

The OTIS NOTICE

The Otis Notice is an unofficial newspaper published monthly in the interest of personnel at the Joint Base Cape Cod. It is published by the Lujean Printing Company, Inc., a private firm in no way connected with the Departments of Defense or Homeland Security. Opinions expressed by the publisher and writers are their own and are not to be considered an official

expression by the Departments of Defense or Homeland Security, or the U.S. Government. The appearance of advertisements, including supplements or inserts, in this publication does not constitute an endorsement by the Departments of Defense or Homeland Security of the products or services advertised.

VOLUME 43 NO. 7

JOINT BASE CAPE COD 02542

JULY 2021

321st Special Tactics Squadron Fast Rope Training



Special tactics operators assigned to the 321st Special Tactics Squadron tandem hoist into a CV-22B Osprey during a training exercise near RAF Mildenhall, United Kingdom, April 15, 2021. The 321st STS provides a quick reaction, rapidly-deployable force capable of establishing and providing positive control of the air-to-ground interface during special operations or conventional missions.

U.S. Air Force photo by Tech. Sgt. Westin Warburton

New England Soldiers, Airmen join cybersecurity exercise

Courtesy of the Air National Guard Website

*By Capt. David Pytlik,
Connecticut National Guard Public Affairs Office*

Cyber Soldiers and Airmen from around New England gathered June 14-18 at Joint Base Cape Cod to participate in the seventh annual Cyber Yankee cybersecurity exercise.

The exercise pitted Marines and Marine Reservists as the “Red Team” against “Blue Teams” comprised of Guardsmen and industry partners representing critical infrastructure sectors, such as power, water and gas companies. The goal was to enhance the cyber warriors’ ability to thwart malicious actors in the digital space.

The battlefield of choice is known as Persistent Cyber Training Environment, a cyber range tailored to look and feel like a typical utility company. Simulated email and web traffic provided realistic concealment for the red team to carry out attacks.

Blue teams helped industry partners identify unusual activity to uncover attacks and malicious programs, mitigate the attacks, and determine the scope of the damage, attack vector, and most likely culprit.

As the week unfolded, the threats increased and malicious actors made their intentions known. What may have started early in the scenario as a network penetration became a deliberate attack delivered by a red team “inject.”

The exercise planners paid careful attention to the master spreadsheet of injects to be carried out over the week. To move the plot along and help the blue teams determine attribution, the white cell (exercise controllers) provided different intelligence items and news stories, curating the experience. Based on how an individual blue



Lt. Col. Cameron Sprague, deputy exercise director for Cyber Yankee, addresses the exercise controllers and distinguished visitors at the exercise on Joint Base Cape Cod, Mass., June 14-18, 2021. Cyber Yankee is a regional cybersecurity exercise designed to promote interoperability of National Guard cyber operators among the New England states and build readiness to respond to network

team was doing, the white cell either pushed the timeline forward or slowed it down.

Though the scenario featured the notional competitor state “Miteopia,” its proxies and unaffiliated cybercriminals, these types of adversarial forces mirror threats in the real world the past year.

In recent years, the National Guard has become a first responder to cyberattacks. In Connecticut, this played out after a vicious ransomware attack on the City of Hartford. The Vermont National Guard responded to a ransomware attack on the University of Vermont Medical Center.

“[We’ve been doing this] since 1636,” said Brig. Gen. John Driscoll, Massachusetts land component commander. “This is just the next phase of the operation. This is about reassuring the public.”

Typically, real attacks occur on state or local networks or private companies. The Guard role is limited to what the host allows.

Given the gray nature of cyber operations, each blue team brought legal counsel to advise each step of the way. The judge advocate generals (JAGs) drafted memorandums of agreement, updating them as warranted. In real life, having these prepared ahead of time, tailored to either a business or public agency, speeds the response.

Cyber Yankee, a regional event that complements more extensive nationwide exercises, also hosted federal participants from the Department of Homeland Security-Cybersecurity and Infrastructure Security Agency (DHS-CISA) and the Federal Energy Regulatory Commission.



Certified U.S. Military on the Move Specialist

Earn cash back when you buy or sell a home

Sarah J. Harrington

sharrington@kinlingrover.com

508.648.0778

KINLIN GROVER

REAL ESTATE

Distributor of



Vermont Pure®

NATURAL SPRING WATER

5 GALLONS
SPRING WATER
\$7.99

3 GALLONS
SPRING WATER
\$9.99

HOT/COLD
COOLER
\$8.00

NO BOTTLE DEPOSIT

We handle BOTH COMMERCIAL & RESIDENTIAL locations


800-990-8952

P.O. Box 1258, Sandwich, MA 02563

**When Cape Cod goes to Print
Lujean Printing is Ready!**



Commercial Printing
BC to Newspaper
EDDM Mailings



Architectural Plans
BW & Color
Scan to File



SERVING CAPE COD
OVER 50 YRS

Signs & Banners
Cut Vinyl & Full
Color

4507 Rte 28 • Cotuit, MA 02635
508-428-8700 • lujeanprinting.com

SUDOKU

FREE DATE CHANGES ON 2021 TOURS*

BEST OF HAWAII FOUR-ISLAND TOUR

12 days, departs year-round

FROM \$2,599*
\$2,349*

CRIMSON CANYONS & MESAS NATIONAL PARKS TOUR

10 days, departs Jun - Sep 2021

FROM \$1,749*
\$1,499*

YMT Vacations promo code **N7017** **CALL 1-855-208-9533**

* Free date changes anytime up to 45 days prior to departure for land tours, up to 95 days prior to departure for cruise tours. Deposits and final payments remain non-refundable. Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only, made by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.

