

Security and Exchange Commission Web Site for Seniors.

<http://www.sec.gov/investor/seniors.shtml>

Zero Percent Withdrawal Retirement Plan – Seeking Alpha

http://seekingalpha.com/article/321981-zero-percent-withdrawal-retirement-plan?source=email_investing_income&ifp=0

401k\$ plans limit company stock

<http://www.post-gazette.com/pg/06151/694539-28.stm>

What Should you Do With Your 401k's ?

<http://online.wsj.com/article/SB10001424052970203806504577182912390576168.html>