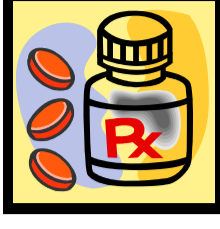


This monthly newsletter keeps **Indiana State Medical Association Alliance (ISMA-A)** members up-to-date on news and events happening in your county, state and nation. Keep reading to find out more!

President's Pen

I would like to take this opportunity to invite **all Alliance members to the ISMA Alliance Board Meeting on November 17**. Any member is welcome to attend any of our board meetings, and we encourage you to do so.



The meeting will be held in Lafayette at the Lafayette Country Club, located at 1500 S. 9th Street. We will begin at 10:30 a.m. with a welcome and at 11 a.m. hear our featured speaker, Judge Loretta Rush. Judge Rush is the Tippecanoe County juvenile judge. The topic will be **Prescription Drug Abuse**: the growing abuse among young people as well as the impact that adult Rx abuse has on children. Lunch will be served at noon at a cost of \$15 per person. Following lunch, we will have a short ISMA Alliance board meeting. Please RSVP to Hallie Gorup at hjgorup@aol.com or Jill Bruce at jbruce@ismanet.org by November 15. We hope that you will attend and bring an Alliance friend or a carful of Alliance members with you.

I want to wish you and your family a very Happy Thanksgiving. Thanksgiving is my favorite holiday and I always look forward to having my family home and making some of their favorite foods. I'm including our family's favorite pumpkin pie recipe that has been handed down in my family from my great-great Grandmother Norwood. I hope you enjoy it as much as we do.

Grandmother Norwood's Pumpkin Pie

1 c. pumpkin	¼ t. ground cloves
¾ c. sugar	Dash of salt
1 heaping T. flour	1 beaten egg
½ t. cinnamon	1 c. milk
¼ t. nutmeg	

Combine all ingredients, mix well, and pour into an unbaked pie shell. Bake at 400° for 15 minutes. Turn oven down to 350° and continue baking for 40 - 45 minutes or until a knife inserted in the middle of the pie comes out clean. One teaspoon of pumpkin pie spice can be used instead of the cinnamon, nutmeg and cloves listed above. Enjoy!

Laurel Weddle, ISMA Alliance President

Fall Fling @ Zing!

With increasing membership in the ISMA Alliance as my main goal as ISMA Alliance president, supporting medical students and their spouses was next on my list of goals to accomplish. With that in mind, on October 29, the Indianapolis Medical Alliance, Indianapolis Medical Society, Indiana State Medical Association (ISMA), IU School of Medicine and ISMA Alliance hosted a free and very successful medical student event in Indianapolis. It was held at Zing restaurant, a popular spot with the medical student crowd. And it drew quite a crowd! Medical students and their spouses mingled over yummy appetizers with Indianapolis Medical Society physicians and their spouses, leaders from the ISMA Alliance and Indianapolis Medical Alliance and ISMA leadership and staff members. The students and their spouses were able to talk with the physicians and Alliance members about life as a physician, being the spouse of a doctor and how organized medicine can assist them and their medical family throughout their medical career. To highlight the evening, we gained five new Alliance members from the medical student spouses. I want to thank again everyone involved in making this event such a huge success.

Laurel Weddle, ISMA Alliance President



Dr. Gregory Larkin, Commissioner of the Indiana State Department of Health, right, visits with Danielle and Kevin Trulock. Kevin is a student at IU School of Medicine in Indianapolis



Cami Pond, left, and Laurel Weddle, right, talk with Stephen Franz, student at IU School of Medicine in Indianapolis.



Sara Read, left, wife of IU School of Medicine student Matthew Read, stops for a photo with Cami Pond.

Alliance Members Weigh in on First Family Summit in Chicago

Members who attended the Alliance's Medical Families Summit were asked to share their opinions of the meeting. The results showed an overall positive response to the experience with requests for some tweaks in the programming. Ninety four percent of those who responded to the survey indicated that they would recommend the conference to other Alliance members, while 86 percent indicated they would prefer a two-day weekend conference geared to state and county leaders. A number of attendees suggested fewer, but more in-depth sessions, and many who responded requested more opportunities built into the program to shop in downtown Chicago.

