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P.O. Box 127, Indian Rocks Beach, FL., 33785-0127

## HEART FAILURE

**IT HAPPENS TO ALL OF US, SOONER OR LATER, IF WE LIVE LONG ENOUGH. THE HEART IS SIMPLY UNABLE TO DISTRIBUTE BLOOD FLOW TO MEET THE NEEDS OF THE BODY. 20% HOSPITAL READMISSION RATES AT ONE MONTH; 50% AT SIX MONTHS.**

Heart failure (HF) often called "congestive heart failure (CHF) occurs when the heart is unable to provide sufficient pump action to distribute blood flow to meet the needs of the body. Heart failure can cause a number of symptoms including shortness of breath, leg swelling and exercise intolerance. The condition is diagnosed with echocardiography and blood tests. Treatment commonly consists of lifestyle measures such as smoking cessation, light exercise, dietary changes and medications. Sometimes it is treated with implanted devices (pacemakers or ventricular assist devices) and occasionally a heart transplant. Common causes of heart failure include myocardial infarction and other forms of ischemic heart disease, hypertension, valvular heart disease and cardiomyopathy associated with aging. It is common, costly, disabling, and potentially deadly. It is present in 6-10% of the population over 65. (*Cardiac arrest is different because then there is NO output at all.*)

The heart consists of four chambers, left and right atriums on top and left and right ventricles on the bottom. Heart failure can originate on the left and the right side of the heart or with both. The nomenclature of the physiology is confusing. Below is a short refresher:

**Signs & symptoms of Left-sided heart failure:** Increased rate of breathing, shortness of breath, rales or crackles heard in the lung bases and cyanosis in late stages. There may be a displaced apex beat to the left and a gallop rhythm. Murmurs may indicate valvular heart disease either as a cause (aortic stenosis) or as a results (mitral regurgitation).

**Right-sided failure:** Peripheral edema and enlarged liver.

**Biventricular failure:** Common—dullness to percussion in the lower lung fields and reduced breath sounds suggesting pleural effusion.

There are several other exceptions to a simple left-right division of heart failure symptoms. Left sided *forward* failure, such as having a lung tumor blocking blood traffic, overlaps with right sided *backward* failure. Additionally, the most common cause of right-sided heart failure is left-sided heart failure. The result is that patients commonly present with both sets of signs and symptoms.

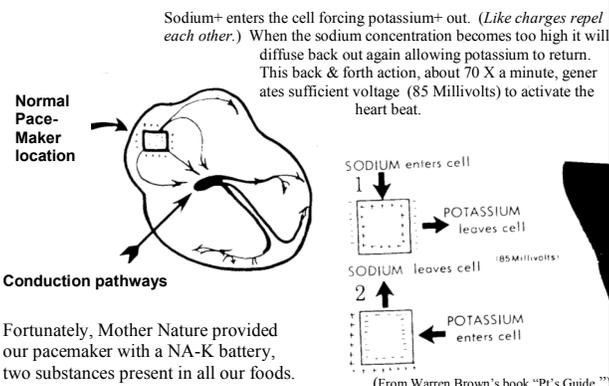
**Left-sided failure:** *Backward* failure of the left ventricle causes congestion of the pulmonary vasculature, and so the symptoms are predominantly respiratory in nature. Backward failure can be subdivided into failure of the left atrium, the left ventricle or both within the left circuit. The patient will have dyspnea (shortness of breath on exertion) and in severe cases, dyspnea at rest. Increasing breathlessness on lying flat, called *orthopnea*, may occur. It is often measured in the number of pillows required to lie comfortably, and in severe cases, the patient may resort to sleeping sitting up. Easy fatigue is also present. Compromise of left ventricular *forward* function may result in dizziness, confusion and cool extremities at rest.

**Systolic dysfunction** is more readily recognized, it is simply the *failure of the pump function of the heart with the ejection fraction dipping below*

### LIFE ITSELF, HOW THE HEART BEATS:

The heart is an electrical pump. The human race passes, with the conception of life, the energy to operate a battery—called a "pacemaker." This is the very source of life itself—for when the battery runs down productive life will begin to cease—and when its energy is depleted life itself will stop.

The energy needed to activate the heart pump is generated by the reciprocal passage of two substances, sodium & potassium, in and out of the pacemaker's cells. This is the so-called "Sodium-Potassium Pump."



**Adequate amounts of sodium (NA+) and potassium (K+) in the body are necessary for the pump to work efficiently. Inadequate amounts may result in an irregular rhythm or stoppage entirely—cardiac arrest!**

### LATE BREAKING NEWS

**Annual Marco Meeting** will be held April 25-28 at the Breakers Hotel in Myrtle Beach, South Carolina. For reservations call 843 444 4444. Please notify our President, Dr. Mary Favaro at [mary-fav@aol.com](mailto:mary-fav@aol.com) so she can keep up with the numbers. Myrtle Beach is a wonderful place to spend a vacation.

If you plan to attend the **Dayton Hamvention** in 2013 and wish to stay in the hotel that we held our meeting and banquet at in 2012, reservations should be made by calling 937 832 1234. This is the Holiday Inn Dayton Airport facility in Englewood, Ohio. It is the closest hotel in the Dayton area to the Hamvention. We have a limited number of rooms set aside for Marco members. When you call to make reservations let them know you are with Marco. Danny has applied for booth space for our exhibit, but have not received confirmation. Since our annual convention and meeting will be held at Myrtle Beach, this year, there will be no formal meeting at Dayton in 2013. We will, however, have our annual meeting at Dayton in 2014.

**FCC Issues \$10,000 fine to Missouri man for unlicensed operation on 14.312 MHz.** Although this is not the terrorist who has been practicing malicious interference on our net frequency of 14.307, it helps restore our faith in the FCC in properly maintaining order on the airwaves. As one Marco ham stated, "*At least the FCC is monitoring our frequency for the culprits.*"

**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**

DAY	EASTERN	FREQ.	NET CONTROLS
Any Day	On the Hour	14.307	Hailing Frequency
Sunday	10:30 a.m. Eastern	14.140	CW Net, Chip, N5RTF
Sunday	11 a.m. Eastern	14.307	Warren, KD4GUA

(Alternate confidential Grand Rounds frequency—  
 on or about 14.344 or as announced on the air.)

**EVERY OTHER MONTH  
 "AETHER" IS NOT  
 READ BY MORE THAN  
 1 MILLION ADULTS.**

Thank you for helping us  
 reach this amazing mile-  
 stone and in turning it  
 around.

**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.**

**45% with resulting less cardiac output.** This is caused by damage to the heart cells themselves & can be caused by toxins such as alcohol, cocaine, amphetamines and heart attacks resulting in scar tissue. Because the left ventricle is inadequately emptied, ventricular end-diastolic pressure & volumes increases and fluid builds up in the lungs. Heart failure caused by **diastolic dysfunction** is described as *the failure of the ventricle to adequately relax and typically denotes a stiff ventricular wall*. This causes inadequate filling of the ventricle and therefore results in an inadequate stroke volume and the end result is again, pulmonary edema.

**Right-sided failure:** *Backward* failure of the right ventricle leads to congestion of systemic capillaries. This results in accumulation of fluid in the body with swelling of the liver and ankles.

**Causes of chronic heart failure:** Ischemic heart disease 62%; Cigarette smoking, 16%; Hypertension, 10%; Obesity, 8%; Diabetes, 3%; Valvular heart disease, 2%. Rare causes include: Viral myocarditis, amyloidosis, HIV cardiomyopathy, systemic lupus, drug abuse, and arrhythmias.

Obstructive sleep apnea is regarded as an independent cause of failure.

**Acute decompensation:** This results from an additional work-load placed on the heart from pneumonia, heart attack, arrhythmias, uncontrolled high blood pressure or a patient's failure to maintain fluid restriction, anemia or hyperthyroidism and excessive fluid or salt intake and medicines that cause fluid retention such as NSAIDS.

**Diagnosis: Imaging:** Echocardiography is used to support a diagnosis of heart failure. Using ultrasound to determine the stroke volume (SV) (*the amount of blood in the heart that exits the ventricles with each beat*), the end-diastolic volume (EDV), (*the total amount at the end of diastole*) and the SV in proportion to the EDV, a value known as the ejection fraction (EF). Normally the ejection fraction should be between 50% and 70%; in systolic heart failure, it drops below 40%. Chest X-rays may show cardiomegaly (*enlarged heart*) and fluid levels.

**Electrophysiology:** An ECG may identify arrhythmias, ischemic heart disease with depressed Q and ST segments, right and left ventricular hypertrophy and conduction delays.