6				1		8		
		7			3			
			9	8			2	1
		6	5			1	9	
	3	4			1	6		
2	7			3	8			
			7			2		
		8		4				6

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

answer on page 4

THE OTIS NOTICE

VOLUME 43 NO. 7

July, 2021

Address all advertising inquiries to:

THE OTIS NOTICE

P.O. Box 571

Osterville, MA 02655

Phone (508) 428-8900

Email: L.printing@comcast.net

Published by:

Lujean Printing Co., Inc.

4507 Route 28

Cotuit, MA 02635

Phone (508) 428-8700

Michael Paul Lally**Publisher**

Gerry Lynn Galati..... **Graphics Manager**

Michael Camire.....**Sports Editor**

The Otis Notice is published monthly for the Joint Base Cape Cod and the Combined Commands.

DEADLINE for the next issue of The Otis Notice is **Thursday, July 29, 2021**. The publish date for the next issue of The Otis Notice is Thursday, **August 5, 2021**. News copy may be mailed to P.O. Box 571, Osterville, MA 02655, faxed to 508-428-8524 or e-mailed (Word, PDFs or within message) to L.printing@comcast.net For information about display ads, call 508-428-8900.

VETERANS SPOTLIGHT

Mack Payne Major , US Army

by Wayne Soares

waynesoares1@gmail.com

Mack Payne served his country in the United States Army from 1966 – 1979, retiring as a Major. His service also included (2) tours of Vietnam. Born in Ocala, FL he enrolled in the ROTC Program at the University of Florida and would later do his basic training at Fort Bragg in North Carolina. Major Payne described his 1st tour of Vietnam; “I thought it was going to be like an adventure....you were a little nervous....we landed at Cam Ranh Bay in Vietnam. We were expecting mortar rounds to come at us but it was peaceful. It’s always easier in combat when you have people around you.” He continued, “I was with the S & T Battalion (4th Infantry Division).....my responsibility was for Recon missions to protect our base.....our patrols went out for 3-4 days at a time.....I called them ‘Walks In The Woods’.....go out for about (10) miles, crawling with the bad guys....first time I experienced bullets coming at me....scariest sound you’ll ever hear.....they were coming from some unfriendly people.”

The Viet Cong wasn’t the only thing that Major Payne and his unit had to look out for. “We were out on patrol in the Central Highlands of Vietnam.....mountainous terrain.... we were spread out walking.....using hand signals....I motioned for my point man to get over to a thicket of bamboo.....he stopped dead in his tracks, with his mouth wide open.....had to be the biggest snake I’ve ever seen in my life....HUGE, then a few minutes later, I saw another one, about 20ft long.....we just stood there and watched him” he remembered. In his 2nd tour of Vietnam in 1970, Major Payne applied to Cobra (helicopter) School. “They turned me down (42) times but I finally made it (he would go onto fire 12,000 rockets as a Cobra Pilot on countless missions). We were made up of (3) missions – Recon, Escort and Aerial Rocket Artillery. I was in the ARA Unit for the 101st Airborne Unit at Camp Eagle. We could go from Phubai to the Ashaw Valley in 5-6 minutes.....two things were going to happen, guys on the ground were going to die or we were.....we had to get there as fast as we could to save our guys.....greatest feeling is to save or help someone in combat...I loved helping our guys on the ground” he said. I asked him if he was ever afraid and he responded, “I really don’t know.....never let the thought of getting killed or wounded enter my mind.” Throughout the daily barrage of stress and combat, Major Payne was able to share a somewhat humorous story; Bob Hope brought his show to Camp Eagle, but I was out on a flying mission.... coming back we were going to come in low and fly over Hope’s show.....decided against it as I thought someone



might grab my serial number off my tale and I’d be in big trouble.....we saw it from about 500ft. in the air” he said with a chuckle.

When asked about the holidays, Major Payne said this; “You really didn’t know what day it was. For me, the only day that I remember is Sunday because I went to Chapel. That’s how I kept track.” He continued, “I was fortunate to be able to do what I did and not have it bother me....I truly feel for the men & women that have PTSD and I would do anything and everything to help them.” His thoughts on service? “If you do not maintain a strong America, if we value our country, we have to defend it....strong military is vital.....our military’s job is to protect our country.... like a caged dog.....you let him out, let me go at it, then let him back in.....military service, in any capacity, is very important to our nation.”

Major Payne is also the host of the highly popular, national podcast, VietnamVeteransNews.com. Major Mack Payne, thank you for your service to our great country and welcome home.

Lyme Disease- What you need to know

By CDR Meagher

Do you know that over one-third of all blacklegged (Deer) ticks on the Cape and Islands are infected with the bacteria that causes Lyme Disease? Each year around this time Kaehler Memorial Medical Clinic sees a rise in the number of known or suspected infections. The environment that we work, play, and train in places us at a substantial risk of exposure but with a few precautionary steps, you and your family can avoid becoming infected. The mild winter has caused the activity level of the ticks to increase earlier than usual. As a rule of thumb, when the temperature climbs over 40 degrees we can expect to see tick activity. We all need to take precautionary measures when working or playing in an environment favored by ticks-moist, shaded environments, especially areas with leaf litter and low lying vegetation in wooded, brushy or overgrown habitat. This is where the old adage “an ounce of prevention is worth a pound of cure” rings true. If you will be outdoors, hiking, gardening, etc., you need to take preventative measures. These include wearing long sleeved shirts, pants, and applying insect repellants containing “DEET” to exposed skin areas. You may also purchase products containing permethrin that are applied to clothing and will kill ticks on contact. Eligible beneficiaries may be able obtain these products from the clinic.

