From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - New missiles stoke tensions
Date: Monday, August 5, 2024 9:36:16 AM

North Korea unveils 250 missile launchers designed to fire tactical ballistic missiles, fears of all-out Mideast war mount and Yemeni rebels launch an attack are among the top five stories from the weekend.

AMERICAN LEGION | ONLINE UPDATE

North Korea shows off 250 new missile launchers, Houthi rebels strike container ship, Hezbollah launches drone attack on Israel and 9/11 victims family members praise reversal of plea deal with attack's mastermind.

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He said, 'Best day ever. I got my last ride. I finally got my last ride.

- Minnesota Legionnaire Wes Halverson, who fulfilled wish of Post 56 member and longtime friend Jim Hockinson, who is battling cancer

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VA launches updated Burn Pit registry

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American Legion Baseball teams competing in the regionals this week, leading to the ALWS next week.

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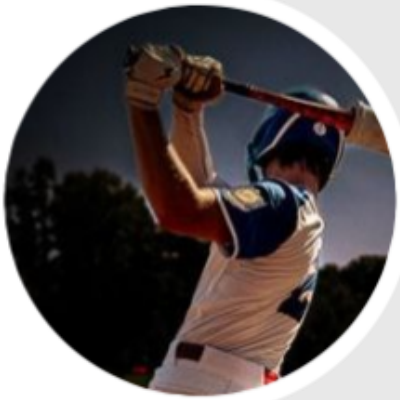

DON'T MISS THESE STORIES:

Christmas came early, thanks to an American Legion post.

Discover the **power of protein**.

Major league pitcher recalls his time playing American Legion Baseball.

Attend the **annual media training workshop** at convention.

Charitable Giving suite returning to national convention.

Meet the sculptor behind “A Soldier’s Journey,” the upcoming centerpiece of the WWI Memorial in D.C.

The American Legion

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - Saving a homeless veteran
Date: Thursday, August 8, 2024 10:31:30 AM

"Post 209 family literally saved life" of formerly homeless veteran, an example of the Be the One mission.

AMERICAN LEGION | ONLINE UPDATE

Former homeless veteran's success story proof a post can Be the One

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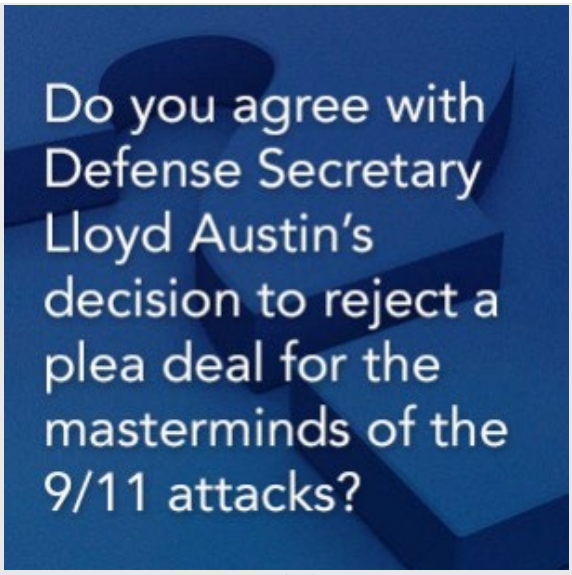
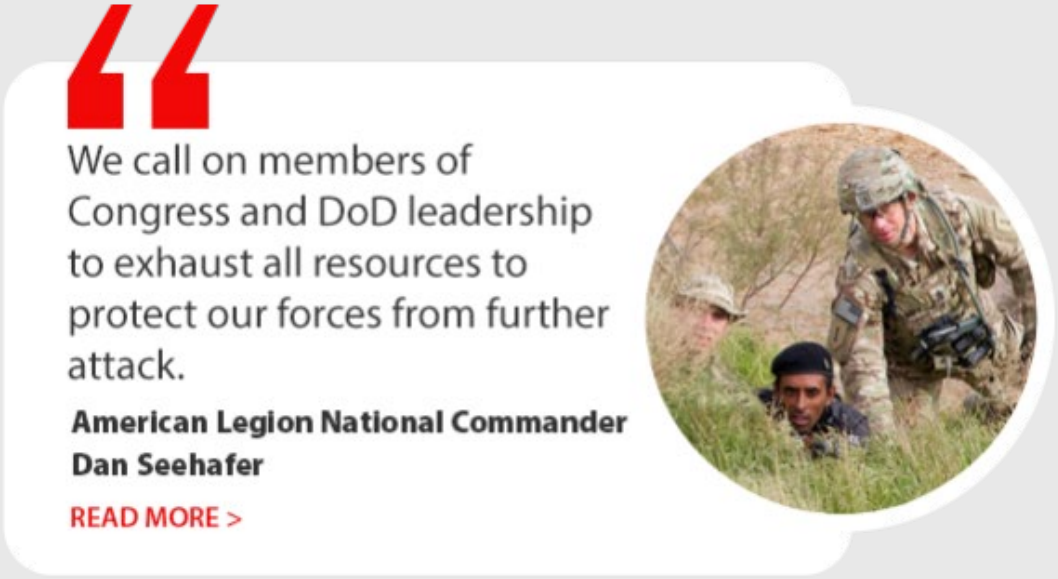