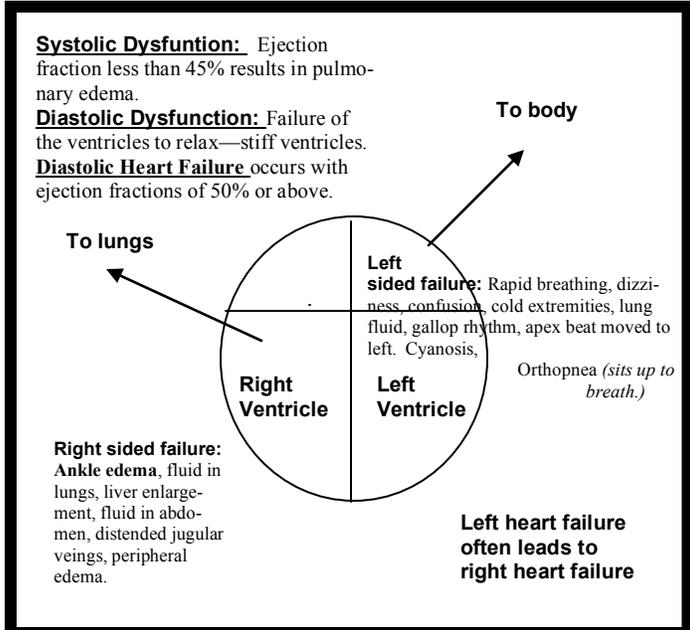
**Blood tests:** Besides electrolytes, a B-type natriuretic peptide (BNP) is a specific test indicative of heart failure. It should run 100 or less, the higher the level the more severe the potential heart failure.

**Management:** Treatment focuses on improving the symptoms and preventing the progression of the disease. Reversible causes such as infection, alcohol, anemia, thyrotoxicosis, arrhythmia, hypertension must be addressed.

First line therapy for all heart failure patients is angiotensin-converting enzyme inhibition. ACE inhibitors (*enalapril, captopril, lisinopril, ramipril*) improve survival and quality of life. In addition to pharmacological agents (loop diuretics (*lasix, bumex*), beta-blockers, ACE inhibitors or angiotensin receptor blockers, vasodilators and in severe cardiomyopathy aldosterone receptor antagonists, behavioral modification should be pursued such as dietary guidelines, regarding fluid intake, exercise, low salt diet etc.

In patients with severe cardiomyopathy, implantation of an automatic implantable cardioverter defibrillator should be considered. In a few cases, below age 75, cardiac transplantation can be contemplated. (*Of the 6 million heart failure patients in the U.S. there are only 2,600 transplants performed each year.*) New pulseless- heart-assist devices (*Heart-mate II*) with continuous flow are now being used, the most famous recipient being former Vice President Chaney. When all fails, one must consider **ultrafiltration**.

Ultrafiltration is a medical therapy that removes excess salt and water from the bodies of patients who have a condition called "fluid overload." In this procedure, which uses a small portable machine, the patients' blood is passed through a filter that removes the excess fluid from the blood. The filtered blood—free of the excess fluid—is then returned to the patient.



**"High-output failure" occurs when demand outstrips what the heart can provide. This can occur from severe anemia, gram-negative septicemia, thyroid toxicosis etc.**

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**THE MANY WAYS TO CATEGORIZE HEART FAILURE**

- A. The side of the heart involved (*left heart failure versus right heart failure.*) Right failure compromises pulmonary flow to the lungs. Left heart failure compromises aortic flow to the body and brain. Mixed presentations are common, left heart failure often leads to right heart failure in the longer term.
- B. Whether the abnormality is due to insufficient contraction (*systolic dysfunction*), or due to insufficient relaxation of the heart (*diastolic dysfunction*), or to both.
- C. Whether the problem is primarily increased venous back pressure (*preload*), or failure to supply adequate arterial perfusion (*after load*).
- D. Whether the abnormality is due to low cardiac output with high systemic vascular resistance or high cardiac output with low vascular resistance (*low-output heart failure vs. high-output heart failure*).
- E. The degree of functional impairment conferred by the abnormality (*as reflected in the New York Heart Association Functional Classification.*)
- F. The degree of coexisting illness: i.e heart failure/systemic hypertension, heart failure/pulmonary hypertension, heart failure/diabetes, heart failure/renal failure, etc.
- G. **Functional classification** generally relies on the New York Heart Assoc. functional classification. The classes (I-IV) are:  
**Class I:** No limitation is experienced in any activities; there are no symptoms from ordinary activities. **Class II:** slight, mild limitation of activity; the patient is comfortable at rest or with mild exertion. **Class III:** marked limitation of any activity; comfortable at rest. **Class IV:** any physical activity brings on discomfort and symptoms occur at rest.

## DREAMS

As presented on Marco Grand Rounds, Jan. 20, 2013

**Dream Incubation...** Dream incubation is learning to plant a seed for a specific dream topic to occur. For example, you might go to bed repeating to yourself that you'll dream about a presentation you have coming up or a vacation you took. Those who believe in problem solving through dreams use this technique to direct their dreams to the specific topic.

Dream incubation is simply focusing attention on a specific issue when going to sleep. Several studies have shown this method to be successful over a period of time. For example, a study at Harvard Medical School had students focus on a problem and found it was certainly possible to come up with novel solutions in dreams that are both personally satisfying and reasonable to an outside observer. Two-thirds of participants had dreams that addressed their chosen problem, while 1/3 actually came up with solution in the dreams.

**Lucid dreaming** is a learned skill and occurs when you are dreaming, you realize you are dreaming and you are able to then control what happens in your dream—all while you're still asleep. It is estimated there are fewer than 100,000 people in the U.S. who have the ability to have lucid dreams.

While lucid dreaming may just seem like a cool way to enter fantasy land, it also has several applications outside of recreation. For instance, lucid dreaming can help in personal development, enhancing self-confidence, overcoming nightmares, improving mental health and facilitating creative problem solving. Paralytics could walk again in their dreams to say nothing of dancing and flying, and even experience emotionally satisfying erotic fantasies. Such sensorimotor practice could conceivably facilitate recovery from stroke.

Lucid dreaming can function as a world simulator. Just as flight simulator allows people to learn to fly in a safe environment, lucid dreaming could allow people to learn to live in any imaginable world, to experience and better choose among various possible futures.

**Premonitions in dreams...** while many believe our dreams mean something, there are also many who don't. But what about dreams that have foretold future events? Has this simply been coincidence?

There is an investment group made up of people who have precognitive dreams about stocks. One fellow had a very successful experience. He had a recurring dream about an obscure biotech stock called ICOS. In the dream, he saw the stock suddenly explode in value. Because of the intensity of the dream, he felt sure that his dream was precognitive. He bought about 40,000 shares of ICOS at \$4 per share. He sold his shares in 1998 at \$28 each, amounting to an approximate \$1.6 million profit.

**What do our dreams mean?** Those on the physiology side of the "why we dream" argument see dreams as only nonsense that the brain creates from fragments of images and memory. For centuries however people have looked at their dreams as both omens and insights into their own psyches. Many think dreams are full of symbolic messages that may not be clear to us on the surface, but if we dig deeper and think about what is going on in our lives, we can usually come up with an interpretation that makes sense.

For example: **Being naked in public.** Experts say this means we're trying to hide something and without clothes we have a difficult time doing that...or we're not prepared for something like a presentation or test. If we're naked but no one notices, then the interpretation is that whatever we're afraid of is unfounded. If we don't care that we're naked, the interpretation is that we're comfortable with who we are.

**Falling:** You are falling and then you wake up. This is thought to symbolize insecurities and anxiety. Something in your life is essentially out of control and there is nothing you can do to stop it. Another interpretation is that you have a sense of failure about something. Maybe you're not doing well in school or at work and are afraid you're going to be fired or expelled. Again, you feel that you can't control the situation.

**Being chased:** This symbolizes your running away from your problems. What that problem is depends on who is chasing you.

**Taking an exam or forgetting that you have one:** You might be running through the hallways and can't find the classroom. This supposedly means you are being tested or facing a challenge you don't think you are up to—you are not prepared.

**Flying:** Dreaming you are flying means you are on top of things. You

3 are in control of the things that matter to you...you have met a challenge and are up to it.

**Running but going nowhere:** This can also be part of the chasing dream. You're trying to run but either your legs won't move or you simply aren't going anywhere—as if you were on a treadmill. This means you have too much on your plate, you're trying to do too many things at once and can't catch-up or ever get ahead.

**Dream Recall:** It is said that 5 minutes after the end of a dream we have forgotten 50% of the dream's contents and 90% at the end of ten minutes. Why? It is thought that other things get in the way. We are forward thinking by nature so remembering something when we first wake up is difficult. Besides, dreams are complicated and difficult to remember. Keeping a pencil and paper by the bedside and drinking a lot of water so you awake often during REM sleep also helps.

**Recurring dreams and nightmares:** Usually indicate you have a problem and have failed to solve it. Or, it could mean you have had trauma in the past and can't forget it. Nightmares are dreams that are so distressing they usually wake us up and are usually present mostly in children. The causes are varied but could be the medicines being taken and traumatic events. Discovering the problem and seeking counseling helps.

**Sleepwalking:** No one knows why people sleepwalk but it occurs mostly in children. Some sleepwalkers go beyond just wandering around their house in a nightshirt. A man in Manchester, England, murdered his father while sleepwalking and was acquitted. Another man stabbed his wife 44 times claiming he did it while he was sleepwalking but he was found guilty. Should you wake a sleepwalker? Sleepwalking can be dangerous. The best thing to do is to gently guide the sleepwalker back to bed.

