



Jacksonville

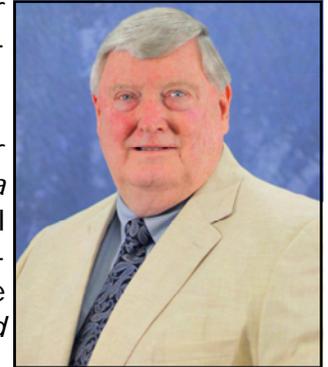
Police and Fire Pension News

"We Serve...and We Protect"

FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR

THE STOCK MARKET ended the Quarter at record highs across all major indices, prompting broad smiles within the Institutional Investor Community.

ACCORDING to *Money*, U.S. stocks wrapped up a stellar first quarter Thursday, with the S&P 500 finishing at a new high. *"We're coming off a great first quarter,"* said Art Hogan, managing director at Lazard Capital Markets, adding that *"volume will most likely be light"* on the Monday following Easter. Thin trading could result in volatility, he said, even if there are no major news events. *"A light volume tends to find exaggerated moves,"* said Logan, noting that one major play could move the markets.



ALL THE NEWS is not always good, as Analysts expect the combined earnings in the first quarter for S&P 500 companies to fall 0.7%, according to research firm Factset. That would mark the second dip in three quarters -- it happened in the third quarter of last year as well. Nonetheless, the S&P 500 hit an all-time high on Thursday. So what's going on? For now, investors appear to be putting more weight on what stocks could earn later in the year than what they are actually earning now. Analysts expect earnings growth to leap to 15.6% by the end of the year.

THE PROBLEM is if this year is a repeat of the last few, that probably won't happen. For the past three years, analysts have been much more optimistic about the fourth quarter than they should have been. For example, back in 2010, analysts predicted earnings at S&P 500 companies would rise nearly 33%. The actual increase: 18%. And it's not like companies are going to get a great push from the economy. While expectations are improving, most economists still think 2013 GDP growth will come in at around 2.3%. So the rest of the earnings growth would have to come from much higher inflation -- which would boost prices and profits, but not sales -- or some serious margin expansion. Inflation that high is sure to force the Federal Reserve to cut back on its stimulus program, which is sure to slow economic growth along with the market. And profit margins are already near all-time highs.

ASSETS of the Police and Fire Pension Fund are \$1,305,293,242, a new record. We still have a long way to go to recover investment losses accumulated during the "2008 Market meltdown".

THE BOARD has met several times with our Financial and Actuarial Advisors, and taken a number of recommended actions to strengthen the funding status of the Fund. The Board has re-allocated assets to our Real Estate Account; Master Limited Partnership Accounts; established new accounts to manage Debt, and increased our International Index Investment allocation. The funded status of the Fund is lower than desired. These recent Investment actions taken by the Board along with changes in several Actuarial Assumptions are designed to strength the Fund.

POLICE AND FIRE PENSION FUND
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PHONE (904) 255-7373
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Website: jaxpfpf.coj.net
Office hours: 8:00am—5:00pm
Monday—Friday

****OFFICE CLOSED****
see note below

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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 Sgt. Robert "Ellis" Burns III (Police)
 Captain Sean Hatchett (Fire)
 Donald Kirkland, (Retired)
 Officer Gary Oliveras (Police)
 Battalion Chief Brady Rigdon (Fire)



to our new Police Recruits

COOKE II, Johnny
 FREITAS JR., Robert B.
 GIBSON, Donita P.
 HALL, Jessica M.
 HERRERA, Matthew L.
 HOLLAND, Brian A.
 KHALIF, Khayrta M.
 MOORE, Megan B.
 SEMBACH, Casey C.
 TAYLOR, Heather C.
 WILLIAMS, Kiana K.

The Police and Fire Pension Fund
Office will be closed



Friday
 May 10, 2013
**Police
 Memorial Day**

JULY DROP CLASS

We will be making appointments for the July DROP class starting May 1, 2013 thru June 7, 2013 @ noon (DEADLINE).

Please contact Debbie at the Pension office - 255-7373 - to make an appointment. Please call towards the end of April to schedule your appointment.

Monday
 May 27, 2013
**Memorial
 Day**



In Memoriam



We mourn the loss of many of our Retired and several of our Active Members during the months of February and March. These Members have contributed to the Fund for many years and will be missed by all who knew them.

MAY THEY REST IN PEACE

“Convenience checks” should be called “expensive checks” for three reasons

When you open your credit card bill, there they are: a couple of convenience checks.

You can write one to yourself and have the extra money you want for a weekend trip. Or you can use one to buy something you want to give but really can't afford right now.

