2.50 & 20oz - \$3.25

***16oz Mango Smoothie for \$2.50**

KITE SHOP SPECIALS

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***Variety of Kites on Sale!**



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Monday.....	Pepperoni.....	8.00
Tuesday.....	Garden Vegie.....	10.00
Wednesday.....	Hawaiian.....	10.00
Thursday.....	1/2 & 1/2.....	10.00
Friday.....	Combo.....	15.00
Saturday.....	House Special.....	11.00

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MONEY TIP: Be Ready to Steer Your Own Ship if You Lose Your Job

Feelings of uncertainty and fear can be crippling if you lose your job; you may just want to hunker down and let the storm pass, but doing nothing will only exacerbate an already-difficult situation. You have to be able to steer your own ship if you've lost your job, and you need a solid sense of direction to keep yourself afloat.

When your regular paycheck suddenly stops, you need to consider what possible sources of income you have available to you. If you are eligible to collect unemployment, after you file for benefits, you will receive a document known as a "Statement of Wages and Hours" that details how much you are potentially eligible to receive. This amount will vary based on your personal circumstances. If you receive a severance package from your employer, you still may qualify for unemployment benefits. And don't forget about collecting any unpaid vacation time that you may have accrued. Add these figures to what you have saved in an emergency fund to get a sense of how much you have to work with while you look for a new job.

Next, you need to sit down as a family to discuss your current financial situation. Too often, people who have experienced a job loss keep spending as usual, which can quickly deplete your cash reserves and leave you even more financially vulnerable. Everyone, including children old enough to understand basic financial concepts, needs to understand that all unnecessary spending has to be slashed, immediately. Be sure to include your teenagers in the discussion too, so they are fully aware of the changes in your household. If they are working, you may need to shift some financial responsibilities to them, if they have any outside income, asking them to pay for their own car insurance or fuel, for example.

As a family, create a budget that reflects the spending that is absolutely necessary right now: your rent or mortgage, basic food needs, utilities and car insurance.

This is crisis budgeting, so you need to keep this in mind as you're determining what your needs are. For example, if you normally are accustomed to buying items such as convenience foods, snacks, juices, and soft drinks, you need to make a conscious decision to focus on meeting your nutritional needs in the most economical way possible. Buy wholesome foods as affordably as you can. Pick up inexpensive cuts of meat. If you marinate them prior to cooking it will tenderize tougher cuts and make them a delicious choice. Buy frozen fruit to make smoothies for a special sweet treat, or to toss in a bowl of oatmeal. Soak and cook dried beans and serve with seasoned brown rice. These are just a few ideas. Put your own, or another family member's imagination to work in the kitchen. Put a carefully considered and realistic figure down for your food budget.

Once you have created a bare-bones budget, you need to look at what you have left to pay your creditors. And then you need to begin contacting each and every one of them to explain your situation, as difficult as this may be for you. Be ready to respond to creditors' questions about when they can expect you to send a payment and how much you're planning to

send. Most likely, your creditors will ask you to pay something towards your obligations, but don't promise to pay more than you can afford, even if you're feeling pressured to do so. Failing to pay as agreed only serves to damage your credibility with your creditors, and you may find that they become less willing to work with as you try to repay what you owe. If you find it less intimidating to write to your creditors, by all means do so. Just keep in mind you need to lay out a plan of action as to what is realistic for you to pay and don't promise anything you cannot follow through with. Be sure to tell them you will keep them informed monthly on your situation.

As windswept a spot as it may seem when you're standing at the helm this financial ship, it's the best place to remain alert as you look for another job and regain your financial footing.

This information is provided through your local Consumer Credit Counseling Service, located at 375 South 4th Street, Coos Bay, OR 97420. For additional Consumer information or help in resolving financial issues contact Consumer Credit Counseling Service of Coos-Curry at (541) 267-7040 or (800) 248-7040 or visit our website at www.cccscoos.org.

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