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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.

Marco Blogsite: marco-ltd.blogspot.com
"listserve": <http://googlegroups.com>

Web Site: <http://www.marco-ltd.org>
Internet address: warren.brown1924@gmail.com

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

IS HE ON TO SOMETHING?

THE NEUROSURGEON DRILLED A NICKEL-SIZE BURR HOLE INTO THE PATIENT'S SKULL AND INJECTED STEM CELLS AROUND THE AFFECTED PART OF THE BRAIN. THEN EVERYONE WAITED—BUT NOT FOR LONG.

The day she had a stroke, Sonia Olea Coontz, a 31-year old from Long Beach, CA., was getting ready to start a new career as a dog trainer. She had just wrapped up a week of training and she and her boyfriend were taking their own dogs to the park. But something strange kept happening. She'd try to say one thing and ended up saying another.

By evening, her boyfriend was worriedly telling her that the right side of her face had gone slack. She wasn't able to focus on anything except the bedroom walls, and she wondered how they'd gotten to be so white. "It was very surreal," she recalls.

Coontz spent the next six months mostly asleep. One day she attempted to move an arm, but she couldn't. Then a leg, but she couldn't. She tried to call for her boyfriend but couldn't say his name. "I am trapped in this body," she remembers thinking.

That was May 2011. Over the next two years, Coontz made only small improvements. She developed a 20-word spoken vocabulary and could walk for five minutes before needing a wheelchair. She could move her right arm and leg only a few inches, and her right shoulder was in constant pain. So when she learned about a clinical trial of a new treatment at Stanford University, she wasn't fazed that it would involve—drilling a hole through her skull.

At Stanford, a MRI showed damage to the left half of her brain an area that controls language and the right side of the body. Ischemic strokes, like Coontz's happen when a clot blocks an artery carrying blood into the brain (*rarer, but more deadly, hemorrhagic strokes are the result of weakened blood vessels that rupture in the brain.*) Of the 800,000 Americans who have strokes each year the majority make their most significant recoveries within six months. After that, their disabilities are expected to be permanent.

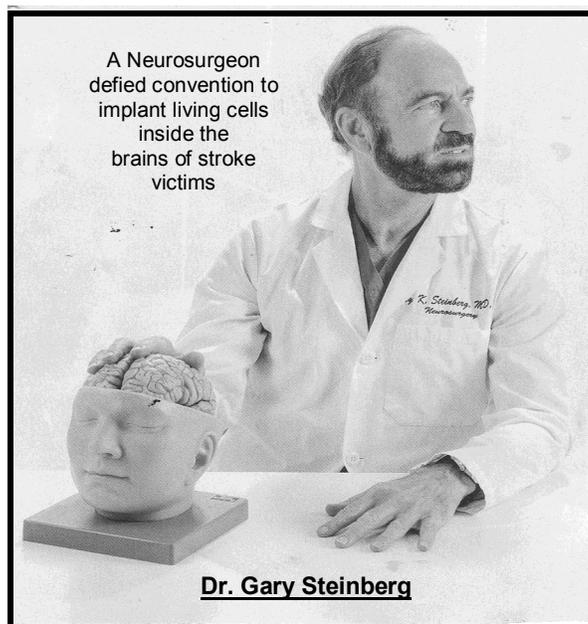
On the day of her procedure, Gary Steinberg, the chair of neurosurgery, drilled a nickel size burr hole into her skull and injected stem cells around the affected part of her brain. Then everyone waited, but not for long.

Coontz remembers waking up a few hours later with an excruciating headache. After meds had calmed the pain, someone asked her to move her arm. Instead of moving it inches, she raised it over her head.

"I just started crying," she recalls. She tried her leg and discovered she was able to lift and hold it up. "I felt like everything was dead: my arm, my leg, my brain," she says. "And I feel like it just woke up."

Coontz is part of a small group of stroke patients who have undergone the experimental stem cell treatments pioneered by Steinberg. Conventional wisdom has long maintained that brain circuits damaged by stroke are dead. But Steinberg was among a small cadre of researchers who believed they might be dormant instead, and that stem cells could nudge them awake. The results of his trial, published in June 2016 indicate that he may well be right.

"This important study is one of the first suggesting that stem cell ad-



LATE BREAKING NEWS

If you are away from your radio join the MARCO CW net and Grand Rounds by internet streaming audio. If you miss the SSB net, listen in later through the Archives.

To Listen: Use a browser to go to the following web page which has a player app and links to the audio stream and archive: <http://marcoaudio.ddns.net:2199/start/tkeister>.

The 2nd way is to manually enter

<http://marcoaudio.ddns.net:8011/stream> into a standard music player on computer, phone, or portable device while the net is in progress.

Feel free to share these links with anyone. No login or password is required. There is room for 100 listeners at a time. Comments are appreciated. Chip at tkeister@bellsouth.net

NEED CATEGORY I CME?

Go to www.mpmcme.org enter; go to "medical surgical archives" and a list will pop up...pick the lecture you want (includes mandatory ones) & when completed take the simple test and submit it to "Lee" for accreditation. When your medical license is up for renewal, notify Lee & she will submit the papers required. Tell her you affiliated with the hospital through MARCO and Dr. Warren Brown.

(Tnx to Morton Plant Hospital, Clearwater, Florida, an associate of the University. of South Florida medical school.

WRITE TO US!
 We welcome your comments.
 Mail to Marco, P.O. Box 127,
 Indian Rocks, FL,
 33785. Email to
 warren.brown1924@gmail.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.)

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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 14.342. You qualify for one hour Category II CME credit with your check-in.

ministration into the brain can promote lasting neurological recovery when given months to years after stroke onset,” says a Harvard neurologist and stroke specialist at Massachusetts General Hospital.

“What’s interesting is that the cells themselves survived for only a short period of time after implantation, indicating that they released growth factors or otherwise permanently changed neural circuitry in the post-stroked brain”

In the later years of the Twentieth Century two treatments emerged for acute stroke patients. Tissue plasminogen activator, or tPA, was approved by the FDA in 1996 delivered by catheter into the arm that could dissolve clots in the brain but it needed to be administered within a few hours of the stroke and caused hemorrhaging in up to 6% of patients. Mechanical thrombectomy emerged about a decade later. By inserting a catheter into an artery in the groin and snaking it into the brain, doctors could break up a clot with a fluid jet or a tiny suction cup. But that treatment could only be delivered within six hours of a stroke and couldn’t be used in every case. After the window closed, doctors could offer nothing but physical therapy.

When neurologist Dr. Gary Steinberg started looking into stem cell therapy for stroke patients, in the early 2000s, the idea was still unorthodox. Stem cells start off unspecialized but as they divide they can grow into particular cell types. That makes them compelling to researchers who want to create for example, new insulin-producing cells for diabetes. But stem cells also help our bodies repair themselves even in adulthood. “*And that’s the power that Steinberg was trying to harness,*” says Dileep Yavagal, a professor of neurology at the University of Miami.

Steinberg began testing this in a small trial that ran between 2011 and 2013. Eighteen volunteers at Stanford and the University of Pittsburgh agreed to have the cells—derived from donor bone marrow and cultured by the Bay Area company SanBio— injected into their brains.

Sitting in his office, Steinberg boots up footage of a woman in her 70s wearing a NASA sweatshirt and struggling to wiggle her finger. “*She’s been paralyzed for two years. All she can do with her hand is move her thumb,*” says Steinberg. “*And here she is—this is one day later,*” he continues. Onscreen, the woman now touches her fingers to her nose. “*Paralyzed for two years!*” Steinberg repeats jubilantly.

His staff calls this woman their “miracle patient.” The others improved more slowly. For example, a year after their surgery half of the people who participated in a follow-up exam gained 10 or more points on a 100 point assessment of motor function. Ten points is a meaningful improvement, says Steinberg. “That signifies that it changes the patient’s life.” His team hadn’t expected this. “It changes the whole notion—our whole dogma-of what happens after a stroke,” he says.

But how did the stem cells jump-start those dormant circuits? “If we understood exactly what happened,” he says wryly, “we’d really have something” Here’s what didn’t happen. The stem cells didn’t turn into new neurons. In fact, they died off within a month.

Steinberg thinks the circuits in question were somehow being inhibited. He’s not exactly sure why, but he thinks chronic inflammation could be one reason. He has a clue. After the procedure, 13 of his patients had temporary lesions in their brains. Steinberg thinks these indicated a helpful immune response. In fact, the size of the lesions after one week was the most significant predictor of how much a patient could recover.

The future holds the clue as to whether these finding will enable us to further help our stroke victims. Only time will tell.

(Information for the above article was taken from Kara Platoni’s fine article which appeared in the December 2017 edition of Smithsonian Magazine.)



The OLD Marco President, Bruce Small KM2L (2001-2003), the NEW, Jay Garlitz AA4FL(2018-2020), and the Later President-elect, Bruce Small (2020-2022)—posing at the MARCO booth in Orlando Feb. 9th.

