

NAAFA Newsletter

VOLUME X

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SUMMER 1983

DR. BENNETT JOINS NAAFA ADVISORY BOARD



William Bennett, M.D., co-author of the book, The Dieter's Dilemma, has been confirmed as the most recent member of NAAFA's Advisory Board. At its meeting on June 17, the Board of Directors voted unanimously to appoint Dr. Bennett as an advisor, in recognition of his continuing work in publicizing the set-point theory of body weight, and also in providing expert testimony to the Ohio State legislature on behalf of Senate Bill #130, which would ban discrimination because of height or weight.

Dr. Bennett, who was a recipient, along with his co-author Joel Gurin, of NAAFA's Distinguished Achievement Award in Columbus, Ohio last year, is Editor of the Harvard Medical School Health Letter. Their book was promoted as the "scientific case against dieting as a means of weight control."

Dr. Bennett joins an Advisory Board that already includes: Natalie Allon, Ph.D. (Sociology); Abraham I. Friedman, M.D. (Metabolics and Bariatric Medicine); Harry K. Panjwani, M.D. (Psychiatry); and O. Wayne Wooley, Ph.D. and Susan C. Wooley, Ph.D. (Co-Directors, Eating Disorder Clinic, Dept. of Psychiatry, University of Cincinnati College of Medicine). ★

NEW YORK STATE ACCUSES NUTRI/SYSTEMS OF FRAUD

New York State Attorney General Robert Abrams, in a civil lawsuit filed Sept. 1, 1983, accused Nutri/System Inc. with unlawfully practicing medicine, illegally splitting fees with doctors, and consumer fraud.

Nutri/Systems operates about 600 franchises across the country with 40 to 50 in the state of New York. Some Nutri/Systems customers pay more than \$700 in fees (excluding the \$35 to \$40-a-week cost of the special foods.)

The lawsuit charges Nutri/System with:

Employing physicians and nurses to provide medical service to consumers without being licensed to practice medicine in New York State.

Making a profit on the medical services by charging customers more than it pays the physicians. Consumers are charged at least \$40 for a physical exam but the doctor receives only \$15 to \$20 of the fee.

Refusing to comply with a New York state law which gives consumers the right to cancel membership contracts within three days and obtain full refunds. The suit alleges Nutri/System has been charging \$60 to \$80 in cancellation fees.

Thank you to Conrad Blickenstorfer for supplying an article by Eric Freedman published in the Knickerbocker News (Albany, NY), September 1, 1983 for the details on the Nutri/System case. ★

MEDIA REVIEW

THE BODY SELLERS

NBC'S MONITOR

Aired Saturday, June 11, 1983

In a well documented news piece, the Monitor staff took us in front of and behind the scenes of the Cambridge Diet Plan.

First we saw some happy, bubbling, thin Cambridge counselors talking about their diet to a group of customers. Of course there was the inevitable "formerly 500 pound man who lost 300 pounds". He showed us his "fat" jeans and said, "And you're wondering why I'm standing here shiny-eyed..." to peals of laughter from the dieters he counsels. Then Monitor told us the rest of the story.

The doctor who invented the plan at Cambridge University did not appear on camera. The University is embarrassed by the diet and would not let him appear.

The owners and top executives of the Cambridge Corp. did not appear on camera for interviews either. The Feathers, mom, dad, and son Vaughn (who is currently the corporate president) were, however, filmed stepping into some very expensive cars. We were also taken to Pebble Beach, California, where the Feathers reportedly own a very expensive home, paid for not by Cambridge products, but by many of the other diet scams they touted for years.

Yes, the Feathers were behind such "wonderful" devices as the sauna suit (you inflate it on your body using an ordinary home vacuum cleaner), guaranteed to "take 15 inches off you in 25 minutes", and the infamous Mark Eden bust developer. Almost everyone in America has seen those Mark Eden ads featuring a big-busted girl swearing that she was flat-chested until she used the Mark Eden developer. Monitor interviewed that girl. She explained how she had signed the testimonials and posed for some pictures, but that she was never the owner of the bustline that later appeared under her face in the ads. Several M.D.'s explained how the Mark Eden bust developer, the sauna suit and the other Feather-touted products were all worthless and ineffective. The Feathers, we were told, were prosecuted by the United States postal authorities for their various mail frauds and recently settled on a \$1.1 million fine.

The 1.1 million appears to be a drop in the bucket in the Feathers' new merchandising scheme, the Cambridge Diet Plan. The Cambridge Corp. had sales of over \$300 million last year. But there have been a number of lawsuits and several reported deaths. Evidence was presented as to the health dangers of the diet. We met a woman who sued Cambridge after developing a dangerous heart arrhythmia from the diet, and saw film footage of a "healthy young woman" taken a few weeks before she went on the Cambridge plan and died. Monitor had several doctors explain why they believed the diet is dangerous and why they don't expect it to make any long range differences in the weights of most of the dieters. They even interviewed an M.D. who stated that, in his opinion, the Cambridge diet killed that healthy young woman.

The show ended with an interview with a Cambridge counselor. This formerly fat woman told Monitor how the Cambridge Plan saved her life. Not only was she thin now, but that she finally was a separate entity from her husband and child. She told us proudly that she had

found her identity as a Cambridge counselor. As her smiling face faded from view, the anchorman told us that she has kept the weight off for only 9 months and that 95% of all diets fail in the long term.

The Monitor show was excellent. It was easy for the viewer to conclude from the evidence that the Feathers, made rich by other phony weight-loss schemes but in hot water with the postal authorities for mail fraud, turned to greener pastures of exploitation. They now sit, safe in corporate headquarters from further governmental threats, raking in the profits from the top of this pyramid scheme. Fat people, who are the victims of the scheme, are also the exploiters, doing the "dirty-work" for the Feathers. You might note that Cambridge salespeople are always referred to as Independent Cambridge Counselors.

Cambridge news update: Since this Monitor show was aired last June, there have been several reports from reliable sources that the Cambridge Corp. is in financial trouble, perhaps in the process of filing a Chapter 11 bankruptcy. We have not been able to verify these reports, but we will keep you informed in further updates.

We did, however, spot an advertisement in Newsday (L.I.) on September 14, 1983. It read in part:

" CAMBRIDGE COUNSELORS
 Special Meeting Announcement
 Last night our group decided to switch to the other MLM weight loss and nutrition company... "

This only goes to show that even if the Cambridge Corporation and the Feathers go out of business, their scheme will continue. There will be new faces, new products, new corporations raking in profits, as long as there are fat people who want to be thin at all costs, as fast as possible. ★

editorial

by Nancy Summer

"GO FOR IT!" That's what Bill Fabrey said to me when we started our usual pre-paste-up discussion of just how big the next issue of the Newsletter can be. He surprised me, because I usually have to do a lot of fast talking to get any more than an "8 pager".

NAAFA is committed to producing an 8 page Newsletter, 6 times per year, plus some special publications from time to time. But what I'm always pushing for is an expanded Newsletter. I feel its time has come. There is so much going on in the fat liberation movement, so many ideas and concepts developing, so much information to share, that we simply have to commit more money to printing larger Newsletters.

The problem is, of course, we can't spend money we don't have. So each issue, we sit down and "discuss" the feasibility of more pages, and always, common sense and financial responsibility win. I have to "bump" articles, feature stories...all those little extras that I wish I could include.

To paraphrase the motto of the New York Times, I often feel that the Newsletter's unofficial motto is:

ALL THE NEWS THAT FITS, WE PRINT.

But not this issue. During our discussion I pointed out that NAAFA just had a successful fundraising drive and a successful convention and our national fundraising raffle is scheduled for the fall. And Bill Fabrey said, "Go for it!"

Well, I went for it, and even so I had to bump an article or two...but I feel this issue is a good example of the direction that I would like to see this Newsletter move in.



That's where YOU come in. I need your support to be able to continue expanded issues. First I need you to write a letter to the Board of Directors and tell them how you feel about bigger and better Newsletters. Secondly, if it is all possible, NAAFA needs your financial help.

Write a donation check or commit to a monthly pledge, because the bottom line is even if the Board is convinced that we need expanded Newsletters, NAAFA still has to have the funds to pay the printer's bill. With your help, I may be hearing "GO FOR IT!" for every Newsletter issue. ★

NAAFA NEWSLETTER

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NAAFA FORWARDING SERVICE

Often readers of this Newsletter wish to write to NAAFA members who are featured in photos or articles. However, NAAFA's mailing list is strictly confidential. Fortunately, NAAFA's office is able to forward such mail. A \$5 fee is charged for each personal letter that is forwarded. The \$5 fee covers office expenses and includes a tax-deductible donation of \$3 to assist NAAFA in its general purposes.

Members who wish to have personal letters forwarded should seal their letters in an envelope that has the addressee's name and proper postage affixed to it. Enclose this envelope in a mailing envelope and mail to NAAFA, PO Box 43, Bellerose, New York 11426 along with the proper fee.

Non-confidential mail to committees is, of course, forwarded free of charge. This mail should not be sealed in an inner envelope.★

The Newsletter welcomes our new West Coast Editor, Susan Dubin of Santa Cruz, California. Besides her interest in fat activism and writing (she has had several articles published), Susan is completing her M.A. in Humanistic Psychology and is also a certified massage practitioner. In her own words:



"I see NAAFA as more than just a way of life. The causes that we are working for form the very breath of life itself. Within five months of NAAFA membership, my life has experienced a vast transformation.

In the past, I pursued a Don-Quixote-like vision of "THINNESS" equaling personal and professional success, love and happiness. Now all that has changed.

I hope all of you on the West Coast will keep me informed of advancements made by both groups and individual NAAFA's. By sharing your success, you will inspire others. I will be reporting all the West Coast news to our fellow NAAFA's as well as writing feature articles for both this Newsletter and local publications. It all feels like a glorious new beginning."

Please send west coast news to Susan Dubin c/o NAAFA PO Box 43, Bellerose, NY 11426... or you may call her at 408 338-4957 with personal or chapter news.★

activism

"IF THERE IS NO STRUGGLE,
THERE CAN BE NO PROGRESS..."

-FREDERICK DOUGLASS

(from a sign over the doorway of the Martin Luther King Labor Center in New York City)

ACTIVISM VICTORY

Russell Williams of Hagerstown, Md. is usually quite vocal about his appreciation of the large figure, but he doesn't mind starting small with activism projects.

"Start on your local level if you want to get a resolution or law passed banning size discrimination. You might belong to a church, association or union where you can get a resolution adopted..." Russell has told NAAFA's attending his activism workshops.

Several years ago Russell convinced his local school board of Washington County, Md. to add the word "size" to the list of other groups that are protected from discrimination. On June 29, 1983, it was announced that the Washington County Commissioners approved the updating of the country hiring policies to include protection from size discrimination in ALL county hiring.

"I was expecting to be fighting this thing all summer," Russell told reporters after the announcement. "It's good to know we are governed by intelligent, fair-minded people."

The next step? Russell says he plans to take his campaign against size discrimination to state officials next.

Newspaper articles about the Washington County decision appeared in papers across the country. Thank you to Russell for sending us a copy of an article by Arnold S. Platou that appeared in the Morning Herald, June 29, 1983, Hagerstown, Md.★



by Russell F. Williams
Maryland

Activism does not necessarily involve picketing and challenges to governmental and corporate structures. To maintain a sense of self-worth, one who is and/or loves a fat person can, and almost has to be a fat activist in their daily existence. Fat people frequently confront social situations requiring a response, something must be done, and what the victim does either re-enforces or attacks the stereotype of the typical fat person as a weak-willed, uncontrolled, subservient person.

An example of this fat activism in daily life recently occurred when my wife Peggy was buying a bag of nuts in Wards, and a total stranger said, "You don't need those." Now it was Peggy's turn to do something. Among her possible reactions were: She could have ignored the statement and felt anger and/or depression. She could have re-enforced the stereotype and said, "I know they're bad for my diet, but I just can't help myself."

What Peggy did was turn around and quietly say, "You're a rude person without manners." Peggy thus politely returned the attack and hopefully the man will be a little less willing to provide strange fat women with gratuitous stereotypical advice about their dietary habits. Most people will not attack if they know that a battle will ensue, and even if we do not change people's minds, if we can just shut them up, our daily lives will be significantly improved.

