

# Rollin' In The Dough

A Family and Consumer Issues Newsletter for Latah County and North Central Idaho Residents



## A Note From Karen

Our news seems to zap us every time we turn around. We hear about all the challenges in our world but rarely hear the good stuff. If you have forgotten how to induce joy, I would like to change that today.

### 25 Things You Can Do To Make the World A Happier Place

1. Think positive. Speak positive. Be positive.
2. Be thankful.
3. Live for today – That's really all we have.
4. Play nice with others.
5. Say "I Love You"...and then say why.
6. Share your time – Volunteer.
7. Stop and smell a flower.
8. Offer a neighbor a ride.
9. Instead of complaining about bad service, tell 10 friends about the good service you received.
10. Compliment someone...just because.
11. Clean your closet & give your stuff to charity.
12. Bring donuts & coffee to work for your co-workers.
13. Send a thank you to a military service person AND their family members.
14. Hold a door open for the next guy.
15. Draw with sidewalk chalk or blow bubbles.
16. Pick up a piece of trash even if you didn't leave it there.
17. Wish people well & think positive thoughts for them...in all circumstances.
18. Do the "Happy Dance" (if you don't know what this is, ask me...☺)
19. Pay for the person's meal behind you in the drive-thru.
20. Forgive someone!
21. Teach someone something you know.
22. Be a friend when one is needed – Listen.
23. Offer free hugs to strangers.
24. Encourage everyone!
25. Just Smile!

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## Swimming with the Sharks or Soaring with the Eagles?

Karen Richel, Latah County Extension Educator

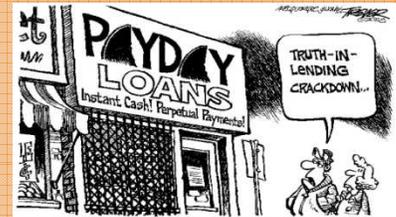


Which would you rather do? Swim in shark-infested waters or soar in the clouds with the eagles? My answer for this is easy...always eagles. But for those of you that said sharks, that is exactly what folks do when they utilize predatory lending services without a little bit of upfront info.

Predatory lenders are people or businesses that use high pressure tactics to get you, the consumer, to borrow from them and then they charge you enormous fees, penalties and interest for the “services” they provide. They place unrealistic conditions, application fees, prepayment penalties and administrative costs that end up costing the customer quadruple digit interest. In addition, they “prey” on people who have the least and need the most...college students, the elderly, low-income families, individuals with bad or non-existent credit, minorities, and military personnel. Predatory lenders may be a payday lender, a car title loan company, a rent-to-own store, a pawn shop, a tax refund anticipation loan servicer, or many others. Now to be fair, all of these companies are not “eeevvlllll”. If you know what to ask and what to expect from each one of them, you can play nice together. Let’s talk about each one briefly and what you should look out for.

### Payday Lenders

Payday loans always get my wrath first. For many people, they fall into a vicious cycle where they are forever in debt...for the same initial loan. How they work...a customer writes a post-dated, BAD check for the total of their upcoming paycheck amount. They receive this amount MINUS the payday lenders fees. On payday, the customer can come and get the check back using a money order or cash; do nothing and allow the check to be deposited into his or her account; or renew or roll over the loan and pay an additional fee. This is where the vicious cycle starts...let’s say you get a loan for \$300 and you pay a \$50 fee to get it. Now, something happens (as life often does) and you can’t pay back the loan so you flip it again...and again...and again. If the consumer was to flip this loan 9 times, they would still owe the original \$300 plus they would get to pay \$450 in fees which translates to 400% interest. The Center for Responsible Lending shows research that 76% of payday lending revenue is from these “flipping” loans. One payday lender commented proudly that their loans netted 195% to 1092% interest from their clients.



### Car Title Loans

Car title loans are similar to payday loans except instead of cashing your future paycheck, they want your car. So if you need a few extra bucks, these companies are willing to “give” you the money you need for a very “reasonable” rate (usually in the triple digits). They will give you a loan for your car title for less than the NADA or Kelly Blue Book value on your car (so when you default on the loan, they will be able to sell your car and make a little profit). In exchange, all they will need is the year, make, model, style, mileage, VIN number, insurance policy information (including your insurance agent’s contact information), the vehicle’s overall condition... breathe....your home address, phone number, “preferred contact time”, “clear” car title, your completed application, a set of your car keys, and your income information (including your employer’s address and your work schedule). Phew! And if you are late with your loan payment, they **will come** for your vehicle...they will find it...and they have every right to it...because you handed it over when you accepted their loan.



