

WINS NEWS

WE INSIST ON NATURAL SHAPES

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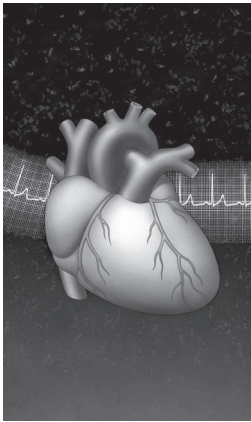
We need more than kind thoughts to exist. Please donate to and join WINS so that we can continue to produce this newsletter, provide education about body image and health to youth and adults, and work to prevent eating disorders of all kinds.

Volume 10 • Edition 1

JUST THE RIGHT BALANCE

Ann Gerhardt, MD

Just when you thought you had it figured out, the Fulani pastoralists in northern Nigeria go and prove you wrong. We all thought that animal (i.e., saturated) fat causes high cholesterol levels. Just decrease butter, cheese, hydrogenated oils and meat and cardiovascular risk will disappear.



But a University of New Mexico group studied the Fulanis and found otherwise. Risk factors for heart disease, namely total and LDL cholesterol, homocysteine and triglyceride levels (all bad things) are all low in this population. This is in spite of the fact that they eat a high saturated fat diet.

Nearly one-half of their calories come from fat and one half of the fat is saturated. Those numbers are far above the American Heart Association's recommended <30% of calories from fat, <33% of those fat calories from saturated fat.

The factors in the Fulanis that seem to mitigate the effect of the fat are: they consume few total calories (only ~1800 calories by men and ~1550 calories by women); do not smoke; and are very vigorously active.

One could site other examples of high fat, low risk populations: The French eat SMALL portions of high fat food and tend to walk rather than drive, and have low rates of heart disease; during the weight loss phase (but not after weight

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HOW TACKY

From The Sacramento Bee, November 20, 2002, by Rick Kushman

In an article in *The Sacramento Bee* about CBS' "The Victoria's Secret Fashion Show," Mr. Kushman humorously lets us know that at least one mainstream reporter has an accurate perception of runway models. Some of his comments follow:

"As for "Victoria's Secret," it's just a short extension of the images that TV, movies, magazines and advertising pound away with. How different is this running underwear ad from a commercial with impossibly thin and sexy women dancing and smiling in unrestrained desire at some guy who bought the right beer?"

"Those images translate for men, most fundamentally, as women as sex objects. For women, the message is: You should look like this, even if "this" costs a fortune in plastic surgery and liposuction..."

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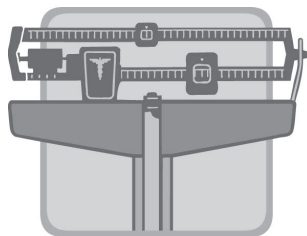
WEIGHT SET-POINT?

From AMA News article, Feb 12, 2001

Research shows that the "set-point" theory, that says your body will strive to maintain its pre-diet weight, is wrong. Other research suggests that there really is a 'set-point.'

Roland Weinsier, MD did a study in 2000 that he says proves that people regain weight after they stop dieting, not because their body drives them to it, but because of other factors, such as habit, surroundings, friends, psychology and physiology.

He studied 24 dieting overweight women and 24 never-obese women. While dieting, the metabolic rate dropped, but returned to normal when their food intake returned to a normal, not excessive level. Eighty-five percent of the dieting women regained their weight, while the non-dieting, non-obese women's weight did not change.



AFTER

Sabrina Matoff

After food becomes a way to think rather than a way to fight, you start looking around, start making plans.

After food becomes a way to live rather than a way to die, you start asking questions, start being heard.

After food becomes a way to look out

rather than a way to stay in, you start making a difference, start finding the truth...

And start changing your world.



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Email: 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.

WINS is dedicated to:

- 1) Changing standards of beauty to those that do not define us by our weight and do not promote eating disorders, including anorexia, bulimia, binge eating disorder, and compulsive overeating that may lead to obesity;
- 2) Educating children and adults to recognize that the shape of one's body is determined by one's genes. Genetic makeup determines healthy weight, whether it be thin or heavy, and a moderate amount of balanced food, with a moderate amount of exercise will allow one to achieve her/his natural, healthy shape.
- 3) Changing body images in the media and advertising to those that are natural and attainable with healthy lifestyles.

