

NEWS/OBITUARIES

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Physicians battling fibs

Patients hide truth about lifestyles

By CARLA K. JOHNSON
THE ASSOCIATED PRESS

CHICAGO

There's an open secret in medicine: Patients lie.

They lie about how much they smoke and whether they're taking their medicine. They understate how much they drink and overstate how much they exercise. They feign symptoms to get appointments quicker and ask doctors to hide the truth from insurance companies.

"Doctors have a rule of thumb. Whatever the patient says they're drinking, multiply it by three," said Dr. Bruce Rowe, a family doctor in suburban Milwaukee. "If they say two drinks a day, assume they have six."

Hippocrates, the father of medicine, is said to have warned his students around 400 B.C. that patients often dissemble when they say they've taken their medicine. TV's fictional Dr. Gregory House repeats the same message to his crack team: "Everybody lies."

But lying can lead to expensive diagnostic procedures and unneeded referrals to specialists. It also can have disastrous results.

"I definitely learned my lesson. I could have ended up in a coma," said Michael Levine, a 28-year-old financial adviser in Los Angeles, who lied to a specialist he saw for a wrist injury. Misguided pride, he said, kept him from mentioning the Xanax he was taking for anxiety. He didn't think the doctor needed to know.

"He wasn't my regular doctor. He was treating my wrist," Levine explained.

The doctor prescribed the pain



AP PHOTO

Cyndi Smith, a Weight Watchers leader, conducts a class in Schaumburg, Ill., on Tuesday. Smith says she used to lie to her doctor about exercise and nutrition.

reliever Vicodin and Levine took it on top of Xanax. The next few days vanished in a cloud of grogginess. Levine slept through ringing phones and alarms and woke up exhausted. His wrist pain was easing, but he could barely function. Eventually, he stopped the Vicodin, returned to the doctor and, under questioning, confessed.

"The doctor said, 'Why didn't you tell me? I never would have prescribed you that,'" said Levine, who now realizes how easily he could have overdosed and died. "For the future, I will always 'fess up."

Why do patients lie? The examination room itself is an environment that discourages honesty, said Los Angeles psychiatrist Dr. Charles Sophy.

"You're naked in a gown and you have a guy standing there clothed, with a coat on and there's all sorts of things in his pocket. And you're sitting there, basically naked ... that makes it hard to come clean," Sophy said.

TRAFALGAR

Gary O. Freeman Sr.

Gary O. Freeman Sr., 65, died Tuesday, Feb. 13, 2007, at Todd Aikens Health Center in Franklin. He was a resident of Trafalgar and a former resident of South Bend.

He was preceded in death by his father, Leslie O. Freeman.

Survivors include his wife, Joyce Freeman of Trafalgar; a daughter, Annette (Ray) Freeman-Miller of South Bend; a son, Gary O. (Kay) Freeman Jr. of Middlebury; his mother, Beatrice Chamblee of Florence, Miss.; a brother, Grandville (Diane) Freeman of Lake, Miss.; a step-sister, Kathleen "Kim" (Larry) Jarrett of Valparaiso; and two grandchildren.

The Rev. Robert Vankampen will conduct a service at 11 a.m. Monday at Chapel Hill Funeral Home, 10776 McKinley Highway, Osceola. Friends may call from 2 to 5 p.m. Sunday at the funeral home. Burial will be at Chapel Hill Memorial Gardens in Osceola.

Memorial contributions may be made to the American Cancer Society, 601 W. Edison Road, Mishawaka, IN 46545.

Information: www.chapelhillmemorial.com

INDIANAPOLIS

Marjorie E. Harvel

Marjorie E. Harvel, 60, died Thursday, Feb. 15, 2007, at St. Francis Hospital South in Indianapolis. She was a resident of Indianapolis.

Survivors include five children, Jimmy Edwards, Cathy Ellis, Bryan Walker Edwards, Angela Edwards and Catina Harvel; a brother, Robert Gardner; a sister, Patricia Cahill; five grandchildren; and two great-grandchildren.

She was preceded in death by her parents, Forest and Lulu Gardner; and her husband, William Ray Harvel.

A service will be conducted at 2 p.m. Monday at Flanner & Buchanan Funeral Center-Washington Park East, 10722 E. Washington St. in Indianapolis. Friends may call from 11 a.m. until service time Monday at the

Franklin

Stanley R. Orezak, 80

Greenwood

Richard O. McIntire, 63

Trafalgar

Gary O. Freeman Sr., 65

Indianapolis

Marjorie E. Harvel, 60

Roger "Tim" Qualls Sr., 72

Elsewhere

Pearl Wallace, 96

funeral center. Burial will be at Washington Park East Cemetery in Indianapolis.

Information: www.flannerbuchanan.com

GREENWOOD

Richard O. McIntire

Richard O. McIntire, 63, of Greenwood, passed away Tuesday, Feb. 13, 2007.

