



# THE COMMLINK

The Newsletter of the U.S.S. HAISE, NCC-74664 - Commissioned April 1996



## Calendar 2013

### Meetings Stardate:

**Friday., April 5 7 - 9 p.m.**  
50th PRE-ANNIVERSARY  
OF FIRST CONTACT DAY  
CELEBRATION  
Heroes & Dreams Comics  
Flowood, MS

**Sat., Apr. 20 - 9:00 a.m.**  
MS WALK

100 Winners Circle Park,  
Flowood, MS

**Sat., Apr. 20 - 6:30 p.m.**  
BUSINESS MEETING  
Allen Home  
Brandon, MS

**Thur., Apr. 25 - 7:00 p.m.**  
STAR TREK - Next Gen  
"The Best of Both Worlds,  
Parts 1 & 2" at  
Tinseltown Theatre  
Pearl, MS

**Sat., May 4 - Time: TBA**  
BraveCon

May the 4th Be With You:  
Total Sci-Fi Night  
Mississippi Braves  
Trustmark Park  
Pearl, MS

**Fri. & Sat., May 17 & 18**  
STAR TREK  
INTO DARKNESS  
Opening Weekend  
Malco Grandview  
Madison, MS

USS Haise will man an info table  
in the lobby -

**ALL HANDS ON DECK**  
(Sat., May 18, would be our usual  
monthly meeting)

**Sat., June 15 - 6:30 p.m.**  
BUSINESS MEETING  
Corner Bakery  
108 Market Street  
(off Lakeland/HWY 25)  
Flowood, MS 39232  
601 919 9797

**QUOTE OF THE MONTH:** "Fantasy is the impossible made probable.  
Science fiction is the improbable made possible."  
- Rod Serling, creator of The Twilight Zone

## Captain's Log

**BY: Rear Admiral Lucy Ferron - Commanding Officer**

Greetings from the bridge of the Region 2 Chapter of the Year! Region 2's annual Summit was held in Muscle Shoals, Alabama, March 8-10 and the USS Haise was recognized for outstanding achievements. Mark Nichols, Tim Stubbs, and I represented the Haise this year and along with Z4 Coordinator Jim Brunton comprised the Mississippi delegation. The Emerald River Hotel accommodations were very nice and the Summit organizers did a very good job of having everything organized and ready for our arrival with hospitality bags and big smiles. It is always a highlight of Summit for me to make new friends, including many from the Dark Silence Station and other chapters, who have not been to other Summits before. Summit is always like a family reunion in that I get to catch up with old friends too. From what I could tell, everyone had a good time.

Friday night everyone got to relax after their journey and socialize at the Admiral's Dinner. At Shoney's that night, there was lots of greeting and hugging as people made their way to the restaurant after arrival. Commander of STARFLEET, Dave Blaser, was indeed there and he is always fun to have around. Dave knows how to have lots of fun of course, but he knows when to get to serious and handle business (he does both very well). Unfortunately this is his last year as CS and we will be selecting a new CS later this year. The R2 Staff met after dinner to work on Region matters that included finances (lots of that with Tim trying to get things straightened out with the RC), awards, updating communication methods, and the R2 Board composition. Gaming was going on elsewhere in the hotel as well.

(Continued on Page 3)

**Below:** Lucy Ferron & Fred Haise at Starfleet Day at Infinity Science Center.  
**Right:** Starfleet Region 2 - USS Haise Chapter of the Year 2012 award



# HAILING FREQUENCIES OPEN

## EDITOR'S HAIL



**Editor: Barbara Allen**  
**Lieutenant**  
**Chief of Communications**

This issue contains photos and reports submitted from department heads & others. View more pictures on USS Haise Facebook & Website.

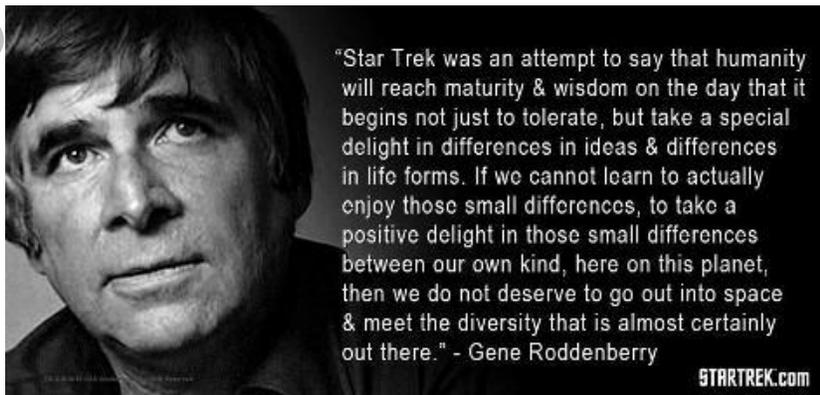
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### THE COMMLINK-U.S.S. HAISE

**Captain:** Lucy Ferron  
**1st Officer:** John Yelverton  
**Editor-in-Chief:** Barbara Allen  
**Chief of Security:** Mark Young  
**Article Submission Deadline:** 10th day of  
 Publication Month  
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 Articles may be submitted to the editor at  
 ballen9252@aol.com

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"Star Trek was an attempt to say that humanity will reach maturity & wisdom on the day that it begins not just to tolerate, but take a special delight in differences in ideas & differences in life forms. If we cannot learn to actually enjoy those small differences, to take a positive delight in those small differences between our own kind, here on this planet, then we do not deserve to go out into space & meet the diversity that is almost certainly out there." - Gene Roddenberry

STARTREK.COM

Welcome to our new ship's Counselor, Ensign Emily Graves. This is her first newsletter report and we look forward to hearing more from her in the future.

