

Consumer Information Catalog

www.pueblo.gsa.gov

Free and low-cost information from Pueblo, CO

Spring 2002
FREE

A photograph of several American flags on tall poles, waving against a clear blue sky. The flags are arranged in a diagonal line from the bottom left towards the top right.

Our Flag... *page 12*

**Finding a Weight
Loss Program
that Works for
You... *page 7***

**Taking Legal
Action... *page 12***

**National Park
System Map and
Guide... *page 11***

**Q & A About
Arthritis Pain...
*page 8***

and much more...

IN THIS ISSUE...



CARS
CHILDREN
COMPUTERS
EDUCATION

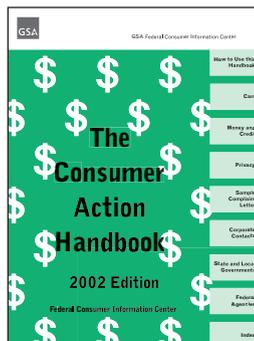
EMPLOYMENT
FEDERAL PROGRAMS
FOOD

HEALTH
HOUSING
MONEY

SMALL BUSINESS
TRAVEL
AND MORE...

Let the buyer beware...

Did that great deal you were promised turn out not to be so great? Don't worry—there is help. The **"2002 Consumer Action Handbook"** on **page 12** is a great tool that can help you resolve any consumer problem. Get advice and consumer tips on everything from car repair to credit cards. And you can find out whom to contact with a listing of thousands of consumer contacts at companies, consumer organizations, federal and state government offices, and much more.



Nine Ways to Lower Your Auto Insurance Costs...



Haven't had a car accident in three years or more? You may be able to get a discount on your auto insurance. Use **"Nine Ways to Lower Your Auto Insurance Costs"** on **page 3** to learn more about how you can pay less on your insurance each month. Find out how raising your deductible and comparison-shopping can make a difference in your auto insurance costs.

Let your fingers do the walking...

Need help with a question about Federal programs or services? Just call toll-free **1-800-FED-INFO** (that's 1-800-333-4636) or **1-800-326-2996** (toll-free TTY) Monday-Friday between 8 a.m. and 8 p.m. Eastern Time and we will answer your question or direct you to the place to get the answer.



The Federal Consumer Information Center (FCIC) was established to help Federal agencies and departments develop, promote, and distribute useful consumer information to the public. One of the ways we do this is by publishing a new **Consumer Information Catalog** four times a year. Each quarter, we search out the best new consumer booklets and review those already listed in the **Catalog** for accuracy.

Please be assured that FCIC does not share or sell any information obtained from you with any other organization.

cars

Buying a New Car. Here's a step-by-step guide that is a helpful tool for bargaining with dealers. 2 pp. (1998. FTC) **301J. 50¢.**

Buying a Used Car. Discusses your limited rights when buying from a dealer or private owner. 16 pp. (1998. FTC) **302J. 50¢.**

Finding the Best Used Car. Covers what to look for on the test drive, warning signs of hidden damage, and how to verify the vehicle's history. 10 pp. (2001. NHTSA) **605J. Free.**

Gas-Saving Products: Fact or Fuelishness? Avoid fraudulent "gas-saving" advertising claims and get better gas mileage. 4 pp. (2001. FTC) **376J. 50¢.**

How to Get a Great Deal on a New Car. Step-by-step instructions for a proven negotiation technique to save money on your next car. 4 pp. (1996. USDA) **305J. 50¢.**

Nine Ways to Lower Your Auto Insurance Costs. Tips on what to do to lower your expenses. Includes a chart to compare discounts. 6 pp. (1990. HHS) **307J. 50¢.**

children

learning activities

Catch the Spirit: A Student's Guide to Community Service. Ideas and information on how young people can help make their community a better place. 15 pp. (1998. ED) **501J. Free.**

Learning Partners. Activities to help your child learn reading, math, science, history, writing, and more. 30 pp. (1997. ED) **310J. 50¢.**

My History Is America's History. Detailed poster has easy ideas for discovering and preserving your family's history, with useful tips on recording family stories. 2 pp. (1999. NEH) **360J. 50¢.**

parenting

Ear Infections and Language Development. Learn about symptoms and treatments, as well as signs of possible hearing damage. 11 pp. (2000. ED) **370J. 50¢.**

Fun Play, Safe Play. Discover the importance of play in your child's learning and development, with tips on how to buy safe toys. 24 pp. (1998. CPSC) **503J. Free.**

Got a Sick Kid? Follow these tips when giving medication and use the recommended vaccine schedule to prevent 12 major childhood diseases. 3 pp. (2001. FDA) **507J. Free.**

● **Don't miss "Questions and Answers about Acne" on page 8.**

Handbook on Child Support Enforcement. A "how to" guide for getting the payments owed to you and your children. Lists state and federal offices for more information. 61 pp. (1997. HHS) **505J. Free.**

Help Yourself to a Healthy Home: Protect Your Children's Health. Find out about potentially harmful products and how to make your home a healthier place. 24 pp. (2000. HUD) **506J. Free.**

Home Playground Safety Checklist. Use this handy checklist to make sure your home playground is safe for your kids. 2 pp. (2001. CPSC) **627J. Free.**

computers

Buying a Computer. Practical advice on how to buy a computer that fits your needs, with tips on protecting your computer and data. 10 pp. (1998. GSA) **618J. Free.**

Dot Cons. Learn the top ten online scams, how you can protect yourself, and tips for surfing the Web without getting swindled. 3 pp. (2000. FTC) **312J. 50¢.**

Internet Auctions: A Guide for Buyers and Sellers. Find out how Internet auctions work, payment options, and how to protect yourself. 18 pp. (2000. FTC) **359J. 50¢.**

Internet Fraud: How to Avoid Internet Investment Scams. Suggests questions to ask about online investment opportunities, tips on the warning signs of fraud, and what to do if you run into problems. 19 pp. (2000. SEC) **368J. 50¢.**

Making the Connection: How to Go Online. Explains how to get online and choose the best Internet service provider. 9 pp. (2001. GSA) **375J. 50¢.**

Shop Safely Online. Is it really safe? Here are the facts about buying over the Internet and how to protect yourself. 2 pp. (1999. FTC) **361J. 50¢.**

Site-Seeing on the Internet. This guide can help you navigate the Internet, learn the local customs and lingo, and know what to avoid during your travels. 11 pp. (1998. FTC) **362J. 50¢.**

education

Financial Planning for College. Strategies to help you plan for tuition and fees, along with helpful charts for estimating future costs. 10 pp. (2001. TREA) **510J. Free.**

GED Diploma. Explains what the General Educational Development (GED) Diploma tests cover, how to prepare, and where to get more information. 16 pp. (2001. ED) **509J. Free.**