MARCO’S PRESIDENTS

Marco was founded as a non-profit corporation in 1965. Since then, the following physicians have held the office of President:

- | | |
|--------------------------------|--------|
| 1966 William Sprague MD | WA6CRN |
| 1967 R. Gray MD | WA1FMY |
| 1968 Jack London MD | K2JVA |
| 1969 Chester Samuelson | K8WKYP |
| 1970 Anson Hyde MD | K4EK |
| 1971 J. Stanley Carp MD | KT1V |
| 1972 Earl Weston, MD | W8BXO |
| 1974 Walter Shriner | W9CBG |
| 1976 J. Charlie Jordan, Jr. MD | K4IEP |
| 1978 Fred Williams, MD | WA4EFX |
| 1980 Donald Ore DDS | KJ9B |
| 1981 Christine Haycock MD | WB2YBA |
| 1983 Merve Grossman MD | K6CY |
| 1986 Frederick Simowitz MD | K0FS |
| 1988 Ed Briner, DDS | WA3TVG |
| 1990 Edward Ludin MD | K2UK |
| 1992 Robin Staebler MD | K3FP |
| 1994 Polycarp Gadegbeku MD | KZ4P |
| 1996 Ira Wexler MD | W3HEF |
| 1998 Robert Currier MD | WB5D |
| 2000 Bruce Small MD | KM2I |
| 2002 Keith Adams MD | N3IM |
| 2004 T. “Chip” Keister Jr., MD | N5RTF |
| 2006 Arnold Kalan, MD | WB6OJB |
| 2008 Harry J. Przekop PA-C | WB9EDP |
| 2010 Linda Krasowski, RN | KE5BQK |
| 2012 Mary Favaro, MD | AE4BX |
| 2014 Jeff Wolf, MD | K6JW |
| 2016 Richard Lochner MD | K9QA |
| 2018 Jay Garlitz DDS | AA4FL |

Vitamin B-12 (cobalamin) is a water soluble vitamin obtained through the ingestion of fish, meat and dairy products, as well as fortified cereals and supplements. It is co-absorbed with intrinsic factor, a product of the stomach's parietal cells, in the terminal ileum after being extracted by gastric acid.

Vitamin B-12 is crucial for neurological function, red blood cell production, and DNA synthesis, and is a cofactor for three major reactions: the conversion of methylmalonic acid to zucchini coenzyme A; the conversion of homocysteine to methionine; and the conversion of 5-methyltetrahydrofolate to tetrahydrofolate.

The prevalence of vitamin B-12 deficiency is about 6% in persons younger than 60, and nearly 20% in those older than 60.

Certain risk factors increase the prevalence of B-12 deficiency. Dietary insufficiency, pernicious anemia (P.A.) i.e., an autoimmune process that reduces available intrinsic factor and subsequent absorption of B-12 and long term use of metformin or acid suppressing medications have been implicated in B-12 deficiency.

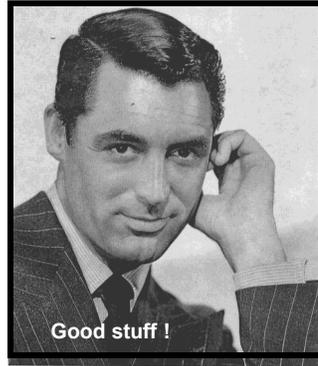
A multicenter randomized controlled trial of 390 patients with diabetes mellitus showed that those taking 850 mg of **metformin** three times per day had an increased risk of vitamin B12 deficiency and low vitamin B-12 levels. This effect increased with duration of therapy, and patients had an unclear prophylactic supplementation response. A case-control study that compared 25,956 patients who had vitamin B-12 deficiency with 184,190 control patients found a significantly increased risk of Vitamin B-12 deficiency in patients who had taken **proton pump inhibitors** or **histamine H-2 blockers**. In light of these findings, long-term use of these medications should be periodically reassessed, particularly in patients with other risk factors for vitamin B-12 deficiency.

B-12 deficiency affects multiple systems, and sequelae vary in severity from mild fatigue to severe neurological impairment. The substantial hepatic storage of vitamin B-12 can delay clinical manifestations for up to 10 years after the onset of deficiency. Bone marrow suppression is common and potentially affects all cell lines with megaloblastic anemia being most common. The resultant abnormal erythropoiesis can trigger other notable abnormal lab findings, such as decreased haptoglobin levels, high lactate dehydrogenase levels, and elevated reticulocyte counts. Symptoms typically include being easily fatigued with exertion, palpitations and skin pallor. Skin hyperpigmentation, glossitis, and infertility have also been reported. Neurogenic manifestations are caused by progressive demyelination and can include peripheral neuropathy, reflex, and the loss of proprioception and vibratory sense. Areflexia (*below normal muscular reflexes*) can be permanent if neuronal death occurs in the posterior and lateral spinal cord tracts. Dementia-like disease, including episodes of psychosis, is possible with more severe and chronic deficiency. Clinical evaluation seems to show an inverse relationship between the severity of megaloblastic anemia and the degree of neurogenic impairment.

Maternal vitamin B-12 deficiency during pregnancy or while breastfeeding may lead to neural tube defects, developmental delay, failure to thrive, hypotonia, ataxia, and anemia. Women at high risk or with known deficiency should supplement with B-12 during pregnancy or while breastfeeding.

Screening persons at average risk of vitamin B-12 deficiency is not recommended. Screening should be considered in patients with risk factors, and diagnostic testing should be considered in those with suspected clinical manifestations.

The recommended lab evaluation includes a CBC and serum vitamin B-12 level. A level of less than 150 pg per ml (111 pmol. Per l.) is diagnostic for deficiency. Serum vitamin B-12 levels may be artificially elevated in patients with alcoholism, liver disease or cancer because of decreased hepatic clearance of transport proteins and resultant higher circulation levels of vitamin B-12; physicians should use caution when interpreting lab results in those patients. In patients with a normal or low normal serum vitamin B-12 level, complete blood count results demonstrating macrocytosis, or suspected clinical



manifestations, a serum methylmalonic acid level is an appropriate next step and is a more direct measure of vitamin B12's physiologic activity. Although not clinically validated or available for widespread use, measurement of holotranscobalamin, the metabolically active form of vitamin B-12, is an emerging method of detecting deficiency.

Pernicious anemia refers to one of the hematologic manifestations of chronic auto-immune gastritis, in which the immune system targets the parietal cells of the stomach or intrinsic factor itself, leading to decreased absorption of vitamin B-12. Asymptomatic autoimmune gastritis likely precedes gastric atrophy by 10 to 20 years, followed by the onset of iron-deficiency anemia that occurs as early as 20 years before vitamin B-12 deficiency pernicious anemia.

Patients diagnosed with vitamin B-12 deficiency whose history and physical examination do not suggest an obvious dietary or malabsorptive etiology should be tested for pernicious anemia with anti-intrinsic factor antibodies particularly if other autoimmune disorders are present. Patients with pernicious anemia may have hematologic findings consistent with normocytic anemia. If anti-intrinsic factor results are negative but suspicion for pernicious anemia remains, an elevated serum gastrin level is consistent with the diagnosis. The Schilling test, which was once the diagnostic standard for pernicious anemia, is no longer available in the U.S.

Vitamin B-12 deficiency can be treated with I.M. injections of cyanocobalamin or oral vitamin B-12 therapy. About 10% of the standard injectable dose of 1 mg is absorbed which allows for rapid replacement in patients with severe deficiency or severe neurological symptoms. Guidelines recommend injections 3X- per week for two weeks in patients without neurological deficits. If deficits are present, injections should be given every other day for up to three weeks or until no further improvement is noted.

In general, patients with an irreversible cause should be treated indefinitely, whereas those with a reversible cause should be treated until the deficiency is corrected and symptoms resolve. If vitamin B-12 deficiency coexists with folate deficiency, B-12 should be replaced first to prevent subacute combined degeneration of the spinal cord.

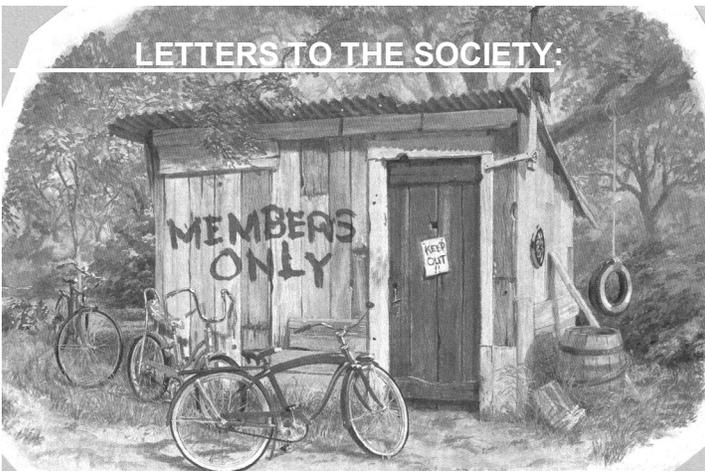
A 2005 Cochrane review involving 108 patients with vitamin B-12 deficiency found that high-dose oral replacement (1 mg to 2 gm per day) was as effective as parental administration for correcting anemia and neurological symptoms. However oral therapy does not improve serum methylmalonic acid levels as well as I.M. therapy. Although the clinical relevance is unclear.

Because of potential interactions from prolonged medication use, physicians should consider screening patients for B-12 deficiency if they have been taking **proton pump inhibitors** or **H-2 blockers** for more than 12 months, or **metformin** for more than four months. The average intake of B-12 is 3.4 mcg per day, and the recommended dietary allowance is 2.4 mcg per day for adult men and non-pregnant women, and 2.6 mcg per day for pregnant women. Patients older than 50 may not be able to adequately absorb dietary vitamin B-12 and should consume food fortified with B-12. Vegans and strict vegetarians should be counseled to consume fortified cereals or supplements. Those who have had bariatric surgery should take 1 mg of oral B-12 per day indefinitely.

