

# Phoenix Rising



August 2016

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## MSR REPORT

CHAPTER:	USS Dark Phoenix
REPORT FOR:	July, 2016
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CO:	RADM Ralph Planthold
XO:	ADM Sunnie Planthold
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PUBLICATION DT:	07/14/2016

## FLEET MEMBERS

SCC	EXPIRE DT	RANK	NAME
44342	04/13/2017	ADM	Sunnie Planthold
46072	06/23/2017	COL	Patrick Malone
49691	04/13/2017	RADM	Ralph Planthold
55881	06/23/2017	CRMN	Michael Malone
61751	06/09/2017	PO3	Teague Banister
61754	06/09/2017	CDT	Ethan Banister
64850	06/09/2017	CDT	Emma Banister
70180	09/19/2016	ENS	Karessa Kow
70978	05/10/2017	LT	Rianna Melton
71621	03/03/2017	LT	Jeremy Schroeder
73140	01/26/2018	LCDR	John Bevan
73223	02/22/2017	CRMN	David Morton
73240	02/27/2017	LTJG	Carolyn Kaberline
73257	03/04/2017	CRMN	Ruth Lichtwardt
73875	08/02/2016	PO2	Travis Jackson
73876	08/02/2016	CRMN	Jamie Jackson
73877	08/02/2016	CDT	Gabriel Jackson
73878	08/02/2016	CDT	Larissa Jackson
73879	08/02/2016	CRMN	Venita Jackson
73886	08/02/2017	LT	KLar Batt
73954	08/20/2016	LT	Brent Barbee Mr
74062	09/19/2016	ENS	Josh Levering
74085	09/27/2016	LT	Rezty Felty
74086	09/27/2016	LT	Laura Felty
74087	09/27/2016	CDT	Tesla Felty
74088	09/27/2016	CDT	Sagan Felty
74089	09/27/2016	CDT2C	Dyson Felty
74246	11/13/2016	CRMN	Nicole E Blackburn
74365	12/23/2016	CRMN	Jim Robinson
74366	12/23/2016	CRMN	Mary Robinson
74487	08/02/2017	CDT	Hannah Batt
74503	02/03/2017	ENS	Reuben Juarez
74504	02/03/2017	ENS	Selena Juarez
74509	02/05/2017	CRMN	Carol Jean Walker
74601	02/23/2017	ENS	Fahad Far
74613	03/01/2017	CRMN	Brian Cervantez
74659	03/12/2017	ENS	Martin Peterson
74775	04/18/2017	CRMN	Lisa Brown
74796	04/24/2017	CRMN	Tim Burns
74802	04/29/2017	CRMN	Sara Fisher
74803	04/29/2017	CRMN	William Fisher
74804	04/29/2017	CRMN	Troy Fisher
74805	04/29/2017	CDT	Lacy Fisher
74821	01/26/2018	CRMN	Natasha Maklakova
74822	01/26/2018	CRMN	Charles Hays
74823	01/26/2018	CRMN	Judith Bevan
74824	01/26/2018	CRMN	JoAnn Hays

74825	01/26/2018	CRMN	E Dean Bevan
74856	05/13/2017	CRMN	Robert R Planthold
74869	05/13/2017	CRMN	David Planthold
74870	05/13/2017	CRMN	Josie Thompson
74871	05/13/2017	CDT	Kira Thompson
74872	05/13/2017	CDT	Lea Thompson
74873	05/13/2017	CDT	Corbin Thompson
74874	05/13/2017	CDT	Flynne Planthold
74910	05/21/2017	CRMN	Shelby Peek
74918	05/21/2017	CRMN	Alton Girdner III
74919	05/21/2017	CRMN	Melissa McCandless-Girdner
75110	06/22/2017	CRMN	Krystin Tally
75212	07/20/2017	CRMN	John Antons

## ACADEMY :

### John Bevan

IOSTS - College of Temporal Physics  
(IOSTS:COTP)  
COTP 101 - Basics of Temporal Physics  
**DISTINCTION**07/20/2016

### KLar Batt

IOMS - College of Strategy and Tactics  
(IOMS:COST)  
COST 101 - Strategy and Tactics: The Basics  
**DISTINCTION**07/23/2016  
COST 102 - Strategy and Tactics: Advanced Concepts  
**DISTINCTION**07/23/2016  
IOSO - College of SpecOps Resources  
WPN 101 - Small Arms Identification Pt. 1  
**DISTINCTION**07/14/2016  
WPN 102 - Small Arms Identification Pt. 2  
**DISTINCTION**07/14/2016  
WPN 103 - Small Arms Identification Pt. 3  
**DISTINCTION**07/14/2016  
WPN 110S - Weapons Safety Pt 1  
**DISTINCTION**07/14/2016

### SFA Awards

BOCP - Chief Weapons Officer Certification  
**Awarded**07/24/2016

### Rezty Felty

IOPFR - College of Law Enforcement  
SLT 108 PHYSICAL FITNESS  
**DISTINCTION**07/28/2016

### Laura Felty

IOLS - STARFLEET Officer's Leadership College (IOLS:SOLC)  
IOLS:SOLC-101 - CS Exam  
**PASS**07/02/2016  
IOLS:SOLC-103 - OPS Exam  
**PASS**07/15/2016

### sara fisher

IOLS - Officer's Training School (IOLS:OTS)  
OTS  
**PASS**07/08/2016

### Troy Fisher

IOLS - Officer's Training School (IOLS:OTS)  
OTS  
**PASS**07/08/2016

## OTHER INFO

**MEETING DATE :** 07/23/2016.

## PROMOTIONS :

SCC:	NAME	NEW RANK	EFFECT DT
70978	Rianna Melton	LT	06/25/2016
71621	Jeremy Schroeder	LT	06/25/2016
73886	KLar Batt	LT	06/25/2016
74085	Rezty Felty	LT	06/25/2016
74086	Laura Felty	LT	06/25/2016
74089	Dyson Felty	CDT2C	06/25/2016
75110	Krystin Tally	CRMN	06/30/2016

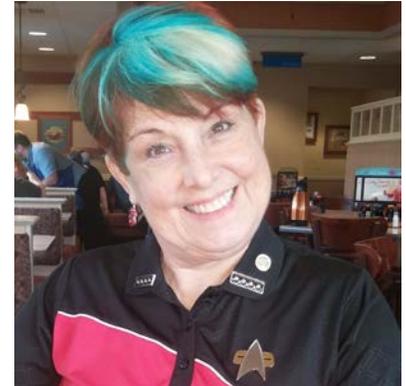
## ACTIVITIES :

07/01 Birthday Dinner held for XO at IHOP in Lawrence:



L-R: LT Barbee, CDT T. Felty, CDT2C D. Felty, CDT S. Felty, CO, CRMN Lichtwardt, LT R. Felty, SO, LT Melton.

And behind the camera:



The birthday girl herself, with red, white, and blue hair, as befit the occasion.

07/04 Command Staff met over both lunch and dinner and honored those who have served or continue to serve our country on the anniversary of our Declaration of Independence.

07/09 Dark Phoenix held its second annual ship picnic at Centennial Park with LT R. Felty serving as grillmaster.

Not pictured: LT Melton.



L-R: CDT S. Felty, LT L. Felty, CDT2C D. Felty LT R. Felty, SO.



L-R: LT K. Batt, CDT H. Batt, guest Randy Batt.



L-R: LTJG Kaberline; ENS S. Fisher, CO displaying R12 Support Chapter of the Year trophy & certificate, ENS T. Fisher.

Behind the camera: XO.

07/14 CO & XO out of the area at a LegalShield business convention. SO had the Conn in their absence. Nobody died.

07/17 Command Staff attended the annual ship picnic of the USS Oklahoma in Oswego (KS). It is normally held in Vinita (OK), where the Oklahoma docks between missions, but it was held in Oswego this year in honored memory of our friend COMM John Dubose and the honorably retired ship of his creation, the USS Dragonstrike.



L-R: XO, LCDR Ciemma Ruble, Robbie Glenn, Norma Dubose, unknown, CO, Shanon Lindbloom, Shawn Lytle, SO, Gail Lindbloom.

Behind the camera: Mary Lytle.

07/19 CO, SO met with CRMN Antons at his home in Baldwin City and discussed the structure and function of our ship as well as what events we have planned in the near future.

07/22 Premiere of Star Trek Beyond at the Regal Cinema in Lawrence. Afterward, all Crew and most guests assembled at IHOP for dinner, dessert, and discussion of the movie.



L-R: LTJG Kaberline; LT K. Batt; CRMN Lichtwardt; SO; XO; LT L. Felty; LT R. Felty; CRMN Antons; guests Josh Antons, Kris Horn, and Eric Gulley; LT Melton.

Not present: CDT T. Felty; guests Paul and Sheila Bloom.



L-R: guest Tyler Logan; CDT S. Felty; CDT2C D. Felty; CDT H. Batt.

