

Consumer Information Catalog

Winter 2000-01

FREE

2001 CONSUMER
ACTION
HANDBOOK... *page 12*

**Introduction
to Mutual
Funds...** *page 11*

**MAKING
A WILL...** *page 10*

**Guide to
Federal
Government
Sales...** *page 4*

**HOW TO FIND
MEDICAL
INFORMATION...** *page 7*

IN THIS ISSUE...



CARS • CHILDREN • EDUCATION • EMPLOYMENT • FEDERAL PROGRAMS • FOOD
• HEALTH • HOUSING • MONEY • SMALL BUSINESS • TRAVEL • AND MORE...

Seeing 20-20...



Tired of wearing eyeglasses or contact lenses? Lasik eye surgery may offer you another option to correct your eyesight. Check out **Basik Lasik** on page 7 and find out if this corrective eye surgery is for you. Find out about the procedure, whether or not you may be a good candidate, how to find a surgeon, and more.

Will that be cash, check, or CHARGE?

Before you go hog wild on your credit card, make sure you know what you're getting into. **Credit Matters** on page 10 gives the basics on credit. Learn about establishing a good credit history, how to get the best deal on a credit card, how to protect your credit, and more.



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 can help you along the way. Use the guide's new car worksheet as a tool for bargaining with dealers. 2 pp. (1998. FTC) **301H. 50¢.**

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

Glove Box Tips. Five booklets to help you get your car ready for summer and winter driving, choose the right repair shop, and get the best work from your mechanic. 10 pp. (1994. EPA) **303H. 50¢.**

How to Find Your Way Under the Hood & Around the Car. Instructions for 14 preventive maintenance services you can perform on your car. 2 pp. (1993. DOC) **304H. 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) **305H. 50¢.**

Keys to Vehicle Leasing. Learn the difference between leasing and buying a car. Explains required information on a lease agreement, as well as your rights and responsibilities. 6 pp. (1997. FRB) **306H. 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) **307H. 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) **501H. Free.**

Helping Your Child Learn Geography. Teach 5-10 year old children geography in ways that are challenging and fun. 33 pp. (1996. ED) **308H. 50¢.**

Learning Activities for the Growth Season. A 7-week schedule listing daily, fun learning activities for elementary age children. Poster. (1997. ED) **309H. 50¢.**

Learning Partners. Activities to help your preschool or elementary aged child learn reading, math, science, history, writing, and much more. 30 pp. (1997. ED) **310H. 50¢.**

Timeless Classics. Lists nearly 400 books published before 1960 for children of all ages. Divided into K-12 grade groups. 2 pp. (1994. NEH) **311H. 50¢.**

parenting

Danger in the Home. Use this handy checklist to detect potential hazards to children and how to make your home a safer place. 4 pp. (1998. HUD) **502H. Free.**

Fun Play, Safe Play. Use this guide to discover the importance of play in your child's learning and development and how to buy safe toys. 24 pp. (1998. CPSC) **503H. Free.**

Growing Up Drug Free. Outlines what parents should know and can do to prevent or stop drug abuse, including alcohol and tobacco, at each age level. 46 pp. (1998. ED) **504H. Free.**

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) **505H. Free.**

Help Yourself to a Healthy Home: Protect Your Children's Health. Find out about potentially harmful products in your home and follow the easy action steps to keep your house healthy, especially if your family has allergies. 24 pp. (2000. HUD) **506H. Free.**

Learning Disabilities. Explains the differences between learning problems and disabilities. Chart shows language and reasoning skills to watch for at different ages and more. 40 pp. (1993. NIMH) **313H. 50¢.**

Parents' Guide to the Internet. Information on equipment and software, costs, surfing the Internet, getting e-mail, and protecting your privacy. Lists interesting and fun online resources for parents and children. 16 pp. (1997. ED) **314H. 50¢.**

Planning For Your Special Needs Child. Learn about setting up a legal guardian and planning for your child's financial, medical and educational needs. 14 pp. (1999. HHS) **507H. Free.**

Protecting Your Child. It's a parent's worst nightmare—a child lost or missing. Use this guide to teach your children about avoiding potential harm in person and in cyberspace. 12 pp. (1997. DOJ) **508H. Free.**

education

GED Diploma. Explains what the General Educational Development Diploma tests cover, how to prepare, and where to get more information. 16 pp. (1997. ED) **509H. 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) **101H. \$2.00.**

Planning for College. Strategies to help you plan for tuition and fees along with helpful charts for estimating future costs. 10 pp. (1996. TREA) **510H. Free.**

- *Check out the Investing & Saving section on page 10 for more great financial planning booklets.*

Think College? Me? Now? A Handbook for Students in Middle School and Junior High. Did you know students should start preparing for college in the seventh and eighth grades? Sound too early? Learn about the benefits of planning ahead for college. 24 pp. (1998. ED) **102H. \$1.25.**

employment

Changing Your Job. Use this guide to learn how to assess if your current job is right for you, what to do when you decide to look for a new job, and what happens to your benefits when you change jobs. 12 pp. (1998. DOL) **511H. Free.**

Employment Interviewing. Follow these preparation tips, including important questions to prepare for and to ask your potential employer. Use the advice on references, job fairs and follow-up letters to get the job. 9 pp. (2000. DOL) **103H. \$1.50.**