Nontraditional Education: Alternative Ways to Earn Your Credentials. Get high school or college credit through the GED program, the National External Diploma program, correspondence and distance study, and standardized tests. 13 pp. (1996. DOL) **101J. \$2.50.**

Think College? Me? Now? A Handbook for Students in Middle School and Junior High. The best time to start preparing for college is in the seventh and eighth grades. Learn about the benefits of planning ahead for college. 24 pp. (1998. ED) **102J. \$1.75.**

employment

Changing Your Job. Find out if your current job is right for you, what to do when you look for a new job, and what happens to your benefits when you change jobs. 12 pp. (1998. DOL) **511J. Free.**

Employment Interviewing. Suggests questions to prepare for and to ask your potential employer, with advice on references, job fairs, and follow-up letters. 9 pp. (2000. DOL) **103J. \$1.75.**

Help Wanted—Finding a Job. Describes both private companies and government agencies that offer help in finding a job. 8 pp. (1996. FTC) **316J. 50¢.**

High Earning Workers Who Don't Have a Bachelor's Degree. Identifies 50 occupations requiring less than a bachelor's degree. 9 pp. (1999. DOL) **105J. \$3.00.**

Job Outlook in Brief, 1998-2008. Here's the forecast on job opportunities and what will be the most sought-after skills. 39 pp. (2000. DOL) **106J. \$4.75.**

Occupational Outlook Quarterly. Reviews new occupations, salaries, job trends, and much more. 1 year subscription, 4 issues. (DOL) **250J. \$14.00.**

Pension and Health Care Coverage... Questions & Answers for Dislocated Workers. Explains what happens to your health and pension benefits if you lose your job or your hours are reduced below full-time. 32 pp. (2001. DOL) **628J. Free.**

Résumés, Applications, and Cover Letters. Use this guide's samples to prepare a winning cover letter and résumé. 15 pp. (1999. DOL) **108J. \$2.00.**

Tips for Finding the Right Job. Assess your skills and interests, create a résumé, write cover letters, and prepare for a job interview. 27 pp. (1996. DOL) **109J. \$2.50.**

Work-at-Home Schemes. Covers classic schemes, must-ask questions, and where to complain. 4 pp. (2001. FTC) **377J. 50¢.**

federal programs

Americans with Disabilities Act: Questions and Answers. Explains how the civil rights of persons with disabilities are protected at work and in public places. 31 pp. (2000. DOJ) **513J. Free.**

Are There Any Public Lands for Sale? Describes the federal program to sell excess undeveloped public land and why there is no more available for homesteading. 12 pp. (1997. DOI) **111J. \$1.50.**

Guide to Disability Rights Laws. Covers the rights of persons with disabilities regarding fair housing, public accommodations, telecommunications, education, and employment. 14 pp. (2000. DOJ) **514J. Free.**

Guide to Federal Government Sales.

Explains how to buy homes, cars, and other property from 20 federal sales programs. 21 pp. (2001. GSA) **112J. \$2.00.**

How You Can Buy Used Federal Personal Property.

Describes used equipment and industrial items sold by the government, how they are sold, and where to call for more information. 5 pp. (2001. GSA) **318J. 50¢.**

National Sellers List. List of addresses and phone numbers for dealers who sell real estate and personal property that have been forfeited to federal law enforcement agencies. 8 pp. (2000. DOJ) **319J. 50¢.**

Social Security: Your Number and Card.

Explains why we have social security numbers, when and how to get one, and how to protect your privacy. 2 pp. (1999. SSA) **515J. Free.**

U.S. Real Property Sales List. Lists government real estate properties that are sold by auction or sealed bid. Tells how to get more information on specific properties. 5 pp. (Bimonthly. GSA) **516J. Free.**

Your Right to Federal Records. Use the Freedom of Information Act (FOIA) and the Privacy Act to obtain records from the federal government. Includes a sample request letter. 30 pp. (2000. DOJ/GSA) **320J. 50¢.**

benefits

Choosing a Doctor: A Guide for People With Medicare.

How to find the right doctor, with worksheets, questions to ask, and more. 31 pp. (2000. CMS) **517J. Free.**

Choosing a Hospital: A Guide for People With Medicare.

Tips on choosing the best possible facility when you or a family member needs hospital care. 19 pp. (2000. CMS) **518J. Free.**

Choosing Treatments: A Guide for People With Medicare.

Advice and worksheets to help you work with your doctor to develop the best treatment plan for any health problem. 31 pp. (2000. CMS) **519J. Free.**

Federal Benefits for Veterans and Dependents.

Explains disability, pension, health care, education and housing loans, and other benefit programs for veterans and their families. 108 pp. (2001. VA) **113J. \$5.00.**

Medicare and Home Health Care.

Outlines the home health care benefit, who is eligible, how to find an approved home health agency, and more. 21 pp. (1999. CMS) **521J. Free.**

Medicare and Other Health Benefits: Your Guide to Who Pays First.

Learn whether Medicare or your other health insurance pays first when you receive health care. 37 pp. (2000. CMS) **522J. Free.**

Medicare and Your Mental Health Benefits.

Learn what mental health care coverage you have under Medicare. 9 pp. (2000. CMS) **523J. Free.**

Medicare Hospice Benefits.

Hospice care is a special type of care for terminally ill patients. Tips on how to find a hospice program and where to get more information. 12 pp. (1999. CMS) **524J. Free.**

Medicare Preventive Services...To Help Keep You Healthy.

Use this guide to lower your risk of cancer, flu, pneumonia, diabetes, and other illnesses. 4 pp. (2000. CMS) **525J. Free.**

Medicare Worksheet for Comparing Medicare Health Plans.

Check off these easy-to-follow points to find the best health plan for your needs. 9 pp. (2000. CMS) **526J. Free.**

Pay it Right! Protecting Medicare from Fraud.

Learn how to spot warning signs of fraud and how to report errors and concerns. 8 pp. (2000. CMS) **527J. Free.**

Request for Social Security Statement.

Complete this form to get your earnings history and an estimate of future benefits. 3 pp. (2000. SSA) **528J. Free.**

Social Security: Basic Facts.

Describes the different kinds of Social Security benefits, who receives them, and how they're financed. 17 pp. (1999. SSA) **529J. Free.**

Social Security: Understanding the Benefits.

Explains retirement, disability, survivor's benefits, Medicare coverage, Supplemental Security Income, and more. 41 pp. (2000. SSA) **530J. Free.**

Social Security: What Every Woman Should Know.

