

---

---

# NAAFA

## Newsletter

---

---

Volume XVI  
Issue No. 2

August 1988

### New Study: Fat Can Be Fit

"Fat or fit? Women don't have to choose one or the other, according to researchers at Oregon State University. They can be both."

This statement opened an Associated Press article on the findings of a nine month study of 15 "overweight" women. In the study, conducted by Jane Moore and James Leklem of the university's Food and Nutrition department, the 15 women ate 1,800 to 2,000 calories a day, less fat and more complex carbohydrates (vegetables, brown rice, beans, etc.) and exercised regularly, but not strenuously. The exercise was mainly walking 40 minutes three times a week, and not any program resembling Jane Fonda's routine.

Only six women in the group lost weight, but 11 of them improved their health risk factors such as blood pressure, cholesterol level, and aerobic capacity. And those who did lose weight, didn't lose any lean body mass, according to the report.

According to Jane Moore, "In our culture, we see obese people as unhealthy. This study demonstrates that drastic weight loss isn't necessary to improve health."

#### COMMENTARY

Well, you heard it here first. In the January/February 1983 *Newsletter*, [Vol. IX, Issue #4] we published an editorial entitled "Fat Can Be Fit?". In it we said, "...1983 [should] be the year of "Fat Can Be Fit". That's a pretty radical statement in fitness/thinness crazed America. Almost all the fitness gurus are also promoters of weight loss, and I rarely hear anyone outside of NAAFA suggest that fat people might be healthy..."

A year later "Fat Can Be Fit" appeared on the cover of *Ms. Magazine* promoting a revolutionary article by NAAFAn Carol Sternhell (NY).

Now the point that fat can be fit has made newspapers around the country via the AP wire service's coverage of this study. It was delightful to see a headline in 1" high letters, "Study: Some women are fit and fat." ◇◇

### Members Invited to Serve on the Board

Nominations for candidates for the 1989 Board of Directors election will be considered at an Election Committee meeting in the fall. Any member who would like to be considered for nomination, or who would like to suggest election rule changes, should write the Committee as soon as possible.

Running for the Board of Directors implies willingness to attend nominally eight Board meetings per year, usually held in various locations on the east coast on Saturday afternoons. (Meetings have been held during 1988 in locations such as Queens, NY; northern New Jersey; Baltimore, Maryland; and Cleveland, Ohio.) Currently, there is no provision for reimbursement of travel expenses. Smoking is not permitted at the meetings. In addition, candidates for the 1989 election must be at least 21 years of age and must have joined NAAFA prior to January 1, 1988.

Those NAAFAnS who are interested in Board service should contact the NAAFA office for a description of Board Members' responsibilities prior to submitting their names for committee consideration.

Mail your inquiries to NAAFA, Box 188620, Sacramento, CA 95818. ◇◇

### NAAFA'S NEW ADDRESS

Effective September 10, 1988:

All correspondence for NAAFA should be addressed to our new offices at:

**NAAFA**  
**Box 188620**  
**Sacramento, CA 95818**

Mail sent to Bellerose will only be delayed in forwarding. Our new telephone number will be announced in the next *Newsletter*. (Until then, call 209-748-5738.) ◇◇

# NAAFAns Attend NOW Convention

by Carrie Hemenway (MA)

Over 2,500 people attended the national NOW Convention in Buffalo, NY in June. Vicky Reed (NAAFA's Health Chair) and I (Coordinator of the Feminist SIG) were among them, bringing a message of fat liberation and a resolution to end size discrimination.

Earlier this spring, California NOW had unanimously passed such an anti-size discrimination resolution. at its regional conference, with a mandate to bring it to Buffalo, thanks to California fat activists, Fat Lip Readers Theater and others. We NAAFAns linked with California NOW in Buffalo; we needed 250 signatures on our petition to bring our resolution to the floor. After three days, California NOW and NAAFAN Liz Sterling were able to collect a whopping 350 signatures!