Any appearance in public creates opportunities to attack or re-enforce the stereotypes. Occasionally, when I walk into a public place with a beautiful fat woman (usually my wife) a number of heads turn to observe the new entrants. A few eyes widen and some of the intelligences behind the eyes begin to formulate the perfect bon mot with which to amuse their dinner companions. For five to ten seconds, the floor is mine. I can set the scene. Starting off with a stage whisper, "Have I told you lately how lovely you are?" and following it up with a quick hug and/or kiss, stops all the witticism. I have set the scene and nasty comments such as, "Where did he get one like that?" and "Helen, if you don't follow your diet, you will wind up as fat and unloved as her!" die in the throats of their formulators. My scene setting may even produce, "George, why don't you ever say nice things like that about me?"

"EVERY PERSON WHO IS OR LOVES A FAT PERSON HAS A DAILY CHOICE. THEY CAN FIGHT FOR DIGNITY FOR THEMSELVES AND THEIR LOVED ONES, OR THEY CAN... ACCEPT THE GUILT..."

Each of the above is an example of social activism that can, and must be engaged in in the process of day-to-day living. Each is a sample of fighting the stereotypes of the uncontrolled and unloved fat person. Every person who is or loves a fat person has a daily choice. They can fight for dignity for themselves and their loved ones, or they can silently and shamefully continue to accept the guilt and self-loathing that society forces on those who have committed the "crime" of being and/or loving anyone larger than a size 10.

Because a victimizer has encountered a fat person who has self-respect and who will defend their dignity, the next time the "well-intentioned torturer" sees a TV show or reads an article about the unhappy, guilt-ridden, unloved, compulsive, sex-starved lives of fat people, a little question mark may appear in his mind. When that question mark appears in enough heads, we will have reached the promised land. Not only will it be dripping in milk and honey, but without malice, size fives will be asking us if we would care for seconds.★

WEST COAST ACTIVISM

by Susan Dubin
California

There are a number of exciting things happening on the West Coast.

Washington State NAAFA's recently went on the activist warpath with a letter writing campaign directed at the Washington State Lottery. It seems that the Lottery's television commercial featured fat people portrayed as pigs. The letter writing proved most effective and the commercial was taken off the air. As a follow-up, the ad agency was informed that, considering the number of fat people there are in this country, the image the ad agency had created was hardly an effective way to sell their product! This is an excellent example of the collective power of the pen -- so remember that your voice counts, and WRITE!

The Los Angeles Chapter is creating a pamphlet for health clinics, outlining standard and alternative medical ideas about weight, as well as myths about fat. The pamphlet is due out this fall.

The L.A. Chapter also recently had a booth at the Village Festival, a local community event drawing over 100,000 people. The viewed this project as a public awareness action rather than a membership drive and received a good response from many people.

In San Diego, NAAFA member Joyce Rue continues to excel with her own group, Abundantly Yours. Their mailing list has over 1200 people in the San Diego area. Joyce conducts workshops and consciousness raising groups and has met with great success.

Finally, we have two exciting announcements:

CALIFORNIA ACTIVISTS PLAN EVENTS

NAAFA has received two press releases from fat activists in California.

" Santa Cruz activists are taking the first steps in organizing a National Coalition of Fat Activists on June 21-23, 1984 in Santa Cruz, Calif. The gathering is in cooperation with the annual Myth America Anti-Pageant, which coincides with the yearly Miss California festivities.

This year's Anti-Pageant theme was "Weight Slavery" and concentrated specifically, although not exclusively, on the areas of bulimia and anorexia. Over 700 women and men gathered in protest of the "ideal image" of women set forth by the Pageant. Wearing Diet Pepsi cans and other diet artifacts around their necks, dragging bathroom scales chained to their feet, and chanting slogans such as "Judge Meat, Not Women!", the protestors formed a human chain around the Santa Cruz Civic Auditorium and later had a powerful demonstration on the steps of City Hall.

Plans are for the Coalition to participate in the protest and to gather for workshops on such topics as health, activism, legislation, self-image, media and networking to further our solidarity and unity. Fat activists, and people who are concerned with the issues which affect fat people are encouraged to attend.

If you would like further information, wish to make a presentation at the June Coalition or would like to become an active participant in preparations for the event, contact Susan Dubin, PO Box 298, Brookdale, CA 95007, (408 338-4957)."

The Ad Hoc Committee to Plan a National Fat Women's Conference (Carole Cullum, Judy Freespirit, Marilyn Kalman, Betsy Keir and Leah Kushner) have announced plans for a Conference, probably next August, in the San Francisco area.

They request that anyone interested contact them right away with suggestions. So far the event is conceived as a 3 day conference with one day open to the public as an educational and information day, one day for fat women only and one day devoted to strategizing and organizing the national movement.

You can write them at : Fat Conference
PO box 4546
Berkeley, Ca. 94704
or phone Judy at 415 540-5504 (Tuesday or Thursday eves)

Please do not call the NAAFA office for further information on these events as NAAFA is not the official sponsor. We will, however, try to inform you of further details through this Newsletter as they are made known to us. ★

books

PRICE REDUCED FOR FAT POWER

The classic "bible" of the fat liberation movement, Fat Power by Llewellyn Louderback has been available only in the xeroxed form for some time. Due to the recent lease of a higher-volume xerox machine in the NAAFA office, it is now possible to reduce the price of the xerox set from \$26.00 to \$10.00, postpaid.

The 214 page book is "must" reading for those seriously interested in the movement. Those who can't find a library copy to borrow will now find Fat Power more affordable.

health

ARE ALL DIETS HARMFUL ?



by Paul Ernsberger
Chicago, Ill.

After reading reviews, critiques, and warnings concerning various diet schemes, one might be left with the impression that all diets are hazardous to health. That depends on how the term "diet" is defined. Many people think of a diet as a program listing of what to eat

each day for a specified period, for example: "Day 1. breakfast: half a grapefruit, toast, coffee or tea..." Usually there is a list of foods to be eaten in great quantity, and others to be avoided entirely. This kind of diet is almost certainly harmful. A diet that provides guidelines for eating, recommending relative amounts of different nutrients without prohibiting any type of food may actually improve health.

An example is the "U.S. Senate Diet", which consists of the nutritional guidelines of the National Research Council. This diet simply calls for eating a mixture of foods containing about 16% protein, 20% fat (mostly unsaturated) and 64% carbohydrate (mostly complex carbohydrate, such as starch), high in fiber, and low in salt and sugar, with plenty of grains, fruits, and vegetables. A moderate amount of meat and dairy products is suggested. If a diet is thought of as a guideline for food selection, I think that not only is dieting not harmful, but that everyone, fat or thin, should be "on a diet", at least in terms of watching what they eat.

The guidelines of the National Research Council have been endorsed by nearly all leading nutritionists and represent the culmination of decades of research in human nutrition. However, very few diets and none of the currently popular ones follow the guidelines. A rational diet based on sound scientific principles would never sell-- it would be too dull. A gimmick with sensational claims is necessary to catch the public's jaded eye.

If the first component of diet is the kind and proportion of foods to eat, the second is the amount. This leads us into the treacherous waters of recommended number of calories. Many nutritional experts hold that the number of calories contained in a weight-loss regimen is not as important as the rate of weight loss. One pound per week is recommended by Dr. George Mann, writing in the American Journal of Public Health. A few nutritionists suggest two pounds per week as the maximum safe rate of weight loss. More rapid weight reduction is associated with a loss of lean tissue from the body, and the breakdown of vital tissues. Even gradual weight reduction results in a loss of lean tissue, but most of the weight lost is fat. The one to two pounds per week maximum recommended by conservative medical authorities clearly rules out such radical techniques as weight loss surgery and the so-called "protein sparing" fast. Those produce a rapid loss of weight, which is widely acknowledged to be hazardous.

There is no recommended minimum rate of weight loss. In fact, a weight reduction rate of zero on a diet may be perfectly acceptable, and even advisable for a person with a history of repeated losses and gains. Dieting to maintain a stable weight may be the best option for improving health for some fat people; a gradual decrease over a period of years may be best for others. This issue has not yet been properly addressed in medical studies.

Nutritionists vary in their recommendations for a minimum number of calories for a long-term diet; my survey of the medical literature reveals estimates between 800-1300 calories. However, most nutritionists warn that a properly balanced diet providing adequate nutrients to maintain optimum health is impossible below 1000 calories, and very difficult even at 1300 calories. For those with limited incomes, it is even more difficult because many low-calorie, high-nutrient foods required in such diets are relatively expensive. Very low-calorie diets are both dangerous and ineffective because

- 1- probable lack of essential nutrients,
- 2- lack of dietary fiber,
- 3- destruction of vital tissues,
- 4- production of abnormalities in metabolism,
- 5- mineral imbalances,
- 6- they fail to produce changes in everyday eating habits,
- 7- are most likely to result in regain of weight, and
- 8- produce actual weight gain in the long run by raising body weight set-point.

One study compared an 800 calorie diet with fasting (reported in Annals of Internal Medicine, 67:60, 1967). While fasting produced a greater loss of weight, the weight loss was primarily lean tissue and water. "Less than 40% of the lost tissue was fat," state the authors. There was a three times greater loss of body fat on an 800 calorie diet compared to fasting. After the fast, the patients gained weight on an 800 calorie diet. This was due to the rebuilding of lean body tissue, while fat continued to be lost. This shows that fasting is inferior to a low calorie diet in terms of loss of body fat. All of the extra weight loss from fasting is from parts of the body other than fat deposits.

In conclusion, weight reduction diets can be safe if the nutritional guidelines of the conservative, mainstream medical authorities are followed. The numerous experimental rapid weight loss programs promoted by more radical physicians are not accepted by the medical community as a whole and should be avoided. The only acceptable regimen is a diet following the National-Research Council guidelines providing sufficient calories to maintain a steady weight loss of one pound per week or less. ★

McCALL'S WATCH

Keep your eyes on McCall's Magazine which recently agreed to publish an article by NAAFA's Health Committee Chairperson, Paul Ernsberger of Chicago. Paul has not yet been informed of the publication date of his article, so we suggest that NAAFA's check new issues as they arrive on your newsstand. CONGRATULATIONS, PAUL!

A copy of the following letter was received by the NAAFA office. The author asked us to share her experience with her fellow NAAFA members, but asked that we keep her identity confidential.

DEAR DOCTOR...

Dear Doctor,

I am writing to share my experiences and feelings in the hopes that you, in particular, and medical personnel in general, will in the future be more responsive to the needs of fat patients and patients of all sizes experiencing a miscarriage.

I arrived in your emergency room experiencing my first pregnancy and my first miscarriage. I was suffering both emotional and physical trauma. Not only was I mourning the death of a much-wanted unborn child, I also feared not being able to bear any other children before my biological clock runs out. Since Emergency had trouble locating a doctor, I was weakened by three hours of bleeding and pain.

Did you sympathize with me on the loss of my child? Not that I recall. Did you inform me that most mothers who miscarry are able to have healthy babies in the future? I don't believe so. Did you reassure me that I probably did nothing wrong to cause the miscarriage? Again, no. Instead, in the midst of my anguish you decided to give me a weight-loss lecture.

As I recall, your opening question was, "Have you tried to lose weight?" Believe me, Doctor, there is not a fat person in America who has not. You suggested that my losing weight would make labor and delivery easier. All I could wonder at the time was if I'd ever get that far. If I followed your advice to diet and temporarily succeeded in losing weight, I would predict three possible outcomes: (1) Since dieting is nothing more than voluntary starvation, my body would be too malnourished to become pregnant (2) my malnutrition would harm my fetus (3) by the time I reached an "acceptable" weight, I would be too old to have children. So instead of trying to lose weight, I plan to continue eating a well-balanced nutritious diet and to increase my daily exercise with an aerobic walking program.

In my weak, shocked, and drugged condition, I was unable to respond to your comments or try to re-educate you. However, now I have several suggestions.

First, please read the book The Dieter's Dilemma by Bennett and Gurin. It summarizes current available literature on obesity and explains the futility and hazards of the dieting process.

I also recommend that your hospital set up an in-house training seminar on fat liberation and the treatment of fat patients.

