

# THE AMERICAN LEGION



Winter Park Memorial Post 112  
4490 North Goldenrod Road  
Winter Park, FL 32792

407.671.6404

## 2011-2012 Officers

## COMMANDER'S MINUTE

Volume 4, Issue 5  
March-April 2012

### Commander

Richard (Dick) Padgett

### 1st Vice Cmdr.

Jimmy Thornton

### 2nd Vice Cmdr.

Gerard (Jerry) Dress

### Adjutant

Billy Dover

### Finance Officer

Freddy Ruiz

### Sgt. at Arms

Tim Healy

### Judge Advocate

John McCormick

### Asst. Judge Adv.

Terry Brown

### Service Officer

Mike Dixon

### Chaplain

Cliff Buhrow

### Historian

Tim Healy

### Sea Cadet Liaison

Jim McClure

### Newsletter Editor

Nell Colbert

### Website

<http://>

[www.wpflpost112.org/](http://www.wpflpost112.org/)

Some Members may not know that Post 112 (Your Post) has lost its nonprofit status with IRS. Reason is that tax returns were not filed for years 2008, 2009 and 2010. Your Officers and our CPA have worked feverishly for months with letters to IRS asking forgiveness and to be reinstated to no avail. This past week, out of desperation, we filed for our nonprofit status again. Hope this will do the trick. I'll keep you informed of the results.

This is also the time of year to elect new Post officers for Year 2012-2013. Nominations will be during our March business meeting. All Offices are open for Election. They are Post Commander, 1st Vice Commander, 2nd Vice Commander, Finance Officer, Sergeant - at - Arms, Historian and Chaplain. The Adjutant, Service Officer and Judge Advocate will be appointed by your newly elected Post Commander. If you would like to be a part of (or know of anyone who is interested in being part of) the Post governing body, please be present for our March business meeting and get recognized. **YOU CAN MAKE A DIFFERENCE AS TO THE DIRECTION YOUR POST HEADS.**

A Big thanks to all who have assisted in the membership drive to accomplish the **100% PLUS** mark this year. A special thanks to **Jimmy Thornton** and **Billy Dover** for their extra time and efforts to accomplish this prized goal. Be sure to thank them for their efforts.

Again **Jerry Dress** is outdoing himself with planting flowers and maintaining the garden, along with planning and preparing meals for all functions. Take a minute stop by have a cup of joe, shake his hand, let him know how much you appreciate his work. We are in need of volunteers to help with our upcoming Yard Sale scheduled for April 21<sup>st</sup>. Let Jerry know you are interested and willing to help. He will find something you will enjoy doing. Your assistance will be appreciated and will make a big difference in its success.

**YAHOO! GROUPS**

**See Billy to  
sign up!**

**Do you**

**YAHOO!**

### *Special points of interest:*

- IRS Tax Deductions
- Editorial by Steve Shuga
- New Advertising Opportunity

### *Inside this issue:*

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## 1st Vice Commander's Report

Well, so far this year has been very productive for our membership drive. Our total number for membership is 178. The percentage of paid members is 104%, which is one of the best in the state. We still have some members from 2010 and 2011 who have not paid, but reminders have been mailed out and hopefully we will get a good response. Please if you have not renewed your membership or know of someone who has not, but is having a problem, please let the post know and we will see if we can be of any assistance. The post will be buying a donor paver for the Lone Sailor Navy Memorial, to be erected at Blue Jacket Park. Donations will be appreciated from anyone that is able to donate. Nominations for Vice Commander will be coming up in March, I will be running again and would appreciate your support.

## 2nd Vice Commander's Report

Greetings members and guest, thank you for your participation in our events. Those who have not made it yet then please try to attend at least one during the month. Starting the next two months we have Shrimp night, Burgers and More, Pancake Breakfast, Spaghetti Dinners. Check the back page of the news letter for a complete list and mark your calendars! The donations for the meals go to pay for our future events and to help our members out.

Did you know??? That the **AMERICAN LEGION BIRTHDAY** is **MARCH 15<sup>TH</sup>**. The Winter Park Memorial Post 112 is having an **OPEN HOUSE** from 1000 hours to 1500 hours. We will provide coffee and snacks along with the presentation of a DVD on the American Legion. This DVD explains the history of WHY, WHEN, WHERE and HOW the American Legion began. Do you know what the FOUR PILLARS are and what they cover? Do you know what the AREA between the American Flag and Post Flag is called and why? Come by and let us share with you this information.

