

# **Montezuma County Veteran Services Newsletter**



## ***MISSION STATEMENT***

***“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.”***



## Montezuma County Veterans Services Newsletter, September 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.”*

My office is still here for veterans and their spouses who need help with veteran health care, disability claims, and more. Simply call 970-565-7155 and let me know how I can help. I (Frank) am the only VSO in Montezuma County and had to make some changes to keep my office running proficiently. I want to ensure everyone that my office remains fully operational to provide the services that Montezuma County veterans and their families.

Visit my website at [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)

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

### **New Office Hours**

Monday through Thursday 8:00 a.m. to 3:30 p.m., Fridays Closed.

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



**Office Closed for  
September Holidays  
Labor Day**



# Montezuma County Department of Veterans' Services

## Documents Checklist

Items to bring 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
- Private Medical Records to support claim
- 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

# *September 2023 Military / Federal Holidays*

Entire Month National Suicide Prevention Month

Entire Month National Service Dog Month

September 2 V-J Day (Victory over Japan)

September 4 Labor Day

September 11 Patriot Day

Sept. 15-17 Rosh Hashana (begins at sunset)

September 17 -23 Constitution Week

September 15-Oct 15 Hispanic Heritage Month

September 15 National POW/MIA Recognition Day

September 18 Air Force (USAF) Birthday

September 18 Office of the Sec. of Defense Birthday

September 18 Air National Guard Birthday

September 24 Gold Star Mother's Day

September 24-25 Yom Kippur

September 29 VFW Day



It's almost time for the ***VFW Stand Down***.

Call the numbers listed on the flier if you'd want to take part as a vendor. Alternatively, you can stop by my office in person at 107 N. Chestnut Ste. 205 in Cortez, where I can give you a signup sheet if you wish to take part as a vendor and show the veterans how you can help them. Hopefully we'll see you there.



## ***MONTEZUMA STAND DOWN FOR VETERANS***



107 N. Chestnut, Cortez CO

Corner of W. Montezuma Ave and N. Chestnut Cortez, Co .

Services and access will include

- |                             |                            |
|-----------------------------|----------------------------|
| -VA Enrollment/Benefits     | - Suicide Prevention Info  |
| -Secure Area for Belongings | -National Park Access Info |
| -Homelessness Prevention    | - Mental Health Support    |
| -Hair Cuts                  | - Substance Abuse Support  |
| -Hygiene Supplies           | - Housing Assistance       |
| -Employment                 | - Personal Neck Massage    |
| -Education                  | - Hearing Checks           |
| -Medical                    | - Veteran Service Officer  |

And More!

Proudly Hosted by VFW Post 5231

Saturday, September 16, 2023

9:00am until 3:00pm County Annex Building

To learn more about this event, sponsoring a vendor table, donating funds or materials or volunteering to staff this event or any general questions please call Corena at 970-570-5755 or Tom at 970-560-5242

## VA national cemeteries hold National Day of Service events marking 22nd anniversary of 9/11 FOR

IMMEDIATE RELEASE

Aug. 31, 2023 9:00 am

**WASHINGTON** — Today, the Department of Veterans Affairs announced more than 60 VA national cemeteries will host National Day of Service events Sept. 11. These events will honor the Veterans, service members, law enforcement personnel, firefighters, and other first responders who served and sacrificed for the nation Sept. 11, 2001, and in the 22 years since.

All are welcome to participate in these events, where volunteers will clean headstones and participate in other beautification activities at VA national cemeteries.

“On 9/11, we encourage all Americans to join us at one of our national cemeteries to volunteer and pay tribute to our nation’s heroes,” **Under Secretary for Memorial Affairs Matt Quinn** said. “By volunteering on this day of service, by cleaning a headstone and saying their names, we tell these heroes our nation has not forgotten all they sacrificed for us.”

VA’s National Cemetery Administration is partnering with [Carry The Load](#) to put on this National Day of Service. To learn more and view a list of participating cemeteries and start times, visit [NCA National Day of Service](#). Volunteers may [register here](#). Cleaning supplies and other materials will be provided, and there is no cost to participate. NCA also invites family, friends, and loved ones to visit the [Veterans Legacy Memorial](#) to post photos and tributes on a Veteran’s page. This online memorial pays tribute to 4.8 million Veterans interred at VA national cemeteries or in VA grant-funded state, territorial, or Tribal Veteran cemeteries.

