



# Montezuma County Veterans Services Newsletter, April 2023

February 1, 2023

***“To enrich the quality of life for Montezuma County veterans and their families by assisting them in accessing all Department of Veterans Affairs and Colorado State benefits they richly deserve.”***

There has been some changes to our office. I (Frank) am the only VSO for Montezuma County which I have had to make some changes in order to maintain the office. Please see the letter on page three and four which outlines these changes. If I am able to hire another assistant in the future I will relook at what has been changed. I want to ensure everyone that my office is still fully functional to provide Montezuma County veterans with the service they are needing.

Visit our website [Veteran Services - Montezuma County](http://Veteran Services - Montezuma County) or check out my Facebook page at [www.facebook.com/people/Montezuma-County-Veteran-Services](http://www.facebook.com/people/Montezuma-County-Veteran-Services)

Montezuma County Veteran Services stands ready to assist our veterans and their family members with accessing a wide variety of Department of Veterans Affairs (VA) and Colorado State veteran benefits including:

- Benefits Overview
- VA Health Care System
- Certificates of Eligibility for VA Home Loan Guaranty
- VA Education Benefits
- Government Headstones and Markers
- Colorado State Veterans Nursing Homes
- Civil Service Preference Letters
- One time re-issue of Medals
- Disability Compensation
- Survivor Pension
- Burial Benefits
- VA Life Insurance
- Disabled Veterans License Plates
- Locating Military Records

Key items to bring with you when we meet (if available):

- Military discharge Document (DD214)
- Service Treatment Records
- Personnel Records
- Private medical Records related to claimed injury

The Veteran Affairs office provides services for active, retired military personnel, and their families in Montezuma County

**Office Hours:** Monday through Thursday 8:30 a.m. to 3:00 p.m., Fridays Closed—Admin, processing of claims

**Office Closed for  
April Holidays  
None**

## March 2023 Office Activities

Appointments March 2022(Comparison)	145
Appointments March 2023	146
Increase or Decrease of	+1
Telephone calls	324
Outreach / Community Events	0
Total number of clients assisted	470
New Clients / Visitors	9
New Client / Visitors (year to date)	17
Home / Nursing Home Visits	0
Claims Filed	10
Decisions	15
Favorable	11
Unfavorable	2
Confirmed / Continued	2





# Montezuma County Department of Veterans' Services

## Documents Checklist

Items to provide to a Veteran Services Officer to assist in filing a VA claim.

**\*\* Please Note** - The following documents are not required to file a formal claim but will increase the likelihood of a VA award and will also expedite the process.

First Appointments:

- DD-214, WD AGO 53-55 (WWII), or Other Military Discharge
- Marriage Certificate, if applicable
- Dates of all Previous marriages/divorces for you and your Spouse
- Birth Certificates, if applicable for all Dependent Children
- Previous VA letters, if available
- Bank Name, Routing #, Account #, and type of account (checking or saving) for Direct Deposit

If applying for compensation:

- Service Treatment Records, if available. All National Guard/Reserve treatment records, if available.
- Current VHA Problem List showing a diagnosis for the condition(s) claiming, if treatment is received at VHA
- Current Non-VA Providers Diagnosis records showing claimed condition(s)
- Any additional medical records showing continuity of treatment since military service

If applying for a non-service connected pension:

- Medical records showing total and permanent disability (s), if under age 65
- Proof of income — i.e. Social Security Award Letter, retirement letter (If applicable)
- Proof of net worth — i.e. bank accounts, IRAs, trusts, property other than home
- Proof of medical expenses — i.e. Medicare, private insurance, prescription receipts, personal care expenses

If applying for accrued benefits/dependency and indemnity compensation/widow's pension:

- Copy of veteran's death certificate
- Proof of income — i.e. Social Security Award Letter, retirement letter (If applicable)
- Proof of net worth — i.e. bank accounts, IRAs, trusts, property other than home
- Proof of medical expenses — i.e. Medicare, private insurance, prescription receipts, personal care expenses

If applying for burial benefits:

- Copy of veteran's death certificate
- Funeral/transportation bill
- Itemized contract/receipt showing paid in full from the funeral home and/or cemetery with claimant's name on receipt



107 N. Chestnut  
Cortez, co 81321  
970-565-7155

flobue@co.montezuma.co.us

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April 3, 2023

Dear Veterans,

Due to current changes in the office, the hours will be as follows:

- **Monday through Thursday** 0830 to 1500 by **appointment only**. If you show up to the office without an appointment, you will be scheduled to come back.
- The **office will be closed** for lunch from 1200 to 1230.
- **Fridays will be closed** for processing of claims, no appointments or walk-ins on this day.

Travel vouchers will no longer be processed in the office. If you need to process a travel voucher you can pick up a blank form from the table outside my office.

When submitting a travel voucher after attending an appointment at a VA clinic or VA hospital all that is needed is the travel form.

When submitting travel from outside a VA clinic or hospital you need the travel voucher and appointment confirmation.

If it is your first time submitting a travel form for an appointment outside of the VA (community appointment) with that clinic you will also need to submit the referral form to VA.

The following should be sent to either the Albuquerque Travel Department or the Grand Junction Travel Department:

1. VA clinic or VA hospital appointment.
  - a. Travel form (10-3542)
2. Community Care appointment.

- a. Travel form (10-3542)
- b. Appointment conformation
- c. Triwest referral if it is your first time submitting a travel form for that clinic.

Addresses to send Travel Voucher:

Albuquerque Travel Office

Raymond G. Murphy VA Medical Center

1501 San Pedro Drive, SE

ATTN: Travel Department

Albuquerque, NM 87108-5153

(800) 465-8262 press 0 for the operator and ask for the Travel Department

Grand Junction Travel Office

Grand Junction VA Medical Center

2121 North Avenue

ATTN: Travel Department

Grand Junction, CO 81501

(866) 206-6415

If you have any questions call the above Travel office that pertains to you or call the BTSSS toll-free call center at [855-574-7292](tel:855-574-7292) (TTY: 711). The office is open Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

Thank you for your understanding and cooperation.

Warm regards,



Frank P. LoBue III

Director

County Veterans Services Officer

[flobue@co.montezuma.co.us](mailto:flobue@co.montezuma.co.us)

Main: 970-565-7155

Direct: 970-564-2777

Fax: 970-565-5434

# Military Calendar – Holiday/Observance/Event Federal Holidays

Military holidays celebrate the brave men and women who serve worldwide.

## April

Month of the Military Child—Month of April

Military Saves Month—Month of April

April Fool's Day— April 1

April 5, 2023 – Gold Star Spouses Day – A Day dedicated to those whose spouses gave their lives while serving in the U.S. military or as a result of service-connected injuries or illness.

Good Friday—April 7

Easter—April 9

Gold Star Spouses Day—April 5

National Former POW Recognition Day—April 9

April 14, 2023 – Air Force Reserve Birthday

Air Force Reserve Birthday—April 14

Ramadan—March 22 (begins), April 21 (ends), 2022

Purple Up! Day—April 15

Earth Day—April 22

Army Reserve Birthday—April 23

National Military Brats Day—April 30

April 23, 2023 – Army Reserve Birthday



R.E.D. Friday - Wear **RED** every Friday to Remember Everyone Deployed!



