



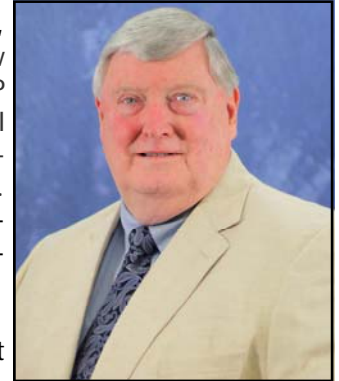
Jacksonville

Police and Fire Pension News

"We Serve...and We Protect"

FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR

THE STOCK MARKET roared back to record highs on Thursday, August 1st, driven by better news on the economy. The Standard & Poor's 500, the Dow Jones industrial average, and the Russell 2000 index set all-time highs. The S&P broke through 1,700 points for the first time. The Nasdaq hit its highest level since September 2000. The Market gains were driven by a steady flow of encouraging, if incremental, reports on the global economy and our domestic recovery. Stock indexes have been setting record highs even while the underlying economy is more often described as decent, but hardly going gangbusters. Some Market folks are "cautiously optimistic, while others remain nervously positive".



GOOD NEWS. As of June 30th, our assets and prior performance for the last ten years reflected the following:

Asset \$1,293,868,150:	Time period:	1 Mo	3Mo	CYTD	FYTD	1Yr	3Yr	5Y	10Yr
Fund return:		-1.35	0.29	6.28	8.37	14.08	12.00	5.33	6.48

MORE GOOD NEWS. During July our assets increased over 35 million dollars to **\$1,329,159,961**.

ECONOMIC NEWS. Here's yet another good sign for the job market: First-time claims for unemployment benefits fell last week to their lowest level in more than five years. That marks the lowest level of weekly claims since January, 2008 and seems to indicate layoffs are back to levels more consistent with pre-recession hiring.

ELECTION TIME. Due to retirement of two Members of the Pension Advisory Committee, the 2013 election is moved from November to September.

Section 121.103 creates the Pension Advisory Committee composed of three Police Officers and three Fire Fighters who are members or qualified members of the Fund. Advisory Committee members shall be elected for a four-year term. The Police Officers shall be elected by Police Officers and the Fire Fighters shall be elected by Fire Fighters, who are members or qualified members of the fund. All applications for pension benefits shall be referred to and reviewed by the Advisory Committee.

NOTICE OF QUALIFICATION FOR PENSION ADVISORY COMMITTEE

- All active Members of the Police and Fire Pension Fund are eligible to become a candidate.
- Qualifying period for the 2013 Election of the Pension Advisory Committee will open at 9am on August 5th, and remains open until 4pm on August 16th. Qualification forms are at the Pension Fund Office. You must bring your official identification card in order to qualify.
- Qualify in person at the Police and Fire Pension Fund Office, One W. Adams Street, Suite 100, and submit a short bio of 100 words or less to be published on our website.
- Candidates' names will be in alphabetical order on the ballot as listed on their Membership Application.
- The three Police Officers and three Fire Fighter candidates with the most votes will begin their four year term on October 1, 2013.

POLICE AND FIRE PENSION FUND
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Website: jaxpfpf.coj.net
Office hours: 8:00am—5:00pm
Monday—Friday

****OFFICE CLOSED****
Labor Day—Monday, September 2, 2013

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)
 Battalion Chief Brady Rigdon (Fire)



New Police Recruits



ADON, Adanet
 BARNES, Anthony W.
 BARNES, Terrance A.
 BENNETT, Michael C.
 DOWLING Jordan M.
 EDWARDS, Kimano M.
 GODBEE, Melissa R.
 HANNAFORD JR., John M.
 JARRELL, Kevin C.
 LANE, Carmaleta M.



LENTZ, Kenneth T.
 MANNING, Nereus E.
 MARLOW, James c.
 McINTOSH, Michael R.
 RAWLS, Justin S.
 RIVERA, Angela M.
 STEVENS, Matthew T.
 WEAVER, Jeno L
 WILLIAMS, Matthew R.



