

WINS NEWS

WE INSIST ON NATURAL SHAPES

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.

Volume 12 • Issue 1

CALIFORNIA PROJECT LEAN

Submitted by Susan Starbird

California Project Lean (Leaders Encouraging Activity and Nutrition) promotes healthier school environments by changing policy. Their vision is of Californians being physically active, eating healthy foods, and living in communities that support healthy life-styles. Their mission is to increase healthy eating and physical activity to reduce the prevalence of obesity and chronic diseases such as heart disease, cancer, stroke, osteoporosis and diabetes.

The program goals are:

- To create healthier communities

through policy/environmental changes that support healthy eating and physical activity.

- To educate Californians to choose healthier foods and be more physically active.
- To conduct research-based, consumer-driven nutrition and physical activity campaigns.
- To serve as leaders coordinating State and local efforts promoting nutrition and physical activity.

Learn more about this organization at www.californiaprojectlean.org.

RISKING DEATH TO LOSE WEIGHT?

Submitted by Judith Gould, MS RD

A survey conducted by Harvard Medical School internist Dr. Christina Wee found obese and overweight



patients were often willing to take great risk to lose weight. The survey of 366 patients at Beth Israel Deaconess Medical Center — 33 percent of whom were overweight and 27 percent of whom were obese — asked if they would be willing to accept risk of death to achieve weight loss of varying amounts, and if so, how much risk they would take.

Nineteen percent of the overweight patients and 33 percent of the obese patients said they would risk death for as little as a 10 percent weight loss. Only four percent of normal weight patients would take the risk. Additionally, 31 percent of obese and 8.3 percent of overweight patients said they would trade up to five percent of their remaining lives to be 10 percent thinner.

Wee described her findings as “surprising,” especially because survey participants reported that it would take more than a 10 percent weight loss for them to reach what they perceived as their ideal weights. According to Wee, doctors do not always appreciate how desperately many patients want to lose weight.

WINS PROMOTING THE MESSAGE

Mary Jane Ray

Serena Ryder, June Preston, Mary Jane Ray, Julie Martin and Ann Gerhardt, MD staffed booths at recent Health Fairs in

the Sacramento region. These Health Fairs are a great way to get the WINS ideas to the public.

The first event, on January 8 & 9, 2005, was sponsored by KCRA TV, a Sacramento affiliate of NBC. Huge numbers of people stopped at our booth and learned about WINS and all aspects of our mission. Many asked questions about the WINS program curricula. They also asked for help with family members with eating disorders.

The second event, on April 3, was a smaller event at the Sacramento

Church's Second Annual Health Fair. Serena, June and Mary Jane met with people who were concerned mostly about food. Most questions came from parents who were concerned about the foods that their children were eating. They wanted advice about healthy snacks and how to fix vegetables that their children would eat.

At both fairs, posters which told about WINS and our curricula lined the booth. In our handouts, we emphasized healthy eating, exercise and positive body image. We were encouraged by the concern people have about students with eating disorders and body image issues.

Using a display of the Food Pyramid, people could try to win a prize by

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EDITOR'S NOTE: Many of the articles in the newsletter address personal solutions to food issues and modifying behavior. None of them is the absolute answer — if they were, the author would be rich and we would have no eating disorders or obesity in the world. The road to personal health and well-being is a process, not an event. Have a good journey!



—WINS' MISSION STATEMENT—

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 life-styles.

BOARD OF DIRECTORS

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June Preston

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- Membership: Kathryn Maffia
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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 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.

MOVE MORE, EAT LESS?

Ann Gerhardt, MD

Normal weight 8- to 12-year-olds who watch **less TV** and videos and sit **less** at the computer also **eat less**, according to a recent study in the American Journal of Clinical Nutrition. While moving around more, they burned 100 more calories per day, but ate ~250 calories less than when they were asked to sit.

The same study design in 12- to 16-year-olds basically duplicated the findings. These young people ate ~460 calories per day less when they were more active.