Discusses how a woman's benefits may be affected by divorce, widowhood, disability, retirement, or other situations. 19 pp. (1999. SSA) **531J. Free.**

Your Medicare Benefits. Learn about your hospital and medical insurance under Medicare. 19 pp. (2000. CMS) **532J. Free.**

food

Action Guide for Healthy Eating. Easy ways to include more low fat, high-fiber foods in your diet. 17 pp. (1996. NCI) **533J. Free.**

Cooking for Groups: A Volunteer's Guide to Food Safety. Whether it's a family reunion or community cookout, learn how to cook and serve food safely and avoid food-borne illness. 40 pp. (2000. FSIS) **604J. Free.**

Eat Right to Help Lower Your High Blood Pressure. Lists menu ideas and recipes to help you control your weight and high blood pressure. 30 pp. (1995. NIH) **116J. \$4.00.**

Food Allergies: When Food Becomes the Enemy. Find out more about food allergies, what causes them, how to manage them, and more. 6 pp. (2001. FDA) **638J. Free.**

Food Guide Pyramid. Use this guide to select the nutrients you need and reduce the fat, cholesterol, and sodium in your diet. 29 pp. (1996. USDA) **118J. \$1.00.**

Growing Older, Eating Better. Discusses the various causes of poor nutrition and how to improve it. 5 pp. (2000. FDA) **537J. Free.**

Recipes and Tips for Healthy, Thrifty Meals. Tips on planning meals, shopping lists, a sample 2-week menu, and 40 great recipes. 76 pp. (2000. USDA) **119J. \$6.50.**

Thermy™: Use a Food Thermometer. Get the right thermometer and use this handy temperature chart for safe, delicious food. 4 pp. (2000. FSIS) **541J. Free.**

Using the Dietary Guidelines for Americans. How to choose a diet that will taste good, be nutritious, and reduce chronic disease risks. 8 pp. (2000. USDA) **321J. 50¢.**

health

Cosmetic Laser Surgery: A High-Tech Weapon in the Fight Against Aging Skin. Explains how laser surgery can help remove facial wrinkles and lines, how to tell if it's right for you, the risks, and more. 4 pp. (2000. FDA) **542J. Free.**

Drinking Water From Household Wells. Families with their own wells are responsible for maintaining them and checking to see that the water is safe to drink. Here are the facts on sources of pollution and how to keep your water safe. 16 pp. (2001. EPA) **547J. Free.**

FDA Consumer. Get the latest medical news with a 6-issue subscription to this publication. (FDA) **251J. \$13.50.**

How to Find Medical Information. How to use your local library, the federal government, and the Internet to get information on an illness or disorder. 24 pp. (2001. NIAMS) **544J. Free.**

How to Hold Your Own Against Colds and Flu. Tips on how to lower your chance of infection, treat difficult cold and flu symptoms, and know when to see a doctor. 6 pp. (2001. FDA) **550J. Free.**

Mammography Today. How to tell if you are getting a high-quality mammogram, what to do if you need to change mammogram facilities, and more. 6 pp. (2000. FDA) **607J. Free.**

Staying Healthy at 50+. Covers everything from cholesterol levels, various cancers, weight control, and checkups, with helpful charts to keep track of your medications, shots, and screening test results. 64 pp. (2000. HHS) **121J. \$2.75.**

Understanding Vaccine Safety. Get the facts on vaccines, their safety, common concerns, and a schedule of recommended childhood immunizations. 6 pp. (2001. FDA) **639J. Free.**

Water on Tap: A Consumer's Guide to the Nation's Drinking Water. Explains where it comes from and how it's treated, what contaminants are, and what to do in case of a problem with either your public or private water supply. 22 pp. (1997. EPA) **548J. Free.**

Your Guide to Choosing a Nursing Home. What to look for in a nursing home, alternatives to nursing homes, an evaluation checklist, and a list of helpful resources. 37 pp. (1999. CMS) **549J. Free.**

Your Rights After a Mastectomy. Federal law requires health plans to provide reconstructive surgery and certain other benefits after a mastectomy. 6 pp. (2001. DOL) **512J. Free.**

drugs & health aids

Buying Prescription Medicines Online: A Consumer Safety Guide. Here's a helpful list of do's and don'ts when shopping for medications over the Internet. 5 pp. (2000. FDA) **597J. Free.**

Drug Interactions: What You Should Know. How to protect against potentially dangerous interactions of prescription drugs, over-the-counter (OTC) drugs, food, and medical conditions. 8 pp. (2000. FDA) **598J. Free.**

FDA's Tips for Taking Medicines. Tips to protect yourself from prescription and OTC drugs that may react in strange ways to each other, certain foods, alcohol, etc. 4 pp. (1998. FDA) **608J. Free.**

Medications and Older Adults. Learn how to prevent dangerous drug combinations, make medications easier to take, remember medication, and cut their cost. 4 pp. (2000. FDA) **554J. Free.**

Over-the-Counter Medicines: What's Right for You? Use labeling information to avoid harmful interactions, protect against unsafe products, and get the most effective relief from your symptoms. 12 pp. (2001. FDA) **520J. Free.**

Vision Correction: Taking a Look at What's New. Use this guide to learn about the latest developments in laser and non-laser eye surgery, contact lenses, and eyeglasses. 7 pp. (2001. FDA) **546J. Free.**

exercise & diet

Exercise and Your Heart. Learn how to start a new exercise program, pace yourself, and effectively avoid injuries. 37 pp. (1993. NIH) **145J. \$2.00.**

Fitness and Exercise. Get fit and feel better with daily activities that fit the weather, your lifestyle, and your schedule. 12 pp. (1996. NIH) **610J. Free.**

Questions & Answers About Arthritis and Exercise. How to start a program with the best exercises to help treat arthritis. 18 pp. (2001. NIAMS) **620J. Free.**

Walking for Exercise and Pleasure. Advice on how far, how fast, and how often to walk for best results. Includes warm-up exercises. 14 pp. (1998. PCPFS) **122J. \$1.25.**

Weight Loss: Finding a Weight Loss Program that Works for You. Follow the checklist to compare different weight loss programs and use the Body Mass Index (BMI) calculator to determine your BMI and set your weight goal. 11 pp. (2000. FTC) **325J. 50¢.**

medical problems

Anxiety—Fact Sheet. Describes different types of anxiety disorders and what you can do if you recognize these symptoms in yourself or a loved one. 4 pp. (1999. NIMH) **556J. Free.**

Atopic Dermatitis. Find out more about the different types, symptoms, and treatments for this disease, which causes extremely itchy, inflamed skin. 37 pp. (1999. NIAMS) **558J. Free.**

Boning Up on Osteoporosis. Osteoporosis drains away bone mass over many years without warning to the patient or doctor. Learn more about this dangerous condition and how to prevent it. 7 pp. (1998. FDA) **534J. Free.**

Cataract in Adults. Cataract is a normal part of aging vision, but if it makes routine tasks too difficult, you may need surgery. Learn more about symptoms and treatments. 13 pp. (1993. HHS) **123J. \$1.00.**