When returning home from a high risk environment, it is important to perform a tick check on yourself and family members. If found, remove ticks with tweezers by grasping near the tick’s head and pulling firmly. Do not use Vaseline, nail polish, or other products and make sure to wash the exposed area with soap and water. IMPORTANT NOTE- If removed within 36 hours, infection is highly unlikely to occur. Deer ticks are the carrier of the bacteria that causes the disease and NOT the much larger and common dog ticks. Also, you cannot infect another person if you are infected or someone you know is infected.

It’s Lyme Time!

Protect Yourself Against Lyme Disease*

1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.

2 Wear a hat,tuck in hair, if possible.

3 Wear a long-sleeved shirt.

4 Wear shoes, no bare feet or sandals.

5 Wear long pants tucked into high socks.


6 Consider Deet for skin and permethrin for clothes.

7 Wear white or light-colored clothing to make it easier to see ticks.

8 Continue doing tick checks 2 to 3 days after outdoor activities in tick-infested areas.

9 If you find a tick, remove it properly and save it**.

10 Ask your veterinarian about protection for your furry friends.



* Lyme Disease, the most common vector-borne disease in the U.S., can affect the skin, joints, nervous system, heart and eyes. It is transmitted by a tiny tick the size of A POPPY SEED.

** To save the tick to be tested for the presence of Lyme, place the tick in a sealed container or Ziploc® bag with a moist (not wet) cotton ball. Check with a tick-testing laboratory for costs and instructions.

The signs of Lyme Disease infection usually occur within days to weeks after exposure and most (80%) of patients develop a red, slowly expanding “bulls-eye” rash. Other associated symptoms include general tiredness, fever, headache, stiff neck, muscle aches, and joint pain. These symptoms may progress to more serious complications if left untreated. If infection is suspected, your doctor will prescribe a course of antibiotics. The Clinic cannot perform testing on ticks so please don’t save them. Additional resources can be found at www.cdc.gov. or Lyme Awareness Cape Cod website - www.lymeticks.org



A line forms to sign the back of a new road sign that will go out at the entrance road at the Cape Cod Air Force Station which took on the new name Cape Cod Space Air force on Friday June 11th

Photo by Steve Heaslip Cape Cod Times

Cape Cod Air Force Station has a new name but its deadly earnest mission remains the same: protecting the US and its allies from attacks launched from space or on Earth by its superpower rivals

Courtesy of the CC Times

At a renaming ceremony Friday morning, the installation officially changed its name to Cape Cod Space Force Station, which will continue to serve as the home of the 6th Space Warning Squadron.

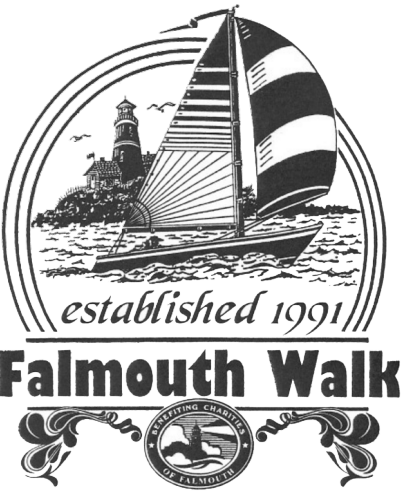
“The return of great power competition is real,” said Lt. Gen. Nina M. Armagno, director of staff, headquarters, United States Space Force. “The global security environment has changed and space is right in the middle of it. Space is no longer a benign environment. Both Russia and China are actively building systems that will counter us in space.”

The United States is already aware that Russia and China are building their cyber and nuclear capabilities but, “in space, it is getting pretty intense,” Armagno said.

Renaming the station is an important step in establishing the culture and identity of the United States Space Force, Armagno said.

“It is also a powerful signal to our nation, allies, and adversaries that we are prepared to deter, fight, and win the United States space war,” Armagno said. “We will always be one team, a no-fail team.”

The 6th Space Warning Squadron’s mission is to survey air and space to detect, track and report missile launches and high-satellite interest passes.



For over 30 years the Falmouth Walk has supported local Falmouth charities. Started by friends Eddie Doyle and Tommy Leonard the annual event has brought thousands of people together for a day of exercise, camaraderie and giving to those in need.

COVID-19 impacted us in ways we could never have imagined. People continue to suffer, physically, emotionally, and financially—the Falmouth Walk will be there this year to help. Times remain a bit uncertain, but we are embracing the transition to live events, and so, we are moving forward with an in-person 30th Annual Falmouth Walk while still providing a virtual option for our community not ready or able to join us in Falmouth.

The 30th Annual Falmouth Walk is on the calendar for Saturday August 14th starting at 10am from Falmouth’s Town Hall Square. The picturesque 5K (about 3.2 miles) course will once again flow through the charming streets of Falmouth along the bustling Falmouth Harbor and past the storefronts of Main Street to the finish at St. Barnabas Church by the Town Green.

