

The

OTIS NOTICE

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VOLUME 43 NO. 1

JOINT BASE CAPE COD 02542

JANUARY 2021



Africom donates field hospital, vehicles to Kenya Border Police

Courtesy of Africo Website

United States Africa Command donated a 40-bed, negative air pressure mobile field hospital (MFH) to the Kenya Border Police as well as 35 Toyota Land Cruisers and other equipment.

“Kenya is a key partner and we are honoured to be able to support the Kenya Border Police in the fight against COVID in East Africa and on the continent,” said US Air Force Major General John Wood, director of Strategy, Engagement and Programmes Directorate with US Africa Command. “This donation will help address the COVID pandemic in the near-term but will continue to benefit the region post-COVID for years to come. This act is one of several ways US Africa Command and our Kenyan partners are working together to enhance regional long-term stability.”

Africom and the US embassy in Nairobi collaborated to make the donation, which facilitated a partnership with the Kenya Border Police Unit for COVID response.

“The United States cares about the health and well-being of Kenyans. The donation of this hospital is another example of our desire to not only give financial resources but to help Kenyans become self-reliant and move from being a recipient of aid to becoming a donor country,” said Kyle McCarter, US Ambassador to Kenya. “We look forward to working with the BPU to deploy this hospital in remote areas to provide needed medical care for Kenyans for many years to come. The BPU team that constructed the hospital earned great praise from the US mentors here, and we know the BPU will use this facility to improve the lives of Kenyans across the country.”

The donation highlights the value of the State Partnership Programme, showcasing the Massachusetts National Guardsman involvement in establishing field hospital. In addition to providing the control officer for the project, the Massachusetts National Guardsman will also assist in providing medical expertise post-COVID response when the Mobile Field Hospital is deployed to other areas.

“This is a true example of what public and private partnership can accomplish between two countries in a time of crisis” said Lieutenant Colonel Matthew E Kopp,



chief, Office of Security Cooperation. “This team effort included critical contributions from US Embassy Nairobi, the Massachusetts National Guard, Africom, the Kenya Defence Force, Aga Khan Hospital, and the Kenyan Border Police Unit. The mobile field hospital helps Kenya meet an urgent need now while providing a critical asset for future crises.”

The Kenya Border Police will initially stage the MFH at the Aga Khan University Hospital to take advantage of their medical expertise to provide direct COVID relief.

After the pandemic, the Border Police Unit will move the MFH to their location for maintenance and training for future deployments to border communities that have limited healthcare. Medical professionals from the Border Police Unit, AFRICOM, the Massachusetts National Guard, and Kenya Defence Forces will staff the MFH and provide medical care to these areas.

The United States also donated 35 new Toyota Land Cruisers; One Multiple Incident Learning Objectives (MILO) indoor firearms simulator; 23 sets of M4 rifles and nine millimeter Glock pistols and body armor; and new computer monitors, desks, and chairs for newly build classrooms.

On the donations, U.S. Ambassador to Kenya Kyle McCarter said said, “The United States is and will remain a steadfast partner with Kenya in the fight against terrorism and extremism. This donation is part of the United States’ ongoing commitment to the safety and security of Kenya and East Africa. Through our law enforcement partnerships with Kenyan police units including the Cyber Forensics Unit, Bomb Disposal Unit, Recce Crisis Response Team, and Border Police Unit, the United States has provided over Ksh 1 billion in training alone and funded 17 counterterrorism courses for 250 students.”




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answer on page 4

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Commander's Column

BRIG GEN CHRISTOPHER M. FAUX, JBCC EXECUTIVE DIRECTOR

Happy New Year to all!


We can only hope 2021 will not be as disappointing as 2020. If anyone ever told me prior to this year that toilet paper and hand sanitizer would be the biggest commodities of 2020, I would have said they were crazy! Although the world learned a lot about handling a pandemic with current technology, and produced a vaccine in record time, we lost millions of people to what I can only call the complacency of a foreign power. My sympathies to all affected by this scourge. As we move on to the “new abnormal”, I know we will all figure out how to put this behind us, and to learn from its horror and uncertainty, and become a better society because of it.

I ask all to stay vigilant and continue the prescribed course of distancing and what has become routine disinfection/sanitization. Our unparalleled American resolve will once again get us through the current surge and back on our feet physically, mentally, spiritually and

financially. Let’s face it, Cape Cod’s economy is highly dependent upon seasonal tourism, which has taken a serious blow during the pandemic. We can all name a dozen or so places that didn’t survive, so part of our recovery responsibility is doing what we can to support local businesses. The Cape community has always been there to help the military when things weren’t going our way....now it’s our turn.

Assuming all goes as planned and we are able to produce and distribute enough vaccine to put COVID-19, and any of its mutations, in the history books, we are on track for a JBCC Air Show featuring the Blue Angels over Labor Day weekend in 2021...not that far away considering all that has to be done to prepare. I look forward to partnering with the local community to make this Air Show the best seen to date!

Thanks for allowing me to be part of the JBCC Team...



Gen. John W. “Jay” Raymond, United States Space Force chief of space operations, is greeted by Maj. Gen. Gary W. Keefe, Massachusetts National Guard adjutant general, during a recent visit to the 102nd Intelligence Wing at Otis Air National Guard Base, Mass. on Dec. 21, 2020

Courtesy of the 102nd Intelligence Fackbook

VETERANS SPOTLIGHT

Sergeant John Henry Millis, US ARMY

by Wayne Soares
waynesoares1@gmail.com

Ullis Bratton grew up in Dahlonge, GA and served his country in the United States Army in Vietnam from 1968 – 1970. The oldest of (10) children, his great-grandparents were slaves. “My daddy brought us up to be thankful for what we got and be proud of who we are” he remembered. Drafted at the age of (18), he was sent to basic training right down the road at Fort Benning, GA.