WINS' FIRST AND ONLY EXECUTIVE DIRECTOR

Kara Garner

WINS has hired its first Executive Director! Kara Garner has come out of retirement to work part-time for WINS. She has organized the previously topsy-turvy office and is already hard at work on a grant to get the curricula into schools free of charge.



*WINS Executive
Director Kara Garner*

deformed with severe scoliosis) and taking good care of it with walking, yoga and a balanced diet.

She believes that WINS has "a really relevant and important message, especially for children who are forming their body images and lifelong health habits. I want to spend the second half of my life working for a worthwhile cause that may make a difference in people's lives."

WINS is sharing Kara's devotion to children with Caring About Kids (in Auburn), for whom she mentors a seven-year-old girl and volunteers in the office. She lives with her husband, who is in the pharmaceutical industry and a professional jazz musician, and her two "dog children," Natalie & Cole. Her hobbies include her two granddaughters, reading (in a book club), and traveling to new destinations to learn about their history, culture and cuisine. She loves to cook and try new recipes.

HORROR STORY

Ann Gerhardt, MD

A booth at the American Heart Association Scientific Sessions in 2001 proclaimed in a huge sign, "Your Child is Overweight. And it's destroying both your lives." I was infuriated, even though I recognize that obesity is one of the leading causes of preventable illness in the U.S. What got to me, and caused me to deliver a tirade to the booth's staff, was the picture.

In it a mother embraces her clearly dejected daughter. The mother is thin. The daughter is not. But neither is she obese. She could even be called normal, though the booth staff tried to convince me otherwise.

So she's not skinny. Does that justify being subjected to taking capsules with every meal (including at school, where merely taking pills for obesity will elicit derision)?

The pills contain a "proprietary" active compound, purportedly a 'micronized fiber' that is "safe and effective." The website assures us that there are no stimulants and the product is proven safe in children. A diet higher in fiber would probably do the same thing, without the stigma of taking pills.

I might have passed right by the booth, without much thought, other than, "I wonder what's in it?" But I couldn't stand the fact that this company and these people clearly think that some peri-pubertal pudge is worthy of serious measures.

SELF-ESTEEM

Serena Ryder

I am fascinated with the problem of improving self-esteem, and am sure that the answer is different for every person. Self-esteem is reflected in our self-talk, conscious or unconscious. A lot of people are very critical of themselves, with thoughts that they are not good, smart or pretty enough. Have you ever known someone who colored what you thought was beautiful hair, because it wasn't quite beautiful enough? Why did they do that?

It doesn't help that the media are constantly sending the same message, so that we will buy the various products in efforts to improve ourselves. A lot of businesses would go out of business if most of us thought that we are fine just the way we are.

In Susan Kano's book Making Peace With Food, she presents an exercise that one is to do everyday to help with changing the messages we send ourselves. New self-talk will help to build our self-esteem and affirm less critical and more loving feelings about ourselves. She notes that the harder it is for a person to do this exercise, the greater the need to do it.

Kano suggests that we read aloud these "Happy and Healthy Thoughts" every day:

- I am a unique and precious human being, always doing the best I can, always growing in wisdom and love.
- I don't need to prove myself to anyone — not even to myself — for I know that I am perfectly fine as I am.
- I make my own decisions and assume responsibility for any mistakes. However, I refuse to feel shame or guilt about them. I do the best I can, and that is 100 percent good enough.
- I am not my actions. I am the actor. My actions may be good or bad. That doesn't make me good or bad.
- Whenever I am tempted to punish myself, I remember to be kind and gentle instead. I know that in order to be the best I can be, I need forgiveness and understanding.
- I know that it is okay to need. I try to keep in touch with my needs so that I can respond to them.

