



Consumer Benefits of America

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FORUM

Consumer Benefits of America

A NOT-FOR-PROFIT CORPORATION

P.O. Box 281248 Denver, CO 80228 303-463-7540 or 800-707-8339

Embracing Depression

Depression in our society is often a point of shame for those who struggle with it and for their loved ones. Depression is considered an illness in the medical community. There are a number of different types of depression: seasonal depression (SAD or seasonal affective disorder); depression triggered by a traumatic event; depression caused by various health challenges; depression which occurs for no apparent reason; depression caused by medication; and depression caused by recreational drugs or alcohol. Depression is rated mild, moderate, or severe. Research has linked depression to an increased chance of health challenges.

One may require medication for depression, especially if it is rated in the "severe" range. There are, however, some practical methods for lessening or eliminating depression altogether.

Severe stress can be a prelude to major depression. Studies have shown that stress hormone levels are elevated in half of all those studied with severe depression. This would indicate that one would be well advised to deal with stress in an aggressive manner by utilizing aerobic and weight-bearing exercise, additional sleep, time with friends, and relaxing, if possible, with enjoyable activities. The following is sound advice for maintaining mental health in general:

- Turn off the news. Sensationalized and out-of-context stories of crime and violence can cause significant stress. Rely more on the printed word.
- Be an advocate for children. This has the potential to help both you and the child. Much mental illness begins with child abuse.
- Do not allow violent movies and video games into your home.
- Touch more often. Men and women who enjoy positive touch report less anxiety and depression.
- Make a conscious effort to forgive someone who has wronged you.
- Find a spiritual community.
- Realize that you have a purpose, that you have the power to fulfill that purpose, and that your work on earth is not complete until you do.
- Exercise on a regular basis. Cardio and weight-bearing exercise are essential for health heart, lungs and blood vessels and for strong bones. Pilates builds both strong bones and increases flexibility. All forms are profoundly relaxing.
- Relax by using a number of other techniques, including breath work (which can be extremely effective), yoga, Tai Chi, and meditation.

Diet can play a key role in controlling depression. Helpful dietary measures include the following: drinking 6-8 glasses of water per day; eating foods high in omega-3 fatty acids, such as

salmon and other fatty cold-water fish, flax seeds and walnuts; eating frequent small snacks, but not overeating. Make sure your diet is whole-food based, including citrus, whole grains, beans, vegetables, and olive oil.



Vitamins can be very helpful in dealing with depression. B-vitamins and vitamin C are especially important. A good-quality food-based multiple vitamin is a good supplemental foundation for many psychological conditions.

Certain herbs, homeopathic remedies and other alternatives can be powerful allies in easing depression. Information exists regarding these herbs and homeopathic remedies in books and on the internet. Homeopathic remedies work best when purchased in liquid form.

A final suggestion for dealing with depression is acupuncture. A study at the University of Arizona found that sixty-four percent of those who sought treatment experienced a remission of symptoms. One should consult board-certified acupuncturists. Such practitioners can be identified by calling the National Acupuncture and Oriental Medicine Alliance at 253.851.6896.

Food of the Month

The classy dried plum (prune) is tasty and healthful



For a food that has so many benefits and uses, it's surprising that today prunes often masquerade as a different food: fat.

Smart chefs are using them as a fat substitute in many dishes, especially in baked goods where they cut fat by as much as 90 percent. At the same time, they succeed in preserving the taste and texture that usually come from fat.

Here's how you make the fat substitute. Put about 25 pitted prunes in the blender, add 6 tablespoons of water, and puree. Replace 1 tablespoon of fat with an equal amount of prune puree. If you make the same baked goods all the time, experiment until you get the taste and texture that you want. Any leftover puree will keep for several weeks covered in the refrigerator.

The prune's best-known use is as a home remedy for constipation. It certainly is that since it has three different ingredients that work on that problem.

Just as with other fruits, dried plums contain generous amounts of vitamins, minerals, and other healthful compounds. They are loaded with beta-carotene and antioxidants like vitamins C and E. And they include generous amounts of potassium, which is important for blood pressure control, according to the *Doctors Book of Food Remedies* (Rodale).

Baked Chicken with Prunes

Coat a baking dish with no-stick spray. Arrange 1 lb. skinless boneless chicken breast halves in a single layer.

