

# The Millennium Countdown

## Y2K on a budget! Making your dollar stretch into next millennia

By SHARIF ABDULLAH  
CONTRIBUTING WRITER

My friends are in various stages of Y2K preparation. For most, "Y2K preparation" means to laugh and sneer when they hear someone talk about Y2K. For others, preparation is staring in bewilderment, like a deer caught in the headlights of an on-rushing car.

For others, "Y2K preparation" means making themselves, their homes and communities less dependent on "The Grid" and more self-reliant. They are putting in:

- Electric generators
- Water purification systems and composting toilets,
- Wood stoves and solar heaters,
- Growing, canning and storing food, and learning how to rely on their neighbors.

These are my middle-class friends, people with available incomes.

How about the rest? How do people who are not making RIGHT NOW prepare for a potential emergency like Y2K? How can you think about investing in an alternative energy system when you are late paying

your existing light bill?

Preparation for those with limited resources is not necessarily more difficult, but involves much different THINKING. This three-step process can be implemented right now, and can help you become more financially and socially stable, regardless of what happens with Y2K or any other emergency.

#1: Find the Money - In Your Own Pocket!

By cutting back on how you spend, you will have money to prepare for an emergency like Y2K.

If you think you are already at rock-bottom regarding your finances, think again. I highly recommend the process detailed in Vicki Robin's book, "Your Money or Your Life." Keep track of every penny you spend for awhile. Every single penny. If you spend a nickel for a piece of candy, write down "5 cents - candy". Do it as soon as you spend it.

I did this for just a few weeks and

was absolutely amazed at how much money I spent unconsciously. Our society WANTS you to be unconscious about how and when you spend - that's how rich people get

and she lost weight!

Be examining your own money patterns, you may be able to save \$20, \$30, or \$40 in a month. That's enough to buy bulk food to store for your family for a month, or a water purification system for months of water storage.

#2: Stop Paying for "Convenience"

Here's a really simple formula: the less "convenient" (pre-processed) your food, the more food you get.

The same amount of money you pay for a hot and ready "McBurger" would pay for hamburger for your whole family - but you have

to cook it. You can buy one serving of a microwave rice dish for the same money as ten pounds of rice. (If there's no food in the store because of Y2K, ten pounds of rice tucked away in your cabinet sounds pretty good.)

The same is true for electricity: You

spend two to four dollars per month just for the "convenience" of not waiting 10-20 seconds for your television to warm up. Nowadays, TV's are always "on"; pushing the "off" button merely blanks the screen. All the electronics inside are still sucking energy, electricity that you have to pay for. This also goes for your stereo and other electronics in your house.

How do you stop this? Go to the store and get a "surge suppressor" power strip type extension cord, one with an on-off switch. Plug your television, VCR and stereo into it. When you are done watching and listening, push the "off" switch on the extension cord - everything will REALLY go off! And the power company will get that much less of your money.

So, what's five dollars a month anyway? Between now and the end of the year, it's a Coleman-style campstove and enough propane to cook that rice you bought.

#3: Know Who You Can Depend On.

This is one that doesn't involve any ("Budget" continued on page 5)

## Millennia



richer. For poor people, that is a luxury that you cannot afford.

I had a friend who ate six meals a day. She thought she only ate 3 meals a day, until she started keeping track of every penny she spent. She ended up spending less money

Coupon Special!!

\$0.00\*

Phone Connection Fee

NO

CREDIT CHECKS  
DEPOSITS  
TURNDOWNS

Limited Time Only

Save \$45 Connections in 2-3 days

Simply Cellular & Telephone

3939 NE Martin Luther King Blvd  
280-8000

\*1st month must be paid in advance, valid thru 10/15/99-us west areas




## Seaside Motel 6

### #4062

*John Wolf*  
Owner

2369 S. Holladay Drive  
Seaside, OR 97138

Office: 503-738-6269 Fax: 503-738-4276

For Reservations Call 1-800-4-MOTEL-6  
A Licensee Of Motel 6 Operating L.P.

---

Present This Coupon Sunday Thru Thursday

And Receive A Second Night At Half Price.

Except on Holidays And Special Events