From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Meet wounded veteran and powerlifting champ Omar 'Crispy' Avila
Date: Tuesday, June 4, 2024 8:31:25 AM

Retired Army infantryman thrives after surviving IED blast, recovering from severe burns and amputation, and launching his weightlifting journey. Check out his compelling story on this week's Tango Alpha Lima podcast.

Meet wounded veteran and powerlifting champ Omar 'Crispy' Avila

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Leveraging the power of veteran-to-veteran connection
Date: Tuesday, June 11, 2024 9:00:28 AM

Dr. Jay Gorman discusses VA's veteran socials held in 20 states that provide support and connection on this week's American Legion Tango Alpha Lima podcast.

Leveraging the power of veteran-to-veteran connection

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Army veteran's journey from 'derelict' to champion wrestler
Date: Tuesday, June 18, 2024 8:07:51 AM

Sally Roberts, founder of Wrestle Like a Girl, shares her compelling story on this week's Tango Alpha Lima podcast.

Army veteran's journey from 'derelict' to champion wrestler

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Living under the confines of DADT
Date: Tuesday, June 25, 2024 9:09:35 AM

Retired Maj. Gen. Tammy Smith served for 25 of her 35 years in the Army while hiding her true self. Check out her compelling story on this week's Tango Alpha Lima podcast.

Living under the confines of DADT

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