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A non-profit Corporation, founded in 1965, privately supported for the public good and dedicated to the advancement of Medicine through Amateur Radio.

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

TESTOSTERONE DEFICIENCY IN MEN

THE BEST WAY TO KNOCK OUT YOUR TESTOSTERONE LEVEL IS TO TAKE A BIKE RIDE, TAKE STEROIDS AND GET OLD.

Recently we have found a correlation between low testosterone (T) levels and high mortality from both cancer and cardio-vascular disease. **After all, prostate cancer almost never occurs in men in their twenties when testosterone levels are at their lifetime peak,** NO, it occurs when their prostate levels are low, when they are over 55. It has been found that when the T-level goes **down** the prostate cancer goes **up**. There is a 3X chance of dying from any cancer and a 2X chance of dying from CV disease with low testosterone levels. It has also been found that **38% of men over 45 have low T-levels**. A low testosterone level is when the **total** testosterone falls below 300 ng/ml. A more accurate way to determine this diagnosis is to run a **free** testosterone level, which represents only 2% of the total, but this test is expensive.

The original far-fetched idea of urologist Charles Huggins in 1941 that giving Testosterone replacement causes cancer of the prostate came from the findings on ONE person in 1941. This paper, printed in "Cancer Research" was located by urologist Abraham Morgentaler in 2004. Prior to that, studies in dogs in 1900, showed that castrated dogs with low T levels didn't get cancer of their prostates. Thus, castration, surgical or chemical, then became the standard treatment for this disease.

Certain drugs depress the T-level. They include: opiates, dilantin, flutamides (*Eulexin*), phenothiazines (*schizophrenic drugs*), Lupron, estrogens, thiazides and statins. **Statins lower cholesterol but cholesterol is what T is made from.**

Co-morbidities also depress the T-level. They include: diabetes, obesity (*found commonly in these United States of Obesity!*), renal failure, CVD, liver disease, HIV and Alzheimer's.

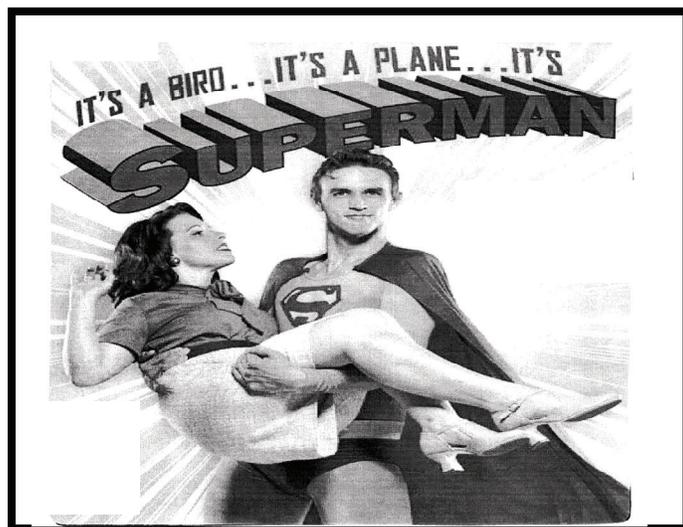
Symptoms of T-dysfunction include: depression, fatigue, decreased bone mass with easy breaking, loss of libido, loss of muscle mass and oligospermia. Most of your frail elderly males are good examples.

T decreases the sperm count and should not be used in young males as once it is depressed it is difficult to get started again. T is a good male contraceptive.

Diagnosis is made by getting an early morning blood sample and running a total testosterone level. If it is below 300 ng/ml it *suggests* T-dysfunction. If between 300-500 it is suspicious of...and if above 500 ng/ml it is normal.

Treatment: First, get a serum prolactin to help rule out pituitary disease and a PSA and digital rectal exam to help rule out prostate cancer. **T-treatment is contraindicated in male breast cancer and known prostate cancer. However, it has been established that T does not cause prostate cancer but can exacerbate the disease once it is established..**

Oral T is no good. Pellet implants are acceptable. Scrotal patches such as "Testoderm" are out due to liver toxicity. Transdermal gels such as Androgel and Testim, by-pass the liver, and are in. One should



CONTINUING IN THIS ISSUE, on page 11....The story of ham radio-operator Capt. Kurt Carlsen W2ZXM and his one-man battle to save his ship, the "Flying Enterprise" after being battered by a Category 4 hurricane in the North Atlantic in 1951.

LATE BREAKING NEWS

Sunday Grand Rounds now on 14.342 MHz, 11 am Eastern.

2014 Dayton HamVention/Marco Meeting & Banquet... Meeting, Friday morning, May 16, 2014; Banquet, Saturday night May 17, 2014. To be held at the Holiday Inn-Dayton Airport, 10 Rockridge Rd., Englewood, Ohio, 45322. This facility is one of the closest motels to the Hara Arena, which is the location of the HamVention. If you can attend for the full session, consider booking your room for the nights of May 15, 16, & 17. Call this facility direct at 937 832 1234, and state that you will be with the Marco group. If you prefer, reservations can be made on line using the code "MAR." Room rate is \$134.95 per night, plus junk fees. The corporate Holiday Inn web site is showing NO ROOMS AVAILABLE. If you Google the Holiday Inn Dayton ? Airport at Englewood, Ohio, you should be able to go to the local facility site and book using the code "MAR" without the quotation marks. Cancellations must be made 30 days prior to check in date to avoid penalty. There are a limited number of rooms available for Marco members. As a matter of fact, the original block of 15 rooms that were set aside sold out in two weeks. We were able to negotiate a few more rooms to be added to our block. Book early! Making plans this early is inconvenient, but take into consideration that this is the location of one of the largest ham-fests in the world, and the accommodation are at a premium.

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

MARCO NET SCHEDULE

<u>DAY</u>	<u>EASTERN</u>	<u>FREQ.</u>	<u>NET CONTROLS</u>
Any Day	On the Hour	14.342	Hailing Frequency
Sunday	10:30 a.m. Eastern	14.140	CW Net, Chip, N5RTF
Sunday	11 a.m. Eastern	14.342	Warren, KD4GUA

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

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

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.

refrain from showering for at least two hours after placing the patch. A new Trans mucosal patch (*Striant*) placed inside the lip twice-a-day is now acceptable. I.M. injection every two weeks is acceptable but establishes peaks and valleys of absorption which are not as effective as steady state induced by the transdermal patches. Side-effects of T-therapy are polycythemia, edema, sleep apnea and gynocomastia.

There is no data supporting the myth that T is the cause of prostate cancer. The saying, "Testosterone increases the desire but not the performance" is also a myth. It increases both. These new findings were originated by Morgentaler in 1996 and have since been validated.

Current guidelines suggest a PSA and rectal exam every 3-6 months while on T therapy. If the PSA goes above 6 or increases 1.5 in six months a GU consult should be ordered. Titrate Total T-levels and try to maintain levels in the 500-1100 ng/dl range.

And remember, "*smoking kills the penis!*"

PEARLS ON PROSTATE CANCER

One in four die from prostate cancer who have it.
 Lupron knocks out LH and FSH
 Eulexin and now Casodex inhibits conversion of testosterone to active 5-dihydrotestosterone.

A nodule is found in one in 18 rectal exams.

One in 3 men over 50 have CA of the prostate at autopsy; only 1 in 100 men that have it will be diagnosed.

PIN = "Prostatic Intraepithelial Neoplasia."

Gleason Score: 2-4 "latent," well differentiated slow growing; 5-7 (the most common) moderately differentiated; 8-9 is the bad one, poorly differentiated fast growing tumor.

Of all biopsies 50% to 66% are negative.

1/4 of hypoechoic lesions on sonograms have cancers.

The size of prostate varies from 15-20 grams up to age 40; then, if 30-50 a TURP can be done; if over 50 grams must have suprapubic extraction.

Tumors can grow in the prostatic capsule lining after suprapubic prostatectomy has been done.

The PSA can be elevated in prostate cancer, BPH, prostatitis, cystoscopy, urethral instrumentations, prostate biopsy and cycling.

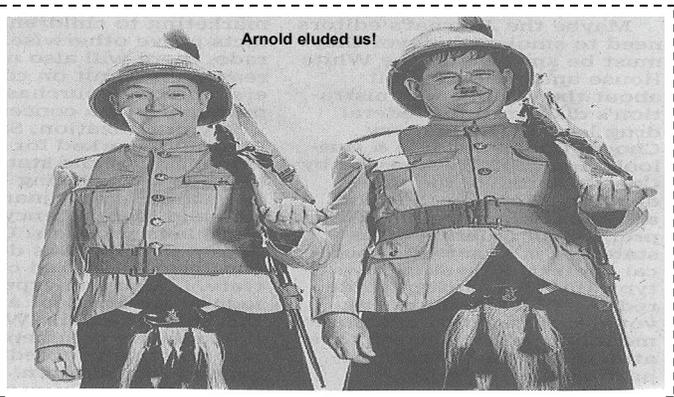
The PSA is NOT elevated when taking finasteride (Proscar).