Here are some highlights of the written comments:

- I recommend the conference because it is important to bond with other Alliance leaders.
- The Sotile lecture was wonderful.
- The entire conference was well done, but shortening and concentrating on leadership might be good.
- I polled my state and they were very pleased with the quality of the meeting and with the overall event.
- I get so much out of the times we just share ideas and projects among ourselves, that I would rather have skipped some of the luncheon speakers in favor of networking or getting out of the hotel for a while.
- Kathryn Childers was fantastic. Her topic "Do it Scared" struck a chord with me and I plan to using her message to promote county members to become state members.
- I loved visiting Chicago and the vibrant feel of downtown Chicago.
- I'm a staunch supporter and advocate of the leadership development meeting at the AMA Alliance. I always come away with something new that I've learned.

New Data on Bullying: More American Students Report Regular Abuse

Note: Clicking on any of the underlined, blue text below will take you to additional information.

New data on bullying show 17 percent of American students report being bullied two to three times a month or more within a school semester, with girls and boys having similar rates, according to a recently published report cited in a blog by Valerie Strauss in the *Washington Post*.

The information is from an anonymous survey of 524,054 U.S. students in grades three through 12, and comes when [bullying is in the news because of a series of suicides](#) in which bullying was a significant factor. The survey was conducted by [Dan Olweus](#), considered by many to be the founding father of bullying issues, and Susan P. Linder.

Olweus' program for elementary, junior high and middle schools is aimed at preventing and/or reducing bullying, improving peer relations and making schools safer places. The researchers say that the approach, which involves every adult and student in the class and helps teach students how to safely not be bystanders when bullying occurs, has been shown to have the strongest and most long-lasting improvements.

Here are some highlights from the study:

- 17 percent of students indicated that they had been bullied with some frequency (two to three times per month or more within the school semester).
- There were similar rates for girls (16 percent) and boys (17 percent).
- Bullying is most prevalent in third grade, when almost 25 percent of students reported being bullied two, three or more times a month. The rate slowly declines each year through 12th grade, when about 12 percent of boys and less than 10 percent of girls reported being bullied.
- 10 percent of students indicated they had bullied others with some frequency (two to three times per month or more within the semester).
- Boys (12 percent) were more likely than girls (7 percent) to indicate they had bullied others.
- For students who have been bullied, significant numbers reported being bullied for long periods — 16 percent of girls and boys reported having been bullied for about a year.
- 23 percent of girls and 30 percent of boys said they had been bullied for several years.
- When asked what they feel when they see a student their age being bullied, the vast majority of students (83 percent) indicated that they feel sorry for the bullied student (90 percent of girls, 75 percent of boys).
- [More than 40 states](#) have some sort of law that makes bullying illegal, yet, as the statistics show, the harassment of young kids by their classmates remains common.

The researchers were serious about reducing bullying won't work. Schools that are serious about reducing bullying implement programs that involve every adult in the school, from the principal to the janitors, and spend time once a week engaging students in discussion and activities to understand the problem and learn how to deal with it.

The Alliance has long had an interest in preventing bullying through its [Stop America's Violence Everywhere \(SAVE\) program](#) and has resources to address the problem.

[Stop America's Violence Everywhere \(SAVE\) Program You Don't Have To Be Bullied Hands Are Not For Hitting](#)

[Stop America's Violence Everywhere \(SAVE\) Program You Don't Have To Be Bullied Hands Are Not For Hitting](#)

Upcoming Events:

NOVEMBER 17, 2010
ISMA Alliance Board Meeting in conjunction w/Tippecanoe Medical Alliance Meeting
Lafayette Country Club
[Contact jbruce@ismanet.org](mailto:jbruce@ismanet.org)

FEBRUARY 2, 2010
ISMA Alliance Board Meeting w/Medicine Day
Indianapolis Marriott Downtown
[Contact jbruce@ismanet.org](mailto:jbruce@ismanet.org)

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Pics from the Fall Fling @ Zing!