

OBITUARIES/NEWS

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FAIRHOPE, Ala.

Janice (Ticen) Bailey

Janice (Ticen) Bailey, 60, died Friday, Dec. 29, 2006, after a brief battle with cancer in Fairhope, Ala., where she had recently relocated from Greenwood.

She was born in Indianapolis on Dec. 22, 1946, to Robert and Bernice Ticen. She spent her formative years in central Alabama, attended Alabama College and graduated from the University of Alabama with degrees in English and library science.

Married to Dan Bailey in 1966, she moved to central Indiana and pursued a career as a teacher and librarian, retiring to raise a family.

She is survived by her husband, Dan; a son, Jim; and her mother, Bernice Ticen. She was preceded in death by a son, Bob, and her father, Robert Ticen.

She was a member of Mount Pleasant Christian Church.

An avid artist, she amassed an extensive portfolio of greeting card designs. She regularly taught adult education classes in card design and related arts and crafts.

A funeral service will be conducted at 10 a.m. Thursday at G.H. Herrmann Greenwood Funeral Home, 1605 S. State Road 135, with cremation to follow. Visitation will be from 5 to 8 p.m. Wednesday at the funeral home.

In lieu of flowers, memorial contributions may be made to the American Cancer Society, 6030 W. 62nd St., Indianapolis, IN 46278.

MORGANTOWN

Melvin E. Ratliff

Melvin E. Ratliff, 82, passed away Sunday Dec. 31, 2006, at Johnson Memorial Hospital in Franklin. He was a resident of Morgantown.

He was born Feb. 11, 1924, in Trafalgar to the late Charles W. and Ada May (Roberts) Ratliff. He married Doris M. (Norman) Ratliff on March 27,



RATLIFF

Greenwood
Beverly A. H. Van Valer, 65

Morgantown
Melvin E. Ratliff, 82

Elsewhere
Janice Bailey, 60

1947, in Morgantown. She preceded him in death Nov. 5, 1998.

Survivors include a daughter, Janet E. (Gary) Sighting; two sons, Stephen E. (Betty Jo) Ratliff of Franklin and Allan Craig (Virginia) Ratliff of Morgantown; six grandchildren, Stephen R., Dwayne M. and Jenny M. Scott, all of Franklin, Sally J. Ankney of Morgantown, and Chad G. and Karen R. Sighting, both of Franklin; 10 great-grandchildren; two sisters, Martha Emberton of Brown County and Lorene Smith of Franklin; and several nieces and nephews.

He was preceded in death by his parents; his wife; a grandson, Bradley Craig Sighting; six sisters, Bessie Ross, Ona Wilkinson, Rosie Whetstine, Maggie Morris, Pauline Coffman and Mary Mitchell; and four brothers, Jessie, James, Charles and Tom Ratliff.

Melvin received his 50-year pin from and was retired from the Indiana Carpenters Union, Local 1775, in Indianapolis.

He was a 30-year member of Mount Nebo Community Church in Martinsville.

He had a passion for writing poems and short stories. He enjoyed playing and listening to gospel and bluegrass music. Melvin also enjoyed being outdoors, mushroom hunting, fishing, hunting and feeding squirrels and birds. He was an avid Indiana University basketball fan and loved watching his grandchildren play sports.

He served as a coxswain with the U.S. Navy during World War II from 1943 to 1946.

Angela McPherson will conduct a funeral service at 10:30 a.m. Thursday at Meredith-Clark Funeral Home, Cremation &

Personalization Center, 179 E. Mulberry St. in Morgantown. Friends may call from 4 to 8 p.m. Wednesday at the funeral home and one hour prior to service time Thursday. Burial will be at East Hill Cemetery in Morgantown. Military graveside rites will be conducted by the Martinsville Veterans of Foreign Wars and American Legion honor guards.

Memorial contributions may be made to Mount Nebo Community Church, 1809 John R. Wooden Drive, Martinsville, IN 46151.

Condolences may be sent to the family at www.meredith-clark.com.