# VA PACT ACT

## PERFORMANCE DASHBOARD

MARCH 17, 2023

ISSUE TWO

Published Bi-weekly on Fridays



In this VA PACT Act Performance Dashboard, we are demonstrating our commitment to transparency by sharing with all stakeholders—internal to VA and externally—key performance metrics and data we are using to assess our success in implementing the PACT Act.

If you, a Veteran, family member, or survivor would like more information about the PACT Act and your VA benefits, please **start here:**



**VA.GOV**  
[VA.gov/PACT](https://va.gov/PACT)  
[ask.VA.gov](https://ask.va.gov)



**CALL**  
1-800-MyVA411  
24/7/365



**WALK-IN**  
[VA.gov/find/locations](https://va.gov/find/locations)



**VETERANS SERVICE ORGANIZATION**  
[VA.gov/disability/get-help-filing-claim](https://va.gov/disability/get-help-filing-claim)



**NEW HEALTH CARE & BENEFITS MAP**  
[Download Map Here](#)



Help spread the word—download **PACT Act Outreach Materials!**



### Highlights

Veterans who filed a disability claim can now access the decision letter online using their VA.GOV sign in. This can save Veterans time by accessing information online instantly instead of waiting for a paper letter in the mail. [Read more here.](#)



### Making a Difference Through the PACT Act

In 2019, an Army reservist who deployed to Kuwait during Operation Iraqi Freedom went to urgent care for shortness of breath and a cough and was diagnosed with lung cancer. Years later, after hearing about President Biden's new toxic exposure law, she submitted her first claim ever with VA. Because of the new law, her lung cancer was presumed to be caused by her service, so her claim was granted, and she received benefits backdated to August 10, 2022, the day that the bill became law. This Veteran's condition has since improved, and she is thankful and relieved that her future health care will be covered by VA.

## VA IS EXPANDING CARE AND BENEFITS FOR VETERANS AND SURVIVORS



The PACT Act is perhaps the largest health care and benefits expansion in VA history. In this section, we are measuring the overall impact of the PACT Act in terms of its expansion of health care and benefits.

### Expanding Benefits



**151,843**

Total Veterans/Survivors with Completed PACT Act Related Claims (08/10/2022–03/04/2023)



**149,035**

Total Veterans with Completed PACT Act Related Claims

**2,810**

Total Survivors with Completed PACT Act Related Claims

### Expanding Care



Total New VHA Enrollees:

AUG 2021-FEB 2022

**158,986**

AUG 2022-FEB 2023

**186,513**



**90.4%**

VA Health Care 90-Day Trust Score (12/06/2022–03/06/2023)



**UPCOMING OUTREACH CALENDAR**

**March 21**

VA PACT Act Webinar—Online Event

[VIEW EVENT](#)

**March 22**

Veteran and Survivors Claims Clinic—Manila, Philippines

[VIEW EVENT](#)

**March 25**

Women Veterans IMPACT Conference—Gaithersburg, MD

[VIEW EVENT](#)

**March 29**

Women Veterans PACT ACT Town Hall—Bozeman, MT

[VIEW EVENT](#)

**March 31**

Veteran and Survivors Claims Clinic—Greensburg, PA

[VIEW EVENT](#)

**April 05**

Understanding the PACT ACT—Online Event

[VIEW EVENT](#)

For more information on these and other events, please visit <https://www.va.gov/outreach-and-events/events/>



VA is committed to providing world class and timely health care, benefits and services to Veterans and Survivors. In this section, we measure VA's success in delivering outstanding and timely support and in earning the Veteran's and Survivor's trust.



## Care Experience



**2,174,087**

Total Toxic Exposure Screenings  
(08/10/2022–03/10/2023)



**41.5%**

Toxic Exposure Screenings where Veterans Endorsed at least one Potential Exposure

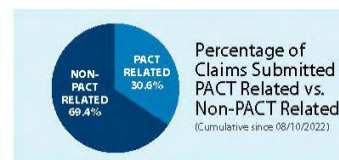


## Benefits Experience

The charts below show the past 12-weeks (a rolling 12-week view).  
For a historical look from the passage of the PACT Act onward, please see Issue 1 (March 03).

### Claims Submitted and Completed—PACT Act-Related

WEEKLY TOTAL ■ PACT Act Related-Submitted ■ PACT Act Related-Completed



**362,934**  
Cumulative Total PACT Related Claims Submitted  
(Since 08/10/2022)

**352,922**  
Total Veteran PACT Related Claims Submitted  
**10,012**  
Total Survivor PACT Related Claims Submitted



**157,854**  
Cumulative Total PACT Related Claims Completed  
(Since 08/10/2022)

**155,011**  
Total Veteran PACT Related Claims Completed  
**2,843**  
Total Survivor PACT Related Claims Completed

### Claims Submitted and Completed—Non-PACT Act Related

WEEKLY TOTAL ■ Non-PACT Act Related-Submitted ■ Non-PACT Act Related-Completed

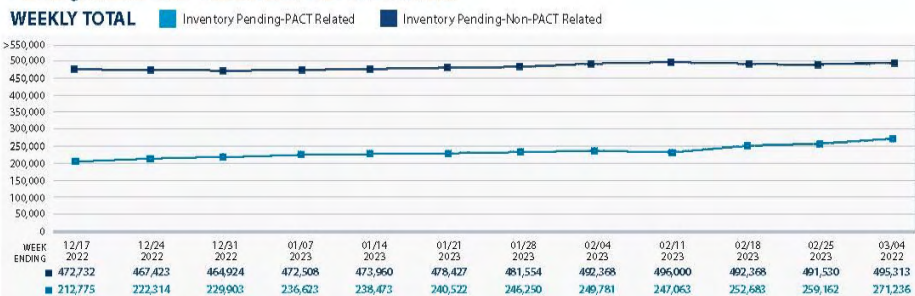


**822,367**  
Cumulative Total Non-PACT Related Claims Submitted  
(Since 08/10/2022)



**863,170**  
Cumulative Total Non-PACT Related Claims Completed  
(Since 08/10/2022)

## Pending Claims—PACT Related and Non-PACT Related



### Top 5 PACT Act Conditions Granted

- 1) Hypertensive Vascular Disease
- 2) Allergic Rhinitis
- 3) Maxillary Sinusitis
- 4) Bronchial Asthma
- 5) Malignant Growth of Genitourinary System



**271,236**  
Total Pending PACT Act  
Related Claims  
(as of 03/04/2023)



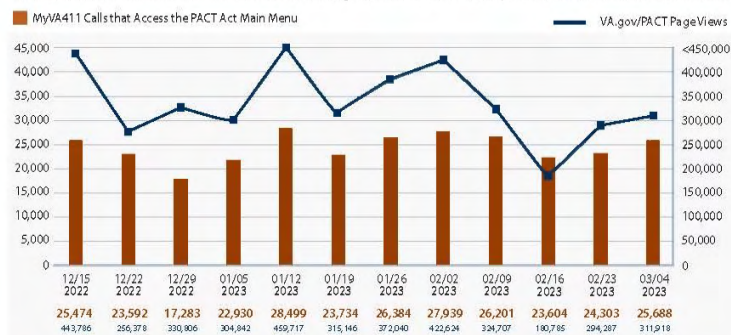
**495,313**  
Total Pending Non-PACT  
Act Related Claims  
(as of 03/04/2023)



## Web Experience

### VA.gov/PACT Page Views & 1-800-MyVA411 Calls that Access the PACT Act Main Menu (Press 8)

This metric has been refreshed with more current data, resulting in some differences in weekly counts from this chart and the chart featured in Issue 1 (March 03, 2023).