After several months of extensive training, Bratton was sent to Vietnam to begin covert operations along the Ho Chi Minh Trail. “We had some major bad (unprintable) guys in our unit....Green Berets, Air Commandos, Navy SEALs, Special Forces.....our mission was to conduct secret operations deep inside North Vietnam.....blow up munitions dumps and things that were critical to the NVA” (North Vietnamese Army). The unit’s casualty rate was an astonishing 100% with soldiers getting wounded or killed. In his last mission, Mr. Bratton was the only survivor after his helicopter was shot down by the NVA. It was only due to the quick response of his rescue team, that saved him from the oncoming NVA and capture. “I could hear their (unprintable) voices coming towards me....I set my flare and hid....the Bell 1’s (helicopter) came in and opened up....mowed the SOB’s down like nothing” he recalled. He continued, “our unit never enjoyed a (unprintable) holiday or had any entertainment.....no mail call....nothing (he spat the words out).....weighed on us more than you could ever imagine....we had our own world....completely shut out from the real one....all we took away was bad (unprintable) memories.”

It was a very unsettling memory that he recalled during our interview. “We were flying really close to the ground to avoid enemy fire....the South Vietnamese Pilots were the best.....so calm and cool under pressure, especially when the NVA was shooting at them.....we got dropped off on a ridge on the lower side of a mountain.....upon that approach, we noticed villagers pointing.....(unprintable) collaborators with the NVA....tall grass, 15-20 feet high surrounded the area....we started to look for a place to sleep for the night when rocket-propelled grenades came



Sergeant John Henry Millis (top Right)
US ARMY 1943 - 1945 WWII VET

toward us....we took cover as the NVA fired at us....we heard voices coming from all directions.....the enemy was trying to surround us.....they lit the grass on fire....our Captain called for an immediate removal as I hurled a grenade and we headed to the LZ (Landing Zone)....the voices were getting closer and closer and the flames were getting hotter and hotter (Mr. Bratton began to perspire heavily as his fists tightened with each recollection).....the Kingbees (helicopters) arrived but initially couldn’t land because of the fire and smoke....finally touched down....got everyone out but one guy....Lenny....shot in the back as he was running for the helicopter (tears started streaming from Mr. Bratton’s face)....never forget the NVA soldier stabbing him repeatedly his knife....live that in there (shaking his head and pointing to his bedroom) every goddamn night.”

Mr. Bratton resides in Mashpee with his wife of 44 years. Ullis Bratton, thank you for your service to our great country and welcome home

Love A Caregiver

Story by Pauline Castonguay,
Administrative Assistant South Shore Elder Services

Many of you know I have been a caregiver to my 90 year old dad for what seems like forever. Prior to him I took care of my mom so it really has been forever. It’s been a total of 10 years between them both.

Dad likes to refer to this time of his life as the “aging process”.

A working caregiver daughter wasn’t a role I had planned or prepared for. There will probably never be another time in my life when I have been faced with so many hard and complicated things to know and do.

It’s overwhelming in both the sheer amount of stuff but also in the “am I doing everything right?” category.

Here’s the answer to that: Get in the boat and start rowing - that’s all you have to do. Make the phone call, ask the stupid questions, (although there are no stupid questions) and just take the first step.

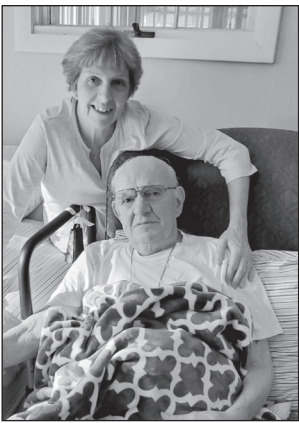
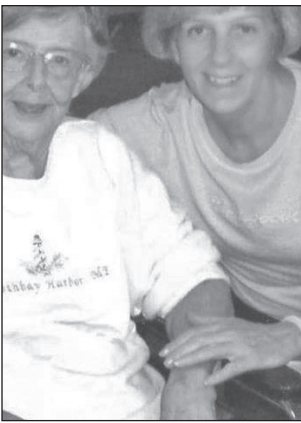
Don’t look up at the mountain, look down at the path. That’s where you’ll find your answers.

You could read all the books that have been written for caregivers. The problem is you still wouldn’t know everything you need to know. The perfect information you need lives only in your individual experiences.

I have learned if one path doesn’t work go down another. And to always have a plan B in your back pocket.

The reality of caregiving during Covid hasn’t really affected my life. As caregivers our lives are already very isolating in the sense that we give up a lot of our freedom to go places and do things. We learn to make the ultimate sacrifice for the safety of our loved one.

My heart goes out to all the families and friends who have a loved one in a facility missing that person to person



contact. Every day I am encouraged when I see the acts of love many health care workers are doing to lift the spirits of so many that are in assisted living or nursing facilities. It is such a heartwarming sight to see.

The burden of self-care is that every time I turn on my computer I see some story or advice that we caregivers need to take better care of ourselves.

Let’s be real the job of taking care of an aging parent can be a total life changer: it takes your money, your time, your friends, your relationships and for some your ability to work.

There’s a whole self-care industry out there where people are getting rich selling these books. In the end, don’t let the experts try to put one more thing on you to have to do right. We have enough to do. Some of us don’t have the luxury to sit long enough to read the books. The last thing we caregivers need is the added pressure on top of everything else we do.

I have found what we most need and what I’m missing the most is the support from each other, our family, our friends and our community. In reality all we really want is for someone to just listen to us.

A Sea Story like no other...