There are a few things about the checks you may not have considered. First, there's a charge for using them, usually four percent. Owing \$208 for the convenience of having \$200 extra bucks doesn't sound bad, but there's more to it than that.

Whether you write it to yourself or to a store, the amount of the check will be called a cash advance on future bills. The interest rate on cash advances can be as high as 23 percent or more.

Can you just pay for it when you make your next payment? If you have a zero balance on that card, you can. If not, whatever you pay will be credited to

your previous balance until it's zero, and your 23 percent interest charge will continue to accrue interest during that time.

That still might not be too bad if you just use the card for normal monthly charges that you can pay it off in a month or two.

But what if you previously took advantage of the card company's zero percent interest offers? Say you borrowed \$8,000 for a home improvement project and are paying it off at your convenience, which will take another year or more.

During that time, according to almost all card company policies, all payments you make are applied to the charge with the lowest interest rate. So your 23 percent interest, compounded monthly, will continue to accrue on the \$208 until the zero percent loan is paid off.

At that point, your \$200 convenience check will end up costing more than twice that amount.

What is moderate exercise?



According to exercise experts at Intermountain Healthcare in Salt Lake City, the answer depends on you.

What feels moderate to you is different from what it feels like to someone else. Base your exercise on how you feel.

Moderate exercise feels like this:

- *You breathe a little harder, but you don't feel out of breath.
- *You can talk to a friend but might have trouble singing a song.
- *You sweat a little bit, but aren't soaked with sweat.
- *Your muscles feel a little tired, but they don't hurt.

Any duration of physical activity counts over the course of the day. The total amount of routine activity can easily add up to ten minutes or more and you can add minutes to it if you think about it. Try parking as far as you can from the entrance to your workplace or the grocery store; pacing or doing jumping jacks in the living room during TV commercials; taking the stairs whenever possible, and gardening or mowing the lawn with a push-mower.

How to save your own life in 2013

The safe-driving message for this year isn't new, but as the number of vehicles on the roadway increases, it's more important than ever:

Wear your seat belt; pay attention to your driving; and never drink and drive!

Final figures aren't in yet for 2012, but through November, preliminary data from Advocates for Highway Auto Safety show that the number of motor vehicle deaths will indicate a significant increase from 2011.

In that year, the number of deaths was the lowest since 1949, including motorists, bicyclists, and pedestrians.

The Governors Highway Safety Association has been informally reporting that the death number was up throughout 2012.

Officials in the trucking industry say that there is a connection between states increasing speed limits and the increase in deaths for occupants of large trucks, according to a spokesman for the American Trucking Association.

Transportation Secretary Ray LaHood says the 2011 decline was due to aggressive enforcement and public education campaigns plus the technology involved in building safe vehicles.

He says, "As we look to the future, it will be important to build on this progress by continuing to tackle head-on issues like seat belt use, drunk driving, and driver distraction."

Not too late for 2012—IRA contributions

Wish you had put more into your 2012 Individual Retirement Account?

If you didn't reach your 2012 IRA limit, you can direct additional funds toward last year's contribution until April 15th of 2013.



Listen - men: You can easily cut your stroke risk by more than half

It's time to stop criticizing guys who like to put ketchup on their food. A new study shows it's not a bad idea, nor is eating a plate of spaghetti with a tomato-based sauce.

Research done at Eastern Finland University indicates that, for men only, a high intake of lycopene from tomatoes and tomato products can reduce stroke risk by 55 percent or more.

The study included more than 1,000 men between the ages of 46 and 65 who were given blood tests for lycopene levels, then tested again in 12 years.

During that time, 65 men in the study had a stroke, but among the 259 men with the highest levels of lycopene, only 11 suffered a stroke. The findings were published in a recent issue of *Neurology*.

Study leaders, quoted by Tufts University, say lycopene is the most effective killer of the oxygen free radicals that damage blood vessels. It also reduces in-



flammation and bad cholesterol, prevents blood clots, and boosts immune function.

Lycopene is fat-soluble, so it's better absorbed with a little fat, such as olive oil in a pasta sauce or salad dressing. Cooking increases the body's ability to absorb it. Doctors say even cutting and chopping can boost the amount your body absorbs from tomatoes. The more colorful a tomato is, the more lycopene it contains.

Mayo Clinic studies show lycopene also correlates with reduced incidence of cancer, cardiovascular disease, and macular degeneration.

About 795,000 Americans will suffer a stroke this year, about 137,000 will die and others will be disabled.

Stroke is caused by a clot blocking blood flow to the brain or by a blood vessel rupturing and preventing blood flow to the brain.

