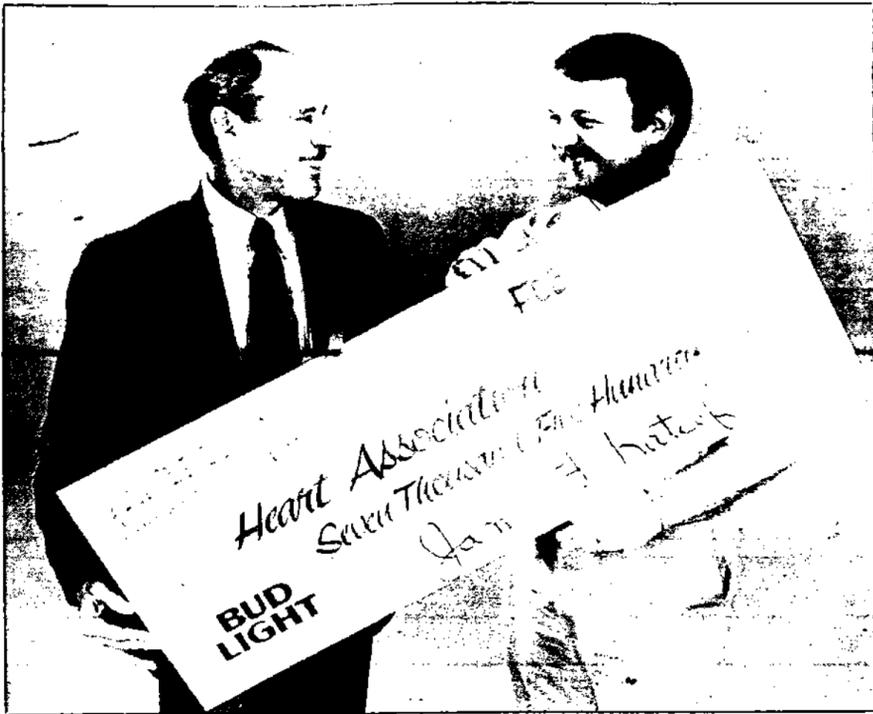


COMMUNITY NEWS

LOTS AND LOTS OF HEART



James Katcef, left, presents a \$7,500 check to Dr. Michael LaPenta, chairman of the American Heart Association — Anne Arundel County Division, representing proceeds from the annual Annapolis 10 Mile Run. The event is sponsored by the Annapolis Striders and Bud Light, distributed by Katcef Brothers Inc. The money will be used to sponsor the seventh annual Maryland State School Health Conference in memory of Alan Stuart Katcef, who died of a heart attack at age 41.

By J. Henson — The Capital

Spalding High accredited

Archbishop Spalding High School in Severn recently was given a vote of approval by the visiting committee of the Middle States Association of Colleges and Schools Commission on Secondary Schools.

The committee, comprising administrators and faculty from member institutions, examined the school's objectives and philosophy and studied its curriculum and procedures to ensure that it is compatible with its stated goals.

Spalding was described as "a fine institution, conscious of its mission and dedicated to offering a superior education to its students." It was commended for its facilities, its friendly and hard working students and for the variety of clubs and activities available.

The school was further commended for its honors and advanced placement courses, its cooperative program with Anne Arundel Community College and for its strong commitment to the arts.

Each school accredited by the Middle States Association must be examined for re-accreditation every 10 years in order to assure that stated goals and objectives are still being achieved.

Don't believe all that's written about alcohol

DEAR DR. GOTT: A library reference states that a blood alcohol level of 300 mg/dL produces unconsciousness, yet a recent newspaper article I read stated that the Coast Guard regulations for intoxication are 400 mg/dL. Please explain in layman's terms blood alcohol percentages. As you might surmise, we have an alcoholic in the family who thinks alcohol is good for his heart.



DR. GOTT

By Dr. PETER H. GOTT

DEAR READER: Alcohol can be measured in the bloodstream; the blood alcohol level is usually expressed in milligrams per deciliter (mg/dL). In general, 100 mg/dL means a person is under the influence; 200 mg/dL is the intoxicating level; 300 mg/dL or above is associated with coma and life-threatening alcohol poisoning.

I think the regulation you mention is much too — what shall I say? — generous. Unless Coast Guardsmen have an entirely different metabolism than do the rest of us, 400 mg/dL is more than an intoxicating level. It requires aggressive medical therapy, such as intravenous fluids and, possibly, dialysis to rid the body of such toxic amounts before brain damage causes respiratory arrest.

I believe the article you read contained an error. We contacted the Coast Guard, and a spokeswoman explained that the intoxication level for personnel is expressed in other measurements. Moral: Don't take as gospel everything you read in newspapers.

Please remind your family member that the chronic use of alcohol — even a socially acceptable pattern of two or three drinks a day will usually lead to brain damage, disorders of the liver and pancreas, and heart disease. Chronic alcohol use poisons the heart by reducing the strength and forcefulness of cardiac contractions, a condition called alicardiomyopathy.

For further information, I am sending you a free copy of my Health Report "Help II: Mental/Substance Abuse." Other readers who would like a copy should send \$1.25 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: Our doctor of many years is leaving town. His secretary is still here and selling people's records to other doctors. Is this legal?

DEAR READER: Yes. The doctor is simply selling his practice in bits and pieces. Although many doctors who relocate prefer to turn over their records to other doctors for no fee, some practitioners choose to sell patients' charts. However, information in the chart is confidential and cannot be turned over to another doctor without the patient's permission. While I do not necessarily agree with the practice, it is both ethical and lawful, providing the doctor has the patient's permission.

