



LARRY A. HOFF ePOST 2100



Issue #112 AUGUST, 2022 **COMMUNICATION IS POWER**

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

OUR NEXT MEETING

August 18th, at 7:30 PM, Eastern is slated for our next tele-meeting, by invitation, using GoToMeeting. E-mail me if you want an invitation: 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.

[Commander](#)
770-786-8702

CRISIS HOTLINE 988

Veterans experiencing distress or a mental health crisis will now be able connect to the Veterans Crisis Line by dialing 988 then pressing 1. This will provide veterans with fast and easy access to veteran-specific mental health support.

Meeting & Websites

9th District Meeting
Saturday, August 6, 2022
Ellijay Post 82

Post and District websites:

[Georgia cyber Post \(epost2100.org\)](http://epost2100.org)

[9th District American Legion Family, Department of Georgia](#)

YOUR CYBER POST OFFICERS

Post Commander.....	ROBERT GREEN	770-786-8702
Senior Vice Commander.....	MARIA KLENHARD	916-952-7691
Junior Vice Commander	ASA THURMAN	706-590-8515
Adjutant.....	MARIA KLENHARD	916-952-7691
Finance Officer.....	ERIC PARSONS	706 325-4047
Judge Advocate.....	TED RICHARDS	404-754-0415
Exec. Committee.....	ED MCMILLAN	770-757-6136
Sergeant-at-Arms.....	DAVID GREEN	
Service Officer.....	ED MCMILLAN	770-757-6136
Chaplain.....	ROBERT TEETER	918-781-9328

COMMANDER'S CORNER

Our nation has been blessed with the ability to not only defend ourselves, but to assist in defending other nations and we have done this with only volunteers, about only one percent of our population.



Due to some unfortunate circumstances, our armed forces are experiencing serious drops in recruitment which have caused some to start considering the draft.

As veterans, we have the unique opportunity of using our experiences to inform, educate and influence others to enlist.

Presently, enemies of America have grown in ways that not only endanger us, but the entire world.

When you have the chance, put in a good word for backing up patriotism with service to our Country.

To the left of this column is the information of the Crisis Hotline. Some of our veterans need help in dealing with stress. Some of our non-veterans also may need this help.

ETS and retirement do not end our service to America.

Bob

[Email](#)

770-786-8702

CHAPLAIN'S CORNER

If you look at the third word in this week's clause we see "*peace*". After this past few days peace is something, I have been hard put to find within. My brain feels as if it is on overdrive and sleep has been hard to come by. There are times when others who we have never met and will probably never see or meet do things that have ripple effects. These ripples spread out and even years later have effects, which is what is happening to me now. In the grand scheme of things did anything really happen to me. No!! My finances are all fine, I still have my house, my medical records are intact. In this age of electronics and everything going cyber, my Email was compromised, and it took 4 days to change to a new email address and update all my passwords. I have seen the good and bad of technology over these many years, but this is the first time I have had to go through this. I'm ready for some "Peace".

In keeping with past newsletters here is the next Clause in the preamble:

TO PROMOTE PEACE AND GOOD WILL ON EARTH...Until all the world becomes a good neighborhood, Legionnaires must continue the effort to promote peace and good will on Earth. It is in pursuance of this founding ideal that The American Legion has supported from the beginning and seek to strengthen the United Nations organization. Obliquely, The American Legion also contributes to this ideal by firmly supporting a strong national defense to discourage breaking of the peace by aggressors.



Every day on my way to work where I do my practicum, I drive by the Fort Gibson National Cemetery. I'm reminded of the sacrifices that so many made to ensure that we have the freedoms we do. It is a reminder not to take for granted these rights that so often seem unimportant until threatened.

These are not rights for just a few, but for all. I'm fairly certain that there is a document out there that says all men are created equal. If we are to promote peace and good will, as the clause states, then as the Chaplain I have to start by asking that we treat everyone as equal.

In closing: Father, thank you for everything that you provide and grant to us. Please let us know how to truly see with an open heart and mind to see all people as our equals. It is not just about when it suits us, lord, but to see daily through your eyes. In this I ask. Amen

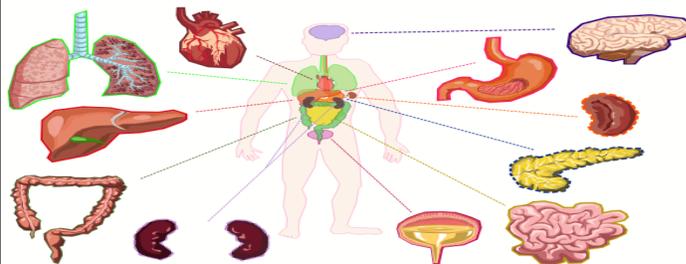
Robert Teeter

FINAL PAPERWORK?