HOW AN INTROVERT CAN BE HAPPIER

Extroverts are generally happier than introverts who are more withdrawn in nature. Research recently has shown that they can be happier by simply acting like extroverts. Other studies have shown extroverts are more motivated than introverts due to their greater sensitivity to dopamine, a neurotransmitter that plays a big role in behavior driven by rewards.

Introverts however, underestimate how much fun it would be to act extroverted—you don't want to go to a party and then go and NOT have a great time! However, extroverts have a harder time acting as an introvert as introverts have in acting like extraverts.

We live in a culture that very much subscribes to the extrovert ideal of being bold and assertive. Trying to change takes its toll in glucose usage and cortisol stress levels. Probably best to remain what you are and enjoy it.



Where's Arnold WB6OJB? Above troopers were supposed to guide Arnold Kalan on his recent DXpedition to Botswana, Africa, but located his whereabouts only after he had returned home to California.

THE WEAKEST SOLAR CYCLE IN 100 YEARS !

From Sky & Telescope, submitted by Bill Otten KC9CS

Sunspots have fascinated astronomers ever since Galileo discovered them in 1613. They proved to come and go in an 11-year cycle. Now, however the Sun is acting weird. It typically puts on a pageant of magnetic activity every 11 years but this time it overslept. When it finally woke up (*a year late*), it gave the weakest performance in 100 years.

What's even weirder is that scientists, who aren't usually shy about tossing hypotheses about, are at a loss for a good explanation.

The sun normally rotates faster at its equator, which stretches the magnetic field lines around the solar surface. A well-behaved Sun flips its north and south magnetic poles every 11 years. A cycle starts when the field is weak and dipolar—basically, a giant bar magnet. But the Sun's rotation is faster at its equator than at its poles, and this difference soon stretches the field lines like distended rubber bands around the solar surface. Frenetic activity ensues, with magnetic tangles producing sunspots, prominences, and sometimes flares and plasma explosions. All of that dies down when the Sun-wide magnetic field lines finally snap into simpler configurations, re-establishing the dipole field and beginning the next cycle.

The Sun has been doing all of that just to a lesser degree. "Not only is this the smallest cycle we've seen in the space age, it's the smallest cycle in 100 years," says one scientist, who took part in the Solar Cycle 24 Prediction Panel back in 2007.

The panel members were split at the time on whether the next solar activity cycle would be strong or weak, but their middle-of-the-road estimate anticipated 90 sunspots as a peak value near August 2012. Instead, the peak sunspot number seems to be less than 70, and the maximum arrived later than expected. Cycle 24 should have peaked in 2012, 11 years after its last minimum in 2001, but the Sun overslept by a full year, waking in 2013 instead.

It's possible that, weak and weird as it is, Cycle 24 is still part of the Sun's normal variation, even if it's one of the weakest cycles yet recorded. If this trend continues, there will be almost no spots in Cycle 25, and we might be going into another *Maunder Minimum*. The first *Maunder Minimum* occurred during the second half of the 17th century. Almost no spots were seen on the Sun during this time, which coincided with Europe's Little Ice Age.

Regardless of what's causing the Sun's strange behavior, scientists anticipate that Cycle 25, expected to peak in 2024 will be the weakest yet.

DOGS IN A DOCTOR'S OFFICE????

As Presented on MARCO Grand Rounds, July 28, 2013

BACKGROUND: The Florida Board of Medicine states: "Private practice physicians may have pets in their medical offices, but they must ensure that patients are informed of the presence of the animal and what type of animal it is before the patients visit the office. Prior notice should be achieved by placing a sign on the door of the office, as well as by informing patients who call the office to make appointments to see the doctor. Additionally, doctors must ensure that the level of cleanliness in the office is appropriate for the practice of medicine, as well as that the animal does not interfere with the doctor's practice of medicine. Physicians in private practice have an obligation under the American with Disabilities Act to admit guide dogs."

ANALYSIS: This matter came before the Board by way of various complaints regarding private practice physicians having pets in their offices. The complaints ranged from issues of cleanliness, to patients' discomfort in the presence of animals, to a patient's allergies to fur-bearing animals. The regulations governing the practice of medicine do not address animals in a medical office and this policy statement is intended to clarify the matter. The Board wanted to provide notice to private practice physicians that while they are permitted to have pets at work, they must notify patients as to allow those patients to make informed decisions about their healthcare.

NOTE: Each State has different requirements.

Those that welcome four-legged companions into their lives understand firsthand the many benefits of having a "pup" around. Dogs are a living, breathing example of how we can be healthier and happier by spending less time stressed out and more time enjoying life.

Recently a reporter walked into a doctor's office near Philadelphia, PA. He writes: "While I was waiting for my appointment, an older man walked in pushing a black cart. And perched in the basket on top was a ratty little black dog. Everyone seated in the waiting area looked puzzled—some a bit concerned—as the little rat dog looked around anxiously surveying his surroundings. He gave a faint growl and let out a low "yip!" at a very large man who walked into the office. The large man shook his head. I kept waiting for someone from the doctor's office to intervene as the rat dog continued to make noise and generally cause a fuss, but they didn't. Even the very serious office manager, who walked into the waiting area to ask the animal's owner a few questions, didn't go beyond a dirty look when the dog growled at her."

"Later as I sat in the exam room waiting for my doctor to poke and prod at me, the dog owner and his little furry friend were escorted to the exam room across the hall. Through my cracked-open door, I heard the dog snarl at the nurse, who said in an under-the-breath huff as she walked away, "Dogs do not belong in doctor's offices."

And it turns out that it's not just patients bringing their pets into medical offices. The doctors are doing it too. A female friend tells me that she had a canine run-in of her own at her doctor's office. "The doctor had the dog in the office during the consultation and held the dog for most of it," she remembers. "Then the doc brought the dog into the exam room, which struck me as a little weird. The dog sat on a chair—it was a very docile little thing—during the exam. And then the doctor picked up the dog and left, as if it was the most natural thing in the world."

Dr. Ralph Rophie, Clearwater, FL., who has his dog "Shaggy" on board while he works states, "Some people think that pets are dirty and could possibly spread disease in a medical office. Shaggy is a non-shedding breed and all sanitary precautions are always utilized to ensure safety." When asked how did Shaggy become a therapy pet and why did he decide to implement this type of therapy he replied, "It happened completely by accident. I had to bring him to work six years ago when he was a puppy and he was so well liked by the patients that everyone asked that I keep bringing him to work. Getting him certified as PT (Pet Therapy) dog was the natural next step."

Rophie went on, "I believe that all my patients receive the benefit of Shaggy because he brings comfort, makes people feel at home and increases the levels of "oxytocin, the love hormone" which provides multiple medical benefits to include: lowered blood pressure, stimulation of memory and cognitive functioning, helps reduce anxiety, improves mood and gives one a sense of belonging and increases social interaction."

3

Dr. Rophie referred to having a dog "certified." What does that entail? For about \$10 you can have your potential animal certified in the Tampa Bay area by a vet who will make sure the animal is calm, friendly, have good manners (doesn't pull at the chain and knock people down), is clean and healthy and is at least one year old.

He will then receive a "dog tag" indicating he is "Pet Certified." A similar outfit exists in the State of Delaware called "PUPS" for "Pets Uplifting People Society." This outfit is not limited to dogs as they are looking forward to certifying cats, rabbits, birds and even ponies.

Project Pup is present in the Tampa Bay area and is partners with Hospice of the Florida Suncoast. Big or small, long or short-haired, looks do not matter just as long as they are friendly and lovable. They have lots of retired sweet Greyhounds. The organization screens nearly 35 dogs every other month ensuring the dogs are appropriate for visits and that their vaccinations are up-to-date. People think it is great fun for the dog to be petted and fussed over and it is, but it can be stressful at the same time because the dog is experiencing strange equipment and smells, strange people, strange hands reaching for it, and the dog must process all these stimuli. All dogs are well bathed, brushed and nails clipped before going on a visit to a nursing home, hospital or other healthcare facilities.

A new old phase of medicine is being re-introduced called "Animal Assisted Therapy (AAT)" that has been created to lower patient anxiety, cholesterol and cortisol levels and help people feel welcome and comfortable in a doctor's office. It all began 70 years ago when an Army corporal first took his Yorkshire Terrier into a hospital to successfully visit wounded soldiers in the 1940s. Much research has been completed on the different forms and lasting benefits of pet therapy.