Speaking of Women's Health is a program, developed in Cincinnati, to educate the public about eating disorders. Even Walmart hands out the brochures, which describe signs and symptoms of eating disorders and suggest an approach to treatment. To learn more about the program, contact 1223 Central Parkway, Cincinnati, Ohio 45214 or www.speakingofwomenshealth.com.

Submitted by Louise Siefert

MOVIE REVIEW, SORT OF...

Marlena Gutierrez & Ann Gerhardt

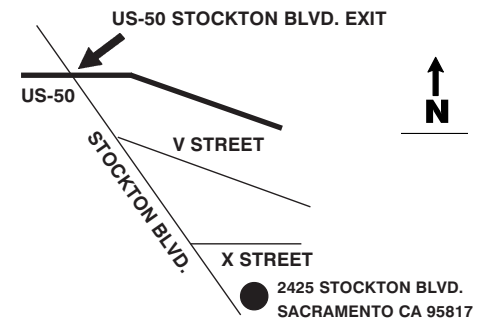
Movie producers are finally allowing non-skinny actresses to star in (some) movies. My **Big Fat Greek Wedding** and **Real Women Have Curves** are two recent releases. My **Big Fat Greek Wedding** stars a dowdy woman who finds herself and a wonderful man to marry, in spite of her family. The star is NORMAL for a change – not pencil thin, not obese, just the healthy way her body probably is supposed to be. Her transformation in the movie involves makeup and clothes and the way she carries herself, not a diet. Halleluiah!

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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.

LUNCHTIME

Sabrina Matoff

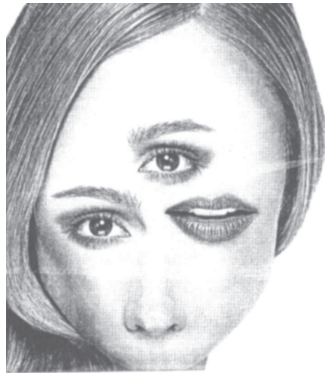
We go out to lunch one day this week. A group of working women admitting to physical hunger. All but one. She tried to bow out the day before. There's nothing I can eat at the restaurant, she says. I'm trying so hard to lose weight. It's a Chinese restaurant. There will be vegetables, low fat dishes. We'd really like you there. Unhappily, she comes along, sits at the end of the table, paying close attention to her inner voice saying, don't eat, don't eat. Her salad with dressing on the side arrives. She dips the tines of her fork twice into the dressing, tries to cover the fancy lettuce spread out like green grass in the bowl. Afraid to put her fork back into the oval dressing cup, she eats half her salad, drinks her water with lemon slice. Pretends to fill up while not looking at anyone. Lunch is over. Success. My co-worker drops her napkin over her half-eaten salad bowl. She's fifty-eight. Hungry to be thin-happy. Or just hungry.

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.



If anyone doubts that pictures in ads are computer modified, just look at Caboodles Cosmetic Organizers ad in the August, 2002 *YM* magazine. A woman's face is entirely rearranged, and, oh, the skin has absolutely no pores. I'm not criticizing – it's a cute ad – just impressed with what computers can do. Don't ever believe that the images you see in ads are real.

**The seeds you now scatter, will make life worse or better, for your life or the ones who will come after. Yes, someday, you will enjoy the fruits,
Or you will pay for the choices you plant today.**

~ Author Unknown

ELENA

Written by her Friend

There is a little brown girl
With sad brown eyes
A little brown girl
Who cries.

I have never heard her laugh, this new friend of mine. Elena has thick, chocolate-brown hair that comes down over her shoulders where she binds it into a ponytail. Her large brown eyes are lovely and sad. Her flawless skin is the shade of bronze that so many women try to attain every summer.

Elena has no friends. She is overweight. Her face is very round and she looks quite large for her ten years. The other children say cruel things to and about her. I have met her mother and father – neither of them is overweight. They are concerned about their daughter and don't know how to help. She has asthma and has been in emergency rooms often in her short lifetime. The treatment can cause excessive weight gain.

