

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

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

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

## LIQUID PROTEIN DIET FUROR

On Page 3 of our March-April 1977 (Volume V, Issue 6) Newsletter, we gave our first report on THE LAST CHANCE DIET, originated by Dr. Robert Linn. The basis of the diet is a liquid protein substance that is to be taken by the dieter under a doctor's supervision. Our article at the time gave details of a suit brought by the New York State Attorney General against Walden Books Co. for misleading advertising.

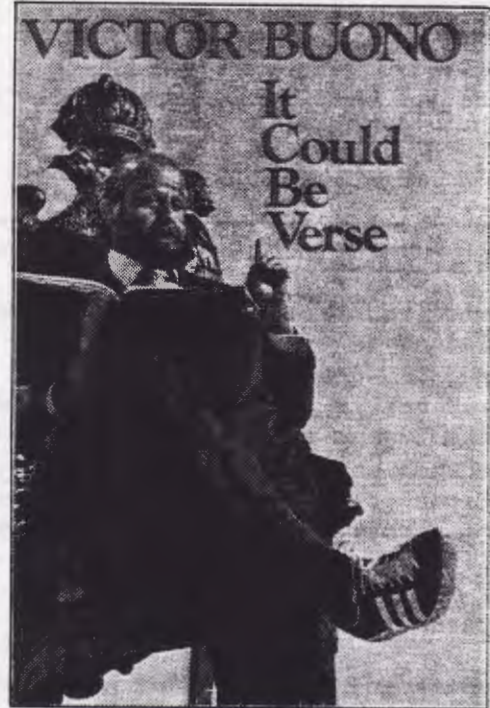
(Continued on Page 2)

## HAPPY HOLIDAYS TO ALL!

We hope you have all had a pleasant holiday season. Unfortunately, our anticipated New Year's Eve Dance had to be cancelled because no reasonably-priced facilities could be obtained.

However, there will be another NAAFA-Dance on March 18, to which you will all receive invitations. It will again be held in midtown Manhattan, and at the rate our membership is growing, it should be even more successful than our last well-attended dance last October.

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## IT COULD BE VERSE

Reviewed by Dianne Rubinstein

It has been said that a liberation movement has not really "arrived" until it can laugh at itself. If this is so, then Victor Buono's book, IT COULD BE VERSE [Nash Publishing, 1972], marks the official arrival of fat liberation. This book is very funny and very much about fat. These are not "fat jokes" ala Phyllis Diller, but rather fat humor--for and about fat people.

"And if the girls refuse to dig me  
Just because I'm not a pygmy  
Then I try to make them see my view  
That beauty comes in barrels, too."

The book consists of 17 poems, 10 of which are on fat subjects; subjects ranging from fantasies about how the whole world would change if he should ever lose weight, to the proud cry:

(Continued on Page 2)

VERSE (Continued from Page 1)

"You might think it etiquette  
To say that I am heavy set,  
Or just big-boned. Ya wanna bet.  
I'm fat! I'm fat! I'm fat!"

IT COULD BE VERSE is a (you should pardon the expression) thin volume, but a delightful one--and one that belongs on the bookshelf of every NAAFAn. When excerpts were read at the last NAAFA Convention, the poems were met with a hilarious ovation. When you read them, I am sure you will find them equally amusing.

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LIQUID PROTEIN (Continued from Page 1)

During the last few months, we have been inundated by articles from our members detailing the possible dangers of the diet. Since it is now suspected that the prolonged usage of the liquid protein diet has caused several deaths, this Newsletter will begin to reprint a series of articles dealing with the dangers of this new diet.

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CRASH 'PROLINN' DIET MAY KILL

[Submitted by Karl Niedershuh, Baltimore, Maryland. Reprinted from UPI, July 4, 1977.]

"The author of the bestselling book, THE LAST CHANCE DIET, offers a diet that could lead to heart attacks and other ailments, according to the WILMINGTON SUNDAY NEWS JOURNAL.

"The newspaper quoted medical experts as saying Dr. Robert Linn, author of the bestseller, advocates 'a potentially fatal diet and (is) running a standard obesity mill.'

"The paper quotes doctors as saying the diet is a 'do-it-yourself heart attack.'

"In a copyrighted news story, the paper also said an independent laboratory analysis of one bottle of Prolinn showed that the substance contains only one half the amounts of the eight essential amino acids listed on the bottle label.

"The commercially successful substance is part of Linn's program. Michael Falkow, an investigator for the Philadelphia office of the U. S. Food and Drug Administration, said his office plans to examine the substance.

