

Extreme Teen



WINTER EDITION

TEENS, JOBS AND TAXES

In general, if you are 18 and under, earning \$5,950 or less in a year you do not have to file taxes although you



must file in order to receive a tax refund. Teens who have income from sources other than work – unearned income such as interest on savings or gifts – may have to file taxes regardless of how much income they earn. In some cases, parents claim and pay tax on this unearned income on behalf of the teen.

Teens must file if they have earnings over \$108.28 from working for a church or other Social-Security exempt entity or net earnings of over \$400 from self-employment, such as babysitting. Teens who know they will earn less than \$5,950 in a year and who do not plan to file a tax return can elect not to have taxes withheld during that year. Even though you

may not have to file taxes, it may be in your best interest to do so. If you had any taxes withheld, filing taxes can get part or all of those withholdings back in a tax return. Teens saving for college might also take advantage of a Roth IRA.

Teenage babysitters fall into a special class. They are considered self-employed, but are exempted from the self-employment tax, so their threshold for tax filing is the same as the individual standard deduction or \$400. A few other teen jobs fall under this category, such as lawn mowing or pool cleaning.

When making decisions about taxes, it is always best to consult your parents and a tax accountant.

IT'S ALL ABOUT YOU – TAKE CARE!

Taking care of your health may not be a top priority for you, but the way you treat yourself NOW will make a difference to your health now and later. Here are a few health tips from Dr. Oz especially for teens.

1. Realize that you control what goes into your body.

It's easy to blame others (hello, fast-food restaurants) for why we have an obesity problem. But the fact is that you still have the choice about what you do or do not eat, drink, or smoke.

2. Realize that it's never too late to start adopting healthy habits.

You get a do-over. Even if you've spent your childhood on a diet of soda and chips, it's not too late to make a change. Start simple (try some raw veggies to get your crunch fix) and build up.

3. Walk 10,000 steps a day (about five miles).

They don't have to be all at once (but heck, you probably do a chunk of it at school every day). Make it a point to be active and get your body moving.

4. Have one buddy who shares your ideals about living a healthy lifestyle.

Find a friend who you're comfortable talking with about healthy habits.

5. Avoid known toxins.

Avoid toxins such as tobacco, bisphenol A (BPA) in plastics, and toxins found in dry cleaning and some cosmetic products. That means stay away from formaldehyde (found in some Brazilian Blowouts, "smoking water," and embalming fluid).



The Money Question Contest You Could Win \$25!

Fall Contest Winner: Yakira Adams

1. Read your newsletter • 2. Answer the question
3. Mail the form to:
8400 Mansfield Rd., Shreveport, LA 71118
or just bring it to the branch by Jan. 31, 2013.
4. You'll be entered in a drawing for \$25

Your Name _____

Your Age _____

Parents Name _____

Address _____

Phone Number _____

QUESTION: Teenagers never have to file taxes! True _____ False _____

EXTREME TEEN SAVINGS ACCOUNT

For Ages 13-17

- Earn Dividends*
- Quarterly Newsletter
- Quarterly Contest
- Eligible for a Checking Acct.
- Birthday Cards
- Passbook for Record Keeping
- Teens ages 16-17 may be

HOW TO START

Open a shave/savings account with a \$5 minimum deposit.

(Parent or guardian must sign as a joint owner of account *\$100 minimum balance to earn dividends. Converts to Regular Share Savings Acct at age 18)

8400 Mansfield Rd
Shreveport, LA 71108
318-621-0605
Fax: 318-635-4719

1507 Doctors Drive
Bossier City, LA 71111
318-629-5622
Fax: 318-629-5623

www.wkfcu.org

Watch for tips for taking care of your health in each issue of Extreme Teen this year.



WINTER EDITION

EATS & CRAFTS

Use your math and science skills to make winter treats and crafts. Be sure and ask your parents for permission and assistance.



TORTILLA SNOWFLAKES

These crispy treats are fast and easy. They make a perfect snack for a cold winter's day, so be sure to make plenty and invite your friends!