Girls gravitated more to sitting than did the boys. When told to be more sedentary, they readily complied, sitting 107 minutes more than before. The boys only sat down for an extra 56 minutes per day. Maybe they weren't given a remote control and new computer game.

The State University of New York research team who did these studies postulated that conditioned eating accompanies sedentary behavior. For example, repeatedly pairing eating with



watching TV or sitting at the computer will lead to an automatic desire to eat when doing those things. Also, it's probably harder to eat while running around.

A few caveats prevent generalization of these studies to all teens. The investigators only studied normal weight young people, and rejected data from about half of the children who were screened for inclusion because they drastically under-reported their food consumption. Physical activity may regulate food intake differently in obese kids. In addition, none of the subjects exercised intensely. Presumably increasing physical activity to an extreme level would eventually demand more, not less calories.

Epstein LH, et al. Amer J Clin Nutr 2005; 81:361-8.

A U-turn beats no turn. It's never too late to stop a binge: Six Oreos are better than six Oreos plus a piece of pie.

From Oprah Magazine

EAT WHAT YOU WANT — LOSE WEIGHT

Submitted by Bill Penner

Sounds like another phony weight loss advertisement, but it describes a research study in which women were allowed to eat all they wanted as long as their fat intake was less than 15 percent of energy.

Fifty-four overweight, postmenopausal women completed the eight-month study and lost an average of 13 pounds or eight percent of their body weight. Weight actually related more closely to amount of fat reported at baseline than with calories described. The study was published in the December 2003

issue of the Journal of the American Diabetes Association.

This study proves that a low fat diet can be used successfully for weight loss even when dieters are allowed all they want to eat. The reason for this is the low energy density of the diet. That means eating a large amount of food that is relatively low in calories fills people up so they don't overeat.



BE SMART

Kathryn Maffia

I don't usually make New Years resolutions but I did this year. I really needed to commit to exercising on a regular basis so I resolved to make consistent workouts part of my life in 2005. I have long known that I feel a lot better and less stressed when I'm getting regular exercise. Yet I frequently blow off my workouts because I stay at work late or have too many things on my "to do" list.

We all hear about ways to make changes in our life. Recently my company started a wellness program. The kick off presentation didn't say anything new — let's face it, we know how to change. But it did present the steps necessary to change in an easy to remember formula.

We learned that there are three requirements for change. The first is knowing what needs to be changed. Do I want to exercise, eat well, stop smoking, get more sleep? After determining the "what" is needing to have the "want." There must be some, not necessarily huge, motivation to change in order to succeed. There is a 12 step saying that says, "Fake it till you make it." Sometimes a little desire and a little perseverance enables sticking with a change until the desire comes in a big way. The final element to change is the "how" — acquiring the skills and strategies that lead to successful change.

So what strategies help us to achieve change? Here is where a great acronym comes in — SMART. Since healthy change is smart, it's an easy acronym to remember.

S – Set a Goal

M – Monitor Progress

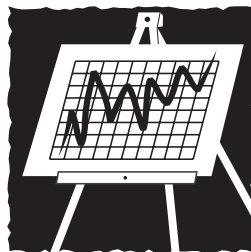
A – Arrange Your World for Success

R – Recruit a Support Team

T – Treat Yourself

Set a Goal: There must be a clear and achievable goal. How many of us have taken up an exercise plan and done so

much the first day we couldn't move the next? Or perhaps losing 20 pounds in a month seemed reasonable. Stepping back and examining the goal, and perhaps running it by someone else helps. If they tell you you're crazy, you probably need to refine your goal. A goal must be specific and measurable.



Monitor Progress: Nothing works like writing down the facts. I was committed to working out at least three days a week, so I'm writing down each work out. As an analytical person I revel in the number of charts and graphs I can create to monitor and track my progress.

