



Jacksonville

Police and Fire Pension News

"We Serve...and We Protect"

FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR

INVESTMENT PERFORMANCE, for the fiscal year ending on September 30th, as well as the calendar year ending on December 31st, the Police and Fire Pension Fund **outperformed** our Actuarial Assumed Rate of Return. Translation – our Investment Manager's made higher returns on our assets than we expected. That is good news, real good news. For the current fiscal year we are on track to again exceed our assumptions, more good news.



THE INVESTMENT returns of the Investment Manager's contributes over 80% of the dollars needed to safely and securely provide the revenue needed to meet the long term obligations of the Pension Fund. Other sources include City and Member contributions; a portion of some Court fines; Chapter Fund pledged by Member for prepayment of future benefits; and other sources.

THE MARKET was close to the 14,000 mark on January 31st, and advanced into the 14,000's on Friday, closing on February 1st at 14,009, gaining 149 points and posting a 1.08% gain for the day. Other Market indices show the NASDAQ up 1.18% and the S&P 500 up 1.01%. This is a great way to begin February in the Market. The old Wall Street adage of *"as goes January so goes the rest of year"* is historically correct 75% of the time. We are hoping for another great year. The market is nearing its all time high.

FOR THE WEEK ending February 1, the Dow was up 0.82%, the NASDAQ climbed 0.93%, and the S&P 500 added 0.68%. The Russell 2000 finished 0.66% higher, and the Wilshire 5000 increased 0.63%. Since January 1st, the Dow is up 6.9%.

PENSION REFORM is a very "hot" topic due to the recent presentation to the Fraternal Order of Police and Jacksonville Association of Fire Fighters by representatives of Mayor Brown of his proposal to alter the benefits for active Members of the Police and Fire Pension Fund. Legal challenges have been filed in the already lengthy process.

NO CHANGE in the benefits for our Retired Members and Beneficiaries are contained in the proposals from the Mayor. We have never failed to pay benefits to our Members for over 75 years.

TAX TIME is near. We have mailed required Federal Tax forms to all Retired Members and Beneficiaries. Retirees who are enrolled in the City Health Insurance have been notified of their additional federal tax benefit provided by the HELPS Act.

THE BOARD, MEMBERS, AND STAFF of the Fund extend our sympathy to the four families of our Retired Members listed on the back cover who died in January. Collectively, they served the citizens of Jacksonville as Members of the Police and Fire Departments for over 157 years. May they Rest in Peace.

POLICE AND FIRE PENSION FUND
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Monday—Friday

****OFFICE CLOSED****

Monday, February 18, 2013—Presidents' Day

PENSION STAFF

John Keane, Executive Director—Administrator

Robby Gorman, Executive Assistant
 Chuck Hayes, Pension Benefits Manager
 Stephen Lundy, Fiscal Research Analyst
 Deborah Manning, Sr. Pension Benefit Specialist - Editor
 Troy Scherbinski, Building Manager
 Kevin Stork, Controller
 Lynn West, Pension Benefit Specialist

BOARD OF TRUSTEES

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 Nathaniel Glover Jr., Trustee, Board Secretary
 Walter P. Bussells, Trustee
 Adam W. Herbert, Ph.D., Trustee
 Lt. Richard Tuten III, Fire Trustee

PENSION ADVISORY COMMITTEE

Director of Corrections Jimmy Holderfield (Police) - Chair
 Lt. David McCall (Fire) - V. Chair
 Sgt. Robert "Ellis" Burns III (Police)
 Captain Sean Hatchett (Fire)
 Donald Kirkland, (Retired)
 Officer Gary Oliveras (Police)
 Battalion Chief Brady Rigdon (Fire)

