



# Jacksonville

## Police and Fire Pension News

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

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

**WE REMEMBERED** the Men and Women who served in our Armed Forces since the Fund was established. In time of war or peace, many Members served our Country with honor. Some gave their life defending our rights as citizens of this great Nation. We remembered their service on Memorial Day.

**PRESIDENT JOHN KENNEDY** established Peace Officers Memorial Day in 1962, and Congress designated May 15th as Peace Officers Memorial Day. The calendar week in which May 15 falls is National Police Week. This year's commemoration occurred from May 10th—16th. As part of National Police Week 2009, the names of 133 law enforcement officers killed in 2008, as well as 254 others who died in prior years, were formally dedicated on the National Law Enforcement Officers Memorial in Washington, DC.



**COUNCIL MEMBER MICHAEL CORRIGAN**, Chairman of the Special Committee on Pension Sustainability canceled the meetings of April 21<sup>st</sup> and May 5<sup>th</sup> at the request of the Office of General Counsel. At the meeting held on May 19<sup>th</sup>, the Committee was informed additional time would be needed to complete hearings. Several funding ideas have been advanced at the hearings. More details will be presented at the next scheduled meeting.

**WHAT IS WRONG** with the economy, who is responsible and what is the solution? Many questions along this line were raised and discussed at the US Pension Summit last month. Who has the answers? No one. Who has taken a great deal of heat for the fiscal crisis that engulfed the World? One is the Former Federal Reserve Board Chairman Alan Greenspan. The former Chairman provided his candid assessment of the situation to the assembled delegates. The day of "NO Loans", frequently provided to applicants with NO job, NO savings, NO credit, NO idea how to repay, – NO problem, are behind us. Strong fiscal discipline will be required. Additional infusions of government funds, (your money) will also be needed to prop up the economy until better times arrive. The timeline for "better times" is very unclear.

**GOOD NEWS FROM TALLAHASSEE**, arrived during the last week of the Legislative Session. The Senate voted unanimously to approve HB 877, submitted by the Pension Board to permit a 10% increase in our Real Estate Investment. A *"special Thank You"* to Representative Weinstein for your strong support. The House voted to accept the Senate bill making the long sought Administrative and technical changes, increasing our International Investment authority. A *"special Thank You"* goes to Senator Jim King for your important support. The Governor is expected to approve both bills.



**SENATOR BILL NELSON** met with Board Chair, Assistant Chief Bobby Deal and John Keane, Executive Director of the Pension Fund on May 17, 2009. We expressed our thanks for the support Senator Nelson has given our effort to repeal the Government pension Offset and Windfall Elimination Provision in the Social Security Act. These provisions greatly reduce the amount of Social Security benefits paid to retirees and survivors who also receive a government pension. Senator Nelson has actively supported numerous legislative initiatives during his career that benefit our members. The Senator also supports the activities of our Police Athletic League with the after school mentoring and counseling programs.

**HAPPY BIRTHDAY** to the Police and Fire Pension Fund. The Fund was established by the 1937 Florida Legislature, effective June 3, 1937, with zero assets, and a promise to provide benefits to Members and Retirees. We have provided Members financial security for 72 years.

# Happy Birthday Pension Fund

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Captain Sean Hatchett (Fire)  
Donald Kirkland, Retired  
Lt. David McCall (Fire)  
Officer Gary Oliveras (Police)  
Chief Rick Townsend (Police)

***New Fire  
Recruits***



- |                         |                        |
|-------------------------|------------------------|
| ALLOUSH, Tom S.         | JORDAN, Phillip G.     |
| BAKER, William A.       | KING, Jessie E.        |
| BRAND, Jeremiah N.      | LAWRENCE, Lorenzo W.   |
| CALLAHAN, Kyle T.       | LEWIS, JR., Roger H.   |
| DAWSON, II, Carlos R.   | LUNDY, Aaron R.        |
| DIXON, Adam D.          | MATTHEWS, JR., Gralyn  |
| DURHAM, JR., William B. | MOUNCE, Jack W.        |
| EVANS, III, Daniel A.   | PETERS, James R.       |
| GAMBILL, Austin D.      | PHILLIPS, Joseph T.    |
| GILL, Ryan S.           | SEABERG, Michael D.    |
| HANNAH, SR., Aldon T.   | SOLBERG, John K.       |
| HARMON, JR., Milton T.  | STRAYER, III, Harry A. |
| HILL, Kevin E.          | STRUBLE, Eric J.       |
| HORN, III, Michael J.   | TALMADGE, Grace        |
| HORRALL, Mark L.        | WALO, Jason M.         |