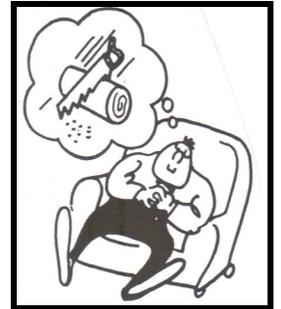
**Sleep eating:** This became somewhat common with the introduction of the sedative **Ambien**. Eating from tubs of margarine, or eating cigarettes and raw meat! People wake up with crumbs in their bed.

**Bruxism** or grinding of the teeth: It sounds like the individual is chewing on rocks, thought to be induced by stress, anti-anxiety drugs sometimes helps.

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### DO BLIND PEOPLE DREAM?

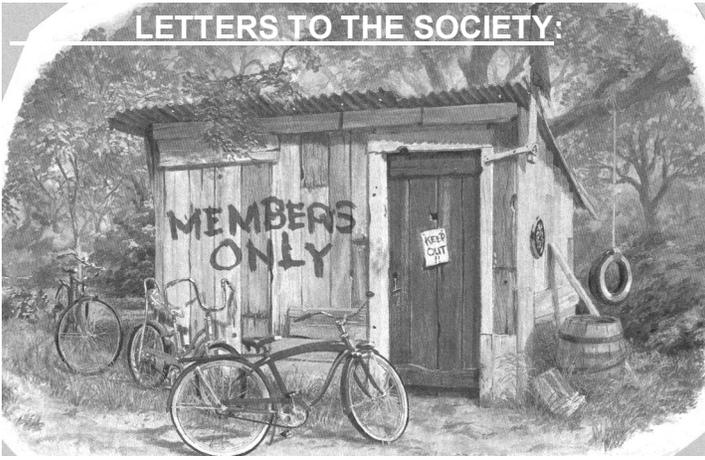
This question was asked on Grand Rounds. The answer came from a blind person: "**Yes, blind people do dream.** What they see in their dreams depends on how much they could ever see. If someone has been totally blind since birth, they only have auditory dreams. If someone such as I, has had a measure of sight, then that person dreams with that measure of sight. I still dream as though I can see, colors included. For people I've met since, their faces are just blurs or how I imagine they look. To me, someone like my mother looks forever 30."



**What is auditory dreams?** "An auditory dream is a dream with only sounds and no images. Basically, the dreams of someone who's been blind from birth are just like the dreams that you have, "just without pictures." (Like a radio drama.) People's dreams are based on the things they experience in their lives. That is to say, that in a way, our dreams are based on our memories. So a person who has never experienced "seeing" will not dream using sight."

All MARCO dues are payable in January of the current year, Please remit your 2013 dues if you have not done so. Your mailing label will reflect your status by: 1. If there is no renewal date shown you are paid up. Next dues due Jan. 2014. 2. A renewal date will indicate you are paid until then. 3. If you are not current the line after your name will indicate your membership expired.

**LETTERS TO THE SOCIETY:**



**Kudos from....**no one this edition.

From **Ian Kellman K3iK, Shavertown, PA** *"I have been having antenna problems but too cold to fix anything. Today's interference (the "terrorist" really drowned out the net...some fella in Midwest up three KHz on LSB spilling over. Got his call but pointless as folks who operate LSB on USB bands seem to think they are causing no problems cause we cannot hear them, fools...I will be back!"*

Regarding the "Terrorist" who has been interfering with the Marco Grand Rounds Net on Sunday morning: **Mike Lang K2PJ:** "Go to this website and it lists all the violations from the FCC. Scroll all the way down to the second section and scan the list. [Transiton.fcc.gov/eb/AmateurActions/Welcme.html](http://transiton.fcc.gov/eb/AmateurActions/Welcme.html) **Mary Favaro AE4BX** replied, "Think I've seen that Amateur actions website too, not that informative." (It did however, list four stations that were reprimanded. Another website listed was <http://www.eham.net/ehamforum/smf/index.php?topic=87525.0>

**Danny Centers W4DAN** added, "Notice that the FCC gives them from 3 to 6 months to respond to the first letter, then gives them 30 more days to respond to the second letter, then who knows how long to investigate before bringing charges. Then there is the time lapse from the time that they are charged until any real action, if any, is taken. Let's not hold our breath."

**Chip Keister N5RTF** added the following: "He (*the terrorist*) can move to any frequency we can, and we will lose listeners every time we move. While waiting fo the FCC to do something, I propose we continue to refer to him as sick, pathetic, sociopathic, lonely, mentally ill, and in need of treatment. These are true enough that they are likely to run him away as I think our topic did Sunday."

**Danny Centers W4DAN** stated: "It is my understanding that the FCC very seldom replies to individual complaints. They receive so many that they just don't have the recourses to do so. This does not mean they do not read them. There is considerable evidence that they pay attention to multiple complaints about continued interference. Just because you have not heard from them, does not mean that they are not investigating. They operate quietly and slowly in an attempt to gather enough evidence before charges and convections are made. This does not mean that we shouldn't continue to bombard the FCC with complaints PLEASE DO SO. The more complaints they receive, the more they will investigate. Marco members are not the only ones complaining about this character...."

From **Dave Lieberman KT8E:** "Could you forward me a PDF of the recent Aether Newsletter and I will post it on the new MARCO web site." (*This was forwarded to Dave and can be seen by going to [www.marco-ltd.org](http://www.marco-ltd.org).*)

**"Chew the rag"...**During the March 10th Grand Rounds the subject of the origin of the term "*rag chew*" came up. Bill Otten KC9CS researched its origin and apparently it started when the black powder boys sat around talking as they *chewed the rags* used for wadding a ball into the rifle. The material needed to be softened and lubricated to make starting the ball leave easier. "*Rag chewing*," is apparently a nautical term when sailors working their jaws on the tough salt pork rationed when supplies ran low who constantly grumbled about their poor fare while literally "*chewing the fat*" (*See Bobbie Williams WIBEW's fine article on page 5.*)

**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.



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**It was not costs that did what snow, sleet or night couldn't, but email.**

**A bordello for dogs...**A professional prankster ran an ad in the *Village Voice* offering dog owners a chance to buy their pets a night with alluring companions, including Fifi, the French poodle. To his surprise he began getting calls from people wanting to drop \$50 for his service. The story hit the headlines and the ASPCA launched an investigation. The prankster eventually admitted the whole thing was a goof, but not everyone believed him. To this day, a TV producer for WABC New York argues that the brothel was real—probably because the station won an Emmy for running a story on this genuine poodle prostitution ring.

**Our microbe friends...**In our bodies human cells are outnumbered 10 to 1 by bacteria. In fact these bacteria make up about 12 lbs of our body weight! Though some of our microbial tenants pose threats, we literally can't live without most of them. They help digest our food, guide our immune system and ward off deadly germs.

**U.S. playing "Catch-Up"....**Average life expectancy in the U.S. is now 75.64 years and rates 17th among affluent countries. The healthiest country is Switzerland with a life expectancy of 79.33 years. They are followed by Australia, Japan, Sweden, Italy, Canada, Norway, Netherlands, Spain, U.K., France, Austria, Germany, Denmark, Portugal, Finland and then the United States. Americans have high rates of obesity, diabetes, heart disease and lung problems. The study notes that Americans who lived past age 75 had higher survival rates compared with similar countries, and Americans overall had better rates of surviving from cancer and strokes. Most of the problems in the U.S. were not related to doctors and hospitals but to lack of personal care on the part of Americans themselves—eat, drink and make Mary!

**We need the rich to buy garbage trucks** (*cost \$200,000 each*) to enable garbage men to have jobs. No trucks—no jobs!

**People underestimate** their chances of losing their job or being diagnosed with cancer. They also envision themselves achieving more and overestimate their likely life span. In short we are often more optimistic than realistic. It is this bias that protects and inspires Americans. Happiness peaks in youth, pits in the mid-forties and then picks up speed to top out in older age even though one's health may be worse. Happiness is associated with sunshine—the brighter the day, the brighter our thoughts.

**The latest fad in Paris** is to rise to the top of the Eiffel Tower, pay homage at the Louvre and seal your love with a Master Lock. Paris's picturesque bridges over the Seine also are heaving with padlocks, bike locks, handcuffs and other talismans of amour. Enamored visitors write their names on a lock, attach it to a bridge and throw the key into the river. Some gripe that the locks are no better than graffiti, defacing the city's landmarks. Rust and pollution are concerns also.

**Soap better than alcohol?** Yep, providing you wash your hands with soap and water for at least 20 seconds or more.

**Four ways to propel a starship...**Using small nuclear bombs to explode against pusher plates; Nuclear fusion, Antimatter and beamed solar sails. Fastest time with fusion & antimatter—would take only decades to reach the nearest star.

We are spirits, that bodies should be lent us so long as they can afford us pleasure, assist us in acquiring knowledge, or in doing good to our fellowmen....When they (*the bodies*) become unfit for these purposes, and afford us pain instead of pleasure, and instead of an aid become an encumbrance, it is equally kind and benevolent that a way is provided by which we may depart from them (*the body*).

Death is that way. It is as if our friend and we were invited to a house party, which is to last forever. His chair was ready first, and he has gone before us. We could not all conveniently start together, and we should not be grieved at this, since we some day will follow, and know where to find him.

