

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.

Summer 2002

WINS HOSTS RACEWALK

by Ann Gerhardt

WINS hosts US National Open and Masters 30K and Western Region and Pacific Association 20K Racewalk Championships

WINS and Buffalo Chips Running/Walking Club hosted the simultaneous 30K National and 20K Western Region and Pacific Association Championship races in beautiful William Land Park in Sacramento on May 5 this year. Walkers from all over California, the Western Region and as far away as Florida came to test their endurance and competitive spirit.



Bev LaVeck (Seattle), 65-69 age group record setter, & Paul Johnson (Florida), age 70

WINS received national publicity and made over \$1200 for the event. After the race started, a local TV station provided live coverage of the race and I actually was given time to explain WINS to the TV audience without being edited!

Race sponsors, Jackson Properties, Pacific Coast Building Products, Forest Pharmaceuticals, Abbott Laboratories, Urban Art Lithography, Lyon Realty, London Pacific Financial Consultants and numerous individuals made it possible to award a total of \$1200 in cash prizes to the first three men and women in the 30K. New Balance donated vouchers for racewalk shoes to the top two men and women in the 20K. Buffalo Chips, WINS members Mary Jane Ray, Kathryn and Bruce Maffia, Serena Ryder, Jean Barnaby, and Jennifer Jurusik and four area racewalk clubs' members and non-racewalk USATF officials volunteered to make the event possible.

Bev LaVeck, of Seattle, set 65-69 age-group records with both her 15K split of 1:37:58 and her 2:12:21 20K (12.4 mile) finish. With no close competition to pace her, this 66 year-old woman averaged a 10:40 walking pace! Having now

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VOGUE FINALLY CATCHES UP

submitted by John Wever and Mary Jane Ray
from The Sacramento Bee, Thursday, March 21, 2002

This just in: Women come in all shapes and sizes, and after years of X-ray thinness, a fashion magazine — *Vogue* — has debuted plus-size models on the centerspread. Model Kate Dillon, who wears size 12-14, was photographed by Helmut Newton for the April issue. "Pregnant, short, curvy and athletic women also are making a rare appearance," Editor-in-Chief Anna Wintour said. The all-size idea sprouted after *Vogue* received a huge response from readers last summer when it did an all-age issue. That morphed into a regular column addressing age in fashion.

EPIDEMIC OF CHILDHOOD OBESITY Part I -The problem

by Ann Gerhardt, MD

The prevalence of overweight children increased from 11% in 1963 to 35% in 1991. The weights of boys, African Americans, Hispanics and those in



southern states are rising out of proportion to other groups. More than one-fifth of African American and Hispanic children and 12.3% of non-Hispanic white children (possibly lower because more whites have anorexia and restricting eating disorders) were considered obese in 1998. The incidence of overweight increased between 1986 and 1998 by more than 120% among African American and Hispanic children and more than 50% among non-Hispanic white children.

More parents are obese, and studies show that 40% of children with one overweight parent have been noted to be overweight and 80% with two overweight parents become overweight. Only 10% of children of normal weight parents gain an excessive amount of weight.

This parental influence might be genetic or environmental. While some have suggested that underweight babies at birth are more likely to become obese adults, most studies show that higher birth weight is associated with

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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.

So Good Housekeeping jumps on the bandwagon of undieting. This time Christie Brinkley swears off diets forever. Somehow the article tries to make us think that this is a trend in modeling and Hollywood. If it were such a trend, though, why are the same "normal" sized actresses, Kate Winslett and Catherine Zeta-Jones (who follows the Atkins diet to maintain her 'normal' size) used in every one of these articles? Where are the droves of non-skinny movie stars from whom these magazines can pick examples?

BEFRIENDING OUR BODIES

From WebMD website, January 16, 2002. Submitted by John Wever

Too many people just lug their bodies, regardless of size, around all day, a necessary liability of being human and having to exist in physical form. They barely admit that they have bodies, let alone know and work in partnership with them.

The Women, Men, Lifestyle page of WebMD's site helps to get to a new relationship with our bodies. It starts with "Imagine for a moment that you've never formally met your body before. Oh, perhaps you've seen it straightening some pillows or shopping at the grocery store. But that's hardly a real introduction."