CONGRATULATIONS TO OUR POLICE AND FIRE RETIREES

****July 19, 2012 thru January 18, 2013****

****Date of Trustee Approval****

ANDERSON, Kenneth S.—August 18, 2012—**Police**
AUTRY SR., Frank—Sept. 28, 2012—**Fire**
BARNES, Donald J.—Nov. 12, 2012—**Police**
BEDFORD, Shawn L.—January 4, 2013—**Police**
BISPLINGHOFF, Dave—Sept. 28, 2012—**Police**
BROWN, James E.—Nov. 9, 2012—**Police**
BROWN, Suzi E.—January 4, 2013—**Fire**
BROWN, Thomas C.—Sept. 28, 2012—**Fire**
BUCHANAN, Norma R.—Nov. 13, 2012—**Police**
BURFORD, Dale C.—Sept. 28, 2012—**Fire**
CHAPMAN, Martin—Nov. 9, 2012—**Police**
CHIN, Don G.—July 27, 2012—**Police**
CLOER, David W.—October 5, 2012—**Fire**
CRIBBS, Danny D.—January 4, 2013—**Fire**
DELONG, Sebrina P.—August 24, 2012—**Police**
EMBRY, Rickey M.—January 4, 2013—**Fire**
FLOYD, Alvin C.—October 22, 2012—**Fire**
FREEMAN, Claud D.—Nov. 9, 2012—**Police**
FURMAN, Rebecca H.—Nov. 12, 2012—**Police**
GRANT, Gregory A.—October 9, 2012—**Police**

HANDRES, Robert J.—Sept. 28, 2012—**Police**
HARTLEY, John P.—January 4, 2013—**Police**
HINSON, Robert A.—January 4, 2013—**Police**
JONES, Kurt M.—February 1, 2013—**Police**
JOYNER, Thomas E.—August 3, 2012—**Fire**
LINDSEY, James K.—October 26, 2012—**Fire**
LOCKLEY, Frank D.—Sept. 28, 2012—**Police**
LUNDY, William D.—January 4, 2013—**Fire**
McCLAIN, Rudolph A.—January 4, 2013—**Police**
MITCHELL, Reginald R.—August 31, 2012—**Fire**
MORGAN, James G.—Sept. 28, 2012—**Fire**
OWENS, Samuel G.—July 18, 2012—**Fire**
PARMER, Randall L.—January 4, 2013—**Police**
PEACOCK JR., Harold L.—Sept. 28, 2012—**Police**
PORTER, Antonio J.—January 4, 2013—**Fire**
POTTS SR., Mario D.—January 4, 2013—**Police**
RHATIGAN, Stephen C.—October 26, 2012—**Police**
ROBERTS-JONES, Carla D.—Nov. 13, 2012—**Police**
SELLERS, Todd A.—August 20, 2012—**Fire**
WILLIAMS, Cynthia J.—Sept. 28, 2012—**Fire**



***Congratulations* to our new Police Recruits**

BELK, Andrew R.
 CROWLEY, Sean W.
 JOHNSON, Joseph R.
 LEE, Steve
 MCGRAW, Michael A.

ROBINSON, Terrence D.
 RODRIQUENZ, Christopher J.
 SMITH, Robert L.
 SULLIVAN, Jason S.
 VORPAHL, Jacob J.

Take these steps to avoid bank overdraft fees

Unless you keep track of your checking account with online banking, you could be hit with a \$35 overdraft fee. If you made a bigger mistake you could be hit with, say, four fees or \$140. Some banks charge the overdraft fee for each day up to five days or \$700.

While most people don't pay anything in overdraft fees, some people have been charged well over \$1,000 for them, according to Bankrate.com. It happens.

To avoid overdraft fees:

*Make sure your debit card won't allow purchases if your balance won't cover them. You can "opt-out" of coverage that would accept purchases that would overdraw your account.

*Monitor your account with text alerts or email alerts. Sign up for an alert whenever your balance falls below the level you specify.

*Link your savings account to your checking account so any overdraft will be covered by your savings. There is a charge of about \$10 to move the money, much less than an overdraft fee.

Ten most tax-friendly states for retirees

Here are ten states that impose some of the lowest taxes on retirees in the United States, according to Kiplinger's Personal Finance analysis of state tax rules.

In each of these states, social security benefits are exempted from taxation (and some impose no state income tax at all). Even military and private pensions may be exempted in these states.

A few offer exclusions on part of distributed income from IRAs or 401Ks. Review all of your sources of income before you decide which state may be the best fit for your retirement home.

The most tax-friendly states are:

- | | |
|----------------|-------------------|
| 1. Alaska | 6. Alabama |
| 2. Nevada | 7. South Carolina |
| 3. Wyoming | 8. Louisiana |
| 4. Mississippi | 9. Delaware |
| 5. Georgia | 10. Pennsylvania |

The least tax-friendly states are Connecticut, Vermont, Rhode Island, Montana, Minnesota, Nebraska, Oregon, California, New Jersey, and New York.

April 13, 2013 DROP CLASS

From February 1, 2013 thru March 1, 2013 at noon (DEADLINE) we are making appointments for the April, 2013 DROP Class.

If you wish to sign up, please contact Debbie Manning @ 255-7373 for an appointment during that time frame.