Health Benefits Under COBRA (Consolidated Omnibus Budget Reconciliation Act). How to keep or buy coverage for yourself and family after a job loss, reduced work hours, divorce, or death. 24 pp. (1994. DOL) **315H. 50¢.**

Help Wanted—Finding A Job. Describes both private companies and government agencies that offer help in finding a job. Lists precautions to take when contacting an employment service firm. 8 pp. (1996. FTC) **316H. 50¢.**

Here Today, Jobs of Tomorrow: Opportunities in Information Technology. This booklet discusses the high demand for information technology workers and if this field is right for you. 13 pp. (1998. DOL) **104H. \$2.00.**

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) **105H. \$2.50.**

Job Outlook in Brief, 1998-2008. Make the most of job trends now and in the future. Here's the forecast on job opportunities and what will be the most sought after skills. 39 pp. (2000. DOL) **106H. \$4.00.**

Matching Yourself With the World of Work. Don't fall into a job that might not be a perfect fit for you. Find out what to look for in your ideal job with this guide. 19 pp. (1998. DOL) **107H. \$2.25.**

Occupational Outlook Quarterly. Reviews new occupations, salaries, job trends, and much more. 1 year subscription, 4 issues. (DOL) **250H. \$9.50.**

OSHA: Employee Workplace Rights. What to do if you question the safety of, or hazards in your workplace. Lists addresses and phone numbers for more information. 28 pp. (1997. DOL) **512H. Free.**

Resumes, Applications, and Cover Letters. Use this guide's samples to format a winning cover letter and resume, and learn how new technology can help. 15 pp. (1999. DOL) **108H. \$1.50.**

Tips for Finding the Right Job. How to assess your skills and interests, create a resume, write cover letters, and prepare for a job interview. 27 pp. (1996. DOL) **109H. \$2.00.**

Tomorrow's Jobs. Discusses changes and trends in the economy, labor force, occupational growth, and more. 18 pp. (2000. DOL) **110H. \$2.50.**

What You Should Know About Your Pension Rights. This informative booklet details the rights, benefits, and protections you have under your pension plan. 48 pp. (1995. DOL) **317H. 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. 32 pp. (1996. DOJ) **513H. 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) **111H. \$1.00.**

A Guide to Disability Rights Laws. Covers the rights of persons with disabilities regarding fair housing, public accommodations, education, employment, and more. 14 pp. (1996. DOJ) **514H. Free.**

Guide to Federal Government Sales. Explains how to buy homes, cars, and other property from 17 federal sales programs. 19 pp. (1998. GSA) **112H. \$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. (1998. GSA) **318H. 50¢.**

National Sellers List. The government sells real estate and personal property that has been forfeited to federal law enforcement agencies. Here's a list of addresses and phone numbers for dealers who sell these items. 8 pp. (1999. DOJ) **319H. 50¢.**

Social Security: Your Number and Card. Explains why we have social security numbers, when and how to get one, and how to protect its privacy. 2 pp. (1999. SSA) **515H. 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) **516H. 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. 26 pp. (1996. DOJ/GSA) **320H. 50¢.**

benefits

Choosing a Doctor: A Guide for People With Medicare. Useful information to find the right doctor, with worksheets to help decide what you want in a doctor, questions to ask, and more. 31 pp. (2000. HCFA) **517H. Free.**

Choosing a Hospital: A Guide for People With Medicare. Here are tips on choosing the best possible facility when you or a family member need hospital care. 19 pp. (2000. HCFA) **518H. Free.**

Choosing Treatments: A Guide for People With Medicare. Provides advice and worksheets to help you work with your doctor to develop the best treatment plan for any health problem. 31 pp. (2000. HCFA) **519H. 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. 105 pp. (2000. VA) **113H. \$5.00.**

The Future of Social Security. Find out more about today's Social Security system so you can help shape the system of tomorrow. 8 pp. (1999. SSA) **520H. Free.**

Medicare & You 2001. Here are detailed facts about your Medicare benefits and the health plan options available to you. Includes a telephone directory of contacts and a worksheet for comparing Medicare health plans. 74 pp. (2000. HCFA) **114H. \$7.00.**

Medicare and Home Health Care. This guide outlines what aspects of home health care are covered under Medicare, questions to ask when choosing home health care, and more. 21 pp. (1999. HCFA) **521H. Free.**

Medicare and Other Health Benefits: Your Guide to Who Pays First. Use this guide to help you determine whether Medicare or your other insurance pays first when you receive health care. 37 pp. (2000. HCFA) **522H. Free.**

Medicare and Your Mental Health Benefits. Your mental health is an important part of your overall well-being. Use this guide to learn what is covered under Medicare. 9 pp. (2000. HCFA) **523H. 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. HCFA) **524H. 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. HCFA) **525H. Free.**

Medicare Worksheet for Comparing Medicare Health Plans. Health care coverage decisions aren't always easy. Check off these easy-to-follow points and get the best plan for your needs. 9 pp. (2000. HCFA) **526H. Free.**

