

<b>State of Alaska</b> <b>Frank Murkowski</b> <b>Governor</b>	<b>Alaska Workers' Compensation Board</b> <b>PO Box 25512</b> <b>Juneau, Alaska 99802-5512</b>		
<b>Department of Labor and Workforce Development</b>	<b>BULLETIN</b>	<b>Number</b> <b>05-03</b>	<b>Date</b> January 3, 2005
<b>Commissioner</b> <b>Greg O'Claray</b>	<b>SUBJECT</b>	Cost-of-Living Adjustment for Injuries Occurring on and After July 1, 1988, and Recipients Residing Outside the State of Alaska. AS 23.30.175(b) & 8 AAC 45.138(b)	

For the calendar year 2005, the following organization will perform cost-of-living surveys:

Runzhiemer International  
Runzhiemer Park  
Rochester, WI 53167-0009  
(800) 558-1702

The 2005 Calendar Year cost of living adjustment (COLA) ratio list is attached. Please refer to Board Bulletin 93-01 for additional information, instructions and exceptions regarding application of the COLA.

COLA 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 Administrative Manager at the address noted 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 to where the recipient resides. If the recipient lives in a location equidistant from two published locations, the ratio that results in the highest 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. All requests for COLA ratios in unlisted areas must be forwarded to:

Division of Workers' Compensation  
Attn: Administrative Manager  
PO Box 25512  
Juneau, AK 99802-5512

A COLA survey is presumed to fairly reflect the cost-of-living difference between Alaska and the location where the recipient resides. If an employer or recipient believes there is a substantial difference between the actual cost-of-living listed in the COLA ratio list, a hearing before the Board to review the cost-of-living ratio may be requested in accordance with AS 23.30.110.

Attachment: 2005 COLA ratio list

For all large metropolitan areas divided into sub-areas, see maps issued with bulletin 94-03.

Cost-of-living ratios from 98% through 102% are rounded off to 100% in accordance with regulation 8 AAC 45.138(h) (marked by asterisk).

State	City	Sub Area	Included Communities	2005 Ratio
Alabama	Wilmer			73.7
Arizona	Dolan Springs			71.5
Arizona	Flagstaff			93.8
Arizona	Lake Havasu City			96.4
Arizona	Phoenix		Mesa, Tempe	88.9
Arizona	Prescott			91.5
Arizona	Tucson			82.1
Arkansas	Dennard			65.2
Arkansas	Fayetteville			73.9
Arkansas	Mountain Home			71.6
California	Angelus Oaks			113.2
California	Bakersfield			89.3
California	Calexico		El Centro	90.6
California	Crescent City			100.0*
California	Eureka			107.5
California	Fontana		Loma Linda, Redlands, Riverside	123.9
California	Fresno		Clovis	105.1
California	Lakehead			100.0*
California	Lakeport			112.2
California	Los Angeles	S1	Downey, Long Beach, Whittier	154.1
California	Los Angeles	S2	Burbank, Granada Hills	147.9
California	Los Angeles	S4		106.7
California	Palm Desert			124.4
California	Sacramento		Fair Oaks, Orangeville, Rancho Cordova	109.7
California	San Diego	S1		135.3
California	San Francisco	S1		199.9
California	San Jose		Milpitas	167.0
California	Stockton		Lodi	104.5
California	Susanville			100.0*
California	Vina		Chico	112.4
California	Weaverville			100.0*
Colorado	Colorado Springs			88.0
Colorado	Denver	S1	Denver NE	110.4
Colorado	Evans		Greeley, Windsor	92.8
Colorado	Ft. Collins		Loveland	96.2
Colorado	Montrose			84.0
Colorado	Rye		Colorado City	85.9
Colorado	South Fork			84.9
District of Columbia	Washington DC	S1	American University Park, Palisades	150.5
District of Columbia	Washington DC	S3	Alexandria, Annandale	133.6
Florida	Beverly Hills			77.4
Florida	Ft. Myers			88.3