The PACT Act webpage has received to date:



**8.9M+**  
Total Page Views  
(08/10/2022–03/05/2023)



**311,360**  
Total Clicks on Call  
to Action to File a  
Disability Claim Online  
(08/10/2022–03/05/2023)

### Digital Advertising (ChooseVA PACT Act Campaign)



Cumulative Totals:

**463,296,273**

Total Impressions

**2,653,496**

Total Clicks

**0.57%**

Click Through Rate



## Phone Experience

### VA Call Centers



**448,365**  
Total MyVA411 that  
Access the PACT Act  
Main Menu (Press 8)  
(10/20/2022–03/04/2023)

MAIN MENU



**86,762**  
Calls that Access  
Option 1 to Learn  
More about PACT  
Act and Health Care  
(10/20/2022–03/04/2023)

OPTION 1



**101,365**  
Calls that Access  
Option 2 to Learn  
More about PACT  
ACT Benefits  
(10/20/2022–03/04/2023)

OPTION 2



**139,112**  
Calls that Access  
Option 3 to Learn  
More about the  
PACT Act Overall  
(10/20/2022–03/04/2023)

OPTION 3

## Page One

### Metric/Term

Total Veterans/Survivors with Completed PACT Act Claims

Total Veterans with Completed PACT Act Claims

Total Survivors with Completed PACT Act Claims

VHA Trust

Total New VHA Enrollees

Increase in New Enrollees in VHA

Upcoming Outreach Calendar

### Definition

This metric identifies the unique number of Veterans and Survivors who have filed a PACT Act benefit claim which VBA processed to completion.

This metric identifies the unique number of Veterans who filed a PACT Act benefit claim which VBA processed to completion.

This metric identifies the unique number of Survivors who filed a PACT Act benefit claim which VBA processed to completion.

This trust score reflects the percentage of Veterans who respond to the survey question, "I trust the VHA [Facility Name] for my health care needs" with a score of 4 or 5.

This statistic identifies the total new VHA enrollments (newly registered healthcare beneficiaries) for the periods of August 2022-End of Current Month 2023 and August 2021-End of month 2022, for comparative analysis purposes.

This number identifies the change between 2023 and 2022 VHA enrollees during the same time period.

This calendar identifies key activities or outreach events occurring in the coming weeks.

## Page Two

### Metric/Term

Total Toxic Exposure Screenings

Toxic Exposure Screenings where Veterans Endorsed at least 1 Exposure

Weekly Total: PACT Act Related Claims Submitted

Weekly Total: PACT Act Related Claims Completed

Cumulative Total: PACT Act Related Claims Submitted

Cumulative Total: PACT Act Related Claims Completed

Weekly Total: Non-PACT Act Related Claims Submitted

Weekly Total: Non-PACT Act Related Claims Completed

Cumulative Total of Non-PACT Related Claims Submitted

Cumulative Total of Non-PACT Related Claims Completed

### Definition

This statistic identifies the number of Veterans who have received a VHA Toxic Exposure Screening. Every Veteran enrolled in VA health care will receive an initial screening and a follow-up screening at least once every 5 years. Veterans who are not enrolled and who meet eligibility requirements will have an opportunity to enroll and receive the screening.

The screening will ask Veterans if they think they were exposed to any of these hazards while serving: Open burn pits and other airborne hazards, Gulf War-related exposures, Agent Orange Radiation, Camp Lejeune contaminated water exposure and/or Other Exposures.

This statistic identifies the number of VHA Toxic Exposure Screenings where a Veteran identified at least one exposure to toxic substances. It includes the number of Veterans who received the screening, the number of Veterans who identified at least one potential concern related to a toxic substance exposure, and the percentage of responses in which Veterans identified at least one instance of toxic exposure during the screening.

This metric identifies the total number of VBA benefit claims with at least one PACT Act-related claimed issue received each week.

This statistic identifies the number of VBA benefit claims with at least one PACT Act-related condition completed each week.

This statistic identifies the total number of VBA benefits claims with at least one PACT Act related condition received since August 10, 2022.

This statistic identifies the total number of VBA claims with at least one PACT Act related condition completed since August 10, 2022.

This number identifies the total VBA benefits claims received each week not related to PACT Act.

This number identifies the total VBA benefits claims completed each week not related to PACT Act.

This statistic identifies the cumulative total of VBA benefits claims received since August 10, 2022, which are not related to the PACT Act.

This statistic identifies the cumulative total of VBA benefits claims completed since August 10, 2022, which are not related to the PACT Act.

## Page Three

### Metric/Term

Inventory Pending-PACT Related

Inventory Pending-Non-PACT Related

Top 5 PACT Act Conditions Granted

Total Pending PACT Act Claims

Total Pending Non-PACT Act Claims

MyVA411 Calls that Access the PACT Act Main Menu (Press 8)

VA.gov/PACT Page Views

Total Clicks on Call to Action to File a Disability Claim Online

Total Impressions

Total MyVA411 Calls that Access the PACT Act Main Menu (Press 8)

### Definition

This metric identifies the number of VBA claims with at least one PACT Act-related condition pending in the workload.

This metric identifies the number of VBA claims which do not have any conditions related to the PACT Act pending in the workload.

This statistic identifies the five presumptive conditions related to the PACT Act which are most frequently granted on VBA disability compensation rating decisions.

This statistic identifies the current number of pending VBA benefit claims with one or more PACT Act-related conditions.

This statistic identifies the current number of pending VBA benefit claims without any PACT Act-related conditions.

This statistic identifies the number of calls to 1-800-MyVA411 where callers selected the PACT Act Main Menu (Press 8).

This metric identifies the number of page views for the va.gov/PACT website.

This statistic identifies the number of times visitors to the VA.gov/PACT website clicked the "Apply for Benefits" link to file a disability compensation claim online.

This statistic identifies the total number of PACT Act advertisements rendered on user screens through digital marketing. The impression is not action-based but is the user potentially seeing the PACT Act advertisement for awareness.

This statistic identifies the total number of calls received to the automated MyVA411 line (option 8), which provides information about the PACT Act to callers.

## Geographical Map

Reminder: the Geographical Analysis is included in every other issue of this dashboard publication. The next geographical analysis will be released on March 31, 2023.

### Metric/Term

Veterans in State

Total PACT Act Related Claims Received

Percentage of Total PACT Act Related Claims Received

Veterans Currently Enrolled with VA for Care

New Enrollees

Percentage of New Enrollees

### Definition

This statistic identifies the number of Veterans in a particular location. This is a projection as of 09/30/2022. This projection is not subdivided for U.S. territories, Freely Associated States, and Philippines; this population is aggregated.

This statistic identifies the total number of VBA benefit claims with at least one PACT Act-related condition separated by state of residence.

This statistic identifies the percentage of VBA benefit claims with at least one PACT Act related condition received in a particular state divided by the overall number of PACT Act related claims received.

This statistic identifies the number of Veterans enrolled in VHA healthcare who have a permanent address in a particular state. (This does not include those Veterans who do not have a permanent address or those with a permanent address outside the 50 states).

This statistic identifies the number of Veterans newly enrolled in VHA healthcare who have a permanent address in a particular state. (This does not include those Veterans who do not have a permanent address or those with a permanent address outside the 50 states).