07/23 The Dark Phoenix held its monthly ship meeting at Conroy's Pub in Lawrence. Those in attendance were the Command Staff; LT Barbee, K. Batt, L. Felty, R. Felty, Melton, Schroeder; LTJG Kaberline; CRMN Antons; CDT2C D. Felty; CDT S. Felty and T. Felty; and guests Paul Bloom, Sheila Bloom, and Josh Antons.



L-R: LT R. Felty, LT L. Felty, CDT T. Felty, LT Melton, LT K. Batt, CDT S. Felty, CDT2C D. Felty, LTJG Kaberline, SO, CO.



L-R: Guest Paul Bloom, SO, LT Barbee, CO, guest Sheila Bloom, LT Schroeder, CRMN Antons, guest Josh Antons.



LT Melton receives her promotion certificate from CO as SO looks on.



LT Schroeder receives his promotion certificate from CO as SO looks on.



LT K. Batt receives his promotion certificate from CO as SO looks on.



LT R. Felty receives his promotion certificate from CO as SO looks on.



LT L. Felty receives her promotion certificate from CO as SO looks on.



CDT2C D. Felty receives his promotion certificate from CO as SO looks on.



CRMN Anton receives his promotion certificate from CO as SO looks on.

- 07/24 Command Staff met over dinner to finalize approval of the second revision of the Crew Handbook. With this revision comes a vast expansion of departments in which our crew may serve. Most other changes made were to remove ambiguity and correct minor errors.
- 07/27 Command Staff met with (MSG 269 DOIC) COL Malone in his hospital room in Kansas City to discuss his latest medical challenges and get an update as to his prognosis.
- 07/27 Command Staff met for dinner at Perkins upon returning from Kansas City to discuss new ship departments and billet changes we expect to see once the crew gets to review the new handbook.
- 07/30 Command Staff met at SO's home for dinner to discuss future ship plans and events.

## FUTURE PLANS

- 08/06 Command Staff, Officers, and Crew journey to Hutchinson KS for the 2nd Annual Away Mission to the Cosmosphere.
- 08/07 Mandatory meeting for those wishing to volunteer at TopCon 2016, 3 PM at Via's Pizza in Topeka, KS.
- 08/12 STARFLEET IC2016 in Louisville, KY. -14
- 08/12 KANSAS CITY COMIC CON 2016. -14 Bring 2 or more cans of food for USS Valiant's drive to benefit Harvesters, and do some recruiting!
- 08/19 SO will host Game Night at his home.
- 09/02 SO will host Game Night at his home.
- 09/10 SO will host Academy Night at his home

from noon to midnight. Tell him 2 weeks in advance which Academy courses (5 min) you'd like to take.

- 09/16 TopCon 2016 in Topeka, KS. -18
- 10/29 2nd Annual Halloween Potluck at SO's home. Costumes optional. Cadets wishing to Trick or Treat must be escorted by a parent.

## COMMENTS :

- 07/09: ENS S. Fisher has accepted the billet of Xenosociologist in the Sciences division. ENS T. Fisher has been named the second Away Team Leader, thus landing him in the Command division.
- 07/13: Ship's environmental sensors detected a minor increase in the consumption of oxygen. It turned out that 2 new crewmembers had beamed aboard while the SO (who had the Conn while CO and XO were not aboard) was attending to other duties. Belatedly, SO welcomed aboard CRMN Alton Ben Girdner III and Melissa McCandless-Girdner.
- 07/18: Command Staff received a subspace message from a crewman inbound from our sister ship in Region 5, the USS Destiny, indicating his desire to board and join our crew. This crewman was John Antons, a 15-year member of the Destiny. Welcome, John!
- 07/23: CO, XO met prospect Seth Roberts at Conroy's Pub during setup for chapter meeting, gave him their chapter business cards and a recruiting flyer, added him to Prospects e-mail distribution list.
- 07/24: SO received a subspace message from a prospect named Joseph Hughes indicating his interest in joining SFI. Considering that he is located in the KC Metro area, SO advised that the Dark Phoenix would be glad to have him but that other ships may be closer to him geographically and indicated to him which ships those are, where they are located, and to let the SO know which he feels might be a better fit so as to set up a formal introduction.
- 07/24: LT K. Batt earned his certification as Chief Weapons Officer and, effective immediately, was transferred to that primary billet as he requested that post. Congratulations, LT Batt, on your new assignment and welcome to the Senior Staff!
- The following crewmembers are reminded that their memberships are now APPROACHING expiration date, and that they should renew NOW:

SCC	RANK	NAME	EXPIRE DT
73954	LT	Brent Barbee	08/20/2016

- The following crewmembers are reminded that their memberships have EXCEEDED expiration date, and that they should renew NOW to retain their positions on the ship, in the region, and at the Fleet level:

SCC	RANK	NAME	EXPIRE DT
73652	LTJG	Carrie M Mills	06/05/2016
73696	ENSJG	El Johnston	06/14/2016
73697	ENSJG	Jean Martin	06/14/2016
73875	PO2	Travis Jackson	08/02/2016
73876	CRMN	Jamie Jackson	08/02/2016
73877	CDT	Gabriel Jackson	08/02/2016
73878	CDT	Larissa Jackson	08/02/2016
73879	CRMN	Venita Jackson	08/02/2016

- As of August 2, the Dark Phoenix is tied with USS Horizon as the largest ship in the 12th Fleet, standing at 55 souls. Congratulations, USS Dark Phoenix! And expired members, renew now!

Second Officer's  
Report  
By Lieutenant  
Commander John  
"Sparky" Bevan



Hark, the lovely school bells ring. Classes come for the youngling! Though I am sure that everyone had a great summer, I remember when my parents were glad when I would go back to school so that someone else would "entertain" me all day long. ☺ As such, I am sure that there are other adults among us who have similar sentiments. So, welcome to the end of the summer and the start of the new school year.

#### Medical Updates

Our fellow crewmate, Colonel Patrick Malone, Deputy Officer in Charge of our 269<sup>th</sup> Marine Strike Group, went back into the hospital again on Saturday, July 23<sup>rd</sup>. He had a hard time breathing, so he went to Truman Medical Center and they found that a clot had broken away from the surgical site in his leg (from where they had retrieved blood vessels to use in his recent heart bypass surgery) and made its way to his lungs. In so doing, it collapsed one lobe of a lung. He has been in the hospital under observation since that time.

The Command Staff went to visit him on Wednesday, July 27<sup>th</sup>, and he was in good spirits while also commenting, "I am getting sick and tired of being in and out of hospitals!" We hear ya,

Pat, so get better soon! That's an order from all three of the Command Staff.

He was released from the hospital and sent home on Friday, July 29<sup>th</sup> and continues to get back to his regular self. If all goes well with the check-ups this week, he should soon be allowed to return to work for light (aka desk) duty.

Our other recent hospitalized crewmate, Lieutenant Laura Felty, continues to do well and is back to her usual self after her recent minor surgery to remove kidney stones.

#### Fleet Leadership Election

Just a couple days after we released the July edition of the Phoenix Rising, Admiral Robin Vitasek accepted nomination for candidacy for the election. As such, we now have a total of five candidates in the running.

As some of you may know, Robin is the one who is currently sitting in the Commander, STARFLEET, (CS) chair after being confirmed by the Admiralty Board. She has been chosen to elevate from her former position as Chief of Staff for the Vice Commander, STARFLEET, (VCS) position through the vacant VCS which she filled while Admiral Robert Westfall was our Acting Commander, STARFLEET, and the Admiralty Board deliberated as to whom to name to the position of CS. By majority vote, she was confirmed

in that position and Robert returned to his original position of Chief of Operations.

Now, as a matter of full disclosure, a big brouhaha has come about recently with Robin deciding to announce that she has dismissed Robert from his post as Chief of Operations and the head of the Leavenworth Membership Processing Team. All this appears to be because of a "Nay" vote in regard to an award that was being considered by the Executive Committee. She wanted to confer the award in question and Robert did not feel that it was appropriate. He spoke his mind on the private discussion list regarding Awards and Promotions of the Executive Committee. After he did so, others chimed in and voted "Nay" as well. Because of his negative vote and his ability to influence others by his stated opinion, Robin elected to remove him from his positions. Further, she has stated that the email dialogue shows that he "...disregarded no less (sic) than five of those responsibilities" as detailed in Section 02:05 of the Membership Handbook, Member's Responsibilities. The Command Staff of the Dark Phoenix (and some of our crew) have reviewed the written statement and the emails submitted as evidence by Robin and have unanimously concluded that she has overreacted in her response to his vote and her estimation of any violations of his responsibilities as she charged him with only three of the six as listed in the Handbook (and of those three, each is easily disproven).

(For those interested in the PDF document made available by Robin, please go to <http://www.bdcusa.com/download/vitasek.pdf>.)

As part of the fallout of this turmoil, three ships have already left SFI, one of which was commissioned only this past May after its shakedown cruise of the better part of a year.

