heterosexual relationships and self-transformation. Although the articles deal with the celebrities' emotional growth, they do not communicate that the celebrities need romantic relationships with men in order to be happy. In fact, the articles portray the celebrities as having removed such a focus from their lives and, hence, have experienced fuller satisfaction with themselves and their lives.
ELLE, GLAMOUR, MS, AND O ARE ALL BODIES OF DISCOURSE, CROWDED WITH LINGUISTIC FEATURES THAT CONTRIBUTE TO THEIR MESSAGES. BEARING IN MIND CULPEPER’S (2001) DEFINITION OF IDENTITY WITHIN SOCIOLINGUISTICS, I WANT TO EMPHASIZE THAT READERS LOOK TO THE "SOCIAL GROUPS, CATEGORIES [AND] STEREOTYPES" CREATED BY THE DISCOURSE OF THESE MAGAZINES TO FORMULATE THEIR OWN SENSE OF IDENTITY (P. 16). AS PRODUCERS SELECT THE LINGUISTIC FEATURES OF MAGAZINE DISCOURSE, THEY CONTRIBUTE TO THE CONSTRUCTION OF READER IDENTITY, SETTING THE READER OF ONE MAGAZINE APART FROM THE READER OF ANOTHER. PRODUCERS ACCOMPLISH THIS BY PRESENTING THEIR WORLDVIEWS TO THEIR READERS. IN THE CASE OF WOMEN'S MAGAZINES, PRODUCERS Endeavor TO PRESENT DISTINCTIVE WORLDVIEWS OF FEMININITY WITH WHICH READERS WILL IDENTIFY.

EGGINS AND LEDEMA (1997) FOUND IN THEIR STUDY THAT TWO WOMEN'S MAGAZINES, NEW WOMAN AND SHE, "OFFER READERS A DIFFERENT BUT LARGELY CONSISTENT IDEOLOGY OF FEMININITY" (P. 165). HOWEVER, IN MY STUDY OF FOUR WOMEN'S MAGAZINES, I FOUND SEVERAL INCONSISTENCIES IN RELATION TO THIS TENDENCY. ALTHOUGH MS. CONSTRUCTS ITS OWN "CONSISTENT IDEOLOGY OF FEMININITY," ELLE, GLAMOUR, AND O DISPLAY SUBTLE DEVIATIONS FROM THEIR CENTRAL IDEOLOGIES. THESE DEVIATIONS ARE NOT NOTICEABLE ON THEIR COVERS, WHICH SUMMARIZE THE MAJOR CONTENT OF THE MAGAZINES, BUT WITHIN--AND IN SOME WAYS, BETWEEN--THE LINES OF TEXT.

WHILE THE MAGAZINES' MAJOR CONTENT APPEARS TO CHARACTERIZE FEMININITY--AND THEREFORE, THE READERS THEMSELVES--AS WOMEN SUBSTANTIALLY DEPENDENT ON AND CONNECTED WITH MEN, PARTS OF THEIR TEXTS SHOW OTHERWISE. THE ARTICLES SPOTLIGHTING EXTRAORDINARY FEMALE CELEBRITIES COMMUNICATE MUCH OF THE SAME MESSAGE THAT THE ARTICLE IN MS. DOES--THAT WOMEN CAN BE SATISFIED, PROACTIVE, HEALTHY, AND HAPPY WITHOUT A DEPENDENCE ON OR CONNECTION WITH MEN. REASONS FOR THIS INCONSISTENCY MAY VARY, RANGING FROM THE...
particular writer's worldviews to an exceptional, uncommon article topic. However, what I believe is the most likely cause of this inconsistency is that of growing support for women's strength and independence. Although traditionally patriarchal publications continue to present readers with patriarchal worldviews about femininity, the force of women's power is slowly invading their pages as well. In these fortunate instances, women are, although perhaps in small ways and at a slow pace, being portrayed more fairly, as strong, capable human beings.
References


References


Appendix A
99 secrets to a happy you!

- The quickest butt firmer
- Best vitamins for clear skin
- Olympians' tips you'll want to try
- An instant stress buster

5 minutes that will change your body

Act-now report: Easy little shortcuts that get HUGE results, p. 108

Found! 4 perfect haircuts (take this to the salon!)

7 smarter ways to snack without a single celery stick!
YOUR GUY'S BODY
4 Secret Pleasure Trails Every Man Has (Take a Private Tour Tonight!)
You and Him, Happy as Hell How to Stay Blissfully Bonded
SLEEP NAKED
And Other Surprising Ways to Feel Sexier in Your Skin
She Caught a Rapist With a Straw A Sex-Crimes Detective Tells Her Riveting Story

Sweet Surrender The One Thing You Must Give to Have Utterly Satisfying
“I Raced to My Counter Wearing Her Curtain The Most Wicked Funny Walk-of-Shame Stories I
Diet Tricks Experts Don't Dare Tell You But We Will

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Appendix C
EDITOR'S LETTER

An inside look

I've always envied my friends who have big sisters, especially the way they share intimate details and honest advice about everything. This month's insiders' issue (our second) is packed with tips so knowing and original, compiling it made me feel like I have an older sister for the first time in my life.

What kind of sisterly wisdom did I pick up editing this issue? How to choose the perfect lipstick color (page 97), the best ways to banish a blemish (page 98), the single new technique to make my abs two-piece ready (page 137).

And sometimes we turn ourselves into guinea pigs, as we did in our staffers' snack swap (page 126). We gave the office vending machine a healthy makeover to try to transform our less-than-stellar munching habits. It was fun to have this kind of group intervention.

When you work for a magazine as full of amazing, useful information as this one, every day is a chance to learn to be healthier. In the six months I've been here, I've tried every day to integrate another healthy habit (protein at breakfast, a daily multivitamin, stretching) and chase out one more unhealthy behavior (nowadays I try to tackle the single thing that is most stressing me out).

I've learned a lot from SELF so far—even how it feels to have sisters.

