

# NAAFA

## Newsletter

Volume XVI  
Issue No. 5

November -  
December 1988

### *NAAFA Changes Its Name*

*The National Association to Advance Fat Acceptance*

On January 1, 1989, NAAFA: The National Association to Aid Fat Americans shall become NAAFA: The National Association to Advance Fat Acceptance. While we'll still be known as "NAAFA" our new name represents our tremendous growth and renewed optimism, and more clearly defines NAAFA's role in the fight to end size discrimination.

A name change has been the topic of much discussion over the last five or six years. While some members objected to other parts of the name, "Aid" was the word that most members favored changing. "We don't need aid," said name change proponent Nancy Summer. "It's obvious from NAAFA's activities that fat people are capable of helping themselves. Removing the word "aid" from our name more accurately describes the self-help, volunteer organization that NAAFA has become over the years."

In response to the many letters, petitions and suggestions, the Board of Directors considered the matter in January of 1988, but no suggestion received enough support to pass a constitutional amendment at that time. (A 2/3 majority of the Board was required for a name change.) Under consideration: changing the name to simply NAAFA; keeping the old name but only using the initials; National Association for the Advancement of Fat Acceptance, and so forth. The Board then instructed the *Newsletter* to conduct a poll of the membership.

The *Newsletter* straw poll revealed that 82% of the respondents favored a name

change, with only 10% of respondents in favor of retaining the old name. As to the suggestions for a new name, a wide majority favored changing the name to the National Association to Advance Fat Acceptance. After receiving the results of the poll, the Board reconsidered the matter in July and the name change to National Association to Advance Fat Acceptance, effective January 1, 1989, was passed by a 2/3 majority.

"The new name enables the public to immediately understand what we are fighting for, and it more accurately reflects the purpose of the organization," Randi Hertz Suriano told the *Newsletter*. Randi is NAAFA's Marketing and Advertising Chairperson. (Over the years NAAFA received many letters for people who thought NAAFA was aiding fat people by helping them diet, or were confused as to what NAAFA's purpose actually was.)

Randi continued, "The National Association to Advance Fat Acceptance is also symbolic of our more aggressive approach to ending size discrimination." ♦♦

### *Gastric Bubble Removed from Market*

The manufacturer of the gastric bubble has removed the device from the market in response to a study conducted at Georgetown University. The study, conducted by Dr. Stanley Benjamin, concluded that the gastric bubble is ineffective and unsafe.

Ninety patients, all described as "very much overweight", were divided into three groups. Some patients actually had the gastric bubble inserted, and others went through a mock procedure. Bubbles were inserted or removed in real or mock procedures during the course of the study. Neither

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*SEASONS GREETINGS  
AND HAPPY NEW YEAR!  
FROM NAAFA*

# 1989 NAAFA Election Report

## Sixteen Nominated

The 1989 Election Committee met on October 29 to discuss possible election rules changes and to nominate candidates for the 1989 election. As announced in the August and September Newsletters, members wishing to be considered for nomination were asked to write the committee. One such letter was received. The sixteen NAAFAs who were nominated are:

Deborah Albright (OR)  
June Bailey (OH)  
Linda Blackmon (VA)  
Frances Camberis (IL)  
Rosezella Canty-Letsome (MD)  
Neil Dachis (MD)  
William J. Fabrey (VA)  
Harry Gossett (VA)  
Jerry Hoxworth (OH)  
Lynn Meletiche (NY)  
Janet Meyers (PA)  
Chris Mohan (PA)  
Sheila Pigford (NY)  
Victoria Reed (CT)  
Frances White (CA)  
Ronda Wood (CA)

The election will be filling three seats on the Board of Directors. (Board members whose terms are expiring are Dachis, Fabrey, and Hoxworth.) Since the nominees have until January 15th to declare their intentions, it is not known at this time who will choose to run.