The amazing story of the SS Warrimoo

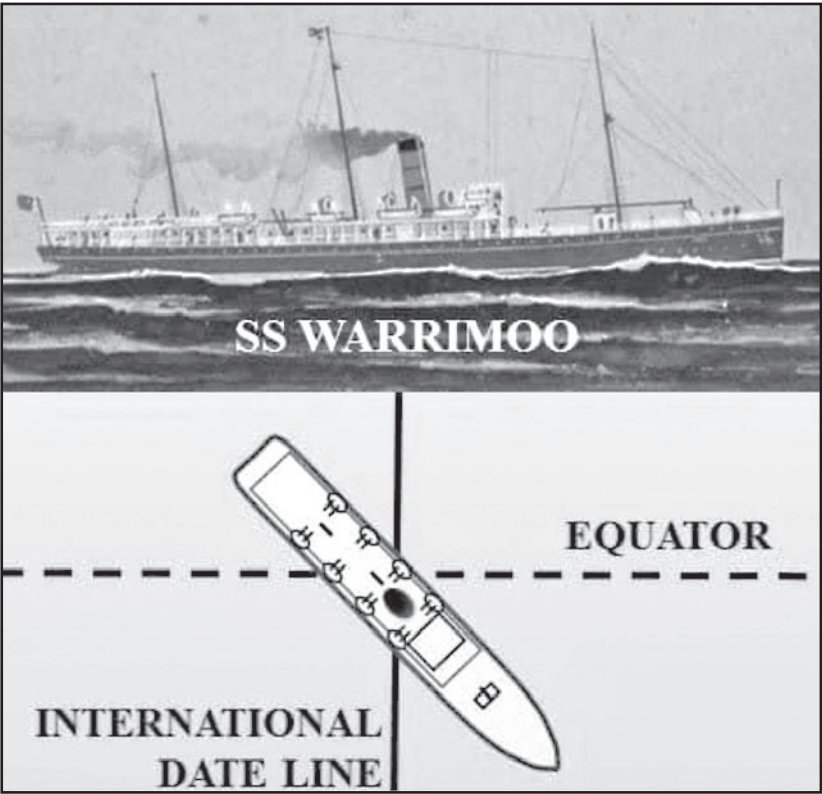
By: Mike Camire

The passenger steamer SS Warrimoo was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix and brought the Captain John DS Phillips the results. The Warrimoo’s position was latitude 0 degrees 31 minutes north and longitude 179 degrees 30 minutes west. The date was December 31, 1989. First Mate Payton stated “Do you know what this means?” We’re only a few miles from the intersection of the Equator and the International Date Line. Captain Phillips was prankish enough to take full advantage of this opportunity for achieving the navigational freak of a lifetime. He called his navigators to the bridge to check and double check the ship’s position. He then changed course slightly so as to bear directly on his mark. Then he adjusted the engine speed. The calm weather and clear night worked in his favor. At mid-night the SS Warrimoo lay on the Equator at exactly the point where it crossed the International Date Line! The consequences of this bizarre position as follows:

The forward part (bow) of the ship was in the Southern Hemisphere and the middle of the summer.

The rear (stern) of the ship was in the Northern Hemisphere and in the middle of the winter.

The date in the aft part of the ship was December 31, 1989.



In the bow of the ship the date was January 1, 1990. Therefore this ship was not only in two different days, two different months, two different years and two different seasons, it was ALSO in TWO different centuries – all at the same time! Now if this story is not made for an episode of the Twilight Zone, I don’t know what is...

(Special thanks to my neighbor Mr. Jeffery Tavares for sharing this story with me and the author of the original story, David Mikkelson.)

FAMILY LIVING

Combatting the Serious Effects of Digital Devices During COVID-19

(StatePoint) Screen time among children and teens has skyrocketed during the COVID-19 pandemic. In the cold-weather months, when families are more likely to be spending free time indoors, it’s especially important that parents and caregivers set schedules to help ensure safe, healthy and balanced use of digital devices, according to experts.

“Digital devices and the internet have become absolutely necessary tools for kids, not only for school, but for connecting and socializing with friends. Unfortunately, these tools can often be used in unhealthy ways to fill a void left by the loss of many typical school-year routines,” says Michele Havner, director of marketing, OurPact, a screen time monitoring app for parents.

Research has consistently shown that more screen time is often accompanied by health and wellness challenges

like anxiety, depression, low self-esteem, poor sleep and reduced physical activity. Havner says that parents can help kids build healthier relationships with digital devices in the following ways:

- Being good role models: Parents are in many cases relying on digital devices to work from home and may also be facing some of the same issues as their children, including boredom and isolation. However, they can serve as good digital role models by setting aside screen-free time for other activities, like art, cooking, music, exercise, crossword puzzles, reading and more.
- Avoiding being punitive: This extended situation has been stressful for parents and kids alike, so parents should try to take a compassionate approach to the situation. When engaging children on screen use, they can start the conversation on the right foot by acknowledging the many challenges and stressors that the “new normal” has created for young people. This is also a good time to check in about what exactly kids are doing online and whether the uptick in social media use has exposed them to negative content or cyberbullying.
- Setting schedules: Screen use before bed is associated

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Airman Jerry Carroll won 2nd Place in THE AIR FORCE SHORT STORY CONTEST at Otis AFB in 1962 (Probably in the Fall). His picture of being handed his \$15 prize by Colonel T.E. Harwell and Ms. Sheehan (Otis Librarian) were in The Otis Notice, his copy was lost in a fire. Now that he is ready to begin a career in writing, this picture and copy would be helpful from an old 1962 Otis Notice. Jerry Carroll 334 480 4072

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COVID19

with poor sleep due to the blue light emitted by digital devices, which can delay the release of sleep hormones. If possible, cap screen usage at least 30 minutes before bedtime. While many people like to keep devices on bedside tables, consider turning bedrooms into screen-free zones.

• Making it happen: Devices have become so important to children, they may not realize the negative effects they are having on their health, making getting kids to actually put down devices often easier said than done. In fact, kids will often defy verbal limitations and warnings. Fortunately, parents can get a little outside assistance in making rules stick. One solution is OurPact, a screen monitoring app that allows parents to set online schedules. Using the app, parents can limit app access automatically for recurring activities like school or bedtime, and can block or grant internet access on a child’s device. They can even view screenshots of kids’ digital activity, helping them swiftly address usage issues like unsafe content and cyberbullying. To learn more or download, visit OurPact.com.

