

# WINS NEWS

WE INSIST ON NATURAL SHAPES

A nonprofit organization dedicated to:

- educating children and adults about what normal, healthy, body shapes are and the dangers of eating disorders and excessive dieting; and
- changing physical images in the media and advertising to those that are natural and attainable with healthy lifestyles.

Spring 2001

## DEATH AND LIFE: ME THEN

by Sabrina Matoff

Death and I have had a long relationship together. I know him like an old friend, someone who comes to mind effortlessly with a memorable face. I have painted Death in watercolored streaks of red, orange and black; I have written about Death in poems of anger, longing and sorrow. At one time, I came very close to walking away with him, but he let go and other people quickly escorted me away. My relationship with Life was not over yet...

In 1983, I was seventeen years old, a junior in high school with honors classes that symbolized my drive for excellence. The pursuit of the best grades, the most special attention, the highest level of functioning has also taken me down the path of an eating disorder. This illness, introduced me to Death, and the promise of relief, but I had to get to him against the odds of Life: parents, teachers, and ultimately, doctors. These people fought for me to continue Life.

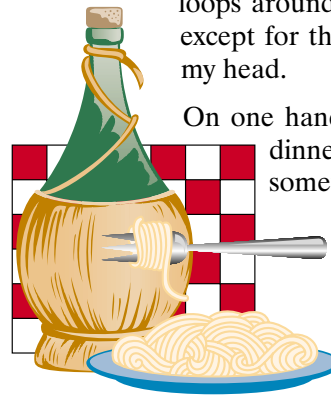
Yet, Life was a struggle. I welcomed sleep, unaware of my life-threatening condition as the days went on. People talked in hushed whispers around me, wondering what I was thinking and

*Please see DEATH AND LIFE on page 5.*

## THE DRUMBEAT: ME NOW

by Sabrina Matoff

A couple of months ago, a former colleague and I made plans to get together after work. We decided on a popular restaurant that was sure to be crowded on a Friday night. And it was, but we found a way to talk above the din and chatter, sipped our wine, and twisted our pasta in loops around our fork tines. It all seemed so normal, except for the wheels of the anorexic replay turning in my head.



On one hand, it is truly amazing that I can go out to dinner, carry on a conversation, and actually eat something in the presence of another person. For years, I would crouch over the table, creating walls on either side of me. The place setting had to be just right. The size of each piece of food had to be just right (I never figured out what "just right" was). The napkin had to be on the left. And with each tortuous bite, I listened to the drumbeat of fear pounding in my head. With each beat, I tore a little piece of the napkin off into a pile. I moved the cup of water a little bit to the right. I got up and sat down a few times — a ritualistic dance to tolerate what I didn't know and what I couldn't say.

I had a nice evening with my friend. I don't make paper napkin piles anymore. Most of the time, I don't even drink water at dinner, having turned to diet Sprite as my beverage of choice.

But I still hear that drumbeat. The symptoms may subside, but the mindset is another story.

## WINS REACHES OUT AT CONFERENCES

Mary Jane Ray has spearheaded a concerted effort this year to reach students, teachers and just regular people with the WINS message and educational materials. She has coordinated volunteers to speak and staff information tables at Sacramento area schools and organizations, including:

