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Vol. XXXVIII, (38th year), Edition #81 since Year 2000), June 2013

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

WARNING—

THE AGING SKIN

..THIS IS COMPLICATED !

WOMEN HAVE LIGHTER SKIN THAN MEN SINCE THEY REQUIRE MORE VITAMIN D & PRODUCE LESS BODY OIL EARLIER THEN MEN AFTER THE MENOPAUSE RESULTING IN DRIER SKIN. LOSS OF SUBQ FAT WITH AGING MAKES ONE MORE SUSCEPTABLE TO HYPOTHERMIA.

Maintaining healthy skin is simple: You need to protect your skin from the sun and not grow old. Do not visit tanning salons. Try to avoid the sun between 10 am and 3 pm. Wear protective clothing and sunglasses with UV 400 lenses. Put on sunscreen lotion before going out in the sun and reapply as needed. Always use products that are SPF (*sun protective factor*) 30 or higher. And choose products that provide both UVB and UVA protection. If your skin is dry, use a humidifier at home, bathe with a soap less often (*use a moisturizing body wash instead*) and use a moisturizing lotion. Apply the best one—Vaseline jelly to the face every night.

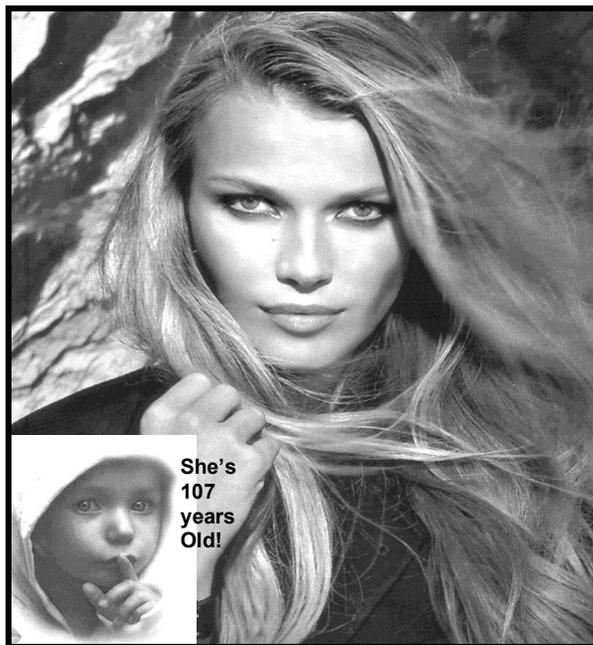
For early signs of aging, treatments such as using retinoids, vitamin C, and alpha hydroxyl acids may be enough. Chemical peels, dermabrasion, or laser resurfacing may be an option for moderate to severe facial sun damage. Deeper facial lines may be treated with botulinum toxin or fillers, including hyaluronic acid injections, your own fat, and Gore-Tex implants.

Some people may opt for surgery, such as a facelift, brow lift, or cosmetic surgery on the eyelids. Whether you do any of these things, and how much you do, is a personal choice.

Wrinkle Treatments... abound for "crow's feet" and fine lines, but there's plenty of confusion about what works and what's hogwash. Three treatments definitely rejuvenate skin: **topical retinoic acid**, (*brand names include Retin-A & Renova, cost between \$20-\$40 per tube*) carbon dioxide laser resurfacing, and injections of cross-linked **hyaluronic acid** (*available as hyaluronic acid filler like Restylane,—costing about \$600 and lasting about a year.*) Why do they work? All three are able to replenish some of what skin loses with time: **collagen**. Wrinkles form as collagen breaks down, which signals the cells that secrete it to stop doing so. Age and sun exposure are triggers. Treatments can sweep away the old, splintered collagen, and fool cells into making more. Since collagen has a half life of 15 years, once it's laid down, lots will last. **Botox injections** can make your crow's-feet disappear within a week and will last about three months but will cost about \$400. It should not be used below the eyes as the patient may then be unable to close his or her eyes.

Retinoic acid derived from Vitamin A stimulates the production of new collagen. Use creams with .025 or .05 percent tretinoin (*another name for retinoic acid*). Don't expect more than modest improvement, which can take between six weeks and six months to notice. These creams are best for small lines around the eyes and upper cheeks, not for deep folds. Retinoic acid also helps lighten brown spots in aging skin as will Hydroquinone lotion 2% over-the-counter (*sells for about \$30 per tube*). Because vitamin A can cause birth defects, pregnant women should avoid it. Instead vitamin C, which studies have shown can boost collagen, whether in cream, serum or gel form, acting as an antioxidant to inhibit free radical damage from the sun.

Carbon dioxide laser resurfacing is used for those desiring more dras-



"I've been "SANDBLASTED !"

LATE BREAKING NEWS

Myrtle Beach, SC, April 26, 2013, The annual Board of Directors Meeting was held this weekend at the Breakers Hotel on the beach. Marco President Mary Favaro outdid herself in making this a most enjoyable occasion. (*Minutes of the meeting are on page 9.*)

Warning to the "Terrorist" who has been stalking our Medical Grand Rounds of the Air by the FCC was made available by Bill, KC9CS of Largo. The warning read: *On Thursday, Dec. 6, 2012, you were heard by staff at the Commission's monitoring station causing intentional interference to other stations operating in proximity to your desired operating frequency of 14.313 MHz.*

Since December when the warning was issued, the "terrorist" has continued to haunt 14.307 therefore he has not apparently heeded this warning. (*Fines range from \$7,500-\$10,000!*)

At the Myrtle Beach annual meeting it was decided to continue to operate at 14.307 on Sunday mornings at 11 am. Since the FCC supposedly is monitoring that frequency. If the stalking should continue, switch to the alternate frequency of 14.344 (and down) but do NOT mention the alternate frequency, simply state, "transfer to alternate frequency."

The good news coming out of Myrtle Beach, is that MARCO is healthy and growing slowly.

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

(If 14.307 is occupied go to the back-up frequency of 14.344 MHz)

**MARCO'S CW
 NET IS NOW
 CALLED THE
 "Bob Morgan
 Memorial
 Net"**
 Sundays, 10:30, am,
 14.140 MHz.

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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.

tic results and has mostly replaced the chemical peel. A roughly hour long procedure is done in an outpatient setting and patients are usually sedated. As the laser is passed across the face, it sears through the paper-thin epidermis and into portions of the dermis to purge old damaged collagen and helps generate four to five times more new collagen than retinoic acid does. But, your face becomes an open oozy wound that must be rigorously cared for until healed. That means virtual house arrest for two weeks, during which skin must be soaked with ice-cold water every few hours than slathered with a layer of ointment to avoid scarring and infection. Once healed, skin may remain red for up to six months.

Thermage or Titan Radio Frequency deep heating treatments stimulates new collagen growth but you will feel the heat! Redness persists for about a day. Effects peak around six months and last one to two years. (Cost \$1,000 to \$2,000 per treatment—Thermage requires one session, Titan requires three.)

Discolorations and Rough Spots are treated with a series of three to six monthly **chemical peels** using Alpha Hydroxyl Acids, Trichloroacetic acid, Phenol and Croton Oil. or **microdermabrasion treatments** (sandblasting the skin) which help lighten dark spots and smooth rough patches (Cost: \$150 per treatment.). Takes about 45 minutes. Three to five monthly **intense pulsed light** treatments even out diffuse freckling and redness and is an alternative to laser resurfacing & deep chemical peels. (Cost: \$500 per treatment.) Concentrated dark spots can be zapped with a **Q-switched laser**; after one treatment, scabs fall off. Cost about \$200-\$600 depending on size and number of dark spots. They can also be zapped by a **Hyfrecator**, (cost: one office call.)

More expensive procedures: Botox is your best bet for smoothing forehead lines, but surgery is necessary to reposition a drooping brow. A **browlift** can be performed requiring anesthesia. Down time is about five days and swelling will persist for about two weeks. (Cost: \$400 for Botox; \$3,000 for browlift.)

Crowsfeet can be treated with a **fractional ablative laser** and can dramatically smooth deep lines around the eyes. (Cost: \$1,000-\$1,500)

Blephoplasty or eyelid surgery for droopy eyelids costs around \$3,000 and if fat transfer is also used runs around \$1,500 extra. One has to be careful not to use Botox below the eye as it may result in the patient being unable to close his eyes.