## Rent-to-Own Stores



In rent-to-own stores you can rent appliances, furniture, electronics, computers, etc. for a specified period of time or for keeps. Let's say you don't have a lot of funds to buy a new (or new-to-you) sofa but you are having a big party and need one bad. You hop in the car and head for the nearest rent-to-own store and are greeted by a helpful salesman who draws up a contract for you from your application. The contract will tell you how long the contract will be for, when and how much you will be charged per billing cycle, insurance in case you damage it, other miscellaneous charges that they are sure you won't ask about (start asking), and how much the item is currently worth. The catch...this used sofa would cost a cash price of \$779 but the total cost is \$1,559. That is a 200% markup for a piece of furniture that you will be paying on for 1 ½ years. Are lawn chairs looking like a better immediate solution?

But if you miss a payment or are late with a payment, you lose your invested money in the furniture (can't get any back for it – it was a rental) and you lose your furniture. And you get a mark on your credit report for not paying your debt. And this is all outlined for you in the contract you get after you have gone through the whole process. Always ask questions before signing!

## Pawn Shops



At a pawn shop, you can trade your things like jewelry, electronics, video games, cameras, tools, guns, in exchange for a short term loan. You trade your precious item for ¼ to ½ of what it is worth...depending on the store policy. In exchange, you will get the cash and a pawn ticket. If you lose that magic pawn ticket, neglect to pay the amount in full or partially by the due date or just do absolutely nothing, that item belongs to Bob your local pawnbroker. He can turn around, sell it for its market price and reap the financial benefits of your personal property...when all you got was a pawn ticket and a mere fraction of the cost of the item.

But let's say you do return to the pawn shop, on time and with ticket in hand. Bob will give you your item back with payment of the loan amount and a hefty interest charge (around 24% APR). Some pawnshops also charge appraisal, handling, insurance, and storage fees which can equal about 300% APR altogether.

## Refund Anticipation Loans (RALs)

Refund Anticipation Loans or RALS are cash advances on your future tax refund check...not refunds. When you file your income tax return with a tax return preparation store, you may be persuaded to do a "quick refund". This service will include fees for their services including the refund anticipation loan fee, the administrative filing fee, and the tax preparation fee. Altogether, these charges can reach over 700% APR. And this is a loan so if your income tax isn't as expected, you get to pay the tax preparer back...plus more interest and fees.



Little secret, it generally only takes the IRS about 6-8 weeks to return your refund in the mail or 10 days with e-filing and direct deposit. The IRS is also teaming with a group of private sector tax software companies and is offering FREE federal e-filing. (State is available for a nominal fee.) Helpful software at the local office supply store is great for the do-it-yourselfers. Or visit a local VITA site where AARP volunteers will do your taxes for free and e-file them too. You qualify if you are elderly, low-income, non-English speaking, or disabled. In addition, these options can help you keep more of your Earned Income Tax Credit [a credit given to many people who earn under \$49,362 (2010)]. Using RAL's prevents you from cashing in on all of this money by paying high fees.

## The Solutions

If you are saying, "I use these...now what?", this section is for you. The goal of this article was never to disrespect any of these companies. They are businesses; not financial institutions (which are regulated). They do not have to follow the same rules (usury laws). However, the Dodd-Frank Wall Street Reform and Consumer Protection Act is changing what predatory lenders can do. But it is still up to you to know what you are signing and who you are doing business with.