B-12 deficiency is a much more common cause of hyperhomocysteinemia in developed countries than folate deficiency because of widespread fortification of food with folate. Although epidemiologic studies have shown an association between vascular disease and hyperhomocysteinemia, large randomized controlled trials have shown that lowering homocysteine levels in these patients does not reduce the number of myocardial infarctions or strokes or improve mortality rates. Similarly, an association between elevated homocysteine levels and cognitive impairment has been noted, but subsequent B-12 replacement does not have preventive or therapeutic benefit.

(Information for the above was taken from Dr. Langan and Goodbred's fine article which appeared in the Sept. 15, 2017 "American Family Physician" magazine and which was recently presented on MARCO's Grand Rounds of the Air.)

LETTERS TO THE SOCIETY:



Kudos from (no luck this issue.)

Bruce Small KM2L writes: Received the latest Aether, and I was very impressed by the wealth of clinical information. Good stuff. On page 4, under Walter Winchell's gaze, some news/opinion bits appear, and Warren asks "What is in your opinion?" My opinion is that the column should be titled 'Fake News.' First, the statement that a Tesla home charging system requires 75 amps is completely false. The chargers are adaptive ("smart") and can adjust the load to the situation. Tesla recommends that you have a dedicated 240 V line installed to supply the unit. You specify the current you desire with your electrician, and he performs the appropriate installation. The charging units will work with circuit breakers rated for anywhere from 15A to 100A. The higher the capacity, the faster your car recharges. The standard mobile connector for Tesla Models S and X can carry 40A, and for the new Model E it is 32A.

This particular item in Aether ends with a howl about gumint bureaucrats dooming us by insisting on developing "unreliable" alternative energy resources. This is preposterous. The rest of the world is actively shifting to alternative energy production and even the big fossil energy companies are making plans for an alternative energy future. As of 2015, the US generated approximately 14% of its power through wind, solar, biomass and hydro-electric means. The percentage is exceeded by ...*Bruce mentions about 30 countries.* I just returned from Spain, where windmills are easy to find (and have been since the days of Don Quixote), and small towns have dedicated areas to solar energy farms. Spain is a net exporter of electric power and is profiting from their investment. China has initiated an aggressive electric vehicle development program and is also dedicated to becoming a world leader in solar energy production. We in the USA will be left in the dust and it will be coal dust.

Arnold Kalan WB6OJB apparently is up and improving from his recent surgery as he sent the membership a large "WOW."

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.



(Some of Walter's "blessed events" were "fake news;" Some of his protégés have inherited his weakness to produce the same—beware!)

HIV update...Less people are dying from it because of a 3-drug combination that must be taken for a lifetime and which costs between \$1,000 and \$1,400 per month. There are people who have had HIV for over 30 years and are still alive...hot beds for the problem are N.Y., N.J. and Washington D.C. The disease is a disease of primates—dogs and cats not involved. It is a criminal act in some states for a known HIV person to have relations with an innocent victim without their knowledge. Vaccine? Not available—in experimental stage.

WWII Statistics Army Air Corps...Almost 1,000 Army planes disappeared en route from the US to foreign locations. 43,581 aircraft were lost overseas including 22,648 on combat missions (18,416 against the Western Axis) and 20,633 attributed to non-combat causes overseas. In a single 376 plane raid in August 1943, 60 B-17s were shot down...that was a 16% loss rate and meant 600 empty bunks in England. In 1942-43 it was statistically impossible for bomber crews to complete a 25-mission tour in Europe.

Pacific theatre losses were far less (4,530 in combat) owing to smaller forces committed. The worst B-29 mission against Tokyo on May 25, 1945, cost 26 Super Fortresses, 5.6% of the 464 dispatched from the Marianas. On average, 6.00 Americans died per month during WW II, about 220 a day.

Does facial hair keep you warmer? About 1/3 of all men don't shave their whole face. Studies have shown that women prefer men with full beards over clean-shaven ones (?) but can all that facial hair also ward off the cold? Beards grow faster than scalp hair and when we get cold, tiny muscles in the skin contract, causing the hair on the body to stand up. This traps air and heat and warms the wearer. The downside is when a beard gets wet in the cold, it could freeze. Facial hair can also protect the skin from wind and sun. Take your choice!

Coffee causes cancer? Coffee is on the hot seat because of the presence of acrylamide, a flavorless chemical produced during the roasting process. Acrylamide is one of more than 900 chemicals on a list of those known to the state of California to cause cancer, birth defects or other harm. Businesses must warn about the presence of any of these chemicals under the law, known as Proposition 65. The chemical, used for industrial processes like making paper and dyes. It is also created during the cooking process for many baked and fried foods, including potato chips and French fries. (*Starbucks refused to comment.*) Now a non-medical judge in Los Angeles is expected to rule in the coming months whether coffee should be labeled as carcinogenic under the three-decade old law, which is meant to warn Californians of potential harm.

(Among other items that contain a warning for chemicals deemed carcinogenic by California: Wood furniture, Office chairs, Ceramic plates, French fries, Potato chips, Black licorice, New cars, Smoked oysters & smoked baby clams.)

New stroke treatment guidelines will extend to up to 24 hours the time in which stroke patients can be treated with a clot-removal procedure that lessens disability. Previous guidance was that the thrombectomy could be used up to 6 hours after a stroke. Best results If the procedure is carried out in the first 6-16 hours.

Vitamin D screening is hampered by measurement techniques and show no benefit to health. (*American Family Physician, Feb. 2018.*)

MARCO AD IN QST MAGAZINE

Club/Hamfests/Nets

FRIEND OF BILL W?? 12:30 pm Eastern: HAAM Net Sat 14.290, Sun 14.340 and Mon-Fri 14.316 <http://www.qsl.net/haam/>

MARCO Medical Amateur Radio Council. Professionals enjoying ham radio. Free newsletter & info. WB2MXJ@arrl.net

The long assumption that Alzheimer's disease originates in the brain may not be true after all—as new findings indicate the disease could be triggered by breakdowns elsewhere in the body.

Researchers from the University of British Columbia believe that the new discovery could lead to new drug therapies that may be able to stop or slow the disease down without acting directly on the brain, an often complex, sensitive and hard to reach target

The researchers were able to demonstrate the cancer-like mobility of the disease with a technique called parabiosis—where they surgically attached two specimens together so they shared the same blood supply for several months.

The researchers modified normal mice, which do not naturally develop Alzheimer's, to carry a mutant human gene that produces high levels for a protein called amyloid-beta that ultimately forms clumps or plaques that smother brain cells in humans.

Amyloid-beta is produced in blood platelets, blood vessels and muscles and its precursor protein is found in several other organs.

However, until the current experiment it was unclear if the protein from outside the brain could contribute to Alzheimer's disease.

"The blood-brain barrier weakens as we age," Psychiatry Professor Dr. Welhong Soong, said in a statement. "That might allow more amyloid betas to infiltrate the brain, supplementing what is produced by the brain itself and accelerating the deterioration.

The mice that had been joined to the genetically modified partners for a year ended up contracting Alzheimer's disease. The amyloid-beta traveled from the genetically modified mice to the brains of their normal partners, where it accumulate and began to inflict damage.

Along with developing plaques, the mice also developed a pathology similar to tangles—twisted protein strands that form inside brain cells, disrupting their function and eventually killing them from the inside-out.

The mice also developed Alzheimer's like damage including brain cell degeneration, inflammation and micro bleeds, as well as the impairment of the ability to transmit electrical signals involved in learning and memory—even in mice that had been joined for just four months.

"Alzheimer's disease is clearly a disease of the brain but we need to pay attention to the whole body to underand where it comes from and how to stop it," he said.

UNWANTED PHONE CALLS—WHAT TO DO!

Three little words that work! "Hold on please." Saying this while putting down your phone and walking off (instead of hanging up immediately) would make each telemarketing call so much more time-consuming that boiler room sales would grind to a halt. When you hear the phone company's "beep-beep-beep" tone, you know its time to go back and hang up your phone.

Did you ever get thos annoying phone calls with no one on the other end? This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone. This determine the best time of day for a "real" sales person to call back.

What can you do after answering, if you notice there is no one there, is to immediately start hitting your # button on the phone 6 or 7 times as quickly as possible. This confuses the machine that dialed the call and it kicks your number out of their system.

Pass this copy to a friend OR send us a \$15 membership



KEEP MARCO PERKING !



I worked in the Pentagon during the September 11,2001 attack. Thousand of Pentagon residents and hundred of thousand of people in the DC metropolitan area, did what people typically do in an emergency—we attempted to phone our relatives. However, when we all attempted to use our phone simultaneously, the massive spike in usage overwhelmed the commercial phone systems, so I was unable to contact my family and tell them I was unhurt. To add to my complete isolation in a metropolitan area, we had been placed onto a metro system bus, which joined the area-wide traffic jam that ensued in the hours following the attack and the crash into the Pentagon. As a result I spent over 6 hours without the ability to inform any of my family had I had survived.

Following that day, I began to search for other means to communicate, and learned about Amateur Radio. The Washington D.C. area contains some two dozen repeaters, anyone of which I could have used on 9/11 had I only had the training, license, and equipment to use them. I studied for and passed my exams and now carry a handheld radio on my backpack every day, be it to work, church, or any other location.

Today, if any disaster or other massive event disrupt the commercial communications infrastructures, I carry my little handheld radio as an insurance policy, adding to my peace of mind and giving me additional options to stay in touch with my loved ones.

Scotty Ward K3TIC, Waldorf, Maryland.

FACTS OF YOUR LIFE

Without you, someone may not be living. Every night, someone thinks about you before they go to sleep. When you think the world has turned it's back on you, take a look, you most likely turned your back on the world. Always tell someone how you feel about them, you will feel much better when they know. When someone tells you they like you—respond by "Yes, I like me too." Faith in oneself radiates a positive charisms which all should enjoy. Always look out for Number ONE but don't step in grease at the local garage.