There is a procedure for running as a petition candidate which calls for submission of a petition signed by 5% of the membership as of the previous June 30—66 signatures this year, according to NAAFA's Executive Director. Anyone who wishes to run as a petition candidate should call the NAAFA office immediately for full instructions. In brief, petition candidate rules specify that:

— A petition candidate must be at least twenty-one years of age as of the date of the election, and must be a NAAFA member for at least one year as of January of the election year.

— A written declaration of intent must be immediately mailed to the Election Committee in care of the NAAFA office.

— Petition candidates are responsible for complying with the Election Rules while collecting signatures.

— Only signatures of current dues paid "national" members are eligible.

— Signatures may be collected by the candidate or other members on behalf of the candidate.

— Signatures may also be obtained from members who write the NAAFA office asking to have their name added to a candidate's petition.

— Completed petitions (and additional letters from members) must be mailed to the NAAFA office *postmarked no later than January 15, 1989*.

Currently there is one declared petition candidate soliciting signatures. Anyone wishing to add their name to the petition for Randi Hertz Suriano (NJ) may do so by writing the NAAFA office as prescribed above.

The Election Committee is made up of those Board members whose terms are not expiring this year. Conrad H. Blickenstorfer was elected by the committee to serve as election chairman. Other committee members include Mary-Jane Grace-Brown, Paula Dachis, Lynn McAfee, Nancy Summer, and Russell F. Williams. ☐

## Bubble (continued from page 1)

the patients nor their personal doctors knew whether or not a bubble was in place at any given time. All patients were given the same low calorie diet and behavioral modification procedures to follow.

The results: All patients, with or without bubbles, had the same weight loss success rate, but the patients with the bubbles suffered a lot of unpleasant side effects that were not reported by non-bubble patients.

## COMMENTARY

This recent development in the history of the gastric bubble makes one question how well the FDA is investigating weight-loss devices and products before approving them. The bubble, developed by Dr. Lloyd Garren of Maryland, was approved for distribution based on a six month study of 70 patients. Dr. Garren's study claimed an average weight loss of 40 pounds after six months. His results also showed that 5 cases of ulcers (or 7%) developed in those 70 patients.

However, Drs. Kruss and Livak of the Hines, Illinois Veteran's Hospital were unable to duplicate Garren's results in 1985. They found only small, transient weight loss, and that 13% of the patients developed ulcers with many other patients reporting other less severe side effects. Still the bubble was approved for distribution.

Skepticism of the procedure was expressed in this Newsletter by Advisory Board Chairman Dr. Paul Emsberger as long ago as February of 1986. Even staunch weight loss advocate Dr. Theodore Van Itallie (St. Lukes-Roosevelt Medical Center, NY) referred to "possible complications" and stated his opinion that the FDA "acted prematurely in approving the device."

As we said in the May 1986 Newsletter: "After the dust had settled in a year or so, and 'bubble' people end up (in all likelihood) weighing as much as ever, we will give thanks when most of them will have only lost a few thousand dollars—and will not hopefully have done much permanent damage to their digestive systems...."

The dust has settled, and yet another weight loss gimmick bites the dust! ☐

## NAAFA NEWSLETTER

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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. ☐

## 1989 National Convention

August 9 - 13, 1989  
Los Angeles, California

The 1989 Convention plans are well under way for Los Angeles, California on August 9th through the 13th at the Los Angeles Airport (LAX) Marriott. Eileen Perez and Lana Pajula have been appointed as the Chairs of the Host Committee.

Convention plans include five days of workshops, discussions, and Special Interest Group meetings, leadership training, and annual events like the Chapter Rally, fashion show, and dances. Some special features of this convention include a fiesta dance, the wonderful swim parties at the Marriott's fabulous pool, and great sightseeing opportunities. A special activism event is also scheduled.

Further details about the 1989 Convention will be announced in the spring. But in the meantime, why not mark your calendars, and make your vacation plans so that you'll be able to join us at the biggest event of the NAAFA year! ♦♦

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### Members Invited to Board Meeting

The next NAAFA Board of Directors meeting is scheduled for January 14, 1989 in the Philadelphia area. All NAAFA members are invited to attend. In conjunction with the meeting, a number of special events will be held on the same day, including a "Meet the Board" Reception and a Dinner and Comedy Cabaret.

