

<p align="center">State of Alaska Sarah Palin Governor</p>	<p align="center">Alaska Workers' Compensation Division PO Box 115512 Juneau, Alaska 99811-5512</p>		
<p>Department of Labor and Workforce Development</p>	<p align="center">BULLETIN</p>	<p>Number 08-03</p>	<p>Date March 18, 2008</p>
<p align="center">Clark Bishop Commissioner</p>	<p>SUBJECT</p> <p>REFERENCE</p>	<p>Cost of Living Adjustment</p> <p>AS 23.30.175</p>	

Under AS 23.30.175(c), a cost of living adjustment (COLA) survey must be conducted once every three years. The attached 2008 COLA list will be in effect from January 1, 2008 to December 31, 2010.

Surveys have been obtained for Alaska and for each location listed on the COLA ratio list. Copies of individual survey summaries are available by contacting the division at the address listed below.

If a recipient does not reside in a location listed on the attached COLA ratio list, you must use the cost-of-living ratio for the location nearest the recipient's residence. If the recipient lives in a location equidistant from two published locations, the ratio that results in the higher compensation rate must be used. The Division may request a COLA survey for an unlisted location upon written request explaining why the ratio for the nearest location is believed to be insufficient.

The Division contracts with Runzheimer International to perform COLA surveys. All requests for COLA ratios in unlisted areas must be forwarded to:

Division of Workers' Compensation
Attn: Administrative Manager
PO Box 115512
Juneau, AK 99811-5512

Effective November 7, 2005, a COLA "may not result in raising a recipient's weekly compensation rate to an amount that exceeds the weekly compensation rate that the recipient would have received if the recipient had been residing in [Alaska]". If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for a hearing, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
AR	Lake City		65.9	65.9
AR	Little Rock		67.6	67.6
AR	Marshall		61.6	61.6
AR	Maumelle		66.7	66.7
AR	Mount Ida		66.3	66.3
AR	Mountain Home		64.3	64.3
AZ	Apache Junction		91.4	91.4
AZ	Fort Mohave		79.2	79.2
AZ	Lake Havasu City		88.5	88.5
AZ	Mesa		88.5	88.5
AZ	Phoenix	S1	89.2	89.2
AZ	Pima		74.3	74.3
AZ	Prescott		93.9	93.9
AZ	Prescott Valley		93.6	93.6
AZ	Scottsdale		88.5	88.5
AZ	Somerton		81.3	81.3
AZ	Surprise		88.8	88.8
AZ	Tempe		88.5	88.5
AZ	Yuma		79.2	79.2
CA	Apple Valley		89.4	89.4
CA	Bakersfield		92.7	92.7
CA	Blythe		91.7	91.7
CA	Burlingame		2.042	100.0
CA	Calexico		88.4	88.4
CA	Chico		1.031	100.0
CA	Chula Vista		1.299	100.0
CA	Crescent City		90.7	90.7
CA	Davenport		2.206	100.0
CA	Delano		84.2	84.2
CA	Fresno		97.6	97.6
CA	Garden Grove		1.630	100.0
CA	Grass Valley		1.137	100.0
CA	Huntington Beach		1.630	100.0
CA	Lancaster		94.2	94.2
CA	Los Angeles	S1	1.589	100.0
CA	Malibu		4.137	100.0
CA	Murphys		1.178	100.0

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
CA	Oakland		1.405	100.0
CA	Oceanside		1.289	100.0
CA	Pasadena		1.439	100.0
CA	Pico Rivera		1.589	100.0
CA	Redding		96.1	96.1
CA	Rowland Heights		1.449	100.0
CA	Sacramento		1.086	100.0
CA	San Bernadino		1.125	100.0
CA	San Diego	S1	1.388	100.0
CA	San Jose		1.922	100.0
CA	San Ysidro		1.298	100.0
CA	Sanger		86.3	86.3
CA	Stockton		1.097	100.0
CA	Sun City		1.112	100.0
CA	Sutter		86.3	86.3
CA	Tehachapi		97.4	97.4
CA	Vista		1.298	100.0
CO	Aurora		82.9	82.9
CO	Brighton		82.6	82.6
CO	Colorado Springs		79.2	79.2
CO	Fort Collins		79.8	79.8
CO	Greeley		74.0	74.0
CO	Larkspur		82.0	82.0
CO	Littleton		82.9	82.9
CO	Montrose		80.0	80.0
CO	Thornton		82.9	82.9
FL	Baker		76.3	76.3
FL	Beverly Hills		70.2	70.2
FL	Cape Coral		97.5	97.5
FL	Casselberry		89.6	89.6
FL	Cedar Key		1.114	100.0
FL	Lady Lake		84.1	84.1
FL	Lutz		87.2	87.2
FL	Ocala		75.2	75.2
FL	Orlando		90.5	90.5
FL	Panama City		79.7	79.7
FL	Tallahassee		83.6	83.6