The USS Haise has been really busy the first three months of this year and has been involved in many things. Below is a favorite of mine.

On January 12, several crew members and guests attended Starfleet Day at Infinity Science Center, NASA Space Center near Bay St. Louis, Mississippi. My daughter, Michelle, who lives in Oxford, Mississippi and her boyfriend, James, traveled with me. They were both so excited to meet Apollo 13 astronaut, Fred Haise, and had a wonderful day touring the center. We were all so happy that Fred Haise was able to be there and share with us on Starfleet Day. The Haise had eight members attend. There were a total of 53 SFI members from seven Region 2 and Region 3 chapters represented. Fred was so pleased to see so many attending and made everyone feel welcome and special. Fred even "planted" the STARFLEET flag on "Mars." (See picture below) A surprise birthday cake for Commanding Officer Trisha Tunis of the USS Corsair, Baton Rouge, LA was enjoyed by all. An article and pictures have also been submitted to SFI for the CQ.



For all the other crew members who were not able to make the trip that day, it is a great day trip and will be very educational for you and your family. But, Fred Haise is not always there! Hey – Starfleet Day may catch on as annual event!

In closing, we all are so excited and look forward to seeing the new Star Trek movie INTO DARKNESS in May. Beam over and see it with us!

**FROM THE CAPTAIN'S CHAIR**  
Continued from the front page

**REAR ADMIRAL LUCY FERRON**



Commanding Officer  
of the USS Haise  
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The approximately 50 attendees gathered Saturday morning for Opening Session and then had the chance to participate in break-out sessions that included Cosplay, Doctor Who Fandom, Writing Award Nominations, CO/XO meeting, and Ask the Brass. It was officially announced then that the USS Haise will be hosting Summit 2014 in Vicksburg. What has become an annual highlight is the Pie Toss for Charity that raised several hundred dollars for the Summit charity (Safe for the Shoals) with the opportunity to toss a pie at RC Jack Eaton and CS Dave Blaser. Before leaving for the banquet, the Final Mission Ceremony was held recognizing those who passed on to the "Final Frontier" this past year. It included tribute to the late Capt. Ron Patton, Sr., former CO of the USS Odyssey in Hattiesburg. The banquet was held off-site this year at a nearby restaurant and while service was slow, the meal was good and a reasonable price.

And now we get to the announcing of awards Saturday night. Award winners were announced by Sandy Dolan, Mark Anderson and I. The script I prepared worked well and the program moved smoothly and swiftly. Tim Stubbs received the Barbara Paul Superior Performance Award for his generous work as Treasurer for the Region. I was so proud to announce that Ensign Emily Graves was the winner of the 2012 R2 Enlisted Member of the Year award! Emily Graves and Robert Simmons received certificates as 2012 Fred Haise Scholastic Achievement Award recipients. I was thrilled and honored to be the recipient of the Commanding Officer of the Year award, which would not have been possible without the support of all of you. And the big award of the night was the announcement that the USS Haise was voted 2012 Region 2 Chapter of the Year! Congratulations to all members of our outstanding crew! This also means that we will be submitted in the Chapter of the Year, Enlisted Member of the Year, and Commanding Officer of the Year award competition categories on the Fleet level. Those awards will be announced at IC in Dallas in August, along with the guest appearance of Vaughn Armstrong (Enterprise's Admiral Forest among other ST roles). Good reasons to plan to attend IC!



We have a lot of activities in April and May so check the calendar and attend as many as you can. Remember we are participating in the CS's Charity Challenge that this year focuses on raising food and other items for animal shelters. Please bring donations for CARA to the April 20<sup>th</sup> meeting. I can hardly wait for the opening of the new Star Trek movie in May. It will be a big event for the chapter and we need everyone's participation. See you soon. Live long and prosper!

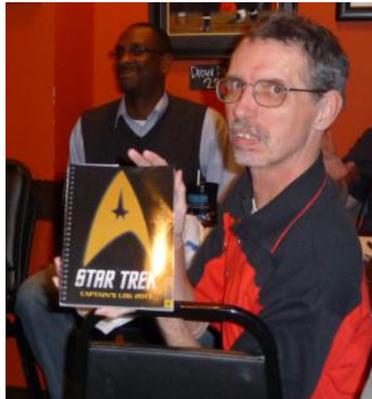


# MEETING PICTURES

Sat., Jan. 19 - Federation Day Celebration  
Burgers & Blues, Ridgeland, MS



Ralph & Sunny Planthold were passing through town and stopped by for a visit.



Door prizes were won by:  
Above: Kirby Lindsey &  
Right: Clarence Winters



# MEETING PICTURES

Sat., Feb., 16: Business Meeting was changed to China Belle, Jackson, MS  
We apparently were having so much fun we did not take any pictures!!!

Sat., March 16: The Admiral's Challenge Tournament at Mac and Bones Golf, Pearl, MS  
Followed by the Champion's Dinner/Business Meeting held at Los Parrilleros, Pearl, MS



The Admiral's Challenge Mini-Golf Tournament was aptly named since Vice-Admiral [Lucy Ferron](#) won! Congratulations Lucy! The USS HAISE won Chapter of the Year, Commanding Officer (Lucy), and Enlisted Member (Emily Graves) at the STAR-FLEET Region 2 Summit. Tim Stubbs won a special commendation for his hard work doing the accounting for Region 2. Thank you Tim! Congratulations to everyone in the USS HAISE!



# EVENT PICTURES - REGION 2 SUMMIT



Region 2 2013 Summit was held in Muscle Shoals, Alabama, March 8-10  
Lucy Ferron , Mark Nichols, and Tim Stubbs represented the USS Haise this year & along with Z4 Coordinator Jim Brunton comprised the Mississippi delegation.  
This page includes just a few of the photos taken at Summit by Mark Nichols. See more pics on our Facebook Page & Website.