Lucy S. Danziger, Editor-in-Chief

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As a researcher on the effect of the media on children's diets, I agree with Shannon Brownlee's contention in "The Big Fat Question" [December] that food ads aimed at kids are a key factor in the growing obesity epidemic. Studies show that banning TV for 10 days results in significant weight loss—not because kids are more active but because they miss ads that feed their desire for food they wouldn't have wanted otherwise.

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ANN ARBOR, MICHIGAN

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In "When to Look for an M.D. Degree," [Health Hotline, December] you state that D.O.s have the same training as M.D.s. Why, then, can we not be trusted to see complicated cases? More important than a degree is a person's qualifications. Better questions: Did your doctor train at a reputable program? And is she board-certified?

LISA OWENS, D.O.
TULSA, OKLAHOMA

Baby talk

I read "The Baby We Were Meant to Have" [Self Expression, December] to my husband and had to choke back tears. We saw ourselves in Nancy Brooke Smith and her husband. I am about to undergo my fifth in-vitro fertilization attempt. We often talk about adoption but haven't yet made a decision. Thank you for such an honest article.

E.J.Y.
VERNON HILLS, ILLINOIS

A selfless act

Your article "I Donated My Kidney to a Stranger" [February 2001] prompted me to become an anonymous donor. As soon as I read it, I was sure that I, too, wanted to give one of my kidneys to a stranger—I even flew 1,300 miles to have the surgery. It was harder than I expected, but I have no regrets. It was the experience of a lifetime. Thanks for your inspiring story. I probably would never have donated had I not read it.

K.L. RANCHO SANTA MARGARITA, CALIFORNIA

For more donation inspiration, turn to page 122.
"Love in the Tub' (December) inspired a very fun night. The sugar scrub encouraged him to lick me all over!"

—Erika, Chic.

maxim-um reaction
"The minute I started to read ‘How to Get Picked Up at a Party' (December), I whipped out my highlighter and got ready to put some of the advice to work. Invite those men from Maxim to contribute more often—they’re not only humorous but also very insightful."

—Hannah, Poughkeepsie, N. Y.

my two moms
"Laurie Cicotello’s story ‘My Father Wanted to Be a Woman' (December) touched me to my soul because my father is also a transgender. Aside from watching the Jerry Springer Show, I’ve never known of anyone else in my situation. I admire her candidness, as this has always been a shameful secret to me. I was astonished that she could verbalize so many of the feelings I had as I went through this ‘change' with my father."

—name withheld

older-man fan
"As I read ‘Would You Ever Date a Forbidden Man?' (December), I was appalled. I am 24, my husband is 42, and we are together because of love, not because I wanted to be taken care of—or am I an insecure, lonely woman. This is the first marriage for both of us. I fell in love with him because of who he is, not for the material goods he can buy me. Next time you see a couple like us, think of our love, not our ages."

—Vickie Sands, Yucaipa, Calif.

healing hope
"I can’t thank you enough for December’s article ‘The Best Way to Get Back on Top.' For years, I suffered from on-again, off-again depression, and I couldn’t figure out why. I was molested as a child, but I thought that was in the past. Marla Hanson’s story made me realize I’m not completely unbalanced and that there is hope for a better future."

—Suzi, Iowa City, Ia.

stiles styles
"Julia Stiles looked gorgeous on your December cover! She is an all-natural beauty and is very intelligent, as is apparent in your interview."

—Jen, Beverly Hills, Calif.

manhandling moves
"I wanted to thank you for ‘99 Things to Do to a Naked Man’ (December). I read it with my boyfriend one evening while at my parents’ house—we thought it would be a sexy replacement since we couldn’t do it right then and there. I knew it was working when he said ‘Okay, now I really want you.' Needless to say, once we did get time alone, the sex was amazing."

—name withheld

WEB POLL
In December’s ‘Would You Ever Date a Forbidden Man,' Cosmo examined the allure of adulterous relationships. Then we asked if you’ve ever dated an off-limits guy.

78% have.
22% haven’t.

"He wouldn't leave me for his wife. They never do.” —Danielle, California

"Why be with a man who will never fully be mine?" —Eric, Lakeland, Fla.

GUY TEST-DRIVE
One man mouths off about December’s issue of Cosmo.

"The article ‘How to Get Picked Up at a Party,' written by the editors of Maxim, was entertaining but a little disturbing. It’s no secret that guys search for a gem in the crowd, but now you’re armed with scams clever enough to qualify you for the CIA! Also, ‘Chick Stuff He Secretly Covets' is more true than I’d like to admit. Although guys try to convince women that we haven’t evolved since caveman times, we do occasionally (but secretly) dabble in female stuff just to see what the fuss is about.” —Matthew, Manhattan, N.Y.

I tried 98 of the 99 things to do to a naked man. He was so blown away that he bought me my very own subscription to Cosmo! Keep up the good work!"

—Alicya, Michigan

Do you have a comment for any of the departments in Cosmo? E-mail us at cosmo_letters@hearst.com, or write to us at You Tell Us, Cosmopolitan, P.O. Box 1407, Radio City Station, NYC 10101-1407. We may edit your letters for length, content, and clarity. Cosmo reads your mail and appreciates your input, but we may not respond to each of your messages.
Appendix E
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What kind of sisterly wisdom did I pick up editing this issue? How to choose the perfect lipstick color (page 97), the best ways to banish a blemish (page 98), the single new technique to make my abs two-piece ready (page 137). You know—the inside scoop you get from the women you trust most.

Where do we go for this kind of info? To the pigs, as we did in our staffer snack swap (page 126). We gave the office vending machine a healthy makeover to try to transform our less-than-stellar munching habits. It was fun to have this kind of group intervention.

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FROM THE EDITOR

How to Be Totally Fearless

It's February, and at Cosmo, that means Fun Fearless Female. Of course, we're always about being fun, fearless, and female, but this is the month we present our annual FFF awards to the gutsiest women in the world of entertainment.