Controlling Asthma. Discusses what triggers an asthma attack, possible causes, and medications to prevent attacks and help relieve symptoms. 5 pp. (1998. FDA) **600J. Free.**

Do I Have Arthritis? Read about common signs of arthritis and how medications and exercise can help. 28 pp. (2000. NIAMS) **561J. Free.**

Eating Disorders. Explains the symptoms of different eating diseases, who is most likely to be affected, and various treatment options. 8 pp. (2001. NIMH) **612J. Free.**

Fever Blisters & Canker Sores. Learn more about these mouth infections, including causes, treatments, and research. 12 pp. (1992. NIH) **327J. 50¢.**

Getting Treatment for Panic Disorder. Do you have episodes of intense, disabling fear? Learn when you need help and what treatment options are available. 5 pp. (1995. NIMH) **562J. Free.**

Juvenile Rheumatoid Arthritis. Discusses causes, symptoms, tests, and various treatments. 19 pp. (2001. NIAMS) **502J. Free.**

Lupus. Lupus is a disease in which the immune system attacks the body's healthy cells and tissues. Includes charts on warning signs and available treatments. 33 pp. (1997. NIAMS) **563J. Free.**

Osteoarthritis. Discusses its symptoms and treatments, and also illustrates helpful exercises. 36 pp. (1999. NIAMS) **565J. Free.**

Preventing Stroke. Learn more about the most common cause of adult-disability and estimate your risk with the informative stroke-risk chart. 8 pp. (1995. NIH) **329J. 50¢.**

Prostate Cancer: No One Answer for Testing or Treatment. How prostate cancer is detected, what the stages are, and what you need to know to choose the best treatment option. 6 pp. (2000. FDA) **613J. Free.**

Questions and Answers About Acne. Here are the facts on how it develops, what treatments will and won't work, and how to care for your skin. 12 pp. (2001. NIAMS) **508J. Free.**

Questions & Answers About Arthritis Pain. Get the facts on available options (conventional and alternative) for short-term relief and long-term pain management. 18 pp. (2001. NIAMS) **614J. Free.**

Questions & Answers About Hip Replacement. Who is a likely candidate, alternatives available, possible complications, recovery, and what to expect during rehabilitation. 15 pp. (2001. NIAMS) **621J. Free.**

Questions & Answers About Knee Problems. Causes, symptoms, diagnosis, and treatment of specific knee conditions. 30 pp. (2001. NIAMS) **630J. Free.**

Rheumatoid Arthritis. Discusses diagnosis and treatment, with a medication chart for drug benefits and side effects. 33 pp. (1998. NIAMS) **566J. Free.**

So You Have High Blood Cholesterol. Here are the facts about high cholesterol and what you can do to lower yours. 36 pp. (1993. NIH) **124J. \$1.75.**

Taking Charge of Menopause. Learn about menopause, its symptoms, and health risks associated with it. 5 pp. (2000. FDA) **567J. Free.**

Understanding Acute Low Back Problems. Learn what causes them, the most effective treatments, how to minimize future problems, and more. 14 pp. (1994. HHS) **147J. \$1.00.**

Understanding Treatment Choices for Prostate Cancer. Prostate cancer patients face many treatment choices. Find out how prostate cancer is diagnosed, available treatment options, and follow-up care. 44 pp. (2000. NCI) **568J. Free.**

Urinary Tract Infections in Adults. Find out more about the causes, symptoms, and treatments available. 8 pp. (1999. NIH) **330J. 50¢.**

What You Need to Know About Skin Cancer. Learn the basic symptoms, how it is diagnosed and treated. Use the step-by-step guide on how to perform regular skin self-exams. 26 pp. (1995. NCI) **535J. Free.**

housing

financing & sales

100 Questions and Answers About Buying a New Home. This great guide focuses on finances—from how much home you can afford to various mortgage loan programs, insurance, taxes, and more. 40 pp. (2001. HUD) **569J. Free.**

Buying Your Home: Settlement Costs and Helpful Information. Describes the home buying, financing, and settlement (closing) process. Also gives tips on shopping for a mortgage loan. 35 pp. (1997. HUD) **125J. \$2.00.**

Financing an Energy-Efficient Home. Find mortgages and home improvement loans to make your home more energy efficient. 8 pp. (2000. DOE) **148J. \$2.00.**

Guide to Single-Family Home Mortgage Insurance. Explains FHA mortgage insurance programs, including types available, how to qualify, how to apply, restrictions, and more. 14 pp. (1999. HUD) **332J. 50¢.**

How to Buy a Home With a Low Down Payment. Describes how to qualify for a low down payment mortgage, determine what you can afford, and how mortgage insurance works. 9 pp. (2000. USDA) **570J. Free.**

How to Buy a Manufactured (Mobile) Home. Tips on selection and placement, warranties, site preparation, transportation, installation, and more. 22 pp. (1997. FTC) **333J. 50¢.**

HUD Home Buying Guide. Step-by-step instructions for finding and financing a HUD home. Includes charts to help you estimate mortgage payments. 11 pp. (2001. HUD) **571J. Free.**

Looking for the Best Mortgage—Shop, Compare, Negotiate. Use these 3 steps to save money on a mortgage or home loan. 7 pp. (1999. FRB) **334J. 50¢.**

Twelve Ways to Lower Your Homeowners Insurance Costs. Includes phone numbers of state insurance departments for more information. 4 pp. (1995. HHS) **335J. 50¢.**

When Your Home Is On the Line: What You Should Know About Home Equity Lines of Credit. Here are questions, terms, tips, a checklist, and more to find the plan that meets your needs and protects your interest. 16 pp. (2001. FRB) **371J. 50¢.**

home maintenance

Am I Covered? Answers 15 frequently-asked questions concerning homeowners insurance and explains what is and is not covered in a standard policy. 9 pp. (1997. HHS) **336J. 50¢.**

Cooling Your Home Naturally. Ways to save electricity and cool your home with landscaping, roof treatments, shading, and windows. 8 pp. (1994. DOE) **126J. \$2.00.**

Elements of an Energy-Efficient House. Learn what energy-efficient home designs have in common, including a tightly sealed thermal envelope, controlled ventilation, and lower than usual heating and cooling bills. 8 pp. (2000. DOE) **127J. \$1.50.**

Energy Savers: Tips on Saving Energy & Money at Home. Reduce your home energy use with tips on insulation, weatherization, heating, and more. 36 pp. (1998. DOE) **337J. 50¢.**

Energy-Efficient Air Conditioning. Explains how air conditioners work, the types available, and how to troubleshoot and maintain your air conditioners. 8 pp. (1999. DOE) **146J. \$1.50.**

