

# NAAFA

## Newsletter

Volume XVI  
Issue No. 1

July 1988

### Election Results

Despite the sequence of circumstances which changed the initial slate of twelve candidates for three Board seats into a race of just six candidates for five seats, NAAFA's 1988 elections will go down in history: A large number of NAAFA's filled out their ballots and cast their votes. All candidates scored very high. While this is in part due to the fact that voters could select up to five out of six candidates, it also shows an unusually high degree of voter confidence in all candidates.

The ballots were counted on July 1 at the Clarion Hotel in San Francisco. With 405 ballots cast, the results of the election are:

Paula Dachis	321 votes
Russell F. Williams	305 votes
Mary-Jane Grace-Brown	304 votes
Lynn McAfee	298 votes
Jerry Hoxworth	273 votes
Neal Zimmerman	250 votes

Therefore Dachis, Williams and Grace-Brown will receive three year terms, McAfee will receive a two year term, and Hoxworth will receive a one year term. They will be sworn in on July 16th.

The 1988 Election Committee wishes to thank everyone who participated in the election—with special thanks to our West Coast volunteers for tabulating the ballots.

—Conrad H. Blickenstorfer  
1988 Election Committee Chairman ◊◊

#### NAAFA Oath of Office

*"I do solemnly swear to uphold the Constitution and By laws of NAAFA; to abide by the wishes of the majority as determined constitutionally; to cast a favorable light upon NAAFA by my actions in public; and to live up to the responsibilities of my office, to the best of my ability."*

### Dick Gregory Declares War on Obesity

Dick Gregory, promoter of the "Dick Gregory's Slim Safe Bahamian Diet" held a press conference in Washington D.C. on June 22, calling for a "national obesity rights campaign". The campaign does not call for anti-size discrimination legislation to protect the rights of fat people, but rather Gregory is asking the government for federal funding to help people lose weight. According to the Washington Post, Gregory has specifically asked for a National Institute of Obesity and Weight Management within the National Institutes of Health; a toll-free hot line (so obese people can call for weight loss advice), and a "higher consciousness among [his] countrymen." "There's a difference between being fat and being obese," Gregory told reporters.

Also in attendance at the press conference were Representatives Louis Stokes (OH) and Mervyn Dymally (CA). After the conference Dymally, chair of the Congressional Black Caucus, told reporters that he didn't know what the press conference was about until that morning, and that he had no knowledge of the connection between the products (the Bahamian Diet), and the issue of obesity. No one at the press conference knew what the proposal would cost taxpayers—but Dymally indicated he was in favor of the concept anyway.

But the real draw of the conference, beyond Dick Gregory's national reputation as an "comedian-activist-[self-proclaimed] nutritionist", were the 13 "obese people". (Actually, only eight of them were in attendance.) Ranging in weights from 350 pounds to over 750, their presence made an

impact on the media. According to the Post, Gregory "is enough of a pro to have counted on his co-stars' effect on their audience." Gregory is "treating" these 13 men and women for free with his Bahamian diet plan. (But he does offer to sell his Bahamian diet to anyone else for \$19.95 plus shipping and handling for the ten day supply.)

Gregory's "supplicants" are desperate people. Mike Stidler, 21 told reporters that he has to lose 450 pounds "because if I'd kept going, I probably would be dead in a few years." Mike Partelano said, "Once you're obese, there's no controlling your diet." Mike weighs 761 pounds, down from the 1023 that he weighed before he started his diet. John Smith, 37, is planning to lose 360 pounds. He told reporters, "It's a sad thing, but I'm a sad thing."

Gregory plans to bring them all down below 190 pounds. The course of treatment includes 900 calories a day (of fresh fruits and raw vegetables, plus the Bahamian Diet powder) lots of water, and exercise. But the packaging on the much-touted Bahamian Diet gives no recommended caloric intake beyond the 180-270 calories provided by the supplement. The FDA cautions against diets that provide less than 800 calories and recommends that they only be undertaken with medical supervision.

When asked if he was concerned about seeming to promise a permanent cure for long-term obesity, Gregory responded, "I'm not putting any burden on myself that Safeway don't put on themselves. If they're not guilty about feeding these people, I'm not worried about creating false hopes."

