

Inside this Issue

<i>Eyes Wide Open</i>	1
<i>Nuclear Weapons Proliferation</i>	1
<i>How is SMART Faring?</i>	2
<i>Violence Prevention</i>	2
<i>Ramdas' Visit Iowa</i>	3
<i>Tax Day Event</i>	3
<i>50 Callber Terror</i>	3
<i>Is Nuclear Power SMART?</i>	4
<i>Book Review: John McPhee's The Curve of Binding Energy</i>	5
<i>New PSR Program on Nuclear Terrorism</i>	5
<i>Nucleomitophobia</i>	6
<i>Origin of the Peace Symbol</i>	6
<i>Upcoming Events</i>	7
<i>Contact Us</i>	7
<i>Donate to IPSR</i>	7
<i>Join! Renew!</i>	8

Peace Fest — Sunday September 11, 2005, noon-8 pm at Hubbard Park next to IMU on the UI Campus, Iowa City

Daniel Ellsberg —Monday September 12, 7 pm at Sisters of Siena Catholic Student Center, 1150 28th St, Des Moines.

IPSR Officers & Steering Committee

Maureen McCue MD PhD, Coordinator
 John Rachow PhD MD, Secretary, Treasurer, Membership, Newsletter
 Ron Knief, Newsletter
 Nader Ajluni DO, Des Moines Liaison & Conflict Resolution
 Wayne Osborn PhD, Board Member
 Robert Schultes, MD, Board Member
 David Drake, DO, Board Member
 Bret McFarlin, DO, Board Member

“A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death....If we do not act we shall surely be dragged down the long dark and shameful corridors of time reserved for those who possess power without compassion, might without morality, and strength without sight.”

— Speech delivered by Dr. Martin Luther King, Jr., on April 4, 1967, at Riverside Church in New York City

Eyes Wide Open



The American Friends Service Committee's Eyes Wide Open exhibit came to Iowa in July with stops in Davenport, Cedar Falls, Iowa City, and Des Moines. Iowa PSR was a cosponsor of the July 13 daylong display at the Iowa City downtown pedestrian mall. Media interest was high as was attendance during the display. Homage to the lives lost was marked by the tolling of a gong and the reading of names of National Guard servicemen and Iraqi civilians killed since March 2003. Visitors, including family members of slain soldiers spontaneously decorated the boots with flowers,

(Continued on page 2)

Disturbing New Evidence of Nuclear Weapons Proliferation

Since the last newsletter, the press has reported disturbing new evidence of nuclear weapons proliferation. It's startling what has come to light on nuclear weapons programs in North Korea, Iran, and Pakistan.

North Korea caught the attention of the news media and the American intelligence community in February when it declared for the first time it possessed nuclear weapons. The North Koreans have also just recently announced that they will be expanding their nuclear arsenal by removing and reprocessing fuel rods from a reactor in Yongbyon. The CIA estimates this will give the North Koreans enough plutonium for an additional six warheads. Most proliferation experts believe North Korea already has six to eight nuclear weapons. It's extremely difficult to verify if these estimates are right. It's alarming to think North Korea is on track to possess this many nuclear weapons.

The latest news on Iran's nuclear weapons ambitions is just as worrying as North Korea's progress. Iran officially stated it now has two nuclear facilities that are underground and hardened from attack. Iran is said to be just months away from a so-called point of no return. Once they solve some remaining technical difficulties, many intelligence experts say there is no way to stop them from getting the bomb. The Iranians insist in public that their nuclear program is for peaceful purposes only. In November, 2004 their parliament unanimously voted to mandate

their government to enrich uranium. After voting, the lawmakers all stood and chanted "Death to America." This bellicose behavior doesn't sound like their only intention is to produce electricity.

By far, the most troubling of all the current news is what has been going on in Pakistan. Its top nuclear scientist A. Q. Khan confessed to running a nuclear weapons black market last year. The latest and most up-to-date reports on how vast his network was and what it sold is astonishing. Nuclear weapons investigators now say Khan had a global network which had contacts in Europe, Asia, and Africa. His main customers were Libya, Iran, and North Korea. It's claimed the majority of all Muslim and Arab nations were offered his services. What was for sale were: warhead blueprints, manufacturing directions, centrifuges, and even uranium hexafluoride. You could buy the complete package to build a nuclear weapon. What his network all sold and to whom, is unknown.

