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THE COMMINK

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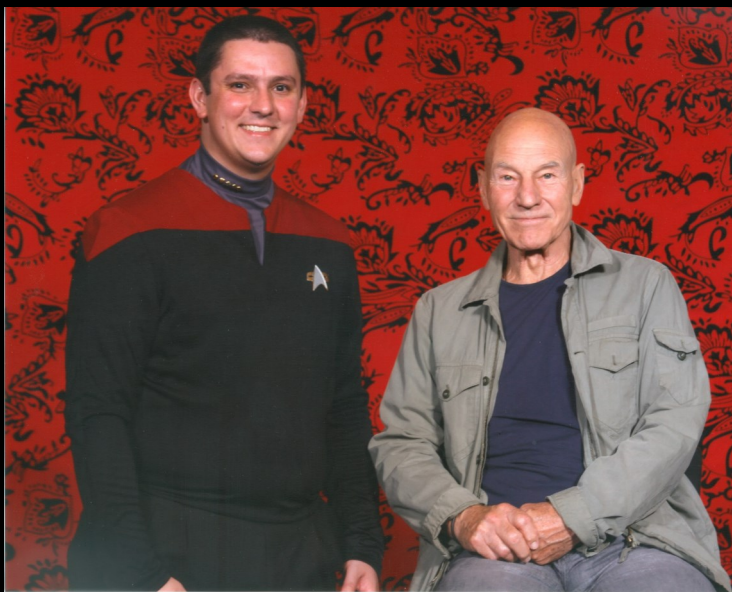
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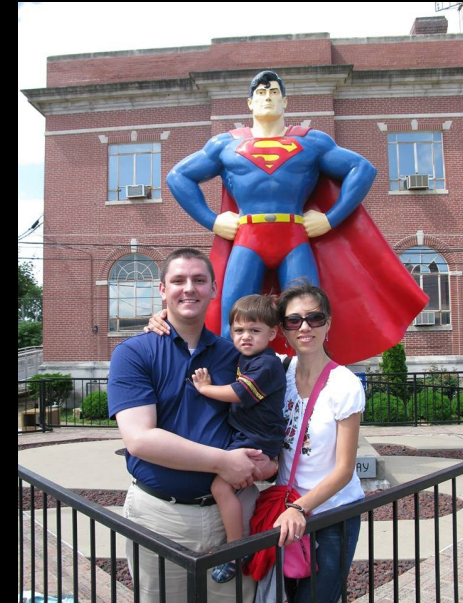
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Page 1

Message from the CO - FLEET CAPTAIN JOHN YELVERTON



I was so looking forward to writing an article about my trip to DragonCon and finally getting my picture taken with Sir Patrick Stewart. Unfortunately, someone else that I met at DragonCon was in the news recently, and not for a good thing. Stephen Collins of "Star Trek: The Motion Picture" fame, was in the news for admitting in a therapy session with his ex-wife (who also recorded the admission) that he molested and exposed himself to children. It appears that it is highly doubtful that any charges will be brought as the recording was obtained illegally in a therapist's office, hence violating doctor/patient confidentiality, and the crimes occurred so long ago that the statute of limitations has run out. That being said, the man's career is toast, he's already been fired from his upcoming role in "Ted 2", and it is highly, highly doubtful that he will ever be asked to attend another convention.



Cont'd on Page 4

03-975683

COMMLINK - TABLE OF CONTENTS

- 1 - Message from the CO
- 2 - Table of Contents
- 3 - Editor's Hail
- 4- Captain's Log Cont'd
- 5 - 9 - Meeting and Event Pictures
- 10 - Fred Haise And/Or
Infinity Science Center News
- 11 - 12 - XO Report
- 11 - 23 - Departmental Reports
- 24 - More News & Upcoming
Meetings & Events - Birthdays

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THE COMMLINK - USS HAISE

Captain - John Yelverton

1st Officer - Ryan Case

Editor-in-Chief - Barbara Allen

Chief of Security - Mark Young

Article Submission Deadline:

10th Day of Publication Month

Publication Date: Quarterly

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Message from Chief of Communications - Lt. Commander Barbara Allen

04-865214



Special "Thank You" to XO Ryan Case for his awesome help with the newsletter.



Glenn & I are so excited and wanted to share with everyone that our daughter, Michelle, recently got engaged on August 10. Below is a copy of her engagement announcement which will be in the NorthsideSun Magazine November issue which will be out at the end of October.