John Smith isn't worried either. "Mr. Gregory, he's not God, but he's close as far as I'm concerned," he said.

continued page 2

**EDITORIAL COMMENT**

Does America really need a taxpayer-funded hot line for weight loss advice? It seems to me that we have far too much advice already. And exactly which product/plans is Gregory hoping will be advised? Gregory has his own "hot-line" right now. Dial his 800 number and someone will try to take an order for the Bahamian Diet.

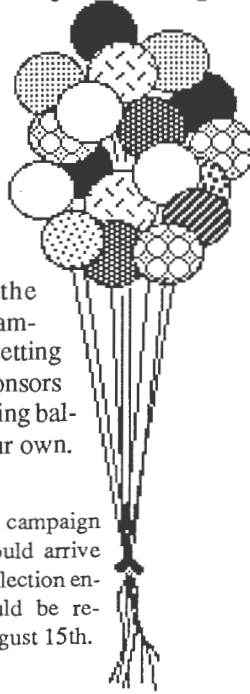
There really are two different stories going on here: the story of 13 fat people who are desperate for help to improve their lives, and the story of a slick weight loss promoter who knows how to exploit their low-self-esteem, pain and hopelessness. Gregory may be giving them what they want, but I would feel much better about his "altruistic" treatment of them if it was being done quietly—rather than by parading them from talk show to talk show to Capitol Hill. I would also feel much better about Gregory's "concern" for fat people, if he wasn't also profiting from the sale of just another weight loss product.

But Gregory keeps saying that his concern for the issues of obesity has nothing to do with his Bahamian Diet sales. The CEO of the corporation that markets the Bahamian Diet says exactly the same thing. Can this possibly be true? Fat chance.

I had the "pleasure" of spending 30 minutes with Dick Gregory and Mike Partelano when taping CBS's Night Watch last month. Dick is slick. He knows how to handle a media appearance. If you try to argue health issues, he switches to social discrimination. When you discuss discrimination, he switches to health and nutrition. He uses anecdotal evidence and makes racist remarks. Sometimes he says things that don't make sense. The day I met him he was on day 22 of a 40 day water fast and "prayer vigil" for fat people. Medical experts tell us that extensive fasting can cause the body to "cannibalize" itself—to burn not only fat, but lean body tissue as well. I think Gregory needs a good meal. I even wonder if he may be anorexic. His frequent fasts and obsession with food and nutrition sound familiar.

Mike Partelano is another story. He seems to be a genuine person who very much want to improve his life. He also seems brain-washed, or at the very least, totally in awe of "Mr. Gregory". We can only wish him well, and be there for him and the others if their faith in Gregory and his diet fails. ☐☐

**We need your help!**



Support the Balloon Campaign by getting balloon sponsors and sponsoring balloons of your own.

Your balloon campaign materials should arrive any day. Collection envelopes should be returned by August 15th.

**Your support will be very appreciated!**

**NAAFA NEWSLETTER**

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MINI-MINUTES

Maryann Valerio, Mary-Jane Grace-Brown

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The NAAFA Newsletter is published monthly for the members of The National Association to Aid Fat Americans, Inc.

Articles in this Newsletter do not necessarily reflect the official policies of NAAFA, Inc., unless specifically noted. Please contact the NAAFA office about specific NAAFA policies. Commentaries in this Newsletter, unless otherwise noted, were prepared by a member of the editorial staff or the Executive Director. ☐☐

**The Rise of the Bahamian Diet**

Dick Gregory, a formerly fat man, began fasting as a protest against the Vietnam war and in favor of civil rights for Blacks. His weight plummeted and has stayed down over the last decade through fasting and use of his Bahamian Diet formula, a "low-calorie, powdered, natural food supplement, taken in juice".

In 1984 he made an agreement with a Swiss-owned natural foods company and began marketing the product, mainly to the Black community. The packaging says, "Lose the fat! Trim the inches! Slash the calories! YOU CAN DO IT...and it's easier than you think.."

But he received national attention last fall when, in a well-publicized visit, Gregory offered to help Walter Hudson. Hudson, you might remember, is the formerly 1200 pound man who hadn't been out of his house for 17 years, who fell and became wedged in a doorway. Just about the same time, Gregory began distributing his product through a Philadelphia-based multi-level marketing company called the Correction Connection.