When I first began to talk to Elena, she would listen with downcast eyes as if she were ashamed of something she had done. Sometimes I sit in the courtyard after I pick up my mail. If Elena is around, she'll come over and sit next to me. We talk about school, what she is learning, how she is doing. She is an intelligent child and spends time reading, studying, and helping her mother with her younger sister. Sometimes we just sit quietly and watch the children play.

A couple of months ago, I had the flu and was sick for about three weeks. A neighbor picked up my mail for me. One late afternoon, I got a call from Elena. She said she was worried about me and was I OK? I assured her that I was and that I would see her soon. She said, "I love you" and quickly hung up. When I saw her again, I told her that I loved *her*. She made an attempt to smile and then looked down as if embarrassed. Later on, I had someone take a picture of us. I had a copy made and wrote: "To my friend, Elena. Someday may you realize how beautiful and wonder-full you really are. Thank you for being my friend." She's never said anything about it, but I know she was pleased. I gave her a big hug. Now she hugs me when she sees me.

Three weeks ago, I saw Elena smile for the first time since I've known her. She has a friend. Amy lives here and is also a classmate of Elena's. Amy is overweight, too, but doesn't seem to share the sense of shame about her body. She seems to be a happy child. I was excited for Elena. Maybe this is a first step in her metamorphosis. She continues to experience the changes that come with physical growth. Even now her legs and arms are acquiring a more shapely appearance. She may lose some of the weight as she grows or she may someday learn to accept her body shape and appreciate the attributes she has. I feel very hopeful.

Postscript: Today as I picked up my mail, my lovely friend came to greet me. Just then, one of the office staff members passed by and said, "Hi, Big Girl!" She meant it as a compliment but I looked at Elena and her smile had disappeared. Sometimes adults make my heart ache.

JUST THE RIGHT BALANCE

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stabilizes) of the Atkins diet, cholesterol plummets; and Finns with high fat diets have few cardiovascular events as long as their diet contains a high proportion of fat from fish.

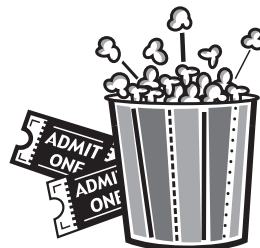
On the other side of the coin, “good” diets don’t necessarily mean less disease. I’ve seen obese vegetarians with heart disease, because cookies and cake are vegetarian. Women who barely eat any food have high cholesterol levels, because they don’t have the nutrients to metabolize and dispose of cholesterol. Dietary restrictors (read perennial dieters, regardless of weight) who don’t exercise and/or who smoke have more heart disease.

Thus, entire lifestyle, not just cutting out animal fat, determines cardiovascular risk.

MOVIE REVIEW, SORT OF...

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What’s even better is that the handsome man who falls for her is quite believable. He’s falling for her sparkle, beautiful face and the fun they have together. He even makes a comment in the beginning that his friend fixes him up with women who are all the same, implying a type that perhaps has “looks,” but nothing special about who they are.



I’m sure that people across the country are not falling for **My Big Fat Greek Wedding** because of the star’s weight, but it certainly proves that the leading woman doesn’t have to be emaciated to make a movie work.

Real Women Have Curves won the Audience Award for Best Drama at this year’s Sundance Film Festival. Critics also love the movie, making statements like “**Real Women Have Curves** represents both an empowering entertainment for women and a vindication for all the zaftig girls oppressed by the tyranny of the perfect body.” (Variety.com)

The movie involves a struggle between a curvaceous teen and her mother, who wants her to work in a dress factory after high school graduation. Mother calls daughter “gordita,” meaning little fat one, but her sister tells her that “Pretty dresses aren’t just for skinny girls.” The critics say, “It’s rare to see a film in which the emotional climax involves big, beautiful women stripping to their panties and bras. The **Real Women** here, however, do just that ... Ana likes herself just fine, thank you, and would rather go to college than sweat it out in a dress factory where the sizes stop at eight... **Curves** cheers Ana’s defiance every bouncy step of the way.” (Eonline)

“**Real Women Have Curves** is effervescent and satisfying, a crowd pleaser that does not condescend... It’s rare to see a movie about two strong-willed women, let alone a film in which the one who is in the wrong is not painted unequivocally as a heartless villain... a love song to full-figured women everywhere – is a little too intense sometimes. But the deserving trust in the actors makes it easy to overlook the film’s minor flaws.” (NYTimes.com)



MANY THANKS TO

- 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.