In a bowl combine 1/4 C red wine and 16 pitted prunes. Microwave on high for 1 minute. Pour over the chicken and sprinkle with 1 t minced fresh rosemary. Bake 30 minutes at 350 degrees. Salt, pepper, stir and serve.

Virus, not bacteria, responsible for sore throats

When adults complain about sore throat, doctors prescribe antibiotics, so says a recent study published in the *Journal of the American Medical Association*.

The study found that during a 10-year period doctors prescribed antibiotics for sore throat in 73 percent of the cases. Patients usually request antibiotics.

But here are the facts:

- A virus, not bacteria, most likely caused your sore throat. Antibiotics

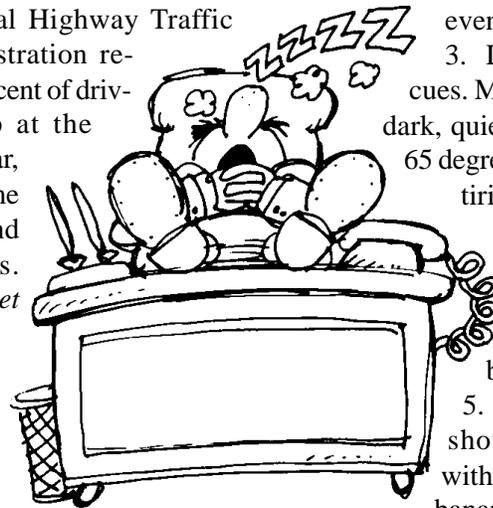
are ineffective against viruses, so they probably didn't cause your recovery.

- Taking antibiotics for viruses contributes to the development of antibiotic-resistant bacteria, a problem with potentially dire consequences to public health and your own health.
- Antibiotics are useful against strep throat, but the condition, which is easily identifiable, is responsible for only 5 to 17 percent of sore throats.

How to get more sleep

The National Highway Traffic Safety Administration reports that 17 percent of drivers fall asleep at the wheel every year, resulting in some 1,500 deaths and 40,000 injuries. *Here's how to get more sleep:*

1. Make sleep a priority. Determine how much sleep you need by spending eight hours in bed each night. Most people will sleep all eight hours.
2. Get your internal clock set. Go to bed and wake up at the same hour



even on weekends.

3. Line up your sleep cues. Make your bedroom dark, quiet, and cool (about 65 degrees). Have a pre-retiring routine.
4. Avoid caffeine, cigarettes, alcohol, and exercise close to bedtime.
5. Snacks before bed should include food with tryptophan (dairy, bananas, turkey) which aids sleep.
6. Daytime naps should last no more than 20 minutes.
7. Be wary of sleeping pills. They can make you drowsy the next day.

New label tells if foods are really 'organic'

U.S. Department of Agriculture rules, a decade in the making, will govern thousands of items. Organic products are those produced without synthetic fertilizers or pesticides. Products have to meet these standards.

- "100% organic": Must have 95% or more organic ingredients. Manufacturers can use the USDA seal on the product.

- "Made with Organic Ingredients": At least 70% of the product is organic. Manufacturers can't use the USDA organic seal.
- "Contains organic ingredients": Less than 70% of the product is organic. The word "organic" can't be used on the front of the package, but the manufacturer can list organic ingredients on the back.

More states require home gas detectors

Low-cost carbon monoxide detectors can save lives, experts say, and states are beginning to require them.

Most people are surprised to learn that carbon monoxide is the leading cause of accidental poisoning in the U.S. It takes some 2,000 lives a year and makes many times that number sick.

Though carbon-monoxide detectors are widely available, fewer than a third of homes have them. That could change as more states pass laws requiring them in homes.

Some cities are taking action on their own. Chicago and St. Louis, for example, have ordinances requiring them. The legislation has lifesaving ef-



fects. Cities that require carbon-monoxide detectors have much lower death rates from exposure to the gas than those that don't. A study published in the *American Journal of Emergency Medicine*. In Chicago 0.4 percent of those exposed to the gas died. In Los Angeles, 15 percent of those exposed to carbon monoxide died.

There are many possible sources such as a furnace, kitchen stove, water heater, fireplace, generator, charcoal broiler, and anything that burns fossil fuels (gasoline, diesel fuel, wood and kerosene).

Protect yourself and your household. Install a carbon-monoxide detector.

Be very cautious when jump-starting a car

Jump-starting a vehicle can be very dangerous both to the person doing it and to the vehicle. Before touching a dead battery, read the owner's manual for the car first because some directions are unusual. Jump-starting improperly can cause surges of electricity through the vehicle's entire electrical system.

