

# 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 2001

## EFFECTS OF WALKING ON WEIGHT MAINTENANCE

Obesity has become a worldwide epidemic. Although weight reduction is achievable by several methods, long-term maintenance of weight loss remains a challenge. Two factors most often cited with keeping the weight off are high levels of physical activity, and strong cognitive control over eating. This study by Fogleholm, in the Archives of Internal Medicine, looked at physical activity as a way to maintain weight loss and improve physiological health.

The 3-year study consisted of three phases, and was designed to examine the role of physical activity in weight maintenance. To begin, all subjects participated in a weight reduction program for 12 weeks. Subsequently, the subjects either did no prescribed exercise, walked two-to-three hours weekly or walked four to six hours weekly. The third phase was an unsupervised two-year follow-up. 85 women who were

*Please see EFFECTS OF WALKING on page 7.*



## TREATMENT OF NON-CHOICE— A COMMENTARY ON BEHAVIOR MODIFICATION

by Sabrina Matoff

For the past year, I have been a fan of the television program “Once and Again,” a drama that unravels the complexities of relationships at all levels, from romance to adversary. The show revolves around Lily, played by Sela Ward, and her fiancé, Rick, played by Billy Campbell. Each has two children from a previous marriage and each struggles with less-than-perfect character traits.

I admit there’s a certain suburban angst appeal to the show that probably doesn’t work for all audiences, but overall, it works for me. That is, until a recent episode focused on Jessi, Rick’s 14-year old daughter. Jessi is anorexic and neither her TV parents nor the writers of “Once and Again” know what to do about it. So they stumble around the eating disorder treatment path, and



come up with... behavior modification. Could they have chosen something a bit more humane?

In 1980, at age 14, I was beginning what was to be a very long and very costly eating disorder experience. The first intervention was none other than behavior modification. Unlike Jessi’s

*Please see BEHAVIOR MODIFICATION on page 7.*

### FUND-RAISING RAFFLE A BIG SUCCESS

We raised \$1200, all from local members and friends, since the prizes were local prizes. Sincere thanks go to prize donors for our benefit raffle this year:

**Ken Perry** (State Farm Insurance) donated a DVD player.

**Jean Barnaby**, who won the first prize, a catered dinner, and donated it back, so WINS could have all the raffle income, rather than pay for the dinner.

**James Ray, Jr** donated 4 tickets to a River Cats baseball game.

**The Kitchen** restaurant donated 4 bottles of wine.

**Tower Record, Video & Books** donated two \$25 gift certificates.

**Mary Jane Ray** donated a quilted wall hanging.

**Serena Ryder** donated various gift certificates.

Congratulations to winners who were: Jean Barnaby, Beverly Sanchez, Shelly Eskandry, Barbara Wraten, Diana Timoteo, Robin Trotter, Barbara Stoltz, and Bonita Jackson



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Email: [winsnews@aol.com](mailto:winsnews@aol.com)


**PLEASE JOIN US**

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

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

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

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



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

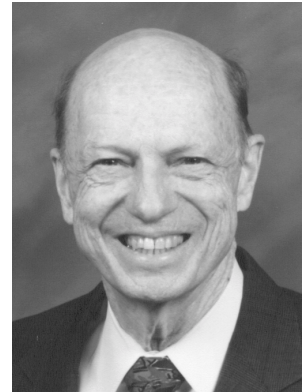
**EXCEPTIONAL VOLUNTEER**

**James C. Ray Sr.**

A refined, kind and considerate husband, father and grandfather.

An organized, productive and principled worker and volunteer.

The man behind and soulmate to one of our most dedicated and productive Board members, Mary Jane Ray. As Mary Jane's "administrative assistant," Jim Ray is the one who organizes her, proof-read and filmed a video for the middle school curriculum, chauffeurs her on WINS errands, attends conferences, drew charts for the curriculum, provides feedback, figured out how to do the nonprofit mailing system, started a "local Fed Ex" out of Commons Drive, takes pictures and gets grants and important mailings out on time.



*Jim Ray*

All this from a man who wouldn't join WINS until we changed our name to We Insist on Natural Shapes, even while he was doing a ton of work for us.

Born in Minnesota, Jim went to the University of MN and became a civil engineer. He met Mary Jane at an organizing meeting (of course!) and they married in 1953. After working for three years for the city of St. Paul as a junior traffic engineer, they moved to California for his UC Berkeley traffic engineering fellowship and to get away from the snow.