Avoid inhaling spray cleaners

If you use a lot of sprays to clean furniture, polish glass, and perfume rooms, maybe you should consider cutting back on their use. At least try to avoid inhaling the spray.

Researchers in Europe found that adults who used these household products once a week or more

increased their risk of developing asthma by 30 to 50 percent.

Most of these cleaning products come in forms other than aerosol sprays. Consider choosing one of those.

Study finds adult brain changes as with learning

You can't use the excuse now that you are too old to learn to use a computer or learn a language.

A new study suggests that old dogs can indeed learn new tricks.

Scientists using new magnetic resonance imaging (MRI) have offered the first evidence that the brain is malleable or plastic and will change with learning over a lifetime, not just when it's young.

The study was published in the *Journal of Cognitive Neuroscience*. It showed that, with learning, there is an increase of myelin, a fatty, white insulator that surrounds brain pathways.

Reporting to Duke University, study co-author Alex Schlegel said, "This was the first study looking at a really complex, long-term learning process over time, actually looking at changes in individuals as they learn a task."

The brain is often thought of as an organ that develops rapidly and extensively when we are young, but becomes less capable of learning and processing information as we age. But this new study suggests that all brain changes over time are not negative ones.

The study could have implications for treatment and analysis of stroke, brain damage, and new learning models.

It also takes away a variety of excuses.

Eating an early lunch burns more calories

Neuroscientists say meal timing seems to affect weight loss.

One study compares those eating lunch before 3 p.m. to those who had lunch after 3 p.m. Early lunchers lost an average of 22 pounds in 20 weeks. Those who ate lunch later lost about 17 pounds.

Neuroscientists at Brigham and Women's Hospital and Harvard Medical School say the study suggests both calories and timing have an impact on weight loss.

The research included 420 overweight and obese people who participated in a 20-week weight-loss program in Spain.

Overall, participants consumed about 1,400 calories a day. There was no significant difference in caloric intake or energy expenditure between the early lunchers and the late lunchers.

The findings were reported in the *International Journal of Obesity*.



Info on the big four pain relievers

If that old ankle injury bothers you after a day's work, you might take a couple of ibuprofen tablets. Or maybe your back starts to ache during the day, so you take a couple of naproxens.

Modern over-the-counter pain medications work well and are safe to use as long as you follow instructions. Here's a rundown by the Mayo Clinic on what kind of pain each one treats best, along with their cautions.

***Acetaminophen (Tylenol, others):** The safest choice when taken at or below recommended doses. Taking two 500mg pills a day is safe for most people. The risk of liver damage may increase if you already have a liver problem, if you exceed the maximum dosage, or if you have more than three alcoholic drinks a day while taking it.

Many prescriptions and cold and flu drugs contain acetaminophen. Account for "hidden" doses when adding up daily intake.

***Aspirin:** Provides pain relief, and low doses can prevent blood clots that cause a heart attack or



stroke. But even the 81mg low dose can increase the risk of stomach bleeding.

If you take low-dose aspirin, avoid ibuprofen and naproxen to keep stomach risk as low as possible. Avoid aspirin if you are taking other medications to prevent blood clots, such as warfarin (Coumadin). Taking both increases the risk of stomach bleeding.

***Ibuprofen (Advil, Motrin IB) and Naproxen sodium (Aleve):** In addition to providing pain relief, these drugs help to reduce inflammation. But they can increase the risk of stomach bleeding and could also carry a low risk of worsening high blood pressure and kidney problems.

An increased heart attack risk is possibly associated with higher doses. Avoid ibuprofen and naproxen if you've had a heart attack. Also avoid them if you take a medication like Coumadin or aspirin to prevent blood clots.

If you take ACE inhibitors at the same time, your risk of a kidney problem could increase.

The generic may not be as good as the branded drug

Last year, the Food and Drug Administration declared that the generic version of Wellbutrin, an anti-depressant, was not its "biological" equivalent. Its maker, Teva Pharmaceuticals, stopped selling it.

About 80 percent of prescriptions filled in 2012 were for generics, saving Americans \$193 billion, says the Generic Pharmaceutical Association.

Generics can be more different from the originals than people believe. One reason is that, although the generic may state that it contains the same ingredients, the original makers have not revealed their manufacturing processes.

The processing and the additional ingredients to aid it, can make a difference, in such areas as the amount of the drug that will be absorbed into the bloodstream and how fast it will happen.

The FDA rules for bioequivalence say the active ingredient in the blood must not fall more than 20 percent or be 25 percent above the brand name. This is a potential range of 45 percent among generics labeled as being the same.

According to *Fortune* magazine, the FDA standards don't regulate how quickly the medicine reaches peak concentration in the blood. It can be a big issue for patients taking generic versions of time-release medications.