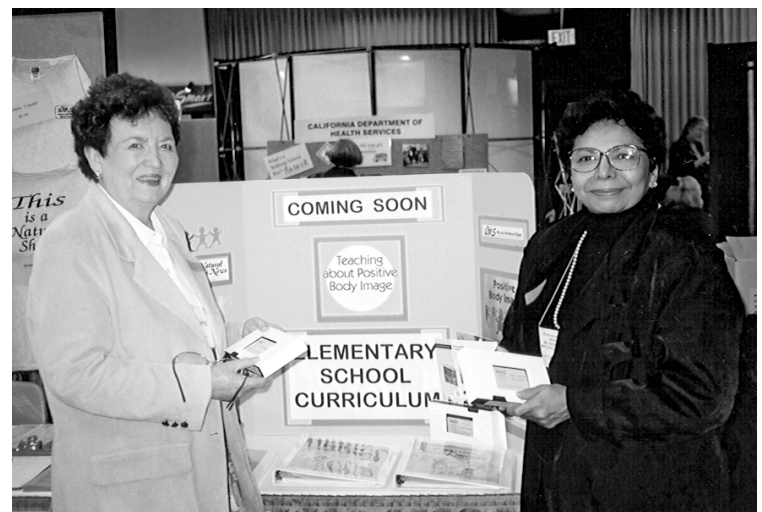
**Healthy Schools, Healthy People VII Conference**, January 10-11, 2001, by Jean Barnaby, Betty Herold, Pat Monahan, Jim Ray and Mary Jane.

**Rollingwood Racquet Club Health Seminar**, February 24, 2001, by Rebecca Stewart and Mary Jane.

**American Association of University Women Sister to Sister Conference**, March 14, 2001, by Mary Jane.

**Bella Vista High School Health Fair**, March 14, 2001, Rebecca Stewart.

*Please see CONFERENCES on page 7.*



Mary Jane Ray, left, and Jean Barnaby.



**BOARD OF DIRECTORS**

President: Serena Ryder, RD  
Vice President: Karen Olson  
Treasurer: Ann Gerhardt, MD  
Secretary: Kathryn Maffia  
Board Member: John Tamblyn, PhD

**COMMITTEE CHAIRS**

Membership: Kathryn Maffia  
Publicity: Mary Jane Ray  
Archivist: Marlena Gutierrez, MSW  
Education: Ann Gerhardt  
Newsletter: Ann Gerhardt  
Outreach: Marlena Gutierrez  
Correspondence: Karen Olson

**CONTACT US BY WRITING TO:**

WINS • PO Box 19938  
Sacramento, CA 95819  
Phone: (800) 600-WINS/(800) 600-9467  
Email: [winsnews@aol.com](mailto:winsnews@aol.com)


**PLEASE JOIN US**

We exist only to carry out our mission and for our members. Donations are used entirely to get the message out. See back page for Membership Application.

**BOARD MEETINGS are held** the second Wednesday of each month. Everyone is invited to attend. See **WINS MEETING TIME & PLACE** in this issue for details.

**WINS** is a volunteer organization. As such, please be prepared for a possible delay in our volunteers' response.

**WINS NEWS** is published quarterly for members and friends. News items, community events, press releases, letters to the editor, commentaries, poetry, and/or other information which might be of interest to our members are welcomed and encouraged.



Many companies will match your donations to qualified nonprofit corporations, such as WINS. Contact your company's benefits office for their requirements and paperwork. Forward it all to WINS, with your donation/renewal, and we will take care of the rest.

**JUST WHAT SIZE ARE WE**

*by Ann Gerhardt, MD*

My mother died in January. I'm telling you this not to generate sympathy, but so you'll understand why I was trying on all her clothes.

Many of them fit. Not surprising, since we are genetically related. What is surprising is their size. You know, the number on the tag inside, that the maker decided was the right number to characterize the size and shape of the person who should wear that garment. The size of my mother's clothes, which fit me perfectly, was 3 even-number sizes larger than what I currently buy in stores.

Years ago my mother told me that 'high-end' clothing was sized smaller so that rich women would think they were more petite. To soothe their egos. But apparently the majority of clothing manufacturers years ago (some of Mom's clothes were 40 years old) thought larger numbers should describe smaller people. This confirmed what I had been suspecting: That clothes makers are now affixing smaller size labels to larger clothes, just to make them seem more acceptable.