05-167524

MICHELLE KATHLEEN ALLEN

&

JAMES CLARK CHURCH

March 14, 2015

Powerhouse Community Arts Center

Oxford, Mississippi



05-934720

Dr. and Mrs. Glenn Edward Allen of Brandon, Mississippi announce the engagement of their daughter, Michelle Kathleen Allen, to James Clark Church, son of Mr. and Mrs. James Lester Church of Martin, Tennessee.

The bride-elect is the granddaughter of Dempsey M. Allen and the late Sabina Allred Allen of Pearl, Mississippi; and the late Henry Weslie Cosby and Irene Hocutt Cosby of Pearl, Mississippi. The prospective bridegroom is the grandson of the late James W. Church and late Mary Church of Leachville, Arkansas and the late Robert G. Clark and late Ella Clark of Jonesboro, Arkansas.

Miss Allen is a 2004 graduate of Jackson Academy and a 2008 Magna Cum Laude graduate of Millsaps College with a Bachelor of Science Degree in Computer Science and Art. She is a computer software developer at Juice Plus, Collierville, Tennessee.

Dr. Church is a graduate of Westview High School, Martin, Tennessee and a graduate of the University of Tennessee at Martin, Tennessee, obtaining a degree in Computer Science. He is a 2014 graduate of University of Mississippi with a Doctor of Philosophy, Engineering Science. He also received the Ole Miss 2014 School of Engineering Graduate Achievement Award. He is a Computer Science Professor at the University of West Georgia, Carrollton, Georgia.

The couple with exchange vows at 3:14 p.m. on March 14, 2015 at The Powerhouse in Oxford, Mississippi with a reception following.

07-846821

Message from the CO - FLEET CAPTAIN JOHN YELVERTON

02-824851



What has disturbed me though, is people's reactions to the news. I am yet to read anyone on the boards who are behaving in a Christian manner. They hope he burns in Hell with Hitler. Some feel betrayed themselves, that this actor they've come to love could do such a thing. Others try to place the blame on his ex-wife, or the therapist, or his first wife, or even his victims. Worst of all, some have excused his behavior all together, saying that all he did was molest the children and not rape them like Roman Polanski.



03-693369

What is a proper response? Well, the first thing is to remember the victims. Current statistics shows that 1 out of every 10 girls will be the victim of a sexual crime before the age of 20. Even more shocking is that the same statistic is 1 out of every 6 for boys. I am not even naive enough to think there might not be someone in our very club who has been a victim of this type of tragedy. The victim must never be made to feel that they contributed in any way toward their attacker's actions. Their attacker is the criminal. They should know that their friends and family are there to support them. They should know that they can tell us anything, because it is only when things are kept quiet that multiple offenders, like Stephen Collins, can roam free.

05-314159

Secondly, we must remember that these people are actors. Sometimes, playing the good guy is just as much of an act as playing the bad guy. Having met Stephen Collins, myself, I was more surprised than anyone when the news broke. He was very personable and very kind. Whether his crimes were something of his past or there are more victims to be announced, only God knows. That being said, Stephen Collins has done nothing to me. I am not one of his victims, and I have no right to act like I am. I am deeply disappointed in Stephen Collins, just as I was in my favorite, female singer LeAnn Rimes when she committed adultery. It is extremely arrogant of us to feel personally betrayed by someone we have never met. They are performers, and though we may love what they do, we cannot honestly say that we love them.

06-951413

Thirdly, there is no excuse for this type of behavior. The adulterer cannot deflect their guilt by proclaiming that they've never committed rape. The rapist cannot deflect their guilt by proclaiming that they've never molested a child. They are all crimes, and merely because we place more weight on one than the other does not make it less of a crime. Just because Tiger Woods is a more prolific adulterer than LeAnn Rimes, it does not excuse her behavior. Just as not physically raping a child, as Roman Polanski did, does not, in any way, excuse Stephen Collins' behavior.

07-601384

Finally, as the father of a child, I know that it would take every ounce of Christian charity I had not to physically harm if not kill someone who sexually assaulted my child. That being said, God tells us that vengeance is His (Romans 12:19). Telling Stephen Collins or anyone else who has wronged us to go to Hell is the wrong reaction. God commands us to pray for our enemies (Luke 6:27-28). Most importantly, we must remember that Stephen Collins needs God. Just as we all do. Instead of telling him to go to Hell, we need to tell him to turn to Christ, because there is no sin, which Christ's blood cannot wash white as snow. If Christ can forgive and save Paul, the chief of sinners (I Timothy 1:15), then He can forgive Stephen Collins too. And perhaps... so should we.