While a traffic engineer in Santa Anna, he invented the two-way (center) left turn lane. They moved to Sacramento in 1959 and he eventually became the Chief of the Transportation Division of the Sacramento County Public Works Department. Along the way he wrote recommendations (that have been implemented) for freeway right of way to prevent overloaded roads, promoted bicycle lanes and public transit, was on the national committee of Uniform Traffic Control Devices, was president of the Western Section of the Institute of Traffic Engineers, and, in 1990, was named one of the top ten public works engineers in the country.

Jim likes doing all the WINS work because he thinks it's worthwhile. "WINS is an absolutely wonderful program. It is desperately needed. The difficulty is that it is a terribly uphill battle, given all the TV and magazine advertising. Boys ought to know about the issue, so they can understand it. That's the goal of all education, to get everyone to know what is going on. It's difficult to get people behind an issue that is not in the news and a popular cause."

In addition to WINS, Jim has volunteered for a charity food kitchen, been the historian for the Sacramento chapter of the American Public Works Association, is an elder of the Presbyterian church and drives incapacitated people to doctor's appointments. Since he got leukemia four years ago, he has less energy and can't play golf, which he misses. With aggressive treatment, the leukemia is now stable. He and Mary Jane have sung in three choirs, together directing one, and traveled all over the world to sing. Other hobbies include photography, their children and grandchildren, and American stamp collecting.



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

## THE IMAGE COULD BE THE WRONG MESSAGE

submitted by Art Klein

An article by Eric Nagourney in *VITAL SIGNS/BEHAVIOR*, leads off with the conclusion that "Women's health and fitness magazines may not be the healthiest reading matter for teenage girls." He reports that research from Brigham Young University reported in *The American Journal of Health Education*, showed an increased risk of eating disorders and other unhealthy weight-control practices among high school girls who were frequent readers of the magazines.

The findings were based on surveys and tests of 498 girls at two Utah high schools. "The study asked the girls about their dieting habits in the previous year, and it found that 11 percent had used laxatives to lose weight, 15 percent had taken appetite-control or weight-loss pills, and 9 percent said they had made themselves vomit. About half limited their eating to 1,200 calories a day or less.

The researchers said they found significant links between symptoms of eating disorders and the reading of the fitness magazines. All but two of the girls who said they had made themselves vomit were frequent readers, as were 73 percent of the girls who used pills and 60 percent of those who used laxatives. By contrast, among those girls who said they had not taken laxatives, for example, only 48 percent were identified as frequent readers."

While such an association does not prove cause and effect, it suggests at the very least that the magazines feed into the teens' problems. These magazines purport to promote good health, but their idealized images of women may actually harm the health of women whose young minds and bodies are most vulnerable.

## PARENTAL MODELING EFFECTS ON CHILDREN'S FOOD INTAKE

It is important to note that despite parental reports of modeling, a majority of parents do not follow recommended guidelines on fat or fruit and vegetable consumption. Therefore, strategies promoting frequent parental role modeling of healthful dietary behaviors need to be assessed, and dietitians may also need to emphasize to parents the importance of their own dietary behaviors in developing the long-term eating patterns of their children.

*Tiffany Tibbs, Debra Haire-Joshu, Kenneth B. Schechtman, et al. The Relationship Between Parental Modeling, Eating Patterns, and Dietary Intake Among African-American Parents, JADA 101(5).- 535-541 (May 2001)*

## WINS 2001 BOARD



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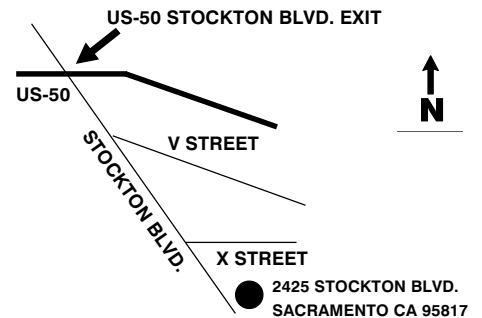
Treasurer  
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(above)



Board  
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**Mary Jane  
Ray**  
(above)

## WINS MEETING TIME & PLACE

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



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

## WINS NEEDS YOUR SUPPORT

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

**Cristina Alvarez**

**Jean Barnaby**

**Barbara Hays, MD**

**Betty Herrold**

**Lynda & John Jackson**

**Kathryn King-Goldberg**

**Marsha & Grant Murchison**

## CHANGES

*from a longer internet (anonymous) poem, and with a few additions*

*submitted by Judy Gould, MS RD*

When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in  
To wear a belted dress.

But now that I am older,  
I've set my body free;  
There's comfort of elastic  
Where once my waist would be.

Inventor of those high-heeled shoes  
My feet have not forgiven;  
I have to wear a nine now,  
But used to wear a seven.

