



**national association  
to advance  
fat acceptance**

## NAAFA Newsletter

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### Help Stop the Bullying of Fat Kids!

[Editor's Note: Watch the video, read below then take action!]

[http://perezhillton.com/tv/Casey\\_Heynes\\_Exclusive\\_A\\_Current\\_Affair\\_Interview/?ptvid=b6d24ac125d9b](http://perezhillton.com/tv/Casey_Heynes_Exclusive_A_Current_Affair_Interview/?ptvid=b6d24ac125d9b)

The current version of the Safe Schools Improvement Act (SSIA) does not prohibit bullying and harassment based on weight and height. It is imperative that SSIA be amended to include weight and height to protect all our children.

NAAFA applauds Senators Bob Casey and Mark Kirk for introducing the SSIA, a bipartisan bill recently introduced in the Senate to help prevent bullying in schools, but the Act does not go far enough.

The SSIA does prohibit bullying and harassment, based on a student's actual or perceived race, color, national origin, sex, disability, sexual orientation, gender identity or religion. Why are weight and height missing?

Multiple studies indicate that fat children are the group being most bullied. NAAFA believes leaving any group without protection will remove protection for all and ultimately lead to the failure of the SSIA as a whole. The bullying must end!

Some Bullying Facts:

- Children who are obese are more likely to be bullied, regardless of a number of potential socio-demographic, social, and academic confounders. No protective factors were identified. Effective interventions to reduce bullying of obese children need to be identified. [Lumeng, et al, 2010]
- Bullying victims are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University (Yale University, Office of Public Affairs, "Bullying-Suicide Link Explored in New Study by Researchers at Yale" (<http://opac.yale.edu/news/article.aspx?id=5913>))
- Teasing about body weight is consistently associated with low body satisfaction, low self-esteem, high depressive symptoms, and thinking about and attempting suicide. [Eisenberg, et al, 2003]

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Association to  
Advance Fat  
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### Beautiful

[April Video of the Month](#)

NAAFA members are the heart and soul of the size acceptance community. We embody the word activism.

We fight not only for ourselves but for those who can't speak up for themselves. But activism is a much broader term than some may think. Any time a fat person walks out their front door to face our fat-phobic society and say I am taking my place in this world, this is activism! Whenever we use our talents to tell the world that we are not ashamed of who we are, this is activism. Our video this month is a form of beautiful activism. It is a song written and performed by a fat girl and is called Beautiful! We know you will enjoy it.

<http://youtube.com/watch?v=tgEnXGDg2xk>

### Quick Links

[NAAFA Home](#)  
[NAAFA Facebook - Cause](#)  
[NAAFA SF Bay Facebook](#)  
[NAAFA MySpace](#)

### New Mailing Address

Effective April 1, 2011, NAAFA's mailing address is: P.O. Box 4662, Foster City, CA 94404-0662. Please change your records accordingly.

[Join Our Mailing List!](#)

NAAFA asks that all concerned individuals write to your Senators and urge them to see that weight and height are added to the Safe Schools Improvement Act (SSIA). It will take only a moment of your time and it can help change the lives of our children. Go to:

[http://www.senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://www.senate.gov/general/contact_information/senators_cfm.cfm)

Search the listing by State to find the names of your U.S. Senators. Click on the link to complete an online form and ask your senators to amend the Safe Schools Improvement Act to include weight and height as protected classes. This is a very important step toward protecting children of all sizes. Thank you for making your voice heard!

## NAAFA-LA Makes Big Waves and Even Bigger Plans!



by Phyllis Warr

NAAFA-LA has started 2011 with a big bang . . . of planning! After renewing their charter last fall and electing officers, they are working on a variety of events and activities in which chapter members can be involved.

Last year they held their annual size-positive retreat in Laughlin, NV, led by President/Treasurer Julianne Wotasik, Vice-President Lesleigh Owen and Secretary Imelda Bedolla.

The chapter has for the last several years adopted underprivileged families for the holidays and collected much needed supplies to allow the families to enjoy the season. Even during these tough times, these generous hearted members have reached out to those less fortunate.

