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STROKE UPDATE

TIAS ARE NOW DEFINED AS "A BRIEF EPISODE OF NEUROLOGICAL DYSFUNCTION CAUSED BY ISCHEMIA WITH CLINICAL SYMPTOMS TYPICALLY LASTING LESS THAN ONE HOUR & WITHOUT INFARCTION" — NOT 24 HOURS!

Strokes effect about 780,000 Americans each year. They kill nearly 150,000 each year. It remains the #4 cause of death behind heart disease, cancer and infectious disease.. It is the #1 cause of disability.

The new delimitation of a stroke: *Acute neurologic dysfunction of vascular origin...with symptoms and signs corresponding to the involvement of local areas of the brain.* The old definition: *Rapid onset of neurological deficits that persist for at least 24 hrs and are caused either by intracerebral or subarachnoid hemorrhage or by partial or complete blockage of a blood vessel supplying a part of the brain, leading to the infarction of brain tissue.*

The old definition of "Transient Ischemic Attack," a neurologic deficit that clears spontaneously within 24 hours is **NOW OUT!** Clinical imaging data have shown that the 24-hour criterion is inaccurate—in short the 24-hour definition of TIA is outdated, confusing and potentially misleading. The new definition: *A TIA is a brief episode of neurological dysfunction caused by focal brain or retinal ischemia with clinical symptoms typically lasting less than one hour and without evidence of acute infarction.*

THEREFORE: The development of symptoms of acute brain ischemia constitutes a medical emergency and transient symptoms do not exclude the possibility of associated brain infarction—TIME=BRAIN.

Consult for a 68 year-old man that has new right-sided weakness and is talking funny. It started a few hours ago. What else could it be? **Abscess, Subdural & Epidural hematomas, Tumors, Giant aneurysms, Vascular malformations, Hypertensive Encephalopathy, Seizures, Migraine (increased 3 X), Metabolic, Hypoglycemia/Hyperglycemia, Cerebral venous thrombosis, Psychogenic.** We can narrow the differential with imaging—a non-contrast head CT (MRI). Also, order a cardiac workup as patient may have thrown a clot from a fibrillating heart..

Risk factors for ischemic stroke:

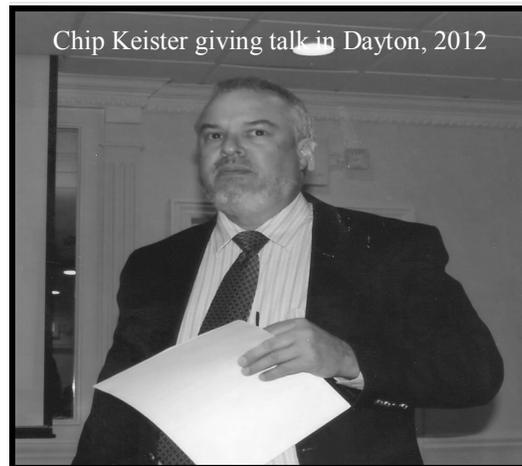
High blood pressure, Smoking, Diabetes, Prior TIA, Atrial Fib, Other heart disease, Carotid Artery disease, blood disorders, Sickle Cell disease, Hypercholesteremia, Obesity, Migraine, Excessive alcohol, Illicit drugs and hormone replacement therapy.

Risk factors for intracerebral & subarachnoid hemorrhage:

Older age, female, black race, hypertension, cigarette smoking, heavy use of alcohol, anticoagulation, hypocholesterolemia, oral contraception and amyloid angiopathy (protein deposited in blood vessel wall.)

Questions to ask: Exact time the patient was last seen normal. History of seizures. History of migraine. History of trauma or neck injury. Recent illnesses. Vomiting, change of levels of consciousness. Allergies, Medications. Chest pain.

Knowing the location of the lesion and its vascular supply allows you to begin to speculate on the underlying pathophysiology as different stroke mechanisms characteristically affect certain cerebral vessels The blood supply to the brain consists of the anterior circulation supplying about 2/5



LATE BREAKING NEWS

Myrtle Beach, SC, June 10, 2012., Marco President Mary Favaro reports: "We now have a firm meeting date (*next year's annual meeting*) and the contract is signed. It will be held April 26-28, 2013 at the **Breakers Resort** in Myrtle Beach. The hotel has a website: www.breakers.com. Rooms may be reserved individually and will give you a choice of condos, oceanfront rooms and suites and ocean view rooms. They will range from \$99-\$129 per night. They have three buildings on the ocean and rooms are in all three buildings.

Pacific Palisades, CA, June 17, 2012, Marco MediShare Director Arnold Kalan states: "In the last month we have had four very nice donations. Past President Linda and Bernie Krasowski KE5BQK & KD5QHV, Frederic Simowitz K0FS, Ellen and Harry Przekop, KD9ARN & WB9EDP, Judith and Gene Hoening N3HG. Money donated will go towards helping communications and medical aid among third world countries plus the U.S.

Ham population now 715,356...which includes 127, 674 Extras; 57,393 Advanced; 161,220 Generals; 343, 597 Tech/Tech+ and 14,352 Novice licenses. There are also, 11,120 Radio Clubs, a new all-time record.

EXTRA, EXTRA, EXTRA... President Mary Favaro has concluded a MediShare (*Humanitarian branch of MARCO*) donation of six computers & accessories from a Staples outfit in Janesville, WI to a hospital in Zambia which will enable that backward hospital to advance a century in technology and equipment Total donation expenses were \$3,460. The entire transaction was handled through the Marco Reflector (*ListServe*). Those members not on "listserve" email your request to BruceSmall73@gmail.com If already on the list simply contact marco-td@googlegroups.com

The money came from Marco members' honorable donations to MediShare.

WRITE TO US!

We welcome your comments. Mail to Marco, P.O. Box 127, Indian Rocks, FL, 33785. Email to warenbrown@aol.com
Letters may be edited for brevity & clarity.

MARCO NET SCHEDULE

<u>DAY</u>	<u>EASTERN</u>	<u>FREQ.</u>	<u>NET CONTROLS</u>
Any Day	On the Hour	14.307	Hailing Frequency
Sunday	10:30 a.m. Eastern	14.140	CW Net, VE3OQM
Sunday	11 a.m. Eastern	14.307	Warren, KD4GUA

Page 2

MARCO Grand Rounds is held Sunday at 11 a.m. Eastern Time; 10 a.m. Central; 9 a.m. Mountain, and 8 a.m. Pacific Coast time on 14.307. You qualify for one hour Category II CME credit with your check-in.



of the blood to the brain—**two internal carotid arteries** which divide into **anterior communicating arteries** and

The **posterior** circulation consists of **two vertebrals** which join to form the **Basilar artery** which then forms the **posterior communicating arteries** which supplies about 1/5 of the brain. The circle of blood vessels thus forming at the base of the brain is called the **Circle of Willis**.

Strokes categories: **Ischemic:** Thrombosis 60%; **Embolism**, 20%, usually from the fibrillating heart or diseased carotids; **Decreased systems perfusion** created by low blood pressure. **Hemorrhagic:** Intracranial hemorrhagic, 12% and **Subarachnoid hemorrhage**, 8%. Ischemic strokes can further be broken down into Large artery strokes, 20%; Penetrating artery disease or “Lacunes, 25%; Cardiogenic embolism 20%; Cryptogenic strokes 30% and others 5% including migraines.

You get paged by the ER doctor that the patient has a blood pressure that is sky high at 182/102 and that he is going to give him some oral clonidine, what would you advise? **NO! He needs all the perfusion we can give him!** Allow the blood pressure up to 220/120 and no BP meds for one week!

The patient encounter: The patient’s daughter tells you her dad had some right sided weakness yesterday that resolved in 25 minutes and now has new right sided weakness. You examine the patient and realize he is talking funny and has a right facial droop, a left gaze preference, 2/5 right arm weakness and 4/5 right leg weakness. No seizure but 10% of stroke victims do have seizures. The patient is in the 3-hour window for acute stroke therapy and you decide to look at the CT scan. IV t-PA (**Intra-venous tissue plasminogen activator**) was approved by the FDA in 1996 and helps in at least 30% of cases in relieving symptoms in **small** strokes.. Eligibility for t-PA: 18 years of age or older; has a clinical diagnosis of **ischemic** stroke causing a neurological deficit and time of symptom onset in the 180 minute before treatment.

Contraindications include: Evidence of intracranial hemorrhage; active internal bleeding, known bleeding diathesis; no surgery within 3 months; no head trauma or previous stroke. Blood pressure greater than 185/110, or known AVM (**arterio-venous malformation**) or aneurysm. Abnormal blood sugar <50 or <400mg/dl and observable seizure prior. On anticoagulants with elevated pro-time and not on dialysis.

You order: Administer t-PA at .9 mg/kg (max 90 mg) infused over 60 minutes with 10% of the dose administered as a bolus over 1 minute. You ensure that BPs have been consistently less than 185/110 prior to administration. You also make sure that NO other antithrombotics or anticoagulants will be given in the next 24 hours and write for a head CT in 24 hours. You also write orders for ICU admission as you know the patient will need close BP monitoring over the next 24 hours. Plavix and ASA not contraindicated.

Only about 3% of ischemic strokes are treated with IV t-PA, mostly because patients arrive after the 3-hour time window. If the patient is not eligible for t-PA place them on ASA but not Plavix.