If there's something you've been dying to tackle or accomplish but you're feeling slightly anxious about taking the plunge, turn to page 141 for inspiration. As the stories below from readers indicate, good things come when you refuse to let fear get in the way of your heart's desire.

"While I was backpacking in Europe with a guy friend of mine, we decided to part ways in a small beach town in Italy and meet up back in the town square. I waited two days for him, and he never showed up! I was petrified to find myself suddenly all alone in Europe, and I seriously considered cutting my trip short. But I knew that would be a huge waste of time and mope. I ended up making tons of friends-both American and French-over the next few months and successfully negotiated my way around a foreign city." —Hillary, 23

"I've always been afraid to do anything by myself, whether it was going to the gym or the ladies' room. When I moved to a new town, I found myself with a lot of solo time on my hands, and I didn't want to just sit around my apartment and mope. So I tested the waters by going to coffee shops by myself. I worked my way up to bars, and then I got up the nerve to take myself out to dinner. It was one of the best meals I've ever had, and now I do it all the time." —Maritta, 27

"At my previous job, I was terrified to ask for a promotion when the job above me opened up. But I realized that it was totally ridiculous to feel that way, and I wrote a memo about why I was qualified and gave it to the head of the department. Turned out, they'd already filled the job with someone at a higher level, but I was still glad I'd asked, and I'd do it again in a heartbeat." —Jennifer, 28

"In order to get over my fear of meeting a new boyfriend's family, I picture myself doing it well. I play a little film in my mind of it all going well, and it psyches me up to make the real-life episode play out like the mental sequence." —Cameron, 24

"I wanted to study in Paris for a summer, and two of my best friends were going to go with me. They ended up canceling at the last minute. I was terrified to go by myself but knew that this opportunity would not arise again. I arrived in Paris by myself, not knowing anyone. I ended up making tons of friends-both American and French—over the next few months and successfully negotiated my way around a foreign city." —Jill Hulzing, 27

"My friend kept telling me that I had a great chest and should show off my cleavage. It always made me a little squeamish because I was afraid that guys would think I was a slut and no one would take me seriously. But I went for it one big girls' night out, and I felt so powerful. Now, when it's appropriate, I flaunt to my heart's delight." —Jane, 21

fun fearless female report

We scoured the country to find the most Fun Fearless Females, and each month two of them dish on what's going down in their towns.

Jill Hulzing, 27
Architectural project accountant, Seal Beach, California

Even though this is a tiny town, there's tons to do. On weekends, my friends and I go to the beach to catch volleyball matches and professional surfing competitions. We spend our nights on Main Street, playing pool and darts at The Irisher—a friendly pub where we always run into regulars we know. The area attracts plenty of college students, and there's also a Navy ship in town at least once a week. It's easy to tell the Navy guys—they travel in large packs!

Jean Fang, 30
Hospital data manager, Parsippany, New Jersey

For me and my friends, having something new to wear for Saturday night is practically required. So we spend Saturdays shopping, usually at the Willowbrook Mall because everything is right there. We're into high platform heels, worn with a fitted top and black boot-cut pants. The best place to meet people and get your dance on is called Tequila Joe's, a huge club with three floors featuring different kinds of music: alternative, techno, and hip-hop. On weekends, drinks are half price till 11 P.M. When we want to venture outside local waters, we hit the bars in Hoboken, about 20 minutes away. Places like Cadillac Bar and Texas Arizona have a really lively scene.

Kate White
Kate White, Editor-in-Chief

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Aquarius

You’re independent, creative, and a bit idiosyncratic. Being different doesn’t faze you; you embrace your individuality. Aquarius minds are usually a step ahead of the pack—you’d rather look to the future than dwell in the past.

AQUARIUS Jan. 20–Feb. 18
A whopping five planets are in your favor, so go ahead—tackle the impossible (or at least the improbable!). Romance heats up on the 7th and 14th. Feel-good forecast Start expanding your aerobic capacity. Try climbing 6 flights of stairs a day and work up to 12.

GEMINI May 21–June 20
A surprise trip brightens the second half of this month. After the 26th, expect to get a sensational professional opportunity. Feel-good forecast You’ll have lots of energy around the 16th, so plan a long-distance run or bike trip.

PISCES Feb. 19–Mar. 20
The Moon gliding in Pisces means you’ll have romantic luck. No date? Lavish affection on yourself with a GEMINI May 21–June 20
A surprise trip brightens the second half of this month. After the 26th, expect to get a sensational professional opportunity. Feel-good forecast You’ll have lots of energy around the 16th, so plan a long-distance run or bike trip.

CANCER June 21–July 22
Start a business or take a career risk to capitalize on the new moon on the 12th. Valentine’s Day will be extra special this year—expect all-out romance. Feel-good forecast Seek exercise advice from a trainer on the 22nd, when you’re most receptive to direction.

ARIES Mar. 21–Apr. 19
Mars in Aries revs up your charisma, making you unusually magnetic. After the 8th, assert yourself at work and you may get new responsibilities. Feel-good forecast You’ll be able to break through a fitness plateau on the 11th, when Mars sends Pluto a blast of energy. Push yourself and succeed!

TAURUS Apr. 20–May 20
Your career should advance soon after the new moon on the 12th. Venus’s midmonth influence on Jupiter will ensure you have a better-than-usual Valentine’s Day. Feel-good forecast Be brave and try rock-climbing or downhill skiing on the 16th, when Venus receives protective energy from Jupiter.

VIRGO Aug. 23–Sept. 22
Venus and Jupiter cooperate to give your Valentine’s Day a romantic boost, so break out the red lipstick and enjoy! A long-term goal may materialize on the 26th. Feel-good forecast It’s time to listen to your body. Stop ignoring a suspicious mole or nagging cough. Schedule an overdue medical test or procedure for midmonth.

LIBRA Sept. 23–Oct. 22
With five planets gathered in your romance sector, you’ll attract a lot of attention. Ask for a raise around the 21st. Feel-good forecast Jupiter wants to call the stork, so if you aren’t ready for a baby, be careful. Re-evaluate your birth control method.