This statistic identifies the percentage of Veterans newly enrolled in VHA healthcare who have a permanent address in a particular state, divided by the overall Veteran population. (This does not include those Veterans who do not have a permanent address or those with a permanent address outside the 50 states).

### Further Geographic Explanations

Symbol –

U.S. territories, Freely Associated States, and Philippines

Philippines,

Unknown/Foreign

<10 Privacy Threshold

Data is unavailable.

U.S. territories, Freely Associated States, and Philippines group includes claims from Veterans and Survivors residing in the following locations: American Samoa, Federated States of Micronesia, Guam, Marshall Islands, Commonwealth of Northern Mariana Islands, Palau, and U.S. Virgin Islands.

The Unknown/Foreign group includes Veterans and Survivors with a foreign address or where state of residence information is currently unavailable.

To maintain Veteran and Survivor privacy, receipts and enrollments <10 cannot be publicly shared.

13  
MAY



04  
PM



# VETERAN CHAMPIONS

★ ★ ★ *Social Celebration & BBQ* ★ ★ ★



**HONORING ALL WHO SERVED**

**FAMILY & COMMUNITY BBQ SOCIAL**

107 N CHESTNUT ST. CORTEZ, CO 81321



**Suicide  
Awareness  
For  
Everyone**

**JOIN US FOR FOOD, GAMES & AN  
AUCTION TO BENEFIT OUR LOCAL DAV**

PLEASE RSVP WITH QR CODE OR ONLINE @  
[bit.ly/3FJei2V](https://bit.ly/3FJei2V)



Hamburgers and Hot Dogs will be served. This is a family friendly BBQ and we welcome Montezuma and Dolores residents to come out and socialize with our local Veteran Community. Food is free, donations are suggested. This event will be a clean and sober event.

# Welcome Home Vietnam Veterans Day Event!



Presented by TRU Community Care and City of Boulder Older Adult Services

**Thursday, March 30, 2023 - East Boulder Age Well Center  
5660 Sioux Dr., Boulder CO 80303**

**11 a.m. to 1:30 p.m.  
Healing Warriors Miniature Pop-up  
Flagstaff Room**

Veterans from any era and service branch, as well as Veterans' partners and parents, are invited to stop by anytime between 11 a.m. and 1:30 p.m. to receive acupuncture, craniosacral, and/or healing touch therapy at NO COST, no appointment necessary.

The Healing Warriors Program provides no cost, integrative, non-narcotic treatments for PTSD, TBI, interpersonal trauma, sleep disorders, chronic pain, cancer support, and more.

More at [www.healingwarriorsprogram.org](http://www.healingwarriorsprogram.org)

**11 a.m. to 1 p.m.  
Veteran-Veteran Café  
Ballroom**

Veterans from any era and service branch are invited to enjoy a free lunch. Stop by any time between 11:30 a.m. and 1 p.m. for good food and conversation

We hope you stay for the Welcome Home Vietnam Veterans Commemoration.

Please RSVP at [TRUcare.org/welcomehome](http://TRUcare.org/welcomehome).  
Your RSVP is requested but not required.

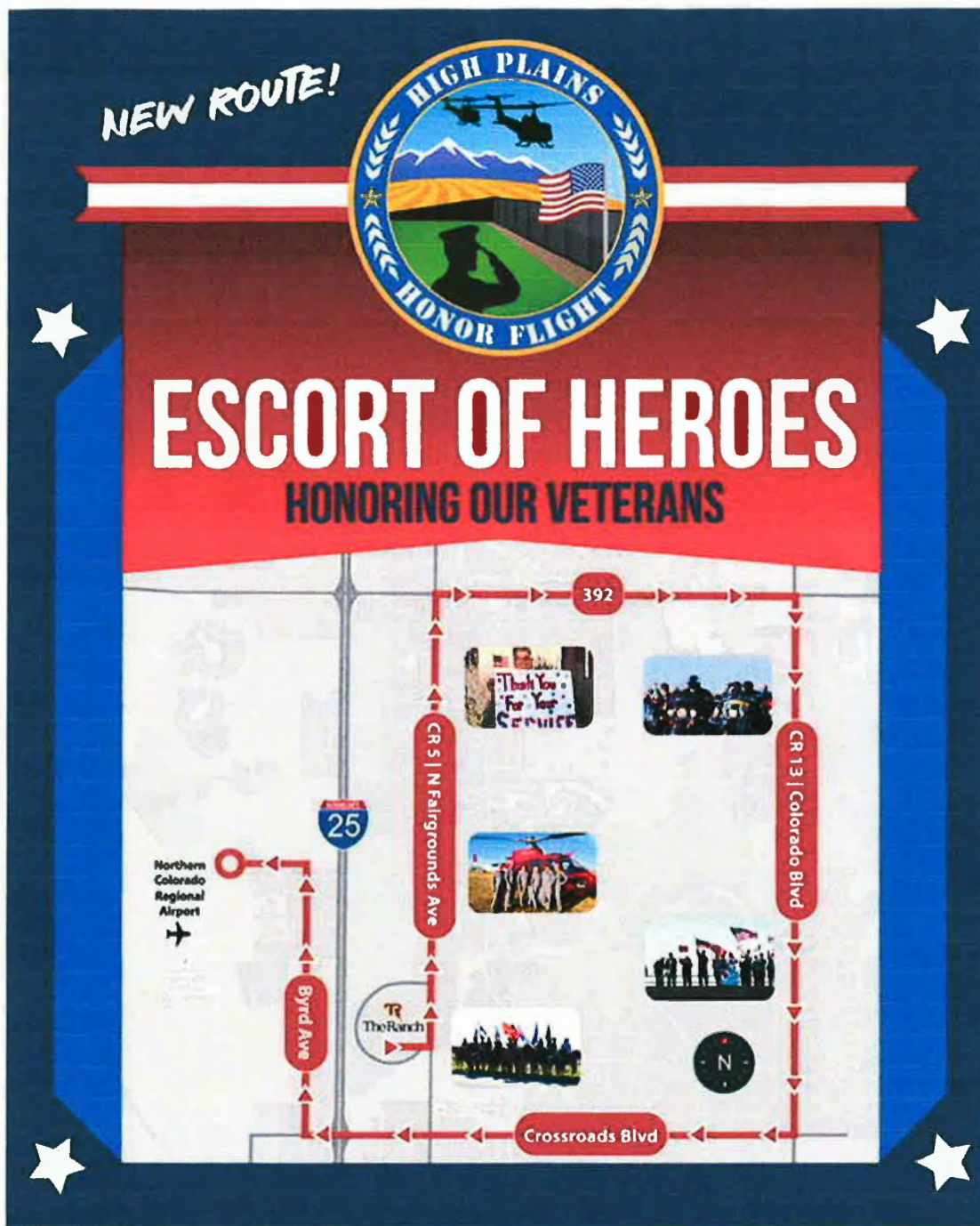
**1:30 to 2:30 p.m.  
Welcome Home Vietnam Veterans Commemoration**

- A Vietnam Era Veteran commemorative pinning by members of the American Legion Post 32 Honor Guard
- A word from Boulder Mayor, Aaron Brockett
- Music, refreshments and stories.

Please RSVP at [TRUcare.org/welcomehome](http://TRUcare.org/welcomehome).  
Your RSVP is requested but not required.