Pay it Right! Protecting Medicare from Fraud. Each year, fraudulent claims increase Medicare expenses and premiums. Learn how to spot warning signs of fraud and how to report errors and concerns. 7 pp. (2000. HCFA) **527H. Free.**

Request for Earnings and Benefit Estimate Statement. A form to complete and return to Social Security to get your earnings history and an estimate of future benefits. 3 pp. (2000. SSA) **528H. 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) **529H. Free.**

Social Security: Understanding the Benefits. Explains retirement, disability, survivor's benefits, Medicare coverage, Supplemental Security Income, and more. 41 pp. (2000. SSA) **530H. Free.**

Social Security: What Every Woman Should Know. Discusses how a woman's benefits may be affected by disability, divorce, widowhood, retirement, or other special situations. 19 pp. (1999. SSA) **531H. Free.**

Your Medicare Benefits. It's important to be familiar with what your health care plan covers. Learn about both hospital and medical insurance with this booklet. 13 pp. (1999. HCFA) **532H. Free.**

food

Action Guide for Healthy Eating. This guide gives helpful hints to help you include more low fat, high-fiber foods in your diet. 17 pp. (1996. NCI) **533H. Free.**

Bulking Up Fiber's Healthful Reputation. Explains how a high fiber diet is associated with a reduced risk of certain cancers, digestive disorders, and other ailments. 5 pp. (1999. FDA) **534H. Free.**

A Consumer's Guide to Fats. Learn about the different kinds and what effect they have on your cholesterol level. 6 pp. (2000. FDA) **535H. Free.**

Dietary Guidelines for Americans 2000. This full-color guide shows you how to use 10 guidelines to set a healthy weight goal, balance daily nutrition, and promote good health. 44 pp. (2000. USDA) **115H. \$4.75.**

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) **116H. \$3.25.**

Eating for Life. Tips on how to make healthful, appetizing food choices at home and when eating out. 23 pp. (1993. NIH) **117H. \$1.25.**

Food Guide Pyramid. This easy-to-read guide can help you select the nutrients you need and reduce the fat, cholesterol, and sodium in your diet. 29 pp. (1996. USDA) **118H. \$1.00.**

Fruits & Vegetables: Eating Your Way to 5 A Day. Eating fruits and vegetables can reduce the risk of heart disease and cancer. Gives ideas to help you meet the 5 A Day goal. 6 pp. (1998. FDA) **536H. Free.**

Growing Older, Eating Better. Good nutrition can lessen the effects of aging and disease and improve the quality of life. Discusses the various causes of poor nutrition and how it can be improved. 5 pp. (1997. FDA) **537H. Free.**

Listeriosis and Food Safety Tips. Eating foods with the listeria bacteria can seriously affect pregnant women, newborns, and older adults. Learn about this illness, its symptoms, and how you can prevent it. 8 pp. (1999. FSIS) **538H. Free.**

Preventing Food-Borne Illness. Describes the bacteria that causes food-borne illness and how to handle food safely. Use the storage guidelines chart to know when to throw away those leftovers. 8 pp. (2000. FDA) **539H. Free.**

Recipes and Tips for Healthy, Thrifty Meals. How to create healthy, budget-friendly meals—with tips on planning meals, shopping lists, a sample 2-week menu, and 40 great recipes. 76 pp. (2000. USDA) **119H. \$4.25.**

Sugar Substitutes: Americans Opt for Sweetness and Lite. A sweet tooth can sabotage your effort to cut calories. Use this guide to find out about the low-calorie sugar substitutes available and how they fit into your diet. 5 pp. (2000. FDA) **540H. Free.**

Use a Food Thermometer. Don't judge meat by its color—it can make you sick. Get the right thermometer and use the handy temperature chart for safe, delicious food. 3 pp. (2000. FSIS) **541H. Free.**

Using the Dietary Guidelines for Americans. How to choose a diet that will taste good, be nutritious, and reduce chronic disease risks. 2 pp. (2000. USDA) **321H. 50¢.**

health

Cosmetic Laser Surgery: A High-Tech Weapon in the Fight Against Aging Skin. Lasers can help remove facial wrinkles and lines. This guide explains the procedure, its risks, how to tell if it's right for you, and what to look for in a surgeon. 4 pp. (2000. FDA) **542H. Free.**

FDA Consumer. Get the latest medical news with a 6-issue subscription to this publication. (FDA) **251H. \$12.00.**

Getting Information From FDA. Learn more about the Food and Drug Administration (FDA), what it does, and what information it can give you. 3 pp. (1998. FDA) **543H. Free.**

How to Find Medical Information. This book will guide you through a variety of resources—from your local library, to the federal government, to the Internet—to help you get info on an illness or disorder. 24 pp. (2000. NIAMS) **544H. Free.**

Questions to Ask Your Doctor Before You Have Surgery. Use this booklet to become a better informed and prepared patient. 13 pp. (1995. HHS) **120H. \$1.00.**

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) **121H. \$2.50.**

Sun, UV, and You. Explains what the UV (ultraviolet radiation) index is and how you can use it to avoid skin cancer, premature aging of the skin, and more. 12 pp. (1998. EPA) **545H. Free.**

Understanding Breast Changes: A Health Guide for All Women. Describes the various types of breast changes that women experience. Also discusses breast cancer screening, diagnosis, treatment, and prevention. 52 pp. (1998. NCI) **546H. Free.**