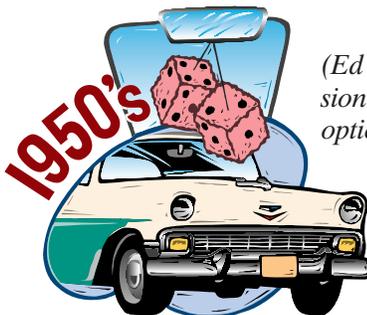
It then takes you through a get-to-know-you type of exercise in which you lie down where you can be alone and comfortable. You then "think about the various parts of your body, about the hard work they go through every day to get you from here to there... they do the best they can. Isn't that what friends are for?... What do the various aspects of your body do for you on a daily basis?... Don't focus on whether or not you think one body part is prettier than any other. Just think about how nice it is that they stick around and help you out." You might even decide that they should be taken care of and rewarded for a job well done by getting a massage or taking a hot bath.

The article contains ideas for things that you may want to consider, such as "Don't be surprised if you eventually discover that the tummy you've spoken so unkindly to on so many occasions is a wonderful smooth mound that provides you with comfort when you stroke it. Or perhaps you'll find that the dry skin you've always loathed is a pleasure to rub with scented lotion."

"Befriending our bodies is a continual process. There is so much to learn and so much to explore... your body's secrets will come to you over time."

A SNAPSHOT FROM THE FIFTIES

by Judy Gould, MS RD



(Ed note: Things are different now. We have professional women's sports and Title IX, a huge range of food options, and nearly instantaneous news and communication. On the other hand, we have widespread eating disorders, an epidemic of disease resulting from dietary excess and physical inactivity, and a society oblivious to what a normal body is. Ms Gould comments on how things were.)

CLOTHES: In 1956, when I was 13-years-old, my mother took me shopping to purchase a dress for a band concert. The dress we purchased was a short-sleeved, light green sheath with a white collar, mid-calf length. Mini-skirts were 15-20 years in the future. Nylons, not pantyhose, and low-heeled close-toed black pumps completed the purchase. The dress was junior size 7. Because I usually wore girls' size 14 at the time, I can only assume that a junior 7 was similar in size. **Sizes 1-6 and petites hadn't been created yet.** I don't know how much I weighed or what my measurements were. Cotton knit and polyester knit fabrics weren't available. Dresses, straight skirts, blouses and pants were all constructed with darts at the bust and hips to fit the female figure.

FOOD: Ninety-eight percent of everyone's meals were prepared from scratch, usually by mothers, and eaten at home. Students ate a hot lunch in the cafeteria or brought sack lunches. With the exception of candy bars, sodas and potato chips, special "snack foods" were not found on grocery shelves. The

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CUTTING FAT MAY HURT PERFORMANCE IN ENDURANCE ATHLETES

from *Nutrition & the MD*, December 2000

Endurance athletes need large amounts of carbohydrate to keep their muscles supplied with glycogen and readily available energy. The recommended percentage of calories from carbohydrate is 60% in high-level athletes. Many push the limits, though, with the 'more is better' attitude. In their case, that also means 'less is better' when it comes to fat.



Research shows that near-zero fat intake can hurt performance, however. The original studies that showed that high fat diets hurt performance were extremely low in carbohydrate. It was impossible to tell whether the impairment was due to the high fat or the low carbohydrate.

More recent research kept the carbohydrate constant and fed three levels of fat, low (16% of calories), medium (31% of calories) or high (44% of calories). Performance improved when the fat increased from low to medium, but did not further improve with the high fat diet. It seems that the fat can help to 'spare' the carbohydrate, so it is not all burned in the first 30 minutes. Thus, the length of time that the athlete can compete at top effort is prolonged when there is a moderate supply of fat available.

While most athletes are still resistant to changing their fat phobia, current recommendations are for 20% protein, 25-30% fat and 50-55% carbohydrate.

PERSONAL CORNER

MY ENDLESS PURSUIT OF THINNESS • PART II

by *Melissa Fiscus*

One day, after my Mom told my Dad that I had lost another two pounds in the past week, they had a serious conversation with me. They told me that I needed to eat and that I looked grotesque with my bones jutting out and my skin blotchy from hypothermia. I told them that I thought I looked beautiful, but they only stared at me in disbelief.

Because my parents were so concerned, I figured that I ought to listen to them. I went to school and told my two best friends that I had decided to eat. I tried, I really did. But I had only a small list of 'safe foods,' so my calorie intake increased only slightly. Soon I found myself, once after I had eaten a lot, trying unsuccessfully to make myself throw up.

