

IPSR NEWS

Iowa Chapter, Physicians for Social Responsibility

Inside this Issue

Iowa Issue Caucuses	2
Collaborations	3
July 4 Parade	3
Learn More About SMART	3
Violence Prevention	4
MISLEADER Campaign	5
IPSR Supports Activities	5
Recommended Reading	5
PSR Student Affiliate	6
Membership Report	7
Contact Us	7
Donate to Projects	7
Join! Renew	8

Notice!

National PSR will have a training workshop for PSR activists, tentatively scheduled in January 2004. IPSR is seeking two Iowa PSR members to go to Washington, DC for this training.

Stipends available. If interested, please contact us. Contact info on page 7.

IPSR Officers & Steering Committee

Maureen McCue MD PhD, Coordinator
 Peg Bouska PAC, Secretary
 John Rachow PhD MD, Treasurer,
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 Kirsten Meredith, Webmaster &
 Liaison IPGV
 Tim Eldridge, Liaison Student PSR
 Greg Parker, Liaison Student PSR
 Jim Fleming MD, Health &
 Environment
 Nader Ajluni DO, Des Moines Liaison
 & Conflict Resolution
 Wayne Osborn PhD

On nuclear weapons:

That so much should be balanced on so fine a point - that the fruit of four and a half billion years can be undone in a careless moment - is a fact against which belief rebels.

— Jonathan Schell, *The Fate of the Earth*

IPSR Sponsors Issue Caucuses

Continuing in the tradition of PSR as primarily an educational organization, IPSR has developed a concept originally advanced by the SMART organizer, David Burgess. This project seeks to encourage dialog around a set of issues relating to security and determine their importance to Iowans. This educational process will roughly resemble the Iowa Caucuses to be held January 2004. These "Issues" Caucuses will occur in communities around Iowa the last week of October 2003. A ballot of 10 issues will be available to discuss and vote on at each Caucus site. Voter registration information and

educational materials about how to participate in the official January Iowa Caucuses will be made available. IPSR and collaborating groups are working on event sites in Iowa City, Des Moines, Cedar Rapids, West Branch, and other cities. We will be contacting members around the state about their interest in helping to host a local event. Iowa PSR will have kits available to send out to individuals who would like to host a local event. The Issue Caucus is further described on page 2. Check the IPSR web site, www.iowa-psr.org, for specific Caucus sites and times. Ω

SMART Security Program Update

Over the summer, PSR promoted the SMART security program in Iowa. Soon PSR will be promoting SMART in several other states that are critical in the 2004 national presidential primary election cycle. Efforts in Iowa have been focused on faith community endorsement. To date, most bishops in The Ecumenical Ministries of Iowa have endorsed SMART along with Muslim groups across Iowa. STAR*PAC has endorsed SMART. The John-

son County Democratic Party has passed a resolution supporting a SMART platform. We have noted appearances of SMART rhetoric appearing in media sound bites. A recent New York Times article used the phrase "The invasion of Iraq, to the audience of world leaders, remained a dangerous act of unilateralism now beset by intractable problems." This is a neat paraphrasing of PSR's DUMBB security (Dangerously Unilateral Militarism Bound to Backfire). Ω

IPSR Continues Anti-Nuke Work

IPSR helped Navdeep Sidhu, a physician trained in India who is pursuing graduate studies in Biochemistry at the University of Iowa, attend a weekend conference in New York City June 2003 sponsored by the NYC PSR chapter on depleted uranium. At the July IPSR meet-

ing, Dr. Sidhu presented a summary of the information given at the conference. In Early August, Drs. Maureen McCue and John Rachow attended the Speak Out at StratCom (SOS 2003) conference and rally in Omaha held to

(Head 3 on page 5)

IOWA ISSUES CAUCUSES: AN IOWA PSR PROJECT TO REINVIGORATE DEMOCRACY AND BROADEN DISCUSSIONS ON SECURITY

Why/What is an Iowa Issues Caucus?

The first ever, Iowa Issues Caucus on Security to be held across the state through the last week of October will be an amalgam of the official Iowa caucuses, a peace fair, and a town hall meeting. Its purpose is to help empower and give voice to ordinary people on important issues related to security. People will be asked about their concerns, and provided information and time to talk about pressing issues with friends and neighbors and interested organizations well before the January caucuses.