For those of you that don't have your affairs in order. Make sure all bank accounts have direct beneficiaries. The beneficiary need only go to the bank with your death certificate & an ID of their own. - TOD = Transfer On Death deed if you own a home. Completing this document & filing it with your county saves your heirs THOUSANDS. This document allows you to transfer ownership of your home to your designee. All they need to do is take their ID & your death certificate to the county building & the deed is signed over. Doing this will avoid the home having to go through probate. - Living Will: Allows one to put in writing exactly what you want done in the event you cannot speak for yourself when it comes to healthcare decisions. - Durable Power of Attorney: Allows one to designate a person to make legal decisions if one is no longer competent to do so. - Power of Attorney for Healthcare: This document allows one to designate someone to make healthcare decisions for their person. - Last Will & Testament: Designates to whom personal belongings will go too. Make sure it is hand written & signed. Or printed, notarized & signed to be valid. - Funeral Planning Declaration: allows one to say exactly one's wishes as far as disposition of the body & the services. - If the above documents are done, you can AVOID probate. If all the above is not done, you have to open an estate account at the bank. All money that doesn't have direct beneficiaries goes into this account. You have to have an attorney to open the estate account. The attorney also has to publicize your passing in the newspaper or post publication at the county courthouse, to allow anyone to make a claim on your property. - It's a complete PAIN. - Make a list of all banks & account numbers, all investment institutions with account numbers, lists of credit cards, utility accounts, etc. Leave clear instructions as to how & when these things are paid. Make sure heirs knows where life insurance policies are located. - Make 100% sure SOMEONE knows your Apple ID, bank ID account logins & passwords! - Make sure you have titles for all vehicles, campers, etc!

MOST IMPORTANTLY!!!! - Talk with those closest to you & make all your wishes KNOWN. Talk to those whom you've designated, as well as those close to you whom you did not designate. - Do this to explain why your decisions were made & to avoid any lingering questions or hurt feelings. Start an important conversation with your loved ones, even though it is very difficult, & most don't want to.

IT'S ALL ABOUT YOU ?



1. It is possible for your body to survive without a surprisingly large fraction of its internal organs. Even if you lose your stomach, your spleen, 75% of your liver, 80% of your intestines, one kidney, one lung, and virtually every organ from your pelvic and groin area, you wouldn't be very healthy, but you would live.
2. During your lifetime, you will produce enough saliva to fill two swimming pools. Actually, saliva is more important than you realize. If your saliva cannot dissolve something, you cannot taste it.
3. The largest cell in the human body is the female egg and the smallest is the male sperm. The egg is actually the only cell in the body that is visible by the naked eye.
4. The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.
6. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.
7. The acid in your stomach is strong enough to dissolve razor blades. The reason it doesn't eat away at your stomach is that the cells of your stomach wall renew themselves so frequently that you get a new stomach lining every three to four days.
8. The human lungs contain approximately 2,400 kilometers (1,500 mi) of airways and 300 to 500 million hollow cavities, having a total surface area of about 70 square meters, roughly the same area as one side of a tennis court. Furthermore, if all of the capillaries that surround the lung cavities were unwound and laid end to end, they would extend for about 992 kilometers. Also, your left lung is smaller than your right lung to make room for your heart.
9. Sneezes regularly exceed 100 mph, while coughs clock in at about 60 mph.
10. Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.
11. Your body has enough iron in it to make a nail 3 inches long.
12. Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.
13. Everyone has a unique smell, except for identical

twins, who smell the same.

14. Your teeth start growing 6 months before you are born. This is why one out of every 2,000 newborn infants has a tooth when they are born.

15. A baby's head is one-quarter of its total length, but by the age of 25 will only be one-eighth of its total length. This is because people's heads grow at a much slower rate than the rest of their bodies.

16. Babies are born with 300 bones, but by adulthood the number is reduced to 206. Some of the bones, like skull bones, get fused into each other, bringing down the total number.

17. It is not possible to tickle yourself. This is because when you attempt to tickle yourself you are totally aware of the exact time and manner in which the tickling will occur, unlike when someone else tickles you.

18. Less than one third of the human race has 20-20 vision. This means that two out of three people cannot see perfectly.

19. Your nose can remember 50,000 different scents. But if you are a woman, you are a better smeller than men, and will remain a better smeller throughout your life.

20. The human body is estimated to have 60,000 miles of blood vessels.

The three things pregnant women dream most of during their first trimester are frogs, worms and potted plants. Scientists have no idea why this is so, but attribute it to the growing imbalance of hormones in the body during pregnancy.

22. The lifespan of a human hair is 3 to 7 years on average. Every day the average person loses 60-100 strands of hair. But don't worry, you must lose over 50% of your scalp hairs before it is apparent to anyone.

23. The human brain cell can hold 5 times as much information as an encyclopedia. Your brain uses 20% of the oxygen that enters your bloodstream, and is itself made up of 80% water. Though it interprets pain signals from the rest of the body, the brain itself cannot feel pain.

24. The tooth is the only part of the human body that can't repair itself.

25. Your eyes are always the same size from birth, but your nose and ears never stop growing.

26. By 60 years of age, 60% of men and 40% of women will snore.

27. We are about 1 cm taller in the morning than in the evening, because during normal activities during the day, the cartilage in our knees and other areas slowly compress.