BIG Q

YOUR MEMBERSHIP MATTERS



Big job fair, over $500k in scholarships and fresh produce

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Jay Glazer’s path to helping veterans

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Using gaming as an attraction to recruit younger members

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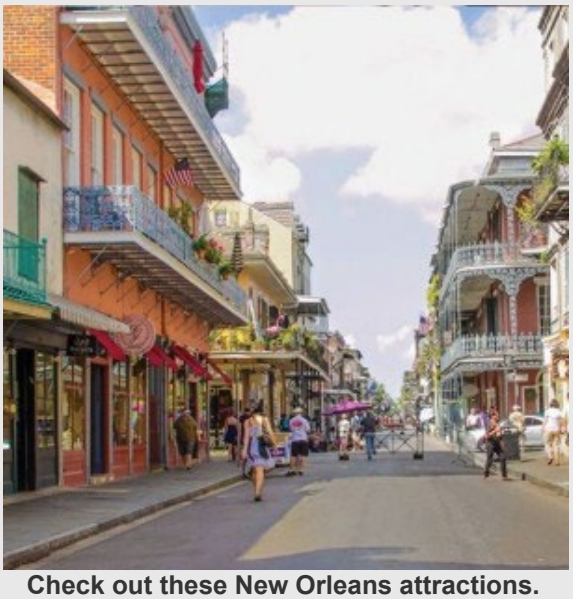
NATIONAL CONVENTION

Attend the second annual BTO symposium.



Check out these New Orleans attractions.

Severe shortages of doctors and nurses persist at VA

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DON'T MISS THESE STORIES:

Here are the **do's and don't's** during election season.

Raising awareness about suicide prevention on their bikes.

American Legion **Baseball Regionals commence**.

Boys Nation is **all about connections**.

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - "Realistic threats" from North Korea
Date: Monday, August 12, 2024 9:34:54 AM

The U.S., South Korea prepare for large-scale military exercises, Austin orders guided missile submarine to Middle East and investigation focuses on "pilot error" in Osprey crash are all among the highlights in today's top 5.

AMERICAN LEGION | ONLINE UPDATE

U.S., South Korea to kick off 2nd large-scale joint military exercise; Austin orders guided missile sub to Middle East; Great Britain, Germany and France endorse calls for Gaza cease-fire.

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Be the One is a mission that should carry on forever; we should always keep up the fight to save every life.

- SAL National Commander Donald "JR" Hall

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Cyber scholarships for justice-involved veterans announced at summit

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Widow of Heath Robinson calls for next steps for PACT Act

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8

American Legion Baseball teams competing in the American Legion World Series kicking off later this week.

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DON'T MISS THESE STORIES:

Do you need **a digital will**?

NATO answers the wake-up calls.

Florida Riders **deliver backpack supplies and hope** to school.

Join **this community service project** in New Orleans.

Memorials **around the world**.

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - A big change for the Air Force
Date: Thursday, August 15, 2024 10:51:23 AM

Airmen and guardian trainees are now carrying inert M4 rifles — marked with distinctive red flash suppressors — as part of their daily regimen, a practice that stopped in 2012

AMERICAN LEGION | ONLINE UPDATE

Air Force basic trainees required to carry rifle for first time in years

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YOUR MEMBERSHIP MATTERS

“

Not only am I proud that we were able to do the walk and raise that much money, but that the community was really behind us.”

Mitchell Keil, who organized Massachusetts Post 125’s third annual 100-mile walk.

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Play ball! ALWS starts today.

