

NAAFA Newsletter

VOLUME IX

ISSUE #5

MARCH-APRIL 1983

FOUR NOTABLES RECEIVE HIGHEST AWARD



WILLIAM BENNETT, M.D. & JOEL GURIN



NELL CARTER



SEN. MICHAEL SCHWARZWALDER

To many people who attended the 1982 Columbus Convention, one of the more exciting events was the acceptance, in person, by two of the four recipients of the annual Distinguished Achievement Awards. These awards are given by NAAFA "for outstanding contributions to the advancement of self-respect, dignity, and a better life for fat people."

Accepting for himself and co-author Joel Gurin, William Bennett, M.D. went on to explain some of his and Mr. Gurin's findings in the area of dieting and weight loss. [His speech will be reproduced in the next issue of the Newsletter--Ed.] Their awards stated that they were being recognized for authorship of their book, *The Dieter's Dilemma* (Basic Books, 1982), "an important and authoritative book that describes 'in a lucid and compelling way, a new theory of obesity which holds that fat people are fat, not because of some failure of will power, but quite simply because their bodies are programmed to be fat.'"--Albert J. Stunkard, M.D."

Dr. Bennett is Associate Editor of the Harvard Medical School Health Letter. Joel Gurin is Editor of the new magazine *American Health*.

Ohio State Senator Michael Schwarzwaldler, author of Senate Bill #87 of that state, which would add height and weight to current statutes affecting discrimination in the job and housing markets, also accepted his award in person. [And whose speech will also be included in the next Newsletter--Ed.] Senator Schwarzwaldler was honored for his introduction of the bill and also for its continued promotion in the Ohio Senate. The award was presented to him by Francine Crider, former chairperson of the Ohio Chapter of NAAFA.

Finally, a Distinguished Achievement Award was given to actress Nell Carter, "for her performance and image in the television special presentation *Ain't Misbehavin'* and the television series *Gimme a Break* in the 1981-82 season (NBC)." While Ms. Carter was unable to accept the award in person, those at the convention were pleased to read in the Columbus Citizen-Journal and other newspapers on Labor Day, that Nell Carter had accepted the award. Ms. Carter is quoted as saying, "I'm pleased. As a somewhat overweight sex goddess, I feel a responsibility to uphold the reputations and images of women, real women who know that being as thin as a Barbie Doll is not necessarily what's happening."★

As reported in the Jan.-April, 1982 edition of the Newsletter (Vol. IX, Issue #2), a recipient of the Distinguished Achievement Award for 1981, given in Atlantic City, was Jack Rosenthal, Deputy Editor of the Editorial Page of *The New York Times*, for his editorials defending fat people. Rosenthal went on to win a Pulitzer Prize, and the above editorials were mentioned, along with others, as examples of his work.

However, omitted from that Newsletter coverage were the two awards given to NAAFAs Louise Wolfe and Joyce Maloney. Louise Wolfe received her Distinguished Achievement Award for excellence in activism conducted on the West Coast, and for her efforts in successfully persuading the Alameda County (California) Civil Service Commission to eliminate weight as a factor in hiring in most positions. Joyce Maloney received her award for chairing two national conventions in a row, namely the 1979 event in Arlington, Virginia, and in Chicago, Ill. in 1980.★

IN ADDITION...



LOUISE WOLFE



JOYCE MALONEY

SPECIAL
ELECTION
ISSUE

activism

THE FAT LIP AND FAT HUG AWARDS



by Christine Kaye
West Virginia

Has this ever happened to you? You come home tired and worn, feeling as if you were the star runner in the Rat Race. You go into the kitchen to find something to soothe your jangled nerves. Your tension headache is demanding relief. You're really ready for a little escapist television. When you first turn on the set, the evening news is just coming to a close. You begin to relax as

the news exerts its numbing effects. It's time for their cutesy piece--the humorous news item. The newscaster smiles while relating how a fat teen-ager has just tried for the impossible--a spot on the cheerleaders' squad. They let her join, but only for the practice sessions (doesn't matter that she's every bit as good as the other girls). By the end of the piece, the entire news team is smiling broadly while the image of the chubby cheerleader fades from view.

Among the following commercials is one that features two size 9's discussing how hard it is to diet. You begin to feel the muscles at the back of your neck start to tense up. Fortunately, there is a talk show coming up. The first three guests prattle on about their busy lives in the limelight and you start to relax again. Then a woman comes on and says, with complete candor, that she thanks God that she's not fat and that she thinks that fat people ought to be locked up. You're beginning a slow burn when the comedian comes on. The fat-sister or fat-blind-date jokes fan your ire into full flame. Rushing over to the set, you slam your palm against the on/off button. Pacing about the room (is that smoke escaping from under your collar?), you wish there was something you could do to let these insensitive dolts know how foolish they are. Well, I've encountered all of these situations (luckily not all on the same night!) and others just as irritating.

