

MOM FOUND THIS
IN A MAGAZINE
"SELF" JAN. 1995
LOVE-MOM & DAD

HERE'S HOW TO
CONNECT WITH US



Phone
212-880-5555



Fax
800-228-SELF (-7353)
(Readers outside the U.S. can
fax SELF at 212-880-7782.)



Write

SELF
350 Madison Ave., 5th fl.
New York, NY 10017



E-mail

See E-mail directory below.

Plug in to SELF

THE SELF STAFF IS LOOKING FORWARD TO sharing the latest news with you in 1995. We are also hoping to get to know you better and strengthen the SELF community through our interactive programs. So let us know what's on your mind: Tell us about your resolutions, hopes and goals for the coming year, and we'll keep you posted on our interactive events and services. Stay tuned—we have many exciting programs planned for 1995!

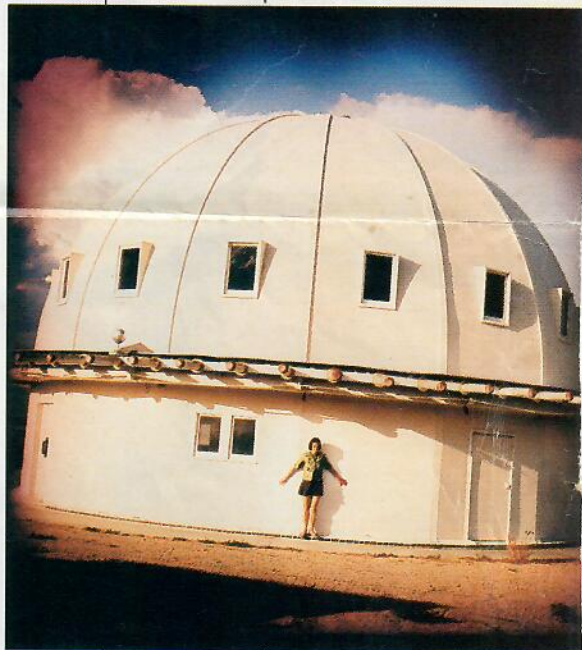
If you're trying to start out the new year with some healthful resolutions, be sure to dial the SELF interactive hot line at 212-880-5555 to access late-breaking tips on fitness, nutrition, home and ecology, beauty and style, take our survey on life changes (page 31) and answer the SELF poll on body-shaping lingerie (page 127). Or you can leave a message for Alexandra Penney, Editor-in-Chief. Check out our "Shortcuts" information (below left) to use the SELF hot line.

SELF wants your input: If you've ever traveled by yourself, we want to hear from you! Send us your tips, strategies and stories about traveling solo and we'll send you a SELF hat. Look for your responses in an upcoming article.

This year we will continue to explore new ways to provide you with entertaining and empowering information. If you have any ideas on how we can better address your interests or further strengthen the bonds of our interactive community, contact our Interactive Editor, Cassandra Markham Nelson (E-mail: Cassandra@SELF.com). And remember, whenever—and however—you connect with us, we'll get back to you!

“How do you explain counter-clockwise to a kid who grew up with a digital watch?”

—Anonymous



The Fountain of Youth?
Get zapped at the Integratron rejuvenation machine in Landers, California. George Van Tassel designed the 38-foot-high, 50-foot-diameter, nonmetallic dome to physically rejuvenate all who enter the facility. Van Tassel claimed his high-voltage electrostatic generator will recharge visitors' cell structure and bring about longer life and youthful energy.

PATRICIA MCDONOUGH

SHORTCUTS TO SELF'S
INTERACTIVE HOT LINE
212-880-5555

After you dial 212-880-5555, a voice will say "If you know the correct access number for the feature you want, enter it now." Here's a list of the access numbers that you can press to get instantly connected to the following features:

FEATURE	ACCESS NUMBER
Leave a message for Alexandra Penney.....	1
SELF fitness tips	2
SELF nutrition tips	3
SELF home and ecology tips	4
SELF style and beauty tips	5
Interactive survey on life changes	7
SELF poll on body-shaping lingerie	9

SELF'S E-MAIL DIRECTORY

If you are on the Internet you can reach us by E-mail at these addresses:

Comments@SELF.com	Interact@SELF.com
Nutrition@SELF.com	Beauty@SELF.com
Fitness@SELF.com	Poll@SELF.com
Medical@SELF.com	Style@SELF.com
BodyMind@SELF.com	

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PLEASE NOTE Be sure to include your name, address and phone number with your comments. Letters and messages chosen for publication may be edited for clarity and length. All photographs and materials submitted to SELF become the property of the magazine and cannot be returned.

“11 million Americans now use cellular phones, and 300,000 new subscribers sign up each month.”