From: The American Legion
To: Library Division
Subject: [EXTERNAL] - A guide for veterans to navigate their VA benefits
Date: Tuesday, June 3, 2025 8:13:35 AM

Army National Guard veteran Joshua Parish talks about his military service, tools such as the Battle Buddy app he has developed to help veterans navigate benefits and more in this week's episode of the Tango Alpha Lima podcast.

A guide for veterans to navigate their VA benefits

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - Heal trauma through mind, body, spirit
Date: Tuesday, June 10, 2025 9:21:33 AM

Navy combat veteran and life coach Dr. Aletha Williams talks about post-traumatic growth on the Tango Alpha Lima podcast.

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - The power of music
Date: Tuesday, June 17, 2025 8:17:26 AM

Retired Marine Corps Col. Mike Corrado talks about his lifelong love of music, its power to heal, his singer/songwriter retreats for veterans and more in this week's episode of the Tango Alpha Lima podcast.

The power of music

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From: The American Legion
To: Library Division
Subject: [EXTERNAL] - The secrets to successfully assisting veterans
Date: Tuesday, June 24, 2025 8:05:45 AM

David Vardeman talks about guiding nonprofits to their goals, what's led to his success, achieving financial literacy and more in this week's episode of the Tango Alpha Lima podcast.

The secrets to successfully assisting veterans

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