JULY MEETING/PICTURES

LCARS ACCESS 719

COMMUNICATIONS

12-357854

12-635487

12-983014

13-845888

13-901876

Saturday, July 19, 2014 - 6:30 pm - Jo's Diner, Flowood, MS

16 members attended. 2 guests: Jason Young & Linda Nobles were welcomed. CO John Yelverton presided over the meeting. Door prizes were won by Charlotte Graves (a Scotty Car), Clarence Winter (a Kirk Car) and Barbara Allen (Evan Gattis bobble head from the Braves game). Ship's finances were discussed. The group voted and approved all aesthetic, clarifying and points changes to the Standing Orders. It was discussed how the ship can use it's resources to petition NASA to nominate Fred Haise for the Congressional Space Medal of Honor. The CO will be spearheading this effort with the aid of contacts from members of the ship. It was presented and voted on by the ship to create the Leonard H. "Bones" McCoy Scholarship of \$100 to be presented to the UMMC student who submits the best one page paper on how they plan to use the ideals of "Star Trek" in their medical practice. Ann Case was pipped and promoted to Lieutenant Junior Grade and Kirk Lomax was pipped and promoted to Chief Petty Officer. Announcements were made about movie night to see "Guardians of the Galaxy", book club reminder, ship's next meeting on August 16, Celtic Fest on September 6, and September's meeting at Berry's Seafood in Florence. It was voted on to give the CO permission to purchase cards, stamps, and binders for the Case's to perform their duties. The meeting was adjourned and we watched the Deep Space Nine episode "Emissary" while enjoying Jo's Diner fantastic milk shakes!



AUGUST MEETING/PICTURES

LCARS ACCESS 719

COMMUNICATIONS

12-357854

12-635487

12-983014

13-845888

13-901876

Saturday, August 16, 2014 - 6:30 pm - Taco Night at the home of Rene Crawford

18 members attended

CO John Yelverton presided over the meeting. We welcomed our two new members: Jason Young & Linda Nobles. Door prizes were awarded to Linda Nobles, Braydon Kelly, & Ryan Case. The ship's funds were discussed. It was then proposed that due to the UMMC refusing our scholarship offer (UMMC will not create a scholarship unless it is a minimum of \$10, 000), we created the Deanna Troi Counseling Scholarship of \$100 to be awarded to the Reformed Theological Seminary student

pursuing a master's in counseling who writes the best one page paper on how they plan to use the ideals of "Star Trek" in their counseling practice. The motion passed and the CO said he would contact the necessary people. Future projects were discussed and a brief outline of Mark Nichol's trip to IC was provided by the CO. IC 2015 was announced to be held in Niagara Falls, New York. Future events were announced. Rene did a presentation on her mosaic projects. She is very talented in the art of mosaics. And, some are for sale! The meeting adjourned & we watched the Star Trek Voyager episode "Caretaker". Thanks to Rene for being our hostess. We had so much great food!



SEPTEMBER MEETING/PICTURES LCARS ACCESS 719

COMMUNICATIONS

12-357854

12-635487

12-983014

13-845888

13-901876

Saturday, September 20, 2014 6:30 pm - Berry's Seafood, Florence, MS

17 members attended. 1 Special Guest: Lindsey Knowlton

CO John Yelverton opened the meeting & three door prizes were awarded. Linda Nobles won the "Star Trek: The Animated Series" film cell. Clarence Winter won a Star Trek book. Finally, Bethany Theilman received the third door prize, but demurred. The second time resulted in Ryan Case winning a Star Trek book. Ship's finances were discussed. It was announced that Lindsey Knowlton is the recipient of the Deanna Troi Counseling Scholarship \$100 award. She read the ship her prize winning entry paper. The CO presented her with an autographed picture of Marina Sirtis for winning the scholarship. XO Ryan Case gave a brief report on the September 6 Celtic Fest Haise outing. Book club reminder was announced.



The ship voted to attend the Blue Oyster Cult concert at the Mississippi State Fair in Jackson on October 3. Information was given on our next meeting October 18 Masquerade Party. The ship's members in Star Trek uniforms posed for pictures with over 200 cans and boxes of food items brought by Haise members that night for the Mississippi Food Network. The meeting ended and the ship watched Star Trek: The Next Generation episode "Encounter at Fairpoint". We all loved the seafood at Berry's!