They have taken the message of size acceptance and Health at Every Size (HAES) to LGBT women's meetings and high schools. Julianne and Lesleigh spoke at a nearby high school about fat pride and positive body image, a huge problem among teenagers.

NAAFA member and Club Bounce owner, Lisa Marie Garbo, recently invited NAAFA-LA members to attend a dance and talk with attendees about NAAFA and size acceptance. Their visit was well received, and the group was even able to boogie down! Rumor has it they plan to do it again.

For the balance of this year, chapter members are planning to create a You Tube video promoting size acceptance and HAES, to conduct a Bookmark Activism Event and, in May, will put together a celebration of International No-Diet Day. Additionally, NAAFA-LA, along with NAAFA-Capital Chapter, will take a major role in the annual convention at the Westin Washington Dulles Airport Hotel in August.

If you live in the Los Angeles area and are interested in joining this dynamic group of men and women in their endeavors, you can contact Julianne at [julianne1030@ymail.com](mailto:julianne1030@ymail.com) or check out their Yahoo Group at <http://groups.yahoo.com/group/naafala>

## Tony Harrell of NAAFA-Capital Chapter

by Peggy Howell

In our February newsletter we reported on the rebirth of NAAFA chapters. NAAFA-Capital Chapter is a thriving chapter with regular fund raising activities that support our members in the Washington, DC, Maryland and Virginia areas. We would like to introduce you to one of our key volunteers and an officer of this chapter, Tony Harrell.

Tony has been Treasurer of NAAFA-Capital Chapter (formerly Capital Chapter of NAAFA) for the past five years. His chapter responsibilities include: keeping track of revenues and expenses, providing funds for and collecting revenues from chapter functions, depositing bank receipts as well as negotiating meeting space for events. Tony is also the unofficial "mouthpiece" of the officers and



moderator on the DC NAAFA Yahoo group where chapter members correspond and keep informed of chapter activities and business. To join the group and stay in touch with this vital chapter, go to:

<http://groups.yahoo.com/group/DcNAAFA>

Tony was instrumental in the creation of the new NAAFA Chapter Toolkit. He, along with his fellow officers, has been working hard to build a new chapter foundation, to energize the local NAAFA members and make NAAFA relevant in their communities.

Tony Harrell makes size acceptance a part of his professional life as well. In 2010 he opened his own business, Abundant Travel, a travel agency that caters particularly to people of size. For more information about Tony's business and how he can help you with your travel needs, you are encouraged to check out his website at [www.travelabundantly.com](http://www.travelabundantly.com)

## Alliance Building Across Ages and Sizes

*by Deb Burgard, PhD*



Photo courtesy of Andy Berry of Purkinjae Blue

"You have not come to a conference. You have come to the birth of a movement." With these words, activist Courtney Martin convened the Endangered Species Summit ([endangeredspecieswomen.org](http://endangeredspecieswomen.org)) in New York City on March 18, 2011. Sponsored by the Women's Therapy Center Institute, the global event, with additional meetings in London, Buenos Aires, Melbourne, and Sao Paulo, was an opportunity for body liberation activists from all over the world to meet and form alliances.

For me, it was a way to meet the folks on the right coast - and the younger activists - and the women who have not necessarily been part of the fat acceptance movement, but who are united with us in wanting to change the toxic body culture and the war on human bodies.

Four panel presentations, interspersed with amazing spoken word, musical, and video performances, covered the media and fashion industry, feminism across generations,

alliances with men, and medicalization and globalization issues. I moderated that last panel, which brought together documentary filmmaker Penelope Jaggesar Chaffer exposing the chemical toxins that are housed in our bodies ([www.toxicbaby.com](http://www.toxicbaby.com)), pediatrician and professor Sayantani Dasgupta raising the issue of transnational surrogacy, psychologist Leonore Tiefer raising the issue of how women's sexuality is made into a medical problem requiring products and services from Big Pharma and surgeons ([www.newviewcampaign.org](http://www.newviewcampaign.org)), and finally, a hero to many in NAAFA, CDC epidemiologist Katherine Flegal, who told the story of what happened when she published the data that show far fewer deaths attributable to obesity than had been trumpeted in the press. Did you know that despite the CDC's statement immediately following the paper's

publication that they did not want to "confuse the public" by using Flegal et al.'s findings, they actually do use them on their website?