When working with a battery, wear splash-proof goggles. If the battery explodes, eye protection can prevent injuries from flying fragments or chemicals. *Here's how to attach the cables:*

1. Connect one positive cable (+ or red) to the positive terminal of the dead battery.

2. Clamp the remaining positive cable to the positive terminal of the good battery.
3. Clamp the negative cable (- or black) to the negative terminal of the good battery.
4. Make the last connection by clamping the black or negative cable on the engine block (not on the negative post of the dead battery) of the stalled vehicle.

Now you are ready. Start the car with the good battery and then the disabled car. When finished, remove cables in reverse order.

Speaking of Safety

Steer clear of winter driving hazards

Authorities on the subject say the rules for vehicle maintenance and driving technique apply in all seasons.

But, the penalty for not heeding them is more serious in winter. With that in mind, consider this advice from the National Safety Council:

Before even considering driving in bad weather, make sure your vehicle checks out and all systems are working properly. Make sure you have all-season or snow tires, and that they are properly inflated.

Assemble your emergency kit. A plastic crate or tote bag will hold gloves, a scarf, knit cap, extra clothes, ice scraper, safety goggles, flashlight, flares, jumper cables, water, and a first aid kit. You could add boots, blankets, a snow shovel and snow brush. A bag of sand or two pieces of burlap will give extra traction.

Now, ask yourself if you really have to go. Check the weather report and your own physical and emotional state. If you can postpone the trip, do so. If not ...

- *Buckle everyone up.* The Insurance Institute for Highway Safety says kids under 12 should travel in the back seat in an age-appropriate safety seat.
- *Be gentle on your car.* Turn everything off before starting the engine. Avoid braking too hard or too abruptly, and accelerate smoothly.
- *Double the 2-second rule for the interval between your vehicle and the one ahead.* Sometimes a 6-second interval is better.

The problem with cell phones

Driving while talking on a cell phone may be as dangerous, or more dangerous, than driving and drinking.

Cell phones are very intrusive because they present four types of distractions: visual, auditory, mental, and physical.

Researchers at the British Transport Research Laboratory tested cell phone users in a driving simulator. They found that reaction time for cell phone users was 30 percent slower than for drunk drivers and 50 percent slower than for sober drivers.

Moneywise

Some families don't know about child tax benefits

Treasury investigators say they received 611,560 tax returns for 2001 on which people could have claimed child tax credits of up to \$238, but didn't. Most of these people earned less than \$25,000.

Treasury Secretary Paul O'Neil notes that the IRS knew about the problem but did little or nothing about it. Taking the tax credit could result in a refund even if you didn't owe any tax.

Housing debt explained

Consumer mortgage debt has soared about 70 percent since 1995, according to the Federal Reserve and a study by National City Corp of Cleveland shows that the percentage of Americans who own their homes is rising. As people go from paying rent to paying a mortgage, it increases the national-debt burden.

People who buy a home don't pay rent. When you account for the fact that more people own homes, the average share of household income dedicated to mortgage payments in 2002 was almost exactly the same percentage of disposable income as it was in 1995.

William Natcher of National City says credit-card debt is also exaggerated because convenient credit cards have replaced cash. People who pay their cards in full still show a big balance during the month. And that accounts for much of the increase in debt levels.

E-mail for a car quote

If you know what kind of car you want, you could save money by e-mailing auto dealerships in nearby cities and asking for a quote. Often different models aren't as popular in another area, or you could find an incentive that is not available locally.

If you do find an attractive deal, the sales manager will often put it in writing via fax. Ask him to list the car's features and get the sales manager's signature. You can then shop this offer around locally.

That great resolution: Save more money

The stock market has hammered our 401ks because it has been out of control. But so has our spending. Instead of limiting the damage by saving more, some Americans are spending more.

With a disciplined savings program, you can increase the amount you save and offset some of your stock-market losses. If you think you don't spend too much, you're wrong. There's plenty of room to cut costs if you just look.

The Labor Department's *Consumer Expenditure Survey* shows that households spend about \$38,000 a year. They spent \$319 on tobacco, \$372 on alcohol, and \$1,863 on entertainment, including pets (tobacco

and liquor figures are probably much higher than people report).