If the generic drug you are taking seems to be doing the job, that's fine. If not, it could be time to switch to the branded product.

What your LDL number means - how to lower it

The American Heart Association says the lower your LDL cholesterol (the bad kind), the lower your risk of heart attack and stroke. It's a better gauge of risk than total blood cholesterol.

When your doctor orders a cholesterol test, be sure to ask specifically what your LDL reading is. It will fall into one of these categories:

Less than 100 mg/dl	Optimal
100 to 129 mg/dl	Near Optimal
130 to 159 mg/dl	Close to high
160 to 189 mg/dl	High
190 mg/dl or more	Very high

If your number is high, it can be lowered by a prescription medication.

To lower LDL with diet, try this:

*Have a cup of old fashioned oatmeal for breakfast.

*Eat nuts. An ounce and a half of walnuts, almonds, cashews, macadamias or pecans contain vitamin E and flavonoids, two powerful antioxidants that reduce LDL levels in the blood.

*Choose fresh fruits, vegetables. They contain plant sterols and stanols that cause LDL cholesterol to be excreted. Other sources are sesame seeds, 714 mg, olive oil, 221mg and peanuts, 220.

*Eat fish at least twice a week. Fish like salmon, sardines, trout, and mackerel are rich sources of omega-3 fatty acids, which can lower LDL cholesterol.



5th Annual Jacksonville VisionWalk

April 27, 2013

8:00 a.m.

University of
North Florida
Jacksonville, FL



Walk with the Foundation Fighting Blindness
& help make the world a brighter place for
millions of Americans with retinal diseases

www.FightBlindness.org/JacksonvilleVisionWalk

For more information contact Natalie Linton at 919-781-8014 or NLinton@FightBlindness.org

PLEASE HELP US FIND A CURE!!

OUR TEAM NAME IS **"MARCHING FOR MADI"**, AND WE ARE PARTICIPATING IN THE JACKSONVILLE VISION WALK. WE ARE WALKING FOR MADI WHO IS 12 YEARS OLD AND WHO HAS BEEN DIAGNOSED WITH RP (RETINITIS PIGMENTOSA). THIS IS JUST ONE OF THE MANY DISEASES THAT CAN ROB INDIVIDUALS OF THEIR SIGHT AT ANY AGE.

A SPECIAL ACCOUNT HAS BEEN SET UP FOR DONATIONS AT EITHER LOCATION OF THE FIREMEN'S CREDIT UNION. JUST TELL THE TELLER THAT YOU'D LIKE TO MAKE A DONATION - NO MATTER HOW LARGE OR SMALL — TO THE "MARCHING FOR MADI" DONATION FUND.

ALL PROCEEDS GO TO THE FOUNDATION FIGHTING BLINDNESS HELPING FUND THE NECESSARY RESEARCH TO FIND A CURE FOR ALL THOSE LIVING IN DARKNESS. **A CURE IS IN SIGHT....**

FOR MORE INFORMATION GO TO
www.FightBlindness.org

Think about protecting your vision, one of the vital five senses

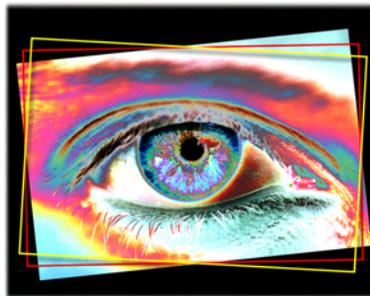
Most Americans are health conscious when it comes to choosing foods, watching their calories and exercising, but few think about their eye health.

That's why the American Optometric Association started "Save Your Vision Month" way back in 1927. Professional eye care, through regular exams, they say is important at every age.

***Foods.** While shopping, think consciously about foods that are rich in the antioxidants lutein and zeaxanthin (fatty acids essential for eye health, also available as supplements), vitamins C and E and the mineral zinc. Such foods include eggs, dark-colored greens, broccoli, corn, peas, and brussels sprouts.

***Family history.** Be aware of any eye disease that runs in your family, such as diabetic retinopathy, cataracts, glaucoma, macular degeneration and others. Learn to recognize their symptoms, but don't diagnose yourself if you experience any of them, because symptoms can be shared by several eye problems. Some conditions have no symptoms, but they can be diagnosed and treated in their early stages.

***Trauma.** An injury from a sharp projectile or



a blunt object penetrating an eye is the most common cause of preventable visual loss.

Chemical burns, such as from household cleaners or contact lens cleaners, are common causes of eye injuries. Both require professional care.

