

PRIME
REALTY GROUP LLC

IN RICH SCHOOLS



★ ★ ★ ★ FROM ★ ★ ★ ★
UNCLE SAM

Billions of \$\$\$ in FREE Stuff!

★ **Loans!** ★ **Scholarships!**
★ **Subsidies!** ★ **Grants!**

BONUS
Where to buy Gov't Surplus
for "peanuts"

TABLE OF CONTENTS

WELCOME AND INTRODUCTION	3
ABOUT THIS BOOK.....	3
WHERE TO DIG UP THE INFORMATION YOU NEED	3
USE THE LIBRARY	4
HOW TO USE THIS BOOK.....	4
INSTRUCTIONS	5
ABOUT THIS BOOK	5
ABOUT OUR COMPANY.....	5
SPECIAL TEACHER PROGRAMS	5
SUBMITTING NEW OPPORTUNITIES OR CORRECTIONS.....	5
SAMPLE LETTER	5
TERMS AND ABBREVIATIONS	5
THE INFORMATION.....	6
2007 EDITION.....	6
BENEFIT PROGRAMS.....	7
FEDERAL BENEFITS	7
GOVERNMENT – OTHER FEDERAL BENEFITS	18
GOVERNMENT – FOOD	18
GOVERNMENT - HEALTH & MEDICAL	19
GOVERNMENT – KIDS	21
STATE BENEFITS	23
STATE BENEFITS-FOOD STAMPS	27
WHERE TO BUY GOVERNMENT SURPLUS ITEMS.....	29
OTHER PRIME PUBLISHING LLC. BOOKS	ERROR! BOOKMARK NOT DEFINED.
FREE STUFF NEWSLETTER FROM PRIME PUBLISHING LLC	ERROR! BOOKMARK NOT DEFINED.

Free Stuff from Uncle Sam

Copyright 2006 by Prime Publishing LLC.

ISBN 1-893128-57-1

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews. Company addresses may not be reproduced in any form.

Trademarks are property of their respective holders. When used, trademarks are for the benefit of the trademark owner only.

Published by Prime Publishing LLC. , PO Box 663, Highland Park, IL 60035-0663.

Printed in the United States of America

Welcome and Introduction

About This Book

“The streets in American are lined with GOLD...just waiting to be picked up”. For many decades these have been the thoughts and dreams of so many immigrants who longed to come to this country- to become citizens of the richest nation in the world. They read facts that our streets are not literally made of gold. But, if one knows where to look and how to look and how to make it happen, there are literally billions and billions of dollars worth of valuable riches from the Federal and State governments waiting to be picked up...just for the right asking price.

Every year our Federal and State governments hand out billions and billions of dollars in tax payer money to its citizens in the form of loans and grants, scholarships, fellowships, medical care, study and job training programs, subsidies, consumer and trade publications, food for the needy, market research programs, small business grants, etc. What a terrific windfall of riches which many people don't even know about. The purpose of this book is to tell you how and where you can find all these wonderful freebies and how you can get your share of all the *Free Stuff from Uncle Sam*.

Much of the material and information in this book was researched and taken from government publications and web sites. But in truth what we have done is presented a mere drop in the bucket. It would take thousands of pages of small print listing to begin to record all the programs and free stuff that is available to citizens of this country. What we are presenting in this book is a sample selection in many different categories. Most important, we tell you exactly where to look and how to research the complete availability. Once you select your particular area of interest, we tell you where to write, call or find on the internet. The opportunities are endless and the rewards are worth the effort. All it takes is to be aware and to know where and how to dig out the information you need. This book is all you need to get started.

Where to Dig Up The Information You Need

Elsewhere in this book you will learn about some of the thousands of cash grants offered by Uncle Sam. Grants are outright cash awards or gifts- usually to be applied toward a specific goal or purpose. Getting a grant usually takes a lot of work, a lot of time and energy. To maximize your chances of getting a specific cash grant, you have to get a lot of basic information.

If you are a student, be sure to visit <http://www.students.gov>, your comprehensive information portal providing answers to your questions on grants, scholarships, education, career, government and more.

If you are an organization, be sure to visit <http://www.grants.gov> which allows organizations to electronically find and apply for competitive grant opportunities from all Federal grant-making agencies. Grants.gov is THE single access point for over 900 grant programs offered by the 26 Federal grant-making agencies.

Everyone should visit <http://www.govbenefits.gov>. GovBenefits is a partnership of many Federal agencies and organizations with a shared vision - to provide improved, personalized access to government

assistance programs. GovBenefits.gov is a FREE confidential prescreening tool allowing you to search for benefits you may be eligible to receive.

There is also an online service called BenefitsCheckUp located at www.benefitscheckup.org that identifies benefits open to people 55 and older. This website covers government and private programs that can help with health care, utility costs and other essential needs.

Use the Library

Basically there are 3 types of libraries, public, college or university and corporate or special industry libraries. The libraries that most of us are familiar with are the public libraries. For your purposes, the best library for you research would be the larger main branch with a reference section. Don't be afraid to ask the reference librarian for help and assistance. They are pros at finding the information you need and can save you a lot of research and time. And, if you don't have Internet access at home, your local library likely can provide access, often at no charge.

If there's a college university in your area, you may find that the research facilities they provide are an excellent source for information. Most academic libraries will allow you to use their reference facilities. Corporate libraries provide a wealth of information on subjects relating to the firms special trade interest.

How To Use This Book

1. Glance through this entire book. When you come across something useful- of find a particular area of interest tab the page or highlight the program
2. Start your research. This book tells you where to look, who to ask, where to write, find or call and what to ask for.
3. Take notes, ask questions. Make photocopies. Identify who, what, when and where to get what you want.

Got for It! Send in your application or request or proposal – or whatever is required to get the free stuff you want! Remember! All it takes is to be aware, to open your eyes to the opportunities, to apply and to make it happen!

Finally, good luck! You have taken the first step. The next step should be even easier!

Prime Publishing LLC

Barbara Becker

Barbara Becker
Founding Editor

INSTRUCTIONS

ABOUT THIS BOOK

The Free Stuff from Uncle Sam book lists hundreds and hundreds of programs. You can begin applying and researching these opportunities starting today!

Wide ranges of programs have been included; Federal, State and everything from help for college to child care to veterans. We have researched these programs for your careful review.

ABOUT OUR COMPANY

Prime Publishing LLC. is a leader in the field of collecting consumer information. We use a sophisticated state-of-the-art computer system to track each and every company. Our database is updated daily - assuring each of our readers that they are using the most up-to-date information available.

Corporations who may be interested in custom publishing should contact us for further information. Our books can be designed to any size and budget. They also make great premiums and gifts.

SPECIAL TEACHER PROGRAMS

This book, and other Prime Publishing LLC. books can be a great teaching tool or aid. Students - just like adults - love to get mail and surf the Internet. Our directories can be used to help kids

learn reading and writing skills, math skills and about business.

We offer special schools discount prices. Please write on your school letterhead to our company for further information.

SUBMITTING NEW OPPORTUNITIES OR CORRECTIONS

Companies, research organization, merchandisers, government agencies, trade associations, groups, etc. are invited to submit federal and state benefit and related opportunities for consideration in our database. A description, contact information and sample application is best for our editors to carefully review the opportunity and write up an appropriate description. These may be sent to the address in the front of the book on Page 3.

The company also provides proprietary data to MyFree.com. This company maintains a very popular World Wide Web Internet site that also has government benefits and resources. The site is located at:
<http://www.MyFree.com>

SAMPLE LETTER

When writing to the government agencies to request information and/or an application please print clearly, use a typewriter or a computer word-processor. Today, most agencies offer information, resources and applications on-line as well.

Often, packages are lost or delayed due to incomplete or addresses that were not readable.

Please feel free to use a letter or postcard that reads as follows:

Mary Smith
1234 Any Street
Chicago, IL 60616

August 15, 2006

To whom it may concern:

Please send me information and an application on the XYZ program.

Thank you,

Mary Smith

TERMS AND ABBREVIATIONS

AGENCY NAME: The state of federal agencies, groups, etc. that make available these benefits.

WEB SITE URL: Most agencies prefer that you fill out applications on-line. This is the location for their agency that typically contains information on benefits and an application section.

AGENCY DESCRIPTION: This describes the types of benefits offered by the agency.

CONTACT INFORMATION: Some agencies only make available a web site for information. Others

may also make available their name, address and phone number.

SASE: This stands for “Self Addressed Stamped Envelope. This can be either a standard #10 business size envelope or your typical personal use envelope, which is called a 6 3/4 and measures approximately 3 5/8” high by 6 1/2” long.

Unless otherwise indicated, we recommend that you always use a #10 long business envelope. Your item or information package will be returned to you in this envelope. Many offers in this directory will require a #10 envelope due to their size and weight. You must put your name and complete mailing address on this envelope with the postage requested.

If we do not specify otherwise, you should put one stamp on the envelope. Very important - do not forget the stamp(s).

THE INFORMATION

This book is sold as information only. We try to keep our information as up-to-date and as accurate as possible. Regretfully, inaccuracies may occur. We are not responsible for the conduct of any agency represented in this book, nor for any agreement, contracts, financial support or related activities as a result of this book. Whenever you approach any agency or company for any purpose, whether local, regional or national, you do so at your risk. Please investigate and verify for yourself every opportunity. If necessary, seek legal or other counsel prior to sending or engaging in any contract.

Agency benefit programs may change or be discontinued by the agency at any time and without notice.

We are acting as “newspaper or magazine investigative reporters”. We try to present our research as accurately as possible. Prime Publishing LLC. is not responsible for any errors or omission within this book. If you find any errors in this book, please notify us immediately so that we may contact the company and update our database.

Note: Whenever possible, we have listed the “Zip + 4” zip code. Example, the 5 digit zip code is “55399”. The added 4 digits to speed delivery are “0877”. You may also want to write this as “55399-0877”.

IMPORTANT NOTE: For all Government offers with a Postal Address going to Pueblo, CO 81002 you MUST include a \$2.00 total service fee for any order containing FREE publications. Or, look on-line at <http://www.pueblo.gsa.gov>

They say that “Patience is a virtue”. These agencies receive many requests for their programs every day.

HOW TO PURCHASE MORE COPIES OF “FREE STUFF FROM UNCLE SAM”

Perfect for Gifts!

