

Tenant Tips

An occasional newsletter to financially help.

Addiction Costs Big whether to cigarettes, alcohol, eating, gambling, shopping or anything. Historically, there are 2 solutions: 1st - Counseling by AA (www.AA.org) and others with encouragement from those who have broken slavery to the habit; or 2nd - medications like Nicoderm or others administered in a clinic. Both can be effective! Now there are new advances in both. 1st Dr. Chris Prentiss The Alcoholism and Addiction Cure (www.passagesmalibu.com) book for <\$25 relies on discovering a BETTER WAY to cope with the underlying psychological CAUSE of your addiction. 2nd medication by implanting a patch under the stomach skin to secrete a medicine to counteract the hormones which demand the addictive behavior (expensive but cheap considering the result). There are other medications like: www.prometanfo.com & www.ibogaine-therapy.net). These new ways could be "landmark" for society and YOU. I certainly am not a doctor, can't "guarantee" any of these and insist you be under an MD's treatment. But, discuss these with your MD and TRY something since you CAN DEFEAT the DEMON. Your KIDS MUST HAVE YOU, & GOD LOVES YOU!

Food - This is not to tell you what to eat, but to give you some ideas that you just might be able to use. "Pressure Cookers" available from Wall Mart & others (about \$30) make cheapest meat cuts, which have less fat and cholesterol, more tasty & tender than the very best. Toaster ovens bake cheaper. Me and most of us eat too much and more meat, though enjoyable. Try beans (and beano) for filling protein. Deep freezers can keep even bread, cheese, on-sale meats, and quarter-beefs. Ever try a farmers' market? Always shopping with a list slows impulsive buying!

Garage Sales - www.secdrotation.com will buy your old electronic equipment for cash!

New Telephone Savings can be had through Verizon without a computer by plugging your home phone into their one-time \$11 contraption and call everywhere for a flat \$20/mo! Voice over internet is another option IF you have a high-speed internet connection.

New 2011Consumer Action Handbook full of shopping tips from 888-878-3256/ www.pueblo.gsa.gov.

Finding a Better "job" is hard in this economy, but none will be found without looking. Nothing increases your income more than this. Seek a "Career" rather than a "job".

A) Before starting:

"Know Thyself" depends on YOU knowing: 1) your best work abilities + 2) you psychological needs: do you need in or out of "doors", at home or under direction, or are you "self-starter" and on and on (a job counselor or shrink can CHEAPLY give you the Myers Briggs Test of Temperament - the most taken psy. test in history). Don't limit yourself says Dan Siedieke, author of 50 jobs in 50 weeks. If you know those, YOU can interview the employer rather than visa versa and not be sorry latter.

B) Do Sell yourself:

RESUME: Several computer programs (\$20 WinWayResume well worth how to interview and handle illegal questions. Others also available) are for sale at office supply stores and they tout sending your résumé's to many internet sites & give advice on what to wear and say in interviews. If you were receiving hundreds each day, which would you read? Having received many, I doubt any do more than get you an interview. On good paper, drafting it should force you to focus on HOW you can help an employer: **1-** Give your best reason first, your third best give second and close with your second best. What's in between probably will never be noticed; **2-** make your resume noticeable & memorable by: attaching your photo; add photos but to reduce calls not phone numbers of your references and whether they are for work-habits, reliability; use colored paper or unique designs or pictures of what you have actually done; **3-** "Get To The Point" by: a) saying HOW you believe you can help your potential employer; b) write specifically what you learned in your courses and prior jobs, rather than about places you went to school or names or titles, though your degrees are important as they prove stamina; **4-** quickly describe YOU with a detail as a sports, religious, family, hobbieist, etc. kind of person, but not: weight, health, reasons for leaving prior jobs, salary history; **5-** insure it's easily scanned & a message can be left for you.

C) Be Happy In Your Interview by:

Studying Best Answers to the 201 Most Frequently Asked Interview Questions by DeLuca or similar & www.sales-jobs.fins.com/Articles/SB13032249 for 7 answers that kill careers; be sure your face-book and other social postings don't show you drinking, smoking or being non-professional; You only have 1 chance to make a first impression so conservative, clean, polished, friendly to ALL; plus avoid interviewing on Monday or Friday or before lunch, when the interviewer is rushed or hungry; plus demonstrate you enthusiastically want the position by showing up on time plus a time or two before and AFTER the interview. At the interview, sit back as your body can't stress if the area between your shoulder blades touches the chair back! **1st-** look the interviewer in the eye & say that you really want the position. **2nd-** say what you believe you can bring to the company like: reliability, energy, enthusiasm, loyalty, competency in certain word-processing, or data computer program, or closing a sale, or whatever other areas your study of yourself you can PROVE to the interviewer as by bringing that psy. test! **3rd-** bring and leave copies of detailed recommendation letters from: employers, teachers, clergy, friends. Get work evaluations WHILE you are on the job as after firing you'll not get as good a one IF ANY!! With the letters, the interviewer doesn't have to call and probably won't. **4th** Don't accept a job which doesn't fit you by interviewing the employer. Ask questions. It impresses a reasonable employer. A bad job is worse than no job.

Auto Repair Cheap: Some prisons, high schools and government training programs will repair your car to train their students for just cost of materials and with a teacher checking the work.