Vicky and I continued to staff our popular exhibit booth as well as lobby for the resolution. Our sign read: "NAAFA. WOMEN OF SIZE / RADIANCE MAGAZINE." We were amazed and delighted that perhaps half of the conference attendees were fat women. Throughout this exciting event, people strolled by our booth and talked with us. We dialogued about fat liberation, dispelled myths, answered questions and supplied health and economic information. Women physicians, who hesitated at first to sign our petition, changed their minds after discussion with us. It helped to have copies handy of Rethinking Obesity (Ernsberger and Haskew) with its clear charts and well documented findings. Issues of Radiance, the special fat pride issue of Matrix, NAAFA literature and NAAFA Newsletters made for a colorful and informative table.

Molly Yard, NOW President, stopped at our booth and pointed to our sign. 'I like that—'Women of Size!'" she said. We gave her copies of Radiance and asked her support with the resolution.

The positive responses made us realize that not only had NOW members been thinking about size oppression and lookism and its impact on all women, but that fat women are not as isolated as we often think we are. We made the political connections that put the fat issue in the context of civil rights. We made sense, and so did the people we spoke with, each having something to teach each other. Not everyone stopped to sign our petition or talk. Many fat women walked by our booth, some averting their eyes so we wouldn't invite them into our space. Sometimes thin people would talk with us and then ask about ways to deal with a fat relative, friend or lover. We were very touched by the openness and friendship extended to us.

Due to the late start of the resolution hearings, only the least controversial resolutions were passed, and our resolution, along with a long list of others, was tabled to be resurrected again at the NOW annual Board meeting this fall.

Afterward Vicky and I agreed that we had achieved what we had set out to do and more, and that passing the resolution would have been the icing on the cake. Next year's NOW convention is in Cincinnati, Ohio and we'll be there. Join us in Cincinnati in '89!

## Working with NOW— How You can Help

Vicky and I quickly realized that we needed to be a presence in Buffalo more than anything else. But we need many more people to join us in continuing the work we began this year. You can help by joining NOW. (Both men and women may join.) You can help by attending next year's NOW convention in Cincinnati. And you can help by sending a donation to the Feminist SIG to help with the cost of this outreach. (Please note that your donation is not tax-deductible. Checks should be made out to the Feminist SIG and mailed to 167 South Street #10, Northampton, MA 01060.) ◊◊

# John Lennon Anorexic

John Lennon, the former Beatle, has been described by biographer Albert Goldman [The Lives of John Lennon], as being anorexic for most of his adult life. Goldman says that Lennon starved himself to what he perceived as perfection. The onset of the eating disorder can be traced to 1965, Goldman writes, "when some fool described him in print as the 'fat Beatle.' That phrase struck such a blow to his fragile ego that the wound has never healed."

Goldman spent more than six years researching the book, interviewing 1,200 friends, relatives and associates of Lennon, according to a news story carried by the Associated Press. The biography is scheduled to be released in September by publishers William Morrow & Co. ◊◊

## NAAFA NEWSLETTER

### NEWSLETTER STAFF

MANAGING EDITOR: Nancy Summer

### DEPARTMENT EDITORS:

ACTIVISM	Peggy Williams
HEALTH	Paul Emsberger, PhD.
MEDIA	William J. Fabrey
SUPPORT	June Bailey

### MINI-MINUTES

Maryann Valerio, Mary-Jane Grace-Brown

©1988 by NAAFA, Inc., Box 188620, Sacramento, CA 95818. Nothing may be reprinted without permission except for non-commercial purposes, providing suitable credit is given.

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. ◊◊

# NAAFA, Inc.

## EXECUTIVE DIRECTOR

Sally E. Smith

## OFFICERS and BOARD OF DIRECTORS

Conrad H. Blickenstorfer, Ph.D.,

*Chairman of the Board*

Nancy Summer, *President*

Paula Dachis, *Vice President*

Mary-Jane Grace-Brown, *Secretary*

Neil Dachis, Esq.

William J. Fabrey

Jerry Hoxworth

Lynn McAfee

Russell F. Williams

Dan Davis, *Treasurer*

## FOUNDER (1969)

William J. Fabrey

## COUNSEL

John G. Trapani, Esq.

## ADVISORY BOARD

*Chairman of Advisory Board*

Paul Emsberger, Ph.D.