As of last year I hadn't bought clothes in years. When my patients threatened to donate the contents of my closets to Goodwill and wondered whether anyone would buy them, I decided to go shopping. At first nothing fit, since I was choosing clothes in sizes that I used to wear. I knew that my physical therapist had given me exercises that had changed my butt a bit, but I didn't think it had changed that much. I had to try on smaller sizes to get anything to fit, but not because I've changed that much. I have clothes in my closet with larger size tags (albeit from years ago) that fit exactly the same as the clothes I'm buying now (yes, I refused to give everything to Goodwill). What *has* changed is the number that clothing manufacturers put on the tag.

How do you feel about the size you wear? I would suggest you ignore it. Obviously if size can change with the times, it doesn't mean that much. We get back to the WINS message: Take reasonably good care of your body, accept the shape that results and if it fits, wear it.

**LIVING WITHOUT MAKEUP FOR A WEEK: ARE YOU UP TO THE CHALLENGE?**

*by Marlena Gutierrez*

What would it be like for those of us who wear makeup every day to go without it for seven days, 24 hours around the clock? That is exactly what three women did for the Oprah show that aired on 5/3/01.

Jane #1: Admitted that her husband of 12 years had never seen her without makeup. Jane even wore her 'face mask' to bed. She was fearful and anxious. Her husband admitted that he was even more nervous than she.

Jane #2: No one, not even her grandchildren, had ever seen how she really looked. If her grandson knocked on her door to say good night, Jane would get up, apply her makeup and then open the door.

Jane #3: Admitted she compulsively looked into every mirror she passed, always checking and retouching her makeup. Her entire identity was based on how she looked.

During this week, the women kept all prior social and business commitments. All three spoke of the fear and panic they felt at social functions without makeup. They described their own and others' reactions to their change as a mixture of positive and negative feelings.

Jane #1's husband is adjusting to seeing his 'new' wife. He thought Jane looked good and both agreed (as did all the participants) that this was a turning point for them. They could now begin to see themselves as something other than their physical appearance.

These women have begun to feel free to go on with their lives, changing what  
*Please see MAKEUP on page 5.*

## SURGEON GENERAL'S REPORT: 30% OF HIGH SCHOOL GIRLS ARE CURRENTLY SMOKING

According to the report, they smoke partly because they are sold a promise that they will look as thin and sexy as the women in the ads.

- Girls who initiate smoking are more likely than those who do not smoke to have parents or friends who smoke. They also tend to have weaker attachments to parents and family and stronger attachments to peers and friends. They perceive smoking prevalence to be higher than it actually is, are inclined to risk-taking and rebelliousness, have a weaker commitment to school or



religion, have less knowledge of the adverse consequences of smoking and the addictiveness of nicotine, believe that smoking can control weight and negative moods, and have a positive image of smokers.

- Women have been extensively targeted in tobacco marketing, and tobacco companies have produced brands specifically for women, both in the United States and overseas. Myriad examples of tobacco ads and promotions targeted to women indicated that such marketing is dominated by themes of both social desirability and independence, which are conveyed through ads featuring slim, attractive,

athletic models. Between 1995 and 1998, expenditures for domestic cigarette advertising and promotion increased from \$4.90 billion to \$6.73 billion. Tobacco industry marketing, including product design, advertising, and promotional activities is a factor influencing susceptibility to and initiation of smoking.

- The dependence of the media on revenues from tobacco advertising oriented to women, coupled with tobacco company sponsorship of women's fashions and artistic, athletic, political, and other events, has tended to stifle media coverage of the health consequences of smoking among women. In addition, it may mute criticism of the tobacco industry by women public figures.