Understanding Prostate Changes: A Health Guide for All Men. Learn about prostate enlargement and prostate cancer, including screening and treatment. 38 pp. (1999. NCI) **547H. 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) **548H. Free.**

Your Guide to Choosing a Nursing Home. Discusses what to look for in a nursing home and alternatives to nursing homes. Includes an evaluation checklist and a list of helpful resources. 37 pp. (1999. HCFA) **549H. Free.**

drugs & health aids

An Aspirin a Day...Just Another Cliché? You may reach for aspirin when you have a headache, but can aspirin really help reduce the risk of heart attack and stroke? Read about the benefits of aspirin in preventing cardiovascular disease and if taking it is right for you. 4 pp. (1999. FDA) **550H. Free.**

Basik Lasik. Learn the details about Lasik eye surgery, who is a good candidate, how to find a surgeon, possible risks and complications, and alternatives to Lasik. 5 pp. (2000. FTC) **322H. 50¢.**

Buying Drugs Online. A new advantage of the Internet is being able to buy your prescription drugs online. Explains how online sales work, how to check for professional certification, and warning signs that a web site may be fraudulent. 6 pp. (2000. FDA) **551H. Free.**

It's Quittin'Time. Describes the benefits and side effects of five stop-smoking aids: the anti-smoking pill, nasal spray, inhaler, nicotine patch and gum. Gives suggestions on creating a plan to stop smoking and more. 5 pp. (1998. FDA) **552H. Free.**

Keeping an Eye on Contact Lenses. Describes the different types of contact lenses available, proper care, safety concerns, and potential problems. 5 pp. (1998. FDA) **553H. Free.**

Medications and Older Adults. Suggestions on how to prevent dangerous drug combinations, how to make taking medications easier, how to remember medication, and how to cut their cost. 4 pp. (1998. FDA) **554H. Free.**

New Drug Label Spells It Out Simply. Do you find it hard to read what's on the labels of over-the-counter medicines? That's about to change. Read the sample new label and see the difference. 4 pp. (1999. FDA) **555H. Free.**

exercise & diet

Do You Know the Health Risks of Being Overweight? Being overweight increases your chances of developing serious health problems, like heart disease, diabetes, or cancer. This guide can help you lose weight safely and develop a healthier lifestyle. 10 pp. (1998. NIH) **323H. 50¢.**

Walking for Exercise and Pleasure. Includes illustrated warm-up exercises and advice on how far, how fast, and how often to walk for best results. 14 pp. (1998. PCPFS) **122H. \$1.00.**

Weight Loss for Life. This guide will help you learn how to lose weight safely and stay healthy. 20 pp. (1998. NIH) **324H. 50¢.**

Weight Loss: Finding a Weight Loss Program That Works For You. Fill in the personal health profile, 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) **325H. 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) **556H. Free.**

Arthritis: Timely Treatments for an Ageless Disease. This guide explains the types of arthritis, new treatments available, unproven remedies to guard against, and more. 6 pp. (2000. FDA) **557H. Free.**

Atopic Dermatitis. Individuals with atopic dermatitis, or eczema, suffer from a chronic disease that causes extremely itchy, inflamed skin. Find out more about this disease, its symptoms, and treatments. 37 pp. (1999. NIAMS) **558H. Free.**

Attention Deficit Hyperactivity Disorder. Discusses symptoms, causes, diagnosis, and treatments of this disorder which affects many children and young people. 42 pp. (1994. NIMH) **326H. 50¢.**

Bone Marrow Transplants Come of Age. Bone marrow transplants save patients from diseases that once had no cure. Learn about the types of transplants, the transplant process, post transplant recovery, and donating bone marrow. 6 pp. (2000. FDA) **559H. Free.**

Breast Cancer: Better Treatments Save More Lives. Every three minutes in the U.S., a woman learns she has breast cancer. Find out about improved diagnostic techniques, the stages of breast cancer, and new treatments and drugs that are available. 5 pp. (2000. FDA) **560H. Free.**

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

Do I Have Arthritis? Arthritis affects your health, your family, even your financial life. Read about common signs of arthritis and how medications and exercise can help. 28 pp. (2000. NIAMS) **561H. Free.**

Fever Blisters & Canker Sores. Explains causes, treatments, and research on these mouth infections. 12 pp. (1992. NIH) **327H. 50¢.**

Getting Treatment for Panic Disorder. More than 3 million American adults have episodes of intense, disabling fear. Learn when you need help and what treatment options are available. 5 pp. (1994. NIMH) **562H. Free.**

Lupus. Lupus is a disease in which the immune system attacks the body's healthy cells and tissues. Consult this guide's information charts for warning signs and available treatments. 33 pp. (1997. NIAMS) **563H. Free.**

New Hope For People With Sickle Cell Anemia. Sickle cell anemia is a painful disease. But there may be a new hope for treating this disease—a new drug called Hydroxyurea. Find out more about this new drug and how its used. 5 pp. (1999. FDA) **564H. Free.**