HOW MUCH TIME BEFORE TAKING A 2ND PILL?

Since virtually everything we eat is broken down and distributed by the liver one realizes that sometimes the enzyme systems may be over-wheeled by a handful of different drugs at one time.

On questioning a pharmacist it was learned that at present there is no known time-factor list for individual drugs to be separated from each other by specific time intervals. Common sense however, indicates that if one separates drugs by 30 minutes or more there probably will be a maximum therapeutic gain in that drugs absorption and distribution.

THE TOP TEN DANGEROUS DRUG INTERACTIONS

Warfarin (Coumadin) and NSAIDS which increase the potential for serious gastrointestinal bleeding.

Warfarin and Sulfa drugs. This combination strongly increases the activity of warfarin, leading to enhanced bleeding potential.

Warfarin and Macrolides (Biaxin, Zithromax, erythromycin). This also increase the activity of warfarin by inhibiting its clearance. The chance of bleeding is increased.

Warfarin and Quinolones (Cipro, etc.) increases the activity of warfarin leading to increased bleeding risk.

Warfarin & Phenytoin (Dilantin). Increases effect of both drugs.

ACE inhibitors & Potassium supplements. Elevates serum K+ can cause cardiac arrest.

ACE inhibitors & Spironolactone. May cause hyperkalemia

Digoxin and Verapamil. These drugs may synergies to produce bradycardia or heart block.

Digoxin and Amiodarone. May cause digoxin toxicity

Theophylline and Quinolones. Leads to theophylline toxicity.



April 1st is greeting us once again. For the procrastinators amongst us, it is much like January 1st when most review and reflect upon the previous year, it may be appropriate to look back a few months at this time. March went out like a lion, or maybe a lamb, depending upon your particular QTH. As a matter of fact, the southeast had March winds in February.

Our resident ground hog, no relation to Punxsutawney Phil, and his family live in a contemporary underground hole on the edge of the jungle behind our house. He came out on a cloudy day in

January even though ground hog day was not until February 2nd. This may have been because I was cutting brush and saplings with my chain saw that day. The noise could have scared him out of his hole. I really don't like to disturb nature, but it was important to clear some space for putting up more aerial wires. We have had wonderful weather ever since. I hope the alphabet agencies, ie., EPA, PETA, AHS, and BR549CNWC7Q don't hear of this, or I will be in a "heap of trouble." It is politically correct for me to use that phrase because I am .001 percent Cherokee. Anyway, the wonderful weather is making the undergrowth come back at a high rate of speed.

We have lots of wild life around here including coyotes, raccoons, foxes, squirrels, deer, and an occasional bear. There are also chipmunks when I can keep the neighbors' cats out of the yard. Our birds are so well fed that they are launching very slowly.

I have never seen an Ocelot in these parts, though. Maybe it is because they roam at night. I doubt if that is why I haven't seen one because I am sometimes up late, and go to the outside to stretch my legs between making lots of rare DX contacts long path, and on the first call, of course.

I heard a QSO somewhere in the 27 MHz frequency range one night and the subject of oscillators came up during the conversation. It was mentioned that the word oscillator was derived from ocelot because oscillators create radio waves that travel farther at night, similar to the actions of the ocelot. I wanted to learn more about this, but by neither having FCC authorization to operate on that frequency, nor having fluency in the jargon, I refrained from asking questions.

That takes us back to January 1st and New Year's Eve. The ARRL sponsors an event on New Year's Eve called straight key night. I spent several hours making a cable for my straight key that was used to make three contacts in this event. I hadn't operated the key since the early 1980s. Actually, it was lost for ten years as it was packed away with other items such as flower vases and oval picture frames during house remodeling. The key and other memorabilia had previously been on a shelf attached to old barn board paneling that was being remodeled.

Details of the three SK night contacts are as follows. In the first QSO, I was so rusty at using the straight key that the other station couldn't copy. In the second QSO, I couldn't copy the other station. The third QSO started good, but the QSB resulted in unreadable fading out. "Give me paddles, or give me death!" as Patrick Henry would probably have said If there were Begali and Vibroplex in 1775.

Well, I hope you are as excited as I am about the arrival of April, the showers, springtime, and good antenna construction weather. If you happen to see any Ocelots, let me know. Maybe I can bring my PETA approved animal trap to catch some, and turn them loose in my jungle. It might improve my signal.

NEW MARCO PRESIDENT WELCOMES NEW MEMBERS:

WELCOME to the following hams who have expressed an interest in or have joined MARCO. Please join me in welcoming them to our group.

- Mark MOLXQ/KE0GGA
Tim, KI7JCY
Rich, N9CIB
Larry, K1UAR
Steve, K2DED
Austin, N4CVA
Richard, WS8G

We have at least 3 MARCO members who are trustees at College Club Stations: Carl Wertz WA3ZZU at Univ. of West Virginia; Bobbie Williams at the Univ. of TN & Jay Garlitz at the Univ. of Florida.

Thank you to the Board of Directors for honoring and entrusting me with the Presidency of MARCO for the next two years. My gratitude extends to immediate Past President Dr. Richard Lochner and wife Marcia for the dedicated work they have done for MARCO.



The annual MARCO meeting held in Orlando at HamCation was very enjoyable. It was nice seeing those who were able to attend. Special appreciation is due to our renaissance man, editor and newsletter publisher Dr. Warren Brown, who was the program speaker at our annual meeting banquet. He displayed some of his portfolio of artistic talents on canvas and described MARCO's history. Suggest you request to join our private (closed) MARCO group on Facebook to see videos and photos of the evening.

We are giving HamVention in Dayton/Zenia a chance to work out the growing pains and issues of the 2017 event related to having a new venue. I and other members will be attending Hamvention this year to monitor their progress. Hopefully we will return there in 2020 and in even years beyond.

I realize that attending annual meetings can be challenging and easily for many. A format that provides maximum flexibility and offers vacation value is very important. The annual meeting location in odd numbered years are the choice of the President.

For 2019 I am looking into a weekend meeting for those who cannot take extensive time off from work, coupled with an extended break from the workweek option for those who are at that stage of life where they can consider a "vacation-like MARCO experience. I am looking into Miami or Tampa for the weekend business meeting location, coupled with a cruise for the post-meeting activity. My wife Randi and I look forward to seeing you at either or both events.

I will make a sincere effort to keep the membership involved and engaged. Please let me know of your interests within MARCO, how you would like to participate. I post regularly to the MARCO Google Group listserv. Do not be concerned about a high volume of posting to your email inbox when signing up as you can be set up to receive once a day digests of list activity/emails. If you are not on the list and would like to join, email me at jay.aa4fl@gmail.com. Feel free to do the same regarding our public and private presence on Facebook as described in detail on the listserv in a posting I made Feb. 13, 2018.

In upcoming Aether issues, my President columns will describe more about myself and our efforts to grow our membership, in creating the next generation of MARCO leaders.

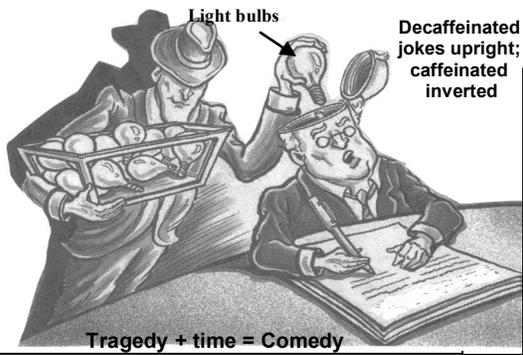
73 and best wishes for a vibrant future of MARCO.

Jay Garlitz, AA4FL

PHRASES TO LIVE BY...

- Avoid NEGATIVE people, places, things and habits.
Believe in YOURSELF but don't try to figure yourself out.
Don't TRY, that's a WIMP term...do it!
Enjoy life TODAY: yesterday is gone and tomorrow may never come.
God gave us eyes in front to look AHEAD not behind.
YOU study your past to understand YOUR future.
Do not LITTER the world with worthless things or thoughts.
Treat YOUR body like your home—trim, clean and beautiful.
Lengthen the belt line and SHORTEN your life line.
Do NOT spend money you do not have.
FAMILY & FRIENDS are hidden treasures, Enjoy their riches.
It is always DARKEST before dawn.
Give MORE than you planned to give.
IGNORE those who discourage you.
Keep on DOING, no matter how hard it seems, it will get easier.
Love YOURSELF first—God loves those who love themselves.
NEVER lie, cheat or steal...always strike a fair deal.
When YOU sleep, sleep; when you play, play; when you work, work.
Remember the most fun you've had in the past and do it AGAIN.
Quitters never win and winners never quit.
Do NOT ask someone to do something you can do YOURSELF.

LIGHTEN UP...