The weekend was the first time many in the audience were exposed to the idea of Health at Every Size, which was fascinating to watch, as most people embraced it right away and a few others struggled to reconcile it with their concepts of the "obesity epidemic." Many of the thin women in the breakout group I was involved with talked about their own experience of avoiding going to the doctor because they felt they had to lose weight first, or because even though they are thin they fall into the wrong BMI range and also get lectured on weight loss. They also worried about how to take their new insights back into their fat-phobic families or workplaces, and decided that staying in touch with each other as a community would support them.

The event also showcased the three winners of the "Big Ideas" contest, one of whom was ASDAH president Deb Lemire, whose idea to create a medical education module on weight bias was a tremendous hit. The crowd also greeted Amy Benson's "Body Outlaw" project with enthusiasm, and held a lively debate about Rachel Rodgers' proposal for a stamp on advertising and fashion images that have not been photoshopped.

The sold-out event of 500 attendees was ambitious, lively, joyful, and not without disagreements - but I walked away feeling like the tide is turning in our long battle for a more humane body culture. The younger activists know a great deal about creating alliances and broadening support for a range of issues, seeing the connections between problems that may seem distinct, and searching for practical solutions. The entire community returned from their breakout groups to report on the practical next steps in implementing the Big Ideas, and I have no doubt we will see them in action in the months ahead.

*Deb Burgard is a psychologist specializing in eating disorders and sexuality, one of the founders of Health At Every Size (HAES) and creator of [www.BodyPositive.com](http://www.BodyPositive.com). She wrote *Great Shape: The First Fitness Guide for Large Women* and contributed to numerous anthologies including *The Fat Studies Reader*. She co-authored the *Guidelines for Childhood Obesity Prevention Programs for the Academy for Eating Disorders*. She serves on the Public Policy committee of the Association for Size Diversity and Health (ASDAH), is a long standing member of NAAFA's Advisory Board, and was invited to moderate one of the sessions at the Endangered Species Summit.*

## Accessible Travel Solutions Webinar



by Brandon Macsata

The Association for Airline Passenger Rights (AAPR) is hosting its latest webinar, **Accessible Travel Solutions: Scootaround for Flyers using Assistive Devices**, on **Thursday, April 14, 2011**. We thought that you might like to know a few reasons why you should attend our educational webinar.

DID YOU KNOW?

- The U.S. Department of Transportation is actively enforcing the Air Carrier Access Act
- Among U.S. Carriers, complaints are rising
- The total number of disability complaints received by U.S. Carrier in 2009 was 15,496
- One-half of complaints are wheelchair related

Scootaround shifts the burden from YOU to the CARRIER.

Scootaround will preview its "SOS Program" (Scootaround Optimum Service). Highlights will include the basics of managing damage claims as well as tips on traveling with assistive devices and what to do should a claim occur during their travels.

Because there is limited capacity for this event, we recommend advanced registration. AAPR members can participate for only \$10.00 and registration for

non-members is only \$50.00 (although non-members can join AAPR for only \$10 and thereby participate for \$20.00). AAPR encourages you to share this information with your colleagues. [CLICK HERE TO LEARN MORE](#)

Safe travels!

*Brandon Macsata is the Executive Director of AAPR (<http://www.flyfriendlyskies.com>), an organization with whom NAAFA has formed a strategic alliance. Brandon is a managing partner of the Macsata-Kornegay Group located in Washington, D.C. and a member of NAAFA's Advisory Board.*

## Media and Research Roundup

by Bill and Terri Weitze

[Editor's Note: <http://naafa.org> has the latest news.]

January 19, 2010: This article looks at studies from England and the United States showing that there is no obesity epidemic, and brings up the question of why these two nations are so invested in imposing "draconian regulatory treatment" to cure an "illusory disease".

<http://www.spiked-online.com/index.php/site/article/7968>

March 2011: The winners of NOW Foundation's 2011 Love Your Body poster contest are here. No large bodies are shown, but the high school entry is size-neutral with a great message. You can click on any of the posters and use them as e-cards.