SCORPIO Oct. 23–Nov. 21
A vexing housing question will be solved around the 12th. Make time for a trip with a loved one at February’s close. Feel-good forecast You can achieve peak form on the 11th, when your rulers, Pluto and Mars, are in agreement.

SAGITTARIUS Nov. 22–Dec. 21
Valentine’s Day holds magic for couples seeking to reconnect. The month ends with a new title at work. Feel-good forecast On the 23rd, Jupiter will help you overcome a hard-to-break habit like smoking.

CAPRICORN Dec. 22–Jan. 19
Expect an end to budget-straining home improvements. You’ll complete a work project near the 26th. Feel-good forecast Saturn’s position suggests you need to guard hands and wrists. Fend off strain by stretching and taking breaks from the computer.

Find out more! Get weekly updates from Susan Miller. Call SELF’s horoscope hotline at 900-420-SIGN. $1.95 per minute. For more information about Miller, log on to www.astrologyzone.com.
Get a sneak peek at what to look forward to...and what to watch out for.
By Stuart Hazleton

**AQUARIUS (JAN. 20-FEB. 17)**
Ignore doubts. Neptune shakes your confidence, but it returns after the 10th. Single? Your free spirit draws a straitlaced guy on the 16th. Coupled? Your eccentric side rules near the 23rd, so request erotic experimentation. Work: Set clocks early on the 25th, when Neptune ups the odds of oversleeping.

**Cosmic tip:** Your sexual creativity increases around the 11th, so jot down fantasies.

---

**PISCES (FEB. 18-MARCH 19)**
Strike a match. Use your famous intuition to set up two friends near the 2nd. Single? Your calm nature and smooth social skills will relax a nervous date at month's end.

**Cosmic tip:** Stress kicks in around the 9th—hit the gym to decompress.

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**ARIES (MARCH 20-APRIL 19)**
Go for the goal. Tackle projects on the 4th, when Saturn amps up your determination. Single? Another guy distracts you while you're on a dud date at month's end. Coupled? Tie him to the bedposts as your aggressiveness runs rampant on the 5th.

**Cosmic tip:** Mercury inspires you to be blunt till the 15th, so curb your criticism.

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**TAURUS (APRIL 20-MAY 20)**
Make your move. Jupiter creates an opportunity to relocate around the 28th, but you must act quickly. Single? A fellow Taurus whose sexual stamina matches yours on the 10th. Coupled? Your stubbornness rules near the 24th, so insist on sexual satisfaction. Work: Use your no-Bull attitude to stop a trash talker.

**Cosmic tip:** Give your luxury-seeking side free rein with a shopping spree on the 17th.

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**GEMINI (MAY 20-JUNE 21)**
Analyze this. Take time to sort through the onslaught of new developments Mercury delivers all month. Single? Brush off your ex who resurfaces on the 15th. Coupled? Ask him to pace himself on the 1st when Mercury makes you crave tantric-style sex.

**Work:** Volunteer when your boss asks for help at month's end.

**Cosmic tip:** Keep from gossiping midmonth, when Mars increases other signs' sensitivity.

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**CANCER (JULY 22-AUG. 22)**
Lead the way. Come out of your shell when a friend needs you near the 11th. Single? Several guys show interest around the 25th—choose one who seems shy but passionate, like you.

**Coupled?** Instigate a quickie on the 7th, when Mars overrides your romantic streak. Work: Your conscientious influence keeps a coworker in check early in the month.

**Cosmic tip:** Finally put your feelings first on the 14th and kick a loser to the curb.

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**LEO (JULY 22-AUG. 22)**

**Cosmic tip:** Avoid clingy friends when asteroid Chiron strengthens your need for independence on the 11th.

---

**VIRGO (AUG. 23-SEPT. 21)**
Live it up. Plan to party early in the month, when Jupiter overrides your homebody side. Single? Get that guy's number on the 7th, as your confidence crests. Coupled? Place your paramour on top on the 20th, when Venus fuels your submissive streak.

**Work:** Be prepared midmonth, because Uranus will disrupt your organized mind.

**Cosmic tip:** Make peace with the boys on the 17th, when a battle of the sexes is likely.
FASHION
ALL ABOUT COLOR
HEAT UP YOUR WARDROBE NOW!

NEW YEAR

TRANSFORM YOUR BODY
STYLE
CAREER
RELATIONSHIP
FINANCES

BEAUTY
THREE SEXY MAKEOVERS:
WHICH ONE WINS?

PLUS
NICOLE WEARS
RALPH LAUREN
Appendix J
"Glamour, Make Me Over!"

The hair! The clothes!
The compliments!
And gazillions of tips you can use
Appendix K
NANCY PELOSI: EXACTLY THE LEADERSHIP WE NEED

¡CRISTINA! THE LATINA OPRAH

JAMIE LEE CURTIS EXPOSES—HERSELF!

THE NEW LAW THAT COULD NAIL THOSE PRIESTS

THE LOOMING THREAT TO TITLE IX
Appendix L
OPRAH MAGAZINE

DOWN-UP LOVE (better!)
CATION of romance

LOSING the right man
HAPPILY MARRIED
KNOW

SHY GIRL’S GUIDE TO SEX

JAY LENO

OPRAH TALKS TO

about being funny
on command, sane in crazy business, and why
for his brilliant wife

Dating after
divorce
The best way to get back in the game

YOUR LOVELY BONES
The bottom line on osteoporosis

FEBRUARY 2003 $3.99
Appendix M
S
he's outside, over there, sitting at a corner booth in the
garden of Hollywood's Hotel Bel-Air, head tilted, cheek in
hand, fast asleep. She squirms gently, dressed
in a white gauzy short-sleeved top and skirt, her hair
in a crown of curls, exposed a slender neck. Her
hair has overstayed in the late-afternoon sun. Notice the bruises
up and down the inside of her arms, marring the skin—black, blue, purple, yellow.