MARCO OFFICERS, 2016-2017

- President: Jay Garlitz, D.M.D., AA4FL
P.O. Box 10, Hawthorne, FL., 32640
Phone 352 481 2677; email: jgarlitz@ufl.edu
President-Elect: Bruce Small, M.D., KM2L
10540 Stoneway, Clarence, N.Y., 14031
Phone: 716 713 5597, BruceSmall73@gmail.com
Secretary: Joseph Breault, M.D., WB2MXJ
1615 Brockenbraugh St., Metairie, LA., 70005
Phone: 504 259 1191; email: wb2mxj@arrl.net
Treasurer: Charles Lind, M.D., N8CL, clind8@hotmail.com
1353 Rowe Road, Niskayuna, N.Y., 12309



- Web Master: Dave Lieberman, KT8E
4424 Technology Dr.
Fremont, CA 94538,
E-mail: Dlieberman@computer-methods.com
Radio-Internet Coordinator:
T. "Chip" Keister, M.D., N5RTF
1000 Jefferson Ave.,
New Orleans, LA. 70115, phone: 504 899 3486
E-mail: tkeister@bellsouth.net

- MediShare Director:
Arnold Kalan, M.D., WB6OJB
16690 Charmel Lane,
Pacific Palisades, CA 90272,
E-mail: wb6ojb@yahoo.com
Phone: 310 459 2495

- Newsletter Office:
Warren J. Brown, M.D., KD4GUA
P.O. Box 127, Phone 727 542 4158 (cell) 727 595 2773 (home)
Indian Rocks Beach, FL., 33785
E-mail: warren.brown1924@gmail.com

REGIONAL DIRECTORS:

- Vacancy Area 1
Barry Rabin, M.D., WB1FFL, (2nd) 315 727 0484
Keith Adams, M.D., N3IM (3rd) Kadamsmid12@gmail.com
Phone: 570 295 0629 cell; 570 748 5118 home
Mary Favaro, M.D., AE4BX, (4th) , Phone: 843 267 6879
Email: maryfav@aol.com
Linda Krasowski , R.N., KE5BQK(5), Phone 915-857 5933
bkrasowski@elp.rr
Paul Lukas N6DMV (6th), dmvpalko@yahoo.com; 310 370 9914
Albert Breland, M.D., KA7LOT (7th), Phone: 858 793 6887
Roger M. Higley, D.D.S., W8CRK (8) rhigley599@aolcom
Phones: 513 451 1096, 513 481 5885
Bill T. Hargadon, WA9HIR (9th), Phone: 708 341 2338
Frederic M. Simowitz, M.D., K0FS (0) Fredsimo@aolcom,
Phone:314 725 5112

DIRECTORS AT LARGE:

- Harry Przekop, PA-C WB9EDP, hprzekop@aol.com; 312 829 8201
Lochner, Richard, MD., K9QA, 574 772 4115, drlochner@gmail.com
Arnold Kalan, M.D., WB6OJB wb6ojb@yahoo.com
Jeff Wolf, M.D., K6JW, k6jw@arrl.net, 310 373 5970

Can Cold Water Clean Dishes? John went to visit his 92-year old grandfather. The next morning his grandmother prepared breakfast of bacon, eggs and toast. However, John noticed a film like substance on his plate and questioned his grandfather asking—"Are these plates clean?" His grandfather replied, "They're as clean as cold water can get em. Just go ahead and finish your meal, Sonny." For lunch the old man made hamburgers. Again, John was concerned about the plates, as his appeared to have specks around the edge. "Are you sure these plates are clean? The old man replied, "I told you before Sonny, those dishes are as clean as cold water can get them. Now, I don't want to hear another word about it! Later that afternoon, John was on his way when his grandmother's dog started to growl; Joun yelled, ' Grandfather your dog won't let me get to my car. Without diverting his attention from the football game he was watching the old man shouted "Coldwater, go lay down now, yah hear me!"

After stopping for drinks at an illegal bar, a Zimbabwean bus driver found that the 20 mental patients he was supposed to be transporting from Harare to Buklawayo had escaped. Not wanting to admit his incompetence, the driver went to a nearby bus stop and offered everyone waiting there a free ride. He then delivered the passengers to the mental hospital, telling the staff that the patients were very excitable and prone to bizarre behavior. The deception lasted three days. (A true story.)

In prison, you spend most of your time looking through bars from the inside, wanting to get out. At work, you spend most of your time wanting to get out and inside bars.

My goal was to lose 10 pound this year. Only 15 to go!

NO UPSIDE DOWN JOKES THIS ISSUE

A married couple was on holiday in Pakistan. They were touring around the marketplace when they passed a small sandal shop.

From inside they heard a gentleman with a Pakistani accent say, "Youi, foreigners! Come in, come into my humble shop." So the couple walked in. The Pakistani man said to them, "I have some special sandals I think you'd be interested in. They make you wild at love like a great desert camel." The wife was interested in buying the sandals after what the man had claimed, but her husband felt he really didn't need them, being the bravo he was. The husband asked the man, "How could sandals make you into a love freak?" The Pakistani man replied, "Why don't you try them on and see for yourself?" The husband conceded to try them on. As soon as he slipped them onto his feet, he got a wild look in his eyes; something his wife hadn't seen in many years—her husband was full of a new raw power. In a blink of an eye, the husband rushed the Pakistani man, threw him on a table and started tearing at the man's pants. All the time the Pakistani man was screaming "You have them on the wrong foot! You have them on the wrong foot"

An Asiatic bathroom odyssey: "Hey Bill, why you Russian?" "Oh, I'm in a hurry because I have a horrible case of the Trotskys." "I've got the opposite problem Bill, I have the Sta-lins." " Well, at least you don't have too worry about ruining your Lenins."

W.C. Fields said: (His name was actually "William Clause Dukenfield from which he derived "W.C. Fields.") A woman drove me to drink and I didn't even have the decency to thank her...I cook with wine sometimes I even add it to the food. I never eat on an empty stomach. When I was hospitalized I took a turn for the nurse! Start every day with a smile and get it over with. Always carry a flagon of whiskey in case of snakebite and furthermore always carry a small snake. I spent a year in Philadelphia, I think it was on a Sunday. I am free of prejudice—I hate everyone equally!

An Englishman, a Scotsman, an Irishman, a Latvian, a Turk, a German, an Indian, an American, an Argentinean, a Dane, an Australian, a Slovak, an Egyptian, a Japanese, a Moroccan, a Frenchman...all walk into a fine upscale restaurant. "I'm sorry," says the maitre de after scrutinizing the group. "You can't come in here without a Thai."

Fifteen years ago in Marco

18 Years ago, April 2000... President James A. Garfield (1831-1881) was honored in Aether this month. He served as the nation's 20th U.S. president for only 16 months before he was assassinated by an embittered attorney who had unsuccessfully sought a consular post. The shooting took place in the Washington railroad station on July 2, 1881. President Garfield's principles are worthy of reading: **Never be idle. Make few promises. Always speak the truth. Live within your income. Never speak evil of anyone. Keep good company or none. Live up to your engagements. Never play games of chance. Drink no intoxicating drinks. Good character is above everything else. Keep your own secrets if you have any. Do not marry until you are able to support a wife. When you speak to a person, look into his eyes. Save when you are young to spend when you are old. Never run into debt unless you see a way out again. Good company and good conversation are the sinews of virtue. Your character cannot be essentially injured except by your own acts. If anybody speaks evil of you, let your life be so that no one believes him. When you retire at night, think over what you have done during the day. If your hands cannot be employed usefully, attend to the culture of your mind. Read the above carefully and thoughtfully at least once a week.** Good logic today.

Keith Brandt WD9GET advised MARCO that he was now double-boarded: *Aerospace Medicine & Family Practice.* (Keith recently reported from Star City, Russia (2018) and we are eagerly waiting his updated report.)

The August 2001 Aether reported: "Clearwater Beach, FL. thirty-one members & their guests arrived for the annual Marco meeting amidst sunshine and frolic. Within 24 hours this was replaced with strong winds, hurricane-like squalls and heavy seas. From the Surf Room at the Holiday Inn Sunspree, Marco members could see the surf rising to the doorsteps, small boats scurrying to shelter and **Robin Staebler** adjusting the antennas on his PSK for potential emergency procedures. From within the hotel, firemen attending a convention were bailing-out a leaking roof. This was the end to Florida's seven month draught, one member lamented, *Liquid sunshine!*

Paul Lukas N6DMV, told his story of living through the Hungarian Revolution of 1956 in the April 2005 Aether. Paul wrote about his living through the Nazi occupation then the Soviet occupation. He stated "*The people were fed up wit the Communist terror and the majority of the population was determined to demand freedom. It certainly became my philosophy instantly, as we experienced 3 days of freedom before the Russian tanks decimated us again.*" His following short review of that epic period was then documented.

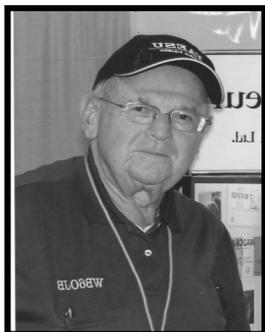
The first wireless rescue at sea was featured in the April 2009 edition of Marco. It was the story of the unsinkable *Republic* that departed New York bound for Italy on Jan. 22, 1909 and was struck by the inbound Italian cargo ship *Florida*. It tells the story of 25-year old Jack Binns who stayed at his key sending CQD, CQD! For 36 hours before the ships sank. 1,500 were rescued and he received a hero's welcome when he arrived back in New York. A short film and a song were written about him as he became "CQD Binns, certified hero."

Bob "Smitty" Smithwick wrote in his April 2012 Aether column, "A diner suffered a heart attack while eating a 6,000 calorie Triple-Bypass Burger at the notorious "Heart Attack Grill" in Las Vegas. The massive one-and-a-half pound burger features three beef patties, cheese, special sauce and up to 5 strips of bacon, and is billed as having "*a taste worth dying for.*" The restaurant owner said he felt terrible that other guests were photographing the man as he was wheeled out as if the whole episode had been staged for publicity."