At the International Convention this past weekend, the Admiralty Board (AB) met (some in person and others by Skype or other electronic means) and of the 16 RCs currently serving on the AB, 9 voted to remove her from office, 1 voted No, and 2 abstained, and four were not at the meeting. Though the magic number of 11 votes to remove her was not reached, a majority decision was made in another motion that will have her investigated for her actions by the Inspector General.

Therefore, we ask everyone to vote their consciences, of course, but we of the Command Staff cannot support the candidacy of Robin and request that each of our crew consider their options carefully since the one who is voted to become the new Commander, STARFLEET, (CS) this coming January can do significant damage, if not completely destroy this 40-year old organization. We need a CS who works for the stability and betterment of our organization and remembers that

there is no SFI without its ships and members. With this much dissension regarding her actions and no fewer than three ships having left already (as well as many more making noise about doing so), she--in our estimation--is definitely not the right candidate for our future.

On another aspect of the election, as this is my first time to be through such an election within SFI, I was unaware that the candidates would be able to submit statements that are mailed out along with the ballots in which they are able to state their platforms and positions on other issues. Therefore, rather than duplicate their efforts and publish an article of their platforms as I have stated I would, I will let their own statements do the talking for them when we receive the Fleet paperwork next month.

A final note about the election, as we have so many people running this year, it has been explained by Commodore Matthew Miller, Chief of Communications, STARFLEET, that the ballots will have the candidates randomized so that exactly 20 percent of the total ballots printed will have any certain candidate's name at the top. Further, since there are five candidates, the instructions are to number them in order of preference. This is to make it so that if one candidate does not win the majority, then the one who has the fewest votes can have his ballots reviewed for the second

choices and have those votes added to the tallies for the remaining four candidates who remain with their first-choice votes. This process continues until one candidate establishes a majority vote. Therefore, when you vote, be sure to mark who your choices are in order of precedence.

To learn more about this process, called Instant Runoff Voting, please go to [https://en.wikipedia.org/wiki/Instant-runoff\\_voting](https://en.wikipedia.org/wiki/Instant-runoff_voting).

### Ship Locator Map

Recently, our skipper has recreated a tool that existed at one time well over a decade ago: an interactive map which locates all of the ships of STARFLEET International around the world. At the time, it was quite helpful for assisting others in finding chapters closest to them and then for some reason it disappeared. Rear Admiral Ralph Planthold has recreated the map through the [www.mapline.com](http://www.mapline.com) online service. The link to his map is <https://app.mapline.com/map/216392>. One issue that I have found is that to be able to see and use the map, one must have a registered free account at Mapline. So, while this is proof of concept and great effort by our skipper, another solution may ultimately be chosen by SFI for easy anonymous access by all who wish to make use of this handy tool for recruiting, reassignment, and planning mutual activities.

## Events

On July 17<sup>th</sup>, the Command Staff attended the picnic of the USS Oklahoma in Oswego, Kansas, as a tribute to our recently-deceased friend Commodore John Dubose. Rear Admiral Ralph Planthold and Admiral Sunnie Planthold drove up to Oswego on their way back from a business conference in Oklahoma City while I drove down from Lawrence specially for this gathering. The picnic was well attended with our Command Staff as well as Brigadier General Dal Glenn and Lieutenant Commander Robbie Glenn of the USS Bairoko; and Commodore Shanon Lindbloom, Fleet Captain Norma Dubose, Captain Gail Lindbloom, Commanders Mary Lytle and Shawn Lytle, Lieutenant Commander Clemma Ruble, and Senior Chief Master Sergeant Chris Kinard of the USS Oklahoma. The folks trickled in from about 11am to about 1pm and the feast started after all souls were present. The main course was very good fried chicken brought by Norma. All had a grand time and stayed until about 4pm.

Upon the return of the Command Staff to our normal patrol area of Lawrence, we met up with the Feltys at Perkins for dinner and happened to run into a couple who were intrigued by our uniforms and combadges. It also turned out that the lady of the couple was well-known by our Lieutenant Rianna Melton. After

the Feltys departed for the evening, the Command Staff stayed and chatted with the couple, whom we now know as Eric Gulley and Kris Horn, potential new members of our crew.

On July 19<sup>th</sup>, our skipper and I went down to Baldwin to speak with a crewman who transferred to our patrol area just recently from Portland, Oregon. As of that evening, he was (after fifteen years of being aboard our sister ship, the USS Destiny) a paid member of STARFLEET International and a new member of our crew. Welcome aboard, Crewman John Antons!

On July 22<sup>nd</sup>, the ship and many of our friends and new friends attended the premiere of Star Trek Beyond. Before the movie, the theater provided us with a recruiting table and allowed us to loiter in the lobby speaking with those who came by to learn about us and/or for pictures (with Rianna in her Klingon gear getting the most attention). Additionally, after all the previews, commercials, and other malarkey, the theater paused the movie so that Ralph could get up and speak to the audience for a couple of minutes, letting them know about us, SFI as a whole, and hopefully getting some of them interested in joining. As Ralph concluded, the audience clapped (though I am not sure if that was applause for Ralph and his short speech or to indicate that they were glad that he was done and it was time for the movie

☺). All those who attended the movie were the Command Staff; Lieutenants K Lar Batt, Laura Felty, Rezty Felty, and Rianna Melton; Lieutenant (Junior Grade) Carolyn Kaberline; Crewmen John Antons and Ruth Lichtwardt; Cadet Lieutenant Dyson Felty; Cadets Hannah Batt, Sagan Felty, and Tesla Felty; and guests Josh Antons, Paul Bloom, Sheila Bloom, Eric Gulley, Kris Horn, and Tyler Logan.

After the movie, most of those who were at the theater joined the Command Staff at IHOP. As we got ready to leave, though, something occurred that once again made the Command Staff very proud of our crew. Crewman John Antons found that his debit card number had been compromised at a gas station in Arizona on his way to Kansas and as such his account was drained. Some of our crew, while he and his son Josh were stepped away from the table came forth and (as I was providing a ride to John and Josh) gave me money to help them out. Each person wished to remain anonymous, so I will not provide their names here but be aware that the Antons and the Command Staff thank each of you for your generosity. To add to this, the Command Staff also donated several bags of groceries to them the next day when I drove down to pick them up so they could attend our ship meeting. I greeted them with "Dark Phoenix Grocery calling." John and his wife were moved to tears at this time, just as they were the night

before, because of the openness and helpful hearts of our crew. So, as each of those who donated wish to remain anonymous, I suggest that each receive the Bright Star Award. To protect their anonymity, these will not be presented in a formal fashion during the course of the meeting as would normally be the case but instead handed to the individuals privately with the thanks of the Command Staff.

The ship meeting on July 23<sup>rd</sup> saw our newest member, Crewman John Antons, join us along with his son Josh and our new friends and potential members Paul Bloom and Sheila Bloom. Those of our crew who also attended were the Command Staff; Lieutenants Brent Barbee, KLaR Batt, Laura Felty, Rezty Felty, Rianna Melton, and Jeremy Schroeder; Lieutenant (Junior Grade) Carolyn Kaberline; Cadet Lieutenant Dyson Felty; and Cadets Sagan Felty and Tesla Felty. At this meeting, the promotions to Lieutenant were officially presented to KLaR, Laura, Rezty, Rianna, and Jeremy; to Cadet Lieutenant was presented to Dyson; and to Crewman, as a new member of our crew, to John.

The following two weeks were quiet, so our next event was the Annual Region 12 Away Mission to the Cosmosphere on August 6<sup>th</sup>. Just like last year, we did not make the minimum headcount of 15 to get the discounted tickets but we did have a larger group than last year with

ten, so hopefully next year we can get enough people together so that we can save some money and maybe even make it a planned publicity event. ☺ Those who attended were the Command Staff; Lieutenants Laura Felty and Rezty Felty; Crewman David Planthold; Cadet Lieutenant Dyson Felty; and Cadets Sagan Felty and Tesla Felty.

The next day, August 7<sup>th</sup>, was the day of the mandatory Volunteer Meeting for those who wish to work at TopCon. Some of the folks could not be there because of other obligations (such as being out of state for the Trek Vegas convention, something that I would consider a valid excuse for skipping such a meeting!) but it was attended by Lieutenant Commander John Bevan; Lieutenants KLaR Batt, Laura Felty, and Rezty Felty; Lieutenant (Junior Grade) Carolyn Kaberline; and Ensign Sara Fisher.

#### Upcoming Events

August 19<sup>th</sup> is the return of Game Night after a six-week hiatus due to other events preempting our fun. As always, it will be at my home at 2625 Moundview Drive starting at 7pm and running until the last person leaves. Please RSVP no later than August 18<sup>th</sup> at 11pm if you intend to come. This will allow me to make sure to have plenty of light snacks for those who come.

August 27<sup>th</sup> will be our next ship meeting, which will be

at Perkins. As always, the meeting will start at 6pm. When you come to this meeting, be sure to have your list of courses that you wish to challenge at the Academy Night, presuming that you wish to participate.

