

February 27–March 5, 2005

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Eating disorders affect nearly 11 million Americans, most of whom are young people.

► This Week's Focus:

Conquering Eating Disorders

In recognition of National Eating Disorders Awareness Week (Feb. 27–March 5), this week's guide features a lesson plan on anorexia and bulimia. These disorders affect 11 million Americans, mostly young people. In another lesson plan, we take a look at Iraq since the elections. Can democracy take hold? And finally, we celebrate the Academy Awards and ask your students to choose the winners. We'd also like to remind you to check out our Ask Marilyn Clues in the News contest, now in its fifth week. It's not too late to participate! Visit www.paradeclassroom.com/marilyn for details. You and your class could win big prizes!

Everyday Newspaper Activity

Activity #26: Movie advertisements. Ask students to study the movie ads in the paper. If someone has seen a particular film, ask if the ad gives a good idea of what the movie is like. Does it emphasize the most important aspects? Does it exaggerate at all? If students designed ads, how would they be different? How could they draw younger audiences?

Coming Up Next Week

- For Newspaper In Education Week: A Special Full-Page Feature on Freedom of the Press
- Plus: Queen Latifah

► In the News: **Eating Disorders Awareness Week; Iraq after the Elections p.2**

► In PARADE: **Oscar Time p.3**

► Skills Sheets: **Your Team: Winners or Losers? p.4; Your Oscar Picks p.5**

Teens and Eating Disorders

Curriculum links: Health, psychology, family and consumer science, science

Briefing: Eating Disorders Awareness Week is Feb. 27–March 5. This year's theme is "Get Real." Why? Victims of anorexia, bulimia and binge-eating have distorted images of what they look like—and what they *should* look like. In the U.S., anorexia and bulimia affect about 1 million men and 10 million women, primarily teens and young people. Another 25 million suffer from binge-eating. Signs of anorexia include losing lots of weight, constantly worrying about weight, refusing to eat certain foods and avoiding situations involving food. Victims think they look fat even when they are thin. Since anorexia means self-starvation, health consequences can be severe. They include the risk of heart failure, brittle bones, muscle loss, fainting, dehydration and kidney failure—and death. Bulimia can cause big problems as well. These include damaged teeth, headaches, intestinal problems, bleeding in the throat and more. Causes can be psychological (depression, low self-esteem) or interpersonal (difficulty expressing feelings). They also can involve social factors (a society that glorifies thinness) or chemical disorders in the brain. Sufferers should get help early. Therapy can help treat the disorders and prevent recurring cycles of damage.

Media activity: Ask students to check for images in ads, pictures, movies and TV shows that glorify thinness. Can they find others that celebrate body diversity?

Resources: Books: Francie Berg's *Children and Teens Afraid to Eat* (Healthy Weight Network, 2000), Elizabeth Vollstadt's *Teen Eating Disorders* (Lucent, 1999), Kaz Cooke's *Real Gorgeous* (Norton, 1996) and Marya Hornbecher's autobiography, *Wasted* (HarperCollins, 1999). Web sites: Visit the National Eating Disorders Association and other groups for information and referrals.*

Classroom Debates

• **Do people with eating disorders usually recognize that they have a problem?** What can you do if you have a friend with an eating disorder? If you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? What might be some other causes? Have you ever been on a diet? Why? What is the difference between a healthy diet and a dangerous one? Is being thin the same as being healthy? Does being really thin have advantages in our society? How can you develop a healthy body image?

Iraq after the Election

Curriculum links: World affairs, social studies, government

Briefing: In late January, the Iraqis answered an important question. By voting despite threats of violence, they showed that they want a democracy and the right to govern themselves. More than 50 people sacrificed their lives trying to vote, and the total voter turn-out was about 60%, which is higher than in the U.S. Among the majority Shiites, turn-out was high, but it was much lower among the minority Sunnis, either due to fear or election boycotts. The vote chose a 275-member transitional national assembly, which will be dominated by Shiites. The assembly will draw up a new constitution, which will lead to new assembly elections in December. That new assembly will choose the next president and two vice presidents. The president in turn will choose a prime minister. Still, last month's historic vote leaves many questions. Many Kurdish Christians and others say that irregularities, such as late-arriving ballots, kept them from voting. Can Iraqis create a coalition government that will satisfy all factions? Or will the majority Shiites alienate the Sunnis and Kurds?