Noninsulin-Dependent Diabetes. About 90% to 95% of diabetics in the U.S. have noninsulin-dependent diabetes. Use this guide to learn more about this type of diabetes, who is at risk, and how it is treated. 35 pp. (1992. NIH) **328H. 50¢.**

Osteoarthritis. The most common type of arthritis is osteoarthritis, especially among older individuals. This guide discusses its symptoms (pain, swelling, and loss of motion) and treatments, and also illustrates helpful exercises. 36 pp. (1999. NIAMS) **565H. Free.**

Preventing Stroke. Stroke is the third leading killer in the U.S. and the most common cause of adult-disability. Find out more with this booklet and estimate your risk with its informative stroke-risk chart. 8 pp. (1995. NIH) **329H. 50¢.**

Rheumatoid Arthritis. This disease affects the everyday activities of 2.1 million people in the U.S. This publication discusses diagnosis and treatment and also has a medication chart for drug benefits and side effects. 33 pp. (1998. NIAMS) **566H. Free.**

So You Have High Blood Cholesterol. High blood cholesterol can increase your risk of heart disease. Here are the facts about high cholesterol and how to lower yours. 36 pp. (1993. NIH) **124H. \$1.75.**

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

Understanding Treatment Choices for Prostate Cancer. Newly diagnosed prostate cancer patients and their families face many treatment choices. Here's information on how prostate cancer is diagnosed, available treatment options, and follow-up care. 44 pp. (2000. NCI) **568H. Free.**

Urinary Tract Infections in Adults. Urinary tract infections are a common but serious health problem. Find out more about the causes, symptoms, and treatments available. 8 pp. (1999. NIH) **330H. 50¢.**

Varicose Vein Treatments. Explains treatments, risks, side effects, what to ask your doctor, and more. 2 pp. (1994. FTC) **331H. 50¢.**

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 loan programs, insurance, taxes, and more. 40 pp. (1998. HUD) **569H. 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 loan. 35 pp. (1997. HUD) **125H. \$1.75.**

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) **332H. 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) **570H. Free.**

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

HUD Home Buying Guide. Here are step-by-step instructions for finding and financing a HUD home. Includes charts to help you estimate mortgage payments. 11 pp. (1999. HUD) **571H. Free.**

Looking for the Best Mortgage—Shop, Compare, Negotiate. Using these 3 steps can save you thousands of dollars on a home loan or mortgage. Find many useful tips in this booklet. 7 pp. (1999. FRB) **334H. 50¢.**

Twelve Ways to Lower Your Homeowners Insurance Costs. Practical tips to help reduce your expenses. Lists phone numbers of state insurance departments for more information. 4 pp. (1995. HHS) **335H. 50¢.**

home maintenance

Am I Covered? Answers 15 common questions regarding homeowners insurance and explains what is covered in a standard policy. 9 pp. (1997. HHS) **336H. 50¢.**

Cooling Your Home Naturally. Ways to save electricity and keep your home cool with landscaping, roof treatments, and more. 8 pp. (1994. DOE) **126H. \$1.00.**

Elements of an Energy-Efficient House. Learn the benefits of having these elements—a well-built thermal envelope, controlled ventilation, high-efficiency heating and cooling systems, and energy-efficient doors, windows, and appliances. 8 pp. (2000. DOE) **127H. \$1.00.**

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

Healthy Lawn, Healthy Environment. Tips on soil preparation, grasses, watering, mowing, pesticides, choosing a lawn care service, and more. 19 pp. (1992. EPA) **338H. 50¢.**

Homeowner's Glossary of Building Terms. Taking on a home improvement project can open a whole new world of terms you may not know. Here's a quick reference to help you keep up with the language of the trade. 12 pp. (1996. HUD) **128H. \$1.75.**

How to Prune Trees. Illustrated guide shows what to do, what not to do, tools to use and when for healthy, strong trees. 30 pp. (1995. USDA) **129H. \$1.50.**

Making Your Home Safe from Fire and Carbon Monoxide. Tips on preventing fires, creating an emergency exit plan, what types of safety equipment you need, and more. 6 pp. (2000. USDA) **572H. Free.**

PowerSmart: Easy Tips to Save Money and the Planet. Learn how to make energy-efficient choices that are good for your family, your finances, and the environment without sacrificing comfort. 24 pp. (1998. DOE/EPA) **573H. 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) **130H. \$1.00.**

Should You Have Your Air Ducts in Your Home Cleaned? Tips on deciding if your ducts need cleaning, choosing a cleaning service, evaluating health claims, and keeping ducts clean. 20 pp. (1997. EPA) **131H. \$2.00.**

money

Cold Calling. When can sellers legally call? How can you stop them, what are the signs of a scam or fraud, and who can you contact for help? 15 pp. (1998. SEC) **339H. 50¢.**

Establishing a Trust Fund. Trust funds can be a handy financial tool for many people. Learn what trusts can and can't do, their benefits, the role of a trustee, and more. 10 pp. (1996. LSC) **574H. Free.**

Making a Will. Explains why a will is important, how to prepare one, what to include, and how to keep it current. 12 pp. (1996. LSC) **575H. 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) **576H. Free.**

credit

Bankruptcy Basics. There are 5 basic types of bankruptcy cases used to obtain relief from debt. Learn the differences in debts discharged, assets kept, forms needed, where to file, and more. 69 pp. (1999. AOUSC) **132H. \$3.50.**