Biomedical Research

William Bennett, M.D.

Editor, Harvard Medical School Health Letter

Abraham I. Friedman, M.D.

Metabolism and Bariatric Medicine

Paul Haskew, Ed.D.

Psychologist, University of Connecticut

Angela Barron McBride R.N., Ph.D.,

Professor, Dept. of Psychiatric Nursing,  
Indiana University School of Nursing

Harry K. Panjwani, M.D.

Psychiatry

O. Wayne Wooley, Ph.D.

Susan C. Wooley, Ph.D.

Co-Directors, Eating Disorder Clinic,

Dept. of Psychiatry,

University of Cincinnati College of Medicine

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 Membership Services at PO Box 188620, Sacramento, CA 95818, or call (209) 748-5738.

## Dan Davis Elected Treasurer

Dan Davis of Salinas, California was elected to the office of Treasurer at the July 16th Board of Directors meeting. One of Dan's first priorities is the computerization of NAAFA's bookkeeping functions.

Dan is a Certified Public Accountant, with a Masters in Business Administration, who has done accounting and consulting for many non-profit agencies and independent audits for a variety of others. He has also served on boards of directors and held offices in other non-profit groups in the past. He and his wife Sharon, who is also a CPA, have been partners in their own accounting practice since 1981.

Dan has been a NAAFA member for many years and also serves as NAAFA's Committee Coordinator. He has written several articles for the *Newsletter* and the *FA-SIG* as well as articles for *Radiance* and *BBW*. ◇◇

## Dream-Away Must Refund Money

The manufacturers of Dream-Away and Advanced Dream-Away have been ordered to pay \$1.1 million in refunds to consumers who bought their weight loss products. Dream-Away promoters claimed that, by simply taking their pill, you could lose weight while you sleep.

As we reported in the July 1987 *Newsletter*, Dream-Away was already in trouble in California, but the product was still being advertised on cable stations nationwide (with the disclaimer that the product was not available in that state). Members were encouraged to write the Federal Trade Commission to remove this fraudulent product from circulation.

Now the Federal Trade Commission has announced that consumers who can supply a proof of purchase may have their money refunded. For more information, contact Nancy Wardor, FTC, Washington, D.C. 20580. ◇◇

## NAAFAns Appear on Sally Jessy Raphael

The Sally Jessy Raphael Show featured fat admirers and their relationships with their fat partners in a show aired on August 18th. Seven NAAFA members participated: NAAFA's Chairman of the Board, Conrad H. Blickenstorfer and his wife Ruby Greenwald (NY), NAAFA's Treasurer Dan Davis and Sharon Davis (CA), Doug and Diane Zimmer (WA) and Ronda Wood (CA).

There were four segments to the show. In the first segment, the men discussed their preferences for large women. Their wives then joined them for a discussion of their relationships. In the

third segment, Ronda Wood of the Fatimas belly-dancing troupe performed for the audience, and then joined the other guests and discussed her Los Angeles-based dating service, MOR2LUV.

According to reports, the show was very well received by viewers. Although the studio audience included a number of hostile people, the NAAFAns were able to get their points across.

NAAFA's address was given, as was MOR2LUV's phone number. Ronda reported getting many calls—but most of them were from outside her dating service's range. She referred those callers to NAAFA. [Thanks, Ronda!] Our offices report receiving up to 90 calls the first day, and the mail has been pouring in. ◇◇

# Schenectady Mayor Replies

Last month we reported on the decision by Mayor Karen B. Johnson to deny promotion to "overweight" public safety personnel in her city. An editorial in the Times Union disagreed with this new policy—an editorial which earned the writer an Achievement Award (Honorable Mention) from NAAFA. [More on the award in our next issue.]

**Our Executive Director Sally E. Smith wrote Mayor Johnson:**

Dear Mayor Johnson,

NAAFA would like to register its disapproval of your policy of denying promotions to "overweight" personnel.

Fat people in this county comprise one of the last "safe" minority groups. Employers and individuals who would never consider discrimination against Blacks, Hispanics, women, gays, or the physically challenged think nothing of denying fat people their rights to employment, access to public accommodations and adequate medical care. Arbitrary discrimination against any class of people is wrong.