Arrange Your World for Success: Someone trying to stop smoking shouldn't hang out in the smoking area. Someone wanting to go to the gym should have the gym bag packed and in the car. Eating habits improve more easily if healthy food is readily available in the house. Without these types of changes, it is a sign of self-sabotage.

Recruit a Support Team: Most of us find change easier when we are changing with someone else. When I go to the gym on a consistent basis it's harder to miss a work out because people will ask why I wasn't there. I have spent years cycling, predominantly by myself. Last year I started riding with a group and found I could ride longer because we got so involved in talking, we didn't think about the miles. It's also nice to commiserate on those long, hard climbs! In addition, let people know the goals so family and friends can be cheerleaders — It really helps!

Treat Yourself: A small reward, preferably not food, helps to achieve goals. It should be something inexpensive and readily available, such as permission to go to a movie or hang out with

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.

The difference between involvement and commitment is like an eggs-and-ham breakfast: the chicken was involved - the pig was committed.

- unknown

WINS NEEDS YOUR SUPPORT

WINS especially thanks the following **WINNER'S CIRCLE** members who joined or renewed with a donation of \$50 or more:

Ann Gerhardt, MD

George Gerhardt, PhD

Judith Gould, MS RD

Terry Murchison

Mary Jane & James Ray

Serena Ryder

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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NEW HOUSE

Sabrina Matoff

Waning of the days when I will have
the same quiet,
the same woman-made created
sanctuary —
and yet, the goal will be to recreate
this elusive enclosure, a self-en-
shrouding apart from
noise.

A house on a hill or a street that
doesn't
know who is coming to visit or move
in,
a canister set of sugar and flour,
a set of sheets that wrap around the
hollows
and make wrinkles across my feet.

At my doorstep is the ordinary life
unled, the missing piece,
the absentee ballot that is so easily
punched,
here is the disjointed morass of
thoughts spilling over
and decaying in the autumn air,
the intersection and the choice to
go in one direction
or another, and the difference
is carved in the tree house
high in the clouds-
merge brown with blue.

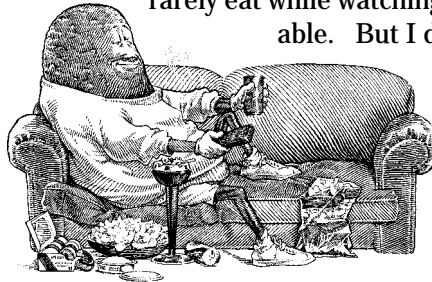
Where is my house, my place to
wear
the thinnest of shells, or the heavi-
est of
coats, a memory wall
on the outside and the inside-
how different in a year my world
will be.

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

THE WELL-INFORMED COUCH POTATO

Several years ago, one of my patients had a flash of insight about her weight gain. "I don't think of myself as overeating or eating bad foods because I eat expensive, well-prepared food at good restaurants." However, this insight didn't lead to any major changes.

I've had a similar flash of insight about my physical activity. I don't think of myself as a couch potato. That term brings to mind someone watching soap operas, sitcoms, or reality shows while eating chips and drinking soda. I watch "serious" television shows on PBS, C-SPAN, the History Channel, etc., and I rarely eat while watching TV — my arrangement is just too uncomfortable. But I do spend a good amount of time sitting.



This insight has led me to vow to tape more programs and watch them **after** I walk, work out at the gym, or bike. It's a little late for a New Year's resolution, but a resolution kept is worthwhile any time!

One cannot think well, love well, sleep well, if one has not dined well.

Virginia Woolf • Submitted by Marlina Gutierrez

THE DIFFERENCE BETWEEN MEN AND WOMEN IS...

Ann Gerhardt, MD

Good news for 17 year-old Swedish males — moving more reduces body fat mass and weight. Bad news for 17 year-old Swedish females — their fat mass reflects their mothers' weight and fat mass. At least they do in a recent study of normal weight Swedish teens.