Newspaper activity: Ask students to read news articles, editorials and letters to the editor about Iraq. What seem to be the major issues? Do the letters and editorials reflect what is reported in the news stories?

Resources: Books: Andrea Nakaya's *Iraq: Current Controversies* (Greenhaven, 2004), Phyllis Corzine's *Iraq* (Lucent, 2003) and Thomas Lippman's *Understanding Islam* (Plume, 1995). Web sites: Get more insight from the BBC, *Time* and others.*

Classroom Debates

• **Will the insurgents eventually give up and accept democracy in Iraq?** Will violence mar the December elections? Will the national assembly be able to draft a constitution acceptable to all factions? The majority Shiites are generally more religious than the minority Sunnis, who held power under Saddam Hussein. Will the Shiites create a secular government? For how long should the U.S. occupy Iraq?

It's Oscar Time

Curriculum links: Current events, language arts, popular culture

Briefing: Comedian Chris Rock will host the 77th Academy Awards show in Los Angeles on February 27. ABC will televise it at 8 p.m. ET. This year *The Aviator*—starring Leonard DiCaprio as the eccentric pilot Howard Hughes—leads the field with 11 nominations. *Million Dollar Baby*, a tragic story about a female boxer played by Hilary Swank, and *Finding Neverland*, in which Johnny Depp plays the creator of Peter Pan, are tied for second, with 7 nominations each. The other Best Picture nominations are for *Ray*, the Ray Charles biopic, and *Sideways*, a comedy about two buddies vacationing in California's wine country. Clint Eastwood received nominations for both Best Actor and Best Director for *Million Dollar Baby*. Jamie Foxx was nominated for Best Actor for *Ray* and for Best Supporting Actor for *Collateral*. (See p. 5.)

Classroom Debates

• **Which nominee should win for Best Picture?** Are there other movies that you would nominate? The Golden Globe Awards choose both a Best Comedy and a Best Drama. Should the Oscars do the same thing? Why or why not? Actors and actresses choose the Best Actor and Best Actress nominees. Should they? What are the pros and cons?

Newspaper activity: Ask students to check the paper for Oscar predictions before the Academy Awards air Sunday night. How close do the predictions come? Then have them read reports on the Oscars the next day. Do they gain any insight that they did not get from watching the show?

Resources: Books: Mature readers can learn more about Howard Hughes in Donald Barlett's *Howard Hughes: His Life and Madness* (Norton, 2004) or check out John Logan's screenplay *The Aviator* (Miramax, 2004). Students can read more about Peter Pan's creator in Andrew Birkin's *J.M. Barrie and the Lost Boys* (Yale University Press, 2003). They can check out the original short-story version of *Million Dollar Baby* in F.X. Toole's *Million Dollar Baby: Stories from the Corner* (Ecco, 2005). Younger readers (9-12) may enjoy David Ritz's *Ray Charles: Voice of Soul* (Chelsea House, 1994). Web sites: Visit the official Oscar site.*

ASK MARILYN

This is Week Five of Ask Marilyn's "Clues in the News" contest. If you missed the previous four weeks, please visit www.paradeclassroom.com/marilyn for full instructions, rules and entry forms. You'll also find Clues No. 1, 2, 3 and 4. Here is the clue for this week as well as the newspaper activities for the "news source": the Sports Section.

Clue No. 5

News Source: The Sports Section.

News Clue: Your favorite team never wins without it.

What's the Keyword? Enter the answer on your contest form.

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Newspaper activities: • The sports page can generate math activities and present role models. If an athlete's salary is reported, ask students to calculate the player's weekly or monthly earnings. Have students compare different athletes' salaries.

