

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

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Volume VII

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Issue No. 1

Co-Editors this issue: William J. Fabrey and Lisbeth Fisher

RELIVE CONVENTION ON NATIONAL TV!

As announced in the last (May) Newsletter, the 1978 Convention was covered by CBS' prestigious "60 Minutes," a weekly television news magazine.

Since it is rare that we can advise our members in advance to watch for upcoming publicity, we are especially pleased to report to you that the segment (narrated by Mike Wallace) has been completed. Producers of the show are very happy with the final cut and are anxious to air it as soon as possible, hopefully in September or October.

Although we cannot give you the exact date, if you are interested in watching "NAAFA in action," we would suggest you try to watch "60 Minutes" whenever possible. This highly-rated program is shown in some areas on Sundays at 7 p.m. on CBS-TV. Please consult your local listings, in case the day and time are different in your area of the country. Since "60 Minutes" is run nationally, all NAAFA members will have an opportunity to view this program.

CLIPPING CAMPAIGN CLIPPING ALONG

NAAFA is still receiving on a daily basis clippings from NAAFA members that are of interest either for this Newsletter or other facets of NAAFA's programs. The NAAFA office has asked us to thank you for the many clippings, all of which are considered valuable. Due to an enormous workload and an understaffed office, we cannot thank each and everyone of you personally, but know that your "eyes" are very important to us, and we hope you'll keep up the good work.

We'll print as many of the articles you send us as are appropriate for the Newsletter and for which we have the space. We especially wish to thank those of you who continue to send in articles on a regular basis. We cannot possibly keep up with all that is written, and much of what you send us is extremely important to our cause. When someone has had five or more articles printed in the Newsletter, he or she will be granted a free, 1-year renewal of his or her NAAFA membership.

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MOTHER WINS DAMAGE SUIT

[Submitted by Wayne Gehres (one of three submitted by him on the same subject!), Newark, Ohio. Wayne has submitted many arti-

cles to us, and this will be the fourth one to be reprinted. One more, and he will receive a free one-year renewal of his membership. COLUMBUS DISPATCH, 9/19/77.]

"VALPARAISO, Ind.--A woman whose doctor put her on a rice and fruit diet during her last two months of pregnancy has won \$50,000 in damages on behalf of her mentally retarded daughter. A Porter County Superior Court jury awarded the damages in the name of Nora Smith, the daughter of Cora Staniger, 52, of Gary, who filed the suit. Mrs. Staniger accused her obstetrician, Dr. Joseph Kopcha, of placing her on the protein deficient diet when she was carrying Nora in 1954. Mrs. Staniger has been caring for her daughter, who has an IQ of 40, at home for the past 23 years. Dr. Benjamin Pasamanick, a research psychiatrist who testified for Mrs. Staniger, said deficient diets of pregnant women present a threat to the unborn. 'This is a major public health problem and the biggest problem lies with the woman on welfare. A protein-rich diet is expensive,' he said. Mrs. Staniger filed the suit in 1974 at the urging of the Society for the Protection of the Unborn through Nutrition, a Chicago-based group."

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DIET GIMMICKS

NAAFA is constantly deluged with information on fad diets and diet gimmicks. Starting with this issue, we are going to run a series dealing with this subject. Each issue (space providing) will attempt to expose at least one such fad or gimmick. To start this campaign off, we reprint here an article submitted to us by Ms. N. D. Landers of Chicago, that appeared in the SUNDAY TIMES of 12/77.

DIET INDUSTRY REAPING RECORD PROFITS

"NEW YORK (AP)--The nation's 'war on fat' has burgeoned into a \$10 billion-a-year industry because health-conscious Americans are willing to do almost anything to shed extra weight, a new report says.

"Frost & Sullivan, Inc., a New York-based market research firm, says in a 260-page report that Americans are spending more money than ever before on appetite suppressants, reducing pills, diet books, mechanical devices, health spas and fat farms 'and other allied items.'

"The major finding of the study was that it is a \$10 billion-a-year business,' said Jeffrey Swartz of Frost & Sullivan. 'I don't think anybody knew it was that big. A survey like this hasn't been done before so we don't know how big it was five years ago.

"Just recently, the war on fat has picked up steam,' he said. 'People are thinking about health more. You've got the "fit-is-in" phenomena, and running, health clubs, things like that are booming.'