Four items you should never carry in your wallet or purse

In these days when identity theft is the new favorite of criminals everywhere, there are some things you just can't have stolen and that means you can't have them in your wallet or purse.

1. **Your Social Security card and Medicare card.** The card with that number is the criminal ticket to Shangri-la and your passport to misery as the bad guy merrily takes out credit cards in your name and goes on a lovely spending spree. Also, he guts your bank account and ruins your good name. Do not put it in your wallet or purse.

2. **A password cheat sheet.** Don't give a bad guy the secret to your bank accounts. Just isn't worth it.

3. **Checks.** Once the currency of choice, carrying checks now can lead to trouble. With the routing and account numbers, a thief can electronically transfer funds from your account. Never carry more checks than you will immediately need. Leave the checkbook at home.

4. **Multiple credit cards.** Carry one card only for unplanned emergencies and purchases. Leave the rest at home and be sure you have computer access to all your credit accounts.

Save a buck: Don't warm up your car

Your car's engine doesn't need to warm up for several minutes before driving.

That might have been good advice for yesteryear's cars, but modern engines warm up more quickly when they're driven. And the sooner they warm up, the sooner they reach maximum efficiency so they can deliver the best fuel economy and performance.

Remember that it's best not to rev up the engine over the first few miles while it's warming up.

One way to save money on gas is to buy it at an independent station. The price will be a little lower and the gas is just as good.

There's no need to buy premium gas unless you have a sports car or luxury car. If the owner's manual says it's "recommended," you can probably use regular gasoline. If it says it's "required," fill up with premium.

Arresting Mom

A police recruit was asked on an exam, "What would you do if you had to arrest your own mother?"

In the blank, he wrote, "Call for backup."

Is it bursitis?

Be sure to get a correct diagnosis

Housemaids, clergymen, and coal miners, according to medical folklore, all spend so much time on their knees they have their own disease.

What was once called clergyman's knee is known today as bursitis.

The condition, often mistaken by laymen for arthritis, is actually an inflammation of the bursae, which are little sacs of fluid that snuggle in between the bones and tendons.

Bursae provide a smooth, frictionless surface that makes moving painless.

Problem is that extreme repetitive movement and pressure, or an injury can cause the bursae to be inflamed. Once that happens, you can get the sort of intense pain that makes you not want to mine coal or clean floors or, worse, move the affected joint in any way.

Dr. James V. Luck of UCLA Orthopaedic Hospital, quoted in *Bottom Line Personal*, says treatment is important, because if you stop moving the joint scar tissue

could develop, leading to chronic inflammation, stiffness, or a condition called "frozen shoulder."

Orthopaedic doctors at the Arthritis Foundation say people often assume they have arthritis when the cause of their pain is actually bursitis.

Your doctor can usually distinguish bursitis from arthritis, but sometimes an x-ray is taken to help distinguish between the two.

Preliminary home treatment:

If you have an aching joint, you can apply a cold pack to reduce swelling to the area once or twice an hour for 10 to 15 minutes at a time. Do that as often as you can for 48 hours and then alternate with heat. Take an anti-inflammatory such as ibuprofen (Advil, Motrin).

If you have more pain, a doctor can inject the bursa with cortisone, to reduce swelling and pain, and an anesthetic that stops the pain instantly.

If you have an infected bursa, you'll need antibiotics or steroid treatment.

Fat cells need sleep to perk up their metabolism

You know that getting too little sleep can leave you sluggish and irritable but did you know it can make you fat?

Too little sleep increases levels of hormones that make you hungry. If that isn't bad enough, it also decreases hormones that make you full. According to new research, lack of sleep reduces your fat cells' ability to respond properly to insulin, which is pivotal in regulating how your body uses and stores calories.

Quoted in *USA Today*, University of Chicago researcher Matthew Brady, said, "Our fat cells need sleep to function properly. If you don't get enough sleep, you may feel groggy, and it turns out that your fat cells will be metabolically groggy too."



The findings are from a laboratory study that included seven young volunteers whose diet and sleep were monitored in a sleep laboratory for four days on two separate occasions.

The results, reported in the *Annals of Internal Medicine*, show that four nights of inadequate sleep reduce the body's ability to respond to insulin by 16 percent.

Fat cells were even more sleepy, with their ability to use insulin dropping by 30 percent. Insulin helps in the release of the hormone leptin, which makes you feel full. Without sleep, less leptin is released, telling your body it is hungry, increasing your appetite and, bingo, making you gain weight.

