



# Jacksonville

## Police and Fire Pension News

*"We Serve...and We Protect"*

**FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR**

**MAYOR ALVIN BROWN** announced his proposed historic retirement reform Agreement on May 8th, and filed the enacting Ordinance with the City Council. Public hearings will be held by the Council and the Finance Committee. The package contains five major elements:

- 1) Modify retirement benefits for employees hired after October 1, 2013.
- 2) Increase contribution of active Members when previous pay reductions are restored.
- 3) Outline Fund governance and guidelines to promote accountability and transparency.
- 4) Mediation Agreement approved by City Council.
- 5) **No changes** for retired Members or Beneficiaries.



**THE CITY COUNCIL** will hold hearings on the proposed budget to be submitted by Mayor Brown during the summer. The advance budget numbers released on June 3rd, forecast a "revenue deficit". Between now and budget submission date, the Administration will make adjustments to insure a balanced budget is presented to the City Council for their consideration.

**THE FLORIDA LEGISLATURE** ended the 2013 Session on May 3<sup>rd</sup>, without enacting any legislation that will have a significant impact on our Fund. Numerous bills were filed to make major, minor, and/or structural changes in the Florida Retirement System and local Police and Fire Pension Funds. The legislature adopted a bill to create a new guideline for actuarial reporting of local pension plan obligations that will cause confusion to many cities, bond holders, and rating agencies.

**THE STOCK MARKET** continues to post record setting returns. Following the dismal decade of 2000-2010, referred to by many Market watchers as the *"lost decade for investors"*, the market has recovered and moved upward to the highest levels ever posted. The Federal Reserve is helping by maintaining historic low interest rates, promising to continue this economic policy until unemployment reaches much lower levels. Good news for borrowers, bad news for savers.



**THE JACKSONVILLE EXCHANGE CLUB** recently recognized the Pension Fund with the presentation of the "Proudly We Hail" award. The Fund was honored for our around the clock display of the American Flag atop our parking facility. During the hours of darkness, the Flag is brightly illuminated, visible from bridges entering downtown. Thanks Exchange Club.

Flag Day is Friday, June 14th.  
Display your flag proudly just as we do.

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**Office hours: 8:00am—5:00pm**  
**Monday—Friday**

**\*\*OFFICE CLOSED\*\***

**Independence Day—Thursday, July 4, 2013**

### **PENSION STAFF**

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### **BOARD OF TRUSTEES**

Asst. Chief Bobby Deal, Police Trustee, Board Chair  
 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)  
 Battalion Chief Brady Rigdon (Fire)

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

ALBERT, Brian T.  
 BROWN, Justin W.  
 CULLEN, Dale D.  
 DUGAN JR., Donald R.  
 EDDY, James D.  
 FREDERICK, Carl E.  
 GIFFORD, Nicholas G.  
 GRANT III, Cecil A.  
 HOWICK, Stephanie N.  
 ISIC, Selmir  
 JENSEN III, William O.  
 JONES, Christopher H.



KAHRE, Michael D.  
 KEY, Brittany L.  
 LIVINGOOD, Joshua P.  
 MCGEE, Ryan L.  
 MEANS, Andrea L.  
 PLAUGHER, Cheth D.  
 ROSS, Michael A.  
 SLATTERY, Thomas E.  
 STERNER, Joshua B.  
 VAN HEININGEN, Matthew S.  
 WHEELER, Michael L.  
 WRIGHT, Casey J.



## **Congratulations to our new Fire Fighters**

BISHOP, Tyson A.  
 BLACKSHEAR III, John D.  
 BLAKE III, Felter E.  
 CEREIJO, William P.  
 COLBERT SR., Kethon J.  
 CURRAN, Michael C.  
 EICHELROTH, Ryan F.  
 ESTES, James K.  
 FOLEY, Kevin  
 GOLDEN, Warren J.  
 HERRERA, Jairo C.  
 JOHNSON, Jamie L.