Our bi-annual fund raiser the **ARTS, CRAFT AND YARD SALE** is **April 21<sup>st</sup>**. We have the area sectored off, with space and tables are available for rent. We have two members of the Post who create their own art work and others from the local area. See if you can help take flyers with you and handout to your neighbors and friends. We need your help and support during these events which once again help us with our events and helping others.

*"Liberty without learning is always in peril; learning without liberty is always in vain. "John F. Kennedy*

If you or another member of our Post or the American Legion needs help then all you have to do is call 407-671-6404 or contact me via e-mail: [gdress2@cfl.rr.com](mailto:gdress2@cfl.rr.com)

## **SUPPORT OUR VETERANS AND SCHOOLS!**

### **Please remember to bring your grocery**

### **coupons, Box Tops for Education, and**

### **soup can labels to the Post each month.**

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## Happy Birthday to YOU!

**Happy Birthday to YOU! Happy Birthday to you! Happy Birthday dear \_\_\_\_\_. Happy Birthday to YOU!**

### MARCH

LEONARD, GEORGE W. III	3/1/2012
SYNDER, DAVID G.	3/2/2012
Scott, Raymond	3/3/2012
MILES, MILTON D.	3/4/2012
DIMARINO, ANTHONY	3/4/2012
OTTINGER, J. R.	3/5/2012
SCHMIDT, CLARK R.	3/7/2012
WADE, CLYDE E.	3/8/2012
BETTIS, WILLIAM P.	3/8/2012
WILLIAMS, JAMES T. JR.	3/8/2012
BECKER, GUSTAV	3/11/2012
JOGAN, ADRIAN J.	3/11/2012
SHAW, TERRY R.	3/11/2012
BROWN, EDWARD R.	3/11/2012
PADGETT, AUNITA E.	3/12/2012
PIJEAU, JEAN N.	3/12/2012
CINTORINO, GABRIEL F.	3/14/2012
DOVER, BILLY G. JR.	3/14/2012
MARASSE, MILDRED L.	3/16/2012
HENRIQUEZ, JOSEPH A. JR.	3/16/2012
DIAZ, RAYMOND JR.	3/16/2012
BRAGA, CIRILO BANOLA	3/18/2012
ROCKWELL, EDWARD	3/18/2012
REEDY, JOHN J. JR	3/18/2012
Reddington, Dennis	3/19/2012
HOLLING, GEORGE E.	3/20/2012
Swoszowski, Noreen	3/21/2012
TUCKER, DAVID A. III	3/25/2012
CARDEN, JAMES W. JR.	3/26/2012
HORAS, THOMAS	3/30/2012
LERI, MICHEAL	3/30/2012
MARTIN, DALE L.	3/31/2012
BONILLA-NIEVES, FELIX	3/31/2012

### APRIL

Leonard, George	4/1/2012
COHEN, ANDREW J.	4/2/2012
SPRAGUE, DONALD A.	4/3/2012
CAPOBIANCO, FAUST J.	4/4/2012
SQUIRE, BILLY L. SR.	4/5/2012
ROSADO, ANTONIO	4/6/2012
Tucker, Robert	4/7/2012
AGOSTO, EPIFANIO	4/7/2012
Muchetti, Mark	4/10/2012
WOODELL, WESLEY A.	4/12/2012
COMSTOCK, CHARLES M.	4/13/2012
FORSMOE, MILO W.	4/14/2012
BRIDDELL, WILLIAM O.	4/17/2012
HANNA, LEO C.	4/17/2012
BENNETT, EDWARD H.	4/21/2012
LEIGH, RICHARD A.	4/22/2012
Kelly, Patrick	4/24/2012
Hughes, Roberson	4/28/2012
Barger, John	4/28/2012
BARGER, JOHN	4/28/2012
SEVICK, JAMES	4/28/2012
BOSWORTH, RICHARD L.	4/29/2012
CALDERWOOD, ROBERT H.	4/30/2012

**If you have a birthday in either March or April and are not listed above, please contact your Adjutant to update your records!**





## Adjutant's Report

GREETING TO ALL MEMBERS OF WINTER PARK MEMORIAL FL 0112 POST.