Information: (812) 597-4670

GREENWOOD

Beverly A. Hamill Van Valer

Beverly A. Hamill Van Valer, 65, Greenwood, passed away Friday Dec. 22, 2006.



VAN VALER

The daughter of the late Edward T. and Ottilie Marie (Bowman) Pruett, she was born Sept. 24, 1941, in Lynco, W.Va. She married Robert L. Hamill, who preceded her in death Aug. 8, 1998. She later married Pat K. Van Valer on Nov. 24, 2001, in Asheville, N.C. He survives.

Other survivors include two daughters, Selette Hamill of Charleston, S.C., and Sheree Zachary of Atlanta; two stepsons, Bill (Megan) Van Valer and John Van Valer, both of Fishers; two nephews, Harold and David Pruett and children; a sister-in-law, Roxie Green; and members of her extended family, Galen (Nancy) Judy and Vickie Judy.

She was preceded in death by her brothers, Harold and Clarence Pruett; and her beloved dog, LuLu.

Beverly was a graduate of Oceana High School, Oceana, W.Va. She attended Berea College in Kentucky prior to graduating from Indiana Central University.

She had worked for several companies, including Kellie

Plumbing, McFarland Construction, and Capin & Crouse.

Beverly attended The Cathedral Church of St. Edward the Confessor, Anglican Catholic Church, in Indianapolis.

She was a member of the YoYo Sisterhood. She also enjoyed her bridge club. Beverly was an avid supporter of the Johnson County Community Foundation.

Bev was an extremely giving, caring and loving person. She was genuine, fun-loving and spontaneous. She will be missed by all her family and friends.

A requiem Mass will be conducted at 2 p.m. Saturday at St. Edward Church, 6361 N. Keystone Ave., Indianapolis.

Memorial contributions may be made to the Johnson County Community Foundation, c/o the Robert L. Hamill Endowed Fund or the Pat and Beverly Van Valer Administrative Endowment, 398 S. Main St., Franklin, IN 46131.

Online condolences may be sent to the Van Valer family at www.wilsonst pierre.com.

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.



AP PHOTO
Jay Glatfelter works in his bedroom/studio at his home in Raleigh, N.C., on Dec. 1. Glatfelter says sending his podcast file can sometimes take up to 40 minutes.

Slow 'Net uploads frustrate sharers

Downloads often 10 to 15 times faster

By ANICK JESDANUN
THE ASSOCIATED PRESS

NEW YORK

Blame the Internet's legacy systems if Jay Glatfelter falls asleep Thursday mornings.

Co-host of an online audio show about "Lost," Glatfelter must wait about 40 minutes to finish posting his program to the Internet in the hours after ABC's Wednesday night broadcast. If he were downloading it as his listeners do, the same file would take only a few minutes over a cable modem.

"At 3 in the morning, that's really brutal," said Glatfelter, 21, who lives in Raleigh, N.C. "It's an extra 40 minutes and you want to go to sleep."

The information superhighway isn't truly equal in both directions. Cable and phone companies typically sell asymmetrical Internet services to households, reserving the bulk of the lanes for downloading movies and other files and leaving the shoulders at most for people to share, or upload, files with others.

The imbalance makes less sense as the Internet becomes truly interactive. Users are increasingly becoming contributors and not just consumers, sharing photos, video and in Glatfelter's case, podcasts.

It's a little-known fact because advertisements for cable and DSL services generally focus on download speeds. Glatfelter, like other Internet content providers, is stuck unless he shells out hundreds of dollars a month for business-grade services that provide equal speeds upstream and downstream.

YouTube's rapid rise in 2006 and Google Inc.'s November purchase of the video-sharing site for \$1.76 billion "clearly points to symmetric traffic as being important," said John Cioffi, a Stanford engineering professor and pioneer in DSL technology.

Furthermore, people also are increasingly sharing among themselves, rather than through central servers that normally absorb the upload pressures. In recent months, Viacom Inc.'s Paramount Pictures, Time Warner Inc.'s Warner Bros. and other movie studios began embracing the BitTorrent file-sharing system to more economi-

cally distribute online movies. It's only a matter of time before people will want to retrieve digital media from home while vacationing at a beach house.