And how about those pantyhose —  
They're sized by weight, you see,  
So how come when I put them on,  
The crotch is at my knees?

I need to wear these glasses  
As the prints were getting smaller;  
And it wasn't very long ago  
I know that I was taller.

Though my hair has turned to silver  
and my skin no longer fits,  
On the inside, I'm the same old me,  
just the outside's changed a bit.

The inside has changed some too,  
in ways that you can't see,  
I'd like to think I'm wiser now,  
viewing life a bit differently.

Physical beauty fits societal norm  
and fashion changes yearly.  
It's our personality that perseveres  
showing our inner beauty clearly.

I've learned that people will forget what  
you said,  
how you looked and what you did,  
but they will never forget  
how you made them feel.

## "NATURAL DIET AIDS"

*by Ann Gerhardt, MD*

The two most common non-prescription diet pill ingredients cause stroke and cardiac disease. One of them, phenylpropanolamine, was recently removed from the market, and the other, herbal ephedra, has been the target of the FDA (Food and Drug Administration) for years.

In spite of the risk of stroke and cardiac arrest, a study has shown that **twenty eight percent of young obese and eight percent of normal weight women** use over-the-counter diet pills. Almost **3% of males**, most of whom are overweight or obese, use them. Thirty-eight percent of women who use prescription weight loss aids also use over-the-counter diet pills. Though half the study population was over 35-years-old, the most prevalent use of diet aids was in women under the age of 34 (sadly, the most brain-washed).

These statistics apply to a population of 14,679 adults living in Florida, Iowa, Michigan, West Virginia and Wisconsin who were randomly contacted by telephone survey. Each of the following characterized more than half of the population: female, non-Hispanic white, college educated, and older than 35 years. The study, performed by researchers at the U.S. Centers for Disease Control, was reported in the Aug 22, 2001 Journal of the American Medical Association.

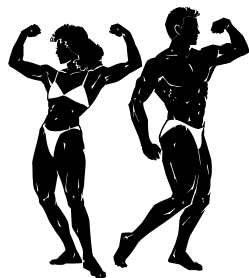
The widespread use of diet pills is not surprising, given society's pressure on us all to lose weight. What is disconcerting is that people will use weight loss aids that could have devastating medical outcomes and that normal-weight people risk their health to become underweight. Is society's pressure that great, or do they all have eating disorders and/or horrible self-esteem?

Labeled a 'dietary supplement', ephedra is not under the regulatory domain of the FDA. The billion-dollar supplement industry, along with an unwitting population who believes that "natural" must equal "safe", has successfully lobbied against changing the FDA's purview of herbal drugs. So ephedra or Ma Huang (the Chinese equivalent) appears in Herbal Life, Metabolite and numerous other products to change metabolism and boost energy. The result? Those companies make millions by feeding on our insecurities and inadequacies, while harming Americans' health.

## YOUR IDEAL BODY?

*by Jennifer*

According to height/weight charts I am (at 5'8", 175 lbs., 24 year old female), get this, obese, despite the fact that I wear size 10-12. My body fat is 20% I can leg press 400 lbs., and I swim, walk or run six days a week.



These charts don't take into account body fat percentage, bone size/weight or general physical fitness. I know women my age who are my height, weigh 20 lbs. less than I do and look fat because all of their weight is fat, not muscle, and muscle weighs more than fat.

So ignore these stupid charts and find 'your' ideal body weight. If you feel good, aren't hungry all the time, have lots of energy, get enough sleep and you're (sports) times aren't nose-diving, you're probably in your body's ideal range.

Children who drink soda have less, and those who drink milk and juice have more chance of achieving adequate daily vitamin and mineral intakes. Well, what did you expect?

—From the Centers for Disease Control and Prevention in Atlanta GA.

## KRISTIN WATT FOUNDATION

Founded by the parents of a young woman who died of an eating disorder, the Kristin Watt Foundation focuses on educating young people and healthcare professionals about eating disorders and increasing treatment options for those who suffer from them. Already Stephanie Watt has helped WINS with our poster contest and WINS awareness.

One of the goals of the group is to establish a "treatment team". The Foundation would like to find a doctor, counselor, nutritionist, and exercise therapist who would be willing to work with it and communicate with each other about the patient. Ideally they would like to find two teams - one to deal with children and one for adults. They don't necessarily have to be in the Stockton area, but Northern California would be good. These teams would reduce the difficulty and time involved in initiating treatment.

They have established a parental support group, which meets the second Tuesday of every month at St. Joseph's Hospital from 7:00-8:30 pm. The Foundation will be co-sponsoring seminars and workshops to educate school administrators and the medical community.

