



LARRY A. HOFF ePOST 2100



Issue #99 JULY, 2021 *COMMUNICATION IS POWER*

TO OPT OUT OF OUR NEWSLETTERS, E-MAIL [MARIA KLENHARD](mailto:MARIA.KLENHARD)

OUR NEXT MEETING

JULY 15th at 7:30 PM, is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invite:

commander@epost2100.org

Our tele-meetings are provided for you to learn about and have input regarding your cyber Post. BTW, have you visited [Our Web site](#), lately?

OUR HELP DESK STANDS READY TO ASSIST US VETERANS WITH FREE COMPUTER-RELATED AID.

[ROBERT MCTUREOUS](#)

404-304-1772

CREDIT CARDS

One of the most powerful forces in the financial universe is compound interest.

Most of us know that on the good side, compounding of investments is desirable, but on the bad side, compounding of debt can be economically disastrous.

Credit cards can be both used and abused. So what are the better ones and why?

Check out: [best credit cards - Bing](#) .

Some credit card features are better for some of us than for others. We veterans probably do not need to be reminded about occasionally checking on the changing rewards of various credit cards, but what of our children and grandkids? When in doubt, check 'em out.

OUR CYBER POST OFFICERS

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COMMANDER'S CORNER

Independence Day, the Fourth of July, has various meanings to various people, but to us veterans, it includes the very essence of freedom for ourselves and for others.

That freedom was paid for in what Winston Churchill might have also called, blood, sweat and tears.

In 1787, [Elizabeth Willing Powel](#) asked Dr. Benjamin Franklin, "Well, Doctor, what have we got, a republic or a monarchy?"

"A republic," replied Franklin, "if you can keep it."

That is the perennial challenge. Many find that our national holiday sees the initial values of our republic changing in nature. Some fear it is going to be overtaken by Socialism and/or Totalitarianism.

So, what stance will you and yours take to maintain our republic and our democratic way of life?

Will this be just another holiday, filled with speeches, stirring tunes, hot dogs and hamburgers, no mail, and a day off from work, for some?

We living veterans put our lives on hold and on the line for the 99% of our Nation's civilian population. Other veterans have given their lives in service to America.

While we live, let us rededicate ourselves to reminding the other 99% of what our founding fathers meant when they signed their lives, their fortunes, and their sacred honor.

—*Bob* (770) 786-8702

commander@epost2100.org

OUR CHAPLAIN'S PAGE



Continuing with the Clauses of the Preamble, here is the third Clause of the American Legion Preamble: TO MAINTAIN LAW AND ORDER...Without law and order, liberty would become license. Law and order protect our pursuit of happiness, one of our God-given rights. Members of The American Legion served in wars to uphold law and order among nations. It is just as important to maintain the due processes of law in our domestic affairs. It binds Legionnaires to obey the laws of the land and to support the constituted authorities in enforcing those laws. It means the citizens must never take the law into their own hands!

In June, we celebrate [Flag Day](#), which was first approved by Congress for national observance in 1949. Several States have made claims of being first to observe Flag Day. The original Flag approved was by the Continental Congress consisting of 13 stripes alternating red and white with a field of blue containing 13 white stars for the 13 colonies.

Independence Day is fast upon us, and we all know what that means. Pets will be covering, emergency rooms will be overly busy, and the night sky will be filled with bright lights and loud explosions. What does it really mean, though? It is a celebration of our independence from???? Taxation without representation was the main reason.

The common thread here is that our National Flag of which started out with thirteen stars in the field of blue and has grown to number fifty. We have a national day of observance for the Flag of the United States that is June 14th of each year. We have a [Flag Code](#) established by Congress to provide direction as to what is permitted and not permitted regarding the national flag. We even have specific guidelines on how to properly dispose of a worn-out flag. Why then does one of the biggest retailers in the country sell United States Flags made in China? In Fact, why is China producing and selling United States Flags? I have read the Flag Code, looking for changes that authorize the changes that special interest groups have made to our flag and have found none. I support our law enforcement officers, shake their hands, and thank them for their service to our community and pray for their safety. I do not support what any group out there has done to modify the colors of the flag to draw attention to their cause. The Flag is and should remain RED, WHITE, AND BLUE.

In closing, to stay with the theme of the upcoming holiday, I have chosen a passage from Psalm 119"

"I will walk about in freedom, for I have sought out Your precepts." Psalm 119:45, NIV.

Put in perspective with the entire Psalm, we have our freedom to go about our lives. Freedom with God can open one's eyes, heart, and soul to a better life.

My prayer is that each of us finds their way in this journey of life; that a healing touch will be felt by those who are ill. May each of us have a safe and joyous 4th of July. Lord God, have mercy on us. Amen.