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**A NOTE FROM OUR SECRETARY, Danny Centers, W4DAN, Cleveland, TN...** Changing the anniversary of MARCO membership for dues payment purposes to January has been a successful change. It is working very well. Most MARCO members have adapted to the new method and we believe that it will be more convenient for everyone involved. Your cooperation in this endeavor of procedure change is appreciated.

Many of us forget to pay dues from time to time. Everyone will be reminded via a notice in the newsletter at the end of each year for payment in January. New members will be assessed dues on a pro-rated basis if they join in the middle of the year. The pro-rated dues for existing members appears to be agreeable with everyone. If you do not understand, or do not agree, please do not hesitate to contact the MARCO Secretary, Danny, W4DAN, at Danny@W4dan.us or call 423 665 2621.

Please take note of your mailing label. If it continues to show a renewal amount, this means that the amount was due Jan. 2013, and has not been paid. If your label indicates that your membership has expired, newsletter delivery will be discontinued if full 2013 membership dues are not paid.

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**THE WINTER VOMITING BUG—The NOROVIRUS**

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The **Norovirus** is the most common cause of viral gastroenteritis in humans. The disease is usually self-limiting and severe illness is rare. A small number die, mostly the very young, the elderly, and persons with weakened immune systems. It is transmitted by fecally-contaminated food or person to person contact, and via aerosolization of the virus and subsequent contamination of surfaces. Many norovirus outbreaks have been traced to food that was handled by one infected person.

Norovirus is rapidly inactivated by either sufficient heating or by chlorine-based disinfectants, but the virus is less susceptible to alcohols and detergents, as it has a lipid envelope.

The name *Norovirus* is derived from Norwalk virus, which causes about 90% of epidemic nonbacterial outbreaks of G.I. upset around the world and 50% of all food borne outbreaks of gastroenteritis in the U.S.

Specific diagnosis of norovirus is made by polymerase chain reaction (PCR) assays which give results within a few hours. Tests such as ELISA that use antibodies against a mixture of norovirus strains are available but lack specificity and sensitivity.

When a person becomes infected with norovirus the virus begins to replicate within the small intestine. After one or two days, norovirus symptoms appear. The principal symptom is acute gastroenteritis that develops between 24 and 48 hours after exposure and lasts for 24 –60 hours. The disease is usually self-limiting.

Prevention is by hand washing with soap and water. Alcohol rubs may be used as an adjunct, but are less effective than hand-washing. Surfaces where norovirus particles may be present can be sanitized with 1.5% to 7.5% household bleach in water. There is no vaccine present at this time.

The norovirus was originally named the "Norwalk agent" after Norwalk, Ohio, where an outbreak of acute gastroenteritis occurred in 1968. In 2011, a press release suggested to use the virus name "Norwalk virus" rather than the genus name *Norovirus*, when referring to this disease.

Before one of our Sunday Morning Marco Nets, Warren, KD4GUA pondered the origin of the term "*Rag Chewing*." This stimulated my interest in the term and I began to read about its possible origins.

In the realm of amateur radio it refers to a lengthy discourse between two or more operators. A simple contact is the exchange of basic information between two amateur radio stations. This usually includes call sign, signal report and station equipment as well as comments on the local weather. The contact, QSO, is usually short and concise. "*Rag chew*" or "*Ragchewing*" is a slang term referring to extended informal conversations of varied interest, not necessarily related to amateur radio. Other idioms or variations include "*chewing the rag*" and "*chewing the fat*," which are probably the predecessors of the present form used by hams.

The phrase "*chew the fat*" has several possible origins. One possible origin ascertains that the phrase was used to describe the silent period between conversations of sailors while they worked. During the pause they chewed on salt hardened fat. Other sources, including the American Indians chewing on animal hides, and British farmers chewing on smoked pork, can be found. There remains no evidence supporting these claims and its present metaphorical use.

"*Chew the fat*" first appeared in literature in 1885 in *Life in the Ranks of the British Army in India* by J. Brunlees Patterson and refers to it as a mindless general grumbling or bending of the ears of junior officers to stave off boredom. The phrase may also refer to Ladies sewing circles with the chattering and sewing cloth (rags).

This brings us to the second possible idiom as a source to "*Rag chewing*." Again referring to Patterson's book, when using black powder rifles, rags were used for wadding and had to be chewed before they were used with the ball as packing in the rifles. There was contestation between the soldiers during this task, which was referred to as *rag chewing* . "

"*Chew the rag*" appeared in the 1875 Random House Historical Dictionary of American Slang as: "Gents, I could chew the rag for hours on end, just spilling out the words and never know no more than a billy-goat what I'd been saying."

Modern usage is varied. In 1907 the phrase "*chew the fat*" was used for idle conversation in friendly talk, or "gossip sessions." It was also used to define the telling of tall tales. It was the name of a Scottish BBC chatty comedy radio to TV series in 1999 to 2005. "*Chewin' the Fat*."

There is also a website, *Chew-The-Fat.com* in Britain, a web forum devoted to chat, gossip and humorous banter.

In the early 60's the first suppressed sideband carrier signals appeared on AM receivers. The voices of the amateur radio operators sounded like they had a mouth full of food or perhaps a rag. This was especially prevalent with long discourses. It is used in amateur radio today to describe a general conversation between two amateur radio operators lasting longer than the time it would normally take to exchange basic information: sign, location, signal strength, shack equipment and local weather.

The phrase *rag "chewing"* and all its idioms appear in numerous dictionaries as well as novels and short stories of the present.

Well I guess I had better stop "*rag chewing*" and let you get on to more serious reading.

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**STREAMING AUDIO FOR MARCO GRAND ROUNDS**

By Chip Keister, N5RTF

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With a new commercial server and after some antenna work, we will begin the 3rd iteration of streaming audio of the MARCO Sunday Morning Grand Rounds. Simply go to <http://www.relistream.com/cast/start/tkeister>

Or if you are listening on a phone or tablet, there are links to common media players at the top of the page. On some systems, you might need to click or type the following link into your system's media player: <http://67.213.213.143:8014/stream> or <http://67.213.213.143:8014>

The start page now has mp3 files of the last 3 nets on demand. Today's (March 10th) net will be added. To listen to a past net, click on the file with the correct date in the title. This uses the built-in web player which may not work on a non-Windows system.

An alternate way that is actually better is to right-click on the file name, then choose Save As...and pick a storage location on your home system. You can then play the net as a podcast file using a player of your choice. This provides the added benefit of being able to rewind and fast-forward.

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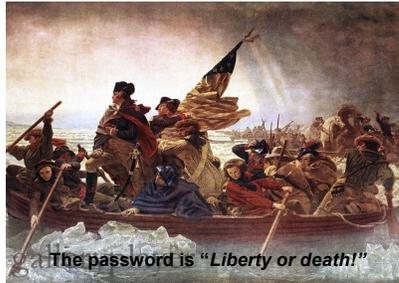
## MY INVOLVEMENT WITH GUNS....

Excerpts from Marco member Paul Lukas N6DMV's earlier life....

6

The primary reason for and **responsibility** of deaths caused by guns is **not the gun itself**, but the person who is pulling the trigger. Guns by themselves do not cause death, the user is usually under the influence of dope or had been on medications.

My father was a military judge, a colonel in the Hungarian army. He was in WWI and got shot losing one lung. But with discipline he received his doctor's degree in law, became a permanent member of the Hungarian Olympic Team in target shooting and trained me from age 12 in handling firearms. It was interesting and fun for me but required **discipline**.



This was 1942, when WW II was in full swing and we knew that the war was lost, but Hungary, as a small, practically unarmed country, was 30 to 1 outnumbered when it was forced into the war by the well-armed Germans. Father gave me a like-new Mouser carbine that I hung up in my room. I never wanted to shoot anybody, despite the fact that we had, in an unlocked place, plenty of ammunition.

In March 1944, the Germans overran Hungary and we became an unwilling slave to the Third Reich. My father spent most of his time in his office. He gave me my grandfather's Swedish .25 caliber semiautomatic pistol with the conditions that I should use it only in an emergency in protecting my mother. As it turned out I had no chance to use the pistol—the war was going very badly now and father sent some Hungarian soldiers to collect all our guns and they were elated to finally have our weapons—shotguns and all.

The Germans then ordered curfew and anybody found on the streets after 10 pm. was to be shot on the spot! This gave me the idea to look for a gun—what I found—a German MP-40 submachine gun that a German had misplaced. I did not tell my father as I didn't want to make him nervous. After this I was able to collect a number of German hand grenades.

Male members of our slave population had to report to the German authorities for military duty from age 13 upwards. I had just passed 13. No way, master race! The heating system in our apartment required a large heap of finely crushed coal that was piled up in the cellar. Since the German HQ was right across the street, the Germans knew me by sight. Smiling, I dug myself into the coal mountain shoulders high. The MP-40 was stuck into the coal by the clip surrounded by the hand grenades. I told mother that she should throw me a sandwich off and on but first agreed on a code by banging so many times on the steel door....my gun was ready for action in case.

In December 1944 we had to leave town so I dug a hole in the ground and buried my priceless MP-40 and grenades. I was coughing up and spitting coal dust for months.