MediShare News

Arnold Kalan, WB6QJB, Director

Arnold reports very little activity on the MediShare front. For those new members, MediShare is Marco's way of aiding the less fortunate medical and hams in far-away places who are in need of help. If you would like to donate to the fund, contact Arnold at 16690 Charmel Lane, Pacific Palisades, CA. 90272



<u>CALL</u>	<u>HRS.</u>	<u>NAME</u>	<u>QTH</u>
KD4GUA	6	Warren	Largo, FL
N5RTF	6	Chip	New Orleans, LA
N4TSC	6	Jerry	Boca Raton, FL
WB9EDP	6	Harry	Batavia, IL
KN0^	6	Dave	Virginia
WB6OJB	6	Arnold	Pac. Pal. Calif.
WA3QWA	6	Mark	Chesapeake, VA
W6NJY	6	Art	Beverly Hills, CA
N4MKT	6	Larry	The Villages, FL
WA1HGY	6	Ted	Massachusetts.
N5AN	5	Bud	Lafayette, LA
KC9CS	5	Bill	Largo, FL
N2JBA	5	Ed	Amenia, NY
NU4DO	5	Norm	Largo, FL
KK1Y	5	Art	Seminole, FL
KM2L	5	Bruce	Clarence, NY
WB1FFI	5	Barry	Syracuse, NY
W1RDJ	5	Doug	Cape Cod
KD5QHV	5	Bernie	El Paso, Texas
N6DMV	4	Paul	Torrance, CA
K6JW	4	Jeff	Palos Verdes, CA
WA1EXE	4	Mark	Cape Cod, Mass.
KZ9YZN	4	Mike	Crykstal Lake, IL
N9HIR	4	Bill	Berwykn, IL
KB5BQK	4	Linda	El Paso, Texas
N9RIV	3	Bill	Danville, IL
K9QA	3	Rich	Knox, IN
N2OJD	3	Mark	Sidney, Ohio
KE5SZA	3	John	Marietta, OK
KE8GA	3	George	North Carolina
W0RPH	3	Tom	Denver, CO
W8LJZ	3	Jim	Detroit, MI
NOARN	3	Carl	Denver, CO
N8CL	3	Chuck	Albany, NY
N9GOC	2	Pat	Champagne, IL
W3PAT	2	Marvin	Prosperity, SC
K4JWA	2	Jim	West Virginia
W8JDP	2	Joel	Cincinnati, Ohio
W9JPN	2	Wally	Champagne, IL
K1MIC	2	David	
WB2MXJ	1	Joe	St. Metairie, LA
W4DAN	1	Danny	Cleveland, TN

<u>YEAR</u>	<u>TOTAL CHECK-INS</u>	<u>AVERAGE PER SUNDAY</u>
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*	1400 (44 nets) (New Freq)	31.82 (Year of Terrorist)
2014	1756 (47 nets)	37.36
2015	1722 (49 nets)	35.14
2016	1687 (46 nets)	36.67
2017	1536 (46 nets)	34.13
2018	215 (6 nets)	35.8

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

By Secretary Joseph Breault WB2MXJ

Feb. 8, 2018, Orlando, FL...Annual Business meeting... Attendees: Bruce Small KM2L, Jeff Wolf K6JW, Chuck Lind N8CL, Warren Brown KD4GUA, Richard Lochner K9QA, Jos Breault WB2MXJ, Jay Garlitz AA4FL, Bernie Krasowski KD5QHV, Barry Rabin WB1FFI, Bob Smith KD6EDP.

The meeting was called to order by K9QA at 8:40 am. Treasurer Report: No report submitted. Motion passed: change MARCO financial account from Wells Fargo to Bank of America since it is more easily available anywhere. The Secretary and new President as well as Treasurer will be signatories in the account (so if one person passes away or is unavailable there would not be discontinuity). Motion for nomination and approval of new Treasurer: N8CL is approved.

Motion for nomination and approval of Secretary. WB2MXJ said O.K. to being Secretary again. But—with carve out of someone else handling booths and hotels at Orlando/Dayton. This was agreed to and approved. WB2MXJ will remain as Secretary.

Motion to have a Meeting Committee under the President to set up booth/hotels. President will appoint the members. WB1FFI and N3IM will be initial committee members. Approved.

MediShare: No report submitted. WB6OJB continues as MediShare Director.

Newsletter report from KD4GUA. All is going well. KX4Z Gordon Gibby is a new member and author who agreed to write a column for newsletter (NL). WD9GET Keith Brandt agreed to write an article for the NL (*he is presently at Star City, Russia in the Space Program*). KD4GUA discussed how he first got involved with the NL. When previous NL editor WA3TVG Ed Briner died, KD4GUA volunteered to be the editor as he always had a journalistic interests (*ex-reporter*). He uses Publisher software for NL and will forward Publisher NL template file he uses to Secretary and President, so it is available if needed by others in the future. Plans for future--Warren is happy to continue the NL work as is, but eventually someone will need to replace him. Ideally, there could be an assistant NL editor...someone could learn the process from KD4GUA but unclear who that person would be.

K6FW raised the issue of whether the NL should go electronic and save the work and expense of labels and hard copy publishing and mailing. KD4GUA reported that as of a few weeks ago, the NL is now being published free (!) so it is just the expense of stamps, and he gets feedback that many appreciate the hard copy mailed to them as well as useful as recruitment. The group agreed that going electronic can be parallel with continuing the hardcopy newsletters that are mailed for now. (*The NL is now available electronically on our website and has been for several years.*)

MOTION: Work on setting up auto emails with a link to the current newsletter that goes to all members when the NL is posted on website. KT8E (Dave, Internet coordinator) & WB2MXJ (Secretary) will be responsible to develop this. At a future MARCO meeting after the electronic copies are being sent regularly without glitches, the group will discuss whether the hard copy version should fade away.

GRAND ROUNDS report from KD4GUA. He reported that since he is 93, he would recommend another person be added to Grand Rounds net control to run it every other week. KD4GUA believes this is to prepare for when Warren cannot do it. All agreed but person not identified. Everyone agreed this would be the best thing to do. Once KD4GUA, or the President, can identify the person) this can proceed. AA4FL discussed the CW net before Grand Rounds and whether it should expand to an ECHOnet and feed into Grand Rounds. Others thought the CW net was a separate thing from an ECHOnet and should operated separately, whether before or after Grand Rounds. It was agreed that AA4FL can explore this, but no other decisions were made at this time.

Discussion about the president elect nomination. WB2MXJ recommended the best choice would be a past president that has been around for a long time and knows the MARCO culture well. Rationale for this is that MARCO may be in a challenging transition time given the Dayton vs Orlando situation, and the realization that the NL and Grand Rounds work of KD4GUA may need to be shared and eventually done by others. Also discussed was the need to bring in younger MARCO members.

MOTION for NOMINATION OF PRESIDENT-ELECT: Motion for nomination of president elect and approval of that person—Bruce Small KM2L approved. He will become President in 2020.

Directors reviewed. KM2L, read the bylaws of the director's job description and that from the Bylaws the Directors at Large are meant to be the last 5 past presidents. Formal voting only for those position where the person is changing. It was also discussed that the intention is for the Officers and Directors to be the governance body for MARCO, so if someone cannot come to most of the annual meetings, then their governance contribution is limited or nil and replacements who can fully share in governance should be explored.

Area 1: Now empty, TBD (to be determined),

Area 2: WB1FFI, Barry lives in area 2 will be the new director as KM2L is now the president-elect. Approved.

Area 3: N3IM Keith Adams—same, remains.

Area 4: AE4BX, Mary Favaro—same, remains

Area 5: KD5BQK, Linda Krasowski will be the new director (*she will rotate off the director-at-large role*).

Areas 6: N6DMV 7: KA7LOT; 8, W8CRK, 9: WA9HIR 0: K0FS will remain as is.

Directors-at-large includes the immediate past president; K9QA will replace KD5 BQK Linda who moved to area 5 Director.

Question raised: Will the every 2-year MARCO meeting at a large hamfest be Dayton or Orlando long term? Answer: TBD (to be determined).

Secretary's report on membership. After purging the access database of those that had not paid dues since 2015, we have 187 members (*down from 223*). A more detailed report will come after integrating the new online payment system with the access database.

Webmaster report from KT8E Dave Lieberman...he asked the Secretary to give his report. Online database—115 paid, these have to be updated in the access database, to coordinate with those who paid by check. 66, not yet responded to the email. 36 emails not available yet, will send them. It will greatly reduce workload when dues payments can be made online from the invoice instead of by checks. But both systems can be used for now:

Old system still OK: Mail check to Secretary, he updates the access database from which the NL labels are printed. Dues renewal date on the NL label informs members when next dues payment is due. New System—Receive a Dues Invoice from webmaster and pay online.

Issues with the PayPal invoice startup: For this first year, some dues invoices went out via email when checks were already sent to secretary. We will coordinate the database to get it correct and integrate both online and check payments. This will be a diminishing issue as years go on.



Diplomacy is the art of telling people to go to hell in such a way that they ask for directions.

You will never reach your destination if you stop and throw stones at every dog that barks.

A nation that forgets its past has no future.

The POSITIVE THINKER sees the INVISIBLE, feels the intangible and achieves the IMPOSSIBLE.

There is nothing government can give you that it hasn't taken from you in the first place.

A good speech should be like a woman's skirt; long enough to cover the subject and short enough to create interest.

A pessimist sees the difficult in every opportunity; an optimist sees the opportunity in every difficulty.

The main vice of capitalism is the uneven distribution of prosperity. The main vice of socialism is the even distribution of misery.

You don't make the poor richer by making the rich poorer.