If you or a friend would like to purchase additional copies of the current edition of “Free Stuff from Uncle Sam” for you, for friends or as a gift, send \$4.95 plus \$.95 postage and handling per copy to:

Prime Publishing LLC.
Dept. FCC2006
PO Box 663
Highland Park, IL 60035-0663

If this purchase is a gift, please indicate your recipient’s name and we will include a gift card.

2007 EDITION

Every year, we add some great new benefits. As well, some agencies programs are no longer available.

The next edition of Free Stuff from Uncle Sam will be released after December 31, 2006. We are accepting advance orders for this revised edition NOW!

If you would like to be one of the very first to receive this edition, please feel free to send \$4.95 plus \$.95 special priority handling to:

Prime Publishing LLC.
2007 Free Stuff from Uncle Sam
Dept. FAC2007
PO Box 663
Highland Park, IL 60035-0663

You may order at any time. Why not order today.

Benefit Programs

Federal Benefits



Adjustable Rate Mortgage Insurance HUD/FHA

Must be a current or prospective homeowner. Helps individuals buy a single family home in which they intend to live. While HUD does not lend money directly to buyers to purchase a home, FHA approved lenders make loans through a number of FHA insurance programs. <http://www.hud.gov/buying/index.cfm>

Adoption Assistance

Each state's adoption assistance program is different and it is necessary for families interested in obtaining adoption subsidies to contact their local department of social services to determine what is available in their state. http://www.calib.com/naic/pubs/f_su bsid.cfm

Adult Education State Grant Program

You must be over 15 years of age, not a current or prospective student and your highest level of education must be grade school. Program assists adults in becoming literate. <http://www.ed.gov/about/offices/list/ovae/pi/AdultEd/index.html> Write to: **Division of Adult Education and Literacy, 400 Maryland Ave**

SW, Washington, DC 20202. You may call **Division of Adult Education and Literacy** at 2022055698.

Agr-Ability Project

You must have a disability and you must have professional experience as an agricultural producer/farmer. Assists people with disabilities employed in production agriculture. <http://www.agrabilityproject.org> Write to: **National AgrAbility Project, 460 Henry Mall, Madison, WI 53706.** You may call **National AgrAbility Project** at 6082621228.

Americans with Disabilities Act: Questions and Answers

Explains how the civil rights or persons with disabilities are protected at work and in public places. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

American Council of Young Political Leaders

You must be an elected official who is either under the age of 41 years or interested in traveling outside the 50 states. The purpose of this program is to enable emerging political leaders in the US to experience the political and cultural dynamics of other countries. Write to: **American Council of Young Political Leaders, 1612 K Street NW Suite 300, Washington, DC 20006.** You may call **American Council of Young Political Leaders** at 2028570999.

American Jazz Masters Fellowships

You must be a US citizen of permanent resident with current or past experience as a published writer/poet. Fellowships enable recipients to set aside time for writing and general career advancement. <http://www.arts.gov/grants/apply/Lit04/Litindex.html> or you may call

National Endowment for the Arts at 2026825034.

Annual Credit Report

Congress required the three major credit agencies to provide citizens with a free credit report once a year. The rollout took 10 months but now everyone in American can go to this site and request their report, which is critical for heading off identity theft or other mischief that could ruin a person's credit score. Visit www.annualcreditreport.com

Architectural Barriers Act Enforcement

You must claim that you have been denied housing or financial assistance due to discrimination. <http://www.hud.gov/offices/fheo/disabilities/sect504.cfm> Write to: **Office of Fair Housing and Equal Opportunity, 451 7th St SW Room 5240, Washington, DC 20410.** You may call **Office of Fair Housing and Equal Opportunity** at 2027082333.

Armed Forces Benefits

Must have been in active military for at least 24 months and you must be a taxpayer who is interested in receiving tax information and tax preparation. <http://www.irs.gov/publicatins/p3/index.html> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224.**

Assistance for Infants and Toddlers with Disabilities

Must be a parent or primary caregiver responsible for a child under the age of three who is experiencing developmental delays. Early intervention services. <http://www.nectac.org/contact/ptccoord.asp> or <http://www.taallalliance.org/ptis.htm>

Assistive Technology Program

You, your child or your parents must

have a disability. Provides states to support capacity building and advocacy activities for statewide consumer responsive programs targeted toward individuals of all ages with disabilities.
<http://www.ed.gov/offices/OSERS/RSA> Write to: **Rehabilitation Service, Switzer Building, Washington, DC 20202.** You may call **Rehabilitation Service** at **2022055666.**

Assistance to Torture Victims

You must be a victim of torture and a legal alien. Provides support for domestic centers and programs for victims of torture.
<http://www.acf.hhs.gov/programs/orr>

Barry Goldwater Scholarship Program

You must be a US national citizen or legal alien who is a current or prospective student. Student must be nominated by his or her college or university using the official nomination materials provided to each institution.
<http://www.act.org/goldwater>

Basic FHA Loan Home Mortgage Insurance HUD/FHA

You must be a current or perspective homeowner who is refinancing an existing mortgage. Helps individuals buy a single family home. While HUD does not lend money directly to buyers to purchase a home, FHA approved lenders make loans through a number of FHA insurance programs.
<http://www.hud.gov/buying/index.cfm>

Benefits Check Up

Benefits Check up is a free, confidential service provided by the national Council on Aging for people 55 and over and their caregivers. This comprehensive on line service tells people about benefits which they qualify as well as where and how to apply.

<http://www.benefitscheckup.org/>



Benjamin Gilman International Scholarship

You must be a current or prospective student accepted or enrolled in an accredited degree program. The purpose of this program is to provide financial assistance to US undergraduates to pursue study abroad opportunities.

<http://www.iie.org/gilman> Write to: **Gilman International Scholarship Institute of Education, 520 Post Oak Blvd Suite 740, Houston, TX 77027.** You may call **Gilman International Scholarship Institute of Education** at **8888875939.**

Casualties, Disasters and Theft

You must be a victim of a Presidentially declared disaster and you must be a taxpayer who is interested in receiving tax information. Program offers tax relief for casualty losses.

<http://www.irs.gov/taxtopics/tc500.html> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224.**

Centers for Independent Living for Individuals with Disabilities

Must have a disability that prevents you from holding a job or prevents you from functioning independently in the family or community. Seeks to provide information and referral, integrate individuals with disabilities, role modeling, skills training and more.

<http://www.virtualcil.net/cils/>

Check Missing Government Benefits

Free online service shows you how to check if you or anyone you know are missing out on government benefits, including prescriptions drugs, healthcare, utilities and other needs.

<http://www.benefitscheckup.org/>

Child Care Resource and Referral Services

Must be a parent or primary caregiver responsible for children under the age of 19. Helps parents locate and choose quality child care by providing referrals to local child care providers.

<http://childcareaware.org/en/findcare.html>

Childhood Lead Poisoning Prevention Projects

Must be at risk for exposure to lead poisoning in your current house. Provides technical and financial assistance to ensure that screening lead hazard reduction and other prevention mechanisms occur.
<http://www.cdc.gov/nceh/lead/lead.htm> or you may call **Centers for Disease Control CDC** at **8004245323.**

Children of Women Vietnam Veterans Health Care Program

Your child must have a birth defect relating to your military service in Vietnam or you must be the spouse or surviving dependent of a veteran and have a birth defect. Provides reimbursement for conditions associated with certain birth defects.
<http://www.va.gov/hac>

Christopher Columbus Awards

You must be a current or perspective student of sixth, seventh or eighth grade. This program is for middle school age student who must work in teams of 3-4 people with an adult coach. Winning teams are awarded

US savings bonds.
<http://www.christophercolumbusawards.com> Write to: **Christopher Columbus Awards, 105 Terry Drive Suite 120, Newtown, PA 18940.** You may call **Christopher Columbus Awards at 8002916020.**

Christopher and Dana Reeve Paralysis Resource Center

You or one of your family members must be paralyzed. National comprehensive resource for people living with paralysis.
<http://www.paralysis.org> or you may call **Centers for Disease Control CDC at 8005397309.**

Commodity Supplemental Food Program

You must be low income or very low income and one of the following: pregnant, over 60, a parent or primary caregiver for children less than 7 years of age.
<http://www/fns/usda.gov/fdd/default.htm>

Congress-Bundestag Youth Exchange

You must be a current or prospective student pursuing a high school diploma and you must be interested in traveling outside the 50 states. Goals are to foster interaction between young people from the US and Germany and to promote mutual understanding as well as closer ties. Write to: **Nacel/Open Door, 3410 Federal Drive Suite 101, Saint Paul, MN 55122.** You may call **Nacel/Open Door at 6516860080.**

Crop Insurance

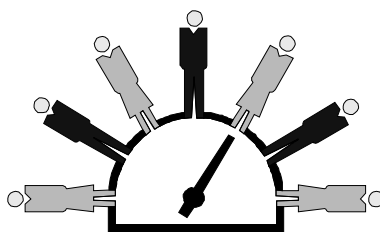
You must be or have been a rancher or agricultural producer/farmer. Crop Insurance protects agricultural producers against crop losses. Availability of crop policy plans varies by state and county.
<http://www3.rma.usda.gov/tools/agents/>

DisabilityInfo.gov

Disabilityinfo.gov is a comprehensive online resource designed to provide people with disabilities with the information they need to know quickly and easily. With just a few clicks, the site provides access to disability related information. www.disabilityinfo.gov

Disabled Veteran's Outreach Program DVOP

You must have completed at least 24 continuous months of active duty service in the military. Develops jobs and job training opportunities for disabled and other veterans.
<http://www.dol.gov/> Write to: **US Department of Labor, 200 Constitution Ave NW Room S 1316, Washington, DC 20210.**



Disadvantaged Business Enterprises- Short Term Lending Program

You must be female or minority and own your own business. Write to: **Office of Small and Disadvantaged Business Utilization, S- 40 Office of the Secretary, Washington, DC 20590.** You may call **Office of Small and Disadvantaged Business Utilization at 8005321169.**

Disaster Housing Program

You must be a national citizen or dual citizen of the US whose home was destroyed or damaged by a Presidentially declared major disaster. <http://www.fema.gov>

Doctoral Dissertation Research Grants

You must be a student pursuing a doctoral degree in the field of housing and urban development who

has completed all required coursework except your final dissertation. May receive reimbursement for costs including stipends, computer software and more. <http://www.oup.org>

Downpayment Monies

The government awards grant monies to nonprofit organizations that are given to home buyers. This enables homeowners not to have to put up their own money. See if you are eligible. <http://www.hud.gov>

Early Doctoral Student Research Grants

Must be a student pursuing a doctoral degree in the field of housing and urban development who has completed at least 2 semesters or three terms of your program. Recipients may receive reimbursement for costs.
<http://www.oup.org>

Earned Income Tax Credit

Your income must be low or very low and you must be a taxpayer interested in receiving tax assistance. Offers federal income credit for low income working individuals and families.

