

THE MONEY COACHES



Keep these tips in mind to protect yourself from identity theft:

- Secure your Social Security number (SSN). Don't carry your Social Security card in your wallet. Only give out your SSN when necessary.
- Don't share personal information (birthdate, Social Security number, or bank account number) because someone asks for it.
- Collect mail every day. Place a hold on your mail when you are away from home for several days.
- Pay attention to your billing cycles. If bills or financial statements are late, contact the sender.
- Use the security features on your mobile phone.
- Update sharing and firewall settings when you're on a public wi-fi network. Use a virtual private network (VPN) if you use public wi-fi.
- Review your credit card and bank account statements. Compare receipts with account statements. Watch for unauthorized transactions.
- Shred receipts, credit offers, account statements, and expired credit cards. This can prevent "dumpster divers" from getting your personal information.
- Store personal information in a safe place.
- Install firewalls and virus-detection software on your home computer.
- Create complex passwords that identity thieves cannot guess. Change

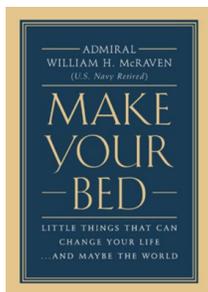
Prevent Identity Theft

your passwords if a company that you do business with has a breach of its databases

- Review your credit reports once a year. Be certain that they don't include accounts that you have not opened. You can order it for free from Annualcreditreport.com.
- Freeze your credit files with Equifax, Experian, Innovis, TransUnion, and the National Consumer Telecommunications and Utilities Exchange for free. Credit freezes prevent someone from applying for and getting approval for a credit account or utility services in your name.

All data from above is courtesy of the Federal Trade Commission.

Book Giveaway!



The first 50 to respond to this newsletter will receive a free copy of "Make Your Bed: Little Things That Can Change Your Life... And Maybe The World" by Admiral William McRaven.

Contact rich@themoneycoaches.com to get your copy!

Chicken Noodle Casserole

Ingredients

- 4 skinless, boneless chicken breast halves
- 6 ounces egg noodles
- 1 (10.5 ounce) can condensed cream of mushroom soup
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 cup sour cream
- salt to taste
- ground black pepper to taste
- ½ cup butter
- 1 cup crumbled buttery round crackers

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Fill a large pot with water and bring to a simmer over medium heat. Add chicken; poach in simmering water until no longer pink in center, about 12 minutes. Use a slotted spoon to remove chicken from pot and set aside. Leave water in the pot.

Bring chicken cooking water to a boil. Stir in egg noodles and cook until tender with a slight bite, about 10 minutes. Drain.

Transfer noodles to a large bowl. Cut chicken into bite-size pieces and mix with noodles.

Mix together both condensed soups and sour cream in a separate bowl. Season with salt and pepper. Add soup mixture to chicken mixture and gently stir until combined. Transfer to a 2-quart baking dish.

Melt butter in a small saucepan over low heat and remove from heat. Stir in crumbled crackers. Sprinkle mixture over top of casserole.

Bake in the preheated oven until heated through and browned on top, about 30 minutes.