Let’s say the patient’s symptoms resolved by the time you got there and he now feels fine and wants to go home. **This patient is at high risk and needs to be admitted.** About 10% of those with a TIAs will have a full blown stroke within 90 days and 5% within two days. The patient will be discharged on statins and hypotensive medicines (ACE or blockers +thiazide & possibly a B blocker if coronary artery disease present.) Plus ASA + extended release dipyridamole (**Persantine**), 200 mg bid or clopidogral 75 mg daily. All patients in A-fib will be placed



Arnold Kalan WB6OJB in front of MARCO booth in Dayton, Ohio

on anticoagulant Warfarin (reduces stroke by 60%) or dabigatran (**Pradaxa**) while antiplatelet agents can reduce stroke by 20%..

What about the clot buster cork-screw (**mechanical thrombectomy**) that goes into the vessel and physically removes the obstructing clot? These are warranted when either IV t-PA doesn’t work or if the vessel is a large one. What about using the catheter to introduce the t-PA directly into the clot? (**intra-arterial fibrinolysis**) This is used when IV t-PA doesn’t work and should be used within 6 hrs if anterior vessels involved & 24 hours if posterior circulation involved. .

Recent ongoing studies have presented the neuro-interventionalist with conflicting reports regarding the efficacy of the newer procedures. Best to use the IV t-PA first; then if it fails go to the direct clot catheter and if that fails to the corkscrew extractor if within 8 hours.

Subarachnoid hemorrhages are caused by aneurysms in 80% of cases, trauma, vascular malformations, tumors, infection and venous thrombosis. The mean age is 55 years, more prevalent in women 1.6X, in blacks over whites with a fatality rate of about 50%. Risk factors include smoking, high blood pressure, cocaine use, heavy alcohol use and family history.

There is sudden severe headache and vomiting with neck pain, photophobia and loss of consciousness.

Treatment: Neurosurgical clipping & or Endovascular Coiling, DVT prophylaxis prn.

Complications include a rebleed, vasospasm (46%, 3-12 days post), hydrocephalus (20%), Seizures (30%) treat with antiepileptics for 1 week to 1 month.

Use of Angioplasty and stenting is still very controversial.

Most ischemic strokes will show 90% of their recovery in the first month and usually 100% by the end of one year.

Men are 25% more likely to suffer strokes than women, yet 60% of deaths from stroke occur in women. Since women live longer, they are older on average when they have their strokes and thus more often killed.

LATEST STROKE INFORMATION: A recent study in California found that treating stroke patients with cholesterol-lowering drugs (statins) throughout a hospital stay substantially improved survival rates and increased the chances of patients being discharged to their home instead of to a nursing home.

SHOULD THE U.S. PRESIDENT BE ELECTED BY POPULAR VOTE OR ELECTORAL VOTE?

3

STROKE NUGGET SUMMARY

(Cut out and save.)

It sounds reasonable for the U.S. president to be elected by popular vote—why not? It is estimated about 70% of Americans would go for it. We are a republic, one nation—OR, are we 50 independent states like the founding fathers visualized?

One of the reasons not to do this is that every vote in America in every precinct would become the subject for endless litigation. It pays to recall that the disputed Florida election in 2000 spawned dozens of lawsuits, tying up courthouses from Miami to Washington D.C. The outcomes were equally close in New Mexico, where Al Gore won by just 547 votes, or .06 % in Wisconsin and in Iowa where he won by .3%. The recount was automatic in Florida due to the state's election laws, while in the other states the trailing candidates must request a recount.

Such an election under the popular system could invite the trailing candidate to challenge vote tallies in each and every precinct of each state. Just imagine an epidemic of Florida-style recounts spreading across the country, perhaps delaying the inauguration.

Also, state laws regarding voter eligibility would be deemed null and void.

What are we? Are we a federal republic of 50 states or just a big democracy?

The founding fathers offered some guidance: "Each state, in ratifying the Constitution," James Madison wrote in Federalist No. 39, "is considered as a sovereign body, independent of all others." The states are at least "partly distinct and coequal." He explained that "Election of the president is to be made by the states," not by a national referendum. The electoral College was intended to reflect—and preserve—the importance of each states' voice in choosing a president.

Consider the 2000 election. Gore could claim a mandate because he won more of the national popular votes (48.3% vs. 47.8 for Bush). Yet Bush could claim a mandate because he won 30 out of 50 states, equating to 60% of the country.

It's ultimately up to the American people to decide what the United States is, and what it is not. If they decide that the U.S. is just a democracy, run and ruled by a national majority, then states lines are little more than administrative formalities. If, on the other hand, Americans believe that the U.S. is still a federal republic of 50 states—a representative government with powers dispersed across states and between national and state levels then the new prospect would take the country in a dramatically different direction.

(Information for above was taken from Alan W. Dowd's fine article, "Identity Crisis" which appeared in *The American Legion Magazine* of June 2012.)

WORLD LANGUAGES

Being a Ham entitles us to talk to stations all over the world. But what if **they** can't speak English? What second language should Hams go for?

According to the National Geographic Magazine, the ten most dominant languages in the world are Chinese (1,213—in millions). This is followed by Spanish (329—in millions), English (328), Arabic (221), Hindi (182), Bengali (181), Portuguese (178), Russian (144), Japanese (122), German (90).

Nearly half of the world speaks a top-ten language. The smallest 3,524 languages, spoken by fewer than 10,000 people each, are used by just .1% of the world's population. There are now 254 extinct languages just since 1950 and a grand total of 2,724 languages still being spoken.

Language follows power. In an increasingly globalized and homogenized era, languages that dominate world communication and commerce jump geopolitical borders and geographical boundaries, pushing smaller languages toward extinction.

Since WW II, English used in communication, has leaped forward so that many in foreign countries are now learning English, whereas in the past it had been Latin and then French as the language of the Courts.

1. tPA should be given I.V. if on CT scan no hemorrhage has occurred, symptoms began less than 3 hours prior and blood pressure is under 185/110. 30% improvement in small strokes.
2. If IV TPA doesn't work introducing the tPA directly into the clot by use of a catheter may be used (intra-arterial fibrinolysis) providing no more than 6 hrs has elapsed since first symptoms if the clot is in the anterior vessels and 24 hours if in the posterior vessels of the brain.
3. Use of the cork-screw clot-buster (mechanical thrombectomy) can be used providing the clot is in a large vessel. and if IV tPA doesn't work—should be done within 8 hours of stroke onset.
4. If the initial blood pressure is over 185/110 do NOT try to lower it and do not use IV tPA. (The brain needs all the perfusion it can get from a raised BP.)
5. Do not send a patient home from the ER if they have had a TIA—admit them to the ICU or stroke unit for at least 24 hrs. as a recurrent episode is prevalent.
6. If admitted for infarcted stroke place on statin drugs while hospitalized and continue on discharge.
7. Time is of the essence....the quicker the procedure the better the results—do not procrastinate. Get a non-contrast CT of the brain and admit to the stroke unit.
8. Make sure there are no contraindications for tPA such as evidence of intracranial hemorrhage, active internal bleeding, known bleeding diathesis, no surgery within 3 months; no head trauma or previous stroke. Not on anticoagulants with elevated INR and not on dialysis.
9. Among patients with ischemic stroke, the use of t-PA among warfarin-treated patients (INR<1.7) was NOT associated with increased symptomatic intracranial hemorrhage risk compared with non-warfarin-treated patients (JAMA 6,27,12)

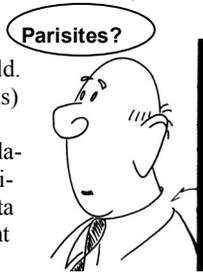
PLANNING ON TAKING THE TIME MACHINE?

We often take our modern system of transportation for granted. Many business travelers don't think twice about a red-eye to L.A. or a night train to Boston.

But the logistics of travel even over short distances were staggeringly complex in the ancient world. To travel from Londinium to Lutetia (London to Paris) could take longer than 13 days.

That was calculated by ORBIS. It's a travel calculator for the Roman Empire developed by Stanford University. It uses a sophisticated map and historical data to construct a model of the transit networks of ancient Rome.

Roman infrastructure was incredibly advanced for its time, and allowed an Empire larger than any that exists today to stay cohesive. This is a fascinating tool for anyone interested in history. Contact www.orbis.stanford.edu (Submitted by Danny W4DAN.)



DAYTON ATTENDANCE RECORDS

During the recent annual meeting the probability of a February 2013 meeting in Orlando to attend the HamCation held in that city was discussed. When asked, "How many would possibly attend," the response was favorable. We will keep you informed.

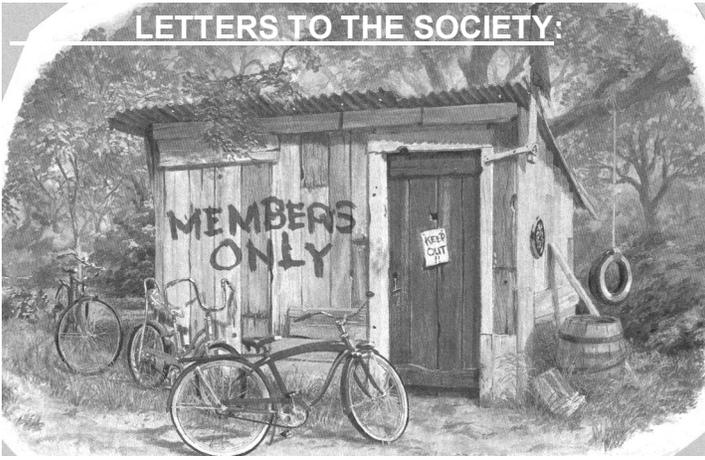
In 1964, the HamVention moved to Hara Arena, its present location. In 1973, the HamVention expanded into a two-day event, and Sunday was added to make it a three-day event the following year (1974).