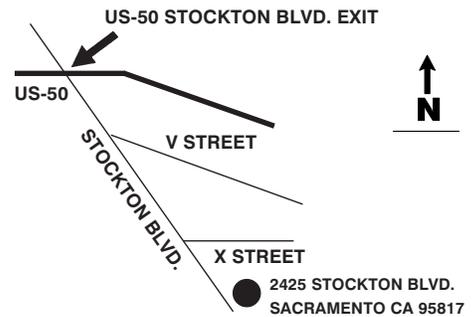
One morning I heard my parents talking softly in their bedroom, and I knew it was about me. Later that day I received an attendance slip and my heart sank. Fear gripped me, and I knew what was coming. My parents were taking me to see the doctor. While there, she attacked me with questions, from which I resolutely defended myself. She criticized me, asking why I didn't eat butter, and probed, "If you are eating properly, then why did you lose twenty pounds?"

I was told to leave the room so that the doctor and my parents could talk alone. On the car ride home my parents told me that I was dehydrated, hypothermic, nutritionally depleted, and that I had Anorexia Nervosa. I sat numbly listening. My parents said that we were going to work through this together and that I was going to see a counselor. This is where I had a meltdown. I did not want to see a counselor. I told them I would eat, and I begged them not to take me to a counselor.

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WINS MEETING TIME & PLACE

We meet on the second Wednesday each month, 6:30 to 8:30 PM. All are invited. The Shriner's Hospital graciously provides a meeting room for our monthly meeting. We 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.

BREAST CANCER BODY IMAGE

Diana Griego Erwin wrote in the Jan. 8, 2002 *Sacramento Bee* about a breast cancer survivor who has had a mastectomy who is criticized for marching "around the shower room in the buff."

She explains that she is "trying really hard to love her body the way it is; to feel that this is normal ... and to accept herself just as she is." She has no trouble with



women who want reconstructive surgery, but it is not for her.

Since her surgery she has found "she's an artist who's good at making people laugh, a loyalist of her friends" and someone who makes a mean vegetarian lasagna. Now she really knows what it means to say, "This is me, take it or leave it."

**A man too busy to take care of his body is like a mechanic too busy to take care of his tools.
(Spanish proverb)**



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.

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Can you CATCH obesity???

New research suggests that obesity can be caused by certain adenoviruses, which cause colds and stomach flu.

This needs a lot of work to confirm and will probably take years. But in the meantime, it is one more reason to avoid sick people.

CHILDHOOD OBESITY

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higher adult weight. And the more the mother weighed, the higher the baby's weight. This argues for a genetic component to the influence of parent's weight on the child's. Additionally, diseases affecting metabolism, such as Type II diabetes, which makes it easier to gain weight, are genetically determined.

On the other hand, children who are raised in a household in which no one is physically active and TV is the entertainment of choice will usually be sedentary. If the modeled behavior is to eat to satisfy emotional needs, eschew fruits and vegetables in favor of chips and sweets, and eat excessive portions, the children will usually follow suit. These behavioral, environmental influences strongly determine whether a child becomes overweight or not.

Overweight in adults is defined as too much weight for a given height (Body mass index, or BMI). We can't use that definition in children because they are growing and the appropriate weight for height changes, depending on their age. A certain amount of baby fat and pre-pubertal fat are normal and desirable (leading to a higher BMI), while kids tend to thin out between those two phases and with the adolescent growth spurt, making a lower BMI healthy. Because of these considerations, overweight in children is defined as a weight that exceeds 95% of other children at the same age. One of the problems with defining overweight this way is that, with time, the whole population is getting heavier, with children at the high end of the scale weighing more than ever. Therefore what might have previously been a weight for age in the 95th percentile, is now only the 85th percentile.

More and more children who attain this extreme of additional fat now have diseases such as diabetes, high blood pressure, high cholesterol, sleep apnea and gallstones. Thus, in addition to the psychological burden of being obese in a society that worships thinness, physical illness will cause pain and misery.

"I've grown tired of wanting the unattainable, because it's frustrating. I'm taking a moment of pause to celebrate what I already have... I don't want to achieve a standard of beauty. We should work with what we have." *Isabella Rossellini*

POSITIVE BODY IMAGE & HEALTHY BODIES

Three Sets of Lessons for Elementary School to Promote Healthful Lifestyles in Children & Encourage Children's Acceptance of The Natural Body Shapes That Result

Packages available for three different grade levels:

I'm OK: Grades 1 & 2 package includes 5 lessons, a teacher background module (including written material and video) and 3 posters illustrating lesson concepts.