12-357854



Mississippi Braves Game -

Saturday, July 12, 2014 - 6 p.m.

Crew members Mariana, Clark, & John Yelverton; Alex Kelly, and Ryan & Ann Case attended a fun night at the Mississippi Braves game. \$2 from every ticket went toward ALS research. Ryan Klesko, Marquis Grissom & Leo Mazzone were there for autographs, and the first 1,500 fans got a free Evan Gattis bobble head doll.

ALS night at the Mississippi Braves baseball game helped raise over \$7,500 towards research to fight Lou Gehrig's disease.



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MOVIE NIGHT - Guardians of the Galaxy
 Tuesday, August 5 - 7:35 PM - Discount Ticket Night
 2D version
 Location:
 Parkway Theater - Flowood
 (corner of Airport Road and Lakeland/HWY 25)

USS Haise crew members attending gave this movie a great rating for music, story, action & adventure. Star Trek's Zoe Saldana brought the galaxy-class alien assassin Gamora to life.



12-357854



Location:
 Mississippi Agricultural and Forestry Museum.
 1150 Lakeland Dr., Jackson, MS 39216-4701

USS Haise crew members attended Saturday
 September 6 - 12 noon until

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The Celtic Heritage Society is a 501(c)3 nonprofit organization with the mission of promoting and preserving the arts and culture of the Celtic nations. CelticFest is a family-oriented event, and all CHS events are open to the public.

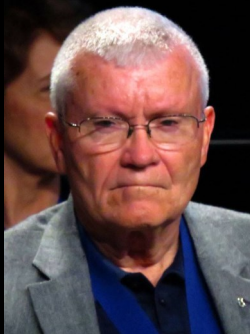
Left to Right:

- USS Haise crew members attending -
- Counselor, Lt. JG Ann Case
- XO, Commander Ryan Case
- Chief of Engineering, Vice Admiral Bethany Theilman
- Ensign Dustin White
- Ensign Alex Kelly

Haise member, Bethany Theilman was participating in Celtic Fest with Shire of Iron Ox -

located in Jackson, MS & is a local branch of the largest Living History organization in World! Welcome to the Current Middle Ages!

15-102348



Infinity Science Center now turning a profit

Posted: Aug 26, 2014 11:33 AM CST Updated: Aug 27, 2014 5:52 AM CST

By Doug Walker

For the first time since it opened almost 2 1/2 years ago, the Infinity Science Center in Hancock County is now operating in the black. (Photos source: WLOX) - 4 photos lower right side Exhibits are a major attraction at Infinity, and are constantly evolving. Admission at Infinity ranges from \$5 to \$10, depending on age and



15-211367

The center is averaging about 60,000 visitors a year.

When it opened in April of 2012, the \$30 million Infinity Science Center in Hancock County was touted as the next big tourism draw on the coast. After a slow start, the center is now seems poised to realize that lofty goal. Visiting Infinity is like, well, blasting off to another world. But education is the main goal at Infinity. So how do children react to a slimy experiment? Vicki Bess is a Visitor Relation Specialist.

"They say Ooooooh and Ahhhh, can we touch it, can we take it home. And we try and show them things that they can actually do at home. We can give them the ingredients at home that they can actually make slime and some of the other things that we have here," Bess explained. Exhibits are another major attraction, and are constantly evolving, according to Exhibits Manager Paul Foerman.

"It's very important to keep fresh exhibits, because return visitors to Infinity is very important. We aim to inspire the next generation of explorers through the Infinity Science Center. For example, the exhibit behind me is the Chandra Space Observatory. These new panels just went up last week," Foerman said.

In addition to the continuing improvements to the exhibits here at the Infinity Science Center, and the ongoing educational opportunities for students, the center has done something in the past few months that has never been done before.

"Well, we are alive and healthy. We are now operating in the black," Executive Director John Wilson said. "Our operating income is covering our expenses and we're incredibly excited about that. But we're also excited about the fact that we are poised for growth."

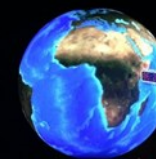
He added that part of that growth is promoting the science center.

"We're getting a big digital sign that will go out front. That will be coming in around December. Over 50 percent of our visitors come off the interstate."