"Linn, 43, an osteopath with offices in five cities, said his book recommends that dieters consult their own physicians while going on the diet prescribed in the book. 'The public has the right to be informed,' he said, adding it is not his fault 'if people ignore the warning' to consult their own doctors. 'We're not going to change people,' he said.

"Linn's treatment, which he practices himself, is known as the 'predigested liquid protein diet.' Patients eat nothing, but drink a few ounces of cherry or orange flavored liquid protein and many other liquids. They also take vitamins and minerals daily.

"But some medical experts told the paper the diet could lead to kidney stones, gout or grand mal epileptic seizures. Dr. Peter Lindner of Southgate, California, one of the earliest researchers of modified fasting, said the problem with the diet occurs when people fail to consult their physicians. 'Fortunately, most people feel so sick the first week they quit,' he said. 'It's probably a good thing, probably saving their life. But what we're really worried about is some teenaged girl who will go on the diet and she won't care how bad she feels. She wants to lost that weight and we're afraid we're going to have a dead girl.'"

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ANOTHER NAAFA MARRIAGE!

News has just filtered back to us of the marriage of Shirley (Bundick) Land and Phillip W. Land on August 6. Both Shirley and Phil are members of the Baltimore-Washington Chapter. Congratulations to them both!

### CONSTITUTION REPRINT

The last time NAAFA's Constitution and By-Laws was reprinted was April 7, 1972. Since that time, there have been several amendments to the Constitution. Therefore, we will soon be going to a new printing of the Constitution, and all NAAFA members will receive the updated version.

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### PEN PAL BEING REVISED

Last year, the NAAFA-Date service was revised and has been a very successful and popular program since then.

The same committee that worked on the NAAFA-Date revision has met and done some revision of the Pen Pal Program. This popular program was the brainchild of the Rochester Chapter and was administered by Karen and Ira Cohen for several years. It is intended to help NAAFA members who live far away from a densely NAAFA populated area to still "get together" and "talk over" their problems with other NAAFA members. Other members have used it to meet and even marry, as evidenced by the marriage of Rex and Kathy Reed, who administered the program for two years.

As soon as the new forms and applications have been printed, they will be mailed to all NAAFA members.

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### PUBLICATIONS COMMITTEE APPOINTMENT



Sheila Goodman was appointed to the Publications Committee at the September meeting of the Board of Directors. Sheila fills the vacancy made by the resignation of Joyce Fabrey.

Sheila, who is also Vice-President of NAAFA and who has chaired two conventions, will serve along with members Rhea Bardin and Marvin Grosswirth.

The purpose of the Publications Committee is to review such things as the Newsletter before they go out to the NAAFA members, mainly to ascertain that there is nothing contained therein that is contrary to NAAFA's purpose.



Eugene Kneleff

### THE SAGA OF RANDOLPH, THE ROTUND REINDEER

by Rena Wynne Schilsky

One Christmas night, with his sled filled  
with toys  
To give to all the good girls and boys,  
Santa gathered his reindeer  
And called them to start,  
"Come on, now, fellas--  
Let's all play our part.  
There are lots of folks waiting to get  
their nice things.  
You know they're all eager for the good-  
ies I bring."  
So they pulled and they tugged  
But the sleigh wouldn't move.  
Even Santa got out and he gave it a shove.  
The load was too heavy.  
They were not strong enough.  
"It seems that this year we have packed  
too much stuff,"  
Santa called to his elves; they began to  
debate.  
"But we just can't unpack now. It's really  
too late."  
Then Rudolph remembered a reindeer he'd met,  
"He's a strong and stout fellow--he'll move  
us, I bet!"  
So Randolph the Rotund Reindeer was hired,  
A creature whom for his strength was ad-  
mired.  
He was round, some say fat,  
Strong and loyal he served,  
And on Christmas morning, good children  
got all they deserved.  
So, at last, Rotund Randolph has earned  
his great fame.  
Children the world over joyfully sing out  
his name.  
And I am sure you've heard all you can bear  
Of the saga of Randolph, that Rotund  
Reindeer!

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CONNECTICUT CHAPTER TERMINATED

At its meeting on December 10, the Board of Directors terminated the Connecticut Chapter on the grounds that it had not complied with the Rules for Local Chapters, despite repeated requests from the Chapters Coordinator for it to do so.

Since there are quite a few NAAFA members in the Connecticut area, anyone who is interested in starting a new Connecticut Chapter may request an application to form a local chapter from Mike Simpson, Chapters Coordinator, c/o of the NAAFA office.