Elections are coming in MAY and it is up to each of you to look at the members and determine who will lead this great post for the 2012-2013 year. Each person that is nominated needs to have the values that represent this Post and the American Legion. Integrity, Honesty, Loyalty, and Dedication. The 6<sup>th</sup> District Commander in his comments noted that even though you elect someone to office it is still YOU the member who should keep informed. If you do not vote then YOUR VOICE will not be heard.

Since the last time we have sent out the news letter many things have occurred. Our membership has increased over 103%, our post has new carpet and with all members, we are reaching out to Veterans, their families and active duty members of our armed forces. This is not to mention the activities happening at our Post. The 6<sup>th</sup> District Commander Kiley attended the Feb. meeting and did his required inspection of the Records.

The Commander is trying to tie up some loose ends for the completion of his remaining months as Commander. Let us all thank him for his guidance and efforts during his time. We have had great results and with his guidance we are staying in the BLACK, unlike many other Posts.

Our 1<sup>st</sup> Vice has sent out reminders for **2012 MEMBERSHIP RENEWALS TO 14 MEMBERS FOR 2011 AND 15 MEMBERS OF 2010 THAT HAVE NOT PAID UP. IT IS JUST \$25 FOR A YEAR WHICH BEGINS ON JULY 1 EACH YEAR.** Please forward your dues payment to the post ASAP and if you are having financial

troubles and unable to pay maybe we can help. Call us or come by the Post and let us help you.

The 2<sup>nd</sup> Vice has continued to surprise us with his hard work and continued efforts in making our post an ACTIVE post. He has scheduled a special **AMERICAN LEGION BIRTHDAY GET TOGETHER ON MARCH 15<sup>TH</sup>**. Activities allows members to fellowship and to invite others to enjoy the warmth of our post. Please plan on participating during the coming events and thank our 2<sup>nd</sup> Vice for his unselfish efforts for all members.

As your Adjutant , I have learned a lot from each of you and it is my desire to continue serving this post in whatever area you desire. Experience is a great teacher and boy what an experience being your Adjutant has been. Your trust and help with trying to keep the data correct has been the most challenging.

**IF YOU HAVE NOT TURNED IN A COPY OF YOUR DD214 OR THE INFORMATION SHEET PLEASE DO SO ASAP.**

QUOTE TO THINK ON: **"In the middle of every difficulty lies opportunity." Albert Einstein**

In closing, please keep your PRAYERS and Thoughts with those now serving in our Armed Forces, Our Elected officials and their Families, along with the American Legion. Through Prayer and Faith all things are possible. May God Bless You and Keep You till we meet again.

**FOR GOD AND COUNTRY  
BILL DOVER JR. ADJUTANT**



## Auxiliary Update



Congratulations to Unit 112! In January, we welcomed Lenor Shuga as our 14th member for 2012, bringing us to 93% of our goal. We need only one more member for 2012 to achieve 100%.



January and February were not quite as hectic as the end of 2011 but we were still

busy. We had three members of our unit attend the ABC School at Post 119 in Fruitland Park in January. Former De-



partment of Florida President, Mary Kelly Perkins was the instructor for this training and everyone who attended really enjoyed their day. One of our Post members, Bob Colbert, also attended.



February saw several of our members participate in the Four Chaplains Service in Lady Lake and we held a Valentines Day tea for the female Veterans at the VA Nursing Home on February 16th.

During the week of February 20th, our members picked up Americanism Essays from our eight schools and the essays will be judged on Saturday, February 25th. Medals will be presented to the winners at their school awards ceremonies this spring. Winners names will be announced in the next newsletter.

We will also be interviewing our Girls State candidates on Satur-

day, 2/25 where we will have one very special young lady serving on our selection team. Our 2011 Girls State and Girls Nation Senator, Tracy Nelson, will be helping us pick our 2012 delegate. Names of our delegate and alternate will be published in the next newsletter.