## HELP FOR EATING DISORDERS IN JEWISH FEMALES

*by Serena Ryder, from Living Full Jewish Lives in a Barbie Doll World, by Karen Smith*

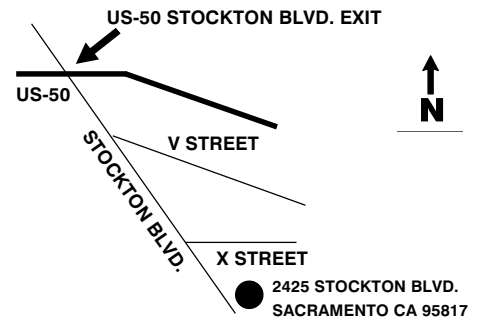
Jewish women and girls may be facing many contradictions. Often the goal of a Jewish community is living a full life, which could entail getting an education and having success in one's life with regard to finances, family, and career. As a result of the Holocaust, the Jewish community is expected to contribute to their people's survival and be strong. Many of these goals can be difficult in today's society where self deprivation is admired and where women are not allowed to fulfill their needs. This creates much shame about their hungers no matter what they may be.

The Reform movement's Union of American Hebrew Congregations has developed a resource guide and curriculum "Litapayach Tikvah/To Nourish Hope." It includes information about eating disorders, testimonials, resources and a liturgy section with prayers and rituals. Other programs include curricula at the Chicago Jewish community centers which help staff to become aware of body issues, a program for orthodox teens entitled Helping to End Eating Disorders (HEED, 718-240-6451), and a Renfrew treatment center in Long Island for Jewish women who keep kosher (516-935-7400).

Their general recommendations are to celebrate womanhood, urge all females to go after what they want, and be sensitive to girls with weight concerns around the holidays such as Yom Kippur and Passover. They encourage women to reflect on the messages that they send about their body and diet habits and to not be ashamed to admit concerns with weight and body image.

## WINS MEETING TIME & PLACE

We meet on the second Wednesday of each month from 6:30 to 8:30 PM. All are invited. The Shriner's Hospital graciously provides a meeting room for our monthly meeting. We will meet in the fifth floor conference room at 2425 Stockton Blvd., Sacramento.



**To learn about upcoming meetings, speakers and events, call 1-800-600-WINS.**



**WINS  
NEEDS  
YOUR  
SUPPORT**

We need more than kind thoughts to exist. Please donate to and join WINS so that we can continue to produce this newsletter, provide education about body image and health to youth and adults and work to prevent eating disorders of all kinds. WINS especially thanks the following **WINnerS CIRCLE** members who joined or renewed with a donation of \$50 or more.

**Dale Blunden,  
Jim & Mary Jane Ray  
Sandy Sidebottom,  
June Stucky**

Most of us go to our grave with our music still inside us.

## THE AWAKENING — PART 2

*continued from Winter 2001 WINS NEWS; Author Unknown*

You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake.

Then you learn about love. How to love, how much to give in love, when to stop giving and when to walk away.

You learn to look at relationships as they really are and not as you would have them be.

You stop trying to control people, situations and outcomes. You learn that alone does not mean lonely.

You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs.

You learn that feelings of entitlement are perfectly OK; that it is your right to want things and to ask for the things you want and that sometimes it is necessary to make demands.

You come to the realization that you deserve to be treated with love, kindness, sensitivity and respect and you won't settle for less. You learn that your body really is your temple.

You begin to care for it and treat it with respect. You begin to eat a balanced diet, drink more water, and take more time to exercise.

You learn that being tired fuels doubt, fear, and uncertainty and so you take more time to rest.

Just as food fuels the body, laughter fuels our soul. So you take more time to laugh and to play.

You learn that, for the most part, you get in life what you believe you deserve... and that much of life truly is a self-fulfilling prophecy.

You learn that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance.

You also learn that no one can do it all alone, that it's OK to risk asking for help.

You learn the only thing you must truly fear is the greatest robber baron of all: FEAR itself.

You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live life on your own terms.

### HOW OLD IS TOO OLD TO EXERCISE?

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where she is.

And you learn to fight for your life and not to squander it living under a cloud of impending doom.

You learn that life isn't always fair, you don't always get what you think you deserve; that sometimes bad things happen to unsuspecting, good people.

On these occasions you learn not to personalize things. You learn that God isn't punishing you or failing to answer your prayers. It's just life happening. You learn to deal with evil in its most primal state — the ego.