It's extremely critical now to understand how threatening this new nuclear weapons proliferation is to our national security. We can't ignore the fact that nuclear weapons are falling into the hands of irresponsible nations. Who knows, who is being targeted now? If a nuclear disaster happens anywhere in the world: you can be certain the war will intensify! Ω

— Ron Knief, PSR member

(*Eyes Wide Open*—continued from page 1)
notes, photos, and other items of remembrance.



Pairs of boots representing killed US soldiers lined up on the Iowa City Downtown Walking Mall.

When this exhibit was unveiled by the Chicago AFSC office in January 2004, there were 504 pairs of boots symbolizing the lost lives of U.S. soldiers in Iraq [now over 1,800]. With



each passing week, each stop in a new city, more pairs of boots are added to represent the newly fallen. Alongside the

boots stands a wall of remembrance inscribed with the known names of the Iraqi civilians who have been killed since the U.S.-led invasion. A study published in *Lancet* in 2004 estimated war-related Iraqi civilian deaths to be over 100,000. Current estimates suggest 800 Iraqi civilians per month are still dying in the insurgency.

Although a majority of Americans now believe this war is a tragic misadventure, the human cost of the Iraq War grows every day. How many more boots will be standing at silent attention before this war ends, before Iraqis and American soldiers are out of harm's way? Ω



How Is SMART Faring?

SMART in the House

From PSR web site: "Rep. Lynn Woolsey (CA) has reintroduced the SMART Security platform ([H.Con. Res. 158](#)). The SMART Security resolution already has 51 cosponsors, with your help we can at least double this number--and send a strong message that war and militarism will not make the U.S. or the world a safer place." The bill's co-sponsors are from 22 states. None of the Iowa Representatives have come forward to support the bill while representatives from surrounding states have (Illinois, Wisconsin, Minnesota, and Missouri). This is something to point out when you contact your Representative. Representative Woolsey also has an essay about SMART Security in *Stop the Next War Now: Effective Responses to Violence and Terrorism*, edited by CODE PINK cofounders Medea Benjamin and Jodie Evans, Inner Ocean Publishing, Inc., San Francisco 2005.

AFSC and FCNL Support SMART

American Friends Service Committee (AFSC) suggests referring to SMART Security and the House Bill ([H.Con. Res. 158](#)) on SMART Security in your letters and calls to legislators. A search of AFSC's national web site reveals how SMART principles are often referred to. Similarly the Friends Committee on National Legislation (FCNL) has incorporated SMART principles and references throughout their web site. SMART ideas are spreading. Ω

Violence Prevention

Iowans for the Prevention of Gun Violence (IPGV) has pointed out that we have a world-class armed insurgency right here at home.

According to figures released by the Iraqi Interior Ministry and reported in the June 14 *New York Times*, 8,175 Iraqi civilians were killed by insurgents in the 10-month period that ended May 31. Most of the deaths were from suicide bombers and car bombs, with a smaller number by firearms. By comparison, each year approximately 12,000 Americans are killed in gun homicides in the United States (an average of 1,000 a month or 33 a day). This means that in the last ten months, more Americans were murdered by guns in the United States than Iraqi civilians were killed by insurgents using all means. The fact is that we have a home grown American insurgency that is just as deadly as the Iraqi insurgency. The problem is, little is being done by federal and state lawmakers to combat the American insurgency.