Thank you all,

Bob Teeter

OUR SERVICE OFFICER, ED, SHARES THIS ONE

Ed McMillan has shared the following URL as a good resource series for young Americans:

<https://www.militarytimes.com/medalofhonor/>

The link should open to Dear Young Americans.

HURRICANE SEASON

We veterans have weathered many a storm, but hurricane season is coming up, again, so let's prepare, as best we can, to seek safety for ourselves and our loved ones. The USAA Web site: [Natural Disaster Center: How to Prepare and File Claims | USAA](#), has practical lists to guide us, as well as has the National Weather Service: [National Hurricane Preparedness \(weather.gov\)](#). *Be Prepared* is not just a Boy Scout Motto

The American Legion Membership Application

LEGION Act

_____		_____	
(Name)		(Date of Birth)	
_____		_____	
(Mailing Address)		(Phone Number)	
_____	_____	_____	_____
(City)	(State)	(Zip)	(Post #)
_____	<input type="checkbox"/> Male <input type="checkbox"/> Female		_____
(E-mail)	(Gender)		(Dues)

I certify that I served at least one day of active military duty since December 7, 1941 and was honorably discharged or am still serving honorably.

Please check appropriate service era and branch of service below

- | | |
|---|---|
| <input type="checkbox"/> Global War on Terror | <input type="checkbox"/> U.S. Army |
| <input type="checkbox"/> Gulf War | <input type="checkbox"/> U.S. Navy |
| <input type="checkbox"/> Panama | <input type="checkbox"/> U.S. Air Force |
| <input type="checkbox"/> Lebanon/Grenada | <input type="checkbox"/> U.S. Marines |
| <input type="checkbox"/> Vietnam | <input type="checkbox"/> U.S. Coast Guard |
| <input type="checkbox"/> Korea | <input type="checkbox"/> Merchant Marines (WWII only) |
| <input type="checkbox"/> WWII | |
| <input type="checkbox"/> Other Conflicts | |



[From Pete Mecca's Archive: The Story of Command Sergeant Major Simon Ramos, Special Forces Pioneer](#)

"I dropped out of the 9th grade to support the family. I worked construction. In 1952, I decided to join the Army. My brother said, 'Simon, you will be getting up at 4:00am and humping a backpack.' Shoot, I told Joe that I was getting up at 4:00am anyway and lugging around a 65 pound jackhammer. What the heck was the difference?" Thus began the 35-year Army career of Command Sergeant Major Simon Ramos, Korean War, Vietnam War, and Special Forces veteran. [Read Pete Mecca's great profile of Simon here.](#)

30-009 _____ Signature of applicant _____ Date _____ Name of recruiter

JUST FYI, THE LINCOLN MEMORIAL



In 1922, the [Lincoln Memorial](#) was dedicated. The monument was first proposed in 1867 but construction didn't begin until 1914; the cornerstone was set in 1915. Architect Henry Bacon designed it to resemble the Parthenon, believing that a

defender of democracy should be memorialized in a building that pays homage to the birthplace of democracy. The monument has 36 marble columns, one for each state in the union at the time of Lincoln's assassination. On the south wall is inscribed the Gettysburg Address, and on the north his second inaugural address. There's a persistent myth that one of the words in the inaugural address is misspelled, but it's not true. Stonemasons did accidentally carve an "E" where they meant to carve an "F," but it was filled in immediately and no evidence remains.

The marble and granite chosen for the monument came from Massachusetts, Colorado, Georgia, Tennessee, Indiana, and Alabama. Bacon intended to show the divided nation coming together to build something of lasting significance.

Sculptor Daniel Chester French studied photographs of Lincoln for years; his Lincoln appears somber, even care-worn, one hand closed in a fist and the other in a more relaxed position. Though it's commonly thought that the sculpture's hands are forming the American Sign Language letters "A" and "L," the National Park Service reports that this was French's way to show Lincoln's strength and compassion. There's also a rumor that the profile of Robert E. Lee — or Ulysses S. Grant, or Jefferson Davis — can be seen in the locks of the sculpture's hair, but the National Parks Service insists that these are merely wayward strands.

The monument was dedicated in front of an audience of more than 50,000 people. Even though Lincoln was known as the Great Emancipator the audience was segregated; keynote speaker Robert Moton, president of the Tuskegee Institute and an African-American, was not permitted to sit on the speakers' platform. Just over 40 years later, on the 100th anniversary of the Emancipation Proclamation, Martin Luther King Jr. would give his "I have a dream" speech from the steps of the Lincoln Memorial in front of an audience of 200,000.

SOME PC TECH TALK

This may be old hat to some of us, but if not, this information might be helpful.