Wilson said that Infinity is also family friendly.

"We have families come here with toddlers all the way to teenagers and there is something here for all of them to do." Admission at Infinity ranges from \$5 to \$10, depending on age and the size of the group. The center is averaging about 60,000 visitors a year.

As part of the educational mission at Infinity, more than 300 South Mississippi students will be able to talk live for 20 minutes with two astronauts aboard the International Space Station. The event is next Tuesday afternoon and will be broadcast by NASA TV.



15-487102

15-551220

15-989651



Message from XO - Commander Ryan Case

19-998210



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21-854122

22-002145



It's officially my favorite time of year - the warm months of summer are behind us and the pumpkin spice filled air is moving in on us. This quarter marks me and Ann's 1 year anniversary with the club as the HWY 49 meeting was the first official meeting we ever attended. I couldn't be happier knowing you guys and calling you all a friend. I'm glad to have more of my pre-Starfleet friends on the crew now as well - welcome to Alex, Bianca, Joel, and Braydon.

In August I got to achieve a goal that I didn't think I would be able to complete (at least not this quickly). My mother purchased a VIP ticket for me to meet Sir Patrick Stewart and the entire crew of Star Trek: The Next Generation in Chicago. In addition to meeting them and getting their autographs, I also got a front row ticket to their anniversary panel which was moderated by William Shatner. You can see their intro in my video here: <http://youtu.be/gU6BRP9t9jM> . I also received a bonus ticket while there to see Leonard Nimoy's Skype Panel, and again here's the intro video to that panel: <http://youtu.be/9sBaGzi6ZVQ> .



Message from XO - Commander Ryan Case - Continued

19-998210



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20-753912

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22-002145

Page 12



A funny story from the weekend: I was the 3rd person in line to get Patrick Stewart's autograph (the line was 4.5 hours long as I heard later...) and I had 3 items for him to sign (you're welcome Barbara) and when I set my items up on the counter they slid my items down the table towards him. What I didn't realize was that some of my other personalized items weren't being slid with them and after I got through the line, I realized that the guy behind me in line wound up with them... I was crushed. I ran back to the booth but the crew wasn't able to find the guy or my autographed pictures. They ended up walking me back to the Next Generation booths and I got to sit and talk with Marina Sirtis for about 40 minutes while I waited on Jonathan Frakes to come back from his lunch break. Mr. Frakes is a SUPER nice guy, gave me his replacement autograph for free because he remembered me, and I got a hug from Marina for "waiting diligently for so long".

Some of the actors you can just catch on a bad day but I'm so glad that my childhood nostalgia has never really been damaged by these people. They're some of the nicest, most easygoing celebrities I've ever met - and I've met quite a few. I'll leave you all with my favorite quote from that weekend, courtesy of LaVar Burton: "I think Star Trek endures the test of time because it's the United States' great sci-fi epic... the UK has Dr Who as its sci-fi epic and it seems to endure EVERYTHING. Star Trek is forever and I hope that Paramount finds a way to give us that great television once again, someday."

Message from Chief of Operations - Lt. Commander

19-998210



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20-753912

Aside from our July meeting at Joe's Diner in very small hot room and a delicious *Taco Night* at Rene's, I've been quite busy preparing for and hosting the 4 day Magnolia Classic Dog show at the Trade Mart in September. I've also been dealing with getting a crown (no, not that kind) for a tooth that's been almost 4 years coming.

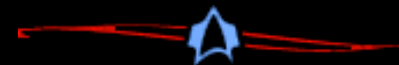
21-854122

I was finally able to enjoy some really good stuffed shrimp on the seafood bar at Berry's Seafood for our monthly meeting on Sept. 20th. It may have been a little pricy, but the food was hot and fresh. Congratulations to Linda who won our door prize there of a film cell of the *Enterprise* from the animated series. I'm VERY envious! And congratulations to Lindsey Knowlton who received our Deanna Troi Counseling scholarship with her truly awesome essay on *Trek* psychology. Also, thanks to all who contributed with donations of non-perishable food to the Mississippi Food Network that we collected there for our 3rd philanthropy project for the year. We had a trunk full! One of my tenants at *StorageMax* works at the Mississippi Food Network says "Thank you! You can't truly know how important your donations are for our community."

22-002145

Remember our final philanthropy project we selected for the year is the Marine's *Toys for Tots* in November for Christmas. Bring unwrapped toys (no stuffed animals, please) to our November meeting.