Healthy Lawn, Healthy Environment. Tips on lawn care, including soil preparation, watering, mowing, using pesticides, and choosing a lawn care service. 19 pp. (1996. EPA) **338J. 50¢.**

Home Sweet Home Improvement. Check the warning signs of a shady contractor; ask questions to protect yourself from fraud; complete the post-job checklist; and get tips on how to resolve complaints. 12 pp. (2001. FTC) **304J. 50¢.**

How to Prune Trees. Illustrated guide shows what to do, what not to do, tools to use and when to produce healthy, strong trees. 30 pp. (1995. USDA) **129J. \$2.50.**

Improving the Efficiency of Your Duct System. Tips on how to fix potential problems that can affect your family's health and comfort and cost you money. 12 pp. (1999. DOE) **149J. \$2.50.**

Indoor Air Hazards Every Homeowner Should Know About. Get rid of molds, carbon monoxide, radon, asbestos, lead, tobacco smoke, and other pollutants. 16 pp. (2001. USDA/EPA) **631J. Free.**

● *Learn more with "Help Yourself to a Healthy Home: Protect Your Children's Health" on page 3.*

Making Your Home Safe from Fire and Carbon Monoxide. Prevent fires, create an emergency exit plan, choose safety equipment you need, and more. 6 pp. (2000. USDA) **536J. Free.**

Power\$mart: Easy Tips to Save Money and the Planet. Get tips on making your home more comfortable while reducing your monthly energy bill. 24 pp. (1998. DOE/EPA) **573J. Free.**

Selecting a New Water Heater. Describes how different types of water heaters work and important features to consider when buying. 6 pp. (1995. DOE) **130J. \$1.25.**

Surges Happen! How to Protect the Appliances in Your Home. Find out what power surges are, what appliances need protection, and what devices work best. 20 pp. (2001. NIST) **104J. \$2.25.**

Weatherize Your Home. Save money with do-it-yourself caulking and weather stripping. 8 pp. (2001. DOE) **150J. \$2.00.**

money

Being an Executor. Explains what an executor is and does in order to settle an estate. Lists resources for more help if you are named an executor. 8 pp. (1996. LSC) **616J. Free.**

Establishing a Trust Fund. Learn what different kinds of trusts can and can't do, their benefits, the role of a trustee, and more. 10 pp. (1996. LSC) **574J. Free.**

Living Trust Offers. Find out if living trusts are right for you and how to protect yourself from scams when planning your estate. 4 pp. (2000. FTC) **365J. 50¢.**

Making a Will. Explains why a will is important, how to prepare one, what to include, and how to keep it current. 12 pp. (2001. LSC) **575J. Free.**

Planning Your Estate. How to estimate the size of your estate, minimize taxes, and provide for your heirs. 10 pp. (2001. IRS) **617J. Free.**

What You Should Know About Buying Life Insurance. Describes various types with tips on choosing a company, an agent, and a policy that meets your needs. 23 pp. (1998. HHS) **576J. Free.**

credit

Building a Better Credit Record. Learn how to legally improve your credit report, how to deal with debt, how to spot credit-related scams, and more. 16 pp. (2000. FTC) **303J. 50¢.**

Consumer Handbook to Credit Protection Laws. Consumer credit laws can help you apply for credit, keep up a good credit standing, and complain about an unfair deal. 44 pp. (1999. FRB) **340J. 50¢.**

Credit Matters. How to qualify for credit, maintain a good credit history, protect your credit once you have it, and more. 5 pp. (2000. FTC) **341J. 50¢.**

Fair Credit Reporting. Learn what's in your credit report, how you can get a copy, and more. 2 pp. (1999. FTC) **342J. 50¢.**

Fair Debt Collection. How and where to complain if you are harassed, threatened, or abused by debt collectors. 2 pp. (1996. FTC) **343J. 50¢.**

How to Dispute Credit Report Errors.

Gives tips on correcting errors, registering a dispute, and adding information to your file. 2 pp. (1999. FTC) **344J. 50¢.**

ID Theft: When Bad Things Happen to Your Good Name. How to protect your personal information, what to do if you are a victim, resources to contact, and more. 21 pp. (2000. FTC) **345J. 50¢.**

Pretexting: Your Personal Information Revealed. Pretexting is when others get your personal information under false pretenses. Find out how it happens, the laws against it, and how to protect yourself. 4 pp. (2001. FTC) **372J. 50¢.**

investing & saving

66 Ways to Save Money. Practical ways to cut everyday costs on transportation, insurance, banking, credit, housing, utilities, food, and more. 4 pp. (1998. FCIC) **347J. 50¢.**

Building Financial Freedom. Features a worksheet to help track your spending, tips on creating a financial plan, and an investor's checklist. 12 pp. (2001. USDA) **626J. Free.**

Certificates of Deposit: Tips for Investors. Learn how CDs work, how to purchase them, and questions to ask before buying. 2 pp. (2000. SEC) **369J. 50¢.**

Consumer's Almanac. Organize your expenses, save and invest for the future, and manage your credit with monthly calendars and worksheets. 32 pp. (1997. USDA) **348J. 50¢.**

Introduction to Mutual Funds. What they are, how to compare them, what to consider before investing, and how to avoid common pitfalls. 15 pp. (1996. SEC) **351J. 50¢.**

Investors' Bill of Rights. What you should know about investments and what information you are entitled to before investing. 7 pp. (1998. CFTC/USPS) **578J. Free.**

Ten Questions to Ask When Choosing a Financial Planner. Covers credentials, costs, services, an interview checklist, and resources to contact for more information. 12 pp. (1998. SEC) **580J. Free.**

U.S. Savings Bonds. Learn about the different types of bonds, federal and state tax benefits, and how to purchase savings bonds online. 7 pp. (2001. TREA) **373J. 50¢.**

What You Should Know About Financial Planning. Discusses the benefits of financial planning for life-changing events, such as buying a home or retirement. 13 pp. (1998. SEC) **581J. Free.**

● *Also check out "Financial Planning for College" on page 4.*

Your Insured Deposit. Explains what is protected and what isn't if your bank should fail, how much of your money is insured, what types of accounts are covered, and more. 21 pp. (1999. FDIC) **582J. Free.**

Your Rights as a Financial Planning Client. Here's a checklist of your rights, what to expect from your financial planner, and what to do if you have a problem. 5 pp. (2000. SEC) **595J. Free.**

retirement planning

401(k) Plans. Explains what these plans are, what happens when you change employers, and what to do if you need the money before retirement. 14 pp. (2000. TREA) **583J. Free.**

Annuities. Learn the different types of annuities and take a helpful quiz to see if they are right for you. 11 pp. (1997. USDA) **584J. Free.**