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# INFINITY SCIENCE CENTER AT NASA STENNIS SPACE CENTER &/OR FRED HAISE NEWS

## Trekkies Visit INFINITY

The Infinity Science Center welcomed a group of Trekkies from Jackson, Biloxi & Hattiesburg, MS; Baton Rouge, New Orleans, and Pensacola. While at the Science Center, the group had the honor of meeting our very own Astronaut Fred Haise and the USS Haise Chapter of STARFLEET. For over 35 years, STARFLEET has provided Star Trek fans a way to meet each other, make friends, and give back to their communities.

## STAR TREK Day at INFINITY SCIENCE CENTER Saturday, January 12, 2013

Region 2 Clubs from STARFLEET INTERNATIONAL, the largest STAR TREK fan club, converged on INFINITY SCIENCE CENTER to enjoy the exhibits and take a tour around Stennis Space Center. \*\*\*See more pictures on USS HAISE Facebook Page & Web Site\*\*\*



Right: Lucy is pointing to the brick that the USS Haise purchased last year. It is located in the brick paver exclusive section of Discovery Plaza in front of Infinity Science Center.



**INFINITY SCIENCE CENTER  
AT NASA STENNIS SPACE CENTER &/OR FRED HAISE NEWS**



**February 14, 2013**

Valentine's Day at Infinity Science Center - Apollo 13 Astronaut Fred Haise, spoke at 10:30am and at noon on Thursday, February 14th. This American hero answered questions about his history-making trip to the moon – talked about his life devoted to the advancement of aviation and science. He signed autographs after each session. Visitors were able to check out new INFINITY exhibits, take a ride on the Omega flight simulator (Fred Haise compared it to his own experience in space) and test their mettle against hurricane force winds in the new Hurricane Simulator.



**February 19, 2013**

Recently the INFINITY Science Center and the Mississippi Center for STEM excellence, entered into a Memorandum of Understanding with University of Southern Mississippi, to ramp up educational opportunities at the new state of the art NASA Visitors Center. As part of the agreement, USM will seek out grant funding to populate INFINITY with additional interactive educational exhibits and to implement educational programming at INFINITY, such as teachers' workshops and K-16 STEM programs. Chairman of INFINITY and Gulfport Mayor George Schloegel informed the students that they were "a part of history in the making," he said, "what we're doing today is turning another page in our history." Vice-Chairman of INFINITY, Walt Disney Imagineering Vice-President and General Manager Jack Blich, quoted Walt Disney when sharing his vision of INFINITY's future: "Disney World will never be complete; hopefully, INFINITY will continue to grow just the same," he said. To officially form the partnership, USM Vice-Provost of Research Dr. Gordon Cannon and Schloegel signed the memorandum of understanding.



**Lucy received this email from Fred Haise on March 11, 2013 & wanted to share it in our newsletter.**

Lucy,

My congratulations to you and the crew for the well deserved recognition at the Region 2 Awards Banquet. I know you do a good job, Lucy but I am sure that you realize, as I did running a company, success comes from the effort and support of all those behind you.

Following the newsletters and activities I am continually impressed with the organization, communication, and planning that is done by the USS Haise crew whether for the next community activity, next meeting, or next social affair. It is always good to have fun while one is doing something that is also productive. I wish there were about 100 million more of you and with your influence NASA might be able to get a "real" new Mission!

A picture below provides a perspective of the size of our precious planet against one of our bigger friends nearby in the solar system, much less against some of those dots of lights in the sky at night that are Galaxies! We have a ways to go .....

Congratulations again,  
Fred Haise



Apollo 13 astronaut Fred Haise, right, joins Elton John backstage Saturday night, March 30, 2013, in Biloxi, where Haise gave the musician a bobblehead doll of himself. John, who performed at the Mississippi Coast Coliseum, is an avid bobblehead collector.

# DEPARTMENTAL REPORTS

## FIRST OFFICER



Capt. John Yelverton  
XO  
yelvertoncomics@gmail.com



Time marches on. Despite being grammatically incorrect, it is a correct statement. If anything has showed this to be the truth, it has been this past few months. With the closing of Heroes and Dreams and changes with our club and region, this statement is most definitely true.

I have recently been appointed as the Vice Zone Coordinator for the state. This means that Jim Brunton and I will be working with the other zone coordinators to make sure that this region is the best in the world! Hey, it is Starfleet "International" after all.

The Ad Astris Per Libris book club will now be meeting at The Warp Zone in Brandon near the River Oaks Hospital on Cross-gates. It's always fun to try and meet at new places. Though there will be a soft spot in my heart for Heroes and Dreams. It was such a sad day when they closed.

For those of you looking to keep your comic book buying local, you can still buy them at Comic Commander and Van's Cards and Comics. Both are in Ridgeland and both are on Highway 51.

We have continued our winning ways with Lucy winning commander of the year and Emily winning enlisted member of the year. Let's hope we can win the international awards on this one. This would be Lucy's third international award should she win, and I do believe that that's unprecedented.

I feel the First Contact Day party was a huge success! Everyone seems to have had fun. There were a few hiccups, but that's the risk you run when you delegate responsibilities. However, it should be noted that "the" hiccup did not come from the finest crew in Starfleet.

Lastly, I normally write a "religious" piece, but I just didn't have the time to do justice to any one topic. I've been so busy that I actually bought a car the morning of the First Contact Day party. Talk about squeezing things into your schedule! For future articles, if there's anything that you'd like me to talk about next newsletter, just shoot me an e-mail. However, please give me a little time to write it before the deadline, because deep theological matters can't be spat out in an hour.

Until next time, Live Long and Prosper!