**CONGRATULATIONS POLICE AND  
FIRE RETIREES**

*November 16, 2008 thru May 21, 2009\*\**

*\*\*Date of Trustee approval\*\**

*If your date falls after May 21st, your name will appear in the next listing*

- ANDREW, William N.—Police—April 9**
- BURNS, Raymond L.—Fire—Dec. 5**
- COXEN, Jerry G.—Police—Dec 28**
- CHRISTOPHER, Ronnie G. — Fire — Nov. 29**
- DONN, Mark A.—Fire—April 3**
- FAGAN, Robert G.—Police—Dec 28**
- FUSSELL, Robert W.—Fire—Dec 28**
- GREEN, Dexter A.—Police—April 3**
- HARDEN, Willie D.—Fire— Dec 26**
- HAYES, Gary L.—Police—April 3**
- HERNDON, Charles A.—Police—April 3**
- HUNTER, Anthony M.—Fire—April 10**
- ITURRA, Louis A.—Fire—April 3**
- KEEFER, Joseph H.—Police—May 8**
- LAKE, Edward R.—Police—Jan 23**
- LEIGH, Sanford E.—Police—Dec 28**
- MURRAY, Vernetta—Fire—April 3**
- PATTERSON, Daniel W.—Police—Dec 29**
- RICE, Sandra E.—Police—Jan 4**
- RICHARDSON, Mark S.—Police—March 20**
- ROBBINS, Paul A.—Police—April 3**
- RUSSELL, William C.—Police—Jan 2**
- SAMS, Charles T.—Police—Dec 28**
- SAPP, Donald E.—Fire—Feb 13**
- TERRY, Roy—Police—April 3**
- WATTS, Wayne E.—Fire—Jan 30**
- WILDES, Thomas W.—Police—Dec 29**
- YOUNG III, John G.—Police—Nov 21**

***Don't forget June 21st***

- \* It's Father's Day*
- \* It's the longest day of the year*
- \* It's the first day of summer*
- \* It's Sunday*

## The rules of financial security are different now

Some of the time-tested advice on financial security has to be changed in the current economic times. Some tips from the editors of *Money* magazine:

- \* Judging risk is about making or missing financial goals. Buying stock when it's a bargain or waiting for the upturn may not be best if you will need your money in the next decade. Scaling back on stocks might be better even if you miss the next upturn.

- \* Increase your available cash. Forget six months' living expenses. Try to gather two to four years of living expenses in low-risk savings.

- \* Diversify investments the right way. Check funds you own or want to buy at Morningstar.com's Instant X-Ray Tool. Buy a fund that invests up to 20 percent in emerging markets and the rest in developed countries. Then consider a high-yield fund and a broad U.S. bond fund and you will be well diversified.

- \* Borrow cautiously. Get a mortgage you can

afford for the life of the loan and make a down payment of 20 percent.

- \* It's still a good idea to buy a home. Have modest expectations for a home as a wealth builder. Owning gives you a hedge against rising housing costs and it results in a forced commitment to save. In the end, you own the house and no longer have to make payments.

- \* Forget early retirement. Delaying retirement by just one year could increase your annual retirement income by nine percent, according to the Urban Institute. If you are forced to retire, find another job even if it doesn't pay as much. Put off collecting Social Security benefits for as long as you can.

If you can find a job with health benefits, it's even better. The average health-care tab for an early retiree before he is eligible for Medicare is up to \$8,500 a year, according to AARP.

## World's most favored Investment: *U.S. Treasuries*

Treasuries are still the world's go-to investment. In most recent months, the inflow of foreign capital has been more than the U.S. trade deficit. In November, it was more than \$15 billion more.

While some foreign investors are selling long-term Treasuries, the February Treasuries sale was remarkably successful. It drew such foreign investors as the director of the China Banking Regulatory Commission. Japan is the No. 2 holder of U.S. Treasuries.

For American individuals and organizations, U.S. Treasuries are a highly favored investment.