While the new normal has meant an unavoidable uptick in screen time, parents can help kids strike a healthy balance.

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PASS THE GRAVY IT’S TURKEY BOWL TIME

Masked Crusaders Capture 2nd Annual Turkey Bowl Trophy

Story & photos by: Mike Camire

Following up on last year’s big holiday hit of the season, the Joint Base Cape Cod Bowling League teams broke out the fine china (Pins?) and silverware (bowling balls?) to dual it out for the big prize, the coveted Turkey Bowl. Just one thing we all knew for sure was that the Pinheads Captain Crazy, also known as Doug “Machine Gun” Foley would once again be sitting at the kids table! Only three teams were able to make it to battle for the right to sip some nice warm gravy (yuk!) from the victory bowl, but the Masked Crusaders, Pinheads and Wolf Pack were all ready to wrestle for that prize winning drumstick. The format was straight up and pretty simple, in fact straight up is what it was all about. Three players on each team, three strings of bowling and NO handicap scores. You knock down the most pins and you win, pretty simple indeed.

The Masked Crusaders jumped out to the early lead as they had the top score in the first string, knocking down 408 pins, led by Jimbo “Gotta Be The Shoes” Mayou who had a game high 143 with 6 spares. Talk about getting off to a good start, Jimbo had 6 spares in a row to start the



2020 Turkey Bowl Champs: (L-R) Cliff “Jaegermeister” Jaeger, Tom “Turkey” Barnes and Jimbo “Gotta be the Shoes” Mayou



His name, his trophy: The Masked Crusaders Tom “Turkey” Barnes rolled a sizzling 193 in the 3rd and final game as he led his team to victory in the 2nd Annual Turkey Bowl Challenge



Nice form! The Masked Crusaders Jimbo “Gotta be the Shoes” Mayou averaged 158 over 3 games in the 2nd Annual Turkey Bowl Challenge to help lead his team to victory

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night off on the right foot! Tom “Turkey” Barnes had a solid 139 as he had 2 strikes and 3 spares while Cliff “Jägermeister” Jaeger added a 126. Nipping at the Crusaders heels were the Wolf Pack who finished with a score of 387, they were led by a team high 138 from Ethan Crabtree. Ethan had 2 strikes and 3 spares while Nick Johnson had a 130 and Chuck “Alpha Dog” Williams added a 119. The Pinheads got off to a slow start but got solid scores from Mike “Trips” O’Brien who had a 138 and top bowler Joe “Strikes” Fraher who had a 134. Joe had 4 strikes and 1 spare while Mike had 3 strikes and a spare. Mike was just warming up as he finished strong with strikes in the 8th and 9th frames and a spare in the 10th.

continued on page 6

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The Wolf Packs Ethan Crabtree let’s one roll, he had a 132 average during Week 4’s games

FIREBALLERS STAY RED HOT

As they maintain first place in Base Cape Cod Fall Bowling League

Story & photos by: Mike Camire

The Fireballers maintained their strangle hold on first place as they romped to a 4 point win over the Wolf Pack. All four of their bowlers just kept putting up solid numbers or in this case knocking down pins to build their numbers to stay in first place in the bowling league. Since the Walt “The Chief” Stecchi retired, he has been on a mission, to be the top bowler in the league and he sure is working at that goal, judging by his performance so far this season. In his first game he put a scorching score of 192 as he had 4 strikes and 3 spares. Forget about a Turkey (3 straight strikes), The “Chief” did one better, he had a Hambone, which is FOUR straight strikes starting in the 3rd frame. After that he added 2 more spares and just missed a 200 game by a few pins. This monster has four heads as The “Chiefs” son Nick added a 136 (3 spares, 2 strikes), Donny Thompson had a 135 (4 spares, 1 strike) and Schaun “Calendar” Boy Dion had a 129 with 4 spares and 1 strike, their total adjusted score was 779. The Wolf Pack were led by Nick Johnson with a 121 and Terry “Downtown” Brown who had a 119. Chuck “Alpha Dog” Williams had a 97 and Don “Dynamite” Dryer had an 87 for an adjusted score of 656. The 2nd string was much like the first as Walt The “Chief” again led the way with a solid score of 164, he had 3 spares and 4 strikes. After his Hambone in the 1st string, he made a Turkey with 3 straight strikes in 7th 8th and 9th frames. He got plenty of support and Schaun “Calendar Boy” struck for a 159, he had 3 spares and 4 strikes. Nick Stecchi added a 117 and Donny had a 110 for a score of 737. The Wolf Pack just couldn’t heat up as they managed a score of 631 led by Chuck “Alpha Dog” with a 105 while Don and Terry both had scores of 102. The Fireballers completed the four point sweep on the night as they took game 3 and the over-

continued on page 6



Dead aim: the Pinheads Mike “Trips” O’Brien averaged 128 in a Week 4 matchup with the Masked Crusaders



The Chief is on the mark: The Fireballers Walt “The Chief” Stecchi rolled a 192 as he led his team to victory over the Wolf Pack in a Game 1, Week 3 matchup



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all pin fall with another big score; 778 pins. They got solid production across the board, this time led by Schaun (5 spares, 2 strikes) with a team high 156 while powerful lefty Nick Stecchi (2 spares, 4 strikes) had a 154, The “Chief added a 150 (3 spares, 3 strikes) and Donny “T” (3 spares, 2 strikes) had a 131. Their final adjusted score for the night was 2,294 while the Wolf Pack had 2,025 which completed the four point night. The Pack did manage their best score of the night in the 3rd game led by Don “Dynamite” who had a game high 163. Don had 4 spares and 3 strikes, Chuck “Alpha Dog” had a 132 while Terry “Downtown” had a 114 and Nick Johnson added a 97. They couldn’t wrestle a point from the Fireballers but they hope to build on their strong Game 3 performance for future matches.