Progress on closing the Newspaper Loophole

In June 2005 the Iowans for Prevention of Gun Violence (IPGV, www.ipgv.org) reported: The *Campaign to Close the Newspaper Loophole* announced in June 2005 that at least three more Iowa newspapers have recently implemented policies to restrict firearms advertisements to licensed firearms dealers only. Newspapers that have changed their policies include *The Hawk Eye* (Burlington), the *Daily Iowegian* (Centerville), and the *Daily Sentinel* (Le Mars). These newspapers join the *Telegraph Herald* (Dubuque), *Clinton Herald*, *Daily Register* (Oelwein), *Cedar Valley Daily Times* (Vinton), and *Daily Times Herald* (Carroll) in bringing to eight the number of Iowa newspapers that do not accept firearms advertisements from unlicensed sellers. Ω

National Violent Deaths Reporting System (NVDRS)

NVDRS builds on the experience with traffic accident reporting data which resulted in safety measures that greatly reduced traffic deaths and injury over the last 30 years. NVDRS was funded by congress in 2001 with pilot projects originally in six states, and has now been expanded to 16 states. The amount of detailed data that is systematically collected in each case is impressive. The NVDRS initial data on suicides and homicides in the original six states was published this year. Guns figure prominently in these statistics. An article in the *Journal of the American Medical Society* reports on the new statistics and can be read in full at (<http://jama.ama-assn.org/cgi/content/extract/293/20/2464>). This kind of systematic data collection is badly needed to scientifically develop the most effective preventive strategies to minimize gun deaths in the U.S. Ω

IPSR & IEER Host Southeast Asian Nuclear Disarmament Activists

In March, IPSR sponsored a three-day lecture tour in eastern and central Iowa of retired Indian Navy Admiral Laxminarayan "Ramu" Ramdas, nuclear disarmament advocate and Lalitha "Lolly" Ramdas, educator and peace activist. The visit was part of a national lecture tour sponsored by the Institute for Energy and Environmental Research (IEER). Lolly and Ramu were accompanied to Iowa by Lisa Ledwidge, IEER Outreach Coordinator.

Ramu was Chief of Staff of the Indian Navy, the sixth largest navy in the world. India is also among the growing group of nuclear weapons states. Now retired, Ramdas is co-

chair of the Pakistan-India Forum for Peace and Democracy, and convener of the Indian part of the India-Pakistan Soldiers & Sailors Initiative for Peace. He is one of South Asia's leading nuclear disarmament advocates and has worked extensively in India, Pakistan, the United States and other countries on disarmament questions.

Lolly is an educator, peace activist, a leading global proponent of Gandhian principles, and Chair of Green Peace India Board. She also holds leadership positions in a number of other South Asian peace and social justice organizations. Ramu spoke on "The Challenge Before India and Pakistan" at the Iowa

(Continued on page 7)



Iowa City 2005 Tax Day Event

As part of PSR's national Tax Day event, Iowa PSR presented a check on behalf of Iowa City Taxpayers for seven million dollars to the Military Weapons Contractors. According to the National Priorities Project, seven million dollars is the amount Iowa City taxpayers will pay for Iowa City's share of a group of unneeded weapons systems that will cost American taxpayers a total 53 billion dollars in the coming year but will not contribute to our security. The three leading examples of weapons the 53 billion dollars are to be spent on include the F22 fighter designed to fight possible advanced fighters the Soviet Union which no longer exists might have built in the future, the Virginia Class nuclear submarine which is not only unneeded but would require existing subs to be mothballed prematurely, and, the Jewel of the Crown, the Star Wars Missile Defense Program.

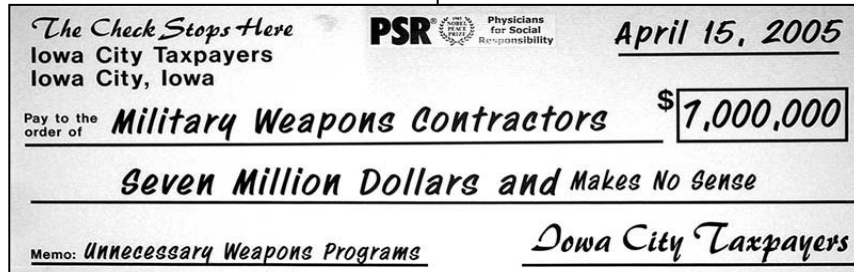
Iowa PSR member, Dr. John Rachow gavelled an *ad hoc* (as in ham hock, as in pork, pardon the pig Latin) meeting in front of the City Building in Iowa City in broad daylight at high noon on April 14, 2005 to consider whether Iowa City taxpayers should stop payment on the check which was due on April 15. The

