

Chelsea Stands Up Against the War!

9/8/09

(Standup Week 226)

Tuesday, 6pm–7pm

Why are we in Iraq?

Not because of weapons of mass destruction. **Not** because Iraq was involved in 9/11. **Not** because Iraq was a threat to our national security.

What have we gotten?

In Iraq

US military dead: **4,339**
US military wounded: **31,483**
Iraqi civilians killed: **101,537***
Money spent on war: **\$682 billion**

In Afghanistan

US military dead: **815**
US military wounded: **n/a**
Afghani civilians killed: **13,004**
Money spent on war: **\$226 billion**

Who are we?

Chelsea Neighbors United to End the War has pledged to “Stand Up” until the war ends and the troops come home safely.

Every Tuesday evening at 6 pm (rain or shine), **Chelsea Neighbors United to End the War** assembles on the northwest corner of 8th Avenue and 24th Street to facilitate “**Chelsea Stands Up Against the War,**” a community protest against the war in Iraq.

We carry banners, signs, and candles as we gather for one hour each week to protest the war in Iraq. We distribute this newsletter, peace buttons, collect signatures on petitions and speak with our neighbors about the need to end war in Iraq. The **Stand Up** make a dramatic statement to passing vehicular traffic on 8th avenue.

Chelsea Neighbors United to End the War is an all-volunteer organization that wants to build the broadest possible neighborhood consensus. With that goal in mind, the organization is open to all and functions by consensus.

Chelsea Neighbors United to End the War is not formally affiliated with any other organization but is willing to work with all groups and individuals who are committed to ending this illegal and immoral war fought by our fellow citizens, paid for with our tax dollars, and prosecuted in our name.

*The recent Johns Hopkins/Lancet report places the figure at 655,000+



Chelsea Neighbors United to End the War

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Welcome Homeliness for Returning Veterans

By Jacqueline Schoenhaus-Barnett

Is the government really taking care of its veterans? A growing number of veterans are coming home with mental health problems that affect their ability to hold down jobs. More than 40% of U.S. soldiers from the Iraq and Afghanistan wars at VA hospitals are suffering from mental health problems. A large number of these veterans experience Post Traumatic Stress Disorder (PTSD), as well as, suffering from psychosocial behavioral problems, including alcohol and drug abuse. PTSD can look the same whether you are someone who was tortured in Africa, a woman who was raped, or a combat veteran. Certain symptoms are universal to the disorder such as anxiety, intrusive thoughts, hyper-arousal, and avoidance. These symptoms become the expression of the body/mind's way of making sense of these terrible events.

Since most vets are not diagnosed with PTSD within the first year, increased allocations for better detection and earlier intervention would help prevent chronic mental illness. The most widely used type of therapy is Cognitive Processing Therapy (CPT), a 12-week program in which a veteran meets one on one with a therapist and tries to focus on the connection between traumatic events, thoughts, and feelings. The therapists try to help them make sense of their past experiences by writing about the events, discussing the events, and trying to figure out how to fit these memories into their present life. However, are these programs really adequate to deal with these life-shattering events? One indication that the government is not providing enough rehabilitation for these vets is the marked increase in homelessness among this population.



Photo by Gary Scholchert