At once Nicole Kidman's head springs up, and a blush bursts into
her face. Caught, she laughs and says by way of greeting, "Hello, I'm exhausted." We've met before. She was bruised and
weary then, too. It was the last month of shooting on the set of
Moulin Rouge in Sydney, Australia, and the year-long musical production had a physical toll that included two
broken ribs and a nasty knee injury. But Kidman was a happy
trouper, looking forward to going home to Los Angeles to be with her children, Isabella and Connor, and her husband, Tom
Cruise. She's much has happened since.

Nearly two years, six films, and one divorce later, the actress
has flown in from Romania, where she's been shooting the adaptation
of Charles Frazier's Civil War epic Cold Mountain. "Look
at my bruises," Kidman says, holding both arms out. "I have
them on my legs, too." She pulls her skirt up high, revealing a fat-free thigh covered with marks. "Bad, huh? I was building a fence
with Renée Zellweger, and we were lifting these huge logs. The
men couldn't lift them." She smiles proudly.

Kidman has become Hollywood's new Lit Girl. In addition
to Cold Mountain, she has two other film adaptations coming out—Philip Roth's The Human Stain and Michael Cunningham's
The Hours, in which she plays Virginia Woolf opposite Meryl Streep and Julianne Moore. Directed by Stephen Daldry (Billy Elliot), The Hours depicts three
days in the lives of three separate women in three separate
eras, whose only commonality is emotional bankruptcy and a profound relationship to Woolf's novel Mrs. Dalloway.

Woolf is a subject every actress would kill to take on, but few
could pull off. Deconstructing the feminist novelist's intellectual,
psychological, and sexual complexities would have even a
psychiatrist popping Prozac. But given the opportunity, Kidman,
who was going through a rough period of her own—the end of
her marriage and a miscarriage—was undaunted. "I studied Virginia
Woolf intensely, and I fell in love with her," she says. "I absorbed Virginia at a time in my life when I was ready to absorb her." As happens with the characters in the novel and the film.

Woolf became Kidman's great escape and inspiration.
"I love that passage in Mrs. Dalloway. 'Her whole life in a single
day, and in that day, her whole life...'." Kidman has a far-away look in her eye. "It's so true—the minutiae, the tiny things
that we wrestle with, the major things. They can occur right in
one day. And for Virginia to be able to take the little things and
see their weight and see how enormous they are is extraordinary.

But in 1941, overwhelmed by her mental illness, Woolf stuffed
rocks inside her coat pockets, walked into a river, and drowned herself. It's the opening scene of the film, and Kidman, truly unrecognizable in a prosthetic nose and graying brown wig, walks
into the water and off with the movie.

At thirty-five, Kidman has become one of the few actresses
of her generation worthy of Meryl Streephood. In recent
releases alone—Moulin Rouge, The Others, Birthday Girl, The
Hours—she's adopted three different accents and four aesthetic
and inner lives as disparate as each other as they are from
her own. Kidman might not be having the time of her life but
she's having the time of her career. If there's a silver lining within
her very public divorce, it's the spotlight it threw on the
work. Marrying Tom Cruise made Kidman a star by virtue of
his stardom. Before that, she was headed for a solid, respectable
career as an actress in the same boat as, say, Julianne Moore or Jodie
Davis. Carapating onto the Cruise ship presented Kidman with
greater opportunities, but also stuck her in his wake. Starring
in films like Malice, My Life, To Die For, The Peacemaker, and Eyes
Wide Shut, Kidman was considered a good actress with okay box office.

While Cruise's stardom was built on his grinning, winning, running
for-public-office persona, Kidman always seemed reticent to cultivate
popularity. Head down, she was usually holding Tom's hand, walk-
ing two steps behind. There was no getting a bead on her. "People mistook her for quiet because of aloofness," says her Bateman Forever
director, Joel Schumacher. "But Nicole is down-to-earth, very silly.
She's a downtown girl in an uptown body," adds Robert Benton,
who directed Kidman in 1991's Billy Bathgate and the upcoming
The Human Stain, "Being married to the biggest star going distorted everyone's perception of her. The
world was never really looking at her as the star. Now that veil's been drawn back."

"I think the interpretation of my being, being is because I'm
quieter and shy," says Kidman, who at times still breaks into the
smiles when she overcame as a child. She can make it through an acceptance speech (she won several awards for Moulin Rouge, in-
cluding a Golden Globe), but she's not one to hand cuff the
orchestra so she can carry on and on. When it came time for
the curtain call in the Broadway production of The Blue Room, "I
had to be taught how to take a bow," she says. "Sam Mendes
[the director] told me, 'Nicole, you are apologizing in your stage
bow. You bow like you're ashamed.'"

Once she gets to know someone, Kidman says, "I'm gregarious.
But up until that point it's about being rejected. And also, when
you're in a bubble with somebody, you kind of become..." She
stops. "Like, that's what your life is about. So it's very hard to..."

Stops again. "You don't step out boundaries and stuff like that."

A furrowing of the brow. "Know what I mean?"

Yes and no. One can only imagine what life would be like
married to Tom Cruise. "I stepped into a big world when I was >
twenty-two," she continues. "I knew nothing else. And I was very protective of that and extremely protective of [Tom] and our privacy. Therefore, it was about just protecting the intimacy of that. He has an abundance of talent. And I revered him on a pedestal. Absolutely revered him and what he was doing."

Everything about Enjolras, "her life had been so charmed and certain that when the news came that their ten-year marriage was over. "I was shocked," Kidman says. If she wasn't, I tell her, she should get an Oscar for her portrayal of ignorant bliss while I was on the set of Moulin Rouge."

Two weeks after they separated she was standing in front of her fans at Bloomingdale's promoting the film. It was one of those Marilyn Monroe moments. The crowd went wild. The divorce cast Kidman in a new light. The public response buoyed her. With each appearance she seemed lighter, brighter.