Four other studies of a variety of populations of various ages, including adults, confirm this association. Males seem to find success with keeping their fat mass down with physical activity, but women don't. Women's body fat seems to correlate more with fat intake, total calories, or, for the first time in the Swedish teen study, their mothers' midriff bulge. (*Ed note: Obviously this was a statistical association, not a 100% guarantee that a daughter follows her mother's shape - some after all, look like their fathers.*)

Ekelund U, et al. *Amer J Clin Nutr* 2005;81:355-60.

NEW MEETING PLACE!

Starting this year, the WINS Board started meeting at 5025 J Street, Sacramento, in the first floor conference room. We meet on the second Wednesday each month, 6:30 to 8:30 PM. All are invited.

We are grateful that the Shriners Hospital has allowed us to use their facility for monthly meetings all these years. The J Street location is more convenient for current Board members, and it is the location of the WINS office.



THE SOLUTION

by Laurel Mellin, author of *The Solution for Healthy, Safe and Permanent Weight Loss*. 1997. HarperCollins Publishers.

Hi! I am happy that you are visiting our site and would like to share with you the personal side of how *The Solution* developed.

I grew up in the 50's and lived with my older brother, Steve, and my parents. My dad was a Chevron executive and my mom a homemaker. We lived in Greenbrae, a small suburban hamlet just north of the Golden Gate Bridge. It was the time of hoola hoops, bell bottom pants and the Beatles.

By early adolescence I was firmly committed to the external solution of eating sweets and comforting myself with cinnamon rolls, tapioca pudding, pumpkin pie and cookies. Eventually I took up an interest in nutrition and ended up graduating from UC Berkeley and getting married. My eating problem was still in full force, but by then I had tried every diet and I figured that I would go to my deathbed preoccupied with my weight and soothing myself with food.

It was even worse when I joined the faculty at UC San Francisco in 1978, as even though I had kept my weight down, the drives to overeat hadn't turned off. It was such a struggle! I didn't have a nurturing inner voice and I certainly didn't have a Solution. I was also confused. What was wrong with me? I seemed to do everything else well, but why couldn't I get a handle on my eating?

One day, when I was a relatively new faculty member in adolescent medicine, I found myself in the very basement of the UCSF medical library, some seven stories below street level. I paged through a study that had been published in 1940 by Hilde Bruch and light bulbs went off. According to her research, other than genetics, the roots of the drive to go to excess were pat-

terns of indulgence and deprivation in the family.

It wasn't much of a leap to recognize that these patterns came from the same source, not having enough skill within to nurture and set limits. Parents couldn't nurture and set limits within themselves, so it was hard for them to nurture and set limits with their children. They couldn't be responsive, so ended up being indulging or depriving.

I certainly knew that I didn't nurture myself well and my limits were way off — first too harsh, then too easy. How amazing that decades ago Dr. Bruch had seen what I saw now in our clinic and in my own life! I began crafting the method and using it with children and their parents and later with adults — first with weight problems, then with any excess or reward.

Yet it didn't even occur to me back then that a person could have a Solution — freedom from all of life's excesses and an abundance of all of life's rewards. The idea presented itself in the form of a somewhat chubby little girl with curly brown hair who came to one of the first groups based on the new method. After several weeks, her mother pulled me aside, clearly alarmed, and said, "It's the strangest thing, my daughter doesn't even want the extra food. In fact, food and weight are no longer issues in her life! She's

At the center of a life based on harmony, respect, purity, and tranquility is that inner peace that results from accepting one's limits and finding satisfaction within the incomplete.

Soshitsu Sen XV
Tea Life, Tea Mind

just happy... and... healthy!" That sounded like a real solution to me.

Around that time the skills began to work in my own life, and I was incredulous! Life was still difficult, but it was wonderful to know that I could move through life's unavoidable pain, rather than getting stuck in it. Mainly it was such a relief to have those cravings stop. Freedom at last!

Since then more than 20 years have passed and my three children are all but grown. All of us at the Institute are working very hard to learn more about how to bring this method to you more easily, safely and rapidly. Certainly having the skills, including a spiritual connection, make this work easier. However, the most sustaining part for me is the sheer joy of seeing a person in my Solution group have their face light up and say, "It's the funniest thing..."