September 2<sup>nd</sup> will be our next Game Night event. See details two paragraphs above for time and location. Be sure to RSVP no later than Thursday September 1<sup>st</sup> at 11pm if you intend to come.

September 10<sup>th</sup> will be our 2<sup>nd</sup> Annual Fall Academy Night. Despite its name, we will open the doors at 12 noon and permit anyone who has requested courses to arrive at any time until 12 midnight. Anyone who arrives prior to 12am may stay until they can study no longer, finish their tests, or beam away to their beds. The attendee may come and go as is convenient for his schedule during that 12-hour span but once a person leaves and the clock strikes midnight, he will not get be readmitted.

As has been said before, if you do not finish your courses by the time you wish to leave, you have the choice of either having them transferred over to you for your completion in your home environment or you can leave them here for completion at a later time and we can work out a time to accomplish that. Just let me know what you wish and I will then make the appropriate arrangements with you and inform

the College Directors as necessary.

September 16<sup>th</sup> would normally be a Game Night but that is the first day of TopCon and I will be volunteering, so we will not have Game Night at this time.

September 24<sup>th</sup> is the next Ship Meeting and this is scheduled to be at McAlister's Deli at the usual time of 6pm.

September 30<sup>th</sup> will be a regularly-scheduled Game Night at my home and starting at 7pm. Please make sure to RSVP by September 29<sup>th</sup> at 11pm if you wish to attend.

October 14<sup>th</sup> is the next Game Night. Please be sure to RSVP by October 13<sup>th</sup> at 11pm if you wish to attend.

October 22<sup>nd</sup> is our next Ship Meeting and it will be held at Jin Shan Chinese Buffet at the regular time of 6pm.

October 28<sup>th</sup> is Game Night. Please be sure to RSVP by October 27<sup>th</sup> at 11pm if you wish to attend.

October 29<sup>th</sup> is the 2<sup>nd</sup> Annual Halloween Potluck. Bring a main dish, side dish, or dessert (your choice) and feel free to dress up in a costume or come in uniform or plain clothes as you wish. Be sure to RSVP no later than October 27<sup>th</sup> at 11pm if you wish to attend. This will allow me to insure that I have plenty of

chairs, tables, and other requirements to accommodate everyone.

November 11<sup>th</sup> is Game Night. Please be sure to RSVP by November 10<sup>th</sup> at 11pm if you wish to attend.

November 19<sup>th</sup> is our next Ship Meeting. Please note that it is a week earlier than usual because of Thanksgiving. Normally our meetings are on the fourth Saturday of the month but we have them early in both November and December because of the holidays that come at the ends of those months. This meeting will be at Conroy's Pub at the usual time of 6pm.

November 25<sup>th</sup> is Game Night. Please be sure to RSVP by November 24<sup>th</sup> at 11pm if you wish to attend.

As always, if anyone has any questions about the contents of this article, suggestions for future events, or wishes to submit articles or announcements for publication, please feel free to contact me by email at [sosparky@bdcusa.com](mailto:sosparky@bdcusa.com) or give me a call at (785) 727-1355. Be aware this is a regular phone, so don't try to send it text messages.

*John Bevan is the Second Officer of the USS Dark Phoenix and the Team Leader of the Special Operations Unit 666--The Dark Devils--and has been a member of Starfleet International since January 2015. When not honoring our ship with his dedication, he owns and operates a*

*computer sales and service firm he founded back in June 1989. The motto by which he lives is "Nothing changes until something changes."*

**STARFLEET Marine Corps  
Unit Report Form v3**

Date and time submitted: **Mon Aug 1  
12:48:37 PDT**

Unit: **MSG 269**  
Battalion: **3**  
Brigade: **12**  
Reporting month: **August**

**\*\*REPORTING OFFICER\*\***  
Reporting officer: **ADM Sunnie J Planthold**  
E-mail: **sunniejap@bdcusa.com**

**\*\*BASIC UNIT INFORMATION\*\***  
Type: **MSG**  
Branch: **Special Ops**  
Nickname: **The Black Bettys**  
Motto:

**\*\*OFFICER-IN-CHARGE INFORMATION\*\***  
Unit OIC  
name and rank: **ADM Sunnie J Planthold**  
e-mail: **sunniejap@bdcusa.com**  
phone: **813-244-9666**  
Private: **Yes**  
Unit DOIC  
name and rank: **COL Patrick Malone**  
e-mail: **cowboypm@gmail.com**  
phone: **816-721-2492**  
Private: **Yes**

**\*\*CHAPTER DATA\*\***  
NCC Number: **74920**  
Name: **USS Dark Phoenix**  
CO: **RADM Ralph F Planthold**

**\*\*UNIT PERSONNEL DATA\*\***  
Unit strength: Active/Reserve: **1/2**

Unit roster:  
Name: **Sunnie J Planthold**  
Rank: **ADM**  
SCC Number: **44342**  
Active/Reserve: **Reserve**  
Expiration Date: **04/13/2017**

Name: **Patrick Malone**  
Rank: **COL**  
SCC Number: **46072**  
Active/Reserve: **Active**  
Expiration Date: **06/22/2017**

Name: **Morgan Hahn**  
Rank: **CAPT**  
SCC Number: **32367**  
Active/Reserve: **Reserve**  
Expiration Date: **03/15/2017**

Changes to roster:  
Recruits/Discharges: **0/0**

Changes in leadership:  
Type the changes to Strike Group/Battalion  
leadership here. **N/A**

Awards issued:  
Type award name and recipient.

Awards requested:  
Type award and nominee.

**\*\*UNIT MISSION DATA\*\***  
Unit activities:  
SUMMARIZE BDE, BN, and unit activities for  
the past 60 days.

Volunteered hair care for clients at local  
Hospice.  
Donated items of clothing to the Willow  
Domestic Violence Center.  
Contributing monthly article to chapter  
newsletter.

SFMC Challenge Data:  
Please place any data regarding SFMC  
challenges here. Please list BDE, BN, and  
unit.

**\*\*COMMENTS/PROBLEMS/SUGGESTIONS\*\***  
Comments/Problems/Suggestions: **N/A**

Actions taken to rectify: **N/A**

Marine Unit Report  
By Admiral Sunnie  
Planthold



*[Author's Note:  
What follows is an  
excerpt from the  
2009 Edition of the Starfleet  
Marine Corps Manual which  
discusses its history.]*

SFMC: Lessons Learned, Not to  
be Forgotten

Most historians consider the Four Years War to be a "draw." The cease fire merely recognized the prewar boundaries of the two rivals, changed later by the Organians to include a Neutral Zone. The SFMC survived the war at a horrendous cost. Casualties were 100% for the units that were overrun in the first months of the war. The casualties suffered by the conventional forces thrown at the Klingons to stabilize the front in 2195 were nearly as bad. Overall, nearly one million lives were lost by the Federation in those four years. Best estimates of Klingon casualties run from two to five million.

Faced with maintaining a credible defense during the "Cold War" that would exist for the next 93 years, SFMC planners were determined not to be caught unprepared again. In order to maintain ground force doctrine while still fulfilling its traditional function of supporting starship operations, the two General Assignments--Fleet Marine Force

and Garrison Force--were created. All marines were required to rotate through both during their careers to keep skills sharp. The Corps expanded its manpower base and retained the armor, artillery, and dedicated transport capabilities created during the war. The Strike Force system was replaced with a more formal Brigade-oriented structure. Special Operations units, first used during the Four Years War to conduct surveillance behind enemy lines, were developed in increasing numbers.

When the Khitomer Accords ended over a century of hostility between the Federation and the Empire in 2293, many heralded the "end of war in our time." A great deal of pressure was placed on Starfleet and its Marine Corps to severely scale down warfighting capabilities in favor of more peaceful exploration. Although Starfleet did convert much of its postwar Fleet to survey and exploration projects, the Marines, under the leadership of General Robb Jackson, resisted this pressure. As Commandant Jackson said in an address to Marine College graduates in 2296, "The universe is a big place and not all of it is friendly." Less than half a century later, his words would prove prophetic.

The "Marines War:" Conflict with  
Cardassia (2347 to 2367)

As peace "broke out" between the Federation and the Empire, colonization of space increased

rapidly. In 2317, the first Federation-Cardassian contact took place, and the "Great Race" to settle the dense (and resource rich) cluster of systems in and around what is today known as the Badlands began. Within 30 years, Cardassians and Federation citizens were locked in conflict. A series of serious incidents and a not entirely unjustified fear of an invasion by the Federation culminated in a Cardassian Army expedition against the planet of Setlik III in 2347. Mistakenly believing that a secret Special Operations base was on the planet, the Cardassians tortured and killed over one hundred civilians in the raid. When the Cardassian Government, still convinced that the Federation had a base on Setlik III, refused to apologize or make an offer of reparations to victim families, war fever raged in the Federation. Ships and troops were sent and an undeclared war raged for the next 20 years. This series of engagements and conflicts is often called the "Marines' War" because most of the engagements were fought by ground forces. The conflict itself was not continuous: it would flare for a few months, die down, only to flare again after halfhearted peace talks failed. The most active part of the war was in 2366, shortly before the truce that ended the war was signed.