Have you seen the "mad as hell" forms in BBW Magazine? I'd like to propose a similar form for NAAFA. We could call it the "Fat Lip Award" which would be sent to those who had been "rude, unkind, insensitive or ignorant in the extreme."

Of course, the other side is sometimes represented. There is the time I heard Trini Lopez say (ages ago), "Thin may be in, but fat's where it's at." Or the sitcom where a teen-ager finds out that the fat kid is really something special. Or the science magazine that runs a cover story on fat and the role of set-points. These are just as deserving of our recognition as are the unkind ones. I know NAAFA has their "Distinguished Achievement" award, but perhaps we could add a "Fat Hug" award for the acknowledgement of other deserving individuals.

What do you think, fellow NAAFans? If, for whatever reason, you can't write letters of praise or protest to deserving individuals, would you send a NAAFA "Fat Lip" or "Fat Hug" award instead? Keep fighting the good fight!★

SPECIAL ANNOUNCEMENT FROM THE BOARD OF DIRECTORS

Chris Kaye's proposal of "Fat Lip" and "Fat Hug" awards has been approved by the Board of Directors. Once NAAFA has designs for the awards, sets of blank awards will be made available to the membership for the cost of printing, postage, and handling.

When you spot some news item or article--or hear some comments on television or radio that you feel deserve a "Fat Lip" or "Fat Hug" award, you can send one by just filling out the award and signing your name.

ATTENTION ARTISTS: Our first step is to decide on the designs for the awards. Chris has proposed a that we hold a CONTEST for the best designs. She has offered to donate the prize--a box of Godiva chocolates-- for the winning design.

To enter the contest, simply call the NAAFA office at 516-352-3120 or write PO Box 43, Bellerose, NY 11426 and we will mail you full details.

WATCH FOR FUTURE ANNOUNCEMENTS ABOUT "FAT LIP" AND "FAT HUG" AWARDS...WHICH WILL BE AVAILABLE WITHIN THE NEXT 6 MONTHS.★

MEMBER TELLS "SOAPS" TO CLEAN UP THEIR ACT!

Do you watch daytime dramas, better known as soap operas? Many women and men are hooked on shows and wouldn't miss an episode. But some of the "soaps" are missing the boat when it comes to the treatment of fat. One member decided to voice her opinion to her favorite CBS show.

Dear "The Young and the Restless",

I have been an avid fan of Y&R for years. Most of the storylines have been entertaining... I feel I must point out a very unfortunate attitude that prevails on your show. It's quite apparent your writers have a totally negative attitude about fat persons. Here's a few solid examples to prove it:

1. Cindy was describing how terrible it is to be a hooker to a teenager by describing how horrible it was for a 300 lb. man to "make it with her".
2. Brian was joking around with Ashley in the lab and he described someone who was FAT AND UGLY. (He used those words as if they were one word. They are NOT synonymous.)
3. Nicki was worried about being fat and unattractive for Victor when she was pregnant. (Yet she does not know who the father of her baby is. So much for priorities!) Victor has said more than once fat women are unattractive.
4. The man who almost raped Angela was obese and perspiring.

A few years ago you had a storyline about an unhappy wife of a professor who was fat; her husband found her unattractive so he had an affair with Peggy. Now we must suffer along with Tracie who hides candy bars in her bedroom, binges and purges and who has no self-esteem at all. She feels ugly and abandoned by a mother who told her no one would ever love her because she (Tracie) was fat. Instead of sending the character to a therapist or counselor, she is told to lose weight!

We live in a society where thin people are to be admired and others (fat, ugly, handicapped, minorities, etc.) to be ignored, laughed at and abused. You must realize the power you wield to enforce such stereotypes! How sad it is that you choose to portray fat persons as unhappy, deranged and ugly.

I'm sure you do not mean to be insensitive to fat persons intentionally. Please do us a favor and introduce a fat person who is secure and successful. You certainly have every right to do a story about a fat person with problems but you should be responsible enough to give another viewpoint.

Sincerely,

Ralette Ruth Ralls
Maryland★

health

MEDICAL NEWS UPDATE

DEATHS, HEART DISEASE LINKED TO CAMBRIDGE DIET

The Food and Drug Administration has issued a statement that it has received 138 complaints of consumer illness from individuals on the Cambridge diet, a widely-promoted commercial diet preparation. Six deaths have been reported among Cambridge dieters.

The FDA report goes on to say that there is insufficient evidence to conclusively establish a cause-and-effect relationship, due to pre-existing medical conditions in the fatal cases.

