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Your Next Mission—Helping Veterans Transition From The Military To A Civilian Career

by Greg Call,
Retired Marine and
Veterans Program Manager
at LinkedIn

(NAPSA)—Like many veterans, I joined the Marine Corps after 9/11 because I wanted to make a difference. Following my service, which included a tour in Afghanistan, I faced the reality of transition back to civilian life with a mix of emotions, but ultimately, like a military operation—with a plan, support, the right tools and clarity of purpose. I was fortunate to build a new professional identity and network to advance my career. The reality, however, is that for many veterans, the path to the perfect job is not so clear.

In the next five years, close to 1 million veterans will transition from the military to civilian jobs. For many post-9/11 veterans who have spent the majority of their adulthood in the military, this may be the first time they ask themselves what it is they want to do professionally and how to go about doing it. In the military, you have a clearly defined career path with a predetermined outcome—you select an occupational specialty, earn rank and fulfill the necessary billets. Contrary to our experience in the military, transition brings choices that can feel overwhelming. Fortunately, there are many great commu-

nity, state, federal and private-sector resources available to help ease the transition, connect veterans to opportunity and put them on the path to a meaningful and rewarding job. Here are just a few that I highly recommend.

Tips And Resources To Help Transitioning Veterans

- 1. Approach your transition like a military operation.** Identify your personal mission. Ask yourself what really makes you come alive? What are your strengths? There are several free resources online that can help, like LinkedIn's Veteran Mentor Network.
- 2. Get the support you need and make a plan.** Warriors Ethos is a nonprofit organization that helps veterans plan for their next career.
- 3. Create your professional identity and personal brand.** LinkedIn offers a free video tutorial for veterans, teaching them how to create a profile, connect and find jobs on LinkedIn.
- 4. Brush up on professional skills.** If you can't go back to school, consider taking classes online.
- 5. Go where the jobs are.** Companies and the federal government are looking for veterans like you who have valuable skills. Visit Hire Heroes USA.

VETERAN NEWS & NOTES



Veterans can use skills they learned in the military to get great jobs as civilians

than the national average. In a recent study, LinkedIn took a closer look at the more than 2 million veterans on LinkedIn to gain insight into what happens to veterans after they leave the military.

- Among the highlights:
1. Information technology (IT) is the No. 1 industry for veteran employment.
 2. Professional networks are the No. 1 method that veterans use to find employment.
 3. Over 186,000 veterans have achieved the leadership roles of vice president, owner, partner, founder or C-level executive.
- This report shows a veteran community that is in high demand and thriving in the workforce. It's a community that has adapted and aligned its skills with high-growth industries, a community that understands the power of networking, of leaders who are rising in the ranks within companies and, most importantly, a community that seeks to help lift up our brothers and sisters who have served.
- LinkedIn for Good is LinkedIn's social impact arm, focused on connecting underserved communities to economic opportunity. To learn more, visit www.linkedinforgood.com or go to www.linkedin.com.

Seven Ways To Help Your Kids To A Beautiful Smile

(NAPSA)—While most parents know the importance of a consistent and healthy oral hygiene regimen, they also know how difficult it can be to get kids excited about brushing and flossing—but it does not have to be. Brushing for the dentist-recommended two minutes in the morning and before bed can be more fun for the whole family if you heed these hints:

- 1. Set a good example** - Children look up to mom and dad and like to emulate their behavior. If you're enthusiastic about brushing and flossing, your children are more likely to be, too. Make your oral care a routine family event and your children will benefit by having healthy teeth and spending quality time with you.
- 2. Make a playlist** - Create a playlist of your children's favorite songs and play one each time they brush. Change the song daily to keep the brushing and flossing ritual interesting for your children and motivate them to brush for the length of the song.
- 3. Create a little friendly competition**—Make oral health care a family routine by creating the "battle of the brushes." Whether the contest is between siblings or with a parent, having a fun toothbrush and a brushing competition is a great way to get everyone in on the excitement and encourage all involved to brush and floss to their best ability. Think of some healthful prizes to give away to the family member who stays true to an oral care routine each week.
- 4. Create a distraction**

- If kids are watching the timer, the two minutes seem like forever. Sing a funny song, do a silly dance or try reading from their favorite book. The two minutes will fly by in no time. Don't rush the brushing—the longer they brush and floss, the better their dental checkups will be.

- 5. Compliment your kids** - By praising and complimenting your children after they floss and brush, you're encouraging them to continue their healthy habits and smile more. Eventually, the healthy oral care regimen will become second nature.
 - 6. Take a video** - Kids love watching themselves being silly. Try filming your children brushing their teeth and have them watch afterward. It's an easy way to ensure that they brush for a full two minutes and reinforces how brushing creates a beautiful smile.
 - 7. Have a reward system** - If your children use their toothbrushes, toothpaste and flossers for a full two minutes, morning and night, allow them to have a special treat, such as watching a favorite video. The Sunstar GUM® oral care collection for kids, featuring popular licenses such as Crayola™, Power Rangers™, Dragons™ and Lalaloopsy™, makes it easy to conquer plaque with the help of fun, creative and bright toothbrushes, toothpaste and flossers.
- Learn More**
For further facts and tips for healthy brushing, visit www.gumbrand.com, and find Sunstar GUM® on Facebook, Twitter @SunstarGUM and Pinterest.

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Saturday's Graphic: Dog Days Of Summer

Good Luck
DAVID JEFFERIS found the Cell Phone Courtesy Month graphic on page 6B (Foot rest of JAZZY MOTORIZED CHAIR - Vehicle Promo) He has won a gift certificate to Big Dog Donuts & Deli.
Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Monday by 3:00 PM
Wednesday's Graphic

CYAN MAGENTA YELLOW BLACK