Super Models Pay A Price

True Story: Daughter lives with a model who is the face of a well-known clothing company. Since daughter is tall and pretty, Mom suggests she become a model and make piles of money. Daughter says, “But Mom, I don’t like to vomit.”

The End

EDUCATIONAL VIDEO AND SCHOOL CURRICULUM

HAPPY, HEALTHY SHAPES

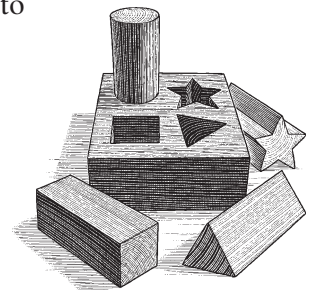
**IT’S NOT HOW YOU LOOK,
IT’S HOW YOU FEEL**

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.



FAT BURNING ZONE IN EXERCISE

Efficient energy use during sustained exercise requires fat burning. A recent study made an attempt to pinpoint the exercise intensity at which fat metabolism is maximized. The research was done at the Human Performance Laboratory at the University of Birmingham in the UK. They found that the maximal percentage of fat calories are burned when exercise is performed at 55-72% of VO2max, or between 68 and 79% of maximal heart rate. Fat burning drops to zero when the effort is pushed to 89% of maximal, i.e., all the energy comes from glycogen and sugar, which require no oxygen to burn.

Working hard during physical activity improves circulation and fitness level more than does working easy. The calories burned are higher with hard exercise only if you go farther. If, for example, one walks at a moderate pace for three miles or runs three miles, the same number of calories is burned, it just takes less time when running. On the other hand, if one does the same moderate walk for 30 minutes vs. running for 30 minutes, one would burn fewer calories, because the slower exerciser doesn't go as far. The percentage of calories coming from fat (50% vs. 33%) would be higher at the moderate effort, but the calories consumed are less than with the run (220 vs. 330), so the absolute amount of fat burned is the same.

So just do it, pant a little or a lot, and go far, but not so far that you hurt.



visit our website!

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

CURVES IN ALL THE 'RIGHT' PLACES

Ann Gerhardt, MD

If you read *Elle* and *Esquire* Magazines, no matter what shape you are in, you can come away with (1) the firm idea that your shape is wrong, and (2) expensive, potentially harmful ways to fix it.

Elle informs us that **Jennifer Lopez's** famous, "full" rear-end supposedly is changing the ideal body image. Now one *must* have a high, firm and round derriere, in *addition* to the flat stomach and ribs that jut out (from starving), "toned" arm and leg muscles (from spending hours in a gym) and size D breasts (from silicone, because they can't be natural when one is starving). Since a muscular, round butt can't be any more possible than size D breasts are in a starving waif, plastic surgeons now offer silicone implants to give the "right" shape. For a mere \$8500 you can have a round butt. One that most models had before they dieted it away.

Esquire's ads go after breasts and penises. A product named bloussant *naturally* grows breasts by two sizes in just a few weeks! Of course we never learn what is in the product, and, since it claims to be herbal (and is therefore unregulated), the company can add whatever they want as an ingredient and never reveal the true contents. It probably contains high dose estrogen.

The ad for Magna-Rx shows a man with a lump the size of a grapefruit in his jockey shorts. It assures us that penis size really does matter. The all-natural, penis enlargement formula is guaranteed to work, with just one 60-day supply and have absolutely no side effects. Right.

These ads, articles and the entrepreneurs behind them try to convince both men and women that they are inadequate as is, so the snake-oil formulas, silicone and surgeons' knives make someone lots of money. Do they make the purchasers better? No. Happy? Probably not. Poorer? Yes.

BEAUTIFUL WOMEN

submitted by Kim Froshin

Age 3: She looks at herself and sees a Queen.