## OPERATIONS



Clay Bartunek  
Lieutenant Commander  
Chief of Operations  
craigvr@bellsouth.net

It was really great to see Ralph & Sunny Planthold at our Federation Day Celebration at Burgers & Blues in January. How cool that they were just passing through and we just happened to be meeting that night! I guess you never know when paths will cross. As for the Admiral's Challenge Tournament at Mac & Bones Mini Golf, I find it amazing that our Admiral, Lucy won by only one point with Barbara & myself tying for second place & Joe right behind us by only one more point. This makes it even more imperative that we play again next year. It's truly a challenge now and what great fun for only \$5.

The only real tragedy this first quarter was Craig's Lincoln car was totaled during the hail storm central Mississippi experienced on March 18<sup>th</sup>. He was in his car when it hit. He said he had never experienced anything quite like that, truly terrifying. I hope everyone else that the storm affected is now recovering from it. Craig's now sporting in a new Chevy Cruz. It has lots of buttons!

Hope to see everyone April 20<sup>th</sup> at the MS Walk in Flowood at Winner's Circle Park as we raise funds and awareness to fight this disease. Registration is at 8 a.m. and the walk starts at 9am. Then we meet that evening at Glenn & Barbara's home for our monthly meeting. Remember to continue to bring your donations for CARA which also counts towards Admiral Dave's Challenge of raising pet supplies for animal shelters. The chapter or region with the most points wins. We've got a good start, but let's show Starfleet what the Haise can do.

I'm really looking forward to the STNG *Best of Both Worlds* parts I & II viewing at Tinseltown on April 25<sup>th</sup> as I had to miss the last one. This cliff hanger ranks up near the top as one of the best in television broadcast history. Now I hate to report this, but I won't be able to be at the *Star Trek Into Darkness* showing May 17<sup>th</sup> & 18<sup>th</sup> as I'll be in Tennessee & Virginia with Craig's family. His niece is getting married and you guessed it . . . he's making the wedding cake. Maybe I can escape and find a theater there.



## DEPARTMENTAL REPORTS

### ENGINEERING

VADM Bethany Theilman  
Chief of Engineering  
[btheilman@comcast.net](mailto:btheilman@comcast.net)



We still have 2 operational rovers on Mars!

**OPPORTUNITY UPDATE:** Quiet Period for Next Three Weeks- sols 3261-3266, Mar. 27, 2013-Apr. 01, 2013: Opportunity is in position for the coming three-week solar conjunction period at 'Cape York' on the rim of Endeavour Crater.

This location is the last in-situ (contact) target before the rover departs from Cape York once solar conjunction is concluded.

Solar conjunction is when the Sun comes between Earth and Mars, which occurs about once every 26 months. During this time there will be diminished communications to Opportunity. The team will suspend sending the rover new commands between April 9 and April 26. The rover will continue science activities using a long-term set of commands to be sent beforehand. No new images are expected to be returned during this time.

On Sol 3262 (March 28, 2013), Opportunity raised the robotic arm out of the way so the mast-mounted Panoramic Camera (Pancam) could collect a 13-filter image of the surface location, called 'Esperance.' Then, the rover repositioned the arm to collect a Microscopic Imager (MI) mosaic and placed the Alpha Particle X-ray Spectrometer (APXS) on the same target. On Sol 3264 (March 30, 2013), Opportunity continued collecting more MI images, covering the complete extent of the target before placing the APXS down on the target 'Esperance2.'

As of Sol 3266 (April 1, 2013), the solar array energy production was 559 watt-hours with an atmospheric opacity (Tau) of 0.741 and a solar array dust factor of 0.636.

Total odometry is 22.15 miles (35.65 kilometers).

PASADENA, Calif. - Photos from NASA's Mars Reconnaissance Orbiter show how the parachute that helped NASA's Curiosity rover land on Mars last summer has subsequently changed its shape on the ground.

#### Curiosity's Parachute Flapping in the Wind

Another boggling feat of engineering! Taking photos of your landing craft on another planet using a satellite you put in orbit around that planet. The images were obtained by the High Resolution Imaging Science Experiment (HiRISE) camera on Mars Reconnaissance Orbiter.

Seven images taken by HiRISE between Aug. 12, 2012, and Jan. 13, 2013, show the used parachute shifting its shape at least twice in response to wind.

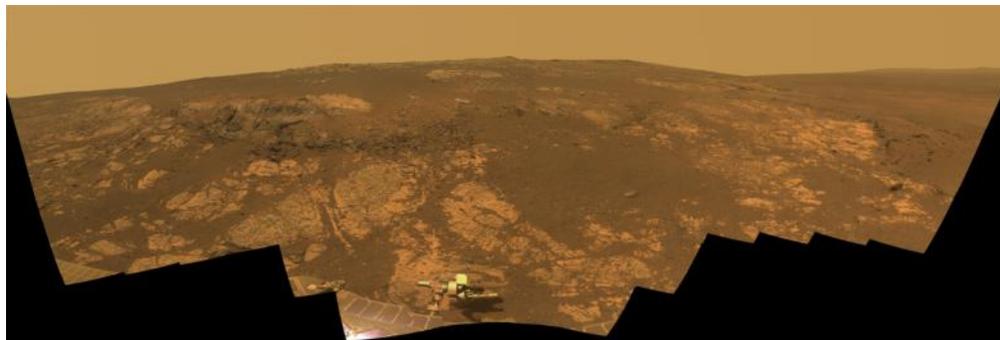
The images in the sequence of photos are available online at <http://uahirise.org/releases/msl-chute.php> and at <http://photojournal.jpl.nasa.gov/catalog/PIA16813>.

Researchers have used HiRISE to study many types of changes on Mars. Its first image of Curiosity's parachute, not included in this series, caught the spacecraft suspended from the chute during descent through the Martian atmosphere.