"It's like Sleeping Beauty," Lurhmann says. "You feel that she's woken, not from something terrible, but you feel she's in full bloom. You look at Nicole and see this woman in full possession of her power as an actress, her sexuality, and her sense of self. And it came out of the chrysalis of that experience."

Gaslights throughout the garden have begun filling in for the sleepy setting sun. "Two Catholic girls, sitting drinking wine—uh-oh, danger," Kidman says, blue eyes twinkling. "Let's get some cigarettes!" And before you can say Hail Mary, we're smoking, too. ("I like that mischievous, pixieish thing that she has," says her Dead Calm co-star Sam Neill, an old friend. "You know how some people, when you're around them, they make you feel more alive? That is her great gift. There's an old Australian expression—'You wouldn't be dead for quids.' It means no money on earth could substitute for the joy of life. She loves being alive."

Like every good Catholic girl, when Kidman was growing up, she was in heaven when a bad boy was around. "Motorbikes," she says, confessing. "My boyfriend had a motorbike, and he'd pick me up from my all-girls school in my uniform—a tie, blazer, skirt, knee socks—and my mother would scream. I still have that uniform.

"I was in love with Judd Nelson in The Breakfast Club—the boy on the bike with the diamond earring and the checkered past. What was the song?" She begins to hum and: remembering the words, sings, "Don't you forget about me... Simple Minds." A sigh. "Breakfast Club was aces, man. We loved it. Judd Nelson, man. Oh, yum."

Game for girlish fun. Kidman agrees to say whatever first comes to mind when hearing the names of some of their favorite stars.


Tom Cruise: "Great actor."

Okay, so she never made a movie with Russell Crowe, but they came close to co-starring in In the Cut, which Kidman opted to produce instead, and now co-stars Meg Ryan and Mark Ruffalo. Contrary to ongoing reports, the two Australians aren't seeing each other romantically, although it would be fun if they were. So, now that that's clear, how's the real dating going? "It's not," she shrieks, laughing. "So tragic. My friends are like, 'Hurry up, already!' But it's important to take the time. Not push it. I'm just quietly healing. I don't take things lightly."

Not long after I saw her at the Hotel Bel-Air, Kidman calls from home on a Saturday night. She's readying to go back to Romania and Cold Mountain, which will hopefully wrap before Christmas. Then she'll be busy promoting The Human Stain and the Lars von Trier project Dogville, in which she plays a woman...
Appendix N
Her marriage was over, and she was paralyzed by self-doubt, depression, anger. Then a mirror reminded her what she was made of.

**Remember how I learned to respect by listening to Aretha Franklin out “R-E-S-P-E-C-T,” find out what it means to me!”**

...about years ago, I rewrote the lyric, sadly, “D-I-V-O-R-C-E.” My marriage at an end and I was about to find out what it meant to me.

After my divorce became final, I began into a depression that caused me doubt everything I knew about myself: it like someone was cutting and peeling the skin right off of my body. I understood how easily a person could end up a drug or drinking problem, because it was times when the pain was so I just wanted to feel better somehow.

Months passed and barely made it through taping the last season of *Moesha*. I joy used to feel going to the studio gone. And one day as I was checking it the supermarket, I was shocked to see a gossip rag with a very uncomplimentary “Behind the Stories at *Moesha*” story that included my divorce. I couldn’t understand why they’d write such an article full of untruths — and with pictures! I was afraid. Afraid of the anger I felt, of being a public spectacle; of being a statistic — a divorced mother of two. Afraid that I wasn’t going to make it.

There were nights when I couldn’t sleep. I’d remind myself that life’s an up and down thing and how you handle those ups and downs is the true test of who you are. I had heard myself say that to others many times. I understood what it meant, and it sure did sound good, but taking my own advice and putting it to real use wasn’t easy to do.

My blood pressure bounced up and down like a beach ball. I didn’t eat and I felt withdrawn. The real blow came when my hair started falling out. There’s something about stress that puts us all on the same level. Everything on the outside seemed perfect, but my insides were a wreck, and I didn’t know how to fix it.

Then one morning as I was brushing my teeth, I noticed the bags under my eyes and saw what was left of my hair, and I realized that it had been a long time since I had taken a good look at myself. All of a sudden the sorrow began to pour out of me and tears burned my face. I had been raised to take responsibility for myself. I had been hurt, so I had to begin to heal myself. I had two beautiful children who needed me at my best, and I was at my worst.

I took another long look, and what I saw surprised me. I saw a twinkle in my eye. That was the signal that I was down but not out, because I could see what my smile used to look like. I spent so much time crying that I had forgotten what it looked like, and if I could smile, then I was getting my groove back. In that moment, at my very worst, I was becoming stronger. I was letting go, and as hard as it would be, I was ready to leave the pain of the past and take the first step forward. I laughed, spraying toothpaste everywhere. I couldn’t let my divorce be the death of me. The road to healing would be long and it wouldn’t be easy, but I had to start that journey right away, on my own.

D-I-V-O-R-C-E was hard, but I found out what it meant to me...
Having been helped along by male directors and producers as well, Kidman is described as owing much of her success to her ex-husband, “Marrying Tom Cruise made Kidman a star by virtue of his stardom.” Kidman is not depicted as the easygoing, lighthearted woman she is after her divorce, but as timid, “quiet and shy.” Also, Kidman recalls a specific instance in which director Sam Mendes had to teach her how to bow proudly, telling her, “You bow like you’re ashamed.” As Kidman states, she was hopelessly enveloped in her “bad boy” of a husband, telling Millea that “…when you’re in a bubble with somebody, you kind of become...Like that’s what your life is about...”

O. Similarly, in the O article, “Sheryl Lee Ralph’s Aha! Moment,” Ralph portrays her life and her person as a split entity, as both a despondent single mother and a hopeful, strong woman (see Appendix N). Ralph’s article is located in the “Turning Point” section of the magazine, signifying that she has recently met a crossroads in her personal life. That crossroads, indeed, was her divorce, which forced her to make many decisions about her attitude and her future. Ralph’s entire article focuses on her triumph over divorce.