Historic Attendance Information

1991	33,500	2002	24,832
1992	33,000	2003	22,168
1993	33,669	2004	19,869
1994	35,000	2005	20,411
1995	33,000	2006	20,324
1997	28,000	2007	19,318
1998	28,120	2008	17,253
1999	28,176	2009	18,877
2000	28,804	2010	19,750
2001	26,151	2011	22,312



LETTERS TO THE SOCIETY:



Kudos from **Bobbie Williams W1BEW**, **Barry Rabin, WB1FfISy**-racuse, NY

President-Elect Jeff Wolf K6JW, **Palos Verdes Peninsula, CA** is doing some heavy traveling to Peru, Ecuador and the Galapagos Islands.

Danny Centers W4DAN located Carthage on the Gulf of Tunis in Tunisia, Africa. He went on to state: *“There is also a Carthage, Tennessee. It is located near Cookeville, the home of Tennessee Polytechnic Institute. It is one of three schools that I attended after graduating from high school. Too many male geeks there, so I went to more coed friendly schools.”*

Ian K3iK, Shavertown, PA states: *“Ran into JY5HX on 20 this evening. Name is Munzer and he is in Amman, Jordan. He is internal medicine and expressed interest in MARCO so I sent him some info...give listen for him...got to get back to reading my ultrasounds before I hit the sack.”*

Sister Connie, Wisconsin... This story begins in 2011, while I was working in Zambia and noticed children did not have access to books. There were no books, no libraries in schools, no public library in the town. When I returned to the U.S., I resolved to put a book in the hands of every child in Solwezi which they could call *“their own.”* When I put out the word that I was collecting children’s books, a generous outpouring of books came from everywhere. And when I presented this idea to my St. John Vianney parish, I had no idea of the deluge of books that would come my way. The parish decided to take up my *“book redistribution ministry.”* I then proposed to become actively involved in not only doing a book collection, but to respond to the overwhelming needs of the people of Solwezi and Bishop Charles Kasonde who had given me the *“wish list.”* Our committee enthusiastically accepted the challenge. I think every parishioner has decluttered their basements, closets and attics of books and tools. What has been accomplished is simply astounding! *This story illustrates a modern day multiplication of loaves and fishes!* It is a delight to see a ministry which was a dream last year, fragrantly blossom and spread joy in all directions. I am in awe of the uncommon goodness, the generous and selfless offering of time, talents and treasure of the members of this parish as well as our many friends who offered to help in this mission of sharing our wealth with those who have so little of life’s amenities in Zambia.”

This is the group MARCO has donated six new computers, screens and printers to—we are one of their friends.

THE ZEPPELIN SHOULD HAVE BEEN A “SCHWARZ.”

Count Ferdinand von Zeppelin bought the rights to the rigid airship from Melanie Schwarz, the widow of the inventor, David Schwarz, born in 1845 in Keszthely, Hungary.

The good count, not wishing to share his good fortune, denied he was using the Schwarz invention in a letter dated May 5, 1901. However, the Jewish National Library in Jerusalem has the original 3-page contract between von Zeppelin and Melanie Schwarz, filed in Feb. 1898.

For a payment of 9000 German marks, von Zeppelin bought the “right to utilize all patent rights outside of the German Empire concerning airship construction, and all patented and non-patented inventions associated therewith, with the option to purchase within a month’s notice.”

The rigid airship should thus be called a “Schwarz” and not a “Zeppelin.”

EDITOR’S NOTE: Walter Winchell began broadcasting in 1933 to an audience of 25 million people. The Winchell style was unmistakable. He talked rapidly at 197 words per minute...the voice was high-pitched and not pleasant to the ear; but it was distinctive. The staccato quality made every item compelling. He claimed he talked so fast because if he talked more slowly people would find out what he was saying...he began his radio program with a series of dots and dashes operating the key himself. Telegraphers throughout the country complained that what Winchell tapped out made no sense. He realized he hadn’t the faintest knowledge of Morse code but he refused to have an experienced telegrapher provide the sound effects for him. He wrote like a man honking in a traffic jam.



One of Marco’s most interesting members showed up at the Marco booth at the recent Dayton Hamvention. **Edwin C. Jones, M.D., PhD, AE4TM**, of Knoxville, TN. Ed was sporting a \$300 “Gamma Watch,” a combination wrist watch and Geiger counter, which attracted a lot of attention. Ed lives close to Oak Ridge, TN where he had worked prior to his going to medical school. and thus, probably has reason to wear the watch. He stated there are a lot of stored nuclear bombs in that area waiting to be disarmed but the radiation level is low. He also mentioned the fact that cigarettes are actually radioactive, giving off small amounts of alpha radiation which is the probable cause of 90% of lung cancers but which is simply called a “carcinogen.” He went on to say that even bananas have a harmless very small amount of radiation beneath their skins. Perhaps we can get Ed to give us a talk on Grand Rounds.

A new car-sharing network lets you rent out your ride by the hour.... You don’t drive your car all the time. Why not rent it out when you’re not using it? San Francisco based *“Relay Rides”* has gone nationwide in March. Car owners rent their vehicles for \$5 to \$20/hour using a membership-based service that coordinates payment and logistics online. The business collects 15% of the hourly fee with 20% going toward insurance. Car owners pocket the remaining 65%.

FDA approves First OTC HIV Test Kit...OraQuick self-administered test kit to detect antibodies to HIV is now available. Simply swab the inside of the mouth and place the sample into a developer vial and test results available within 20-40 minutes. 92% for test sensitivity and 99.987% for specificity.

THE “GOD PARTICLE” ISOLATED...The discovery of the Higgs Boson in June helps explain why any mass (like you and I) exist. Energy and matter are like steam and ice, two different states of the same thing. If you can’t ping energetic particles with something—the Higgs boson, we’ve now proved—then planets, suns galaxies, dogs and people don’t exist. People ask why it is so important to discover the particle that gives mass. Without mass, the universe would not be the way it is—and—you and I would not exist!

More U.S. soldiers have killed themselves than have died in the Afghan war...so reports Time Magazine. Most are Army male, white, enlisted men under age 25 using a gun. Most occurrences occurred in the U.S. and 38% had not seen combat. Substance abuse was found in 26%. Since 2001, 4,486 U.S. troops have died in Iraq...and 2,676 have died by suicide. Causes of deaths in the military: Combat 26%; Suicide, 20% (only 7% of deaths among civilian men ages 17 to 60); Transport accidents, 17%; Other accidents, 8%; Cancer, 6%; Heart disease, 5% and other causes, 18%. The lowest suicide rate was found among the U.S. Marines. **WHY?** Is it because most volunteers have problems before they enlist or do the problems occur after they enlist?

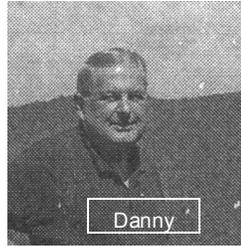
A PLUS for OLD Dads...The older men are when they have children the longer those children will live. As men age their sperm develop longer telomeres—the genetic material at the tips of chromosomes that helps protect against cell damage. Those longer telomeres are linked to slower cell aging and a decreased risk of diseases like cancer and are even passed over to their grandchildren.

SECRETARY COMMENTS

By Danny Centers, W4DAN

Another Hamvention is behind us. The MARCO members that were in attendance had a good time strolling through the exhibits, purchasing a few "couldn't live without items," and having a sneak peek at new equipment that won't be on sale for several months. Kenwood, Yaesu and Flex had their new transceivers on display.

The MARCO meeting was fruitful, and some new ideas were presented that will hopefully help the organization in the future. The Banquet was very enjoyable. Chip Keister was the keynote speaker and conducted a very nice presentation on concrete and abstract thinking.



Dayton is enjoyable, but on alternate years, the finer cuisine and more luxurious accommodations at the home QTH of the presiding President make up for not having the radio goodies to eyeball and purchase. Speaking of that, it looks like our new President, **Mary Favaro AE4BX** has really been working hard. She has completed the plans for the 2013 meeting at Myrtle Beach, SC. It appears that everything is set to call the hotel, and make your reservations.

Many people work toward making the MARCO meetings successful and pleasant events. I would like to take this opportunity to give recognition to **Keith Adams, N3IM**, who tirelessly transports, assembles and disassembles the MARCO booth every year. He also keeps a fresh supply of membership applications printed, and stores the newsletters that are distributed. Hats off to Keith.

A big hand goes to **Thomas "Chip" Keister, N5RTF** for his very informative talk this year on concrete and abstract thinking. For many years, Chip has contributed his expertise in several ways to make our meetings and MARCO in general memorable events..

I am personally thankful that **Bruce Small KM2L** transcribes the minutes of the meetings each year, and very promptly posts them on the web site.

All of those that take part, and there are many, make the organization operate successfully. This includes the past, present and future officers, Warren, contributors to the newsletter, and tech support providers. It take everyone from the President to the newest members to make MARCO the excellent organization that it is, and I am very proud to be part of it.