The Cardassians had planned "Operation Hammer," a series of naval and ground force engagements designed to force the Federation out of the Badlands

once and for all. Unfortunately for the Cardassians, SFMC Special Operations forces called Omega teams had infiltrated most of the planets the Cardassians were using for staging bases. They quickly detected mission preparations and one team even managed to steal copies of the top secret operations orders. Just twenty four hours before kickoff, these Omega teams and specially inserted Mecha lances attacked Cardassian supply depots and assembly areas while Starfleet forces simultaneously attacked the gathering Cardassian fleet. Within weeks, the Cardassians had lost territory they claimed before the war began. When the truce was signed in 2367, the Badlands were firmly in Federation hands.

One of the most controversial weapons systems of the war, and SFMC history, debuted in this conflict. When Mecha were proposed in 2340, Marine planners dismissed the idea, derisively nicknaming the 15-meter high machines "TMT," or "The Moving Target." A variety of reasons were given for not producing them: the expense, their size, and their armament. Most blasphemous of all in Marine eyes, was the fact that Mecha walked! Nevertheless, supporters within the Marine Corps and the Federation Assembly (many of whom were eyeing a lucrative new contract for their constituencies) managed to get the idea adopted and the first units were sent to the field in 2355. They quickly proved themselves in combat.

Although quite vulnerable to armor and artillery on open ground, the rugged and mobile Mecha were unmatched on the rough, uneven terrain of mountains and forests where conventional vehicles dared not go. Between Armor, SpecOps, and Mecha, there was simply nowhere for the Cardassians to hide.

Next time: The Dominion War  
(2373 to 2375)

*Sunnie Planthold has been a member of Starfleet International since February 1995. She holds the billets of Executive Officer and Officer in Charge of the 269th Marine Strike Group--The Black Bettys. When pursuing civilian life, she is an independent sales consultant for LegalShield (alongside her husband Ralph), performs community service for the Lawrence Humane Society and the Willow Domestic Violence Center, and interprets church services into American Sign Language each Sunday. The quickest way to befriend her is to offer her a bite of chocolate.*

Security Chief's  
Report  
By Lieutenant  
Rezty Felty



I've spent a lot of time over the last few months talking about weapons. This month, I'd like to take a different tack and talk about a different aspect of security: Information Security.

You can have great physical security and be protected by crew competent in weapons, and still lose everything through poor information security. We've seen various aliens throughout the Trek series take over the Enterprise by hijacking the computer systems. We've even seen putative allies do so, such as when the Bynars took over the Enterprise-D. So protecting access to your information systems is every bit as important as physical security and weapons proficiency.

So let's talk about the most basic form of information security and the one most of us will encounter regularly: passwords.

It is entirely too common for people to use passwords that are easily guessed, like "password" or "123456," or only slightly less guessable, like the name of a spouse, child or pet, or a birthdate, all of which are fairly simple to find online for most people. So, you want to protect your information, but you still want a password that you can easily recall? Here are some strategies.

The most secure passwords use a combination of capital & lower-case letters, numbers, and special characters and are at least 8 characters long. But combinations like these are generally not easily recalled, so we can use a process called "haxoring" to get a password which is hard to guess, or "crack," yet easy to remember. Let's say you are a Star Trek fan, so you decide to use *enterprise* as a password. As a common English word, all in lower case, this is relatively easy to crack using brute force methods such as a dictionary attack. But say we substitute numbers which resemble some of the letters, like so:

3nterpr1se

Now, we have a password that is more than 8 characters, mixes letters and numbers, and is hard to guess, but still not too hard to crack. Let's add some special characters that also resemble letters:

3n+erpr1\$e

Better, now we have a password that mixes letters, numbers, and special characters, is a good length, and is easy to remember. While this is harder to crack, we can do better by adding different letter cases. A mix of capital and lower-case letters is recommended but it is recommended not to place capitals at the beginning of your password, where they are expected. Place them somewhere in the middle to throw off cracking programs that assume English speakers will capitalize the first letter:

3n+erPr1\$e

That is a pretty good password, long enough, a nice mix of letters of different cases, numbers, and special characters. Yet it is still easy to recall, and

recognizably a word. The last step to make it a fairly secure password that is memorable is to add another special character that is not part of the word:

3n+erPr1\$e!

That is a password that is unlikely to be breached without considerable effort by nefarious parties bent on gaining unauthorized access to your data or accounts.

Another good strategy is to use a phrase, such as "To boldly go where no man has gone before." But who wants to type that many characters every time you enter a password? So let's instead take the first letter of each word of the phrase to get a password which looks like a random string of letters but is meaningful and easy to remember:

**T**  
**O**  
**B**  
**O**  
**W**  
**H**  
**N**  
**M**  
**H**  
**G**  
**B**

tbgwnmhgb

Haxor it up a bit:

+bgwnmhgb

Add some caps:

+bgwNmhgb

Add another non-letter character:

+bgwNmhgb4

Another good, secure password that is easy to remember!

I hope this has given you something to think about and that we all will put a little more effort into making our systems as secure as we do our homes and vehicles.

*Rezty Felty insures the safety and security of the USS Dark Phoenix and engages in Warp Core research, has been a Trek fan since the '60s, and has been a member of Starfleet International since September 2015. In real life, he is owned by the CMO of the USS Dark Phoenix, 5 kids, and a variety of dogs, cats, and rats when not performing Linux Engineering.*

Chief Engineer's  
Report  
By Cadet  
Lieutenant Dyson  
Felty



In *Star Trek: The Next Generation*, there is a main character who is non-organic: he is an android, named Data. In the episode "The Measure of a Man," Data's rights as a being come into question when a robotics engineer wants to dismantle him so he can better understand how to make more Soong-type androids but to do this Data would die. Because of this, he refuses to be dismantled, which starts the episode's conflict: whether or not an android has the rights of a person or is merely only property. The antagonist says that if Data is not dismantled, Starfleet will not be able to replicate his technology. Data attempts to resign Starfleet to preserve his life but he is told that he is property and cannot. Captain Picard challenges this ruling, prompting a hearing to decide if Data is only property or instead a person, and ultimately, are androids a race created to be oppressed or a race of free thinking beings. In the end, they say there would eventually be an exact replica of Data physically.

Throughout the series Data grows as a person: he learns of morals, culture, customs, and traditions. These traits eventually define Data as he is completely different at the end of the series compared to the beginning. In the episode mentioned above, the

robotics engineer defines sentience as intelligence, self-awareness, and consciousness. Captain Picard demonstrates the first two but the third is more complicated: how do you demonstrate or explain that you or an android is conscious? As far as I know you can't, you just are. Data should be considered sentient because he fits these three categories as far as we can prove but another problem comes up in the episode, specifically his physical capabilities. He can bend high-tensile metals and compute information far more quickly than any human can, which could be dangerous but then again so are humans. After all, we hurt and kill each other daily yet we still have rights as sentients. If we dictate our actions through theoretical scenarios all the time, we would never progress. We would shoot ourselves in the foot every step we take. We can't deny androids rights because they could rise above us and destroy us without a sweat, as demonstrated by Data. We need to give them the same opportunity to succeed or fail as we are given. Data has his own set of morals that he has learned by spending time going on missions and talking with the crew of the Enterprise. Data and Lore have the ability to act on their own morals; how they choose to act defines them as sentients. Lore was jealous of Data's position and relationships with the crew of the Enterprise and acted immorally. A Soong-type android has as much programmed sentient

freedom as humans are born with and develop.

Because Soong-type androids have the capacity to grow, develop, are self-aware, and are as conscious as you or I, if we're not thinking of theoretical scenarios, I believe that Data and any other Soong-type androids should have the same rights as biological sentients. However I also think they should be put through an advanced school to teach them about various cultures and the morals and beliefs of Starfleet. After all, humans learn morals and ethics at their parents' knees and in school. One hopes that the morals with which the androids are programmed and then later augment with their experiences will develop them into what could be ethically developed beings. As this subject is debated constantly and I see no end in sight, maybe we have to stop looking at the difference between humans and androids and look more at what we have in common.

*Dyson Felty is the Acting Chief Engineer of the Dark Phoenix and is an exception to the rule of only Officers being in such responsible positions. As he challenges the same Officer training tests and tasks as his adult colleagues, he has been granted the rank of Cadet Lieutenant.*

Chief Weapons  
Officer's Report  
By Lieutenant KLa  
r Batt



My friends, I am pleased to join the Senior Staff as Chief Weapons Officer. As you know, my appearance is human but my heart and spirit are Klingon. It is with the honor and devotion of my inner nature that I serve you all and our ship.