*Affirming life at every step of your journey with illness and loss*



**APRIL 30<sup>TH</sup>**

**LINE THE ROUTE TO SHOW YOUR APPRECIATION AND CHEER ON  
OUR LOCAL VETERANS AS THEY DEPART ON HIGH PLAINS HONOR FLIGHT.  
BUSES DEPART FROM THE RANCH AT 8:20 AM**



U.S. Department of Veterans Affairs  
Veterans Health Administration

# Veterans Affairs Dental Insurance Program

Delta Dental is proud to offer valuable dental benefits to help improve the health and lives of Veterans and CHAMPVA beneficiaries through the Veterans Affairs Dental Insurance Program (VADIP).

Eligible beneficiaries include Veterans enrolled in Veterans Affairs (VA) health care and people enrolled in the VA's Civilian Health and Medical Program (CHAMPVA). Choose between three plans and enjoy access to our large, nationwide network of dentists. All three VADIP plans offer 100% coverage for in-network cleanings, exams and x-rays.

Benefits	Enhanced plan		Comprehensive plan		Prime plan	
	In-network	Out-of-network	In-network	Out-of-network	In-network	Out-of-network
<b>Benefits available upon enrollment</b>						
<b>Diagnostic and preventive<sup>1</sup></b> Routine cleanings, x-rays, oral exams, sealants	100%	80%	100%	80%	100%	90%
<b>Basic restorative</b> Fillings (silver)	50%	30%	60%	40%	70%	60%
<b>Simple extractions<sup>2,3</sup></b>	50%	30%	50%	30%	50%	40%
<b>General services</b>	Not covered	Not covered	50%	30%	50%	40%
<b>Additional benefits available after nine months of enrollment</b>						
<b>Major restorative<sup>2</sup></b> Crowns	Not covered	Not covered	50%	30%	70%	60%
<b>Endodontics<sup>2</sup></b> Root canals	50%	30%	50%	30%	50%	40%
<b>Periodontics<sup>2</sup></b> Treatment for gums	50%	30%	50%	30%	50%	40%
<b>Prosthodontics<sup>2,4</sup></b> Bridges, dentures, implants	Not covered	Not covered	50%	30%	50%	40%
<b>Deductibles and maximums</b>						
<b>Deductible</b>	\$50	\$50	\$0	\$50	\$0	\$50
<b>Annual maximum</b>	\$1,000	\$1,000	\$1,500	\$1,500	\$3,000	\$3,000

<sup>1</sup> The deductible is waived for diagnostic and preventive procedures for all plans.

<sup>2</sup> The waiting period is nine months for major restorative (Comprehensive and Prime; Enhanced not covered), endodontics (all plans), periodontics (all plans), oral surgery<sup>3</sup> (all plans) and prosthodontics (Comprehensive and Prime; Enhanced not covered).

<sup>3</sup> Simple extractions (procedure codes D7111 and D7140) are the only covered oral surgery services under the Enhanced Plan (lifetime) and the only covered oral surgery services in the first nine months under the Comprehensive and Prime plans.

<sup>4</sup> Per the missing tooth clause, services or treatment for the provision of an initial prosthodontic appliance (i.e. fixed bridge restoration, implants, removable partial or complete denture, etc.) when it replaces natural teeth extracted or missing, including congenital defects, prior to the effective date of coverage are not eligible for coverage.

Orthodontics (Braces) are not a covered benefit.

## Enrollment is quick and easy

Visit [deltadentalins.com/vadip](https://deltadentalins.com/vadip) and select **Enroll now**. Be sure to enter your name exactly as it is listed in the VA system.

Don't have internet access? Call Delta Dental at **855-460-3302** and request an enrollment application kit or simply enroll over the phone.

## Delta Dental coverage is affordable

Receive quality dental care at a price you can afford. Easily look up plan rates in your area and compare options to find the right fit for your needs. Your premium rate is based on where you live.

Region 1	Region 2	Region 3	Region 4	Region 5
Connecticut Delaware Maine Maryland Massachusetts New Hampshire New Jersey New York North Carolina Pennsylvania Rhode Island Vermont Virginia Washington D.C. West Virginia	Alabama Florida Georgia Kentucky Puerto Rico South Carolina Tennessee U.S. Virgin Islands	Illinois Indiana Iowa Kansas Michigan Minnesota Missouri Nebraska North Dakota Ohio South Dakota Wisconsin	Arkansas Colorado Louisiana Mississippi Montana Oklahoma Texas Utah Wyoming	Alaska American Samoa Arizona California Guam Hawaii Idaho Nevada New Mexico Northern Mariana Islands Oregon Philippines Washington

January 1, 2023 – December 31, 2023

Rating region	Veteran		CHAMPVA		
	1 Veteran	2 Veterans	1 beneficiary	2 beneficiaries	3 or more beneficiaries
Enhanced Plan					
1	\$21.50	\$43.00	\$21.50	\$43.00	\$64.50
2	\$20.51	\$41.02	\$20.51	\$41.02	\$61.53
3	\$22.61	\$45.22	\$22.61	\$45.22	\$67.83
4	\$18.87	\$37.74	\$18.87	\$37.74	\$56.61
5	\$26.05	\$52.10	\$26.05	\$52.10	\$78.15
Comprehensive Plan					
1	\$36.89	\$73.78	\$36.89	\$73.78	\$110.67
2	\$35.07	\$70.14	\$35.07	\$70.14	\$105.22
3	\$38.91	\$77.83	\$38.91	\$77.83	\$116.74
4	\$32.10	\$64.19	\$32.10	\$64.19	\$96.29
5	\$45.16	\$90.32	\$45.16	\$90.32	\$135.48
Prime Plan					
1	\$45.88	\$91.76	\$45.88	\$91.76	\$137.64
2	\$43.58	\$87.16	\$43.58	\$87.16	\$130.74
3	\$48.47	\$96.94	\$48.47	\$96.94	\$145.41
4	\$39.79	\$79.58	\$39.79	\$79.58	\$119.37
5	\$56.41	\$112.82	\$56.41	\$112.82	\$169.23

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VADIP Fact Sheet #135945.01 (rev. 01/23)

The Department of Veterans Affairs Dental Insurance Program

# The Veterans Affairs Life Insurance (VALife) application is here March 13, 2023

By Veterans Benefits Administration, Office of Strategic Engagement

Enrollment is open for VA's newest life insurance program. [VALife](#) offers guaranteed acceptance whole life insurance to Veterans age 80 or under with any level of service-connected disability (0-100%). Veterans 81 or older may qualify if they meet certain criteria and apply within a certain timeframe.

## *Key features of VALife include:*

- Coverage up to \$40,000, available in \$10,000 increments
- No health questions or medical exam to enroll
- No deadline to apply if you are age 80 or under
- Convenient online application and enrollment, and Cash value that builds over the life of the policy, after the first two years of enrollment

VALife opens life insurance coverage to more service-connected Veterans than ever before. VA's previous life insurance program for service-connected Veterans—Service-Disabled Veterans Life Insurance (S-DVI)—had a two-year time limit to apply and health requirements for enrollment. As a guaranteed acceptance whole life insurance program, VALife eliminates the time limit to apply and does not ask health questions to enroll. In addition, VALife increases the coverage amount available to service-connected Veterans. VALife offers a maximum of \$40,000 while S-DVI offered up to \$10,000 in basic coverage.