Consumer Handbook to Credit Protection Laws. Explains how 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) **340H. 50¢.**

Credit Matters. Learn how to qualify for credit, keep a good credit history, get the best deal on a credit card, protect your credit once you have it, and how to deal with credit errors. 5 pp. (2000. FTC) **341H. 50¢.**

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

Fair Debt Collection. Describes what debt collectors may and may not do if you owe money. How and where to complain if you are harassed, threatened, or abused. 2 pp. (1996. FTC) **343H. 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) **344H. 50¢.**

ID Theft: When Bad Things Happen to Your Good Name. Protect your banking and credit info with this helpful guide. Includes resources to contact, and a sample letter to follow to officially report a dispute. 21 pp. (2000. FTC) **345H. 50¢.**

Managing Your Debts: How to Regain Financial Health. Learn where to begin—what you can do for yourself, how credit counseling can help, facts about bankruptcy, and more. 2 pp. (1994. HHS) **346H. 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. HHS) **347H. 50¢.**

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

Get the Facts on Saving and Investing. Use this guide's helpful tips and worksheets for calculating net worth, income, and expenses. 18 pp. (1998. SEC) **349H. 50¢.**

I Bonds Investor's Guide. Follow this easy-to-read Q&A format to find out if I Bonds are a good way for you to save and invest money. 6 pp. (1997. TREA) **350H. 50¢.**

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

Investment Swindles: How They Work and How to Avoid Them. Protect yourself against illegal, yet legitimate-sounding, telemarketing and direct mail offers. 22 pp. (1994. CFTC) **577H. Free.**

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

Planning Financial Security. Here's a helpful step-by-step guide to improving your financial future. It features a worksheet to help track your spending, tips on creating a spending plan, and an investor's checklist. 12 pp. (1997. USDA) **579H. 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) **580H. Free.**

U.S. Savings Bonds Investor Information. Detailed information on bond purchase, interest, maturity, replacement, redemption, exchange, and taxes. 14 pp. (1996. TREA) **352H. 50¢.**

What You Should Know About Financial Planning. Are you planning to buy a house or retire in the near future? This useful guide discusses the benefits of financial planning for these and other life-changing events. 13 pp. (1998. SEC) **581H. Free.**

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) **582H. Free.**

retirement planning

401(k) Plans. Covers what these retirement plans are and how they differ from other investment options. Learn what happens when you change employers, what to do if you need the money before retirement, and investing tips for your 401(k) plan. 14 pp. (2000. TREA) **583H. Free.**

Annuities. An important tool in planning your retirement may be annuities. Use this guide's helpful quiz to see if annuities are right for you. 11 pp. (1997. USDA) **584H. Free.**

Finding a Lost Pension. Thousands of retired workers in the U.S. are entitled to pensions that they have not claimed. Here's how to find out if you have a lost pension, where to search, documents you'll need, and what to do when you find your pension fund. 36 pp. (2000. PBGC) **133H. \$2.00.**

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

Top 10 Ways to Beat the Clock and Prepare for Retirement. Gives practical tips to build your retirement savings and lists resources for more information. 2 pp. (1998. DOL) **586H. Free.**

Women and Pensions. Provides a checklist of questions to ask about retirement benefits, including plan type, eligibility, penalties, spousal benefits, and more. 6 pp. (1998. DOL) **587H. Free.**

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

small business

Avoiding Office Supply Scams. Learn the most common office scams and tips to avoid receiving overpriced or unordered merchandise. 5 pp. (1999. FTC) **353H. 50¢.**

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

SBA Programs & Services. Find out how SBA can help you start or expand a business. Describes SBA's financial assistance programs, business development programs, and more. 36 pp. (2000. SBA) **589H. Free.**

travel

Fly Smart. Lists more than 30 steps you can take to help make your flight a safe one. Includes a passenger checklist. 2 pp. (1994. DOT) **590H. 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) **134H. \$1.75.**

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) **135H. \$3.00.**

National Park System Map and Guide. Full color map lists activities at more than 300 parks, monuments, and historic sites. (1999. DOI) **136H. \$1.25.**

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

National Wildlife Refuges: A Visitor's Guide. Use this full color map to plan a visit and learn about hundreds of endangered species and their habitats. (1998. DOI) **138H. \$1.50.**

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) **355H. 50¢.**

Travel Smart. Tips on getting info on countries around the world—from health and safety warnings to passport and visa requirements. Also covers what records to copy and where to keep them. 6 pp. (1999. DOS) **356H. 50¢.**

Washington: The Nation's Capital. This historic city houses the U.S. government and has many important landmarks. Use this guide to learn more about our country's heritage by exploring Washington D.C. (1998. DOI) **139H. \$1.25.**

Your Trip Abroad. Traveling abroad can be exciting and educational. This booklet can help you prepare so you get the most from your vacation. 48 pp. (1998. DOS) **140H. \$1.50.**

and more...