<http://irs.gov/individuals/article/o,,id=96456,00.html> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224.**

Educational Exchange-Teaching Excellence Awards Program

You must be or have been an educator. Provides outstanding teachers with training in the teaching of English and American studies in 10 Eurasian countries.
<http://exchanges.state.gov> Write to: **Office of Citizen Exchanges Bureau of Educational and Cultural Affairs, 301 4th Street SW, Washington, DC 20547.** You may call **Office of Citizen Exchanges Bureau of Educational and Cultural Affairs at 2022037527.**

Educational Exchange NIS Secondary School Initiative

You must be a current or prospective student under the age of 19 years, pursuing a high school diploma. American organizations are awarded grants to foster interaction between young people from the US and 12 countries of the former Soviet Union. Write to: **Office of Citizen Exchanges Youth Programs Division, 301 4th Street SW, Washington, DC 20547.** You may call **Office of Citizen Exchanges Youth Programs Division** at **2022037527.**

Elderly Care Locator

Lists a variety of social service programs in your area, including insurance counseling, prescription and legal assistance, abuse prevention etc. www.eldercare.gov or you may call **US Administration on Aging's Eldercare Locator** at **8006771116.**

Emergency Shelter Grants Program

You must be homeless/live in a shelter or you must need aid in obtaining decent, safe and or sanitary rental housing and characterize your financial situation as low income or very low income. Improves the quality of emergency shelters and transitional housing for the homeless. <http://hud.gov/offices/cpd/homeless/programs/esg/index.cfm> or you may call **US Department of Housing and Urban Development** at **2027084300.**

Emergency Food Assistance Program (Food Commodities)

The Emergency Food Assistance Program is a Federal program that helps supplement the diets of low income and needy individuals and families, including elderly people by providing them with emergency food assistance at no cost. <http://www.fns.usda.gov/fdd/programs/tefap> Write to: **Food Distribution Division USDA, 3101**

Park Center Drive Room 502, Alexandria, VA 22302. You may call **Food Distribution Division USDA** at **7033052680.**

Energy Employee's Occupational Illness Compensation

A worker or former worker may be eligible for benefits if you have disease caused by exposure to radiation. Provides for lump sum payments to covered employees. <http://www.dol.gov/esa/regs/compliance/owcp/eeoicp/law/jurisdictionMap.htm> or you may call **Employment Standards Administration** at **8888053389.**



Environmental Quality Incentives Program

You must be a land or property owner in need of assistance in complying with environmental laws or in need of assistance or guidance regarding farmland or property facing environmental issues. Provides technical and financial assistance to eligible farmers. <http://www.nrcs.usda.gov/programs/equip/>

Farmer's Tax Guide

You must be an agricultural producer. The Farmers Tax Guide program is designed to offer federal income tax credit to farmers. <http://www.irs.gov/publications/p225/index.html> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224.**

Federal Citizen Information Center
The Us General Services

Administration's Federal Citizen Information Center helps millions of Americans every year find information through its websites, its National Contact Center and its publication distribution center. Call for points of contact about government agencies, programs and services **800 333 4636.** or you may call at **8003334636.**

Federal Direct Student Loans

You must be pursuing an associate's, bachelor's, master's, doctoral, clinical or nursing degree or research fellowship. The Federal Direct Student Loan Program provides loan capital directly from the Federal government. <http://fafsa.ed.gov/> or you may call **US Department of Education** at **8004333243.**

First Gov.Gov

The US Government's official web portal where citizens can get easy to understand information and services from the government. [Firstgov.gov](http://firstgov.gov) pulls together more than 26 million state and local government pages. Visit www.firstgov.com

Fisherman's Guaranty Fund

You must be a US citizen who is or was a fisherman and who incurred losses and costs as a result of your vessel being seized. Write to: **Bureau of Oceans and International Environmental And Scientific Affairs, Department of State Room 5806, Washington, DC 20520.** You may call **Bureau of Oceans and International Environmental And Scientific Affairs** at **2026473941.**

Food Distribution Program on Indian Reservations

You must be an Alaskan Native or Native American Indian with a bank balance of less than \$3,001. <http://www.fns.usda.gov/fdd/programs/fdpir/>

Foreign Medical Program

You must have been in military service, you or your family member must have a military service connected disability, injury or disease and you must live, travel or be interested in travel outside the 50 states. Designed for US Veterans with VA rated service connected conditions who are residing or traveling abroad.

<http://www.va.gov/hac>

Foster Grandparent Program

You must be interested in volunteering and you must be 60 years of age or older. Program funds are used to support Foster Grandparents in providing supportive, person to person service to children with exceptional or special needs.

<http://www.nationalservice.org>

Write to: **Foster Grandparent Program National Service Corps, 1201 New York Ave NW, Washington, DC 20525.** You may call **Foster Grandparent Program National Service Corps** at 8004248867.

Frank Annunzio Awards

You must be a US citizen recognized in your field for significant contribution related to basic and or advanced research or for the development of breakthrough technological innovations. One \$50,000 award will be presented to an individual.

www.columbusfoundationawards.org/annunzio Write to: **Christopher Columbus Fellowship Foundation, 110 Genesee Street Suite 390, Auburn, NY 13021.** You may call **Christopher Columbus Fellowship Foundation** at 3152580090.

Free Home Safety Check List

Get a free home safety checklist for seniors from the US Consumer Product Safety Commission. www.cpsc.gov/cpscpub/pubs/701.html or you may call **US Consumer**

Product Safety Commission at 8006382772.

Frieda J Riley Teacher Award

The purpose is to identify and reward living American teacher who has overcome tremendous adversity or made an enormous sacrifice in order to positively impact student.

<http://pafinc.com/riley/application.htm>

Write to: **Partnership for America's Future, Inc., 80 West Bowery Street Suite 305, Akron, OH 44308.**

Fulbright Teacher Exchange Program

Teachers and administrators participating in the program have the opportunity to live and work abroad by exchanging positions with educators in over 30 countries.

www.fulbrightexchanges.org or write to: **Bureau of Education and Cultural Affairs, 600 Maryland Avenue, SW, Washington, DC 20024.** You may call **Bureau of Education and Cultural Affairs** at 8007260479.



Government Auctions

Federal, state and some local governments, hold auctions to dispose of cars that they no longer need or vehicles that have been seized. Auctions are advertised on local radio and TV or you can write away for more information in your area. Write to: **GSA Fleet Vehicle Sales, 1941 Jefferson Davis Hwy, Arlington, VA 22202.**

Government Headstones and Markers for Private

Cemeteries

You must be a military veteran not dishonorably discharged. Certain exceptions apply. This benefit program provides lasting memorials for the graves of eligible veterans through the world and honors their service through Presidential Memorial Certificates.

<http://www.cem.va.gov>

Grants to States for Incarcerated Youth Offenders

You must be incarcerated in a correctional facility, under the age of 25 years, and have completed high school education. This program assists incarcerated youth offenders in obtaining postsecondary education and postsecondary vocational training.

<http://www.ed.gov/offices/OVAE>

Write to: **US Department of Education, 400 Maryland Ave SW, Washington, DC 20202.** You may call **US Department of Education** at 2022055621.

Grants.gov

If you represent an organization that is looking for information on Federal grants, refer to Grants.gov, the official grants website for all Federal agencies. The site allows organizations to electronically find and apply for competitive grant opportunities from all Federal grant making agencies. www.Grants.gov

Gulf War, Agent Orange and Ionizing Radiation Registry Program

Must have been in military service. Provides free, comprehensive medical exams to determine health status. <http://va.gov/enviroagents>

HUD's Hurricane Katrina Resource Page

HUD has established a single toll free housing hotline to assist the victims of Hurricane Katrina. The number operates from 7am-8pm,

seven days a week or you may call HUD at 8882978685.

Harry S Truman Scholarship Program

You must currently be enrolled in an accredited undergraduate degree program and be planning on attending graduate school to further a career in public service. Awards merit based awards who wish to go to graduate school in preparation for a career in government.

<http://www.truman.gov> or you may call **Harry S Truman Scholarship Foundation** at 2023957429.

Help for Minority Businesses to Get Government Contracts

The Minority Business Development Agency of the US Department of Commerce give out monies to local groups to help minorities get government contracts.

<http://www.mbd.gov>

Home Equity Conversion Mortgages

Must be a current or prospective homeowner over the age of 61 years who is refinancing an existing mortgage. Enables elderly homeowners to convert equity in their houses to monthly streams of income.

<http://www.hud.gov/offices/hsg/sfh/hecm/hecm--df.cfm>

Homeland Security Awards

You must be a US citizen or company recognized in your field for significant contributions related to basic and or advanced research. A \$2500 award will be presented to an individual or company in different technology fields.

<http://www.cchristophercolumbusfoundationawards.org> Write to: **Christopher Columbus Fellowship Council, 110 Genesee Street Suite 390, Auburn, NY 13021.** You may call **Christopher Columbus**

Fellowship Council at 3152580090.



Homeless Veterans Reintegration Project

Must have been in the military service, not dishonorably discharged and are now homeless or living in a shelter. Provides employment and training services and support. <http://www.dol.gov/vets>

Homes for Sale by the US Government

The HomeSales.gov web site provides current information about single family homes for sale by the US Federal Government. These previously owned homes for sale by public auction or other method depending on the property. Anyone can buy a home for sale by the US Government, but you must work with a real estate agent or broker to submit an offer or bid. <http://www.homesales.gov>

IRS Unclaimed Refund Checks

There are lots of unclaimed refund checks waiting for owners to claim. Check the list to find out if you have money that is unclaimed. www.ntu.org

Immunization Grants

Must be under the age of 19 years old. You must need financial assistance for health care costs. Offers vaccine program for children and other groups.