**As always, we welcome new ladies who would like to actively support our military, our youth and our community through our community service projects. To become involved, please call us at 321.578.8612.**

**Check out our website at: [www.AmLegionAux112FL.com](http://www.AmLegionAux112FL.com) to see what we've been doing.**

## Newborn Care Now Available for Female Vets

The Department of Veterans Affairs has published a regulation officially amending VA's medical benefits package to include up to seven days of medical care for newborns delivered by women Veterans who are receiving VA maternity care benefits. "The regulation change makes formal the commitment VA made to women Veterans," said Secretary of Veterans Affairs Erik K. Shinseki. "This falls in line with the broad range of services VA is proud to offer women Veterans who have served this nation." Newborn care includes routine post-delivery care and all other medically necessary services that are in accord with generally accepted standards of medical practice. The effective date of the rule is Dec. 19, 2011, but the regulation applies retroactively to newborn care provided to eligible women Veterans on or after May 5, 2011. VA has women Veterans program managers at every VA medical center to help women Veterans learn more about the health care benefits they have earned with their service. For more information about VA healthcare for women Veterans, visit <http://www.womenshealth.va.gov>. [Source: VA News Release 28 Jan 2012 ++]



## EDITORIAL By Steve Shuga

Recently, there has been some discussions around the US on how The American Legion Post footprint is being challenged and what changes we should expect to see over the next several years if we intend on maintaining the World's Largest Wartime Veteran's Service Organization – The American Legion.

Many American Legion Posts throughout the US are considering options of changing/upgrading/altering their Post homes to encourage growth targeting our present and future US Veterans who definitely desire a different atmosphere other than what we have been accustomed to over the years. Some states have already considered merging weak Posts that create a “mega” American Legion Post in their local areas. This design maximizes the capabilities necessary to support our current members and veterans whose membership is rapidly diminishing due to death or departure based on a variety of personal reasons, as well as an immediate and enduring challenge to serve the veterans of today (present) and tomorrow (future) along with their families. A healthy emergent pool of talent, resources, active membership, and leadership will encourage growth, express lessons learned from positive and successful experiences, and emphasize the very best service and support for all.

Our forces today train, fight, and are smarter than before. They don't smoke, drink, and are focused on a physical fitness regime that is important to mind, body and soul. We have read over recent years in our service magazines, online websites, and other printed materials of the swift and sudden crackdown against service members due to a variety of habitual habits that are no longer socially accepted in today's armed forces. Due to the high caliber of soldier, sailor, airman, marine, guard or reservist, the social habits of yesteryear are nearly a thing of the past and this is what our new veteran and future member will long avoid if presented in a different atmosphere.

Veterans today are hesitate to join an organiza-

tion that smokes, drinks, and sits around a bar giving wild twisted war stories. This social standard of years past is no longer accepted in the present and this is a major difference between our veterans. Many of the elder veterans find it extremely hard to relate to the vast differences of how our troops today deal with and fight the good fight against all enemies foreign & domestic.

The American Legion must change its Post footprint to meet the needs and future expectations of both present and future veteran generations to come. This is no easy task but one that must be done quickly to lock in our future as the Largest Wartime Veterans Service Organization in the world. We must strive to support the changes necessary to gain new members who will carry on the term and traditions of The American Legion, just as you and I have done based on our personal convictions over the past 93 years.

A discouraging trend continues at an alarming rate of American Legion Posts who are unable to sustain themselves due to the lack of operational funding, limited support of services or resources, lack of effective community programs, appealing activities that encourage active, energetic participation to better the Post and its community. American Legion Posts continue to struggle to keep their doors open even if it has a negative impact on its members. Eventually Post homes close and its members migrate into other Posts or Veteran Service Organizations that meet their needs.

As we begin to overcome our current shortfalls, the recent conflicts our service members have endured over the past 10 plus years is daunting as we again prepare to receive them back into society with little to offer. The internal structure along with a bleak future economic outlook is not prepared nor equipped to handle the expected onslaught of service members (both male and female) and their families. As limited government service agencies attempt to cradle the overload of service members, it has been





## **EDITORIAL By Steve Shuga (cont'd from p6)**

tested previously and failed to meet the needs then, as it will now. Our current infrastructure is unable to absorb, nor provide what is expected. Our veterans will be forced to seek assistance, care, counseling, and support from the threads of the current Veteran Service Organizations that operate throughout the US, whom are not prepared to handle it as well, but we must lead the charge to take on this responsibility.