Important—Please Read Membership Renewal Dates have Changed

A decision was made at the 2012 meeting to change the membership renewal date to January for all members. Please check your mailing label on this issue, and following editions of *Aether* between now and the end of this year. Many labels will continue to indicate the renewal or expiration date as previously shown, but as members pay their dues, the labels for members that pay their dues annually will change to a new expiration line. It will read "(RENEW 1/1 @ \$.....)." the date after the word "RENEW" will indicate the next date to pay dues, and the amount following the dollar sign will indicate your pro-rated dues. Most dues will be less than the usual dues amount. These are based upon the amount, and date of the last payment. In January 2014, dues will be the same amount that you usually pay. Of course, for member that pay in advance for more than one year, the new date, and amount will indicate the future date and the pro-rated amount for the fraction of the year when the next payment is due.

Pro-rating will be based on \$2.08 per month for those paying \$25.00 per year and, \$1.25 per month for those paying \$15.00 per year. Slight variations to this rule will apply to new members and members that pay dues for ten years in advance.

A suggestion was made at the meeting to charge everyone's full dues in January, regardless of the month that last payments were made. The extra income for the slight overcharge was to go into the MARCO general fund or to MediShare. After reading the meeting minutes, some members inquired about making a partial payment for the remainder of this year. This prompted me to proceed with the pro-rated dues system. The expiration date changes will be made on labels as members pay their dues. Based on the above pro rata method, no one will be required

5

to pay for extra months that do not apply to their membership. After the first of the year these calculations will no longer be necessary. If anyone wished to make a full payment in January, the donation will be appreciated.

The renewal and expiration dates will eventually disappear from the labels. I am surprised that this "foreign" entry in the middle of the address has not already caused a problem with the U.S. Postal Service. A notice will be published in the last edition of *Aether* each year as a reminder to pay dues. Another reminder will probably be published in the first issue each year.

If reminders are ignored, the "MARCO WOUF HONG" will be pressed into service. I am joking, of course, but we have been able to keep operating expenses down by not sending statements to delinquent accounts, and we hope this procedure can continue. It is hopeful that his new action will make it easier for everyone to re-member membership renewal dates. Another reason for doing this is to cut down on errors created by early and late payments. Please do not hesitate to contact me if you have questions.

FEEDBACK

I have had several inquiries concerning my article about the "golden ratio" loop antenna. The reference to "golden ratio" must be a typo and is not an advertisement for pet food. (next to last paragraph, page 5, June 2012...) **The first two notes show a perfect relationship with each other. Their frequencies (pitch) are in the ratio of 1.618, which is the golden ration.** I should read "ratio." Unfortunately, we have no proofreader)

I don't know where the picture of the "antenna farm" that accompanied my article came from because it wasn't a part of the article. It does not portray a resemblance of the antenna described in the article. Designing antennas that complex is beyond my limited expertise. The article was little "off the wall," anyway, and the picture really threw some readers "up the wall."

(Editor's note: The photo was taken of the antenna farm at the HAARP project in Alaska, not Danny's creation—it was placed to spur attention to the article as no other good photos of antennas were available.)

FAMOUS HAMS

Submitted by Jim Patterson WB8LJZ

Walter Cronkite	KB2GSD	TV Journalist, (silent key)
George Pataki	K2ZCZ	Gov. of New York
Arthur Godfrey	K4LIB	TV personality (silent key)
Paul W. Tibbets	K4ZVZ	Pilot of the Enola Gay, SK
Burl Ives	KA6HVA	Actor, singer (SK)
Curtis LeMay	W6EZV	General Air Force (SK)
Stewart Granger	N6KGB	Actor
Jeana Yeager	KB6LQR	Pilot/Adventurer
Dick Rutan	KB6LQS	Pilot/Adventurer
Art Bell	W6OBB	Radio personality
Andy Devine	WB6RER	Actor (SK)
Pricilla Presley	N6YOS	Actress, wife of Elvis.
Herbert Hoover Jr.	W6ZH	President's son
Barry Goldwater	K7UGA	Senator (SK)
Juan Carlos	EA0JC	King of Spain
Marlon Brando	FO5GJ	Actor (SK)
King Hussein	JY1	King of Jordan (SK)
Queen Noor	JY1NH	Queen of Jordan
Yuri Gagarin	UA1LO	Soviet Cosmonaut (SK)
Howard Hughes	W5CY	Aviator, film director. (SK)

Others who have been listed as possible hams:

Mahatma Gandhi, Statesman; Freeman Gosden, actor who played Amos Jones in "Amos & Andy"; Edwin Armstrong, inventor of FM; Guglielmo Marconi, inventor of Radio; Lee De Forest, inventor of the vacuum triode tube.

ANTENNAS HAVE NOT ALWAYS BEEN WELCOME BY OUR NEIGHBORS...and land use has not always allowed us to raise our skyhooks. But things are beginning to CHANGE. The FCC now supposedly believes that ham radio is an environmental asset in aiding in providing enhanced communications in time of crisis. This will help lift the ban on fixed wireless broadband access. Their report to Congress is pending. (QST, August 2012, page 9)

WOULD YOU LIKE TO KNOW IN ADVANCE IF YOU WOULD SUFFER FROM ALZHEIMERS?

6

Excerpts from Milinda Beck's fine article in the Wall St. Journal 5/22/12, (Presented on Marco Grand Rounds of the Air, May 27, 2012.)

Do you remember when it was possible for you NOT to tell a patient they had cancer when they requested not to know? **If you were in the early stages of Alzheimer's disease, would you now want to know?**

That question will haunt a growing number of people and their families as scientists devise more ways to diagnose the degenerative brain disease before it causes severe symptoms, but still can't prevent or cure it.

Linda D. underwent a spinal-tap test last year confirming suspicions of early Alzheimer's disease at age 56. Allowing his wife to be tested "was the biggest mistake of my life," says Colin D, age 70. Even though she is still functional and vibrant and works in the family's business, the diagnosis cost her her driver's license, many of her friends and much of her self-esteem, her husband says. "Her golden years were ripped from under her by a diagnosis that I think is cruel, because there's nothing anybody can do about it."

"It feels like a bomb has gone off in my life," says Mrs. D, who concedes that she sometimes gets confused and repeats herself.

Traditionally, the only way to confirm Alzheimer's was with an autopsy, when the disease's characteristic plaques and tangles are found in a patient's brain. Before that, doctors diagnosed it on the basis of symptoms, once they rule out other explanations. But experts say the plaques and tangles start forming 10 to 20 years before symptoms appear.

New tests are emerging that can detect those early brain changes, and more are on the horizon. **In April, the FDA approved a radioactive dye, Amyvid, that makes brain plaques visible on a PET scan.** It is expected to be available this summer (at a price of around \$3,000).

The spinal-tap test that Mrs. D. had, measures changes in the cerebrospinal fluid associated with the brain plaques and tangles. It has been available for several years, but used mainly in research settings. Neither test is covered by insurance or Medicare, and neither is definitive alone. Negative findings reduce the likelihood that cognitive impairment is due to Alzheimer's. But 20% to 30% of people over 65 have some plaques in the brain and many are cognitively normal. It is unclear if they will ever develop the disease.

Genetic tests can identify gene variations that raise the risk of Alzheimer's to varying degrees. One rare variation virtually guarantees that a carrier will develop Alzheimer's at an early age; their offspring have a 50% chance of inheriting it. Researchers are testing a drug that could potentially prevent Alzheimer's in a large Colombian clan that carries the gene variation. As in many research trials, family members won't be told who has it and who doesn't. Since the knowledge can be devastating without effective treatments.

For patients already experiencing memory problems, the ethical issues are different. It pays to have a medical evaluation, since many treatable conditions can cause dementia-like symptoms. A neurologist at the University of California, says he typically asks patients with mild cognitive impairment if they want to know if it is likely to progress to Alzheimer's—even though the knowledge won't change their treatment. "Some people say, 'Doc, I want to know everything.'" Others say, "If it isn't going to affect the treatment, I should just live my life."

Mrs. D.'s sister says it was Linda who first raised concerns about her tendency to repeat herself. Her family doctor found that she had a severe deficiency of vitamin B-12, which can mimic Alzheimer's. B-12 injections helped a little, but when her symptoms persisted, they consulted a neurologist. He conducted more tests including two MRIs, which were inconclusive, and suggested they seek a more definitive diagnosis at UCLA. Still the doctor found enough evidence of dementia that he notified state health authorities, as required by California law, triggering a review of her driver's license.

At UCLA, Mrs. D. fared poorly on tests of memory and word recognition. But her age and the insight she displayed weren't typical of Alzheimer's, so the doctor suggested the spinal tap. "I wanted to make sure I hadn't missed anything," he says. The spinal tap found levels of beta amyloid protein and tau "consistent with Alzheimer's disease."

Mr. D disputes that his wife is significantly impaired and says the diagnosis has done more damage than the disease. "Sure, she can't do the com-

pllicated ordering that she used to do in our business, but there are lots of other things she does very well," he says.

Losing her driver's license has been particularly hard. "It is like house arrest in California," he says. Mrs. D. attempted to win it back but failed the written test.

Mrs. D jokes that while her short-term memory can be hazy, "I figure if I keep doing those tests over and over again, eventually they'll be in my long-term memory and I won't have a problem." Asked if she thinks she has Alzheimer's, Mrs. D says, "I guess my wiring is a little off, but knowing it is worse than having it."