Fat transplants...from fatty tissue in the abdomen or thighs. Over the first few months your body will absorb about 65% of the fat and the remaining 35% will remain. Best to have 3-4 treatments over 6 months

A **facelift** is utilized to smooth deep lines and add fullness to the cheeks by repositioning sagging fat pads and tightening underlying tissue. The procedure is performed under anesthesia and downtime is a week or two with bruising lasting over a month. Cost around \$7,000. Candidates should lose weight before the procedure and then gain weight after the procedure. Works best in those in the 48-60 age bracket.

Control of tumors of the face utilizes Efidex 5-FU cream 5% (also Fluoroplex and Carac) which runs about \$100 a tube and is applied twice daily for two to three weeks. This was discovered during WWI in 1918 when civilians behind the lines who were contaminated with mustard gas containing 5FU noticed disappearance of their skin cancers. Users will have a down time of about one month from scabbing. Freezing with liquid nitrogen.

Faceplants have been utilized in severe facial burn cases.

Bone resorption: As one gets older skin gets bigger, bones get smaller. Biosynthetic implants of silicone are used. **Terifil** (beta-tricalcium phosphate) and what is called **Softform implants** for smoothing facial furrow and enhancing lip disorders has been used. Long lasting and not bovine.

A PLASTIC SURGEON LAMENTS...

By David Applestein, N4DOV, Ft. Lauderdale, FL.

A few Sunday's ago on the net, Warren KD4GUA, did an excellent summary on treatment of the aging face. Unfortunately for me, the propagation was not in my favor and I was unable to comment.

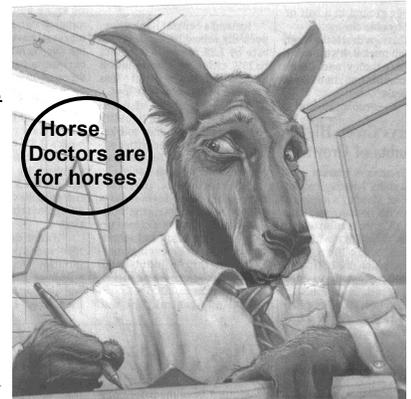
As a recently retired Board Certified Plastic Surgeon who has done his fair share of "lifting, stretching, filling and smoothing/ironing the skin" in sunny Florida, I want to comment and opine on the subject and related matters. I, as someone who "made them bigger or smaller or moved them around," I realized that plastic surgery was changing and everyone could become a "facial/body rejuvenation specialist". Lasers, chemical peels, fillers, lotions and potions, are giving all of us a chance to seek out our "pot of gold."

Today facial surgical rejuvenative surgical procedures, as well as liposuction and breast enhancement are not only done by plastic surgeons, but also by Oculoplastic surgeons, ENT/Facial Plastic Surgeon, Oral Surgeons, General Practitioners, and a slew of Cosmetic Surgeons with real or "newly minted" board certification (that is, not a board recognized by the American Board of Medical Specialties). Of course lasers and fillers are done by all physicians and at times by physician extenders and as well by anyone who may have or have not taken a course. No longer is a doctor's office required, just a location a client and cash on hand. The pharmaceutical/implant suppliers do at times have no standard as to who should be using their product it seems.

Of course magazines and TV hype all the new stuff and "doctor of the month." For those of us who have had the idle time, we may have seen on daytime TV, the promotion of a Cosmetic Surgeon who ended up with a deceased patient who happened to be Kanye West's mother. (http://en.wikipedia.org/wiki/Jan_Adams) states that Jan Adams, the doctor involved in the case, "had completed his training, but Harvard never handed over the diploma." apparently Donda West, had a cardiac condition and had been turned down by a recognized surgeon.

Speaking of cardiac conditions, down in Miami, we had Dr. "Big Dick" Samitier (http://calvarandassoc.com/case_studies) who promoted "Penile Enhancement" using fat harvested from liposuction. He also was showcased on national TV. He operated on a famous South American singer, not noting a fairly recent sternotomy wound, and performed liposuction in an area where a pacemaker was placed. Also, apparently bleeding was a problem (due to him hot knowing that the patient was on Coumadin.) So the patient ended up a "stiff" but not in the way expected. The doctor is now practicing somewhere in the Mediterranean. Medical history and physical exam were apparently not part of his routine. Further comments on this case will be too crude. Recently, we had the case of a "toxic tush" (<http://www.nydailynews.com/news/crime/toxic-tush-transgender-nurse-oneal-ron-morris-faces-manslaughter-charge-shatka-nuby-dies-fix-a-flat-injection-article-1.1123397>) who injected silicone for buttock enhancement from a fix-a-flat can with deadly results. Sometimes bigger is not better I expect.

(Continued on Page 10)



THE DOCTOR WHO TURNED ON THE LIGHTS

His name was John Snow & he lived in London

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London England in 1850 was a smelly city of odiferous waste left behind by more than 300,000 horses, hundreds of thousands of pigs, sheep, cows and other livestock waiting to become somebody's meal, and 2.4 million Londoners. With the paucity of modern sewage systems, water closets in wealthier homes expelled streams of stools and urine into the streets and the Thames River, along with countless outhouses, privies and cesspools—the city positively stunk!

When confronted with cholera epidemics in the years before medical scientists elucidated the role microbes play in infectious diseases, many of Britain's finest medical minds took a page from Hippocrates and associated cholera with the foul-smelling gases produced by mounting piles of rotting garbage and raw sewage. Miasma (*from the Greek, for pollution*) was thought to contaminate the atmosphere. When inhaled, this noxious air upset the balance of an individual's body humors and led to an abundance of *cholera*, or yellow bile, which the body did its best to expel, even if it meant overwhelming dehydration and death.

Along came **Dr. John Snow**—born in York, England, John Snow chose a life in medicine at a relatively young age of 16. He began an apprenticeship under a surgeon's tutelage in Newcastle-upon-Tyne. In 1831, Snow first encountered cholera, which entered Newcastle via the seaport of Sunderland and decimated his town.

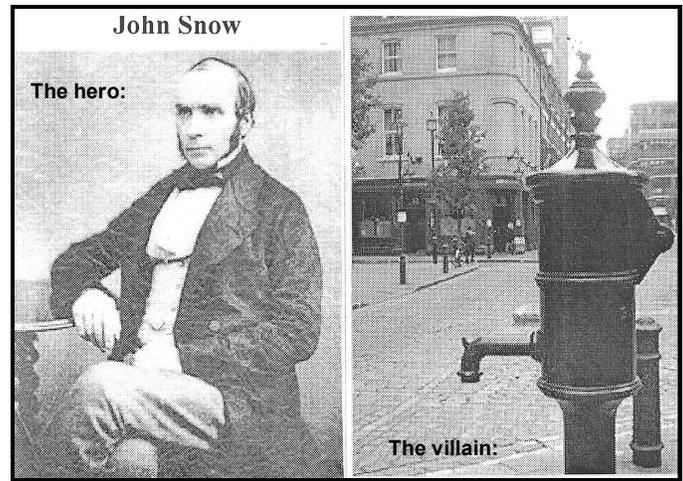
By 1836, Snow moved to London, where he furthered his medical studies at Westminster Hospital and earned his membership in the Royal College of Surgeons. In 1843, he took his bachelor's in medicine and the following year, received his doctorate in medicine, both at the University of London. He "*hung his shingle*" or as the British like to say, "*nailed up his colours*" in Soho, a raucous neighborhood where he cared for working-class patients for the rest of his career.

After its demonstration at the Massachusetts General Hospital in 1846, ether anesthesia became the surgical rage on both sides of the Atlantic. Snow wrote a book on its use, "*On Ether*," in 1847 before focusing his attention on another anesthetic called chloroform.