"Overweight" persons, as a group, are no less competent or dedicated than their thinner counterparts; in fact, fat people often work harder in order to compensate for both the blatant and insidious forms of discrimination they face on a daily basis.

We urge you to reconsider your promotion policy, as well as your own stereotypical views of fat people. "Overweight" people are not self-indulgent; in fact, recent research has shown evidence of the link between obesity and metabolic factors. I doubt that you'd blame an employee with multiple sclerosis for her condition; please be more tolerant of your "overweight" personnel...

Cordially, Sally E. Smith

## The Mayor responds:

CITY OF SCHENECTADY  
Office of the Mayor

Dear Ms. Smith,

You would be surprised how little prejudice I feel for fat people in general. But in the public safety area things are a little different. There is a well established principle in law which permits height, weight, vision, and other limitations on those who can be hired because of the strenuous nature of this work. I find it difficult to understand how a person who met those well-established, job related criteria, should be rewarded upon passing a test for allowing themselves to seriously deteriorate from accepted hiring standards. Additionally, there is a statistical correlation between overweight and cardio-vascular disease. These two public safety professions in New York State require an employer to assume responsibility for the life of the public safety officer for any cardiac related events because they are by-law job related.

Do you yourself visualize a grossly obese firefighter on the top of a ladder or a grossly obese police officer chasing a criminal several blocks down the street where the lives of citizens are at stake?

I am not talking about mild overweight.

Sincerely Yours,  
Karen Johnson, Mayor

### What's Your Opinion?

Mayor Johnson has a problem and she's trying to solve it in a way that we think is discriminatory. What's your opinion? Do you have any interesting, workable, non-discriminatory solutions to the problem of fat police and firefighters? Write us and we'll forward the best suggestions to Mayor Johnson. Mail your opinion and suggestions to NAAFA, Box 188620, Sacramento, CA 95818. ☐

## Mini-Minutes

May 29, 1988  
Board Meeting

The meeting was held at the Hagerstown, Maryland Howard Johnson hotel in conjunction with the Cumberland Valley Regional Gathering.

Voting Board members present were: Paula Dachis, Neil Dachis, William J. Fabrey, Jerry Hoxworth, and Russell F. Williams. President Nancy Summer chaired the meeting as Chairman Conrad H. Blickenstorfer was absent. (The chair of the meeting votes only to break ties and to make a 2/3 or 3/4 majority as required by the Constitution.) Also present: Executive Director Sally E. Smith. Secretary Mary-Jane Grace-Brown was absent and minutes were taken by tape and by Randi Hertz Suriano.

A number of committee reports were given and discussion was held on several topics including the current financial status, the status of the election and the next chapters of the Workbook program, changes in the Newsletter format, and the activities of the Activism and Legal Action Committees. None of these discussions required a vote.

### MOTIONS PASSED BY UNANIMOUS VOTE:

The revised Five Year Plan was approved unanimously.

The draft budget for fiscal year ending June 1989 submitted by Sally E. Smith was discussed and a motion to accept it provisionally was passed.

A proposal to begin the dissemination of Public Service Announcements was approved. The proposal called for distribution of 150 PSA tapes, and an additional 500 transcripts, to selected radio stations across the country.

The Twin Cities Chapter for the Minneapolis-St. Paul, Minnesota area with

Lisa Helgeson as Chairperson Pro Tem was passed unanimously.

The name "Southeastern" Chapter for the chapter started by Barbara Colgin and Susanna Worley was approved.

A motion to terminate the membership of Sabrey El-Assoouty was passed unanimously.

**MOTIONS PASSED IN SPLIT VOTES:**

The appointment of Jerry Hoxworth to the position of Midwestern Local Chapters Coordinator was approved: Yes: P. Dachis, N. Dachis, Fabrey, and Williams. Abstention: Hoxworth. [Editor's Note: The Eastern and Western regions still need coordinators. Volunteers should write the Executive Director.]