In response to this, the editor of *Obesity and Bariatric Medicine* asks in the Spring 1983 issue, "Does the existence of pre-existing medical conditions absolve diet promoters from responsibility? And what responsibility does the FDA have? What should they be doing to protect the public from programs and products which may cause more harm?" In the same issue of *Obesity and Bariatric Medicine*, two sample cases are presented of potentially fatal abnormalities in heart rhythm in young women on a commercial ultra-low-calorie diet. The abnormality was concluded to be the result of a disturbance in mineral balance. The author concludes that, "It should be obvious from the above examples that the widespread unsupervised use of ultra-low-calorie diets...is to be condemned since these diets are fraught with multiple risks of which (mineral imbalance) is only one of several that can lead to death."

Paul Ernsberger ★

HYPERTENSION AND THE FAT AMERICAN

PART 1: Is Your Blood Pressure Really High?



by Paul Ernsberger

Hypertension is the medical term for high blood pressure; (it does not refer to psychological tension). Hypertension can lead to heart attacks, kidney damage, and other serious problems, yet it has no symptoms itself. Because of this, it has been called "the silent killer". For what-

ever reasons, fat people are more likely than thin people to be told by their doctors that their blood pressure is too high. (See "Health Committee Special '82" for a discussion on some of the reasons for this.)

The first thing you need to do after your doctor tells you that you have hypertension is to find out if your blood pressure really is high.

A very important factor overlooked by most fat people and their doctors is the size of the blood pressure cuff used. Blood pressure cuffs, like furniture and most other things in the U.S.A. and Canada, were designed for thin people. If your arm is too large for the commonly used cuff, your blood pressure cannot be measured accurately unless a larger cuff is used. Larger cuffs are readily available that are designed for use on the leg (of a thin person) and can be used on the larger arm.

If your doctor or nurse is struggling to squeeze your arm into a too-small cuff, he or she should go back and read the instruction booklet that came with the blood pressure measuring setup, which says, "The cuff should be snug, but not tight." Obviously, if the cuff is too tight, the pressure your doctor reads on his meter has nothing to do with the actual amount of pressure on your arm. A cuff that is too small can produce a very high blood pressure reading when the actual blood pres-

sure is normal or even below normal.

Untold thousands of fat people have been given drugs to treat hypertension, when in fact their blood pressure was normal! This is no small problem, because while high blood pressure can lead to serious complications over a period of years, low blood pressure can cause immediate damage to vital organs or even death. For this reason, medical authorities agree that it is vital to be absolutely certain that a patient's blood pressure is high before drugs are prescribed.

There is astonishing ignorance among health professionals concerning the use of the right size cuff for the size of the patient's arm. The Build and Blood Pressure Study (conducted by the insurance industry, not by medical authorities) was the first study to suggest a relationship between weight and blood pressure, and remains widely quoted in the medical literature. Yet, this study used only one size of cuff. All it shows is that fat people have larger arms, and measuring blood pressure on a larger arm with a small cuff generates false high readings. Several more recent studies using different cuff sizes have still shown higher blood pressure in fat people, but the relationship is much weaker. When proper-sized cuffs are used, it becomes clear that weight, as a risk factor, pales in comparison to smoking, lack of exercise, and cholesterol levels.

Every doctor should have a large blood pressure cuff for use with fat patients, as standard office equipment. Standard-sized cuffs cannot be used with an upper arm circumference of over 16 inches. If your doctor doesn't have one, he should be strongly urged to obtain one. Even better insurance is for every fat person to have their own large-sized cuff, and to take it along on doctor visits.

Another factor that can lead to false high blood pressure readings is stress. A visit to the doctor's office is typically a very stressful event for a fat person, particularly if a few pounds have been gained since the last visit, or a stern lecture on dieting is anticipated. Thus apprehension and fear will register itself on the blood pressure meter. It is a medical cliché that nothing raises a patient's blood pressure like telling him he has hypertension. The fear that a fat patient carries into the doctor's office probably explains partially why weight loss produces a drop in blood pressure (congratulations expected) and weight gain produces a rise in blood pressure (tongue-lashing expected).

The treatment of hypertension is based on the accurate measurement of blood pressure in the resting, relaxed state. If the fat patient is experiencing fear, anger, or anxiety as his blood pressure is being taken, the reading cannot serve as a guide for treatment. My own recommendation is that just before your blood pressure is taken, close your eyes, breathe slowly and deeply, and imagine a peaceful scene, such as a rolling meadow. Better still, purchase your own blood pressure measuring setup and take readings in the comfort of your own home. Keep a record, and give it to your doctor.