As devastating as it is, an early diagnosis can give families time to plan and let patients participate in financial, legal and health-care arrangements. The course of the disease is often unpredictable. Some people work and remain independent for years after a diagnosis. "Families should let people with Alzheimer's do as much as they can and be there as a safety net," says a senior care consultant. Staying active and connected socially is vital to patients' well-being, particularly in the early stages.

Clearwater, FL., May 2012, Dr. Shae Kosch in a talk titled, "Strategies for working with challenging patients," presented additional facts:

1. It is difficult to diagnose in the given 15 minute-hour appointment
2. "Empathy is often curable. NOT always drugs.
3. Give the patient the information they want; too much information can overwhelm them. Their anxiety may be exacerbated by "over-information." This may result in irresponsible, reckless, foolish, delinquent, promiscuous and substance-abusing acts and even self-destruction.
4. Avoid familiarity. Do not sit on the patient's bed. Avoid hugs, attentive handshakes are okay.
5. There is no pill for a life of grief.
6. Allotment of more time is required for difficult patients and more frequent visits.. Be reassured that you WILL make a difference in patients' lives.

INSULATED VS BARE WIRES FOR ANTENNAS

Submitted by Max W4MEA

Losses are the same (in the HF region at least) whether the antenna wire is insulated or bare. If insulated wire is used, a 3 to 5% shortening from the length calculated for bare wire is required to obtain resonance at the desired frequency. This is caused by the increased distributed capacitance resulting from the dielectric constant of the plastic insulating material. The actual length for resonance must be determined experimentally by pruning and measuring because the dielectric constant of the insulating material varies from wire to wire.

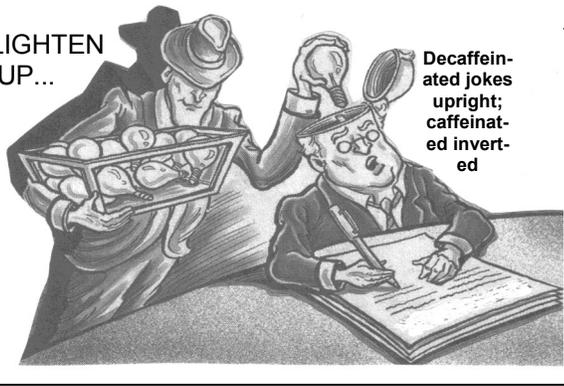
Wires that might come into contact with humans or animals should definitely be insulated to reduce the chance of shock or burns.

Personally I use #14 gauge, insulated electrical wire called THHN or similar. Check Lowe's or Home Depot. A 500' roll will cost about \$50; maybe less.



May, 2012....
Two happy
"XYLs" in
Dayton...Joan
Kalan on the
left & Carolyn
Centers.

LIGHTEN UP...



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Boy Scout Jokes...Q. Which state are pencils from?

A. Pencil-vania! **Q.** What do you call backward-marching rabbits? **A.** A "receding hare line!" **Q.** What is Lassie's favorite vegetable? **A.** Collie-flower.

Two Welsh Girls in a Pub...I was in a pub on Saturday night...had a few drinks and noticed two very large women by the bar. They both had strong accents, so I asked, "Hey, are you two ladies from Scotland?" One of them turned to me and screamed, "It's WALES you IDIOT!!" So, I immediately apologized, and said, "Sorry...Are you two whales from Scotland?" That's all I remember....

My trip to the store...There was a bit of confusion at the store this morning. When I was ready to pay for my groceries, the cashier said, "Strip down facing me." Making a mental note to complain to my congressman about Homeland Security running amok, I did just as she had instructed. When the hysterical shrieking and alarms finally subsided, I found out that she was referring to my credit card. I have been asked to shop elsewhere in the future. They need to make their instructions a little clearer.

Beating the odds...Dave and Rebecca both bona fide rednecks had 9 children. They went to the doctor to see about getting Dave "fixed." The doctor started the procedure and asked them what finally made them make the decision. Why, after 9 children, would they chose to do this? Dave replied that they had read in a recent article that 1 out of every 10 children being born in the U.S. was Mexican, and they didn't want to take a chance on having a Mexican baby because neither of them could speak Spanish.

Woman claims watching 3D film made her pregnant...a white American couple had a black baby and the woman claimed she had become pregnant watching a 3D porno film. The child's father, Erik, a soldier, had been away for a year and on his return found the black baby at home. His wife Jennifer, 38, told him the baby had been conceived while she had been watching a 3D porno film. "I see no reason not to believe her as these 3D films are very lifelike. With the technology of today everything is possible," said Erik, who registered the baby as his. Jennifer said she had gone to a porno cinema in New York with her girl friends. She had only gone this time to see how a porno looked with 3D effects. The child, she claimed, looked exactly like the Black male lead in the film. She was going to sue the cinema and the producers.

A married couple were asleep when the phone rang at 2 am...The wife picked up the phone, listened a moment and said, "How should I know, that's 200 miles from here!" and hung up. The husband said, "Who was that?" **The wife answered,** "I don't know, some woman wanting to know if the coast is clear."

Returning home from work, a woman was shocked to find her house ransacked and burglarized. She telephone the police and the dispatcher sent a K-9 unit, patrolling nearby, to respond. As the K-9 officer approached the house with his dog on a leash, the woman ran out on the porch, shuddered at the sight of the cop and his dog, then sat down on the steps. Putting her face in her hands, she moaned, "I come home to find all my possessions stolen, I call the police for help and what do they do? They send me a BLIND policeman!"

A septic tank truck had a rude bumper sticker which read, "Yesterday's Meals on Wheels."

A friend of mine was sitting on a lawn sunning when he was startled by a car crashing through a hedge and coming to rest on his lawn. He helped the elderly driver out and sat him on a lawn chair. "My goodness," he exclaimed, "you are quite old to be driving!" "Maybe" he replied, "But I am 87 so I don't need a license anymore. The last time I went to my doctor he examined me, and asked if I had a driving license. I told him yes and handed it to him. He took scissors out of a drawer, cut the license into pieces and threw them in the wastebasket." "You won't be needing this anymore," he said. "So I thanked him and left."

Hi, I'm Bruce



MEMORIES OF YEARS AGO IN

MARCO

Our History Book

Bruce Small, KM2L

Marco Webmaster

Twenty-five Years ago in Marco...The lead story in the July-August 1987 MARCO Newsletter was the unfortunate passing of Marco's founding member **Walt Shriner** W9CBG.

The front page also contained a "Special Interest" column, similar to QST's "Strays." **Ira Wexler** sought input from anyone with experience in treating headache with calcium channel blockers. **Alfred Greenwald** expressed interest in SSTV contacts with other Marco members, and **Ed Ludin** tried to drum up interest in a 10-meter Marco group.

We had a complete report of the 21st annual meeting held in Chicago, including photographs of youthful participants Mike K9AJ, Robin KE0FD, Fred K0FS, Earl W8BXO, Alfred WA2CBA, Ira W3HEF, Paul WB8QKM, Bob WB5D and Stuart WA9ZPL. **President Fred K0FS** congratulated our new Fifth Area Director, **Bob WB5D** and thanked him for his contributions to the recently-completed meeting.

This issue also witnessed the birth of a column entitled, "Talking with your Fingers," devoted to Marco's packet, RTTY and AMTOR enthusiasts.

Twenty years ago in Marco...Editor WA3TVG led off the July 1992 Marco Newsletter with a plea to keep the nets alive. Participation was poor, and we were having trouble finding volunteers to serve as net control stations. Two meetings were in the works, **Gene Hoenig** WB3FTJ had made arrangements for the annual mini-meeting, scheduled for November 7th in the Philadelphia area. Plans were also announced to hold the 1993 annual meeting at the Excalibur Hotel in Las Vegas.

Doug Badell N9IGB contributed a nice article detailing the remarkable work by Marco member **Ruth Paz** HR2RP on behalf of injured and disabled children in her home town of San Pedro Sula, Honduras.

President **Robin Staebler** NN3L attempted in his column to answer the question, "What does Marco do?" The photo gallery treated us to pictures from a recent annual meeting in Dayton. Those so memorialized included Roger W8CRK, John WD8NMV, Gene WB3FTJ, Poly WB4LPC and his wife Toni, Jeff WA6DAL, Bill WA6CRN, Smitty W6JZU, Ken GJ0KKB and Manuel KC4MWL.

Fifteen years ago in Marco...In the June-July 1997 Marco Newsletter, **Smitty** W6JZU reported on his attendance at the 5th anniversary meeting of the Bush Hospital Foundation, held in Brittany, France. **Warren** KD4GUA's July 6th 1997 Grand Rounds on "Hyperactivity and Drugs" was reprinted. There was also a brief review of the healing power of humor. We welcomed new Marco members Marc KC7SXL, Tim KC1EZ, John N2LW, John KE3XB, Wonki WM2X/VE7, Keith WA3RBK (later N3IM), Harry KB2RPX and Mike Marks, principal mover-and-shaker in the Bush Hospital Foundation.