Summer's proposal [see article elsewhere in this Newsletter] for the scheduling of fund raising special events and the convention for the balance of 1988 through 1989 was passed as follows: 2 Yes: Hoxworth and Fabrey; 2 No: P. Dachis and Williams; and 1 Abstention: N. Dachis. The tie was broken by President Summer in favor of the motion.

A motion to waive the \$30 registration fee for Board members and officers was approved: 4 Yes: P. Dachis, N. Dachis, Fabrey and Williams. Abstention: Hoxworth. ◊◊

## Put Your Effort Where Your Mouth Is

by Dan Davis (CA)  
Committee Coordinator

If complaints were horses, many NAAFA's would ride. Our money problems would end, too. We could support ourselves with equestrian fundraisers.

Some gripe because NAAFA isn't doing enough for them. Some gripe because NAAFA isn't doing enough, period. Some gripe because NAAFA isn't active enough in their area, or because NAAFA doesn't listen to their suggestions. Some gripe because they were on the losing side of some past power struggle, and some gripe because Susie or Johnny stole their boy or girl friend meetings back.

Some of the gripes are at least partly valid. But what none of the grippers consider is that NAAFA is a volunteer organization. That means the people who do the work don't get paid, which in turn means that their primary concern must be supporting their families, which then means that the time they give to NAAFA is extra, a gift rather than an obligation. For this reason, the amount that can be accomplished by a volunteer organization is directly related to the number of volunteers willing to share the work.

And carrying out an effective program is work, not fun. It involves clerical work and writing letters and calling people and selling ideas. Much of it, maybe most, is drudgery, and you don't always get a pat on the back, or a recommendation for the Nobel Peace Prize, or any of those things you know you deserve. It's not nearly as much fun as bitching, and it doesn't give you that smug feeling of superiority to the people you're bitching about.

Now NAAFA is changing and growing. We have a professional Executive Director, Sally E. Smith, working full time at making the agency larger and more effective. We've reorganized the committees and set up a structure for giving local chapters a stronger voice in agency matters. But all of these changes will be meaningless unless volunteers step forward to do the work.

We need coordinators, committee chairs, and committee members. We need people who will commit to tasks, devise plans, report on activities and finish what they start. There are jobs and programs going begging because nobody has stepped forward to do the work. But the bitching still goes on.

Talk is cheap, and bitching is easy. I'm calling all you angry people out. What are you good at? What are your greatest concerns? How much time can you donate? Are you willing to do tasks that aren't always fun or exciting, or exactly what you'd like to be doing? Do you have the grit to see a tedious job through, without being continually pushed or patted on the back?

If so, write and tell me about it. Tell me what you can do, and what you want to help with, and how much time you can spend. If Sally or I can come up with a job that fits, we will. If we can't, I'll at least give you the courtesy of a reply.

Earn your bitching rights, or stop bitching. If you can't be part of the solution, at least don't be part of the problem. ◊◊

**BE A VOLUNTEER—  
RECRUIT A MEMBER!**

**making it big.**

Natural Fibre Clothing in Vibrant Colors  
and Contemporary Styles for Large Women

Size Chart	Our Size	XXS	XS	S	M	L	XL	XXL	3XL
	Dress or Blouse Size	32	34	36	40	42	44	46	48
	Bust	36	38	40	42	44	46	48	50
	Waist	29	31	33	35	37	39	41½	44
	Hips	38	40	42	44	46	48	50	52

Larger Sizes by Special Order / Send for your mail order catalog  
P.O. Box 203                      Cotati, CA 94928                      (707) 795-2324

# 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.

## Curiosity

by Robin Savage (MI)

"Hi", the little boy said - with a laugh.

"Hi", I said, as I folded my newspaper in half.

"Are you gonna have a baby?" - he quietly said.

"Nope" - As I began to shake my head.

Puzzled he said, "Than how come you're so fat?"

"Well I'm big and you're small and that's all there is to that.

"People come in all sizes, some big and some small,

Just as some people are short and others are tall.

"It's hard to understand - but you will when you get older."

He was still confused, but he was getting bolder.

He stood closer now, no longer afraid

And some of his confusion began to fade.

Just then his mother yanked him away

and I sat and wondered if he'd be an F.A.