- Have students read the sports news from their own school in the local paper. Divide the class into groups. Ask each group to keep track of a particular school sport for the season, keep records on how each team is doing and analyze the statistics. Compare the school's standings with those of a professional team.
- Ask students why they think a particular athlete was featured in the paper. Analyze the reasons why an editor would feature this person. What has he or she accomplished?

Answer Key:

Your Team: Winners or Losers p. 4: Answers will vary.
Oscar Picks p. 5: Answers will vary.

FRESH VOICES

Reaching for a Goal

For class discussion or writing assignment: Katie Proia, 15, decided at age 8 that she wanted to skate like Tara Lipinski. Katie has a rare genetic condition that causes low muscle tone and loose joints. Undaunted, Katie took lesson after lesson and got involved in the Special Olympics when she was 10. She can now do jumps, spins and other difficult moves. This week, she'll compete in the Special Olympics in Nagano, Japan, where Tara competed in 1998. Katie hopes to bring home a gold medal too.

Interact: Ask students, "Did you ever choose a difficult goal? What did you do to try to achieve it? Was it worth the sacrifices?" Send student comments to Fresh Voices, Box 5103, Grand Central Station, New York, NY 10163-5103. Or send e-mail to freshvoices@parade.com. Students whose letters are published will receive Fresh Voices T-shirts.

Your Oscar Picks

People involved in the film industry choose which films and which actors and actresses will receive Academy Awards. How close are their opinions to yours? To find out, mark your own Oscar picks. Add up the class response as well. After the awards, see how your choices—and those of your classmates—compare with the Academy's. What might account for any differences?

Put a check next to your personal choice in each category below. Or write in your own candidates!

1. Best Picture

- a. *The Aviator*
- b. *Finding Neverland*
- c. *Million Dollar Baby*
- d. *Ray*
- e. *Sideways*

2. Best Director

- a. Martin Scorsese, *The Aviator*
- b. Clint Eastwood, *Million Dollar Baby*
- c. Taylor Hackford, *Ray*
- d. Alexander Payne, *Sideways*
- e. Mike Leigh, *Vera Drake*

3. Best Actor

- a. Don Cheadle, *Hotel Rwanda*
- b. Johnny Depp, *Finding Neverland*
- c. Leonardo DiCaprio, *The Aviator*
- d. Clint Eastwood, *Million Dollar Baby*
- e. Jamie Foxx, *Ray*

4. Best Actress

- a. Annette Bening, *Being Julia*
- b. Catalina Sandino Moreno, *Maria Full of Grace*
- c. Imelda Staunton, *Vera Drake*
- d. Hilary Swank, *Million Dollar Baby*
- e. Kate Winslet, *Eternal Sunshine of the Spotless Mind*

5. Best Supporting Actor

- a. Alan Alda, *The Aviator*
- b. Thomas Haden Church, *Sideways*
- c. Jamie Foxx, *Collateral*
- d. Morgan Freeman, *Million Dollar Baby*
- e. Clive Owen, *Closer*

6. Best Supporting Actress

- a. Cate Blanchett, *The Aviator*
- b. Laura Linney, *Kinsey*
- c. Virginia Madsen, *Sideways*
- d. Sophie Okonedo, *Hotel Rwanda*
- e. Natalie Portman, *Closer*

7. Best Adapted Screenplay

- a. *Before Sunset*
- b. *Finding Neverland*
- c. *Million Dollar Baby*
- d. *The Motorcycle Diaries*
- e. *Sideways*

8. Best Original Screenplay

- a. *The Aviator*
- b. *Eternal Sunshine of the Spotless Mind*
- c. *Hotel Rwanda*
- d. *The Incredibles*
- e. *Vera Drake*

9. Best Animated Feature

- a. *The Incredibles*
- b. *Shrek Tale*
- c. *Shrek 2*

10. Best Visual Effects

- a. *Harry Potter and the Prisoner of Azkaban*
- b. *I, Robot*
- c. *Spider-Man 2*