This awesomeness is multiplied when you consider that at the scale where the Sun is a basketball, Earth is a peppercorn 26 yards from it, and Mars is a mustard seed 14 yards farther out.

We really need to do a planet walk some time -- the Thousand Yard Model of the Solar System! Perhaps we could get the inner planets in at the MS walk. Public science education!!

Bethany, Fred & Evan at Infinity Science Center Starfleet Day—January 12, 2013



## DEPARTMENTAL REPORTS

### SCIENCES



**Commander  
Scott M. Crawford  
Chief Science Officer**

**PLANCK TAKES BEST MEASUREMENTS YET OF THE COSMIC MICROWAVE BACKGROUND RADIATION:** Most of us have heard of the BIG BANG THEORY, and no, not the hysterically funny comedy show that pokes fun at “nerds” like us. I’m referring to the creation of our universe. Cosmologists, those that study the grandest structure and history of the universe itself, have searched for a way to peer back in time to those earliest moments, an attempt to “hit the rewind button” on the cosmic video player back to the very first frame.

There are two completely divergent, but interrelated ways to “look back” at those earliest microseconds. One, the Large Hadron Collider (at CERN) in Switzerland, seeks to recreate, in a lab, the conditions of the BIG BANG itself. It does so by smashing subatomic particles together at nearly light speed, creating incredibly high energy/heat levels. Results there mimic, but cannot quite recreate those earliest moments. Recent results at CERN have proven the existence of the HIGGS PARTICLE or HIGGS FIELD. What’s so special about that? It is the HIGGS FIELD that actually “blew up” to create everything we see around us. The HIGGS BOSON, as it’s called, gives all other particles their mass and is the fundamental scientific basis for why there is “something” rather than “nothing” in the universe. CERN’s LHC focuses on the very, very small.

This article, though, is about the LHC’s counterpart, the Cosmic Microwave Background Radiation (CMB). This approach focuses on the very, very large, by looking back at the very earliest light ever emitted. It is literally everywhere we look into space, although at wavelengths so long (far longer than infrared, into the “microwave” range) that we cannot see them with human eyes. Since the 1990’s a series of space probes have measured minuscule temperature differences. The first was COBE (Cosmic Microwave Background Explorer). Its data was crude at best. The second effort, the WMAP (Wilkinson Microwave Anisotropy Probe) yielded a more detailed map of the first light seen in the universe. However, to iron out the details of the BIG BANG, even greater precision was necessary.

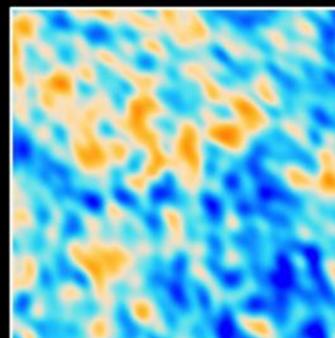
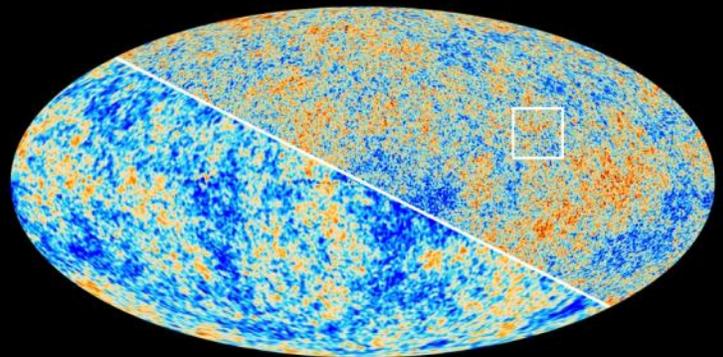
Enter the European Space Agency’s PLANCK spacecraft. Here, you can see the improvement in resolution from WMAP to PLANCK. What this image shows are very, very tiny differences in temperature looking in all directions. Red areas are a few millionths of a degree hotter than blue areas, which are slightly cooler. Those differences are thought to result from RANDOM, quantum fluctuations in the original HIGGS FIELD. In the first milliseconds of the BIG BANG, those tiny fluctuations expanded many times faster than the speed of light, in a process called “INFLATION”. “How can this be?”, you may ask: “Nothing can travel faster than light.” It is true, that Einstein proved that nothing can travel THROUGH space at faster than the speed of light. However, his work placed no speed limits on SPACE ITSELF.

**STAR TREK DAY at the INFINITY SCIENCE CENTER:** The Crew of the USS HAISE joined many nearby STARFLEET chapters in a road trip to the Infinity Science Center for STAR TREK Day! We got to spend time with our favorite astronaut, Fred Haise, rode a spacecraft simulator and got a behind-the-scenes bus tour of the Stennis Space Center where they are currently testing rocket engines for NASA’s new Space Launch System (SLS).

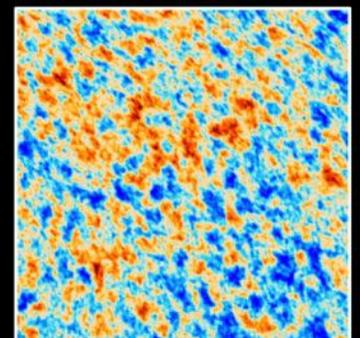


Above: One of several rocket test stands.