Prior to this we were subjected to heavy bombardments by mostly American planes. Being a Boy Scout, I volunteered to discharge my duty to society and rendered first aid to the wounded. There is nothing like disarming unexploded bombs in these eerie surroundings—city burning, explosions by German ammo trains, delayed bombs and screaming-moaning people. Needless to say, some of my friends were killed in the process.

**Comments on the present anti-gun hysteria...**At the birth of America the forefathers very wisely added the 2nd Amendment to the Constitution encouraging people to own guns with the expressed desire to be able to protect the country in case the need should arise. Now, allegedly due to the recent shootings by people with derailed mental problems, a group of people, not excluding government members, want to disarm the population in the false hope that this is the right action. If successful, the government will be the uncontested authority over the entire population—which could equal dictatorship, the very system the Constitution was created to protect against. At present, the owning of guns is still within the rights of citizens. Once the disarming of the population is accomplished—as history teaches us—the government will rapidly become a dictatorship, evermore tightening the rope around the necks of the population.

Under communism—the system I was unfortunate to live under for ten years, if a spent cartridge was found in your possession (*you may have*

*found it on the street but with no way to verify it...), that could result in a trip to the KGB office torture chamber or a one-way free trip to Siberia. Stalin and his gang, Hitler and his gang could not have carried out these acts with an armed population in their countries. A Japanese general was asked if the Japanese military had ever considered attacking the US mainland. He said "It was considered, but was rejected—we knew how many guns are in the hands of the American people—we couldn't have provided enough soldiers to overcome that." Is it wise then to disarm the citizenry? In my estimation about half the world population dislikes America for various reasons. Is it wise then to disarm our citizenry?*

I think discipline is a key issue in every phase of human endeavor. Without it no system can exist. Discipline is lacking in our schools. Isn't it time now to correct the social ills that are bestowing the mental ills that are pulling the triggers of the guns we have used for two hundred years to protect our shores? America should sit back and study the past so we can better understand our future.

**Editor's note: The above does not reflect the neutral opinion of Marco. Those in opposition to Paul's remarks should submit their feelings to Aether for review and possible publication.**

**Paul's history as a freedom-fighter in the Hungarian uprising against the Soviets, place him on a unique pedestal that deserves attention...with this in mind, excerpts from his fine article are presented. Marco is honored to have Paul as a member.**

## MEASURING FOR RFI POSSIBILITIES

Most of the equipment we use have a grounded chassis. Transceiver, matching tuner, SWR meter, linear amp and coax switch as some of them. Also, a metal desk, lamp, old typewriter or other items you may have on your desk or station bench needs to be measured.

All this equipment and furniture should have no voltage measuring between them. Use an AC volt meter to measure between each item. If you read a few volts between 2 items you should neatly ground them to each other to bring the difference to 0.

You are also measuring to the ground side of your AC outlet. All equipment should be at 0 potential to each other and the ground terminal on our electrical outlet.

If you find a measurement that is 120 volts or higher, then you not only have an RFI possibility, but also a possibility to get a healthy shock. This needs to be corrected with caution. The equipment in question should be analyzed why its chassis above ground at line voltage. Use your AC volt meter for this not a grounding wire. If you find this situation and are not comfortable diagnosing it, get help.

Keeping the ground side of your equipment at zero volts to each other and the outlet you are using will reduce the possibility of RFI and electrical shock.

A second reason for RFI is an overload of RF energy from the antenna. This is not real common. However, some do operate with the antenna in close proximity to the station, themselves or other devices. Under these circumstances it would be best to try and relocate the antenna farther away or reduce the transmit power.

(For information on isotron antennas contact Ralph WD0EJA)

## PLAYING GAMES WITH YOUR RIGHT FOOT

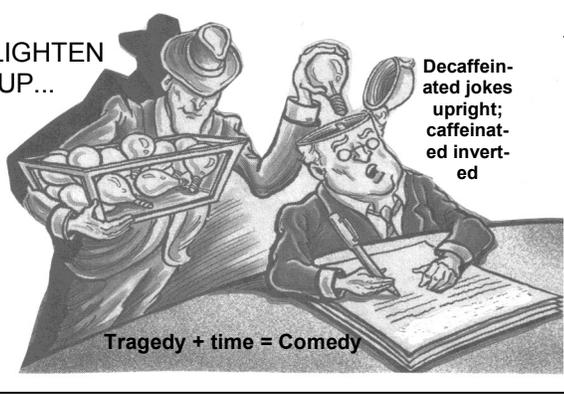
This is hysterical! You have to try this. It is absolutely true. I guess there are some things that the brain cannot handle. It only takes two seconds and it comes from an orthopedic surgeon.

1. While sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number "6" in the air with your right hand. **Your foot will NOW change direction!**

There is nothing you can do about it!

LIGHTEN UP...



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HISTORY OF THE MEDICAL AMATEUR RADIO COUNCIL

In the fall of 1965, at the Astor Hotel in New York City, Dr. William L. Sprague WA0CRN, held a meeting of physicians and dentists interested in exploring the formation of a medically oriented amateur radio operators organization. A group of 95 members was organized. The organization was formalized at a meeting in New York on April 16, 1966. M.A.R.C.O. was chartered as a Corporation in the State of New York.

Marco is basically interested in medical and technical education and help to the less fortunate using our MediShare division. We offer one hour of category II CME for check-ins to our weekly Sunday "Grand Rounds of the Air," on 14.307 at 11 am Eastern time.



Boy Scout Quickies...Who delivers presents to cats? Santa Claws. What does a clock do when it's hungry? It goes back four seconds. What do they call a game that is not funny? A bored game! Why did the dock misbehave? Pier Pressure! Why did the soccer coach give all of his players lighters? Because they lost all of their matches! Where do pigs park their cars? In a "porking" lot.

Little Johnnie sees his Daddy's car passing the play ground and go into the woods. Curious, he follows the car and sees Daddy and Aunt Jane in a "Passionate Embrace." Johnnie finds this so exciting he runs home and tells his mother "I was in the playground and I saw Daddy's car go into the woods with Aunt Jane. I saw he was giving Aunt Jane a big kiss, then he helped her take off her shirt, and then....." At this point Mommy cut him short and said, "Johnnie, this is such an interesting story suppose you save it for supper time...I want to see the look on Daddy's face when you tell it tonight." At the dinner table, Mommy asks Johnnie to tell his story, so Johnnie starts describing the car into the woods, the undressing, laying on the seat, and "...then Daddy and Aunt Jane did that same thing Mommy and Uncle Bill used to do when Daddy was in the army."

Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

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A Doctor at a Mental hospital decided to take his patients to a baseball game. For weeks he coached his patients to respond to his commands. When he was satisfied that they'd behave, he bought tickets. As the National Anthem started, he cried, "Up, Nuts!" and everyone stood up. At the end of the song, he said, "Down, Nuts!" and they all sat down. After a home run, he yelled, "Cheer Nuts!" and they broke out cheering. Feeling proud the doctor decided to get a sandwich and left his assistant in charge. When he returned he found a riot in progress. He grabbed his assistant and asked what happened. The assistant replied, "Well, everything was fine until some guy came by and shouted, "Peanuts!"

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You do not need a parachute to skydive. You only need a parachute to skydive twice

"Peace is that brief glorious moment in history when everybody stands around reloading." Thimas Jefferson.

A soldier ran up to a nun. Out of breath he asked, "Please, may I hide under your skirt. I'll explain later." The nun agreed. A moment later, two Military Police ran up and asked, "Sister, have you seen a soldier?" The nun replied, "He went that way." After the MP ran off, the soldier crawled out from under her skirt and said, "I can't thank you enough Sister. You see, I don't want to go to Afghanistan. The nun said, "I understand completely." The soldier added, "I hope I'm not nude, but you have a great pair of legs!" The nun replied, "If you looked a little higher, you would have seen a nice new jockstrap, I don't want to go to Afghanistan either."

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To be sure of hitting the target, shoot first and call whatever you hit the target!

Going to church doesn't make you a believer any more than standing in a garage makes you a car.

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## MEMORIES OF YEARS AGO IN

### MARCO

Our History Book

*Bruce Small, K2M2L*

Marco Webmaster

**25 Years ago in Marco...** Editor Ed Briner, WA3TVG, in the March 1988 Marco Newsletter, discussed the controversial epidemiological study of cancer among ham radio operators written by researcher Samuel Milham. Another article in the series by **John Haerle** WB5IIR, discussed "Innovative Propagation Theories." **Barry Kutner**, W2UP offered help to members who wished to get up and running in packet using a Commodore 64 computer. **Ed Ludin** K2UK also wrote a how-to, piece about packet operation. Retirement from practice was the theme, as **Dick Shoupe** W8QP, **Charles Gray** WA1FMY and **Milt Gordon** 4X6AA all left their practices and **Bill Sprague** WA6CRN announced that was seriously contemplating the same transition.