Thank you for listening to my story. I hope you will keep walking along this pathway until you hear yourself saying, "It's the funniest thing..."

You can access Laurel Mellin's books on Amazon.com.



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

2004 FINANCIAL STATEMENT

Income

Donations	\$6935
Interest	\$ 74
Other	\$ 252
Total	\$7261

Expenses

Operating	\$1576
Program	\$5949
Insurance	\$1526
Total	\$9051

Balance (\$1790)

(Drawn from reserves)

Reserves \$13,000

Program = 66% of total expenses, due to overall low income and some fixed costs of operation.

Projection: With new curricula advertising on the Gurze Books website, and expected legal compliance approval of the curricula by the CA Department of Education, we expect that curricula sales will dramatically increase.

BE SMART

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friends instead of cleaning the house. Rewarding short term goals in addition to long term goals makes the journey more enjoyable.

Finally, the course suggests having a plan to stay on track, emphasizing the mantra, "progress, not perfection." Missing a work out or smoking a cigarette doesn't mean failure and giving up. Reviewing the situation and determining what happened leads to ways to mitigate the problem in the future. Accept some success as real success and build on it, rather than chucking it because it wasn't 100%.

I was happy to see I was doing most of what was suggested and I have been doing a good job of sticking to my workout schedule. Sticking with a plan will make it become a habit. Be SMART!

PERSONAL CORNER

Comfort Food Without the Guilt

Denice Martin

Would it really be all that bad to have a few candies, those two cookies, some tacos, or that lasagna calling my name? Is it possible to indulge without all the guilt?

My doctor told me that I should avoid carbs to avoid diabetes. While I'm not supposed to go Atkins all the way, I need to cut back. Unfortunately, though, I'm left with the little problem of carb craving.

I've found some solutions... well, actually compromises. Russell Stover does have sugarless chocolates, there are sugarless jelly beans, and sometimes sugarless cookies appease my sweet tooth.

If the sugarless sweets taste yucky, one or two pieces of regular candy or a couple of cookies can't doom all hope of reasonable nutritional balance — Especially if I save it for my treat at the end of the week or for that day from hell that always sneaks up on me.

Pasta is my weakness. It calls to me. Since my metabolism does unhealthy things with it, I've had to make some compromises. I find that I can enjoy some lasagna once in a while by using egg crepes instead of the pasta noodles layer. When it comes to tacos, using Parmesan cheese to create a taco shell or for a taco salad gives the flavor without the tortilla.

There should be no guilt in eating something that provides enjoyment. I've just needed to learn to do it in moderation. So, I kick my feet up and pop that piece of candy that has been staring me in the face, and savor. My exercise will keep my health in balance.

Stay connected - What would I be feeling if I weren't eating?

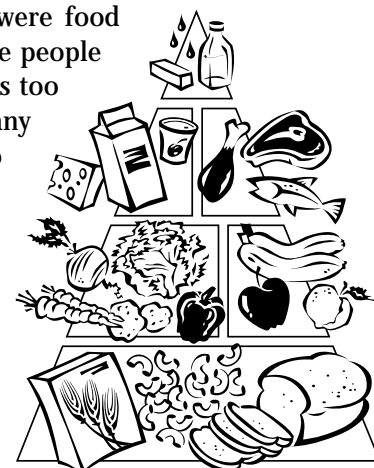
PROMOTING THE MESSAGE

continued from page 1

placing pictures of the various food groups on the correct spaces. Most of the children had no difficulty in doing this correctly. The surprise was that many adults could not complete the Pyramid correctly. A few people put the bread and cereal group at the very small top space of the Pyramid, where the fats and sugars should be placed. I guess the low-carb diet has made its mark.