The Cosmic Microwave Background as seen by Planck and WMAP



WMAP



Planck

## DEPARTMENTAL REPORTS

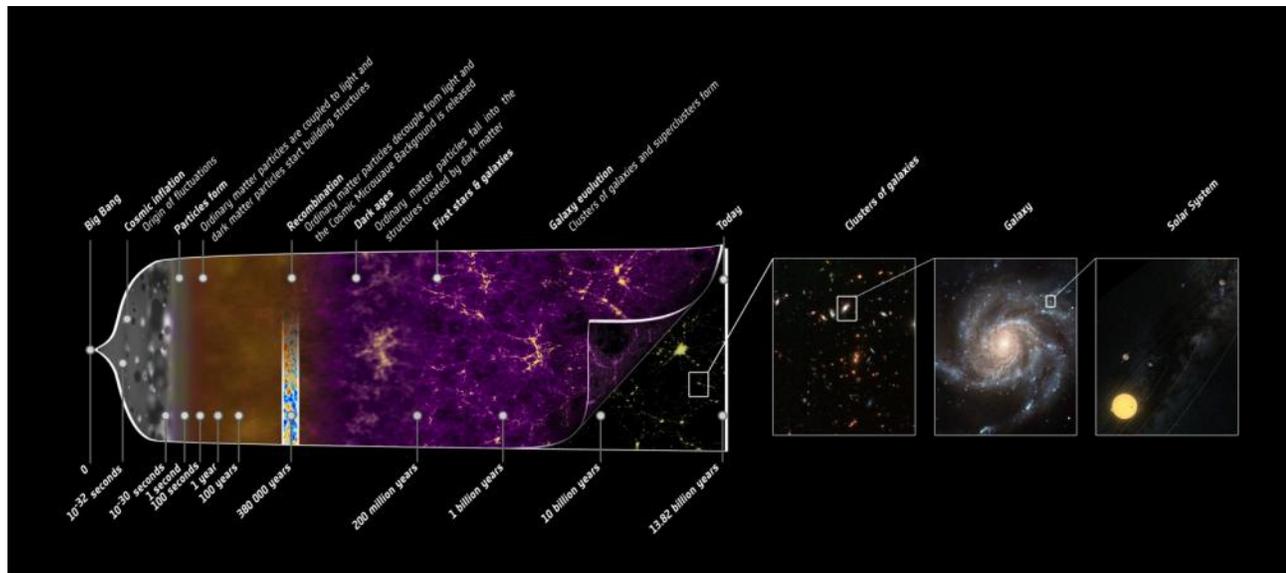
### SCIENCES - cont'd



**Commander  
Scott M. Crawford  
Chief Science Officer**

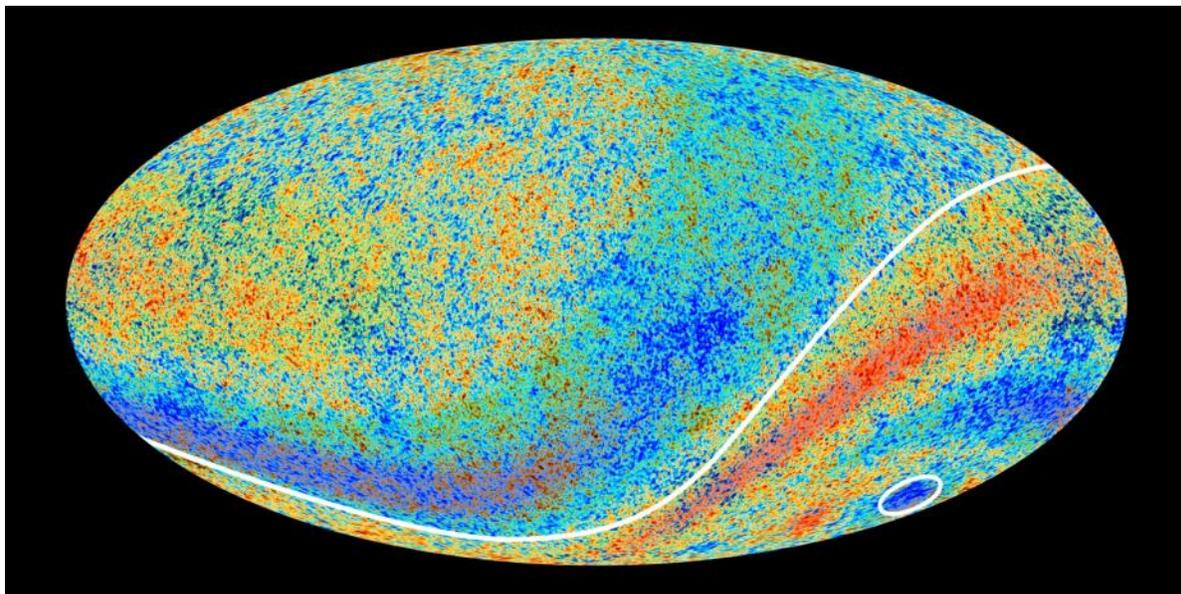
Below is a summary diagram of the history of our universe. You'll notice that by the time the universe was only one second old, it was unimaginably huge. That's what scientists mean by "inflation" and why our universe is so big that we will never see the most distant regions. The light from those areas is so far away that it would take much longer than the 13.7 billion year history to get to us. Those expanses are forever beyond our "cosmic horizon".

At about 380,000 years, the universe cooled enough to emit the first light. Before that, photons were simply reabsorbed, making the universe a kind of opaque, milky soup. It is this first light, the first free ranging photons in our universe, that is now measured as the Cosmic Microwave Background Radiation.



The slightly denser regions collapsed to form stars, galaxies, clusters of galaxies, and eventually galactic super clusters. The purple region is what our universe looks like from "afar". It is analogous to a kind of sponge or three-dimensional web, with bubbles of relative emptiness ("voids") and "walls" filled with matter.

PLANCK's data are so accurate that it will be used for many years to sort out the details of how our universe began. To summarize, the data support the notion of a brief "inflationary period" in which the universe expanded faster than light.