## *Live Today*

by: Marshall Goldsmith

*Look to the present. The great disease of "I will be happy when..." is sweeping the world. You know the symptoms. You start thinking: I will be happy when I get that... BMW... promotion ... status ... money. The only way to cure the disease is to find happiness and meaning now.*

## *It's time to invest in America*

For the economy to strengthen, Americans need to become consumers again

In the American economy, some 70 percent of activity is derived by consumers. But when consumers hunker down and quit spending, economic activity decreases.

The history of America shows it has always had a tendency for action. It has made this country great. People and companies believed in the possibilities of the future and spent their money accordingly.

Today, the mood is the opposite. Economists warn that if we don't jolt consumers and the economy back to life, we could fall into what economist John Maynard Keynes called the "paradox of thrift." That is, if everyone saves during a slack period, economic activity will decrease even more, making everyone poorer.

If we don't start spending and investing again, we also run the risk of experiencing what was known as

Japan's "lost decade of the 1990s."

There have been signs that investors are putting money back to work again. Retail sales are slowly rising, and housing starts for February were up more than 22 percent. Sales of existing homes increased by about five percent. But we have still a long, long way to go.

The rush to hoard cash and pinch pennies is understandable, given that the net worth of many investments has declined dramatically, say experts writing in *Newsweek*.

But for our \$14 trillion economy to recover and thrive, money hoarders need to open their wallets again and become consumers.

No one is recommending big credit card debt, but worthy and affordable purchases or investments should no longer be put on hold.

## As deadly as a tornado

### Lightning can do shocking things

An additional 300 people report being injured seriously by lightning, but many more injuries are undocumented and could involve many more.

Lightning can injure people even when they are not directly struck, such as when it strikes a tree and creates a side flash injuring those who are standing nearby.

According to the National Weather Service, being struck directly or indirectly causes injuries to the nervous system and the brain.

#### Some of the results:

- \*Memory loss, personality shifts, or depression.
- \*Fatigue and sleep disorders.
- \*Burns, hearing problems, light sensitivity, dizziness, and headache.

Protect yourself by staying out of its path. Lightning can strike as far as ten miles away from the area



where it is raining.

When you hear thunder, you are within striking distance for lightning. Seek safe shelter immediately. Get to a sturdy building or an enclosed car.

Inside a home or building, stay off corded phones, computers, and any equipment that puts you in direct contact with electricity.

Stay away from indoor and outdoor pools, tubs, showers, and other plumbing that could conduct electricity.

The effect of conducted current from a lightning flash may range from tingling shock to a massive current diverted from a poorly grounded electric power pole through the wiring system.

When you are inside, wait 30 minutes after the last clap of thunder before going outdoors. This could seem like a long time, but lightning can strike even after the rain turns to a drizzle.

### Prevent blood clots in the legs by moving around on long trips

By this time, you probably know that you need to move your legs occasionally when you are on a long airplane flight.

If you don't, you risk getting blood clots in your legs, a condition known as deep vein thrombosis (DVT). It can happen to anyone, but is more likely to happen to anyone who normally has faster blood clotting.

Other DVT risks include taking birth control pills, a family history of blood clots, and being very overweight.

Long periods of continuous sitting encourage their formation, but long car rides or train rides can be just as hazardous as a long airline flight.

Major surgery such as hip or knee replacement, surgery to the pelvic area, or trauma to the leg or pelvis area put you at a high risk for blood clots.

DVTs are often hard to detect, but almost all cause symptoms eventually. They include swelling in the ankle area of the affected leg, leg pain that starts in the calf and can feel like a cramp, and redness or warmth over the affected area and fever.

To test for a DVT, ultrasound imaging is usually the first step. It's safe and widely available.

If you suspect that you have a blood clot, always have the situation investigated as soon as possible. Sometimes fragments will travel to the lungs, cause a pulmonary embolism and block blood flow, which can be fatal.

Seek emergency medical care if you experience shortness of breath, sharp chest pain when you inhale or cough, cough up blood, or feel lightheaded or dizzy.

### Problems with energy drinks

Most energy drinks contain tons of caffeine, sugar, and herbal supplements such as taurine. It's OK to drink one as long as it has about the same amount of caffeine as a couple cups of coffee and about the same amount of sugar as a can of soda. Many contain much higher amounts plus other substances. They can cause faster heartbeat, irritability, nervousness, nausea, and sleep problems.