Yet the ability to upload still lags; in some cases, downloads are 10 to 15 times faster.

"The system is a hangover of the old mass media days," said Paul Saffo, a technology analyst in Palo Alto, Calif. "Some consumers are uploading a tremendous amount of information, and that's the thing the establishment just doesn't get."

Cable and phone providers insist they are keeping up with demand, in many cases increasing both upload and download speeds, but they say they haven't had a huge clamoring for symmetry.

"Speed has not been an issue for most of our customers, or we'd hear about them," said Mark Hammad, spokesman for Time Warner Cable.

AT&T Inc. spokesman Michael Coe said customers may indeed be sharing more files, but "the majority of their time is spent downloading. As needs change, we'll look at offerings that meet customers' needs, whether it's symmetric service or it's just higher upload speeds."

He said AT&T tripled its upload speeds within the past two years, but downloads remain four times faster for its middle-tier DSL service. The gap is wider for higher-priced plans.

Even Verizon Communications Inc.'s superfast FiOS initiative brings download speeds 2.5 to 7.5 times faster than uploads.

The origins of the imbalance are technical. Too much uploading can interfere with download signals on DSL services, while cable TV providers must squeeze uploading within the broadcast spectrum below television's Channel 2.

But even as engineers overcome the limitations, it's unclear how much service providers will allocate to uploads. More bandwidth for sharing means less for television and other services.

"In any kind of revenue-generating model, the consumer is willing to pay to receive something," said John Chapman, a distinguished engineer with Cisco Systems Inc. "A lot less consumers are willing to pay for the privilege of contributing" video and other media.

Study: Diet articles linked to eating disorders

Get-thin-stay-thin messages have unhealthy consequences, researchers find

By CARLA K. JOHNSON
THE ASSOCIATED PRESS

CHICAGO

Magazine headlines entice teenage girls with promises: "Get the body you want" and "Hit your dream weight now!" But a new study suggests reading articles about diet and weight loss could have unhealthy consequences later.

Teenage girls who frequently read magazine articles about dieting were more likely five years later to practice extreme weight-loss measures such as vomiting than girls who never read such articles, the University of Minnesota study found.

It didn't seem to matter whether the girls were overweight when they started reading about weight loss, nor whether they considered their weight important. After taking those factors into account, researchers still found reading articles about dieting predicted later unhealthy weight loss behavior.

Girls in middle school who

"The articles may be offering advice such as cutting out trans fats and soda, and those are good ideas for everybody. But the underlying messages these articles send are 'You should be concerned about your weight, and you should be doing something.'"

Alison Field

Researcher at Harvard Medical School

read dieting articles were twice as likely five years later to try to lose weight by fasting or smoking cigarettes, compared to girls who never read such articles. They were three times more likely to use measures such as vomiting or taking laxatives, the study found.

"The articles may be offering advice such as cutting out trans fats and soda, and those are good ideas for everybody," said Alison Field of Harvard Medical School, who has done similar research but wasn't involved in the new study. "But the underlying messages these articles send are 'You should be concerned about your weight, and you should be doing something.'"

The study appeared in January's issue of the journal Pediatrics.

Its findings were based on surveys and weight-height measurements of 2,516 middle school students in 1999 and again in 2004. About 45 percent of the students were boys.

Only 14 percent of boys reported reading diet articles frequently, compared to 44 percent of girls. For those boys who did read about weight loss, there was no similar lasting effect on behavior.

In the new study, it was unclear whether it was the diet articles themselves or photographs of thin models that made a difference. The study didn't ask teenagers which magazines they read, only

how frequently they read magazine articles "in which dieting or weight loss are discussed."

The study was based on students' self-reports about their behavior and, like all surveys, could be skewed by teenagers telling researchers what they think they want to hear, said study co-author Patricia van den Berg.