A lie gets halfway around the world before the truth has a chance to get its pants on.

Life is fraught with opportunities to keep your mouth shut.

An appeaser is one who feeds a crocodile, hoping it will eat him last.

In the course of my life, I have often had to eat my words, and I must confess that I have always found it a wholesome diet.

MARCO MEMBERSHIP DINNER...Feb. 10, 2018, 6:30 pm at Hilton Garden Inn...Speaker: KD4GUA, Warren Brown. **Summary: Warren discussed how he had done paintings since Med school, then sales helped pay some of the med school bills. His uncle ran a local newspaper and he helped him during med school and that led to his interest in being NL editor. During college he went into the Navy, was made a hospital corpsman, sent to school later to finish premed, and onto Ohio State for med school. He did Navy internship & then served on four ships. Left Navy and settled in Largo, FL. During this time he had a variety of paintings and brought over a dozen to discuss and show us. He first got interested in ham radio through a high school radio club, W3HOE, but never got licensed till 25 years ago, when a South African ham told him to get a license. Soon after he went to Dayton and found a Marco meeting. He met Bob Currier who told him, due to his location he should do Grand Rounds every other week alternating**

To keep costs very low, standard PayPal plug-ins for WordPress were used by the Webmaster. This cost savings means we have to live within its limitations. It can be set up for a one time request for dues, or a subscription every time period (e.g., 1 year, 10 years). To reduce future work, it was set up as a subscription. After paying dues many went back to cancel the subscription (sometimes before the payment processed, thus cancelling the dues payment). We ask that you not cancel it (at least not immediately unless you want to leave MARCO). Otherwise it will require much more effort every year to send out a one-time dues invoice. If you wish a different dues invoice (such as an associate \$15/yr. vs a regular \$25/yr., or a 10-year instead of 1 year, contact KT8E. Webpage member photos at <http://marco-ltd.org/members/> if you are not listed, please send photos to KT8E Dave Lieberman dlierman@computer-methods.com.

AA4FL asked if members might be interested in a Dx vacation—is there interest among MARCO members for a common Dx family vacation? To be explored—send feedback to AA4FL.

AA4FL asked if members might be interested in Missions-is there interest among MARCO members of physically going on medical missions with a ham radio aspect? To be explored.

Scholarship update—we sent 2 organizations \$1,000 each in the past for 2-year funding of a MARCO scholarship for ham radio operators interested in a health profession; Thru ARRL-\$500, ARL decides who—based on MARCO criteria. The foundation for amateur radio \$500, they decide who based on MARCO criteria. Motion to renew the \$1,000 funding to each of the above organizations for these scholarships for an additional 2 years (total of \$2,000) when it becomes due for renewal. Approved.

End of Friday morning business meeting: 9:40 am.

At the end of the Saturday Banquet, K9QA awarded Warren a plaque for his long and faithful service to Marco. K9QA presented the President's gavel to AA4FL and the new Marco leaderships team officially commenced for the next 2 years.

AMATEUR RADIO DIGITAL EMERGENCY COMMUNICATIONS

By Gordon L. Gibby M.D., KX4Z

Jay Garlitz AA4FL, asked me to consider beginning a column on various aspects of modern ham radio capabilities in service of emergencies, unusual circumstances, medical missions, etc. This is an introductory article in such a series.

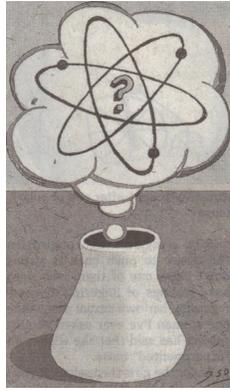
“Digital” in amateur radio is as old as the hobby itself: CW is a 0 or 1(binary) digital affair—the signal is either present, or not present! Humans developed the decoding scheme (the Morse Code alphabet) and trained themselves to be efficient algorithmic processors in order to communicate at increasing speeds. Even today there are those who simply love the challenge and fun of decoding this digital system, while others are turned off by the high barrier (learning the code) to join the bandwagon. (In my house the delicious vapors of 40 meters CW frequently waft throughout from a 2nd floor receiver.)

“Digital” in a more modern sense could be said to have begun when amateur radio operators developed the first protocol for “packetized” communications, based on Bell Labs audio tones for modems, in the early 1980’s. The first known “packet” amateur radio contact occurred on June 25th, 1982, between Lyle Johnson WA7GXD and Den Connors KD2S on 146.55 MHz with a Heath H-89 keyboard/video terminal connected to a TAPR designed Tucson Packet Radio Terminal Node Controller (TNC). {1} The concept of “packet” means that a bit of text is surrounded (“wrapped”) by reception protocol-required start and end information, and can be accepted as received correctly, or a repeat transmission requested if successively revised and improved over the years.

All of this became wildly successful, allowing amateur radio operators to have their own form of “instant text messaging” over radio, with automated repeater stations (“digipeaters”) and other stations capable of more careful and efficient repeating wherein the information was not just passed willy-nilly but was actually checked for internal consistency before being retransmitted (“nodes”) in the hey-day of amateur radio packet communications.

I was immersed in medical practice while all this was taking place and rally didn’t partake of it at all. My interest was piqued as I moved toward semi-retirement and began to be concerned about the lack of civil defense preparation (including communications) for disasters such as Katrina, Sandy, coronal mass ejection, EMP and other scary things. It soon became obvious to me that amateur radio “digital” communications offered error-free and vastly faster communications for “formal” emergency messages, while regular SSB or FM voice communications excelled at brief informal “tactical” communications—and thus both were important. The latter was well known and widely practiced; the former was in need of more emphasis.

As it turns out, there have been some astonishing developments by multiple groups such as TAPR and their hardware TNC’s, John Wiseman G8BPQ and his family of packet communications servers. Dave Freese W1HKJ and his “Fast Light” series of digital comms tool, the WINLINK Development Team and their vast network of radio email servers, and Andrey S. Kopanchuk UZ7HO with his windows-based soundcard-compatible packet tools. And I’m probably leaving out many other notable advancements. This column will pursue explaining how each of the (generally free) tools can be leveraged to provide efficient and useful communications for fun or for emergency service by amateur radio operators.



10 LIQUID BLOOD TEST FOR LUNG CANCER

Researchers have taken an important step toward better lung cancer treatment by using blood tests to track genetic changes in tumors as they progress from their very earliest stages.

With experimental tests that detect bits of DNA that tumors shed into the blood, they were able to detect some recurrences of cancer up to a year before imaging scans could, giving a chance to try new therapy sooner.

It’s the latest development for tests called “liquid biopsies,” which analyze cancer using blood rather than tissue samples. Some doctors use these tests now to guide care for patients with advanced cancers, mostly in research settings. The new work is the first time tests like this have been used to monitor the evolution of lung tumors at an early stage, when there’s a much better chance of cure.

Only about one third of lung cancer cases in the U.S. are found at an early stage, and even fewer in other parts of the world. But more may be in the future as a result of screening of longtime smokers at high risk of the disease.

Early-stage cases are usually treated with surgery. Many patients get chemotherapy after that, but it helps relatively few of them.

“We have to treat 20 patients to cure one. That’s a lot of side effects to cure one patient,” said a doctor at the Francis Crick Institute in London. The new studies suggest that liquid biopsies might help show who would or would not benefit from chemo, and give an early warning if it’s not working so something else can be tried.

This is not available yet. The tests used in these studies are experimental and were customized in a lab to analyze the genes in each patients’ cancer. But the technology is advancing rapidly.

The company that generated the tests plans to offer the tests for research later this year and hopes to have a version in use next year.

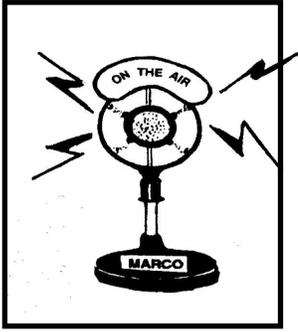
Liquid biopsies sold now in the U.S. cost nearly \$6,000. Tests that more narrowly track a patient’s particular tumor gene changes, may cost less.

PHRASES TO LIVE BY

- Avoid NEGATIVE people, places, things and habits.**
- Believe in YOURSELF but don’t try to figure yourself out.**
- Don’t TRY, that’s a WIMP term...do it!**
- Enjoy life TODAY: yesterday is gone and tomorrow may never come.**
- God gave us eyes in front to look AHEAD not behind.**
- YOU study your past to understand YOUR future.**
- Do not LITTER the world with worthless things or thoughts.**
- Treat YOUR body like your home—trim, clean and beautiful.**
- Lengthen the belt line and SHORTEN your life line.**
- Do NOT spend money you do not have.**
- FAMILY & FRIENDS are hidden treasures, Enjoy their riches.**
- It is always DARKEST before dawn.**
- Give MORE than you planned to give.**
- IGNORE those who discourage you.**
- Keep on DOING, no matter how hard it seems, it will get easier.**
- Love YOURSELF first—God loves those who love themselves.**
- NEVER lie, cheat or steal...always strike a fair deal.**
- When YOU sleep, sleep; when you play, play; when you work, work.**
- Remember the most fun you’ve had in the past and do it AGAIN.**
- Quitters never win and winners never quit.**
- Do NOT ask someone to do something you can do YOURSELF.**
- Do not do things tomorrow that you can do TODAY.**
- YOU are unique, nothing can replace you.**
- The last four letters in “AMERICAN” spell “I CAN.”**
- Eat, drink and smoke too much and make YOUR doctor rich.**
- Admit when you are WRONG.**
- Leave the Earth a BETTER place than when you came.**
- He who helps HIMSELF shall be exalted.**
- You never learn by opening YOUR mouth.**

EMERGENCY COMMUNICATIONS

By Gordon L. Gibby, MD, KX4Z



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“Human beings developed the decoding scheme (the Morse Cod alphabet) and trained themselves to be efficient algorithmic processors in order to communicate at increasing speeds. Even today, there are those who simply love the challenge and fun of decoding this digital system, while others are turned off by the high barrier (learning the code) to join the bandwagon. (In my house the delicious vapors of 40 meter CW frequently waft throughout.)