The meeting will begin at 1:00 pm at the Days Inn Suites in Bensalem (1329 Bristol Pike, Bensalem, PA 19020—directly off I-95.) From 6:30 to 7:30 pm, a special reception will be held "for members only". The reception is scheduled so that members will have time to meet the Board and discuss their concerns with their elected officials. There is no charge for the reception.

At 8:00 pm, a Baked, stuffed chicken dinner will be served, followed by the Comedy

Cabaret starring Paula Dachis and Susan Mason. Later, Susan will MC an open mike. Ever want to be a comedy star? This is your chance.

The cost of dinner is \$18 for members of NAAFA, Inc. and \$20 for non-members. **Dinner is by pre-registration only.** Checks should be made payable to NAAFA and mailed to the NAAFA office, PO Box 188620, Sacramento, CA 95818, **post-marked no later than January 5th.** Or you can call the NAAFA office at 916 443-0303 and reserve using your Visa or Mastercard.

For people wishing to stay overnight, the hotel rooms are \$56 single, \$62 double. Make your reservation directly with hotel, mentioning NAAFA when you reserve. The Days Inn Suites' phone number is 215 245-5222.

If you need more information, please call Lynn McAfee at 215 426-9023 or the NAAFA office. ♦♦

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### Members To Appear on Geraldo

NAAFAn Lynn McAfee (PA) took the stage for fat rights on the Geraldo show. The episode, which is slated to appear in the first two weeks of January featured Lynn as one of a panel on discrimination based on appearance.

NAAFAns Patrick Fox (PA), Linda Spoungle (NJ) and Randi Hertz Suriano (NJ) were also on hand.

Check your television guide for exact day and time in your area. ♦♦

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## "Oprahfast" Revealed

In a much publicized Oprah Winfrey Show, Oprah announced that she lost 67 pounds on the Optifast program. The show was complete with Oprah in her size 10 Calvin Kline jeans, a little red wagon filled with 67 pounds of animal fat, a confession of cheating on vacation (with a bacon avocado cheeseburger); a discussion of how the Optifast program works; and revelations of how much Oprah exercises, how much water she drinks, and even how often she urinates!

Oprah has often revealed her feelings about her weight. Several years ago, she told her audience that no one could be fat and happy. NAAFA's Geneva Chapman (OH) took her to task for that comment, and was invited to appear on the show along with June Bailey (OH).

In October of 1986 Oprah said, "Since I started dieting I have gained 70 pounds. One of the reasons I realize why I don't have a handgun is because I would have shot off my thighs years ago. I still hate myself because of my weight."

After her weight loss she told her viewers, "This has been the most difficult thing I have ever done in my life. Nothing, not one single thing I have ever done, measured up to this kind of accomplishment in my life..."

According to many health experts, weight lost rapidly, especially by very low calorie diets or fasting, is most often quickly regained. Will Oprah be successful in keeping it off? She says she will. "I'm not going to gain it back because of fear of tabloids and everything that will be printed if I gain one pound." She has also started running.

But only a few days later on the Johnny Carson show, Oprah announced, "You know what I did? A lot of people go out and buy themselves a little new dress or something afterwards... I decided after not eating for four months I'd buy myself a restaurant... I want to know about the business so I am going to do hostess training. So one night a week, at least, I'll be in the restaurant..." Oh, oh, Oprah!

## The Aftermath...

The Optifast toll-free number was swamped by phone calls from fat people after Oprah's show about her diet. (A new advertisement for Optifast ran with the show in most areas.) It has been estimated that perhaps one million people called (or attempted to call) to find out more about Optifast. Even a company with a phone number similar to Optifast's reported receiving hundreds of wrong number calls from people looking for the diet company.