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CHAPTER NEWS

Mike Simpson, Chapters Coordinator, has reported to us that there are now 18 local chapters. With NAAFA's membership growing by leaps and bounds, there are many areas that now have more than enough members to start a chapter. All they need is a person who is willing to become Chairperson Pro-Tem for the first three meetings to get the chapter off the ground. If you are interested in starting a chapter in your area, please request an application to form a local chapter from Mike Simpson, Chapters Coordinator, c/o the NAAFA office.

At the November and December meetings, the Board of Directors approved the appointment of the following Chairpersons Pro-Tem:

Illinois (Chicago)--N. D. Landers  
 Massachusetts--Rosalie Rita Silva  
 North Carolina--Rosalie I. Radcliffe  
 Sacramento, California--John E. Vassar  
 San Francisco, California--Clifford  
 Folsom

The New York Chapter held elections on November 20, and the following people were elected to office:

Chairperson: David S. Schwartz  
 Vice Chairperson: Ken Wachtel  
 Secretary: Ned Sonntag  
 Treasurer: Dianne Raphael

On December 23, the New York Chapter held a Holiday Party; and on December 5, the San Francisco Chapter held a very successful first meeting.

News is coming in from many of the chapters of upcoming events. Mike Simpson will give you an in-depth report in the next issue of the Newsletter.

BOARD VACANCY FILLED

Cathleen McLain

At its December meeting, the Board approved the appointment by President Fabrey of Cathleen McLain to fill the Board seat vacated by Peggy Greensfelder. Peggy, who obtained the highest number of votes in the last election (June 1977), found it increasingly difficult to travel to Board meetings due to job pressures, the unfortunate passing of her mother (for which she has our sincerest condolences), and the mounting demands of planning a wedding to NAAFA's Russell Williams. Peggy has been Chairperson of the Baltimore-Washington Chapter for several years, and Russell is the Treasurer.

Cathy, who was a member of the Board from June, 1974 through October, 1975, hails from Connecticut. Since Peggy was the only out-of-towner on the Board, the Board was pleased that she could be replaced with someone else who could bring NAAFA another voice from out-of-town. Cathy is a Charter Member of NAAFA, and was the Connecticut Chapter Chairperson from 1973 to 1974. She is a self-employed, award-winning silversmith.

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DOCTOR INDICTED IN 'DIET PILL' USE

[Ed. Note: In the May 1977 issue of the Newsletter, we reported that Dr. Joseph Greco had been disbarred from practicing medicine in New York State because he dispensed amphetamine "diet" pills to patients he had never seen. Below is a reprint of an article concerning the indictment of yet another physician for similar reasons.]

(NEWSDAY, 11/10/77, Don Smith)

"A Dix Hills physician pleaded innocent yesterday to a 9-count indictment charging that he conspired to dispense more than 250,000 'diet pills' from two offices he maintains.

"Judge Thomas Platt in U. S. District Court, Brooklyn, released Dr. Feridun Gun-

duy, 46, of 1 Village Hill Lane, on a \$100,000 personal recognizance bond for trial January 9. The indictment accuses the Turkish-born physician of conspiring with two former employees, from January, 1974, through April, 1976, to dispense amphetamine tablets to more than 1,000 weight-conscious patients each week. The former employees passed themselves off as physicians, checking patients' blood pressure, heartbeat and weight and then prescribing the pills, a government source said.

"An initial visit cost \$20, and then Gundy sold the amphetamines that he had purchased for 5 cents apiece for 50 cents each, according to the source. Gundy has offices at 110 E. 10th St., Huntington Station, and at 247-05 Union Turnpike, Glen Oaks Village [New York]. At the Queens office [Glen Oaks] yesterday, where about a dozen patients waited to see him, Gundy denied any wrongdoing. He described himself as a psychiatrist specializing in dealing with persons with weight problems. The father of two children, Gundy said, 'I swear on my children I will come clear completely. I am sure I am going to come clear.' Three women patients, who refused to be identified, were surprised at the charges and praised Gundy as a good doctor.

"Named as unindicted co-conspirators in the indictment against Gundy, that capped an 18-month investigation by the U. S. Drug Enforcement Administration, were Eugene N. Biscardi, 54, and an Indian woman, Naheed Hayat. The woman worked for Gundy from January, 1974, until October, 1974. Biscardi was hired in October, 1974, and worked until April 13 [1976], when he was arrested at Gundy's office in Glen Oaks Village and charged with possession of 5,000 amphetamine capsules that he allegedly intended to sell to an unnamed pharmacist who was working with Federal undercover agents.

"Biscardi was allowed to plead guilty to a reduced Federal charge and is still awaiting sentencing. Assistant U. S. Attorney Ronald Russo said Biscardi had an open adjournment on sentencing because he has suffered a stroke and a series of heart attacks. Biscardi has previous convictions for practicing medicine without a license and for possession a false medical school diploma.