The Masked Crusaders tried to keep pace with the Fireballers as they also had a four point sweep in their match against the Misfits. The first game was pretty close as the Crusaders pulled out the win by an adjusted score of 719-683, a 36 pin win led by Jimbo “Gotta Be The Shoes” Mayou who had a game high 166. Jimbo had 7 spares and 1 strike. Tom “Turkey” Barnes (6 spares, 1 strike) had a 142. In his last 3 frames Tom had 3 spares and a strike.

Turkey Bowl

continued from page 4

In the second string the Pinheads closed the gap as they had the top score with a 417. To no one’s surprise, it was Joe “Strikes” who was on fire as he had the high score for the frame with a sizzling 177. Did I say sizzling? Joe started off with 2 straight strikes and followed that up with 4 spares in a row. Yes he was dialed in! His buddy Mike “Trips was again solid with a 131 while Doug “Machine Gun” Foley added a 109 to help his team take 13 pins of the Masked Crusaders lead. The Crusaders stayed consistent as they almost matched their 408 score with a 404. This time is was Tom “Turkey” (6 spares, 1 strike) who led the way for his team with a 147 while Jimbo (4 spares, 2 strikes) added a 142 and Cliff added a 115. The Wolf Pack stayed in the hunt as they had a 383 score, led by Ethan Crabtree who had a 151 and Chuck who had a 128. Ethan had 3 spares and 3 strikes and he saved his best for the end. In the 7th and 8th frames he blasted out the strike ball and then in the 9th he added a spare and for good measure added another strike in the 10th. Team Captain Chuck “Alpha Dog” heated up too, as he had 2 spares and 3 strikes, almost pulling off a Turkey in the 10th. He had 2 strikes and just missed a 3rd one, good form Captain!. Nick Johnson added a 104 as the Wolf Pack tried to keep up with the 2 top teams.

HEALTH

Dental Visits Are Essential Health Care, Here’s Why

(StatePoint) If maintaining good health is top of mind these days, as it is for many, be sure to factor dental hygiene into the equation. Medical experts say that a healthy mouth is critical to whole-body health, and warn that during the COVID-19 pandemic, certain stress-related oral health concerns are on the rise.

“Dental health and overall health are intrinsically linked. Beyond teeth and gums, the mouth serves as a window to the rest of the body, providing clues about health related issues that may be brewing,” says Dr. Alice Boghosian, American Dental Association (ADA) spokesperson.

Dr. Boghosian reminds the public that dental visits have always been an essential part of health care and are safe during the COVID-19 pandemic. Thanks to ADA and Centers for Disease Control and Prevention guidance, dentists have increased their already strong infection control and office sterilization protocols when treating patients.

“Routine dental exams during the pandemic can help keep your mouth and body healthy. In addition, dentists can sometimes spot signs suggestive of medical issues, alerting you to the need for medical follow-up,” says Dr. Boghosian.

According to the ADA, here’s why you should be seeing your dentist regularly, and insights into how oral and overall health are connected:

- The COVID-19 pandemic has been a tremendous source of anxiety and stress, which makes it no surprise that since its onset, a majority of dentists in an ADA Health Policy Institute survey report a rise in stress-related oral health conditions in their patients. If you are waking with a tired or sore jaw, find you’re grinding your teeth or have a chipped or cracked tooth, a dentist can help.
- Dentists’ areas of care extend beyond teeth, gums and supporting bone to include the muscles of the head, neck and jaw, the tongue, salivary glands and the nervous system of the head, neck and other areas. When appropriate,

Fall Bowling League Week 4 Standings	
	POINTS
Fireballers	10
Masked Crusaders	7
Misfits	5
Wolf Pack	4
Pin Heads	4

Mike “Coach” Camire had a 115 and Cliff “Jägermeister” Jaeger had a 100. The Misfits were led by Jefferson Parker (6 spares, 1 strike) with a 137 and Mitch “Fair” Weathers who had a 125. Jefferson finished strong; from the 6th to the 10th frame he had 5 straight spares and finished with a strike. The second string was much closer as the Crusaders had a score of 692 while the Misfits were close with a 676, just a 16 pin difference, but it gave the Crusaders a 2-0 lead on the night. Leading the way was Mike “Coach” Camire who had a game high 136, Tom Turkey had a 124, Jimbo a 122 and Cliff added a 114. Top score for the Misfits was Jefferson who had a team high 132. Game three was the best of the night for the Misfits as they had a score of 702, but that was over shadowed by the 794 score of the Crusaders who just missed the 800 point plateau. Jefferson (4 spares, 2 strikes) again had the top score for his team and his wife Mandi added a 117. They just couldn’t catch up to the Masked Crusaders who finished up their big night with four

Going into the 3rd and final string the Masked Crusaders had built a 41 pin lead over the Pinheads and a 42 pin lead over the Wolf Pack. So it was certainly not an insurmountable lead, any team that could get hot in the 3rd string could easily win the match and take home the coveted Turkey Bowl. Or so it seemed. Apparently if you put a mythical title up for grabs along with a silly trophy as the prize, the Masked Crusaders are nearly unstoppable! The Crusaders followed up their victory in the preseason bowling tourney by lapping the competition with a raw score of 527 in the final string of the Turkey Bowl. Who better than Tom “Turkey” Barnes to lead the way in a tourney called the Turkey Bowl? Tom was near perfect, he had a “clean” game which means he had a mark, a spare or a strike in each in every frame as he had a game high score of 193! No carving knife was needed to slice the turkey, Tom did it with his bowling ball. He finished with 8 spares and 2 strikes, just an incredible clutch performance. As if that wasn’t enough to secure first place, his partner in crime Jimbo “Gotta Be The Shoes” Mayou was nearly as good as he put up a score of 189, just 4 pins back of Tom. Jimbo had 6 spares and 3 strikes, in the 7th and 8th frames both he and Tom made strikes and Jimbo added another in the 10th as they showed no mercy. Not to be left out, Cliff “Jägermeister” Jaeger saved his best game for last as he had a solid 145, making 3 spares and 2 strikes. The Masked Crusaders three game pin fall was 1,339. The

dentists can take samples of tissue to screen for chronic or infectious diseases, and even oral cancer. Catching oral cancer early reduces the risk of your being among the 10,030 people nationwide whose lives are claimed annually by the disease.