## *VA national cemeteries hold National Day of Service events marking 22nd anniversary of 9/11*

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Read more: <https://news.va.gov/press-room/va-national-cemeteries-hold-national-day-of-service-events-marking-22nd-anniversary-of-9-11/>

## [National Cemetery Administration 50th Anniversary Event Abraham Lincoln National Cemetery \(ALNC\), Elwood, IL](#)

Matt [Quinn], thanks for that kind introduction and for your exceptional leadership of our National Cemetery Administration. I'm honored to join you today for this important celebration of NCA's 50th Anniversary—five decades of excellence serving Veterans and their families.

Read more: <https://news.va.gov/press-room/national-cemetery-administration-50th-anniversary-event-abraham-lincoln-national-cemetery-alnc-elwood-il/>

## [SecVA Press Conference 5/24/2023](#)

Thanks everybody for joining. I similarly don't have much for opening comments. We'll get into questions here quickly, but we do have two great guests with us today; Lisa Pozzebon, who is the Director of Cemetery Operations at the National Cemetery Administration and James LaPaglia the NCA Digital Services officer,

Read more: <https://news.va.gov/press-room/secva-press-conference/>

## [VA reaches \\$1 Billion in grants awarded to states, territories, and Tribes for Veteran cemeteries](#)

This month, VA's National Cemetery Administration awarded its billionth dollar to states, U.S. territories, and Tribes for the establishment, expansion, improvement, and maintenance of state, territorial, and Tribal Veterans cemeteries. The milestone was reached with a grant of \$1,860,775 to the state of North Dakota for the expansion of the North Dakota Veterans Cemetery in Mandan.



## Protecting Veteran Privacy website improves Veteran experience

If you have questions, the VA Privacy Service's new "Protecting Veteran Privacy" website has answers.

Read more: <https://news.va.gov/122821/protecting-veteran-privacy-website-improves-veteran-experience/>

[news.va.gov/news-release-topics](https://news.va.gov/news-release-topics)

# *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.”](#)



# *Suicide Prevention cont.*

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](tel:988), then select 1.

Text [838255](tel:838255).

[Start a confidential chat.](#)

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

## **You can also:**

Call [911](tel: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:

# *Suicide Prevention cont.*

- ◆ 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.

## Post 5231 Montezuma County Post

**Commander:** Tommy Endres  
**Quartermaster:** John Davis III

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)

**Montezuma County Stand Down**  
Saturday, September 16, 2023  
9:00am until 3:00pm County Annex Building  
107 N. Chestnut, Cortez CO  
Corner of W. Montezuma Ave and N. Chestnut  
Cortez, Co

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.

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/](http://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.