Background:

Iowa holds its presidential caucuses in January of 2004. The Iowa caucus format is unique. However, like primaries all across the U.S., Iowans are asked to choose from among candidates and the candidate's policy priorities. Unfortunately, public debates and candidate forums too often end up focusing on a small group of issues, some relatively irrelevant to many citizens.

We all realize we are a powerful nation, but current national security policies no longer represent nor serve our common wisdom, values or goals. Through the proposed non-partisan, Issues Caucus mechanism, Iowans are invited to take a more active role in the electoral process discussing issues independent of the candidates. The issues caucus will put complex security issues on the radar screen and help get candidates on track with concerns of the general public.

People attending the Issues Caucus sites will be invited to respond to a ten question Issues Ballot, instead of a candidate ballot. But they will not be asked to just come and fill out this ballot and leave. Rather, they will be encouraged to engage in dialogue with other concerned citizens and become more empowered in the political process. The caucus sites will provide the information and resources needed to better utilize the opportunity provided by the official Iowa state caucuses.

Issues Caucus sites will provide visitors with the Issues Ballot, and ideally, host many groups and informational tables. Each Issues Caucus site will host one or more individuals to help with voter registration forms, provide information on how to participate in the official caucuses, and furnish advice on how to compose and propose resolutions at the caucus. Involved organizations are encouraged to provide

participants with sample resolutions for use at the January Caucuses.

Local groups are encouraged to chat with the general public about issues highlighted in the ballot from their perspectives. Organizations like Women for Peace, Women's

People attending the Issues Caucus sites will be invited to respond to a ten question *Issues Ballot*, instead of a candidate ballot.

International League for Peace and Freedom, the UNA, Sierra Club, I-CAN, representatives from the Ecumenical Ministries of Iowa, the Friends, Veterans, and other groups available in the area are all invited to participate in the Issues Caucuses.

The Ballot:

Everyone who attends an issues caucus will be given a 10 question Issues Ballot to fill out. The issues ballot highlights problems about which we hear people expressing concerns but which seem to receive scant serious attention during candidate forums. The ballot asks people to express their concerns and priorities regarding military spending, domestic spending priorities, environmental and energy policies, and support for international multilateral efforts. A fact sheet will be available for each of the Ballot questions.

The Issues Caucuses are open to everyone. No matter WHICH candidate a person supports, we want people to get out to their caucus on January 19th and make a difference! The Issues Caucus will help make better informed and more effective voters. PSR will analyze and publicize the results after these special caucuses, and most importantly, share them with each of the candidates. Ω

Interested? Want to hold a caucus in your town? For more information on our Issues Caucus Kit, please contact:

Maureen McCue
Coordinator Iowa PSR
20 East Market St. Room 200
Iowa City, Iowa 52242
mickiq@earthlink.net
319-828-4789.

**For latest updates on
the Issues Caucus go
to www.iowa-psr.org**

IPSR NEWS

Iowa Chapter, Physicians for Social Responsibility

IPSR Collaborations

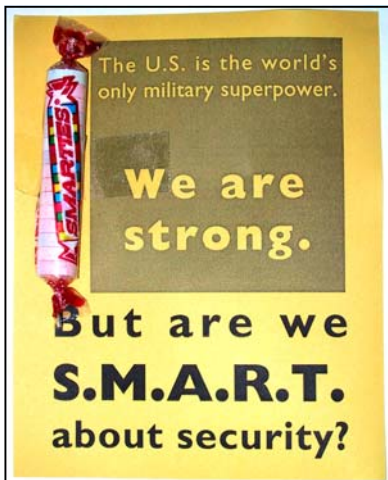
War is not the answer.

