



# Mississippi Current



2013



## Captain's Log

Cmdr. Rose Compton

Let me begin by officially welcoming Rhonda Haller to the crew. She will be taking a position in the field of security. We all wish her good luck and happy hunting/securing.

We close out another busy month and as usual, the crew has stepped up and proved team-work can accomplish anything.

We have a great looking wreath ready for 'Festival of Trees', a small donation ready to be sent in for 'Charity Wars' and a special project we've been working on, ready to go.

In November, we start all over again.

***It's clock turning time again. Remember to fall back on Sunday 11-3-2013.***



## Words of Wisdom

***"If you can't take a little bloody nose, maybe you ought ta go back home and crawl under your bed. It's not safe out here. It's wondrous, with treasures to satiate desires both subtle and gross; but it's not for the timid."***

***-- Q (Q Who?)***



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## Fleet News

***Please keep in mind that renewal time with SFC is fast approaching. Get yours in early and beat the rush.***

***The winter hard copy Newsletter will be processed soon.***

***Articles to be included in the Fleet-wide newsletter should be directed to***

***ADM Gary Barclay, Chief of Public Affairs.***

***[cpa@sfcq1.com](mailto:cpa@sfcq1.com)***

**The annual meeting for Starfleet Command Q 1, will be held on Saturday: 11-30-2013, at the Starbase Indy Convention.**

**(Indianapolis Marriott East, 7202 East 21<sup>st</sup> Street, Indianapolis, IN. 46219)**

**Hope to see you all there!**



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SickBay



*It is flu vaccine season*, and this year the new quadrivalent vaccines are looking more promising than ever. Here for sharing far and wide is a collection of the most common myths and misconceptions surrounding flu vaccines.

Top photo by Karoly Arvai via Reuters

"I could be wrong," writes science journalist Tara Haelle, who compiled the list, "but I'd venture to guess there is more nonsense and misinformation about the flu vaccine than any other vaccine out there." To limit the spread of that misinformation, Haelle decided to write a comprehensive post addressing every flu-vaccine myth she could dig up.

This list, writes Haelle, is long overdue. We couldn't agree more. Read her post. Bookmark it. Send it to a friend. Send it to a new mom. Of all the listicles you encounter on Internet this week, let this be the one you remember best, for as this recent strip from Abstruse Goose points out, it is of paramount importance, when assuming the role of Debunker, to have more compelling points and evidence at one's disposal than "because science."

The result was an exhaustive, point-by-point rebuttal to 25 myths, complete with over 100 citations, more than half of which link to peer-reviewed studies in medical research journals. (The others, she writes, "are to explanations of concepts such as herd immunity and ethylmercury, to other blog posts or news stories or to CDC and FDA webpages.") She then collected all 25 myths into a nice, compact reference list full of links to each myth's debunking explanation.

Here, republished by kind permission, is said list in all its glory.....



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Myth #1: The flu vaccine gives you the flu or makes you sick. (No, it doesn't.)

Myth #2: A Flu vaccine contains dangerous ingredients, such as mercury, formaldehyde and antifreeze. (Not exactly, and the ingredients aren't dangerous.)

Myth #3: Pregnant women should not get the flu shot. (They should.) / The flu shot can cause miscarriages. (It doesn't.) / Pregnant should only get the preservative-free flu shot. (Nope.)

Myth #4: Flu vaccines can cause Alzheimer's disease. (They can't.)

Myth #5: Flu vaccines provide billions of dollars in profits for pharmaceutical companies. (Maybe, maybe not, but so what?)

Myth #6: Flu vaccines don't work. (Um, they do work.)

Myth #7: Flu vaccines don't work for children. (Again, they work.)

Myth #8: Flu vaccines make it easier for people to catch pneumonia or other infectious diseases. (No, they make it harder.)

Myth #9: Flu vaccines cause vascular or cardiovascular disorders. (No, they don't.)

Myth #10: Flu vaccines can break the "blood brain barrier" of young children and hurt their development. (No, they can't.)

Myth #11: Flu vaccines cause narcolepsy. (Not the seasonal flu vaccine and not most others.)

Myth #12: The flu vaccine weakens your body's immune response. (It actually strengthens it.)

Myth #13: The flu vaccine causes nerve disorders such as Guillain Barre Syndrome. (Not usually and not as much as the flu does.)

Myth #14: The flu vaccine can cause neurological disorders. (No, it can't.)

Myth #15: Influenza isn't that bad. Or, people recover quickly from it. (Uh, it's pretty bad.)

Myth #16: People don't die from the flu unless they have another underlying condition already. (Actually, healthy people DO die from the flu.)

Myth #17: People with egg allergies cannot get the flu shot. It will kill them! (No, it won't, and there's an egg-free vaccine.)

Myth #18: If I get the flu, antibiotics will take care of me. (No, they can't.)

Myth #19: The flu shot doesn't work for me, personally, because last time I got it, I got the flu anyway. (It still reduces your risk.)

Myth #20: I never get the flu, so I don't need the shot. (You can see the future?)

Myth #21: I can protect myself from the flu by eating right and washing my hands regularly. (No, you can't.)

Myth #22: It's okay if I get the flu because it will make my immune system stronger. (Selfish, much? And no, it doesn't.)

Myth #23: Making a new vaccine each year only makes influenza strains stronger. (No, it doesn't.)

Myth #24: The side effects of the flu shot are worse than the flu. (No, they aren't.)

Myth #25: The flu vaccine causes Bell's palsy. (No, it doesn't.)