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
FL	Venice		97.2	97.2
GA	Augusta		61.3	61.3
GA	Columbus		71.6	71.6
GA	Fairburn		70.5	70.5
HI	Hilo		1.108	100.0
HI	Honolulu		1.448	100.0
IA	Davenport		72.2	72.2
ID	Bonnors Ferry		82.3	82.3
ID	Cascade		85.4	85.4
ID	Cocolalla		82.3	82.3
ID	Glenns Ferry		65.9	65.9
ID	Hayden		76.1	76.1
ID	Idaho Falls		73.9	73.9
ID	Kingston		69.4	69.4
ID	Pinehurst		69.4	69.4
ID	Priest Lake		75.8	75.8
ID	Rathdrum		76.1	76.1
ID	Rupert		61.9	61.9
ID	Twin Falls		71.0	71.0
IL	Chicago	S1	1.328	100.0
IL	Riverdale		99.6	99.6
IN	Freetown		64.3	64.3
KS	Independence		64.4	64.4
LA	Hessmer		67.5	67.5
LA	Iowa		65.6	65.6
LA	Shongaloo		64.8	64.8
LA	West Monroe		66.0	66.0
MA	Lawrence		99.7	99.7
MA	Pepperell		1.067	100.0
MA	Ware		87.2	87.2
ME	Brunswick		87.2	87.2
ME	Thomaston		79.1	79.1
MI	Cadillac		72.3	72.3
MI	Hastings		67.4	67.4
MI	Highland		86.4	86.4
MI	Monroe		77.6	77.6
MN	Bemidji		69.0	69.0

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
MN	Blackduck		69.8	69.8
MN	Cohasset		71.2	71.2
MN	Duluth		72.5	72.5
MN	McGregor		78.3	78.3
MN	Minneapolis	S1	83.9	83.9
MN	Mora		74.2	74.2
MN	Verndale		76.6	76.6
MO	Blue Springs		74.4	74.4
MO	Kimberling		66.2	66.2
MO	Purcell		61.8	61.8
MO	Ridgeway		63.7	63.7
MS	Brandon		65.7	65.7
MS	Braxton		65.8	65.8
MS	Gulfport		73.9	73.9
MS	Lakeshore		73.7	73.7
MT	Alberton		92.2	92.2
MT	Bigfork		85.4	85.4
MT	Columbia Falls		83.9	83.9
MT	Corvallis		92.2	92.2
MT	Plentywood		60.7	60.7
MT	St Regis		91.3	91.3
MT	Whitefish		93.5	93.5
NC	Concord		72.9	72.9
NC	Fayetteville		68.3	68.3
NC	Henderson		68.7	68.7
NC	Raeford		67.3	67.3
ND	Minot		73.3	73.3
NE	Sparks		74.9	74.9
NJ	Egg Harbor City		1.152	100.0
NJ	Hopewell		1.108	100.0
NJ	Point Pleasant		1.009	100.0
NJ	Westampton		96.6	96.6
NM	Albuquerque		77.0	77.0
NM	Chaparral		77.1	77.1
NM	Los Alamos		86.2	86.2
NM	Roswell		69.6	69.6
NM	Truth or Consequences		69.2	69.2

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
NV	Carson City		92.8	92.8
NV	Elko		80.0	80.0
NV	Hawthorne		70.5	70.5
NV	Las Vegas		93.6	93.6
NV	Reno		96.1	96.1
NV	Spanish Springs		94.9	94.9
NV	Sparks		95.8	95.8
NV	Winnemucca		80.9	80.9
NY	Freedom		67.5	67.5
NY	Lindley		73.9	73.9
NY	Marietta		79.7	79.7
NY	Maspeth		1.461	100.0
NY	New York	B1	1.419	100.0
NY	Olcott		68.7	68.7
OH	Union		68.4	68.4
OK	Ada		65.3	65.3
OK	Adair		68.3	68.3
OK	Jennings		67.4	67.4
OK	Oologah		67.5	67.5
OK	Shawnee		63.4	63.4
OR	Bend		97.0	97.0
OR	Cottage Grove		91.9	91.9
OR	Creswell		91.9	91.9
OR	Dallas		83.5	83.5
OR	Eugene		91.9	91.9
OR	Hebo		82.2	82.2
OR	Medford		94.5	94.5
OR	Myrtle Creek		81.6	81.6
OR	Myrtle Point		84.6	84.6
OR	Newport		97.4	97.4
OR	North Bend		81.5	81.5
OR	Portland		94.8	94.8
OR	Redmond		97.0	97.0
OR	Roseburg		87.2	87.2
OR	Salem		83.9	83.9
OR	Sandy		94.8	94.8
OR	Scappoose		92.9	92.9