Hudson lost several hundred pounds, but on the day when he was supposed to be able to leave his house to travel to Gregory's facility in the Bahamas, he caused Gregory a media embarrassment. After Gregory told the press that Hudson's weight loss had now made him "toxic" and that Hudson needed to get to the Bahamas to swim in the ocean, Hudson refused to leave his house. Gregory then "washed his hands" of Hudson, abandoning him to his alleged "toxicity". His 13 new "obese people" have agreed to stay at the facility, and obviously are willing to participate in his media campaign.

Larry Depte, CEO of Correction Connection reports that there are 7,000 to 10,000 Bahamian Diet distributors nationwide, and that "all together, including by direct mail, our company moves millions of cans per year." Depte told the Post, "Keep in mind, though, that what Dick is doing with the obese people is really separate from this. We're not trying to sell the Correction Connection through this; Dick really is concerned about the obese people." ☐☐



## NAAFA Responds to Gregory

On June 23, in response to the Gregory press conference, NAAFA's Executive Director Sally E. Smith prepared a news release:

### Fat Rights Group Fed Up With Dick Gregory

Leaders of NAAFA reacted strongly to Dick Gregory's demanding federal legislation to combat the "public nightmare" of obesity. NAAFA Founder William J. Fabrey stated, "Gregory is using this opportunity to peddle his own diet product." Fabrey added, "Instead of using federal legislation to promote weight loss, we should be demanding legislation prohibiting size discrimination in employment and access to public accommodations."

Nancy Summer, NAAFA's President, suggested that "Gregory is blaming the victims in his 'war on obesity', when he should be blaming society for not accepting the individual differences which make each of us unique." Summer also said, "I'm sure that, during the days when he was a black activist, Gregory would never have considered attempting to change the appearance of black people in order to make them conform to the powerful white majority. Yet he is attempting to make fat people, who are faced with similar types of discrimination, lose weight in order to make them conform with the powerful thin majority."

NAAFA questions Gregory's assertion that he is not trying to change the appearance of fat people, but that he is attempting to provide them with a nutritionally sound diet. If, in fact, Gregory is only interested in people eating healthfully, why is he singling out fat people for his program, when it has not been demonstrated that fat people as a group eat any less healthfully than their thinner counterparts?

NAAFA finds Gregory's actions most disturbing in light of the medical evidence which finds that 95% of all diets fail in the long run, and that a person may be healthier at a stable, high weight, than after repeated attempts at dieting. This, together with evidence which reveals a strong link between hereditary factors and obesity, demonstrates that federal funding for dieters could both waste taxpayer's money and endanger the lives of millions of Americans. ♦♦

## Shape-up or Discrimination?

Mayor Karen Johnson of Schenectady, New York recently announced a plan to deny promotion to fat public safety personnel. Police and fire fighters who are over the city's weight limits are effected by this decision.

An editorial in Albany's Times Union questioned the policy in the June 28th edition. "The Mayor's approach is wrong. It's selective and punitive, instead of positive. A sounder alternative would be for the Mayor to establish a fitness program for both departments, with help available to those officers and fire fighters who need it to meet the city standards. By singling out overweight personnel, the Mayor raises an obvious question: How will obesity be defined?"

He went on to ask, "Who's to blame for obesity? The evidence no longer suggests that obesity is strictly the result of self-indulgence. Rather, studies show that metabolism may also be a factor. That being so, obesity might be considered a disability.

"The Mayor insists that promotions are 'really a reward for leadership and good work.' True enough, but overweight personnel might work as hard, or harder, than their colleagues. Should they be punished simply because their metabolism is different?"

"A promotion policy based strictly on pounds won't guarantee the city the best possible public safety department. Indeed, it might reward lesser efforts by some, simply because the candidates ahead of them on the appointment list happen to be overweight."

### EDITORIAL COMMENT

We couldn't have said it better. It's always exciting to discover someone who, like NAAFA, is opposed to size discrimination. The Mayor's prejudices are showing when she says that promotions are "really a reward for leadership and good work..." and then denies promotion to fat personnel without regard to their leadership ability or work record.

Yes, if we were trapped in a burning building, we would like physically fit fire fighters to come rescue us. But we certainly hope that their position in the fire department would be based on performance criteria and not the size of their waistlines. ♦♦

## NAAFA, Inc.

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Sally E. Smith

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NAAFA, The National Association to Aid Fat Americans, Inc., is a 501(c)(3) non-profit, tax-exempt educational, human rights organization dedicated to improving the quality of life for fat people.