Finally, please remember that fat people are human beings with feelings like everyone else. It is especially important when we are in pain and shock that you offer us the same treatment and compassion that you would offer a thinner patient. Your weight loss lecture only added anger and frustration to an already traumatic situation. In a less informed patient, such inappropriate timing might also have caused unjustified guilt - through an inference that the Doctor must be implying that fat caused the miscarriage. Please give all fat patients the medical care they seek and save the unsolicited advice for your friends.

Signed, Your Fat Patient ★

feature

SQUARING OFF



by Ruby Greenwald
Chicago, Ill.

I'm not sure how to broach this subject but I don't feel I can keep my mouth shut any longer. Not when I feel so strongly regarding this; not when it has such far reaching and, in my opinion, devastating conse-

quences. It all boils down to this:

WE ARE EITHER FOR OR AGAINST US.

I don't think I can straddle the fence any longer. The emotional and economic strain is too great; the position too uncomfortable and not at all becoming. I'm talking about our position on dieting and other weight loss gimmicks. Our hands off policy doesn't mesh with our position as intelligent, thinking, caring human beings. Do we really believe it's okay to be whatever body size nature decided to endow us with? Do we really believe that no one has the right to say "you are too fat, too thin, too short," - too anything? Then tell me why we support a \$100 million per year diet/weight loss industry! Why do we volunteer to act as guinea pigs for any type operation, experiment or weight loss program that anyone can dream up? If someone approached you asking that you donate money towards a campaign that would further the already blatantly flaunted prejudices against fat people, you would take off their heads. Right?!

We fat people, and thin people who have felt fat, have handed over billions of dollars to such companies as Nutri-Systems, Weight Watchers, TOPS, diet food manufacturers and diet doctors (not to mention surgeons who want to actually "cut us down to someone else's size.") And we continue to do so, even when we know 99% of us are going to regain 110% of the weight we lost. Many of us will die on the operating table or from diet related illnesses. We all suffer through insulting advertising plastered across TV screens and page after page of just about every magazine and newspaper we pick up -- all paid for by us!

We pay with embarrassment when some brainwashed little kid yells out in the supermarket at the top of her sweet little lungs, "Daddy, how did that lady get so fat!"

But adults are just as brainwashed as children. How many times have you been asked, "Why don't you just go on a diet?" or "How much do you really eat to stay so fat?" Is it really surprising that few people have heard of research that says we all have a setpoint? Are you surprised that few people know that many fat people actually eat less than their thin counterparts? Why?

When was the last time you contributed anything towards getting such information before the public? I don't know if I ever have. I do know I've supported weight loss gimmicks, and for that I'm truly sorry.

What I am saying in a round-about way is this: It's way past time to take a stand; to choose sides! Don't fool yourself. There is a war going on. There are individuals who are threatening our very lives. We have our dead, our emaciated and walking wounded to prove it. There are men and women willing/eager to see your health ruined (for your own good); people who know what they're doing when they use every trick in the book to convince us that fat is ugly/unhealthy/immoral just so we will turn over our hard earned money.

I am tired of being bilked; tired of being told I'm not acceptable because I'm fat; tired of the outrageous lies that are being passed as gospel; tired of hearing that what each person chooses to do with his/her body is none of my business. I can't buy that!

How utterly ridiculous to think that what other fat people do has no effect on all fat people. When we give money to the diet industry, we are supplying the enemy with ammunition to use against YOU and ME. We are aiding the very people who are, day after day, putting so much stress on us that young women and girls become anorexic. Many of us would rather be dead than fat. Surprised? Fat is depicted as some horrible, disfiguring disease that one must constantly guard against. We, as consumers, support multi-million dollar campaigns that daily reinforce this belief.

We are told fat people are lazy and simply don't care about themselves. If this was the case, half the battle would be won. No one would care enough to diet or buy diet foods. No one would get off his/her lazy behind to go to the doctor for a staple job, or a suction number, or have half his/her insides removed. This is one case where some inaction is called for. Stop dieting and/or buying diet foods! Stop getting mutilated! Stop joining diet clubs! Stop trying to change nature. Then square off, take a stand and start fighting! ★

Thank you to the Washington State Chapter of NAAFA's publication, The Ample Apple for allowing us to reprint Ruby's article.

[When I discussed this reprint of Ruby's article with her, she requested that I clarify one point. Ruby is not calling for a change in NAAFA's policy on dieting. She is, however, calling upon individual NAAFA's to boycott diet products and the diet industry in general. It has been suggested that it is quite possible to diet without the purchase of "diet" foods and beverages.

I personally began to boycott diet sodas when I realized that I was helping to pay for the anti-fat propaganda blitz of diet soda commercials through the purchase of the products. I refuse to help Diet Pepsi put one more anorexic bikini model on MY television screen.

The primary goal of the diet industry is making money, not helping us fat folks. Read on for a good example of a typical diet industry abuse. --Ed.]

CONSUMER REPORTS

We have all noticed that some "diet" products cost more than "fattening" versions of the same food. "Natural Pack" fruit often cost more than the same fruit packed in sweet "heavy" syrup. As odd as it sounds, we are charged more for products that have something (the calories?) left out. Only unhappy fat people would pay more for less!

The Consumer Reports show on Home Box Office reported another "diet food" gimmick. According to Consumer Reports, Prince Lite Thin Spaghetti, advertised as having one third fewer calories than regular Prince Thin Spaghetti, is the SAME spaghetti as the regular product. The only difference is in the cooking directions.

The regular thin spaghetti's box directs you to cook a 5 ounce portion for 10 minutes. The "diet" box tells you to cook one third less spaghetti for 20 minutes. While the two portions look alike after cooking, the regular has 210 calories and the "lite" has only 140. The "lite" also has a larger water content (soaked up during the extra 10 minutes of cooking) and one third less protein, minerals and vitamins.

So where's the catch? Consumer Reports cooked the regular pasta by the "lite" directions and ended up with "lite" spaghetti and saved money! The regular spaghetti costs 4¢ per ounce while the "diet" type cost 6¢ per ounce.

The message is obvious. Manufacturers know that fat people and thin people afraid of being fat still want their diets and their spaghetti too. Label any popular "fattening" food "DIET" or "LITE" and you can charge more for it!

Don't get ripped off. Check those expensive "diet" products that sound too good to be true before you buy... or better yet, DON'T BUY THEM AT ALL! ★

HOW TO MEET GUYS!

(OR: IF YOU WANT 'EM TO READ YOUR ARTICLE, GIVE IT A SNAPPY TITLE!)



--by David Whiteis
Chicago, Ill.

I've already made clear, in other articles, my distaste for the popular notion that NAAFA is primarily a singles' club for fat women and male F.A.'s. It's unfair to all the fat men out there, first of all, and it tends to obscure the fact that our struggle is as much a civil

rights battle as it is a search for a "significant other" or an attempt to "feel good about ourselves."

But I've been to enough NAAFA affairs (I use the term generically!) to know that a deep sense of loneliness is a major factor in driving many people to join NAAFA, and it would be unfair of me to ignore this in my various attempts to work at making our organization a better, more viable force for change in our lives and in society as a whole.

Since I've joined NAAFA, I've met more women I've found attractive than I'd met in the previous ten years of my life, yet I've done relatively little "dating" (as it seems to be called, although I'll admit I haven't used the term since high school) within the NAAFA social circle. Why?

Well, part of it is undoubtedly my own temperament. I'm known as an opinionated, activist-minded person with very individual tastes -- I'd rather listen to the folk wisdom of a 75-year-old blues pianist than spend an entire free week in Las Vegas -- and part of the price you pay for being outside of the mainstream is having a smaller circle of friends than some others might have.

Still, you don't have to be cosmic soul-mates with a person for the two of you to enjoy each other's company, and I've hit it off quite well with a great many NAAFA women whom I found attractive and interesting, and who seemed to have somewhat similar feelings about me. Yet in many cases, something still held me back.

If a person --male or female-- wants to be liked, the first step in the process is indicating, somehow, that he or she is likable. The following are direct quotes to me from various female NAAFAs:

"All the men I've ever dated have been losers."

"I didn't think you'd call me," (after I'd promised I would.)

"Unless I'm going to be going out with you, I spend all my time at home alone. I cry a lot."

Now, let's think about this. Is that any kind of a resume? I certainly don't want 1) to be the latest in a company of losers, or 2) to be called a liar, or 3) to be saddled with the burden of being the sole source of happiness in a person's life. I was hit quite hard, almost devastated in fact, by the preponderance of such statements at the 1982 Convention I attended. This idea of "I want you because I'm desperate!" is insulting to both you AND me, and it's time we all did something about it.

The interaction between the sexes in NAAFA should be a fun, joyous celebration of minds and bodies coming together, a Mardi Gras of kindred spirits. The fact that it's so often not, indicates that there are problems somewhere, and we should try to identify these problems and deal with them.

Men are nobody's saviors, and women --fat or otherwise-- while inexpressibly attractive and exciting to me, are first and foremost people with whom I share this world, my ideas, my duties, and my desire to work for changes which will make this a better place for all of us to live.

The undercurrent of desperation which some people bring to NAAFA inhibits the happiness and excitement which should be here for all of us. We should learn something from Aretha Franklin, who sang (back when she was plump and beautiful): "What you want, baby I got it!" Unfortunately, too many of us tend to get mired in "Gee, I'm sorry that what I have isn't what anybody wants!"

But HOW do we change? HOW can we release what writer Piri Thomas calls "a swinging sense of inner beauty" that resides in all of us? I humbly offer a few suggestions:

1. CARRY YOURSELF LIKE A WINNER!

Watch people --of all sizes-- walking down the street. We all have an inner sensuality which can be either repressed or expressed, and I'm not talking about "trashy" hip-thrusting, either. A person who carries herself like a walking apology --hunched shoulders, stiff neck, furrowed brow, furtive glances-- is advertising: "I'm unlovable and untouchable!" Sway a little; let it flow! You're beautiful!

2. CLEAN UP YOUR RESUME!

If you've got any statements like the ones I quoted earlier lying around, delete 'em! Talk about your ideas, your philosophies, your interests, or tell jokes, or whatever -- or if you think I'm attractive, go ahead and tell me, but please don't tell me that only a "loser" could possibly be interested in you. Kinda breaks the spell, know what I mean?

3. GET OUT THERE AND LIVE!

This is the most important one, and it's probably the most difficult, as well. We live in a fascinating world: Things to do, people to meet, natural beauty to enjoy, songs to be sung, great thoughts to be read, learned, and discussed. A person who drinks deeply the wine of life will naturally have an easier time with my first two suggestions than will a stay-at-home recluse.

But it's hard, you say; there is ridicule and rejection out there.

At this point, I may sound a bit harsh, but my answer to that is, "Yeah. So what else is new?"

Just this weekend I learned of a blues musician--one of the premier shapers of our modern music-- who spent time on a chain gang because he had the audacity, in 1947, to walk down a street in Memphis during the day, when all "good" Negroes should have been working! Black Americans spent years under this kind of oppression, and only through organized resistance and refusal to give in did they manage to put at least a partial stop to it. From one of these proud resistance groups --the NAACP-- we've borrowed our name. We should incorporate some of the fighting spirit, as well.

An awful lot of people in this world have been ridiculed, ostracized, and laughed at. None of us has the right to use this as an excuse to give up, or to retreat behind closed doors into apathy and self-pity.

I want to see the sparkle of life in those eyes that shine from those beautiful, full-moon faces of NAAFA women. I want the voluptuous sensuality of a round, soft, rippling body to be reflected in your walk, your laughter, your conversation. I want, basically, the same things you want from me: Understanding, a lust for life, a willingness to take on all of experience with its moments of beauty and its hard knocks as well, and a warm hug --for starters, anyway-- when I'm feeling empty.

Let's all have the courage to swing through this life with our heads up high and our feet dancing, and maybe we'll meet at the next celebration. Or, as the song says:

"Shake it, shake it, Sugaree,
I'll meet you at the Jubilee.
And if that Jubilee don't come,
Maybe I'll meet you on the run..."

--Robert Hunter & Jerry Garcia

Either way, I'll be looking forward to it. ★

feature

BEFORE AND AFTER NAAFA

by Dorothy E. Rakus
Conn.

Everyone experiences their own changes after joining NAAFA. One of my biggest changes after NAAFA membership and exposure was to become proud of the fact that I was FAT. Before I became a NAAFA member and read the pledge, I was very critical and ashamed of my body and the way I looked.