Included with the display of the food Pyramid were food models to demonstrate the size of servings. Some people thought the number of servings in each group was too much to eat. They were surprised to learn that many of the foods they ate were really the size of two servings.

WINS' ability to have a display at Health Fairs such as these depends on your membership and support of our fund-raisers. We are making significant inroads educating the public about positive body image and healthy eating. Thank you for being a part of informing the public about this important health issue.



F.E.D. (Fight Eating Disorders)

Life is Worth Living! Jenny Moore & Michelle Matoff LCSW, BCD



Price of each ocean blue-colored bracelet is \$2 plus shipping & handling.

Call WINS @ 800-600-WINS to order.

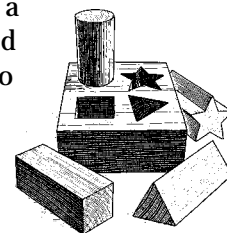
In response to the Pro-mia and Pro-ana bracelets that identify, teach, encourage and promote eating disorder behavior, we have created a bracelet that supports recovery. The idea and inspiration was co-created by a therapist and her eating disordered client shaped from a desire to help others from this illness. All proceeds will go to a charity fund that will be divided into research, prevention, and treatment of eating disorders. The ocean blue color of the bracelet was specifically chosen to represent calmness, inner peace, and steadfast dedication to recovery. The bird represents liberation from being imprisoned by eating disorder thoughts and behaviors. Wearing the bracelet while in recovery, can perhaps remind the wearer of the challenging journey undertaken to create a life worth living. For people who choose to champion those who fight for freedom from their illness, wearing the bracelet can represent an endorsement to healing.

Thank you for making a difference.

EDUCATIONAL VIDEO AND MIDDLE/HIGH 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 \$50 for both curriculum & video or \$15 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.

If you let go a little, you will have a little happiness.

If you let go a lot, you will have a lot of happiness.

If you let go completely, you will be free.

—Achaan Chah, Buddhist Monk

READING LIST

AVAILABLE ON REQUEST

Please send a self-addressed, stamped envelope to:

WINS, P.O. Box 19938,
Sacramento, CA 95819

Also, *Garze Eating Disorders Resource Catalog* has a huge number of valuable books, many are on the WINS reading list. Request a free catalog: P.O. Box 2238, Carlsbad, CA 92018; (800) 756-7533; www.garze.com.

POSITIVE BODY IMAGE & HEALTHY BODIES WINS GRADE SCHOOL CURRICULA

— GRADES 1 & 2 —

- Lesson book
- Teacher background information
- Teacher video
- Two Posters

Cost: \$60, including shipping and sales tax

— GRADES 3 & 4 —

- Lesson book
- Two posters
- Teacher video
- Student video
- Teacher background information

Cost: \$65, including shipping and sales tax

— GRADES 5 & 6 —

- Lesson book
- Two Posters
- Teacher video
- Student video
- Teacher background information
- Photographically modified picture transparencies

Cost: \$65, including shipping and sales tax

The entire set, with an extra background module for school counselors, is \$160.

Mail your request (the order form is on the back page) with payment to: WINS, P.O.Box 19938, Sacramento, CA 95819



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and you wish to continue to
receive WINS NEWS, please
see the bottom of this page.

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 _____

Who referred you? _____

How can you help? [] Telephone [] Education [] Publicity [] Newsletter [] Write Grants

Other: _____

Enclosed Donation — This is a: [] Renewal [] First Donation [] Gift

- [] \$35 Regular member
[] \$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.*)
[] \$10 Student (Donation over \$10 appreciated)
[] Additional Donation \$_____
[] Grade School Curricula: • Grades 1&2 \$60 ___ #desired • Grades 3&4 \$65 ___ #desired
• Grades 5&6 \$65 ___ #desired • Entire Set \$160 ___ #desired

Amount enclosed: \$_____

- [] Middle/High School Curriculum & Video @ \$50 for both. Number desired: _____ Amount enclosed: \$_____
[] Middle/High School Video(s) @ \$15 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: _____