NAAFA is not a diet group, but seeks alternative ways to enrich the lives of its members and large people everywhere through public education, research, advocacy and support.

Regular membership in NAAFA is \$35 per year. Other membership categories are available. For more information, contact the Membership Services office at PO Box 43, Bellerose, NY 11426 (516 352-3120), or the Executive Offices at PO Box 246, Herald, CA 95638 (209 748-5738). ♦♦

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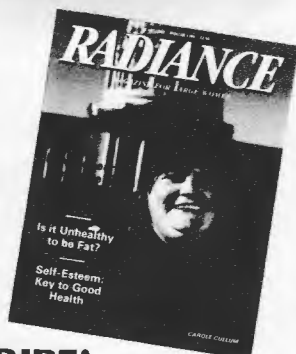
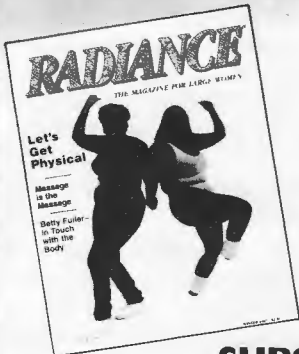
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## NAAFAs Appear on Donahue

NAAFA Board member Neil Dachis, of average weight, and NAAFA Vice-President Paula Dachis were guests on a Donahue episode entitled "Odd Couples" This show also featured an able-bodied woman married to a disabled man, an interracial couple, and a representative from Little People of America, married to a woman of average height. The show's focus was society's view of such couples, and their experiences in dealing with the prejudice and harassment that they are sometimes shown by insensitive people.

According to Paula and Neil, the subject was handled in a sensitive manner, there were no hostile questions, and that they received positive feedback from audience members and Donahue after the show. Phil Donahue, who on a show last month said that very fat people didn't have an organization to represent them, described NAAFA on this show as a "politically powerful organization." NAAFA's name and address were given, and NAAFA has received many positive letters from viewers requesting more information. ♦♦

## In the Mailbag

[The following letter, regarding the anti-size discrimination resolution passed by California NOW, was addressed to the women who worked to bring about passage: Louise Wolfe, Sally E. Smith, Fat Lip Readers Theater c/o NAAFA.]

Dear Ms. Wolfe, Ms. Smith and Cohorts:

It is with joy that we applaud your efforts and success in bringing about passage of an anti-discrimination resolution by the California National Organization for Women. Your work in educating the NOW attendees is a tremendous step toward the education of a nation immersed in ignorance of the issues of discrimination towards women of weight.

NAAFA and NOW will be a powerful coalition in the fight against this discrimination. Your work is appreciated by all of us who challenged the assumption that women must fit an arbitrary weight standard in order to be socially, economically, and legally acceptable.

With our congratulations,

Lila Moses, Linda Crosby, Debbi Gilmore-Barnet  
of Ample Choices for Women (Maine) ♦♦

Dear Editor,

...I really like the Mini-Minutes in the Newsletter. I think being able to go to a Board meeting would be a great way to help members learn more about NAAFA. Since that's impractical, the Mini-Minutes help give more of a "feel" of the leadership and organizational business.

Sincerely, Suzanne Keyes (VA) ♦♦



# Convention News

**July 31** is an important date—if you're planning on attending the convention. Your room reservations must be made with the Marriott by then—or the hotel will not guarantee that you will be able to get the special convention price. Discounts for NAAFA packages expire on July 31, and after that date space on the dinner cruise may be very limited! **Please make your reservations early!**

The tentative workshop schedule is as follows (see your convention brochure for descriptions):

Wednesday: Orientation, Hug Therapy, national Board Meeting.

Thursday: Aerobics, Support and Sharing (time to discuss childhood experiences and the emotional issues of being fat), Dance Lessons, plus the special day-long Leadership Seminar, and the Chapter Rally.

Friday: Activism "Balloon Rally (featuring the Executive Director of the ACLU of Baltimore, actress Susan Peretz, the Declaration of Fat Independence and more), Super-SIG meeting, Activism through the Mails, Fat & Health, Shopping time.