"At the time of Biscardi's arrest, Gundy told NEWSDAY it was Biscardi's job to talk to patients and discuss their weight problems and give out dietary in-

formation after they had been checked by Gundy or another physician. Russo said Gundy was indicted on 2 counts of conspiracy, 2 counts of illegally dispensing amphetamines or possessing them with intent to dispense them illegally, 4 counts of falsifying office records, and 1 count of obstructing justice. Russo said Gundy's indictment was part of an 'active, ongoing Federal investigation into the dispensement of diet pills by physicians who do not personally see patients.'

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Judy Forlines

CONVENTION UPDATE

As reported in the last issue of the Newsletter, our 1978 Convention will be held outside of New York for the first time in NAAFA's history.

The Baltimore-Washington Chapter has kindly consented to host the Convention this year, and Judith Forlines has been named Chairperson. Together with her committee composed of Linda Blackmon, Debbie Schisler and Dick Schotter, as well as the entire membership of the chapter, they are planning a really super weekend for us beginning on May 26 and ending May 29 (Memorial Day Weekend).

The Convention will take place just outside of Washington, D. C., at the Howard Johnson's Motor Lodge in Alexandria, Virginia, which overlooks the National Airport. Many exciting events are being planned, and you will receive all the information you need by mid-April. We'll keep you informed in upcoming Newsletters.



Karen Wynne-Cohen

IN MEMORIAM

We are very sad to announce the tragic passing of Karen Wynne-Cohen on December 8. Karen was a charter member of NAAFA, and was the founder of the Rochester (New York) Chapter and the Pen Pal Program.

She was born on October 1, 1947, and married NAAFAn Ira Cohen on August 31, 1969, just a little more than two months after NAAFA's "birth." Karen will be sorely missed by the many NAAFAn who knew her and loved her.

LETTERS

[Ed. Note: In December we received news of the death of NAAFA member Warren Halm. Warren was a relatively new member of NAAFA. However, for those of you who did get to meet him, we are printing the letter received below.]

TRIBUTE TO NAAFA-DATE MATCH

Dear NAAFA,

Today I received in the mail your note that Warren Halm was deceased. Warren and I had dated steadily and seriously since August, and I went through his illness and burial with his family. I am still in close touch with his family. He was only 28.

Warren was a truly wonderful person and I am still trying to recover from his passing. I have dated and written to many other NAAFA-Date men who have also turned out to be of very high caliber; unfortunately none will ever take Warren's place in my heart.

The big surprise to me of NAAFA-Date was that the men all thought I was attractive even though I am heavy, and prefer me the way I am, which seems so hard to believe. I now have ten times the dates that my Size 3 girlfriends have. The men I have met through your NAAFA-Date have been attractive, intelligent, sensitive and sincere. We've all agreed that we've gotten far more than our \$15 worth. Warren and I had planned to write a letter to that effect but somehow never got around to it, although we knew what we wanted to say to you.

You must be kept quite busy with your venture, but please know you are doing a great service to all of us out there. Thanks for everything.

Marie Margaret Shoemaker  
Morristown, New Jersey

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VICTIMIZED BY DIET CLUB GIMMICK

Dear NAAFA,

I have just finished reading the article in FORUM (October 1977) entitled "Men Who Like Fat Women." I am startled, surprised and pleased. I had no idea that there even was an organization like yours, or an interest by men in the United States.

I would like to have any information you have on the organization, your dating service, etc. I don't even know just what to ask for.

Just to give you a sample of my experience with writing to a magazine, I relate the following. In a dating journal, I answered an ad written by a man who, among his several requisites in a woman, said he preferred them heavysset. To my letter of response, I received a commercial offering to join a reducing club. I felt just awful! I hope you are serious and will not be sending any such material to me.

Helen Schlesinger  
Long Island City, N.Y.

[Upon further investigation, Helen disclosed to us that the publication in question was the BLACK BOOK, which is a singles ad journal that is published and sold on newsstands in New York City. Helen discovered that we were indeed for real, and she became a supporting member!]

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MEMBER FOR LIFE

Dear NAAFA,

I can't thank NAAFA enough for the support and encouragement I receive from this wonderful organization. My weight sure is more of a bother to some people I know than it is to me. Sometimes I can think of what to say to these people, but a lot of times I just get angry later after I passed up the opportunity. Sometimes they are surprised when I speak up and shock them.

NAAFA, please keep this going. I'm a member for life. If for some reason I got thin I'd still want to be a member because I think society has no right to put a person down because of his or her looks. We have a right to exist as we are.