Ingesting the massive amount of caffeine in two or more energy drinks can trigger abnormal heart rhythms.

If consumed along with alcohol, when you are dehydrated, or consumed quickly before a sporting event, they are dangerous. Fainting or a heart attack could occur, say doctors at the Mayo Clinic.

### Most speed related fatalities are not on an interstate

Exceeding the speed limit or driving too fast for road conditions is a factor in about one-third of all fatal vehicle crashes.

Though speeding is often thought of as an interstate highway problem, only 14 percent of fatal speed-related crashes occur on the interstate system, according to the National Highway Traffic Administration.

Speeding kills more people on city streets, county roads, and state highways. Here's why:

- \*Speeding reduces the amount of time available to avoid a crash.
- \*It increases the likelihood of crashing.
- \*It increases the severity of a crash once it occurs.

***Slow down and save a life!***



## Heat-related illness can be deadly:

### It could happen to you

Statistics for the 2000's aren't in yet, but in the previous decade, an average of 371 people per year died of heat-related illnesses.

People suffer heat exhaustion or heat stroke when their bodies can't cool themselves enough by sweating. Body temperatures can rise rapidly. A very high body temperature can cause brain damage, according to Centers for Disease Control and Prevention.

In addition to heat, humidity is a factor, because sweat won't evaporate fast enough to allow the body to cool.

At highest risk for heat-related illnesses are children up to age four and the elderly. Also at risk are the obese, people with a fever, and those who have dehydration, heart disease, sunburn, poor circulation, or drinking alcoholic beverages.

*Heat exhaustion can lead to heat stroke if not treated.* It causes extreme fatigue, muscle aches, nausea, and fever. There may be rapid pulse, clammy skin and vomiting. Those with symptoms should move to a cooler place and drink lots of liquids. If not recovered within 30 minutes, they should go to the emergency

room.

*Heat stroke can be fatal.* If treatment is delayed, the death rate is up to 80 percent. With treatment, only ten percent die. Symptoms include body temperature that can reach up to 110 degrees, confusion, racing pulse, convulsions and loss of consciousness.

Symptoms can develop over several days or strike during a single burst of strenuous activity.

*Call an ambulance.* While waiting for it, get the person out of the heat, cool him by fanning with a towel or newspaper, sprinkle him with water, and elevate the feet to direct blood back toward the head. If the person is conscious, offer fluids.

#### Prevention:

If you will be working or exercising in a hot environment, the CDC says:

Pace yourself. Start slowly and pick up the pace gradually.

If your heart begins to pound and you are short of breath, *stop all activity.* Get into a cool area or at least into the shade. Rest, especially if you are light-headed or confused and feel faint. Drink liquids.

## How many gadgets do you need?

Do you carry navigation system so you don't get lost, a computer so you can search the Web and check your e-mail, or a camera, and a music machine?

How about a smart phone, such as a BlackBerry or an iPhone, that can do all of these things?

For a long time, cellphones couldn't match the quality of individual devices for these functions. New smart phones have improved power, larger screens, and five-to-eight inch displays that can show turn-by-turn navigation. For many people, the phone is all they need.

## These summer insects can be dangerous

There are good bees all around the country. European honey bees pollinate flowers and crops and are generally beneficial creatures. Gardeners often invite them into their yards by adding nectar-rich plants to their landscapes. But another type of bee could be a killer.

*Africanized honey bees:* If you live in Florida, some dangerous characters may be moving into your neighborhood. Their stings could be fatal.

When you know these killer bees may be in your area, have an escape route planned in case they attack. Go indoors or to a car. The Florida Department of Agriculture cautions against attempting to remove any bee colony yourself. Call an exterminator.

*Fire ants:* They are also found in the South. If they have been recognized in your area, be careful not to disturb their nesting sites. Wear protective boots where fire ants are suspected.

To get rid of them, spread bait products that the ants carry back to their nests.

*Ticks carrying Lyme disease:* These pests are more common in colder climates. If they are suspected



in your area, use pesticides and repellents. Spray repellents on your boots and clothing. People who have been in the woods should inspect themselves, their clothing and their pets for ticks.

*West Nile virus-carrying mosquitoes:* The Illinois Department of public health says you should remember the "**Five Ds**" of mosquito avoidance.

\***D**usk until dawn. Limit time spent outdoors from dusk to dawn when mosquitoes are most active.