Age 8: She looks at herself and sees Cinderella.

Age 15: She looks at herself and sees an Ugly Sister (Mum I can't go to school looking like this!)

Age 20: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"—but decides she's going out anyway.

Age 30: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"—but decides she doesn't have time to fix it, so she's going out anyway.

Age 40: She looks at herself and sees "clean" and goes out anyway.

Age 50: She looks at herself and sees "I am" and goes wherever she wants to go.

Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself and sees wisdom, laughter, and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.



A SICK COMPLIMENT

Ann Gerhardt, MD

It is a fact that, in our society, the statement “You’ve lost weight” is automatically considered a compliment.

In a society in which self-esteem is measured on the bathroom scale, you can make a woman’s (and more and more a man’s) day by saying “You’ve lost weight” or “You are so thin!” Conversely, you could ruin that same person’s day by saying “Are you putting on weight?” or, far worse, “When are you due?”

Real compliments usually are positives, like “pretty” (as opposed to ugly), “charming” (as opposed to crass), or “brilliant” (as opposed to dunce). Facts like five-foot-tall, 28 teeth, brown hair, 110 pounds, or a lot of freckles are just facts, not compliments or derogatory remarks. I suppose in a society in which those characteristics are desirable they could be considered compliments. That would be akin to the way blond hair, soft skin, large muscles, and good (read hourglass) figure have become compliments, in spite of the fact that they are really just physical characteristics.

Weight is another physical measure of a person — a fact that has nothing to do with the worth of the individual. Yet it has been imbued with “tons” of meaning. Regardless of what the starting weight is, a person who loses weight deserves respect and admiration and compliments. A person who gains weight gets criticism and ridicule.

Jamie-Lynn Sigler, the actress who plays Meadow in “The Sopranos” weighed 88 pounds at age 17 because of anorexia nervosa. According to Carolyn Poirot (Knight Ridder Newspapers), “it was not how thin she was during the first season of “The Sopranos” that caused her fans concern; it was how much she had gained by the beginning of the second season.” She was recovering from her eating disorder, which could be considered a positive thing, but the show’s Web site received postings like, “Wow, Meadow blew up.”

How many women can start out their day in a bad mood (hormones, fight with the boyfriend, hypercritical teacher or all of the above), that is turned around by one acquaintance who says, “You’ve lost weight!” Suddenly life is OK and there is a spark of self-worth. It may have taken so much stress at work that far too many meals were skipped, but that one little comment makes the misery worthwhile.

Then there’s the woman who is happy because her friends tell her she looks like she’s lost weight. She’s happy in spite of the fact that she has actually gained, and extra weight on her already chubby form worsens her diabetes and cholesterol.

A young girl’s friends admire and ask her how to lose weight. They figure she must know, since she has starved herself into emaciation with anorexia nervosa, is in therapy twice a week, and has been in the hospital many weeks with a feeding tube shoved in her nose. Sounds like a fate that is really desirable. But, hey, she lost weight and they want to emulate it.

The yo-yo dieter sets himself up for cycles of compliments (“You’ve lost weight”) and disapproving looks when the weight layers back on.

Probably long ago such a statement of fact about weight was just that — fact. In some cultures or times in history it might have even been a reason for panic, ridicule or concern. Not now.



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.

HOW TACKY

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“CBS advertises the show as a display of Victoria’s Secret’s holiday wear that is “provocative, sexy and alluring,” and don’t those words all mean the same thing? Anyway, do you think CBS is trying to duck controversy or create it?...

“There also will be profiles of the models. Very thin profiles...

“Anyway, according to Heidi Klum, model, co-host and, apparently, cultural spokeswoman, the show is not about the skin. That’s what she told *TV Guide*. “It’s about women and their bodies,” Klum said. See the difference? “Women are more powerful,” she said. “We’re not afraid of showing what we’re made of.” So, really, think of it as a parade of silicone.”

Rick, we at WINS couldn’t have said it any better.



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.



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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

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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 is the student rate; receive the newsletter for one year \$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: _____