Another factor that can lead to the false diagnosis of hypertension is medications. A number of drugs can raise blood pressure as a side-effect. If you are told you have hypertension, you should remind your doctor what medications, both prescription and over-the-counter, you are taking. If any of these drugs raise blood pressure, you should stop taking them immediately. In many cases, blood pressure will fall to normal. For example, all diet pills (prescription and over-the-counter) can cause hypertension. Anyone taking diet pills should have their blood pressure checked regularly, and if it rises dangerously high, the drug should be discontinued. Most cold remedies, decongestants, and allergy pills can raise blood pressure. This is often stated on the package. If you have hypertension, you should discuss alternatives with your doctor.

In conclusion, if a fat person has been diagnosed as hypertensive, the first step to be taken is to determine with certainty that the blood pressure readings

are not artificially high due to 1) Incorrect cuff size, 2) Stress in the doctor's office, 3) Side-effects from prescription or over-the-counter medications.

Once you are certain that you are truly hypertensive, a number of steps can be taken to lower your blood pressure. This will be the subject of later installments. ★

IF YOU WOULD LIKE TO OBTAIN INFORMATION ON HOW TO OBTAIN LARGE-SIZED CUFFS OR OTHER BLOOD PRESSURE EQUIPMENT, SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO: BLOOD PRESSURE EQUIPMENT, NAAFA, PO BOX 43, BELLEROSE, NY 11426.

CORRECTION FACTORS FOR BLOOD PRESSURE READINGS TAKEN WITH REGULAR-SIZE CUFF

The following figures represent the average error produced by using a regular cuff on large arms. If you know the circumference of your upper arm, you can adjust blood pressure readings using this table. However, these figures represent averages: using the proper sized cuff is the best way to obtain accurate readings.

ARM SIZE (INCHES)	SYSTOLIC PRESSURE	DIASTOLIC PRESSURE
12	00	00
13	-02	-01
14	-05	-03
15	-08	-06
16	-10	-07
17	-13	-09
18	-16	-11
19	-18	-13
20	-22	-15
21	-24	-16
22	-27	-19

For example, if your upper arm measured 18" around and your blood pressure reading with a regular cuff was 154/92, your corrected blood pressure would be (154-16)/ (92-11) or 138/81. [Again, let us repeat that these are average figures--Ed]

NAAFA member, Ann Turner, M.D. supplied us with this chart. SOURCE: M.H. Maxwell, et. al. THE LANCET, 7/3/82, pg. 33.

Health Committee Chairman, Paul Ernsberger adds: Another method of measurement is to place the cuff over the forearm, rather than the upper arm, and listen to the pulse at the wrist. Many medical researchers have recommended this method, and results are comparable to using a large cuff. This would also be the method of choice for people whose arms are too large for even the thigh cuff.

On the above table, note that readings start to become inaccurate at an arm circumference of 13", while the manufacturer states that the regular arm cuff is accurate for arms up to 16". Persons with arm sizes over 13" who are diagnosed as hypertensive should ask to have their blood pressure remeasured with a large or thigh cuff, or on their forearm. ★

editorial

ARE FAIR NAAFA ELECTIONS POSSIBLE?



Nancy Summer
Managing Editor

June. Another NAAFA birthday (we'll be 14 on June 13th) and another NAAFA election.

Are you planning to vote this year? If the 1983 election is like previous ones, only one third of you, the voters, will cast ballots. Why don't the other two thirds of you vote?

Some people never vote for anything. Some feel that their one vote doesn't make a difference (not true!). Others may simply not care about the Board of Directors, (until the Board votes in an increase in the NAAFA-DATE fee, or similar measure!). Some simply forget. But I have the feeling that many members have little interest in the election because they don't know much about the candidates. In our quest for fair elections, our election rules may have thrown the baby out with the bath-water.

I remember my first election as a new NAAFA member. I opened my election material and stared in bewilderment at the names and faces. Who were these people? I read the statements, but I was unsure of the issues, and the statements were little help. I didn't vote that year because I felt very uninformed.

In the next election I was a candidate. I was well versed in the issues and had some strong opinions. But I found myself blocked by strict "electioneering" rules from expressing my views to the electorate. All I was permitted to do was ask friends to vote for me and to attempt to reach the other hundreds of NAAFA members through a convincing tiny 350 word statement.

NAAFA's electioneering rules have been created to make elections fair. But in order to give each candidate an equal chance, the rules make almost every form of communication illegal! To sum up the rules:

-Candidates may not make speeches at functions- ex-

- cept on an equal time basis.
- Candidates may not pass out flyers or take ads in national or chapter publications.
- Candidates with access to official mailing lists are strictly forbidden from using them to promote their candidacy.
- Editors of national or chapter publications are barred from accepting advertising from candidates.
- Editors must not endorse candidates.
- Editors must not publish articles about candidates during the course of the election- except on an equal space basis.

These rules are important. (I've even voted to strengthen them.) Without them, the candidate with the most money for advertising would have an edge, as would the candidate with access to mailing lists or coverage in a publication. Editors of both this Newsletter and chapter bulletins would have unfair power in shaping the opinions of the voters if allowed to make endorse-

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ments.