\***D**rain any standing water where mosquitoes could lay eggs.

\***D**ress appropriately. Wear long pants and long-sleeved shirts when you're in mosquito country.

\***D**oors and barriers. Install screens on windows and doors to keep mosquitoes from entering.

\***D**EET. Apply an insect repellent containing DEET if you will be outdoors for very long.

*Rocky Mountain spotted fever:* It's another disease carried by mosquitoes in some parts of the country.

## Summer solstice, June 21st

### Welcome the longest day and the North's midnight sun

Thanks to Daylight Saving Time, more of your waking hours will be in daylight on Sunday, June 21. The sun shines until about 8:30 p.m. on the longest day of the year.

June 21 is the day of the summer solstice, the time of the midnight sun in northern climates. Nome, Alaska celebrates its Midnight Sun Festival on June 20-21 with 22 hours of sun-filled entertainment. Some visitors find it difficult to sleep in the sunshine.

During the building of the 800-mile Alaskan Pipeline, workers had to be told to stop working and get some rest, even though the sun was still shining.

In some parts of Norway, there is no sunset at visible.



all from about April 19 to August 23. Parts of Canada, Greenland, Sweden, Finland, and Russia have a similar experience.

The word solstice comes from the Latin for "sun stands still". For several days before and after each solstice, the sun appears to stand still in the sky. Its noontime elevation does not seem to change.

At the north and south poles, the sun only rises once and sets once each year. During the six months when the sun is visible, it constantly moves around the horizon and reaches its highest point in the sky at the summer solstice.

In the six-month polar night, the sun is never

## Celebrate America... Show your patriotism Fly the flag on June 14th, Flag Day

This is the day to give "Old Glory" its due.

There are many ways to honor the American Flag. Sometimes it's there for all to see on the lapel of a jacket, flying boldly in the front yard of a home, or being saluted as it blows in the wind from the flag pole of a building.

The most important part of Flag Day could be the moment or two when we pause to remember those in history who fought so it could fly and those who are still fighting to keep it flying today.

As always:

*We pledge allegiance to the Flag of the United States of America, to the Republic for which it stands: one Nation under God, with liberty and justice for all.*



## Thanks, Dad, we know how important you are...



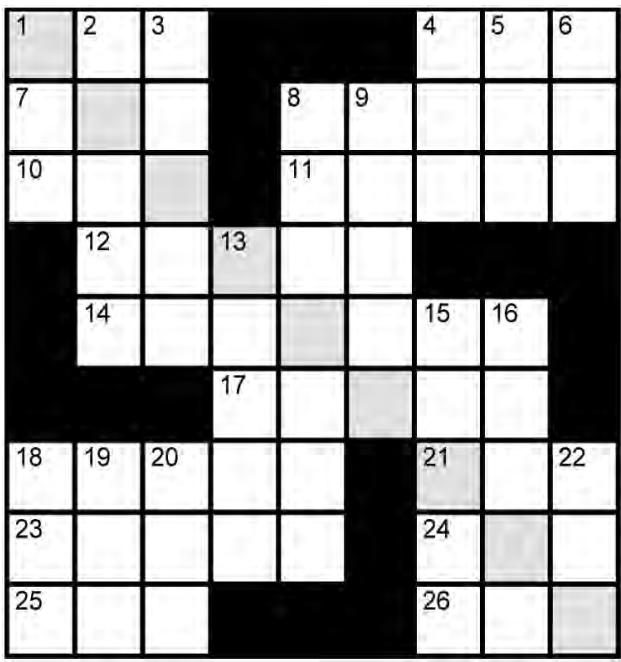
There's more to being a dad than earning a living and being an advisor to teenagers.

According to researchers in the Fatherhood Project at the Families & Work Institute, interacting with dad is crucial for child development. Researchers now know that even interactions with your infant or toddler influence how your kids will relate to other people later in their lives and how they will view the world at large.

A study at the University of Regensburg, Munich, Germany, shows that children whose fathers played with them in a sensitive, supportive and challenging way at age two tended to form closer, more trusting relationships with others at ages 10 and 16.

By age 16, Fathers' play proved even more powerful and predictive than the mother-child bond. The researchers found that dads' play makes a pivotal and unique contribution to kids' growth. Telling stories of family history and how your parents and grandparents overcame adversity has an influence on how kids handle difficult times. An Emory University study showed that the ability of children, ages 14 to 16, to retell parents' stories is linked to a lower rate of depression and anxiety.