Snow's genius was his uncanny ability to connect the dots of disease causation. A keen observer of the diffusion of gases, gained from his work on ether and chloroform, Snow began to doubt the miasma theory during the 1848 cholera epidemic that ruthlessly carted off thousands of Londoners to the graveyard. If foul-smelling gases caused cholera, he queried in his landmark 1849 book, "*On the Mode of Communication of Cholera*," why were those closest to the emanations, such as garbage removal workers and night-soil men who emptied privies not disproportionately affected? Conversely, given that the concentration of a gas tended to dissipate and decline as it traveled, how could one miasmatic source infects people living far from it? The accepted dogma that cholera was inhaled through the air via the respiratory tract—even though the disease clearly struck the G.I. tract with an ugly vengeance—simply made no sense to the inquiring Dr. Snow.

Although there were many miasmaticists and anticontagionists who scoffed at Snow's thesis, the good doctor seized his opportunity during London's 1854 cholera epidemic. He began by meticulously surveying every case and their contacts, even to the point of verifying their water source by checking each home's water bills. Snow discovered that Londoners who drew water from the Southwark and Vauxhall Water Company, which came from the fecal contaminated Thames River, were infected nine times more than those living in areas supplied by the Lambeth Company, whose water originated from an upstream, and less contaminates source.

Snow's greatest scientific moment resulted from an even more detailed study of the cholera's spread in Soho. After carefully charting some 500 cases in his district, Dr. Snow noted that most of the cholera victims had been consuming water from a well located on Broad Street. Unfortunately for those frequenting the hand pump well, it was contaminated with sewage from a nearby house where cholera had previously visited. Snow convinced the parish councilors to remove the well's pump handle, thus making it inoperable. Soon after disabling the pump, the cholera rate plummeted. The doctor concluded that a specific water-borne "poison" capable of self-reproduction was in the excreta of cholera patients who, in turn tainted the water supply. His solution: careful washing of the hands, decontami-



nating soiled linens and boiling all drinking water.

John Snow died of a cerebral hemorrhage on June 16, 1858. He was 45. Twenty-five years later, in 1883, Robert Koch, who along with Louis Pasteur is credited with demonstrating the germ theory of disease, proved Snow correct. While battling a cholera epidemic in Egypt, Koch identified *Vibrio cholerae*, teeming in fecal-contaminated water supplies, as the microbial cause of cholera. Yet even before Koch's great discovery, Snow was on an upward trajectory toward permanent, albeit posthumous, acclaim in the history books.

This March 15, 2013, marked the 200th birthday of John Snow, the singular genius who created the modern science of epidemiology. Without fear of historical hyperbole, the occasion merits a global pause of reflection and honor.

(The above excerpts were taken by the excellent article written by Howard Markel, MD, PhD, that appeared in the March 13, 2013 edition of JAMA, page 995.)

KICKING THE MALPRACTICE TORT OUT OF COURT

Here may be the news we have all been waiting for! Florida and Georgia are considering repealing their medical tort system and replacing it with a medical-compensation board similar to those used for workers' compensation. Bills for the "*Patients' Compensation System*" have been introduced in both states.

Getting rid of the entrenched malpractice system could have a major impact on health-care spending because one of the biggest cost drivers is "*defensive medicine*." Doctors tend to prescribe more tests and medicines and specialist referrals than necessary, all in an effort to protect themselves against malpractice accusations in the event that something goes wrong.

Defensive medicine occurs every day in doctors' offices and hospitals. Gallup surveyed doctors in 2010 and found that one in four health-care dollars spent in the U.S. can be attributed to the routine practice of defensive medicine. According to the independent health-care-economics firm *Bioscience Valuation*, the annual cost of defensive medicine in America today exceeds \$480 billion.

The Patients' Compensation System, or *PCS*, being studied in Georgia and Florida is a no-fault, administrative model for addressing medical injuries. Patients unhappy with their care would file a claim to a panel of health care experts. If the panel found that a medical injury had occurred the insured person would be compensated—without the involvement of the current adversarial legal system—in which, cases often drag on for years, only to be settled out of court. Payments to the injured would also come much faster most likely in a matter of months.

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.

One of Pan American Airways pilots was a fellow by the name of Steve Bancroft who was flying the Miami to Rio run. Upon returning to customs in Miami it was common for customs to wave-on through flight crews—but not Steve who had hobby of collecting exotic animals. Knowing he would have his bags examined he flew into Miami with a suitcase loaded with *tarantula* spiders. Upon arriving the custom inspector asked him what he had in his bag He replied, “*tarantulas!*” The inspector, knowing Bancroft, replied, “Oh yea, open it up!” Steve obeyed and opened the suitcase—and then the crowded room burst into screams as the hairy creatures started bouncing all over the crowded floors.



This captain was a practical joker who had a fetish for snakes. He collected them—boas, pythons,—on his trips to South America and brought them back in his baggage. He enjoyed standing at the customs counter watching a new inspector search his luggage for contraband. The effect was always the same. The agent would rummage through the bag, then he would bound into the air as if he’d been shot from a catapult. “SAiye! It’s a —goddam—” “Snake,” Bancroft would explain, “*My new constrictor, do you like him?*” (Bancroft once made an unscheduled stop on the Amazon River—got out on the pontoon of the seaplane and captured a large python which he then put in the plane to the chagrin of the passengers and flew it back to Miami.)

It didn’t take Miami customs long to learn about Bancroft. On one trip an agent told him that if he had any snakes in his bag today, he would find himself in jail. “*Horse manure*,” said Bancroft. “Okay, smart guy, what is in your bag?” “*Horse manure*,” said Bancroft. “Okay, empty the suitcase on the counter,” replied the agent. So Bancroft dumped the entire contents of his suitcase on the counter. The suitcase was filled with *horse manure*. “See,” Bancroft stated, “Just like I said, *horse manure*.” The place began to empty due to the smell.

Ed Shultz was another PAA boat captain who was attached to his Great Dane dog. He missed the dog on the long trips. When Schultz reached his hotel room in Rio, he would have a few drinks and think about his dog. After a while he couldn’t stand it any longer. He would telephone his wife in Miami. “*Put Ralph on*,” he would tell her. Schultz’s wife would put Ralph, the Great Dane, on the phone. Captain Schultz would bark into the phone. The Great Dane would bark back. They would go on like that for twenty minutes. Schultz and Ralph, barking back and forth on the telephone between Miami and Rio.

And that is two of the reasons Pan American Airways went belly-up!

MEET SOME OF MARCO’S MEMBERS....



Ellen Przekop KC9ARN

Ellen is the XYL of our former President Harry Przekop WB9EDP, originally from Texas she now calls Chicago her home town .

Ellen is an international flight attendant with American Airlines and flies all over the world. It may be Paris one day and Shanghai the next!

Ellen is a congenial happy lady with a little girl’s

voice...the grunt and groaning deep male voices always perk up when Ellen comes on the air..

You have chosen the spot your antenna is going to be installed. Now you are needing a feedline. Our comments will be concerning coax. It is good practice to run your coax from the antenna to the station as neatly as possible. Secure the coax down the mast or tower either right to it or with an appropriate stand-off, then exiting the mast or tower where needed to run to the station. If you need to run the coax along a roof or exterior wall, use stand-offs. This is for your safety and it will maintain a neat appearance. If it doesn’t work at least it will look good.

How much coax to use? On an antenna that is resonant my preference is not to use a choke made form a coaxial coil. You can always add one later if needed.

What about grounding? Back to the mast or tower, ground the bottom of these structures to at least a 4 foot ground rod near the structure. If your mast or tower is elevated from ground, then an applicable ground wire should be attached to the bottom. The ground wire should NOT touch the building, so use stand-offs. This is for your safety. Also keep the coax and ground wire as separate a s possible.

Inside, start initially with no extra ground wires other than the ground connection to your electrical source. Normally this is all that is needed. Once you have the antenna system working and you want the comforter of more ground wires you can add them. You will know if the extra ground wire is causing a problem this way.

The next brief article will be on more details on getting the antenna to work.

DENTAL CORNER—Laser vs. Drill !

The dental drill is among the most hated of medical devices. Lasers cut away tooth decay with so little pain that anesthetic is rarely needed and since they are precise, more of the tooth can be preserved.

The problem: Lasers are present in only 5% of dental offices. The reason, they cost \$60,000. Lasers use a light beam to cut away tooth decay before filling cavities, resulting in less vibration and pain than traditional drills and they don’t cause microfractures in the teeth. The laser also allows one to remove less tooth material than when the drill is used. “*The less tooth structure you remove, the longer the tooth will last*,” says a dentist paid by the manufacturer to advertise the Biolase brand.