But a side effect of our electioneering rules is a void of information about those up for election, and that's very unfair to the voters. It's also not fair to the candidates who have to "sell" themselves in 350 words or less.

Now that we know what we don't have, let's discuss what the election rules do give us as election coverage. Take a look at your election material when it arrives (around June 1st). For each candidate you will get a name, a face, a profession, a list of "qualifications" and a statement. Those "qualifications" don't tell the whole story about a person. The only acceptable qualifications are national and chapter officerships and national committee positions. There are types of service to NAAFA that don't fit into these categories. And while some committee positions may have involved little or no work, others may have required hundreds of hours of the candidate's volunteer time. I'd rather see a qualification list that includes a job description and/or an explanation of exactly what that candidate did while on the committee or in the office.

The statements are a problem too. There are so many possible directions to take when writing a statement that it is rare that any two candidates address the same issues. The voters are asked to compare apples to oranges. The statement concept is a good one, but I'd like to see it increased to at least 500 words AND, in addition, there should be a list of questions about important issues (suggested by the membership and approved by the election committee) answered by all candidates. That way the voters can compare the opinions of the candidates on specific topics.

This year, in accordance with the election rules, this Newsletter is attempting to provide additional "equal space" election coverage by publishing the candidates' responses to seven specific questions. But I've discovered that for an editor it's a tricky business to be completely fair and even-handed with all candidates. For example: One day I casually reminded a candidate of her Newsletter deadline and then realized that to be fair I now had to immediately call the other three candidates and remind them too, (which, of course, I did).

Next year, I would rather see this question and answer coverage controlled by the Election Committee and provided as part of the election material. I'm also in favor of expanded "qualifications" and a longer statement. But until these changes can be discussed, I hope that the Newsletter coverage will encourage more members to exercise their right to vote.

Save this Newsletter and refer to the election coverage when you cast your vote. See if the additional information helps you make your choices. Then write us. We welcome suggestions and opinions on how to make our elections both fair and meaningful to the voters and candidates. ★

1983 ELECTION COMMITTEE NOMINATES CANDIDATES

The 1983 Election Committee met on February 4th and selected 12 nominees for the upcoming Board of Directors election in June.

The 12 members nominated were Ira Cohen (New York), William J. Fabrey (NY), Susan Hoey (NY), Jerry Hoxworth (Ohio), Mary Jo Hoxworth (Ohio), Rosalie I. Radcliffe (North Carolina), Claire Roan (NY), Florane Sclar (NY), Dale Silverberg (Pa.), Peggy Williams (Maryland), Russell F. Williams (Maryland), and Louise Wolfe (California).

Four of the nominees chose to run and their names will appear on the ballot in June. They are William J. Fabrey, Susan Hoey, Florane Sclar and Russell Williams.

Each year the Election Committee is composed of the Board members whose terms are not expiring. Present at the February 4th meeting were Sheila Goodman (Chair), Angela Capiello, Lisbeth Fisher, Nancy Summer and Elisabeth Williams. Paula Dachis is also a committee member but was unable to attend the meeting.

As of the April 1st deadline, no petitions for other candidates were received. ★

election

SPOTLIGHT ON THE CANDIDATES

How can NAAFA voters get to know their candidates better? Ask them questions, of course. Press conferences and personal appearances aren't possible, but through the pages of the Newsletter, we are able to ask the candidates questions about NAAFA and NAAFA policies.

In November of 1982, the Newsletter contacted the Chairpeople of local chapters requesting assistance in developing a list of interview questions. The following questions resulted.

The candidates were all given a maximum of 500 words to answer the seven questions, in accordance with the "equal space" rules. The length of each answer, however, was up to the candidate as long as he or she did not exceed the 500 word maximum.

NAME	QUESTION: FOUR OF THE MAJOR FACETS OF NAAFA ARE: A) PERSONAL DEVELOPMENT (IMPROVEMENT OF SELF-ESTEEM FOR FAT PEOPLE) B) SOCIAL ACTIVITIES (NAAFA-DATE, CONVENTION, CHAPTER ACTIVITIES) C) ACTIVISM AND THE REEDUCATION OF THE PUBLIC ABOUT FAT D) LEGISLATION (PROMOTING LAWS TO PROTECT FAT PEOPLE) PLEASE LIST IN ORDER OF IMPORTANCE TO YOU, AND EXPLAIN. (YOU MAY ADD ANOTHER TOPIC IF YOU WISH.)
WILLIAM J. FABREY	I see the areas of personal development, social activities, activism and public re-education as being equally important. NAAFA has made progress in those areas. Regarding legislation, I am inclined to believe we are neglecting the area of job discrimination. However, I believe that publicity combined with raising the consciousness of employers may win more jobs for fat people in the long run than will legislation. Undoubtedly, some work in the legal area should be pursued.
SUSAN HOEY	Personal development and activism are equally important. Unless our self-esteem is top-shelf, how can we hope to reeducate the public? We must believe in ourselves before others can believe in us. Second in importance is social activities. They help support self-esteem. Lastly I feel we have to educate more people before we can get the public support needed to spur legislation.
FLORANE SCLAR	The order listed in the question is exactly the order in which I would put it in. A) Unless we feel good about ourselves there is little we have to offer. B) Unless we can be social together we cannot be social "out there". C) Activism is an absolute must for gaining understanding. D) Once we have accomplished AB&C we have become all powerful and are ready to push through necessary and long overdue legislation for fat people.
RUSSELL WILLIAMS	All are important and must be done concurrently.