00Ps **our apologies**

In our May/June 2013 edition of the Police and Fire Pension Fund Newsletter, it was discovered that key information was not included in the article ***Planning for retirement: Don't count on working longer!***

It was written that "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." This leaves out the essential information **that the calculations assumes you have \$100,000 in your 401(k) already.**

Also, in re-reading the article, the publisher should have included that **Jane Bryant Quinn, quoted in the article, estimated those gains based on 10 year performances of a balanced index fund.**

Leaving out the above information rendered the paragraph either an explanation of the world's most robust savings plan, or simply nonsensical. Unfortunately the latter is true and we are sorry for not questioning the content in the article prior to publishing. Thanks to everyone who brought this to our attention.

Roth IRA has good benefits for 50+ workers

Roth individual retirement accounts are looking better all the time. They offer tax-free income in the future and give you more flexibility than any other kind of retirement account.

They work especially well for working people in their early 50s. If you are age 50 or older, you can contribute \$6,500 in 2013.

Some advantages of a Roth IRA:

1. Easy access to money at any age. You can withdraw money at any time. Earned interest is tax-free if you're age 59 1/2 or older and you've held the account for at least 5 years.

If the withdrawal is in less than five years, you do have to pay taxes on the interest. You're never required to make a withdrawal based on your age.

2. In a traditional plan, your contributions are tax deductible on current income. But when you retire, you have to pay income tax on withdrawals.

3. A Roth provides tax-free wealth for your heirs. People who expect to leave some of the IRA savings to their heirs know heirs won't have to pay income taxes on withdrawals even if they withdraw decades in the future.

4. It provides potential tax savings on Social Security and Medicare. If you're single and earn at least \$25,000, or married and earn \$32,500, you will owe income taxes on part of your Social Security income. Roth income is exempt from the calculation.

5. You can roll over any amount from a traditional IRA into a Roth. You might not want to do this, because you'll owe income taxes on the money you take out of a traditional IRA.

6. Personal finance expert Jane Bryant Quinn, writing in the *AARP Bulletin*, say it's a great gift for kids. If your children can't afford to contribute to a retirement plan, you can start a Roth for them.

Top retirement mistake — Thinking you'll spend much less

When that magic retirement day arrives, will you suddenly spend less, while reaping the benefits of your social security, pensions, or investments?

Yes, you'll spend a little less, but the hard truth is: *The less you have, the less you spend. Most retirees have less.*

According to the Census Bureau, out of 100 people who started working at age 25 and retired by 65, about 63 percent are dependent on Social Security, friends, relatives, and charity.

Just four percent have saved enough to pay for their retirement.

The US Bureau of Labor Statistics Consumer Expenditure Survey shows spending drops 14 percent immediately after retirement. Retirees spend less on work related items and food.

Up to 53 percent of retirees experience some drop in spending at retirement. But 47 percent spend the same -- or more.

The reasons are simple

Retirees who imagine they will be better off at retirement are sometimes worse off and their spending

goes way down.

Retirees whose investments give them an equal income, spend more. They want to travel, shop, play golf, pursue their hobbies. All of that costs money that you did not spend while working.

Add the cost of those activities to inflation, and after the average retirement length of 18 years, savings will be stretched thin.

A paid-off house can ease the strain of retirement economics, but the number of homeowners paying off their houses is dwindling.

For all retirees, housing and related expenses are the top spending category. According to the Federal Reserve Board, about 25 percent of families headed by someone 75 or older still had a mortgage in 2010. In 1989, just 5.8 percent of the same families had a mortgage.

Finally, don't assume you can continue to work into your 70s and save money for retirement. You might not be healthy enough and, in fact, about 25 percent of retirees are forced out of the workforce for health reasons.



Soon we will be providing information regarding a Police and Fire Pension Fund Election for Pension Advisory Committee Members (Fire and Police).

There will be a notice sent via e-mail to all active employees who wish to become a candidate. Instructions will be provided along with the deadline to register.