<http://www.hhs.gov/> or you may call **Centers for Disease Control CDC** at 4046398208.

Independent Living State Grants for Individuals with Disabilities

You, your spouse, parent or child must have a disability and it must prevent you from holding a job full time or part time. The purpose of this program is to maximize the leadership, empowerment, independence and productivity of individuals with disabilities.

<http://www.ed.gov/index.jsp> Write to: **Office of Special Education and Rehab Services OSERS, 330 C Street SW, Washington, DC 20202.** You may call **Office of Special Education and Rehab Services OSERS** at 2022058292.

Indian Arts and Crafts Development

The purpose of the program is to encourage and promote the development of American Indian and Alaska Native arts and crafts. <http://www.iacb.doi.gov> Write to: **Meredith Stanton, Main Interior Building, Washington, DC 20240.** You may call **Meredith Stanton** at 2022083773.

Indian Employment Assistance

The purpose of the program is to provide vocational training and employment opportunities to eligible American Indians. Write to: **Office of Indian Affairs, 1849 C Street NW, Washington, DC 20240.**

Indian Higher Education Grant Program

The purpose of the program is to provide financial aid to eligible Native American students to assist them in attending and accredited institution of higher education. Write to: **Office of Indian Education Programs, 1849 C Street NW Room MW 3512 MIB, Washington, DC 20240.**

Indian Housing Assistance

The purpose of the program is to eliminate substantially substandard Indian owned and inhabited housing for very low income eligible Indians living in approved tribal service areas. Write to: **Office of Tribal Services Human Services, 1849 C Street NW MS 4660 MIB, Washington, DC 20240.**

Innocent Spouse Relief

You must be a victim of domestic violence and a taxpayer who is interested in receiving tax information and assistance. Three types of relief are available, innocent spouse, separation of liability and equitable relief.
<http://www.irs.gov/publications/p971/index.html> or write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224.**

Job Accommodation Network

JAN is a free consulting service designed to increase the employability of people with disabilities.
<http://www.jan.wvu.edu/>

Literacy Programs for Prisoners

You must be incarcerated and interested in participating in a literacy program. Provides financial assistance for establishing and operating programs designed to reduce recidivism through improving skills needed in society.
<http://www.ed.gov/about/offices/list/ovae/index.html?src=mr> Write to: **Office of Vocational and Adult Education, 400 Maryland Avenue SW, Washington, DC 20202.** You may call **Office of Vocational and Adult Education at 2022055621.**

Local Veteran's Employment Representative Program LVER

Must be unemployed or about to become unemployed and have completed at least 24 continuous months of active duty in the military. Provides job development, placement and support services directly to veterans and maximize employment and training opportunities.
<http://www.dol.gov/vets/welcome.html> or write to: **US Department of Labor, 200 Constitution Ave NW Room S 1316, Washington, DC 20210.**

Longshore and Harbor Worker's Work Related Compensation

You must be or have been a long shore or harbor worker who now suffers from a work related injury or illness. Program compensates for lost wages, medical benefits and rehab services. Contact the current or former supervisor of the affected employee.
<http://www.dol.gov/esa/regs/compliance/owcp/lshfact.htm>

Migrant Education

You must be or have been a fisherman or migrant or seasonal farm worker who is responsible for children under the age of 8. Write to: **Office of Elementary and Secondary Education, 400 Maryland AV SW, Washington, DC 20202.** You may call **Office of Elementary and Secondary Education at 2022602815.**

Money for Tornado Vets

Any veteran affected by tornados maybe eligible to receive a \$2500 grant from the Paralyzed Veterans Association. <http://www.pva.org>

My Money.gov!

The Federal Government has created a website www.money.gov dedicated to helping you understand more about your money and where you can order your free "My Money" tool kit.



National Center on Physical Activity and Disability

You must have a disability. Detailed program information.
<http://www.ncpad.org> or you may call **Centers for Disease Control CDC at 8009008086.**

National Contact Center

Have a question about Federal agencies, programs, benefits or services. The National Contact Center is only a toll free call away. week days toll free at 1 800 FED INFO between 8am-8pm eastern standard time.

National Gallery for America's Young Inventors

You must be a US citizen between the ages of five and nineteen. Each entrant must be a winner of a national invention competition. The National Gallery inducts up to six student inventors annually to honor their creative innovation and awards a \$5000 savings bond.
<http://www.pafinc.com/gallery/index.htm> Write to: **Partnership for America's Future, Inc., 80 West Bowery Street Suite 305, Akron, OH 44308.** You may call **Partnership for America's Future, Inc. at 3303768300.**

National Limb Loss Information Center

You or a member of your family must be facing limb loss or limb differences. Clearinghouse to disseminate educational materials and self help, outreach groups, newsletters. <http://www.amputee-coalition.org> or you may call **Centers for Disease Control CDC at 8882675669.**

National Network for Environmental Management

The NNEMS is a comprehensive fellowship program managed by EPA's Office of Environmental Education. The purpose is to provide students with practical research opportunities and experiences.

Write to: **NNEMS Program, 1200 Pennsylvania Ave NW, Washington, DC 20460.** You may call **NNEMS Program** at **8003588769.**

Pension Plan Benefit Payment

You must participate in a covered single employer pension plan. Beneficiaries of employee's covered in a single employer pension plans maybe eligible for payments. <http://www.pbgc.gov>

Prevention of Hemophilia Complications

You or a member of your family/household must be facing a hereditary blood disorder. Promote the management, treatment and prevention of complications experience by person with hemophilia and other hereditary bleeding disorders. <http://www.cdc.gov/ncidod/dastir/hematology> Write to: **Centers for Disease Control CDC, 1600 Clifton Road MS E 64, Atlanta, GA 30333.**

Public Safety Officer's Benefits Program

You must be a surviving spouse or child of a public safety officer. Provides death benefits to the eligible survivors of federal, state or local public safety offices whose death is the direct and proximate result of a personal injury sustained in the line of duty. www.ojp.usdoj.gov/BJA/

Readjustment Counseling

Must have been in military service. Provides readjustment counseling at community based Vet Centers. <http://www.va.gov> or you may call **Veterans Health Administration VHA** at **2022737210.**

Recreation.gov

This site is a convenient source for campers and others who like to get outside. Right now the site offers a bunch of information about the nation's parks and park services. The goal is to provide a single location for reserving space at any national park, such as Yellowstone. Visit www.recreation.gov

Respite Care

Must be a military veteran discharged from the military within the past 12 months for a disability incurred. Provides respite care up to 30 calendar days. <http://www.va.gov>

Retired and Senior Volunteer Program

You must be interested in volunteering and you must be 55 years of age or older. provides grants to qualified agencies and organizations to engage persons 55 and older in volunteer service to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteer. <http://national.service.org> Write to: **National and Community Service, 1201 New York Ave NW, Washington, DC 20525.** You may call **National and Community Service** at **8004248867.**

Rural Rental Assistance

In order to qualify for this benefit, you must live in a rural area, rent and characterize your financial situation as low income or very low income. <http://offices.sc.egov.usda/locator.app>

School Breakfast and Lunch Programs

Must be a parent or primary caregiver responsible for a child who

attends school and must have an annual income of less than \$22,090. Contact your child's school to find out what meals are served and how to apply for free or reduced price school meals. <http://www.fns.usda.gov/cnd/Breakfast/Default.htm>



See If The IRS Owes You

There are over 100,000 unclaimed refund checks waiting for owners to claim them. See if your name or your friend's name is on the list at the searchable database at the National Taxpayers Union. http://ntu.org/ntu_IRS02/search.php

Senior Companion Program

You must be interested in volunteering and you must be 60 years of age or older. Program funds are used to support Senior Companions in providing supportive, individualize services to help adults with special needs in order to maintain their independence. <http://www.nationalservice.gov> Write to: **Foster Grandparent Program National Senior Service Corp, 1201 New York Ave NW, Washington, DC 20525.** You may call **Foster Grandparent Program National Senior Service Corp** at **2026065000.**

Services and Aid for Blind Veterans

Must have been in military service and now face a condition of blindness. Provides personal and social adjustment programs and medical or health related services for

eligible blinded veterans or you may call **Veterans Health Administration VHA** at **2022738481**.

Setting Goals for Weight Loss

Maintaining a healthy weight has many benefits but it's difficult to lose weight if your goals are unrealistic. Use the body mass index to find out the best you. Write to: **Consumer Information Center, R Woods, Pueblo, CO 81002**.

Social Security for Railroad Workers

You must be or have been a railroad worker. Social Security provides comprehensive retirement survivor and unemployment benefits. <http://www.rrb.gov/field.html> or you may call **Social Security Administration** at **8008080772**.

Special Education

You must be under the age of 22 and have a disability of you must be the parent or primary to a child under the age of 22 who has a disability and you must allege you have been denied housing or financial assistance due to discrimination. <http://www.ed.gov>

Special Education Preschool Grants

Must be the parent or primary caregiver to a child between 2-6 that has a disability, special needs or face mental illness. Provides grants to States to assist them in providing free appropriate public education to children with disabilities. <http://www.ed.gov/index.jsp> Write to: **Office of Special Education Programs, 400 Maryland AV SW, Washington, DC 20202**. You may call **Office of Special Education Programs** at **2022059097**.

Spina Bifida Health Care Program

Must be the spouse of surviving dependent of a veteran of Vietnam.

Provides health care program for natural children diagnosed with spina bifida born to certain Vietnam Veterans.

<http://www.va.gov/hac/spina/sina.html> or you may call **Veterans Health Administration VHA** at **8888201756**.

Stafford Loans for Students

You must demonstrate financial need. http://studentaid.ed.gov/students/publications/student_guide/2004-2005/english/types-stafford.htm

Supported Employment Services for Individuals with Severe Disability

You must have a severe disability. Provides grants for time limited services leading to supported employment for individuals with the most significant disabilities. This can enable such individuals to achieve the employment outcome of supported employment. <http://www.ed.gov/index.jsp>

Tax Benefits for Adoption

You must have incurred expenses while adopting a child and must be a taxpayer who is interested in receiving tax information. Must have medical expenses and be a taxpayer who is interested in receiving tax information. <http://www.irs.gov/taxtopics/tc600.html> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224**.