You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you.

You learn to admit when you are wrong and to build bridges instead of walls.

You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower.

Slowly, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than your heart's desire.

And you hang a wind chime outside your window so you can listen to the wind.

And you make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility.

Finally, with courage in your heart and God by your side you take a stand, you take a deep breath, and you begin to design the life you want to live as best you can.

### A BALLET BODY?

*Submitted by Laura Kulsik, from PEOPLE magazine, 3/5/01*

Fredrika Keefer wants to dance ballet. With the San Francisco Ballet School. She was denied admission and her mother is fighting with a new city ordinance that bans discrimination on the basis of height or weight. Fredrika, by her picture, is a normal looking kid, with muscular legs. The school, on the other hand, is looking for a child whose attributes include "a well-proportioned body... flexibility, slender legs and torso and correctly arched feet." Clinical psychologist (!!!) Linda Hamilton, author of *Advice for Dancers* and a former dancer with the New York Ballet, says that the proper body type is "part of the aesthetics that make it an art form." She's basically condoning the disordered eating that most young women would have to have to be that thin. We hope that she doesn't treat eating disorders.

WINS is hoping that Mom and Fredrika win. It would be nice to watch a ballet and not cringe over the knowledge that the ballerinas harm their nutrition and bones to look like twirling spindles.

## PAT LYONS' "GREAT SHAPE: IMPROVING HEALTH AND FITNESS FOR LARGE PEOPLE"

by Serena Ryder, RD

Thumbs up to Pat Lyons, RN and Director of CONNECTIONS Women's Health Consulting Network. Pat was one of the speakers at the annual California Dietetic Association convention held in Sacramento March 23-25, 2001. Great Shape: The First Fitness Guide for Large Women is the book she helped to coauthor. This book had been out of print and is expected to be available again soon.

Pat was very open in her two-hour discussion of fat prejudice that accompanies the "War on Obesity." She quoted Susan Wooley, "If shame could cure obesity there would not be any fat people in the world." She is frustrated with health professionals who promote weight loss as the end-all-be-all to people's problems and finds this to be very harmful to large patients. Many large patients will not seek treatment because of the prejudice they have experienced or the fear that they will be refused treatment until they lose weight.



The Great Shape Program's approach to improve the health status of large women focuses on increasing access to regular physical activity with positive support and without dieting. Large women lead the exercise groups with the exercises done in a circle facing each other rather than a mirror. Exercise is to be done at one's own pace and movements are taught for floor and chair exercises. At the end of the class there is discussion time for participants to interact with each other. Participants are measured by outcomes for health and well being other than weight, such as improved blood pressure, lipids and glucose, reduced depression and increased quality of life.

As a dietician I felt her presentation was very insightful. I don't like to give out numbers for an ideal weight that a patient should achieve, even though I am asked all the time. I have more confidence in telling patients, friends and family it is not about what they weigh, but how they feel and what their lab values are. I get a lot of strange looks but I can feel the anxiety and tension leave the room after I say this and people genuinely seem to be more motivated to hear what I have to say.

## DEATH AND LIFE

continued from page 1

feeling that was unexpressed in words but so visibly expressed in my bodily appearance. Everyone thought I was in extreme physical pain, but ironically, the pain was more excruciating psychologically. This inner mind space was the location of my obsession, the relentless journey I was being "ordered" to take. Though each step brought me closer to Death, I felt immortal and unafraid.

Real fear settled in when I awoke one evening to find myself in a strange room with many faces peering over me as I lay in bed. I heard snatches of conversation above the bustling activity of the room, but none of it registered before I drifted off again. When I finally awoke completely, I learned I was in UCLA Medical Center. My parents had brought me there without my recollection. I had almost died of cardiac arrest. Lifesaving measures had been started. My vital signs were recorded innumerable times. Hands poked and prodded my abdomen daily. At all times, voices murmured around me, as if I wasn't there. No one trusted my self-evaluation of how I felt at the moment; my past history didn't indicate I was capable of making a valid statement.