Once we have our qualified candidates, we will be holding an election which will be done via the internet. Instructions will be provided including the dates the election will be held. Please be sure to watch your e-mails for information regarding the election and each step in the process.

New ones are hard to get

It's not that hard to protect your kidneys, but 26 million Americans didn't do it

Here's the long and short of it. You can prevent chronic kidney disease by keeping your blood pressure under control and avoiding diabetes. That's the short of it.

Here's the long. About one in nine Americans has chronic kidney disease (CKD), but most of them don't realize they have it. Unless it's diagnosed and treated, in the future, they could experience kidney failure, years of dialysis, a kidney transplant, or death.

That sounds dramatic, but it's true. CKD mostly affects people at mid-life and beyond. The main causes of the big rise in kidney disease are high blood pressure and diabetes, which were brought on by the obesity epidemic.

One problem with CKD: it has no symptoms until kidney function is seriously impaired. Even then, symptoms are difficult to recognize. If you are constantly tired, bruise easily, suffer dizziness, or are anemic, you might have kidney disease.

The best diagnosis is from a blood or urine test ordered by your doctor.

Diabetes and hypertension are responsible for two-thirds of all cases of CKD. That's why preventing or controlling high blood pressure and high blood sugar are the keys to preventing kidney disease.

Once diagnosed, a health care provider will prescribe a diet that typically greatly reduces the consumption of protein from meat, phosphorus from fish, nuts, and cola drinks, and potassium from foods like dates, raisins, bananas, and strawberries.

Patients are advised to avoid many medications including common pain relievers (aspirin, ibuprofen, naproxen, and acetaminophen), antacids, and phosphate-containing laxatives.

As part of preventing kidney disease, it's critical to lose weight if you're overweight, especially if you have hypertension or diabetes. Just losing ten pounds can help.

Here's how to settle a sleep debt, or bank a few hours for a late day

About 50 million Americans report getting an insufficient amount of sleep, according to the Centers for Disease Control and Prevention.

Seven to nine hours of sleep are recommended but many people get closer to six. As the week wears on, they build up a sleep debt.

Recovery sleep

New research shows, contrary to previous information, sleeping later on Saturday morning can count as recovery sleep. It works best for owls who normally stay up late.

If you're a lark who wakens early, a nap later in afternoon would work better. Larks tend to wake at dawn. People generally rank somewhere between an owl and a lark.

Recovery sleep works in the short term, says the American Academy of Sleep, but it will only pay a sleep debt created over two to four days. Sleep you lost two

weeks ago is gone forever.



Sleep banking

Here's a new idea. Recent data suggest that banking sleep in advance of a long night can prevent upcoming sleep deprivation. If you know you'll be up until the wee hours of the morning on one or more days, you can prevent sleep deprivation by sleeping longer on a few nights before the event.

Scheduled naps

Doctors at Stanford University Sleep Clinic say scheduling naps during the day would be better than disrupting your usual sleep pattern by sleeping late on weekends. The best naps are about 25 minutes long.

The effects of changing sleep patterns from weekdays to weekends can confuse the body and result in grogginess. Still, those who do it are better at tasks than the sleep deprived.

Hot weather tips for respiratory patients

Doctors at Johns Hopkins Medicine remind you to be sure to stay out of the heat and take prescribed drugs for respiratory problems, like colds, asthma, allergies, or COPD.

Doing the little things can keep you stay cooler on hot days:

- *Don't cook on the stove or oven, if you can help it.
- *Take a cool or tepid shower in the hottest part of the day for a quick refresher.

- *Do errands, exercise, and outside activities early in the day.
- *Stay inside when both the temperature and pollen counts are high.
- *Get hydrated. Drink plenty of cool fluids. Avoid alcoholic beverages, coffee, and sugary beverages, which can be dehydrating.
- *Wear lightweight, light-colored, and loose-fitting clothing that "breathes."
- *Park in a shady area so you won't have to get into a hot car.