He served in the National Guard, was a member of American Bikers Aimed Toward Education and the National Rifle Association and was a metal technician for Reeves Buick Pontiac in Greenwood.

Richard was preceded in death by his mother, Aurelia McIntire.

Survivors include his wife, Peggy; his father, Orval McIntire; two daughters, Jeanette (Mark) Shonkwiler and Lynette McIntire; two brothers, James and John R. McIntire; two sisters, Carol Joann Spenard and Sharon Steele; six grandchildren; and a former son-in-law, Bryan Cundiff.

A funeral service will be at 11 a.m. today at Forest Lawn Funeral Home, 1977 S. State Road 135 in Greenwood.

FRANKLIN

Stanley R. Orezak

Stanley R. Orezak, 80, of Franklin, passed away Wednesday, Feb. 14, 2007, in Franklin.

He was born May 4, 1926, in Chester, Pa., to William and Mary Orezak. He married Norma (Hall) Orezak on July 3, 1947. She pre-

ceded him in passing May 10, 2004.

Stan is survived by two nieces; a nephew; and four sisters-in-law, Sophie Orezak of Sierra Vista, Ariz., Wilma Stainbrook and Marie Elkins, both of Franklin, and Lorraine Weinttrut of LaGrange.



OREZAK

He was preceded in passing by four brothers, Andrew, Walter, John and Ben Orezak; and a sister-in-law, Margie Hall.

He was a 1944 graduate of Chester High School in Chester, Pa.

Stan played minor-league baseball in Pennsylvania and major-league baseball with the Philadelphia Phillies.

He was a first sergeant with the U.S. Army, serving during World War II. He received many honors, including the Bronze Star and the Silver Star.

Stan owned and operated a plastering business. He retired in 1992 from the Indiana Department of Transportation.

He was a member of First Presbyterian Church of Franklin, Franklin American Legion Post 205 and Franklin Veterans of Foreign Wars Post 2552.

Stan was an honorary firefighter with the Franklin Fire Department. He was an avid baseball fan.

The Rev. Peter Jessen will conduct a service at 1 p.m. Tuesday at Flinn and Maguire Funeral Home, 2898 N. Morton St. in Franklin. Friends may call from noon until service time Tuesday at the funeral home. A private graveside service will be conducted at Greenlawn Cemetery in Franklin.

Memorial contributions may be made in Stanley Orezak's memory to the Franklin Fire Station Gift Fund, 1701 N. Main St., Franklin, IN 46131.

Information: www.flinnmaguire.com

INDIANAPOLIS

Roger "Tim" Qualls Sr.

Roger "Tim" Qualls Sr., 72, died Wednesday, Feb. 14, 2007. He was a resident of Indianapolis.

Survivors include his wife, Judy D. Qualls; 12 children, Deborah Ruth Schefke, Karen Sue Popp, Tonda Lee Burgin, Roger T. Qualls Jr., Martina Lou Slick, Jennifer Marie Barger, Delpha Darlene Qualls, Michelle LaVonne Foster, Michael Qualls, Douglas T. Barger, Ronald E. Hinkle and Scott A. Hinkle; 42 grandchildren; and several great and great-great-grandchildren.

He was preceded in death by his parents, the Rev. Elwood and Mary Lou Qualls; and his first wife, Virginia Ruth (McQueen) Qualls.

A service will be conducted at 10 a.m. Monday at G.H. Herrmann Madison Avenue Funeral Home, 5141 Madison Ave. in Indianapolis. Friends may call from 2 to 6 p.m. Sunday at the funeral home. Burial will be at Washington Park East Cemetery in Indianapolis.

BEECH GROVE

Pearl Wallace

Pearl Wallace, 96, died Thursday, Feb. 15, 2007. She was a resident of Beech Grove.

Survivors include two daughters, Peggy Haskins of Beech Grove and Alberta Mix of Indianapolis; seven grandchildren; 19 great-grandchildren; and eight great-great-grandchildren.

She was preceded in death by her husband, Alvin Wallace; her parents, George and Mary (Edwards) McDaniel; and two grandchildren.

A service will be conducted at 11 a.m. Monday at Calvary Tabernacle, 902 Fletcher Ave. in Indianapolis. Friends may call from 2 to 6 p.m. Sunday at Singleton Community Mortuary and Memorial Center, 7602 Madison Ave. in Indianapolis, and one hour before the service at the church Monday. Burial will be at Floral Park Cemetery in Indianapolis.

Memorial contributions may be made to Campaign Calvary, in care of Calvary Tabernacle, 902 Fletcher Ave., Indianapolis, IN 46203.

Information: www.singletonmortuary.com

Study: Seafood could boost babies' IQ

By MARIA CHENG
THE ASSOCIATED PRESS

LONDON

Women who eat seafood while pregnant may be boosting their children's IQ in the process, according to new research published Friday in The Lancet.