Since the burden will rest on our shoulders as the Largest Wartime Veterans Service Organization, The American Legion to lead other veteran organizations with a successful footprint that they can use to tackle the problems we will all face, we must act quickly and make futile preparations to invite them into our organization to serve, protect and support.

Remember the Four Pillars of The American

## **Boys State: Ted Costello**

At the February 14, 2012 general meeting, the post members selected three (3) young men to represent Post 112. We had four (4) young men from Winter Park High School vie for these positions. The post selected the following young men:

William Ferrell  
Cooper Devlon  
Brenon Ward

The forth young man (Trevor Byrne) was picked-up by Post 228 Christmas Florida. Diane Schmidt post commander and Boys State Chairman was in attendance and accepted this young man as her post representative.

I thank all the members that attended this meeting and shared in the selection process. Once again Winter Park High School did not let us down with the quality of young men.

Ted Costello, Boys State Chairman  
Winter Park Memorial Post 112  
The American Legion

Legion – if we market ourselves to be an organization that fulfills its obligation through the visions of our forefathers, then we need to stop complaining, adapt to the changes that will support the future of our Posts and Communities that are the cornerstones designed to create a solid foundation of meeting the needs of **Serving All Veterans Every Day** for decades to come.

Our charter of 1919 was established to serve our veterans first and foremost. We once again have that duty to provide that service with 93 years of dedicated experience. Regardless of how healthy or in disrepair our Post homes may be, The American Legion must rapidly prepare our Legionnaire family to be on the ready to meet the needs of our US Veterans, their families and our communities.





# IRS Tax Deductions

**Before tackling your tax return, brush up on this baker's dozen of deductions that could cut your tax bill:**

1. **Traditional IRA Contributions** - You have until April 17, 2012, to contribute up to \$5,000 to a traditional IRA for 2011 and deduct it on your tax return. Here are some guidelines.
  - If you weren't covered by an employer's retirement plan in 2011, you can generally deduct your contribution in full.
  - If you were covered by an employer plan, you can only take a deduction if your adjusted gross income was below \$66,000 (\$109,000 for married couples).
  - If your spouse was covered, but you weren't, you can take a deduction if your combined adjusted gross income was below \$179,000.
  - If you were age 50 or older on the last day of 2011, you can contribute up to \$6,000.
2. **Self-employed Retirement Plans** - If you work for yourself, you can open a Simplified Employee Pension-IRA by April 17, 2012, and deduct your contribution on your 2011 return. SEP-IRAs are an easy way to create your own retirement plan, and they can allow much higher contributions than traditional IRAs.
3. **Mortgage Interest** - You can deduct interest paid on your primary mortgage, as well as home equity loans and lines of credit. In general, you may deduct interest on up to \$1 million of primary mortgage debt and up to \$100,000 of home equity balances.
4. **State and Local Taxes** - Feeling like every single government entity is after your money? Fortunately, the federal government cuts you a little slack, letting you deduct property and income taxes imposed by state and local governments.
5. **Sales Tax** - If you paid little state income tax, or live in a state that doesn't tax income at all, you can choose to deduct sales tax instead. And you don't need receipts. Simply calculate an assumed amount using an IRS table or online calculator at <http://www.irs.gov/individuals/article/0,,id=152421,00.html>.
6. **Charitable Gifts** - Donations to charity can ease your tax burden, but only if you have the right documentation. Cash contributions, regardless of the amount, require a cancelled check or dated receipt. Any contribution of \$250 or more requires a written acknowledgement from the charity. Noncash contributions valued at more than \$5,000 generally require an appraisal.
7. **Student Loan Interest** - Some or all of interest on loans taken out to pay qualified higher education expenses is generally deductible if your adjusted gross income is less than \$75,000 (\$150,000 if you're married and file a joint return). You may also be eligible for the Hope or Lifetime Learning tax credit (See IRS Publication 970).
8. **Medical and Dental Costs** - The government sets a high hurdle for these expenses. You can only deduct them if they exceed 7.5% of your adjusted gross income.
9. **Health Insurance** - Self-employed taxpayers get a big break on one of their biggest financial headaches. In general, they can deduct all of their health insurance premiums.
10. **Health Savings Accounts** - If you were covered by a high-deductible health insurance plan in 2011, you can contribute up to \$6,150 to a health savings account (\$3,050 if it only covered yourself). Contributions are deductible and withdrawals for qualified medical expenses are tax-free. Similar to IRAs, you have until April 17, 2012, to contribute for the 2011 tax year.
11. **Job-related Moving Expenses** - If you moved to take a new job, you can deduct your expenses if you pass these two IRS tests:
  - Your new job must be at least 50 miles farther from your old home than your previous job was. If you didn't have a previous job, your new one must be at least 50 miles from your old home. If you're in the military with PCS orders, you do not have to meet these rules.
  - If you're an employee, you must work full time for at least 39 weeks during the 12 months after you arrive in the general area of your new job. If you're self-employed, you have to work full time for at least 39 weeks during the first 12 months and 78 weeks during the first 24 months.
12. **Guard and Reserve Travel Expenses** - If you traveled more than 100 miles to attend a drill and spent the night, you can deduct your lodging expenses, half the cost of your meals and 51 cents per mile for travel. You can also deduct tolls and parking fees.
13. **Out-of-pocket Teacher Expenses** - Teachers, aides, counselors and principals — kindergarten through 12th grade — can deduct up to \$250 for classroom supplies purchased in 2010.

