

Osborn gains status as top U.S. physician

BY STEPHANIE HALL
Staff Reporter

This summer one of Truman's own was recognized as one of the top physicians in the nation.

Dr. Gerald Osborn, professor of philosophy and doctor of osteopathy, was named in the top 5 percent of physicians in the U.S., according to the Northeast Missouri Health Council Inc. At Truman, he teaches ethics classes — primarily biomedical ethic — but also works in federal health programs in Kirksville.

Osborn said he was born in Cincinnati, Ohio, where his family doctor was a D.O. and offered a model that inspired Osborn.

"[Osteopathy is an] alternative school of medicine that is in the minority," Osborn said. "Most doctors in the country are M.D.s. Right now, about 10 percent of physicians [in the country] are D.O.s."

Doctors of osteopathy are licensed in every state and are equivalent with M.D.s, Osborn said. Osborn graduated from Wilmington College and attended Kirksville College of Osteopathic Medicine. After graduating, Osborn went to Michigan State for his specialty training in psychiatry and stayed there as faculty, making his way through the academic and administrative ranks. He studied abroad in Chiller, Germany, and attended Cambridge University, where he received his Master of Philosophy.

"Historically, there has been a profound prejudice [toward osteopathy], but as I've seen over my career, those prejudices are diminishing considerably," Osborn said. "It is a philosophy of medicine that was consistent with

the kind of health care that I myself believed in."

Osborn said he worked for the Kirksville College of Osteopathic Medicine as dean for two years but decided to leave because of differences with the president of the college. He said that after resigning, he was planning to return to Michigan, but many of his friends on the Truman faculty encouraged him to come teach at Truman.

"I had been watching at a distance, watching the chronicles of education at Truman," he said. "[Truman is] a model of developing a university from a respectable regional state university to a highly competitive, renowned liberal arts and science college."

When Dr. David Gruber, a former professor of philosophy at Truman, fell ill, Osborn took over his classes for the semester. At the same time, the Northeast Missouri Health Council approached him about working with federally run projects called Health Disparities Collaboratives. The first one was about depression and how it relates to chronic illness, Osborn said.

"We help integrate better diagnostic skills and treatment skills to primary care physicians," he said.

These centers are aimed to serve the middle class, or the people who are not covered by health insurance or Medicaid, Osborn said.

"[We are] working to develop ways for primary care physicians to better recognize and have a higher index of suspicion of depression," Osborn said.

"[We are teaching] how to be able to recognize it and have a screening instrument for it [as well as] introductory ways to treat it."

With this program, Osborn traveled

across the country to Maine, Arizona, Washington D.C., Texas and Illinois sharing his methods.

He said he thinks this widespread recognition led to his nomination for the award.

Osborn said the process begins with a nomination. Next, a review board assesses the nominee's accolades, boards and accomplishments, but the most important section is the recommendations from fellow physicians, he said.

"What is really neat, staggering and humbling to me is that [my] colleagues see [me] in the way they do," Osborn said.

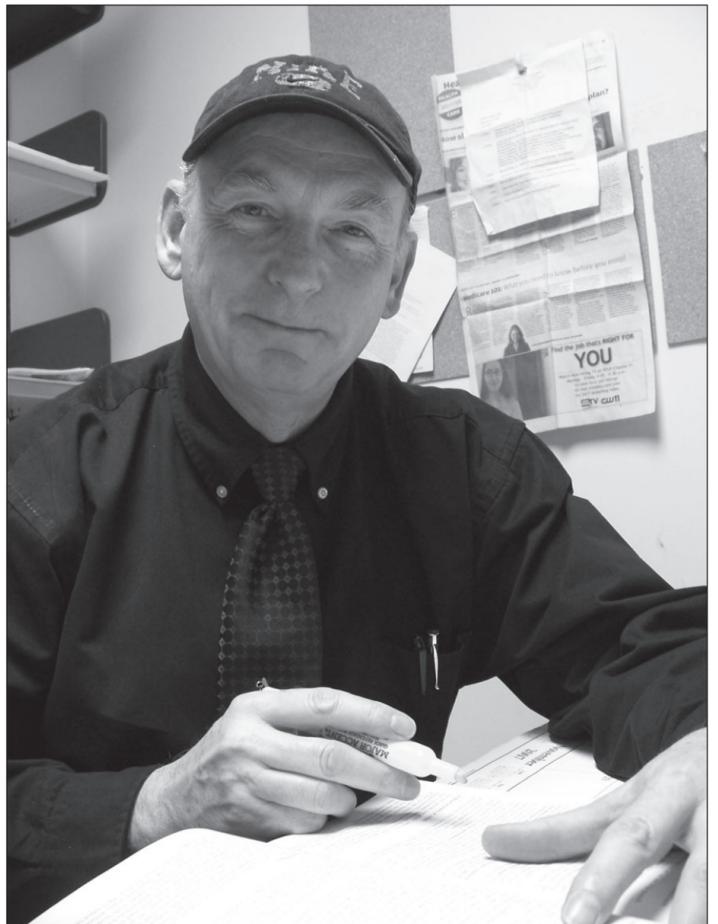
Osborn said he brings the same philosophies that earned him recognition into the classroom.

"In my bioethics class, we look at how to make the whole nation healthier and using ethical principles to do that," Osborn said.

His life outside teaching and health care is as full as his work schedule, he said. Osborn said he enjoys running, biking, sailing, flying and participating in triathlons.

He and his wife Sue Granger have two children, Eric and Tyrell, and two grandchildren. Osborn said he also is an active member in the Episcopal Church in Kirksville and consults at the juvenile justice center.