How to keep your energy level high all day

If your energy level varies from high to low during the day, making adjustments to your diet can help.

According to Weill Cornell Medical Center, food increases energy in three ways. It provides enough calories for your body to run; it delivers stimulants like caffeine; and it pushes your metabolism to burn fuel more efficiently.

Complex carbs

Foods that are high in complex carbohydrates and low in fats are ideal to promote, increase, and level out energy. They are found in whole grains, peas, beans, and vegetables like carrots, broccoli, green peppers, and tomatoes.

These foods also contain fiber, which slows digestion, providing you with a steady supply of energy

throughout the day. Fiber is found in beans, whole fruits, vegetables, and whole grain bread and cereal.

One caution: Never go more than three or four hours without eating something, because that will bring a big drop in energy. Always eat breakfast. To save time, try a whole wheat bagel or toast with peanut butter, a hard-boiled egg or whole grain cereal.

Simple carbs

Foods that are high in simple carbohydrates make your energy spike, then plunge soon thereafter. They include candy, foods made with refined flour, such as bread, crackers, cookies, and some cereals and desserts.

Animal and dairy products that are high in fats can slow you down and make you feel sluggish.

Check these nutritional updates for ages 50 plus

Questions and answers from the Academy of Nutrition and Dietetics:

What is the biggest misconception among mid-life and older people regarding the role of nutrition as it relates to heart disease?

Nutrition can have a direct impact on heart disease. One big example is the importance of vitamin B12. In adults over 50, there is a decreased ability to absorb vitamin B12. A person can actually get heart disease with a vitamin B12 deficiency. B12 can be found in fortified cereals, lean meats, fish, and low-fat dairy.

In what ways is hydration even more important as people age?

Older people have a decreased thirst sensation, so they can get dehydrated easier. This can lead to sev-

eral different kidney and urinary tract issues. Don't rely on your thirst as an indicator for fluid needs. Fill a large water container and make it a goal to drink at least two of them daily, in addition to the water you take in through foods and other beverages.

What changes can people prediabetes make to their diet that will have a big impact in delaying or preventing their blood glucose levels from reaching type 2 levels?

The best thing they can do is eat less food at a sitting and instead eat more frequently. Meal skipping and then "mega-mealing" really challenge the body. The other big thing is to increase physical activity. Exercise helps pull glucose out of the bloodstream, so it is nature's best way to balance the body's processes.

It's best to avoid NSAIDs before exercise

Some athletes take ibuprofen (Advil) before exercising. They think it will help them work out more intensely and will decrease later muscle soreness.

Several new studies now show that taking ibuprofen before working out, or racing, not only didn't increase performance, but it didn't decrease or prevent muscle soreness either.

What the studies did show: taking ibuprofen (and probably other NSAIDs, nonsteroidal anti-inflammatory drugs) increased the athletes' risk of stomach bleeding and ulcers.

Strenuous exercise in itself can be harmful to the stomach lining, but adding ibuprofen to it amplifies the damage.

Here are some things for exercisers to keep in mind.

*There's no good reason to take an NSAID before exercise unless you have a painful condition like arthritis, which would otherwise prevent you from exercising.

*If you have to take something, try acetaminophen first. It doesn't pose the same risk to the digestive tract that other NSAIDs do. Talk to your doctor if you need more than that for pain.

*If you have muscle pain after exercising, taking an NSAID would pose less risk than taking it before exercise, but wait until you actually have pain. Then take the lowest effective dose.

Healthy life reduces risk of Alzheimer's disease

Doctors at the Memory Disorders Clinic at UCLA Health System say the risk of developing Alzheimer's disease is reduced with better medical care and healthier living.

That includes:

*control of elevated blood pressure,

*control of cholesterol,

*maintaining a healthy body weight,

*having an active lifestyle and exercising,

*eating a healthy diet,

*taking an omega-3 fatty acids supplement (fish oil).

To make apologies meaningful, apologize less often

There are plenty of everyday situations that call for an "I'm sorry", or at least a "sorry", like running into someone in the hall or stepping on someone's toe in the break room.