The three-finger salute (Ctrl+Alt+Del), has many options.

My focus, this time, is on Task Manager. Left-clicking on the Processes tab brings up a window you can use to get out of a program that does not let you get out of it. Just select (left-click) on the recalcitrant file name and it becomes highlighted. To stop the selected program, mouse down to the lower right and left-click on the End Task box. The program will be stopped (hopefully). Then, left-click on the upper right **X** to exit.

If you feel brave, you might left-click on the Startup tab to try and get the computer to start up more quickly.

ISOMETRIC EXERCISES

As we grow older, exercise can become a more and more important part of maintain good health. The easiest and least expensive set of exercises may be [isometrics](#).

The exercises uses our own bodies to maintain muscle tone and strength, and many can even be carried out while sitting down.

If this interests you, perhaps first consult with your primary care physician (we used to just call them doctors).

No equipment is needed, though some practitioners use elastic bands.

OUR VSO SENT THIS LINK FOR US TO CONSIDER

Ed McMillan, our Veteran Service Officer, sent this link, in case anyone needs the information and/or services of the VA's Inspector General:

[VA Office of Inspector General](#).

SPEED UP WINDOWS 10?

Probably preaching to the choir, but for those Windows 10 users, there is a fast and simple way to maybe speed up your start-up and computer operation by removing unwanted files.

Type "update" in the bottom lower left search window, hit Enter, then scroll down Related Links to Check Storage, hit Enter, then left-click on Temporary Files and left-click on box to remove pre-selected files. You might see some other interesting options, too.

100 MILES OF HOPE CHALLENGE

The American Legion has added a special one-month challenge to its second annual 100 Miles for Hope. During the month of July, American Legion Family members can support their departments in the 100 Miles for Hope Breakout Challenge.

The breakout challenge is simple: each department in The American Legion has been placed in a category of similar-sized departments (see below for details). Whichever department in each category raises the most donations during July wins bragging rights and a plaque.

All funds raised as part of this breakout challenge go directly to the organization's [Veterans & Children's Foundation \(V&CF\)](#). Share this with your friends and family, stay active, contribute to this important charity and visit [The American Legion's Emblem Sales website](#) to purchase commemorative 100 Miles for Hope gear with proceeds going to benefit V&CF.

[Learn more about The American Legion's 100 Miles for Hope](#) This event is open to the public. We encourage you to invite your friends, family and colleagues to join you in your pursuit to support The American Legion as you keep each other motivated to be healthy and active.

How to participate:

- 1) Visit the Kilter website at <https://www.kilterrewards.com>, register and pay the \$20 entry fee (all proceeds go to V&CF).
- 2) Download the [FREE Kilter app](#)
- 3) Choose Sign In (top right)
- 4) Go to the Events tab > My Events (you're already registered!)
- 5) Complete your profile and connect your devices. Don't forget to set a goal!
- 6) Share! Tell everyone you've ever met that you're participating in this event by posting to social media and sending e-mail. Download and customize a special cheer card [available at this link](#). Here's how:

- Open the PDF and click on the blue box in the open area.
- Type in the name of your department.
- Save and print the PDF, and take a photo to share on social media. Don't forget to use #100MilesforHope in your post.

Or you can also print the PDF and write in the name of your department.

PRIZE INCENTIVES

By raising funds in the 100 Miles for Hope Breakout Challenge you are supporting your American Legion department. Each department has been assigned into a category with similar-sized departments. The department that raises the most money during July will receive bragging rights and a special plaque. Now go out, raise money, support the V&CF and help your department claim victory!

1. **Set a goal!** Setting a fitness goal is important, but equally important is making sure you have a fundraising goal to achieve. It should be exciting and aspirational.
2. **Kickstart Your Campaign!** Did you know that people who kickstart their fundraising with a self-donation raise about eight times more than those who don't? Show everyone how committed to America's veterans and military families by making a donation toward your own goal. Go to the **Charities** tab of the event in the app and click "Donate." Choose any amount you want to contribute! You can also donate to the V&CF by [clicking here!](#)
3. **Email! Email! Email!** The number one way to get friends and family to know about your fundraiser is to email them! Yes, people still check their email. We suggest sending three to five emails during the duration of your campaign with updates, sharing your story and shout-outs to donors. Click **GET DONATIONS** from the event in the app to get started!
4. **Get (and stay) Social!** With the Kilter App it's incredibly easy to share your campaign with your social media followers. Regular updates on your progress will go a long way in getting people invested in your progress. It's also a great way to thank donors by tagging them in a post. Whether you're using Facebook, Twitter, Instagram or other social media platforms, with the click of a button you can share your campaign with hundreds of people. Click **GET DONATIONS** from the event in the app to get started!