County Sheriff, Lonnie Pulkrabek; Dr. Maureen Connolly, PSR Member and Medical Director of the Iowa City Free Clinic; Dave Waters, teacher of Special Needs Children in the Iowa City Public Schools who came with a few of his students; Ross Wilburn, City Council and Vice Mayor, and Bob Elliott, City Council Member all contributed to the discussion. Katy Hansen, President of UNA-

Iowa and her husband, Peter, held up the check while those present debated more appropriate uses for these dollars.

These community representatives all talked of local security needs and what Iowa City could do in the way of security with their seven million dollar share. Mr. Pulkrabek

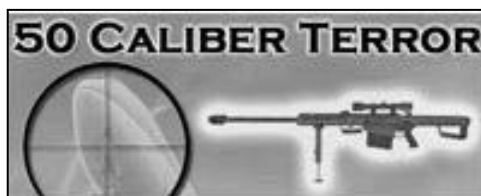
told of the need to upgrade the jail and of a joint communication system that Iowa City and Johnson County needs so police, and firemen, and first responders could communicate in times of emergency. Bob Elliott told of the need for a north side fire station. Dr. Connolly described the critical need for a safety net for the multitudes with no health insurance. Ross Wilburn, a voice of reason, pointed out that with careful shifting of national spending priorities, we could improve security in Iowa City and in the United States and yet support our military. Ω



Low Tech vs. High Tech Weapons

Just some things to keep in mind next time you ride a commercial airliner.

The .50 caliber sniper rifle currently in use by the U.S. military was originally designed to disable enemy aircraft parked on the ground with a single shot. This weapon is easier for a civilian in the U.S. to purchase than a handgun. Armor piercing, explosive, and incendiary rounds are available for this low-tech weapon.



This rifle is accurate to 2,000 yards (over one mile). "...a brochure...used in the past to market the .50-caliber to the military...boasts that the gun can hit a jet airplane or a helicopter in just the right spot, 'making it capable of destroying multi-million dollar aircraft with a single hit delivered to a vital area.'" Ω

www.50caliberterror.com/index2.html

Is Nuclear Power SMART?

On April 15, 2005 the Iowa City/Cedar Rapids Gazette ran an editorial entitled "Include nuclear in energy policy." The editorial was written in support of the Energy Bill that was approaching final voting this summer after three years of debate. Sadly the editorial supported return to nuclear power generation. The editorial reminds us that air pollution from coal is responsible for excess illness and death, and we are dependent on foreign oil. The editorial supports development of solar and wind power generation. Yet, the editorial urges "a leading role for the best alternative energy source currently at hand: nuclear fission."

The editorial goes on: "Nuclear power is inexhaustible, non-polluting and far safer than other energy sources. Hundreds of plants have operated for decades in the Western world without exposing a single worker or member of the public to dangerous radiation." This is an incredible statement. One's memory drifts back to Three Mile Island in Pennsylvania in 1979. Not a single new nuclear power plant could be licensed in the United States since. And Chernobyl. Remember Chernobyl in 1986? According to a CNN web site posting June 8, 2005:

"More than 3 million of Ukraine's 50 million people were affected by the disaster, caused when an unauthorized experiment in Reactor No. 4 went awry. Thirty-one people died immediately when a power surge triggered an explosion, and thousands more are believed to have died since then from the disaster's effects. The explosion came early in the morning of April 26, 1986, and spewed into the air -- over Ukraine, Belarus and other areas outside the then-Soviet Union -- 30 to 40 times the radiation of the bombs the United States dropped on Hiroshima and Nagasaki at the end of World War II. Contamination ruined countless stores of food and damaged agriculture and livestock. Mutations surfaced as time went on. Radiation spread across Europe and eventually registered over the entire Northern Hemisphere."