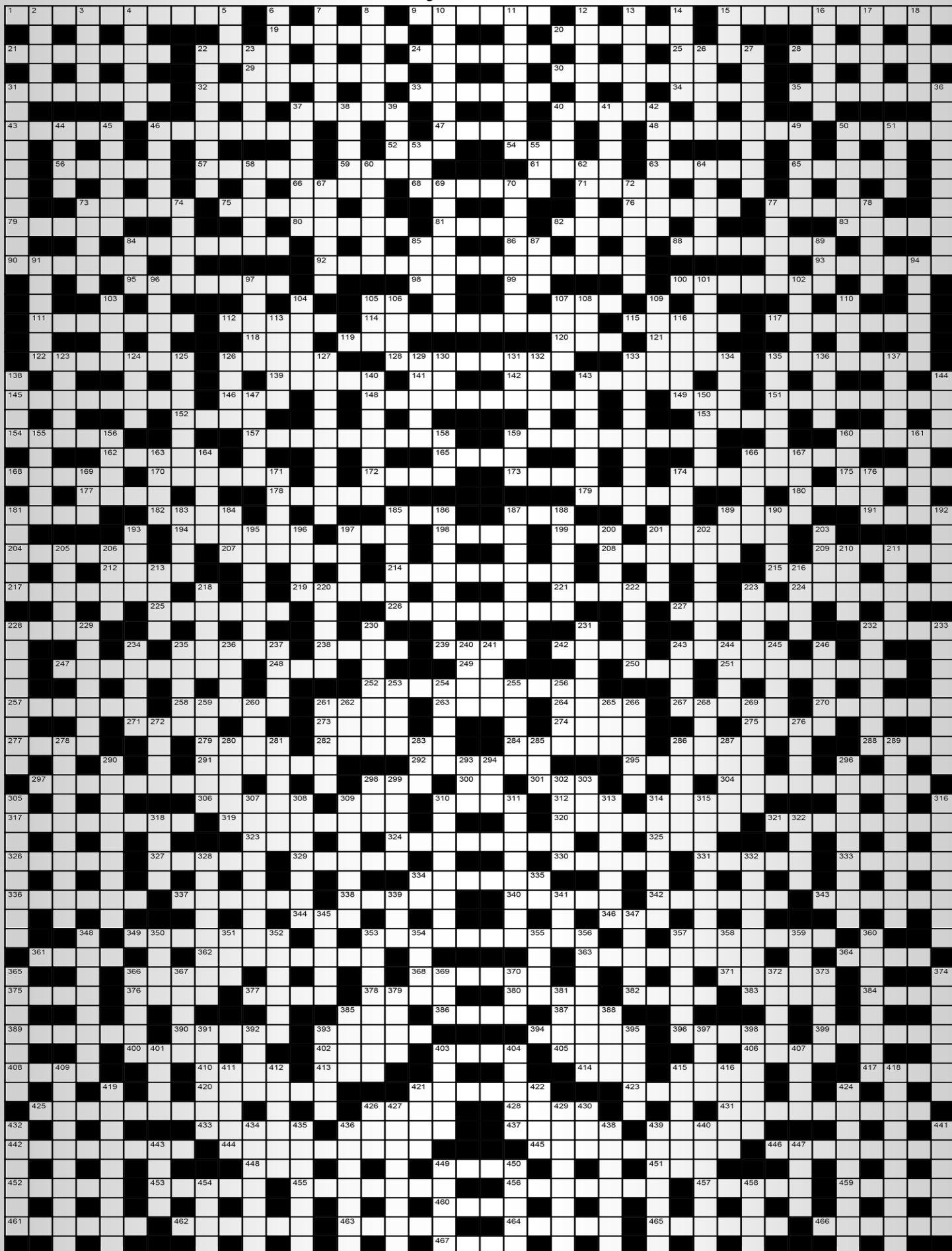
**FAMILY AND COMMUNITY ENGAGEMENT** - which means The American Legion meets the unique needs of local communities.

**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](http://www.legion.org/mission)

# Exercise your brain



# Exercise your brain solution

## CLUES ACROSS:

- |  |   |  |  |                          |
|--|---|--|--|--------------------------|
| 65 Monarch (5)                             | 90 Plan (6)   | 121 Knight (3)                               | 157 Most fetching (9)                    | 182 Bard (4)             |
| 66 ___ It a Pity?; Gershwin song (4)       | 92 Trait (14)                                       | 122 Opposite to antonym (7)                  | 159 Standard (9)                         | 185 Legendary bird (3)   |
| 68 True (6)                                | 93 Slumbering (6)                                   | 126 Trio (5)                                 | 160 Titan (5)                            | 187 Flying mammal (3)    |
| 71 ___ in the dark; guess (4)              | 95 Void (7)   | 128 Scared (8)                               | 162 Bath sheet (5)                       | 189 Leaps (4)            |
| 73 ___ of the Arctic; US National Park (5) | 98 Self (2)   | 133 Ore (5)                                  | 165 Corona (4)                           | 191 Potato seed buds (4) |
| 75 ___ -out; spent (5)                     | 99 Breakfast ___ Tiffany's; Audrey Hepburn film (2) | 135 Expand (7)                               | 166 Cubicles (5)                         | 194 Fees (6)             |
| 76 Nimbus (5)                              | 100 Rascals (7)                                     | 139 Borders (5)                              | 168 NATO code for i (5)                  | 197 Female (3)           |
| 77 ___ -up; card game (5)                  | 105 The Lady ___ a Tramp; Sinatra song (2)          | 141 One (2)                                  | 170 Deleted (6)                          | 198 Surplus (4)          |
| 79 Creep (5)                               | 107 Devoured (3)                                    | 142 Fashionable (2)                          | 172 The ___ Machine; H G Wells novel (4) | 199 Winner (3)....       |
| 80 Regal (5)                               | 111 Bad ___; Ska band (7)                           | 143 Wee (5)                                  | 173 Wrap (4)                             |                          |
| 81 Toss (4)                                | 112 Dashed (5)                                      | 145 Formula (8)                              | 174 Attack (6)                           |                          |
| 82 Dessert (5)                             | 114 Scruples (10)                                   | 146 Schoolboy (3)                            | 175 Perfect (5)                          |                          |
| 83 Direction (5)                           | 115 Fish out of ___; misfit (5)                     | 148 Unit (10)                                | 177 Imp (4)                              |                          |
| 84 Lean (7)                                | 117 Nick (7)  | 149 Santa's helper (3)                       | 178 Arenas (5)                           |                          |
| 85 Greeting (2)                            | 118 Tool (3)  | 151 Declare (8)                              | 179 Auctions (5)                         |                          |
| 86 Arsenic (Chem) (2)                      | 119 Female swan (3)                                 | 152 ___ Up; film starring Channing Tatum (4) | 180 Salver (4)                           |                          |
| 88 Engraving (7)                           | 120 Tavern (3)                                      | 153 Couple (4)                               | 181 Liverpool FC (4)                     |                          |
|  |   | 154 Amounts (5)                              |  |                          |