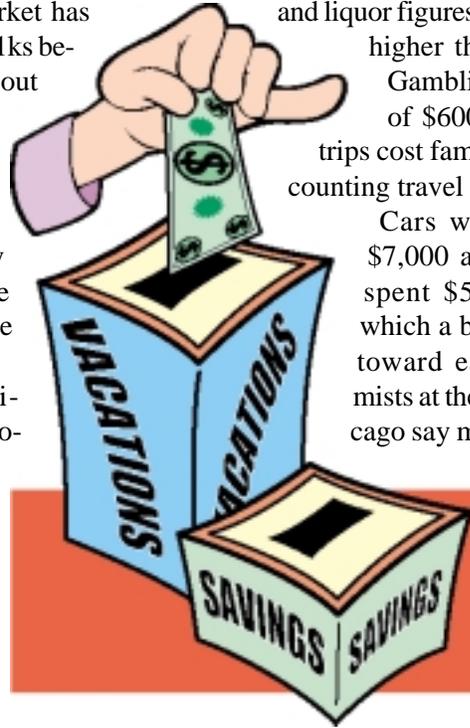
Gambling took an average of \$600 a year, and short trips cost families \$463 each not counting travel expenses.

Cars were a big item at \$7,000 a year. Households spent \$5,158 on food, of which a big 41 percent went toward eating out. Economists at the University of Chicago say middle-class Americans

save only two ways. The first is by paying off their mortgage. The second is by contributing to their pension

plan.

Outside of that Americans don't have much money. If you want to do better than that, consider an automatic investment plan where money comes out of your bank account every month and is invested in something like mutual funds.



Homeowners push for higher appraisals

Whether you are selling your home or arranging a refinancing deal, one of the most important people in the process is the appraiser. The appraised value determines how much money you can pull out of a home or how large a loan your buyer can get.

Appraisers all around the country say homeowners are pushing them to jack up the estimated value of homes. The Appraisal Institute receives complaints from people who refuse to pay because the appraisal was not high enough. But legitimate appraisers won't push value.

The personal finance habits of Americans are changing. Before, people would strive to pay off their mortgages. Now, many constantly tap the rising value of their home through cash-out refinancings and home equity loans.

Many homeowners are piling on debt that will make them vulnerable if the economy slows or interest rates rise. Even with historically low interest rates, 1 percent of the 34 million loans tracked by LoanPerformance were either in foreclosure or 90 days or more delinquent at the end of May. That's the highest level since the end of 1999.

'Silent Saturday' takes the pressure off kids

It's a program designed to take some pressure off kids in school sports, and it's gaining momentum in the U.S. The Silent Saturday movement forbids parents and coaches to do much more than clap at kids' sporting events.

Parents can encourage kids to play the best they can, but should also teach kids to be good sports says advisor Rick Wolff.

At www.sportsparenting.org, Wolff recommends that parents:

- Make an effort to teach kids not to get angry during the game. Tell him or her that every game is a new challenge. The only thing that can be con-

trolled is how much effort a child puts into the game.

- Put most emphasis on doing a personal best and learning to deal with frustration.
- Teach your child that there will be times when the team loses, but that is to be expected. Don't be a sore loser.
- Teach charity. Learning to say "Nice game" to an opponent is part of the game just like practicing and playing.
- Parents should set a good example by not being too emotional during games, not shouting at their child, the officials, or other players.

News from Home

Kids of working moms rank high if they get good care

No need to feel guilty about working away from home if you have a three-year-old. Studies by Columbia University say that at age 3, a child whose mother didn't work by the ninth month scores the same as the child of a working mother -- if the mother is sensitive and arranges above-average child care.

The study showed that an average child with below-average child care and mother sensitivity, whose mother worked 30 hours a week, scored some 13 points lower on the Bracken School Readiness test. It tests knowledge of colors, letters, numbers, shapes, and comparisons.

A child whose mother worked 30 hours or more who was in an average environment, scored six points lower than the child whose mother worked but who received excellent care.

Spouses get more alike

If your husband or wife becomes ill, better see your doctor. Studies published in the British Medical Journal show that if one partner is ill, depressed, or has an ulcer, the other is twice as likely to have the same problem as one with a healthy spouse.

Couples frequently have high blood pressure, high cholesterol, and asthma. They are exposed to the same diets and allergens.

But ulcers, for example, are caused by a bacterium that is not contagious. In some cases, there is no explanation.