VALife premium rates are the same for men and women, not based on medical conditions, and will not increase over the life of the policy. Premiums are based on a Veteran's age upon enrollment and the coverage amount selected. The full table of monthly VALife premium rates can be found at <https://www.va.gov/life-insurance/options-eligibility/valife/>.

In most cases, VALife premium rates are competitive with, or better than, similar private sector guaranteed acceptance programs. Unlike S-DVI, VALife does not offer waiver of premiums.

You can apply, receive an instant decision, and manage aspects of your VALife policy online at <https://www.va.gov/life-insurance/options-eligibility/valife/>.

Learn more about the VALife program and its impact for millions of Veterans here: <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5844>.

# Veteran Suicide Prevention

[VA](#) » [Office of Public and Intergovernmental Affairs](#) » [News Releases](#)

Office of Public and Intergovernmental Affairs

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

Jan. 13, 2023, 09:02:00 AM

Starting Jan. 17, Veterans in suicidal crisis can go to any VA or non-VA health care facility for free emergency health care

**WASHINGTON** – Starting Jan. 17, Veterans in acute suicidal crisis will be able to go to any VA or non-VA health care facility for emergency health care at no cost – including inpatient or crisis residential care for up to 30 days and outpatient care for up to 90 days. Veterans do not need to be enrolled in the VA system to use this benefit.

This expansion of care will help prevent Veteran suicide by guaranteeing no cost, world-class care to Veterans in times of crisis. It will also increase access to acute suicide care for up to 9 million Veterans who are not currently enrolled in VA. Preventing Veteran suicide is VA’s top clinical priority and a top priority of the Biden-Harris Administration. This effort is a key part of VA’s 10-year [National Strategy for Preventing Veteran Suicide](#) and the Biden-Harris administration’s plan for [Reducing Military and Veteran Suicide](#). In September, VA released the [2022 National Veteran Suicide Prevention Annual Report](#), which showed that Veteran suicides decreased in 2020 for the second year in a row, and that fewer Veterans died by suicide in 2020 than in any year since 2006.

“Veterans in suicidal crisis can now receive the free, world-class emergency health care they deserve – no matter where they need it, when they need it, or whether they’re enrolled in VA care,” said **VA Secretary for Veterans Affairs Denis McDonough**. “This expansion of care will save Veterans’ lives, and there’s nothing more important than that.”

VA has submitted an [interim final rule](#) to the federal register to establish this authority

[under section 201 of the Veterans Comprehensive Prevention, Access to Care, and Treatment \(COMPACT\) Act of 2020](#). The final policy, which takes effect on Jan. 17, will allow VA to:

- Provide, pay for, or reimburse for treatment of eligible individuals’ emergency suicide care, transportation costs, and follow-up care at a VA or non-VA facility for up to 30 days of inpatient care and 90 days of outpatient care.
- Make appropriate referrals for care following the period of emergency suicide care.
- Determine eligibility for other VA services and benefits.
- Refer eligible individuals for appropriate VA programs and benefits following the period of emergency suicide care.

Eligible individuals, regardless of VA enrollment status, are:

- Veterans who were discharged or released from active duty after more than 24 months of active service under conditions other than dishonorable.
- Former members of the armed forces, including reserve service members, who served more than 100 days under a combat exclusion or in support of a contingency operation either directly or by operating an unmanned aerial vehicle from another location who were discharged under conditions other than dishonorable.
- Former members of the armed forces who were the victim of a physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

Over the past year, VA has announced or continued several additional efforts to end Veteran suicide, including [establishing 988 \(then press 1\) as a way for Veterans to quickly connect with caring, qualified crisis support 24/7](#); proposing a new rule that would [reduce or eliminate copayments](#) for Veterans at risk of suicide; conducting an ongoing public outreach effort on [firearm suicide prevention and lethal means safety](#); and leveraging a [national Veteran suicide prevention awareness campaign, “Don’t Wait. Reach Out.”](#)

# Veteran Suicide Prevention continued

If you're a Veteran in a mental health crisis and you're thinking about hurting yourself—or you know a Veteran who's considering this—get help right away. You're not alone.

## How do I talk to someone right now?

Find out how to get support anytime, day or night.

If you're a Veteran in crisis or concerned about one, connect with our caring, qualified Veterans Crisis Line responders for confidential help. Many of them are Veterans themselves. This service is private, free, and available 24/7.

## To connect with a Veterans Crisis Line responder anytime day or night:

**Veterans Crisis Line:** 1–800–273–8255 Press 1

Call [988](#), then select 1.

Text [838255](#).

[Start a confidential chat](#).

If you have hearing loss, call TTY: [800-799-4889](#).

## You can also:

Call [911](#).

♦ Go to the nearest emergency room.

Go directly to your nearest VA medical center. It doesn't matter what your discharge status is or if you're enrolled in VA health care.

[Find your nearest VA medical center](#)

How can I get ongoing support?

You can get ongoing support through your local VA health care facility or regional office:

Our specially trained suicide prevention coordinators—available in each VA medical center across the country—can help you get the counseling and services you need.

Our Vet Centers can help you—and your family—readjust to life at home after you've returned from serving in a combat zone.

Our Veterans Benefits Administration offices can help you access benefits for disability compensation (monthly payments), job training, home loans, and more.

[Find these and other resources near you](#)

You can also find information and support on our websites:

Get information about suicide prevention and the support we offer.

[Visit our suicide prevention website](#)

Go to our Make the Connection website to get resources and watch stories of Veterans who've overcome depression and other mental health challenges.

[Visit Make the Connection](#)

## Information for family, friends, and caregivers

## What are the signs that someone may be considering suicide?

Many Veterans don't show any signs of an urge to harm themselves before doing so. But some may show signs of depression, anxiety, low self-esteem, or hopelessness, like:

# Veteran Suicide Prevention continued

- ◆ Seeming sad, depressed, anxious, or agitated most of the time
- ◆ Sleeping either all the time or not much at all
- ◆ Not caring about what they look like or what happens to them
- ◆ Pulling away from friends, family, and society
- ◆ Losing interest in hobbies, work, school, or other things they used to care about

Expressing feelings of excessive guilt or shame, failure, lack of purpose in life, or being trapped

They may also change the way they act, and start to:

- ◆ Perform poorly at work or school
- ◆ Act violently or take risks (like driving fast or running red lights)

Do things to prepare for a suicide (like giving away special personal items, making a will, or seeking access to guns or pills)

[Get the full list of signs that someone may be considering suicide](#)

Learn about common suicide myths and realities, Veteran-specific suicide risks, and warning signs.

[Recognize when to ask for help](#)

[Take our Veterans self-check quiz](#)

## **I want to help a Veteran adjust to life at home, but I don't know how. Can I get support?**

Yes. If you're a family member or friend of a Veteran who's having trouble adjusting to life at home, we can help. Through our national Coaching Into Care program, our licensed psychologists and social workers will talk with you by phone, free of charge, to help you find your way around the VA system and figure out the best way to help the Veteran you care about. All calls are confidential (private).

To speak with a VA coach, call [888-823-7458](tel:888-823-7458), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET.

To get tips and resources for spouses, parents, and Veterans, visit the Coaching Into Care website.

