**From:** The American Legion
**To:** Library Division
**Subject:** [EXTERNAL] - From the Marines to the FBI
**Date:** Tuesday, November 4, 2025 8:30:33 AM

Marine veteran Mark Sewell talks about his FBI career, including investigating violent criminal organizations, human trafficking and stolen valor cases in today's episode of Tango Alpha Lima.

## From the Marines to the FBI

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- How to discover your outdoor passion.
- How equine therapy helps veterans heal
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**From:** The American Legion
**To:** Library Division
**Subject:** [EXTERNAL] - An inside look at designing the GWOT memorial
**Date:** Friday, November 7, 2025 8:01:54 AM

The full first season of "Welcome Home," the Global War on Terrorism Memorial Foundation's special podcast series is now available.

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## Meet the designers who are guiding the creative work

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**From:** The American Legion
**To:** Library Division
**Subject:** [EXTERNAL] - Healing the mind through memory-based therapy
**Date:** Tuesday, November 18, 2025 8:36:07 AM

Iraq War veteran Dr. Timothy Vermillion discusses his harm reduction approach to veteran mental health and suicide prevention in the new episode of the Tango Alpha Lima podcast.

## Healing the mind through memory-based therapy

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Ken Burns’ American Revolution is out.

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**From:** The American Legion
**To:** Library Division
**Subject:** [EXTERNAL] - How to transform mental health challenges into resilience
**Date:** Tuesday, November 25, 2025 8:06:23 AM

Marine veteran Tony Crescenzo shares on the Tango Alpha Lima podcast how he founded Peak Neuro LLC to help veterans enhance sleep, emotional resilience and trauma recovery.

# How to transform mental health challenges into resilience

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