

**UNITED STATES BANKRUPTCY COURT
Southern District of Florida - West Palm Beach**

In re Proven Methods Seminars, LLC,
Debtor

Case No. _____

Chapter 11

LIST OF CREDITORS HOLDING 20 LARGEST UNSECURED CLAIMS

Following is the list of the debtor's creditors holding the 20 largest unsecured claims. The list is prepared in accordance with Fed. R. Bankr. P. 1007(d) for filing in this chapter 11 [or chapter 9] case. The list does not include (1) persons who come within the definition of "insider" set forth in 11 U.S.C. § 101, or (2) secured creditors unless the value of the collateral is such that the unsecured deficiency places the creditor among the holders of the 20 largest unsecured claims. If a minor child is one of the creditors holding the 20 largest unsecured claims, state the child's initials and the name and address of the child's parent or guardian, such as "A.B., a minor child, by John Doe, guardian." Do not disclose the child's name. See 11 U.S.C. § 112 and Fed. R. Bankr. P. 1007(m).

(1)	(2)	(3)	(4)	(5)
<i>Name of creditor and complete mailing address including zip code</i>	<i>Name, telephone number and complete mailing address, including zip code, of employee, agent, or department of creditor familiar with claim who may be contacted</i>	<i>Nature of claim (trade debt, bank loan, government contract, etc.</i>	<i>Indicate if claim is contingent, unliquidated, disputed or subject to setoff</i>	<i>Amount of claim [if secured also state value of security]</i>
Best Way Logistics, LLC 754 Port America Place Grapevine, TX 76051				195,294.70
CPW Group, Inc, 60 Trade Zone Ct. Ronkonkoma, NY 11779				183,269.98
USA 800 9808 E 66 Terrace Kansas City, MO 64133				140,908.31

(1) <i>Name of creditor and complete mailing address including zip code</i>	(2) <i>Name, telephone number and complete mailing address, including zip code, of employee, agent, or department of creditor familiar with claim who may be contacted</i>	(3) <i>Nature of claim (trade debt, bank loan, government contract, etc.</i>	(4) <i>Indicate if claim is contingent, unliquidated, disputed or subject to setoff</i>	(5) <i>Amount of claim [if secured also state value of security]</i>
Media Source 115 N. 1380 West Orem, UT 84057				140,908.31
Peczuh Printing Company 355 East 100 South Price, UT 84501				122,738.07
RGC Communications 31 Presidential Drive Roselle, IL 60172			Disputed	101,014.35
Peter Hoppenfeld 714 Stuart Avenue Mamaroneck, NY 105434119			Contingent Unliquidated Disputed	100,000.00
Croma-Video, Inc. 3801 Ridge Pike Collegeville, PA 19426				95,818.00
Xsys, Inc. 653 Steele Drive Valparaiso, IN 46385				93,497.76
Sunny Direct, LLC 3540 Seven Brides Drive Woodridge, IL 60517				88,243.29
WalMac Color Graphics 701 Hastings Lane Buffalo Grove, IL 60089			Disputed	82,288.51
Business Strategies Group				81,409.89

(1) <i>Name of creditor and complete mailing address including zip code</i>	(2) <i>Name, telephone number and complete mailing address, including zip code, of employee, agent, or department of creditor familiar with claim who may be contacted</i>	(3) <i>Nature of claim (trade debt, bank loan, government contract, etc.</i>	(4) <i>Indicate if claim is contingent, unliquidated, disputed or subject to setoff</i>	(5) <i>Amount of claim [if secured also state value of security]</i>
Minutemen Press 101 Midtown Plaza Rochester, NY 14604				55,967.01
Convergence Group 7410 Niles Center Road Skokie, IL 60077			Disputed	54,299.64
CNA Insurance Companies 333 South Wabash Avenue Chicago, IL 60604				50,476.72
DMT Publishing 900 N. 400 W # 12 North Salt Lake, UT 84054				44,073.88
Northwest Mailing Service, Inc. Attn: Jim Fairfield Innerworkings 5501 West Grand Avenue Chicago, IL 60610				43,091.08
The Hartford P.O. Box 2907 Hartford, CT 06104				38,726.71
Adapt Telephony, LLC 1404 W. Dickens Avenue Chicago, IL 60614				38,077.32

(1) <i>Name of creditor and complete mailing address including zip code</i>	(2) <i>Name, telephone number and complete mailing address, including zip code, of employee, agent, or department of creditor familiar with claim who may be contacted</i>	(3) <i>Nature of claim (trade debt, bank loan, government contract, etc.</i>	(4) <i>Indicate if claim is contingent, unliquidated, disputed or subject to setoff</i>	(5) <i>Amount of claim [if secured also state value of security]</i>
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32,920.35

DECLARATION UNDER PENALTY OF PERJURY ON BEHALF OF CORPORATION OR PARTNERSHIP

I, [the president or other officer or an authorized agent of the corporation] named as debtor in this case, declare under penalty of perjury that I have read the foregoing LIST OF CREDITORS HOLDING 20 LARGEST UNSECURED CLAIMS and that it is true and correct to the best of my information and belief.

Date December 3, 2008

Signature /s/ Irene Milin
 IRENE MILIN,
 Manager