- For the 29.1 million people in the U.S. living with diabetes, and those at high risk of developing the disease, dental visits are especially important. Untreated diabetes can take a toll on your mouth in numerous ways your dentist can detect. What’s more, people with diabetes are more prone to periodontal disease, a chronic, inflammatory disease that can destroy gums, all the tissues holding your teeth and even bones. Research suggests that treating gum disease and then practicing good oral hygiene can help improve blood sugar control in people living with diabetes.
- With pregnancy come changes in your body, including an increased risk of the gum disease called gingivitis. Keeping up with regular dental cleanings during your pregnancy can help keep this issue at bay.

For more dental health tips and resources, visit MouthHealthy.org. To find a dentist near you, visit FindaDentist.ada.org.

“Dentists, along with your physician and other healthcare professionals, are part of your health care team,” says Dr. Boghosian. “Your oral and overall health are our top priority.”

Steps Everyone Can Take to Help Prevent a ‘Twindemic’

(StatePoint) In the 2019-2020 flu season, influenza caused up to 22,000 deaths in the U.S. This year, with so many medical resources being used to care for COVID-19 patients, it’s especially important to protect yourself from the flu.

The annual flu vaccine can help protect you from the flu and lessen severe flu symptoms. It’s not too late to get a flu shot, and there are a number of reasons you should get yours now, if you haven’t already.

1. You’ll save life-saving resources for COVID-19 patients. Last flu season, influenza sent more than 400,000

solid scores led by Cliff “Jägermeister” and Jimbo “Gotta Be The Shoes” who both finished with a game high 157. Jimbo had 6 spares and 1 strike while Cliff had 4 spares and 3 strikes. This was a true team effort as Tom “Turkey” also had 6 spares and a strike and Mike “Coach” had 5 strikes to give them a final pin fall of 2,205 to 2,061 for the Misfits. The four points on the night left the Crusaders (7 points) with a solid hold on 2nd place looking up at the 1st place Fireballers who have 10 points.

The raw scores from Week 4 were used as part of the “Turkey Bowl” (which were covered in another story) but they also had to be calculated with the handicaps for the regular season standings. The Masked Crusaders took 3 of 4 points from their friendly rivals on the Pinheads, winning 729-703 and 829-733 for two points, they also took the over-all pin fall score with a total of 2,279 to 2,164 for the Pinheads. The Pinheads took the 2nd game to get one point on the night, just nipping the Crusaders by the score of 728–721. In the other Week 4 match the Misfits took 3 of 4 points from the Wolf Pack. The Misfits winning Game One, 721-701 and Game Three, 757-644. They also secured the total pin fall, 2,139 to 2,075 to get a three-point night. The Wolf Pack managed to grab one point, as they won Game Two, 730-661. So with the Holiday break upon us and more possible delays due to the virus precautions, the teams who competed in Week 4 are looking up at the Fireballers; who have the lead. We are all hoping we can get back on the lanes safely, and SOON!

Pinheads finished in 2nd with a pin fall of 1,172 as they were led by Joe “Strikes” Fraher who had a team high 150, he had 6 spares and 1 strike. He closed out the game with 4 straight spares. Doug “Machine Gun Foley” had a 132 with 3 spares and 2 strikes while Mike “Trips” O’Brien had a 119. The Wolf Pack just could not find their groove in the 3rd game as they finished with a 272 led by Ethan Crabtree who had a 108, they finished with a total pin fall of 1,042.

So the Turkey Bowl trophy was awarded to the Masked Crusaders who promptly gave it to Tom “Turkey” Barnes to take home and put on his trophy shelf. In an ironic twist, when the Crusaders clinched the Preseason Bowling Tourney, “We are the Champions” by Queen was playing on the radio. So it is only fitting that when the Turkey Bowl was handed out, right on cue the song on the radio was “Sweet Caroline” the iconic song by Neil Diamond just popped up. This song has become the trade mark of the Red Sox before the bottom of the 8th inning. So it helps the Sox finish their games and it helped us put a finishing touch on the Turkey Bowl. A good time was had by all and now when bowling does resume, we are making plans in January for the 2nd Annual Jingle Bell Bowl. The Fireballers are the defending champs, so we’ll see if the Masked Crusaders can make it three in a row, or will there be a new silly trophy champ. Either way, it’s time to wish a Happy New Year to all, so see ya on the lanes!

people to the hospital with flu complications. By protecting yourself from the flu, you can help save those life-saving hospital beds and ventilators for individuals who may contract COVID-19. While we anxiously await the arrival of a COVID-19 vaccine, there is one vaccine already available that will protect your lung health this winter: the flu shot.

2. Chronic health conditions make flu symptoms worse – and deadly. The flu can worsen symptoms of chronic health conditions, such as lung or heart disease, diabetes and cancer. Multiple studies have shown an increased risk of heart attack and stroke in the first few days following the flu, and it can lead to complications among people with diabetes. The flu can also exacerbate symptoms of respiratory disorders, such as asthma and COPD and can lead to pneumonia. Personal stories about individuals who were impacted by the flu can be found by visiting the American Lung Association’s GetMyShot.org.
3. Adults over 50 are at higher risk. As we age, our immune systems decline and weaken, placing older adults at greater risk for catching the flu and having severe complications. Over 65% of those hospitalized last flu season were adults over 50. Vaccinating against influenza helps reduce the risk of hospitalizations and dying from the flu for older adults. Yet, despite these benefits, in 2019-2020 only 50% of adults ages 50-64 got their flu shot.
4. Flu shots protect those around you. Similar to COVID-19, the flu is spread from person to person. By getting a flu shot, you are helping reduce the spread of the flu and protecting your family and friends! For additional information about the flu, visit www.lung.org/flu. For flu shot resources, including finding a location near you to get a flu shot, visit www.getmyshot.org. The Centers for Disease Control and Prevention recommends getting a flu shot every year. Annual vaccination is important as the body’s immune response from vaccination declines over time. Now more than ever, the flu shot is critical and necessary to help protect ourselves, those we love and our communities at large, especially people at highest risk of flu complications.