Vocation classes gain prestige

Some kids aren't interested in Shakespeare or American history. But in the past, there was a certain stigma to attending vocational school

No more. Many vocational schools and vocational departments within high schools are offering relevant subjects that lead to a satisfying career. Technical certifications courses designed by Cisco, Microsoft, and Nortel. Other courses include medical technology, animal sciences, and hotel management.

Parents and teachers work for harmony in schools

Parents are talking to their children about how they and their classmates treat each other. Call it one small step toward harmony among students.



it's is why more than 160,000 kids skip school every day, according to the National Association of School Psychologists.

In 1992 one principal initi-

The discussions come when kids talk about what happened in school, what they or someone else did. At that point Mom or Dad can delve into why their child made a hurtful remark or how a student felt when insulted or pushed.

Some schools now have anti-bullying policies. New Laws in Georgia, New Hampshire, and Vermont require them. Schools are insisting that verbal or physical abuse will not be tolerated.

The National Threat Assessment Center says that in most cases of school violence, the attackers felt persecuted, threatened, or attacked. And

ated a program to teach kids that they shouldn't fight back when bullied. Instead they tell the offender "I don't like what you said to me," or "I am asking you to stop," or "I'm going to get help." Victims fill out a form describing the incident, and the issue is taken to peer mediation.

Schools say bullies love an audience, and they are sending those bystanders to after-school programs as well as the bullies themselves. Parents and students sign contracts at the start of school saying that no child can be put down for academic performance, appearance, family composition, or gender.

Travel Bag

Working on vacation

A study by NFO WorldGroup shows that about 84 percent of Americans were in contact with their offices during their last vacation.

More than half of those interviewed said their workplaces tracked them down with a call or a page.

Buying travel insurance

What used to be a simple part of travel has become more complicated. Samuel Halpern of WorldTravelCenter.com, an insurance web site, advises travelers to buy insurance immediately after confirming travel plans. Trying to buy a policy after danger erupts probably won't work no matter how much you would pay.

Insurance providers had increased business after Sept. 11, but some policies now make it more difficult to cancel trips because of terrorism. The bombings at Bali have put travel insurance even more in demand.

Insurers used to define "terrorism" as an act that leads to a travel warning by the State Department. Now, many allow cancellations only if the act occurs near a city on your itinerary. Some won't cover an "undeclared war," which makes travelers wonder if that includes terrorism.

Who should not fly

According to the New England Journal of Medicine's HealthNews, people with the following conditions should avoid or postpone air travel:

- Any contagious disease, especially a lung infection.
- Fluid in the lungs.
- Air or gas in the cavity surrounding the lungs within the previous 3 weeks.
- Low blood-oxygen levels (less than 70 mm HG).
- Heart attack within the previous 3 weeks or stroke in the previous 2 weeks
- Major surgery within 2 weeks.
- Chest pain, irregular heartbeat, severe anemia, or a flare-up of sickle cell disease.
- Pregnancy of 35 weeks or more.
- Infants younger than 1 week.

New Year's resolutions: Here's how to reinvent yourself



After 25 years of researching how people change, Stan Goldberg, Ph.D., has discovered these 10 major principles of change. Goldberg, a professor at San Francisco State University, is an author and a private consultant. In this example, a man wants to be more punctual.

1. *Begin by breaking down the behavior.* To get to work on time, he would have to do seven things before 9 a.m.
2. *Compare the results of the change with the status quo.* If there are more positive results, fears are unwarranted.
3. *Enjoy it.* Seeing his clothes laid out was a joyful experience. Reinforcement is necessary for change. Reward yourself by adding to your vacation fund.
4. *Take small steps toward a goal.* List steps, large and small, toward your goal.
5. *Be calm and go slow.* To make mornings easier, he took coffee from home and did no errands on the way.

6. *Get feedback.* Talk about your change with others. Complementing the new behavior implies dislike for the old.
7. *Identify what works. Revisit your plan regularly.* To have a more relaxed morning, he replaced regular breakfast with protein drinks (and added \$20 to his vacation fund).
8. *Practice in different settings.* First he became punctual for work, then he was on time for his regular tennis game.
9. *Protect the new behavior.* Identify what helps or interferes with new behaviors. Increase the helpers.
10. *Big plans may result in big failures.* See each step as a separate mission, and you'll finally achieve the goal. Goldberg, writing in *Psychology Today*, says by applying the 10 principles, the goal that was only a slight possibility will become a reality.