Lasers vary in type, but one major brand, *Waterlase* works by heating water molecules in the tooth, which then expand and dislodge decayed tooth structure. 68% of cases reported no pain even without anesthetic; slight pain was felt in 22% of cases and tolerable pain in 4%. In 6% of the cavity preparations, patients said they felt “intolerable pain” and anesthetic was given.

WHAT IS “SPANISH FLY?”

Cantharidin, the principal irritant in Spanish fly, was first isolated and named in 1810 by a French chemist from the insect beetle *Lytta vesicatoria*. The body of the beetle contains cantharidin which when crushed into a powder has a disagreeable scent and bitter flavor.

Medical use dates back to Hippocrates. Plasters made from wings of these beetles have been used to raise blisters. In ancient China, the beetles were mixed with human excrement, arsenic and wolfsbane to make the world’s first recorded stink bomb! It has also been used as an aphrodisiac. In Roman times, Livia, the scheming wife of Augustus Caesar, slipped it into food hoping to inspire her guests to some indiscretion with which she could later blackmail them. Cantharides is illegal in most countries. Viagra & Cialis are the modern versions.

WHY CLOCKS RUN “CLOCKWISE.”

Before the advent of clocks, we used sundials. In the Northern Hemisphere, the shadows cast by the sundial rotated in the direction we now call “*clockwise*.” The hands on the clock were made to mimic the natural movements of the sun. If clocks had been invented in the Southern Hemisphere, “*clockwise*” would have been in the opposite direction.

This is an important topic because arthritis and hypertension commonly coexist in the elderly. Up to 36% of elderly hypertensive patients also suffer from arthritis giving rise to the possibility that the treatment of arthritis may interfere with effective treatment for hypertension.

Recognition of the GI toxicity of traditional NSAIDS has led doctors to increase their use of COX-2 (*CycloOX inginase*)-2 inhibitors (the only one available today is *Celebrex*). There are about 100,000 hospitalizations yearly attributed to NSAID gastric toxicity with an estimated 16,500 deaths per year.

Nonsteroidal anti-inflammatory drugs are used in the treatment of rheumatoid arthritis and other forms of arthritis. They exert their effects primarily through inhibition of prostaglandin synthesis. Osteoarthritis, rheumatoid arthritis and related disorders cause the production and release of prostaglandins from cell membrane constituents. Bad prostaglandins cause edema, sodium retention, renal dysfunction hypoperfusion, cellular exudation, and pain. From a cardiologist perspective, inhibition of COX-2 presents one with a prothrombotic effect; inhibition of production of prostacyclin (a natural inhibitor of platelet aggregation) without also blocking the making of thromboxane (a natural stimulator of platelet aggregation) thus shifting the balance toward a prothrombotic state and increasing the risk of CV events.) NSAIDS in general inhibit cyclo-oxygenase (COX), the enzyme responsible for the conversion of arachidonic acid into prostaglandins.

There are least two forms of this enzyme. The COX-1 isoenzyme produces those prostaglandins that maintain the normal stomach lining. The COX-2 isoenzymes produces the prostaglandins that mediate an inflammatory response.

The COX-2 enzyme, responsible for inflammation and pain, was discovered in 1988 by Daniel Simmons, a Brigham Young researcher. It was found that prostaglandins, (originally found in the prostate gland) could be separated into two general classes which could loosely be regarded as "good prostaglandins" (*Prostacyclin, that inhibits platelet aggregation and is a vaso-dilator*), and the relatively "bad" (*thromboxine, that causes inflammation, platelet aggregation and vaso-constriction*). In the "bad" category would be COX-2 responsible for pain and inflammation in the G.I tract and the good guy, would be the COX-1 protecting enzyme. (*Ordinary aspirin, not considered a NSAID, also inhibits both Cox 1 and Cox 2.*)

The non-selective NSAIDS, i.e., **ibuprofen** (*Motrin, Advil*), **naproxen** (*Aleve, Anaprox, Naprelan*) **diclofenac sodium** (*Arthrotec 50, also contains Misoprostol, Cataflam, Voltaren*) **flurbiprofen** (*Ansaid*), **sulindac** (*Clinoril*), **meloxicam** (*Mobic*) **fenpropfen** (*Nalfon*) inhibit the activity of both COX-1 and COX-2, so they treat pain and inflammation but may damage the stomach lining. Because of clinical data suggesting that the long term use of **naproxen** may be associated with an increased risk of cardiovascular events, naproxen and other OTC nonselective NSAIDS should not be used for more than 10 days without a physician's advice. At therapeutic concentrations, COX-2 inhibitor (celecoxib or *Celebrex*) does not inhibit the activity of the COX 1 isoenzyme and may therefore have a reduced potential to cause gastric side effects. Because of emerging data indicating that the COX-2 inhibitors celecoxib and valdecoxib may be associated with an increased risk of serious CV events (*myocardial infarction, TIAs*) especially when they are used for long periods of time or are in very high risk settings, the FDA has issued a recommendation that prescribers consider this merging information after weighing risk vs. benefits for individual patients. According to the FDA, patients who are at a high risk of GI bleed, have a history of intolerance to nonselective NSAIDS or are not doing well on nonselective NSAIDS may be appropriate candidates for COX-2 inhibitor therapy; and, individual patient risk for CV events and other risks commonly associated with NSAIDS should be considered for each prescribing situation. *Vioxx* and *vaidecoxib* were voluntarily removed from the market in 2004.

Summarizing: COX-1 enzymes are responsible for protection of the gastrointestinal tract and COX-2 enzymes are responsible for inflammation and pain. The non-selective non-steroidal anti-inflammatory drugs NSAIDS, inhibit both, therefore may cause gastric upset; the COX-2 NSAID *Celebrex* knocks out only the pain and inflammation and leaves the stomach intact. Therefore the only patients who should take *Celebrex* are those who have stomach trouble, or are not reacting to the nonselective NSAIDS and have a relatively normal renal and cardiovascular system.

The article about Hedi Lamarr brings back memories, the "frequency hopping" issue. While in the "*Workers Paradise*" I was several times cited and arrested by the secret police observing me coming out of the U.S. Legation (*they did not allow an Embassy until later*). This of course, went on my personal file. I worked as a civilian for the Hungarian Army Research Lab designing and building radio equipment for the Hungarian and Russian Armies.



I, with my friends used to go to the Legation to listen to forbidden American jazz music and could borrow phonograph discs, magazines, watch American movies, etc. I was a member of the Legation Library, carried my membership card in my shoes—just in case! With my connections, I was able to get acquainted with influential people who arranged a visit to the top secret radio room of the Legation. A young Hungarian guy was the operator of the huge radio boxes filling the room—there were no transistors yet, just tubes. He told me that several hundred tubes were in those radios labeled "*Top Secret*" which operated in the frequency-hopping mode.

The hopping code (*what could be changed at will*) had to be first transmitted to the receiving station to establish synchronous operation. To my utmost amazement, he showed me the system operation. I was elated.

After a KGB arrest the ever present Commie Party Secretary called me in his office. He said the military authorities are bewildered because they are picking up radio transmissions from the Legation, but cannot decode anything, they have no idea what is going on (*that made me happy.*) He told me he knows (*of course*) that I am going into the forbidden building and asked me to find out what system was being used. For which I replied: "*You better give up, you will never be able to decode the transmissions.*" He looked at me with some anger, then I stood up and left. The issue never again came up.

I learned later that the operator lived at the premises and hardly ever left the building, but one day he went out never to return again—he got caught, can only guess what they did to him.

Paul, N6DMV

Those who should not take neither type, selective such as *Celebrex* or nonselective, such as *Motrin*, are those who high risk cardiovascular problems (high blood pressure, coronary history) and those with poor kidney function, since these drugs, especially the nonselective cause fluid and salt retention.