To contact the Foundation phone (209) 472-1616, fax (209) 466-6188, email [SWatt1955@aol.com](mailto:SWatt1955@aol.com), or send mail to The Kristen Watt Foundation, 6333 Pacific Ave., PMB 541, Stockton, CA 95207.

## UPDATE ON HEALTH INSURANCE FOR EATING DISORDERS

*submitted by Sabrina Matoff*

An Associated Press article reports that a Minnesota family filed a lawsuit against Blue Cross/Blue Shield of Minnesota for failing to pay for eating disorder treatment of 21-year-old Ann Westin. She committed suicide after her family had paid for treatment for five years, because Blue Cross had refused to pay.

With a statement admitting that it had "failed these families," Blue Cross agreed to a \$1 million settlement with the family and agreed to begin accepting doctors' recommendations for the treatment of eating disorders.

The settlement does not apply to insurance companies in other states, but observers said it could lead to similar lawsuits and changes across the country. The family says they will donate the money to an eating disorder residential treatment center.

Harry Sutton, an independent health care consultant in Edina, Minn., said he expects the settlement to affect other insurance companies and eventually other states. Other insurers in Minnesota are now reviewing procedures for granting mental health treatment. Some observers are concerned that increasing the scope of mental health coverage will raise premium prices and push people into the uninsured ranks.

That doesn't seem to have happened so far in California, where mental and physical health coverage parity are already law. Change is good and only time will tell whether the outcome was positive overall.

### FIXATED ON BODY FAT?

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

## YEAR 2000 FINANCES

*submitted by Ann Gerhardt, Treasurer*

With apologies for late printing in the newsletter.

*(The report was submitted to and accepted by the Board in January, 2001)*

### INCOME

Fundraising	661
Donations	7,315
Interest income	387
T shirt sales	136
Video & curriculum income	523

Non-Grant-related INCOME \$9022

### EXPENSES

Fund-raising	130
Educational conference	225
Insurance	1,056
Legal fees	20
Newsletter	1,738
Operations	3,557
Sales tax	44
Shirts, videos & curricula	391

Non-Grant-related EXPENSES \$7161

SIERRA HEALTH FOUNDATION GRANT to produce Elementary School Curricula:

Income (Last installment)	\$7,750
Expenses for year 2000	\$35,904
Amount remaining for project	\$20,577

Our income remained stable for year 2000. The major increase in expenditures was due to our new part-time employee, who was well worth the expense. Fund-raising as a percentage of total expenses was only 1.8%. We are well within our Grant budget, with projected completion by December 31, 2001.



## 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 females of all ages.

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



### 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.



"PHYSICAL ACTIVITY appears to decrease the risk of pancreatic cancer, especially among those who are overweight" is the conclusion of an article in the August 22, 2001 Journal of the American Medical Association by a group of researchers in Boston.

## ONE WOMAN'S EXPERIENCE WITH MODELING

A *ym Magazine* employee chronicles her "I Was a Wannabe Model" try-out in the August 2001 issue. After spending hours being made up, dressed and photographed for the Levi's Lookbook Model Search 2001, she concludes with:

"I'm totally flattered that he (*the photographer*) thinks I could make it, but I tell him that I don't want to lose any weight, and I don't want to be a model... I really don't care what he thinks of my figure (*he told her she'd have to lose weight*), but it makes me sad that real models have to be so skinny... Julie and I are very happy to put on our own clothes. My comfy old jeans feel huge after being squeezed like a sausage for hours. I feel like jumping up and running around in my nice, sensible shoes... I don't much mind giving up my old dream. The world of modeling isn't exactly the glamorous, fancy place that I'd always fantasized about. A lot of it involves standing around bored (really bored!) and stressing out needlessly about my body, face, and hair. My job at *ym* has much more of a future, and I'm happy with the way I turned out — size 10 and all!

## COOKING

submitted by Kathryn Maffia

### MARTHA STEWART VS. THE REAL WORLD

#1 Martha's way: If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix me up."

My way: If you over salt a dish while you are cooking, that's too bad. My motto: I made it and you will eat it and I don't care how bad it tastes.

#2 Martha's way: To keep potatoes from budding, place an apple in the bag with the potatoes.

My way: Buy Hungry Jack mashed potato mix and keep it in the pantry for up to a year.

#3 Martha's way: Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

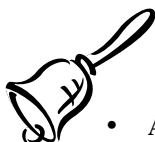
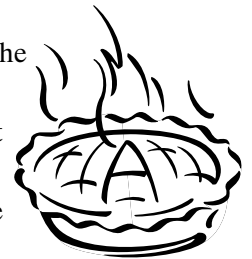
My way: The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust and so I don't do it.