KEENEY, Nathan L.  
 KIRK, Adam J.  
 MAYS, Austin T.  
 MEJIA ORTIZ, Freddy A.  
 MINCEY, Byron M.  
 MOORE, Shaina C.  
 OWENS, Matthew C.  
 PATTERSON, Jerome A.  
 PICKETT, Benjamin D.  
 SEMENOV, Mikhail V.  
 WILMS, Chance A.  
 WOODRUFF, Jason C.



## How to pay off credit card debt and save interest by reducing W-2 withholding

Do you look forward to getting a big income tax refund? For many people it's the largest lump sum they will get during a given year.

According to the National Foundation of Credit Counseling, people often say it's the only way they can save, and if so, they say go ahead and do it.

But it's still an interest-free loan to the government. Though many will use the refund to pay down debt, the NFCC says there are better ways to use your money on a month-to-month basis.

For example, say you have a credit card balance of \$5,000 that charges 14 percent interest. If you pay the minimum monthly payment of \$125, you will have paid \$6,774 by the time you pay it off.

The credit card calculator at [Bankrate.com](http://Bankrate.com) (or



[www.irs.gov](http://www.irs.gov)) shows it will take 213 months to get rid of the debt if you make minimum payments.

If you adjust your W-4 withholding so you don't get a refund, using the same example, you could add \$250 to the \$125 for a total monthly payment of \$375 (in one recent year, the average refund was \$3,000, or \$250 per month).

Paying the \$375, it will take just 15 months to pay off the debt. The total cost will be \$5,467, resulting in a savings of \$1,300.

You pay off the debt by using your own money instead of making a loan to the government that results in a big payment once a year...as your credit card interest charges grow.

## Watchdog bureau gives seniors advice on scams

Skip Humphrey, head of the Office for Older Americans at the Consumer Financial Protection Bureau (CFPB) is part of team whose job is to protect consumers, particularly those 70 and older, from scammers, and to police banks and lenders.

The combined value of seniors' nest eggs will reach \$22 billion by 2016. Of the agencies policing the nation's financial markets, the CFPB is the only one designed specifically to target elder abuse, according to AARP.

Humphrey says scams hurt a 50-year-old, but those 70 and older have fewer chances to recover. They are vulnerable to financial advisers who sell bogus investments and even family members who are clueless about their duties as money-managing guardians. Many victims don't report financial crimes.

Humphrey, who is 70, is the son of former vice-

president Hubert H. Humphrey.

### ***These are Skip's Tips:***

\*Ask about financial advisors' licenses and commissions, or anything else related to money.

\*Consider granting power of attorney to someone you trust and has a good financial record. Know how your pension and Social Security work.

\*Don't be fooled by seals and logos implying government affiliation or words like guaranteed or pre-approved on reverse mortgage offers.

\*Learn to say no, Refuse to be pressured even by family or friends.

\*Don't be fooled by home improvement scammers. Use a reputable company. If you don't, your money could be gone and no service was performed. Never pay in advance for a job.

## Planning for retirement: Don't count on working longer!

Financial expert Jane Bryant Quinn says there's a myth going around. People who aren't saving enough say they'll be OK in the future because they'll just keep working until they're 70 or older.

It could be the answer if it can happen. But, according to the Bureau of Labor statistics, only 32.3 percent of men and 18.7 percent of women age 70 or older are still employed in some capacity.

Half of retired people today say they left work unexpectedly because of health problems, disability or changes such as downsizing.

Working longer is only possible if you stay healthy, work for a company that keeps older employees or run a business of your own, according to the Employee Benefit Research Institute.

You can add a surprising amount to your nest



egg in just a few years if you reduce your spending and make saving money your priority. If you're 50 and earn \$70,000, save 7 percent of your pay, and leave your job in five years, you'll have \$169,000. If you double your contribution, you'll have almost \$200,000. If you double your contribution for 10 more years, you'll have 336,700. It could be \$531,000 if you retire at 65.

