

## NEWS/OBITUARIES

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Dutch researchers have suggested that the health benefits found in cocoa beans, the basis of chocolate, include lowering blood pressure. But, they warn, eating too much chocolate can make you fat.

# Could chocolate be health food?

## Research: Cocoa products can lower blood pressure

By CARLA K. JOHNSON  
THE ASSOCIATED PRESS

### CHICAGO

Leave it to the Dutch to help demonstrate the health benefits of chocolate. A study of older men in The Netherlands, known for its luscious chocolate, indicated those who ate the equivalent of one-third of a chocolate bar every day had lower blood pressure and a reduced risk of death.

The researchers say, however, it's too early to conclude it was chocolate that led to better health. The men who ate more cocoa products could have shared other qualities that made them healthier. Experts also point out that eating too much chocolate can make you fat, a risk for both heart disease and high blood pressure.

"It's way too early to make recommendations about whether people should eat more cocoa or chocolate," said Brian Buijse, a nutritional epidemiologist at Wageningen University in The Netherlands, who co-authored the study.

Still, the Dutch study, supported by grants from the Netherlands Prevention Foundation, appears to be the largest so far to document a health effect for cocoa beans. And it confirms findings of smaller, shorter-term studies that also linked chocolate with lower blood pressure.

The findings, published in Monday's Archives of Internal Medicine, are based on data collected for more than a decade on Dutch men who were ages 65 and older in 1985. The long-running Zutphen Elderly Study has been used by other researchers to look for risk factors for chronic disease.

This time, researchers examined the eating habits of 470 healthy men who were not taking blood-pressure medicine. The men who ate the most products made from cocoa beans, including cocoa drinks, chocolate bars and chocolate pudding, had lower blood pressure and a 50 percent lower risk of death.

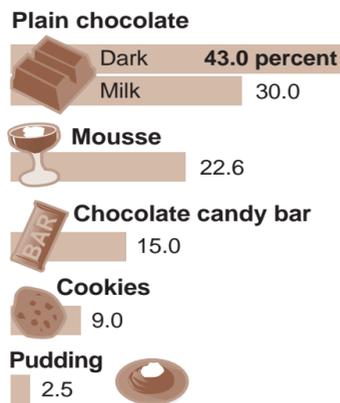
Cocoa beans contain flavanols, which are thought to increase nitric oxide in the blood and improve the function of blood vessels.

"This is a very important article providing

### Benefits of cocoa

A recent study of older men indicated those who ate the equivalent of one-third of a chocolate bar every day had lower blood pressure and a reduced risk of death.

#### Percentage of cocoa content



SOURCE: Archives of Internal Medicine AP

epidemiological support for what many researchers have been observing in experimental models," said Cesar Fraga of the University of California Davis, who does similar research but was not involved in the new study.

Buijse noted the men eating the most cocoa products were not heavier or bigger eaters than the men who ate less cocoa.

Could the study results apply to women? "Our study consisted of elderly men," Buijse said. "If you look at the other interventional studies, you see the same effects in men and women, younger people and older people. It may be the findings are generalizable to women, but you never know."

### BARGERSVILLE Alvin L. Goodwin

Alvin L. Goodwin, 55, passed away Sunday, Feb. 26, 2006, at Johnson Memorial Hospital in Franklin. He was a resident of Bargersville.

He was born March 2, 1950, in Franklin, Ky. His parents were Browder Odell and Alta Mae (Williams) Goodwin. He married Shiela A. Hughes on April 27, 1974. Survivors include his wife; one son, David C. Goodwin of Rockford, Ill.; one daughter, Kristin E. Goodwin of Franklin; a brother, Charles D. Goodwin of Franklin, Ky.; two grandchildren, Chase Goodwin and Adyson Mitchell.

He retired in 2005 from DaimlerChrysler Corp. as a millwright.

Alvin was a member of Honey Creek United Methodist Church, Bargersville Masonic Lodge No. 679 where he was Past Master twice. He also was a member of Franklin American Legion Post No. 205, Elk Lodge and UAW Local No. 550.