Retiring soon? Great! You'll have time to work on that invention

Older inventors are playing a growing role in the invention business, says John Calvert, acting director of the Patent Office's Office of Independent Inventor Programs.

It makes sense. Older inventors have a broader range of experience and knowledge to draw on. And once they retire, they have the time to work on their ideas and the resources to develop and patent them. At age 73, Dr. Merton Flemings, holder of some 30 patents and faculty adviser to Lemelson-MIT Prize Program, says older inventors assimilate new ideas more easily. The MIT program annually awards a \$500,000 prize to an inventor.

Got a good idea? Make sure someone else hasn't patented the product or process. Check the Web site of the U.S. Patent and Trademark Office at www.uspto.gov. It has a listing of all patents granted by the Patent

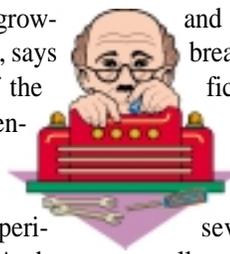
and Trademark Office since 1790 and breaks them down into general classifications.

If you decide your idea is patentable, the next step is to see if anyone wants to buy it. Talk to several companies that would normally market a product such as yours to see if there is an interest.

Last year the Patent Office granted 344,000 patents. Only about one in five went to individuals, but that's 20 percent more than the previous year.

A patent attorney will draw up the application and include wording to keep others from "inventing around" it.

About 70 percent of all applications are approved. Ideas for toys, coolers, alarm clocks, toothpaste holders, high-tech lasers and surgical instruments have been approved recently.



Simple snacks and mix master's secrets

When you have an intimate dinner party with a few friends, you may want to create an aura of skillful entertaining with snacks and party drinks. How about these?

Spicy Nut Mix

Stir together 1 lb. unsalted mixed nuts, 4 T melted butter or margarine, 1 t ground cumin, 1 t chili powder, 1/2 t ground red pepper, and 1 1/2 t salt. Bake in a parchment-lined baking pan at 275 degrees for 45 minutes, shifting nuts with a spatula every 15 minutes. Sprinkle with kosher salt, if desired. Makes 3 1/2 cups.

Smoked Salmon and Chive Spread

Puree 8 oz. softened cream cheese, 4 oz. smoked salmon, and 2



T freshly squeezed lemon juice in a food processor until smooth and fluffy. Transfer to a bowl and stir in 3 T chopped chives. Spread onto crackers or toasted bread slices and sprinkle additional chopped chives on top. Makes 1 1/4 cups.

Mix master's secrets

- If a drink has three or more ingredients, shake it for 30 to 45 seconds to mix, chill, and dilute the liquor.
- Want red rims on a cocktail glass? Wet a paper towel with grenadine syrup place the top of the glass on it, then dip the rim in sugar or salt.
- Buy prepared lime juice. Fresh limes are often bitter.
- When preparing punch or a pitcher of drinks, let the mix stand for an hour or two to make sure the flavors blend.
- Never pour a just-shaken drink into a warm glass. Fill the glass with ice and swirl a few seconds first.
- Use very ripe fruit for drinks such as daiquiris. Even overripe fruit is good, because it's the sweetest.

Crossword Answer

S	S	W		S	H	O	E	S
H	U	E		B	O	N	G	O
A	D	P	S		B	U	O	Y
P	O	T	E		E	N	S	
E	R		C	R	O		M	P
			H	E	R	B	T	E
L	I	E			S	O	O	N
O	I	L	E			E	W	E
G	I	D	D	Y		A	S	L

General Interest

You can discover your home's secret past

When people remodel older homes, they are often amazed at what they find. But researching a property's past can be a frustrating, time-consuming project. That's why people are hiring old-house detectives (also called architectural historians, house genealogists, or historic building consultants).

People want to feel rooted in the community. Even if you've only been there for a few years, their house may have been there for 50 or 100 years, says Betsy J. Green, author of *Discovering the History of your House and Your Neighborhood* (Santa Monica Press, \$14.95).

Scrapbooking hits the big time in America

How about a hobby that's creative, can be practiced with a lot of your friends, is relaxing, but will be treasured by people for years to come.

That's scrapbooking, and there's little wonder why it's sweeping the country. Lots of people do it individually, but even more people have joined (or formed) scrapbooking clubs.

They typically meet in someone's home, but there are scrapbooking cruises to the Caribbean and Alaska, and weekend sessions at resort hotels. Meetings often have a theme, such as pajama-party sessions or Hawaiian-wardrobe nights. Depending on the groups, there might be a little wine, but there's always something to snack on while the members clip, snip, and paste.