Think about reducing expenses. If you don't have enough retirement savings, you'll have to reduce them anyway.

Here's another important fact to consider. Even if you use money from your 401(k) to pay bills when you retire, the savings remaining will keep on making long-term gains. Financial planners say roughly half of your total lifetime investment return comes from earnings on your savings after you quit work.



## At 55+ you can have fun, look good

Whether you're 55, 65, or (much) older, exercise can keep you moving and staying active. There are many enjoyable options for keeping yourself healthy and looking great.

Some are the simple things you could always do, but now you can enjoy doing them with a little less intensity.

You know they include riding a real or stationary bike; going swimming or taking an exercise-in-water class; aerobics program for mid-lifers, golf, and walking.

Exercise videos for anyone who is 55+ are a good choice. You can have fun with them in your own living room and without anyone analyzing your performance. You can do the whole thing or quit in the middle without anyone wondering why.

One such program is "Tony & the Folks" (\$9.99 at [beachbody.com](http://beachbody.com)). It's a half-hour video for anyone



who wants to ease into an exercise program. It has a five-star rating.

Tony Horton, a nationally renowned fitness expert, teamed with instructor Judi Williams to keep you smiling, feeling fit, and primed for your everyday activities.

The video is designed to increase energy, reduce joint stiffness, improve flexibility, and to increase strength and balance. Tony will keep you motivated!

All moves in the program offer alternate positions to increase or decrease the intensity.

The National Institutes of Health says endurance training improves seniors' "staying power," aids heart health, and is very good for the

circulatory system.

If you are one of the many individuals with arthritic knees, visit [healthline.com](http://healthline.com) for exercise recommendations.

## How to fight heartburn and acid reflux

Acid reflux occurs when stomach acids move back up the esophagus. It can cause heartburn and a sour taste.

### ***Here's how to avoid it:***

\*Fats are hard for the body to digest. The University of Illinois McKinley Health Center says high-fat foods and fried foods hinder the ability of the lower esophageal sphincter to close, making you vulnerable to acid reflux.

\*Oatmeal's a good choice. Drop that doughnut, unless you want heartburn for breakfast. Instead choose oatmeal. It's a low-fat, high-fiber meal that can soothe your stomach.

\*Fresh ginger acts as an anti-inflammatory and

is a remedy for many stomach problems. You can get your daily dose of 2 to 4 grams by steeping ginger in hot water to make tea or chewing a piece of ginger.

\*Skip the red sauce on pasta. Tomatoes and heavy sauces are not for people with stomach acid problems. For those with a craving for pasta, the National Heartburn Alliance recommends thinner, broth-like sauces.

\*Eat beans. Certain fatty meats can trigger heartburn. Beans are an excellent source of protein and fiber and a great alternative to meat.

\*Applesauce. To avoid butter and oil, substitute applesauce in recipes. Use the same amount of applesauce (in cups) as the recipe calls for in oil.

## More adults than teens text while driving

Almost all adult vehicle drivers know that texting or emailing while driving is dangerous. But 49 percent admit to doing it anyway.

A survey by AT&T, provided by **USA Today**, shows that fewer teens, 43 percent, are guilty of these offenses.

Even AT&T was surprised at the survey results, especially since it followed a national campaign against distracted driving.

\*Texting while driving is the most dangerous form of distraction. It involves the eyes, the hands, and the mind.

\*Researchers at Virginia Tech Transportation



Institute found that sending or receiving a text takes a driver's eyes off the road for an average of 4.6 seconds, about as long as it takes to drive the length of a football field at 55 mph.

In 2011, 3,331 people died in crashes involving a distracted driver.

\*Each day, an average of nine people die and more than 1,060 are injured by crashes caused by distracted driving, according to the Centers for Disease Control and Prevention.

And yet today, there are millions of people out there who are texting instead of paying attention to their driving.

## Taking care of your eyes: seasonal and all-year advice

Doctors call it allergic conjunctivitis, an inflammation of the conjunctiva (the membrane covering the white part of the eye) due to allergy. It causes red, itchy, watery eyes.