Civil War at a Glance. This full color map illustrates and briefly describes major Civil War battle campaigns. (1998. DOI) **141H. \$1.25.**

Conserving the Nature of America. Beautiful photos show how the U.S. Fish and Wildlife Service protects the fish, wildlife, and plants in more than 500 National Wildlife Refuges. Also provides info on volunteer and recreational opportunities. 24 pp. (1999. DOI) **591H. Free.**

Consumer Action Handbook. No consumer should be without this helpful guide. It provides assistance with consumer problems and complaints, including a sample complaint letter. Lists consumer contacts at hundreds of companies and trade associations, state and federal government agencies, local and national consumer organizations, and much more. 148 pp. (2000. FCIC) **592H. Free.**

Fishing Is Fun for Everyone. You'll fall for fishing hook, line, and sinker. 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) **593H. Free.**

For the Birds. How to attract different species of birds, feed them, and build or buy suitable homes. 50 pp. (1997. DOI) **357H. 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) **358H. 50¢.**

Internet Auctions: A Guide for Buyers and Sellers. Internet auctions offer a great way to buy or sell all kinds of products. Find out how auctions work, payment options, and how to protect yourself. 18 pp. (2000. FTC) **359H. 50¢.**

Mud & Guts. We all know about George Washington and Valley Forge, but what was life like for average soldiers in the American Revolution? Find out about their food, weapons, clothing, diseases, and more with these down-to-earth stories and humorous cartoons by Bill Mauldin. 58 pp. (1978. DOI) **142H. \$8.50.**

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) **360H. 50¢.**

Our Flag. You may have grown up saluting the flag each morning at school. But are you familiar with its history and customs? Here is everything you want to know about the flag. 52 pp. (1998. JCP) **143H. \$2.50.**

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) **361H. 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) **362H. 50¢.**

Smart Consumer's Guide to Telephone Service. Handy tips on shopping for telephone service and discusses what help is available for low-income consumers. 4 pp. (2000. FCC) **594H. 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) **363H. 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) **144H. \$2.50.**

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) **364H. 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.

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.

AOUCS	Administrative Office of the United States Courts	HHS	Dept. of Health & Human Services
CDC	Centers for Disease Control	HUD	Dept. of Housing & Urban Development
CFTC	Commodity Futures Trading Commission	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	NCI	Nat'l Cancer Institute
DOI	Dept. of the Interior	NEH	Nat'l Endowment for the Humanities
DOJ	Dept. of Justice	NIAMS	Nat'l Institute of Arthritis & Musculoskeletal & Skin Diseases
DOL	Dept. of Labor	NIH	Nat'l Institutes of Health
DOS	Dept. of State	NIMH	Nat'l Institute of Mental Health
DOT	Dept. of Transportation	PBGC	Pension Benefit Guaranty Corp.
ED	Dept. of Education	PCPFS	President's Council on Physical Fitness & Sports
EPA	Environmental Protection Agency	SBA	Small Business Administration
FCIC	Federal Consumer Information Center	SEC	Securities & Exchange Commission
FDA	Food and Drug Administration	SSA	Social Security Administration
FDIC	Federal Deposit Insurance Corp.	TREA	Dept. of the Treasury
FEMA	Federal Emergency Mgmt. Agency	USDA	U.S. Dept. of Agriculture
FRB	Federal Reserve Board	USPS	U.S. Postal Service
FSIS	Food Safety and Inspection Service	VA	Dept. of Veterans Affairs
FTC	Federal Trade Commission		
GSA	General Services Administration		
HCFA	Health Care Financing Administration		

HOW TO ORDER

Sales Booklets



- On page 15, "Order Form for Sales Booklets," fill in the quantity and total price of the sales booklets you want.

- Add up the quantity and prices, then enter your totals in the spaces provided.

- Prices guaranteed until June 30, 2001.

Quantity Discount: If you order 100 or more copies of a single sales booklet, deduct 25% off the price of this 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.

Free Booklets

- On the back cover, "Order Form for Free Booklets," circle the item number for each free title you want.

- Add up the total number of free titles ordered and fill in the space provided on pages 15 and 16.

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!

Payment and Ordering

- Send check or money order payable to "Superintendent of Documents" or use your VISA, MasterCard, Discover/Novus Card, or prepaid GPO deposit account. **Credit card orders must include the expiration date and your signature.**

- Please allow 4 weeks for delivery.



Mail: Address your order as follows:

For free booklets only, use:

For all other orders, use:

**S. James
CIC - 01A
P.O. Box 100
Pueblo, CO 81002**

**R. Woods
CIC - 01A
P.O. Box 100
Pueblo, CO 81002**

Don't forget—the \$2.00 service still applies even if you order only free booklets!

Phone: Call toll-free 1 (888) 8 PUEBLO, that's 1 (888) 878-3256, to place your credit card or GPO deposit account order M-F, 9am to 8pm ET. Priority handling is available on telephone orders; ask your operator for details. For faster service, have booklet item numbers, titles, and payment information ready.



Internet: Visit us at www.pueblo.gsa.gov to see 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...

- ___ (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.