Capitalizing on the excitement about liquid fasts, the makers of Slim Fast, an over-the-counter diet product, began a print ad campaign touting their product as a much less expensive alternative to Optifast. (The Optifast program can cost thousands of dollars.) Most doctors agree that liquid protein fasts should never be undertaken without ongoing medical supervision, and even then, many doctors consider them risky and ineffective in the long run. Yet Slim Fast's advertising suggests that use of their product can save on costly medical supervision! ∞

## NAAFA Issues Press Release

In response to the media blitz surrounding Oprah Winfrey's weight loss, NAAFA Executive Director Sally E. Smith issued the following statement to the press:

### **Fat Rights Organization Pans "Oprahfast"**

"Oprah may say that she isn't recommending Optifast to anyone, but unfortunately, in America a publicized weight loss is like yelling 'Fire!' in a crowded theater. Fat people will stampede, and a lot of them will get hurt," said NAAFA President Nancy Summer, commenting on the media blitz surrounding Oprah Winfrey's recent weight loss.

Dr. Paul Ernsberger, Chair of NAAFA's Advisory Board, likened the Optifast craze to other weight loss fads. He said, "Remember jaw wiring and intestinal bypass? People lose a lot of weight, and gain it all

back. Liquid protein diets are no different. Ninety-five percent of dieters regain the weight they lost within five years."

While NAAFA's policy states that dieting is a matter of individual choice, dieters should be aware that "within two to five years, forty percent of people who lose weight, actually end up heavier than when they started," said Ernsberger. Repeated "yo-yo" dieting, a cycle of losing and regaining weight, has been shown to be more of a health risk than remaining at a stable, high weight. This is particularly true for those who are genetically predisposed towards obesity.

Also disturbing is that Winfrey considers losing weight to be her greatest accomplishment to date. "I find it a sad commentary on this society that an Academy Award winning actress and successful television personality considers losing weight as her greatest accomplishment," Summer said. "It's a shame that people have to be judged, not on the basis of their talent and achievements, but on whether they fit into size 10 jeans," Summer added. ∞

## **Holiday Gift Suggestions for Oprah Winfrey**

- 1) Calvin Klein jeans in sizes 12, 14, 16, 18, and 20—All labeled size 10
- 2) A book on running by the late Jim Fixx
- 3) A Peter Max portrait of a Bacon Avocado Cheeseburger
- 4) A little red sled—for dragging her 67 pounds of animal fat around in winter
- 5) A deluxe gift package from Hickory Farms
- 6) A cookbook—"1001 Holiday recipes for sugarfree Velamints"
- 7) 100 shares of Optifast stock
- 8) A replacement for Stedman—a new boyfriend who respects and loves her at any weight! ∞

## Favorite Quotes...

Asked if she'll accept dresses loaned by American designers—a practice that landed Nancy Reagan in hot water—**Barbara Bush**, First Lady-Elect said,

*"Listen, if anyone ever offered me anything, I would be besides myself with excitement...You know they don't offer them to people my size."*

—Associated Press

**Roseanne Barr** lists several "escape clauses" in her contract for her smash hit television sitcom. Included in the list is:

*"If we eat too much. If they have us with our faces in food. If they have any kind of disturbing and vicious fat jokes. I'm out."*

—USA Today ◊◊

## Children Invited to Join NAAFA

A new special Auxiliary membership category has been approved for the children of members. Current dues paid members may add their children (18 years of age and under) to their membership by submitting proof of age and paying dues of \$5 per child.

Auxiliary members will receive a membership card and discounts at events. They will not receive voting privileges in NAAFA elections, nor will they receive their own copy of the **Newsletter**. (There are, however, long range goals for special benefits for children. For example, depending on the response to this category of membership, a goal of someday providing a special quarterly newsletter for children may be implemented. Some special events and/or workshops are also a possibility.)

Members interested in applying for Auxiliary membership for their children are invited to contact the NAAFA office. ◊◊

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## People News

### Congratulations and Welcome



Lydia Laura Ann Wolfe

...to Lydia Laura Ann Wolfe, the brand new daughter of NAAFA Louise Wolfe of California. Lydia was born on October 18, 1988, and came to Louise through a private, independent adoption.