Your stories, told with eye contact about how you and others overcame problems, can help your children view the world with optimism.



### High Finance Crossword

**Across**

**Down**

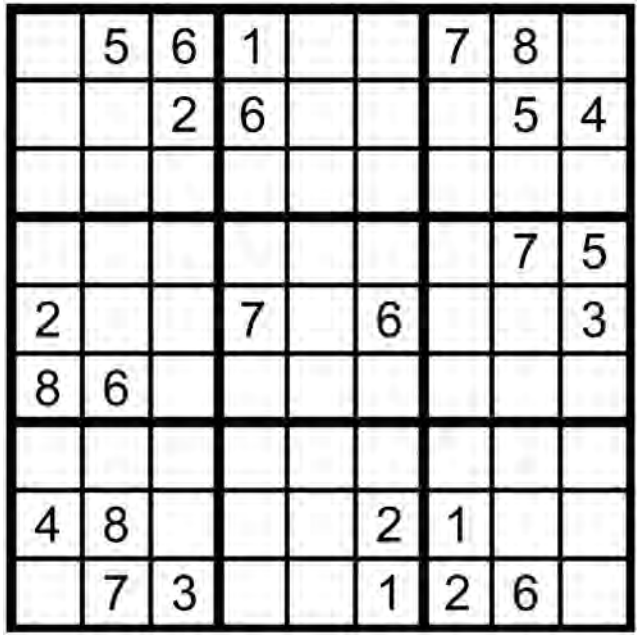
- 1. "Welcome" site
  - 4. \_\_\_ Today
  - 7. "\_\_\_ la la!"
  - 8. Heirloom location
  - 10. Bruin legend Bobby
  - 11. Bridget Fonda, to Jane
  - 12. Colossus
  - 14. Highest points
  - 17. A pen for livestock in southern Africa
  - 18. Norse goddess of love
  - 21. Kind of feeling
  - 23. Billiards bounce
  - 24. "Fantasy Island" prop
  - 25. Number cruncher, for short
  - 26. Feminine suffix
- 1. Jersey call
  - 2. Blood carrier
  - 3. Thunderflies
  - 4. Colorado Indian
  - 5. As written
  - 6. Trick taker, often
  - 8. Type of word play
  - 9. Skin problem
  - 13. \_\_\_ Rose
  - 15. American symbol
  - 16. Veers
  - 18. TV monitor?
  - 19. Bad-mouth
  - 20. Baseball stat
  - 22. "\_\_\_ the season ..."

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

### Builder's word search

T O O L B O X M G F S P R  
 B R U S H V A N I T Y L S  
 E L E C T R I C I A N I D  
 B K B U I L D I N G F E E  
 S A W X O S A N D E R R S  
 T P H O B V T N A I L S I  
 A L C O N T R A C T O R G  
 C U H F L O O R I N G S N  
 K M P A I N T E R N T P J  
 L B O N R H A M M E R A C  
 I E T L B D S I C K W N A  
 S R V P D E W U Q N R E R  
 I C B E L I A A X I E L P  
 N L A I L F N M R F N I E  
 K I T C H E N G A E C N T  
 S M H H E A T I N G H G B

- BATH
- BEAM
- BRUSH
- BUILDING
- CARPET
- CONTRACTOR
- COOLING
- DESIGN
- ELECTRICIAN
- FAUCETS
- FLOORING
- HAMMER
- HARDWARE
- HEATING
- KITCHEN
- KNIFE
- LEVEL
- MOLDING
- NAILS
- PAINTER
- PANELING
- PLIERS
- PLUMBER
- SANDER
- SAW
- SINKS
- STAIN
- TACK
- TILES
- TOOLBOX
- VANITY
- WRENCH