<http://loveyourbody.nowfoundation.org/posters/contest-2011>

March 3, 2011: Now that WLS has been approved for more adults, it seems the industry is now looking at pediatric bariatric surgery. Despite no long-term data on safety, effectiveness and cost-effectiveness, more doctors are relying on WLS to treat fat adolescents. The study recommends a cautious approach and the use of reversible techniques. The short term data that's available shows serious complications, weight regain and death among the surgical outcomes.

<http://www.medscape.com/viewarticle/738978>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-8111.2010.00003.x/abstract>

March 13, 2011: A survey funded by a "female passion pill" in Britain shows more than half of the female responders avoid sex because of body dissatisfaction, while only 20% of men avoid sex for that reason. Another contributing factor is balancing work and home, which seems to affect women more than men.

<http://www.dailymail.co.uk/femail/article-1365461/Sex-no-half-women-feeling-fat.html>

March 14, 2011: Dr. Pattie Thomas points out that there is a lot of money to be made in the failure of weight loss products and procedures. Stigmatizing fat people keeps the money rolling in, and sadly some of that money is used to influence the media and government to tread lightly when it comes to the weight loss industry. Kelly Bliss' comment on this article (2nd link) makes for more good reading.

<http://www.psychologytoday.com/blog/i-take-space/201103/stigma-is-big-business>

<http://www.psychologytoday.com/blog/i-take-space/201103/stigma-is-big-business/comments#comment-145273>

March 15, 2011: A new study shows that, contrary to popular opinion, BMI and waist-circumference are not good predictors for cardiovascular disease. Instead, doctors should be looking at cholesterol levels, blood pressure and history of diabetes. The article goes on to address the lack of data for many assumptions made about fat people and their health.

<http://www.spiked-online.com/index.php/site/article/10294>

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(11\)60105-0](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(11)60105-0)

March 16, 2011: Time for my favorite headline. American's are living longer than ever. Despite all the panic and doom saying about how fat Americans are, our life expectancy has once again gone up.

<http://abcnews.go.com/Health/wireStory?id=13147773>

[http://www.cdc.gov/media/releases/2011/p0316\\_deathrate.html](http://www.cdc.gov/media/releases/2011/p0316_deathrate.html)

[http://www.cdc.gov/nchs/data/nvsr/nvsr59/nvsr59\\_04.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr59/nvsr59_04.pdf)

March 16, 2011: Paul Campos explains how the "obesity epidemic" among children was manufactured and why despite apparently good intentions Michelle

Obama's Let's Move campaign is a form of bullying fat kids. He also talks about some smaller programs, similar to Let's Move, that achieved health gains in children but no weight loss. Paul's piece is chosen by *The Week* as a Best Column, and inspires blogger Allison Dickson to write an open letter to Ms. Obama explaining how damaging fat bashing can be to children. Healthier behaviors are a good thing, but (1) they should be for everyone, not just fat kids, and (2) there's no need to portray fat kids negatively.

<http://www.thedailybeast.com/blogs-and-stories/2011-03-16/michelle-obamas-childhood-obesity-lets-move-campaign-helps-bullies>

<http://www.allisonmdickson.com/2011/03/dear-mrs-obama.html>

March 16, 2011: A new diet book is scheduled to hit the market next month. *The Dukan Diet* has been identified as potentially unsafe by the French government, and the British Dietetic Association called it one of the worst diets of 2011. American Heart Association Chairman Frank Sacks warns, "This is just another one of those diets invented by a charismatic individual who makes a lot of promises and has loads of testimonials but is not based on any scientific data whatsoever."

<http://www.nytimes.com/2011/03/17/fashion/17skin.html>

March 16, 2011: Dr. David Katz takes a look at the harm caused by doctors who berate fat patients. He invites other doctors who think people are fatter because they lack less willpower than prior generations to "prove it". But then he goes on to assert that fatness is in and of itself unhealthy, to which we say, not "prove it" (we know he can't), but rather "adopt a HAES approach".