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
OR	Selma		86.5	86.5
OR	Sheridan		90.6	90.6
OR	Springfield		91.5	91.5
OR	Sweet Home		80.2	80.2
OR	Tigard		94.8	94.8
OR	Waldport		97.4	97.4
OR	Warrenton		92.7	92.7
SC	Columbia		66.1	66.1
SC	Warrenville		67.0	67.0
SD	Letcher		72.1	72.1
SD	Rapid City		67.0	67.0
SD	Rosholt		58.2	58.2
SD	Sioux Falls		76.9	76.9
SD	Wentworth		63.0	63.0
TN	Cumberland City		64.3	64.3
TN	Nolensville		79.3	79.3
TX	Arlington		70.2	70.2
TX	Austin		87.0	87.0
TX	Chandler		66.2	66.2
TX	Corpus Christi		76.5	76.5
TX	Dallas	S1	79.9	79.9
TX	Edcouch		60.2	60.2
TX	El Palso		75.8	75.8
TX	Ellinger		60.1	60.1
TX	Fort Worth		70.2	70.2
TX	Hallsville		68.2	68.2
TX	Houston	S1	78.6	78.6
TX	Leander		78.3	78.3
TX	Lubbock		63.9	63.9
TX	Odessa		64.9	64.9
TX	Orange		64.0	64.0
TX	Pleasantville		78.6	78.6
TX	Rockdale		65.6	65.6
TX	Rockport		75.1	75.1
TX	Spring		76.4	76.4
TX	Wichita Falls		64.8	64.8
TX	Wimberley		84.3	84.3

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
UT	Clearfield		74.0	74.0
UT	Salt Lake City		81.3	81.3
VA	Elliston		74.5	74.5
VA	Fairfax		74.5	74.5
VA	Gloucester		79.4	79.4
WA	Adna		72.5	72.5
WA	Anacortes		1.064	100.0
WA	Auburn		1.016	100.0
WA	Bellevue		1.016	100.0
WA	Bellingham		89.8	89.8
WA	Bothell		1.013	100.0
WA	Burien		1.016	100.0
WA	Centralia		78.1	78.1
WA	Coulee City		74.4	74.4
WA	Edmonds		1.016	100.0
WA	Enumclaw		1.056	100.0
WA	Everett		1.038	100.0
WA	Federal Way		1.016	100.0
WA	Ferndale		89.6	89.6
WA	Gig Harbor		95.1	95.1
WA	Glenoma		83.6	83.6
WA	Graham		96.3	96.3
WA	Grayland		71.5	71.5
WA	Issaquah		1.013	100.0
WA	Kent		1.016	100.0
WA	Kingston		93.3	93.3
WA	Lake Stevens		1.038	100.0
WA	Lakewood		1.041	100.0
WA	Long Beach		91.8	91.8
WA	Longview		80.3	80.3
WA	Lynnwood		1.016	100.0
WA	Marysville		1.038	100.0
WA	Mill Creek		1.016	100.0
WA	Monroe		1.016	100.0
WA	Montesano		71.5	71.5
WA	Moses Lake		73.4	73.4
WA	Mount Vernon		93.9	93.9

State	City	Sub Area	2008 Study Ratio	2008 Applied Ratio
WA	Oak Harbor		89.5	89.5
WA	Olympia		94.5	94.5
WA	Oroville		82.4	82.4
WA	Port Angeles		83.7	83.7
WA	Port Orchard		93.4	93.4
WA	Port Townsend		86.2	86.2
WA	Prosser		74.0	74.0
WA	Puyallup		95.1	95.1
WA	Randle		83.6	83.6
WA	Raymond		79.5	79.5
WA	Redmond		1.016	100.0
WA	Renton		1.016	100.0
WA	Seatac		1.016	100.0
WA	Seattle	S1	1.253	100.0
WA	Sedro Woolley		90.4	90.4
WA	Shelton		92.1	92.1
WA	Soap Lake		74.4	74.4
WA	Spokane		90.3	90.3
WA	Spokane Valley		90.3	90.3
WA	Tacoma		95.1	95.1
WA	Toledo		81.0	81.0
WA	Vancouver		89.2	89.2
WA	Vernadale		90.3	90.3
WA	Wenatchee		86.4	86.4
WA	Yakima		78.2	78.2
WA	Yelm		94.6	94.6
WI	Ashland		62.1	62.1
WI	Marinette		65.0	65.0
WI	Stanley		64.4	64.4
WV	Clarksburg		76.6	76.6
WY	Pinedale		92.7	92.7
WY	Teton Village		2.032	100.0
WY	Thayne		81.4	81.4