From: The American Legion
To: Library Division
Subject: [EXTERNAL] - 'Serving something greater than self'
Date: Tuesday, March 4, 2025 9:08:46 AM

Retired Army Col. Sam Whitehurst shares his military background, leadership experience and how he serves veterans at the Dixon Center as the special guest on this week's Tango Alpha Lima podcast.

'Serving something greater than self'

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - How sleep impacts wellness and readiness
Date: Tuesday, March 11, 2025 9:41:02 AM

As the special guest on this week's Tango Alpha Lima podcast, Dr. Tina Burke provides tips on how to improve sleep including meditation, breathing techniques and establishing a routine.

How sleep impacts wellness and readiness

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - Find your tribe
Date: Tuesday, March 18, 2025 9:29:13 AM

Retired Army Col. Adam Rocke and retired Army Gen. Paul Funk II share how one's tribe can help with improving mental health, finding a job and more on this week's episode of Tango Alpha Lima.

Find your tribe

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - Student veteran stories drive basic needs survey
Date: Tuesday, March 25, 2025 8:18:23 AM

Student Veterans of America Vice President of Research Abby Kinch shares how the survey is collecting data on first-year military transition hardships to create change at the state, national level.

Student veteran stories drive basic needs survey

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- Meet the CEO of Wrestle Like a Girl
- Meet the Military Women's Memorial president

Supporting Military Families

- Meet the CEO of National Military Family Association
- Meet the founders of Wives of the Armed Forces
- Meet the widow of the PACT Act's namesake

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