I Wonder: Grades 3 & 4 package includes 5 lessons, a video that is part of one of the lessons, transparencies showing photo modification, a teacher background module (including written material and a video) and 3 posters illustrating lesson concepts.

Every Body's Different: Grades 5 & 6 package includes 5 lessons, a video that is part of one of the lessons, transparencies showing photo modification, a teacher background module (including written material and a video) and 3 posters illustrating lesson concepts.

Also available: School nurse/counselor module for eating disorder education.

AVAILABLE SOON —

CALL 1-800-600-WINS FOR AN ORDER FORM.

Every life phase has associated body changes, and one can find positives in them all - I am sitting here thinking how nice it is that wrinkles don't hurt.

A SNAPSHOT FROM THE FIFTIES *continued from page 2*

two drive-ins in my town, Dairy Queen and A&W, closed at 10 PM. The food wasn't 'fast,' but you didn't have to get out of your car to order or eat it — orders were taken and food was brought by car hops, usually high school girls.

PHYSICAL ACTIVITY: The only students regularly driving cars to school were boys who lived in the country and played on sports teams, because team practices didn't end until after the latest school bus departed. Everyone else walked to school, unless there was a blizzard, or rode the bus. We could walk almost anywhere in town and not be concerned about safety. Extra-curricular activities centered around the school - boys' sports, music, dances, band and choir concerts. No high school sports existed for girls - Title IX of the Civil Rights Act wasn't enacted until 1972. Girls interested in sports could join the Girls Athletic Association, an extra-curricular club sponsored by the school.

MEDIA: Most people didn't own a television, and TV programs were produced and broadcast by only three networks, CBS, ABC, & NBC. Snow (static), rather than programs filled the screen from 10:30 PM until 6 AM. My parents didn't purchase a TV until I graduated from high school because they didn't want it to interfere with my homework. That decision was one of the best they ever made on my behalf, and not only for homework reasons! Instead of TV, we read, listened to radio and records, attended movies, dances, concerts and sports events, or played with neighborhood children for entertainment. **Seventeen** magazine was a fixture for teen girls, but we wanted to own the dresses, not the bodies of the models.

Certainly it was not a perfect place or time — women and ethnic minorities suffered injustices and discrimination. A 'snapshot' from another community or region could be very different. But in that place at that time, life was simpler, less competitive, and less materialistic. In many ways, children benefited from a kinder, more secure environment.

PERSONAL CORNER *continued from page 3*

At first I kept my trauma a secret, but sneaking around and lying became tiresome and I told my friends. I knew that they would stand by me and help with my difficult journey. Occasionally I would get sick of trying and deny that I still had any problems.

My parents told me this was my chance to prove myself by eating normally and gaining weight. They got me a counselor and I hated him. He would make assumptions and I was convinced that he was judging me. I was most scared when I thought people were judging me. It scared me when they used the word 'normal'. I would freak out and scream at people, crying, "Why do I have to be normal? Don't judge me!" I would then break down and sob. I was riding an emotional roller coaster.

My journey has been a long one and is not yet over. After I had stopped seeing my counselor, I read some books and did some soul-searching. I learned a lot of things and tried to change. I think that realizing that I was slowly killing myself enlightened me and turned me around.

I once read that you can never purposely hurt something that you truly love. So I am trying to love myself in hopes that I will never hurt my self again. I ask myself the question, "Why is thin good?" I cannot answer this question and have concluded that thin must not be perfect. I have discovered that you do

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NEW MOON MAGAZINE

by Serena Ryder & Marlena Gutierrez

I'm sure that many of us wonder if there really is a positive magazine out there for our daughters, nieces, godchildren, granddaughters and special young ladies in our lives. A magazine that won't depress them about their bodies. One that gives practical advice and motivation to grow to be the best they can be. A magazine that will provide them with life-tools and insight from girls their own age who aren't afraid to talk about real issues they deal with on a day-to-day basis. I think I've found that magazine: It is *New Moon, The Magazine for Girls and Their Dreams*, in which female editors (ages 8-14) and girls from all over the world contribute.

The mission of this magazine is to celebrate girls and their passage into womanhood, with guidance in developing a healthy resistance to gender inequities. The issue we reviewed focused on change — with articles about divorce, how girl's lives have changed over the centuries in different cultures, budding breasts, women's rights and suffragettes, and one girl's perspective on drugs and how they affected her life.