What You Need

- flour tortillas
- scissors
- powdered sugar
- 1/4 cup vegetable oil
- skillet

What You Do

Warm the tortillas in the microwave, just enough to make them pliable, about 10-15 seconds.

Carefully fold the tortillas into quarters. Using scissors, cut snowflake shapes out of each tortilla, just like cutting a paper snowflake.

Heat vegetable oil in skillet on high until hot. Reduce heat to medium-high. Fry tortilla until it is crispy. Adult supervision is needed when using hot oil. Remove to paper towels to drain oil. Sprinkle with powdered sugar or cinnamon sugar. Serve warm.

HOW TO MAKE FAKE SNOW

This fake snow is made using a common polymer. It is non-toxic, feels cool to the touch, last for days and looks similar to the real thing.

1. There are a couple of ways to get the ingredient necessary to make fake snow. You can purchase the fake snow or you can harvest sodium polyacrylate from common household sources. You can find sodium polyacrylate inside disposable diapers or as crystals in a garden center, used to help keep soil moist.

2. All you need to do to make this type of fake snow is add water to the sodium polyacrylate. Add some water, mix the gel. Add more water until you have the desired amount of wetness. The gel will not dissolve. It's just a matter of how 'slushy' you want your snow.

3. Sodium polyacrylate 'snow' feels cool to the touch because it is mainly water. If you want to add more realism to the fake snow, you can refrigerate or freeze it. The gel will not melt. If it dries out, you can rehydrate it by adding water.

Tips: Although it is non-toxic, don't eat it. It is safe to throw it away. You can make it different colors by adding food coloring.

Allowance Running Out Too Soon? Make It Last!

Does your allowance always seem like it's gone before you get the chance to enjoy it? Learn how to manage your allowance so you can save for the special things you want.

You Will Need:

- Discipline
- A journal
- Money
- Envelopes (optional)

1. Set goals – Set goals for the short-term and the long-term. A short-term goal may be something less expensive, while a long-term goal may cost more.
2. Save – Figure out how much of your allowance you want to save and how much you want to spend.
3. Ask for small bills – Ask for small bills so you can easily separate what you want to save from what you intend to spend.
4. Keep a journal – Make a list of everything you buy. If you are not saving as much as you'd like, refer to your journal for clues as to why.
5. Think big – Avoid buying a lot of small things, which add up surprisingly quickly and will eat up your allowance before you know it.
6. Avoid peer pressure – Don't worry about what your friends are doing with their allowances. Stick to your goals.

Tip: Take two envelopes. Write "spend" on one and "save" on the other and use them to help keep yourself on track.



HOT CHOCOLATE MIX

INGREDIENTS:

- 3 cups nonfat dry milk powder
- 2 cups powdered sugar
- 1 1/2 cups cocoa powder
- 1 1/2 cups white chocolate chips (or chopped white chocolate)
- 1/4 teaspoon salt

ingredients in a food processor until the chocolate is finely ground. Store in an airtight container for up to 3 months.

2. To make hot cocoa, put 1/3 cup of the cocoa mix in a mug and stir in 1 cup of hot milk. Top with whipped cream or miniature marshmallows.

DIRECTIONS:

1. Whisk together all ingredients in a large bowl. Working in two batches, pulse the

You Could Win \$25!

Fall Winner – Myah Thomas

Show off your coloring skills, and you could win a \$25 deposit into your account. Color the picture, then ask your parents to mail it to:
8400 Mansfield Road
Shreveport, LA 71118
or bring it by the credit union by Jan. 31, 2013.
(You must have a Scottie Savers Account to win.)

Winter Coloring Contest



Scottie Savers

Ages 12 and Younger

- Earn Scottie Bucks to "purchase" prizes
- Earn Dividends*
- Quarterly Newsletter
- Annual Birthday Card
- Passbook For Record Keeping

How To Start

Open a Share/Savings Account
With a \$5 minimum deposit

Your Name _____
Your Age _____
Parents Name _____
Address _____

Phone Number _____

(*\$100 minimum balance to earn dividends. Accounts are opened under child's name and Social Security number with parent signing as joint owner. Converts to Extreme Teen Acct at age 13)