The rest of us call it spring hay fever or rose fever. It's caused by pollen released by the spring flowering of trees, grasses, and plants.

When the pollen comes in contact with an allergic person's eyes, it causes cells known as mast cells to release histamine, which causes swelling and wateriness, according to the American College of Allergy, Asthma, and Immunology.

The first step in treatment is the avoidance of trees and grasses that cause the symptoms. Not everyone can stay indoors, but you can avoid activities that keep you outdoors for any length of time.

Treatment with antihistamines is generally effective. Using over-the-counter medications, such as Claritin or Zyrtec, will usually clear up your



symptoms. Antihistamines also are in nasal spray and eye drop form.

If you have asthma, or if over-the-counter medications don't work well enough for you, see your doctor for a prescription.

### **Dry eye syndrome:**

It can occur any time during the year when you don't produce enough tears to lubricate your eyes. Sometimes dry eye is caused by working long hours at a computer without blinking occasionally. If you do this type of work, purposely blink your eyes so they will remain lubricated.

You can also treat dry eyes with over-the-counter preservative-free artificial tear solutions. Some people find that taking an omega-3 fish oil capsule each day prevents dry eyes.

Some medications, like antidepressants, antihistamines, and decongestants can also dry out your eyes.

## A big wide smile is a stress buster

A big wide smile can do more than make a man or woman look great. One study shows it lowers stress and aids psychological recovery after working at a stressful task.

At the University of California, Irvine, study co-author Sara Pressman says people making a full smile also performed better on the next task.

Dr. Pressman says the smile's message of being nonthreatened creates a message to the brain signaling safety, which can translate to a lower heart rate and reduced stress level.

Some experts say only a genuine, full smile confers health benefits. It activates major muscles around the mouth and eyes. It generates positive emotions in the brain that are associated with spontaneous enjoyment.

Other studies show that the intensity of a per-

son's smile can help predict life satisfaction over time and even longevity, according to psychologists at Yale University. By contrast, a polite smile activates only muscles around the mouth and does little else.

Body language coach Patti Wood of Atlanta tells clients to get their whole faces involved in a smile. That means bringing their cheeks higher and pulling their whole face upward. The eyes should show the warmth of a sincere smile.

Wood recommends practicing your smile in the grocery store. Smile at everyone and ask yourself if you like how it feels.

Your smile has a positive impact on others. At the UCLA Brain Mapping Center, they say when people see a big smile, neurons fire in the brain and evoke a similar natural response as if they were smiling themselves.

## 15-minute refresher nap

If you need a quick recharge in a busy day try this unusual method recommended by [caring.com](http://caring.com), the caffeine nap.



Set the stage for your nap by darkening the room and getting a comfy place to lay down. Set the alarm clock if time is crucial.

Then drink a cup of coffee. Seriously. After 15 or 20 minutes, the coffee will help you wake up refreshed.



## Flag Day facts and surprises

Unless you live in Pennsylvania, where it's an official holiday, you probably won't get the day off on June 14th. But wherever you are, you can celebrate the day the Continental Congress adopted the design for our national flag.

On June 14, 1777, the Flag Act, stated: *"Resolved, that the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."*

As new states joined the union, the number of stars on the flag grew. There have been 27 flags in the



nation's history.

The current design is courtesy of the late Robert Heft who, in 1958, was an 18-year-old high school student in Lancaster, Ohio. He designed the 50-star flag for a high school class project and received a B-. Heft asked his teacher whether, if his design was accepted by Congress, his grade would be changed to an A. In 1959, Heft got his A when congress accepted his

design of 50 stars, to include Alaska and Hawaii.

**DISPLAY YOUR FLAG PROUDLY!**

## How to calculate whether leasing a car is better than buying

In a typical year, leases have made up only 15 percent to 20 percent of the new car transactions. This year, experts at [LeaseCompare.com](http://LeaseCompare.com), an independent leasing company, predict that 30 percent of new-car deals will be leases.