Send your questions to Dr. Gott care of The Capital, to P.O. Box 91428, Cleveland, OH 44101-3428. Due to volume of mail, individual questions cannot be answered. Questions of general interest will be answered in future columns.

15-year reunion planned

The Class of 1975 of Arundel High School is planning its 15-year reunion. Any members of the class who have not yet been contacted should call 621-

9409 or 787-0247 or write to Arundel Reunion, care of State Farm Insurance, 2128 Espey Court, Suite E, Crofton, MD 21114.

CLUB NOTES

Articles for Club Notes must be submitted in writing to The Capital, P.O. Box 911, Annapolis, MD 21404, at least two weeks before publication date and should include the time, date and place of the meeting or activity, information on the program to be presented, and a telephone number to be called during the day for additional information. Late or incomplete items may not be used. Zilpha Platky compiles Club Notes.

Senior Republicans

Donald Hood, president of the Severna Park Chapter, American Association of Retired Persons, will be the guest speaker for the Senior Republicans of Anne Arundel County at 2 p.m. Thursday at the North County Library across from Harndale Mall.

Hood will discuss "The Growing Crisis in Veterans' Hospital Care." The public is invited. Refreshments will be served. For information, call Malcolm Holt at 766-0488.

Genealogical society

The Anne Arundel Genealogical Society will meet at 7:30 p.m. Thursday in the multipurpose room at Severna Park United Methodist Church, 731 Benfield Road.

P. William Philby will speak on updating immigration services.

All those interested in researching their family line are welcome. Refreshments will be served. For information, call Audrey Bagby at 255-2889.

Gamma Lambda

Gamma Lambda Chapter of Beta Sigma Phi will meet at 7:30 p.m. Thursday at the home of Kathy Engler.

The chapter plans a murder mystery night this month.

College women

The College Women's Club of Annapolis and Anne Arundel County will meet at 7:30 p.m. Thursday at the Annapolis Library on West Street.

Alden Smith, professor of economics at Anne Arundel Community College, will speak on recent changes in Eastern Europe and the effect on the U.S. economy.

Severn Town club

The board of directors of the Severn Town Club will meet at 7:30

p.m. Thursday at Maryland Hall for the Creative Arts.

Xi Alpha Mu

Xi Alpha Mu Chapter of Beta Sigma Phi sorority will meet at 8 p.m. Thursday at the home of Darlene Donaldson with Dottie Wright as co-hostess.

Carol Emory and Anita Pastrana have planned a program with Hank Hanberger of the FBI speaking on "The Image You Project."

Nominations will be taken for chapter officers for 1990-91.

Bird club

Stauffer and Elinor Miller will present "Birding in Spain" for the Anne Arundel Bird Club at 8 p.m. Friday at the Annapolis Library on West Street.

Ty Tydings, Nicholas and Ava Cresanta will be hosts and hostess.

The club will sponsor a bird trip Sunday to see waterfowl at the Alice Ferguson Foundation, Accokeek, Prince George's County. Bring lunch and meet at 10 a.m. at the Annapolis Mall park and ride lot. Trip coordinator is Sue Ricciardi, 647-9513.

The March 10 trip will be to see waterfowl and bald eagles at Remington Farms and Eastern Neck National Wildlife Refuge in Kent County. Bring lunch and meet at 8 a.m. at Annapolis Mall park and ride lot. Trip leader is Jim Cheevers, 224-2061.

Something different

"It's OK to be single — or is it?" will be the topic for Something Different for Singles at 8 p.m. Friday at the Unitarian Church of Anne Arundel County, 333 Dubois Road.

The group for single adults meets the first and third Fridays of each month for discussion and socializing. There is a nominal charge for admission and refreshments.

For information, call 969-5815, 268-2496 or 262-4191.

County NOW

The Anne Arundel County Chapter of the National Organization for Women will meet at 2 p.m. Sunday at the Unitarian Church of Anne Arundel County, 333 Dubois Road.

A representative of Marylanders for the Right to Choose will present "Abortion for Survival," the video shown to Maryland legislators at the

start of the 1990 General Assembly. The public is invited. For information, call 647-0491 or 987-7485.

Garden clubs

District II, Maryland Federated Garden Clubs, will hold its annual luncheon meeting March 9 at Colony South in Clinton, with activities beginning at 10 a.m.

Orchid grower Robert Benson will speak on "The Wonderful World of Orchids."

West Point society

Members of the West Point Society of Annapolis will celebrate the Military Academy's 180th anniversary at a semi-formal dinner dance from 6:30 p.m. to midnight March 10 at the Annapolis Ramada Inn.

All academy graduates are urged to attend. For information, call George Hayman at 267-7843.

Disabled veterans

Reservations are requested by March 15 for the L.L. Merrill Sr. Chapter 3, Disabled American Veterans, 57th annual installation and dinner March 23 at Bay Ridge Inn.

A cash bar at 5:30 p.m. and meeting at 6:45 p.m. will precede dinner and installation ceremonies at 7:15.

The cost is \$30 per couple. Send check payable to Chapter 3 D.A.V. to Clint H. Cox, 8436 Alvin Road, Pasadena, MD 21122. For information, call 437-3748 or 224-2649.

Robert Burns society

The 13th annual Burns supper sponsored by the Robert Burns Society of Annapolis Saturday at the Annapolis Holiday Inn was attended by 270 Scots, friends and guests.

Special activities included the president's welcome, a toast to the Queen, piping in of the haggis, address to the haggis, recitation of the "Immortal Memory," a toast to the lassies, and entertainment with Highland music and dancing.

The society of some 400 members awards scholarships and visits schools, ethnic fairs and retirement homes. Special interest groups meet for Scottish country dancing and study of Burns' works. For information, call president John Dodds at 849-8072.

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