However, there are anomalies, shown in this image above, slight skews in the distribution of matter that appear at first glance to be non-random. Cosmologists are not certain yet what to make of them. Do we live in a very "unlikely" universe, or is there something wrong with our cosmological theory that would predict a slightly non-random structure? Stay tuned for more as scientists around the globe grapple with these results. Mr. Spock would raise one eyebrow and say, "Fascinating."

# DEPARTMENTAL REPORTS

## MEDICAL



**Commander Janet Bullock**  
Chief Medical Officer

NO REPORT

## SECURITY



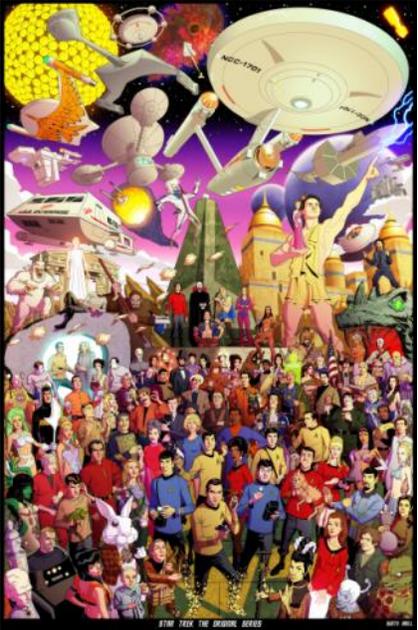
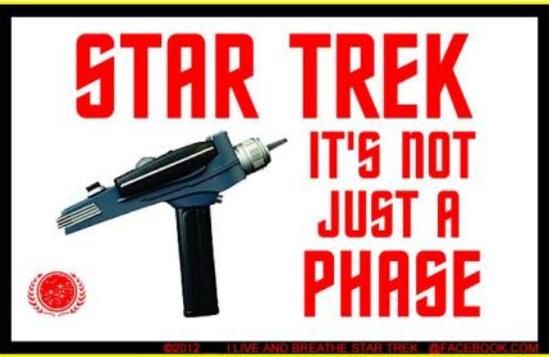
**Lt. Cmdr. Mark A. Young Sr.**  
Chief of Security

NO REPORT



During the night On April 22 2013, people on Earth will have a chance to see one of the rarest meteor shower. During the night you will be able to see thousands of these falling stars until April 23, 2013, these meteors will have best visibility during the night of April 22, 2013. There is a predicted number of about 20 meteors an hour with possible surges of 100 per hour.

Spread This Message, so people can enjoy!



### 13 Must See Stargazing Events in 2013

- 1) January 21 — Very Close Moon/Jupiter Conjunction
- 2) February 2-23 — Best Evening View of Mercury
- 3) March 10-24 — Comet PANSTARRS at its best
- 4) April 25 — Partial Lunar Eclipse
- 5) May 9 — Annular Eclipse of the Sun ("Ring of Fire" Eclipse)
- 6) May 24-30 — Dance of the Planets
- 7) June 23 — Biggest Full Moon of 2013
- 8) August 12 — Perseid Meteor Shower
- 9) October 18 — Penumbral Eclipse of the Moon
- 10) November 3 — Hybrid Eclipse of the Sun
- 11) Mid-November through December — Comet ISON
- 12) All of December — Dazzling Venus
- 13) December 13-14 — Geminid Meteor Shower

Please SHARE these experiences!

## DEPARTMENTAL REPORTS

### COUNSELOR



Ensign  
Emily Graves  
Ship's Counselor

I haven't really done this before – not in an official capacity – so bear with me, please. We'll see if I can write something semi-coherent. Though in classical “physician, heal thyself” fashion, it might not be terribly surprising if someone in a psychological role struggles with communication.

And how does that make you *feel*?



Since it seems kind of a given that most folks write based on their particular department, I suppose I should as well. So I thought I might write about my current area of research: how stress impacts your ability to learn. And even better, how you can counteract this effect. It can be done... if you're willing to work at it.

There are chemicals in your brain called neurotrophic factors - little proteins that make neurons. In the developing brain, stem cells become neuroblasts, and neuroblasts become specific types of neurons – sensory neurons and motor neurons and interneurons, all those beautiful webs shooting out little bursts of electricity, the body's own starry universe. Neurotrophic factors help those neuroblasts determine what types of neurons they should be. And once the brain is developed, there are neurotrophic factors that continue to nourish and protect and even grow new neurons.

There's a very special neurotrophic factor that is currently the subject of a *lot* of neuroscience and psychology research: brain-derived neurotrophic factor (BDNF). Among many other things, it lives in the hippocampus. And the hippocampus is the part of the brain best at making new neurons – and it is where we make memories. Where we learn.

So how, you ask, is this related to stress?

When you get stressed, as you probably know, your body starts releasing all sorts of crazy chemicals. One of them is corticosterone. Corticosteroids can stop BDNF in its tracks. And if that happens, the hippocampus can't make all those new neurons. It starts to atrophy. And learning, remembering things, becomes more and more difficult. (Consider it this way: there are also links between a lack of BDNF and Alzheimer's. And everyone knows how tragically Alzheimer's can impact a person's memories.)

Just about everyone gets stressed – it's just a part of modern life, of 40-hour work weeks and hour-long commutes and the general pace of the modern world. But what those neuroscientists and psychologists who study BDNF and stress have discovered is that we *can* counteract the effects – fight fire with fire, actually. Because what counters stress?

More stress.

Yep – but this is *controlled* stress. Basically, you learn how to trick your brain into being a better manager of stress. In animal subjects, this comes in the form of what is referred to as an enriched environment. “Enrichment” varies from animal to animal, of course – in the commonly-used mice and rats, it might be wheels to run in, tubes to explore, novel foods to eat, boxes to hide in. In non-human primates (read: monkeys), it might be complex puzzle boxes to reach food, or bars to swing from. And in humans, among other things, there are two sure-fire ways to get your hippocampus fighting back against that corticosterone: intellectual stimulation and exercise. Because this stresses your brain out. It stretches it. It has to figure out new things, new ways to work itself around what has been introduced. But you control this stress. Your brain learns from it – using stress to learn to counteract stress stopping you from learning!