Ralph explains that after her divorce, she “felt like someone was cutting and peeling the skin right off [her] body.” She was so depressed that she was physically affected as well, “[her] blood pressure bounced up and down...[she] didn’t eat...felt withdrawn.” As she grieved, she was “afraid of the anger [she] felt; of being a public spectacle; of being a statistic.” Ralph describes herself has having been injured, “I had been hurt...I was at my very worst.” As a woman injured by a man, lacking control and fearing the opinions of others, Ralph spiraled deeper into depression.

However, when she remembered her own, deep-rooted values, Ralph recognized that she “had been raised to take responsibility for [herself],” and that she owed it to
Julia Stiles has one jam-packed day. Want proof? There's her job—playing such big-screen roles as Hamlet's Ophelia and a hip-hop dancer. There's her volunteer work for the 9/11 charity Families of Freedom. Then there's the English degree she's pursuing at Columbia University. And Stiles is only 21. This month, she'll play a hula-dancer/tollbooth operator/record-store clerk in A Guy Thing. Stiles sacrificed all her vanity for laughs. "Still, she says, 'making a fool of yourself is sometimes considered the opposite of being sexy. But in my book, it's really not.' Here, from the set of her upcoming film Mona Lisa Smile, the unmistakably silly, sexy actress gives Glamour her own Dos and Don'ts.

"Do take chances. I wanted to do A Guy Thing to try comedy. When I read the script, my character was just the token girl. The director and I met a lot about how to make her funny. We came up with the idea that she has weird odd jobs—and that she's not very good at any of them. But she can still laugh, she's real, and her sexiness is natural."

"Don't have expectations when dating. When I'm spending time with my boyfriend, who's also a junior at Columbia, sometimes there's too much of an expectation (having fun) when we're planning to have dinner or dancing. The better moments are when we have no plans. Lounging on a Sunday afternoon is nice. I'm going to a big event. Also, Don't put on airs during initial dates. Even if he buys into your front, he'll eventually discover that you're a different person."

"Do exercises that make you feel good. I stick to a workout regimen, thinking, I have to do this. I have to do that. Now my workouts vary according to what I think will make me feel better that day. If I feel like I have a lot of energy to expend, I'll go running or take a long jog in the park. If I need to relax and calm my mind, I do yoga. I find working out more rewarding now."

"Do be a feminist. For a book presentation I had in philosophy class, I chose Theodor Adorno's The The State by Catharine MacKinnon because I knew it would be a challenge to get a classroom half full of men to read to me—I figured they'd come in prejudiced against word feminism. I was careful not to alienate the men to make them understand that a lot."

Julia tells... "How I made myself over"

Mona Lisa Smile: "We were trying for a Grace Kelly look. I wore a girdle, pantyhose and a slip! At first I thought it was restrictive, not sexy. But after I got used to it, I felt sexier, classier and more feminine."

A Guy Thing: "I did a lot of sit-ups before this scene. My trainer kicked my butt so much that I couldn't do anything for the rest of the day. That's when I learned not to kill myself working out."

The Business of Strangers: "I'm glad I dyed my hair black—it made me feel tougher. But it was a pain in the h**us to get out. My hair turned brown, orange, then blond. It was practically falling out."

Save the Last Dance: "Our production for this movie, I tried to imitate from Dirty Dancing—only an urban hip-hop kind of way."

Glamour Janu
Julia's friends tell what she's really like:

"Julia's not about being some flirty young thing. She's not your typical cheesecake pinup girl. She's beautiful and talented and has the mouth of a truck driver when necessary."
— SELMA BLAIR, COSTAR, A GUY THING

"She's really got her brain on."
— MAGGIE GYLLENHAAL, COSTAR, MONA LISA SMILE

"Julia's a brave, grounded, normal person. When we were shooting Save the Last Dance in a Chicago school, often she really was the only white girl in the building. She knew what she had to do, and she got the job done."
— KERRY WASHINGTON, COSTAR, SAVE THE LAST DANCE

"She was a little shy at first, but within two weeks, Julia and [costar] Jason Lee were singing South Park songs together."
— CHRIS KOCH, DIRECTOR, A GUY THING
In unknown waters, dip just one toe

The early days of anything—a job, a relationship, membership in a group—are the most critical to your image, say our master spinners. So chatter with care, says Adams. “Treat your peers and those around you as though they were members of the press,” she says. “Say positive things. Think about your quotability—what people will pass on to others.” This advice might give you first-day agita, but it will keep you from oversharing during the courtship stage.

Adams takes her own counsel of not “overcommunicating...with somebody unfamiliar.” Like the time she found herself chatting about friends in common with a new client— a top executive—who “asked me if I knew a particular woman. I said yes, that I’d gone to camp with her, then didn’t say anything else. ‘How well did you know her?’ the woman asked. ‘Pretty well,’” I said. They had different last names, but it turned out to be her sister,” says Adams. While she hadn’t been poised to trash the woman in question, she was glad she’d kept her response simple.

Leave with a kiss

If beginnings are risky, endings are downright dangerous. Particularly in difficult situations—say, when leaving a job under less than ideal circumstances or breaking up a passionate relationship—take the high road whenever possible. “Try to leave without apparent anger,” says Rubenstein. “Say [to yourself], OK, we didn’t get along, but I will not say negative things about you. Move on and don’t be hostile.” Hayley Sumner, a Los Angeles-based manager who has worked with hotheads Howard Stern and Tommy Lee, among others, advises an even more conservative “never burn your bridges” approach. “Right before you leave the job, sit down and have coffee with people in the office, keep a dialogue, write letters to them afterward and never bad-mouth anyone,” she says. “Because if you do, it will come back to bite you in the butt. It never doesn’t.”

Berger distills this principle into one line that all of us—five-star generals and midlevel managers, mob bosses and moms—can agree on: “Be nice to your friends,” she says, “and nicer to your enemies.”