ARTICLES THAT APPEAR IN THIS NEWSLETTER DO NOT NECESSARILY REFLECT THE OFFICIAL POLICIES OF NAAFA, INC. UNLESS SPECIFICALLY NOTED. PLEASE CONTACT THE NAAFA OFFICE IF YOU REQUIRE INFORMATION ABOUT SPECIFIC NAAFA POLICIES.

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WILLIAM J. FABREY	I see the areas of personal development, social activities, activism and public re-education as being equally important. NAAFA has made progress in those areas. Regarding legislation, I am inclined to believe we are neglecting the area of job discrimination. However, I believe that publicity combined with raising the consciousness of employers may win more jobs for fat people in the long run than will legislation. Undoubtedly, some work in the legal area should be pursued.
SUSAN HOEY	Personal development and activism are equally important. Unless our self-esteem is top-shelf, how can we hope to reeducate the public? We must believe in ourselves before others can believe in us. Second in importance is social activities. They help support self-esteem. Lastly I feel we have to educate more people before we can get the public support needed to spur legislation.
FLORANE SCLAR	The order listed in the question is exactly the order in which I would put it in. A) Unless we feel good about ourselves there is little we have to offer. B) Unless we can be social together we cannot be social "out there". C) Activism is an absolute must for gaining understanding. D) Once we have accomplished AB&C we have become all powerful and are ready to push through necessary and long overdue legislation for fat people.
RUSSELL WILLIAMS	All are important and must be done concurrently.

ARTICLES THAT APPEAR IN THIS NEWSLETTER DO NOT NECESSARILY REFLECT THE OFFICIAL POLICIES OF NAAFA, INC. UNLESS SPECIFICALLY NOTED. PLEASE CONTACT THE NAAFA OFFICE IF YOU REQUIRE INFORMATION ABOUT SPECIFIC NAAFA POLICIES.