I saw a good program on television, the PHIL DONAHUE SHOW. Anne Scott Beller has written a book called FAT & THIN-- A NATURAL HISTORY OF OBESITY. They had fat people standing up with confidence and stating how they feel good about themselves. Also, they had a fashion show with Lane Bryant clothes. It was good!

Deloris Staley  
Newton, Illinois

[Ed. Note: And we can't thank Deloris enough for writing to the mail order division of Lane Bryant. Their brochure, HAPPY TALK, which is mailed out with their clothing orders, contained a beautiful write-up about NAAFA. We have received hundreds of requests for NAAFA literature, and they're still coming in. Nearly 100 members have joined due to this publicity!

By the way, FAT & THIN will soon be offered on our Book Discount Service and will be reviewed in the next issue of the Newsletter.]

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WANTS MONTHLY NEWSLETTER

Dear NAAFA,

...By the way, NAAFA's got an enjoyable Newsletter. I wish it could be monthly.

Howard Sherman  
Brooklyn, New York

[Ed. Note: Although we have more than enough material to put out a Newsletter at least once a month, it takes a great deal of time and money. We are pleased that for the first time since NAAFA's inception we have managed to put out all six of this volume's "bi-monthly" issues in one year. There is a great deal of work involved in putting a Newsletter together, and if any of our members have any experience in this field, we'd welcome a letter from you volunteering your assistance! NAAFA's membership has grown tremendously, and it is our endeavor to put out a Newsletter more regularly.]

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OBJECTS TO HILDA

Dear NAAFA,

I agree with the criticism of Hilda; that she is a "sexist and exploitative treatment." The artist should give equal time and put a nudie "Hans" up there with his mate; unless, of course, the artist is a male who enjoys exploiting females but would turn beet red if someone used him the same way, in which case he needs to be kicked where the body meets the chair to sit down.

Bertha Lansberry  
Philipsburg, Pennsylvania

[Ed. Note: This is the only letter we received on this subject, which was on the front page of the last Newsletter. Duane Bryers is the artist who depicts Hilda in her many various poses. We did receive some orders for the Hilda notecard, but not enough to allow us to place a minimum order with the publisher. Therefore, refunds were made to anyone who ordered the notecards.]

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COPY MACHINE NEEDED

The NAAFA office is in desperate need of a good, working copy machine. Our membership has grown tremendously, and the daily workload of the office requires the making of many copies, a lot of which have to be sent out and paid for.

If you know where we might obtain a copy machine (preferably a dry copier) at a reasonable price or as a donation (it can be written off as a tax deduction), please let us know. We'd like to save your money and put it to even better uses!

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PERSONAL ADS

Ontario student, 23, down-to-earth, nice-looking, sincere would like to meet amply-endowed lady the same, to pursue honest, give-and-take relationship and have a hell of a good time. Age unimportant, if sincere. Reply to Box 584, Station K, Toronto, Ontario M4P 2H1, Canada.

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Sensuous, black female graduate student wishes to meet affectionate college-educated male of any race. Reply to Department 104, NAAFA, P. O. Box 43, Bellerose, New York, 11426.

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Tall, good-looking male wishes to meet affectionate gal weighing over 275 pounds. Reply to Department 105, NAAFA, P. O. Box 43, Bellerose, New York 11426.

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Wanted: correspondence with anyone having successfully overcome prejudice against fatness in interpersonal relationships. Roy Childs, 3748 Palos Verdes, South San Francisco, California 94080.

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Ms. 5x5 looking for Mr. Special!

Objective: To have a helluva lot of fun, making it difficult for any other (fat) woman you might wish to pursue.\* I want to be considerably more to you than a quick "toss in the hay," considerably other than your therapist. I want some-

what less than lots of your attention and companionship, but somewhat more than just a little of same.

\*I weigh over 200 pounds. My friends can truthfully call me pretty. Reply to Department 102, NAAFA, P. O. Box 43, Bellerose, New York 11426.

CLASSIFIED AD RATES

Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$4/issue.

Non-Commercial Ads: 10 cents/word, 10-word minimum. Department number available at \$2/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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ERRATUM

In the last issue of the Newsletter (September-October 1977), we made an unfortunate error in the article entitled "History Made At Teachers' Convention."

The wording of the resolution included the following: "The Maryland State Teachers Association publicly objects to all forms of discrimination based on factors of competence." The final phrase should have read "...factors other than competence." [Emphasis ours.]

We apologize to NAAFA's Russell Williams and others who worked so hard on the wording of the resolution, which ended with the following words: "The forms to which we object shall include, but are not limited to, race, size, religion, age, handicaps, sex and sexual preference." [Emphasis ours.]

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