[Source: MilitaryAvenue.com USAA article Jan 2012 ++]





## Tricare Dental Program

Effective 1 May, MetLife becomes the dental carrier for the TRICARE Dental Program (TDP). MetLife will provide dental coverage to over 2 million family members of uniformed service active duty personnel, members of the Selected Reserve and Individual Ready Reserve, eligible family members, and survivors. Beneficiaries will have access to MetLife's network with over 161,000 dentist access points, and this number continues to grow. NOTE that the change to MetLife is for the TDP program only. The Active Duty Dental Program will still be administered by United Concordia® and the TRICARE Retiree Dental Program coverage will remain under Delta Dental. Changes to the TDP will include enhanced dental coverage at a lower premium share than before. MetLife will distribute program information, provider network details beginning in first quarter 2012. Highlights to the benefits and enhancements include:

- Coverage of posterior resin (tooth colored/white) fillings.
- Increase in the annual maximum to \$1,300 per enrollee (formerly this was \$1,200) .
- Increase in the lifetime orthodontic maximum to \$1,750.
- \$1,200 per year for services related to dental treatment due to an accident as defined in the TDP handbook.
- No cost shares for scaling and root planing (deep cleaning) for diabetics.
- Coverage of an additional (3rd) cleaning for women during pregnancy.
- Expansion of the survivor benefits to surviving spouse and children

[Source: NAUS Weekly Update 10 Feb 2012 ++]

## Hiring Our Heroes

Since March 2011 the U.S. Chamber of Commerce has worked on its “Hiring Our Heroes” to keep its pledge of holding 100 veterans job fairs that connect 100,000 with employers in one year. So far they have held 82 in the project “Hiring Our Heroes.” Over 84,000 veterans and military spouses have attended at least one of the fairs. Over 7,300 veterans and military spouses and 60 wounded warriors have found employment through the program. Happily they do not plan to stop after they reach their March 2012 goal. Below is a partial list of the “Hiring Our Heroes” Job Fairs that are presently scheduled for the rest of the year. New fairs are added regularly so if you are interested go to <http://www.uschamber.com/veterans>. Here you can get up to date information and register for the program and notices. Here are the next few fairs with times and venues.

- May 15 Jacksonville, FL
- May 18 Orlando, FL
- May 25 Miami, FL

[Source: TREA News for the Enlisted 3 Feb 2012 ++]

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## Saving Money—Dump the Vitamins!

You shouldn't need vitamin supplements if you've got a proper diet. Your body can only use so much of a nutrient, and getting too many vitamins is actually unhealthy. But if a multivitamin is part of your daily routine, you still shouldn't be spending more than \$4 per month. The vitamins aisle of your local drug store provides choices where prices range from \$1 to \$75 for a month's supply of similar ingredients. What should you base your choice on? We've been trained to think of price as an indicator of quality but this is a false assumption when purchasing vitamins. A recent study ([https://www.consumerlab.com/news/multivitamin\\_review\\_report/6\\_16\\_2011/](https://www.consumerlab.com/news/multivitamin_review_report/6_16_2011/)) concluded: "There was almost no connection between price and quality" among popular multivitamins. Here are the top multivitamin recommendations from ConsumerLab:

- For children - Flintstones Plus Bones Building Support, \$3.50/month
- For all adults - Nature's Way Alive, \$3/month
- For women - Walgreens One Daily for Women, \$2/month
- For men - BJ's Berkley & Jensen Men's Daily, \$1/month
- For seniors - Equate Mature Multivitamin 50+, \$1/month.