During my stay in the hospital, I gained a minimal physical state of health back. The importance of temporary physical functioning took precedence over learning how to maintain a healthy state. I was not encouraged to express my feelings.

Some 15 years later, little by little, I keep trying to talk. It's the hardest skill I have to learn in Life.

## MAKEUP *continued from page 2*

needs to be changed. They are free to spend more time and energy developing honest relationships with their spouses, families and friends. Even more exciting, they can begin a new relationship with themselves, their spirit—something new for all of them.

When I saw these women while they still wore makeup, all were attractive, but none were out of the ordinary. After, I noticed a glow, a radiance, that had not been there before. They seemed happier and, I thought, beautiful.

Changing our perception about ourselves, finding out who we are, is a lifelong process. It doesn't happen in one week. Hopefully these women will continue to 'unlearn' everything they've been taught about themselves by others who didn't really know them. Self-identity is just that—identifying, defining ourselves. No one can do it for us.

The willingness and courage it took to go on television watched by millions all over the world, will be what these women need to help them succeed. As I reflected on this small segment of an hour-long program, I came to the following conclusions: 1) There is a great need for awareness, information and education, such as WINS provides with its newsletter, videos, curricula, presentations and conferences; 2) We are still a long way from counteracting the effects of the media, our childhood 'programming' and the criticism of other women; 3) I hope that Oprah and other influential personalities will help to change our society's consciousness; and 4) It's *not* makeup or our negative body image that is the problem, but these are symptoms of a deeper fear. The problem lies within ourselves, with our distorted views and the fear that blocks us from our dreams and hopes. The good news is that problems have solutions. Let us not deprive ourselves of living a more full and joyous life. Are you up to the challenge?

*Marlena wrote this from her hospital bed, thinking of WINS even though she is ill. We are all thinking of her and hope she has a quick recovery.*

## EDUCATIONAL VIDEO AND SCHOOL CURRICULUM

### HAPPY, HEALTHY SHAPES

### IT'S NOT HOW YOU LOOK, IT'S HOW YOU FEEL

This educational video and curriculum deals with issues of societal pressure to be thin, psychological problems of adolescence that lead to disordered eating, medical consequences of eating disorders, healthy nutrition and exercise. To receive a copy, please send your request to WINS (address on back page) along with \$29 for both curriculum & video or \$8.99 for the video alone; include your name and address. Allow a few weeks for delivery. The intended audience is teens, but it is a good message for females of all ages. **Try to get the video shown at your local schools and organizations.**



### IT IS BETTER TO BUILD CHILDREN THAN TO REPAIR ADULTS

*Author unknown, seen in  
Footnotes, the magazine of  
Road Runners Club of America*

## WHAT IS A NATURAL SHAPE?



A natural shape is whatever shape your body assumes when you eat nutritionally balanced food per the Food Guide Pyramid (with a modest amount of fun foods) and physical activity is a regular, daily part of your life. A natural shape is very much determined by your genes.

It is not the wasted look of forever-dieting, nor is it obesity resulting from overeating and under exercising.

## BOOK REVIEW

by Kathryn Maffia



### *The Life of a Real Girl* by Johanna Garfield (St. Martin's Press, 1986)

I love used book sales. Therefore, many of the books I read are not from the current best-seller's list. The latest book I read was *The Life of a Real Girl* by Johanna Garfield. This is the true story of a young woman who suffered from anorexia and obesity in the 1950's. It chronicles her descent into her eating disorder and diet drug addiction and her ascent to recovery.