Our virtual walkers across the country will join friends and family for a 5k walk in their hometown neighborhood on or around Saturday August 14, 2021

Thank you to the walkers who registered early. Congratulations on being the first—we added you to our in-person walk if you selected that option on the

old registration form. You do not need to do anything further.

Registration is now open. During the registration process, there will be an option to select either the 30th Annual Falmouth Walk or Virtual 30th Annual Falmouth Walk.

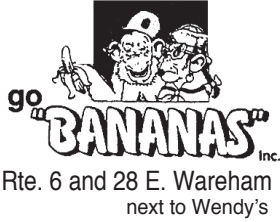
All registrations close on Thursday August 12, 2021 at 3pm. The entry fee of \$30 includes a 30th Annual Falmouth Walk t-shirt and an official walk bib number. T-shirt and bib pick up for in-person walkers will take place on Friday August 13th (location and time to be announced) and Saturday August 14th prior to the Walk. Virtual walkers will receive their t-shirts by August 14, 2021 if registration is completed by July 10, 2021. Virtual walkers registering between July 11, 2021 and August 12, 2021 will receive a t-shirt and bib, but it will likely arrive after August 14th.

Walkers may opt out of receiving the t-shirt to increase funds distributed to the charities. Additional donations can also be made during the registration process. The needs of the 13 charities supported by the Walk remain great after this challenging year. Visit our website at www.falmouthwalk.org for more information about this year’s charities.

Returning this year just for our virtual walkers is “The Most Original Walk Photo Contest”. Simply submit a photo of you on your Virtual 30th Annual Falmouth Walk to falmouthwalk@falmouthwalk.org or post it to Facebook and tag “The Falmouth Walk” by 9/15/21. Our founder, Eddie Doyle, will select the most creative. The winner will be notified after 9/15/21 and receive a free entry for the 2022 Falmouth Walk.

The Committee is excited to host the 30th Annual Falmouth Walk both in-person and virtual. We are honored to continue the tradition of giving. Additional activities are under development, such as, an online auction for some of those wonderful items historically donated to the annual Falmouth Walk. Check the Falmouth Walk website, Facebook, and/or Instagram for updates.

ATTENTION
ALL PERSONNEL and DRIVERS:
Access to the MMR is restricted. Personnel with valid ID card access to the MMR are vouching for the integrity of their guests and therefore are responsible for the actions and conduct of all guests. Failure to properly escort your passengers and guests may result in a loss of base driving and/or other privileges as granted by the MMR installation commanders



508.291.0005
OUTDOOR FUN
HEADQUARTERS!

- ☆ Military B.D.U's & Combat Boots
- ☆ Army/Navy Surplus
- ☆ Camouflage Netting & Clothing
- ☆ Camping Equipment
- ☆ Outdoor Supplies
- ☆ Paintball and Airsoft Guns
- ☆ Waders & Muck Boots
- ☆ PFD's
- ☆ Kayaks & Accessories

10% off Military Item
with Military ID

visit us online at:
www.bananasinc.com



Lujan Printing
Co., Inc.

4507 Route 28
Cotuit MA 02635

508-428-8700
Fax 508-428-8524

Newspapers
Newsletters
Brochures
Business Cards
Letterhead
Envelopes
Flyers . Forms
Copying
Banners
Yard Signs
Plans Copied
and more

Promote
your group or activity
send your stories & photos
to L.printing@comcast.net

TANYA CHADWICK & ANNA LOZANO, SALES ASSOCIATES



Tanya Chadwick

“Are you a Veteran, Retired or Active Duty Military? If so, with as little as \$3,500 we can get you in to the home of your dreams! As Veteran's specialists we will guide you through the process. Call us anytime and we will get you started!”



Anna Lozano

TODAY
REAL ESTATE

Mobile 774.521.9365
299 Cotuit Road, Sandwich, MA 02649
www.tanyasellscapecod.com

Mark Your Calendars!



AUGUST 4

FALCON GOLF CLUB • 1200 - 1600 • For MWR Patrons Only
CELEBRATING 231 YEARS • SEMPER PARATUS

YOUTH TENT BEER GARDEN FOOD
GOLF TOURNAMENT TRUCKS
EGG TOSS DJ Dunk Tank
FISHING DERBY
PIE EATING CONTEST & MORE!

WE'RE HERE FOR
YOU



GEICO
MILITARY



Thank you to our Sponsors USFHP, Geico and USAA. Base Cape Cod MWR thanks and appreciates the sponsor of this event. However, neither the Coast Guard nor any other part of the Federal Government officially endorses a company, sponsor, or their products or services.

VOLUNTEERS NEEDED!

It’s a Bowling cover up

The Masked Crusaders capture Base Cape Cod Regular Season Bowling Title

Story & photos by: Mike Camire

The regular season title for the Spring League was up for grabs, but the Masked Crusaders led by Jimbo “Gotta be the shoes” Mayou and Tom “Turkey” Barnes made sure it was well out of their opponents reach as they outpointed the competition by a wide margin. In week nine The Masked Crew padded their lead with a 3-1 win over I Can’t Believe It’s Not Gutter (ICBING). All three games were close with the Crusaders taking game one by 29 pins, 570 to 541. Cliff “Jägermeister” Jaeger led his team with a game high 149 as he had 3 spares and 3 strikes, Mike “Coach” Camire added a 147 (3 spares, 2 strikes) and Jimbo had a solid score too with a 139. Leading the way for ICBING was Jacqui “Jax” DeGrace who had a team high 120. The second game also went to the Crusaders as Mike “Coach” led the way with a game high 157 (2 spares, 4 strikes) while Jimbo was right on his heels with a 155(6 spares, 2 strikes). He started out with 4 straight spares as he got his team of to a great start. ICBING lost 575 to 534 despite a team high 120 from John “Monsta” Cardinal. In game three led by C.J. “CEEJ” Allen ICBING took the third point by a score of 563 to 544. “CEEJ” had a game high 159 (4 spares, 4 strikes) as they grabbed a point from the 1st place Crusaders. The fourth point for overall pin fall went to the Masked Crew who had a score of 1,689 to 1,638 for ICBING as the Crusaders continued to build on their first place lead with the season winding down.