Saturday: Generic SIGs, Parents of Fat Children & Teens, A Fantasy Workshop:

The 1st (and possibly last) meeting of the Fat Liberation Army Battalion, The Careful Kamasutra, Feminist SIG, Celebrating our Diversity, Beauty & Make-up. Awards presentations and guest speakers.

Sunday: More guest speakers, When the Going Gets Tough, Fat Acceptance Therapy, F.A. Discussion group, Fat Men's Discussion Group, Rituals of the Fat Goddess.

Monday: Singles SIG, Couples SIG, Wrap-up Rap, more guest speakers. ♦♦

(Sorry, Paul Ernst, M.D., Ph.D. will be unable to attend as previously announced. However, the Fat and Health workshop will go on as scheduled.)

## Activism Alert

Anita Mashman, President of the San Francisco Chapter of NAAFA, encourages us to boycott Dove soap because of recent advertising. You can write the manufacturer, as Anita did, at the following address. Here's her letter:

Vice-President, Marketing  
Dove Soap  
Lever Brothers  
390 Park Avenue  
New York, NY 10022

As a large woman, I was very offended by one of your commercials. In this commercial there is a large, attractive woman, recounting a story of how her daughter's friend admired her beautiful skin. At the end of the commercial there is a voice-over which says, "Now if I could only lose 20 pounds." This is nothing more than a gratuitous insult. It has nothing to do with your product. Obviously, you couldn't stand to leave the viewing audience with the impression that a woman who weighs more than society's current anorexic ideal could be attractive in any way.

I have suffered all my life from the petty vindictive attitude fostered by the advertising media against fat people, and your commercial is just another slap in the face. Well, my return blow will be the only kind you understand, one to your wallet. I will not buy your soap and I will tell everyone I know to pass it up.

Sincerely, Anita Mashman ♦♦

## Straw Poll Results

### The Name Change Debate

At the January 1st Board meeting, a proposal to change NAAFA's name was considered and defeated. (A 2/3 majority was required for passage as a name change is a constitutional amendment.) At the close of that meeting, the **Newsletter** was instructed to conduct a straw poll of the membership regarding the name change. Here are the results of that poll.

Question #1: Do you favor retaining our present name "National Association to Aid Fat Americans"?

	# of responses	percentage
Yes:	12	10%
No:	94	82%
Unsure:	9	8%
Total:	115	100%

Question #2: If your answer was "no" and you had the choice of the following, which would you prefer?

National Association for the Advancement of Fat Acceptance, or Fat Awareness?

	# of responses	percentage
Acceptance:	75	80%
Awareness:	18	19%
Neither:	1	1%
Total:	94	100%

(Of the 9 people who checked "unsure", all expressed an opinion as to a possible name change. Seven favored "Acceptance", and two favored "Awareness.")

Furthermore, an interesting suggestion was registered with regard to grammar: "'The National Association to Advance Fat Acceptance' is better. I think it's easier to say, more grammatically correct, and still within the spirit of the names suggested."

A discussion regarding a change in NAAFA's name began several years ago when a **Newsletter** editorial suggested that the word "aid" did not accurately describe the self-help organization that NAAFA has become. A number of letters and petitions with suggestions for new names have been received over the years. While proponents of name change feel that "aid" is inaccurate and even offensive, opponents of name change like the old name, or believe that after 19 years our "name recognition" would be lost if a change was made now.

A committee was formed (chaired by Susan Tenzer) and after careful review of all the suggestions, a majority of the committee recommended that our full name be discarded and that we use only the acronym "NAAFA". This opened still another controversial issue: Can we have an acronym where the initials don't stand for anything? Some Board members felt this was acceptable, others believed that this was impractical as potential members and the press often ask what "NAAFA" stands for.

Based on the opinions received in the straw poll a new proposal has been made, and the Board of Directors is expected to consider it this summer. ♦♦

# Mini-Minutes

March 26, 1988  
Board Meeting

The meeting was held at the Centre One Hotel in Eastlake, Ohio, in conjunction with the "Wedding Weekend" sponsored by the Northern Ohio Chapter with the Colgin-Vance wedding. Voting Board members present were: Paula Dachis, William J. Fabrey, Jerry Hoxworth, Nancy Summer, and Russell F. Williams. (Neil Dachis was absent, and Robert H. Bain had previously resigned from the Board.) The Chairman, Conrad H. Blickenstorfer, who was present, votes only to break ties and to make a 2/3 or 3/4 majority as required by the Constitution. Executive Director Sally E. Smith and Secretary Mary-Jane Grace-Brown were also present.