Tax Benefits for Education

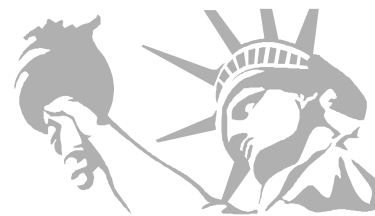
This program offers a tax reduction through an education credit. You must have educational needs and be a taxpayer who is interested in receiving tax information and tax return preparation assistance. <http://www.irs.gov/pub/irs-pdf/p970.pdf> Write to: **IRS, 1111 Constitution Av NW, Washington, DC 20224**.

Tax Counseling for Elderly

Must be a senior citizen age 60 and older who needs basic federal income tax assistance either counseling or return preparation services. The Tax Counseling for the Elderly program provides free tax help. <http://www.irs.gov> Write to: **IRS, 5000 Ellin Road, Lanham, MD 20706**. You may call **IRS** at **2022830189**.

Tax Help for People with Disabilities

The program provides tax relief for disabled individual taxpayers. You or a member of your household must be disabled. You must also be a taxpayer how is interested in receiving tax information and tax return preparation assistance. <http://www.irs.gov/pub/irs-pdf/p907.pdf> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224**.



Taxpayer Service

You must need income tax information and tax return preparation assistance. Program assures that taxpayers receive the most current information on tax obligations and rights. <http://www.irs.gov> Write to: **IRS, 1111 Constitution AV NW, Washington, DC 20224**.

The Catalog of Federal Domestic Assistance (CFDA)

The Catalog of Federal Domestic Assistance gives you access to a database of all Federal programs available to State and Local governments. <http://12.46.245.173/cfda/cfda.html>

Tribal Lands Environmental Science Scholarship Program

This program's intent is to enable Native American's to work for the environmental protection of tribal lands by assisting them in their pursuit of environmental science degrees. Full time junior, senior and graduate students majoring in an environmental discipline are eligible to compete for the scholarships. Write to: **American Indian Science and Engineering Society, 1630 30th Street Ste 301, Boulder, CO 80301.**

USA Jobs

Ever considered working for Uncle Sam? Then check out USA Jobs, the monster of government sites. If you use Monster already, you'll recognize features like the ability to create an online resume. Eventually, you will be able to fill out a job application and shuttle it into the avenues of power.
<http://www.usajobs.opm.gov/>

**USDA Food Stamps Pre
Screening Eligibility Tool**
USDA's Food and Nutrition Service has developed a Food Stamp Eligibility calculator for those who think they might be able to receive Food Stamp assistance. This tool is not an application service but a quick interview/calculator that allows a quick answer to eligibility so time is not wasted on the application process.
<http://209.48.219.49/fns>

Veterans Alcohol and Drug Dependence Rehabilitation Program

Must have been in military service, not dishonorably discharged and you or any of your family household members must be facing drug or alcohol dependency. Provides medical, social, vocational and rehab therapies to eligible alcohol and drug dependent veterans. Contact the toll free number. or you may call

**Veterans Health Administration
VHA at 8772228387.**

Veterans Benefits

To learn more about Veteran's benefits, check the VA Veterans Benefits Administration Web site www.vba.va.gov. Click on Compensation and Pension Benefits to find the publication Federal Benefits for Veterans and Dependents which lists all available VA benefits.

Veterans Dental Care

Must have been in military service after Sept 7, 1980 and must meet criteria. Provides exams and full spectrum of diagnostic, surgeries and restorative procedures.
<http://www.VA.gov> or you may call **Veterans Health Administration VHA at 877222VETS.**

Veterans Domiciliary Care

Must have been in military service. Not dishonorably discharged and must have a current illness or injury that requires regular nursing aid. Provides rehabilitative and long term health maintenance care for veterans who require minimal medical care.
<http://www.va.gov/>

Veterans Nursing Home Care

Must have been in military service not dishonorably discharged and must have a current illness or injury that requires regular nursing aid and attendance to take care of your daily needs. Provides nursing care in VA or private nursing homes for veterans in need of care.
<http://www/va.gov/elig> or you may call **Veterans Health Administration VHA at 8772228387.**

Veterans Prescription Service

Must have been in military service or be the dependent or survivor of someone in the military and must not have been dishonorably discharged. Provides prescription drugs and

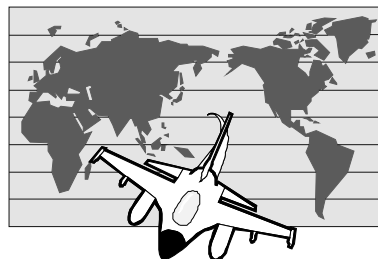
medical supplies from VA pharmacies to eligible veterans, dependents and survivors.
<http://www.va.gov/elig> or you may call **Veterans Health Administration VHA at 8772228387.**

Veterans Prosthetic Appliances

You must have been in military service and need a prosthetic aid. Provides medically prescribed prosthetic and sensory aids to eligible veterans. <http://va.gov/elig> or you may call **Veterans Health Administration VHA at 8772228387.**

Viral Hepatitis Integration Projects

You must need medical advice or guidance regarding Hepatitis A, B or C. Education, counseling and testing provided. See listing by state at:
<http://www.hhs.gov/>



Volunteer Income Tax Assistance VITA

VITA volunteers provide free basic income tax return preparation to individuals with income of \$35,000 and below. Assistance is provided at local shopping malls, schools, libraries and neighborhood centers.
<http://irs.gov> Write to: **VITA Program IRS, 401 West Peachtree St NW, Atlanta, GA 30308.**

WIC Farmer's Market Nutrition Program FMNP

You must be a parent of primary caregiver and you must either be responsible for a child under 8 or you or your family member must be pregnant.
<http://www/fns/usda.gov/wic> Write

to: **Food and Nutrition Service**
FNS, 3101 Park Center Drive
Room 540, Alexandria, VA 22302.

Weatherization Assistance Program for Low Income Persons

Your household's annual income before taxes must be less than \$11,076. This program assists in insulating dwellings of low income persons, particularly the elderly, persons with disabilities and households with a high energy burden. <http://www.energy.gov/>

Welfare to Work

You must be unemployed or about to be unemployed. Provides individuals with the transitional assistance they need to make the successful progression into lasting employment. <http://www.doleta.gov> Write to:

**US Department of Labor, Room N
4665, Washington, DC 20210.**

You may call **US Department of Labor** at **2026933910**.

Wildlife Habitat Incentive Program

You must own or control land that may be restorable and suitable for wildlife. Provides both technical assistance and up to 75% cost share assistance to establish and improve fish and wildlife habitat. http://nrcs.usda.gov/programs/Prog_Search.asp

Women's Educational Equity Act Program

You or you family member must have served in the Reserve Officer Training Corps and you must have suffered from discrimination based on sex and race, limited English, disability or age. Write to: **Equity and Educational Excellence Division, 400 Maryland AV SW, Washington, DC 20202.** You may call **Equity and Educational Excellence Division** at **2022602072**.

Government – Other Federal Benefits



Americans with Disabilities Act: Questions and Answers

Explains how the civil rights of persons with disabilities are protected at work and in public places. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Apply Online for Social Security Benefits

Learn how to fill out an online application, how your personal information is protected, who can apply online and more. Write to: **Consumer Information Catalog, PO Box 100, Pueblo, CO 81002.**

Employment Law Guide

Covers what can be copyrighted, who can apply, registration procedures, filing fees, what forms to use, and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Guide to Disability Rights and Laws

Covers the rights of persons with disabilities regarding education, employment, fair housing, public accommodations and telecommunications. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

HUD's Homewise Program

Homewise is an exciting and innovative pilot program that will make homeownership a reality for ten lucky families and start thousands of other low to moderate income families down the path to owning a home.

<http://www.hud.gov/> Visit homeownership page. Write to: **HUD, 451 7th Street S.W., Washington, DC 20410.** You may call HUD at 2027081112.

Medicare: Protecting Your Personal Information

Describes the Medicare approved seal and covers what information you should share and under what circumstances. Write to:

Consumer Information Catalog, PO Box 100, Pueblo, CO 81002.

Request for Social Security Statement

Complete this form and return it to Social Security to get your earnings history and an estimate of future benefits. Write to: **Consumer Information Catalog, PO Box 100, Pueblo, CO 81002.**

Social Security: Your Number and Card

Explains why we have a social security number, when and how to get one and how to protect its privacy. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Social Security: Understanding the Benefits

Provides details on retirement, disability, survivor's benefits, Medicare coverage, Supplemental Security Income and more. Write to: **Consumer Information Catalog, PO Box 100, Pueblo, CO 81002.**

Government – Food



Can Your Kitchen Pass the Food Safety Test

Take the 10 point quiz on food storage, handling and cooking to protect your family from food-borne illness. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Cooking for Groups: A Volunteer's Guide to Food Safety

Whether it's a family reunion buffet or community cookout, learn how to cook and service food safely and avoid food borne illness. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Diabetes Recipes

Five tasty, simple recipes for people with diabetes. Nutrition acts for each dish help you keep track of what you are eating. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Fight BAC Four Simple Steps to Food Safety

Advice on how to handle food safely so you, your family and friends don't become ill. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Food Allergies: When Food Becomes the Enemy

Find out more about food allergies,

what causes them how to manage them and more. Write to:
**Consumer Information Center,
PO Box 100, Pueblo, CO 81002.**

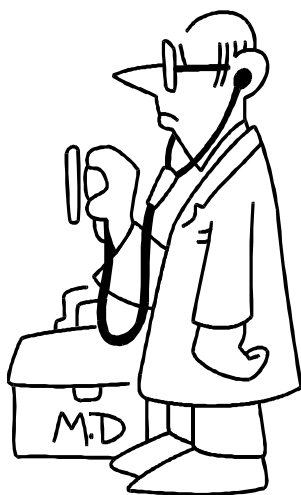
Is It Done Yet?

The only safe way to know if meat, poultry and egg dishes are fully cooked is to use a food thermometer. Get tips on using one, along with a temperature chart in this handy guide. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Preventing Food Borne Illness

Tips on handling food safely. Use the storage guidelines chart to know when to throw away leftovers. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Government - Health & Medical



Allergies

Discusses the symptoms, tests and treatments. Also provides a comparison chart to help you distinguish between allergy and cold symptoms. Please include a postage and handling charge of: \$0.50. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO**

81002.