Enjoying Retirement. What you need to plan for and know about retirement, such as exercise, recreation, diet, finances, and more. 10 pp. (1996. AOA) **619J. Free.**

Savings Fitness: A Guide to Your Money and Your Financial Future. Create your personal savings plan and prepare for retirement with this step-by-step guide. 20 pp. (1999. DOL) **585J. Free.**

Top 10 Ways to Prepare for Retirement. Gives practical tips to build your retirement savings and lists resources for more information. 2 pp. (2001. DOL) **586J. Free.**

Variable Annuities: What You Should Know. Explains what they are, how they work, what you have to pay, and questions to ask before you invest. 20 pp. (2000. SEC) **367J. 50¢.**

Women and Retirement Savings. Questions to ask about retirement benefits, including plan type, eligibility, penalties, spousal benefits, and more. 6 pp. (2001. DOL) **587J. Free.**

Your Guaranteed Pension. Answers 18 common questions about the security of private pension plans, including benefits and plan termination. 11 pp. (2000. PBGC) **588J. Free.**

small business

Copyright Basics. Covers what can be copyrighted, who can apply, registration procedures, filing fees, what forms to use, and more. 12 pp. (1999. LOC) **354J. 50¢.**

Facts About...Starting a Small Business. Explains how to create a business plan, research your market, price your products and services, and raise money for your business. 16 pp. (2000. SBA) **380J. 50¢.**

Guide to Business Credit for Women, Minorities, and Small Businesses. Learn about what types of loans are available, the credit approval process, and your legal rights. 12 pp. (1999. FRB) **374J. 50¢.**

travel

Fly Smart. Gives more than 30 steps you can take to help make your flight a safe one. 2 pp. (1994. DOT) **590J. Free.**

Fly-Rights. Helpful advice for travelers on getting the best fares, what to do with lost tickets and baggage, canceled flights, and more. 58 pp. (1994. DOT) **134J. \$2.00.**

Lesser Known Areas of the National Park System. Listing by state of more than 170 national parks, their accommodations, locations, and historical significance. 49 pp. (1995. DOI) **135J. \$3.00.**

National Park System Map and Guide. Full color map lists activities at more than 300 parks, monuments, and historic sites. (2000. DOI) **136J. \$1.25.**

National Trails System Map and Guide. Full color map describes eight national scenic trails and nine national historic trails. (1998. DOI) **137J. \$1.25.**

National Wildlife Refuges: A Visitor's Guide. Use this full color map to plan a visit and learn about endangered species and their habitats. (1998. DOI) **138J. \$1.75.**

Passports: Applying for Them the Easy Way. How, when, and where to apply for U.S. passports. Includes information on fees. 2 pp. (1999. DOS) **355J. 50¢.**

Travel Smart. Tips on getting health and safety warnings, passport and visa requirements, and more when traveling to other countries. 6 pp. (1999. DOS) **356J. 50¢.**

Washington: The Nation's Capital. Use this guide to learn more about our country's heritage by exploring Washington D.C. (1998. DOI) **139J. \$1.25.**

Your Trip Abroad. Information and a helpful checklist of necessary documents and things to arrange for a trip overseas. 48 pp. (1998. DOS) **140J. \$1.75.**

and more...

2002 Consumer Action Handbook. Provides assistance with consumer problems and complaints. Lists consumer contacts at hundreds of companies and trade associations, local, state, and federal government agencies, national consumer organizations, and more. 160 pp. (2002. FCIC) **592J. Free.**

American Revolution at a Glance. Learn about the major battles with colorful maps and informative descriptions. (2001. DOI) **151J. \$2.00.**

Black Family Research: Records of Post-Civil War Federal Agencies at the National Archives. How to research marriages, births, deaths, and other family-related matters in that era. 23 pp. (2001. NARA) **107J. \$2.25.**

Civil War at a Glance. This full color map illustrates and briefly describes major Civil War battle campaigns. (1998. DOI) **141J. \$2.00.**

Conserving the Nature of America. Beautiful photos show how fish, wildlife, and plants are protected in national wildlife refuges. Provides information on volunteer and recreational opportunities. 24 pp. (1999. DOI) **591J. Free.**

Constitution of the United States and the Declaration of Independence. Learn more about foundations of freedom with the full text of both historic documents. 48 pp. (2001. HOUSE) **110J. \$2.50.**

Fishing Is Fun for Everyone. Find out what equipment you'll need, what kind of bait to use, how to cast and tie knots, and where to fish for more information. 11 pp. (1999. DOI) **593J. Free.**

For the Birds. How to attract different species of birds, feed them, and build or buy suitable homes. 50 pp. (1997. DOI) **357J. 50¢.**

Funerals: A Consumer Guide. Learn about your rights as a consumer and what to keep in mind when making funeral arrangements. 4 pp. (2000. FTC) **358J. 50¢.**

Lista de publicaciones federales en español para el consumidor (Spanish Catalog). Lists 200 free publications in Spanish available from various federal agencies. Bulk copies of this publication are available. 16 pp. (2001. FCIC) **596J. Free.**

Our Flag. Are you familiar with the U.S. flag's history and customs? Here is everything you want to know about the flag. 52 pp. (2002. JCP) **143J. \$3.25.**

Taking Legal Action. Discusses when legal action may be appropriate, how to file in small claims court, and when to consider hiring a lawyer. 10 pp. (2001. LSC) **603J. Free.**

U.S. and the Metric System. Explains how to use metric in everyday life. Includes metric conversion charts and more. 10 pp. (1997. DOC) **363J. 50¢.**

Where to Write for Vital Records. This useful guide offers listings for each state on how to obtain birth, death, marriage, and divorce certificates. 32 pp. (1999. CDC) **144J. \$3.00.**

Your Family Disaster Supplies Kit. Lists kinds of food, first aid supplies, tools, and other items you should stock for an emergency. 4 pp. (1995. FEMA) **364J. 50¢.**

PUBLICATION PRICING

As you look through the **Catalog**, you'll see that some booklets have an individual price and others do not. Booklets are offered without individual charge to the consumer if the sponsoring agency pays the printing and distribution costs. When a booklet has a sales price, the Government Printing Office (GPO) sets the price to cover these costs; prices vary accordingly. When a booklet is 50¢, the sponsoring agencies cover some of the costs paid by GPO.

online only

These best-sellers are no longer available in print from FCIC but their full text can be viewed on our website. Just visit:
www.pueblo.gsa.gov/online.htm

Keeping Family/Household Records.

Organize your bills, tax information, legal papers and other important documents. Learn what to keep and how to safeguard your important documents. (USDA)

Helping Your Child Become a Reader.