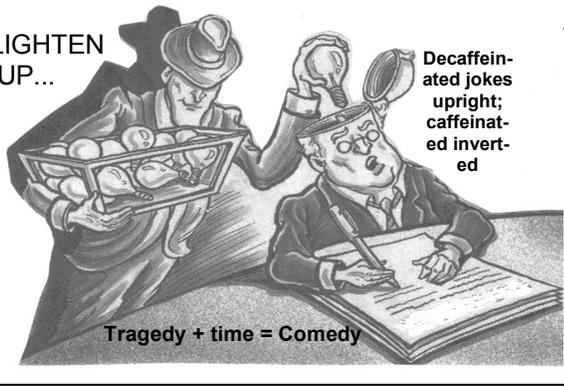
Combining NSAIDS with **proton pump inhibitors** (*such as Nexium, Aciphex, Prevacid, Prilosec, Protonix*) an **H2 Receptor Antagonist** (*such as Axid, Pepcid, Tagamet, or Zantac*) an anticholinergic (*such as Donnatal, Levsin*) a **cytoprotective** (*such as Carafate*) or *Cytotec* (*containing Prostaglandin E-1 analogue, Misoprostol*) can be tried in complicated cases.

Bad effects of COX inhibitors: Reduces vasodilatation, increases the blood pressure slightly, decreases slightly, the anti-platelet aggregation provided by reducing the amount of prostacyclin production in the body, sodium retention increases fluid overload, reduces renal flow, can worsen heart failure, interferes with antihypertensive drugs and edema.

COX-1 is the protective portion of the stomach that prevents it from digesting itself. COX-2 produces an over-reaction on inflammation

COX-2 inhibitors have been used experimentally in cancer cases, especially Neuroblastomas and breast cancers and have shown preliminary good results. Also, in schizophrenia and manic-depressive disorders, diseases where there have been found to have relatively high titers of COX-2. It has also been potentially crediting anti-inhibiting inflammatory changes in the blood vessels thus inhibiting atherogenesis

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.



A Rabbi's wife was expecting a baby, so he stood before the congregation and asked for a raise. After much discussion, they passed a rule that whenever the Rabbi's family expanded, so would his paycheck. After six children, this started to get expensive and the congregation decided to hold another meeting. A great deal of yelling and bickering ensued, as to how much the Rabbi's additional children were costing them for about an hour, the Rabbi rose from his chair and spoke, "Children are a gift from God and we will take as many gifts as He gives us. Silence fell on the congregation. In the back, little old Mrs. Goldberg struggled to stand and finally said in her frail voice, "Rain is also a gift from God, but when we get too much of it, we wear rubbers."

MEN ARE HAPPIER PEOPLE...Your last name stays put. The garage is all yours. Wedding plans take care of themselves. You can be President. You can never be pregnant. You can wear a white T-shirt to a water park. Car mechanics tell you the truth. The world is your urinal. Same work, more pay. Wedding dress \$5000, tux rental, \$100. Phone conversations are over in 30 seconds flat. A five-day vacation requires only one suitcase. You can do Christmas shopping for 25 relatives on Dec. 24th in 25 minutes.

If Laura, Kate and Sarah go out for lunch they will call each other Laura, Kate and Sarah. If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Bubba and Wildman.A man will pay \$2 for a \$1 item he needs, a woman will pay \$1 for \$2 item that she doesn't need but it's on sale. A woman has the last word in an argument. Anything a man says after that is the beginning of a new argument. A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife. Men wake up as good-looking as they went to bed. Women somehow deteriorate during the night.

BOY SCOUT JOKES....Why did the calf cross the road? *To get to the udder side!*....Why does it take pirates so long to learn the alphabet? *Because they could spend years at C.* Why did the burglar wear blue gloves? *He didn't want to get caught red-handed!* Why didn't the crab give any money to charity? *Because he was shellfish!* What do you call an alligator in a vest? *An investigator!* Who makes a living by driving customers away? *A taxi driver!* What is an autobiography? *An automobile's story!*

Love thy neighbor, be they Catholic, Jewish or Prostitutes—but don't get caught!

I walked into the men's room and someone had marked on the hand drier **"A message from your preacher!"**

Before take-off the airliner intercom announced: *"This is your pilot. There's a warning light for the thermal expander valve on the #2 engine, and I refuse to fly until it is replaced. Please return to the terminal. We will keep you informed."* Ten minutes later, the passengers were told to return to their seats! One of them asked the flight attendant, *"Did they replace the valve already?"* She replied, *"Heck no, there's not one of those things within a thousand miles, but there are plenty of pilots in the area."*

MOTHER KNOWS BEST...*"But Mother, none of the other fellows have to wear high heeled shoes."* **"Shutup, for heaven's sake! We're almost at the draft board. "**

Hi, I'm Bruce



MEMORIES OF YEARS AGO IN

MARCO

Our History Book

Bruce Small, KM2L

Marco Webmaster

25 Years ago in Marco....The June/July 1988 MARCO Newsletter reported that the site of the 1989 annual meeting was not yet settled. Colonial Williamsburg, Dallas, and Hawaii had all been proposed. President Ed Briner WA3TVG thanked all of Marco's net control operators and in particular Don Mallinson K2TNY for their faithful service. Christine Haycock, WB2YBA co-authored an article in the May 1988 issue of New Jersey Medicine, the Journal of the Medical Society of New Jersey. This month's antenna article printed from an on-air presentation by WB5IIR dealt with clarifying the concepts of radiation resistance, feed point impedance and radiation efficiency.

20 Years ago in Marco...The May/June issue reported on Dayton '93. This was not the formal meeting, but a large number of members attended. A front-page photo taken by Ed Wescott W4UVS includes Ed Ludin K2UK, Eric Ludin N2EL, Robin Staebler NN3L, Dick Shoupe W8QP, Dick Brown W4VN, Doug Badell N9IGB and Ed Briner WA3TVG. President-Elect Polycarp Gadegboku WB4LPC attended the 2nd African-American summit held in Gabon. The purposes of the meeting was to promote a new togetherness in Africa and America. Attendees represented government, the clergy, health experts, agriculturalists and students. Earl Weston W8BSO contributed a column describing his frequent contacts with missionaries in Guatemala.

15 Years ago in Marco.....The June/July 1998 Marco Newsletter reported on the 32nd annual meeting of Marco, held in Dayton on May 15 through 17 at the Holiday Inn North. In attendance were Ira Wexler W3HEF, Bob Currier WB5D, Robin Staebler K3FP, Ed Briner WA3TVG, Warren Brown KD4GUA, Polycarp Gadegboku WB4LPC, Christine Haycock WB2YBA, Bruce Small KM2L, Bob Smithwick W6JZU, Keith Adams WA3RBK, Gene Hoenig WB3FTJ, Judy Hoenig N3MBW, Jeff Wolf K6JW, Roger Higley, WBCRK, Herb Ungricht KK6YR and Jim Patterson W8LJZ. Outgoing President Ira Wexler passed the gavel to incoming President Bob Currier at the annual banquet. Several members have taken advantage of the "decade membership" at \$200 for ten years. This option, introduced in 1997, provides a savings of \$50 over a series of one-year memberships. MediShare, now in its 10th year of assisting third world countries, completed its efforts in Kenya.

10 Years ago in Marco...The June 2003 edition of the Marco Newsletter reprinted the contents of the Marco Grand Rounds held on April 27 and May 4. This was a detailed discussion of Alzheimer's Disease. The risk factors for development of the disease and its treatment received a full treatment. Marco's "Hero" this month was Bob Currier WB5D, our former President, who passed away on March 22, 2003. Bob was an unassuming, straightforward and an extraordinarily accomplished neurologist and teacher. Gene N3HG reported that two MediShare projects were nearing completion. The first was the establishment of a school in Honduras to provide training in the repair and maintenance of medical equipment. The second project was the installation of a network for SSB transceivers in a Zambian hospital and its outlying clinics.

MEDISHARE NEWS

Arnold Kalan WB6OJB Director

MediShare has about \$5,000 in the bank and we're just about ready to find a new project. We authorized \$500 for the T33A Dxpediton to Banaba Island in Nov. 2013, to be given to Jay Garlitz, DDS AA4FL who will represent Marco while he provides his services to the natives on the island. Also representing Marco on the trip will be Arnie Shatz, N6HC. Mary Favaro made a nice gift to MediShare.