CROSSWORD

1	2	3	4			5	6	7		8	9	10	11	
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STATEPOINT CROSSWORD

THEME: BOARD GAMES

ACROSS

- 1. Dealer’s hand, in cribbage
- 5. Wade’s opponent
- 8. Galsworthy’s “The Forsyte ”
- 12. Nevada city
- 13. Prima donna
- 14. Weasel’s cousin
- 15. Makes collar for RBG
- 16. Between the id and super-ego, pl.
- 17. Can be hot or cold, meteorologically speaking
- 8. *Real estate-related board game
- 20. Elvis Presley’s “ ____ and Fortune”
- 21. Preface, e.g.
- 22. *A top one is a game piece in #18 Across
- 23. Open carriage
- 26. Having a malignant influence
- 30. “Wheel of Fortune” request
- 31. Stay clear of
- 34. Knife wound
- 35. Touch of color
- 37. Computer network acronym
- 38. Awaken

- 39. Wet nurse
- 40. Castrated man
- 42. Yale- ____ College, Singapore
- 43. Aircraft’s additional equipment holder
- 45. They’re denoted in red
- 47. Eric Stonestreet on “Modern Family”
- 48. Allergic reaction to bee sting
- 50. Amusing
- 52. *Word game
- 55. Don McLean: “Drove my chevy to the ____”
- 56. Joie de vivre
- 57. Charlie Parker’s nickname
- 59. Bake an egg
- 60. Knocks on the door, e.g.
- 61. 1970s hairdo
- 62. Milk ____, candy
- 63. Swallowed
- 64. Reason to cram
- DOWN
- 1. Tube in old TV
- 2. Paper unit
- 3. “He’s Just Not That ____ You”
- 4. Herzegovina’s partner
- 5. Excessive sternness
- 6. Convex molding
- 7. *Candy Land difficulty level
- 8. *Napoleon-themed game of strategy
- 9. Niels Bohr’s study object
- 10. Autry or Wilder

- 11. Simon’s former partner
- 13. Performed comprehensively or in- ____, pl.
- 14. Butcher’s refuse
- 19. Beginning of sickness
- 22. TV classic “Hee ____”
- 23. *Board game island ready for settlers
- 24. True inner self
- 25. Linear particle accelerator, for short
- 26. Take-out handout
- 27. Half human-half goat, pl.
- 28. February “People,” e.g.
- 29. *Game with rooks
- 32. *Game involving Mr. Boddy’s murderer
- 33. Chewbacca’s sidekick
- 36. *a.k.a. draughts
- 38. Type of parallelogram
- 40. Liberty Tree, e.g.
- 41. Vacuums, e.g.
- 44. Extra shirt, e.g.
- 46. Sabbath, alt. sp.
- 48. Audienceis approval
- 49. Window treatment
- 50. Bloody king of Israel
- 51. “Metamorphoses” poet
- 52. Serum, pl.
- 53. *The Game of ____
- 54. Makes mistakes
- 55. Acid drug
- 58. Part of URL

answer on page 4

ABOUT HALF-SMART

A short story by J. P. Carroll

When he left his day shift as Interior Decorator at Bloomingdale’s in Newton, Massachusetts and checked in at the hospital for the swing shift, a world that changed for him when he heard the whoosh passing through the hospital doors, Medical Technologist Bob Katte was assigned to relieve the RN who was caring for a young lady that had just been transferred there from a long-term care facility by Boston College medical technology professor Alice DeCosta. Alice took pride in her Portuguese ancestry which locally was called Portagese. Her white starched lab coat had the MT/ASCP pins and other commendations denoting her achievements.

“Youah relieving Nuhse Raposa who is caring for Molly Moah, she has been unconscious for years and a male nuhse assistant is suspected of causing hehh pregnancy, of which she remains oblivious. Molly Moah might never know that she has had a child, hehh healthy daughter was taken home to Fall Rivah by Molly’s parents who brought hehh to visit and lay hehh beside hehh sleeping mothah, this visibly comfahted the baby.

Bob was told by Nurse Raposa that the I.V. would be replaced at about 1 a.m. Molly was a beautiful young lady with auburn hair and a dimple that appeared occasionally when she moved. It was a little cool in her room, so Bob covered her with the white cotton hospital blanket and noticed that she seemed to be aware of the added comfort. He placed a tourniquet around her right arm and inserted the needle into her median-cubital vein. Once he had enough blood, he called the lab to come pick it up and he asked for a current reading of her electrolytes. Having completed the highly technical medical courses like Qualitative and Quantitative Chemistry, Organic Chemistry, Microbiology, Calculus, Physics, and more, Bob was highly motivated and knew he would attempt to help this young lady just because his peers had found it impossible. Bob did not always score the highest in his classes, but, he produced lab results of which his classmates said was ‘eyeball,’ Greg Taylor said Bob had to be the luckiest student on campus because Greg, who had an “A” and Bob, who had a “D” in qualitative chemistry, differed in the chemistry lab in that Greg measured every sample given by Doctor Pyle with a pipet to tiny amounts like .000028, and Bob just slung it in there and got a higher lab grade. Doctor Van Cleave had at first thought Bob to be the worst student in his classes. But he later saw in Bob a highly motivated determination to outperform everyone no matter how long it took.

2. In the seventies Bob enjoyed selling houses, particularly in Columbus Georgia’s Ridgewood Estates, a community 15 miles out Macon Road of big one-acre lots and a 47-acre lake where the neighborhood kids swam from the pier in summer. Bob had sandy blond hair and tanned easily when water skiing at nearby Callaway Gardens and the Ridgewood Lake. For his 26 years he believed achievements to be excellent, but when he went into the Air Force in 1959 his mother had called the recruiter and Bob gave them privacy.