Chernobyl was one of the greatest industrial accidents in history. Hundreds of thousands of Ukrainians, Russians, and Belarusians had to abandon entire cities and settlements within the thirty-kilometer zone of extreme contamination. Estimates vary, but it is likely that some 3 million people, more than 2 million in Belarus' alone, are still living in contaminated areas. Children were sent away to never return, thyroid glands permanently damaged. The fallout plume from the Chernobyl meltdown drifted across other eastern European countries and contaminated the arable land over vast areas. The hundreds of tons of concrete dropped over the Chernobyl reactor core to form a "sarcophagus" is still hot, aging, and cracking from the intense heat of the still active reactor core within. The core cannot be physically approached and will remain dangerously active for thousands of years.

The 30 odd U.S. nuclear power plants that have been decommissioned over the last 40 years remain contaminated sites. The clean-up cost is imponderable. Another 104 U.S. nuclear power plants are still in operation. These sites will remain contaminated for thousands of years.

Finally, the Gazette editorial dismisses the problems of disposing of nuclear power plant waste as "unreasonable fears." None of the waste from U.S. nuclear power plants that has been generated since the first plant opened more than 40 years ago has been disposed (*see box below*). The waste is still all stored on site, much of it above ground or in open pools. If the Yucca Mountain nuclear waste repository is ever actually opened, it will be completely filled by power plant waste estimated to have been produced by 2011. And then only after tens of thousands of truck, train, and boat shipments have moved the waste across the country, in some cases for distances of more than a thousand miles. Much of this waste will be moved through Iowa.

The public must be better informed. Ω

The Nuclear Policy Research Institute (NPRI) has just announced release of a 30-minute DVD titled *Nuclear Deception* that is a compilation of highlights from the two-day symposium entitled *Nuclear Power and Children's Health: What Can You Do?* held in Chicago October 2004. The symposium was cosponsored by Chicago PSR (*see IPSR News, Vol. 3, No. 3 for more details*).

This video is an indispensable educational tool for anyone that wants to learn about nuclear power. The DVD also showcases the realistic alternatives to nuclear power, solar and wind, that are more efficient, less expensive, and less harmful to the health of people. IPSR has reviewed this DVD. It is faithful to the original two-day symposium and is a knock-out. It will be perfect for house parties and showing before a wide variety of groups. It will stimulate discussion. Get a copy! The DVD can be purchased for \$20 from NPRI's office at 202-822-9800 or online at www.nuclearpolicy.org.

"To produce enough electricity to keep Yonkers [NY] going for a year, a light-water nuclear reactor would make, as a by-product, just about enough plutonium to obliterate Yonkers. Yonkers, in population is an average American city. Something like two hundred thousand people live there, on eighteen square miles of land. The ratio of plutonium to electric power would be similar for any community."

— **The Curve of Binding Energy** by John McPhee (*see Book Review on page 5*)

Natural uranium is over 99% uranium 238 (U238) and 0.72% U235. To make nuclear power plant fuel from uranium ore, the concentration of U235 must be enriched to 3-5%. Nuclear bombs require uranium enriched in U235 to 90%. The enrichment process has produced, as a waste byproduct, hundreds of thousands of tons of "depleted uranium" in the U.S. alone. None of it has been disposed of and is still stored above ground in a highly toxic liquid form as uranium hexafluoride (*see IPSR News Vol. 3, No. 1 for more on depleted uranium*). In the nuclear power plant reactor core, neutrons from the fission of U235 converts U238 into plutonium 239. Because of this conversion, "spent" nuclear power fuel is about 1 million times more radioactive than the original "fresh" fuel. Very little of the plutonium thus formed in the U.S. over the last 60 years has yet been permanently disposed. Ω

Book Review

John McPhee, **The Curve of Binding Energy**, Farrar, Straus and Giroux: New York, 1973, 232 pp (paper)

We owe special thanks to Dan Lee of the Illinois Department of Health (formerly of Des Moines and the Iowa Department of Public Health) for reminding us of this small highly readable book by the renowned John McPhee.