- **READ THE FINE PRINT ALWAYS.** Don't sign anything until you are comfortable with the terms and conditions. If you don't understand something, ask. If you don't agree with something, don't sign it.
- Know what your rules and rights are. Know what is "legal" for them to charge. In Idaho, for example, payday lenders are limited to a \$1,000 maximum loan. They can charge a collection fee of \$20 for non-sufficient funds and 12% per annum on the unpaid amount (if they tell you up front). This is in addition to the normal fees they initially charge for obtaining the loan. There is a limited number of consecutive loans they can give to any one person of three months. If you feel that you have been treated unfairly, some vendors may not be complying with all the rules and there is help.
  - If you have exhausted efforts to make reasonable amends with the creditor, contact the Better Business Bureau. [www.bbb.org/](http://www.bbb.org/)
  - Contact the Idaho Department of Finance at [www.finance.idaho.gov/](http://www.finance.idaho.gov/) for more information.
  - Your local legal aid office will be able to point you in the right direction or help you with your complaint. [www.idaholegalaid.org/](http://www.idaholegalaid.org/)
  - If the complaint is that the lender failed to disclose the cost of the loan, contact the Federal Trade Commission ([www.ftc.gov](http://www.ftc.gov)). Lenders have to disclose this information and if they don't, they are in violation of the Truth in Lending Act. Although the FTC does not resolve individual complaints, they can act against a company if multiple complaints are brought to their attention.
  - The Consumer Protection Division at the Idaho Attorney General's office at [www.ag.idaho.gov](http://www.ag.idaho.gov) is another resource for predatory lending.
- When you need the cash now, here are some alternatives to help...
  - Consider a small loan at a trusted financial institution or company. These generally run around 24-36% APR depending on your credit score.
  - Consider a credit card cash advance. Although, this is still a high APR (around 22% or more), this might be a better route if you are going to pay the card off quickly.
  - Ask a friend, family member or employer for some help. But make sure this is a "business" transaction with agreements signed. Some of the best intentions lead to broken relationships.
  - Make nice with your bank. If you need extra cash often, consider saving and building up your account and relationship with the bank. Banks and credit unions are more likely to give loans to customers who have a proven track record and healthy accounts.
  - Think budget and back-up plan. If you have a plan for your money ahead of time and an emergency fund for those sneaky little expenses, you won't need outside help.
- For more ideas, contact your local Extension office. We are always happy to help you come up with a plan.



One last story from me...Why "flying with the eagles" instead of "swimming with the sharks"? My brother-in-law used to tell people that I could stretch a dollar so far the soaring eagle on the back would scream. 😊 Knowing more than the guy behind the desk will help you with your finances and will make it easier to soar with/stretch your "eagles". Don't let the sharks get their bite out of your money.

## University of Idaho Extension's Fall Financial Workshops

**Do you seem to have more money going out than coming in? Extension can help. Come for a bit of fun while learning some financial “secrets” and receive *FREE* information, helpful resources, and more...call Karen to register at 208-883-2241 or email at [krichel@uidaho.edu](mailto:krichel@uidaho.edu)**

**Monday, October 3<sup>rd</sup>**

**Making Friends with Your Money:  
Creating a Spending Plan that Works  
for You**

**Monday, October 17<sup>th</sup>**

**Credit: Friend or Foe**

**Thursday, October 20<sup>th</sup>**

**Who Get's Grandma's Yellow Pie  
Plate?: Communicating about Non-  
Titled Property Transfer**



**All classes will be offered from 6:00-7:30 p.m. on their scheduled day at the Latah County Fairgrounds. The classes are free to the public but pre-registration is encouraged a week in advance. A minimum of 10 people is needed to hold the class. Invite friends!**



**Monday, October 24<sup>th</sup>**

**Organizing Your Financial Paperwork**

**This class will be offered from 6:00-8:00 p.m. at the Latah County Fairgrounds. There is a \$15 materials fee for the workshop and pre-registration /pre-payment is required by October 10<sup>th</sup>.**

# WORKSHOPS

**IDAHO**  
DEPARTMENT OF LABOR  
C.L. "BUTCH" OTTER, GOVERNOR  
ROGER B. MADSEN, DIRECTOR

**WHEN:** EVERY **THURSDAY 10:00 am - 11:30 am**

**WHERE:** IDAHO DEPARTMENT OF LABOR, 1158 Idaho St., Lewiston, ID

- ❖ 1<sup>st</sup> Thursday of the month – Writing Resumes for Results
- ❖ 2<sup>nd</sup> Thursday of the month – Stress Free Interviewing
- ❖ 3<sup>rd</sup> Thursday of the month – Applications to Success
- ❖ 4<sup>th</sup> Thursday of the month – Career Resources

The workshops are **free**, but please **reserve your seat** @ the front desk or call (208) 799-5000 ext. 3522, or email: [lewistonmail@labor.idaho.gov](mailto:lewistonmail@labor.idaho.gov)

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**MOSCOW FOOD CO-OP**

Open 7:30am - 9pm every day  
deli 7:30am - 8pm daily  
121 E. 5th in downtown Moscow  
208-882-8537 Map

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**MOSCOW FOOD CO-OP**  
WE ACCEPT EBT CARDS!

search...



**COMMUNITY FOOD WORKS**  
LEARN | EAT | SHARE

MOSCOW FOOD CO-OP • BACKYARD HARVEST

Join Community Food Works for their Preserve the Harvest workshops this summer! Weekly hands-on gatherings will have you canning, freezing, drying, pickling, and jamming with confidence. Take home food for the pantry, too! Limited to 12 participants each Saturday; \$15 general/FREE for SNAP recipients.