#4 Martha's way: Place a slice of apple in hardened brown sugar to soften it.

My Way: Brown sugar is supposed to be "soft"?

#5 Martha's way: Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

My way: Martha, dear, the only reason this works is because you can't rub a lime on your forehead without getting lime juice in your eye, and then the problem isn't the headache anymore, it is because you are now blind.



## MANY THANKS TO

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

## BEHAVIOR MODIFICATION

*continued from page 1*

character who remained at home, I was admitted to a teaching hospital. A team of doctors, residents, and social workers devised a treatment plan for me based on four factors: food, weight gain, rewards, and punishments. It was really quite simple: eat food, gain weight, get privileges, go home. Privileges were replaced with punishments if I failed to gain weight or if I lost weight.

To start the plan, all my personal belongings were taken from me, including my clothes. I was given a hospital gown to wear. Nothing more. I was not allowed to leave my room at all. A portable commode was placed in a corner of the room. Bathing was a privilege I had to earn. Food was brought to me on a tray three times a day. I had no visitors other than nurses and residents. Self-deprivation met environmental deprivation head on.

I decided I wanted to wear my own clothes. So I ate a little more and gained a pound. I decided I wanted to use a regular toilet. So I gained two pounds. I decided I wanted to take a bath. So I gained three pounds. And lastly, I decided I wanted something to read. So I gained four pounds. I don't recall what privilege was equated to 5 pounds, but I do remember that if I gained 10 pounds, I could have a visit from a family member and a 20 pound weight gain would entitle me to a pass with friends.

The outcome of this story is that I gained four pounds and quit. I had the essentials and had no interest in seeing my family, let alone going out with friends. I had no friends. Ultimately, the treatment plan was considered a failure and I went home. Six months later, it was off to another hospital.

It may be that behavior modification has some redeeming qualities in the treatment of eating disorders. In my opinion, it amounts to little more than minimizing the intelligence of very smart individuals who will find a way around its conditional corners. There is no time allotted to understanding the eating disorder, the emotional meaning of hunger, the anger at being "the good girl."

All behavior modification does is teach a girl or young woman to perform on command. She already knows this. Why not help her learn, really learn, how to live?

## EFFECTS OF WALKING

*continued from page 1*

obese by standard definitions, were enrolled in the study; 75 completed it.

The average weight loss after the 12-week weight reduction phase was 13.1 kg. Fat mass and waist circumference also decreased. During the weight maintenance program, the average body weight increased by 2.0 kg in the no-exercise group, whereas the exercise groups' weight remained stable. Sixteen women showed improvement in measures of physiological health, such as cholesterol and blood sugar.

A program of walking training prescribed after weight loss was found to improve maintenance of weight loss, fat mass, and waist size. The unique finding was that the favorable effects were only observed in those women walking a moderate amount (2-3 hr/wk) in contrast to subjects with a higher training target (4-6 hr/wk) of some moderate intensity. It's possible that the greater amount of exercise was too hard to continue, and was stopped. The women who walked only a moderate amount also showed better adherence one year after the maintenance program.

The results suggest that the key issues in exercise prescription for obese subjects are moderate intensity, moderate volume, and individuality.

*M. Fogelholm, K. Kukkonen-Harjula, A. Nenonen, M. Pasanen, Effects of Walking Training on Weight Maintenance After a Very-Low-Energy Diet in Premenopausal Obese Women. Arch Intern Med 160:2177-2184 (2000)*

## READING LIST

### AVAILABLE ON REQUEST

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

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

## SPECK OF SELF

*by Sabrina Matoff*

Filter yellow-bellied sun  
through jaded liquid eyes,  
a semi-wakefulness glance, round the  
quiet room

and the embrace of air slips through  
my hands,  
glides over beveled bone,  
a clavicle line,  
a scapular crest,  
a pelvic curve

translucent skin smell, like the dust of  
a feather,  
the speck of self,

hovering

falling

settling

upon the floor.

### INTERVIEW WITH GOD

Please see <http://www.reata.org/interview.html>. Though WINS does not endorse any particular religious faith or viewpoint, this website is very inspiring and has GORGEOUS pictures (which is why we can't reproduce it here). Enjoy and interpret the word "God" as you want.

Click on -- Flash presentations:  
Interview with God

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

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

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

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

Address \_\_\_\_\_

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

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

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

How can you help?     Telephone     Education     Publicity     Newsletter     Write Grants

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

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

Enclosed Donation — This is a:     Renewal     First Donation     Gift

- \$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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