As this is my first report as CWO, I decided to take a slightly different tack than what our Chief Security Officer, Lieutenant Rezty Felty, has accomplished so perfectly in his recent articles regarding personal and ship weapons. It is my intention for the next several articles to discuss the use of weaponry and equipment in regard to how they function in the simulation known as *Star Trek Online* (commonly referred to as *STO*).

However, before we start with the game, we should talk about the history of *STO* and how it came to be the game so many enjoy today.

Many of us are aware that there has been an endless number of computer-based *Star Trek* games over the decades, starting with *Star Trek* in 1971, a game written in BASIC and played only in a text interface (no graphics). Since then, there have been dozens of games that have been released but all have been single-player: person vs. computer. With

console games being put into the mix, starting with *Star Trek: Voyager--Elite Force* on the Playstation 2 in 2000, this started to change. People could start playing not only against the computer but against each other as well. However, given that only those with the appropriate consoles (in the case of *Elite Force*, the Playstation 2) could play with each other online, that was a bit too limiting.

Finally, in February 2010, *Star Trek Online*, the first massive multiplayer online roleplaying game (MMORPG) was released and as the Fall 2016 season approaches, the game will open up not only to those with Windows or Macintosh computers but also to those who have either Xbox One or Playstation 4 consoles. For the first time, the number of potential allies and opponents will be nearly endless and one will be able to enjoy playing with people from around the world without regard to what equipment on which they are playing the game.

To get started in the game, one needs to create an account. The game is now free to play (unlike when it was first released in 2010), so there is no need to worry about a monthly access fee as is required for games such as *World of Warcraft*. Once this is accomplished (which takes a while due to the amount of data and patches that need to be downloaded: about 13 gigabytes!), you get to set up your character to appear as either gender, various

aces, and the style of uniform you wish as well as defining the physical characteristics (e.g. height, facial features, hair style, etc.). Once your character is created, you finally get into the Introduction/Tutorial of the game, which is designed to teach the basics of movement, fighting, and interacting with the environment.

The first ship to which you are assigned is a small Miranda-class ship with two forward phaser banks and one rear phaser bank. Your role on the ship is First Officer. During the training mission, you learn the basic commands as well as how to use the standard-issue hand phaser and phaser rifle as well as how to handle spaceflight and the various weapons fire commands.

At the beginning of the game, when your ship and character have only the basic weapons, things are pretty simple. As the game advances, different types of weapons, ships, and other items of great interest become available, even more so if one buys items through the C-Store or Z-Store. We will talk about those at another time, however.

For now, it is time for me to beam out to my ship and defend the Federation. Until next month, Qapla'!

Chief Medical  
Officer's Report  
By Lieutenant  
Laura Felty, SFMD



As you may or may not know, I recently was hospitalized while suffering a bout of kidney stones. I thought my experience may help some of you.

I have always heard that kidney stones are worse than childbirth. This is not necessarily true. The kidney stones I had caused lower right quadrant pain. What this means is if you place an imaginary line across the middle of your abdomen, at your belly button (or navel), then another imaginary line up and down, dissecting again at your belly button, this places your abdomen in 4 equal quadrants. So either of the lower quadrants is where you may have pain. The pain in this area was dull but nagging. The possible problems that went through my head were appendicitis or bowel obstruction, so the nurse in me started going through symptoms.

A patient with appendicitis generally has rebound pain. Rebound pain is when you feel pain after the examiner firmly presses in and then releases. I didn't have this. So I went to bowel obstruction. I had minimal bowel sounds. Bowel sounds are the noise you hear, when your intestines "gurgle" as they digest food. I could not remember the last time I had a bowel movement, so I was sure that I had a bowel

obstruction. This really concerned me as I had a friend who was in the ICU for 2 weeks with a bowel obstruction and she nearly lost her life.

After I had gone through all my diagnoses, I started vomiting. I thought to myself, "yep, bowel obstruction." I thought before things get worse, let's get this taken care of. I drove myself to the hospital.

As soon as I got there they took lab work, EKG, and such. During this testing, I had to stop taking all my diabetic medications. I was then sent for a CAT scan of the abdomen. This was not easily accomplished because of my new titanium hips, which I've nicknamed "Ether and Gert," causing feedback on the CAT scan images. Finally, it was determined that I had kidney stones stuck in my kidney and ureter that were too large to pass on their own.

This diagnosis caught me totally off guard. I have never had kidney stones and kidney stones were something that older people get, not me! I'm older now: I spent my 50<sup>th</sup> birthday in the hospital.

What follows in the next several pages is information from the Mayo Clinic regarding the symptoms and causes of kidney stones.

**Kidney Stones**  
By Mayo Clinic Staff

**Definition**

Kidney stones (renal lithiasis, nephrolithiasis) are small, hard mineral deposits that form inside your kidneys. The stones are made of mineral and acid salts.

Kidney stones have many causes and can affect any part of your urinary tract--from your kidneys to your bladder. Often, stones form when the urine becomes concentrated, allowing minerals to crystallize and stick together.

Passing kidney stones can be quite painful but the stones usually cause no permanent damage. Depending on your situation, you may need nothing more than to take pain medication and drink lots of water to pass a kidney stone. In other instances--for example, if stones become lodged in the urinary tract or cause complications--surgery may be needed.

Your doctor may recommend preventive treatment to reduce your risk of recurrent kidney stones if you're at increased risk of developing them again.

**Symptoms**

A kidney stone may not cause symptoms until it moves around within your kidney or passes into your ureter--the tube

connecting the kidney and bladder. At that point, you may experience these signs and symptoms:

- Severe pain in the side and back, below the ribs
- Pain that spreads to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Pain on urination
- Pink, red or brown urine
- Cloudy or foul-smelling urine
- Nausea and vomiting
- Persistent need to urinate
- Urinating more often than usual
- Fever and chills if an infection is present
- Urinating small amounts of urine

Pain caused by a kidney stone may change--for instance, shifting to a different location or increasing in intensity--as the stone moves through your urinary tract.

**When to see a doctor**

Make an appointment with your doctor if you have any signs and symptoms that worry you.

Seek immediate medical attention if you experience:

- Pain so severe that you can't sit still or find a comfortable position
- Pain accompanied by nausea and vomiting

- Pain accompanied by fever and chills
- Blood in your urine
- Difficulty passing urine

**Causes**

Kidney stones often have no definite single cause, although several factors may increase your risk.

Kidney stones form when your urine contains more crystal-forming substances--such as calcium, oxalate, and uric acid--than the fluid in your urine can dilute. At the same time, your urine may lack substances that prevent crystals from sticking together, creating an ideal environment for kidney stones to form.

**Types of kidney stones**

Knowing the type of kidney stone helps determine the cause and may give clues on how to reduce your risk of getting more kidney stones.

Types of kidney stones include:

- **Calcium stones:** Most kidney stones are calcium stones, usually in the form of calcium oxalate. Oxalate is a naturally occurring substance found in food. Some fruits and vegetables as well as nuts and chocolate have high oxalate levels. Your liver also produces oxalate.

Dietary factors, high doses of vitamin D, intestinal bypass surgery, and several metabolic disorders can increase the concentration of calcium or oxalate in urine. Calcium stones may also occur in the form of calcium phosphate.

- **Struvite stones:** Struvite stones form in response to an infection such as a urinary tract infection. These stones can grow quickly and become quite large, sometimes with few symptoms or little warning.
- **Uric acid stones:** Uric acid stones can form in people who don't drink enough fluids or who lose too much fluid, those who eat a high-protein diet, and those who have gout. Certain genetic factors also may increase your risk of uric acid stones.
- **Cystine stones:** These stones form in people with a hereditary disorder that causes the kidneys to excrete too much of certain amino acids (cystinuria).
- **Other stones:** Other, rarer types of kidney stones also can occur.

### Risk Factors

Factors that increase your risk of developing kidney stones include:

- **Family or personal history:** If someone in your family

has kidney stones, you're more likely to develop stones too. And if you've already had one or more kidney stones, you're at increased risk of developing another.

- **Dehydration:** Not drinking enough water each day can increase your risk of kidney stones. People who live in warm climates and those who sweat a lot may be at higher risk than others.
- **Certain diets:** Eating a diet that's high in protein, sodium, and sugar may increase your risk of some types of kidney stones. This is especially true with a high-sodium diet. Too much sodium in your diet increases the amount of calcium your kidneys must filter and significantly increases your risk of kidney stones.
- **Being obese:** High body mass index (BMI), large waist size, and weight gain have been linked to an increased risk of kidney stones.
- **Digestive diseases and surgery:** Gastric bypass surgery, inflammatory bowel disease, or chronic diarrhea can cause changes in the digestive process that affect your absorption of calcium and water, increasing the levels of stone-forming substances in your urine.

- **Other medical conditions:** Diseases and conditions that may increase your risk of kidney stones include renal tubular acidosis, cystinuria, hyperparathyroidism, certain medications, and some urinary tract infections.