Alzheimer's Searching for a Cure

Learn how Alzheimer's is diagnosed, its symptoms, current drug treatments and lifestyle advice to help prolong mental health. Please include a postage and handling charge of: \$0.50. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Botox

Why it is used, how it works, what its side effects are and what to consider if you want to try it. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Bottled Water Basics

Not all bottled water is the same. Get tips on how to choose it based on the type of water and the source taste considerations and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Buying Contact Lenses Online or by Mail

Tips to follow when ordering contact lenses online or through the mail, including prescription information required and what to watch out for. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Cell Phones

Addresses health concerns about cellular phones and radio frequency energy. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Cosmetics

Basic fact sheet about using cosmetics safely. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Depression

Outlines the three main types of

depression, causes, symptoms and how to learn more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Diabetes

Many people who have diabetes are unaware they have it. Learn more about its risk factors, warning signs and treatments available. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Eating Disorders

Recognize the symptoms of different eating disorders, who is most likely to be affected and various treatment options. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Fibroids

Explains the symptoms and treatments and answers common questions about fibroids. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Fighting Antibiotic Resistance

Explains what you can do to reduce resistance and why it is important for better health in the long run. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Filtration Facts

Learn about the different types of home water filters available including pitchers, faucet filters and freestanding units. Provides general information and performance. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Generic Drugs

Covers effectiveness, appearance, safety and how they save you money. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Guide to Long Term Care Insurance

This type of insurance covers services needed by those with chronic illness or disability. Learn the costs, limitations and exclusions and coverage options you need. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Handout on Health: Sports Injury

Learn what kinds of activities are most likely to cause sports injuries, how to prevent them and recent treatment advances. Please include a postage and handling charge of: \$0.50. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Heart Disease

Heart disease is a leading cause of death in the US. Learn the signs of heart disease, including the silent symptoms and get tips on how to lower your risk. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

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. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Introducing Medicare RX: A Guide to Getting Started

Explains the new prescription drug coverage and the options available based on the type of Medicare coverage you have. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Lasik

What to know before having laser eye surgery, including cost, health risk, lifestyle considerations and more. Write to: **Consumer**

Information Center, PO Box 100, Pueblo, CO 81002.

Let's Talk About Depression

Helps teenagers learn the symptoms of depression and where to get help. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Lung Cancer

Describes how it is diagnosed the types and states of lung cancer, warning signs and available treatments. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Lupus

Discover more about lupus, including warning signs and available treatments. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Mammography Today

How to tell if you are getting a high quality mammogram and what to do if you need to change mammogram facilities and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Menopause and Hormones: Fact Sheet

Explains the benefits and risks of treating symptoms of menopause with hormone therapy. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

My Medicines

Take care of yourself with this easy to follow guide that features questions to ask your doctor and a simple chart to keep track of your medications. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

National Breast and Cervical Cancer Early

Detection Program

You must be female, older than 39 years, not insured for breast screening and of low income. Free or low cost mammograms and pap tests available. <http://www.cdc.gov/cancer/nbccedp/contacts.htm> or you may call **Centers for Disease Control at 8888426355.**

New Medicare Prescription Drug Coverage: What You Need to Know

Describes the costs and benefits of the new coverage using real life examples. See how the new program may affect you and get help in deciding whether to join a plan. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

New Medicare Prescription Drug Coverage

Gives the income and asset limits you must meet in order to qualify. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Osteoarthritis

Discusses symptoms, treatment and helpful exercises for the most common type of arthritis. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Preventing Stroke

Learn about the most common cause of adult disability and estimate your risk with the informative stroke risk chart. Please include a postage and handling charge of: \$1.. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Protect Your Drinking Water

Learn where your water comes from, the factors that affect its quality and how to prevent pollution. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Questions and Answers About Acne

Find out how acne develops, what treatments will and won't work and how to care for your skin. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Questions and Answers About Fibromyalgia

Learn about causes, treatments and latest research efforts on this chronic disorder, which causes widespread pain and tenderness in your muscles and soft tissue and other symptoms. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Questions and Answers About Gout

Here are the details on this painful type of arthritis, including symptoms, treatments and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Questions and Answers About Hip Replacement

Who is likely candidate, alternatives available, possible complications, recovery and what to expect during rehabilitation. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Questions and Answers About Rosacea

Explains causes, treatments and how to minimize flare ups of this chronic skin disease which causes redness and pimples. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Reactive Arthritis

This form of arthritis occurs as a reaction to an infection in another part of the body. This helpful guide details its causes, symptoms, diagnosis, treatments and more.

Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Rheumatoid Arthritis

Discusses diagnosis and treatments with a medication chart for drug benefits and side effects. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Strokes

Basic information on the three types of strokes, warning signs to watch out for and how to lower your risk. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

The Flu

The flu is different than a cold and usually appears without warning signs. Learn the symptoms, types of vaccines available, who is at risk and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Thinking it Through: A Guide to Managing the Benefits

Learn what questions to ask your doctor, how to read your medication labels, how to avoid harmful interactions and more. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

West Nile Virus

Learn about how this virus is spread through mosquito bites, its symptoms, who is most at risk and ways to protect yourself. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

What Do When a Friend is Depressed

Depression is a serious disease that affects people of all ages, even teenagers. This guide helps teens understand the myths about depression and find out where to get help. Write to: **Consumer**

Information Center, PO Box 100, Pueblo, CO 81002.

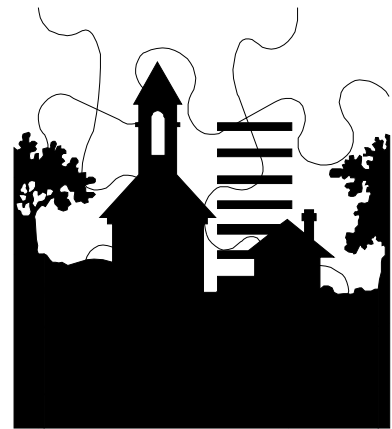
Whole Body CT Screening

Discusses the risks, limitations and benefits of this procedure. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Your Pharmacy Benefit: Make it Work for You

How to get the best pharmacy benefit when choosing health insurance, including Medicare. How to appeal if your plan denies coverage for a specific drug. Includes a sample appeal letter. Write to: **Consumer Information Center, S James, Pueblo, CO 81002.**

Government – Kids



Catch the Spirit: A Students Guide to Community Service

Ideas and information on how young people can help make their community a better place. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Crime Prevention in the Electronic Age

This kid includes a 12 month calendar and an extensive series of useful warnings about fraud and

crime. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Fun Play, Safe Play

Discover the importance of play in your child's learning and development. Suggests toys for different ages. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Kids and Their Bones: A Parents Guide

Taking care of your child's bones now can protect against later fractures and possible osteoporosis. Learn about the factors that may affect the health of your child's bones. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

Mr. Plug's Fun Book, Pre Kindergarten

Coloring activity book geared toward preschoolers to teach them about electrical safety. Write to: **Consumer Information Center, PO Box 100, Pueblo, CO 81002.**

State Benefits



Alabama All Kids Program

Must be a resident of Alabama under 19 years of age, not covered by health insurance. Provides low cost health insurance.
<http://www.alabama.gov>

Alaska Heating Assistance Program

Must be a resident of Alaska and be in need of financial assistance for home energy costs. Assists low income households with their home energy costs or you may call **Department of Health and Social Services** at 8888046330.

Arizona Cash Assistance Program

You must be a resident of Arizona either pregnant or responsible for a child under 19 year old. Program provides temporary cash assistance and supportive services to children and their families or you may call **Department of Economic Security** at 6025429935.

Arizona Kids Care

Must be a resident of Arizona, under 19 years old and not covered by health insurance. Kids Care is health insurance for children under 19.
<http://kidsicare.state.az.us/Default.asp> or you may call **Department of Economic Security** at 8777645437.

Arkansas Arkids First!

You must be a resident of Arkansas under 19 years of age not covered by health insurance. Program provides health insurance coverage for

Arkansas children.
<http://www.arkidsfirst.com/reinfo.htm> or you may call **Department of Human Services** at 8884748275.

California CalWORKs

You must be a resident of California, either pregnant or responsible for a child under 19 years of age. CalWORKs is a welfare program that gives cash aid and services to eligible needy California families.
http://dss.cahwent.gov/cdssweb/CountyWebS_296.htm

Colorado Child Health Plan Plus

Must be a resident of Colorado under 19 years old. Program provides low cost health insurance for children whose families earn or own too much to qualify for Medicaid.
<http://www.cchp.org/chpweb/mainpage.cfm?> or you may call **Department of Health Care Policy and Financing** at 8003591991.

Connecticut Contingency Heating Assistance Program

Must be a resident of Connecticut and require financial assistance for home energy cost. Program provides heating assistance for Connecticut residents by helping them offset the winter heating costs or you may call **The Connecticut Department of Social Services** at 8008421132.

Delaware Low Income Home Energy Assistance Program

Must be a resident of Delaware and need financial assistance for home energy costs. Federally funded program for low income families that need help in meeting their costs of home energy.
<http://www.state.de.us/dhss/dssc/liheap.html>

District of Columbia Healthy Families Insurance

You must be a resident of the District of Columbia under the age of 19 and not covered by medical insurance. Program covers adolescents under the age of 19 who live along, pregnant women and parents/guardians.
http://dchealth.dc.gov/services/healthy_families/engappspanish.shtm or you may call **Department of Human Services DC** at 8885571116.

Florida Low Income Home Energy Assistance Program LIHEAP

Must be a resident of Florida and need financial assistance for home energy costs. Provides grants to local governments and non profit agencies to assist low income Florida households in meeting the costs of home heating.
<http://www.state.fl.us/fhcd/programs.liheap/> or you may call **Florida** at 8504887541.

Georgia Peach Care for Kids

must be a resident of Georgia under 19 year of age not covered by health insurance. Program provides health benefits at not cost.
<http://www.peachcare.org> or you may call **Department of Medical Assistance** at 877GAPEACH.

Hawaii Quest

Must be a resident of Hawaii in need of health care assistance whose financial situation is low income. Medical assistance provided for low income eligible residents.
<http://www.medquest.us/contact/index.html>

Idaho Low Income Home Energy Assistance Program

Must be a resident of Idaho in need of financial assistance for home energy costs. Assists low income Idaho residents with the high cost of home energy.
<http://www.accessidaho.org> or you may call **Idaho** at 2083345753.