"The report said the over-the-counter weight control market is growing at a rate of 20 percent a year and that its annual volume is \$110 million. That figure is expected to exceed \$147 million by 1980 and over \$194 million by 1985, Swartz said.

"Sales of prescribed, anti-obesity, anorectic pharmaceuticals should surpass the \$269-million volume mark by 1985, from \$180 million in 1976,' the report said. 'The amphetamines, capturing a \$26.1 million share of the 1976 market, are expected to produce a mere \$10 million by 1985...non-amphetamines are expected to take up the slack, with their sales generating \$269 million by 1985 against \$68.9 million in 1976.'

"The nonprescription weight-reducing drug market is increasing fastest because 'many people are embarrassed to go to their doc-

tors about overweight problems and would rather buy over-the-counter products,' said Swartz."

1978 ELECTION RESULTS

318 ballots were counted at the June 23 Board meeting--an unprecedented number! It took the Election Committee over two hours to count the ballots and announce the results, but they were gratified by such a large voter return. The 1978 Election Committee consisted of Lisbeth Fisher, Chairperson; Ernest Harff, Cathy McLain, Matt Madigan and Mike Simpson. They were the Board members whose terms were not expiring in June (Board terms are staggered, so that an equal number will expire each year).

The results are as follows: William Fabrey, 283 votes; Sheila Goodman, 230 votes; Ken Wachtel, 195 votes; Joyce Maloney, 187 votes; Edith Callahan, 181 votes; and Carlos Allen, 175 votes. Since there were four seats available, the first four on the list (those obtaining the highest number of votes) will be a serving a 3-year term on the Board of Directors. The terms of Maloney and Wachtel will commence at the September Board meeting, while Fabrey and Goodman are incumbents and will continue their service uninterrupted.

CONVENTION UPDATE

Although we promised you a centerfold of Convention pictures in this issue of the Newsletter, the pictures will not be ready by press time. Therefore, we are covering other items in this issue, and you can expect full Convention coverage in the July-August Newsletter.

If you're already planning next year's vacation, be sure to keep Labor Day Weekend (Aug. 31-Sep. 4) free. This is the tentatively-planned time set aside for the 1979 Convention.

June 13, 1979, marks NAAFA's 10th Birthday! Just as America did with her Bicentennial, we plan on celebrating all year long; but that's all we can tell you now. There will be projects combating discrimination, announcements and activities galore--all topped off with the longest convention yet! As further information emerges, it will be reported to you.



Sandi Thomas

GROUP TRAVEL COMMITTEE CREATED

Due to many requests received by the NAAFA office, the Board recently approved the formation of a Group Travel Committee. Because of the discomfort and awkwardness of seating encountered by most fat people in public conveyances, many of them forego pleasure traveling and have to content themselves with "visiting" far-off lands vicariously--either through books, television or the experiences of their more fortunate friends.

In the May 1977 Newsletter we published a chart of airline seat widths which was researched by Michael Simpson, who was then Chairperson of the Anthropometrics Committee. It was our hope that this would act as a guide to members who wanted to make travel plans that included the most comfortable seating available. The chart is being updated, and several airlines are being added to it. This chart will be available to any member who sends us a stamped, self-addressed envelope.

Sandi Thomas was appointed Chairperson of the Group Travel Committee, and she is busily working up proposals for NAAFA group travel to various places of interest. Fortunately for us, Sandi works for an airline, thus coming to us with a great deal of travel experience. Heavy herself, she has done her fair share of traveling and knows the pitfalls that can occur when one is unfamiliar with the seating problems of fat people.

Travel-happy NAAFAs may be just as excited as Sandi is about a possible group

trip to Tahiti, where she says that fat women are idolized (can you imagine walking down the street and being ogled rather than jeered at?!).

Among some of the tidbits with which Sandi has provided us is the fact that the airline code for Fresno, California, is "FAT." The airline code is the three initials that go on your baggage depending upon your destination, such as "JFK" for Kennedy Airport. The code for Sandi's volunteering to get together some group travel plans that can be enjoyed by NAAFA members is "TKU" (thank you!). Perhaps some of our travel fantasies will become realities!