### Preparing for Your Appointment

Small kidney stones that don't block your kidney or cause other problems can be treated by your family doctor. But if you have a large kidney stone and experience severe pain or kidney problems, your doctor may refer you to a doctor who treats problems in the urinary tract (urologist or nephrologist).

To prepare for your appointment:

- Ask if there's anything you need to do before your appointment such as limit your diet.
- Write down your symptoms, including any that seem unrelated to kidney stones.
- Keep track of how much you drink and urinate during a 24-hour period.
- Make a list of all medications, vitamins, or other supplements that you take.
- Take a family member or friend along, if possible, to help you remember what

you discuss with your doctor.

- Write down questions to ask your doctor.

For kidney stones, some basic questions include:

- Do I have a kidney stone?
- What size is the kidney stone?
- Where is the kidney stone located?
- What type of kidney stone do I have?
- Will I need medication to treat my condition?
- Will I need surgery or another procedure?
- What's the chance that I'll develop another kidney stone?
- How can I prevent kidney stones in the future?
- I have other health conditions. How can I best manage them together?
- Do I need to follow any restrictions?
- Should I see a specialist? If so, does insurance typically cover the services of a specialist?
- Is there a generic alternative to the medicine you're prescribing?
- Do you have any educational material that I can take with me? What websites do you recommend?
- Do I need a follow-up visit?

Besides the questions you prepare in advance, don't hesitate

to ask any other questions during your appointment as they occur to you.

### What to Expect from Your Doctor

Your doctor is likely to ask you a number of questions such as:

- When did your symptoms begin?
- Have your symptoms been continuous or occasional?
- How severe are your symptoms?
- What, if anything, seems to improve your symptoms?
- What, if anything, appears to worsen your symptoms?
- Has anyone else in your family had kidney stones?

### Tests and Diagnosis

If your doctor suspects you have a kidney stone, you may have diagnostic tests and procedures such as:

- **Blood testing:** Blood tests may reveal too much calcium or uric acid in your blood. Blood test results help monitor the health of your kidneys and may lead your doctor to check for other medical conditions.
- **Urine testing:** The 24-hour urine collection test may show that you're excreting too many stone-forming minerals or too few stone-preventing substances. For this test, your doctor may

request that you perform two urine collections over two consecutive days.

- **Imaging:** Imaging tests may show kidney stones in your urinary tract. Options range from simple abdominal X-rays, which can miss small kidney stones, to high-speed or dual energy computerized tomography (CT) that may reveal even tiny stones.

Other imaging options include an ultrasound, a noninvasive test, and intravenous urography, which involves injecting dye into an arm vein and taking X-rays (intravenous pyelogram) or obtaining CT images (CT urogram) as the dye travels through your kidneys and bladder.

- **Analysis of passed stones:** You may be asked to urinate through a strainer to catch stones that you pass. Lab analysis will reveal the makeup of your kidney stones. Your doctor uses this information to determine what's causing your kidney stones and to form a plan to prevent more kidney stones.

### Treatments and Drugs

Treatment for kidney stones varies, depending on the type of stone and the cause.

Small stones with minimal symptoms

Most kidney stones won't require invasive treatment. You may be able to pass a small stone by:

- **Drinking water:** Drinking as much as 2 to 3 quarts (1.9 to 2.8 liters) a day may help flush out your urinary system. Unless your doctor tells you otherwise, drink enough fluid--mostly water--to produce clear or nearly clear urine.
- **Pain relievers:** Passing a small stone can cause some discomfort. To relieve mild pain, your doctor may recommend pain relievers such as ibuprofen (Advil, Motrin IB, others), acetaminophen (Tylenol, others), or naproxen sodium (Aleve).
- **Medical therapy:** Your doctor may give you a medication to help pass your kidney stone. This type of medication, known as an alpha blocker, relaxes the muscles in your ureter, helping you pass the kidney stone more quickly and with less pain.

Large stones and those that cause symptoms

Kidney stones that can't be treated with conservative measures--either because they're too large to pass on their own or

because they cause bleeding, kidney damage, or ongoing urinary tract infections--may require more extensive treatment. Procedures may include:

- **Using sound waves to break up stones:** For certain kidney stones--depending on size and location--your doctor may recommend a procedure called extracorporeal shock wave lithotripsy (ESWL).

ESWL uses sound waves to create strong vibrations (shock waves) that break the stones into tiny pieces that can be passed in your urine. The procedure lasts about 45 to 60 minutes and can cause moderate pain, so you may be under sedation or light anesthesia to make you comfortable.

ESWL can cause blood in the urine, bruising on the back or abdomen, bleeding around the kidney and other adjacent organs, and discomfort as the stone fragments pass through the urinary tract.

- **Surgery to remove very large stones in the kidney:** A procedure called percutaneous nephrolithotomy involves surgically removing a kidney stone using small telescopes and instruments inserted through a small incision in your back.

You will receive general anesthesia during the surgery and be in the hospital for one to two days while you recover. Your doctor may recommend this surgery if ESWL was unsuccessful.

- **Using a scope to remove stones:** To remove a smaller stone in your ureter or kidney, your doctor may pass a thin lighted tube (ureteroscope) equipped with a camera through your urethra and bladder to your ureter.

Once the stone is located, special tools can snare the stone or break it into pieces that will pass in your urine. Your doctor may then place a small tube (stent) in the ureter to relieve swelling and promote healing. You may need general or local anesthesia during this procedure.

- **Parathyroid gland surgery:** Some calcium phosphate stones are caused by overactive parathyroid glands, which are located on the four corners of your thyroid gland, just below your Adam's apple. When these glands produce too much parathyroid hormone (hyperparathyroidism), your calcium levels can become too high and

kidney stones may form as a result.

Hyperparathyroidism sometimes occurs when a small benign tumor forms in one of your parathyroid glands or you develop another condition that leads these glands to produce more parathyroid hormone. Removing the growth from the gland stops the formation of kidney stones. Or your doctor may recommend treatment of the condition that's causing your parathyroid gland to overproduce the hormone.

### Prevention

Prevention of kidney stones may include a combination of lifestyle changes and medications.

#### Lifestyle changes

You may reduce your risk of kidney stones if you:

- Drink water throughout the day: For people with a history of kidney stones, doctors usually recommend passing about 2.6 quarts (2.5 liters) of urine a day. Your doctor may ask that you measure your urine output to make sure that you're drinking enough water.

If you live in a hot, dry

climate or you exercise frequently, you may need to drink even more water to produce enough urine. If your urine is light and clear, you're likely drinking enough water.

- Eat fewer oxalate-rich foods: If you tend to form calcium oxalate stones, your doctor may recommend restricting foods rich in oxalates. These include rhubarb, beets, okra, spinach, Swiss chard, sweet potatoes, nuts, tea, chocolate, and soy products.
- Choose a diet low in salt and animal protein: Reduce the amount of salt you eat and choose non-animal protein sources, such as legumes. Consider using a salt substitute.
- Continue eating calcium-rich foods but use caution with calcium supplements: Calcium in food doesn't have an effect on your risk of kidney stones. Continue eating calcium-rich foods unless your doctor advises otherwise. Ask your doctor before taking calcium supplements as these have been linked to increased risk of kidney stones. You may reduce the risk by taking supplements with meals. Diets low in calcium can increase kidney stone formation in some people.

Ask your doctor for a referral to a dietitian who can help you develop an eating plan that reduces your risk of kidney stones.

### Medications

Medications can control the amount of minerals and acid in your urine and may be helpful in people who form certain kinds of stones. The type of medication your doctor prescribes will depend on the kind of kidney stones you have. Here are some examples:

- Calcium stones: To help prevent calcium stones from forming, your doctor may prescribe a thiazide diuretic or a phosphate-containing preparation.
- Uric acid stones: Your doctor may prescribe allopurinol (Zyloprim, Aloprim) to reduce uric acid levels in your blood and urine and a medicine to keep your urine alkaline. In some cases, allopurinol and an alkalizing agent may dissolve the uric acid stones.
- Struvite stones: To prevent struvite stones, your doctor may recommend strategies to keep your urine free of bacteria that cause infection. Long-term use of antibiotics in small doses may help achieve this goal. For instance, your doctor may recommend an antibiotic before and for a while after

surgery to treat your kidney stones.

- Cystine stones: Cystine stones can be difficult to treat. Your doctor may recommend that you drink more fluids so that you produce a lot more urine. If that alone doesn't help, your doctor may also prescribe a medication that decreases the amount of cystine in your urine.

[Source:

<http://www.mayoclinic.org/diseases-conditions/kidney-stones/basics/definition/con-20024829>]

*Laura Felty doesn't just play in the medical field in Starfleet International: she has been employed in the nursing field for over 30 years and works as a Registered Nurse. She and her husband Rezty have five children and three grandchildren.*

Veterinary  
Specialist's Report  
By Lieutenant  
Rianna Melton



### Excessive Barking in Dogs

The simple truth is that every dog barks. Even the Basenji which is nicknamed "the barkless dog," does make noise, though it is more of a howl or yodel. Barking or noise-making is one of the primary ways your dog communicates with you and other dogs. They can bark or howl as a greeting, when they are hungry or ready for a walk, and often when they don't like something or there's a knock at the door.