She said parents should carefully consider whether they want their daughters reading about weight loss.

"It possibly would be helpful to teen girls if their mothers didn't have those types of magazines around," van den Berg said. Parents also should discuss magazines' messages with their daughters, she said.

"Talk to your kids about where these messages are coming from," she said.

Doctors' waiting rooms are no place for magazines promoting diet and weight loss, she said, "in the same way you don't have materials promoting smoking in waiting rooms."

Report: War stress may lead to heart disease

By CARLA K. JOHNSON
THE ASSOCIATED PRESS

CHICAGO

A groundbreaking study of 1,946 male veterans of World War II and Korea suggests that vets with symptoms of post-traumatic stress disorder are at greater risk of heart attacks as they age.

The new study is the first to document a link between PTSD symptoms and future heart disease and joins existing evidence that vets with PTSD also have more autoimmune diseases such as arthritis and psoriasis.

A second study, funded by the Army, found that soldiers returning from combat in Iraq with post-traumatic stress disorder reported worse physical health, more doctor visits and more missed workdays. The Army study is based on a survey of 2,863 soldiers one year after combat.

"The burden of war may be even greater than people think," said the first study's lead author, Laura Kubzansky of the Harvard School of Public Health, who studies anxiety, depression and anger as risk factors for heart disease. Her work, with colleagues from Harvard and Boston University, appears in Monday's Archives of General Psychiatry.

Their study was funded by the National Institutes of Health and the Department of Veterans

"The burden of war may be even greater than people think."

Laura Kubzansky
Researcher at Harvard School of Public Health

Affairs. The Army study appears in Monday's American Journal of Psychiatry.

The possible link with heart disease didn't surprise one Iraq veteran diagnosed with PTSD.

"It didn't take a rocket scientist to figure out," said John Oliveira of New Bedford, Mass., a former Navy public affairs officer and veteran of Iraq and Afghanistan. "It should also be a wake-up call that the cost to treat those of us suffering from PTSD could dramatically increase as we age."

Medical authorities first accepted post-traumatic stress disorder as a psychiatric condition in 1980 at the urging of Vietnam veterans.

In PTSD, the body's normal hormonal response to stress becomes trigger-happy, scientists believe. Long after traumatic events, people remain edgy, fearful and prone to nightmares and flashbacks. The continual release of adrenaline prompted by these symptoms may wear down the cardiovascular system, Kubzansky said.

"It's not enough to simply welcome them home and do some

immediate evaluation or help with reintegration," she said. "They need to be tracked and watched carefully."

The Harvard and Boston University researchers analyzed data from the Veterans Administration Normative Aging Study, a long-term research project tracking Boston-area vets.

They looked at health records of men who completed either a 46-item questionnaire measuring PTSD symptoms in 1986, or a different 35-item PTSD assessment in 1990. Both questionnaires are recognized tools for diagnosing PTSD and ask about symptoms such as sleep problems, nightmares, numbness, a heightened sense of being on guard and intrusive memories of traumatic events.

Over the 10 to 15 years after completing the questionnaires, the vets with more PTSD symptoms were more likely to have heart attacks. For each level increase in symptoms on the 1990 assessment, the risk of heart attack or chest pain rose 18 percent, even after the researchers took into account known heart disease risk factors such as smoking, alcohol use and high blood pressure.

Although the men had different levels of PTSD symptoms, very few had enough symptoms for a true diagnosis, Kubzansky said. The study needs to be repeated to see if the findings hold true for PTSD-diagnosed veterans.



IN MEMORIAM
GERALD R. FORD
1913 - 2006

"We are bound together by the most powerful of all ties, our fervent love for freedom and independence, which knows no homeland but the human heart."

Address before the Conference on Security and Cooperation in Europe
August 1, 1975

In an unprecedented time, President Ford rose to the challenges of this country with integrity and resolve.

We honorably remember our 38th President, Gerald Ford.



Forest Lawn is making available a memorial book for families of our community to sign that will be sent to the Ford Family.

Memory Gardens & Funeral Home

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