Judy Forlines

CHAPTER CHATTER REVIVED

"Chapter Chatter," which is an exchange of ideas between chapter officers, has been revived, due to the formation of so many new chapters, creating a compelling need for this interaction and guidance. Originally conceived during NAAFA's early years, it has not been published for some time due to lack of an editor.

Judy Forlines has volunteered to edit "Chapter Chatter," and her appointment was confirmed by the Board. Judy, who is Chairperson of the Baltimore-Washington Chapter and was Chairperson of the 1978 Convention (and recently appointed Chairperson of the 1979 Convention!), hopes to get her first issue out to chapter officers soon. If anyone has any ideas to submit to "Chapter Chatter," please send them to Judy at the NAAFA address.

Letters

MORE ARMED FORCES DISCRIMINATION

Dear NAAFA,

As a former career soldier, I noted with interest an article in ARMY TIMES (last winter) where the Chief of Staff and Asst. Chief of Staff, U. S. Army, cruised the corridors of the Pentagon threatening fat soldiers with immediate discharge and destruction of their careers if they didn't lose weight.

I wrote them both and asked them if they couldn't find a better way to spend my tax dollar. I know for a fact that keeping fit in airborne infantry outfits is important. However, the agility and strength of Japanese Sumo wrestlers comes to mine--300 pounds and up! Older officers who sit at desks should be evaluated by their performance, and not their beer bellies. I also referred to the latest

picture of the staff and E.M. of the Soviet Army--a veritable Beef Trust!

I was denied promotion once until I dieted. My performance dropped in many ways after I lost 30 pounds (1951).

These illustrious Generals never did find time to answer a former soldier and a taxpayer. They must have been too busy cruising the halls and prodding bellies!

Bronnie Warsaskas
Framingham, Mass.

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FAT PRIDE

FIRST ANNIVERSARY OF SHADOWITZ FUND

On June 14, 1977, NAAFA member Naomi Shadowitz passed away. Loved by many NAAFA's, Naomi has been sorely missed this past year.

Naomi was an intelligent, vivacious and extraordinary person. She was NAAFA's Parliamentarian, and as such, she settled many a dispute at Board meetings. She was elected to the Board in 1976, and things were never quite the same after that.

It was Naomi's urging that made the Board of Directors see that we could no longer possibly function and grow without a formal office. In February, 1977, the first NAAFA office was opened in Ossining, New York, and since then our membership has nearly tripled.

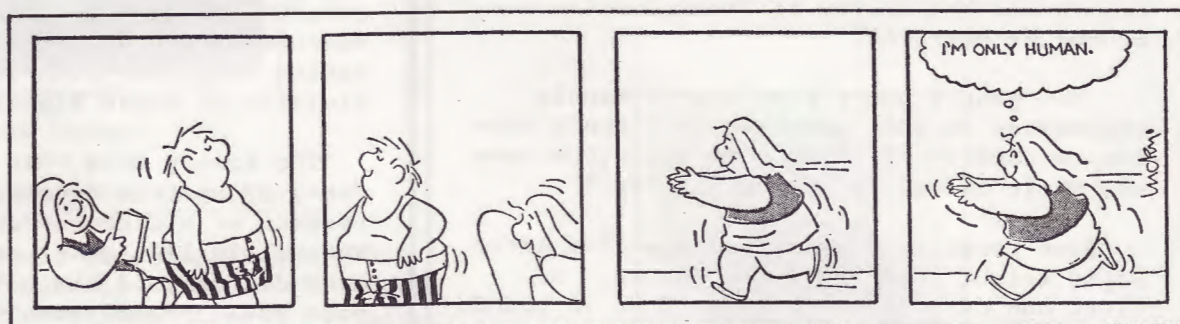
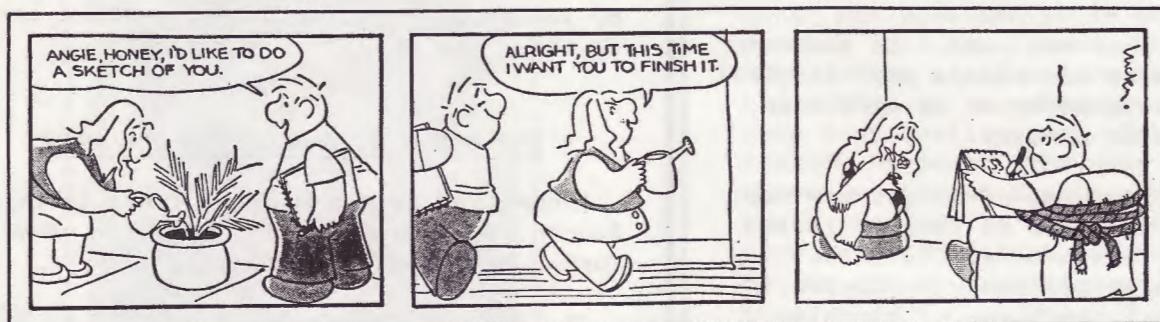
In her honor, the Naomi Shadowitz Memorial Fund was established. A committee was set up to administer the fund, with Sheila Goodman as its Chairperson. The committee has decided that the monies collected to date are to be used towards the expenses of publishing FAT CHANCE, and