Verna Katte had been raised in the beautiful Camp Hill area of Alabama and spoke with a deep southern accent. She had grey weaving into the sides of her dark hair and bifocal lenses in blue plastic frames while wearing a highly

starched cotton print dress with little flowers in the pattern. It was not yet two o’clock, so she had not left to go to work at the Tallassee Cotton Mill which all laborers found to be very burdensome work, and she longed for retirement age.

“I lost my brother in World War II and I am not happy that Bob is going to be a soldier, I want you to know that my step-mother was placed in Brice’s Mental Hospital in Tuscaloosa because she had a hysterectomy and they had no anesthesia to give her in Tallassee Hospital. I can still hear her screaming. Bob cut his foot on an open tin can when he was five and it took ten catgut stitches and Tallassee again had no anesthesia. I am worried about him, I had to leave because I couldn’t bear to hear his screaming each of the twenty times Dr. Bennet stuck the needle in his foot, then he suffered the dull pain of the catgut being pulled through while the next puncture was waiting.”

Sgt. Jeffries listened; he was a big jovial Airman who was always telling jokes he had heard when stationed in France. He had dark hair and wore the blue serge Air Force uniform with his recruiter badge and real leather spit shined shoes, not plastic patent leather. “Well I have always heard that there is a thin line between genius and total insanity and Bob scored terrible on his AFQT in mechanics, but, he had the highest score in electronics I have seen in a long time. I wouldn’t worry, and if he makes it, he will get three hot meals a day. “

Verna began crying. “That makes me so happy, since his dad ran off to Texas I have always worried about was I gone be able to keep him three hot meals a day. “

“Sometimes, traumatic happenings like that makes a kid stronger. I would not worry about him if I were you. The young Airmen from up North have a saying when a southern boy talks slower that he is ‘about half-smart’ but in Bob’s case if they laugh at him they will be embarrassed when he is called out for electronics and thousands standing in formation will be given cooks, medics, and air police careers.”

3. Now, after the Air Force and back in Columbus, Bob’s co-worker Marty kept reminding him to take his VA college benefits which were about to run out. Bob bought a Barron’s book which claimed to help you have high SAT scores on the college entrance exam given in the seventies. When his SAT scores were delivered to Columbus State University, he again had scored high for entering a career path program and when he asked to be placed in Medical Technology, which at that time was the highly technical path to becoming a Doctor of Medicine, he was assigned to the Medical Technology chair who was also a Doctor of Medicine in addition to being MT/ASCP, the American Society of Clinical Professionals which is now known as laboratory scientists. The most prestigious medical position aside from being an MD, was also one of the lowest paid and that may be part of the reason why you rarely see Med Techs today. A major D.C. University later would announce that due to the loss of so many students taking the highly technical medical and chemistry courses, they would no longer place these technical programs in the first two-year curriculum.

In the Calculus class petite Miss Owens excelled and Bob was at the bottom. Dr. Van Cleave asked complex questions and when no one could answer he would say “Miss Owens?” She always had the answer. Travis Martin and Bob met in the CSU cafeteria after class daily and Bob would show Travis the work he was having trouble with.

Travis would say “We can solve this, we will approach it by using geometry. By the way, what are you taking where you are having to do all this technical stuff?”

“Medical technology.”
“Medical Technology? Man, you are going to be taking Organic! Do you know about Organic Chemistry?”

“I know chemistry very well, I get answers on balancing the equations like HCL plus-plus, and NaOH minus yield salt and water, NaCL and H2O, and not everyone in my class gets all those right.”

“Organic is the hardest course. Most physicians fail it on the first try because they don’t take just Organic that semester. In living things there is carbon, and the complex formulas and reactions are hard to learn, you just about have to memorize it.”

Then on a particular Friday afternoon Dr. VanCleave said “OK, I am only going to give only one problem to be solved this weekend. This is where we separate the weak from the strong.” And he drew it on the blackboard. “If F of x equals minus 14, graph F inverse.”

When Bob reached home, he lay his books on the kitchen table. He worked on the graph till about 2 a.m. He woke up early Saturday morning and began again using coffee as a catalyst. When Sunday came, he sat in his back yard not certain that he would finish the problem in time for the Monday afternoon class, but still giving maximum effort.

On Monday Doctor VanCleave came into the classroom and stood at his desk. “Who finished the homework?” No one answered. Since Bob was sitting to his far right in the front, he did not see the raised hand. “Miss Owens?” She nodded no. Then Dr. VanCleave noticed that everyone was looking toward Bob. “You?”
“Yessir, I think so.”

Dr. VanCleave looked puzzled. “Come put it on the board.”

Bob first drew the X and Y axis and referred to his final page when copying off the location of coordinates. When he finished Dr. Van Cleave looked at it for a long time. He said, “What do you think of that Miss Owens?”

“He’s got it but, he has drawn a mirror image of it.”
Dr. Van Cleave studied it a while longer and then went to the board and made a few changes. He glanced back at Bob in disbelief. No one, including the Doctor, ever told Bob that he had amazed everyone, they did not need to. The looks they gave him going forward, did.

4. Bob had to take his turn washing the test tubes and syringes for the Medical Technology chair. She asked him how things were going, and he said, “I want to ask you about something. I think I read it in my microbiology text, it is the chapter where brain fluid was extracted from planaria that had been subjected to hearing a light switch and the bright light made them cringe. You remember, the extracted fluid was inserted into the brains of other planaria who cringed when they heard the light switch even without the light. That is amazing and I wonder why those experiments have not gone further.”

“Well I don’t think you are going to find anyone who will let scientists insert someone’s brain fluid into their brain if that is what you are thinking, and, I doubt you will find a scientist that would even consider doing it because that kind of thing could make your 12 years of college for naught.” .

To be continued next month

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