See you at our Masquerade Party Saturday evening October 18th. ...still don't know what my costume will be. Mark Nichols said I'd make a good "Q"! What do you think? Yeah, he's probably right.



19-998210

Message from Chief of Engineering - VADM Bethany Theilman



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22-002145

Page 14

I'm continuing my mission to observe a nomadic pre-power society. I made a portable workbench using hand saws, chisels, mallet, brace and spade bits. It's quite time consuming, but it worked. I had a great visit at the Celtic Festival by other under-cover Starfleet officers. Here is a photo of the completed bench being used, and a close-up of the mortise and tenon joints being held in place with vertical tusk tenons. I'm adjusting a mortising gauge to make English Try Square.

Putting on our Vulcan Hats – Part II

We are all guilty of exaggeration and fallacies in our everyday conversation, but when writing, we ought to do our best to eliminate them. As astrophysicist Neil deGrasse Tyson said, "*I am convinced that the act of thinking logically cannot possibly be natural to the human mind. If it were, then mathematics would be everybody's easiest course at school and our species would not have taken several millennia to figure out the scientific method.*"

Here are some more common fallacies we see daily.

Slippery Slope - If we allow A to happen, then B, C,Z will eventually happen too, so A should not happen.

If today you can take a thing like evolution and make it a crime to teach it in the public school, tomorrow you can make it a crime to teach it in the private schools, and the next year you can make it a crime to teach it to the hustings or in the church. At the next session you may ban books and the newspapers. Clarence Darrow during day 2 of the Scopes Trial

If we let gays marry, next thing we will let people marry siblings, dogs and cats.



Message from Chief of Engineering - VADM Bethany Theilman — Continued

19-998210



The problem with this reasoning is that it avoids engaging with the real issue at hand, and instead shifts attention to extreme hypotheticals. No proof is presented to show that such things will in fact occur. The argument is unfairly tainted by unsubstantiated conjecture designed to prey on the fears of the audience.

Special Pleading - A fallacy in which a person applies standards, principles, rules, etc. to others exempting him/herself (or those he/she has a special interest in) to without providing adequate justification for the exemption.

Eg. Edward Johns claimed to be psychic. When his 'abilities' were tested under proper scientific conditions, they didn't work. Edward explained this saying that one had to have faith in his abilities for them to work.

20-634851

Yes. I agree all the children who disrupted class should be punished, but my son shouldn't get detention for one spitball.

It requires integrity and genuine honesty with oneself to examine one's own beliefs and motivations without falling into the trap of justifying our existing ways of seeing ourselves and the world around us.

Gambler's Fallacy- The idea that 'runs' occur in statistically independent phenomena such as roulette wheel spins. The reality is that each spin of the wheel is itself entirely independent from the last. There is a very small chance (1/1,000,000) that heads will come up 20 times in a row if you flip a coin, but the chances of heads coming up on each individual flip remain 50/50. Similarly, my childhood dentist's wife had 7 girls before they gave up trying for a boy.

20-753912

"Dartboard funds" (chosen randomly) perform as well as professional stockbrokers over time because stockbrokers are really "flipping coins" with every investment.

21-854122

Appeal to Authority - An authority thinks something, it must therefore be true.

Example: My doctor said there was a 1998 study that said vaccines can cause autism.*

Authorities are human. They put their own biases into their research; they may be passing on bad data or they may not have enough evidence yet but feel pressured to publish. Sometimes, they are downright dishonest. Fortunately the scientific method ensures that eventually any errors made will be corrected.

22-002145

While Appeals to Authority are not valid arguments, it is also unreasonable to totally disregard the claims of an expert in a subject unless one has a similar level of understanding and/or access to empirical evidence.

It is just as unreasonable to assume that because someone is publically popular like a politician, sports star or actress, that they know ANYTHING about a subject not in their field of work unless they can prove otherwise.