paid advertising for NAAFA (at present, we depend almost solely on free publicity that we obtain when someone from the media becomes interested in our organization). Since we have not collected enough to make a decent stab at either of the above endeavors, the funds donated to date are collecting interest in a savings account.

Donations to the Shadowitz Fund are tax deductible, and they are being put aside for the specific purposes mentioned above. Advertising would greatly increase our membership rolls, and help us to reach the millions of fat Americans who are still unaware of our existence. Naomi knew that, with the right guidance and proper funding, NAAFA could reach many people who so sorely need its help.

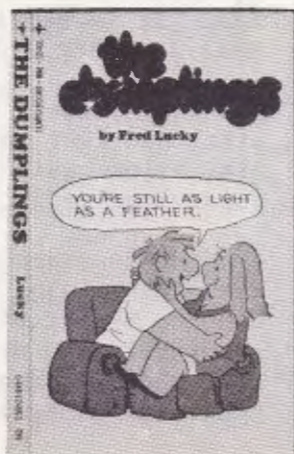
If you would like to make a tax-deductible donation to the Naomi Shadowitz Memorial Fund, simply make your check or money order payable to NAAFA and send it to: Shadowitz Fund, NAAFA, P. O. Box 43, Bellerose, New York 11426. You will be helping to realize the dreams of a very beloved and brave human being, as well as those potential NAAFA members who desperately need our help!

the dumplings



NAAFA member Karl Neidersshuh brought the above comic strip to our attention, and the two collections by cartoonist Fred Lucky are absolutely delightful (Tempo Books, 1975 and 1976, 95 cents each)! The cartoons are run in California newspapers by the Los Angeles Times Syndicate and were the forerunners of the short-lived television comedy series of the same name, starring James Coco and Geraldine Brooks.

The theme running throughout the strips is the mutual admiration of a simple, chubby married couple. Joey runs a hot dog stand and Angela is a housewife. They get pleasure out of many things in life (especially each other!) that other people just take for granted and many even scorn. Mr. Lucky is obviously pro-fat, although there are times when he has the central characters dieting. However, he always manages to make light of the dieting, and the overall effect of the two books is one of feeling good about yourself. The cartoonist pokes fun at the cynics of our society and one comes away with a warm glow (wouldn't it be nice if life were really like that?!) and a feeling that things aren't so bad after all. NAAFA has added the two books to its Book Service. The 1975 edition is No. 1 and the 1976 edition is No. 2. Since they are paperbacks, the cost to NAAFANS is the cover price (95 cents), plus postage and handling (50 cents per book). A discount price cannot be offered on paperbacks, but we are sure many NAAFA members will be pleased to know there is a source from which these potential collector's items can be obtained.



ANOTHER FAMOUS NAAFAN?

Babe Stevens, editor of *FAT CHANCE*, reports to us that her voice is on the singing sound track of "Pretty Baby," a Paramount movie directed by Louis Malle of France. She sings "Beautiful Dreamer" in the background of one of the scenes. Babe was invited to attend a special showing of "Pretty Baby" at the Cannes Film Festival on May 16, which she was thrilled to accept. We wish her the best of luck in pursuit of this possible new career!

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RAPID WEIGHT LOSS CAN CHANGE PERSONALITY

[Submitted by Deloris Staley, Newton, Illinois. NATIONAL ENQUIRER, 2/7/78.]

"Rapid weight loss can result in dramatic personality changes and severe psychological problems--and can even break up marriages, warn top experts on obesity.