[http://www.huffingtonpost.com/david-katz-md/obesity-of-blame-and-sham\\_b\\_834937.html](http://www.huffingtonpost.com/david-katz-md/obesity-of-blame-and-sham_b_834937.html)

March 18, 2011: A new study based on data from the Framingham Cohort claims that the longer you are fat the higher your risk of mortality. However, we know the longer you are alive the higher your risk of mortality, and it seems according to these numbers there are no old fat people.

<http://www.monash.edu.au/news/show/length-of-obesity-linked-with-mortality>

<http://ije.oxfordjournals.org/content/early/2011/02/26/ije.dyr018.abstract>

March 19, 2011: Oooh, here's a newsflash. Dieting can make you cranky. A study awaiting publication in the *Journal of Consumer Research* focuses on the effect of exercising self-control. While it is known that exercising self-control often leads to feelings of anger and irritability, this study tries to determine if those feelings lead to aggressive behavior.

<http://www.dailymail.co.uk/news/article-1367842/Dieting-make-irritable-angry-claim-researchers.html>

<http://www.jstor.org/pss/10.1086/659377>

March 19, 2011: The American Society for Metabolic and Bariatric Surgery has created a poster for emergency rooms for the treatment of some common WLS complications. The poster is a good reality check for anyone who thinks WLS is safe. Note: most of the complications require surgery to correct.

[http://cat-and-dragon.com/stef/pix/lj/ASMBS\\_ER\\_Poster9-20-10.pdf](http://cat-and-dragon.com/stef/pix/lj/ASMBS_ER_Poster9-20-10.pdf)

March 19, 2011: NAAFA-Capital Chapter reports a good time for all at their Rebirth Party, including NAAFA Bingo and Fat Jeopardy, games that help attendees learn more about the chapter. Mark your calendars for June 4 if you are going to be in the area for their next event - a dance at the Holiday Inn Express, Fort Belvoir.

<http://groups.yahoo.com/group/DcNAAFA>

March 21, 2011: A very small study questions the long-term efficacy of lap band surgery, finding that 1 in 3 of the patients followed experienced band erosion, and nearly 50% had the band removed (contributing to the 60% who required further surgery).

<http://www.bloomberg.com/news/2011-03-21/obesity-lap-bands-may-cause-more-complications-than-weight-loss.html>

<http://archsurg.ama-assn.org/cgi/content/abstract/archsurg.2011.45v1>

March 21, 2011: Kelly Gneiting, former US sumo champion, broke the Guinness World Record for "Heaviest Person to Complete a Marathon" when he cross the finish at the Los Angeles Marathon. Weighing 400 pounds, Mr. Gneiting finished the race in 9 hours, 48 minutes and 42 seconds.

<http://sports.espn.go.com/los-angeles/olympics/news/story?id=6242378>

March 23, 2011: A *USA Today* article looks at the idea of creating separate seating sections on planes for people with small children and for fat people. Is it a question of accommodation or segregation?

[http://www.usatoday.com/travel/flights/2011-03-23-1Aseatingwars23\\_CV\\_N.htm](http://www.usatoday.com/travel/flights/2011-03-23-1Aseatingwars23_CV_N.htm)

March 25, 2011: A study finds that the perception of being discriminated against because of weight can have a profound impact on health, actually reducing the ability to climb stairs and carry everyday items.

<http://www.examiner.com/nutrition-in-indianapolis/weight-related-discrimination-causes-additional-health-complications>  
<http://spq.sagepub.com/content/74/1/76.short>

March 26, 2011: Linda Bacon asks the sustainable food community to stop using myths and assumptions about fatness (which she addresses in her study published in Nutrition Journal) as rallying cries for their movement. She suggests encouraging good food policy on its own merits and giving all people the respect and support they deserve.

<http://www.lavidalocavore.org/diary/4617/ending-foodie-fat-bashing>  
<http://www.nutritionj.com/content/10/1/9>

March 27, 2011: Wow! Rev Tristy talks about her fat strong body and shows video of her regular workout program. With a focus on weightlifting, she shows that a fat body can be a strong and healthy body.

[http://www.youtube.com/watch?v=YVVzgtP0\\_to](http://www.youtube.com/watch?v=YVVzgtP0_to)

March 28, 2011: The International Diabetes Federation is calling for WLS to be considered earlier to help stem the serious complications from diabetes. However, there is concern that WLS simply masks diabetes (see second link below).

