



Lee Ann Clark
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News Release

Resolve to Get Into Financial Shape in 2008!

It's that time of year again—yes, the time when most of us make some kind of New Year's resolution! If you have resolved to get into financial shape this year, the St. Clair County Extension office is the place to come for research-based information on topics like financial management.

Unfortunately, too many individuals and families today experience financial crisis because of inadequate savings, too much debt, and poor planning for potential major life events. More than half of Americans report living paycheck to paycheck.

The best way to gain control of your finances is to establish and manage a plan for spending. Good money management is a habit. It is an everyday task, especially if you need to stick to a plan to make ends meet. It requires knowledge, skills and motivation to accomplish.

Your local county Extension office offers many resources that can help you to get your budget in shape. One popular publication, now available, is our 2008 Money Management Calendar. It is an excellent tool to use when planning and controlling your family's expenses for the year. It can be used as an overall guide for the entire year or for short-term planning. It includes planning charts for income and expenses with sample charts to help explain how to use them. Stop by or call for your free copy today!

We also offer other research-based publications related to money management. They are available at our office, located in Suite 103/BO4 on the lower level of the St. Clair County Courthouse in Pell City, or you can access them online from your home computer. It's easy! Just visit our website at www.aces.edu/StClair and click on publications at the top of the page. This allows you to access reliable, research-based information at your convenience—24 hours a day.

Happy New Year!

If you have questions or need further information about this topic or to request your free copy of the 2008 Money Management Calendar please contact Lee Ann Clark, County Extension Coordinator, by phone at (205) 338-9416 or by email at clarkla@auburn.edu.

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