"People who lose a lot of weight may now be thin, but it may take as long as 12-18 months till they begin to really think they're thin," said Dr. Henry A. Jordan, associate clinical professor of psychiatry at the University of Pennsylvania School of Medicine.

"Fat people don't know how to handle themselves as thin people. They don't know how to handle all the new social situations and their new social acceptability."

"Some people become more aggressive after rapid weight loss, said Dr. Jordan. He cited one case in which a man lost 70 pounds in six months and suddenly became so demanding that his marriage nearly collapsed.

"Dr. Jordan added that some spouses feel uncomfortable when their always-fat partner suddenly becomes thin and attractive... [Who says thin is automatically attractive?!--Ed.] and will subconsciously try to sabotage the partner's diet program. 'This conflict can get to the point where it can break up a marriage,' he said.

"Some people enter 'psychotic depressions' after rapid weight loss because they haven't had time to develop new personality traits, noted Dr. Leonard Haimes, director of nutrition and bariatric medicine at Cedars of Lebanon Hospital in Miami, Fla.

"Another cause of depression is the fact that some fat people think all their problems will magically vanish when they slim down--and it just doesn't happen, noted Dr. Peter Lindner, president of the American Society of Bariatric Physicians and director of Lindner Clinic in South Gate, Calif.

"He said some women may become so excited over all the new attentions from men that they 'lose their rational thinking and go along with a lot of things they ordinarily wouldn't.' And men who slim down may suddenly start propositioning women right and left, feeling they have to 'sow their oats.'

"Dr. George Blackburn, associate professor of surgery at Harvard School of Medicine,

agreed that rapid weight loss can lead to personality changes, cause depression and shatter marriages.

"People should realize that life won't automatically become easier and better just by losing a lot of weight in a short period of time," he said."

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FAT MAN WINS DAMAGES IN JOB CASE

[Submitted by Ken Wachtel (this is his fourth reprinting, too!), Brooklyn, New York. DAILY NEWS, 11/10/77.]

"A 280-pound youth fired because he was considered 'much too overweight' has been awarded \$5,000 after filing a job discrimination complaint with the [New York] State Division of Human Rights.

"The agency says that 19-year-old Steven Sabey of upstate Ransomville was hired as a rackman at a Carborundum Co. factory in Wheatfield last year, even though the company doctor told him, 'There's no way I can pass you. You're much too overweight.'

"After two weeks on the job, the agency says, the 6-foot-2 Sabey was told he had been hired 'by mistake,' because he had failed the company's physical exam. He was then fired.

"Sabey filed a complaint with the state agency, which had scheduled a public hearing when an agreement was reached with Carborundum. Under terms of the agreement, Sabey receives \$5,000 in compensatory damages. According to the agency, the youth works as a gas station attendant and does not wish to return to Carborundum."

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BUT HE SURE LOST WEIGHT

[The following article was submitted by Edith Callahan of Broomall, Pennsylvania. It is reprinted from the PHILADELPHIA INQUIRER, 10/9/77.]

"West Germany's fattest man was hospitalized last week in an effort to get him to lose weight under a doctor-supervised crash diet.

"The 20-year-old Bavarian road worker, Franz Wettstein, weighed 885 pounds and used to breakfast on 35 rolls and 10 schnitzels and drink about 18 quarts of beer a day. After three days on vitamin pills and mineral water, his heart stopped."

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FAT WOMEN TURN HIM ON

[Submitted by Doris Boenig, North Merrick, New York. Written by Dr. Joyce Brothers, NEW YORK DAILY NEWS, 12/21/77.]

"Dear Dr. Brothers: A friend recently pointed out that I seem to have an unusual trait. I'm attracted to round or even fat women who like to eat. Since he mentioned it, I've realized it's true and I'm trying to figure out why. I'm not fat, I can eat almost anything I want and never gain weight. My parents and all my relatives are not overweight. I feel happy and secure with plump women and, to me, they are sexier than thin women. What do you make of this? --M. M.

"Dear M.M.: Usually, men who are turned on by cushioned women have memories of a plump mother, or mother figure, who held them against their breast and gave them reassurance and love. They may not remember this in their conscious mind, but their unconscious calls out for that same comfortable protected feeling they once knew. You say your mother wasn't plump, but as a child, you may have thought she was, or wished she were.