But if you find yourself apologizing every day for every little thing in the office, the apologies become meaningless. Try not apologizing unless it's a more serious matter and you'll feel better.

A study by three Australian scholars explains why. In *Refusing to Apologize Can Have Psychological Benefits (and We Issue No Mea Culpa for this Research Finding)*, they say apologies act as a transfer of power from the offender to the victim. By refusing to apologize, the harm-doer retains a sense of control. But that means you don't have to admit you've done anything wrong and don't have to do anything different.

It's not always a good idea. The psychological rewards often don't justify the cost. Apologizing can go

far toward righting a legitimate wrong and in some cases, can save the company a lot of money.

A study in *The Lancet* shows that among patients who filed malpractice suits, many said an apology from the hospital would have been enough. At the University of Michigan Medical Center, full disclosure of medical errors and an apology reduced its number of lawsuits by 65 percent.

In business, there are benefits for taking the blame. When someone accepts responsibility, they're showing they are in charge. If they fix the error, they are showing they are capable.

When you don't often apologize, your apologies become more valuable. People notice them and think better of them.

In Janet Paskin's *Bloomberg Businessweek* article on apologizing, she noted that the more times you say you're sorry, the easier it is to say.

Yes, money can buy happiness ... if you spend it on experiences

You won't find happiness at the mall in the form of a huge new TV or in the department store in the form of new clothes or a fancy coffee pot. They will not increase your overall happiness.

Spending money on *experiences* maximizes happiness, says Michael Norton, an associate professor at Harvard Business School and co-author of ***Happy Money: The Science of Smarter Spending***.

*According to research published in *Health* magazine, people who spent money on concert tickets or simply a planned dinner out were happier than those who spent money on tangible goods. One reason: they get more pleasure from social bonding.

The pleasure begins as you anticipate the event, which can be as valuable as the event itself. Afterward, recalling it will continue to give you pleasure in the fol-

lowing weeks or months. Even if the event doesn't turn out to be as nice as you thought it would, it still counts. People tend to remember things as better than they actually were.

*Don't worry about self-improvement. Take pleasure in what's already good about yourself. At the University of Zurich, they say identifying your strong suits is better. Think about your top five strengths in your relationships at the office and in your home, and you will experience more happiness.

*Enjoy the pleasure of giving. Giving to charities will make you feel good about yourself, but Dr. Norton's research finds that doing things for people you know makes you happiest. You'll love the joy rush from the positive feedback.

*Smiling can cheer you up.

Know the signs of heat exhaustion/stroke

Exposure to excessive heat can cause the body to lose its ability to cool down. Your temperature can reach levels of 104 degrees or higher in 10 to 15 minutes.

The symptoms of heat exhaustion include profuse sweating, muscle cramps, intense thirst, dizziness, nausea, fatigue, and headache. If you experience any of these, drink plenty of water or other cool nonalcoholic fluids, and get to a cool or shady place.

If symptoms don't improve, or if you have any of the following heat stroke symptoms, seek immediate emergency medical attention.

Hot dry skin, often with no sweat; a rapid pulse; nausea, vomiting, or diarrhea; a throbbing headache; or trouble breathing

Heat stroke affects the brain, so the person may be confused, or agitated.

If not treated promptly, heat stroke can lead to seizures, coma, and death.