Over recent months, IPSR has been most active collaborating with three coalitions: the statewide Mobilization Against War, the Eastern Iowa group, Peoples Coalition for Social, Political, and Environmental responsibility, and the Iowans for Peace. We continue to work closely with the United Nations Association—Iowa, Women for Peace, and the national environmental energy group, the Apollo Alliance. IPSR also coordinates activities with

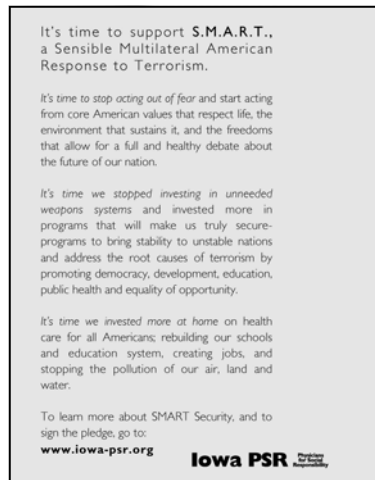
STAR*PAC, based in Des Moines on public election education matters. The People’s Coalition marched in the Coralville, IA July 4 parade. At the parade, IPSR members handed out over 3000 “Smarties” that consisted of a roll of Smarties candies attached to a quarter sheet summarizing PSR’s SMART security program (See figures below). Ω



People’s Coalition for Social, Political, and Environmental Responsibility marches in the July 4, 2003 parade in Coralville, IA.



Smartie, front.



Smartie, back.

Learn More About SMART

National PSR is promoting the SMART security platform, and IPSR has been active in Iowa in disseminating SMART ideas. To learn more, go to the national PSR web site, www.psr.org. At the PSR home page click on “Security.” On the security page click on “Learn more about PSR’s SMART Security Campaign.”

IPSR’s web site, www.iowa-psr.org also has information on SMART Security and relevant links. Also at the IPSR web site the latest information on the Iowa Issue Caucus can be found. IPSR conceived and is promoting the Iowa Issue Caucus (See articles on pages 1 and 2) based on a broad range of issues raised by the SMART Campaign. Ω

Violence Prevention

by Nader R. Ajluni, D.O., F.A.A.P

This article was originally written for the Blank Children's Hospital newsletter.

Violence seems to be an inevitable fact of life. We read about it in the newspaper everyday. It is so prevalent, it seems almost futile to try to prevent it. However, it seemed futile to try to prevent infectious diseases at one time and yet we are now able to prevent many infectious diseases with vaccines. Although behavior is more complex, physicians are in a good position to address the antecedents of violence, namely bullying and teasing.

Approximately 20% of children in elementary and middle school (around 5 million youngsters) have reported being a victim of teasing or bullying [1]. Forty percent of high school students reported that they either witnessed bullying or were the victim of it daily [1]. This behavior compromises healthy child development and may lead to tragedy, as we have seen at schools around the country. More than two-thirds of the shooters reported that they had been victims of chronic bullying [1].

Rejection and persecution by peers also leads to youth suicide, the third leading cause of death for adolescents in the USA [1], and the second leading cause of death in Iowa in the 15-34 yr. of age group [2]. School avoidance and failure, social problems and physical complaints have been linked to teasing and bullying among children as young as 5 yrs. old [1]. Later, these victims develop substance abuse problems, gang affiliation, depression, conduct disorder and poor academic performance leading to dropping out of high school [1]. Furthermore, studies have shown an increased risk of these problems in school children who have been victims of both physical and sexual abuse [3]. More than 3 million children each year witness their mothers being physically abused [3]. Children are constantly exposed to violent images on television or in their neighborhoods [3].

All this calls for intervention. We need to be vigilant for warning signs that a patient is being bullied, such as psychosomatic and behavioral symptoms, expressions of self-harm, or thoughts of suicide. Physicians need to work with parents, teachers and others in their communities to develop

programs to treat both bullies and their victims. We need to intervene when a power differential exists between the bully and the victim.

Some symptoms include stomach ache, insomnia, enuresis, sleep problems, irritability, poor concentration and school refusal, substance abuse, school failure, self-mutilation, and violence [1]. If patients present with these problems, ask how things are going at school, and encourage expression of thoughts and feelings about the problem. Drawings or puppets may help younger children tell their story, while adolescents may prefer the direct approach: Who are your friends and who are your enemies? Why?

Just as we teach CPR to deal with respiratory and circulatory arrest, we need to teach conflict resolution to prevent violence.

Resources for support include extended family members, school psychologists and counselors, and coaches. In more extreme cases—in which a child expresses angry or rebellious behavior, thoughts of suicide, vengeance, or substance abuse—the physician must notify the parents and refer the child and family for mental health counseling and crisis intervention and encourage parents to increase supervision of and communication with their child.