A number of committee reports were given and discussion was held on several topics including the current financial status, the draft budget for fiscal year ending June 1989, the development of a major donor program, the status of the election, the recent increase in *Newsletter* ad revenues, and the status of the next chapters of the Workbook program. None of these discussions required a vote.

## MOTIONS PASSED BY UNANIMOUS VOTE:

The Resolution to Increase Membership, presented by the Executive Director, was passed. It reads as follows:

WHEREAS there are thousands of fat persons who need the services, support and advocacy that NAAFA provides; and

WHEREAS it is imperative that NAAFA increase its membership in order to further its impact as a human rights organization; and

WHEREAS additional members will increase the fund raising base of the organization;

BE IT RESOLVED...that the Board of Directors of NAAFA, Inc. asserts its commitment to membership growth in the coming year,

AND HEREBY directs the Marketing and Advertising Committee to send a second mailing to those persons who, between 1/86 and 12/87, did not join NAAFA after requesting literature,

AND FURTHER directs the

Marketing and Advertising Committee to rent appropriate mailing lists in order to mail an appeal for membership to prospective members;

AND FURTHER directs the Marketing and Advertising Committee to prepare monthly mailings to said prospective members at a rate of 4000 people per month, beginning in May, 1988.

A motion to accept the 5-year plan as submitted, subject to final review and possible additional amendments, was passed.

An extensive revision of NAAFA's committee system was presented by Dan Davis, Committee Coordinator. With the exception of one section which was tabled to the next meeting, all changes were passed unanimously.

The budget for the 1988 convention was presented and approved.

A proposal to divide the position of the Chair of the Local Chapters Committee into three regional positions was approved.

Robert H. Bain's resignation from the Board of Directors, as Treasurer, and from various committees was accepted with regret. Aglaia Koras-Bain's resignation from her position on several committees, and as a candidate for election to the Board, was accepted. Robert Hartenstine's resignation as Chair of the Area Facilitators Committee, and Lisbeth Fisher Burn's resignation as a member of that committee, were also accepted. ◇◇

## WELCOME!

NAAFA welcomes two new chapters:

### The Twin Cities Chapter

covering Minneapolis and St. Paul, Minnesota, chaired by Lisa Helgesen.

### The Southeastern Chapter

covering Alabama, Florida, Georgia, Kentucky, North and South Carolina, and Tennessee. This chapter, co-chaired by Barbara Colgin-Vance (GA) and Susanna Worley (TN) is a parent chapter that hopes to spawn many chapters in the south.

Welcome and good luck! ◇◇

# Movie Review

## Hairspray

by Janet Meyers (PA)

Here's a movie I'd like to recommend to NAAFAns...Hairspray by John Waters, featuring Divine. Now be warned that John Waters makes highly unusual films. Divine, the female lead in several of his movies, is a 350-pound man. S/he is best known for Pink Flamingos, a gross yet funny cult film where Divine portrays Babs Johnson the "filthiest person on earth." Hairspray is much more mainstream than this, but still not your usual Hollywood fare—and that's okay because producer John Waters is from Baltimore!

Anyway, the reviews will tell you that Hairspray is a spoof of television dance shows of the sixties. They'll tell you about the story line concerning racial segregation on the dance show. What they don't tell you is that the movie portrays fat people in a warm, friendly and positive light.

Tracy Turnblad, the heroine (played by Ricki Lane), and her mother (played by Divine) are both fat. They are the kindest, most human characters in the film. And our fat heroine triumphs. Everyone loves her, she gets on the dance show, wins the cutest guy, and helps to racially integrate the show.

Tracy's size is not just incidental to the story but a definite theme. In my favorite scene, Tracy, a great dancer, is trying out for a spot on the dance show. One of the regulars states that Tracy is too fat to be included. That girl is promptly suspended for her remarks. And once Tracy does become a regular on the show, the local plus-size clothing store becomes a sponsor and uses her to model clothes.

It's great fun to see a fat, happy, real person portrayed on film. Thank you John Waters!