Ten years ago in Marco...The August 2002 issue of the Marco Newsletter led off with an answer to the question, "What is Radio Foot printing?" Next, the myth that everyone should drink eight glasses of water daily was debunked. Warren KD4GUA described his trip to Nevada's famed Area 51 and Bob VE3OQM reported the News from Canada. The 2003 Marco National Meeting will be held in Philadelphia in June, hosted by the **Hoenigs** N3MBW and N3HG. KM2L discussed the use of tai-chi to treat arthritis, and WB6OJB commented extensively on the June 23 2002 Grand round topic, "Circumcision and Cervical Cancer."

Your tax-free donation to Marco's MediShare is bringing happiness to Zambia's children & others.

CME RANKINGS 7/13/12: BOB CURRIER MARCO GRAND ROUNDS OF THE AIR . 14.307, Sundays, 11 a.m. Eastern, One Hour Cat. II CME

credit.

Corrections: wardenbrown.aol.com

CALL	HRS	NAME	QTH
WA1BEW	23	Bobby	Tennessee
KD4GUA	23	Warren	Largo, FL.
WB5BHB	22	John	Vanceleave, MS
N6DMV	22	Paul	Torrance, CA
KC9CS	22	Bill	Largo, FL.
WB6OJB	21	Arnold	Pac.Pal., CA
VE3OQM	21	Bob	Hamilton, Ont.
KM2L	21	Bruce	Clarence, NY
KK1Y	21	Art	Seminole, FL.
N4TSC	20	Jerry	Boca Raton, FL
KG6DQF	20	Glen	Palo Alto, CA
WA1HGE	20	Lou	Francesstown, NH
KE5BQK	20	Linda	El Paso, Tx
NU4DO	20	Norm	Largo, FL.
N5RTF	20	Chip	New Orleans, LA
WB9EDP	19	Harry	Chicago, IL
N2OJD	19	Mark	Sidney, Ohio
N2JBA	18	Ed	Amenia, NY
N9YZM	18	Mike	Crystal Lake, IL
W4DAN	17	Danny	Cleveland, TN
N4MKT	17	Larry	St. Petersburg, FL
WB1FFI	16	Barry	Syracuse, NY
N4DOV	14	David	Ft. Lauderdale, FL
W3FYA	13	Doug	Baltimore, MD
K0FS	13	Fred	St. Louis, MO
KD5QHV	13	Bernie	El Paso, TX
WA3QWA	13	Mark	Chesapeake, MD
KNOS	13	David	Virginia
KA4JWA	13	Jim	West Virginia
WA1EXA	12	Mark	Cape Cod, MA
W3DRB	12	Miles	Elizabethtown, PA
WA9HIR	12	Bill	Berwyn, IL
W0RPH	10	Tom	Denver, CO
N0ARN	10	Carl	Colorado
K4WFP	10	Wayne	Ocala, FL
W8LJZ	10	Jim	Detroit, MI
N9DJ	10	Greg	Cleveland, TN
K9CIV	10	Rich	Knox, IN
W9JPN	9	Wally	Champagne, IL
AE4BX	9	Mary	Myrtle Beach, SC
W5SK	9	Wave	Lawton, OK.
K6JW	9	Jeff	Palos Verdes, CA
K3IK	9	Ian	Shavertown, PA
KC9ARN	9	Ellen	Chicago, IL
W4RDJ	9	Doug	Cape Cod, MA
KG6JLE	8	Paul	Atherton, CA
W5AN	7	Bud (Paul)	Lafayette, LA
KQ8EFM	6	Dell	Dayton, Ohio
VA3OJ	4	Joe	Ontario
KE8GA	4	George	Fairview, NC

YEAR	TOTAL CHECK-INS	AVERAGE PER SUNDAY
1998	694	14.46
1999	766	15.95
2000	1,035	20.29
2001	1153	22.60
2002	1383	26.15
2003	1489	28.63
2004	1534	29.50
2005	1517	29.17
2006	1531 (one extra Sunday)	28.89
2007	1591 (one extra Sunday)	30.02
2008	1524 (Only 46 nets)	33.14
2009	1533 (46 nets)	33.32
2010	1591 (44 nets)	36.22
2011	1514 (44 nets)	34.41
2012	815 (23 nets)	35.44

**SMITTY'S
CORNER**

Robert Smithwick W6CS
Los Altos Hills, CA



New medical device makers have rallied to a new experimental treatment for stubborn hypertension: Singeing the walls of nerve-lined arteries, leading to the kidneys, blocking the organ's ability to raise blood pressure. A catheter is inserted through the femoral artery in the groin and positioned in the renal artery. A second device is threaded through the catheter and expanded to place electrodes on the artery wall. Nerves around the artery are disrupted by the burns, blocking kidney signals linked to high blood pressure. Approved in Europe not yet in the U.S.

How many of you have stopped using the PSA test for screening for prostate cancer? Thanks to the U.S. Preventive Health Service early and prolonged testing is expensive and can lead to medical complications from biopsy exams. That it might save your life doesn't really enter the picture since most cases are in those over 75 and they usually die from something else. Most people believe this—that is if they are under 75.

A new study confirms that long-acting forms of contraception such as intrauterine devices and implants are better than birth-control pills and patches at preventing pregnancies—reason? It simply wipes out the human-error factor—“*Oh, doctor, I forgot to take my pill!*”

Hazardous asteroids...NASA has doubled its estimate of how many asteroids are on paths that could put them on a collision course with Earth. Researchers have estimated that 4,700 asteroids qualify as “potentially hazardous,” meaning they are at least 330 feet in diameter—big enough to pass through our atmosphere. and orbiting within 5 million miles of our planet. Only about 30% of the close-flying asteroids have been located—scientists need to spot them at least “20 to 30 years before a potential impact” in order to have time to deflect them. NASA hopes to land astronauts on an asteroid by 2025.

Workers renovating an old building in Los Angeles found a neon light that has been burning for 77 years. The vintage neon tube was first activated in 1935 and boarded over in 1949. It was estimated that the light has burned about \$17,000 worth of electricity over the decades.

Long commutes can kill you...Long daily car commutes can put you in an early grave. Researchers tracked the daily travels of more than 4,000 people for 3 months while logging their physical activity and analyzing their medical records. They found that those who commuted more than 15 miles to the office were more likely to be obese and to exercise less than those who lived within 5 miles of their jobs; they were also more likely to carry their extra weight around their waistline. Traveling at least 10 miles each way was also found to be enough to raise blood pressure levels. (*Beats starving?*)

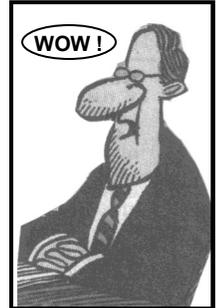
The modern male is in trouble. Males now make up less than 45% of many college classes, and far fewer young men in their 20s than young women rate their careers as a major priority. A whole generation of male slackers are failing to find jobs, get out of their parents' houses, and even land steady girlfriends. The reason? “*Technology enchantment.*” All kinds of modern technology—especially online porn and video games—have trained young men to crave instant gratification. “Hooked on arousal,” they spend hours each day getting little bursts of pleasure every time they achieve some success in the stunningly realistic 3-D world of video games, or click on an explicit new sex video on sites that cater to every fantasy. Their addicted brains are being rewired “in a totally new way that demands constant stimulation.” As a consequence, they find school, jobs, and long-term relationships to be painfully boring.

For the first time in history neither of the two presidential candidates has ever served in the military.

Overdosing on exercise...Training for a marathon and other strenuous workouts may be more harmful than healthy. The *DiscoveryNews.com* reports that after reviewing over 50 studies, researchers at the Mayo Clinic found that **more than an hour** of intense aerobic activity per day put runners and cyclists at heightened risk of serious heart problems—including an irregular heartbeat, clogged arteries and scarring.

Habitual marathon runners and professional cyclists, they noted, were five times more likely to have irregular heartbeats than their less-active peers. Many people wrongly assume that “if moderate exercise is good, then more is better but beyond an hour, you reach a point of diminishing returns.”

The finding supports recent research that shows that runners who log more than 20 miles per week or run faster than 7 miles per hour have a higher risk of premature death than those who jog less than 20 miles a week. Exercising is still “one of the most important things you need to do on a daily basis to stay healthy but it helps to be a little less intense about it.”



HOSPICE STATISTICS

According to a local survey only about 4% of Hospice patients are treated out of the home. 38% are suffering from cancer, 25% from dementia and the rest from multiple causes (*COPD, CV diseases etc.*).

One-third of patients are treated for less than one week with an average treatment period of three weeks.

Patients who do **not** want to know their diagnosis, such as cancer, are honored. Those with end-stage disease are usually manifest by: impaired mobility, recent loss of 10% of body weight, BMI <22, upper arm circumference of <23.3 cm, not responding to nutritional support and co-morbid conditions such as renal disease, cancer, dementia, diabetes, G.I. disease, peripheral vascular disease, heart disease, lung disease, HIV, neurological conditions such as stroke, Parkinson's, MS, ALS.

Patients do not necessarily have to have a life expectancy of less than 6 months but it is prevalent.

MARCO HAM \$ STOCK DERBY

BACKGROUND: In order to drive up more interest in Aether, we are asking you to divulge your favorite winning stock and submit it to help our fellow ham-investors. We will keep bi-monthly score of your stock and reward you with points in our new “Stock \$ Derby. If you have not joined the group, simply send us your favorite stock and we will grade your stock against the others. Email: warenbrown@aol.com or write P.O. Box 127, Indian Rocks Beach, FL., 33785. Costs nothing, no lawyers or brokers involved, just plain fun.