Florida	Indialantic		Melbourne, Palm Bay	80.0
Florida	Lake City			68.3
Florida	Ocala			74.6
Florida	Orlando		Altamonte Springs, Longwood	82.4
Florida	Pensacola		Gonzalez	73.7
Florida	Sarasota			93.7
Florida	Tallahassee			82.9
Florida	West Palm Beach		Boynton Beach	100.0*
Georgia	Augusta		South Augusta	70.8
Hawaii	Hilo			100.0*
Hawaii	Honolulu		Kailua, Kaneohe, Mililani Town	121.6
Hawaii	Maui		Kahului, Wailuka	115.8
Idaho	Boise		Meridian	80.0
Idaho	Caldwell			76.4
Idaho	Coeur D'Alene			81.5
Idaho	Glenns Ferry			71.6
Idaho	Lewiston			81.9
Idaho	Pocatello			82.0
Illinois	Du Quoin		Carbondale	76.6
Illinois	Saint Louis	S4		81.6
Kansas	Osage City			75.1
Lousiana	Cottonport			70.0
Lousiana	Iowa		Lake Charles North	69.6
Lousiana	Lake Charles			69.6
Lousiana	New Orleans		Kenner, Marrero	81.9
Lousiana	Shreveport		Broadmoor	74.6
Maine	Portland		Westbrook	91.2
Maine	Richland			95.4
Massachusetts	Boston	S2	Medford, Lynn, Quincy	128.9
Mexico	Mexico City			128.7
Michigan	Big Rapids			80.4
Michigan	Hale			74.9
Michigan	Hastings			80.8
Michigan	Lansing		Haslett	96.9
Minnesota	Duluth			79.2
Minnesota	Grand Rapids			81.5
Minnesota	Marquette			83.9
Minnesota	Park Rapids			75.5
Minnesota	Verndale			72.9
Mississippi	Moss Point		Pascagoula	70.3
Missouri	Columbia			77.4
Missouri	Mt. Grove			72.6
Missouri	Springfield			74.0
Missouri	St. Louis	S3	Arnold, Ballwin, Webster Groves	94.1
Missouri	St. Louis	S4	Belleville, Fairview Heights, Swansea, O'Fallon	81.6
Montana	Butte			80.4
Montana	Forsyth			71.7
Montana	Great Falls			81.5

Montana	Harlem			67.4
Montana	Kalispell			82.9
Montana	Missoula			89.6
Nevada	Beatty			80.7
Nevada	Carson City			105.3
Nevada	Las Vegas		Henderson, Paradise	92.5
Nevada	Reno		Sparks	94.6
New Jersey	Trenton		East Windsor, Lawrence Township, Princeton Junction	122.4
New Mexico	Albuquerque		Rio Rancho	78.9
New Mexico	Farmington			77.1
New York	Elmira			78.2
New York	New York	S1	Brooklyn, Staten Island, Queens Central	138.4
North Carolina	Charlotte			79.3
North Carolina	Raleigh		Durham	83.5
North Dakota	Bismark			81.0
Ohio	Painesville		Mentor	88.1
Ohio	Waverly		Chillicothe	75.3
Oklahoma	Oklahoma City		Norman, Yukon	76.0
Oklahoma	Roff		Ada	75.4
Oklahoma	Stigler			71.4
Oklahoma	Tulsa		Broken Arrow, Owasso	75.2
Oregon	Astoria			90.7
Oregon	Corvallis			90.9
Oregon	Eugene			92.7
Oregon	Grants Pass			97.5
Oregon	Klamath Falls			80.7
Oregon	La Grande			83.8
Oregon	Lakeside		Coos Bay	86.4
Oregon	Medford			93.5
Oregon	Newport			91.5
Oregon	North Bend			86.4
Oregon	Portland		Beaverton, Gresham, Tigard	95.3
Oregon	Roseburg			88.3
Oregon	Salem			89.3
Oregon	The Dalles			88.0
Pennsylvania	South Williamsport			76.2
Philippines	Quezon City			100.0*
South Carolina	Dillon			74.9
South Dakota	Sioux Falls		Kingswood	85.7
Tennessee	Harriman			71.9
Tennessee	Knoxville			78.7
Tennessee	Nashville		Hendersonville, Mount Juliet	77.3
Texas	Abilene			73.5
Texas	Austin		Austin NW, Austin South, Round Rock	86.4
Texas	Beaumont		Lumberton	77.5
Texas	Dallas	S4	Arlington, Keller, N Richland Hills	83.7
Texas	El Palso			74.2
Texas	Houston	S4	Missouri City, Pearland, Sugarland	82.2

Texas	Rockport		Corpus Christi	76.4
Texas	San Antonio		Schertz, Universal City	70.6
Texas	Tyler			71.1
Texas	Wichita Falls			70.6
Texas	Woodville			65.9
Utah	Provo		Orem	82.3
Utah	Salt Lake City		Sandy, South Jordan, West Jordan	89.9
Washington	Bellingham			96.5
Washington	Bremerton			92.3
Washington	Olympia			91.7
Washington	Port Angeles			88.3
Washington	Port Townsend			96.5
Washington	Seattle	S1	Auburn, Kent, Renton	117.4
Washington	Seattle	S2		102.5
Washington	Spokane			91.7
Washington	Tacoma		Lakewood, Puyallup	96.8
Washington	Tri Cities		Kennewick, Pasco, Richland South	83.1
Washington	Vancouver			90.4
Washington	Yakima			84.0
Wyoming	Big Piney			76.5
Wyoming	Cody			75.0
Wyoming	Jackson			138.0
Wyoming	Kinnear		Riverton	72.2