"I have this really neat life where I'm teaching what I really love to teach, and I can help a really wonderful primary care organization in town," he said. "I get to use the power of mental health to expand and make better the primary care facilities, and what we are really showing beyond a shadow of a doubt is your physical health and mental health fit together like hand and glove."



Mayank Dhungana/Index professor of philosophy, is among the top 5 percent of physicians in the U.S.

Officer, students share secrets for lie detection

BY KANNA TAYLOR
Staff Reporter

Everyone lies.

At one point in time, whether as children or adults, everyone has lied or has been lied to. The question is, how can we tell when a person is lying? There are certain hints and signals that can give lies away, but some people just happen to be better at lying than others.

As a police officer for the Department of Public Safety, sergeant Leon Shears is responsible for interviewing and interrogating suspects and witnesses in cases at Truman. It is his duty to determine who is lying and who is not. Shears said that during these interviews, he has learned to pick up on body movements to tell when someone is lying to him.

"When people aren't telling you the truth, there's things they tend to do, like their mouth tends to get dry," he said. "If someone starts smacking their lips or something, ... that's an indication that they're not telling the truth."

He also said a tense, rigid posture is a clue that someone is lying, as well as twitching or leg-bouncing. Officers often put a pen or pencil on the table, and if witnesses or suspects are lying, they usually fidget with it,

but if they are telling the truth, they don't touch it, Shears said.

Another indicator that police officers often use is eye movement, he said. This is not 100 percent foolproof, but it usually is a pretty accurate indicator, Shears said. He said it depends on whether the person is sight, sound or touch dominated, and once that is determined, where the person looks (left or right, up or down) can determine whether he or she is lying.

Shears said that if he ever thinks that someone is lying to him, he uses a simple test to find out.

"If someone starts getting any of the indications, I'll change the subject and talk about something that they are comfortable with, and you can automatically see their posture change, and they're more relaxed about it," he said.

After the person becomes more relaxed, Shears said he comes back to the main story to see how he or she reacts. If the witness or suspect starts acting nervous and stressed again, it could be an indicator that he or she is lying, he said. If it is obvious, Shears said he will call the person out on it, and usually he or she will confess. He also said there are some people who will continue to lie until the very end, even if it is obvious that he knows.

"The main thing for someone to be able to tell a lie and get away with it is to be able to control their body language ... control the nervous twitches, the dry mouth ... and just remain calm basically and deal with it," Shears said.

However, none of these indications are conclusive, he said. Shears said each person is different, and it eventually just becomes an instinct for most officers.

"You have to take the time in any interview that you do," he said. "... You have to start out first learning something about the person and what makes that person tick. Once you've discovered what they do, [and] what kind of hobbies they have, you can use that to your benefit."

A lying lesson
Senior Cathy Caruthers said she learned the consequences of lying at a young age. She said her mom used to catch her lying when she was little, and it was not tolerated. For Caruthers, this lesson learned is something she said she will never forget.

"I'm a really, really bad liar," she said, "I start laughing because I get nervous."

Caruthers said that to be a good liar, a person has to be a smooth talker, someone who can get out of anything. On the other hand, she said nervousness is a hint that someone is lying. Also, if the story does not make sense or is unclear, it is an indicator that the person could be lying, Caruthers said.

The characteristics of liars change depending on the situ-

• A polygraph, or lie detector, measures a person's physiological reactions by monitoring increases in heart rate, blood pressure, respiratory rate and finger sweatiness, which may indicate a person is lying. However, people telling the truth might also fail due to nervousness, health problems, surprise, etc.

• Humans aren't the only animals that lie, and lying may even be a sign of intelligence — more intelligent animals tend to be more likely to lie. For example, Koko the Gorilla, who was taught sign language, tore a steel sink out of its mooring. She signed to her handlers that the cat did it and pointed at her innocent pet kitten.

• If you have been bluffing too often in a poker game, the other players might register the pattern and will call you on it. However, this can also be used to your advantage because a player may call your bet when you have a good hand.



The truth about lies

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Avishek Banskota/Index
Source: healthdiaries.com,
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ation and the person. Caruthers said her experience in college has affected her ability to trust.

"I'm definitely more trusting than not but less trusting than I was when I got to college," she said. "I would say I'm pretty naive still but a lot less naive than when I got here based on experiences I've had in the last couple years."

She said she wishes she could be more trusting but thinks that over time and with experience, people become more intuitive about lying.

Junior Galen Gibson is similar to Caruthers in that he said he also is fairly trusting of people.

"If you tell me something, and it seems like you believe it,

[and] I can see it in your eyes ... that you're not lying. [then] I have no reason not to believe it," Gibson said.

Gibson said eye contact is a key factor when deciding whether or not someone is lying to him. If someone cannot look into the eyes of the person he or she is talking to, then he or she most likely is not telling the truth, he said. There are other indicators Gibson said he uses to read people as well.

"If I were lying, I'd be fidgeting around, [and] I'd be unsteady [or] restless," he said. "I imagine ... you try to appear calm and normal ... so you do things that you think would be a

normal gesture."

However, Gibson said that if he ever thought someone was lying to him, he would not confront him or her about it directly but instead be more leery of what that person said in the future.

When asked whether he has ever been caught in a lie, he said his mom used to catch him when he was younger but that now, as a young adult, he finds no reason to lie.

"I really don't [lie]," Gibson said. "That sounds weird to say that I don't lie to my friends, but if they're my really good friends, then I have nothing to hide from them [because] they know everything about me."

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