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Wine Lovers' Favorites

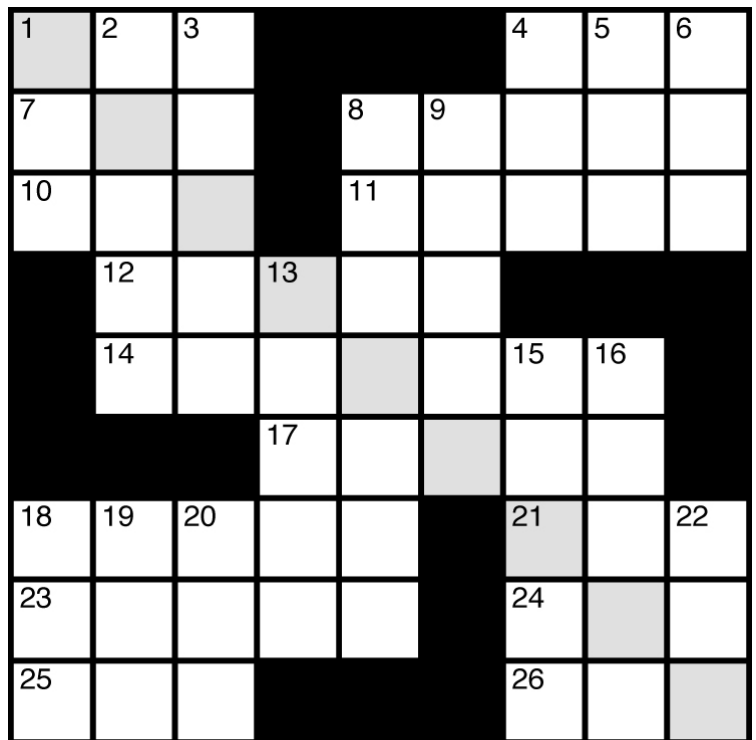
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Summer Fun Vehicle



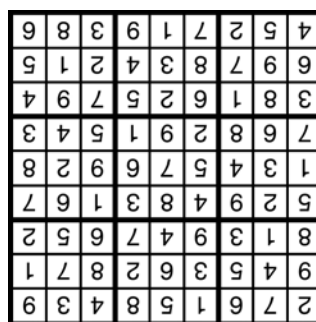
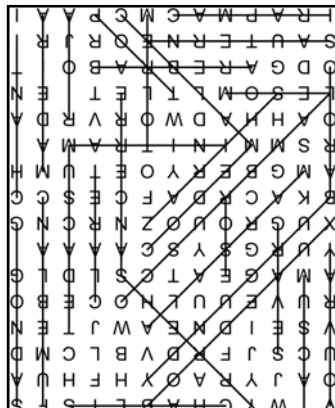
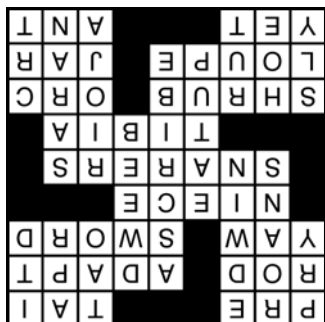
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Across

1. Grand __, Nova Scotia
4. Skater Babilonia
7. Curtain holder
8. Go with the flow
10. Deviation for course
11. Saber
12. Bridget Fonda, to Jane
14. Entrappers
17. Leg bone
18. Bush
21. Tolkien beast
23. Jeweler's glass
24. Used in canning
25. "Are we there __?"
26. Picnic crasher

Down

1. Be nosy
2. Some horses
3. Newsman Newman
4. Chinese "way"
5. Natl. Humor Month
6. "__ be a shame if..."
8. Attribute
9. Dork
13. Consume
15. Spanish red wine
16. It's a wrap
18. Stone of rock
19. Shed item
20. Same old, same old
22. Television tube, for short



**JACKSONVILLE POLICE AND FIRE
PENSION FUND**
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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



Delma A. Craig
July 29, 2013

Billy W. Freeman
July 28, 2013

Robert H. Rowe
July 20, 2013

James W. Andreu
July 4, 2013

Robert N. Miller
July 3, 2013

Tcenter M. Wilson
June 21, 2013

Billy R. Sands
June 11, 2013

Police Officer
Active

Fire Fighter Engineer
20 Yrs. of Service (1981)

Police Sergeant
26 Yrs. of Service (2002)

Fire Lieutenant
20 Yrs. of Service (1981)

Police Officer
20 Yrs. of Service (1973)

Police Officer
Active

Fire Captain
33 Yrs. of Service (2001)

(Year of Retirement)

In Memoriam