Apparently founder Nancy Gruver was searching for ways that her twin 11-year-old daughters could stay strong in their transition from girls to women, bucking the trend to give in to societal expectations that cause many to give up their voices and dreams. She could not find a practical, accessible resource, so she decided to create the solution herself. She says that the problem with most magazines for girls is that the images tell girls what they should be, giving them a 'perfect girl' standard against which they should judge themselves. *New Moon*, on the other hand, "challenges stereotypes by accepting girls as they are, listening to them, and celebrating their diverse experience and dreams."

The *New Moon* publishers recently ran a Turn Beauty Inside Out Campaign, with an essay contest and T shirts. The essay was "an opportunity for

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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.



EDUCATIONAL VIDEO AND SCHOOL CURRICULUM

**HAPPY, HEALTHY SHAPES
IT'S NOT HOW YOU LOOK,
IT'S HOW YOU FEEL**

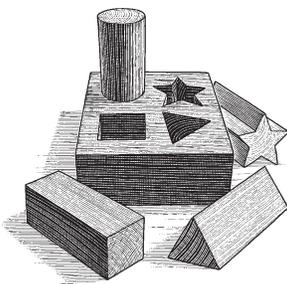
This educational video and curriculum deals with issues of societal pressure to be thin, psychological problems of adolescence that lead to disordered eating, medical consequences of eating disorders, healthy nutrition and exercise. To

receive a copy, please send your request to WINS

(address on back page) along with \$35

for both curriculum & video or \$10 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 people of all ages.

Try to get the video shown at your local schools and organizations.



RACEWALK

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set a total of three records on the Land Park course, she commented that it was "a treat to return to a good course, competent and reliable officials, generous and thoughtful amenities, and the friendliest, most welcoming people. Looking forward to another return."



20 K Champions, David Crabb (Las Vegas) & Margaret Ditchburn (Chula Vista)

first 20K race, were the Pacific Association champions.

The weather was warm, but the shaded course allowed all but one competitor to finish without needing IV fluids. Even he recovered enough to don a Cinco de Mayo sombrero and enjoy the gourmet picnic, awards luncheon. Racewalkers belong to a small close-knit community, where the festivities before and after are almost as much fun as the race. Even disqualified Hansi Rigney had a great time — the "race was fantastic—beautifully run. Everything ran like clockwork! I was so happy to have been a part of it."

From Granny: "I think I must be wearing a "wonder-where-they-went bra."

PERSONAL CORNER

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not need perfection to be truly happy. You need only to be yourself and then you will find that you are perfect in every way.

Sometimes a feeling of pure bliss washes over me and I feel happy and content, but after only a moment that feeling is gone. My Dad says some people feel that way all of the time. I find this hard to believe because it is so wonderful. But now I am trying to let myself feel this way more often. There is no reason not to, for the only one holding me back is me. Although at first I felt deeply afflicted by this experience, I now feel all the better for it. I know that I am strong and capable of defeating Anorexia. Unlike so many others who have battled this vicious warrior, I have come out on top and intend to stay there.



Susan Armenta (Chula Vista) 30 K Champ

In the 30K race, the people to beat were Olympian **Tim Seaman** and US 50K record holder **Susan Armenta**. Seaman left his Olympic Training Center camp in Chula Vista with a nagging knee injury, not knowing what the outcome would be. It wasn't pretty. His hope of setting an American 30K record was gone after three laps, and pain set in at 10K. Meanwhile, Armenta was having no trouble with the small women's field, walking to victory with a personal best of 2:38:45 and almost catching Seaman. Susan loved the race, thanking her host, **Jean Barnaby** and "all of those who coordinated a wonderful race — you all did a wonderful job! Everyone involved with the race—athletes and spectators—were friendly and supportive. The atmosphere of the award ceremony and luncheon was full of camaraderie... everyone came out a winner!"