Parents should be encouraged to express their thoughts and feelings about what is going on with their child. Physicians often can help guide them to a solution. Parents can describe the problem, the circumstances before and after the problem, and their coping strategies. Physicians can encourage more proactive strategies to solve problems like working with their child's teacher or parents of the bully. Increased supervision of students is the best strategy known to deter teasing and bullying.

Teachers, parent volunteers, and other students can help to prevent mistreatment of children. Community and school adult mentors can buffer the impact of teasing and bullying. Physicians can help schools develop programs that teach conflict resolution by negotiation, mediation, problem solving, and alternatives to violence.

Just as we teach CPR to deal with respiratory and circulatory arrest, we need to teach conflict resolution to prevent violence. A cooperative process of conflict

resolution is elicited by perceived similarity of beliefs, readiness to be helpful, de-emphasis of opposed interests, and enhancement of mutual power. Conflict resolution in an inner-city high school decreased victimization, increased self-esteem, and enhanced academic performance [4].

Using the Problem-Solving Measure for Conflict, we showed that second and third graders can improve their problem solving ability by taking a conflict resolution course [5]. Such a course would include a procedure for mediation: (a) end hostilities, (b) ensure that both people are committed to the mediation process, (c) help the two people negotiate with each other successfully, and (d) formalize the agreement [4]. The key to successful mediation is that the different parties seek to understand one another's needs and concerns and then they creatively search for new options for dealing with conflict that can lead to mutual gain. Mediation is just a way to enhance communication and this is what is needed if we are to prevent violence.

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5. Ajluni, N.R., Wright, D. Conflict Resolution in Elementary School Children. *Pediatric Research Supplement*. May 2000 Abstract 1001. Ω



Dr. Ajluni is a general pediatrician practicing in Des Moines Iowa. Dr. Ajluni is a PSR member and founding member of the Peace Time

group that meets twice a month, Sunday evenings at Java Joes in downtown Des Moines.

MISLEADER Campaign

Win Without War (www.winwithoutwar.org), a national coalition of organizations, including national PSR, launched The Misleader Ad Campaign July 2003. This is an educational campaign to illustrate how the Bush Administration misled the public on the reasoning leading to the invasion of Iraq in March. Running of ads in Iowa was announced at a press conference in Des Moines July 16.

War was not the answer in March.

Ira Shorr, PSR Field Director for Security, came back to Iowa to introduce the event. Dr. Maureen McCue of IPSR presented at the press conference along with former state Senator Elaine Szymoniak and Lisa Davis Cook of the Iowa Citizen Action Network (ICAN). The Des Moines Press conference was picked up by The Associated Press. Ω

PSR Financially Supports Activities

IPSR gave financial support to Dr. Navdeep Sidhu to attend a weekend conference in Manhattan on Depleted Uranium in July 2003. The conference was sponsored by the New York City PSR chapter. Dr. Navdeep made a formal presentation to the Iowa PSR chapter monthly meeting in August.

IPSR sent support for Tim Eldridge and Greg Parker, both UI medical students, to attend a national PSR training conference for medical student PSR affiliates. Because of the hurricane on the east coast in September the conference was rescheduled to February 2004.

IPSR contributed funds to

STAR*PAC to help bring a "Downwinder" from the multitude of US nuclear tests in Nevada to Iowa in October 2003. Claudia Peterson, a Utah down winder, lectures on how family members died prematurely from effects of nuclear testing many miles from their home. This support also helped two AFSC anti-nuclear authors and speakers come to Iowa in October along with a traveling exhibit of 40 photos art of nuclear aftermath in Hiroshima. Ω

Recommended Reading

James Moore and Wayne Slater, *Bush's Brain: How Karl Rove Made George W. Bush Presidential*. John Wiley & Sons, Inc., Hoboken, NJ, 395 pp. (2003).

Two journalists chronicle the early career of Karl Rove from his nerdy high school years running for student president and college years working his way up in the Young Republicans through development of his career as a private political consultant and take-no-prisoners campaign machiner in Texas politics in the 1980's. Rove's 30-year affiliation with the Bush family culminated in Mr. Rove selecting and currying George W. Bush as a presidential candidate and engineering Mr. Bush into the White House via the Texas governorship.