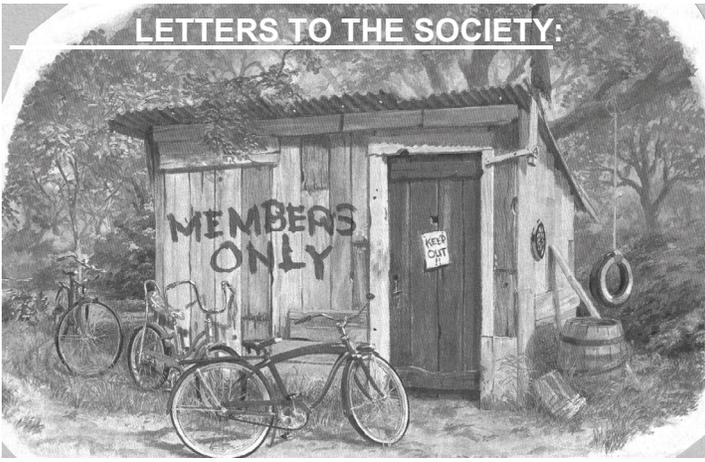
The most remarkable moments occur with Alzheimer's and stroke patients. One little dog's soulful eyes and gentle spirit have a way of melting anxieties and touching people at the heart. Visits at memory care facilities confirm this when those who are often unable to communicate verbally and seem out of touch with reality, respond to this unique canine caregiver. The recognition and joy that comes over them as their hands touch the dog's soft coat or as they look into their eyes is evident. Stroke patients struggling to regain their words have uttered new phrase and commands such as "Oh wow" and "Please, come" the moment they see the little dog arrive at their door.

However, there are two sides to this story—one lady states, "There's an excellent reason to restrict access by dogs. It's an allergy problem. Most allergies to dogs don't cause anything worse than congestion. But some people have much worse allergies. I have extreme long-term reactions. If I take a breath of the air around a dog, I get sick for about 5 days. I can't think well—it's like I have mud in my head. I am deathly afraid of their dander." (This reminds me of the lawyer who came to my office indicating I had no brail markings on the toilet door sign—I answered him by saying I had no blind patients at that time! Didn't matter, I had to put up a brail sign and it had to be so many inches from the side and top! I don't think anyone ever used it—even my few totally blind patients.)



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 : ?????

Ian Kellman, Shavertown, PA writes: "I am alive, hope you all are well. Schedule and antenna problems have kept me from signing in. Have tried but not being heard. Will try again. Frequencies on back of newsletter do not agree with new freqs (*Ian wasn't wearing his glasses.*) Folks who give blood live longer many studies agree...saw comment on young blood, give blood and body has to replace with "young" blood, also lowers iron in men. Makes sense to me. I give blood regularly, when I get around to it...look for local drives and stop in, no schedule, they rarely refuse, but that is another story, take care." (*We all miss Ian's wit and sensible remarks.*)

Silent Key....We have received word that Earl Price, M.D., W5ILY, who joined Marco in 1967, Emeritus member #272, became a SK on Jan. 25, 2012. The P.O. just notified us he was no longer at his address.

From Omari Onyango, Kenya..."I am a dentist originally from Kenya and am looking for medical and dental equipment for Kenya. In 2010 Kenya promulgated a new constitution which divided the country into 47 counties. This has given more autonomy to counties. But, this has also created new challenges as each county is required to equip its health facilities. Two counties urgently need dialysis equipment. Please let me know about the availability of these equipment in your system"

Riley Hollingsworth K4ZDH according to **Jim K4JWA** has been called out of retirement by President Obama to the FCC. Perhaps, if KZ8O should return to harass us we may have some ammunition to use against him. Riley was a man of action and there is no indication he has changed.

From Dennis Griffin W4DG, West Central Florida Section—ARRL...Subject: KZ8O is Michael E. Guerndorf (formerly call ND8V)-"For those making comments regarding the continual interference to this 20 meter medical net, especially one of my appointed West Central Florida Section OO's (Joe, W4CBJ) let's not discuss this matter any further as MUCH evidence has already been forwarded to both Chuck at ARRL H.Q and to Laura Smith at the FCC. I personally have had previous deliberate interference encounters on 20 M with this same amateur (using his old call sign), as many others have going back several decades. Back then, Riley was instrumental in some enforcement of these same type problems but they still exist. Again, without getting into specifics, I have personal knowledge that this specific matter is being perused, so let's stop this thread!

Jay Garlitz AA4FL writes: I will arrive in Fiji on Oct. 30, 2013, enroute to Tarawa and Banaba Island as part of the DXpedition and will have an ICOM IC-7000 with me operating on 100 w, most likely PSK31. (*see www.t33acom for information about the Banaba DXpedition.* On Banaba Island I will also be providing dental tooth extractions for the local residents.

Former Marco President **Harry Przekop WB9EDP**, Chicago writes: Great to hear from you miss everyone. I have been out of commission a bit but have been improving...I consider the MARCO group as family.

Arnold Kalan WB6OJB operating as A25JK has returned from his one-man Dxpedition to Botswana, Africa where he reported making over 3,100 QSOs Several Marco members made contact with Arnold including K6JW Jeff Wolf.

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.



The origin of the term "HAM." In 1908, three Harvard members started one of the first wireless stations. The members, Albert Hyman, Bob Almy and Pogie Murray, first used all three last names fully spelled out to identify their station. Tapping this in code got laborious so they shortened their call sign to "HYLAMU" but this became confused with the Mexican steamship "HYALMO" so they decided to use only the first letter of their last names. The "HAM" station was later called to testify before Congress and the name stuck.

What is the ideal BP for kidney disease patients? In patients with chronic kidney disease, optimal blood pressure (BP) seems to be 130-159-80 mmHg, according to a study published in the Aug. 20th issue of the *Annals of Internal Medicine*.

Why middle-age men get bellies...It is the scourge of many a middle-aged man: He starts getting a pot belly, using lighter weights at the gym and somehow just doesn't have the sexual desire of his younger years. The obvious culprit is testosterone, since men make less of the male sex hormone as the years go by. But a surprising new answer is emerging. Estrogen, the female sex hormone, turns out to play a bigger role in men's bodies than previously thought. And guess what? Estrogens are found in beer—is that why the breasts enlarge as well as the belly?

Living together before marriage stalls....The decades long climb in the share of American couples living together outside of marriage has come to a halt. The findings may reflect, in part, the effects of the recession, which drove many young couples to live with their parents and may have made living with romantic partners more expensive. High unemployment, stagnant incomes and rising poverty likely also fueled instability in relationships making cohabitating that much harder.

Turning back time...Researchers in Spain have transformed mature cells into a primitive stem-cell states inside the bodies of mice. If the approach can be refined for humans, it may be possible to treat diseases such as diabetes and heart ailments by creating fresh tissue inside living patients. The process follows: 1. Mice were genetically engineered to produce four genes known to convert mature cells to an embryonic-like state. At this stage the genes were inactive. 2. The antibiotic doxycycline was given to the mice to activate the genes. 3. Teratomas formed in various parts of the body. These indicated reprogramming had occurred, whereby mature cells were converted into embryonic-like cells. 4. When the embryonic-like cells were isolated and observed in the lab, they showed "totipotent" like properties, indicating they can become all tissue types—in other words we were making cells grow backwards to the embryonic stage and then allowing them to grow forward as new tissue—think what this would do to the worn-out beta-cells in the pancreas that produce insulin. A NEW WORLD?

FDA approves UroLift for enlarged prostate...a permanent implant to relieve low or blocked urine flow in men ages 50 with an enlarged prostate. It is a minimally invasive device that pulls back the prostate tissue that is pressing on the urethra to improve urine flow. The device opens the urethra directly without applying incisions, surgical resection or thermal injury to the prostate. (*For details visit NeoTract.com or phone 925 401 0700.*)

THE HISTORY OF RADIO

5

The last half of the 1800s set the stage for **RADIO**. There were numerous contributors to the art, such as **Oersted, Ampere, Faraday, Henry**, but it wasn't until 1873 when the Scotchman **James Clerk Maxwell**, presented his theory of the electromagnetic field. This was followed by **Heinrich Hertz** whose experiments in the 1880s generated, detected and measured the properties of electromagnetic waves predicted by Maxwell.

Hertz had little interest in those waves except for the intellectual challenge their discovery provided. Development of radio was left to others—the race was on.

In 1894, the young Italian Guglielmo Marconi started work on the project. In 1896 he demonstrated in England a radio communication over 2 miles without wires.

The first amateur radio operator was probably the Englishman Leslie Miller, who was the first person to publish a description of a simple-to-build transmitter and receiver which appeared in the 1898 issue of *The Model Engineer and Amateur Electrician*. Amateur radio was born.

As the 20th century began, commercial development picked up. Marconi spanned the Atlantic with wireless in 1901. The early transmitters all generated RF by means of discharging a capacitor across a gap, creating an oscillatory spark. These early spark transmitters did produce RF, but were broadband making it difficult for two stations to be on the air at the same time. Receivers were simple detectors, generally coherers, later giving way to the more sensitive galena crystal sets.

There was no regulation and amateur call letters often consisted only of the operator's initials.