In the Western Region 20K race, former Chula Vista Olympic training center competitor **Margaret Ditchburn** led from start to finish. Top male finisher **David Crabb** stayed within two minutes of her, but could never close the gap. **Art Klein**, of Santa Cruz AC, and the Buffalo Chips' **Mimi Veiga**, in her



Tim Seaman (Chula Vista) 30 K Champion & Serena Ryder, WINS President

ADVICE FROM A PARENT

From Stephanie Watt, Kristen Watt Foundation,
www.KristenWattFoundation.org

I am writing to you as a parent who has dealt with a child with an eating disorder. We lost our daughter Kristen at age 14, in July 1999. She was a normal weight bulimic. I offer the following advice based on what we learned:

- 1) As a parent, it may take a while to understand what is going on. Especially if your child is a teenager, dinners seem to get interrupted by sports and other high school activities. You are not always sitting down to family meals anymore and it may take a while to notice behavior change. Reasons to become suspicious are any sudden weight loss, a lot of time spent in the bathroom after meals with the door shut, or that your child is not eating.
- 2) Try to get as much information as you possibly can about the problem.
- 3) The walls of denial surrounding an eating disorder are very strong. Try and not be confrontational, but let the person know how concerned you are about them and what behaviors you have seen to make you feel this way. They may try to make excuses or lie, but they will still know you are aware and concerned.
- 4) As a parent, the worst thing you can do is force them to eat. **Remember an eating disorder is not about food, but only a symptom of whatever else is bothering them.** A person with an eating disorder is constantly thinking about food: how to avoid it, what they should eat, how they can look like they ate, etc., so forcing the issue only adds to the obsessiveness.
- 5) Find a medical doctor who can competently monitor their medical care. They should be checked thoroughly and lab work should be ordered. Don't be afraid to question the doctor because there are not many who know much about eating disorders. Remember, you are an advocate for your child.
- 6) Next you need to get the person into counseling. It is difficult to find counselors who specialize in this area. You will have to ask them specific questions to see if they will be able to deal with this problem: 1) How long have you been treating eating disorders, what is your success rate and how do you judge success? 2) What is your background on the subject? 3) Do you require a medical evaluation before seeing the patient?
- 7) You may also want to find a nutritionist and, if medication is necessary, you may need to find a psychiatrist.
- 8) Group therapy is good for bulimics and family counseling is almost always essential for children and teens, even if she/he is an only child.
- 8) Be patient. An eating disorder is not something that goes away over night. It can take years to change behavior and many more years to change thought processes.
- 9) Take care of yourself. This is a very frustrating and all-consuming problem. If you can fit it in between all of the other visits, try to get counseling for yourself.
- 10) As a parent, we feel like we are supposed to be able to fix things for our children. You will find that we can try to learn to do things differently to make things better for the sufferer, but the bottom line is it is up to them.

Happiness comes through doors you didn't even know you left open.

LOOKS & STATUS

from none other than *Elle Magazine*, promoter of looks

A University of California, Berkeley, study of college kids found no link between a woman's looks and her social status. "Status" meant influence, respect and prominence within a group. Status WAS raised by extroversion, a word to describe an outgoing, dynamic person. While there was no connection between looks and status in young women, there was for young men. The researchers were at a loss to explain the difference. As expected, *Elle* didn't pull all the pictures of gorgeous models or refrain from pushing beauty products in the rest of the magazine.



Visit the **WINS WEBSITE**
at www.winsnews.com
and send any
suggestions
to us at
winsnews@aol.org

READING LIST

AVAILABLE ON REQUEST

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

Also, *Gurze Eating Disorders Resource Catalog* has a huge number of valuable books, many of which are on the WINS reading list. Contact them for a free catalog at P.O. Box 2238, Carlsbad, CA 92018; (800) 756-7533; www.gurze.com.

NEW MOON

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kids to send filmmakers the message that girls and women can, and should, be portrayed as strong, independent, fully developed characters. Kids 16 and under were invited to enter the contest and tell the filmmakers that they will enhance the overall appeal and bottom line of their movies by creating solid female roles and empowering story-lines."

New Moon not only publishes a magazine, they also develop learning activities, curricula, workshops and adventures, have their own books and a store, and distribute *Daughters*, a newsletter for parents of girls. The magazine has received dozens of awards from foundations and associations for editorial excellence and outstanding achievement.

This magazine provides a voice for our young girls. Check it out at www.newmoon.org or call 1-800-381-4743 or order at www.newmoonstore.com.

*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 (____) _____

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Email Address _____

How can you help? Telephone Education Publicity Newsletter Write Grants

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Enclosed Donation — This is a: Renewal First Donation Gift

- \$35 Regular member \$8 Student (Donation over \$8 appreciated)
- \$45 Family Membership (List all names above)
- \$45 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 @ \$35 for both. Number desired: _____ Amount enclosed: \$_____
- Video(s) @ \$10 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: _____



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