The book is a jaw-dropper as the reader learns of Rove's genius, methods, and a monomaniacal drive to win, no matter what. The authors portray Karl Rove as a disturbing new element in government, a private consultant, not an appointed official, an individual that can hold policy and decision making hostage to the needs of continuing to win, simply to win at any cost. The authors write in

the Introduction subtitled "Mr. Co-President:" "...Rove, more than his candidate, altered the American political process in a manner that will profoundly affect all future presidential elections."

The book is detailed. The going is slow with descriptions of Texas Politics in the 1980's, yet this section is important in understanding how Karl Rove operates. Reading is easier once description of Rove's political education of George W. Bush commences prior to Mr. Bush's first gubernatorial campaign, the 2000 presidential election, and events after 9/11 simply because these events are fresher in the mind of the reader. There are about 700 end notes organized by chapter and page number that document sources. The index is a directory mostly of people quoted or mentioned in the book plus key foundations and governmental agencies that play a role in the story. Ω

(Anti-Nuke Work—Continued from page 1)

coincide with a US Administration meeting at Offutt Airbase to discuss plans to develop, test, and deploy new "usable" nuclear weapons. While in Omaha Drs. McCue and Rachow met with a group in Omaha interested in starting a Nebraska PSR Chapter. In the week following SOS

2003, Dennis Reese of WSUI public radio in Iowa City hosted Dr. McCue, Dr. Stephen Vlastos (UI Asian Studies), and Dr. Arjun Makhijani (Institute for Energy and Environmental Research in Maryland, www.ieer.org) were hosted by Dennis Reese to discuss proposed development of new nuclear weapons on the anniversary of

the first use of nuclear weapons in 1945. This program can be heard on WSUI's internet program archive. Go to http://wsui.uiowa.edu/talk_of_iowa.htm, scroll down to August 7, 2003, then click on the Real Player icon to play the program. If Real Player is not already installed on your computer, it can be downloaded free. Ω

PSR Student Affiliate

War is *still* not the answer.

Tim Eldridge was featured on the University of Iowa College of Medicine web site in October. Tim was in the core group that worked to reactivate the Iowa PSR chapter and then was a founding member of the student PSR affiliate last year. Tim stimulated interesting discussions in the college last spring when he asked several University of Iowa Deans how they would deal with a medical student who became involved in nonviolent civil disobedience. With permission of the Roy J. and Lucille A. Carver College of Medicine, the following is reprinted from the college web site.

Tim Eldridge: Goal is to promote open and honest discussion

By Jessie Rolph, Health Science Relations

Tim Eldridge is a medical student with a mission.

As a founding member of the University of Iowa chapter of Student Physicians for Social Responsibility (SPSR), Eldridge, a second-year student in the UI Carver College of Medicine, works to promote peace.

Through education, dialogue, lobbying, and collaboration with other groups, SPSR strives to eliminate nuclear weapons and other weapons of mass destruction, to achieve a sustainable environment,

Through open discussions, medical students can improve communication skills, bond with their classmates and experience a variety of viewpoints.

to reduce violence and its causes, and to promote peace and social justice, Eldridge said.

After initially becoming involved with the Iowa City chapter of Physicians for Social Responsibility (PSR), Eldridge and a group of other students decided to create a SPSR group in the UI Carver College of Medicine.

The group's main activities over the past year have focused on educating both the UI and Iowa City communities on U.S. foreign policy. As the main contact person for SPSR, Eldridge has helped to organize a series of luncheon guest speakers, including Burns Weston, UI law professor and director of the UI Center for Human Rights; Ira Shorr, national field director for PSR's Program on Security; and Bradley Doebbeling, M.D., UI professor of internal medicine and epidemiology. SPSR also arranged two open discussions during the spring semester on personal identity and medical culture.

"The idea is to create an environment where participants feel encouraged to discuss potentially volatile issues openly and honestly with each other," Eldridge said. "While it's quite easy to throw a group of people into a room and get them to talk about a certain topic, getting someone to actually give their honest opinion on something is a different matter."

Through open discussions, medical students can improve communication skills, bond with their classmates and experience a variety of viewpoints, creating a better understanding of the issue, Eldridge said.