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CME RANKINGS, May 15, 2013:

BOB CURRIER MARCO GRAND ROUNDS OF THE AIR .

14.307 (14.344) Sundays, 11 a.m. Eastern, One Hour Cat. II

CME credit

Corrections: wahrenbrown.aol.com

CALL	HRS	NAME	QTH
KD4GUA	16	Warren	Largo, FL
KG6DQV	15	Glenn	Palo Alto, CA
WB6OJB	15	Arnold	Pac. Pal., CA
W4DAN	15	Danny	Cleveland, TN
KNOS	15	David	Virginia
WA9HIR	15	Bill	Berwyn, IL
KC9CS	14	Bill	Largo, FL
NU4DO	14	Norm	Largo, FL
W1BEW	14	Bobbie	Tennessee
KK1Y	13	Art	Seminole, FL
N3JBA	13	Ed	Amenia, NY
N6DMV	13	Paul	Torrance, CA
K9CIV	13	Rich	Knox, IN
WB5BHB	12	John	Vancleve, MS
KA4JWA	12	Jim	W. Virginia
WA1EXE	12	Mark	Cape Cod, MA
N4TSC	12	Jerry	Boca Raton, FL
KM2L	12	Bruce	Clarence, NY
N4DOV	11	David	Ft. Lauderdale, FL
WA3QWA	11	Mark	Chesapeake, VA
N5RTF	11	Chip	New Orleans, LA
N9YZM	11	Mike	Crystal Lake, IL
W4RDJ	10	Doug	Cape Cod, MA
KB5FLA	10	Rich	Arkansas
W3FYA	10	Doug	Baltimore, MD
KD8IDW	10	Mary	W. Virginia
N4MKT	10	Larry	St. Petersburg, FL
WB1FFI	10	Barry	Syracuse, NY
N6NJY	10	Art	Beverly Hills, CA
AE4BX	9	Mary	Myrtle Beach, SC
K6JW	9	Jeff	Palos Verdes, CA
N2OJD	8	Mark	Sidney, Ohio
N9RIV	8	Bill	Illinois
KD5QHV	7	Bernie	El Paso, TX
KE5SZA	7	John	Marietta, OK
K0FS	6	Fred	St. Louis, MO
KE8GA	6	George	Fairview, NC
W1WDR	5	Wayne	Connecticut
KA4WFP	5	Wayne	Ocala, FL
W5AN	5	Bud	Lafayette, LA
W8LJZ	4	Jim	Detroit, MI
N9GJ	4	Greg	Cleveland, TN
W3DRB	4	Miles	Elizabethtown, PA
KE5BQK	3	Linda	El Paso, TX
K4RLC	3	Bob	Raleigh, NC
W0RPH	3	Tom	Denver, CO
WB2MXJ	3	Joe	New Orleans, LA
K3IK	3	Ian	Shavertown, PA.

Because of poor propagation we may have missed you—for corrections email: wahrenbrown@aol.com

YEAR TOTAL CHECK-INS AVERAGE PER SUNDAY

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	568 (16 nets)	35.38

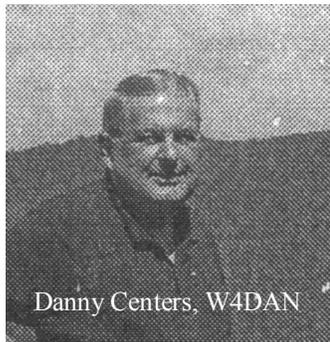
Record number of stations checked-in was 47, on Dec. 30, 2012

We are averaging 27 check-ins on the alternate frequency of 14.344 & 41 check-ins on 14.307

Meeting called to order at 9:30 am. 2012 Meeting minutes were read by the Secretary Danny Centers W4DAN.

MARCO has 209 members including 31 with unpaid dues in 2013. In 2012 MARCO had 206 members including 55 with dues in arrears. On time dues payments improved 56% over last year. This is possibly due to the new January dues payment policy and indicates a dual advantage to the new policy.

Acting Treasurer report present by W4DAN: Expenditures and receipts from Dec. 31, 2011 through March 31, 2013, were: MARCO bank deposits total \$17,231.65 including \$12,183.80 MARCO organization funds and \$5,047.66 MediShare funds.



Danny Centers, W4DAN

Webmaster report presented by Bruce Small, KM2L: Chip Keister N5RTF phoned Bruce and the call could be heard over a speaker phone by all in attendance. This resulted in exchanges between attendees and Bruce concerning his improving health and all wished him well. A previously prepared statement by KM2L for the meeting is: "The gist of the Web report is that Dave completely rewrote the website and now publishes it in WordPress. If you haven't taken a look at it, please do—it is radically different from what we had before. I have the ability to publish on the Web site. I'm not sure about the rest of the Internet committee members. If they want publishing rights, Dave can set them up. Dave did note that the Goodge Ad campaign was generating some click-throughs, but very little in the way of membership inquiries. Dave may have some ideas about how to get more casual observers of the site to follow through. I would be interested in the comments of any members who have visited the site since it has been redone. What works? What is missing?"

Internet Audio report presented by Chip Keister N5RTF—the Internet audio is working very well with several members using the system to copy the Grand Rounds net when radio propagation is not good, and/or antenna and radio equipment not available.

Internet Google Ads report via email from Dave Lieberman KT8E: Dave's father, Lee has been in the hospital with pneumonia and neither could be in attendance. Dave emailed the following: A WordPress version of MARCO-Ltd.org was published in November 2012. A Google AdWords campaign was initiated in Dec. 2012. Four hams submitted request for information. At least one has applied for membership to date. MARCO-Ltd.org landing page: Submitting the form automatically sends an email to the club secretary. Any member of the committee can manage and add content to the site. Four submittals have been received since December. Recommendations: Maintain a daily advertising budget of \$1.25. This will reduce the monthly cost to \$38.00. Improve the curb appeal of the web site and offer compelling reasons or incentives for potential members to join. Have members write brief testimonials about "Why I joined MARCO" and publish on the web site. Document and publish more pictures and descriptions of interesting MARCO events. Provide a compelling answer to the question, "Why join MARCO?"

Newsletter report represented by Warren Brown, KD4GUA: The electronic (pdf file) version of the newsletter is being provided to those that request it. It is the opinion of the editor that paper copies of the newsletter should not be discontinued.

MediShare report presented by Arnold Kalan, WB6OJB: Arnold reported that there had been some generous contributions from several MARCO members during the past year. The DXpedition to Banaba was discussed by Arnold and he made a motion for MediShare to contribute \$500 for supplies for Jay Garlitz AA4FL in order for him to perform dental work for the natives during the DXpedition. The motion was seconded by Danny W4DAN and a vote in favor was passed. MARCO member Arnie N6HC, a veteran DXpeditioner and contester, has been instrumental in organizing the trip. Arnold made a plea for more MediShare donations in memory of the recent deceased members, Lou WAIHGE, Smitty W6CS, Bob VE3OQM and Polycarp WB4LPC. Arnold asked Mary to report on the Zambia project. Mary said the MediShare donation of computers and other supplies are helping to make Sister Connie's endeavors successful. Mary stated that more help was needed because of the high cost of drilling wells and that fresh water was at a premium there.

Old business: Clarification of changing the day for the meeting held during the Dayton Hamvention. Even though it had been voted to conduct the meeting on Saturday instead of the traditional day of Friday, this was later overturned by the board members. Because of no availability of meeting space on Saturday and input from other members. It was reiterated that nothing restricts MediShare to projects in the third world. Ideas for MediShare projects should be emailed to the MediShare Chairman or President.

New business: Bruce KM2L commented via email, concerning interference to the Sunday morning net, "I know that we have more opinions about operating strategies and frequencies than we have participants in Sunday Grand Rounds. Painful as it may be, I think that we need to try to reach a consensus about what to do, and then do it, rather than try to reinvent the wheel every week." It was determined that the net would continue on 14.307 MHz, but if interference prevailed the net should continue on 14.344 and down minus QRM. It was suggested by KD4GUA that a QSO of

The annual MARCO meeting

was held at the Breakers Hotel, in (mostly sunny) Myrtle Beach, SC April 25-28. Most everyone arrived on Thursday and we gathered in the hotel that evening to enjoy dinner at an Italian restaurant a few blocks away. Friday morning we had a business meeting that covered many topics including past and future MediShare donations, the new website, the development of a MARCO brochure and many other topics.