Also, sad to say, I was very receptive to insults and innuendos directed at me by various so-called acquaintances (I would not call them friends) and well-meaning relatives. The biggest culprits of this type will always be the slimmer members of your own family, who through well-intentioned manner, often deliver such diatribes as, "Can't you control your appetite, eat less, and lose weight?" or "If you lost weight, you would look much younger, and be able to do a lot more than you do."

I learned through NAAFA that those people were wrong.

Fat or not fat, I was eating less than the slim ones who were forever munching on all the 'forbidden' (to me) goodies in reach. I looked at the goodies and gained weight. They ate and lost weight!

As for looking younger, casual observers take me for ten years younger than I am because I do not have many wrinkles in my face. My outlook is a lot younger and healthier since NAAFA and its good influence on me.

As for being active, I went to work 17 years ago after raising a family of 8 children and one foster child, when my oldest child was 16 and my youngest was 4 years old. And despite arthritis (which strikes all ages, sizes and kinds of people), I'm still going strong! ★

THE FAIRVIEW PARK DIET

(OR: IF NAAFA EVER TAKES A STAND AGAINST A DIET,
IT MAY BE THIS ONE!)

by June Bailey
Fairview Park, Ohio

Have you ever noticed that weight-loss diets are usually named after places and not people? We have had the privilege of knowing about the I LOVE NEW YORK DIET, THE BEVERLY HILLS DIET, THE SCARSDALE DIET, THE MOUNT SINAI DIET ad nauseum. Sometimes the diets are named after foods like THE BANANA DIET, THE EGG DIET, THE TOMATO DIET, or THE VERY-RARE-SPECIES-OF-AN-EXOTIC-HERB-ONLY-FOUND-IN-THE-BACK-LOT-OF-MGM-STUDIOS DIET. (The latter is relatively unknown, of course, but it combines the names of both a place and a food. I know a fat person who went on this one. She didn't lose any weight but she got a part in a musical.)

It would be so nice if they would name diets after people (excluding doctors, of course.) I wouldn't be so presumptuous as to devise a JUNE BAILEY DIET, although it would be so delicious I could sell a million books. However, an article in the May, 1982 issue of The Ladies' Home Journal did prompt me to devise the FAIRVIEW PARK DIET.

Ladies' Home Journal featured the SOUTHAMPTON DIET. For those of you who don't know where Southampton is, it is described in the article as being "the glamorous playground of New York City's most fashionable people". I still don't know where it is but I figure it must be either near New York or south of Northampton.

The diet is the creation of Stuart M. Berger, M.D. M.P.H. (does that stand for miles per hour?). Dr. Berger has collaborated with Marcia Cohen on a book published by Simon & Schuster. Dr. Berger weighed 420 pounds at one time and is over 6'6" tall. He lost weight on his diet. His parents owned a candy store when he was a child but he doesn't blame his weight on that factor alone. I have to agree with him. We lived behind a candy store when I was a child. My sister was thin and I am fat so I think he has a sound theory there.

I'll let you read the book to find out about the diet. Well, alright, so you can't wait. The book is copyrighted so I can't tell you all about it except to say that you can eat all of the following foods you want in unlimited quantities: chicory, celery, cabbage, cucumbers, endive, escarole, lettuce, parsley, radishes, watercress, raw carrots, bean sprouts and lemon juice. (I think I have read that someplace else.) The thing that makes this diet different is that it is divided into four parts, so dumb fat people can understand it. Perhaps it is based on the myth that fat people must be dumb or they wouldn't be fat.

The fourth and final part of the diet is my favorite, BEHAVIORAL TECHNIQUES. Taking a cue from these techniques I have created the FAIRVIEW PARK DIET BEHAVIORAL TECHNIQUES. Choose one from Column A and fifteen from column B to follow my diet.

COLUMN A SOUTHAMPTON DIET BEHAVIORAL TECHNIQUES

COLUMN B FAIRVIEW PARK DIET BEHAVIORAL TECHNIQUES

1. Being in the kitchen always triggers overeating. Remove the television, radio and telephone from this room.
2. If possible, have someone else prepare your meals a few times a week.
3. After dinner, let someone else do the dishes.
4. Remove all high calorie food from open containers and store them on the highest shelf in opaque containers.
5. Rearrange your refrigerator so that any foods not prescribed by the diet are hidden.
6. Forbid yourself to eat while engaged in any activity (except conversation with your dinner partner.)
7. Make a list of activities that you enjoy. The moment you sense the onset of an anxious period when you might be tempted to eat, turn to your list.
8. Count the average number of times you chew your food per mouthful. Double that number.
1. While you're at it, also remove the stove, refrigerator, table, chairs and sink and rent out the kitchen to a needy family. You can always prepare your meals in the bathroom.
2. Hire a maid, preferably one of the opposite sex. While he/she prepares your meal, lounge about eating bon-bons.
3. If you don't want to use the same servant who prepared the meal, you can double your fun.
4. If you store high calorie food in open containers, you probably have roaches or ants. If you choose this one you can invite that tall guy you know to a Tupperware party.
5. Make a note and stick it to the outside of the refrigerator so you won't forget that you hid the whipped cream behind the escarole.
6. Translation: No more Hershey bars during sex.
7. Put eating on the top of the list. When you sense the onset of an anxious period, have 42 jellybeans and tear up your list.
8. Don't talk with your mouth full, and if you are enjoying your food, chew it 'til your jaw aches.

9. Drink water before but not during a meal. Liquids before a meal creates the feeling of fullness. During a meal it tends to deprive the dieter of pleasure.

10. Completely swallow each bit of food before you put more on your fork. This is a certain pace-slower.

11. When eating alone, use the "wrong" hand.

12. When you feel a craving for a snack, set the timer for 10 minutes. If, after the bell rings, the craving is still with you, eat the snack then. Many people find the cravings disappear after that short period of time.

13. A mental game: When you're dining with others, set yourself the goal of being the slowest eater.

14. Practice positive reinforcement. Each time you resist a diet-breaking temptation, reward yourself. It can be money, clothing or a special event you'd like to attend.

15. Keep a food diary. Every day write down exactly what you've eaten, what you were doing while you were eating, who was with you, the time of day, how hungry you were and any emotions you felt at the time. This will help you recognize what stimulates you to eat.

9. So does not eating. I tried this one. It flushed out my kidneys so good, I had to have a transplant.

10. Don't brush your teeth after eating. You can save the bits of food stuck between your teeth for a later snack.

11. When eating alone, don't use any hands, just lap your food up off your plate.

12. When you feel a craving for a snack, hurry up and eat it. See how many cream-puffs you can eat before the timer goes off. Many people find the cravings disappear after this one.

13. I am ALWAYS the last to finish and I'm the fattest one in the bunch. Everyone is up to dessert while I'm still loudly crunching my salad. Very embarrassing.

14. Each time you resist choosing one from Column A, reward yourself by going to a NAAFA meeting.

15. FRIDAY: I ate one salad with bleu cheese dressing, a bowl of lentil soup, a piece of fresh scrod and some green beans. It was 6:30 PM. I was chewing each bite 40 times while we were dining with friends. I was ravenous because I hadn't eaten since 7AM. I felt completely satisfied and happy because I was celebrating 28 years of marriage to a man who has stood by me through fatter and thinner.

The SOUTHAMPTON DIET also lists "Sad Foods" and "Happy Foods" on the premise that some foods affect our moods. How come all the foods that make me happy, like chocolate, are on the "Sad" list? Dr. Berger says chocolate contains phenylethylamin which creates a negative neurotransmitter. I like mine better with almonds. When Dr. Berger writes a book about the "Berger" diet, I'll have mine with catsup and relish, hold the onion. ★

A FEW MOMENTS IN NAAFA HISTORY...

Thirteen years ago, the very first Newsletter appeared, featuring a front-page article and photograph about NAAFA's coverage in the New York Times. [Vol. I, #1, Oct. '70]

Eleven years ago, a controversial reprint of a Time Magazine article featuring a fat nude poster for a Fuji film ad raised eyebrows of some Newsletter readers. [Vol. II, #5, Oct. '72]

Nine years ago, the story of the Sheraton Hotel discrimination case was told, in which it was proved that the hotel had lied to NAAFA's Convention Committee to

avoid booking a convention in their hotel [Vol. III, #5, July-Aug, '74]

Seven years ago, a front-page story condemned gastric bypass surgery, and the back page carried the obituary of NAAFA's first life member, a writer and scientist who, using the pen name "Max Hess" wrote an erotic piece called "The Bigger They Come, the Harder I Fall" in Avant Garde magazine. [Vol. V., #4, Sept.-Nov. '76]

Five years ago, a front-page story titled "Liquid Protein Diet Fatal?" went on to discuss protein-sparing modified fasts [similar to the Cambridge Diet --Ed.] and its dangers. [Vol. VI, #6, May '78]

Three years ago, the front page covered the concepts of Dr. Susan C. Wooley (and Dr. O. Wayne Wooley) in an article called "Stop Dieting and Start Living" [Vol. VIII, #3, May- Aug. '80]

History buffs may be interested to know that NAAFA's Book Service carries all back issues of the Newsletter. [See ad elsewhere in this issue. --Ed.] ★

people

WE CAN BE...ANYTHING WE WANT TO BE

Peggy Williams of Maryland opened her own income tax preparation business last spring. Joanne Preissler of New York recently open her own large size clothing shop called Fully Feminine. Good luck on your business ventures!

Congratulations to Bunny Peckham of New York on winning the "Employee of the Quarter" award over 1600 other employees in her firm.

Louise Wolfe of California recently graduated from computer programmer school and Joyce Fabrey of New York completed her college requirements for a degree in Business Administration. Congratulations graduates!

On the way up...Elisabeth Williams was recently promoted to Supervisor of all the nurses in her home care agency on Long Island.

And all the best of luck to Brooklyn member, Joyce Maloney on her singing debut in a New York nightclub, and to former member Gail Gold (who now performs under the name of Gillian Lewis) on her comedy debut also in a New York club.

If you have an announcement of a promotion, a new job, an award you received, or a graduation...please share it with us. Your accomplishments may encourage someone else to follow in your footsteps.

Please send your announcements, as well as any birth or marriage announcements (with wedding pictures, please!) to People News, c/o NAAFA, PO Box 43, Bellerose, NY 11426

OBITUARIES

BETTY J. CORDELL, age 55 of Williamsport, Md, a member for four years and the Secretary of the Cumberland Valley Chapter, died on June 11, 1983 of unknown causes.

ALICE LEISSLER, age 38, of Vienna, Va. active in the Baltimore-Washington Chapter and a member one year, died of complications suffered three days after gastroplasty (stomach stapling) surgery.

c.o.b.'s corner

HOW CAN NAAFA GET MORE MEMBERS?



by William J. Fabrey
Chair of the Board

After 14 years, we have 1500 members, give or take a few hundred, depending on where we are in the renewal/dropout cycle at the time we make the count. Why not 15,000 or 150,000?

Everything NAAFA does--self-help and civil rights activities, conventions, local chapters, NAAFA-Date and Pen Pal programs, Newsletters, re-educating the public, publicity, etc.--all would get a "shot in the arm" with increased membership. So it is worth taking a look at the factors affecting the number of members we attract and keep...

It is estimated that there are more than 60 million Americans who are moderately or greatly "overweight" by conventional standards; that two-thirds of adult American women at one time or another feel that they would be better off weighing less; and that there may be several million adult Americans whose body weight is more than 50% fat.

Well, we know that this last group (unfortunately known as the "morbidly obese" in medical literature) is the one which is subject to the greatest weight discrimination, and whose members are most likely to join NAAFA.

Oh yes, lest I forget to mention the F.A.'s (fat admirers), they probably constitute 5% of American men and an unknown number of women, forming another group of some 7 million potential NAAFA members. If only 1% of those "came out of the closet", we might get 70,000 to join.

So why is NAAFA so unpopular, relatively speaking? Let's venture into fantasyland for a moment, and suppose that for the last 14 years, NAAFA had done everything right--put out regular publications, answered everyone's letter, and made everybody happy, resulting in no dropouts--we might have 3000 members today, perhaps more, due to word-of-mouth advertising. However, we know that we can't make everyone happy, and that people drop out due to various reasons.