SPOTLIGHT ON THE CANDIDATES CONTINUED

NAME	QUESTION: COULD YOU SPEAK OPENLY TO A REPORTER ABOUT YOUR ACTIVITIES IN NAAFA IF CALLED UPON DO SO? EXPLAIN.	QUESTION: WHAT SPECIAL EXPERIENCE (PROFESSIONAL OR OTHERWISE) DO YOU HAVE THAT YOU FEEL WILL MAKE YOU A VALUABLE BOARD MEMBER?	QUESTION: WHAT DO YOU CONSIDER YOUR CHIEF CONTRIBUTIONS HAVE BEEN TO NAAFA AND/OR THE FAT LIBERATION MOVEMENT DURING THE LAST 2 YEARS?
WILLIAM J. FABREY	I often speak to reporters. In the early years of NAAFA, it wasn't always easy--I had to develop self-confidence. Many NAAFAn are good in interviews. You can overcome many obstacles if you believe strongly enough in the "cause".	In my many years on the Board, I have developed a thorough understanding of most NAAFA issues and personalities, as well as NAAFA's Constitution and of Robert's Rules of Order. (Somehow, I missed only one Board meeting in 14 years.) In addition, my experience as an engineering consultant and in report writing has been helpful to my Board Service.	During the last 2 years, I've been committed to making NAAFA more responsive to its members and more businesslike in its dealings with the public. I've also devoted several hundred hours of my time to setting up the new office and to trouble-shooting several NAAFA programs and committees. Another hundred hours each year has been devoted to dealing with the media, being available on short notice to make the necessary referrals for interviews with NAAFA members.
SUSAN HOEY	Yes, I could speak openly to reporters...I have given interviews to the London Times, the Associated Press and Newsday.	Volunteer work in crisis intervention counseling, president or chairperson of several service organizations, manager of a thriving restaurant complex have given me the following: The ability to listen, be patient, sort the chaff from the wheat and, most importantly, stick to a job and see it through. After attending Board meetings for 2 years I feel these qualities are the most valuable assets a Board member could have.	Being very active in moving the national office to larger headquarters not only involved physical activity but also changing work procedures and assuming responsibility for the entire financial scope of NAAFA. This involves working in the NAAFA office and/or being in contact with the staff every week of the year. Volunteer services, raffles and fund raising events are all projects I have been involved in. Currently I am working to help make the 1983 NY Convention the best NAAFA has ever had.
FLORANE SCLAR	Certainly! None of us is involved in any covert or secretive activities. Responses to reporters, of course, would largely depend upon which areas of NAAFA their questions are concentrated on, but the rights of fat people are of greatest importance.	There's no substitute for experience. As a Board member and a national officer for a number of years, I've experienced NAAFA's triumphs and disappointments. But most of all I've seen NAAFA grow from a group of 150 dreamers of the impossible to thousands of hopeful and dedicated people across the country looking and working towards realizing the dream of equality for all fat people.	It's difficult to measure one's contributions when they are not of a tangible nature. Being and doing and living according to NAAFA's ideals, and succeeding, would seem to be the highest good for the movement.
RUSSELL F. WILLIAMS	I have spoken about NAAFA on 60 Minutes and on 3 local TV stations. I have spoken about NAAFA for a total of 2 1/2 hours on local radio shows. My activities in NAAFA have been the subject of 3 newspaper interviews and resultant articles, and I have had several letters to the editor published in various newspapers. I see no reason why I should not continue to speak to the press at every opportunity.	I have one year's training in community organization (32 credit hours). I have a beautiful 450 lb. wife who suffers size discrimination. I am married to a charter member of NAAFA. I have been to every convention since 1977 and know most of the national leadership. I try to be a reasonable rational person who thinks about the good of NAAFA because NAAFA alleviates suffering.	I have been Co-Chairperson of the Cumberland Valley Chapter since it started. In the last 2 years, I have written several Cumberland Valley newsbulletins, "Guidelines for F.A.'s", "Is it a Sin To Be an F.A.?", about 200 separate letters to, for, or about NAAFA. (Some of these 200 letters had many copies sent out), and I have had the honor of describing to many fat women the magnificence of their voluptuous beauty. ★

**next
issue:
convention
special!**

ads

ADVERTISING

PLEASE SEE THE ADVERTISING SUPPLEMENT THAT IS BEING MAILED WITH THIS ISSUE OF THE NEWSLETTER.

sigs

SPECIAL INTEREST GROUPS (SIGs)

NAAFans are held together in this association by fat issues, local chapters are developed to serve specific geographical areas, and now it is possible to join (or start) a group held together by a specific interest. For example, you might love camping. Your local chapter, if any, might never plan a camping trip, but a Camping SIG could be formed for the purpose of planning and holding such trips.

SIGs may be formed to hold meetings or events, or to reach out to members only through publications. We "borrowed" the SIG concept from a successful international association, Mensa, in which hundreds of national and local SIGs exist, meeting the needs of its members.

How do you start a SIG? First you must present a petition to the Board of Directors with the signatures of at least three current NAAFA members and a brief description of the purpose of your proposed SIG. Outline how you expect your SIG will operate--through the mail, meeting once a month, etc. You may be asked to fill out an application form or furnish further details prior to approval. The rules governing SIGs are based on rules

for local chapters with some modifications. You will be sent a copy of the rules along with the details on how to get your SIG operational.

The list of possible SIGs is as wide as the many interests of NAAFA members. The Board of Directors hopes that Special Interest Groups will help make your NAAFA membership even more meaningful to you.★

FIRST SPECIAL INTEREST GROUP (SIG) FORMED

Best wishes to Karen and Tony Syken of Brooklyn, N.Y. on the formation of NAAFA's first SIG, "People With Partners", a New York based group for couples. Couples from New York, New Jersey, Connecticut, Maryland and Pennsylvania have already joined or expressed interest in joining.

People With Partners has been developed to be more than just an alternative to the NAAFA singles scene. Karen and Tony hope that through raps, workshops, and publications to help NAAFA couples reach new awarenesses about the many issues NAAFans face. Other proposed activities include dinner parties, theater trips and weekend get-aways.

Couples do not have to be married, but they should have made some sort of social commitment to each other. If you are interested in more information about People With Partners, please write them c/o NAAFA, PO Box 43, Bellerose, NY 11426.★

people

COMMITTEE APPOINTMENTS

Paula Dachis of Maryland has been appointed to chair the Awards Committee. This committee selects the recipients of NAAFA service awards and makes recommendations to the Board of Directors regarding possible Distinguished Achievement Awards.

NAAFANS IN THE NEWS

Congratulations to Louise Wolfe, Judy Freespirit and Nancy Thomas of the FAT LIP READERS THEATER on their appearance on the Phil Donahue Show in early April. The emotionally-charged show featured several short segments from the THEATER and questions from the audience and phone callers.