MEET THE TEAMS

FOLLOW THE ACTION LIVE

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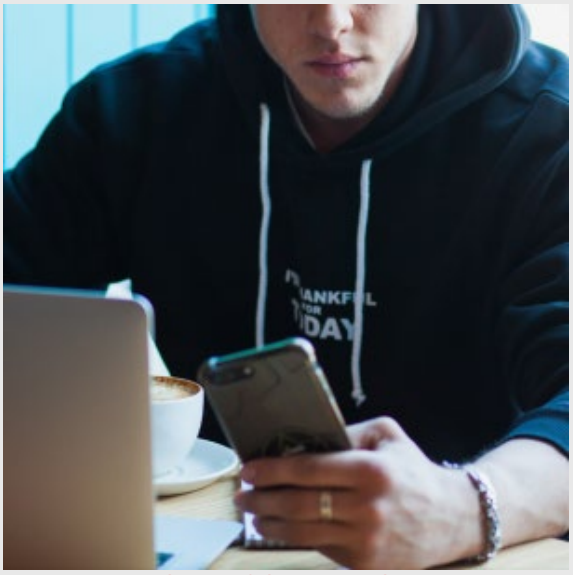
AMERICAN LEGION WORLD SERIES APP
Follow your favorite team.



NATIONAL CONVENTION APP
Maps, alerts, information and more.

One-time Marine sniper now churns out one-liners

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Number of Be the One cars racing this weekend.

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DON'T MISS THESE STORIES:

The last survivor of the USS Indianapolis.

Look at **who's being honored** at national convention. And while you are in NOLA, there are **two opportunities to donate blood**.

What's ahead for **the Legacy Run**.

Meet the **ALB graduate of the year**.

The American Legion

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - "Prelude to a nuclear war"
Date: Monday, August 19, 2024 9:00:39 AM

North Korea ratchets up its rhetoric while hopes for an Israel-Hamas peace deal near. Those are among the highlights in the top 5 things from the weekend.

AMERICAN LEGION | ONLINE UPDATE

North Korea calls U.S.-South Korea military drills ‘prelude to a nuclear war’, Blinken heads to Middle East seeking peace again, Zelensky says Ukraine has created ‘buffer zone’ through incursion into Russia.

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I want to give a big shoutout to The American Legion.

Be the One INDYCAR rookie driver Linus Lundqvist, who took third in the Bommarito Automotive Group 500

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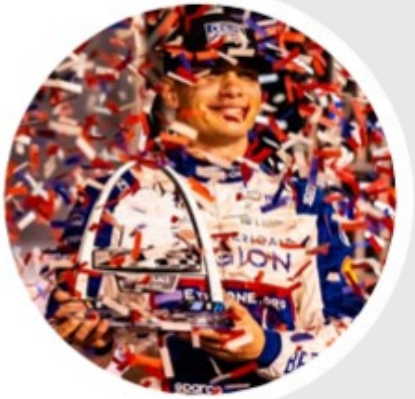

Chip Ganassi Racing partner The American Legion advances highly impactful Be the One initiative

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24/7, CONFIDENTIAL CRISIS SUPPORT

Meet the 2024 American Legion World Series semifinalists

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$8.4 billion

Amount saved in energy credits by more than 3.4 million consumers in 2023.

HERE'S HOW YOU CAN SAVE >

American Legion Gaming takes root in California

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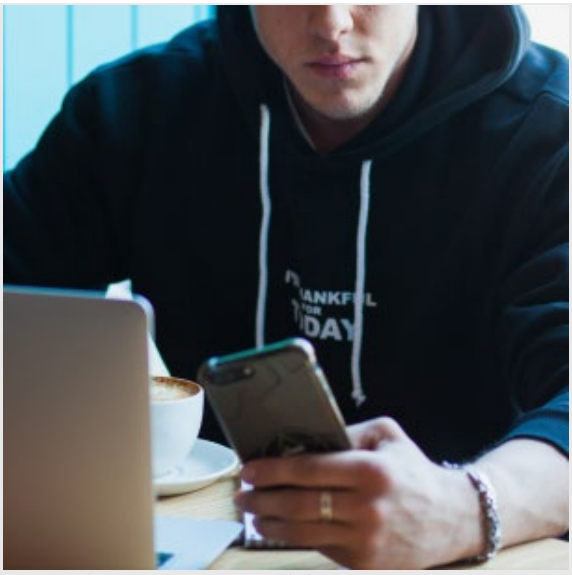

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DON'T MISS THESE STORIES:

Legionnaire driving across country to **support Be the One**.

Legacy Run kicks off with show of generosity.

"Baseball was life" for command sergeant major of the Army's Golden Knights parachute team.

A **display of kindness** during convention.

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - Your guide to the national convention
Date: Thursday, August 22, 2024 10:51:42 AM

View the schedule, check out the speakers, find entertainment options and learn more about the 105th American Legion convention.

AMERICAN LEGION | ONLINE UPDATE

Your guide to the national convention

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VA treatment delayed for Iraq vets sick from chemical weapons exposure

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Wellness in the workplace

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If you're not mentally tough, you don't win those kind of games.