Member	Stock	Price	% Change	Points
Warren KD4gua	DDD	33.02	—	—0—
Bob K4RLC	YUM	64.72	—	—0—
Lou, WA1HGE	YORW	18.04	—	—0—
Danny, W4DAN	CAT	82.07	—	—0—
Mary, AE4BX	PFE	22.81	—	—0—
Chip, N5RTF	SWHC	9.63	—	—0—
Bruce, N5RTF	IR	40.96	—	—0—
Rich, K9CIV	Gold	1576.6	—	—0—

Standings will be posted next issue....join the FUN!

DDD is “Three D” a 3-dimeninal printer company; YUM is a fast foods chain; YORW is a water company in York, PA; CAT is Caterpillar, manufacturing company; PFE is Pfizer Pharmaceuticals; SWHC is Smith & Wesson guns and IR is Ingersoll Rand Company.

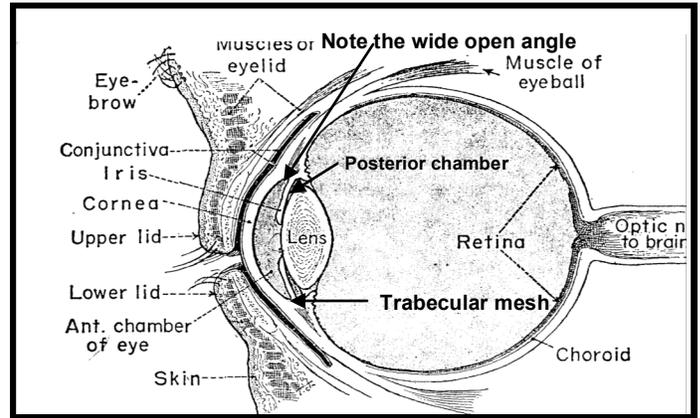
(Dow 12.777.09, July 14, 2012)

In Colonial New York City free-roaming hogs were notorious for rampaging through the Manhattan grain fields. The residents chose to limit the damage by erecting a wall in lower Manhattan. This was the beginning of Wall St.

GLAUCOMA

As presented on Marco Grand Rounds, July 8, 2012

10



Glaucoma is the second leading cause of blindness in the U.S. It can occur at any age but is more common in the elder. (10% of those over 80.) It has been called the “silent thief of sight” because the loss of vision often occurs gradually over a long period of time and symptoms only occur when the disease is quite advanced. Symptoms include, frequent change in glasses, none of which is satisfactory; inability to adjust the eyes to darkened rooms, such as theaters; loss of side vision; rainbow-colored rings around lights and difficulty in focusing on close work. Detection is by a **tonometer** (*Shiotz metal or a puff of air on the cornea*) which measures intraocular pressure. (*thickness or thinness of the scleral coat can cause abnormal high and low readings however.*) A reading over 16 is suspicious and over 21 requires an extensive eye exam. Glaucoma cannot be prevented but blindness generally can be prevented through early detection and early treatment. (*The elevated pressure causes destructive pressure atrophy on the optic nerve.*) It cannot be cured and any sight that has been destroyed cannot be restored but medical treatment can stop the disease from progressing.

There are primarily two types of glaucoma: **Open angle Glaucoma**, is basically a chronic disease which makes up 94% of cases and **Angle Closure Glaucoma**, which is an *acute* disease making up only around 5% of cases. A third-type, normal pressure glaucoma with a possible genetic background exists that exhibits optic disc damage but no increased intraocular pressure

In **Open Angle Glaucoma**, the passage of aqueous from the ciliary process to the trabecular meshwork is unimpeded. Instead, the trabecular meshwork's resistance to aqueous outflow is elevated. In other words, the trabecular meshwork cannot absorb the overflow of aqueous fluid and pressure builds up in the eye (*similar to a kitchen sink that has more water coming into it than is going out*). This elevates the intraocular pressure (above 21 mm Hg), causes optic nerve damage with resultant “gunshot vision” by limiting the visual fields. Though elevated intraocular pressure is a criterion of glaucoma, many patients have normal intraocular pressures. There are reasons for this. **Glaucoma patients often have variations of 10 mm Hg or more.** Thus, the intraocular pressure taken in the office may be different from the intraocular pressure 3 hours later at home.

The optic nerve damage can present as increased cupping (the optic nerve begins to look like a cup) and **splinter hemorrhages**. To view this one really needs a slit lamp with a 60 diopter lens.

This condition in its early stages is hard to diagnose. The incidence of glaucoma increases with increasing age, diabetes, myopia, a family history and chronic steroid use. It is more common in Afro-Americans.

Treatment: The main goal is to decrease the intraocular pressure which should arrest the progression of optic nerve damage. Intraocular pressure can be lowered by two methods, surgical and medical.

Surgical Treatment: Laying 100 argon laser spots on the trabecular meshwork. The treatment may require up to 6 weeks for the full pressure lowering effect to be realized. It is successful in about 85% of patients and can last for up to 5 years. In patients who have had cataract surgery, it is effective in only half the time.

In filter surgery, a fistula is created allowing the aqueous humor to flow from the anterior chamber to the sub-conjunctival space. The high outflow resistance of the trabecular meshwork is bypassed, thus the intraocular pressure is lowered. When the sub-conjunctival space is closed by scar tissue, the filter has failed. Filter failure is most common in young people, blacks and patients with previous cataract surgery, previously failed filters or inflamed eyes.

Anti-glaucomatous Medications: topical beta-blockers include timolol (Timoptic), levobunolol (Betagan) and others and specific beta-one blockers, such as Betopic, which suppress aqueous humor production. All have side effects including bronchospasm, fatigue, impotence, lethargy, depression, heart block, heart failure, etc. Betaxolol is the safest.

In **Angle Closure Glaucoma** the aqueous humor is produced by the ciliary body and flows from the posterior chamber between the lens and iris to the anterior chamber. **It is rather common in Asians, blacks & women**, who have a shallower anterior chamber depth. There it egresses through the trabecular meshwork at the angle of the eye. In angle

closure glaucoma, the passage of aqueous between the iris and lens is impeded, aqueous builds up behind the iris, pushes the iris forward into the anterior chamber, and closes the trabecular meshwork. (*This is similar to having the kitchen sink drainage stopped up. The trabecular meshwork may be compared to a sponge that soaks up the aqueous humor*) This process extremely elevates the intraocular pressure usually over 30 mm of Hg. The definitive treatment is to create an opening in the iris, which will reestablish the flow of aqueous between the posterior chamber and anterior chamber of the eye. This can usually be done with a YAG or Argon laser.

Patients with angle closure glaucoma present with a sudden onset of a painful red eye, with a moderately dilated fixed pupil, often a cloudy cornea from corneal edema, nausea and vomiting. Attacks can be brought on by going into a dark room, which dilates the pupil.

Other factors causing secondary glaucoma include: prolonged use of steroids; conditions that severely restrict blood flow to the eye such as severe diabetic retinopathy and central retinal vein occlusion; ocular trauma and uveitis.

Intraocular pressure can be lowered with medication, usually eye drops. Among these are: **Prostaglandin analogs**, such as Xalatan, Lumigan and Travata, which increase uveoscleral outflow of aqueous humor. Bimatoprost also increases trabecular outflow. **Topical beta-adrenergic receptor antagonists**, such as Timoptic, Betagan and betaxolol which decrease aqueous humor production by the ciliary body. **Alpha2-adrenergic agonists** such as Alphagan which works by decreasing aqueous humor production and increasing uveoscleral outflow. **Less-selective alpha agonists**, such as epinephrine, decrease aqueous humor through vasoconstriction of ciliary body blood vessels, useful only in open angle glaucoma. Epinephrine's mydriatic effect, tenders it unsuitable for close-angle glaucoma due to further narrowing of the uveoscleral outflow by causing a further closure of trabecular meshwork which is responsible for absorption of aqueous humor. **Miotic agents** such as pilocarpine, work by contraction of the ciliary muscle, tightening the trabecular meshwork and allowing increased outflow of the aqueous humor. **Carbonic anhydrase inhibitors** such as Trusopt, Zopt and Diamox, lower secretion of aqueous humor by inhibiting carbonic anhydrase in the ciliary body. **Physotigmine** is also used. **Marijuana** was found to reduce pressure in the eyes, though how the cannabinoids in marijuana produce this effect remains unknown.

Surgery. Both Laser and conventional surgeries are performed to treat glaucoma.

Canaloplasty is a nonpenetrating procedure using a micro catheter that circumnavigates the canal of Schlemm which is injected with gel-like material called viscoelastic. The catheter is then removed after the gel hardens and an increased flow of aqueous humor is established.

Laser surgery may be used to treat open angle glaucoma. It is a temporary solution, not a cure. A cold laser is aimed at the trabecular meshwork to stimulate opening of the meshwork to allow more outflow of aqueous fluid (*Like softening up a stiff sponge*). Usually half of the angle is treated at one time. A YAG laser can put a hole in the iris to institute drainage from the back of the iris to the front. The most common surgery for glaucoma is the trabeculectomy (*removing the trabecular meshwork thus allowing greater flow of aqueous humor*) which relieves the pressure by providing an additional flow & drainage sites. Glaucoma valves developed in South Africa in 1966 are being used as a shunt procedure to drain off excess aqueous fluid. (Program suggested by Paul W5AN, Lafayette, LA.)