Paul Ernsberger of Chicago made a brief appearance as a questioner on Phil Donahue's "The Last Word", The show featured a plastic surgeon whose practice includes suction lipectomy (a new method for suctioning out fat cells from a specific area) and Carol Shaw, Editor of Big Beautiful Woman magazine, who presented an opposing viewpoint.★

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.★

f.a. focus?

feature?
review?
advice?

HEY! PART OF MY NEWSLETTER IS MISSING!

That's right. Pages 9,10,11 and 12. We had great material for all these categories...and more, but we just ran out of space. It's tough being limited by finances to only 8 pages, especially when we know that our readers want more.

The hard facts are that the postage bill must be paid immediately upon mailing and the printer's bill must be paid within 30 days (to assure his continued co-operation). While we are scheduled to prepare regular eight page Newsletters, it would be nice to be able to produce 12 or 16 "pagers" more often.

We have already made some space-saving changes in an attempt to squeeze more content into less space. You may have noticed that our type size has shrunk. In fact, the reduced type size allows us to put almost 12 pages of material into eight. We are also using all eight pages now for articles and publishing an advertising supplement for our ads. But there's a limit on just how much we can squeeze!

The bottom line is that NAAFA needs your support, not only to produce more and bigger Newsletters, but for other programs as well. The Newsletter staff urges you to support the 1983 Fundraising Campaign when you receive it this spring. We understand that in these tough economic times, not everyone is able to help. But for those of you who can afford to give, your support is vital.

This month we had to bump a humorous satire, The Fairview Park Diet by June Bailey, our regular F.A. Focus and Advice columns, and interview with the Volunteer Service Committee Chairperson, a book review and more in favor of important, timely election coverage. You'll be seeing all these articles in our next regular issue (right after the Convention issue), but wouldn't it be nice if we didn't have to say, "Hey! Part of my Newslette

ANTI-DISCRIMINATION BILL REINTRODUCED IN OHIO

The Ohio Chapter of NAAFA has announced that Senate Bill #130 (formerly #87) has just been introduced into the current session of the Ohio State Legislature. Written and sponsored by Ohio Senator Michael Schwarzwald, recipient of NAAFA's Distinguished Achievement Award last year, Senate Bill #130 adds the words "height and weight" to existing civil rights legislation in Ohio. The Bill was not expected to be reintroduced until the 1984/85 session.

TIME IS OF THE ESSENCE! Whatever steps we can take to help the passage of the Bill must be taken IMMEDIATELY. There is still time to add our voices to those supporting this important bill banning size discrimination in housing, employment and finance.

The Ohio Chapter has formed a Legislative Committee headed by Francine Crider. Fran will be coordinating the enormous amount of work needed for passage. Meetings with legislators and other activist groups in favor of the Bill, collecting testimony from expert witnesses and those who have personally experienced discrimination, and preparing a public speaking format and publicity plan for the state are all part of the Committee's work. This Newsletter URGES ALL OHIO NAAFANS TO CONTACT FRAN AND OFFER TIME, ENERGY, TALENT, TESTIMONY...WHATEVER YOU CAN...TO HELP PASSAGE OF THIS BILL.

If you wish to help, whether or not you live in Ohio, you can WRITE. Send your telegrams, cards and letters in support of Bill # 130. If you wrote last year in favor of the old bill, write once again. Your letter doesn't have to be long or detailed. It appears the number of letters received is more important than the details in each letter. Just be sure to mention that you are in favor of Bill # 130. Don't forget to urge friends, family and co-workers in Ohio to write too. Ohio residents should write to the Senator from their local district. Non-residents should address their support letters and telegrams to Senator Michael Schwarzwald.

Today, April 19th, Francine Crider and Patricia Baker, PH.D. are scheduled to appear before the Sponsor's Committee. Fran plans to relate personal experiences and Pat will present an overview of the problem. At a later date, Fran will meet with the Senator to set a time on the docket for witness hearings. Ohio residents who wish to testify are urged to contact Fran.

The Newsletter staff wishes the Ohio proponents of Senate Bill # 130 the very best of luck. We feel that whether you live in Ohio or not, this Bill can be important to you. There is only one other state (Mich.) that has a law of this type protecting the rights of people of all sizes. Perhaps with a favorable outcome in Ohio, other states may be encouraged to follow suit.

ADDRESSES YOU MAY NEED:

Senator Michael Schwarzwald
Ohio Senate
State House
State and High Streets
Columbus, Ohio 43216

Francine Crider
6157 B Northgate Road
Columbus, Ohio 43229

(614-846-3755)

[With thanks to Fran Crider and June Bailey, Editor of the Bountiful Buckeye Bulletin, Ohio Chapter of NAAFA, PO Box 3024, Columbus, Oh 43210]