The Masked Crusaders were at it again in week 10 and they also made it a four point sweep over the Wolf Pack who had some scheduling issues and only had one bowler (Don “Dynamite” Dwyer) who was able to bowl. This put the Wolf Pack at a disadvantage as their bowlers would be using their weekly averages with a small deduction

Puzzle Solutions

6	2	9	4	1	7	8	3	5
8	1	7	2	5	3	9	6	4
3	4	5	9	8	6	7	2	1
7	8	6	5	2	4	1	9	3
1	5	2	3	6	9	4	8	7
9	3	4	8	7	1	6	5	2
2	7	1	6	3	8	5	4	9
4	6	3	7	9	5	2	1	8
5	9	8	1	4	2	3	7	6

G	H	A	T	S	P	A	T	A	C	O		
R	A	G	E	S	E	A	R	V	A	L	O	R
A	J	A	R	T	A	R	T	E	X	A	L	T
F	I	R	E	W	O	R	K	S	N	A	S	A
S	A	L	S	A	D	O	T					
P	A	R	A	D	E	F	U	M	I	E	S	T
R	N	A	E	N	S	I	L	E	O	P	A	H
A	T	T	A	R	C	P	A	G	N	O	M	E
N	E	E	M	Q	U	A	G	G	A	C	O	G
A	D	D	E	D	U	P	A	F	G	H	A	N
			R	Y	A	J	A	F	F	A		
G	R	I	N	J	E	F	F	E	R	S	O	N
J	U	I	C	E	A	L	O	E	T	O	P	E
O	L	L	A	S	B	L	U	R	E	Y	E	R
G	L	E	N	S	O	L	R	A	N	D		

\$250 REWARD

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



Locked & Loaded: the Pinheads Doug “Machine Gun” Foley bowled a game high 155 in the 2nd string to help his team take 3 of 4 points in the last match of the regular season against the Masked Crusaders

Week 8 Standings	
Regular Season Final Standings	
	POINTS
Masked Crusaders	29
Wolf Pack	17
Fireballers	17
Pin Heads	15
Can’t Believe it’s not Gutter!	10



Gotta be the shoes! The Masked Crusaders Jimbo Mayou finished out the regular season with the leagues top average as he led his team to the regular season title with 29 points in the standings.



Nailed it! The Fireballers Nick “The Hammer” Stecchi bowled a 147, a 142 and a 170 as his team completed a four point sweep of the Wolfpack in Week 9



Pin mercy: those pins are about to suffer a brown out as the Wolfpack’s Terry “Downtown” Brown rolls - Terry helped his team capture 2nd place in the regular season

taken off. It might not have mattered on this night as the Crusaders put up some big scores. Tom “Turkey” Barnes started it off with a game high 175 (4 spares, 4 strikes) while Jimbo “Gotta be the Shoes” Mayou added a 146 and Cliff “Jägermeister” Jaeger added a 146. Don had a team high 137 for the Pack. In game two it was Jimbo’s turn to roll, and roll he did to a game high 180, Cliff had a 169 (3 spares, 3 strikes) and Tom a 132 as they won big. Jimbo had 7 straight marks and had six spares and three strikes. The Crusaders completed the four point sweep led by a team high 150 from Jimbo while Tom “Turkey” added a 136. Despite the loss, Don “Dynamite” had a game high 164 (4 spares, 3 strikes) for his team. With the four points the Crusaders clinched first place for the regular season and the number one seed heading into the playoffs with 28 points in the standings as the Wolf Pack finished their regular season with 17 points and were hoping to hang onto

2nd place with their bye week coming up during the last week of the season.

The Pinheads continued their late surge as they moved up some in the standings with 12 points. They took 3 of 4 from I Can’t Believe It’s Gutter (ICBING). The Pinheads were led in game one by Mike “Trips” O’Brien who had a game high 145 (2 spares, 3 strikes) while Joe “Strikes” Fraher had a 134 (4 spares, 1 strike) as they won by just nine pins, 523 to 514. Jacqui “Jax” DeGrace led ICBING with a team high 105. In game two the Pinheads cruised to a comfortable win, 531 to 490 as Joe “Strikes” had a game high 151 (5 spares, 2 strikes), Mike Trips added a 131 and Doug “Machine Gun” Foley had a 92. Jason “All the Way Jay” Alpert had a team high 111 in the loss. ICBING got a small measure of revenge as they avoided the sweep taking game three by ONE POINT, winning 521 to 520. Jason again had a team high 103 while “Jax” added a 97 and John “Monsta” Cardinal had an 88 and every one of those pins mattered as evidenced by the close score. Joe “Strikes” had a game high 139 despite the loss while Mike “Trips” had a 114 and Doug “Machine Gun” had a 110. The Pinheads now sat in 4th place, just five points behind the Fireballers and Wolf Pack going into the final week of the season.