When I looked through my bookcases to find a book, I really wasn't in the mood to read about anyone's eating disorder. However, for some reason I decided on this book and was immediately struck by the author's writing skill. It did not take long for me to decide this was the perfect choice. Johanna's story begins, "When I was sixteen, I was starving myself to death... At seventeen, I weighed 225 lbs." She quickly relates the events that plunged her into anorexia and subsequent obesity. As her weight climbs, she refuses to go to school or leave the house. Her parents send her to a psychiatrist who she immediately dislikes. She eventually calls a doctor that someone told her could help her lose weight. He prescribes Desoxyn, a derivative of Dexedrine. She resists taking the drug at first – some innate feeling telling her to avoid it, but eventually begins taking the prescription. She chronicles her addiction. She loses the weight but continues taking the pills for fear of regaining. Eventually, the doctor will no longer give her the prescription so she spends the next few years forging the prescription. She sees herself as the "Other Me."

Between the drugs and the weight loss, Jo, as she was called, becomes popular. She is a good student with a good social circle. But the better things get, the more she fears giving up the drugs. She is sure that her friends only like the "Other Me." I believe many people can relate to her fear that, "if they really knew me, they wouldn't like me." She finally ends up in a mental hospital where she spends two years breaking her addiction and learning who she really is. The two things that struck me the most were her feelings that people only liked the "Other Me" and her inability to see that she was getting better when she was in the hospital. She is amazed the first time she eats a meal without Desoxyn and does not overeat. She had continued taking the drugs because she felt she could not eat normally without them. In the hospital she eats normally, but decides it is because her meals are being brought to her. She is finally convinced to go to the cafeteria for her meals (something she fought doing because she was afraid to eat with others). She believes that people will make fun of the way she eats (and no longer like her). But she finds that she can eat in moderation in the cafeteria and no one thinks any better or worse of her. Still, when she eventually gets to the point of considering leaving the hospital, she worries again that she will not be able to eat normally. As I read the book, I could see her getting better and felt frustrated that she could not see it herself. Of course, I was also aware that many have felt the same frustration with me.

Jo made the assumption that the friends she made when she lost weight and was on drugs liked the "Other Me." What she could not see was that she was not that different from the "Other Me." She thought the drugged Jo was different than the real Jo. But really, they were very similar. Her friends noticed the erratic behavior that the drugs caused and they worried about her. She pushed almost everyone out of her life because "they wouldn't like" her when she wasn't on Desoxyn. In the book, it was obvious that Jo's friends genuinely liked her. I could see that they would have stood by her, but she could not see it. It made me think of how many times I have refused to believe that people could really like me. The book made me aware that it is not fair to me or others to assume that no one will like the real me.

## CONFERENCES

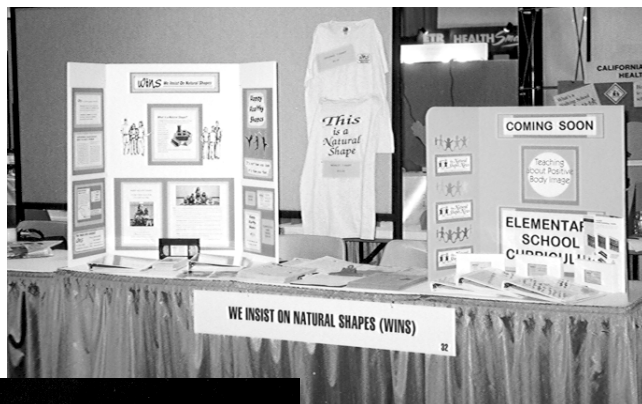
continued from page 1

**ROP, Hands on Career Awareness Day, May 2, 2001, by Nancy Stoltz.**

**San Juan High School Health Day, May 2, 2001, by Nancy Stoltz.**

We will send newsletters to the **American School Counselor Association Conference**, as a sponsor, to be given to every attendee in a tote bag. In this way, we will introduce over 1000 school counselors across the country to WINS and our curricula.