Message from Chief of Engineering - VADM Bethany Theilman — Continued

19-998210



The Lancet retracted the 1998 Wakefield study after 16 years of subsequent studies have shown NO link and it was discovered that his research was partly paid for by lawyers seeking to sue vaccine makers for damages. He had also just patented his own measles vaccine and wanted the MMR discredited for financial reasons. In spite of this, a vocal few cling to the idea. The "fair and balanced" media gives equal time to the 1% of anti-vaccination supporters when 99% of doctors support vaccination; an opinion that actually takes money out of their pockets when kids don't get sick. Ignorant but well-meaning parents opt out and children in the US are now getting mumps, measles and rubella again. *Penn and Teller have the last word. (warning foul language, but excellent points) <https://www.youtube.com/watch?v=RfdZTZQvuCo>.*

20-634851

Black-or-White-a.k.a. "false dichotomy or dilemma" – The fallacy of presenting two alternative states as the only possibilities, when more possibilities exist.

While having the appearance of being a logical argument, when you look, it becomes evident that there are other options than those offered. Binary, black-or-white thinking doesn't allow for the many different variables, conditions, and contexts in which there are more than just the two possibilities put forth. It frames the argument misleadingly and obscures rational, honest debate.

20-753912

False dichotomy has been used for at least 2000 years from Matthew 12:30 to both GW Bush and Hillary Clinton in 2001 who said "Either you are with us, or you are with the terrorists." Obviously the choice is not binary. Countries have demonstrated many options: to sell weapons to both sides, neutrality, to give humanitarian aid to those affected by terrorist actions without overtly condemning terrorism, etc.

21-854122

Salesmen live on this. *Buy NOW or LOSE OUT!* (or buy another brand of equivalent product or buy it on Amazon cheaper and get it delivered to your house)

22-002145

"Give to Charity X or you do not care about the people with <insert condition/disease>?" (or I don't want to donate because I'm broke, Charity Navigator gave you 1 star, etc.)



Message from Chief Science Officer - Captain Scott M. Crawford

19-998210

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22-002145



JOURNEY SKYWARD: Various disability organizations team up once a year at John Bell Williams Airport in Raymond to provide free airplane rides to people with disabilities. Private pilots and instructors from Hinds County Community College generously donate their time and aircraft to give individuals an experience they'll never forget! I'm an "old hat" at flying, but it was quite a thrill to be in such a small plane and to take the controls!



Above:

Megan, my flight instructor from Hinds County Community College. The flight surfaces on this small, light plane, are controlled with a thin cable/pulley system no thicker than those found in bicycles!

Left:

Just before takeoff. It was hot that day, and there is no air conditioning, so we kept the doors open until the last minute.



Message from Chief Science Officer - Captain Scott M. Crawford - Continued

19-998210



Right: In flight: I was surprised at how difficult the yoke was...there's no "power steering" on these. You really have to fight to keep the plane on course.

Below:
Coming in for a landing! Of course, I was daydreaming about being in a Space Shuttle! LOL



20-634851



20-753912

21-854122

22-002145

STARFLEET REGION 2 Receives 2014 Mission Possible Award from the Multiple Sclerosis Society:

At the MS WALK wrap up celebration July 29th, we received the prestigious "MISSION POSSIBLE" award from the MS Society for raising more than \$2,500 to help stop the progression of multiple sclerosis, return lost function, and end the disease forever. Thank you to everyone in the USS HAISE and Region 2 that made this happen!



Message from Chief Science Officer - Captain Scott M. Crawford - Continued

19-998210



HAPPY HALLOWEEN FROM LEGO JACKSON:

With help from my sister, Rene', I got the newest version of my LEGO JACKSON Halloween display up at the Arts Center of Mississippi (201 East Pascagoula Street, Jackson, MS). New this year are Mummy Quest Egyptian themed sets, my own creation, "Sharknado", Metalbeard's "Sea Cow" from the LEGO MOVIE, the Ghostbusters "Ecto 1" car, and a creepy mountain pass topped with a vampire castle. It is a FREE display, and the hours are Monday through Friday, 9am to 5pm, through November 3rd.

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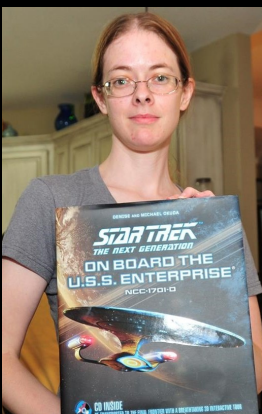


22-002145



Message from Chief Medical Officer - Lt. Emily Graves

19-998210



Just started training for a second job. I will report in next issue!

20-634851

Finalists named for \$10m Star Trek 'tricorder' X Prize

By Edwin Lane Technology reporter, BBC News

Ten finalists have been chosen in a \$10m (£6m) competition to develop a real-life "tricorder" - the medical scanner used in the Star Trek series.