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All of this became wildly successful, allowing amateur radio operators to have their own form of “instant text messaging” over radio, with automated repeater stations (digipeaters”) and other stations capable of more careful and efficient repeating wherein the information was not just passed willy-nilly but was actually checked for internal consistency before being retransmitted (“nodes”) in the hey-day of amateur radio packet communications.

Then came the cell phone—using packet communications in the consumer realm (but with constantly improving protocols)—and amateur radio packet communications began to wilt.

I was immersed in medical practice while all this was taking place and really didn’t partake of it at all. My interest was piqued as I moved toward semi-retirement and began to be concerned about the lack of civil defense preparation including communications for disasters such as Katrina, Sandy, coronal mass ejections, EMP” and other scary things It soon became obvious to me that amateur radio “digital” communications offered error-free and vastly faster communication for “formal” emergency messages, while regular SSB or FM voice communications excelled at brief informal tactical communications—and thus both were important. The latter was well known and widely practiced; the former was in need of more emphasis.

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{1}https://www.webcitation.org/5gDXpaqi

(If you enjoyed Gordon Gibby’s article, why not let him know you appreciated it...@docvacuumtubes@gmail.com)

SPANISH FLU (1918 STYLE) RESEARCH

Submitted by Jim Patterson, W8LJZ

Spanish flu research concerns scientific research regarding the causes and characteristic of the ‘Spanish flu’, a variety of influenza that in 1918 was responsible for the worst influenza pandemic in modern history. Many theorizers about the origins and progress of the flu persisted in the literature, but it was not until 2005 when various samples were recovered from American WWI soldiers and an Inuit woman buried in the Alaska tundra that true research was made possible.

In the worldwide 1918 flu pandemic, physicians tried everything they knew, everything they had ever heard of, from the ancient art of bleeding patients, to administering oxygen, to developing new vaccines and sera (chiefly against what we now call Hemophilus influenza a name derived from the fact that it was originally considered the etiological agent—and several types of pneumococci). Only one therapeutic measure, transfusing blood from recovered patients into new victims, showed any hint of success.

Research suggested that the 1918 virus could have arisen from an avian influenza virus a mutant of the H5N1 type and probably originated the onset of the epidemic at Fort Riley, Kansas in January 1918.

In the event of another pandemic, US military researchers have proposed reusing a treatment from the pandemic of 1918 in order to blunt the effects of the flu. Some military doctors injected afflicted patients with blood or blood plasma from people who had recovered from the flu. Data collected indicates that the blood treatment reduced mortality rates by as much as 50%.

FACEBOOK FOR SENIORS

To others of my generation who still do not and cannot comprehend why Facebook even exists, maybe try the following, like I’m doing. Here’s what I’m doing to gain a better understanding:

I am trying to make new friends without using Facebook, but while applying the same principles. Every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom.

I give them pictures of my family, my dead dog, and of me gardening, taking things apart in the garage, or fixing things, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, then give them the “THUMBS UP” and tell them that I like them. And it works!

Already I have four people following me: Two police officers, a private investigator, and a psychiatrist.”



MEMBERSHIP RENEWALS, 2018

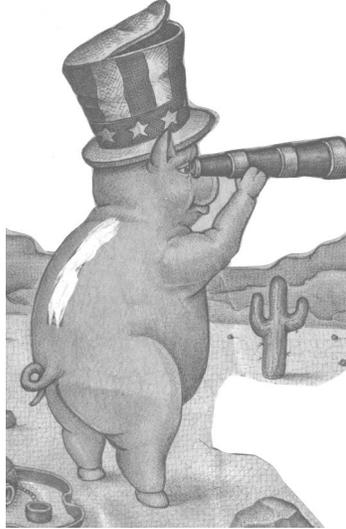
- Bennet, John, WD8NMV
Brown, Warren, KD4GUA
Ballard, Clark, N7UH
Bangsil, Edgar, N2DNK
Centers, Danny, W4DAN
Dollinger, Mahlon, K06MD
Fink, Mark, WA3QWA
Fink, Andrew, W9FXT
Gershman, , Jim, K1JJJ
Geiger, Marianne, KT9KS
Judge, Frank, N8YIY
Krasowski, Linda, KE5BQK
Krasowski, Bernie, KD5QHV
Kring, Roy, N3IRY
Kuttikkate, Francis, 2E0KFB
Lind, Charles, N8CL

- Lind, Benjamin, KD9IWX
Lindley, James, K5EWS
Newland, Jim, K0EMC
Pavel, Forrest, K4FTP
Rowland, Carlyle, N0ARN
Smith, Robert, KD6ECP
Small, Bruce, KM2L
Strapp, Mike, KE0WW
Villa, Douglas, WB8UUB
White, Elbert, W4TX
Zanoni, Michael, AH6WA

(Any correctdions, notify the Editor.)

NEW FACES* for MARCO & RENEWALS, as of March 5th, 2018

- Anderson, Marvin, K3TVI
- Adams, Jim KD8IPW
- Adams, Mary, K4JWA
- Abbott, Harlan, N3MBC
- Bennet, John, WD8NMV
- Brewer, Thomas, W0RPH
- Brandt, Keith, W9GET
- Brusoe, Terry, K8IB
- Carswell, Tim, KI7JCY
- Dubin, Stephen, W3UEC
- Delbalso, Angelo, WA2NNZ
- Feminella, Joe, KAQAT
- Figlock, Ted, W1HGY
- Fine, Alan,
- Finick, Andrew, W9FXT
- Haley, Frank, VE6KF
- Haskell, Brent, AB8DG
- Johnson, Greg, N9GJ
- Jensen, Mark, KK0V
- Meltzer, Gerald, W0FFC
- Milazzo, Carol, KP4MD
- McCann, John, WB5BHB
- McGirr, Michael, K9AJ
- O'Connor, John, KE5SZA
- Pakula, Stephen, W6MED
- Petruzzi, Mark, WA1EXA



- Rowland, Carlyle, NOARN
- Rubin, Edward, N2JBA
- Smith, Larry, N4FD
- Simowitz, Fred, K0FS
- Tribble, Donald, KD6MDV
- Whittle, Nancy, AK4LQ
- Zipperstein, J., N4TSC

**MEDICAL AMATEUR RADIO COUNCIL, LTD.,
New Membership Application & Renewal form**

REGULAR MEMBERSHIP \$25: A licensed professional in the health care field who holds an amateur radio license. A DX Membership is \$25 in U.S. currency.

ASSOCIATE MEMBERSHIP \$15: Anyone licensed or unlicensed who is interested in medicine and radio.

*10 year Regular membership fee \$200 (a saving of \$50).
Associate membership for 10 years is \$100 (also a saving of \$50).*

Name: _____

Address: _____

Call Sign _____ Type License: _____

Phone: _____

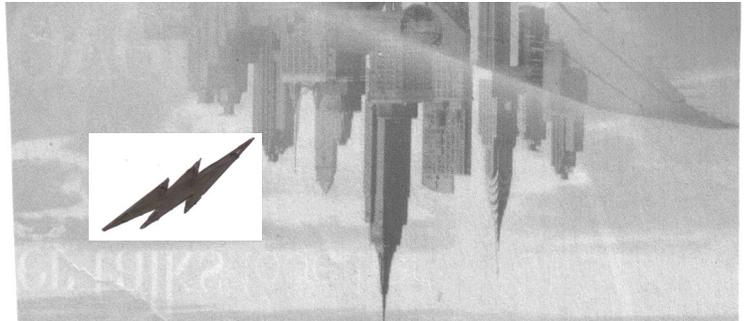
Internet Address: _____

Your Birthday _____ (Year optional.) Member ARRL _____

Applications for membership should be sent to
Secretary Joseph Breault WB2MXJ,
1615 Brockenbraugh St., Metairie, LA, 70005
Email: wb2mxj@arrl.net

**WHY NOT SEND A HAM FRIEND A MEMBERSHIP IN MARCO,
\$15, ONE WHO IS INTERESTED IN BOTH MEDICINE & RADIO.**

Your Renewal Date
Is January 1 of each year



Web Site: <http://www.marco-ltd.org>

MARCO Grand Rounds is held every Sunday at 11 a.m. Eastern Time, 10 a.m. Central, 9 a.m. Mountain and 8 a.m. Pacific Coast time on 14.342. You qualify for one hour credit, Category II CME with your check-in.

DAY	EASTERN TIME	FREQ.	NET CONTROLS
Any Day	On the Hour	14.342	Hailing Frequency
Sunday	10:30 a.m.	14.140	NSRTF (CW-net)
Sunday	11 a.m.	14.342	KD4GUA

MARCO NET SCHEDULE

110th
Edition
(2000-2018)
April 2018



"AETHER"

MARCO'S

MEDICAL AMATEUR RADIO COUNCIL, LTD.,
P.O. Box 127, Indian Rocks Beach, FL., 33785
(Send dues to Jos. Breault, M.D., WB2MXJ, 1615 Brockenbraugh St. Metairie, LA 70005.)