28. The brain operates on the same amount of power as a 10-watt light bulb, even while you are sleeping. In fact, the brain is much more active at night than during the day.

29. Nerve impulses to and from the brain travel as fast as 170 miles per hour. Neurons continue to grow throughout human life. Information travels at different speeds within different types of neurons.

30. It is a fact that people who dream more often and more

ividly, on an average have a higher Intelligence Quotient.

31. The fastest growing nail is on the middle finger.

32. Facial hair grows faster than any other hair on the body. This is true for women as well as men.

33. There are as many hairs per square inch on your body as a chimpanzee.

34. A human fetus acquires fingerprints at the age of three months.

35. By the age of 60, most people will have lost about half their taste buds.

36. About 32 million bacteria call every inch of your skin home. But don't worry, a majority of these are harmless or even helpful bacteria.

37. The colder the room you sleep in, the higher the chances are that you'll have a bad dream.

38. Human lips have a reddish color because of the great concentration of tiny capillaries just below the skin.

39. Three hundred million cells die in the human body every minute.

40. Like fingerprints, every individual has a unique tongue print that can be used for identification.

41. A human head remains conscious for about 15 to 20 seconds after it has been decapitated.

42. It takes 17 muscles to smile and 43 to frown.

43. Humans can make do longer without food than sleep. Provided there is water, the average human could survive a month to two months without food depending on their body fat and other factors. Sleep deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days. The longest recorded time anyone has ever gone without sleep is 11 days, at the end of which the experimenter was awake, but stumbled over words, hallucinated and frequently forgot what he was doing.

44. The most common blood type in the world is Type O. The rarest blood type, A-H or Bombay blood, due to the location of its discovery, has been found in fewer than hundred people since it was discovered.

45. Every human spent about half an hour after being conceived, as a single cell. Shortly afterward, the cells begin rapidly dividing and begin forming the components of a tiny embryo.

46. Right-handed people live, on average, nine years longer than left-handed people do.

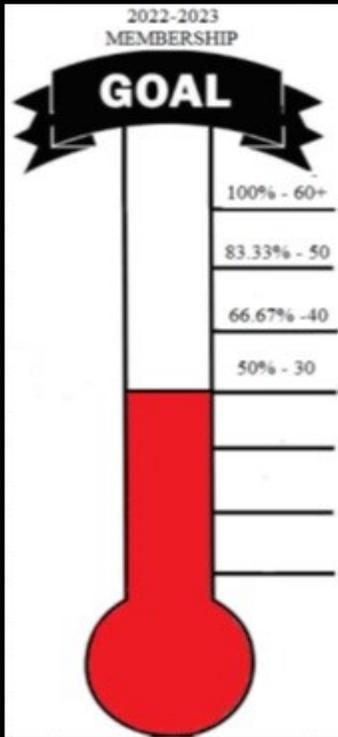
47. Your ears secrete more earwax when you are afraid than when you aren't.

48. Koalas and primates are the only animals with unique fingerprints.

49. Humans are the only animals to produce emotional tears.

50. The human heart creates enough pressure to squirt blood 30 feet in the air.

2023 MEMBERS RENEWAL



The renewal process began in July for the upcoming membership year. Renewal notices were sent out in July, and will be again periodically thereafter as reminders for those that yet have not renewed.

District 9's goal is to obtain 100% renewal by December this year.

We are already at 50% thanks to the pro-activity of our members in this regard. There are varied ways this can be accomplished: By Mail to the Post address, pay online at MyLegion.org where you can choose to pay one year at a time, establish auto renewal or become Paid Up For Life (PUFL).

MyLegion.org

MyLegion.org is a free and secure website for American Legion and Sons of The American Legion members that allows users to manage their profile information, print their membership ID card, renew their membership, view member-only discounts, and manage subscriptions to *The American Legion Magazine, Dispatch* and American Legion e-

[Take Action to Support Veterans Exposed to Toxic Hazards](#)

We must break this cycle of care that is considered "too little, too late" for our veterans, and inform our Senators of their solemn duty to our nation's heroes. If you are sick and tired of political deadlock, contact your Senators today and urge them to prioritize and pass this much-needed legislation.

Cyber Post 2100 annual dues is \$35.00, mailed to :

American Legion Post 2100
 c/o Maria Klenhard, ADJ
 115 W 3rd Street
 Manchester, GA 31816

The American Legion Membership Application

(Name) _____ (Date of Birth)

(Mailing Address) _____ (Phone Number)

(City) _____ (State) _____ (Zip) _____ (Post #)

(E-mail) _____ Male Female _____
(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. Space Force
<input type="checkbox"/> Korea	<input type="checkbox"/> U.S. Coast Guard
<input type="checkbox"/> WWII	<input type="checkbox"/> Merchant Marines (WWII only)
<input type="checkbox"/> Other Conflicts	

Signature of applicant _____ Date _____ Name of recruiter

30-009

Receipt of Dues
(Please Print)

From _____ \$ _____ for 20____ Post # _____

Recruiter's Name _____

Recruiter's Signature _____

Recruiter's Phone # _____