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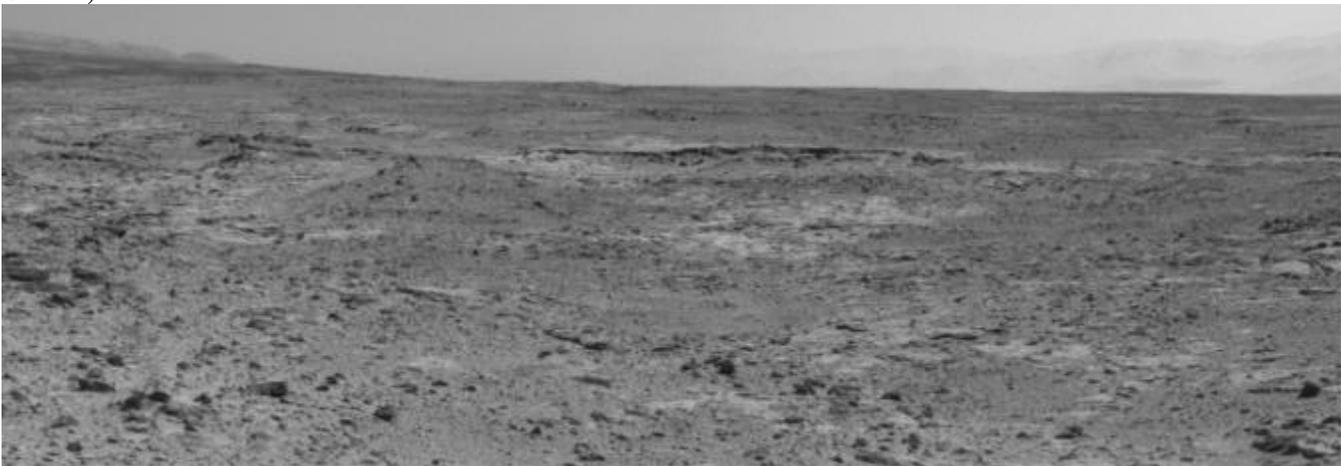
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### Science Station

#### **NASA's Curiosity Mars Rover Approaches 'Cooperstown'**

Oct. 29, 2013



The low ridge that appears as a dark band below the horizon in the center of this scene is a Martian outcrop called "Cooperstown," a possible site for contact inspection with tools on the robotic arm of NASA's Mars rover Curiosity.

*Image Credit:*

NASA/JPL-Caltech

NASA's Mars rover Curiosity completed its first two-day autonomous drive Monday, bringing the mobile laboratory to a good vantage point for pictures useful in selecting the next target the rover will reach out and touch.

[http://www.nasa.gov/mission\\_pages/msl/news/msl20131029.html#.UnBhL\\_mkp-e](http://www.nasa.gov/mission_pages/msl/news/msl20131029.html#.UnBhL_mkp-e)

#### **"God Particle" Physicists Win Nobel Prize**

Read more ... [http://blogs.discovery.com/inscider/2013/10/higgs-boson-physicists-win-nobelprize.html?\\_utma=17607724.623695713.1383096230.1383096230.1383096230.1&\\_utmb=17607724.1.10.1383096230&\\_utmc=17607724&\\_utmz=17607724.1383096230.1.1.utmcsr&\\_utmv=-&\\_utmk=91147098](http://blogs.discovery.com/inscider/2013/10/higgs-boson-physicists-win-nobelprize.html?_utma=17607724.623695713.1383096230.1383096230.1383096230.1&_utmb=17607724.1.10.1383096230&_utmc=17607724&_utmz=17607724.1383096230.1.1.utmcsr&_utmv=-&_utmk=91147098)



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## Security Hub

### Honeywell donates more than \$250,000 in protective gear and cash to fire departments

Thursday, October 31, 2013

COLORADO SPRINGS, Co.— Honeywell has honored the work of firefighters who battled blazes around Colorado Springs in 2012 and 2013, giving more than \$250,000 in protective gear to six volunteer departments, and cash donations to others, Honeywell announced Oct. 30.

The companies who received donations fought the Waldo Canyon fires in 2012 and the Black Forest fires in 2013.

Honeywell employees gave to the Honeywell Humanitarian Relief Fund to support Colorado Springs in the aftermath of the fires, according to a company news release.

The Honeywell Humanitarian Relief Fund is part of Honeywell Hometown Solutions, and channels corporate contributions and employee donations to people in need after natural disasters.

Eric Doremus, Honeywell Technology Solutions program director, said in a prepared statement, "We hope that the donations and equipment will go a long way toward helping firefighters keep the people of Colorado Springs safer and more secure for years to come."



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## Comm-Center

November Meeting will be held on **Saturday, 11-16-2013 at 3:00 pm**. We will be at the **Fairmount Branch** ... 3000 N. Fairmount Street, Davenport, IA. (Off W. Locust St. & Fairmount St.) We'll finalize Festival of Trees set-up at that time and set up for the Holiday get together.

Any books for the Toys 4 Tots Book drive should be brought in to be added to the collection.

Pop Tabs will be collected as will labels for Education.



Current Roster for USS Mighty Mississippi NCC 201151-A.

Cmdr. Rose Compton	Captain
Lt. Ed Ciccarone	Ops.
**Lt. Jg. Les Pullman	Science Officer
**Lt. Jg. Alex Haugen	Medical Officer
**Ensign Katie Haugen	Communication Officer
**Recruit Gerry Pearson	Science Officer
**Recruit J.D. Lester	Communication Officer
Recruit Jon Noble	Marine
Recruit Tom Miller	Security Officer
Recruit Rhonda Haller	Security Officer

(\*\* Renewals due by December 31<sup>st</sup> 2013 to maintain good standing membership in 2014.)