What you should know about gallstones

Gallstones are common. But pain attacks shouldn't be taken lightly. These days physicians recommend surgery.

Gallstones occur in 10 to 15 percent of people in the United States. If you are like 75 percent of people with gallstones you won't experience symptoms.

But for the remaining 25 percent, gallstone attacks start with an unexpected pain in the upper right abdomen. These pain attacks subside in a couple hours, but, if you have had them once, they will be back, probably with a little nausea, too. Then it is time to see your doctor. (If you have fever, jaundice or dark colored stools, it's time to go to the emergency room.)

You will probably need gallbladder removal surgery. It's one of the most common surgical procedures.

The gallbladder is a small sac under your liver.

Bile, which helps break down fats and pass waste, is produced in your liver and drained through your gallbladder. When the gallbladder is removed, bile drains directly into the small intestine.

Types of surgery:

Gallbladder removal is considered the best choice since gallstones usually reappear if removed.

Laparoscopic surgery offers a fast recovery. It's performed through several small incisions in your abdomen through which a tiny camera and surgical instruments are passed. It's outpatient surgery.

Open surgery requires larger incisions and cutting through abdominal muscles. It's the best choice if the gallbladder is severely inflamed or infected. And it requires several days in the hospital and a few weeks of recovery.

February is American Heart Month

In the United States, heart disease is the leading cause of death for both men and women. Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease.

Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign, which emphasizes that heart disease is not only a man's problem.

Know your numbers. Understanding your blood pressure reading, cholesterol levels, and body mass index are an important part of preventing and managing heart disease.

BLOOD PRESSURE: When someone checks your blood pressure, they are looking to see how much force is being put on your arteries as your heart pumps blood through your body.

In adults, the normal systolic range (top number) is 100–140, and the diastolic pressure (bottom number) range is 60–90. With 140/90 as the upper limits, every effort should be made to keep the blood pressure below this level.

CHOLESTEROL: It's a soft, waxy substance made in the liver, some other cells, and found in certain foods. Having some cholesterol in your body is important

Don't Smoke
Exercise
Watch Weight
Eat Right
Get Regular Check-ups

February is
Healthy
Heart
Month

because it's needed for several bodily functions.

Having too much cholesterol can put you at risk for coronary heart disease and stroke. In general, you want your total cholesterol to be less than 200, because that level carries the least risk of heart disease.

Be sure to talk to your Dr. about other very important forms of cholesterol like HDL (good cholesterol) which should be above 50, and LDL (bad cholesterol) which should be below 100.

BODY MASS INDEX: Your BMI estimates whether you are at a healthy weight. Being overweight puts strain on your heart and can lead to serious health problems, including heart disease. Here's how to calculate it:

Multiply your weight in pounds by 705. Then, divide the answer by your height in inches. Divide that answer by your height in inches again.

If the result is 18.5 to 24.9, you're considered in the healthy range. If it's higher, you are overweight or obese.

Waist measurement is also important. A man's waist limit should be 39", and a woman's should be 35" (with exceptions for certain ethnic groups and tall individuals).

The cold season lasts through March and April

Deciding if you should stay home with your cold or go to work

In the United States, more colds occur in fall and winter, but the numbers remain high until the end of April.

Winter is on its way out, but you can still get a cold in February, March, or April. Then you have to ask yourself whether you should drag yourself into work even if you're feeling awful.

Some employers set policies to discourage coming to work with a cold. They offer a specified number of paid days off for any purpose, according to the Society for Human Resource Management.

Cold viruses survive for several hours on inanimate objects and on the skin, says *The Wall Street Journal*. Cleaning environmental surfaces with a virus-killing disinfectant might help prevent the



spread of infection.

Epidemiologists at the University of Iowa recommend staying home for 24 hours after the fever and serious symptoms are gone.

Bosses in the workplace wrestle with the two-sided problem of how to get people to come into work when they're healthy and how to keep them away when they're not.

According to the *Journal of Occupational and Environmental Medicine*, more than two-thirds of all health-related productivity losses spring not just from sick people missing work, but also from employees with chronic or contagious ailments who show up and perform poorly.

Correction from Nov/Dec 2012 Police and Fire Pension Fund News—page 5 in the "Blood pressure measurement technique". The article read "The appropriate cuff size should encircle at least 80% of our arm's circumference." The correct wording should have been, "To determine the appropriate size of the cuff to be used, ensure that the width of the cuff is at least 80% of the circumference of the arm where the cuff will be applied".

