



LGFCU FINANCIAL WELLNESS ARTICLES

To support financial education for Credit Union members and the general public, Local Government Federal Credit Union (LGFCU) offers articles on personal finance topics for use in newsletters, magazines and other publications. The articles were researched, written and published by LGFCU staff in the best interest of our members and the community at large.

We only ask that attribution to LGFCU accompany the item and that LGFCU's Communications Manager be informed of the articles' use.

If you have topics ideas other than what is listed, please let us know. To request an article, suggest other topics or ask a question, call the LGFCU Communications Manager at 800.344.4846 or e-mail michael.spink@lgfcu.org.

The following articles from 2006 are available at your request:

Feature Articles (800–1,000 words)

- **Identity Theft** - Understanding and responding to identity crime
- **Identity Theft** - Protecting yourself
- **Making The Most of your Nest Egg** - Managing your 401(k), 403(b) or 457 plan
- **Cutting More than the Lawn** - Cash in on spring savings, in the yard and beyond
- **Affordable Summer Fun** - Making the most of Recreation and Parks
- **Getting Ready for a Disaster** - In any form
- **Credit Cards** - What matters to you
- **The Buck Starts Here** - After tuition is paid
- **Wheels or No Wheels** - The final answer on deciding to buy a car
- **Your Credit Union** - Five things you should know

More articles listed on reverse ⇨



Article Listing Continued

Money Matters Articles (300-400+/- words)

- Rebuilding credit
- Setting financial goals
- 2005 tax law changes
- Understanding your finances with *plan*
- LGFCU's scholarships
- When you need cash fast
- 2006 tax holiday
- Have fun with theme park discounts
- Auto insurance
- End of the year: holidays and taxes

Expert Advice (400+/- words)

- Job loss
- First time investors
- 401(k) distribution options
- Doing business with non-local merchants
- Selling stock - capital gains taxes
- HSA accounts
- Credit reports
- Financial challenges including elderly care and college
- Roth IRAs
- Indexed annuities

For Kids (300-400 words)

- Getting Squirrely - Saving for Young Children
- Teens and credit
- Teaching the value of money
- How to retire rich
- Getting organized
- Break the bank - LGFCU accounts for kids
- Credit cards 101
- The importance of saving (*member article*)
- Get ahead for the holidays
- Super Saver! (*Member article*)

This is a list of material developed during 2006. For more articles on these and many other personal finance topics, please contact our Communications Manager at 800.344.4846 or via e-mail at communications@lgfcu.org; special requests will be considered.