In 1904, the Englishman **J. W. Fleming** developed the first vacuum diode; the "*Fleming Valve*." In 1906, **Lee DeForest** added a grid to a Fleming Valve to make the first triode naming it the "*Audion*." These made very effective detectors, but were too expensive. Later it was realized that triodes could be made to generate RF. Meanwhile, crystal receivers and spark transmitters ruled the airwaves.

THE BEGINNING OF REGULATION

The range of an amateur station in the early 1900s was measured first by yards then by city blocks. As power increased ranges increased—by 1912, a well-designed kilowatt spark station had a range of 100 miles. Higher power created more interference and the clamor for regulation started.

In 1912, Congress passed the **Radio Act** requiring amateur to be licensed. The law also restricted hams to the single wave-length of 200 meters. The belief then was that long distance performance improved with longer wavelengths. The "short" wavelength of 200 meters was thought to be useless and some expected the amateurs, all crowded around this "useless" wavelength, would eventually quit.

Although there was an initial drop in numbers of amateurs the hobby kept growing and by 1917 there were more than 6000 Hams on the air.

Some hams had extended their effective range by relaying but it took a Hartford, CT. ham, **Hiram Percy Maxim**, 1 WH (later 1AW) to recognize that messages could be sent more reliably over long distances if relay stations were organized. So in 1914, the **American Radio Relay League** was born and by late 1915 **QST** started publication. Commerce Department rules issued in 1913 provided for amateur call letters, but prefixes were not defined or required until the mid-1920s.

About that time a miracle in receiver technology appeared. A New York amateur **Edwin H. Armstrong** invented the tube-operated regenerative receiver in 1913, and in 1915 its design became public knowledge. This new receiver had greater sensitivity than the crystal detectors then in use. Although vacuum tubes were expensive some amateurs started experimenting with Armstrong's design.

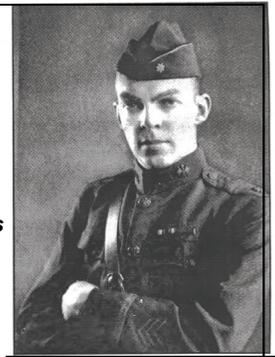
In 1914, the First World War broke out in Europe. By 1917 the U.S. was fully involved and all ham operations in the U.S. ended. Some 4000 hams wound up in the Army as trained radio operators.

The war came to an end on Nov. 11, 1918. During the hostilities the Navy had been placed in control of all US radio. As hams in uniform came home they expected that the Navy would rescind the 1917 order that had closed them down. The Secretary of the Navy however, refused and the Navy seemed determined to maintain control over all US radio services even in peacetime. The ARRL, and others, objected strenuously to Congress and also appealed to all hams to write their congressmen. Finally, Rep. Wm. S. Green, of Massachusetts interceded with a House Resolution directing the Navy to

EDWIN H. ARMSTRONG, RADIO PIONEER. 1890-1954

Armstrong was born in New York City and later committed suicide in New York City by jumping from the 13th floor of his apartment house. A friend stated, "*He spent 90% of his time on litigation against David Sarnoff and RCA*" as to whom invented FM radio.

Armstrong invented a large part of the technology of modern radio but why have so few people heard of him?



Capt. Armstrong in the Signal Corps uniform during WW I

The answer is ironic. Armstrong was all substance and no style. He could not play the public relations game and was naïve enough to underestimate the power of those whose interest were threatened by his inventions. At the same time, he refused to compromise. In the end, he fell victim to the very stubbornness that made possible his spectacular technical successes.

Here was a genius who loved to climb to high places physically who married his tormentor's secretary and whose estate won the case against RCA.

In 1984, Robert Mondlock copyrighted an original screenplay about Armstrong's life titled "*High Fidelity*."

Armstrong was never a corporate employee. He performed research by himself and owned his patents outright. During service in both World Wars he gave free use of his patents to the U.S. military—an unsung hero of radio history.

cease on the prohibition on ham operations. The Navy complied and Amateur Radio returned to the U.S. in November 1919.

As the nation entered the 1920s, amateurs were back on the 200-meter wavelength. One of the most impressive records set in 1921 was a message transmitted from Hiram Percy Maxim, 1AW, in Connecticut to V.M. Bitz, 6JD, in California. A return reply was received in only 6.5 minutes round trip.

With the fall in the price of the vacuum tube there was an upsurge in the use of Armstrong's sensitive regenerative receiver design. This led to an increased range achievable by spark stations, for with the new receivers, hams could hear weak signal that hadn't been detectable. Some were also experimenting with the super heterodyne receiver, invented by Armstrong. Amateurs also used tubes in their transmitters generating uniform continuous wave (CW) signals. The CW signals were narrow, scarcely 1% the width of a spark signal, reducing interference and making it possible to increase the number of stations that could be on the air at the same time.

As the range increased trans-Atlantic transmitting and receiving began about 1921. This showed conclusively that CW was far superior to spark. By 1923, Europe-North America two-ways seemed only a matter of time. On Nov. 27, 1923, the French station SAB worked Connecticut hams using CW on a specially authorized wavelength of 110 meters. Testing continued and by late 1924, a CW contact was made between England and New Zealand.

In 1926, **Brandon Wentworth**, 6OI, worked and confirmed all continents, from a station in a pasture on the Stanford University campus in California. The next year saw the beginning of the ARRL International Relay Party, the predecessor to the ARRL International Dx contest.

By the mid-1920s the value of short waves was clearly recognized by the government as well as commercial entities, due in large measure to the work of the amateurs themselves. By 1930, the wide open spaces were gone, but the amateurs did have harmonically related bands from 160 through 5 meters, plus a narrow band at 400 MHz.

In the 1920s the International Amateur Radio Union was formed for the purpose of representing Amateur Radio within the international community and the broadcasting industry, then in chaos was relieved by the Radio Act of 1927, which created the Federal Radio Commission, forerunner of the FCC.

THE HISTORY OF ANESTHESIA

As presented on Grand Rounds of the Air, Sept. 1, 2013

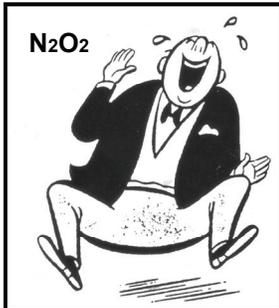
What was it like to have a leg amputated during the Revolutionary War? HORRIBLE!

Early anesthetics were **soporifics** (which dull the senses and induce sleep) or **narcotics**. These included opium, (first used in Mesopotamia in 3400 BC) mandrake (used by the Egyptians), jimsonweed, marijuana (used in India about 400 BC), alcohol and belladonna. Native American Indians such as the Incas chewed coca leaves (from which cocaine is derived). The substance numbed the site allowing hours of drilling, not to mention singing and dancing...the bad humors were known to escape. There is also a history of using non-medical methods such as hypnosis, ice and acupuncture.

Joseph Priestly living next to a brewery in England quickly discovered alcohol and a gas the brewing process gave off called carbon dioxide and later oxygen. Then one night in 1772, while experimenting with some of the gasses he'd already discovered, he mixed them and created a new gas, **nitrous oxide**, that caused him to see clearer while feeling lightheaded. He just couldn't stop laughing, so he called it "**Laughing Gas.**" Prior to this discovery it was common practice to dull the pain of minor surgeries, by drinking copious amounts of alcohol or smoking opium or marijuana.

By the mid 1840s, the only two anesthetic agents **regularly used** were opium and alcohol. Nitrous oxide was a fad and nitrous oxide parties were common. Both alcohol and opium had many negative side effects such as addiction and neither could typically dull the pain completely by themselves. Doses large enough to provide the desired effect could just as easily result in death. Sometimes patients were knocked unconscious by a blow to the head. But without good anesthesia, surgery usually resulted in the tortured screams of patients.

Pushing intoxicating drugs began catching on as an American medical student, by the name of Gardner Quincy Colton, gave his first public demonstration of nitrous oxide for the sum of \$535 and quickly quit medical school to follow his life's dream of peddling cheap thrills full time on the road. He billed himself as "**Dr. Colton and his Laughing Gas.**" (Notice



the resemblance to today's recreation use of marijuana and it's advance to a medical therapy.) At one of Dr. Colton's lectures, a dentist attended by the name of Horace Wells, from Hartford, Connecticut, who witnessed a man who went berserk and tore open a wound in his leg. When he asked him how that had happened, he replied, "Dunno."

Wells saw the benefits of nitrous oxide and arranged for a general demonstration at

Mass. General where he would perform the first ever painless tooth extraction in the year 1845—however enough gas was not administered and the patient cried out during the procedure and he was termed "fraudulent." Wells became later addicted to chloroform and ended up in prison where he committed suicide. In Wells's audience in 1845 was an astute pupil by the name of **Dr. William Morton who, "borrowed" the technique** of gassing patients into painlessness and in the fall of 1846 Massachusetts General he used **ether** in the removal of a huge neck tumor and a leg amputation. The age of anesthesia had arrived.