Oftentimes though, some dogs and a few breeds in particular are overly vocal and just love to hear themselves talk! This excessive barking can quickly become annoying or stressful for you and your neighbor but expecting your dog never to bark isn't realistic. What would you feel if you were shushed whenever asking for food or when trying to talk with someone? It would be hurtful and confusing and your dog will feel the same way.

Trying to differentiate normal and "annoying" barking can sometimes be tricky but once you become familiar with your dog's behavior, it is easier to determine what he wants. Normal barking often occurs when:

- When people come into your dog's space, knock on the door, drive into your driveway, etc.
- Reaction to loud or unusual noises (horns honking outside, thunder, or construction noise)
- Asking to go outside or telling you, "I'm hungry"
- A perception on your dog's part that any member of his family is nervous, afraid, or in harm

Nuisance barking is also usually pretty easy to spot:

- "I'm barking simply because I like the sound of my own voice and I'm not going to stop anytime soon."
- Barking when wanting attention of any sort-- "you're not paying attention to me, so I'm going to bark," "you left the room, so I'm going to bark," and "you're talking to your husband, I'm going to bark."
- Barking because someone else barks and getting the entire pack into a barking frenzy

If your dog exhibits "good barking" tendencies and it doesn't cause problems within your home, it's not typically recommended to discourage it. In fact, alert barking can be a good thing, as can reasonable "request barking" (i.e., I need or want something). To ensure your dog's alert or request barking stays in control, acknowledge it by going to your dog, making physical contact with

a stroke or pet, telling him "good dog," and remedying the issue like letting him outside to go potty.

If your dog nuisance barks, you should try to curb this behavior as soon as possible. The longer your dog does it, the harder it will be to stop. Try to assess why your dog is barking. If it's for an undesirable reason, catch him or her in the act and use a firm command like "no bark." When the barking stops and your dog relaxes, shower him with praise. Sometimes he can get caught up in the act of barking or howling (almost like a trance) so you might need to make gentle contact to distract them out of it then you can use the "no bark" command.

If your dog is a chronic and persistent barker, you can give your veterinarian a call and enlist some help. Also, a professional trainer might be able to give you some great suggestions specific to your dog and your environment.

Don't punish your dog for barking! Even if it's nuisance barking. It's natural and your dog won't understand why you're punishing him just for being a dog. Always remember: stay calm, be patient, and show your dog lots of love!

Here's a great and funny example of howling for fun! Guaranteed to make your dog howl, too!

[https://www.youtube.com/watch?v=GaZhVLcfX\\_A](https://www.youtube.com/watch?v=GaZhVLcfX_A)

*Rianna Melton is a member of Starfleet International since June 2013 and is a former veterinary assistant who now works in the capacity of installation and maintenance field technician of veterinary diagnostic equipment. In her free time, she is mother to two dogs and two cats. One word of warning: under the human skin beats the heart of a proud Klingon warrior!*

Astronomer's  
Report  
By Lieutenant  
(Junior Grade)  
Carolyn Kaberline



Hopefully you all had an opportunity to see the recent Perseid Meteor Shower. If you didn't catch it at its peak the night of August 11<sup>th</sup> and the morning of August 12<sup>th</sup>, you should still be able to catch a few meteors from this event until August 24<sup>th</sup>. At its peak, 60+ meteors an hour are not uncommon and they are usually extra bright; however, due to the influence of Jupiter's gravity, astronomers believe that this year the Earth should be plowing through a denser than usual part of the stream of debris left over from Comet Swift-Tuttle. Traveling through this denser region of debris could create as many as 200 shooting stars per hour. Be sure to find a dark location after midnight for best viewing. Although the meteors will appear to be coming from the constellation of Perseus--hence the name--they can be found anywhere in the sky.

If you want to catch a glimpse of Mercury, August 16<sup>th</sup> may be your best opportunity as the planet will be at its greatest point from the sun. Look for it low in the western sky just after sunset for your best viewing opportunity.

The full moon that occurs on August 18<sup>th</sup> was known by early Native Americans as the Full Sturgeon Moon because the large

sturgeon fish found in the Great Lakes and other nearby bodies of water were caught more easily at this time of year. Other tribes referred to it as the Green Corn Moon and the Grain Moon.

Another event to put on your calendar is the conjunction of Jupiter and Venus that occurs on August 27<sup>th</sup>. The two planets will be extremely close and easy to see in the western sky just after sunset.

Since the new moon on September 1<sup>st</sup> will be located on the same side of the Earth as the Sun, it will not be visible in the night sky at all. That means it will be easy to view very faint celestial objects such as galaxies and star clusters. In addition, anyone traveling to central Africa on this day should be able to catch an annular solar eclipse. Annular solar eclipses occur when the moon is too far away to totally block out the sun. A partial eclipse should be visible through most of Africa and the Indian Ocean at this time. Unfortunately, neither eclipse will be visible in this hemisphere.

In other news this month, China has recently launched a communications satellite to provide better communication from the Mideast through Asia. The country has also announced plans to make a manned moon landing in the future as has North Korea. Boeing, under the direction of NASA, is currently working on a space taxi so that by

2018 U.S. astronauts will not need to rely on other countries for a ride to the International Space Station. NASA is also currently using the Hubble space telescope to find out more about atmospheric conditions on some of the nearby "Goldilocks" planets. Also in the news from NASA, both Vector Space and Virgin Galactic are challenging Space X in developing small rockets that can carry small satellites into space.

*Carolyn Kaberline is a semi-retired public school teacher, having retired from one school district after teaching high school English for 45 years and now is a substitute teacher in another school district. Additionally, she is a script consultant for Project: Potemkin, a fan-created Star Trek-themed web series. In her spare time, she is an amateur astronomer and member of the Northeast Kansas Amateur Astronomers' League (NEKAAL) as well as a freelance journalist.*

## Fun and Frivolity

## Trek Trivia

TOS: In the episode "The Savage Curtain," the Excalbian creature forced two groups to fight in order to study good and evil. Which four historical figures fought for evil?

TNG: Who was the only freshman to win the Starfleet Academy marathon?

DS9: What nickname does Rom use for his and Quark's mother?

VOY: What was Seska's position when she served on Voyager?

## Logic

1. Professor Quantum was on a dig for fossils and other artifacts in the far north. While digging through the layers of snow and frozen tundra, he came across a perfectly preserved body of a man. Upon closer examination, Quantum leaped for joy at the magnitude of his discovery. The frozen body was none other than that of *Adan* from the Bible. What was it about this body that convinced the professor that this was Adam?

2. NASA was considering sending canaries into space to study them under zero gravity. The project was scrapped when someone realized that in spite of having sufficient water supplies, the birds could die of dehydration within a few hours. Why?

3. There were an electrician and plumber waiting in line for admission to the "International Home Show." One of them was the father of the other's son. How could this be possible?

## Logic Puzzle

For the past few weeks, Miss Ewell has been teaching her AP History class about the Middle Ages. Of course, the students were most interested in hearing about the many battles raging throughout Europe during this time period. Sensing their eagerness, Miss Ewell gave them an assignment that would tap into their excitement: each student was to write a paper on a little-known medieval skirmish. Much to Miss Ewell's delight, all of the students did a terrific job but five in particular (including Valerie) outdid her expectations. Each of the five (no two of whom wrote about the same battle) also included a detailed description of a different siege weapon that was heavily used during the battle that was the topic of the paper (one was the Battle of Alsford). Miss Ewell gave each of these five enterprising students a different high grade (90, 92, 94, 96, or 98), earning them all more than a fighting chance to pass Miss Ewell's class! From the information provided, can you determine the battle and siege engine (one was the trebuchet) described in each student's paper and the grade Miss Ewell gave to each?

Given 1: Posey's paper received a higher grade than Francesca's (which wasn't the one on the Battle of Gray Guard). David (who described the battering ram in his paper) didn't receive the lowest grade.

Given 2: The paper with an extensive section on the mangonel received a 96. Kenneth received a 92 on his paper.

Given 3: Francesca received a higher grade than the student who described the onager. The paper describing the onager received a higher grade than the student who wrote about the Battle of Whitestone.

Given 4: The paper on the Battle of Mondovi Ridge (which did not receive the highest grade) was given a higher grade than the paper that described the catapult. The paper describing the catapult received a higher grade than the paper on the battle known as Queen's Folly.

*[Logic Puzzle Source: PennyPress Original Logic Problems.*

<http://www.pennydellpuzzles.com/>

As always, the answers for the puzzles may be found at: <http://www.bdcusa.com/download/august2016.pdf>. For previous month's answers, change the URL to the appropriate month such as <http://www.bdcusa.com/download/july2016.pdf>.