*Healthy Schools  
Healthy People  
Conference*



*Serena Ryder at the  
Regional Occupation  
Program.*

*WINS Conference  
Display at Regional  
Occupation  
Program —  
Focused display on  
working as a  
dietitian or in food  
services as an  
occupation.*



## PEOPLE MAGAZINE ON THE EDGE

By now everyone has seen the April 2, 2001, *People* magazine proclaiming that "Hollywood's HEALTHY BODIES ARE BACK." Is it true? It is true if size eight (max) is healthy. The stars who are celebrating curves, Kate Winslet, Charlize Theron, Drew Barrymore, Catherine Zeta-Jones, Jennifer Lopez, Sandra Bullock, Sharon Stone and a few others are at most a size 8. A least they are bigger than a size two and are proclaiming their pride in it and eating. The only problem is that the producers and directors haven't caught on yet. Winslet lost weight to do *Titanic*, Theron thinned down for *Sweet November*, and at least one director has loudly criticized Drew Barrymore for her size. Maybe a size revolution is coming, but we still have a ways to go.

**SPRING 2001**

## READING LIST

### AVAILABLE ON REQUEST

Please send a self-addressed, stamped envelope to: WINS,  
P.O. Box 19938,  
Sacramento, CA 95819

Also, *Surge Eating Disorders Resource Catalog* has a huge number of valuable books, many of which are on the WINS reading list. Contact them at P.O. Box 2238, Carlsbad, CA 92018; or call (800) 756-7533; or visit their website at [www.gurze.com](http://www.gurze.com) for a FREE catalog.

*We could learn a lot  
from crayons: some are  
sharp, some are pretty,  
some are dull, some have  
weird names, and all are  
different colors... but they  
all have to learn to live in  
the same box.*



### MANY THANKS TO

- Mark Newell for being our volunteer webmaster.
- Avalon Graphics for an excellent job printing the newsletter.
- Aspen TypoGraphix for their great efforts in laying out our newsletters.
- ATV Video Center for making excellent quality video duplicates.
- Crown Point Digitizing for doing the logo on the polo shirts.

Visit the **WINS WEBSITE** at  
[www.winsnews.org](http://www.winsnews.org)  
and send any suggestions to  
us at [winsnews@aol.org](mailto:winsnews@aol.org)

*WINS is proud of our quarterly newsletter. However, WINS cannot survive without your support.  
We urge you to join our organization by sending your donation today.*

## **WINS MEMBERSHIP APPLICATION & NEWSLETTER SUBSCRIPTION**

Send with your check or money order to WINS, PO Box 19938, Sacramento, CA 95819

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Telephone (\_\_\_\_) \_\_\_\_\_ Work Telephone (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

How can you help?     Telephone     Education     Publicity     Newsletter     Write Grants

Other: \_\_\_\_\_

Who referred you? \_\_\_\_\_

Enclosed Donation – This is a:     Renewal     First Donation     Gift

- \$25 Regular member                       \$8 Student
- \$35 Family Membership
- \$35 Member (You will receive a free gray T-shirt that says THIS IS A NATURAL SHAPE in blue.\*)
- \$100 Member (You will receive a free white polo shirt embroidered with WINS logo.\*)
- Other \$ \_\_\_\_\_ (The minimum to be a member and receive the newsletter for one year is \$8.)
- Curriculum & video @ \$34.95 for both. Number desired: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_
- Video(s) @ \$9.99 each. Number desired: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_
- Additional T-shirt (\$15)     Additional polo shirt (\$30) See above for descriptions.
- A Gift from \_\_\_\_\_ (card will be sent).

\* For T-shirt or polo shirt, specify size:     small     medium     large     extra large

We are truly a "grass roots" organization. Please help us keep track of what is happening in the "shape industry." Send us names of companies that use natural shapes and those that have forgotten what real people look like.

Comments: \_\_\_\_\_



P.O. Box 19938

Sacramento, CA 95819

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
PERMIT #1860  
SACRAMENTO, CA

*If you are not yet a member  
and you wish to continue to  
receive WINS NEWS, please  
see the top of this page.*