Years of bitter controversy followed concerning who actually made the discovery of nitrous oxide. The loudest voice belonged to Dr. Morton who patented his compound. Visiting New York in 1868, defending his position against supporters of a Dr. Jackson, Morton had a seizure and died. Jackson fared little better. After seeing the tombstone that gave the credit to Morton, Jackson went insane, he spent the rest of his life in an asylum.

Ether, an organic solvent, had been discovered by a Spaniard in 1275 but Michael Faraday, the father of electricity is also credited. It wasn't however, until March 30, 1842 when a Jefferson, Georgia doctor Crawford Long who, while stoned on ether fumes at an ether party, noticed he had bruised himself but felt no pain. he convinced a patient to have removal of

6 two cysts from his neck after sniffing ether. It worked.

Dr. Long would have gained a pretty hefty reputation in history if he had published his results, but he kept experimenting and by the time he published in 1849, two people, physician Charles Jackson and our dentist friend, **William Morton, had "borrowed" his techniques** and in Boston's Massachusetts General Hospital on Oct. 16, 1846, he anesthetized a patient with open drop ether and then removed a tumor from his jaw. Afterwards the patient claimed that he had no memory of the operation or any pain. The doctors witnessing this were highly skeptical but Morton was soon hailed as the conqueror of pain.

The problem was that Morton wasn't the first to claim the discovery of modern surgical pain relief. A few years after medical journals published articles about Morton, Dr. Crawford Long stated that he had first used **ether** in operations in 1841 after observing its effects upon recreation users. In addition Dr. Charles Jackson claimed that his work had influenced Morton. He went to Congress in attempting to gain recognition with the support of Oliver Wendell Holmes (credited with suggesting the use of the word "anesthesia.")

Another wrench was about to be tossed into this debate **when chloroform** was used successfully as anesthesia in 1847. Chloroform had been around since 1831, but again, its inventors were too busy getting stoned to really care.

Chloroform was first used as an anesthetic by Dr. James Simpson in the mid-1840s as well. It wasn't until everyone else had gotten famous making other people high that chloroform came into its own but it's highly toxic action caused its demise in favor of ether in the early 1900s

In 1902 barbitol was discovered and called *Veronal* by the Bayer Pharmaceutical company. Mask inhalation anesthesia was utilized up until 1913. In 1913 Chevalier Jackson (1865-1958) began using direct laryngoscopy as a means to intubate the trachea. Sodium Thiopental, the first intravenous anesthetic was synthesized in 1934 by Abbott Labs. In 1939, meperidine (Demerol) followed by methadone (1947) Haloperidol (1958) Fentanyl (1974). The flexible fiberoptic bronchoscope was in use by the mid-1980s.

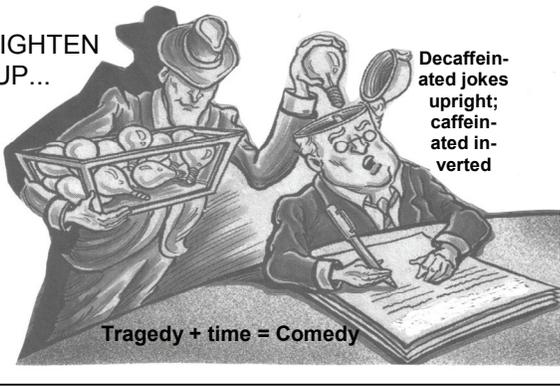
Propofol (Diprivan) and Versid are short acting i.v. hypnotic/amnestic agents that are used to induct and maintain anesthesia in ventilated adults. These drugs have largely replaced sodium Pentothal for induction since they have such a short and rapid clear recovery from anesthesia. Propofol has been referred to as "*milk of amnesia*", a play on words of milk of magnesia because of the milk-like appearance to its i.v. preparation.

Now there's a wide variety of anesthetics available, but we still use derivatives of some of these early substances, such as morphine, the "—caine" drugs chemically related to cocaine and nitrous oxide. Anesthesia continues to evolve and become safer, enabling doctors to perform necessary and lifesaving operations.

The Anesthetic machine...The most common type of anesthetic machine in use in the developed world is the Boyle **continuous-flow anesthetic machine**, which is designed to provide an accurate and continuous supply of medical gases (such as oxygen and nitrous oxide), mixed with an accurate concentration of anesthetic drugs (such as isoflurane), and deliver this to the patient at a safe pressure and flow. Modern machines incorporate a ventilator, suction unit and patient monitoring devices.

This original concept of Boyle's machine was invented by the Englishman Henry Boyle (1875-1941) in 1917. Prior to this time, anesthetists often carried all their equipment with them, but the development of heavy, bulky cylinder storage and increasingly elaborate airway equipment meant that this was no longer practical. The machine is mounted on anti-static wheels for convenient transportation.

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.



The Twenty & the One...a well worn one-dollar bill and a similarly distressed twenty-dollar bill arrived at the Federal Reserve Bank to be retired. As they moved along the conveyor belt to be burned, they stuck-up a conversation. The \$20 bill reminisced about its travels. "I've had a good life," the \$20 proclaimed. "Why I've been to Las Vegas, Atlantic City, the finest restaurants in New York, performances on Broadway and even a cruise to the Caribbean." "Wow!" said the \$1 bill. "You've really had an exciting life!" "So tell me," says the \$20, "Where have you been throughout your lifetime?" The \$1 replied, "Oh, I've been to the Methodist Church, the Baptist Church, the Lutheran Church." The \$20 bill interrupts, "What's a church?"

I told her: "I Might not be rich, I have no money or villa or cars or companies like my friend John, but I love you and adore you." She looked at me with tears in her eyes and hugged me like there is no tomorrow and whispered in my ear...: "If you love me, introduce me to John..."

Boy Scout Jokes...What kind of car do cows drive? **Cattle-ac.** What are those holes in that board? **Those are knotholes.** They sure look like holes to me! **What's a 10-letter word that starts with gas?** Automobile. **Why do elephants paint their toenails red?** So they can hide in cherry trees. **I've never seen an elephant in a cherry tree.** See it works! **What do cats eat for breakfast?** Mice Krispies.

Don't be a virgin; terrorists are up there waiting for you

WARNING: Drinking alcoholic beverages before pregnancy can cause pregnancy.

DID YOU HEAR about the absent-minded professor who returned from lunch, saw a sign on his door saying "Back in 30 minutes," and sat down to wait for himself!

A BASEBALL MANAGER walked ot to the mound and said to the rookie pitcher, "Son, I think you've had enough." "But I struck out the last time he came up," the pitcher protested. "I know, but we're still in the same inning."

W.C. FIELDS once said, "I spent half my money on booze, women and gambling—the other half I wasted!"

DEFINITIONS: **Adult**, "A person who has stopped growing at both ends and is now growing in the middle." **Committee**, "A body that keep minutes and wastes hours." **Egotist**, "Someone who is usually me-deep in conversation." **Handkerchief**, "Cold storage." **Inflation**, "Cutting money in half without damaging the paper." **Mosquito**, "An insect that make you like flies better." **Secret**, "Something you tell one person at a time." **Tomorrow**, "One of the greatest labor saving devices of today." **Toothache**, "The pain that drives you to extraction."

THE A,B,C,D etc., OF MARRIAGE.....After being married for thirty years, a wife asked her husband to describe her. He looked at her then said, "You're A,B,C,D,E,F,G,H,I,J,K." She asks, "What does that mean?" He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous, Hot." She smiled happily and said, "Oh, that's so lovely....What about I, J, K?" He said, "I'm Just Kidding."

Hi, I'm Bruce



MEMORIES OF YEARS AGO IN

MARCO

Our History Book

Bruce Small, K2M2L

25 YEARS AGO IN MARCO

The October-November 1988 issue of the MARCO Newsletter announced the passing of Mervyn Grossman K5CY. He was a long-time 5th are Director and President of MARCO in 1983-1984.

On a more positive note, plans for the 1989 MARCO Annual Meeting in Williamsburg, VA were announced.

This Newsletter contained a profile of MARCO member Don Mallinson K2TNY. The feature was one of a series of member biographies enabling us to get better acquainted. There was also an announcement of the MARCO Award, earned through on-air contacts with members. Newsletters of that era also carry transcripts of the Antenna Workshop series, originally presented by John Haerie WB5IIR on the 40 meter net from 1981 to 1983. This issue's lecture was titled, "Feed Line Terminology Revisited."

TWENTY YEARS AGO IN MARCO

The November-December 1993 MARCO Newsletter was jam-packed with information, but none of greater historical significance than word that the MARCO Medical Resources Commission had decided to adopt the name MediShare International."