The Fireballers and I Can’t Believe It’s Not Gutter (ICBING) finished up their regular season with a bang. Well it was a bang for ICBING and a clang for the Fireballers who needed only one point on the night to wrap up second place for the regular season. It was ICBING who played the role of spoilers as they stunned the Fireballers and doused their hopes of clinching the Nr. 2 playoff seed with a 4-0 sweep. ICBING got off to a great start as they won game one by the score of 535 to 528, winning by just seven pins. Leading the way was Jason “All the Way Jay” Alpert who had a team high 134 (4 spares,

continued on page 5

FALMOUTH
TOYOTA



Military Members
Active or Retired
Get a Great Deal
On A New or Used Toyota!

Former 102 SFS member Brian Nascarella served with the 102nd for over 10 years, and is now looking to serve in a different way. Come into Falmouth Toyota on MacArthur Blvd. in Bourne and ask Brian about the Military rebates. Feel free to call or e-mail Brian at (508)759-1900 x119, or nascar@falmouthtoyota.com

290 MacArthur Blvd., Bourne, MA 02532
www.falmouthtoyota.com

Defenders hone ground combat skills through joint training

by Senior Master Sgt. Nicholas Giammarco,
102nd Security Forces Squadron

Defenders hone ground combat skills through joint training

by Senior Master Sgt. Nicholas Giammarco, 102nd Security Forces Squadron

As the fog lifted off the ground and temperatures began to rise, defenders from the 102nd Security Forces Squadron made their way to the objective through thick forest.

Bursts of rapid gunfire became louder as they neared their destination.

As the perimeter was secured from the wood line, opposing forces began firing on the defenders as two UH-60 Black Hawk helicopters emerged over the treetops and landed in the open field, inserting a support element. Defenders proceeded to secure the landing zone by conducting a Support by Fire mission.

“End Exercise” was called out, a mission debrief was provided and the day’s instructors were introduced; drill sergeants with the United States Army Reserve 1st Battalion, 304th Regiment, 98th Training Division. These subject matter experts prepared the defenders with in-depth training iterations including Army Warrior Tasks and Drills.

Global conflict is a real and constant threat. Should hostility with another foreign power occur, this training will ensure security forces defenders have the necessary skills to work alongside the Army at forward-deployed locations.

Training began with an extremely taxing land navigation course through thick vegetation. Temperatures rose to 85 °F, heavy with humidity. Following the course completion, Airmen were provided instruction on linear danger areas, radio programming and communication, effective trauma management and the process of calling in combat injuries requiring medevac.

Squad leader Master Sgt. Michael Anderson explained, “I think it’s good that we had the opportunity to train with the Army and were able to learn their language and teach them ours. It made it so we can articulate better during an actual high-stressed scenario.”

The joint training endeavor provided valuable hands-on training to defenders. Base defense -- defending the mission and protecting the force -- is the primary mission of Security Forces. Inadequate training could result in the enemy breaching the perimeter and creating chaos to our infrastructure and national security assets.

“The training environments on Joint Base Cape Cod are perfect to work in as we transition to being more concerned about near-peer adversaries,” said 2nd Lt. Allen Nancarrow, operations officer for the 102 SFS. “We’re very thankful



that the drill sergeants are willing to take their knowledge to test the skills our defenders learn throughout their careers. Many may not realize, but the tactics we adopt as defenders come directly from Army field manuals.”

Defenders entered the final event, their mission to secure a flight line. The event was broken into four simultaneous scenarios that incorporated all of the lessons learned throughout the day.

After a long, arduous day that tested the limits of their endurance, the 102nd Security Forces Squadron exited the field better equipped to defend the force.

Bowling

continued from page 4

1 strike), Andrea Piccarelli had an 86 and Jacqui “Jax” DeGrace had an 80. Walt “The Chief” Stecchi had a game high 155 with 5 spares and two strikes. Game two was much the same as ICBING pulled away for a 553 to 518 win and point number two. Jason again had a game high 138 (4 spares, 2 strikes) while “Jax” and Andrea both had 90’s. The Fireballers lost despite getting 128 from Nick “The Hammer” Stecchi. ICBING was just getting warmed up. They saved their best game for the last as they had a team high score of 580, while the Fireballers managed just a 522. Jason stayed on top with the hot hand as he had a team high 135, “Jax” had a 114 and Andrea had a 96 as they completed a four point sweep and kept the Fireballers from clinching second place overall. The final count was 1,668 for ICBING and 1,568 for the Fireballers, who had to settle for 3rd place.