When it comes to supplements, price isn't the only thing that should concern you: ConsumerLab also found that labels are sometimes flat-out wrong too. The full report requires a \$33/year login, but here are some of the details:

- 8 of 38 vitamin supplements tested had significantly smaller quantities of nutrients than claimed
- Two supplements contained 50 percent more vitamin A than claimed by the labels
- Three brands' labels didn't meet FDA requirements and improperly listed ingredients
- One supplement (for dogs) had lead contamination
- Three supplements for children had doses higher than recommended.

Some of the vitamins that failed ConsumerLab's testing were also among the most expensive, including Pharmanex LifePak Anti-Aging (\$84/month), Juice Plus+ Garden Blend (\$42/month), Pure Encapsulations Nutrient 950 (\$38/month), All One Active Seniors Multiple Vitamin and Mineral Powder (\$33/month), and Melaleuca Vitality Multivitamin & Mineral Men (\$22/month). Why are some of these things so expensive? One reason might be advertising budgets. And greed could be another - as ConsumerLab notes, multivitamins are a nearly \$5 billion industry.

[Source: MoneyTalksNews Brandon Ballenger article 28 Sep 2011 ++]

**Have YOU Paid Your 2012 Dues Yet?**

**Please send your check to**

**PO Box 910, Goldenrod, FL 32733**

**TODAY!**

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## ADVERTISE IN OUR NEWSLETTER

Do you have a small business that you would like to promote via our Post newsletter? Or do you have contact with local business owners who might like to advertise their business in our newsletter? At the request of some of our members, this newsletter, with distribution via email and USPS to over 200 members and organizations, will begin accepting advertising for our monthly newsletters.

### Advertising rates per issue are as follows:

business card size - \$ 6.00 (3 3/4"w x 2 1/4"l)

1/4 page - \$ 10.00 (3 3/4"w x 4 3/4"l)

1/2 page - \$ 18.00 (7 3/4"w x 4 3/4"l or 3 3/4"w x 9 3/4"l)

full page - \$ 30.00 (7 3/4"w x 9 3/4"l)

If paid in advance for FIVE ISSUES, THE SIXTH ISSUE IS FREE!

**DEADLINE FOR ADVERTISING COPY AND PAYMENT IS 7PM ON THE 1ST MONDAY OF FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER AND DECEMBER.** Copy can be emailed to the editor as a jpg or Publisher file but payment should be mailed to the Post's PO Box or hand delivered to the Post along with a CD containing your advertising copy.

**QUESTIONS**—Contact the editor at 407.401.8360 or email [nell.colbert@communimatics.com](mailto:nell.colbert@communimatics.com)

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# THE AMERICAN LEGION



Winter Park Memorial Post 112  
4490 North Goldenrod Road  
Winter Park, FL 32792  
**407.671.6404**  
<http://www.wpflpost112.org/>

## CALENDAR

### MARCH:

- 5 Executive Board Meeting—7pm
- 8 **Shrimp Dinner (5:30pm—8pm)**
- 10 **Burgers 'N More (11am—2pm)**
- 10 6th District Meeting at Post 286 (8:30a-12n)
- 13 **Monthly Post & Auxiliary Meeting - 7pm**
- 15 **American Legion Birthday-Post open house (10a—3p)**
- 19 **SAL—1st Meeting (7pm)**
- 22 **Spaghetti Dinner (5:30pm—8pm)**
- 31 **Post Pancake Breakfast (8-11am)**

### APRIL:

- 2 Executive Board Meeting—7pm
- 10 **Monthly Post & Auxiliary Meeting—7pm**
- 12 **Shrimp Dinner (5:30pm—8pm)**
- 14 **Burgers and More (11am—2pm)**
- 21 **Arts & Crafts Yard Sale (8am—3pm)**
- 26 **Spaghetti Dinner (5:30pm—8pm)**
- 28 **Post Pancake Breakfast (8-11am)**

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