The Qualcomm Tricorder X Prize, launched last year, challenges anyone to develop a wireless device capable of detecting a range of diseases.

The technology employs sensors and imaging to measure vital signs and diagnose conditions non-invasively.

X Prize officials said the technology was now "fact, not science fiction".

The 10 finalists come from a range of backgrounds, including universities, medical device manufacturers and tech start-ups.

One research team is backed by Nasa and the Bill Gates Foundation, while another is made up of engineering students at Johns Hopkins University in the US.

They now have until the middle of next year to develop workable prototypes of their devices in the hope of winning the prize.



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The Star Trek tricorder diagnosed any illness at once



Message from Ship's Counselor - Lt. JG Ann Case

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21-854122

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Page 21



At the end of the first nine weeks of school and the beginning of the holiday months the stress levels are beginning to rise. So I wanted to provide ways to lower stress and give some relaxation tips to help us all in this time. If you want to read the full article please check out Webmd.com. Thanks- Ann

1. Meditate

It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting – out loud or silently – a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

3. Be Present

Slow down. “Take 5 minutes and focus on only one behavior with awareness,” Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others – preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. “Simply be aware of places you feel tight or loose without trying to change anything,” Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.



Message from Ship's Counselor - Lt. JG Ann Case

19-998210

20-634851

20-753912

21-854122

22-002145

Page 22



6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

7. Laugh Out Loud

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. "Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece," Benninger says. You also can blow off steam by rocking out to more upbeat tunes – or singing at the top of your lungs!

9. Get Moving

You don't have to run in order to get a runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs.

10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. Use these journals to savor good experiences like a child's smile, a sunshine-filled day, and good health. Don't forget to celebrate accomplishments like mastering a new task at work or a new hobby. When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.



Message from Chief of Security - Commander Mark A. Young, Sr.

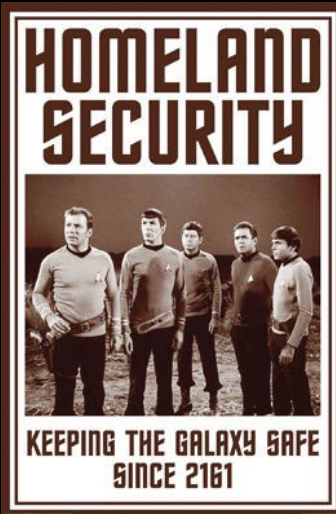
19-998210



USS Haise Good Day! I have missed yall sooo much. Between working, doctoral program, and masonic conferences I have been on the road. Recently I was in Houston and I want to catch up with Lucy and Frank but my schedule didn't permit, however we chatted on the phone. I attend the 127th United Supreme Council where I am a 33rd Grand Inspector General. See you all at the Halloween Bash! Hailing Frequencies closed!



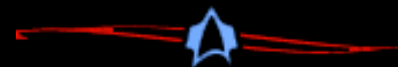
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Oct. 3: Event - Mississippi State Fair - Blue Oyster Cult Concert,
6:30 pm

Oct 18: Meeting/Masquerade Party - 6:30 pm - Broadmeadow
Methodist Church, Fellowship Hall, Jackson, MS

Nov. 15: Meeting - Home of Glenn & Barbara Allen, Brandon, MS

Dec. 20: Meeting/Christmas Party - Home of Clay Bartunek & Craig
Haga, Madison, MS

31-942782

Ad Astris Per Libris Book Club Meetings

Oct. 7, Nov. 4, Dec. 2 - For more info visit our USS Haise website or
our Goodreads page for the list of books and location.

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33-741058



October

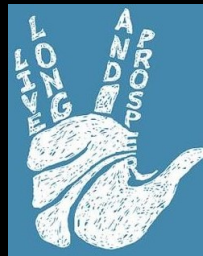
- 3 Clarence Winter
- 30 Joe Keenan
- 31 Evan Theilman

November

- 14 Fred Haise
- Joel Kelly
- 30 Kirk Lomax

December

- 8 Scott Crawford
- 27 Emily Graves



Please bring new unwrapped toys (no stuffed animals) to the
November meeting for delivery to the local Marine Corps. This
is one our main philanthropy projects for this year.



STARFLEET 2015 International Conference
August 21-23, 2015, Niagara Falls, New York



FOR MORE INFORMATION visit their website:
<http://www.ic2015.com/>