**20 Years ago in Marco...** April 1993 was time once again for the Dayton meeting. Ed WA3TVG presented a bit of history regarding Marco's relationship with Hamvention. Former president **Merv Grossman** K5CY was a big fan of the Dayton Hamfest and was instrumental in bringing Marco there for the first time in 1981. In the mid-1980s a motion was passed to hold the meeting in conjunction with Hamvention every other year, and this tradition has been honored ever since 1986. The April issue of the NL also carried **Smitty's** lengthy report to the membership regarding our "Medical Equipment Replacement Program." This was originally presented at the annual meeting in Las Vegas, held in March of 1993. Speaking of Las Vegas, Secretary **Bill Sprague** WA6CRN and 8th call area Director **Dick Shoupe** W8QP appeared in a marvelous photograph, hobnobbing with a statue of a guard outside the Excalibur Hotel. **John Thompson** K3MD shared two photos of his state-of-the-art radio shack. His antenna farm included a 1000 foot tower carrying three-6 element 10 meter monobanders, three 6-element 15 meter monobanders and an 8 element beam for 6 meters. Atop another 110 foot tower were a pair of 5 element beams to 20 meters and a 4 element 20 meter beam. The 60 foot tower carried a 3-element beam for 6 meters and a KT334XA tribander. On the operating bench were a TS950SDX and Alpha 76P, a Commander HPF 2500 and hot 386SX computer.

**15 Years ago in Marco...** The April/May 1998 Marco Newsletter of course trumpeted the upcoming annual meeting in Dayton. The banquet speaker was to be **Greg Lapin** N9GL, and the topic "Just How Dangerous is RF Energy?" An addendum to the short article about Greg and his qualifications carried the news of his appointment as Chair of the ARRL RF Safety Committee, a post that he continues to hold. The Feb. 22 Grand Rounds summarized "What's New In Medicine" What was new? Meridia (sibutramine) was approved for weight loss and worked by blocking serotonin reuptake. Posicor was approved as an antihypertensive. Arthrotec hit the market. Zomig (zolmitriptan) was approved for treatment of Migraine. We welcomed new members Victor AA2LT, Phillip N9PM, Andrew W2NKC, Marvin K2IPH and Avery KB1WM.

**10 Years ago in Marco...** The April 2-3 Marco Newsletter was a "Special Edition" and was produced and edited by **Gene Hoening** N34HG. Several pages were devoted to the upcoming annual meeting in Philadelphia in June. Readers were treated to hotel and meeting details, an area map, a long list of events, restaurants, museums and sightseeing opportunities. Gene also contributed a detailed MediShare report, providing updates on projects to furnish SSB radios to regional health clinics in Zambia and to support a medical equipment training school in Honduras. **Doug Sanders** W3FYA provided an informative review of dental caries in babies and discussed the influence of breast feeding. A pop quiz challenged readers to identify the following 10 medical syndromes: Crouzon's Syndrome, Heberden's Syndrome, Lightwood's Syndrome, Mosse's Syndrome, Dercum's Syndrome, Stewart-Treves Syndrome, Mucha-Habermann Syndrome, Falconer-Weddell Syndrome, Nielsen's Syndrome and Ridley's Syndrome.

## 2013 CME RANKINGS : BOB CURRIER MARCO GRAND ROUNDS OF THE AIR, 3/11/13

14.307, Sundays, 11 a.m. Eastern, One Hour Cat. II CME

credit.

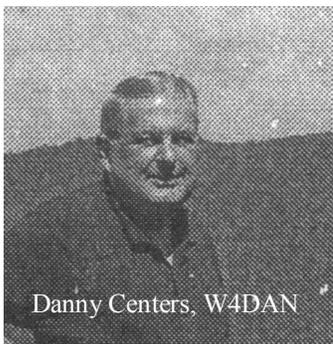
Corrections: warenbrown.aol.com

CALL	HRS	NAME	QTH
KC9CS	8	Bill	Largo, FL
KD4GUA	8	Warren	Largo, FL
NU4DO	8	Norm	Largo, FL
WB5BHB	8	John	Vancleve, MS
WB6OJB	8	Arnold	Pac.Pal., CA
KG6DQF	8	Glen	Palo Alto, CA
KK1Y	8	Art	Seminole, FL
N3JBA	8	Ed	Amenia, NY
W4DAN	8	Danny	Cleveland, TN
KNOS	8	David	Virginia
WA9HIR	8	Bill	Berwyn, IL
N6DMV	7	Paul	Torrance, CA
K9CIV	7	Rich	Knox, IN
N4DOV	7	David	Ft. Lauderdale, F
W4RDJ	7	Doug	Cape Cod, MA
WA3QWA	7	Mark	Chesapeake, VA
KB5FLA	7	Rich	Arkansas
W1BEW	6	Bobbie	Tennessee
N5RTF	6	Chip	New Orleans, LA
N2OJD	6	Mark	Sidney, Ohio
N9YZM	6	Mike	Crystal Lake, IL
KA4JWA	6	Jim	West Virginia
W3FYA	6	Doug	Baltimore, MD
KD5QHV	6	Bernie	El Paso, TX
K0FS	6	Fred	St. Louis, MO
WA1EXA	6	Mark	Cape Cod, MA
KD8IDW	6	Mary	West Virginia
N4TSC	5	Jerry	Boca Raton, FL
KM2L	5	Bruce	Clarence, NY
N4MKT	5	Larry	St. Petersburg, FL
WB1FFI	5	Barry	Syracuse, NY
K4WFP	5	Wayne	Ocala, FL
AE4BX	5	Mary	Myrtle Bch., SC
N6NJY	5	Art	Beverly Hills, CA
K6JW	4	Jeff	Palos Verdes, CA
W8LJZ	4	Jim	Detroit, MI
N9RIV	4	Bill	Illinois
KE8GA	4	George	Fairview, NC
N9GJ	3	Greg	Cleveland, TN
K4RLC	3	Bob	Raleigh, NC
KE5SZA	3	John	Marietta, OK
W1WDR	3	Wayne	Connecticut
KE5BQK	2	Linda	El Paso, TX
KG6JLE	2	Paul	Atherton, CA
W3DRB	2	Miles	Elizabethtown, PA
W0RPH	2	Tom	Denver, CO
WB2MXJ	2	Joe	New Orleans, LA
W5AN	2	Bud	Lafayette, LA
W4TX	2	Doc	Mississippi
W8CRK	2	Roger	Cincinnati, Ohio
W2PAT	2	Marvin	South Carolina
KK0V	2	Mark	Fargo, ND
KC9UNH	2	Rick	Orange County, IN

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	1602 (44 nets)	36.41
2013	328 (8 nets)	41.00

Record number  
of stations  
checked-in was  
51  
on Feb. 24,  
2013

Topic— The December and February issues of QST contained letters from readers concerning the varied interests of amateur radio operators. There are several differences in operating preference and practice among most hams. Tuning around the bands leaves an initial impression that all is well between the operators of different modes and types of QSOs. After all, the sub bands are divided by mode, and gentlemen's agreements are honored within those sub bands to further determine separate segments for rag chewing, DX and divisions for different digital modes.



On the other hand, by listening to conversations on the air, and reading comments by readers of radio publications, leaves the presumption that any type operating other than their preferred mode should be eliminated, or discouraged. It has been good to see recent letters that are in favor of tolerance between those that have different interest within the hobby.

Thoughts— What if. There were as many nets scheduled as often, and for the same duration, as rag chew group QSOs. Rag chewers spent as much continuous time on the air during one session as contesters do. Contesters were on the air every day or night as most rag chewers are, instead of being on only during contest weekends. Rag chewers operated split frequency. DXers didn't operate split frequency. Everyone wanted to operate at the same time of day.

Topic— I have enjoyed hours of casual contesting, and chasing DX through the years. These facets of ham radio operating have changed subtly over time. In years gone by, when having some spare time for the radio, I would sit down to check propagation by listening band by band for the best conditions. Changing bands usually involved changing antennas by disconnecting and connecting cables and feed lines. Sometimes this procedure required operating a manual antenna tuner. What fun it was to tune slowly to listen up and down the bands, not knowing what you might here. It was always a surprise to hear DX, whether rare or common You never knew what you would hear next. An outboard memory keyer with lambic paddles was a luxury accessory during that era.

Thoughts— Would we now have the patience to do without: The DX Cluster that checks propagation for us, and informs us of the call sign and frequency of DX stations currently on the air so we can go directly to their frequency to give them a call. Antenna switches. Automatic antenna tuners. Automatic band switching equipment. Band antennas. Automatic rotators. Computer software that interfaces with radios to QSY to a station in a country or entity that we need for DXCC. Memory CW and voice keyers that send messages for us with a push of a button. Software that copies and sends CW and other digital modes from the computer. Skinners and reverse beacons.

Enjoy the hobby today, for tomorrow you won't be using a radio. I know this sounds strange, but many hams are already using SDR (software designed radios). These are radios with no knobs and no buttons. Personally, I can't look forward to having spare time to play radio when there is no radio in the future. Whatever the device is, it will be chasing the DX and working the contest for me. If you someday hear W4DAN on the air, and I am not actually there, you will know that I have upgraded my station. (To what?)

NEW TRAFFIC LAW

"The Move Over Laws."...If you see a police cruiser, medical emergency vehicles or an ambulance on the side of the road, you must slow down to 20 mph below the speed limit and move to the outer lane away from the stopped vehicle. Failure to do so can result in fines up to \$1,050 and your loss of driver's license.