[A sad note, Harris Glenn Milstead, "Divine" died soon after the release of Hairspray. He will be remembered for his performances in many unusual movies including Polyester and Pink Flamingoes, but hopefully, especially Hairspray.]

[Reprinted with permission from Fully Philly Extra, the publication of the Philadelphia Chapter of NAAFA.] ◇◇



## Weddings

### Joyce Malony and Barrie Owen-Williams



Barrie Owen-Williams and Joyce Malony

Joyce Malony of Brooklyn, New York and Barrie Owen-Williams of Jamaica were married on October 29, 1987 in a religious ceremony at the United Nations Chapel in New York City. A small family reception was held at the Milleridge Inn in Jericho, NY.

Joyce and Barrie met at the NAAFA Convention Wine & Cheese party in May of 1977 and have maintained a "long distance romance" over the years. Joyce is a former Vice-President of NAAFA. The couple will reside in New York, and Joyce has taken her husband's surname Owen-Williams. ∞

### Linda Villanova and Robert Sponaugle



Linda and Bob Sponaugle (center), with attendants Kathy Wilder (left) and Mike Villanova (right).

Linda Villanova of New Jersey and Robert Sponaugle of Pennsylvania were married on May 22 in a small candlelit ceremony at a log cabin church in Medford Lakes, NJ. Their maid-of-honor was Kathy Wilder, currently Co-chairperson of the Philadelphia Chapter.

Linda tells us, "We met at my first NAAFA event: a Philadelphia Chapter swim party two years ago. But it wasn't until a year later, through the match-making efforts of another member (Randi Hertz Suriano) that we started to date. Our personalities clicked together right away which lead to us getting engaged 8 months later."

Bob is currently the Philadelphia Chapter Treasurer, and Linda is the editor of the Fully Philly Extra, the chapter's publication. The couple resides in New Jersey. Linda has taken her husband's surname. ∞

### Cuddles pillows from Amplestuff



One side of this 14" square pillow shows *Cuddles* seated; on the other we see her cavorting in a variety of poses. Kapok filling. Comes in brown on beige, or dark blue on beige. \$22.50 plus \$3.50 p/h. (VA residents add 4% sales tax.)

Send check or money order made payable to Amplestuff, Ltd. (or your Visa/Mastercard number and exp. date) for \$26 per pillow. Specify color. Mail to: Amplestuff, Ltd., Dept. N78, 1150 East Market Street, Charlottesville, VA 22901.

## Feel Beautiful!™



Finally, there's an exciting exercise/dance program specifically designed to bring out the natural beauty of the full-figured woman or any woman wanting to reshape her body and mind.

IT'S MORE THAN AN EXERCISE PROGRAM/THIS TAPE DOES THREE THINGS:

- \*\* Gives you an easy and fun exercise/dance program designed just for you...to reshape your body.
- \*\* Gives you easy techniques to mentally and emotionally change your life...learn to get what you want from life. Feel Beautiful and have the people around you loving the beautiful you.
- \*\* Learn to relax...with soothing thoughts and music.

But, most important, you learn how to feel and look beautiful... whatever size you may be.

Feel Beautiful is a 60 minute videocassette in VHS or Beta format.

TO ORDER: send check or money order for \$39.95 (Minnesota residents add \$2.40 state sales tax), to B R Anderson Enterprises, 5308 Chateau Place, Minneapolis, MN 55417.

## Convention Ads

### Attention Vendors!

You are invited to sell appropriate goods and services at our convention. Ads and listings for the Program can be accepted until August 13th. Call the NAAFA office today, and leave a message for Bill Fabrey.

### Need A Roommate?

Peggy Williams is collecting names of people who would like a roommate for the convention. Call her at (301) 790-0547. We can't guarantee that we can match you, but we'll give it our best try.

### First Convention?

Give Peggy a call. We're setting up a buddy system for first-timers who would like a friend to help them get acquainted. We also need buddies to match with newcomers.