# Exercise your brain solution

CLUES DOWN	42 In haste (7)	96 Chuck ; singer (5)	134 Boost (4)	183 Frank (4)
2 Goal (5)	44 At sea (4)	97 The ; English band (5)	135 Banged (7)	184 Bind (3)
3 Pseudonym (5)	45 Smear (6)	101 Madame Butterfly (5)	136 Tolled (4)	185 Alcove (6)
4 Merchant (6)	46 Wire (5)	102 Boat (5)	137 Waterway (5)	186 Tarpaulin (8)
5 Voice (3)	49 Attend (5)	103 Upon (4)	138 Require (4)	187 Male relatives (8)
6 Grain (5)	50 Young cattle (6)	104 Stitched (5)	140 Screenplays (7)	188 XXX (6)
7 Whoever (6)	51 Nucleus (4)	105 Freeze (3)	143 Resolves (7)	189 Worship; mayor address (3)
8 Brave (6)	53 Embers (3)	106 and Lovers; D H Lawrence novel (4)	144 Female birds (4)	190 Invoke (4)
10 Expresses (8)	55 Able (3)	107 Tart (4)	147 Fruit (5)	192 Remits (5)
11 Lively (8)	58 Sharp (5)	108 Lords a- leaping (3)	150 Bedding (5)	193 Smile (4)
12 Earlier (6)	60 Verse (6)	109 Stand (5)	155 Snow leopard (5)	195 Typical (7)
13 Firm (6)	62 View (6)	110 Usher (4)	156 Remain (4)	196 Vend (4)
14 Sort (5)	64 Grownup (5)	113 Trusted (5)	158 Article (3)	197 Astound (4)
15 Chop (3)	67 Whacked (6)	116 Monicker (5)	159 Animal shelter (3)	200 Aphex ; British musician (4)...
16 Verbal (6)	69 and Gentlemen; Evelyn Waugh novel (8)	123 Thine (5)	160 Continent (4)	
17 Passion (5)	70 Break up (8)	124 Pin (4)	161 Knowledgeable (5)	
18 Bonus (5)	72 Five shadow; stubble (6)	125 Trucks; film starring Lucas Till (7)	163 Cry (4)	
22 Sensitive (8)	73 Sports (5)	126 Story (4)	164 Veneer (5)	
23 Gum (5)	74 Pips (5)	127 Pyramid builders (9)	166 Kayak (5)	
26 Secretly (5)	77 Radiate (5)	129 Armored vehicles (5)	167 Permits (4)	
27 Replied (8)	78 Eminent (5)	130 Worker (3)	169 a Wonderful Life; film starring James Stewart (3)	
31 Hushes (10)	84 Ocean (3)	131 Fib (3)	171 Dehydrated (5)	
36 Control (10)	85 Actor (3)	132 Penetrate (5)	174 Problem (5)	
37 Shelling (7)	87 Officiate (3)	133 Elements (9)	176 Pigment (3)	
38 South African sea bream (5)	89 Chat (3)		181 Relaxes (5)	
39 Bird of prey (4)	91 Mounts (6)			
40 Tag (4)	94 Octave (6)			
41 Quieten (5)				