WHAT IT'S LIKE TO BE A HAM SPY

11

From "Agent 146", Erich Gimpel's fine book, St. Martin's Press, ISBN 0-312-30797-7
(Continued from last issue by request)

BACKGROUND: Erich Gimpel, who died in Brazil last summer at age 100, was a former German agent and ham radio operator, who was put ashore from U-1230 with co-conspirator William Colepaugh in Maine on Nov. 29, 1944. The Marco news editor met him & had known him as a friend since 1991. In previous issues we learned 25 year old Gimpel was sent to Lima, Peru as a radio engineer. Here he was advised by Nazi diplomats to prepare for war as every German is a soldier and must do his duty wherever he is. Upon returning to Germany Gimpel was trained in an attempt to blow up the Panama Canal but this was cancelled because of a security leak. Now he and Billy Colepaugh (*an American turn-coat*), have arrived in America to find and destroy the atomic plant at Oak Ridge, Tennessee. The pair arrived in New York City and were holed up in a down-town hotel. Billy had left the hotel and had not returned. Gimpel was worried he had defected or was picked up only to find he had found a new girl friend. After failing to make a N.Y. contact Gimpel returned to the hotel only to find his partner had left—and with all the luggage and money! He finally located his baggage at Grand Central Station only to be surprised by an old friend from Peru! He was invited to stay at his friend's apartment which is already occupied by an American young lady. Billy, meanwhile, had let the cat out of the bag while drunk with a longtime friend. The friend went to the FBI and they are now looking for Gimpel alias "Edward Green" who is still unaware of Billy's actions. Gimpel after contacting a nuclear-physicist collaborator in N.Y. is now relaxing with his American girl friend in the N.Y. apartment.

I had now to anticipate the grim drama. I had to leave Joan, sleeping, smiling Joan who would be looking forward to a joyous awakening at my side. I had to cast aside all the joy of this evening. I had to pick up my bag and baggage and step out into the chill of the metropolis, into the heart of the enemy. I was an enemy of the people who were now celebrating Christmas. I was a spy, a spy for a country which had already lost the war.

I would have to waken Joan and explain everything. I was sure she would never denounce me. But therein lay her own undoing. She would be charged with having harbored a German spy. The law of warfare knows no love, no pity. She would be executed. Militant, uncompromising patriotism, that monster produced by war, would make no concessions.

She knew nothing of the inner battle I had to fight, the despair I had to endure. She did not know that her problematical future was already my past. I got up and packed my belongings. I pulled my case out from under the couch on which she was sleeping. I carried my bag to the corridor. "At least you can leave a note for her," one half of me said. But the agent-half remained obdurate. I made my way to the door. I turned once more and looked behind me....

I summoned a taxi and drove straight to a hotel. As far as I was concerned the whole of the FBI could be waiting for me at the reception desk. For all I cared they could have caught me there and then. All I wanted was to be free of the whole business.

Needless to say, the Manhattan project was absolutely confidential, but no country could keep an atomic bomb entirely secret. The route of the uranium ore that came from northern Canada—some of it also came from the Belgian Congo—could be precisely traced.

For the cooling of an atomic pile it is necessary to have vast quantities of water. I observed, that sections of the Columbia River had been diverted. It also noticed that in Oak Ridge, Tennessee, a six-story works building had sprung up within the space of a few months.

I also investigated the matter of test flights. Two distinguished B29 specialists were now engaged in the seemingly pointless occupation of flying an exceptionally heavy mock bomb backwards and forwards in Arizona. The pilots themselves had no idea of the significance of what they were doing when I reported to Germany.

I assembled my transmitter. I had some difficulty I getting it to go but I finally succeeded. I coded the text, learned it by heart, then wrote it down. I tapped the keys. After a short time I received a reply. My transmission had succeeded.

The first part of my mission had been completed. What would they think of my report in Berlin? I wondered whether they would simply throw it into the waste-paper basket as they had done with other important messages which they had not dared to place before Hitler. Or would they simply not believe what I had said? Would they think that I had fallen prey to pacifist feelings? Or would they think I had reported what I had reported just to make myself look important?

The second part of my mission was—sabotage. I was to marshal to-

gether a group of men who would carry out explosive attacks on the main works buildings of the American atomic industry. Men and money for this purpose were ready and waiting for me in South America. The only question was, to what extent were they dependable? It was quite within the bounds of possibility that both were counterfeit. The arrangement was that I should get in touch with contact men in Peru by inserting an ad in a South American newspaper. Through the medium of a few innocent words I was to inform them that they were to come to New York as quickly as possible.

The ad appeared. The next step was for the contact men to confirm through an ad in the same newspaper that everything was proceeding to plan. I had therefore to buy this particular paper every day. It was obtainable only at the larger newspaper stands in New York, and unknown to me that was where my fate lurked in wait for me.

The last day of 1944 began for me like any other day. I was in a bad mood but I had been in a bad mood ever since I had left Joan. All the time I longed to go back to her. I wondered what she was doing, and what she was thinking of me.

I lunched at one o'clock then I bought myself a few newspapers. Passing over the war reports, I read a speech of Roosevelt's. I couldn't stand the man. Then I turned to a murder case.. There was a cinema close to the restaurant and I went in. The film was a Western of the worst kind and I left the cinema after half an hour. I had once again accustomed myself to take a good look around me. I was sure no one was following me.

I walked to Times Square to a newspaper stand. I looked at various magazines as if I were undecided which to take. I bought two and then asked for the South American paper. The man hesitated for a moment then nodded knowingly. "I don't get this newspaper very often," he explained. "If you need it regularly, let me know and I'll put it aside for you.." "I'm only a visitor here" I replied, "but thanks just the same." I gave him a dollar.

"Haven't you something smaller?" he asked. "Sorry, I haven't," I replied. He gave me change. I unbuttoned my overcoat and dropped the change into the left breast pocket of my jacket. It was an odd habit of mine; my mother had in fact often taken me to task about it when I was a boy.

I put the papers in my overcoat pocket, the South American one wrapped round by the two magazines so that it could not be seen. I strolled on a few paces further. A man near me lit a cigarette. His eyes were on the match. Then he approached nearer. The crowd tossed up a group of young soldiers who passed by three abreast making a great deal of noise. "One moment, sir," said the man with the cigarette. In the same second another man appeared at his side as if he had been conjured out of a hat. "Edward Green, I believe?" "No," I said, "my name's Frank Miller." "Well, whatever your name is," replied one of the two men, "**you are under arrest.**"

They certainly knew their job as I found myself so wedged in between them that any attempt to escape would have been suicidal; at the same time everything was done so unobtrusively that not one of the thousands who at that time were crossing Times Square could possibly have imagined that anything at all out of the ordinary was going on.

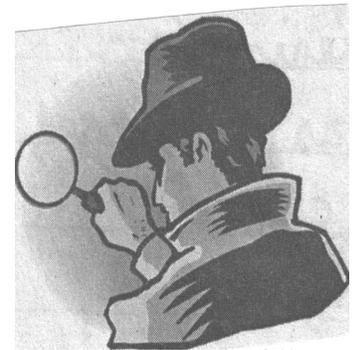
"My name is Nelson," said one of the two men. He was short and stocky, with a round head and lively eyes. He showed me his badge. "This isn't a very good place to talk," he went on. "Come along with us."

The newspaper stand which had spelled my doom had behind it a small room. We went inside.

"I would now like to know what you want with me," I began.

"I'll tell you that straight away," replied Nelson. He lit a cigarette, smiled and indicate his colleague. "May I introduce to you Mr. Gillies, Mr. Green." "It told you my name is not Green." "Show me your papers."

I produced a document bearing the name Frank Miller. "They certainly know how to forge papers in Germany," he replied.



3-11

(Continued Next Edition)

NEW FACES* for MARCO & RENEWALS, as of July 10, 2012

Adams, Mary*	KD8IPW	Kylakallio, Katrina	OH3NF
Brewer, Thomas	W0RPH	Lind, Charles	N8CL
Brigham, Ralph*	KG6CSQ	McGirr, Michael	K9AJ
Brusoe, Terry	K8IB	McWilliams, Robt*	VE3ATU
Covey, Kenneth	W0ZQJ	Mohammed, Ed*	VE3BKQ
Davidson, Wm.	W9SWW	Nachbar, Gary	K2HVR
Delbalso, Angelo	WA2NNZ	Newland, Jim	K0EMC
Franklin, Peter*	Nx2X	Petruzzi, Mark	WA1EXA
Grambau, Robt.*	K2UP	Piccirilli, Alex*	NV2Y
Hafner, Arthur*	WB0WXR	Rabin, Barry	WB1FFI
Haskell, Brent	AB8DG	Reichman, Robt.	WA3IHV
Hatfield, Holly*	KG4BGI	Shatz, Arnold	N6HC
Hensley, Gerald	K8AFP	Simowitz, Fredric	K0FS
Higley, Roger	W8CRK	Small, Bruce	KM2L
Hoening, Gene	N3HG	Smith, Larry	N4FD
Hoening, Judith	N3MBW	Sosinski, Carl	N8APD
Johnson, Greg	N9GJ	Urich, Norman	NU4DO
Jones, Edwin	AE4TM	Vargas, Michael	NR3C
Krosdrosky, M.*	KM8MK	Webb, Ron*	VE3WBE
		White III, Elbert	W4TX/5

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Sunday	11 a.m.	14.307	KD4GUA

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