Last spring, Eldridge also spent a few nights at the Peace Camp. The Peace Camp was a gathering of people who camped on the UI Pentacrest from March to May to protest U.S. actions in Iraq. There, Eldridge learned a few things about activism and social issues.



"One lesson I took from the Peace Camp is that if one truly wants to understand certain issues, it can only be done through dialogue," he said. "Debate and argument rarely achieve anything other than creating animosity and ill will. I think it follows that if SPSR wants to promote community education on issues like American foreign policy, we have to do so by facilitating dialogue as much as possible, rather than simply hitting people over the head with one-sided information."

While he is still considering which area of medicine to pursue, Eldridge knows for sure that he will continue to stay politically active in grassroots organizations throughout his medical career. He also hopes to continue writing and traveling, and to possibly practice medicine overseas.

Originally from Charles City, Iowa, Eldridge majored in biochemistry at Wartburg College in Waverly, IA before coming to the UI. **Ω**

University of Iowa, Roy J. and Lucille A. Carver College of Medicine, 200 CMAB, Iowa City, IA, 52242, 319-335-6707

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Membership Report

In addition to the 103 PSR members in Iowa that we knew about as of June 2003, a new list from national PSR has helped us identify another 58 PSR members in Iowa. The last edition of IPSR News was sent out to these additional members. Welcome! Also, approximately 40 University of Iowa health professions students are registered with IPSR.

Remember, PSR membership is not limited to physicians. There are several membership categories including non-physician health care professionals, private citizens, and students. Subject to national PSR approval, IPSR is allowed to retain the membership fee for new members and a decreasing percentage for subsequent renewals. This is an important source of funds for the chapter activities; therefore, it is important that new members and re-statements register through the IPSR of-

office. This also allows IPSR to better keep track of who are currently active PSR members in Iowa and to keep an updated mailing list. To see some ways how we have spent funds in recent months, see the article "IPSR Financially Supports Activities" on page 5.

If you know of a friend or colleague who might be interested in PSR please forward their name and address and we will contact them. Ω

Contact Us

Got ideas? Questions? Contact us, please. Constructive criticism welcome.

- Our mailing address: Iowa PSR
20 E Market St, Room 200
Iowa City, IA 52240
- E-mail can be sent to: mac81185@aol.com.
- Faxes can be sent to: 319-828-9911
- Check our web site: www.iowa-psr.org. (View and download old newsletters in PDF format.)

If you wish to contribute, join PSR, or renew membership, please detach and complete both sides as appropriate.

Donate to IPSR Projects. IPSR can now accept donations earmarked for specific projects.

IOWA ISSUE CAUCUSES

\$ _____

SMART Campaign. This is a national PSR project but Iowa is a prime target state for the project. IPSR is very active in promoting and devoting resources to SMART.

\$ _____

Immigrant and Refugee Educational Video Project
(IPSR News Volume 2, Number 2)

\$ _____

Student PSR Affiliate at the University of Iowa
(See article, page 6)

\$ _____

Office Support

\$ _____

Donation TOTAL (carry to other side) \$ _____

Remember, IPSR is a tax exempt 501(C)3 organization.

IPSR
20 East Market St
Iowa City, IA 52245

Participate in the Iowa Issues Caucus, Oct. 25-31 at a site near you.
More details inside.

**WAR BREEDS
TERRORISM**

Please detach and pass on to physicians, other health care professionals, or citizens who may be interested in PSR.

Join! Renew! Forward to a Colleague!

Keep me updated on IPSR activities by e-mail

Send me the newsletter via:

e-mail
 US post

PSR Membership:

- \$ 125 - Health professional with doctoral degree
 \$ 50 - Other health care professionals and general public
 \$ 35 - Retired
 \$ 15 - Student (first year student membership is free)

\$ _____ Total contributions from other side

\$ _____ TOTAL enclosed

New Member

Renewal

Reinstatement

NAME: _____ Degree(s) _____

ADDRESS: _____

PHONE(s): _____

E-MAIL: _____

Make checks payable to IPSR and mail to:
IPSR
20 E Market, Room 200
Iowa City, IA 52245

Membership confirmation will be sent to you by national PSR.

DUES AND CONTRIBUTIONS ARE TAX-DEDUCIBLE