Here are ways to turn everyday activities into learning experiences for infants to 6-year-old children. (ED)

2001 Fuel Economy Guide. Information on fuel economy, purchasing a new or used car, insurance cost comparisons, automobile manufacturers, and more. (DOE)

A Consumer's Guide to Fats. Learn about the different kinds and what effect they have on your cholesterol level. (FDA)

Physical Activity and Nutrition: A Win-Win Combination. Covers frequently-asked questions about sports and nutrition. Includes a nutrient content chart for selected foods and how to participate in the Presidential Sports Award program. (PCPFS)

Helping Your Child Succeed in School.

15 fun activities to do with your children (ages 5-11) to help expand their imagination, learn to follow directions, be organized, and more. (ED)

Setting Goals for Weight Loss.

Maintaining a healthy weight has many benefits, but it's difficult to lose weight if your goals are unrealistic. (FTC)

The Student Guide to Financial Aid. This valuable resource explains federal grants, loans, work-study programs, and how to apply for them. (ED)

How to Find Your Way Under the Hood & Around the Car. Instructions for 14 preventive maintenance services you can perform on your car. (DOC)

Fixing Up Your Home and How to Finance It. Information about hiring a contractor, doing the work yourself, and the HUD Title 1 home improvement loan program. (HUD)

SPONSORING AGENCIES

The initials of the federal office sponsoring a publication appear in parentheses near the end of each description. The list below gives the agencies' full names.

AOA	Administration on Aging	HOUSE	U.S. House of Representatives
CDC	Centers for Disease Control	HUD	Dept. of Housing & Urban Development
CFTC	Commodity Futures Trading Commission	IRS	Internal Revenue Service
CMS	Centers for Medicare & Medicaid Services	JCP	Joint Committee on Printing
CPSC	Consumer Product Safety Commission	LOC	Library of Congress
DOC	Dept. of Commerce	LSC	Legal Services Corp.
DOE	Dept. of Energy	NARA	Nat'l Archives & Records Administration
DOI	Dept. of the Interior	NCI	Nat'l Cancer Institute
DOJ	Dept. of Justice	NEH	Nat'l Endowment for the Humanities
DOL	Dept. of Labor	NHTSA	Nat'l Highway Traffic Safety Administration
DOS	Dept. of State	NIAMS	Nat'l Institute of Arthritis & Musculoskeletal & Skin Diseases
DOT	Dept. of Transportation	NIH	Nat'l Institutes of Health
ED	Dept. of Education	NIMH	Nat'l Institute of Mental Health
EPA	Environmental Protection Agency	NIST	Nat'l Institute of Standards & Technology
FCIC	Federal Consumer Information Center	PBGC	Pension Benefit Guaranty Corp.
FDA	Food & Drug Administration	PCPFS	President's Council on Physical Fitness & Sports
FDIC	Federal Deposit Insurance Corp.	SBA	Small Business Administration
FEMA	Federal Emergency Mgmt. Agency	SEC	Securities & Exchange Commission
FRB	Federal Reserve Board	SSA	Social Security Administration
FSIS	Food Safety & Inspection Service	TREA	Dept. of the Treasury
FTC	Federal Trade Commission	USDA	U.S. Dept. of Agriculture
GSA	General Services Administration	VA	Dept. of Veterans Affairs
HHS	Dept. of Health & Human Services		

HOW TO ORDER

- On page 15, "Order Form for Publications," fill in the quantity and total price of the booklets you want. Add up the quantity and prices, then enter your totals in the spaces provided on page 16.



- Prices guaranteed until September 30, 2002.

Quantity Discount: If you order 100 or more copies of a single sales booklet, deduct 25% off the price of that booklet. **Discounts do not apply to 50¢ booklets.**

International Orders: To cover extra handling costs for shipments outside of the United States, add 25% to the total sales price of your order.

Payment & Ordering

- Send check or money order payable to "Superintendent of Documents" or use your VISA, MasterCard, American Express, Discover/Novus Card, or pre-paid GPO deposit account. Credit card orders must have the expiration date and your signature.
- **There is a \$2.00 service fee for any order containing free booklets (whether by mail, phone, web or fax) to help defray program costs. Supplies may be limited, so order today!**
- Please allow up to 4 weeks for delivery.

Mail: Send your order to:

FCIC - 02B
P.O. Box 100
Pueblo, CO 81002



Phone: Call toll-free **1-888-8PUEBLO**, that's 1-888-878-3256, to place your credit card or GPO deposit account order M-F, 9am to



8pm ET. Ask your operator about priority handling. For faster service, have booklet item numbers, titles, and payment information ready.

Internet: Visit us at **www.pueblo.gsa.gov** to view publications online and place an order for printed copies using our secure online ordering system.



Fax: Fax your credit card or GPO deposit account order to **719-948-9724**. Just fill in



the mailing label, order form, and payment information. Sorry, no COD orders or correspondence can be accepted.

Please send me...

If interested, please the boxes that apply to you, fill in the mailing label below, and return it to us with your order.

- ____ (quantity) free copies of next quarter's **Consumer Information Catalog**.
- Groups willing to distribute 10 or more copies of the **Consumer Information Catalog** each quarter may check here for a bulk mailing list application.

Name _____

02B

Address _____

City, State, Zipcode _____

- To receive occasional e-mail updates, notifications of new information, and special offers, send us your e-mail address. You may also sign up on the web (www.pueblo.gsa.gov) or call us toll-free at 1-888-878-3256. FCIC will not sell or share this information with others.