"Some studies indicate that people who enjoy eating also are more apt to enjoy living and loving, and that 'pleasingly plump' women tend to be characterized by love of physical comfort, enjoyment of socializing, and a deep need for affection and approval. Plump women have been shown to be more affectionate, and to have significantly more enthusiasm for love and romance, than many women who don't have a weight problem. Seriously overweight women, however, are likely to be troubled with inner conflict, frustration and anxiety."

[Ed. Note: We give Dr. Brothers a lot of credit for printing this letter. However, we find her explanation of fat admiration to be shallow and insufficient.]



Beth and Bob Stewart

NAAFA-DATE NEWS

Howard and Natalie Clist, who have been doing an excellent all-volunteer job of chairing the NAAFA-Date Committee and making the matches, have had to resign their posts due to overwhelming demands on their personal time. The job takes many hours a week, and the Board voted unanimously to commend them for their excellent work.

It wasn't easy to find someone to fill the Clists' shoes for such an important post. However, we have been very fortunate in obtaining the volunteer services of Beth and Bob Stewart of New York to chair the committee and make the matches. Having themselves participated in NAAFA-Date and ultimately meeting through the program and marrying each other, they bring a special understanding to the job.

There was a brief period of transition, but things are running smoothly now, and the instant matching policy is still in effect. Howard and Natalie had taken over when NAAFA-Date was revised last year, and it has become a very successful program.

Due to increased expenses and the fact that we may ultimately have to go to data processing for the matching, the Board instituted a NAAFA-Date fee increase to \$25 for the first year, with a maximum of 25 matches per year (with an option to pay \$1 extra for each additional match, if available). The renewal fee is increased to \$15 per year, with the same limitations. However, anyone who joined prior to July 1 will have the opportunity to renew one time at the old rate (\$10). NAAFA-Date is still one of the lowest priced and most unique dating programs in existence.



(Continued from Page 4)

[Ed. Note: In the September-October 1977 issue of the Newsletter we reported that Lee Rothstein of Manhattan had submitted a letter clipped from THE NEW YORK TIMES of August 5, which was written by a Dr. Harnes. We sent Dr. Harnes a copy of that Newsletter, pointing out our comments to him, and here is his reply.]

TAX ON FAT PEOPLE?

Dear NAAFA,

Thank you for forwarding the issue of NAAFA Newsletter reporting my letter to the NEW YORK TIMES.

Had you published the [entire] letter, I trust most of your readers would have realized that it was a facetious reply to the suggestion that substances believed to cause illness be taxed.

Fatties may be jolly but some apparently lack a sense of humor.

Jack R. Harnes, M. D.
New York, New York

[Ed. Note: Here is your letter, Dr. Harnes, in its entirety. We hope our readers won't be swayed in their opinion of it by your generalization about fat people in the foregoing letter. In fact, fat people have little to be jolly about in this think-thin society. Some countries have actually seen anti-fat taxation proposed in their legislatures! Also, we question whether the "scientific data" referred to exists at all.]

A DOLLAR A POUND

"I heartily support James Spall's proposal [letter July 27] for a tax on substances which are believed to increase illness.

"Any legislators who draft such a law should be aware, however, that of all the so-called risk factors, the most reliable scientific data confirm the health benefits of weight reduction.

"I therefore suggest a tax on obesity. A dollar a pound each year for excessive weight would add billions to government revenues."

Jack Harnes, M. D.

FUTURE BOARD MEETINGS

Anyone who is a member in full standing in NAAFA is welcome to attend Board meetings. Please call 212 776-8120 if you are interested in attending a Board meeting, or write to the NAAFA office. Information about the time and place of the next meeting will be given to you.



CAKE BAKED BY SHIRLEY LAND
FOR BALTIMORE-WASHINGTON CHAPTER DANCE

COMMERCIAL ADS

Obese? Been discriminated against in work or play? Confidential survey conducted by writer: "Questionnaire", P. O. Box 19982, Medical Center Station, Dallas, Texas 75219.

CLASSIFIED AD RATES

Commercial Ads: 50 cents/word, 10-word minimum. Department number available at \$10/issue.

Non-Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$5/issue.

All ads are accepted for publication provided they are not against NAAFA's purpose. They may include personals, wanted to sell or buy, employment notices, meeting notices, and many other items.

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