It is estimated that 4 million people, mostly women, gather for "crop-alongs" every month. One company, Creative Memories has 65,000 consultants who visit these gatherings offering expertise and plenty of equipment and supplies to sell. Nationwide, there are about 2,000 scrapbook stores, up from 300 just five years ago. And that doesn't count the big scrapbooking aisles at Wal-Mart.

In September, one cable network held an eight-hour scrapbooking marathon. These scrapbooks are extravagant creations with titled pages, journal entries, love letters, artwork, and photos. They are exhaustive records of family life.

IMPORTANT

Benefit Changes & Revisions

(Remove and place in your CBA Benefit Guide for future reference.)

New Phone Numbers

- Medical Supplies & Equipment 888-400-0936
- Discount Tires & Rims 888-201-3471
- Ryder Truck Rental 888-868-5339

Revisions

- Penske Fleet Care is no longer available.
- Hearing Instrument Program is not available in the following states: Colorado & Texas.
- CBA Vacation Package & Cruise Center has **changed** to CBA Discount Travel and Cruise Center, new phone: 888-201-4185.

Provide the following info:

1. Consumer Savings Network Member
2. Group "CBA".
3. Your CBA Membership ID number.

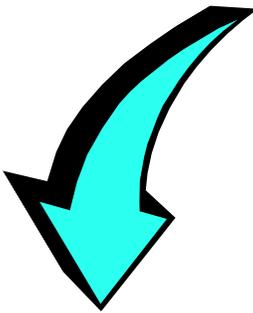
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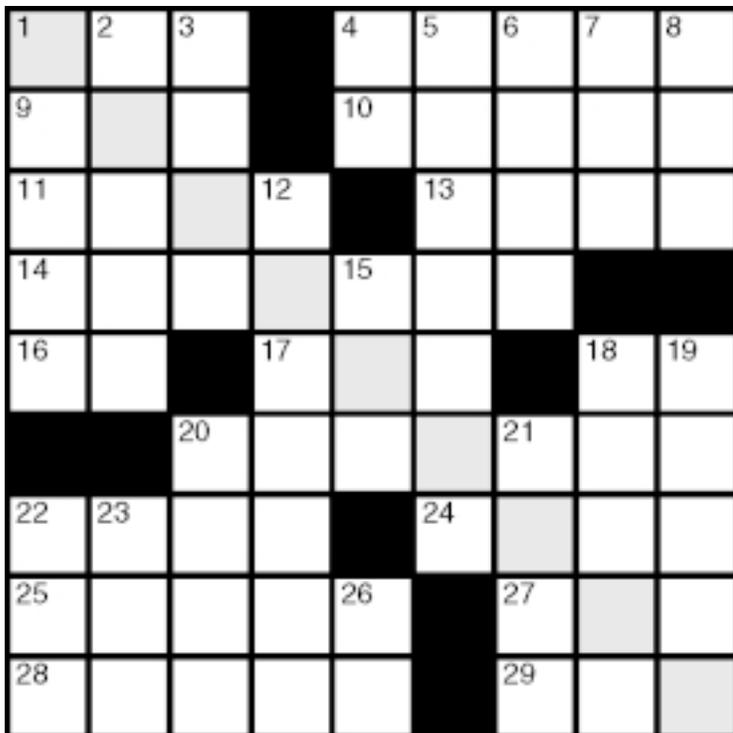
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IMPORTANT

Notice of benefit
changes/revisions
See page 7



JANUARY CROSSWORD



Across

1. Direction: Abbr.
4. Sandals or loafers
9. Color property
10. Small drum
11. Automatic data processing system: Abbr.
13. Anchored float
14. Irish whiskies
16. Trauma center
17. ___ Magnon Man
18. Military lawman
20. Drink at the Ritz
22. German art song of the 19th century
24. Momentarily
25. Lubricated
27. Palindromic female
28. Light-headed
29. American sign language: Abbr.

Down

1. Triangle, for one
2. Sweat
3. Cried
4. Symbol for antimony
5. Socializes
6. Burden
7. Self
8. Type of sauce
12. Withdrew membership
15. Boot a ground ball
18. Calico's cries
19. Cover with wood
20. Retained
21. Papuan monetary unit
22. Fireplace need
23. Roman 3
26. Symbol for dysprosium