Wendene Shoup, XYL of Dick W8QP, sent in a description of their visit to the Voice of America relay station that operated for many years just north of Cincinnati. Former President Christine Haycock WB2YBA was elected President of YLRL

A special event station was set up at many of MARCO's earlier annual meetings. Way back in the 1970s the FCC allowed the issuance of special call signs for events such as this, so the MARCO Annual Meeting saw the operation of WX6MAR from San Francisco in 1972. WX2MAR from New York City in 1973 and WX9MAR from Chicago in 1974. QSL cards from those operations were reproduced in the Newsletter as well as one of N7MAR fashioned by Marco's dentist members attending the AA convention in Las Vegas in 1976.

FIFTEEN YEARS AGO IN MARCO

The October 1998 edition of the MARCO Newsletter announced the upcoming 1999 annual meeting to be held in New Orleans. Warren KD4GUA re-presented his July 5 Grand Rounds on chelation therapy, his June 14, Grand Rounds on antibiotic prophylaxis and his August 9th Grand Rounds about Lyme Disease.

Fred Simowitz K0FS, who had missed his calling as a humorist, entertained us with a tale of his love of antique radios.

TEN YEARS AGO IN MARCO

The October 2003 issue of the MARCO Newsletter discussed the JNC-7 guidelines on hypertension, an asked "Good or Bad?" Broadband over Powerline (BPL) was a major developing threat to amateur radio, and was discussed in a short submission by Smitty W6CS.

Warren KD4GUA ventured into deep water with a discussion of mitochondrial energy generation, dysfunction and aging. Al Breland KA7LOT reviewed this trip to Normandy and Paris.

BOB CURRIER MARCO GRAND ROUNDS OF THE AIR

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

CALL	HRS	NAME	QTH
<i>Because of poor propagation we may have missed you—please correct by sending to wahrenbrown@aol.com</i>			
KD4GUA	31	Warren	Largo, FL
KG6DQF	30	Glen	Palo Alto, CA
W1BEW	29	Bobbie	Tennessee
KN0S	29	Dave	Virginia
KC9CS	29	Bill	Largo, FL
NU4DO	28	Norm	Largo, FL
N4JBA	27	Ed	Amenia, NY
KC9CIV	27	Rich	Knox, IN
WA9HIR	26	Bill	Berwyn, IL
WB6OJB	26	Arnold	Pac. Pal., CA
KA4JWA	26	Jim	W. Virginia
KM2L	25	Bruce	Clarence, NY
W4DAN	25	Danny	Cleveland, TN
N6DMV	25	Paul	Torrance, CA
WB5BHB	24	John	Vancleave, MI
N4TSC	24	Jerry	Boca Raton, FL
N5RTF	23	Chip	New Orleans, LA
W6NJY	22	Art	Beverly Hills, CA
KK1Y	21	Art	Seminole, FL
KD8IDW	21	Mary	W. Virginia
W4MKT	21	Larry	St. Petersburg, FL
WA1EXE	20	Mark	Cape Cod, Mass.
WB1FFI	19	Barry	Syracuse, NY
N9YZM	19	Mike	Crystal Lake, IL
W4RDJ	17	Doug	Cape Cod, Mass.
N9RIV	17	Bill	Illinois
WA3QWA	16	Mark	Chesapeake, VA
N4DOV	16	David	Ft. Lauderdale, FL
KE5SZA	15	John	Marietta, OK
KD5QHV	14	Bernie	El Paso, TX
KB5FLA	13	Rich	Arkansas
K1WDR	13	Wayne	Connecticut
KE8GA	12	George	Fairview, NC
AE4BX	12	Mary	Myrtle Beach, SC
N2OJC	12	Mark	Sidney, Ohio
W3DRB	12	Miles	Elizabethtown, PA
K6JW	11	Jeff	Palos Verges, CA
K0FS	9	Fred	St. Louis, MO.
W0RPH	9	Tom	Denver, CO
W8LJZ	7	Jim	Detroit, MI
W5AN	7	Bud	Lafayette, LA
WB2MXJ	6	Joe	New Orleans, LA
KE5BQK	6	Linda	El Paso, TX
KA4WFP	5	Wayne	Ocala, FL.
W2PAT	5		South Carolina
K4RLC	5	Bob	Raleigh, NC
N9GJ	5	Greg	Cleveland, TN

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	765 (31 nets)	33.22

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

On 14.342 we are averaging 32.31 check-ins compared to 41 on 14.307 in 2013.

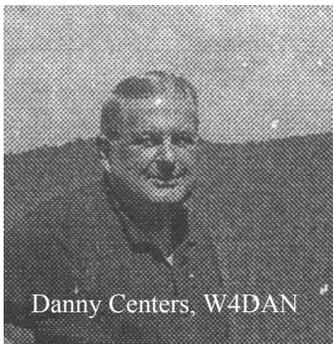
"IN MEMORY OF 9-11— DRILL"

By Danny Centers, W4DAN

I thought up a wild idea to memorialize 9-11...all Marco members that wished to participate, were to check into 14.342 MHz on the hour beginning at 11 am Eastern and see how many stations they can work. Just call "CQ MARCO 911 DRILL." This notice went out on Listserve via the internet.

This was not a sanctioned MARCO event, but just a little impromptu activity that might be of interest that I just thought up. Well, what happened???

At 1500z hour: Tom W0RPH in Colorado checked in...Warren in Largo, FL. checked in; Harold in Oklahoma KD5IFN, prospective member checked in.



Danny Centers, W4DAN

1700z hour: Danny in Cleveland, TN W4DAN had no takers; Harry in Chicago, WB9EDP called and worked several Dx stations.

1900z hour: W4MEA, Max in Tennessee, member called in; K1WDR, Wayne from CT but calling from Myrtle Beach checked in.

2100z hour: KD2BRM, Ernie in NY, prospective member, KB1OEK, Joe in CT, Prospective member, KD4GUA, Warren In FL. member and W4UVS, Ed in TN member ckd in via landline.

2300z hour: KF1J—Bob Neven in in CT, member, KC2WPX/M-Carl in NY, prospective member and N0ZOD, Gary in MN checked in and joined Marco.

AE4BX, Mary, our President, departed work at 7 pm—unable to contact.

I would like to thank all participants. I think MARCO received a little amateur radio style publicity on this date. We had some very enjoyable QSOs. (Editor's note: Pregnant idea, let's let it grow...thanks Danny.)

GETTING AN ANTENNA TO WORK

By Ralph WD0EJA

When an alternating electrical source is applied to an inductor, the voltage and current have a little argument. They argue, who is first. In this case the voltage wins and it leads the current by 90 degrees. In other words the voltage and current which normally have waves that are in phase, separate. So when the voltage reaches its peak and starts on its way down, the current starts increasing from 0 to its peak behind the voltage.

With a capacitor, the current wins the argument and leads the voltage 90 degrees. Why be concerned?

Connect an inductor and capacitor in series. One end of each component is connected together. The other side of the inductor is connected to your electrical source and the same for the capacitor.

When the frequency hits that amazing point where the 2 reactance's are equal, we have resonance. Because of the described phasing and being connected in series, the circuit develops a minimum resistance at resonance. At resonance, this resistance looks just like a regular resistor. No phasing argument. As you move up or down in frequency away from resonance, then the reactance starts to kick in and will increase.

Actually the resistance this circuit produces is really termed IMPEDANCE—Z. The definition of Z is, the total opposition to an alternating current. RESISTANCE is related to a direct current or a device that creates no Reactance—X, such as a carbon resistor—R.

From this point on IMPEDANCE or Z will be the terminology for alternating sources.

Resistance that is caused by the reactance of an inductor or capacitor is termed REACTANCE or X.

Resistance that is caused by a non-reactive device such as a carbon resistor, is simply termed RESISTANCE or R.

This Series resonant configuration is the same configuration of dipoles, verticals and Isotron antennas.

(Above taken from the BILAL Co., makers of Isotron' antennas, news bulletin. To join their listing contact wd0eja@isotronantennas.com)

9

THE PREZ SAYS

By Dr. Mary Favaro, President of Marco

Back from the Indians...Recently I returned from another locum tenens With Indian Health Service, this time In Perkins, Oklahoma. This clinic was administered by a small tribe, the Iowas of Oklahoma but served all Native American tribes in the area, and they recently began seeing Community non-natives as well.



Sadly, there are only two full-blooded Iowas left in the tribe, both elderly women. Many have intermarried with other tribes or commonly with Caucasians. They maintain a very supportive community for the tribe members, however. In addition to the clinic they have senior housing, recreational facilities, pow-wow grounds and they maintain a large facility for wounded eagles and other large birds. The newly elected chief runs the gym and rehab area. He is a very personable man, threw a big dinner party at the rec center when he was elected and came over to the clinic often.

Oklahoma was well known to be Indian territory in the early 1800's and was famously the end point of both the Cherokee and the Creek Indians' Trail of Tears where thousand died on the forced marches. Subsequently the natives have been educated, live in the various communities and cities, and generally were better off than those on some of the more isolate reservations.