The increase is partly because carmakers are offering more incentives to lease so they can bring cars back faster and boost their market share.

When determining whether a lease deal is right for you, they say if you're a person who generally trades off a car before your car loan is paid off, leasing could be a good choice. If you always have a car payment, some leases will cost less per month.

Mileage is another factor to consider. If you have a long commute or travel regularly, you are likely to go over the mileage limit. If you think that the mileage will be an issue for you, try negotiating for extra miles or consider buying instead.

The typical auto lease allows you to drive 12,000



miles a year. When you turn in the car, the lease company will charge about 20 cents a mile (or more) for an overage. If you drove 3,000 miles over the allowance, you'll pay \$600.

If lease terms are OK with you, here are a few things to remember.

\*Haggle over the price of the car just as you would when buying it. To determine what other dealers are charging, visit [kiplinger.com/links/carguide](http://kiplinger.com/links/carguide).

\*Determine the car's residual value, what it will be worth when the lease is up. The higher the residual, the lower the payment will be, but you would have a higher purchase price at the end

of the lease.

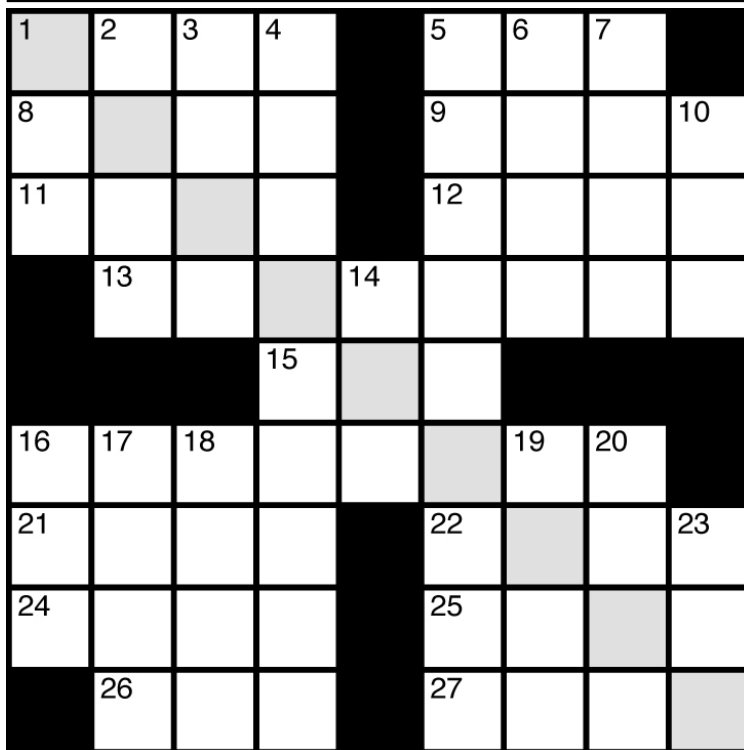
\*Compare the interest rate with that charged by your bank or credit union. You'll qualify for the best rates if you have good credit.

\*If you want out of the lease, websites such as [Swapalease.com](http://Swapalease.com) and [LeaseTrader.com](http://LeaseTrader.com) will help you find someone looking for a short-term lease.





### Name this famous World War I ship



The title is a clue to the word in the shaded diagonal

#### Across

1. Cuts off
5. P.I., e.g.
8. Evict
9. Willa Cather's "One of \_\_\_"
11. "Back in the \_\_\_"
12. Like the Sabin vaccine
13. Cause of a disease
15. Kind of card
16. On the \_\_\_ of, in politics
21. Wrinkly fruit
22. Patella's place
24. 100 centavos
25. Cut and paste
26. Long, long time
27. Santa \_\_\_\_, Calif.