Andrew Postman is the author of the novel Now I Know Everything and three nonfiction books.

Stiles Continued from page 92

of feminists love men. Even so, at the end of the two-hour class, some guy commented about MacKinnon, “Well, I mean, of course she hates men—she’s a feminist.”

“Do cut your own hair. I’ve always wanted short hair, so when I finished filming A Guy Thing, I just started chopping away myself. I really liked what I did! It was a mild rebellion, I think, just to see what movie people would say. If I weren’t working right now, my agents probably wouldn’t have been so understanding.”

“Do load up at the drugstore. I buy my own shampoo and stuff. The best beauty product is Tend Skin—it’s an astringent, but you can put it on your zits and it clears them up. The best thing about working on a Julia Roberts movie [Mona Lisa Smile], though, is that companies send you all this free stuff. So I’m stockpiling up, and when I’m back at school, I can use my old freebies.”

“Do read Shakespeare. The thing I love about Shakespeare is that he uses a lot of words to describe one thing. Each word gives me a clue about my character. It’s like excavating. In modern moviemaking, you invent a character from a script. But Shakespeare’s done all the work; you just have to pick apart what he’s written.”

“Don’t take long showers if you live in a dorm. Last year, we had one shower for seven people—I was always last to shower. Do your dishes. And Don’t make microwave popcorn. I almost burned my dorm down—it was mortifying. Smoke filled the hallways, and everyone was screaming, ‘What’s on fire?’ I imagined everybody piling downstairs, going, ‘Julia Stiles did it.’ But that didn’t happen.”

“Do seek out inspiration. I’ve been renting classic movies. They remind me how good movies can be and make me want to work harder. If I need inspiration, I listen to musicians I admire, like Ani DiFranco.”

“Do listen. Ironically, my favorite quality about myself—that I listen really well—is also my least favorite quality. It gets me into trouble. I accept input from too many different people. So a lot of times, it just leaves me confused.”

“Don’t kick and scream if you want something. It won’t get you anywhere. It’s challenging to imagine another person’s perspective—think about how to make an argument and win the person over. Always maintain your individuality. And in the immortal words of Madonna, Do express yourself.”

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Appendix P
For humor, humanity, and courage in trading the beauty myth for a shared reality of unique and vulnerable human bodies

Jamie Lee Curtis

BY CAROL WHEELER

Jamie Lee Curtis had just written her fifth book for children, I'm Gonna Like Me: Letting Off a Little Self-Esteem. So what could be more fitting, she thought, than to "celebrate that within myself and come to terms with my body and the way it's changed?" That's how Curtis explained to Oprah Winfrey her decision to bare all in a ground-breaking photo shoot/story in the September 2002 issue of MORE magazine. "I want to be a truth-teller," she also has said, emphasizing how it was important for her to "walk the walk and talk the talk" about her own self-esteem issues. "I'm interested in an authentic life. To me, self-knowledge is freedom."

How authentic can you get? On More's cover, Curtis sports a big smile above her revealing neckline, and the words "Think I'm Perfect? Check Me Out. Jamie Lee Curtis Takes Off Her Clothes." And then, inside: The not-quite-naked Jamie looking just as happy, but bare-faced and rather pigeon-toed—in unstructured sports bra and unflattering black underpants, with little pouches of fat spilling over the edges.

Letters poured in—to More, to Curtis. Happy letters. Startled letters. "She looks just like me." Or alternatively, "I look just like her." One dubbed Curtis aptly, the "Poster goddess for the real woman."

And of course, because Curtis was not only a big name but one known for a perfect body, once she exposed her imperfections to public view, TV—the talk shows, the morning shows, the late-night shows!—couldn't get enough of her. Oprah built a whole show around Curtis's daring. Women whose husbands had never seen them without makeup agreed to go natural and, what's more, tell everyone how old they were. One 48-year-old woman thanked Curtis for the gift of freedom. If Jamie Lee can be 50, so can I." She said she was looking forward to hitting 50. She let her hair go gray. She no longer wears baggy clothes to hide her shape. "I can go out and buy the cute clothes in the bigger size. I can be proud of who I am, how old I am."

For the young, perfectly put-together woman interviewer on one morning show the whole thing seemed a bit traumatic: How did you feel about seeing yourself that way? she asked Curtis. But really, really, how did you really feel? Wasn't it, come on, wasn't it awful? The questions were posed in the ex-
pectation of a tragic answer. Some women simply can't understand how anyone (especially a celebrity) would uncover this... train wreck... of a body, allow a photographer to shoot it, and then—publish it! The horror.

Curtis takes it all in stride, smiling and answering in an easygoing, thoughtful tone, although it's clear to some of us she's getting a little impatient. Her body's okayness is, after all, her whole point. And really, could we stop discussing my incredible bravery and talk about my new book?

In fact, Curtis likes her body. She's obviously comfortable in her skin. And she's clearly delighted to have reached that point, after years of doing the Hollywood thing—a nip here, a tuck there—all of which, she's admitted, made her feel fraudulent. In the More story, she mentioned "a little plastic surgery...a little lipo...a little Botox." She wasn't proud of it. "And you know what," she added, "none of it works."

Yes, she admitted in the article, "I don't have great thighs. I have very big breasts and a soft, fatty little tummy. And I've got back fat... It's insidious—Glam Jamie, the Perfect Jamie, the great figure, blah, blah, blah. It's such a fraud. And I'm the one perpetuating it."

Curtis knows we often compare ourselves to The Stars. How do they achieve that daunting on-screen and on-page perfection? She wants us to know how unreal it is. "I can appreciate a beautiful image of a woman in a fashion magazine," she said. "But I have to understand that it's a fake image, that those pictures are controlled and rebuilt and retouched and edited." She wants us to know that perfect isn't an option. No matter how hard we try—all those trips to the gym, all that dieting, all that dreaming—time goes on, flab happens, laugh lines and bulges inevitably appear. And we end up looking, well, human. Just like Jamie Lee Curtis.