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## New National Extension Site Has Information on Dealing with Economic Crisis

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December 22, 2008

## **New National Extension Site Has Information on Dealing with Economic Crisis**

LINCOLN, Neb. & The nation's land-grant universities, including the University of Nebraska-Lincoln, have gathered myriad resources on-line to help Americans deal with the financial crisis.

The site is available through eXtension.org, via a link at [www.extension.unl.edu](http://www.extension.unl.edu) (<http://www.extension.unl.edu/>).

Elbert Dickey, dean and director of UNL Extension, said the site is an excellent example of what eXtension does best.

"UNL Extension and our counterparts across the country created eXtension for just this purpose to get the 'best of the best' research-based, unbiased information from all over the U.S. into the hands of Americans who need it," Dickey said. "All Americans are struggling with the economic downturn, and this new site provides expertise in a variety of areas."

Dickey said UNL Extension plans early next year to roll out more information to help Nebraskans deal with the economy.

Not only do eXtension's experts provide consumers with tools to help them cope with stress, practice positive spending habits, manage their debt and stretch their dollar, but they also are available to answer specific consumer questions. With an easy-to-follow form, Web site viewers can identify a specific category within any of these five categories, ask their question and expect to quickly receive an answer from an industry expert. Likewise, viewers can post comments about articles and resources on the Web site, as well as rate the posting they read.

In addition to answering questions, eXtension.org experts provide a number of different articles on everything from "Surviving Economic Downturns" to "Becoming Financially Secure in Tough Times" to "Cost Saving Tips for Equine Operations."

Today's financial situation has added great emotional burdens to many individuals and families and this site offers articles on:

Accepting Your Feelings,  
Coping with Stress,  
Keeping Lines of Communication Open,  
Managing Stress, and  
Teaching Children Coping Skills

Some resources provide creative suggestions for inexpensive social activities for individuals and families or on ways to stretch nutrition dollars at the grocery store such as:

Have a family game night, go for bike rides, and bake or cook together as a family.

Take advantage of free programs offered by the library, museums, and community bands or orchestras, or other free community events.

Invest in staple foods like canned fruit, tuna, or sauces when they are on sale.

Plan meals around items that are on sale, especially costly items like meat and fish.

At eXtension's Financial Crisis content area, Web site viewers can find other resources regarding nutrition, consumer credit, lifestyle transitions, retirement planning, saving and investing, communicating about money, children and money, home ownership, and health finance. The newest resource area within the Personal Finance category is "Money Management in Times of Disaster."

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