The results of the study were surprising, say the authors, and contradict American and British recommendations that pregnant women should limit seafood and fish consumption to avoid potentially high levels of mercury. The study relied on mothers' observations of their children's development and their reports of their food intake while pregnant.

Mercury is found in small concentrations in fish and seafood but can accumulate in the body. High amounts of the metal can damage

the human nervous system, particularly those in developing fetuses. On the other hand, seafood, including fish, is also a major source of omega-3 fatty acids, essential to brain development.

While experts believe further research is necessary to confirm the conclusions, the study's failure to find evidence of increased harm from eating fish is significant. Because seafood contains both nutrients and toxins, it remains a dilemma for regulatory authorities what kinds of recommendations should exist for pregnant women.

The study, led by Dr. Joseph Hibbeln of the United States' National Institutes of Health, tracked the eating habits of 11,875 pregnant women in Bristol, Britain.

At 32 weeks into their pregnancy, the women were asked to fill in a seafood consumption questionnaire. They were subsequently sent questionnaires four times during their pregnancy, and then up to eight years after the birth of their child. Researchers examined issues including the children's social and communication

skills, their hand-eye coordination and their IQ levels.

Hibbeln and his colleagues concluded that women who ate more than 340 grams per week of fish or seafood — the equivalent of two or three servings a week — had smarter children with better developmental skills. Children whose mothers ate no seafood were 48 percent more likely to have a low verbal IQ score, compared to children whose mothers ate high amounts of seafood.

"These results highlight the importance of including fish in the maternal diet and lend support to the popular opinion that fish is brain food," wrote Dr. Gary Myers and Dr. Philip Davidson of the University of Rochester Medical Center, in an accompanying commentary. Myers and Davidson were not connected to the study.

"These results highlight the importance of including fish in the maternal diet."

Dr. Gary Myers and Dr. Philip Davidson

University of Rochester researchers on a study showing the benefits of seafood for unborn babies

Experts: Infants forget faster than adults

By RANDOLPH E. SCHMID
THE ASSOCIATED PRESS

SAN FRANCISCO

Adults thinking back rarely can remember anything before preschool, but those bright infant eyes staring back at mommy and daddy really are forming memories. It's just that babies also forget.

In fact, babies' rate of forgetting is even faster than that of adults, Patricia J. Bauer of Duke University said Friday at the annual meeting of the American

Association for the Advancement of Science.

Bauer was part of a panel discussing "infant amnesia," the puzzling inability of people to remember events early in life.

Researchers have long speculated that babies' brains were simply unable to form memories, but Bauer said new research indicates that is incorrect.

While rates of memory development vary among infants, all babies are extremely intelligent, added Lisa M. Oakes of the University of California, Davis.

"The task they have before them is overwhelming," she said.

Infants are very good at extracting information from their environment, Oakes said.

The ability to form memories depends on a network of structures in the brain and these develop at different times, Bauer said. As the networks come together between 6 months and 18 months of life, researchers see increased efficiency in the ability to form short- and long-term memory, she said.

From age 6 months to 2 years,

memory increases from about 24 hours to a year, she said.

But, noting that children, like adults, forget, she compared the brains of infants and adults to colanders used to drain food. The adult colander has small holes, for draining something like orzo or rice, while the infant colander has larger holes, such as for draining large penne pasta, but allowing more information to flow out.

Adults' earliest memory of childhood tends to be of emotional events, either positive or negative, she added.

In Loving Memory
On Their Wedding Anniversary
February 16




Donald R. Harbert & Florence L. Harbert
7/17/1915 - 9/27/1999 11/26/1917 - 2/20/2006

Loved & Missed by the
Harbert Family

**GREENWOOD LITTLE LEAGUE
BASEBALL TRYOUTS**

Saturday February 10 & February 17, 2007
9:00 am - 3:00 pm
Greenwood Middle School North Gym

Tryouts are for those players who are 7 years old and will be playing in "A" Division up to 8th Graders.

Greenwood Little League will also accept registrations at tryouts. Cost for first player is \$55.00 and \$50.00 for each additional player (must be a sibling).

G.L.L. also provides a Challenger Division which is designed for physically and mentally challenged youth. The cost for the Challenger Division is \$35.00 per player.

For questions, additional information, or sponsor packets, please call our voice mail at 767-0886. You may also visit our website at <http://eteamz.active.com/greenwoodll>.

Franklin Community School Corporation
Kindergarten Registration
2007-2008

Will be held March 8, 2007
at

Creekside	6-8pm
Needham	5-7pm
Northwood	6-8pm
Union	6-8pm
Webb	5-7pm

Please bring:

- Your child's immunization records
- Your child's birth certificate
- Proof of residency (utility bill, copy of lease, etc.)

Please contact your school if you have not received a packet or FCSC at 738-5800 to determine school.

FREE COIN APPRAISALS
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9:00 a.m. to 4:00 p.m.

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In the past year, silver dimes, quarters and half dollars have increased in market value by 50%. Just gold bullion alone...

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