Ross Hixon, coach of Troy (Ala.) Post 70, which won the ALB World Series

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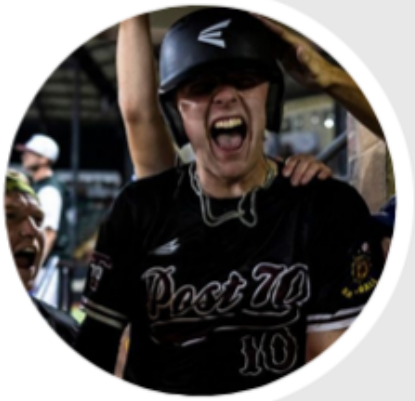

Michigan’s Smith named Legion Baseball Player of the Year

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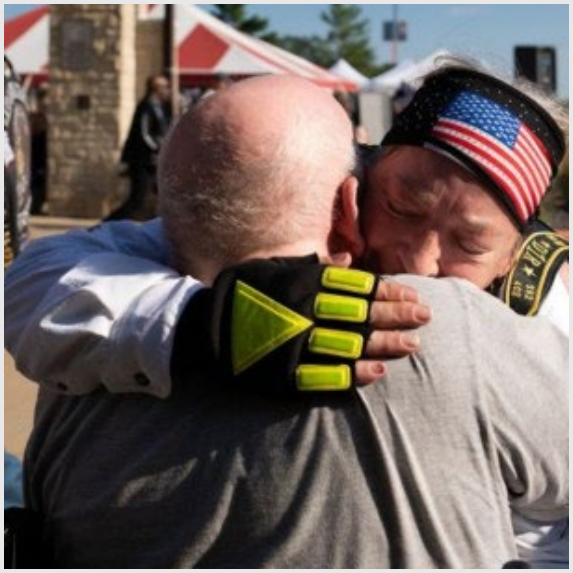
2024 LEGACY RUN



DAY 1
Welcoming home a Vietnam veteran

DAY 2
Honoring a longtime Legion Rider

DAY 3
Getting "goosebumps" from a cheering section

DAY 4
Honoring former Legion Rider Michael "Mick" Dunn

DON'T MISS THESE STORIES:

Linus Lundqvist aims to build off last weekend's third-place finish.

Here are the details for the SAL national convention.

Download the **American Legion Baseball centennial toolkit**.

What **you need to know** about the FODPAL breakfast.

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - "Suicide drones of various types"
Date: Monday, August 26, 2024 9:55:09 AM

North Korea drones identify and destroy targets in new test, Russia launches 100 missiles at Ukraine and event honors the 13 U.S. servicemembers killed in attack three years ago in Afghanistan. Those are among the top 5 stories from the weekend.

AMERICAN LEGION | ONLINE UPDATE

North Korea tests ‘suicide drones’, Zelensky condemns overnight Russian attack that includes 100+ missiles, and Abbey Gate bombing victims remembered.

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Be the One Symposium features progress, hope

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God is calling you to be the one today, to go for Him, because there are veterans out there that are on the edge of life today, going through many troubles in their life

Rev. Frank Carr, American Legion national chaplain

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AMERICAN LEGION BE THE ONE COLUMBIA UNIVERSITY TRAINING PROTOCOL

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988 SUICIDE PREVENTION HOTLINE

24/7, CONFIDENTIAL CRISIS SUPPORT

50

American Legion Family members who participated in the community service project, rehabbing two homes of veterans.

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Military quality of life priorities addressed

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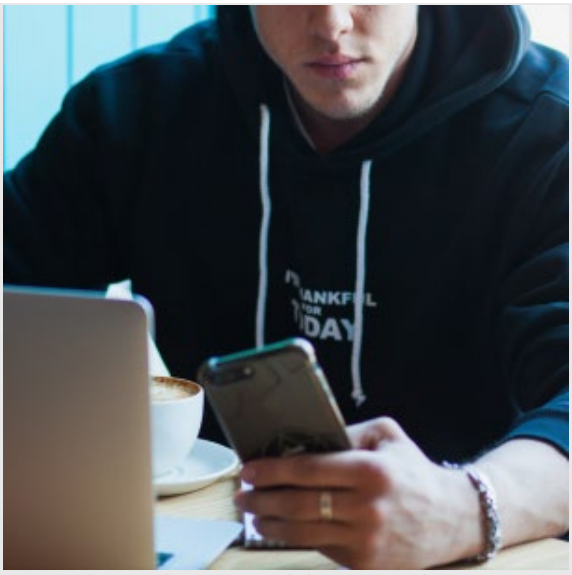
TUNE IN THIS WEEK



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Armstrong delivers Be the One to 5th-place finish

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DON'T MISS THESE STORIES:

The importance of **America's military readiness**.