<http://www.idf.org/idf-releases-position-paper-bariatric-surgery>  
<http://www.medpagetoday.com/MeetingCoverage/AACE/19727>

March 30, 2011: Fat stigma is spreading even to places that were once considered fat-friendly. A new study shows that the United States' fastest growing export is negative body image and low self esteem.

<http://well.blogs.nytimes.com/2011/03/30/spreading-fat-stigma-around-the-globe>  
<http://www.jstor.org/pss/10.1086/659309>

March 30, 2011: Dr. Francesco Rubino claims that WLS is a cost-effective way to treat type 2 diabetes, claiming the cost of the surgery is more than offset by future savings for type 2 diabetes complications. Since the claims are based on an as-yet unpublished study, there is no way to tell if the study accounted for future costs of WLS complications, or if the savings are due to surgery survivors dying earlier (thus having lower lifetime costs).

<http://www.stoneearthnewsletters.com/bariatric-surgery-for-type-2-diabetics-is-cost-effective-new-study>

April 1, 2011: Sixteen cocktail waitresses at the Resorts Casino in Atlantic City were fired because they did not fit the "requirements" of the sexy new uniform. The waitresses are middle-aged, long-time employees who reportedly were offered only size 2 and 4 uniforms to try on.

<http://www.msnbc.msn.com/id/42365212>

April 1, 2011: A new study shows that adults who eat candy tend to weigh less, have smaller waistlines and a lower risk of high blood pressure. Since dieters tend to avoid sweets, and also tend to be fatter than average, perhaps the researchers need to be reminded that the causation arrow can point the other way. Also, the study was funded by the National Confectioners Association and the USDA.

<http://www.msnbc.msn.com/id/42374482>  
[http://www.nrjournal.com/article/S0271-5317\(11\)00015-7](http://www.nrjournal.com/article/S0271-5317(11)00015-7)

April 1, 2011: Arizona is looking to join the states that require fat people to pay extra unless they can prove that they are attempting to lose weight. Since dieting usually eventually leads to weight gain, it seems the state is creating a vicious cycle (emphasis on the vicious). Arizona residents: please contact your representatives and tell them how you feel about this (second link).

<http://swampland.blogs.time.com/2011/04/01/arizonas-flab-tax>  
<http://www.azleg.gov/MemberRoster.asp>

April 4, 2011: Alicia Wein discusses the effects of violent political rhetoric and the dialogue of hatred that we often have with our bodies. In describing her own body war, Alicia Wein describes how she has personally benefited by adopting a HAES lifestyle.

<http://www.timesunion.com/default/article/My-Word-1321123.php>

April 5, 2011: If Congress has its way, government funding currently used to finance anti-obesity campaigns may come to an end. The funding for fiscal year 2010 was \$500 million and is scheduled to balloon to \$2 billion a year by 2015. Surely there are better uses for that money than the "war on obesity".

<http://dailycaller.com/2011/04/05/congress-moves-to-repeal-slush-fund-used-for-anti-obesity-campaigns>

April 6, 2011: For some reason the rate of fatness in Australian preschool children has decreased recently, according to a new study. While a number of possible reasons are offered, the fact is no one knows what is causing this trend.

<http://www.reuters.com/article/2011/04/06/us-obesity-australian-preschoolers-idUSTRE7355X420110406>

<http://www.nature.com/ijo/journal/vaop/ncurrent/full/ijo201164a.html>

April 7, 2011: After one year, an intervention program to prevent childhood obesity achieves a reduction in time spent in front of the television, but no significant reduction in BMI. The researchers plan to evaluate the effects of the program for a longer period.

<http://www.medscape.com/viewarticle/740410>

<http://archpedi.ama-assn.org/cgi/content/short/archpediatrics.2011.44>

April 8, 2011: A study looks at connections between bullying and abuse and childhood obesity. While there seems to be a correlation between the two, the study fails to address which came first. Were these children victimized because of their size or did they become fat afterwards?

<http://www.doctorslounge.com/index.php/news/pb/19228>

<http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2010.00823.x/abstract>

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