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*“Unbiased financial advice
for
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Financial Tip

To stop unwanted
sales calls, register
your phone/mobile
phone with the National

Do Not Call Registry

See page 2.

Focus *On* Finances

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SIMPLIFY YOUR FINANCES - BE ACCOUNTABLE - BE PREPARED

Summer is over, school is back in session and everyone is back to a “normal” routine. However, for many people it may be a good time to review expenses. Spending tends to increase during summer months; i.e. vacations, 4-day weekends, dining out, back to school etc. You may be surprised that you spent more than you thought or that you are currently spending more.

It is also important to replace liquid cash if you have depleted or have drawn it down. “Cash is king” and it is up to you to decide on an amount that you feel comfortable with to have as a back up for unexpected expenses or emergencies. Although this is a personal decision, the rule of thumb is 3-6 months of living expenses.

There are many ways to track finances, i.e. Quicken, Excel, Mint, paper and pencil, etc. List your financial priorities when reviewing your personal cash flow and adjust accordingly. Many programs will list how much you are spending per expense category as a percentage of your total expenditures.

For your reference the following expense categories are averages for 2018 according to the U.S. Bureau of Labor Statistics.

Food	13%
Housing	33%
Apparel	3%
Transportation	16%
Healthcare	8%
Entertainment	5%

Spending habits can be hazardous to your wealth. Be aware of the following:

- Impulse buying
- Commercials and ads which are very convincing that you need a product or service
- Online shopping
- Convenience items, i.e., fast foods, etc.

It is also important to realize that your children and grandchildren are watching how you spend and handle money. Set an example since they are learning from you.

NATIONAL DO NOT CALL REGISTRY

The National Do Not call registry was created to stop unwanted sales calls.

To add your number or to check if your number is listed call 1-888-382-1222 or go to <http://www.Donotcall.gov/>. Your registration will never expire unless your number is disconnected, or you ask to remove it.

The registry can't stop calls from scammers who ignore the registry. Call-blocking apps are available.

Companies can call you if you have recently done business with them or if you have given them permission to call. But if you ask them not to call you, they must stop. Note the date you asked them to stop.

The following calls are allowed under FTC rules if you are on the registry:

- Political calls

- Charitable calls

- Debt collections calls

- Purely informational calls, i.e., confirming an appointment

- Surveys

BUT THESE CALLS CANNOT INCLUDE A SALES PITCH

Robocalls: a call that plays a recorded message and is selling something is illegal unless you have given the company written permission to call you that way. If you get an illegal robocall, hang up. Do not press any buttons to be taken off a call list or to talk to a live person. It might lead to more unwanted calls. Report it to the FTC (<https://www.donotcall.gov>) Report the number on your caller I.D.

Companies that illegally call numbers on the National Do Not call Registry or place an illegal robocall can currently be fined up to \$42,530 per call.

Any information in this newsletter should not be acted upon without professional advice.

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