Danny W4DAN has been handling the positions of both secretary and treasurer since the death of Lou Wiederhold. An assistant will be appointed for him as soon as possible.

After the business meeting the group viewed the SC Heart trailer that was brought to the Breakers by John W3KH, the director of the SC Heart organization. The trailer is outfitted with a repeater, power supplies, radios and antennas and is used by the state emergency services.

John was one of the dinner speakers and told us about the development of SC Heart, which now has the ability to link all 2-meter repeaters in the entire state of South Carolina. The trailer is often carried to Dayton, and it participates in many exercises as well as field day. It is kept in tip-top condition to be used at any emergency on short notice.

We had a delightful magician during the banquet. He roamed among us before and during the banquet then gave a very enjoyable show. He did card tricks, made spiders pop out on people and made money appear and disappear to enchant and mystify us all.

At the end of the banquet, Arnold WB6OJB gave a short bio of each of our silent keys from the past year. Other members joined in with their memories of each as well. Our very missed silent keys were: Bob Morgan VE3OQM, who was very active on the CW net, that will be named after him, Lou Wiederhold WAIHGE our treasurer for many years. Polycarp Gadegboku KZ4P, a former president of Marco, and Robert Smithwick W6CS the almost single-handed force behind the development and operation of MediShare.

So we had a great time, enjoyed the camaraderie of everyone who attended, and missed all who were absent as well. See you all in Dayton,

Mary Kaye Favaro

AE4BX



approximately 30 minutes before net time be initiated by at east two MARCO members to occupy the frequency before net time.

Suggestions were made that some of the graphics that appeared in the previous web site should be reinstated to give the site more appeal.

A determination was made to moderate the Google AdWords project and reduce spending to the amount of \$1.24 per day/\$38.00 per month or less in the future because it is not proving to be cost effective. Per Dave's suggestions, member are urged to submit input concerning incentives for new member applications.

The MARCO brochure project was supported by those in attendance. Suggestions for the project were to include testimonials by members stating why they joined MARCO, the benefits and any incentives that would help to sell the organization to prospective members. The creator of the brochure, Bobbie Williams, WIBEW was not at the meeting, but would appreciate comments and suggestions.

Nominations for Treasurer were taken. Mary Favaro was named Treasurer-elect and will assist the acting Treasurer until her term as president expires, at which time she will assume the Treasurer duties.

Warren made a motion to allow those wishing to receive *Aether* electronically and to opt out of receiving the paper copy could do so by sending their email address to the Secretary. The motion was seconded by Arnold and passed. It was suggested that MARCO should request that links to MARCO-Ltd.org be published on other amateur radio websites, and in return, publish links to those respective web sites. Exploring the possibility of placing an ad in JAMA to see if a better response from prospective new members can be obtained than is being received from the ad in QST was to be investigated.

Meeting was adjourned at 11:15 A.M.

A PLASTIC SURGEON LAMENTS...

By David Applestein, N4DOV, Ft. Lauderdale, FL.

(Continued from page 2)

In Fort Lauderdale we had some facial rejuvenation competition from a clinic on the east side of town specializing in "Facial Rejuvenation and High Colonics." Near my office an "enterprising" gynecologist had a sign indicating he specialized in "Gynecology and Facial Rejuvenation." Never thought of those as portals to the face. The latter's career "burnt out" when he scarred a few clients with acid peels. I believe Sylvester Stallone's mother was a prolific purveyor of facial chemical peels at one time (<http://www.cosmeticsandskin.com/aba/face-skinning.php>) Today of course, she has used and abused every thing that can be done to the face. Of course down here we have the "Boca Face"—windswept look, with smooth skin, widened mouth, injected fat lips and cheeks and temporal baldness from too many facelifts in the geriatric population. South Florida, "will cut for cash" (you will still be ugly is not part of the informed consent!)



People will go to extremes to achieve their desires. I had a young female patient who wanted a breast augmentation. She gave a history of a childhood blood dyscrasia which she claimed was cured and I noticed scars on her breast from what she said was bilateral breast biopsies. When I warned her about her risk and asked for the names of her physician she got up and left. A few days later I was informed she was in the ICU. She had found a clinic (which was at one time owned by a used-car salesman who had a criminal record), which did the surgery—unfortunately, the fact that she was bleeding copiously did not stop the "paid cutters of the day." She died of bleeding, sepsis and was in a leukemic crisis at the time of surgery. A medical history can be so inconvenient when you want to do surgery!

From a surgical perspective I realized there are two types of instruments in the market place. One type involves procedures looking for specific instruments and the other is instruments looking for procedures. Laser falls into this group in my opinion. The fad became anything "Laser Assisted" in just about all fields. The so-called "laser assisted endoscopic cholecystectomy" is an example. It soon became obvious that the laser was cumbersome and endoscope instruments were more than adequate. Laser no doubt has many wonderful medical uses, that I can't deny and facial rejuvenation is the ideal field to stoke patient's vanities. It is estimated that in the next few years more laser procedures will be performed in spas, by non-physicians, than anywhere else. Botox and its newer variants, to me is such a treatment—not a day goes by when someone experiments on a new use for botox.

Lotions and potions are now ubiquitous in offices and at every medical conference exhibitor's area. The thoughts of making a few extra dollars by competing with the cosmetic counter at one's local department store enticed me also. At first, it was hard, because I was a "real" doctor. This reminds me of a lotion story. The lotion to reduce thigh fat was a successful fad. The miracle cream was rubbed to the thighs for a specific period of time a few times a day and voila, weeks/months later the thighs were thinner. Aminophylline in the cream was the "secret ingredient" — who knew that a bronchodilator could reduce fat. Also asthmatics probably have no fat in their bronchi, which should be proof right! Oh well, in a controlled study using placebo cream, the same result was achieved. The concept of pressure friction atrophy has reared its head. Back to the "slenderella" machine.

So many stories that are sort of funny in their tragedy can be related by all of us. Anyway enough of my whining. And by the way, the so-called pot of gold sort of eluded me although the memories of 30 years of practice are quite golden. So it's time to hit the shack because its time to inject myself into rejuvenating my

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SUMMARY OF "THE AGING SKIN."

Changing Characteristics of the Aging Face: Wrinkles caused by loss of elasticity (*expressional, gravity*). Loss of fullness (Collagen). Atrophy: Solar wrinkling & Actinic changes; Wrinkles caused by muscle contraction; facial bone resorption.

Treatment for loss of elasticity: Lasar (*superheating causes tissue to contract*); Pulsed light, Topical Vitamin C, Radiofrequency.

Treatment for thinning skin with filler substances: Collagen (lasts 4-6 months) such as Zyderm (*bovine*), Cosmoderm (*human*). Hyaluronic Acid, such as Restylane & Perlane. FAT (aspirated fat from abdomen or thigh.

Treatment for solar elastosis, Actinic, Neoplasm: Moisturizers. Exfoliation such as chemical peels, microabrasion, freezing, laser. Irritants such as Retinoids. Bleaching agents such as Hydroquinones and Kojic acid; Control of Neoplasia with Efidex, Fluroplex and Carac.

Treatment for bone resorption such as synthetic implants of silicone, Goretex, and Therifil.

Treatment for skin lines caused by facial muscle activity: Botox.

Treatment for gravitational changes: Cosmetic surgery.

THE ORIGIN OF "UNCLE SAM."

Samuel Wilson was a government meat supplier and inspector in Troy, N.Y., during the War of 1812. Wilson would stamp the initials "E.A." for Elbert Anderson, the principal army meat contractor, and "U.S." (for United States) on each barrel of supplies destined for the soldiers. Wilson was a well-known figure in Troy, affectionately called "Uncle Sam."

The legend began as a joke. In Oct. 1812, the Governor of N.Y. was visiting the E&S (Samuel) Wilson Meat Co. He asked what the U.S. initials stood for. An inspector remarked, "It stands for our Uncle Sam Wilson who inspects the meat for the United States." The Army then became known as Uncle Sam's men."