This book, written more than 30 years ago and originally appearing in the *New Yorker* magazine, has enduring importance because of how McPhee envisioned so well the risk of nuclear terrorism. McPhee covers the topic of nuclear weapons production, nuclear power, and the nuclear fuel cycle, in good breadth but emphasizes the ease with which an individual or group could fabricate a nuclear bomb.

The book is structured around the life and career of Ted Taylor who was probably unparalleled as a designer of nuclear fission bombs. In a decade of work at Los Alamos, Taylor's designs included the largest and smallest fission bombs ever detonated. The largest, the Super Oralloy* Bomb (aka S.O.B.), had a yield in the megaton range. The smallest were a series of the most compact and efficient fission bombs ever designed. His work defined the lowest amount of fissile material required to make a fission bomb. He designed the Davy Crockett, a rugby football sized, rocket powered howitzer designed for use by frontline ground troops. Those who attended Iowa PSR's September 11, 2004 Conference in Des Moines will already be familiar with the amazing Davy Crockett (*see figure*), a device that, as one of the attendees com-

mented, "has Al Qaeda written all over it." Taylor also designed a 280 mm nuclear artillery round that was successfully fired yielding 15 kilotons. This 11 inch diameter "bullet" was as powerful as the original



The 1950s "Davy Crockett" nuclear howitzer.

Hiroshima device. (*See IPSR News Vol. 2, No 4*).

While the bomb design arcana is of high historical interest, the present day reader will be repeatedly stultified by the prescience of this modest book that describes how easily small devices can be made with a variety of fissile materials generated in the nuclear power fuel cycle that are still transported around the country and world under poor security. The reader is convinced how a small determined group could acquire fissile materials and construct a nuclear device. Even a small, crude device that fizzles would, in Ted Taylor's opinion

(and remember, this was his opinion in the early 1970's) be sufficient to knock down the World Trade Center.

Ted Taylor left Los Alamos and the nuclear weapons program in 1956 at only age 30 and became a voice against nuclear weapons and for safeguarding nuclear materials. He died in 2004.

Today there are far greater quantities of fissile materials in the world and in the U.S. than in 1973. Fissile materials are still poorly secured, and every day the world's 400-plus nuclear power reactors in 30 countries are making more. Indeed, today the notion that highly organized groups are intent on making a nuclear terror attack is no longer hypothetical.

Now, 30 years after publication, *The Curve of Binding Energy* reads like a reverse time capsule in which is written prophesy rather than merely containing quaint artifacts from the past. Not foreseen in this book was the collapse of the Soviet Union and sudden loss of security of Soviet nuclear weapons, materials, and waste. Unforeseen was the sudden availability of 30,000 highly trained and skilled but unemployed nuclear scientists and technicians who, like so much nuclear material, are not accounted for. If loose nukes are not frightening, the existence of loose physicists is terrifying. Ω

** Oralloy was the code name often used for the highly enriched uranium produced at Oak Ridge for the Manhattan Project.*

New PSR Program on Nuclear Terrorism

In July 2005, Drs. Maureen McCue and John Rachow attended a two-day regional PSR leadership training in Chicago. Representatives from the Chicago, Madison, WI, Omaha, NE, and Iowa PSR Chapters met with Ira Shorr, Field Director of PSR's Security Program and architect of PSR's SMART Security Platform met at the Chicago PSR office.

The regional group learned of PSR's plans for a major campaign on nuclear terrorism that is based on the principles of the SMART Security Platform. The regional group reviewed and discussed educational materials developed by PSR that included eight elegant fact sheets and a slide presentation that can be used by members in local outreach efforts. A wide variety of possible resources and approaches that might be used in the campaign were discussed. The meeting was intense and helped give PSR chapters in our region a format in which to continue to work together. Ω



Regional PSR Leadership Training Meeting on Nuclear Terrorism. Pictured (from left to right) are Ira Shorr (PSR), Dr. Andy Kantor (Chicago PSR), David Kraft (Director, NEIS: Nuclear Energy Information Service), Dr. Maureen McCue (Iowa PSR), and Dan Lee (Illinois Dept. of Public Health). Also attending but not shown, Alfred Meyer (Madison PSR) and Andy Jameton (Greater Omaha PSR), Olga Delgado (Chicago PSR).