The Appeals Modernization Act is having a positive impact for veterans.

A reputable source for **fulfilling the needs** of transitioning servicemembers.

A chance encounter with a Navy veteran leads to **a Be the One moment**.

Task Force Movement summit looks back on successes, forward to changing landscape.

Texas businesses **lead award winners** at VEED commission meeting.

Who won the **battle of the bands**?

Well done, **Color Guard participants**.

Here's **why you should update** your Social Security account.

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From: Online Update from The American Legion
To: Library Division
Subject: [EXTERNAL] - Meet the new national commander
Date: Thursday, August 29, 2024 1:40:17 PM

Newly elected National Commander James LaCoursiere Jr. shares his vision for the upcoming American Legion year.

AMERICAN LEGION | ONLINE UPDATE

Meet the new national commander

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American Legion sponsoring Army-Navy Game

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Seehafer to presidential candidates: Don't forget veterans

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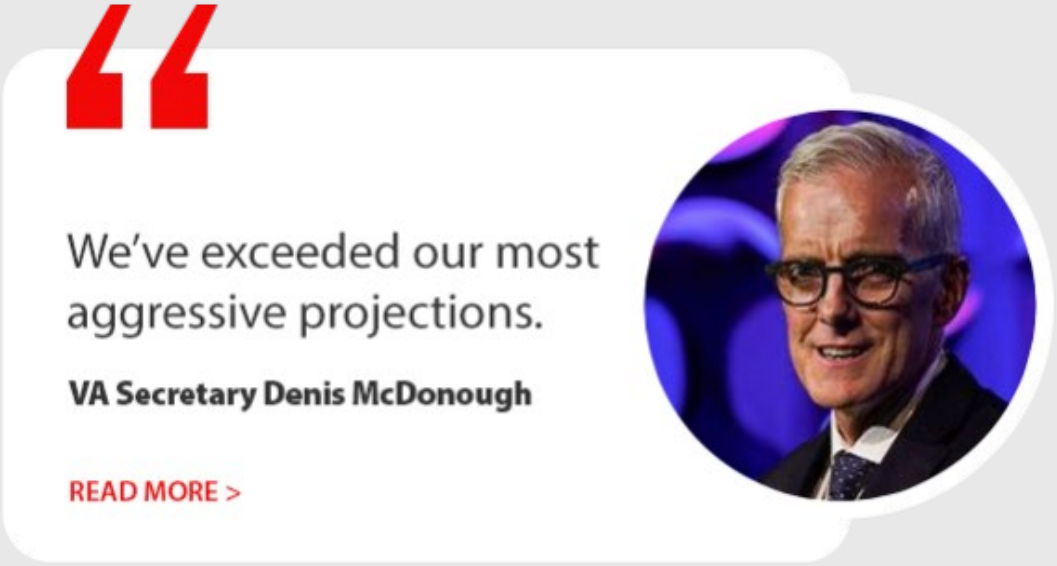

Gen. Honoré: ‘To live free is a privilege’

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81,226

Number of POW-MIAs still unaccounted for, Defense POW/MIA Accounting Agency Director Kelly McKeague tells Legionnaires.

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CONVENTION AWARD RECIPIENTS:

NEC honors **PNC Jake Comer**.

GWOT memorial CEO receives Patriot Award.

Jack Miller Family Foundation CEO is presented with **Distinguished Service Medal**.

NFL Insider Jay Glazer receives Good Guy Award.

Here are the winners of **the Fourth Estate Award**.

National Law Enforcement Officer, Firefighter of the Year **honored for "selfless service.**"

Statue of Liberation presented to New Orleans Foundation.

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DON'T MISS THESE STORIES:

Military recruitment panel to Legion: **"Help where you can"**.

Canines assist in the effort to **prevent veteran suicide**.

Medal of Honor recipient asks Legionnaires to "hold together the fabric of this nation."

Military Women's Memorial president wants **female Legionnaires on foundation's database**.

Space Force general talks about **the recruiting crisis**.

Legion helps connect military families with civilian jobs.

Country music artist and Legionnaire Houston Bernard serves as **emcee for the convention**.

Legionnaires rally to **donate blood amid shortage**.

When Duty called, the **US Army answered**.

Palou, Lundqvist closing in on series champ, Rookie of the Year heading to Milwaukee.

Legacy Run brings in **$930,000 for VCF**.

SAL elects **its first national commander** from New Mexico.

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