Illinois Low Income Home Energy Assistance Program

Must be a resident of Illinois and in need in financial assistance for home energy costs. The program is designed to assist eligible low income households pay for winter energy services.

<http://www.state.il.us> or you may call **Illinois** at **8002528643**.

Indiana Temporary Assistance for Needy Families

You must be a resident of Indiana either, pregnant or responsible for a child under 19 years of age. Program is designed to help welfare recipients obtain and maintain jobs.

<http://www.in.gov.fssa/>

Iowa Healthy and Well Kids in Iowa

Must be a resident of Iowa under 19 years of age not covered by health insurance. Program provides free or low cost health care coverage.

http://hawk-i.org/English/Questions/_questions_/html or you may call **Department of Human Services IA** at **8002578563**.

Kansas Successful Families Program

You must be a resident of Kansas, either pregnant or responsible for a child under 19 years of age. Program has services for low income families. <http://state.ks.us> or you may call **Department of Social and Rehabilitation Services KS** at **8883694777**.

Kentucky Children's Health Insurance Program KCHIP

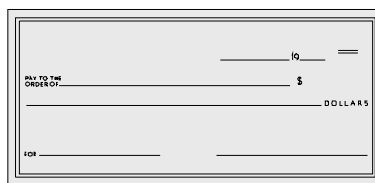
Must be a resident of Kentucky under 19 years of age, not covered by health insurance. Provides free of low cost health insurance for Kentucky's children.

<http://www.kentucky.gov> or you may call **Cabinet for Families and Children KY** at **877KCHIP18**.

Louisiana Low Income Home Energy Assistance LIHEAP

Must be a resident of Louisiana in need of financial assistance for home energy cost. Provides eligible households with assistance in meeting their monthly utility bills.

<http://www.lhfa.state.la.us/programs/energy/EA.php>



Maine Low Income Home Energy Assistance Program

Must be a resident of Maine in need of financial assistance for home energy costs. Program provides money to low income homeowners and renters to help pay heating costs. <http://www.mainehousing.org.liheap.html> or you may call **Maine** at **8004524668**.

Maryland Temporary Cash Assistance

Must be a resident of Maryland either pregnant or responsible for a child under 19. Provides cash assistance to needy families with dependent children when available resources do not fully address their needs. <http://www.mec.state.md.us> or you may call **Department of Human Resources MD** at **8003326347**.

Massachusetts Transitional Aid to Families with Dependent Children

Must be a resident of Massachusetts, either pregnant or responsible for a child under 19 years of age. Provides temporary cash assistance and supportive services to children.

<http://www.mass.gov> or you may call **Department of Human Services MA** at **8002492007**.

Michigan Family Independence Program

Must be a resident of Michigan, either pregnant or responsible for a child under 19 years of age. Program provides cash assistance to families with children to help pay for living expenses. <http://www.Michigan.gov/> or you may call **Family Independence Agency MI** at **5173730707**.

Minnesota Care

You must be a resident of Minnesota under 21 years of age not covered by health insurance. Program provides comprehensive health care coverage. come low income children and families pay as little as \$4 a month. <http://minnesotacare411.com> or you may call **Department of Human Services MN** at **6512973862**.

Mississippi Low Income Home Energy Assistance Program

Must be a resident of Mississippi and need financial assistance for home energy costs. Program provides financial assistance to eligible households to help pay the cost of home energy bills. http://mdhs.state.ms.us/cs_info.html

Missouri Low Income Home Energy Assistance Program

Must be a resident of Missouri and need financial assistance for home energy costs. Program assists low income residents to pay for home energy costs. <http://www.dss.state.mo.us/dfs/liheap.htm> or you may call **Department of Social Services MO** at **8003921261**.

Montana Children's Health Insurance Plan

Must live in Montana and be under

19 years of age. Provides low cost private health insurance to eligible Montana children until 19 years of age. www.chip.state.mt.us

Montana Low Income Energy Assistance Program

Must be a resident of Montana in need of financial assistance for home energy costs. Program assists eligible Montana residents and families with their heating and cooling costs.
<http://www.discoveringmontana.com> or you may call Department of Human Services at **8003322272**.

Nevada Check Up SCHIP

Must be a resident of Nevada under the age of 19 not covered by health insurance. Program provides low cost comprehensive health care coverage to low income uninsured children.
<http://www.nevadacheckup.state.nv.us> or you may call Department of Human Services NV at **8003606044**.

New Hampshire Low Income Home Energy Assistance Program

Must be a resident of New Hampshire in need of financial assistance for home energy costs. Program provides some relief for resident who are having trouble paying for heat during the winter season.
<http://nh.gov/oep/programs/fuelassistance/index.htm> or you may call Department of Human Services NH at **6032712155**.

New Jersey Work First

Must be a resident of New Jersey and either pregnant or responsible for a child under 19 years of age. Program provides work opportunities.
<http://www.state.nj.us/humanservice/s/dfd/dfdcwa39.html> or you may call Department of Human Services at **9074653325**.

New Mexico Kids

Must be a resident of New Mexico under 19 years of age not covered by health insurance. Program provides no cost or low cost health insurance.
<http://www.state.nm.us> or you may call Human Service Department NM at **8889972583**.



New York Low Income Home Energy Assistance Program

Must be a resident of New York and you must need financial assistance for home energy costs. Program provides federally funded energy assistance.
<http://owed.state.ny.us/otda/heap/default.htm>

North Carolina Health for Choice for Children

Must be a resident of North Carolina and under 19 years of age. Program provides a comprehensive health insurance plan.
<http://www.ncgov.com> or you may call Department of Health and Human Service NC at **8003672229**.

North Dakota Healthy Steps

Must be a resident of North Carolina, under 19 years of age and not covered by health insurance. Program is intended to meet the needs of working families in North

Dakota who cannot afford health insurance coverage for their children. <http://www.discovernd.com> or you may call Department of Human Service ND at **8007552604**.

Ohio Healthy Start

Must be a resident of Ohio who is in need of health care insurance assistance. Free health care coverage through Healthy Start.
<http://www.odjfs.state.oh.us/forms/pdf/07216.pdf> or you may call Department of Job and Family Service OH at **8003248680**.

Oklahoma Low Income Energy Assistance Program

Must be a resident of Oklahoma and need financial assistance for home energy costs. Program provides seasonal assistance to low income households.
<http://www.okdhs.org/fssd/ProgramInformation.htm#Low-Income>

Oregon Temporary Assistance for Needy Families

You must be a resident of Oregon, either pregnant or responsible for a child under 19 years of age. Program provides cash assistance to low income families with children.
<http://www.oregonhelps.org> or you may call Department of Human Service OR at **5039455651**.

Pennsylvania Children's Health Insurance Program

You must be a resident of Pennsylvania under the age of 19 not covered by health insurance. Program provides health coverage to uninsured children whose families earn too much to qualify for Medicaid but too little to afford private coverage.
<http://insurance.state.pa.us/html/chipmap.html> or you may call Department of Public Welfare PA at **800986KIDS**.

South Carolina Partners for Healthy Children

You must be a child under 19 years of age living in South Carolina. Program provides health insurance for children living in South Carolina. No coverage for adults.
<http://www.dhhs.state.sc.us/Resources/Library/forms.htm> or you may call **Department of Health and Human Services SC** at **8885490820**.

South Dakota Children's Health Insurance Program

You must be a resident of South Dakota under 19 years of age not covered by health insurance. Program provides free health insurance to South Dakota children who meet certain eligibility guidelines.
<http://www.state.sd.us/social/index.htm> or you may call **Department of Social Service SD** at **8003053064**.

Tennessee TennCare

You must be a resident of Tennessee, pregnant or under 19 years old. Program provides health insurance to people who are eligible for Medicaid and to certain other people who lack access to insurance.
<http://state.tn.us/tenncare> or you may call **Department of Finance and Administration** at **8006691851**.

Texas Comprehensive Energy Assistance Program

You must be a resident of Texas and you must need financial assistance for home energy costs. Program provides relief to those low income elderly and or disabled households. Also provides case management, education and co payment utility plan.
<http://www.tdhca.state.tx.us/pdf/ca/04-CEAPsubgrants-040511.pdf> or you may call **Department of Housing and Community Affairs** at **8773998939**.

Utah Home Energy Assistance Training

You must be a resident of Utah and

in need of financial assistance for home energy costs. Program helps low income households with their heating utility bills.
<http://dced.utah.gov/community/heat.html> or you may call **Department of Community and Economic Development** at **8774883233**.

Vermont Seasonal Fuel Assistance

You must be a resident of Vermont and need of financial assistance for home energy costs. Program provides any eligible person physically present in a living unit in Vermont with fuel assistance by paying their heat directly to a fuel supplier.
<http://www.dsw.state.vt.us/Programs/Pages/Fuel/fuel.htm> or you may call **Department of Prevention, Assistance, Transition and Health Access VT** at **8004796151**.

Virginia Low Income Home Energy Assistance Program

You must be a resident of Virginia and need financial assistance for home energy costs. The program assists low income households.
<http://www.dss.state.va.us/benefit/energyasst/html>

Washington Energy Assistance Program

You must be a resident of Washington and you must need financial assistance for home energy costs. Program provides payments made to energy companies in most cases or directly to clients to help pay a portion of home heating costs.
<http://www.liheapwa.org/Info/WhereToApply.htm>

West Virginia Children's Health Insurance Program

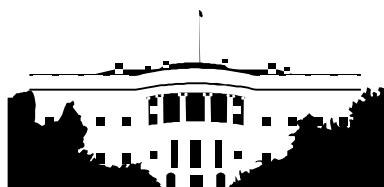
You must be a resident of West Virginia under 19 years of age not covered by health insurance. Program provides quality health insurance to eligible children and strives to develop a health care

system in which all West Virginia children can access health care coverage. <http://www.wvinroads.org> or you may call **Department of Human Services WV** at **8779822447**.

Wisconsin Home Energy Plus

You must be a resident of Wisconsin in need of financial assistance for home energy costs. The program is intended to help you pay a portion of your heating costs.
<http://heat.doa.state.wi.us/liheap/community.asp> or you may call **Department of Administration WI** at **866HEATWIS**.