The final match of the season featured the tough competitors and friendly rivals as the Pinheads took on the Masked Crusaders. The regular season standings were set, the Crusaders had clinched first while the Pinheads would finish fourth no matter what happened in the match. But what happened was what we always expect when these teams get together fun competitive bowling. The Crusaders took game one by 21 pins, winning 576 to 555 led by a team high 157 from Jimbo “Gotta be the Shoes” Mayou who had 2 spares and 3 strikes. He bunched his strikes together for a Turkey getting three in a row in the 7th, 8th and 9th frames. Tom “Turkey” Barnes had a 147 and Cliff “Jägermeister” Jaeger had a 146, all solid scores. It was enough to offset a game high 180 from Joe “Strikes” Fraher. Joe had 5 spares and 3 strikes. Game two was a flip flop with the Pinheads winning by just 10 pins, 543 to 533 for the Crusaders. The Pinheads got a great game from Doug “Machine Gun” Foley who had a game high 155 (5 spares, 2 strikes) and Joe “Strikes” added a 131 to help pace the win. Jimbo had a team high 153, (3 spares, 3 strikes) for the Masked Crew while Cliff added a 140, they just came up a little short. The Pinheads put up their best score in game three as they came up with a 579. It was their highest score of the night led by Joe “Strikes” again, who just missed a 200 game with a sizzling 195. Joe wasn’t fooling around in this one, he opened with a Hambone – FOUR straight strikes! He ended up with 2 spares and 6 strikes, Doug “Machine Gun” added a 110 and Joe “Fuji” Foley had an 86. This big win also clinched the overall pin fall for the Pinheads as they had 1,677 to 1,670 for the Crusaders, just a 7 pin difference. They took 3 of 4 points on the night and finished their season with 15 points. The teams enjoyed three great games and some outstanding performances from both teams. Despite the loss Jimbo had a team high 158, (5 spares, 2 strikes) and Cliff had a 152 (6 spares, 1 strike) as the Crusaders were tuning up for the playoffs. It was an excellent way to close out the regular season for both teams.

Next month we will all find out how the playoffs turned out and who raised the trophy as Spring League 2021 champs!



GIRLS RULE THE MIC

TICKETS: \$25
TO BUY TICKETS GO TO WWW.FLAPJACKCOMEDY.COM
OR CALL 508-274-2190

SATURDAY, JULY 10TH
DOORS @ 7PM
SHOW @ 8PM

SEA CREST BEACH HOTEL
350 QUAKER ROAD
NORTH FALMOUTH, MA 02556



LAURA SEVERSE

CAROLYN PLUMMER

KELLY MACFARLAND

WWW.FLAPJACKCOMEDY.COM

CROSSWORD

1	2	3	4			5	6	7		8	9	10	11
12					13					14			
15					16					17			
18					19					20			
				21					22				
23	24	25						26				27	28
30				31		32	33			34			
35			36			37				38			
39					40				41			42	
43				44					45		46		
				47				48	49				
	50	51				52					53	54	55
56						57				58			
59						60				61			
62						63				64			

BRING EVERYTHING
YOU LOVE TOGETHER!

2-YEAR
TV PRICE
GUARANTEE

\$64⁹⁹
MO.
for 12 Mos.

America's Top 120 Package
190 CHANNELS
Including Local Channels

CALL TODAY - For \$100 Gift Card
1-888-416-7103

Promo Code: DISH100
Offer ends 7/14/21.

Blazing Fast
Internet

ADD TO YOUR PACKAGE FOR ONLY
\$19.99/mo.

DISH

ALL-STAR

All offers require credit qualification, 24-month commitment with early termination fee and shutPay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper w/3ling or Hopper 3.5/mos. more. Upfront fees may apply based on credit qualification.

© StatePoint Media

STATEPOINT CROSSWORD
THEME: THE 4TH OF JULY
ACROSS

- 1. Steps to the river, in India
- 5. Hot springs resort
- 8. Meal in a shell
- 12. Driver’s misbehavior?
- 13. *Grilling technique
- 14. Medal of Honor descriptor
- 15. Cracked open
- 16. What Knave of Hearts stole from Queen of Hearts, sing.
- 17. Raise one’s rank
- 18. *July 4th pyrotechnic display
- 20. Hubble Space Telescope operator, acr.
- 21. Chip dip
- 22. i topper
- 23. *Main Street tradition on the 4th
- 26. Superlative of fummy
- 30. Ribonucleic acid
- 31. Store as fodder
- 34. Moonfish
- 35. Rose oil
- 37. Number cruncher
- 38. Fairytale garden dweller
- 39. Indian Lilac tree
- 40. Extinct type of zebra
- 42. Steampunk decoration
- 43. Did 2 + 2 (2 words)
- 45. Crocheted blanket
- 47. Swedish shag rug

- 48. Ancient port city in Israel
- 50. Smiley face
- 52. *First President to hold July 4th celebration at the White House
- 56. Snoop Dogg’s “Gin and ____”
- 57. Medicinal succulent
- 58. Hit the bottle
- 59. Earthenware pots
- 60. View from a high-speed train?
- 61. Observer
- 62. “Glengarry ____ Ross”
- 63. G, in solfa
- 64. “The Fountainhead” author

DOWN

- 1. Former tennis pro Steffi
- 2. One who’s made the pilgrimage to Mecca
- 3. Petri dish filler
- 4. Mother of Calcutta
- 5. Roebuck’s partner
- 6. a.k.a. anorak
- 7. A in B.A.
- 8. *”No ____ without representation”
- 9. Unfortunately, exclamation
- 10. *Drink to wash down burgers and hot dogs?
- 11. Table scrap
- 13. Steal, past participle
- 14. What haters spew?
- 19. Crane or heron
- 22. Expecting woman’s date
- 23. Life force in Sanskrit
- 24. Chipped in



- 25. What Motion Picture Association of America did
- 26. *Most popular July 4th decoration
- 27. Notable period
- 28. Polynesian island country
- 29. Feudal lord
- 32. Fish a.k.a. porgy
- 33. Beer acronym
- 36. *Lee Greenwood’s “Proud to Be an ____”
- 38. Blooper
- 40. Sine ____ non
- 41. Old-timer
- 44. Force units
- 46. Wedding tossable
- 48. Jiggly dessert
- 49. Run ____ of the law
- 50. Type of sea bird
- 51. Agitate
- 52. Kickboxing moves
- 53. Miso bean
- 54. U.S. ____ in golf or tennis
- 55. Egghead
- 56. Leisurely run