***Corneal abrasions.** They can occur by accident from a fingernail or mascara. A pain reliever can help. Some serious abrasions are caused by contact lenses. See a doctor about how to prevent infection.

***Pink eye.** Children are susceptible to conjunctivitis, a viral infection that can spread quickly to others in the family. Get immediate treatment.

***Users of computers,** iPads, notebooks, and gaming devices are experiencing more eye strain, blurred vision and dry eye symptoms.

When working at the computer, look away occasionally and focus on something in the distance. Blink frequently to prevent dryness. Take a short break and walk about to give your eyes a rest. Some computer users find that taking a fish oil capsule daily keeps eyes from feeling scratchy and dry.

Another kind of word game

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24					25	
26							27	
28							29	

The title is a clue to the word in the diagonal

Across

1. Feel sick
4. Device used to control sound volume
9. Mozart's "L'_del Cairo"
10. Over 21
11. "___ any drop to drink": Coleridge
12. Not rural
13. Concert finale
15. Carry out
16. Watered the plants
18. You and me
20. Senile person
23. Kingdom
25. "Rocky ___"
26. See eye to eye
27. Big TV maker
28. Fertile soil
29. "Amen!"

Down

1. Bang-up
2. Computer image
3. Coniferous tree
4. Groups for golf
5. Evil jinnee, demon, or monstrous giant
6. Apply gently
7. "Good grief!"
8. Ashcroft's predecessor
14. Scads
17. Grocery store section
18. Russia's ___ Mountains
19. Utah's state flower
21. Author of "Lasher"
22. "Buenos ___"
24. "You ___ here"

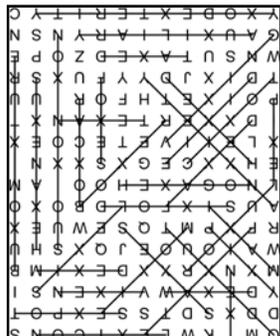


X marks the spot!

O	M	T	K	W	L	E	X	I	C	O	N	S
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M	X	N	X	R	X	X	D	E	X	I	M	B
W	A	I	O	U	O	E	J	Q	X	S	H	U
R	F	X	P	M	T	Q	S	E	W	U	E	X
A	U	S	I	X	F	O	L	D	B	O	X	O
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| AUXILIARY | MOXIE |
| BOXCAR | NEXT |
| BOXER | NEXUS |
| BUXOM | NIXON |
| DEXTERITY | NOXIOUS |
| DIXIE | PIXEL |
| DOXY | PIXY |
| FAXED | SAXES |
| FIXATE | SEXPOT |
| FOXES | SIXFOLD |
| HEXAGON | TAXED |
| HEXANE | TEXAN |
| HEXED | TOXIC |
| LEXICON | TUXEDO |
| LEXIS | VEGING |
| LUXOR | VIXEN |
| MAXI | WAXED |
| MIXED | |

8	4	2	3	7	9	5	1	6
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2	7	8	6	9	3	4	5	1
4	6	3	1	8	5	2	7	9
1	5	4	8	2	6	9	3	7
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9	2	6	4	3	7	1	8	5



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O	D	O	R	E	O	R
N	A	N				
E	A	G	E			
R	A	D	E	R		

**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



Daniel L. Lovell *Police Lieutenant*
March 28, 2013 23 Yrs. of Service (1997)

Charles L. Wilson Jr. *Police Sergeant*
March 22, 2013 36 Yrs. of Service (2004)

Joseph M. Moore *Fire Fighter*
March 8, 2013 41 Yrs. of Service (1992)

Edward D. Krawczyk *Police Officer*
March 8, 2013 Active

Robert W. Smith Jr. *Fire Fighter Engineer*
March 6, 2013 Active

Elijah Fishburne *Fire Fighter Engineer*
February 27, 2013 28 Yrs. of Service (2000)

Billy L. Burch *Police Officer*
February 27, 2013 24 Yrs. of Service (1986)

Ralph E. Mashburn *Fire Fighter*
February 22, 2013 12 Yrs. of Service (1981)

Thomas H. King Jr. *Fire Fighter Engineer*
February 19, 2013 22 Yrs. of Service (1977)

Wayne W. Mikell *Fire Lieutenant*
February 18, 2013 31 Yrs. of Service (2002)

Jonnie Phillips *Police Officer*
February 16, 2013 25 Yrs. of Service (1992)

Robert E. Harvey *Fire Captain*
February 11, 2013 31 Yrs. of Service (1985)

Jimmy R. Windham *Police Officer*
February 5, 2013 17 Yrs. of Service (2011)

Wallace L. Harper Jr. *Police Sergeant*
February 5, 2013 36 Yrs. of Service (1995)