State Benefits-Food Stamps



Alabama

You may call at: 3342420143.

Alaska

You may call at: 9074653325.

Arizona

You may call at: 8003528401.

Arkansas

You may call at: 8004828988.

California

You may call at: 8009525253.

Colorado

You may call at: 3038665087.

Connecticut

You may call at: 8008421508.

Delaware

You may call at: 8004644357.

District of Columbia

You may call at: 2027245506.

Florida

You may call at: 8003429274.

Georgia

You may call at: 4046579358.

Hawaii

You may call at: 8086431643.

Idaho

You may call at: 8009262588.

Illinois

You may call at: 8008436154.

Indiana

You may call at: 8006224932.

Iowa

You may call at: 8779373663.

Kansas

You may call at: 8883694777.

Kentucky

You may call at: 8003722973.

Louisiana

You may call at: 2253424054.

Maine

You may call at: 8004524643.

Maryland

You may call at: 8003326347.

Massachusetts

You may call at: 8002492007.

Michigan

You may call at: 5173730707.

Minnesota

You may call at: 8006573698.

Mississippi

You may call at: 8009483050.

Missouri

You may call at: 8003921261.

Montana

You may call at: 8003322272.

Nebraska

You may call at: 8004303244.

Nevada

You may call at: 8009920900.

New Hampshire

You may call at: 8008523345.

New Jersey

You may call at: 8007929773.

New Mexico

You may call at: 8884733676.

New York

You may call at: 8003423009.

North Carolina

You may call at: 8006627030.

North Dakota

You may call at: 8007552716.

Ohio

You may call at: 8662440071.

Oklahoma

You may call at: 4055213444.

Oregon

You may call at: 8007233638.

Pennsylvania

You may call at: 8006927462.

Rhode Island

You may call at: 4012227276.

South Carolina

You may call at: 8007685700.

South Dakota

You may call at: 8779995612.

Tennessee

You may call at: 8888636178.

Texas

You may call at: **8775562200.**

Utah

You may call at: **8665263663.**

Vermont

You may call at: **8002870589.**

Virginia

You may call at: **8005523431.**

Washington

You may call at: **8008657801.**

West Virginia

You may call at: **8006428589.**

Wisconsin

You may call at: **8003623002.**

Wyoming

You may call at: **8004573659.**

Where To Buy Government Surplus Items

Most people are not aware of what is available. This section is your brief guidebook and sourcebook. If you have Internet access, please visit http://www.pueblo.gsa.gov/cic_text/fed_prog/fedsales/fedsales.htm for more information on Federal Government Sales. Another Internet resource is located at <http://www.firstgov.gov/shopping/auctions/auctions.shtml> and describes auctions by agencies and types of property. If you visit <http://www.bid4assets.com> you will learn about online auctions for selected federal, state and local government and private sellers. State and local surplus property sales information can be found at <http://www.firstgov.gov/shopping/auctions/surplus.shtml>. Here is information on just one program:

Department of Justice

U.S. Marshals Service

What is sold

The U. S. Marshals Service (USMS) sells property to the public that has been forfeited under laws enforced and administered by the Department of Justice (DOJ) and its investigative agencies (the Drug Enforcement Administration and the Federal Bureau of Investigation) and certain other Federal law enforcement agencies. More than 14,000 items of property are sold annually with gross sales of \$200 million.

The property consists of both residential and commercial real estate, business establishments, financial instruments, and a wide variety of personal property such as vehicles, boats, aircraft, jewelry, art, antiques, collectibles, and other personal property.

How items are sold

Forfeited property is sold through a variety of methods including auction, sealed bid, and Internet sales. Most forfeited property is sold by professional auctioneers and brokers who are under contract to USMS. The contractors, usually auctioneers, sell vehicles, boats, jewelry, art, antiques, aircraft, and other personal property. Normally, real property is sold by real estate brokers through multiple listing services. Some forfeited property is sold by the U.S. General Services Administration under an agreement with USMS. USMS also occasionally conducts sales.

How sales are advertised

Generally, forfeited property is advertised for sale in the classified section of major newspapers in the area where the property is located. Advertisements for the sale of special interest items can also be found in national association and trade publications, in specialized periodicals, and on the websites of USMS and some of its contractors. USMS does not maintain a list of forfeited property for sale or a mailing list to notify prospective buyers of upcoming sales.

Special restrictions/conditions

The law under which USMS disposes of forfeited property provides no authority for donations.

DOJ employees, USMS contractors, their families, and criminal defendants cannot bid on or purchase forfeited property.

Guaranteed payment such as cash or certified check is required. Some of the sales contractors may accept credit cards.

Forfeited property is usually sold at its fair market value. USMS reserves the right to reject any and all bids in a given forfeiture sale.

For more information

USMS maintains a *National Sellers List* (NSL) that is available to the public. The NSL is a list of USMS contractors and other Federal agencies that sell property to the public for USMS. The NSL may be accessed by consulting either the USMS web-site at www.usdoj.gov/marshals or the Federal Citizen Information Center (FCIC) website at www.pueblo.gsa.gov/cic_text/fed_prog/selerlst/selerlst.htm

You may request a copy of the NSL by calling the USMS fax-on-demand service at (202) 307-9777. You also may order a copy of the NSL from FCIC by sending your name, address, and a check or money order for \$1.00 payable to "Superintendent of Documents" to:

Federal Citizen Information Center
Dept. 319K
Pueblo, CO 81009
1 (888) 8 PUEBLO toll-free (that's 1-888-878-3256)

Contact the district U.S. Marshal who is listed under the U.S. Marshals Service of the Department of Justice in the "U.S. Government" listings of the telephone directories of the major cities in your state, or write:

U.S. Marshals Service
Office of Public Affairs
OS #3, 10th Floor
Washington, DC 20530-1000

Other Prime Publishing LLC. Books



Free Stuff For Crafting, Sewing & More

"Free Craft Supplies" - National Directory of Free Crafting and Sewing Supplies. Sensational book shows you how to get over \$300 worth of FREE crafting, sewing and painting supplies. Includes Christmas items, patterns, samples, books, supplies and more. Includes over \$100 in crafting coupons, rebates and special offers.

Retail Price: \$4.95



Free Stuff For Everyone

The most incredible collection of FREE STUFF ever assembled. Huge illustrated directory reveals how to get hundreds and hundreds of free and postage only offers...by simply asking. Books, Fitness, Gardening, Gifts, Health & Beauty Aids, Jewelry, Magazines, Sports, Travel and more.

Retail Price: \$4.95



Work-At-Home Directory

Earn a second income or start a new career. You pick the hours and choose the home employment opportunity that interests you. It's fast and easy. Over 175 exciting opportunities. Work for one or several. Includes sections and listings on "How To Write For Money" and "Your Guide To Getting Articles and Designs Published in Magazines and Newspapers". Start today!

Retail Price: \$4.95



Get PAID To SHOP, EAT, VACATION and More!

Hundreds and hundreds of companies and research firms are willing to pay you for your opinions and for "secret shopping". You can get paid for dining in restaurants, shopping at your favorite stores, traveling, visiting amusement parks and even seeing the latest movie releases! We'll show you how to earn money for every job you complete. Start earning today.

Retail Price: \$4.95



Free Stuff from Uncle Sam

Billions Of \$\$\$ Of Free Stuff. Loans, scholarships, subsidies and grants. Where to write or call and how to apply for your share of these riches! Bonus: Where to buy government surplus items (such as cars, boats, cameras, etc) for peanuts. New updated annual edition.

Retail Price: \$4.95



Free Things for Kids!

A Favorite For Kids and Parents. Write for over 300 fantastic free and low cost items that kids will love! Stamps, play money, sports items, coloring books, flower seeds, stickers, school supplies, comic books and much more! New updated annual edition. Bonus: Special surprise kids love.

Retail Price: \$4.95



Confiscated Treasures Seized By Uncle Sam

Get Expensive Items At Bargain Prices Today.

Obtain houses, cars, computers, office equipment, art and other foreclosed, seized and surplus items at huge discounts. This step-by-step guidebook and national directory shows you how. Tips, secrets and lists of sales and auctions in your area by drug enforcers, IRS, Department of Defense, FDIC, US Postal Service, The Customs Service and on and on. New updated annual edition.

Retail Price: \$4.95



How To Turn Your Hobby Into A Business

Step by step guide shows you how to get published in magazines, tells you how to get companies to pay for your designs, how to sell on television, how to write your own book, how to sell over the Internet, get free advertising and more. Bonus: Hundreds of confidential addresses and contacts. Secret tricks of the trade. It's all here!

Retail Price: \$4.95

Ordering Information- please mail check or money order with book(s) desired to:

Prime Publishing LLC

Dept PDF2006

PO Box 663

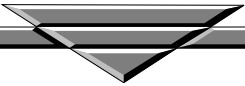
Highland Park, IL 60035-0663

Shipping Charges:

There are NO SHIPPING charges.

About MyFree.com Newsletters

eMagazines (newsletters) are provided free of charge. They are advertising supported, like Radio and Television. Advertising is contained in the regular content eMagazine issues and in special advertising only eMagazine issues. Users may unsubscribe by utilizing the links at the end of each mailing or by also visiting this page. Please visit: www.MyFree.com




Billions of \$\$\$ of Free Stuff from the State and Federal Government. Loans, scholarships, subsidies and grants. Where to find, write or call and how to apply for your share of these riches! Bonus: Where to buy government surplus items (such as cars, boats, cameras, etc) for peanuts.

It's fast and easy. Many exciting programs. Learn if you qualify and apply for one or several. Start today!

 Scholarships

 Medical Care


 Study And Job Training Programs

 Food For The Needy

Everyone will love this book. Whether you are a working Mom looking for child care, a busy executive with an aging relative or a college student looking for assistance, this is an excellent way to research and learn about these benefits. Who couldn't use some extra money?

The opportunities are endless and the rewards are worth the effort. All it takes is to be aware and to know where and how to dig out the information you need. This book is all you need to get started.

ISBN 1-893128-57-1
2006



Prime Publishing LLC
PO Box 663
Highland Park, IL 60035-0663

PRESORTED
STANDARD
US POSTAGE PAID
NORTHBROOK, IL
PERMIT NO. 12