For dates, times, location, and registration info please email [education@communityfoodworks.org](mailto:education@communityfoodworks.org) . For more information about Community Food Works please visit our website at [www.communityfoodworks.org](http://www.communityfoodworks.org) .

**Quick Links**  
[Search for the New Gen Updates](#)  
[Apply for GM position he](#)



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**All Workshops held at  
Boyd Hall  
Asotin County Fairgrounds  
Asotin, WA**  
\$10.00 each Workshop  
Scholarships are Available

**Thursday Workshops**

**September 8, 2011**

AM Session—9:00 am to Noon  
PM Session—1:00 pm to 4:00 pm  
(repeat of morning class)

**Food Safety  
Water Bath Canning**

**Friday Workshops**

**September 9, 2011**

AM Session—9:00 am to Noon  
PM Session—1:00 pm to 4:00 pm  
(repeat of morning class)

**Food Safety  
Freezing and Drying**



**Asotin County Health District**  
431 Elm Street  
Clarkston, WA 99403  
509-758-3344  
http://ac-hd.org

**WASHINGTON STATE UNIVERSITY**  
ASOTIN COUNTY EXTENSION  
**WSU Asotin County Extension**  
135 2nd Street • PO Box 9  
Asotin, WA 99402  
509-243-2009  
heitstuman@wsu.edu

**Presenter:**  
**Lizann Powers-Hammond**   
**WSU Extension Educator**  
**Benton County Extension**

Lizann has worked for WSU Extension for 23 years, training Master Food Preserver volunteers for 22 years. She has a BA Ed in Home Ec. Education from Central Wash. Univ. and a BS in Public Health Nutrition (from CWU - both 1981). Masters in Human Nutrition from WSU in 1985.  
EdD - ABD from WSU.



Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

**WASHINGTON STATE UNIVERSITY**  
ASOTIN COUNTY EXTENSION

**Food Preserving  
101  
Workshops**

**September 8, 2011**

**Water Bath Canning**  
AM and PM Session

**September 9, 2011**

**Freezing and Drying**  
AM and PM Session

**Boyd Hall  
Asotin Co. Fairgrounds  
Asotin, WA**



**Agenda**



**Thursday Workshops**

**9:00—Noon or 1:00—4:00 pm**

**Introduction to water bath canning as a method of food preservation.**

Basics of spoilage and preservation

Basics of water bath processing

Hands-on experience with boiling water bath canner



**Friday Workshops**

**9:00—Noon or 1:00—4:00 pm**

**Introduction to freezing and drying as a method of food preservation.**

Basics of spoilage and Preservation

Basics of freezing and drying as a method of preservation

Hand-on experience with freezing and drying



**What is water bath canning?**

Water Bath Canning (or Boiling Water Canning) is safe for fruits, tomatoes and pickles as well as jam, jellies and other preserves. In this method, jars of food are heated completely covered with boiling water. A water bath canner is a large covered cooking pot with a rack. Any large metal container may be used as long as it is deep enough for 1 inch of briskly boiling water to cover the jars.



**What is drying?**

Drying food is simple, safe and easy to learn. With modern food dehydrators fruit leathers, banana chips, pumpkin seeds and beef jerky can all be dried year-round at home. Dried foods are lightweight, take up little space and do not require refrigeration.

**What is freezing?**

Freezing is one of the easiest, most convenient, and least time-consuming methods of preserving foods. Freezing does not sterilize foods, the extreme cold simply retards the growth of microorganisms and slows down chemical changes that affect quality or cause food to spoil.

**Food Preserving 101 ... Water Bath Canning • Freezing and Drying**  
Boyd Hall • Asotin County Fairgrounds • Asotin, WA  
**REGISTRATION DEADLINE - SEPTEMBER 2, 2011**

Name \_\_\_\_\_

Complete Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please register me for the Food Preserving 101 workshop for the following days/times. Check Workshop(s) you plan to attend

Thursday—Water Bath Canning \_\_\_\_\_

Friday—Freezing and Drying \_\_\_\_\_

AM Session \_\_\_\_\_

PM Session \_\_\_\_\_

I have enclosed \$10.00 for each day that I plan to attend to cover the expense of my materials. Please make checks payable to the "WSU Asotin County Extension" **RETURN BY SEPTEMBER 2, 2011**

University of Idaho  
Extension

**FREE**

## Pressure Canner Gauge Testing Clinics

Have you had your pressure canner gauge tested recently?  
For safe canning and to avoid under-processing, gauges should  
be tested once a year before you begin canning.