THE PREZ SAYS:

By Dr. Mary Favaro, President of Marco

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Looking forward to seeing everyone in Myrtle Beach, South Carolina for the MARCO Annual Meeting, April 25-28, at the Breakers Hotel located right on the Atlantic Ocean beach. Phone your reservations in now, phone 843 444 4444.



Mary Kaye Favaro AE4BX

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A MARINE'S CONSCIOUS

By Marine Capt. Timothy Kudo, Iraq & Afghanistan 2009-2011

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When I joined the Marine Corps, I knew I would kill people. I was trained to do it in a number of ways, from pulling a trigger to ordering a bomb strike. As I got closer to deploying to war in 2009, my lethal abilities were refined, but my ethical understanding of killing was not.

I held two seemingly contradictory beliefs: Killing is always wrong, but in war, it is necessary. How could something be both immoral and necessary? I didn't have time to resolve this question before deploying. And in the first few months, I fell right into killing without thinking twice. We were simply too busy to worry about the morality of what we were doing.

Many veterans are unable to reconcile such actions in war with the biblical commandment, "Thou shalt not kill." When they come home from an environment where killing is not only accepted but is a measure of success, the transition to one where killing is wrong can be incomprehensible. This can have devastating effects. The question, "did you kill anyone?" isn't easy to answer— Capt. Kudo, summarizes, when they are out to kill you, you must kill them first. Pilots usually rationalize by saying, "I shot a plane down, not a fellow human," or "I bombed a factory not the workers."

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FLYING IS SAFEST SINCE DAWN OF JET AGE

The U.S. hasn't had a fatal airliner accident since a commuter plane crashed near Marco's Bruce Small KM2L's house near Clarence, N.Y., in 2009. 2.9 billion passengers took to the air in 2012, up 5.5%

Air travel is now the safest it has been since the dawn of jet planes with the global airline industry set to mark its lowest rate of fatal accidents since the early 1960s.

There have been 22 fatal crashes world-wide in 2012, a number that includes all passenger and cargo flights, down from 28 crashes in 2011. According to data assembled by the Aviation Safety Network, which compiles accident and incident information online. That crash count is down from a 20-year average of 34 fatal accidents per year.

Airline safety has improved steadily over the years, and accident rates in the U.S. and elsewhere began dropping with the advent of voluntary incident reporting programs that encourage pilots and mechanics to pass on information about mistakes without fear of retribution.

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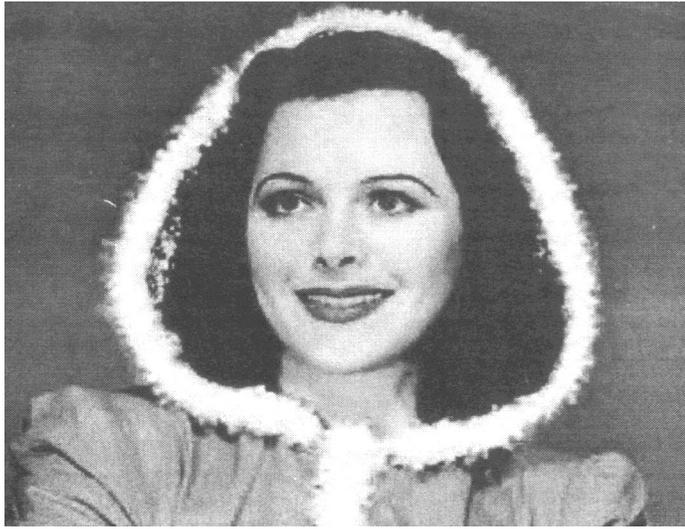
MARCO HAM \$ STOCK DERBY

Has been cancelled due to lack of interest

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Competition & money have always been of great interest to the average person. Does anyone have an idea how we can cap this? Perhaps betting on a walking race across the United States (they used to do this!)...or betting on the date your spouse will leave you. You don't have to be a broker manic-depressive to watch stocks gyrate—come up with an idea that will captivate "AETHER" readers that pertains to "MONEY & COMPETITION."





**HEDY LAMARR, 1913-2000**

(A Marco Updated article (2000) requested by Al Breland, KA7LOT)

It all started with a skin flick...in 1933, a beautiful Austrian woman took off her clothes for a movie director. She ran through the woods...naked. She swam in a lake...naked. Pushing well beyond the social norms of the period, the movie also featured a simulated orgasm. To make the scene "vivid," the director reportedly stabbed the actress with a sharp pin just off-screen.

The most popular movie in 1933 was King Kong. But everyone in Hollywood was talking about that scandalous movie with the gorgeous young Austrian woman. Louis B. Mayer of the MGM said she was the most beautiful woman in the world. The film was banned practically everywhere...which of course made it even more popular and valuable.

The star of the film, called "*Ecstasy*" was Hedwig Kiesler. She said the secret of her beauty was "*to stand there and look stupid.*" In reality, she was anything but stupid. She was a genius. She'd grown up as the only child of a prominent Jewish banker. She was a math prodigy. She excelled at science. As she grew older, she became ruthless, using all the power her body and mind gave her.

Between the sexual roles she played, her tremendous beauty, and the power of her intellect, Kiesler would confound the men in her life....including her six husbands, two of the most ruthless dictators of the 20th century and one of the greatest movie producers in history.

Her beauty made her rich for a time. She is said to have made and spent \$30 million in her life. But her greatest accomplishment resulted from her intellect...and her invention continues to shape the world we live in today.

This young Austrian starlet would take one of the most valuable technologies ever developed right from under Hitler's nose. After fleeing to America, she not only became a major Hollywood star...her name sits on one of the most important patents ever granted by the U.S. Patent Office.

Today, when you use your cell phone or, over the next few years, as you experience super-fast wireless internet access, you'll be using an extension of the technology a 20-year old actress first conceived while sitting at diner with Hitler.

At the time she made *Ecstasy*, Kiesler was married to one of the richest men in Austria. Friedrich Mandl was Austria's leading arms maker. His firm would become a key supplier to the Nazis. Mandl used his young wife as a showpiece at important business dinners with dictators Hitler and Mussolini of Italy. One of Mandl's favorite topics was the technology surrounding radio-controlled missiles and torpedoes. Wireless weapons offered far greater ranges than the wire-controlled alternative that prevailed at the time. Kiesler sat through these dinners "*looking stupid,*" while absorbing everything she heard...

As a Jew, Kiesler hated the Nazis. She abhorred her husband's business ambitions. Mandl responded to his willful wife by imprisoning her in his castle, *Schloss Schwarzenau*. In 1937, she managed to escape. She drugged her maid, snuck out of the castle wearing the maid's

clothes, and sold her jewelry to finance a trip to London.

She got out just in time. In 1938, Germany annexed Austria. The Nazis seized Mandl's factory. He was half Jewish. Mandy fled to Brazil. Later, he became an advisor to Argentina's iconic populist president, Juan Peron.

In London, Kiesler arranged a meeting with Louis B. Mayer. She signed a long-term contract with him, becoming one of MGM's biggest stars. She was a co-star to Clark Gable, Judy Garland and Bob Hope.

But Kiesler cared far more about fighting the Nazis than about making movies. At the height of her fame, in 1942, she developed a new kind of communications system, optimized for sending coded messages that couldn't be "*jammed.*" She was building a system that would allow torpedoes and guided bombs to always reach their targets. She was building a system to kill Nazis.

By the 1940s, both the Nazis and the Allies were using the kind of single-frequency radio-controlled technology Kiesler's ex-husband had been peddling. The drawback of this technology was that the enemy could find the appropriate frequency and "*Jam*" or intercept the signal, thereby interfering with the missile's intended path. Her innovation was to "*change the channel.*" It was a way of encoding a message across a broad area of the wireless spectrum. If one part of the spectrum was jammed, the message would still get through on one of the other frequencies being used. The problem was, she could not figure out how to synchronize the frequency changes on both the receiver and the transmitter. To solve the problem, she turned to perhaps the world's first techno-musician, George Antheil.

Antheil was an acquaintance of Kiesler who achieved some notoriety for creating intricate musical compositions. He synchronized his melodies across twelve *player pianos*, producing stereophonic sounds no one had ever heard before. Kiesler incorporated Antheil's technology for synchronizing his player pianos. Then, she was able to synchronize the frequency changes between a weapon's receive and its transmitter.

On August 11, 1942, U.S. Patent No. 2,292,387 was granted to Antheil and "Hedy Kiesler Markey," which was Kiesler's married name at the time.

Most of you won't recognize the name "Kiesler." And no one would remember the name Hedy Markey. But it's a fair bet that anyone reading this newsletter of a certain age will remember one of the great beauties of Hollywood's golden age—Hedy Lamarr. That's the name Louis B. Mayer gave to his prize actress. That's the name his movie company made famous.

Meanwhile, almost no one knows Hedwig Kiesler—Hedy Lamarr—was one of the great pioneers of wireless communications. Her technology was developed by the U.S. Navy, which has used it ever since.