[Visit Coaching into Care](#)

## **How do I talk to my child about a suicide attempt in the family?**

Get tips for talking to children of different ages about suicide:

- ◆ [Preschoolers](#)
- ◆ [School-age children](#)
- ◆ [Teenagers](#)
- ◆ [All ages](#)

Related health problems you may want to learn about:

- ◆ [Military sexual trauma \(MST\)](#)
- ◆ Learn about VA health services to help support Veterans dealing with issues related to military sexual trauma. [Substance use problems](#)
- ◆ Learn more about VA health services to help support Veterans with substance use problems. [Posttraumatic stress disorder \(PTSD\)](#)
- ◆ Learn more about VA health services to help support Veterans with PTSD. [Depression](#)
- ◆ Learn more about VA health services to help support Veterans with depression.

# VFW

## Post 5231 Montezuma County Post

**Quartermaster:** John Davis III

**Commander:** Tommy Endres

**Dues Amount:** \$35.00

Check out our face book page at <https://www.facebook.com/VFWPost5231>

If you would like to join contact any VFW member or come to one of our meetings on the first Thursday of every month at the Senior Annex at 107 N. Chestnut, Cortez, CO 81321 the corner of Montezuma and Chestnut.

PO Box 561, Cortez, CO 81321, Phone: (970) 560-5242



### Meeting Location & Time

107 North Chestnut, Cortez, CO 81321 7:00 pm 1st Thursday of the month

**Our Mission:** *To foster camaraderie among United States veterans of overseas conflicts. To serve our veterans, the military and our communities. To advocate on behalf of all veterans.*

**Our Vision:** *Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.*

**Who We Are:** The Veterans of Foreign Wars of the United States is a nonprofit veterans service organization comprised of eligible veterans and military service members from the active, guard and reserve forces. We trace our roots back to 1899 when veterans of the Spanish-American War (1898) and the Philippine Insurrection (1899-1902) founded local organizations to secure rights and benefits for their service. Many arrived home wounded or sick. There was no medical care or veterans' pension for them, and they were left to care for themselves.

In their misery, some of these veterans banded together and formed organizations that would eventually band together and become known as the Veterans of Foreign Wars of the United States. After chapters were formed in Ohio, Colorado and Pennsylvania, the movement quickly gained momentum. Today, membership stands at more than 1.5 million members of the VFW and its Auxiliary.

Our voice was instrumental in establishing the Veterans Administration, development of the national cemetery system, in the fight for compensation for Vietnam vets exposed to Agent Orange and for veterans diagnosed with Gulf War Syndrome. In 2008, we won a long-fought victory with the passing of a GI Bill for the 21st Century, giving expanded educational benefits to America's active duty service members, and members of the guard and reserves, fighting in Iraq and Afghanistan. We were the driving force behind the Veterans Access and Accountability Act of 2014, and continually fight for improved VA medical centers services for women veterans.

Besides helping fund the creation of the Vietnam, Korean War, World War II and Women in Military Service memorials, in 2005 the VFW became the first veterans' organization to contribute to building the new Disabled Veterans for Life Memorial, which opened in November 2010. And in 2015, we became the first supporter of the National Desert Storm War Memorial which is planned for construction at our nation's capital.

We have many programs and services that work to support veterans, service members and their families, as well as communities worldwide. **No One Does More For Veterans.**

### Our Core Values:

- Always put the interests of our members first
- Treat donors as partners in our cause
- Promote patriotism
- Honor military service
- Ensure the care of veterans and their families
- Serve our communities
- Promote a positive image of the VFW
- Respect the diversity of veteran opinions [www.vfw.org/about-us](http://www.vfw.org/about-us)

# DAV

Ron Terry is the Commander. Hour of operation are Monday—Friday 9:00am to 3pm, closed Saturday and Sunday.

If you would like to join contact any DAV member or contact the office at (970) 565-4310 Check out our face book page at [www.facebook.com/projectoutreachvets/](http://www.facebook.com/projectoutreachvets/) or visit us at 432 North Broadway Street, Cortez, CO, email: [outreach.center@yahoo.com](mailto:outreach.center@yahoo.com)

The Disabled American Veterans (DAV) is an organization created in 1920 by World War I veterans for disabled military veterans of the United States Armed Forces that helps them and their families through various means. It was issued a federal charter by Congress in 1932. It currently has over 1 million members.

In 2020 and 2021 DAV celebrated its centennial anniversary and marked 100 years of service and support for America's injured and ill veterans and their families.

The Disabled American Veterans of the World War (now DAV—Disabled American Veterans) was founded by former Cincinnati Judge Robert S. Marx in 1920. Marx, a U.S. Army captain who received the Distinguished Service Cross during the First World War, recognized that the nation was ill-equipped to provide the medical care and services the more than 200,000 injured and ill returning war veterans needed—and had earned.

Since the time of our founding, we have stood as an organization of veterans serving veterans as they make the critical transition from military service to civilian life. Today, with a century of service and support under our belts and more than 1 million members in our ranks, DAV continues the fight to make medical care, employment, education and other earned benefits accessible to America's 4 million disabled veterans.

Veterans need our help today, as much as they did 100 years ago. They have earned the right to participate in the American Dream they helped to defend, and we will continue our work to help make that promise possible well into the future. Please join us as we mark this momentous anniversary in DAV's history of service to the men and women who served.

## **Mobile Service Office**

The DAV's Mobile Service Office (MSO) Program is designed to bring assistance for disabled veterans and their families living in geographic rural areas on veterans' benefits, filing claims and services closer to home by eliminating long trips for veterans to the National Service Offices. The DAV's specially equipped Mobile Service Offices "offices on wheels" visits communities according to the MSO locations schedule.

## **Veterans Information Seminars**

This outreach program is designed to educate veterans, their families and survivors who are unaware of veterans government benefits and programs, counseling and claims filing assistance service by DAV's National Service Officers (NSO) at communities throughout the country. Veterans Information Seminars are free of charge to all veterans and do not have to be a member of DAV to attend the Veterans Information Seminars. DAV's Veterans Information Seminars are held at Local DAV Chapters and Community Centers.

## **Homeless Veterans Initiative**

The Disabled American Veterans Homeless Veterans Initiative is supported by the DAV's Charitable Service Trust and the Columbia Trust. This initiative promotes the development of supportive housing and necessary services to assist homeless veterans become productive, self-sufficient members of society. The DAV works with Federal, state, county, and city governments to develop programs to assist homeless veterans. It also coordinates with the VA to get health care, substance abuse treatment, mental health services to put homeless veterans in transition to productive members of their community.



# American Legion

Scott Magness is the Commander. American Legion member meetings are the first Tuesday of every month. 7:00 PM - 8:00 PM

If you would like to join contact any American Legion member or contact the office at (970) 565-8151. We are located at 320 N Harrison St, Cortez, CO 81321, 970-565-8151.

Check out our face book page at [www.facebook.com/American-Legion-Ute-Mountain-Post-75-Cortez-CO-325568974578945/](https://www.facebook.com/American-Legion-Ute-Mountain-Post-75-Cortez-CO-325568974578945/)

Mission, vision and values



The American Legion is built on a promise from men and women who swore with their lives to defend and protect the United States through military service. The promise begins at enlistment, grows through training and discipline in the U.S. Armed Forces and continues after discharge, as veterans in service to community, state and nation.

In times of crisis, The American Legion steps into the turmoil and fights to provide needed assistance for others.

Young people who seek positive opportunities turn to The American Legion, which has mentored generations into responsible citizens.

Veterans in need of advocates to help them achieve meaningful careers, educations, health-care services, friends and stable homes are supported every day, free of charge, by The American Legion.