From 12/81 through 5/83, an 18 month period, our average renewal rate was 53.5%, which we are told is not bad for the type of organization that we are, but of course, it is always sad to lose any members.

But let's suppose that we kept the 3000 members anyway, and that we had improved our brochures to the point of being devastatingly effective--that instead of the 12%-16% who join after reading them, that 100% join. Of course, we know that some people who request literature are merely curious, and others find their need for moral support satisfied simply by reading our material, and knowing that NAAFA exists. Still others are horrified to discover that we actually believe that it might be O.K. to remain fat--and even sometimes preferable and (horrors) healthier than the alternatives! Well, if all these people joined anyway after reading our literature, we might have as many as 25,000 members at this point!

Then despite our extensive media coverage (radio, TV, newspaper, book, magazine, and even audio-visual) which results in a mention of NAAFA at least twice a week in the media somewhere in the U.S., suppose we launched an advertising blitz that resulted in a doubling of the membership--to 50,000 members.

In this "fantasyland" of situations I am describing, 50,000 members might be an upper limit--well under the circulation of the two fat fashion magazines, It's Me, and BBW. Why?

I think you know the answer. Most fat people simply can't accept being fat, not in 1973 and not in 1983. They can (and most will) remain fat all their lives, but they refuse to acknowledge the fact that slenderness, for them, may not be just around the corner.

Also, unlike the fashion magazines mentioned above, NAAFA's head-on approach to the problem of being fat simply has no appeal for millions of people. I suspect that the "softer-sell" approach used in the fashion magazines works much better to bring out thousands of fat people and fat admirers for whom our direct approach requires too great a leap in their thinking. Yet we must not back off from our way of dealing with the issues presented by fatness. There is room for many approaches to improve the lot of fat people in America, and ours is as valid as anyone else's.

You may have encountered the problem of introducing NAAFA to another fat person. For each one that is receptive, there are ten who are hostile, or who refuse to even consider identifying with a group of other fat people, unless it is for the purpose of losing weight. "Oh, I'm going on a diet next week," they'll say. Or, "I have to lose weight for my health!" as if their health will improve by further yo-yo dieting, weight-loss medications, or liquid diets that consume as much vital lean tissue as they do fat, and end up leaving the victim fatter than before he or she started.

We've been told that even our name is a deterrent to joining. We should be called the "NAAPPP(ALATDWTM)": National Association to Aid Pleasingly Plump People (As Long As They Don't Weigh Too Much). "NEVER USE THE WORD FAT!" we are told, and for heaven's sake don't imply that someone who weighs 300 or 400 pounds should have the same rights as those of us who have at least some will power.

Sorry, but NAAFA is for all fat people (and their admirers). We have already penetrated the consciousness of millions, even though they aren't members. The "fat pride" movement is alive and kicking. What we need now is some real development work to build influence and membership. With the right kind of grant support or private funding, combined with self-sustaining advertising, continued improved publications like this Newsletter, and more organization leadership within NAAFA and its chapters, we cannot fail to build the membership and at the same time, improve the lives of millions of oppressed Americans who happen to be fat. ★

BEHIND THE SCENES...

Some members express curiosity about the kinds of things that NAAFA actually does to "aid fat Americans"--besides things that they see with their own eyes, or read in chapter publications or this Newsletter.

Much of what actually goes on is "behind the scenes" and involves people who are so busy doing things, they have little time to stop and write articles about their work.

However, the following is a potpourri of assorted recent events that will show you the kinds of things that go on constantly. These examples deliberately do not include the work going on of an internal, organizational nature--or extra-fee programs like Pen Pal or NAAFA-Date.

1. In May, Chairman Fabrey, during a two-day period, made more than 20 long-distance phone calls in an attempt to respond to the 11th hour request of Ohio NAAFA's preparing for a hearing on the proposed legislation; also 13 specially prepared "press kits" were mailed by overnight Express Mail for the Ohio people to present to the politicians involved in the hearing. The resulting telephone contact made between NAAFA and a number of leading medical people in the field of fat research revealed an encouraging amount of support for NAAFA and its purposes.

2. In June, a new member who was dying of leukemia needed counseling, and was referred to our Health Committee. Member Elisabeth Williams visited the woman and was able to offer some moral support. Before the woman died, her daughter reported that becoming a NAAFA member and meeting

Elisabeth was one of the most positive experiences her mother had ever had.

3. Also in June, a NAAFA member called and offered to attend a symposium called "The Brain's Control of Weight" held in New York; and to report back on any unusual occurrences at the event. Her offer was accepted by NAAFA's Research Committee.

4. In July, a woman with a blind niece who is fat, wrote to NAAFA for help. She received a reply to her various questions, and as a result, was able to encourage her niece to join NAAFA, and subsequently, to attend the national convention.

5. In July, a woman wrote who was distraught and considering suicide as a result of health problems and a large weight gain two years after gastric bypass weight loss surgery, and a totally unsympathetic family failed to come to her support. The letter was referred to Paul Ernsberger, Health Committee Chairperson, Peggy Williams, Newsletter Activism Editor, and June Bailey, Newsletter Advice Editor. All three replied to the woman's cry for help.

6. Also in July, local NBC-TV promotions for the show Buffalo Bill had offensive references to fat women as "pork". Newsletter Managing Editor Nancy Summer made a number of phone calls, and many NAAFA's called the station to complain. [We recently learned at the Activism workshop at the convention that phone calling only goes so far in a case like this. Letter writing is much more

effective. If the case warrants it, you should send a copy of your letter to the FCC as well.--Ed]

7. In August, a member wrote and sent a complete set of documents relating to her loss of a job due to her weight, a job she was well qualified to handle. Chairman Bill Fabrey contacted the woman by phone and agreed to review the documents prior to her hearing in October before the NY State Division of Human Rights. He noted that there is no active Legislative Committee in NAAFA at the present time to which he could refer the papers.

8. Also in August, a fat man joined NAAFA after an exchange of correspondence in which he initially attacked NAAFA's neutral position on the issue of sexual preferences and gay rights (he was against gay rights) but ultimately came to agree on the right of NAAFA's to disagree with one another on the subject.

9. Again in August, the Chairman of the Overeaters Anonymous organization wrote to NAAFA requesting assistance in dealing with understanding a problem they have encountered at their conventions. A correspondence ensued, with possibly improved future relations between NAAFA and OA on certain issues of mutual interest.

The above nine examples, when multiplied by a factor of 50, represent a cross-section of "doings", few of which ever get reported, but which help to explain part of "what NAAFA does to aid fat Americans." ★

TREASURY NOTES

We would like to welcome NAAFA's Treasurer Susan Hoey who will be, from time to time, submitting information about NAAFA's finances in this new column.

I have two things I'd like to share with you this issue.

First, in answer to the question, "How does NAAFA spend our dues money?", I couldn't resist putting a price tag on some of the activities discussed in the article "Behind the Scenes." (In future issues, I'll be going into more details about our annual expenses.)

In item #1 of Behind the Scenes...about NAAFA's assistance to the Ohio legislation work...NAAFA spent the following:



Treasurer Susan Hoey

1. TELEPHONE EXPENSE:	
20 long distance <u>day rate</u> calls to obesity researchers (MCI used when possible) average call 10 minutes...\$3.00 each.....	\$60.00
& callbacks to Ohio NAAFA's	10.00
2. PRINTING & LABOR	
Preparation of and materials included in 13 special press kits designed to answer questions raised by the Ohio Senators.....	79.00
3. MISC. OFFICE EXPENSE	
13 suitable (but not elaborate) report covers to hold the press kits together.....	17.00
4. POSTAGE	
Overnight delivery from the post office.....	10.00
	TOTAL \$176.00

In a financial report, these expenses would be listed as printing, postage, telephone etc., but this gives you an idea of what's behind some of those categories.

It's important to note that not all the activities mentioned in Behind the Scenes cost money. Item #2 about Health Committee member Elisabeth Williams was

done on a volunteer basis with NAAFA only paying for a local telephone call, in this case. Item #6 was accomplished without any expense to NAAFA as all the volunteers involved made calls at their own expense. Our volunteer labor is one of our greatest assets.

My last point will be easy to make, thanks to a diet program ad and a little "doctoring" by our Editor. Some people have complained that \$25 is expensive for annual dues. How much money have we spent in the past on diet plans, programs, books and products?

Save Hundreds of Dollars



One low price for all.

\$ 25.00

For a complete program.

NAAFA No hidden costs
No gimmicks

No pills, no liquid protein, no injections and no prepackaged food. For men, women & teenagers. Least Expensive Program Available Anywhere. Call Today For Your Free Consultation. *All you can eat!*

Compare Our Prices To The "Competition."	
*Nutri/System	\$ 600.
*Diet Center	\$ 390.
*Thin Life Center	\$ 495.
*Diet Wellness	\$ 338.
*Weight Watchers	\$ 233.
*Diet Institute Quick Weight Loss	\$ 129.
*NAAFA	\$ 25.

advice

NAAFADVICE

by June Bailey
Ohio

Dear NAAFAdvice,

As a fat woman I have a real problem when somebody compliments me. I can't seem to accept the compliment graciously and always seem to come back with a detracting remark. I receive many sincere compliments, but I just can't find the right things to respond.

Signed, Haven't A Thing To Say

Dear Haven't,

You have too! How about just starting out with a simple "Thank you!". Before you say anything else, take a deep breath and give a sincere thank you in response. Practice an expression to go with your thank you. A surprised expression mixed with delight is a perfect accompaniment. That's all you need to say and do.

If you can't confine yourself to those two little words, and the compliment came from someone close to you, how about a nice big hug instead. That way you won't have to say anything; your actions will speak louder than words.

Just remember, if you continue to put down those compliments, you may find yourself getting fewer and fewer of them.

Compliments are often a problem for fat people. Many of us received few of them as children and we never learned to deal with them. Today's fat children also often suffer from a lack of compliments. Think about the damage that was done to you, and the next time you see a fat child, take the opportunity to offer a compliment.

Your praise to the child, particularly in the presence of the parent, will compensate for other cruel remarks the child may have received. It also may be a clue to the parent that their fat child has many redeeming features and not everyone thinks the child is less of a person because of the fatness.

Compliments are like money in the bank. They draw interest, multiply and reward us. Enjoy them, and give them.

Do you need some advice? Do you have a question about personal relationships or emotional issues? You can write Ann or Abby...but June knows that "FAT IS WHERE IT'S AT" and will use her experience as a fat person to answer your questions. Mail your questions to NAAFAdvice, c/o NAAFA, PO Box 43, Belle-rose, NY 11426. Letters will be held in the strictest of confidence. Be sure to enclose a self-addressed envelope if you want a personal reply from June. ★



f.a. focus

THE FAT ADMIRER

by Neil Dachis
Maryland

This article will be the first of a two part essay on Fat Admirers. I plan in this part to address the topics of exactly what an F.A. is, signs that indicate and signal F.A. needs, and what it means to be an F.A. in a thin-dominated society. My opinions are based on my own observations and experiences as I matured and accepted my own place in life as an F.A., as well as discussions I have had with other F.A.'s (mostly male) and fat women.

A Fat Admirer is a person of either sex, any age, race, or religion who has a certain psychological and physical orientation and composition which causes him/her to be sexually, sensually and psychologically aroused by and responsive to fat people of the same or opposite sex. More simply put, an F.A. is one who enjoys being with, looking at, thinking of, and being aroused by a fat person.

It is also very important in defining what an F.A. is, to emphatically state what an F.A. is not. A Fat Admirer is not a deviant, a pervert, a social outcast, a misfit, wierdo or any other unfortunate label that may be placed on the F.A. Those labels are sadly, but not surprisingly, used not just by some thin people but some fat people as well.

Personally, the feelings evoked within me when I'm around fat women are feelings of joy, contentment, deep psychological and physical excitement and a definite zest for life itself. I am a Fat Admirer and proud of it. I strongly believe if you feel you are an F.A., you should be proud and enjoy your special and unique orientation and remember you are not alone in your preferences. Most importantly, you must never lie to yourself about who and what you are. To do so, in my opinion, could lead to some problems.