Native Americans carry a picture ID card signifying their eligibility that they are a member of the Chickasaw, Creek, Seminole tribe etc. On the back it contains the details of the inheritance and their fraction of Native American. There were many blonde, blue-eyed Indians who were 1/256 Native American, but they were eligible for full medical coverage, including admission to an Indian hospital if necessary.

Our CEO was a 1/64 Cherokee who has many years experience administering many of the IHS clinics. His great grandfather was on the Trail of Tears. The little Cherokee girl being held by her birth father was only about 30 miles from me, and of course all publicity was in favor of him keeping the girl from the South Carolina adoptive parents. She is only 3/256 Cherokee, they are really grasping at straws there for tribal integrity.

As always there are financial stressors and problems. Apparently the Federal Govt. felt their obligation would be over when a person was less than 1/4 Native American, but not so apparently. Individuals now proclaim their native inheritance and are proud of it, and want full benefits of course.

The new medical director was formerly a locum who decided to stay permanently after working there a few years, his contract states that he can take two months off in the summer, so we locums fill in. Most of the time there were two docs working and we kept busy. This clinic had a dentist and full acute care dentistry Crowns, bridges or complicated extractions were referred out.

Oklahoma provided much in the way of weekend entertainment, and I stayed in a Holiday Inn suite in Stillwater, home of the OSU cowboys. One tribe or another had a powwow every weekend, there was a lot of cowboy history and lore so I thoroughly enjoyed the area. I never got to the Norman Weather center as they didn't open on Saturdays. That's on my must-do list for the next trip.

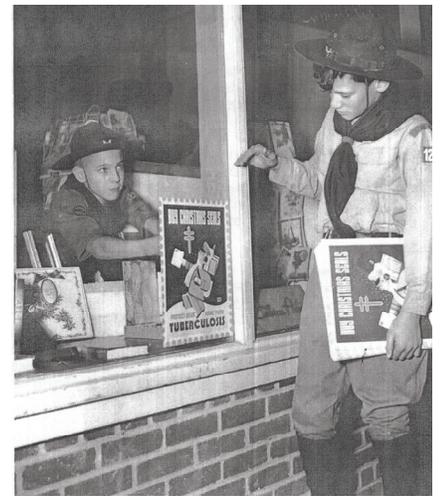
Sorry I can't get on the net even when home. Warren totally skips over me. I can't hear when to check in or any of his discussion. Occasionally, I hear someone else and shout out my call sign, but I'm not in a good corner of the country and the sunspots are not shining on me.

Mary, AE4BX

By Danny Centers W4DAN

The photo to the right is of Boy Scouts placing Christmas Seal posters in a store window in 1945. The Christmas Seal campaign was conducted to raise money to fight tuberculosis. Later, there was a March of Dimes campaign for raising money to fight polio

This is one of thousands of photos taken by Ed Westcott W4UVS. He was the official photographer for the Manhattan Project at Oak Ridge. He is a member of MARCO.



- 1985 Italian inventor Guglielmo **Marconi** sends radio signals about a mile through the air.
- 1916 **David Sarnoff** first proposes the “Radio Music Box,” or commercially marketed radio receiver. He later becomes manager of the newly formed *Radio Corporation of America (RCA)*.
- 1919 First football game broadcast in Texas. Shortwave radio developed.
- 1920 Radio stations WWJ of Detroit and KDKA of Pittsburgh become the first commercial radio stations.
- 1921 First baseball game broadcast in Pittsburgh.
- 1928 **Amos 'n Andy** radio's first serial, premieres in Chicago. Picked up by NBC the following year, it was likely the most successful radio show in history, heard weekdays every week by a third of the nation.
- 1930 The first soap opera, “**Painted Dreams**,” the story of kindly Mother Moynihan and her boarding house is broadcast in Chicago. The soap opera becomes a national obsession.
- 1933 **President Franklin Roosevelt** broadcasts the first of his “*fireside chats*,” to the nation.
- 1934 The Telecommunications Act creates the **Federal Communications Commission**.
- 1935 “Your Hit Parade” debuts, featuring a count-down of the top tunes of the week.
- 1937 The German airship **Hindenburg**, burns and crashes in New Jersey. The scene is vividly announced by a sobbing Herbert Morrison. It becomes one of the most famous audio moments of the 20th Century.
- 1938 H. G. Wells’ “*The War of the Worlds*” is broadcast by **Orson Welles**, and his Mercury Theater of the Air, leading thousands to believe that an interplanetary invasion had started in New Jersey and New York.
- 1939 **Edwin Armstrong** builds the nation’s first FM radio station.
- 1947 Scientist at the Bell Telephone Laboratories develop the **transistor**, a longer-lasting and less bulky substitute for vacuum tubes.
- 1953 WNJR in Newark, NJ puts Alan Freed on the air. He creates the modern disc jockey style, paving the way of rock’n roll disc jockeys.
- 1960s Stereophonic radio broadcasting begins.
- 1971 **National Public Radio** broadcasts its first program, live coverage of Senate deliberations on the Vietnam War.
- 1982 AM radio stations begin broadcasting in stereo.
- 1998 The world’s first commercial digital audio broadcasting service begins in the UK

I recently spoke with Ed, and I hope to visit him at his home in Oak Ridge soon. He is 91 years old. He looks and acts healthy, but a stroke has limited his speech, therefore, curtailing his ham radio activity. I don’t think he was, or is, very active on CW. I met him in the late 1970’s on two meters.

A large shopping complex is underway at Oak Ridge, TN. That city has never had a true downtown area. It is made up of strip malls and has no main street. **This new complex is going to be named Westcott Center to commemorate his historical service of pictorially recording the Manhattan Project.** If you don’t know what the Manhattan Project was, it was part of the effort to develop the Atomic bomb that was dropped in Hiroshima, Japan during WW II.

BEST AND WORST MONTHS FOR STOCKS.

The best month to buy stocks is.....**DECEMBER** ! Followed by July, April and January.

The worst month to buy stocks is....**SEPTEMBER** ! Followed by February, May and October.

The average change each month since 1900 follows:
January up 1%, **DOW** up 63%; **February**, down .1%, **Dow** up 50%; **March**, up .7%, **DOW** up 61%; **April**, up 1.1%, **DOW** up 55%; **May**, zero, **DOW** up 51%; **June**, up .3%, **DOW** up 50%; **July**, up 1.2%, **DOW** up 62%; **August**, up 1%, **DOW** up 65%; **September**, down 1.1%, **DOW** up 42%; **October**, up .1%, **DOW** up 56%; **November**, up .9%, **DOW** up 61%; **December**, up 1.5%, **DOW** up 72%.

Averages Jan. 31, 1900 to Nov. 30, 2008, (*Wall Street Journal*, Dec. 21, 2008.)

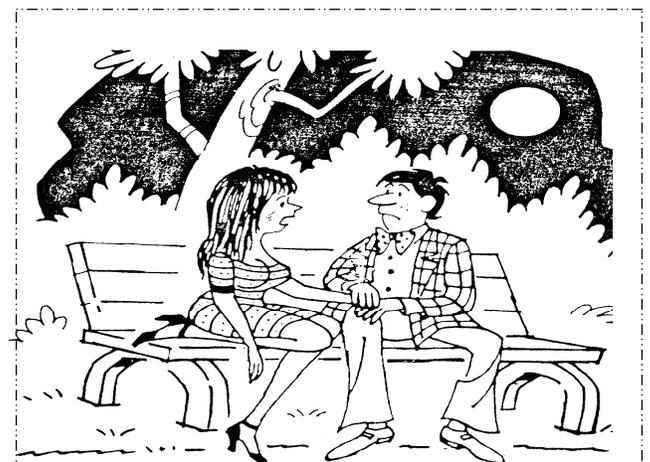
WALGREEN’S WRITES A NEW Rx FOR THE FUTURE

Walgreen Drug stores sees an expanded role for the corner drugstore in delivering simple forms of medical care. Pharmacists are extremely well respected according to opinion polls—they are consistently among the top two or three most-trusted professionals. Because of this, they sees an opportunity for the pharmacist to play a much greater role in health care.

The process began five years ago with flu shots. Walgreens got its pharmacists certified to give immunizations and vaccinations and today it is second only to the U.S. Government in the number of shots administered. The company now wants to do the same in health screenings, cholesterol testing, blood pressure—everything that is focused on wellness.

In addition, the company is adding nurse practitioners to many of its stores, co-locating them with their pharmacists. About 350 stores now have a nurse practitioner positioned in an office next to the pharmacist that extends services beyond pharmaceutical assistance to acute care, episodic care such as earaches and sore throats (*like the school nurse?*)

Editor’s note: It appears that the family doctor will fade into the past being replaced by the emergency room doctor and the hospitalist. The independent duty doctor will be probably be replaced by the physicians assistant, and nurse practitioners in the military.



“We can’t live with my parents. They’re still living with their parents!”