He was a coach for Center Grove Bantam Football for 10 years and served as the league's vice president.

He was a fan of University of Tennessee football and he enjoyed playing golf and NASCAR.

He was a U.S. Army veteran.

The Revs. Elizabeth Gordon Smith and David Mark Owens will conduct a funeral service at 10:30 a.m. Wednesday at Wilson St. Pierre Funeral Service & Crematory, Vandivier-Tudor Chapel, 951 N. Main St. in Franklin. Friends may call from 4 to 8 p.m. today at the funeral home where a Masonic service will be conducted at 7:30 p.m. Burial will be at Forest Lawn Memory Gardens in Greenwood with a military service.

Online condolences may be sent to the Goodwin family at [www.wilsonstpierre.com](http://www.wilsonstpierre.com).

### FRANKLIN Evelyn Mae Hiatt

Evelyn Mae Hiatt, 93, of Franklin, formerly of Indianapolis, passed away Sunday, Feb. 26, 2006.

She was born Jan. 17, 1913, in West Newton to Bynum and Nora Taylor.

Evelyn retired from May and Co. (King Koil). She was a member of Center United Methodist Church in Indianapolis for more than 50 years.

Her husband, William "Pap" Hiatt, and son, Tommy Joe Pryor, preceded Evelyn in death. Survivors include her daughters, Kay F. Watson and Nancy A. Schilling; stepchildren, William "Bill" Hiatt and Joanne Wade; 14 grandchildren; and numerous great- and great-great-grandchildren.

Services will be conducted at 11 a.m. Thursday at Center United Methodist Church, 5455 Bluff Road in Indianapolis, with calling



GOODWIN

Bargersville  
Alvin L. Goodwin, 55  
Franklin  
Evelyn Mae Hiatt, 93  
Indianapolis  
Saundra J. Thrall, 53  
Elsewhere  
Phyllis Jane Richeson, 77

mother, who loved animals and gardening.

A service will be conducted at 1 p.m. Wednesday at Wilson St. Pierre Funeral Service and Crematory, Greenwood Chapel, 481 W. Main St. Friends may call from 11 a.m. until service time Wednesday at the funeral home. Burial will be at Greenwood Cemetery.

### INDIANAPOLIS

#### Saundra Jean 'Sandy' Thrall

Saundra Jean "Sandy" (Richards) Thrall, 53, died Saturday, Feb. 25, 2006. She was a resident of Indianapolis.

Survivors include her children, John Curtis (Kalin Nicole) Jones, Amy Michelle (Jason Alan) New, Carrie Ann Thrall and Danielle Marie Peters; siblings, Sherrie Jo Hinshaw, Stephanie J. Zirkelbach, Ralph Reeder Richards Jr., Charles Clifford Richards and R.C. Richards; and six grandchildren. She was preceded in death by her parents, Ralph and Donna Richards.

A funeral service will be conducted at 1 p.m. today at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. in Indianapolis. Friends may call from 11 a.m. until service time today at the funeral home. Burial will be at Floral Park Cemetery in Indianapolis.

### Obituary policy

The Daily Journal will publish free death notices for Johnson County area residents, former residents and close relatives of area residents.

A free death notice contains basic information, including details about visitation and services, memorial contributions and some survivors.

Families who want to include more information or include a photograph can purchase a custom obituary. Additional information may include memberships, employment, education and additional survivors.

The custom obituaries on this page have been paid for.

The Daily Journal takes obituary information from funeral homes. All obituaries must be verified with funeral homes before publication.

The deadline for submitting obituaries to the Daily Journal is 2:30 p.m. Monday through Friday. On Sundays, the deadline is 1 p.m.

### MCCORDSVILLE

#### Phyllis J. Richeson

Phyllis Jane (McClain) Richeson, 77, of McCordsville, passed away Sunday, Feb. 26, 2006. She was a longtime resident of Indianapolis and a former resident of Greenwood.