A Prescription for Mental Health in an Age of Nuclear Weapons

by David E. Drake, D.O.

Remarks Delivered at the Hiroshima/Nagasaki Memorial at The Capitol Bell

Des Moines, Iowa

August 9, 2005

Nucleomitophobia is a term I came across recently. It's interesting that a term actually exists that means "An abnormal and persistent fear of nuclear weapons." It brings to mind the question of what would a 'normal' versus an 'abnormal' fear of nuclear weapons look like! Isn't it indeed a crazy time to think about 'normalizing' the fear of nuclear weapons?! Those of us here tonight have the fear, but also the hope of change. In talking about a prescription for mental health in an age of nuclear weapons, I want to start with the idea of interdependence and move to the idea of community.

The Dalai Lama wrote:

"Today we are so interdependent, so closely interconnected with each other, that without a sense of universal responsibility, a feeling of universal brotherhood and sisterhood, and an understanding and belief that we really are part of one big human family, we cannot hope to overcome the dangers to our very existence – let alone bring about peace and happiness."

In beginning to think about this brief presentation tonight, I sent out an e-mail to numerous friends to get their own thoughts. One response [from Terry] especially struck me:

"The wisdom exists. The question is – do we have a true sense of where we are in the evolution of our species to courageously apply the wisdom? Do we really get that we are on the cusp of serious choices that will affect not just us, but the nature of our global survival?Our energies are best placed as Gandhi said... 'to be the change we want to see in the world'."

My prescription for mental health in this nuclear age is the following:

Rx #1 Remember you are not alone in this struggle – we need to do this together. Join in communities which are concerned with the fate of our planet – through your church, synagogue, mosque, meditation sitting group, and others. Invest in your future, the future of children generations from now – by becoming active – continuing to be active

– seeing this struggle as long term. Pace yourself. It may never be over – but we cannot let the status quo remain the status quo.

Rx #2 Live your life fully. This is what it's all about. Work on and repair connections with your family. Find and take opportunities to find beauty and joy in your life, in this wondrous world in which we live.

Rx #3 Continue to write letters to the editor; respond to those e-mail requests to add your name to petitions; lobby your legislators; get involved in politics at all levels; support or join peace, justice, and environmental organizations – like WILPF, the AFSC, GreenPeace, the Sierra Club, Amnesty International, PSR – the list goes on. Support those who see themselves as called to engage in nonviolent civil disobedience - facing arrest with jail or prison time. Let us thank them for their bravery and their witness in our names.

Rx #4 Experiment with starting and ending each day with a positive meditation.

With thanks to my friend and mentor, Charlie Day, I came up with the following: May all beings be happy, healthy, harmonious, and peaceful. May this time of contemplation help me to bring compassion; thoughtfulness; not over-reacting to anger, aggression, or violence by others as well as envy and jealousy in myself. May I bring humility and a sense of humor – especially about myself. May I help bring about peace and justice – in my family, my community, this country, and this world.

And lastly, bringing us back to community once again – I have come to appreciate the words from the anthropologist, Margaret Meade:

"Never doubt that a small group of thoughtful committed citizens can change the world: Indeed it's the only thing that ever has."

The next step is up to each of us – as individuals and together. **Ω**

Origin of the Peace Symbol

Ever wonder where the peace symbol came from? When was the first time you ever saw it? How do you use it? What do you think of when you see it? How have you seen it used. What is the most unusual way you have seen it used.

We have been wondering at IPSR about all of these ques-

tions and would like to hear from you. We can publish your comments along with what our research has found on the origin of the peace symbol. We would like to do this in the next issue of IPSR News. **Ω**

Upcoming Events — Peace Fest and The Pentagon Papers

Peace Fest will be held from noon to 8 PM on Sunday September 11, 2005 in Iowa City at Hubbard Park on the UI Campus (next to the Iowa Memorial Union). Iowa PSR is a cosponsor of Peace Fest.