In describing what it means to be an F.A. in a thin-dominated society, it's important to trace and understand the maturation process of the F.A. I believe F.A.'s go through three stages of development: 1. Discovery, 2. Denial, and 3. Acceptance and survival in the thin dominated world. I feel I am in the third stage, and it is my experience that F.A.'s must successfully pass through the other stages before they can feel acceptance.

Discovery is the primary stage where the F.A. realizes that what sexually and emotionally arouses his (or her) friends, does not do so for him. Consistently and repeatedly, the F.A. finds himself feeling empty and unaroused by the socially accepted notions of attractiveness.

Some of the "signals" that indicate that one may be an F.A. include such feeling as boredom and frustration when listening to female friends and family members (some of who may actually be thin) constantly discuss diets and dieting. Perhaps being aware of certain feeling or responses which can reach back into the earliest memories of childhood can "signal" this preference. Or perhaps it's as obvious as the F.A. suddenly "discovering" his heart throbbing with excitement and anticipation when he sees an extremely fat, beautiful woman turning the aisle in the supermarket. Fat Admirers, starved for the type of beautiful stimulation not provided for in more "traditional" men's magazines, may purchase Weight

next
issue:

THE NEXT MAILING: HEALTH COMMITTEE SPECIAL '83 ON WEIGHT LOSS SURGERY

THE NEXT REGULAR NEWSLETTER: SWIMMING GROUPS ACROSS THE COUNTRY...

1983 DISTINGUISHED ACHIEVEMENT AWARDS...

THE PEN PAL PROGRAM... BOOK REVIEWS... AND MORE FROM

RUSSELL WILLIAMS, PAUL ERNSBERGER, SUSAN DUBIN, DAVID WHITEIS, JUNE BAILEY, ETC.

Watchers magazines only to cut out and save the "before" pictures while discarding the rest. While there are many other "signals" these are some of the more common ones.

Unfortunately, the novel stage of Discovery is soon marred and nearly destroyed by the fanatical anti-fat propaganda war this culture wages against everyone, fat and thin alike. This results in the Denial stage that most F.A.'s go through. After all, how can anyone be attracted to something so unhealthy, repulsive, disgusting and downright un-American as fat is supposed to be. The young F.A., while discovering his unique preference, is concurrently subjected to the multi-billion dollar campaign against fat. It can develop a sense of fear, loathing and disgust towards fat, which in turn, is directed at himself for being attracted to fat people.

The Denial stage is the most traumatic of the three stages and can last from only a few months to decades. Some F.A.'s rebel immediately, rejecting all the myths and propaganda and proceed directly to the third stage of Acceptance, while others are never able to pass through Denial. You can observe such F.A.'s at NAAFA meetings as those individuals who, well into middle-age, still do not want to be seen in public with the women of their desires, and who are afraid to bring a fat woman home to meet their parents.

The Denial stage often includes a super-human and most importantly usually unsuccessful attempt at ridding himself or rationalizing away the F.A.'s special preference. Some may turn to psychotherapy and others may date and or marry relatively slender women in the attempt to erase the special needs. The Denial stage is a time of conflict between what the F.A. feels deep down inside and what society tells him to feel. Until the conflict is resolved, the F.A. will feel unspecific restlessness, unhappiness and a general dissatisfaction with life.

For those of us who survive, we come into the third stage of Acceptance and Survival. We survive by resolving the conflict in our favor, that is, we stop trying to deny our feelings and challenge the myths and anti-fat propaganda. We educate ourselves, and learn that being fat, even significantly so, is not nearly as unhealthy as we have been told. We learn that fat women can look good, dress well and be as graceful on the dance floor as their slimmer sisters.

A third stage F.A. breathes a sigh of relief that he no longer needs to live a lie. He is proud to be seen with a gorgeous large woman in public and is even prouder to introduce her to his parents. Most importantly, a third stage F.A. treats a fat woman as a person, with respect, admiration and, in some cases, love--open and unconditional, from the depths of his soul.

Being an Fat Admirer, in my opinion, is a way of life. It is a constant recognition and joyous acceptance that one is different from most others in a special way. It is a type of diversity to be welcomed, proud of, and fought for, if necessary.★

election

NAAFA ELECTION RESULTS

One resident of Maryland and two from New York were the winners of the 1983 election for the Board of Directors. William J. Fabrey (Port Washington, NY), Founder and Chair of the Board, was re-elected to another three year term. Susan E. Hoey (Bayside, Queens, NY) NAAFA's Treasurer retained her Board seat (to which she was appointed last year). Russell F. Williams (Hagerstown, Md), in his first bid to serve on the Board, was also elected for a three year term.

Candidate Florane Sclar (Brooklyn NY) drew respectable support from the voters but failed to muster enough votes to retain her seat. With 326 ballots counted, the results were: Fabrey: 287, Hoey: 228, Williams: 221, Sclar: 205.★

PAULA DACHIS ELECTED VICE-PRESIDENT

On June 17, 1983, the Board of Directors elected Paula Dachis of Columbia, Maryland to the office of Vice-President. Paula has been a member of the Board for one year and a NAAFA member for five years.

A graduate of Catholic University in Washington D.C., Paula is now Assistant to the President of a financial planning organization. She also spent a few years as standup comedienne and a back-up singer with a rock band.

Paula is also active in doing much publicity work for NAAFA in her local area and chairs both the Awards and Insurance Committees.★

from the committees

PUBLICITY REPORT

Publicity Committee

NAAFA's public exposure on radio, on TV, in books, magazines and in newspapers is consistent with the goal of re-educating the public to have more tolerance and understanding towards fat Americans. It's also the way that most new members hear about NAAFA.

When the sum of all publicity is added up, NAAFA or a chapter is mentioned somewhere in the U.S. on the average of twice a week. The following examples are only a few of the many that took place recently.

In May, Florida member Lois Tressler appeared twice on Miami television WPLG, once in a news broadcast, and again as a member of a studio audience on a talk show called Viewpoint, in support of guest Abraham I. Friedman, M.D. a member of NAAFA's Advisory Board.

Also in May, NAAFA received favorable mention in the outstanding publication, Association Trends (5/13/83) for the quality of the brochure "How to Read Between the Lines of a NAAFA Financial Report" which was mailed to NAAFA's as part of the Campaign '83 fund drive in April.

In June, a TV segment featuring NAAFA's Angela Cappelletto, Bill Fabrey and Nancy Summer aired on various dates on a syndicated show called "Afternoon" in Fort Wayne, IN; Houston, TX; Indianapolis, IN; Norfolk, VA; Sacramento, CA; and Tulsa, OK.

Members of the Swimnastic and Swimming program sponsored by the Long Island Chapter at the Human Resource Center were featured on the New York ABC affiliate "Eyewitness News". Members Susan Hoey, Angela Cappelletto, and Nancy Summer, while unable to mention NAAFA on the air, were able to discuss fitness programs for fat people and to convince hundreds of people to call the Center for information on the next swimming class. This TV show in June was the result of a very supportive article about NAAFA and the swimming program in Newsday.

In July, radio station WILY in Centralia, Illinois called, and was referred to Chicago Chapter Chairperson Ruby Greenwald, who did the show on 7/29. Two days earlier, on 7/27, NAAFA Publicity Committee member Angela Cappelletto appeared (via telephone hook-up) on radio station WHO in Des Moines, IA.

Also in July, NAAFA received another mention in Association Trends (7/29/83), this time spotlighting the impending anti-size discrimination bill in Ohio. Speaking of which, Fran Crider and Pat Baker as well as other bill supporters made many media appearances in support of the legislation this summer. It appears that now that the Bill has passed the Senate, groups that are opposed to the Bill are taking it seriously...Fran and Pat have been rebutting various attacks on the anti-size discrimination legislation.

In the next issue, we will be reporting on some exciting national coverage we have received.

FUND DRIVE MEETS GOALS

The Campaign '83 efforts by the Fundraising Committee, Bunny Peckham, Chairperson, appear to have paid off, thanks to the generosity of NAAFA's who contributed more than \$1000 to the drive. Their donations were matched by a \$1000 gift from the Long Island Chapter.

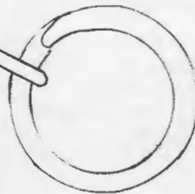
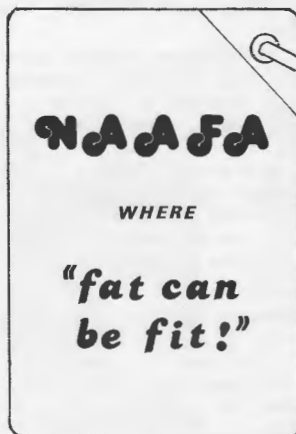
Among the premiums selected by donors was the new, "Fat Can Be Fit" photo keyring, shown in the illustration below. Special thanks is due to NAAFA members Denise Trombetti, Barbara Dodd, and Elisabeth Williams, avowed fitness buffs, whose color photo is supplied with the key ring.

These key rings are still available for donations of \$10 or more. Donations will still be credited to the 1983 campaign through December 31st. They should be made payable to NAAFA and mailed to PO Box 43, Bellerose, NY 11426 along with a note requesting the key ring, which also comes with a selection of slogans that can be inserted in place of the picture, if desired.

Proceeds of fund drives, like this one, are used to help offset NAAFA's annual deficit, publish more frequent and larger Newsletters, help continue subsidizing dues categories such as the "senior" or "limited-income" (formerly "unemployed"), and other worthwhile purposes.



Barbara Dodd (standing), (sitting left to right) Elisabeth Williams and Denise Trombetti



Sketch of keyring is shown 70% of actual size, with lettering on non-photo side illustrated.

THANK YOU TO ALL THE MEMBERS WHO CONTRIBUTED TO THE 1983 FUNDRAISING CAMPAIGN!

HELP!

The LEGISLATIVE COMMITTEE urgently needs volunteers with a legal or paralegal background to assist with job discrimination cases that are currently pouring into the NAAFA office at the rate of one per week! Please note that work on this committee does not necessarily require time spent on changing legislation, as the more immediate need is with these legal cases. Actual attendance at trials not required. Committee members may live anywhere in the country. Please contact the NAAFA office to apply.

VOLUNTEER SERVICE COMMITTEE

An interview with Chairperson Elisabeth Williams

Q: What exactly is the purpose of the Volunteer Service Committee (VSC)?

EW: We're a committee that coordinates the efforts of NAAFA's volunteers. We replace paid labor with volunteer labor by utilizing members who wish to donate to NAAFA in a non-monetary way.

Q: What types of work does the VSC handle?

EW: Primarily mailings to the members right now, although we hope to expand to other functions later. Processing membership mailings was our priority, as the mailings forced our paid staff to allocate large blocks of time to the routine jobs of stuffing, sealing and addressing envelopes. This work can easily be done by volunteers, but it previously kept the paid secretary from her daily responsibilities (processing applications, answering phones and correspondence, etc.

Q: What kind of mailings?

EW: All major mailings to the entire membership, including the Newsletter and other publications. We also mail out your convention material and invitations to national dances and weekends. I guess you could say that our job is important because we help to keep NAAFA in touch with the members. While we usually don't create the material that is to be mailed, we still have the feeling that we are reaching out to our fellow NAAFA's. It's a good feeling.

Q: You said you are replacing paid labor with volunteers. Do you have any idea how much money you are saving NAAFA?

EW: I'd say approximately \$125 per mailing...annually perhaps \$1500, depending, of course, on the number of Newsletters and other materials to be mailed. The only expense we are budgeted for is \$4 per session for soda. We don't reimburse volunteers for time or travel.

Q: Tell us what a VSC session is like.

EW: It's a lot of work but fun too. We start out with a common purpose--to get the Newsletter out, for instance--but we enjoy each other's company. We talk, joke and occasionally share dinner. I suppose you could call it a rap session with envelopes!

Q: Why do people volunteer?

EW: For all sorts of reasons. One of the major ones is that volunteering makes people feel like they are actively boosting the fat liberation movement. Some volunteers believe that NAAFA has given them so much and they feel that this is their way of "paying back". Others wish they could donate money, but can't; they give of their time instead. The VSC is also for volunteers who can't accept a permanent assignment or project but who can come on an irregular basis. Still others come for the social contacts.

Q: What about people who don't live near the NAAFA office? How can they help?

