

# JUST A FEW MONEY-SAVING TIPS AND IDEAS

## Eat

**ONE WAY** to keep your stomach full for free is to drink 8 glasses of a water day. It's free. It's good for you. All you need is a glass.

IF you're one of those people that needs "pure" water... try pouring water from the tap into jug and leave it for approximately 3 days. By that time all of the chemicals have evaporated and, ta-da, you have pure drinking water. Free.

IF you're looking for food, NOT water, check this out - Pizza Hut's company policy is to honor all competitor's specials and coupons - regardless of the price difference. If you pick up your order, it is even cheaper. Nice.

## Sleep

### **MOST POOR DECISION-MAKING**

is due to lack of sleep. But before you run out to the pharmacy to spend money on some over-the-counter counting sheep, try these:

AVOID caffeine, nicotine and alcohol before going to bed (as much as possible).

DON'T use too many or too few blankets. (Body temperature is a big factor in how well you sleep.)

DRINK warm milk. (Yep. It really does work.)

TWO teaspoons of vinegar with two teaspoons of honey in a glass of water (Not scientifically proven. More of a grandmother trick really, and it doesn't taste as good as milk... but when you're desperate!)

CHAMOMILE tea (It's warm; it smells good; it's good for your stomach; and it relaxes).

## Play

VISIT museums, parks or read at the coffeehouse, check out sales racks, consignment shops, cut coupons or search the Internet. **IF YOU DO A LITTLE RESEARCH, YOU WILL SAVE MONEY.**

BEFORE you get a magazine subscription, doublecheck their "student discount" policy.

WHY pay late fees? Or any fees for that matter? You can rent a video at local libraries.

IF you prefer to go to the movies, then try a matinee. They're cheaper and then you can go home and eat instead of paying \$7 for popcorn.

NEVER discount volunteering. You'll feel good about yourself and, more importantly, could get into fairs, events, plays, and sporting events for free. Sometimes they even feed you.

IF you're a music buff, you could try writing show reviews for a local paper. Free admission, plus you get to voice your opinion.

THERE are also usually free (or cheap) shows around town by local artists. Check the local paper for performances.

## Live

### **MAKE YOUR LIFE EASIER-**

KEEP ATM transaction receipts, bills, purchases and tax records organized in files. This will help you stay on track with your budget and make it easier when it's time to pay bills.

BUY used books. They are usually in good condition and cost about half the price of new books.

LEAVE the car with mom and dad. Parking, insurance, and theft are too expensive. And, bonus, walking is free exercise.

LADIES, want softer skin? Exfoliate naturally with sugar. Just mix a couple teaspoons of sugar with enough liquid soap to make a paste. Rub it on your skin and rinse off. Easy.

BUYING a non-fat, no-foam, half-decaf every day can get to be expensive. Suck it up and make your own. A four-cup coffee pot can be as cheap as \$14.