The present-day lean man with a beard and top hat depicted as Uncle Sam, was the creation of Thomas Nast, a political cartoonist during the Civil War. Prior to that Uncle Sam was depicted as "Brother Jonathan" a middle-age clean-shaven man with a round face wearing a stars and stripes vest and a nightcap. This comic was also known as "Yankee Jonathan" and "Yankee Doodle." Later "Yankee Doodle" was dropped in favor of just plain "Uncle Sam."

WHY DO SOLDIERS SALUTE? A salute is a gesture of respect to a person of superior rank. The form has varied from a bow to kneeling; from gestures of the hand and arm to tipping the hat. Until the end of the 18th century, the way junior officers saluted superiors was to doff the hat. In fact, civilians still do this as a gesture of respect. This custom goes back to the days when a knight would raise his helmet's visor or uncover his head before a lord.

The change from taking off the hat to just raising the hand in a salute took place for a practical reason. When soldiers fired their muskets, black powder would settle on their hands and make them very grimy. Using these hands to take off their hat would ruin the hats so at the end of the 19th century, the change was made to the hand salute.

"OLE SOL" IS SHINING, Sun Cycle Report...

By Danny Centers, W4DAN

Unscientific, but intuitive comment on solar cycle 24: It appears that this cycle, though not as active as previous cycles, may turn into one of the long4st from minimum to maximum, then back to minimum. This cycle reportedly began in 2008. We are now experiencing a second spike. CQ magazine is all this cycle the twin peak cycle. Regardless, we seem to be in the major peak now (*Spring and summer of 2013*). Actually, "Old Sol" is operating right on schedule for this peak. It could turn out to be better than expected.

I think there was an anxious and premature reaction by the predictors. Could there have been a slight temporary decline in the rise on the way to the maximum? Could this maximum equal or exceed cycle 23? I think it is possible. One good thing about cycle 24 is that it seems to be creating less solar storms and coronal mass ejections that cause temporary band closings. DXing has been good lately.

cosmetically appealing laser assisted rig. Thanks for taking your time to read these thoughts from my meandering mind.

David, N4DOV

WHAT IT'S LIKE TO BE A SPY

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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 by U-boat 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 Joan in the N.Y. apartment. It was on Times Square, New Year's 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. In May 1945, Germany capitulated and Gimpel, saved again, was moved to Leavenworth prison in Kansas. It was Sept. 1945 when he learned his death sentence had been changed to Life Imprisonment by President Truman and he spent the next four years shoveling coal in the heating plant. After a failed escape attempt at Leavenworth he was shipped to Alcatraz Island in San Francisco Bay.

FREEDOM

Although every form of organization was officially prohibited, prisoners were nowhere so closely organized as in Alcatraz. The bank robbers and kidnapers were the ring-leaders. While rope-making was supposed to be in progress, alcoholic liquor was being brewed from sugar, yeast and raisins stolen from the kitchen. I drank a whole mug of the stuff and couldn't walk straight afterwards. From then onwards I received my daily ration. Alcohol makes everything more tolerable. Our supplies of liquor were discovered and confiscated, but we retained our primitive distillery.

Although Alcatraz is known as the toughest of American jails it also has its pleasant aspects; the dining-hall, for instance, which was so appetizing and almost comfortable, that you might easily have imagined yourself in a hotel. The menus were well balanced and the food tastily prepared. Of all the American prisons in which I have been obliged to spend nearly eleven years of my life, this Devil's Island had the best cuisine.

Here I was allowed to go to the cinema twice a month. Once a year, each prisoner appeared before a disciplinary commission of which the captain of the prison guards, the governor of the prison, the block warders and the prison chaplain were members. Although this commission was competent to grant only trifling privileges, the fact that one could appear before them was in itself of great psychological importance. For instance one official said to me: "Actually, Gimpel, I have no idea why you are still here. After all, you are a prisoner-of-war. I will see if anything can be done for you." And the governor said: "Your conduct is excellent, and apart from that you work voluntarily, of all the prisoners here I like you best."

One day I was taken into the visitor's room. Visitors and "hosts" were separated from each other by a wall in which were spy-holes of thick glass. You could see the other person but you couldn't hear what they were saying so telephones had been installed on either side of the wall. I entered the visitor's room and was showed a spy-hole. On the other side stood a middle-aged man in a well-cut suit. He smiled at me and I picked up the receiver. "Good morning, Herr Gimpel," he said in German. "You will be surprised to received a visit. I have been wanting to come to see you for a long time, but I have only just been given permission. I am the German Consul-General in San Francisco, Dr. Schonbach." "I just wanted to tell you that we have not forgotten you. We are doing everything we can to get you out of here. You will understand that we have to proceed carefully. You must have patience and yet more patience." "I'm quite use to being patient," I replied,

During this time I began once more to have hope. Then one night I was suddenly awakened. I looked at the clock...it was three in the morning. "Pack your things, you dolt," said the warder. "Would you believe that a chap could sleep away his own release?" "Release?" I asked. "Yes, you've been transferred to Atlanta, Georgia." Transferred to Atlanta, that might be the ante-room to freedom!

The Atlanta penitentiary to which I was transferred was the haven for my good conduct. My sentence had been reduced to 30 years imprisonment but I continually applied for parole. Then, one day I was informed I was being released, my parole was being granted. Things moved forward at great speed. I was given a suit and a check for a few hundred dollars and driven to the Atlanta airport. The *Italia* was the ship that was going to take me back to Germany from New York.

I was now 45-years old with \$424 in my pocket. I had been free for six days, released from prison, expelled from the U.S.A. To the American authorities I was a spy; to the Germans a late repatriate. I should in fact have been dead nine years and eleven days.

I avoided going on the *Italia's* deck until it was dark. I had forgotten how to speak to people. I had first to get used to the world again. To time, to fresh air, to money, to laughter. In the long dreary years of captivity I'd become unsure of myself and had to force myself to go to the ship's bar and then to the ship's rail. As I looked at the stars the old anxieties began to be blown away. I forgot the unforgettable. I forgot that I had been measured by the hangman. I ceased to see the face of the judge as he murmured quietly: "Death by hanging." I no longer felt I was Agent 146 who had sailed for 46 days with U-1230 through depth charges and air attack to land in Frenchman Bay and carry out the most fantastic task the war could command.

"Are you Mr. Gimpel?" An office of the *Italia* had come up to me. "We're putting into Plymouth this afternoon. The English newspapers are bombarding us for an interview with you are you willing?" "Must I?" I asked. He shrugged his shoulders. "All right," I said.

I met them in the smoking room and they asked questions... "Do you hate America?" "No, by no means." "Did you enjoy being a spy?" "No, not at all." "Were you a member of the party?" "No." "Where will you go?" "I don't know." "All the best," said the reporters. "All the best," I replied.

I was now only a few hours from Hamburg. I wished to leave the ship unrecognized so the ship's captain asked a German exchange student if she would care to be Frau Gimpel for 10 minutes and with her I left the *Italia* through a side exit. I was home again.

I have spent a few months writing my reminiscences. I have tried to present them in a deliberately unsentimental way and I have not glossed anything over. There is not, there was not, and there never will be any glamour in the métier of a spy. The silent battle the secret agent fights is a dirty battle, merciless and cold. It is the dirtiest side of war. And I hate war. And I hate the job of a spy—I always shall.



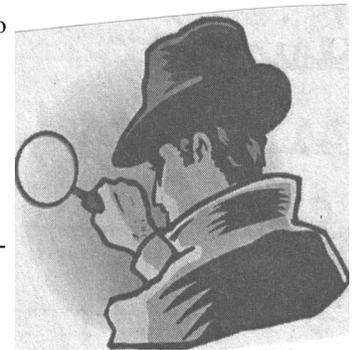
Erich Gimpel on the left and American turn-coat William Colepaugh on the right.

The photo of Gimpel was taken by the FBI in New York City in 1945.

This spy story was made into a movie "Spy for Germany," after the

Second World War.

Colepaugh died on 16 March 2005. Erich passed away in early 2011. the incredible story of how this man honestly cheated the hangman's noose twice has made unforgettable history.



1-12

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