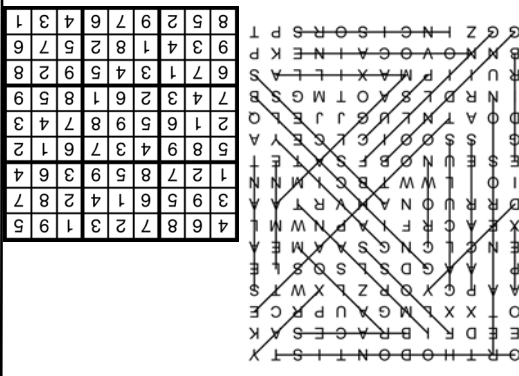
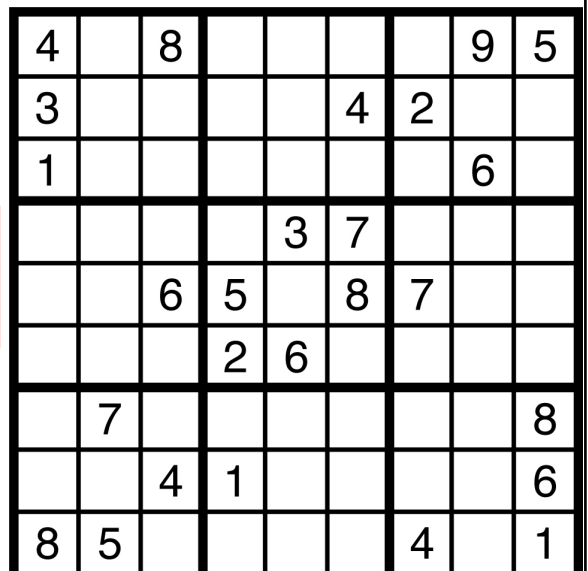
#### Down

1. Baseball's Brock
2. Yorkshire river
3. "Check this out!"
4. Number of parallel grooves in rocks
5. Skilled machinist
6. Continental currency
7. Mountain goat's perch
10. Furtive
14. Polo Grounds legend
16. Dixie or Davis \_\_\_
17. S-shaped molding
18. Furthermore
19. \_\_\_-European
20. Luau souvenirs
23. O'Hare info

### Visiting the Dentist

ORTHODONTISTY  
EEDFIBRACESAK  
OTXXLMGAUPRCE  
AAPCYOPZLXWTS  
PIAAGDSL SOSLE  
ENCLCNC SAAMEA  
XEACRFIAPNWML  
DRRUONAHVRTAA  
IOILWWTBCIMNN  
ESEUNOBF SATET  
GISSOOICLCEYA  
DOATNLUGJJELQ  
INRDLSAOTMG SB  
RUIIPMAXILLAS  
BNNOVOCAINEKP  
GGZINCISORSPT

ABSCESS	ENAMEL
AMALGAM	EROSION
APEX	FILLING
BLEACHING	FLOSS
BONDING	IMPLANT
BRACES	INCISORS
BRIDGE	MAXILLA
CALCULUS	MOLAR
CAP	NOVOCAINE
CARIES	ORTHODONTIST
CAVITY	RETAINER
CROWN	SEALANT
CUSP	TOOTHPASTE
DECAY	XRAY



**JACKSONVILLE POLICE AND FIRE  
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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*

***In Memoriam***



*Andre B. Hills  
June 4, 2013*

*Thomas J. Byrd Jr.  
May 28, 2013*

*John D. Horton  
May 20, 2013*

*William "Billy" A. Sellers  
May 12, 2013*

*Russell J. Carlisle  
April 15, 2013*

*Harold D. Zufelt  
April 4, 2013*

*Fire Fighter  
Active*

*Fire Captain  
26 Yrs. of Service (1972)*

*Police Officer  
20 Yrs. of Service (1981)*

*Fire Fighter  
32 Yrs. of Service (1991)*

*Police Officer  
25 Yrs. of Service (1989)*

*Police Sergeant  
28 Yrs. of Service (1999)*

*(Year of Retirement)*

***In Memoriam***