### Want to be in the Fashion or Talent Show?

We need to hear from you before August 15th!! Contact Roz about modeling, and contact Paula about performing in the Talent show. You can leave messages for them at the NAAFA office or with Peggy. ☐☐

## Events

EVERY THURSDAY

Party for Big Gals  
and Men Who Admire Them

New Chariot  
97-34 64th Rd. Rego Park, Queens, NY  
(718) 275-1515 or (718) 456-9119

MIDWEST  
CONFERENCE  
Halloween Weekend  
October 28-30

Pool party, workshops, banquet, Halloween costumes and dance (the famous "Monster Mash"), and fat fair. \$55 by 10/2; \$65 after 10/2; \$75 after 10/21.

The Days Hotel, 30,000 Van Dyke, Warren, MI. Hotel reservations only (313) 573-7600. Rooms \$45/double.

For information, call Karen Jones-Eldridge, (313) 979-9363 or write Michigan Chapter, PO Box 26144, Fraser, MI 48026-6144.

## ADVERTISE IN THE CONVENTION PROGRAM

Send your compliments, welcome your friends, advertise your chapter/SIG or an event, or sell your products or services...

Business card size ad (approx. 1/3 page)	\$10
1/2 page (4 1/2" x 3 3/4")	\$20
Full page (5" x 8")	\$40

(Send your camera ready art, or copy--we'll laser typeset your ad at no extra charge.)

Your ad must be in the NAAFA office no later than AUGUST 15!

Mail to NAAFA, Box 43, Bellerose, NY 11426. Check/Visa/MC accepted.

## Classified Ads

Goods and Services  
Available Regionally

### SMART MOVE INC.

JOIN IN THE JOY OF FITNESS.  
EXERCISE AND LOW IMPACT  
AEROBICS FOR BIG BEAUTIFUL  
WOMEN. CALL FOR INFORMATION:  
(212) 260-1520. (NY)

Recruit a Member,  
Share the Newsletter

## NAAFA Newsletter Advertising Policy

Ads received by the following dates will be printed in the next issue available: UPCOMING DEADLINES: AUGUST 6, SEPTEMBER 6.

### CLASSIFIED ADS

Non-Member ads: \$.75/word, 20 word min.  
Member ads: \$.50/word, 20 word min.  
Confidential department number: \$5 per issue.  
Capitalized boldface words: Count as two words each—not available for personals.

### DISPLAY ADS

Contact NAAFA office for ad rate card.

### PERSONAL ADS

Personal ads from members wishing to meet other members are published in "The Personals" supplement--mailed to members with this Newsletter. Instructions for placing or responding to personal ads appear in the supplement.

### AD PAYMENTS

**Discounts:** Deduct 20% for identical ads in three consecutive issues.

**Payment:** Must be included with order. VISA or Mastercard okay for charges of \$15 or more. We need card type, number, and expiration date; amount charged; name and address of card holder; and your signature.

**Foreign members:** Send U.S. funds; int'l money order; or VISA/Mastercard.

### AD ACCEPTANCE POLICY

Publication of any ad in the Newsletter, the "Personals", and/or mailing of any flyer by NAAFA does not imply any endorsement by us. However, we will not knowingly publish an ad or mail any flyer that has false information, or which appears to be a violation of NAAFA's purposes or code of Minimum Standards. Ads or flyers for goods or services for weight loss or gain will not be accepted.

### SEPARATE MAILING OF FLYERS

NAAFA occasionally mails promotional flyers for non-NAAFA goods or services. Such mailings either take place from our office or from Board-approved mailing services. Such mailings are completely paid for by the promoters; we make such mailings for informational purposes, and to help pay for overhead expenses. Those NAAFA's who choose not to receive such mailings can request it in writing. ☐☐

the biggest annual event in the  
size acceptance movement...

the

## NAAFA Convention

Wednesday, August 31 -  
Monday, September 5, 1988  
Baltimore Marriott Inner Harbor

Workshops, SIG meetings, Activism Rally, Chapter Rally, Fashion Show, Talent Show, Awards presentation, three big pool parties, 50's Dinner Dance and show, Grand Ball Dinner Dance, and Moonlit Dinner Cruise, Sight-seeing at the National Aquarium and Harborplace...

and Special Guest: actress  
**SUSAN PERETZ**  
from the award winning  
episode of L.A. Law.

### IMPORTANT DEADLINES

You should have received your convention packet by now. If not, call the NAAFA office immediately at (516) 352-3120. Discounts expire 7/31.

Hotel room reservations MUST be made no later than July 31 for guaranteed special \$55 per night rate. Call the hotel at (301) 962-0202.