Peace Fest will feature a diversity of local groups, entertainers, and family focused activities with the goal of promoting Peace and Justice in all human relations, toleration of differences, and respect for others. Find out more at www.peacefestiowa.org.

Daniel Ellsberg will be in Des Moines at 7:00 PM Monday September 12, 2005 at St. Catherine of Siena Catholic Student Center, 1150 28th St. Ellsberg will speak on "Telling the Truth about Vietnam and Iraq." In 1971 Daniel Ellsberg leaked to the *New York Times* a Pentagon study of the history of U.S. government decision-making regarding the Viet Nam War. The *New York Times* began publishing the report on June 13, 1971. The government furiously fought both the *New York Times* and the *Washington Post* in court to the block publication of what became

to be known as the Pentagon Papers. The Supreme Court took up the issue on an emergency basis and concluded, in a 6-3 decision, that the government could not block publication of the Pentagon Papers. The rest is history, but a history important to contemplate for there is little evidence today that government decision making has improved.

Mobilization in Washington, D.C. is being organized by United for Peace and Justice for September 24-26, 2005. Citizens from across the nation will travel to Washington, D.C. for three days of peace and justice actions to end the war in Iraq and bring the troops home now.

Visit www.unitedforpeace.org/septmobe to learn more how to participate in this powerful weekend of action. Buses have been chartered to leave from various cities in Iowa. Check the Iowa PSR website on how to find a bus leaving near you. Expect buses to leave September 23 and return September 25 and a cost of about \$100 round trip per person. **Ω**

(Ramu & Lolly Ramdas—Continued from page 3)

City Foreign Relations Council. The session was videotaped and rebroadcast several times on Iowa City Public Access TV as recently as June 2005. Lolly met with one of Professor Jacki Rand's University of Iowa Native American Studies Program classes. Ramu and Lolly were then guests of The Global Issues Network Public Forum (GIN) and led a community discussion held at the

Iowa City Library entitled: "Our Unstable Peace - A View from South Asia." This discussion was also videotaped. In Des Moines, the Ramdas' were the guests of Chet Guinn for a Popcorn & Cider Evening of public discussion at Old Fire Station #4.

The work of Ramu and Lolly in a variety of arenas, including the India/Pakistan standoff is a living testament to the power and success of international citizen diplomacy. **Ω**

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

Contact Us

Our mailing address: Iowa PSR
20 E Market St, Room 200
Iowa City, IA 52240

E-mail can be sent to: mickiq@earthlink.net
Faxes can be sent to: 319-828-9911

Check our web site: www.iowa-psr.org. (View and download this and old newsletters in PDF format.)

Donate to IPSR

Video (VHS or DVD, please specify) of the September 11, 2004 Iowa PSR Conference: National Security and the New Arms Race. Running time 2 hours. Package includes printed conference materials. Suggested donation \$20. \$_____

Donation to help with Iowa PSR Chapter Expenses (Office, web site, mailing) \$_____

Support the Iowa PSR Newsletter (suggested annual donation \$15.00) \$_____

Donation TOTAL (carry to other side) \$_____

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



IPSR
 20 East Market St, Room 200
 Iowa City, IA 52245

**If you're not making trouble
 in a world that's this troubled,
 you're in trouble.**
—Thomas Merton

 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

New Member

Renewal

Reinstatement

PSR Membership:

- \$ 125 - Health professional with doctoral degree
- \$ 50 - Other health care professionals and general public
- \$ 35 - Retired
- \$ 15 - Student (1st year student membership free)
- \$ _____ Total contributions from other side

NAME: _____

Degree(s) _____

ADDRESS: _____

PHONE(s): _____

E-MAIL: _____

\$ _____ TOTAL enclosed

Make checks payable to IPSR and mail to:

IPSR
 20 E Market, Room 200
 Iowa City, IA 52245

DUES AND CONTRIBUTIONS ARE TAX-DEDUCIBLE

Membership confirmation will be sent to you by national PSR.