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

Name _____

01A

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 SALES BOOKLETS 01A

Qty.	Price	Total \$	Qty.	Price	Total \$	Qty.	Price	Total \$
101H	\$ 2.00	_____	138H	\$ 1.50	_____	329H	\$.50	_____
102H	\$ 1.25	_____	139H	\$ 1.25	_____	330H	\$.50	_____
103H	\$ 1.50	_____	140H	\$ 1.50	_____	331H	\$.50	_____
104H	\$ 2.00	_____	141H	\$ 1.25	_____	332H	\$.50	_____
105H	\$ 2.50	_____	142H	\$ 8.50	_____	333H	\$.50	_____
106H	\$ 4.00	_____	143H	\$ 2.50	_____	334H	\$.50	_____
107H	\$ 2.25	_____	144H	\$ 2.50	_____	335H	\$.50	_____
108H	\$ 1.50	_____	250H	\$ 9.50	_____	336H	\$.50	_____
109H	\$ 2.00	_____	251H	\$12.00	_____	337H	\$.50	_____
110H	\$ 2.50	_____				338H	\$.50	_____
111H	\$ 1.00	_____	301H	\$.50	_____	339H	\$.50	_____
112H	\$ 2.00	_____	302H	\$.50	_____	340H	\$.50	_____
113H	\$ 5.00	_____	303H	\$.50	_____	341H	\$.50	_____
114H	\$ 7.00	_____	304H	\$.50	_____	342H	\$.50	_____
115H	\$ 4.75	_____	305H	\$.50	_____	343H	\$.50	_____
116H	\$ 3.25	_____	306H	\$.50	_____	344H	\$.50	_____
117H	\$ 1.25	_____	307H	\$.50	_____	345H	\$.50	_____
118H	\$ 1.00	_____	308H	\$.50	_____	346H	\$.50	_____
119H	\$ 4.25	_____	309H	\$.50	_____	347H	\$.50	_____
120H	\$ 1.00	_____	310H	\$.50	_____	348H	\$.50	_____
121H	\$ 2.50	_____	311H	\$.50	_____	349H	\$.50	_____
122H	\$ 1.00	_____	313H	\$.50	_____	350H	\$.50	_____
123H	\$ 1.00	_____	314H	\$.50	_____	351H	\$.50	_____
124H	\$ 1.75	_____	315H	\$.50	_____	352H	\$.50	_____
125H	\$ 1.75	_____	316H	\$.50	_____	353H	\$.50	_____
126H	\$ 1.00	_____	317H	\$.50	_____	354H	\$.50	_____
127H	\$ 1.00	_____	318H	\$.50	_____	355H	\$.50	_____
128H	\$ 1.75	_____	319H	\$.50	_____	356H	\$.50	_____
129H	\$ 1.50	_____	320H	\$.50	_____	357H	\$.50	_____
130H	\$ 1.00	_____	321H	\$.50	_____	358H	\$.50	_____
131H	\$ 2.00	_____	322H	\$.50	_____	359H	\$.50	_____
132H	\$ 3.50	_____	323H	\$.50	_____	360H	\$.50	_____
133H	\$ 2.00	_____	324H	\$.50	_____	361H	\$.50	_____
134H	\$ 1.75	_____	325H	\$.50	_____	362H	\$.50	_____
135H	\$ 3.00	_____	326H	\$.50	_____	363H	\$.50	_____
136H	\$ 1.25	_____	327H	\$.50	_____	364H	\$.50	_____
137H	\$ 1.25	_____	328H	\$.50	_____			

Total sales titles ordered _____ Total sales price \$ _____

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

Payment method: (Prices honored until 06/30/01) Total cost \$ _____

   _____

Signature: _____

____ / ____

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

GPO Deposit Account _____

This is your mailing label. Please print in ink or type. Do not detach.

Name _____

Address _____

City, State, Zipcode _____

ORDER FORM FOR FREE BOOKLETS

01A

- Circle the item numbers of the titles you want below.
- Multiple copies of some of the free titles are available. Please call toll-free 1-888-878-3256 for more information.

501H	520H	539H	558H	577H
502H	521H	540H	559H	578H
503H	522H	541H	560H	579H
504H	523H	542H	561H	580H
505H	524H	543H	562H	581H
506H	525H	544H	563H	582H
507H	526H	545H	564H	583H
508H	527H	546H	565H	584H
509H	528H	547H	566H	585H
510H	529H	548H	567H	586H
511H	530H	549H	568H	587H
512H	531H	550H	569H	588H
513H	532H	551H	570H	589H
514H	533H	552H	571H	590H
515H	534H	553H	572H	591H
516H	535H	554H	573H	592H
517H	536H	555H	574H	593H
518H	537H	556H	575H	594H
519H	538H	557H	576H	

- The total number of free titles ordered is _____. Also fill in this number on page 15. **Don't forget to include the \$2.00 service fee.**

WHERE TO SEND YOUR ORDER

If you order **ONLY** free booklets, use:

S. James
CIC - 01A
P.O. Box 100
Pueblo, CO 81002

For all other orders, use:

R. Woods
CIC - 01A
P.O. Box 100
Pueblo, CO 81002

Also order booklets by calling toll-free **1 (888) 8 PUEBLO** (1-888-878-3256), by fax 719-948-9724, or by Internet. See page 14 for details.

Visit the Federal Consumer Information Center web site 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 web sites, and videos of our TV commercials!



U.S. General Services Administration
Federal Consumer Information Center



Federal Recycling Program
Printed on Recycled Paper