EW: There are several things they can do. One very important job is article clipping. Articles from newspapers and magazines are always needed for the permanent files of the Dr. Ethel Weiss-Shed Memorial Library. Sending a copy to your local chapter or a NAAFA committee is fine, but

it's vital that the clipping go to the Library. [Please don't write on the face of the article, write your name, the publication and date on the reverse side of the article. Ed.]

The Newsletter is always looking for articles or book reviews by members and is especially looking for excellent typists with access to IBM Selectric typewriters.

Anyone with special skills, professional or clerical, can be referred by the VSC to the proper committee.

Most importantly, anyone can be a NAAFA volunteer by writing letters of praise or protest to newspapers, t.v. shows, advertisers etc. It's a good idea to send a copy of your letter to the NAAFA office too.

Q: How does someone go about volunteering?

EW: They can write to me--Elisabeth Williams, c/o NAAFA, PO Box 43, Bellerose, NY 11426, describing their area of interest and their qualifications and/or skills. Members from the metropolitan New York area who wish to volunteer for the mailing team can call the office at 516-352-3120 and leave their name and number.

Q: Any last thing you would like to add?

EW: I would like to thank all the people who have volunteered in the past. They have been really great. I hope that they all continue to donate their time and talents to NAAFA's Volunteer Service Committee.★

SPECIAL THANKS...

to Robbie Kassel from NAAFA and the Volunteer Service Committee for his donation of a radio for the NAAFA office. The music is appreciated by the hard working volunteers!

letters

[In this department, we will reproduce excerpts from letters received by NAAFA and the Newsletter. Letter writers will be identified by initials unless permission has been received to use the writer's full name. -Ed.]

...FROM THE NAAFA MAILBAG

"Your organization sounds like what I've been looking for. I'm a Captain in the fire department and just this week was denied permission to take the Civil Service Exam for Assistant Chief and District Chief because of my weight and 'possible heart problem'. Just last month, my personal physician had declared my heart to be in perfect condition. My doctor's statement was presented at my hearing, but these lay people chose to ignore it and refused my application for these exams.

I'm within 10% of the weight I had when I was hired 15 years ago. Also, they obviously feel I am capable as a Captain, they just don't want me to have any future in hopes I'll get discouraged and quit."

--H.K.

"As a new member, I would like to let you know how good I already feel about the fact that there is an organization like NAAFA!

I received a questionnaire [The Markle Poll mailed to all new members--Ed.]...I think it is an interesting survey and I liked the chance to fill it out."

--G.S.

"All I know is that I'm grateful for your organization and really don't want to be so lonely anymore. I would like to be in your Pen Pal group and computer dating if possible...I really have hit a low for some reason or other

at this time and I really need something to cheer me up a little bit. Thank you. "

--P.S.

"I've been tardy in writing to thank you for my membership in your unemployed category. I really appreciate it very much.

I took off time to recover from being run over by a car... and when I wanted to work again, unemployment was sky-high...I haven't worked since 1980.

I hope sometime that employers will shift to selecting their employees more by qualifications first, than by a person's physical build.

I have excellent qualifications but I'm sure that I've lost several good jobs at the interviews simply because I'm heavier than expected and some because I'm female. (I'm in a male dominated field - private security work.)

I've gotten the impression that employers think that anyone who's heavier than the norm has to be 1- lazy 2-slow witted 3-a health risk 4-all of these.

I've always admired the aims of NAAFA and I'm very pleased to be receiving all your info again."

--M.M.

"I learned of your organization last year from the Enquirer magazine.

The article showed a picture of a fat girl dancing with a man at one of your meetings. I love to dance, but gave up going to clubs as I sat all evening. It has been my experience that no one asks a fat girl to dance.

All my life people ask me why I don't have a boyfriend. My answer is, 'I can't get a date, let alone a boyfriend.' I've always thought the reason was because I was fat. But people have told me that lots of men like fat women.

Well, I'm 35 and have never met one. But that magazine article proved it to me. There really are men who prefer fat women!

I also think it is very commendable that you give discounts to students, senior citizens and the unemployed."

--J.N.

"Thanks for thinking of me. I haven't forgotten NAAFA... Enclosed is a donation...Please use it any way you see fit.

I have an incident to share with you. I went for a physical for a new job. The doctor...was very exact, old, overweight and mostly set in his ways. As usual (to the doctor's confusion) I proved to be in excellent health. He had to state that...but for his own satisfaction, I suppose, he had to state that I was _____ pounds overweight. He wished me luck but didn't think I'd get the job. The whole group of patients in the waiting room heard.

I just smiled...the job was already mine... The receptionist came after me...and outside the office explained that my potential employer could not refuse to hire me on the basis of my weight. She was not overweight herself. The word is out!"

--C.A.

...FROM THE NEWSLETTER MAILBAG

" It is certainly a bright moment in my life when I receive a copy of the NAAFA Newsletter. I read the Newsletter from cover to cover and I read the back copies over and over. I seem to find more of interest each time I reread the paper. Keep up the good work. You and your staff are to be commended for getting out each issue in such good style."

--Dorothy E. Rakus

[Not only is Dottie very supportive, she's an experienced writer and editor who will be contributing to upcoming Newsletters. Thanks for the compliments! --Ed.]

"Just a quick peek at your editorial wherein you suggest 'Fat Can Be Beautiful' be changed to 'Fat Can Be Fit'. Both statements are indeed rather limiting. If there were to be a change, perhaps it could be 'Fat Can Be _____' (*Anything you want it to be.)"

--Leanne Njus

[You said it! Fat people can be anything they want to be. They shouldn't assume that they are limited by their size and not try to attain goals and desires.

We are adding a new section to the "People" department of the Newsletter called "We can be..." We'll be sharing news about NAAFA members who have achieved goals and have interesting careers, talents, and hobbies.

The 'Fat Can Be Fit' motto is designed to break a specific stereotype: fat and unhealthy, just like the 'Fat Can Be Beautiful' motto is meant to break fat and ugly. It leads into what Dr. William Bennett calls rehabilitative programs for fat people such as exercise and nutritional guidance rather than the reducing diet as the cure-all for fat people's health complaints.--Ed.]

WE LOVE TO GET MAIL, SO KEEP THOSE LETTERS TO THE EDITOR COMING!

By the way, even Dooley (my fat great dane) received mail about her 'diet' as reported in the January-February issue. Charlotte and Ken Patterson, two fat pet admirers (FPA's) sent along two bumper stickers that say "FEED ME" for Dooley to post in conspicuous places. Their cat, Sagacity, who keeps being asked if she is pregnant, sent her condolences and best wishes. Dooley says 'thanks!' We also received this letter:

Dear Dooley,

When I read of your predicament in a recent Newsletter I had to sit down and write. You see, Dooley, you and I are in the same boat - I too am a fat pet, and loving it! Now, I'm a cat, and I realize our species aren't usually on the best of terms, but the time comes when differences must be put aside to join in a common cause. To be blunt, Dool, we're (pardon the language) being treated like dogs!

This diet business is for the birds (by the way, did you know a bird eats several times its weight each day?) Trivia aside, how do THEY (our owners, not the birds!) have the nerve to put us on diets? Let he who is without sin cast the first stone, I always say, and they both profess to be on diets, while HE is gorging Nestle's Chocolate Bits by the bag, and SHE has a stockpile of Pepperidge Farm cookies salted away in the utility room. Not that I'd ever say anything, I mean, I have my little foibles too, such as \$12.00-a-pound salmon fillet!

But they sit down to steak dinners and homemade lasagne while you and I languish away on dry kibbles! And then they have the nerve to talk about "exercising" me and "getting me on a diet." Indeed!

The two of them aren't the worst, either, Dool. I've had to endure so many slings and insults at my truly luscious and plump form. Every year I have to put up with going to the vet's, where the vet puts me on the scale, shakes his head, and mutters about "diabetes." Then there was the time that HIS son-in-law called me a "football on legs," which gradually snowballed, as these idiot things always will, into a "watermelon on legs!" Well, small talk for small minds, I always say.

Look, THE BOOKS say a "normal" (whatever that is) female cat should weigh around 7½ pounds. I usually weigh around 11-12 pounds. So what's so bad about that? Don't ask me, but there was the time HER insipid cousin came over, took one look at me, and exclaimed, "That must be a twenty-pounder!" A twenty-pounder!! What ignorance! And calling me a "that" into the bargain! I tell you, Dooley, it's more than a soul (or body) should have to endure!

So what do you say, Dooley? Is it time for NAAFP? (National Association to Aid Fat Pets.) Is this an idea whose time has come (or maybe it's just breathing heavy?) Let's hear from all you fat pets out there! We have rights and feelings too - and we don't get no respect neither!

Well, I have to run now. I think I hear my food dish rattling!

Best Wishes,



Muppet

(Muppet is owned by Nancy Fleishmann of New York. We suspect that Nancy typed Muppet's letter for her.) ★

sigs

THREE NEW SPECIAL INTEREST GROUPS ANNOUNCED

Three petitions to form Special Interest Groups (SIGs) have been received by NAAFA's Board of Directors. The petitions ask for the approval of the following groups:

F.A. SIG (Fat Admirer SIG): A national SIG for Fat Admirers to be headed by Conrad Blickenstorfer. The group hopes that through publications and other projects to offer emotional support and information tailored to the special needs and interests of Fat Admirers.

SuperSIG: A national SIG for women size 48 and larger to be coordinated by Nancy Summer. The SIG plans to deal with the special problems of "super-size" women such as fashion, health, public seating, etc. through surveys and a publication called Super Woman.

Feminist SIG: A national SIG for feminists who wish to combine their interest in NAAFA and the fat liberation movement with the feminist movement. Group to be headed by Debra Bieber.

Full details for these SIGs have not been announced, however, NAAFA members who are interested in joining may send their name and address to the NAAFA office, PO Box 43, Bellerose, NY 11426. Please send a separate card or letter for each SIG, and be sure to indicate the SIG's name on the outside of your envelope.

The SIGs determine their own qualifications for membership, dues, and programs. NAAFA will forward your request for information to the SIG, and they will send you full information when available. ★

the last word!

Bunny Peckham got the last word one day while shopping at the bakery. Upon entering the store, Bunny became aware of two women who were laughing and making jokes about her size. A first attempt at ignoring their rudeness was futile as the women continued their comments.

Finally, Bunny walked over to them and calmly asked, "Excuse me, but if you had your choice, would you prefer to be fat or stupid?"

The woman replied, "Well, I'd rather be stupid."

"Congratulations! You got it!" Bunny announced as she smiled broadly and left the store.

[Got a snappy comeback you'd like to share with us? Send it to THE LAST WORD c/o NAAFA, PO Box 43, Bellerose, New York, 11426. We'll be featuring a snappy comeback in this new column in all future Newsletters.] ★

news flash!

OF THE NAAFA NEWSLETTER
VOL. X, ISSUE #1 SUMMER, 1983

AN OPEN LETTER FROM THE ACTIVISM COMMITTEE

Dear Fellow NAAFA's,

The leadership of the Activism Committee of NAAFA urges your prompt response to an insult to Fat Admirers (F.A.'s).

In a column which appeared in many papers on Friday, October 7, 1983, Ann Landers, whose popularity is based on the normal excellence of her advice, printed a letter from a 510 pound woman who was very concerned about her compulsion to reach 700 pounds. The woman also mentioned that many men found her large size attractive.

We have no quarrel with Ms. Landers' recommendation of counseling for what the woman viewed as her undesirable compulsion, although we hope the counselor consulted will have read and understood The Dieter's Dilemma, by William Bennett, M.D. and Joel Gurin. However, we do denounce Miss Landers' departure from her normally high standards by her gratuitous additional comment about F.A.'s when she asked the woman, "...why do you wish to pander to the perversions of such sickies." Thus men who like very large women have been described as perverted and sick. This insult demands a response.

Fat Admirers: Defend your right to admire fat people without condemnation.

Fat people: Defend those F.A.'s who unashamedly and publicly admit their admiration for you. Inform Ann that they do not need therapy for their preference, they need a fat soul-mate, and F.A. soul-mates, in turn, are needed by fat people!

To summarize: We've been attacked by someone who is apparently unaware that we will no longer accept such humiliation and insults. Our outrage is already being clearly and forcefully expressed. Letters have already been sent to Ann with copies mailed to the newspapers that ran her column. Join this rising chorus of outrage. Let there be hundreds of responses. Let Ann Landers and the papers that carry her column know how you feel.