10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45-46-47-48-49-50-51-52-53-54-55-56-57-58-59-60-61-62-63-64-65-66-67-68-69-70-71-72-73-74-75-76-77-78-79-80-81-82-83-84-85-86-87-88-89-90-91-92-93-94-95-96-97-98-99-100-101-102-103-104-105-106-107-108-109-110-111-112-113-114-115-116-117-118-119-120-121-122-123-124-125-126-127-128-129-130-131-132-133-134-135-136-137-138-139-140-141-142-143-144-145-146-147-148-149-150-151-152-153-154-155-156-157-158-159-160-161-162-163-164-165-166-167-168-169-170-171-172-173-174-175-176-177-178-179-180-181-182-183-184-185-186-187-188-189-190-191-192-193-194-195-196-197-198-199-200-201-202-203-204-205-206-207-208-209-210-211-212-213-214-215-216-217-218-219-220-221-222-223-224-225-226-227-228-229-230-231-232-233-234-235-236-237-238-239-240-241-242-243-244-245-246-247-248-249-250-251-252-253-254-255-256-257-258-259-260-261-262-263-264-265-266-267-268-269-270-271-272-273-274-275-276-277-278-279-280-281-282-283-284-285-286-287-288-289-290-291-292-293-294-295-296-297-298-299-300-301-302-303-304-305-306-307-308-309-310-311-312-313-314-315-316-317-318-319-320-321-322-323-324-325-326-327-328-329-330-331-332-333-334-335-336-337-338-339-340-341-342-343-344-345-346-347-348-349-350-351-352-353-354-355-356-357-358-359-360-361-362-363-364-365-366-367-368-369-370-371-372-373-374-375-376-377-378-379-380-381-382-383-384-385-386-387-388-389-390-391-392-393-394-395-396-397-398-399-400-401-402-403-404-405-406-407-408-409-410-411-412-413-414-415-416-417-418-419-420-421-422-423-424-425-426-427-428-429-430-431-432-433-434-435-436-437-438-439-440-441-442-443-444-445-446-447-448-449-450-451-452-453-454-455-456-457-458-459-460-461-462-463-464-465-466-467-468-469-470-471-472-473-474-475-476-477-478-479-480-481-482-483-484-485-486-487-488-489-490-491-492-493-494-495-496-497-498-499-500-501-502-503-504-505-506-507-508-509-510-511-512-513-514-515-516-517-518-519-520-521-522-523-524-525-526-527-528-529-530-531-532-533-534-535-536-537-538-539-540-541-542-543-544-545-546-547-548-549-550-551-552-553-554-555-556-557-558-559-560-561-562-563-564-565-566-567-568-569-570-571-572-573-574-575-576-577-578-579-580-581-582-583-584-585-586-587-588-589-590-591-592-593-594-595-596-597-598-599-600-601-602-603-604-605-606-607-608-609-610-611-612-613-614-615-616-617-618-619-620-621-622-623-624-625-626-627-628-629-630-631-632-633-634-635-636-637-638-639-640-641-642-643-644-645-646-647-648-649-650-651-652-653-654-655-656-657-658-659-660-661-662-663-664-665-666-667-668-669-670-671-672-673-674-675-676-677-678-679-680-681-682-683-684-685-686-687-688-689-690-691-692-693-694-695-696-697-698-699-700-701-702-703-704-705-706-707-708-709-710-711-712-713-714-715-716-717-718-719-720-721-722-723-724-725-726-727-728-729-730-731-732-733-734-735-736-737-738-739-740-741-742-743-744-745-746-747-748-749-750-751-752-753-754-755-756-757-758-759-760-761-762-763-764-765-766-767-768-769-770-771-772-773-774-775-776-777-778-779-780-781-782-783-784-785-786-787-788-789-790-791-792-793-794-795-796-797-798-799-800-801-802-803-804-805-806-807-808-809-810-811-812-813-814-815-816-817-818-819-820-821-822-823-824-825-826-827-828-829-830-831-832-833-834-835-836-837-838-839-840-841-842-843-844-845-846-847-848-849-850-851-852-853-854-855-856-857-858-859-860-861-862-863-864-865-866-867-868-869-870-871-872-873-874-875-876-877-878-879-880-881-882-883-884-885-886-887-888-889-890-891-892-893-894-895-896-897-898-899-900-901-902-903-904-905-906-907-908-909-910-911-912-913-914-915-916-917-918-919-920-921-922-923-924-925-926-927-928-929-930-931-932-933-934-935-936-937-938-939-940-941-942-943-944-945-946-947-948-949-950-951-952-953-954-955-956-957-958-959-960-961-962-963-964-965-966-967-968-969-970-971-972-973-974-975-976-977-978-979-980-981-982-983-984-985-986-987-988-989-990-991-992-993-994-995-996-997-998-999-1000