You are probably using Lamarr's technology, too. Her patent sits at the foundation of "*spread spectrum technology,*" which you use every day when you log on to a wi-fi network or make calls with your Bluetooth-enabled phone. It lies at the heart of the massive investments being made right now in so-called fourth-generation "LTE" wireless technology. This next generation cell phones and cell towers will provide tremendous increases to wireless network speed and quality, by spreading wireless signals across the entire available spectrum. This kind of encoding is only possible using the kind of frequency switching that Hedwig Kiesler invented. In 1992, she wrote a biography entitled "*Feminine Ingenuity*" in which she describes how she came up with the idea of her "*Secret Communication System.*"



Bob Hope commented about Hedy... "*I don't think I've ever used the term ravishing; but in describing the knockout beauty of Hedy Lamarr, star of more than 25 films, it is the only word that seems to fit. During the dinner at the Academy Awards in 1943, I sat next to Hedy and had to act as though I was interested in the food. After six marriages (not all at the same time) Hedy retired to a simple life in Florida...she was reserved, smart and beautiful—and to her friends that's how she'll always be.*"

Hedy Lamarr died in Orlando, Florida, believed to be aged 86, in the year 2000. She shunned publicity in her later years—she was smart as well as beautiful—a rare combination.

# WHAT IT'S LIKE TO BE A 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 this 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 FAHS news editor met him & has 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. relaxed with his American girl friend in the N.Y. apartment. It was on Times Square, New Years eve, 1944, while buying a South American newspaper that he was picked up by the FBI. After a military trial Gimpel was sentenced to be hung on April 14, 1945. On that date President Roosevelt died suddenly and a moratorium of 30 days was conducted during which no executions were performed. Later, the war ended and President Truman changed Gimpel's punishment from "death" to "life imprisonment" since it was customary to pardon them when war ended.

## MY YEARS IN PRISON

One day I was taken off coal-heaving and drafted to some excavation work. It was here that I recognized Dasch the traitor, the murderer of his comrades, the man who went to the FBI and enabled them to capture the six German agents who were landed by U-boat and had regarded him as a colleague. They later went to the electric chair.

He shoved away slowly. No one talked to him. He was despised by all prisoners alike, whether German or American. He looked deliberately right past me.

Out of the 2,400 men in Leavenworth who between them had broken all the ten commandments, the traitors alone were singled out

Of course for ostracism. Even among this company of pimps, robbers and murderers, a traitor was always an outsider.

"Of course you know what's the matter with Dasch, don't you?" a fellow prisoner asked me one day. "Of course," I replied. "You know, don't you, that he's got your pals on his conscience?" "What are you getting at?" "Fellows like him deserve to be rubbed out," he went on. I nodded. He grinned. "If you'd like to give me ten packs of cigarettes I'll see to it that Dasch quits the land of the living." "How do you propose to do it?" "Quite simple," he replied. "A slight accident. I'm working up there on a scaffolding. Tomorrow when Dasch passes by I'll let a two hundred weight girder drop on his head. See?" "Yes, I replied but I haven't got any cigarettes," I replied and left him standing. Dasch is still alive today (2011?). He was pardoned long before me and sent back to Germany.

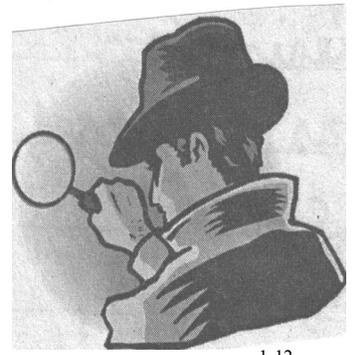
One thought, one project, one fixed idea now became rooted in my mind. Day and night I thought of only one thing—escape!. I wanted to try it, however, hopeless it seemed, and slowly, patiently, I went about my preparations.

I was now able to move much more freely within the prison walls and I knew my way about. On three sides escape was quite impossible. On the fourth side the cell block formed a natural wall which was supplemented a few feet away by a fence of steel mesh. There were watch towers all around, occupied by guards armed with machine-guns; the guards, however often took naps. The wire fence was illuminated at night, and no escape that way had been attempted for years. Then one day all was ready.

I waited until midnight. With the aid of my levering tool I was successful. I jumped out of the cell block into the open—the narrow no-man's land between the cell block and the wire fence. I could still keep in the shadow of the main building. Now I had to make a run across the brightly lit space. I flattened myself against the wall of the cell block. Then I crouched ready to spring. "Now," I said to myself, "keep calm."

Then I bounded forward.

In the same moment the beam of a searchlight swept the wall of the cell block. It moved about slowly and rather casually two or three yards away from me. I flung myself to the ground; the beam passed over me and then was lowered capturing me in its cone of light. And there I was, as exposed as if I had been in broad daylight. Within the next second, the first warning shots were heard. I jumped from the ground, raised my arms and waited. I had been caught!



1-12

I was sentenced to fourteen days close arrest with bread and water. Then, on orders from the governor, I was put into solitary confinement for eight months 'on silence,' that is to say, I was forbidden to speak. It is terrible not to hear the sound of your own voice for eight months, to see no ray of sunshine, to breathe no fresh air and have no idea of what is happening in the world outside. Time stands still, and memories come crowding in, memories of things long ago and far away. Among these memories was Joan, whom I could see standing before me smiling and talking, only to disappear when I put out my hand to touch her.

I don't know how I managed to get through this period. When after eight months I was allowed to leave the cell, I was unable to walk. I should have fallen down stairs if the warder who escorted me had not seized me by the arm. "Don't be in such a hurry, old chap," he said. "You've got to learn to walk again. It's the same with all of them when they first come out. You've got to get your balance back."

My days at Leavenworth were numbered. My attempt at escape had been reported to Washington, and the supreme authorities thereupon took a decision which made my blood run cold. I was to be transferred to Alcatraz, the Devil's Island in the Bay of San Francisco, the safest prison in the world, the gaol of living corpses, the penitentiary which only the dead or dying had been known to leave.

Two of us in handcuffs and ankle chains were rushed across America in a prison car. The man who was attached to me was called W. Kingdom de Norman, and was the right-hand man of the gangster Dutch Schultz, who had been shot in the street by the machine-gun of a rival gang. He was a nice fellow with a touch of gaiety about him and he had pleasant manners. We behaved like gentlemen, as befitted the circumstances, for we had to stay together even when we ate or went to the lavatory.

After several days driving we landed in Alcatraz, having sailed from San Francisco in a motor-boat. In Alcatraz, which is a rock two miles from the mainland, there is a warder to every prisoner. There are never more than 2000 prisoners on this Devil's Island. I was the smallest fry among them. With only one sentence of life imprisonment I had to display a certain diffidence. One of my fellow prisoners had been sentenced to 600 years, many had sentences of life imprisonment plus one day, and many more 199 years. It was here that Al Capone, one of the most famous of American gangsters, had spent the last years of his life. The most celebrated inhabitant of my time was Machine-gun Kelly, so called because he could shoot his name on a wall with a machinegun.

I was received by the captain of the prison guards. In Alcatraz there are only single cells, but they are so arranged that one can talk with one's neighbors. They are iron cages running the length of a long corridor. One can also see one's neighbors if one uses a mirror, and every inmate was well equipped with mirrors which were used mostly to keep an eye on the movement of the guards.

Strangely enough, Alcatraz represented an improvement for me. The island is one of the sights of America and nearly every week senators, foreign journalists and police experts come to view it and admire the model way in which it is run. It is, among other things the only prison in the world from which a convict has never escaped. Four prisoners were once successful in breaking out over the rocks but they were shot in the water. In fine weather excursion boats circled our rocks and we could hear the voice of the guide coming over the ship's loudspeakers.

(Final episode next issue.)

**NEW FACES\* for MARCO & RENEWALS, as of March 3,2013**

Benitez, John	KE3XB	Reichman, Robt	WA3IHV
Brewer, Thomas	W0RPH	Rowlett, Wm.	WM4R
Brinley, Floyd	K3EVC	Sanders, Doug	W3FYA
Brown, Warren	KD4GUA	Scher, Alan	WD8PKF
Brusoe, Terry	K8IB	Sharp, Jacob	W6DUH
Custer, James	W0HJ	Simowitz, Fred	K0FS
Daily, Richard	KB5FLA*	Small, Bruce	KM2L
Dolcourt, Jack	WA0PFC	Spears, George	WB8BRO
Figlock, Thad	W1HG Y	Thompson, Robt	WD67ING
Fink, Marc	WA3QWA	Villa, Douglas	WB8UUB
Ford, Robert	W2REF	White, Elbert	W4TX/5
Hargadon, Bill	WA9HIR		
Haskell, Bruce	WD4MLM		
Hoening, Judy	N3MBW		
Hoening, Gene	N8HG		
Holland, Max	W4MEA		
Jeutter, Dean	K3GGN		
Johnson, Greg	N9GJ		
Kennedy, John	N2LW		
Knickerbocker, G.	W3RJA		
Lieberman, Lee	4X1LL		
Lieberman, Lion.	4X41LL		
Lukas, Paul	N6DMV		
McCann, John	WB5BHB		
McNew, Wm.	N9RIV		
Milazzo, Carol	KP4MD		
Minkowski, John			
Nachbar, Gary	K2HVR		
Newland, Jim	K0EMC		
O'Connor, John	KE5SZA		
Pakula, Stephen	W6MED		



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