*University of Idaho Extension can help.*

Come to one of these **FREE** clinics to have your gauge tested:

**Tuesday, September 6<sup>th</sup>**

**4:30 p.m. - 6:30 p.m.**

**Moscow Coop Grower's Market**

**Saturday, October 1<sup>st</sup>**

**9:00 a.m. - 11:00 a.m.**

**TriState Store in Moscow**

**Thursday, October 13<sup>th</sup>**

**9:00 a.m. - 11:30 a.m. & 1:30 p.m. - 4:00 p.m.**

**Latah County Extension Office**

**220 E. 5<sup>th</sup> Street, Room 336 in Moscow**

*Questions? Call (208) 883-2241 or [krichel@uidaho.edu](mailto:krichel@uidaho.edu)*

If you can't make it to our Pressure Canner Gauge Testing Clinics,  
stop by our office. We will be happy to test your gauge for you in  
our office. We are here from 8:00 - 12:00 and 1:00 - 5:00.

220 E. 5<sup>th</sup> Street, Room 336

Come to the Federal Building (Post Office Building),

Enter at 5<sup>th</sup> Street Entrance,

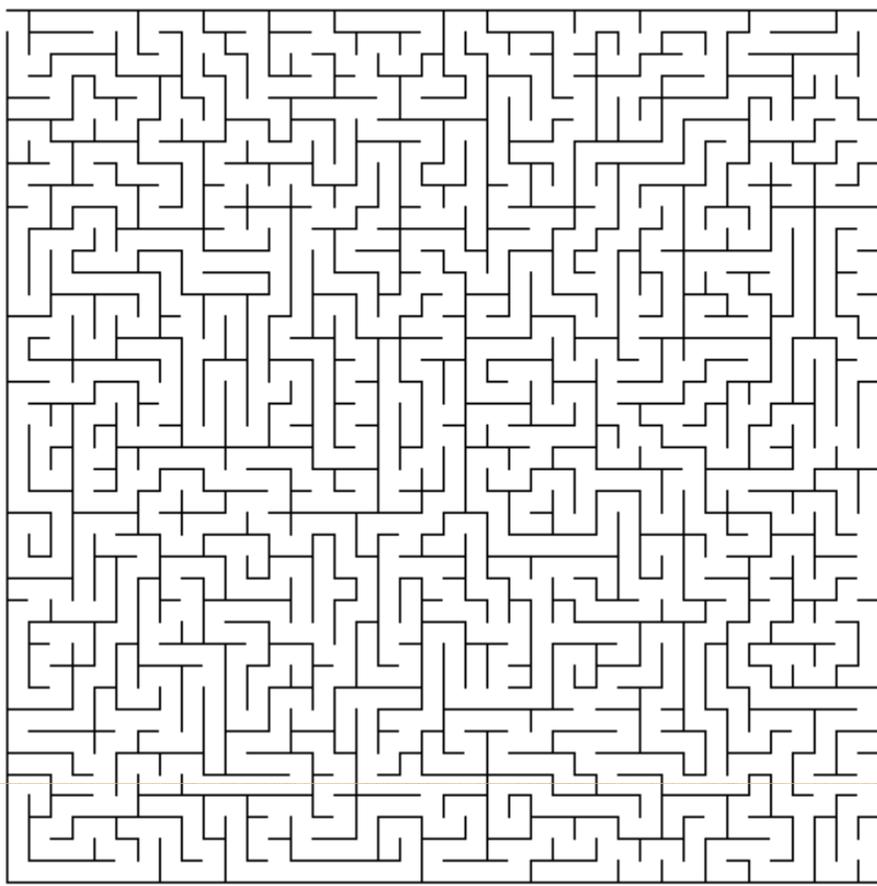
Come to the third floor and

Follow our signs.

**NEW:** We will no longer be charging to test your gauge. Please  
come in and make sure your gauge is safe before you begin canning  
this year.



## FINANCIAL MAZE



**Are you dreaming of money? Solve this maze to find your pot of gold.**

Have a  
question?

Want to add a  
friend to my  
subscription list?

**Karen Richel**

Financial Educator

University of Idaho Extension – Latah County

P.O. Box 8068 / 220 E. 5<sup>th</sup> Street, Room 336

Moscow, ID 83843

**NEW NUMBER (208) 883-2241**

Fax (208) 882-8505

[krichel@uidaho.edu](mailto:krichel@uidaho.edu)