We are sorry for the oversight.

THINK NEGATIVE? Yes, there is something to it

Six decades ago, Norman Vincent Peale wrote *The Power of Positive Thinking*. He suggested that people make a deliberate effort to think and speak hopefully about everything.

To cope with difficult times, many writers of magazine articles are still advising you to do the same. Studies, however, show that the internal pep talks and repetitions designed to raise your mood can have the opposite effect.

New York psychotherapist Albert Ellis rediscovered an insight into the Stoic philosophers of ancient Greece and Rome. They thought that sometimes the best way to face an uncertain future is to focus on a worst-case scenario.

For individuals, the idea might be termed "the negative path to happiness." It might explain why people in economically insecure countries often report greater happiness than citizens of wealthier ones.

Thinking in detail about worse-case scenarios

can help to sap the future of its anxiety-producing power. It is estimated that about one-third of Americans instinctively use this strategy. Quoted in *The Wall Street Journal*, psychologist Julie Norem terms it "defensive pessimism."

In his new book, *The Antidote: Happiness for People Who Can't Stand Positive Thinking*, Oliver Burkeman says the great value of taking the negative stance is simply realism. The future really is uncertain, and things really do go wrong as well as go right. He believes we want to put an end to the inevitable surprises in our lives. That can't happen.

Burkeman also recommends thinking more about our own mortality than we do. He reminds us of Steve Jobs, who is famously quoted as saying:

"Remembering that you are going to die is the best way that I know to avoid the trap of thinking you have something to lose."

Memorable anniversaries in 2013

100 years ago in 1913

The 16th Amendment to the Constitution was ratified, giving Congress the authority to levy taxes on income.

Woodrow Wilson was inaugurated as the 28th president of the U.S.

The Lincoln Highway, the first road across the U.S., was dedicated.

"You Made Me Love You," by James Monaco and J. McCarthy, was a popular song.

75 years ago in 1938

Howard Hughes flew around the world in a record-setting 91 hours.

The Fair Labor Standards Act was passed, estab-

lishing minimum wages. It was 25 cents an hour at that time.

"Mexicali Rose," sung by Bing Crosby was a popular song.

50 years ago in 1963

Dr. Martin Luther King was arrested in Birmingham, Alabama for parading without a permit.

The U.S. Postal Service introduced the five-number ZIP code.

President John F. Kennedy was assassinated while riding in an open car in Dallas, Texas.

"Love Me Do," sung by The Beatles, was a popular song.

Car or Haircut

A boy had just gotten his driver's permit and asked his father if they could discuss his use of the car.

His father said, "Bring your grades up from a C to a B average, study your Bible a little, get a haircut, and we'll talk about it."

The boy accepted the offer.

Six weeks later, they talked again. His father said, "You've brought your grades up, and I've seen you studying your Bible. But, I'm disappointed that you didn't get your hair cut."

The young man said, "You know, Dad, in the Bible, Samson had long hair. John the Baptist and Moses did too and even Jesus had long hair."

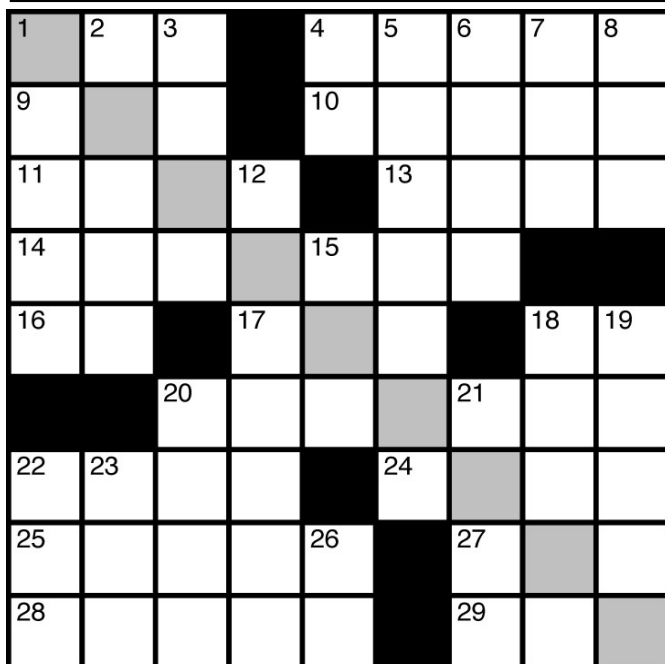
His father replied, "Did you notice they walked everywhere they went?"