Active-duty, National Guard and Reserve personnel have dedicated supporters in The American Legion. A strong and well-resourced national defense is, and has always been, a central purpose of the organization. As former troops, Legionnaires understand the importance of home-front support.

Legionnaires constantly remind communities that freedom and prosperity come with a price, a price often paid in blood. They know the difference between Memorial Day and Veterans Day. They raise the money, put in the hours and bring into existence monuments and memorials to "preserve the memories and incidents of our associations in all wars."

The American Legion salutes the flag and asks all others to show respect for the unity, freedom and hope it represents.

Among American Legion members, there is no rank or prejudice, only purpose. A veteran is a veteran. And the purpose of veterans in The American Legion is to strengthen the United States of America through programs, services, compassion and actions that have proven vital, timeless and life-changing for over a century.

The American Legion's mission statement, as adopted by the National Executive Committee in October 2020, is:

To enhance the well-being of America's veterans, their families, our military, and our communities by our devotion to mutual helpfulness. The American Legion's vision statement is "The American Legion: Veterans Strengthening America." The American Legion's value principles are as follows:

**A VETERAN IS A VETERAN** - which means The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities.

**SELFLESS SERVICE** - which means The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.

**AMERICAN VALUES AND PATRIOTISM** - which means The American Legion advocates for upholding and defending the United States Constitution, equal justice and opportunity for everyone and discrimination against no one, youth education, responsible citizenship and honoring military service by observing and participating in memorial events.

**FAMILY AND COMMUNITY ENGAGEMENT** - which means The American Legion meets the unique needs of local communities.

**ADVANCING THE VISION** - which means The American Legion educates, mentors and leads new generations of Americans.

**HONOR THOSE WHO CAME BEFORE US** - which means The American Legion pays perpetual respect for all past military sacrifices to ensure they are never forgotten by new generations.

The American Legion's motto is "Veterans Strengthening America." [www.legion.org/mission](https://www.legion.org/mission)

# Exercise your Brain Answers

1600

1. How long ago do historians estimate the first settlers arrived on what is now American soil? **More than 12,000 years ago.**
2. How did Indigenous tribes get here? **Scholars believe they walked over a land bridge between Asia and Alaska.**
3. When did Christopher Columbus land in what would later become the United States? **He didn't. Most historians agree he landed in parts of Central and South America, as well as some Caribbean islands.**
4. What is the oldest European-founded city in the United States? **St. Augustine, Florida, founded in 1565 by Don Pedro Menendez de Aviles of Spain.**
5. Who was the first European to land in North America? **Leif Erikson arrived from Norway in the 10th century.**
6. What five countries formed colonies that would later become part of the United States territory? **England, France, the Netherlands, Russia and Spain.**
7. What tribe was Pocahontas from? **The Powhatan tribal nation.**
8. Who did Pocahontas marry? **John Rolfe, a tobacco planter.**
9. What was the name of the first (permanent English) American colony? **Jamestown, after King James I.**
10. What year was the Jamestown settlement established? **In 1607.**
11. Why did the Pilgrims come to America? **To start their own religious community after becoming dissatisfied with the Protestant Church in England.**
12. What was the name of the Pilgrims' ship? **The Mayflower.**
13. What year were the first enslaved Africans brought to American colonies? **1619.**
14. How many people were killed in the Salem Witch Trials? **Twenty people were executed for suspicion of witchcraft (usually by hanging, not burning at the stake), and five more died in jail.**
15. What ultimately ended the Salem Witch Trials? **The colony's governor ordered an end to the trials after his own wife was accused of witchcraft.**

1700s

1. How do historians refer to the time period in the 1730s and 1740s when colonists began embracing secular rationalism over religion? **The Great Awakening.**
2. With the Proclamation Line of 1763, the British forbid American colonists from settling west of which natural barrier? **The Appalachian Mountains.**
3. How many people were killed in the Boston Massacre? **Five people were killed after British soldiers fired on a mob that was harassing them.**
4. What was the date of the Boston Tea Party? **On Dec. 16, 1773, colonists dumped a shipment of tea into the Boston Harbor.**
5. What were colonists protesting with the Boston Tea Party? **The Stamp Act, a British tax on print materials such as stamps and newspapers.**
6. After the Boston Tea Party, Great Britain punished colonists with several laws that took away Massachusetts' right to govern itself. What were these laws called? **The Intolerable Acts (or the Coercive Acts in Great Britain).**
7. What city was the first capital of the United States? **New York City.**
8. When was the first American currency created? **The Continental Congress began issuing paper money called Continentals after the Revolutionary War began in 1775.**
9. When was the Declaration of Independence signed? **August 2, 1776 (The final draft was completed July 4, but it wasn't actually signed until nearly a month later).**
10. Who do historians believe created the first American flag? **Of course, Betsy Ross' legacy is intertwined with the ubiquitous red, white and blue flag, but some historians believe Continental Congress member Francis Hopkinson may have been the true creator. He claimed credit for it and even sent a bill to Congress for the design.**
11. What was Hopkinson's fee for creating the flag? **A quarter-cask of wine.**
12. When did the Revolutionary War end? **Sept. 3, 1783.**
13. What was the name of the treaty that ended the war? **The Treaty of Paris.**
14. How many battles were fought during the American Revolution? **More than 230.**
15. What was the first American state? **Delaware.**
16. Who was the first president to live in the White House? **John Adams.**
17. What founding father was credited with inventing bifocals? **Benjamin Franklin.**
18. How many original British colonies existed in America? **13.**
19. What was the first governing document of the newly created United States, later replaced by the U.S. Constitution? **The Articles of Confederation.**
20. Where was the Constitutional Convention held? **Philadelphia.**

# Exercise your brain

## American History Trivia Questions

The United States of America has packed quite a lot of action into the past 245+ years. Although the first Indigenous tribes arrived in North America thousands of years before, the United States officially started with a bang in 1776 and has gone through decades of turmoil, triumphs, and transitions. Here are American history trivia questions for you to test your knowledge to learn more about the nation under the stars and stripes. **Time to test you knowledge on the 1600's and earlier and the 1700's.**

1. What was unique about the Doolittle Raid?
2. Who was the Japanese admiral behind the Pearl Harbor attack?
3. What U.S. action created tension with Japan?
4. What was the code name for the Battle of Okinawa?
5. How did Hitler die?
6. What agreement, signed on September 27, 1940, created the Axis Powers?
7. What was Hitler's primary justification for invading Russia?
8. What country lost the most lives in World War II?
9. What was the name of the antisemitic laws passed in Nazi Germany on September 15, 1935?
10. In a Nazi concentration camp, a black triangle identified a prisoner as \_\_\_\_\_.
11. What happened at Dunkirk in May 1940?
12. Before the end of the war, Winston Churchill was replaced as British Prime Minister by...?
13. Which book was considered the bible of National Socialism in the German Third Reich?
14. Which best describes Germany's standard invasion strategy at the beginning of World War II?
15. Where was the French surrender to Germany signed?
16. Why did the British Royal Navy attack French warships at Mers-el-Kebir?
17. What was Germany's initial strategy for conquering Britain?
18. What research and development project produced the first nuclear weapons during World War II?
19. What country sent reinforcements in the form of "Division Azul" to aid Germany in its WWII attack on the Soviet Union?
20. What was the code name for the Battle of Normandy?

Answers to follow in the next issue along with more trivia.