As he stumbled over his feet - looking back at me

I wished that I had finished my fat rights plea.

His mother scolded him for talking to strangers

and probably warned him about getting fat and their "dangers".

I smiled and waved - He just stared as if I wasn't there.

It was like he wanted to wave but just didn't dare.

Oh, little boy, be kind to all you see.

Be yourself, and please let me be me.

Reprinted with permission from the Mid-Michigan Messenger, the publication of the Mid-Michigan Chapter. ◇◇

## —ACTIVISM LETTER—

### Cadillac Behind on Ample Seat Belt Protection

A copy of the following activism letter was received from a NAAFA member (name withheld):

Mr. Robert Stempel, President  
General Motors Corp.  
3044 West Grand Blvd.  
Detroit, Mich. 48202

This week we purchased a 1988 Fleetwood Brougham D'Elegance from our local Cadillac dealership—advertised by your company as the largest production car made. Imagine my amazement when I discovered that the Fleetwood Brougham's seat belt did not fit me. Although fat people are not shown in your advertisements, here I am, proof that we do indeed purchase your cars. When I ride in friend's cars such as Ford Escorts, Thunderbirds, Buick Sommersets, etc. they all allow me to ride safely because their standard equipment belts accommodate me.

Our sales person and the service department representatives were extremely sympathetic to me regarding the car's problem, but were not educated to deal with it in a timely manner.

Such poor design by General Motors probably sends many fat people, scurrying to the nearest Lincoln dealership. I bought the Cadillac because of a lifelong loyalty to General Motors starting with a grandfather who was with Fisher brothers when Fisher Body began, and a father with over 30 years service.

As a consumer I'm upset; as a stockholder I'm concerned. In a state where seat belts use is mandatory, why wouldn't you insure that people of all sizes be safe. If your standard equipment belts are inadequate then extenders should be immediately available.

Shouldn't the largest production car made accommodate some of the larger "production" people made? ◇◇

SEND US COPIES OF YOUR ACTIVISM LETTERS.

Just send one copy to the NAAFA office, and they'll distribute it to the Activism and Publications Committees. Some letters are re printed in the Newsletter, and others help to keep the Editor informed.

Thanks for your cooperation! ◇◇

## Conversation with Myself

by June Bailey (OH)

"Maybe, now that your metabolism has had a rest from its life of yo-yo dieting, you should try to lose weight just one more time."

"But, I've tried everything. I've really tried in the past. I tried so hard that my fickle metabolism learned to conserve the fat I have in my body. I got to the point where I was eating nothing and not losing any weight. What if that happens again? What if I do lose weight and regain it—plus some, making myself heavier still?"

"Well, that may not happen. Maybe this time something will work. What's the harm in trying?"

"To tell the truth, I'm not sure I want to go through that again. Since I got my head together on this dieting obsession, I don't feel fatigued and my whole personality is back to what it should be. Besides, I'm still the same person. There isn't anything that would change except that I may become thinner. Not will be, you understand, may be thinner. Also, my stomach is still suffering the effects of starvation and I have to take medication for what the doctor says is a problem I will have all my life. I don't want to make it worse."

"Aw, c'mon! That's a cop-out because you're afraid of failure."

"Hey! I'm not afraid of failure! Failure is a part of living. It wasn't me who failed, it was the methods I used that failed me! It's my stomach, and I know when it hurts!"

"You know dieting isn't a problem for you. You've taken off hundreds of pounds in your life. You aren't a compulsive overeater and you can control your appetite without diet pills. You've proven that in the past."

"Sure, but since food doesn't contribute to my fatness, why should I waste all

that time, money, and energy just to try to change the body I was born with? Sure, I can lose weight, but can I keep it off? I'm obviously not in the one to five percent who can, and I've surely proved that in the past."

"You're sure about this?"

"Yes, I am! Since I joined the fat rights movement and became a NAAFA member, I'm too busy feeling good about myself. Beside, even if I do lose weight someday, I'll still be a fat rights activist!"