HEALTH

Summer Skin Protection -- Inside and Outside

(StatePoint) Many people prioritize skin protection when spending time outdoors, but skin damage from UV rays and free radicals can occur inside too. Consider these tips and insights this summer:

Indoor and Outdoor Hazards

If you’re already taking measures to protect skin while outdoors, that’s great. The sun is responsible for up to 90% of visible skin changes commonly attributed to aging, according to the Environmental Protection Agency. But you don’t have to be at the pool or beach to be susceptible to sun damage. Whether you’re driving your car or you’re inside your home, it’s important to keep in mind that your skin can be exposed to free radicals from the sun’s rays through windows. What’s more, blue light from digital screens -- ubiquitous these days -- can also be harmful to skin. Additionally, damaging free radicals can be generated by pollution, certain foods, like those with a high glycemic index and red meat, exercise, alcohol and more.



Topical Care

Be sure to apply a topical SPF daily to your face and body. Keep in mind that some fabrics don’t offer complete protection, so wearing sunscreen even on areas of skin that are not directly exposed to sunlight is a good idea. You can offer additional protection to sensitive areas like your scalp by wearing a hat. And of course, take good care of your eyes with sunglasses featuring UV blocking.

Double Up

Ultimate skin health comes from a combination of defensive layers. Double down on your skin’s health from

the inside out with a daily supplement, such as Heliocare Daily Use Antioxidant Formula. Eighty-seven percent of U.S. dermatologists recommend taking Heliocare to help protect skin from free radicals, like those produced by the sun’s UV rays. Dermatologist-recommended, this natural, dietary supplement contains 240 milligrams of a powerful antioxidant formula derived from the extract of Polypodium leucotomos (PLE), a tropical fern native to Central and South America that’s been used for centuries as a remedy for skin-related conditions. Unlike other skincare supplements that contain PLE, Heliocare has a clinically-established, proprietary antioxidant formula, Fernblock PLE Technology, which aids in eliminating free radicals in the body.

“Ultimately, no one is immune to skin damage. Taking a supplement like Heliocare each day is an excellent precaution to help your body protect itself from the damaging effects of free radicals,” says New York-based dermatologist, Rachel Nazarian, MD. “By neutralizing the outcome of these harmful atoms, it can help to promote a healthy appearance of skin.”

To learn more and to access additional skin care information, visit heliocare.com.

To help keep skin healthy and radiant, avoid free radical damage in the first place and prioritize a comprehensive skin care routine, even when indoors!

“Old Glory”

The name “Old Glory” was first applied to the U.S. flag by a young sea captain who lived in Salem, Mass. On his twenty-first birthday, March 17, 1824, Capt. William Driver was presented a beautiful flag by his mother and a group of local young ladies. Driver was delighted with the gift. He exclaimed, “I name her ‘Old Glory.’” Then Old Glory accompanied the captain on his many voyages.

Captain Driver quit the sea in 1837 and settled in Nashville, Tenn. On patriotic days, he displayed Old Glory proudly from a rope extending from his house to a tree across the street. After Tennessee seceded from the Union in 1861, Captain Driver hid Old Glory by sewing the flag inside a comforter. When Union soldiers entered Nashville on February 25, 1862, Driver removed Old Glory from its hiding place, carried the flag to the state capitol building, and proudly raised it for all to see.

Shortly before his death, the old sea captain placed a small bundle into the arms of his daughter. He said to her, “Mary Jane, this is my ship flag, Old Glory. It has been my constant companion. I love it as a mother loves her child. Cherish it as I have cherished it.” The flag remained as a precious heirloom in the Driver family until 1922. Then it was sent to the Smithsonian Institution in Washington, D.C., where it is carefully preserved under glass today.



Military & Veterans
THANK YOU
FOR YOUR SERVICE

Enjoy a free year of Fox Nation!

FOX
NATION

America is Streaming.™

We're in it together at US Family Health Plan — a great TRICARE Prime® choice.



Choose your own civilian doctor from a network of over 2,000 primary care providers and thousands of specialists, all in southern New England, home of world-class medical care.

Use top-quality hospitals, including Cape Cod Hospital, Falmouth Hospital, and Boston Children's Hospital.

Get the full TRICARE Prime benefit at low or no cost. No enrollment fees or copays for active-duty family members (except for prescription copays). Everyone else pays a modest annual enrollment fee and small flat copays.

Get some terrific extras, like chiropractic visits and discounts on acupuncture, eyewear, and fitness clubs — at no extra cost.

Questions?

Call your local representative James M. Souza, SFC, USA (Ret.) at **508.208.4781** or visit **[usfamilyhealth.org](https://www.usfamilyhealth.org)**.



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.



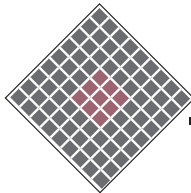
MAIN:781-848-3910 | TTD:781-356-1992
SSELDER.ORG| @SouthShoreElder

**Helping
Seniors Stay
Healthy and
Safe at
Home**



**We keep people safe
in the comfort of
their own homes.**

- Companion/Escort
- Chore
- Homemaker
- Home Health Aide
- Nursing
- Live In



Anodyne
anodyne-services.com