# DEPARTMENTAL REPORTS

## COUNSELOR - cont'd



Ensign  
Emily Graves  
Ship's Counselor



Isn't that *wonderful*? Isn't it one of those absolutely perfect solutions? And the best part is, you can even give it a try *after* the effects have started – even if your brain has pulled back and let the corticosteroids wreak havoc, you can pull out your sword (literally, if you so prefer – fencing is both mentally and physically stimulating) and fight back, *and you can still win*. Nursing homes don't encourage exercise and playing bridge just for the fun of it – they do it because they've seen that it helps counteract the effects of aging, the inevitable cognitive decline. Knowing the science behind it or not, they know it works.

Like I said, this is something I'm currently researching – I'm looking at whether enriched environment (post-stress) can help with learning verbal commands. If anyone's interested in the results, do let me know. As you might have guessed from the above, this is a subject I can talk about endlessly.

Though for the next newsletter, I'm tempted to write about history. I'm doing this really cool directed study on the historical mysteries of neuroscience... So who knows? It might even be relevant history.



In family news, we went to Orlando for the New Year, so Charlotte could see her grandparents from England. Two things of note: she wants to be an astronaut after visiting Kennedy Space Center (well, that or a dancer in the Disney parades), a goal I can fully support – though she thinks astronauts just wander around in spacesuits and give thumbs-up while posing for pictures.

And Merida – from *Brave*; anyone who was at the Halloween party probably remembers Charlotte's crazy hair – is a Trekkie.

Yep. Truth.

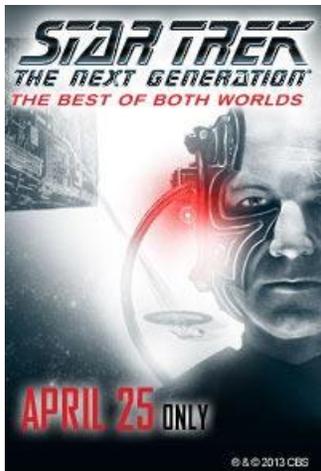


**MORE NEWS - UPCOMING BIRTHDAYS & EVENTS**



- April -
  - 13 Iris Young
  - 17 Clark Yelverton
  - 22 Michelle Allen
- May -
  - 21 Glenn Allen
  - 22 Mark Nichols
  - 26 Bethany Theilman
- June -
  - 3 Jim Brunton
  - 8 Pat Simmons
  - 14 Bill Downes
  - 20 Tim Stubbs
  - 22 John Yelverton
  - 30 Lucy Ferron

**Thursday**  
**April 25, 2013 - 7:00 P.M.**  
 Tinseltown - Pearl  
 411 Riverwind Drive  
 Pearl, MS 39208  
 601 936 5856



*USS Haise has a Facebook Page. Please friend us and send the link to all your friends! AND USE THE PAGE. The more exciting it is, the more people will see it. SHARE!*

**SAT., APRIL 20, 2013**  
**Address:**  
 100 Winners Circle Park,  
 Flowood, MS



**Site Opens: Registration: 8:00 a.m. - Walk Starts: 9:00 a.m.**  
**JOIN THE MOVEMENT** and participate with the **USS Haise** in the annual Walk MS: Jackson event.

Walk MS is the rallying point of the MS movement, a community coming together to celebrate hope for the future. Participants can enjoy the park and participate in our 1, 2, or 3 mile walking route. Not interested in walking but want to be a part of the day? Come celebrate with us by being a **VOLUNTEER** or **VIRTUAL WALKER!** Walk MS is a celebration and we want everyone there! Register now, connect with others and start fundraising today. Walk MS is a rain or shine event – in the event of predicted rain we will provide information about the rain plan via phone call or e-mail so be sure to include the correct information when registering.

**Friday & Saturday - May 17 & 18, 2013**  
 Malco Grandview - Madison, MS  
 USS Haise will have a table/display in the lobby on opening weekend for the new **STAR TREK** Movie - **INTO DARKNESS**



**Editor: Chief of Communications**  
 Barbara Allen, Lieutenant  
 Brandon, Mississippi  
 Email: ballen9252@aol.com

**Saturday, May 4, 2013**  
**Time: TBA**  
**Braves Con:**  
 May the 4th Be With You:  
 Total Sci-Fi Night  
 National Free Comic Book Day  
 Trustmark Park  
 Pearl, MS



**STARFLEET International Conference 2013 - August 1-4, 2013**  
 Held at the beautiful and luxurious MCM Elegante Hotel in the heart of Dallas, Texas

The theme for this IC is "The Year of the Phoenix", as 2012 is supposed to be the year the world comes to an end. From the ashes, the phoenix will arise, reborn. As Gene Roddenberry was often referred to as the Great Bird of the Galaxy (which was also referred to in the *Star Trek: New Frontier* books by Peter David) and the Phoenix was the name of Zefram Cochrane's ship in *Star Trek: First Contact*, we felt it would be a fitting theme for this 2013's International Conference.

Appearing at Starfleet's International Conference in Dallas, Texas on Saturday, August 3, 2013 will be none other than Region 3's Vaughn Armstrong. He will be appearing Saturday only, but may be hanging out with us most of the weekend.

Vaughn is on the 340<sup>th</sup> MEU with a couple other Star Trek cast members in Region 3. You might know Vaughn best as Admiral Forest in *Enterprise*; however, Vaughn is one of the few actors who has played over 8 Star Trek roles (I think he played 9).