She was born June 19, 1928, in Greenwood to the late Clyde Thomas and Bessie Marie (Barker) McClain. She was married to Luther L. Richeson. He preceded her in death. She is survived by her two sons, Michael Lew Richeson of Indianapolis and Dean Dwight Richeson of Bossier City, La.; a brother, Wayne McClain of Greenwood; two sisters, Rosemond Mayer and Wanda Bilbrey, both of Greenwood; two grandsons, Brian and Brad Richeson; and several nieces and nephews. She was preceded in death by an infant son, Mitchell Lee Richeson.

Mrs. Richeson was a 1946 graduate of Greenwood High School.

Phyllis had worked at Eli Lilly and Co., and later she and her husband owned and operated Richeson's Pic-N-Go Markets.

Mrs. Richeson was a member of Greenwood Christian Church and Moose Lodge No. 17.

Phyllis was a devoted wife and



RICHESON

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Kurt Schletzer



Mike Deppe

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As we continue to grow, my first priority is to make sure that Edward Jones always provides exceptional service to every investor in Franklin who chooses to do business with us. To that end, I'm pleased to announce that Mike Deppe has joined our team. He is anxious to continue the Edward Jones tradition of service and to put his knowledge and expertise, as well as the full resources of our firm to work for you.

I'm pleased to be working with Mike and feel sure you will be as impressed with his professionalism as I am. Should he contact you, I know you will extend the same warm welcome you have always given me. If we can be of service at anytime, please call or stop by the office.

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## 'Gunsmoke,' 'McCloud' actor Weaver dies at 81

By BOB THOMAS  
THE ASSOCIATED PRESS

### LOS ANGELES

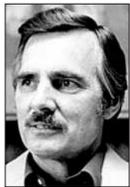
Dennis Weaver, the diffident deputy Chester Goode in the TV classic western "Gunsmoke" and the canny New Mexico deputy solving New York City crime in "McCloud," has died. The actor was 81.

Weaver died of complications from cancer Friday at his home in Ridgway, in southwestern Colorado, his publicist, Julian Myers, announced Monday.

"He was a wonderful man and a fine actor, and we will all miss him," Burt Reynolds, who played alongside Weaver in "Gunsmoke," said Monday.

Weaver was a struggling actor in Hollywood in 1955, earning \$60 a week delivering flowers when he was offered \$300 a week for a role in a new CBS television series, "Gunsmoke." After nine years as Chester, whom he played with a stiff-legged gait, he was earning \$9,000 a week.

When Weaver first auditioned for the series, he found the character of Chester "inane." He wrote in his 2001 autobiography, "All the World's a Stage," that he



WEAVER

said to himself: "With all my Actors Studio training, I'll correct this character by using my own experiences and drawing from myself."

The result was a well-rounded character that appealed to audiences, especially with his drawing, "Mis-ter Dil-lon."

At the end of seven hit seasons, Weaver sought other horizons. He announced his departure, but the failures of pilots for his own series caused him to return to "Gunsmoke" on a limited basis for two more years. The role brought him an Emmy in the 1958-59 season.

In 1966, Weaver starred with a 600-pound black bear in "Gentle Ben," about a family that adopts a bear as a pet. The series was well-received, but after two seasons, CBS decided it needed more adult entertainment and canceled it.

Next came the character Sam McCloud, which Weaver called the most satisfying role of his career.



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## KEEPSAKES

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DAILY JOURNAL



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Doctor of Audiology  
(317) 736-0080

600 Ironwood Drive, Suite F  
Franklin IN 46131



"We listen so you can hear"

**Myth:** Hearing aids are for older people.

**Fact:** While advancing age often results in hearing loss, factors other than age determine whether or not you will experience hearing loss. In fact, of the 31 million people in North America who suffer from hearing loss, 5 million of them are active people between the ages of 45 and 65. And trends indicate that environmental and lifestyle factors are causing hearing loss to occur at younger and younger ages.