TAKE A LOAD OFF - Some aches and pains can be relieved by simply losing weight. Walking puts three times your body weight on your feet with every step, according to the Institute for Preventative Foot Health. Even if you don't have to lose weight, address foot pain immediately. Experts say it will only get worse.

DON'T GO CHEAP - Good shoes will save your feet. Look for a wide toe box and a firm grip on your heel. Cheap shoe construction often leaves arches and the foot pad unsupported.

A Champions' Meeting Place



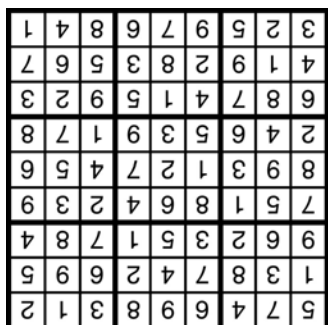
The title is a clue to the word in the diagonal

Across

1. ___ Lanka
4. "La Boheme," e.g.
9. Magna ___ Laude
10. Deception
11. Mail agency
13. Therefore
14. Is worthy of
16. While
17. "___ we having fun yet?"
18. Leave
20. Organ
22. Lotion ingredient
24. Body
25. Unsmooth
27. Clock standard: Abbr.
28. Rwandan people
29. Freelancer's enc.

Down

1. Underwater gear
2. Tricks
3. Rapsallions
4. "___ thee I sing"
5. Students hoping to go on to get an MD
6. Rabbit ___
7. Persian, e.g.
8. Rumpus
12. Ability to walk well on a ship
15. Big time
18. Author Halliday
19. Give a speech
20. Fight
21. Retrievers and spaniels
22. Singer Garfunkel
23. Singer Rawls
26. Hello

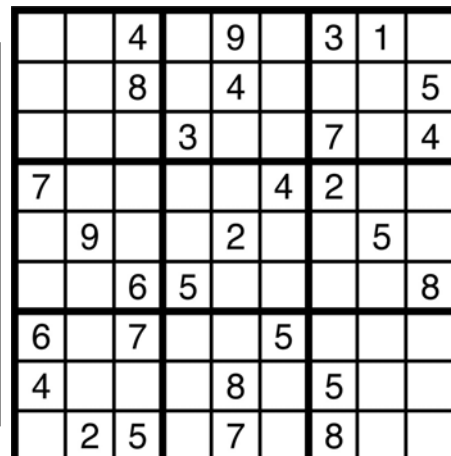
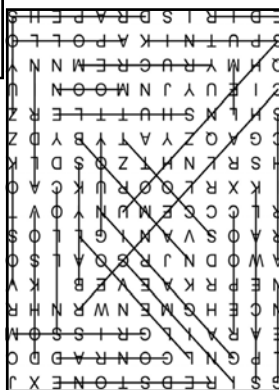


Seen in Space

G S I R E D S T O N E X J
 L P G N L C O N R A D D C
 E A R A I L G R I S S O M
 N C E H G M E N W R N H R
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ALDRIN
 APOLLO
 BORMAN
 CHALLENGER
 COLLINS
 CONRAD
 COOPER
 GAGARIN
 GEMINI
 GLENN
 GRISSOM
 LEM
 LOVELL
 MERCURY
 MOON

REDSTONE
 RIDE
 SCHIRRA
 SCOTT
 SHENZHOU
 SHEPARD
 SHUTTLE
 SKYLAB
 SOYUZ
 SPACEWALK
 SPUTNIK
 VOSKHOD
 VOSTOK
 YOUNG



**JACKSONVILLE POLICE AND FIRE
PENSION FUND**
*One West Adams Street, Suite 100
Jacksonville, FL 32202-3616*

"We Serve...and We Protect"



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*"I have fought a good fight, I have finished the course, I have kept the faith"
"Henceforth, there is laid up for me a crown of righteousness which the Lord,
the righteous judge shall give me"
II Timothy 4: 7-8*



*Barton T. Clark
January 27, 2013*

*Timothy M. Ellis Jr.
January 12, 2013*

*Archie C. Smith
January 11, 2013*

*Wade H. Taylor Sr.
January 10, 2013*

*Police Officer
27 Yrs. of Service (1991)*

*Fire Captain
45 Yrs. of Service (1993)*

*Fire Captain
45 Yrs. of Service (1992)*

*Police Lieutenant
40 Yrs. of Service (1990)*



(Year of Retirement)