BACKGROUND: At the recent Marco meeting in Myrtle Beach, SC., Wayne Rosenfield, K1WDR came to the Aether News Editor with a wonderful story of the heroism by a ham operator named Capt. Kurt Carlsen W2ZXM of the “*Flying Enterprise*,” a ship caught in a hurricane in the North Atlantic in 1951. Ironically, the News Editor, at the time, was a Navy medical officer aboard the USNS General Leroy Eltinge that stood by to possibly rescue passengers aboard that very ship. On top of that, the News Editor’s “Elmer” was a South African ham, Olliver Pierce WU4i, who at that time was corresponding by radio with Carlsen. Below, is this wonderful story, “*Simple Courage*,” written by Frank Delaney, ISBN 1-4000-6524-0, available at Amazon.com

In late December 1951, Capt. Kurt Carlsen, 37, had run into a hurricane off the South English coast aboard his cargo vessel *Flying Enterprise*. The Captain ordered “abandon ship” and a line was passed from a rescue lifeboat and passengers were ordered to jump into the raging waters with lifelines attached.....

In the National Archives of the U.S. in Washington D.C., lies a dense report—several inches high of typed papers—on top of which rests a separate, summarizing document ten pages long. This is “the record of the Marine Board convened to investigate subject casualty, together with its Findings of Fact, Opinions and Recommendations..” Dated Feb. 26, 1952, and signed by “P.A. Ovenden, Chief of the Merchant Vessel Inspection Division in the U.S. Coast Guard, “ this official prose contains no hint of the magic energy that conceives a legend.

Mr. Ovenden’s conclusions, sent by the Coast Guard to the chief of Merchant Marine Safety, begins by observing that a welded freighter named *S.S. Flying Enterprise* departed from Hamburg, Germany for New York on 21 December 1951, loaded, among other things, with 762.6 tons of pig iron in No. 2 lower hold and 508 tons of pig iron in No. 4 hold.”

Flying Enterprise a freighter in the class known as “Cr-B,” was built in the Wilmington yards at Los Angeles by the Consolidated Steel Corporation and released from the shipbuilder’s yard to the War Shipping Administration on March 18, 1944. (The man who stamped her brass registration plate made an error in the date, and his original “1943” is over stamped with “1944.”) She had the registration number 245133 and the combined signal and radio call sign KWFZ. After the war she went, in January 1946, to the U.S. Maritime Administration, where she was named *Cape Kumukaki*.

On April 25, 1947, *Cape Kumukaki* became one of twelve vessels in the Isbrandtsen Line, out of New York, owned by a buccaneering Scandinavian, Hans Isbrandtsen, who, to echo the old sailing clippers, used the prefix *Flying* for all his cargo ships. He had accumulated his fleet largely by purchasing, at bargain prices from the U.S. Navy, those ships no longer required for the transport of wartime supplies. For this, his competitors in the bare-knuckle freight shipping business disliked him—largely because he had stolen a march on them.

His son, Jakob Isbrandtsen, thinks today that *Flying Enterprise* “must have been one of the last of the Cr-B class. They weren’t great freighters, they were too small and too slow.”

Yet, they were not, in a landsman’s terms, insignificant ships. Here are *Flying Enterprise*’s vital statistics, which become crucial to her poignant history. She had three decks and two masts; her length, stem to stern, was 396 feet, her breadth 60 feet, her depth just short of 26 feet, she had 4,000 horsepower, weighed 6,711 tons, had a range of 15,000 miles without refueling, and had a cruising speed of 14 knots (equivalent on land to 16 mph.)

You will not find anywhere in her papers the astounding fact that *S.S. Flying Enterprise* would one day become the most famous ship in the world—a renown that lingers especially among career sailors. And among men who, inside themselves, can still be boys; for us, this cargo ship, longer than a football field and painted jet black, became and remained part of our inner lives. In the typeface named Cheltenham, the white name ISBRANDTSEN stood ten feet high along her sides, with FLYING ENTERPRISE inscribed smaller on her bows; for two weeks these thrilling words dominate the conversation of the planet.

She was the most romantic of sea creatures, a tramp steamer, and after departing New York on Nov. 24, she called to Philadelphia, Baltimore, and Norfolk, Virginia. Now almost ready for the homebound leg of her

twenty-seventh voyage, she sat patiently, being loaded in Hamburg on the shortest day of the year.

I was nine years old in December

1951; and, if a shade too shrewd for Santa Claus, I believed in everything else; miracles, the power of magnets, haunted houses, the truth of all stories, time travel. As do all wary children, I watched everything—my parents, my seven older siblings, the sky above my head. On good days I believed that every time I ran anywhere, the globe of the world spun faster under the pressure of my feet. On bad days I looked for ways of escape.

Soon, this American ship in a German harbor, and a sea captain whose name had a hero’s ring to it, would take and maintain a grip on my romantic but uneasy world. In the way of only the most inspiring stories, *Flying Enterprise* and Carlsen, her skipper, would, in effect, bear me to the eventual safety of great example. In the process, I developed a permanent near obsession with this man and his ship and the legend that grew up around them.

Although my family lived solidly inland, I already had a strong awareness of the sea’s wonder. Limerick, the city of my mother’s birth, has a port on the river Shannon, Ireland’s largest waterway, which runs on down to the Atlantic on the southwestern coast. The Shannon estuary favors big ships—or at least they seemed big to me when my grandfather first took me down to see them at Arthur’s Quay.

Each ship had a “load line,” better known as a “Plimsoll line”—a legal, Egyptian-looking hieroglyphic running down the side into the water. My grandfather told me that a freighter must carry this to indicate how heavily she was permitted to load. To the small boy’s inevitable, “Why?” he told me that ship owners use to overload the holds with useless cargo so that the vessel would sink and they could claim the insurance, like people who had what he called “a good fire.”

After she left America, *Flying Enterprise* “discharged and loaded cargo” at several north European ports”: this included five tons of carpets loaded at Antwerp on Dec. 10th. In Rotterdam five days later, she picked up her pig iron freight, plus 447 tons of rags, 486 tons of coffee, six tons of onions and gherkins in brine, and 17 tons of animal hair, listed as “bristles.”

At the port of Bremen she loaded 39 tons of peat moss, a dozen Volkswagen cars, a few tons of birdcages—and a cargo of antiques, with eight early Chippendale chairs, a collection of Worcester chine miniature pitchers, a gilded convex mirror decorated with the insignia of the British Order of the Garter, and a needle worked fireplace screen dated 1740.

These glorious pieces, in addition to Louis XIV furniture, a small orchestra’s worth of priceless antique musical instruments, a handful of Old Masters, and some rare Belgian porcelain, were being shipped, port by port to New York antiques dealers on third Avenue. Not detailed item by item, they came aboard under catch-all terms such as “general” or “special” cargo.

By the time she was ready to sail from Hamburg, *Flying Enterprise* had also taken on such oddities as several hundred typewriters, as well as zirconium powder, one application of which included the making of fuel for the U.S. nuclear submarine program. She also loaded thirty tons of the volatile chemical naphthalene, which is a coal tar product smelling of mothballs, used in the making of plastics and dyes; they stowed it on deck so as not to contaminate the foodstuffs in the holds.

Far from fully loaded (always disappointing to a ship owner,) she was due to reach New York on January 3rd.

Flying Enterprise had five holds, each of whose hatch covers was the area of an average living room floor. Every hold went down three levels; if you fell from the bright open deck to the darkness of the keel, you’d have dropped off a three-story house.

Hamburg has long, gray wharves; they seem to stretch for miles. As the last freight came on board there that December afternoon, Carlsen reckoned his ship little more than a third full, with individual loads distributed here and there in the holds, many of them according to their shape and nature.

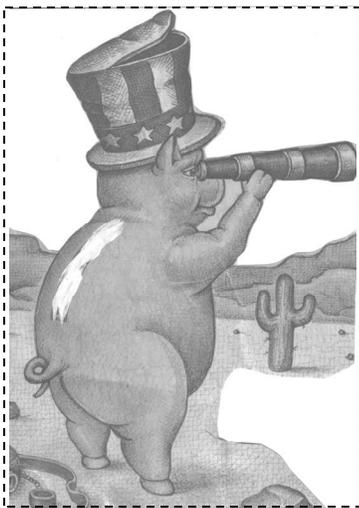
Then, with sailing a matter of hours away, a large cargo of U.S. mail came into Hamburg. Mainly from American servicemen still in the German postwar garrisons, there were 1,700 mailbags weighing close to 500 tons. Other valuable cargo had already come aboard—consignments that have contributed substantially to the half century of questions hanging over *Flying Enterprise*. (Just why did this ship become a mystery ship?)



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Andersen, Marv K3TVI
 Helman, David* WD71
 Higley, Roger W8CRK
 Peterson, Gary* N0ZOD

Not many on list because new January renewal rule is working as it should



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