Let us hope that Ann Landers will read The Dieter's Dilemma, consider our letters, and that her well-known compassion and concern will cause her to realize that our hurt is real, that our indignation is justified, and that she needs to more carefully consider the sexual and emotional situation of those people in our society who have been fat, are fat, and for the foreseeable future shall remain fat.

Louise Wolfe and Russell Williams
Co-Chairpersons, Activism Committee

This Newsletter feels that a response to Ann Landers is made even more urgent in view of the following history:

On December 26, 1982, an Ann Landers column appeared in many papers that included a letter from an F.A. praising the larger figure. Ann responded, "You've made a lot of women happy today, and I wouldn't spoil it for anything."

However, on April 8, 1983, she wrote, in commenting about a fashion magazine for fat women (probably BBW), "There is a constituency for every kind of magazine imaginable. Encouraging obesity is especially destructive because we now know that obesity causes a whole host of diseases..."

We fear the possibility that Ann Landers' attitude towards F.A.'s and fat people may have worsened in recent months.

We urge that you write your own letter to Ann Landers, in your own words, and tell her how you feel about her remarks. However, if you don't have time to compose your own letter, even the form below will be better than no response at all!

Please don't forget to send a copy of your letter to NAAFA.

└─ cut here

To: ANN LANDERS
PO Box 11995
CHICAGO, ILL. 60611

DEAR ANN,

AS A MEMBER OF NAAFA (THE NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.), I'D LIKE TO TELL YOU HOW DISTURBED I AM THAT YOU TERMED "FAT ADMIRERS" AS "PERVERTED" AND "SICKIES".

TASTE COMES IN MANY FORMS, AND BEAUTY IS IN THE EYE OF THE BEHOLDER. WE WOULDN'T THINK TO CRITICIZE THE TASTE OF A MAN WHO MIGHT FIND YOUR FIGURE ATTRACTIVE. WHY CRITICIZE THOSE WHO ADMIRE FAT PEOPLE?

PLEASE RECONSIDER YOUR POSITION ON THIS SUBJECT, ANN. YOUR NORMALLY EXCELLENT ADVICE IS READ BY MILLIONS. PLEASE DON'T MAKE THOSE WHO ARE FAT ADMIRERS, OR FAT PEOPLE WHO NEED ALL THE ADMIRATION THEY CAN GET IN A WORLD THAT IS HOSTILE TOWARDS THEIR SIZE, FEEL ANY WORSE THAN THEY ALREADY DO.

YOURS TRULY,

Advertising Supplement

(INCLUDED WITH VOLUME IX, ISSUE #6, SUMMER 1983 NAAFA NEWSLETTER)

BOOKS AND PUBLICATIONS

NAAFA Book Service

After being dormant for several months, the Book Service is back in operation. Unless otherwise stated, all items are in stock for shipment in 2-4 weeks after receipt of order. The unofficial policy of the revised Book Service is to only carry those items of value to NAAFA members that are not available anywhere else. NAAFA will refrain from stocking those items that can be obtained from a local bookseller or directly from the publisher.

BACK ISSUES of NAAFA Newsletter with all supplements: A few are in xerox form but most are originals. Each volume includes six issues, which are supplied "loose" with no binding. Prices are approximately based on 12¢ per page in each volume, which includes postage and handling.

Vol. I, 10/70-12/71....\$3.00	Vol. VI, 5/77-5/78....\$5.50
Vol. II, 1/72-6/73..... 3.00	Vol. VII, 6/78-12/79.. 6.00
Vol. III, 10/73-10/74.. 3.00	Vol. VIII, 1/80-10/81. 8.50
Vol. IV, 2/75-12/75.... 3.00	Vol. IX, 11/81-6/83...12.50
Vol. V, 1/76-4/77..... 3.00	

Those who wish to order specific issues of the Newsletter may write for a price quotation. To order most of a volume, please specify the issues you already have, and deduct 8¢ per page from the prices listed above.

FAT POWER (Llewellyn Louderback; Hawthorn Books, 1970) In xerox form, 214 pages. Price \$10.00 postpaid.

FAT PRIDE (Marvin Grosswirth; Jarrow Press, 1971) Paperback. Price \$2.00 postpaid.

FAT CAN BE BEAUTIFUL (Abraham Friedman, M.D.; Berkley, 1974) Hardcover. Price \$7.00 postpaid.

FAT & THIN: A NATURAL HISTORY OF OBESITY (Ann Scott Beller; Farrar, Straus, 1977) Hardcover. Price \$10.00 postpaid.

THE FIRST FAT LIBERATOR (Fat Liberator Publications, 1980) In xerox form, 90 pages. Price \$7.00 postpaid.

IT COULD BE VERSE (Victor Buono; Nash Pub., 1972) Hardcover, 55 pages. Price \$4.50 postpaid.

SEW BIG (Marilyn Thelen; Palmer/Pletsch, 1980, revised 1981) Paperback, 128 pages. Price \$7.00 postpaid.

BUMPER STICKERS: "FAT CAN BE BEAUTIFUL" slogan. White letters on red background. Price \$.75 each, postpaid.

BUTTONS: "NAAFA" - \$1.00 each, postpaid.
"Fat People Have More to Offer" - \$1.25 each.
"How Dare You Presume I'd Rather Be Thin" - \$1.25 each, postpaid.

PIN: Handpainted fat woman in bikini. Quantity donated by Texas member. Price \$2.50 each, postpaid.

CALENDARS: Vintage "HILDA" calendars. 1974, 1975, and 1976 still available. Collector's item. Price \$3.25 each, postpaid.

Please note that a flyer with descriptions of each item will be mailed to all members in a few months. This ad is for the benefit of those who prefer not to wait in order to obtain some of the items carried by the Book Service.

The AMPLE APPLE, monthly publication featuring photos, original fiction, non-fiction and informative articles on fat issues. ONE OF A KIND! 20+ pages. ONLY \$10 for members, \$15 for non-NAAFA's and foreign. \$1.50 brings you sample issue. PO Box 68871, Seattle, WA 98168. DON'T MISS A SINGLE ISSUE!

FAT IS WHERE IT'S AT, A POSITIVE SELF-HELP BOOK. \$5.50 POSTPAID. JUNE BAILEY, 21139 LORAIN RD., FAIRVIEW PARK, OH 44126.

STOP DIETING Start Living & look fabulous!



A new way to look...
a new way to feel

BIG & Beautiful
by model
and
fashion
expert,
Ruthanne Olds

At last! a glamorous fashion and image guide for big beauties. Attitude changing • wardrobe planning • healthy eating • color magic • 248 exciting, colorful pages to give you "... a lifesaving antidote to the pervasive diet mentality."
—Publishers Weekly

Be proud of all you've got!

\$16.95 at your booksellers or...

order it from NAAFA for \$14.95. It will be shipped to you directly from Acropolis Books, the publisher.

FASHION

Made-to-order hand crocheted or knitted items available for the large frame. Write for price list: DiAnna Creations, c/o Gotham Hotline, 434 "A" East 89th Street, New York, NY 10028, or call: 212-427-6685 for appointment. Sorry, N.Y. City area only.

CLASSIFIED AD RATES

Commercial Ads: 50¢ a word, 10 word minimum. Dept. Number available at \$25 per issue. (Contact NAAFA for display rates.)

Non-Commercial Ads: 25¢ a word, 10 word minimum. Dept. number available at \$10 per issue.

Non-members must pay commercial rates for personal ads.

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

NAAFA reserves the right to refuse advertisements it deems unsuitable.

PERSONALS

38 year old professional male, 5'9", 170 lbs., very muscular, wants lady 20-35 (350 lbs.) extremely large hips, thighs, derrier (42-32-58) serious relationship. Suffolk, Long Island area. Photo. Write: 23 E. Sixth St., Patchogue, NY 11772.

Large married, Jewish, non-religious male, 6'2", 285 lbs., looking for hedonistic-Rubenesque women for Fun Times. Interested--send picture and phone number to PO Box 401, Bellmore, NY 11710.

Single white male, 35, 5'7", 145 lbs., bright and attractive, seeks married white woman, 25-40, for uncomplicated sensuous good time. Must be Rubenesque, sensual, and have a sense of humor. Photo appreciated. Write to: Yuri, 203 8th Ave., New York, NY 10011.

Single white male, 29, 5'8", wishes to meet very heavy woman, 18-30 for dates and long-term friendship. All letters answered. I can travel. Write: PO Box 4433, Union City, NJ 07087.

Caucasian male, 35, 6'1", 200 lbs., professionally educated, looking for an extremely large woman (the heavier the better), 25-35, cultured, well educated, non-smoker, in Greater NYC area. Reply to Dept. 155, NAAFA, PO Box 43, Bellerose, NY 11426.

Single Jewish female, 27, beautiful, redhaired, intelligent, seeks single Jewish male fat admirer. Reply to Dept. 156, NAAFA, PO Box 43, Bellerose, NY 11426.

Single white female, 32, 5'7", approximately 400 lbs., warm, attractive, sense of humor, non-smoker, will try anything once, wishes to meet or correspond with males and females, age and body type unimportant. Photo appreciated. Will answer all. Write: M. J. Grace, 108 Bennett Rd, Cape May Court House, NJ 08210

Single white male, 37, 5'11", 180 lbs., cute, seeks open minded, liberated, sensual, zoftig white female for lessons in love. Call David: 212 522-4738

Gentle, intelligent, friendly, very heavy woman hopes to meet nice guy. I'm 34, 5'6" w/wavy chestnut hair and sparkling green eyes. Don't smoke or drink, but you may. I'm a Mensan, with three years of college--love books, music, art, SF and fantasy, letters, movies. I offer tenderness, loyalty, playfulness, and honesty to a man who offers the same. If you yearn to share emotions and ideas, so do I! Let's be friends first--please write, and maybe we can start something wonderful! Judy Gaither, 18 East Caven Street, Indianapolis, IN 46225

Single, red-haired, forty-ish lady of 300+ pounds wishes to meet short, stocky, intelligent, humorous, loving male in Washington, DC area for meaningful relationship. Write: Colleen, 437 Preuitt, Herndon, VA 22070

Single male, 55, 5'7", 180 lbs., would like to meet a short, round, buxom lady 45-60, under 180 lbs. for continuing relationship. Prefer eastern Massachusetts but will travel. Write: Box 6, Arlington Heights, MA 02175

Attractive, tall, white New York male, 49, slim, would enjoy hearing from a warm, sincere, caring "large busted" woman! Enjoy theatre, movies, dancing, conversation, correspondence. I'm for real so let's hear from you! Photo, phone helpful, but not necessary. Will answer all! Reply to Dept 153, NAAFA, PO Box 43, Bellerose, NY 11426.

Single, white, attractive, blonde woman, 42, wishes to correspond with sincere, tall, understanding, white gentleman for friendship (non-drinker). Photos exchanged. Irene Formato, PO Box 3375, Bridgeport, CT 06605

Youthful, 60's, 5'7", light-black, attractive, queen-sized, Jehovah's Witness widow interested in taller, slender male for marriage. Race unimportant. Photo please. Write Beatrice, PO Box 30394, JFK Station, Jamaica, NY 11430

Fat Admirer desires to meet very heavy women 18-35, single, 300-600 lbs. Must be bottom and leg heavy, race open. Reply to Dept. 157, NAAFA, PO Box 43, Bellerose, NY 11426.

Single white professional male, 35, 5'8", 250 lbs., seeks sensuous overweight (150-800 lbs.) woman (18-35) for a serious and meaningful relationship hopefully leading to marriage. Photo appreciated. Write: Len Cristini, 8 Bloomer Road, Mahopac, NY 10541.

PROFESSIONAL SERVICES

Build Self-esteem with a sensitive, concerned, licensed psychotherapist. Get results resolving: family relationship or individual problems! Choose a therapist who has personal experience with fat issues. Call 212 376-0239 for a free consultation.

Fat Acceptance Therapy. Group and individual counseling. Center for Personal Development. 215 395-1011.

Are You Angry With NUTRI/SYSTEM???

Have you been misled, cheated, deceived, swindled, mistreated, abused and insulted?

Would you like to join a class action suit against Nutri/System?

Call: (212) 288-0035

#2D, 240 E. 79th St., NYC 10021

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