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SECRETARY OF THE SENATE
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LOBBYING REPORT

Lobbying Disclosure Act of 1995 (Section 5) - All Filers Are Required To Complete This Page

1. Registrant Name Jar-Mon Consultants, Inc.			
2. Address <input type="checkbox"/> Check if different than previously reported 208 North Patrick Street			
3. Principal Place of Business (if different from line 2) City: Alexandria State/Zip (or Country) VA 22314			
4. Contact Name Gina Jarmin	Telephone (703)548-4904	E-mail (optional) JM2Consult@aol.com	5. Senate ID # 20460-12
7. Client Name <input type="checkbox"/> Self American Federation of Senior Citizens			6. House ID # 32061001

TYPE OF REPORT 8. Year 2000 Midyear (January 1-June 30) OR Year End (July 1-December 31)

9. Check if this filing amends a previously filed version of this report
 10. Check if this is a Termination Report ⇔ Termination Date _____ 11. No Lobbying Activity

INCOME OR EXPENSES - Complete Either Line 12 OR Line 13	
<p>12. Lobbying Firms</p> <p>INCOME relating to lobbying activities for this reporting period was:</p> <p>Less than \$10,000 <input checked="" type="checkbox"/></p> <p>\$10,000 or more <input type="checkbox"/> ⇔ \$ _____ Income (nearest \$20,000)</p> <p>Provide a good faith estimate, rounded to the nearest \$20,000, of all lobbying related income from the client (including all payments to the registrant by any other entity for lobbying activities on behalf of the client).</p>	<p>13. Organizations</p> <p>EXPENSES relating to lobbying activities for this reporting period were:</p> <p>Less than \$10,000 <input type="checkbox"/></p> <p>\$10,000 or more <input type="checkbox"/> ⇔ \$ _____ Expenses (nearest \$20,000)</p> <p>14. REPORTING METHOD. Check box to indicate expense accounting method. See instructions for description of options.</p> <p><input type="checkbox"/> Method A. Reporting amounts using LDA definitions only</p> <p><input type="checkbox"/> Method B. Reporting amounts under section 6033(b)(8) of the Internal Revenue Code</p> <p><input type="checkbox"/> Method C. Reporting amounts under section 162(e) of the Internal Revenue Code</p>

Signature Gina Jarmin
 Printed Name and Title Gina Jarmin, VP

Registrant Name JAR-MON CONSULTANTS, INC Client Name AMERICAN FEDERATION OF SENIOR CITIZENS

LOBBYING ACTIVITY. Select as many codes as necessary to reflect the general issue areas in which the registrant engaged in lobbying on behalf of the client during the reporting period. Using a separate page for each code, provide information as requested. Attach additional page(s) as needed.

15. General issue area code RET (one per page)

16. Specific lobbying issues

SOCIAL SECURITY PRESERVATION ACT
DEBT + INVESTMENTS FROM SOCIAL SECURITY FUNDS

17. House(s) of Congress and Federal agencies contacted

Check if None

HOUSE OF REPRESENTATIVES
WHITE HOUSE

18. Name of each individual who acted as a lobbyist in this issue area

Name	Covered Official Position (if applicable)	New
<u>GINA JARMIN</u>		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

19. Interest of each foreign entity in the specific issues listed on line 16 above

Check if None

Signature

Gina Jarmin

Date 8-1-00

Printed Name and Title

GINA JARMIN, VP

Registrant Name JAR-MON CONSULTANTS, INC Client Name AMERICAN FEDERATION OF SENIOR CITIZENS

LOBBYING ACTIVITY. Select as many codes as necessary to reflect the general issue areas in which the registrant engaged in lobbying on behalf of the client during the reporting period. Using a separate page for each code, provide information as requested. Attach additional page(s) as needed.

15. General issue area code MMM (one per page)

16. Specific lobbying issues

SOCIAL SECURITY ACT
WITH REGARD TO MEDICAL RECIPIENT AND THEIR USE
OF OUTSIDE SERVICES WITHOUT PAYMENT FROM MEDICARE.

17. House(s) of Congress and Federal agencies contacted

Check if None

HOUSE OF REPRESENTATIVES
THE WHITE HOUSE

18. Name of each individual who acted as a lobbyist in this issue area

Name	Covered Official Position (if applicable)	New
<u>GINA JARMIN</u>		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

19. Interest of each foreign entity in the specific issues listed on line 16 above

Check if None

Signature *Gina Jarmín* Date 8-11-00

Printed Name and Title GINA JARMIN, VP