Please print clearly: _____

ORDER FORM FOR PUBLICATIONS

02B

Item #	Qty.	Price	Total \$	Item #	Qty.	Price	Total \$	Item #	Qty.	Price	Total \$
CARS				FEDERAL PROGRAMS				547J _____ FREE _____			
301J	_____	\$0.50	_____	111J	_____	\$1.50	_____	548J	_____	FREE	_____
302J	_____	\$0.50	_____	112J	_____	\$2.00	_____	549J	_____	FREE	_____
305J	_____	\$0.50	_____	318J	_____	\$0.50	_____	550J	_____	FREE	_____
307J	_____	\$0.50	_____	319J	_____	\$0.50	_____	607J	_____	FREE	_____
376J	_____	\$0.50	_____	320J	_____	\$0.50	_____	639J	_____	FREE	_____
605J	_____	FREE	_____	513J	_____	FREE	_____	<i>Drugs & Health Aids</i>			
CHILDREN				514J	_____	FREE	_____	520J	_____	FREE	_____
<i>Learning Activities</i>				515J	_____	FREE	_____	546J	_____	FREE	_____
310J	_____	\$0.50	_____	516J	_____	FREE	_____	554J	_____	FREE	_____
360J	_____	\$0.50	_____	<i>Benefits</i>				597J	_____	FREE	_____
501J	_____	FREE	_____	113J	_____	\$5.00	_____	598J	_____	FREE	_____
<i>Parenting</i>				517J	_____	FREE	_____	608J	_____	FREE	_____
370J	_____	\$0.50	_____	518J	_____	FREE	_____	<i>Exercise & Diet</i>			
503J	_____	FREE	_____	519J	_____	FREE	_____	122J	_____	\$1.25	_____
505J	_____	FREE	_____	521J	_____	FREE	_____	145J	_____	\$2.00	_____
506J	_____	FREE	_____	522J	_____	FREE	_____	325J	_____	\$0.50	_____
507J	_____	FREE	_____	523J	_____	FREE	_____	610J	_____	FREE	_____
627J	_____	FREE	_____	524J	_____	FREE	_____	620J	_____	FREE	_____
COMPUTERS				525J	_____	FREE	_____	<i>Medical Problems</i>			
312J	_____	\$0.50	_____	526J	_____	FREE	_____	123J	_____	\$1.00	_____
359J	_____	\$0.50	_____	527J	_____	FREE	_____	124J	_____	\$1.75	_____
361J	_____	\$0.50	_____	528J	_____	FREE	_____	147J	_____	\$1.00	_____
362J	_____	\$0.50	_____	529J	_____	FREE	_____	327J	_____	\$0.50	_____
368J	_____	\$0.50	_____	530J	_____	FREE	_____	329J	_____	\$0.50	_____
375J	_____	\$0.50	_____	531J	_____	FREE	_____	330J	_____	\$0.50	_____
618J	_____	FREE	_____	532J	_____	FREE	_____	502J	_____	FREE	_____
EDUCATION				FOOD				508J	_____	FREE	_____
101J	_____	\$2.50	_____	116J	_____	\$4.00	_____	534J	_____	FREE	_____
102J	_____	\$1.75	_____	118J	_____	\$1.00	_____	535J	_____	FREE	_____
509J	_____	FREE	_____	119J	_____	\$6.50	_____	556J	_____	FREE	_____
510J	_____	FREE	_____	321J	_____	\$0.50	_____	558J	_____	FREE	_____
EMPLOYMENT				533J	_____	FREE	_____	561J	_____	FREE	_____
103J	_____	\$1.75	_____	537J	_____	FREE	_____	562J	_____	FREE	_____
105J	_____	\$3.00	_____	541J	_____	FREE	_____	563J	_____	FREE	_____
106J	_____	\$4.75	_____	604J	_____	FREE	_____	565J	_____	FREE	_____
108J	_____	\$2.00	_____	638J	_____	FREE	_____	566J	_____	FREE	_____
109J	_____	\$2.50	_____	HEALTH				567J	_____	FREE	_____
250J	_____	\$14.00	_____	121J	_____	\$2.75	_____	568J	_____	FREE	_____
316J	_____	\$0.50	_____	251J	_____	\$13.50	_____	600J	_____	FREE	_____
377J	_____	\$0.50	_____	512J	_____	FREE	_____	612J	_____	FREE	_____
511J	_____	FREE	_____	542J	_____	FREE	_____	613J	_____	FREE	_____
628J	_____	FREE	_____	544J	_____	FREE	_____	614J	_____	FREE	_____

Continued on Next Page

Ship to: (Please print clearly)

Name _____

Address _____

City, State, Zipcode _____

Item #	Qty.	Price	Total \$
621J		FREE	_____
630J		FREE	_____
HOUSING			
<i>Financing & Sales</i>			
125J		\$2.00	_____
148J		\$2.00	_____
332J		\$0.50	_____
333J		\$0.50	_____
334J		\$0.50	_____
335J		\$0.50	_____
371J		\$0.50	_____
569J		FREE	_____
570J		FREE	_____
571J		FREE	_____
<i>Home Maintenance</i>			
104J		\$2.25	_____
126J		\$2.00	_____
127J		\$1.50	_____
129J		\$2.50	_____
130J		\$1.25	_____
146J		\$1.50	_____
149J		\$2.50	_____
150J		\$2.00	_____
304J		\$0.50	_____
336J		\$0.50	_____
337J		\$0.50	_____
338J		\$0.50	_____
536J		FREE	_____
573J		FREE	_____
631J		FREE	_____
MONEY			
365J		\$0.50	_____
574J		FREE	_____

Item #	Qty.	Price	Total \$
575J		FREE	_____
576J		FREE	_____
616J		FREE	_____
617J		FREE	_____
<i>Credit</i>			
303J		\$0.50	_____
340J		\$0.50	_____
341J		\$0.50	_____
342J		\$0.50	_____
343J		\$0.50	_____
344J		\$0.50	_____
345J		\$0.50	_____
372J		\$0.50	_____
<i>Investing & Saving</i>			
347J		\$0.50	_____
348J		\$0.50	_____
351J		\$0.50	_____
369J		\$0.50	_____
373J		\$0.50	_____
578J		FREE	_____
580J		FREE	_____
581J		FREE	_____
582J		FREE	_____
595J		FREE	_____
626J		FREE	_____
<i>Retirement Planning</i>			
367J		\$0.50	_____
583J		FREE	_____
584J		FREE	_____
585J		FREE	_____
586J		FREE	_____
587J		FREE	_____

Item #	Qty.	Price	Total \$
588J		FREE	_____
619J		FREE	_____
SMALL BUSINESS			
354J		\$0.50	_____
374J		\$0.50	_____
380J		\$0.50	_____
TRAVEL			
134J		\$2.00	_____
135J		\$3.00	_____
136J		\$1.25	_____
137J		\$1.25	_____
138J		\$1.75	_____
139J		\$1.25	_____
140J		\$1.75	_____
355J		\$0.50	_____
356J		\$0.50	_____
590J		FREE	_____
AND MORE...			
107J		\$2.25	_____
110J		\$2.50	_____
141J		\$2.00	_____
143J		\$3.25	_____
144J		\$3.00	_____
151J		\$2.00	_____
357J		\$0.50	_____
358J		\$0.50	_____
363J		\$0.50	_____
364J		\$0.50	_____
591J		FREE	_____
592J		FREE	_____
593J		FREE	_____
596J		FREE	_____
603J		FREE	_____

Total sales titles ordered _____ Total price \$ _____

Total free titles ordered _____ **If any, include \$2 service fee** \$ _____

Payment method: (Prices honored until 09/30/02) Total cost \$ _____

 Signature: _____

_____ / _____

Check/money order payable to "Superintendent of Documents" Expiration date

GPO Deposit Account _____ - _____



Visit the Federal Consumer Information Center website at:

www.pueblo.gsa.gov

Search the site, view the full text and order printed copies of all the publications listed in this **Catalog**. You'll also find the text of many other valuable consumer publications, consumer news, links to other helpful websites, and videos of our TV commercials!