[Reprinted with permission from the Bountiful Buckeye Bulletin, the publication of the Ohio and Northern Ohio chapters.] ◊◊

---

---

## Wider Wheelchairs Now Available

Fat people have long known about the problems of small wheelchairs. A trip to the hospital is made even more traumatic when there isn't a wheelchair large enough to transport a large person comfortably. NAAFA's have reported a variety of horror stories—being forced to walk when in pain, hearing unpleasant comments made because they couldn't fit in the chair, etc. But the problem can be devastating for a large person who needs a wheelchair all the time.

The Wheelchair Institute of Kansas has just announced a new line of chairs designed exclusively for people weighing between 250-600 pounds. The seat widths range from 20 to 30 inches, and the chairs have extra supports, and wheels and casters are rated to hold more weight. (Custom made chairs are also available for people who weigh more than 600 pounds.)

The Wheelchair Institute of Kansas manufactures and sells these chairs. You can get prices and more information about the "BIG CHAIR" by calling 1-800-525-3332. ◊◊

## Middleton-Austin Wedding



SHONA AND RANDY AUSTIN

Shona Middleton and Randy Austin were married on April 30, 1988 at the United Methodist Church in Grandville, Michigan. It was a formal wedding, attended by family and friends, with a candlelight service followed by a reception.

The bride wore a white satin dress with a long chapel train trimmed in lace. The bodice was satin with lace overlay, with many pearls and sequins. The headpiece was a crown of lace covered with pearls and sequins to match the gown, with a cathedral length veil attached. The groom wore a grey tuxedo with vest.

Shona and Randy met in June 1987 through a dating introduction service. They were engaged in August. Shona is the former President of the West Michigan Chapter of NAAFA. She is an RN practicing in occupational health. Randy is assistant to the director of a college program. The couple resides in Grandville, Michigan. ◊◊

## Long-Range Convention and Event Plans

A proposal for the planning of special events through 1989 was passed at the May Board meeting. The proposal called for:

- A Thanksgiving weekend (1988) event in the New York City region;
- A group travel trip to a Caribbean Island during February or March 1989;
- A Fourth of July (1989) Regional Gathering in the Midwest;
- The 1989 Convention on the West Coast in August;
- And a Christmas/New Years Holiday Happening in the New York area at the end of 1989.

Since then, the Northern Ohio Chapter has offered to produce a "New Year's Holiday Happening in Ohio" at the end of 1988. Half the proceeds from that event will be donated to NAAFA, Inc.

Bids are being accepted by the Resource Development Committee for the hosting of the Midwest Fourth of July weekend regional gathering. The proposed location must be in the area from Ohio to the Rocky Mountains. This event is not designed to compete with our annual convention in scope or price. All proceeds will benefit NAAFA, Inc. The bidding deadline is October 10th.

The Convention Steering Committee is accepting bids for Convention 89. The proposed convention site must be on the West Coast. There are a number of specific requirements for convention sites, so bidders are advised to contact the NAAFA office prior to starting research. A special bid form will be provided. The convention bidding deadline is November 15th.

Bids can be made by chapters or a small group of individuals. For bidding information, forms, and event requirements, contact the NAAFA office. A committee member will return your call. ♦♦

## Classified Ads

*Goods and Services  
Available by Mail*

### FAT POWER

The "bible" of the Fat Liberation Movement. Photocopied, 214 pages \$22.00. Available only from NAAFA's Book Service. Check/Visa/MC.

## 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

### M I D W E S T C O N F E R E N C E 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 VanDyke, Warren, MI. Hotel reservations only (313) 573-7600. Rooms \$45/double.

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

### Thanksgiving Weekend New York City La Guardia Marriott

NAAFA is sponsoring 2 fundraising dances, a pool party and a conference on The Full-Figured Woman: Big, Beautiful, and Successful. More information will be available in the next Newsletter.

### New Year's Weekend in Ohio

Watch for information on a special New Year fundraiser in Ohio. Details to follow.

*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)

## NAAFA Newsletter Advertising Policy

Ads received by the following dates will be printed in the next issue available: UPCOMING DEADLINES: September 6, October 4, November 7.

### 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 members who choose not to receive such mailings can request it in writing. ♦♦