Lydia is NAAFA's very first Auxiliary member. Weighing 6 lbs. 15 oz., she may qualify as our lightest NAAFA! ◊◊

## Condolences

...to the family and friends of charter member Florence LePore of Pennsylvania who passed away on May 17, 1988.

...and to the family and friends of NAAFA James G. Koras of California who passed away in November. ◊◊

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father of Aglaia Koras-Bain  
former NAAFA member*

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# Mini-Minutes

## July 16, 1988 Board Meeting

The meeting was called to order at 10:17 am at the New Jersey residence of Randi Hertz Suriano by Chairman Conrad H. Blickenstorfer. Voting Board members present for the first portion of the meeting were: Paula Dachis, Neil Dachis, William J. Fabrey, Jerry Hoxworth, and Nancy Summer. (The Chairman votes only to break ties and to make a 2/3 or 3/4 majority when required by the Constitution.) Also present: Executive Director Sally E. Smith, and Secretary Mary-Jane Grace-Brown.

At 10:58 am Russell Williams and Lynn McAfee joined the meeting. At this time, the Chairman swore in the new Board members, and for the balance of the meeting, Mary-Jane Grace-Brown, Lynn McAfee and Russell Williams also voted.

A number of committee reports were given and discussion was held on several topics including the current financial status. One especially interesting statistic was reported by the Executive Director: The number of requests for NAAFA literature in the first 6 months of 1988 had already surpassed the total for all of 1987. None of these discussions required a vote.

### MOTIONS PASSED BY UNANIMOUS VOTE:

A Distinguished Achievement Award was approved for Abigail VanBuren, "Dear Abby".

Hillel Schwartz, author of the book *Never Satisfied* was voted an Achievement Award.

An Honorable Mention award was approved for Howard Healy, the editorial page editor of the *Times Union* of Albany, NY. [The editorial took a stand against Schenectady's Mayor Karen Johnson's no-promotion policy for "overweight" public safety personnel.]

A proposal, presented by Sally E. Smith, to move the NAAFA office to California was passed unanimously.

The employment contract between NAAFA and Sally E. Smith was endorsed in prin-



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ciple, with the actual contract being submitted for approval at the next meeting.

Dan Davis (CA) was elected as Treasurer.

A motion to add the Executive Director to the list of signatories on NAAFA's bank accounts, with checks in excess of \$1000 being counter-signed by a member of the Executive Committee, was passed.

Ron Ivy (TX), and Marilyn Nenninger (MO) were appointed as Area Facilitators.

A motion to establish the Special Fundraising Events sub-committee within the Resource Development Committee, and to appoint Bunny Peckham as its Chairperson was passed unanimously.

William J. Fabrey, the vice-chair of the Publicity Committee was appointed Publicity Chairman by unanimous vote.

The resignation of Jim Brown as Co-Chair of the Marketing and Advertising committee was accepted, and the Board expressed its thanks for his service.

### MOTIONS PASSED IN SPLIT VOTES:

An Achievement Award was approved in split vote for the movie *Hairspray*. Vote was 5-Yes: P. Dachis, Fabrey, Grace-Brown, Summer, and Williams; 3-Abstentions: McAfee, Hoxworth, and N. Dachis.

A motion to formally name the Service Awards the "Pence Service Awards" was approved. Vote was 7-Yes: N. Dachis, P.

Dachis, Fabrey, Hoxworth, McAfee, Summer, and Williams; 1-Abstention: Grace-Brown.

### NAME CHANGE PASSES:

The votes on the change of NAAFA's name were as follows:

Summer moved her proposal to change NAAFA's name to the National Association to Advance Fat Acceptance. The proposal included the provision that "the choice of using the full name or just the acronym "NAAFA" in printed materials shall be at the discretion of the Executive Director, the Marketing and Advertising Committee, the Executive Committee, or the Board of Directors on a case-by case basis."

P. Dachis moved to table the motion on the name change. Vote to table failed: 2-Yes: P. Dachis, Hoxworth; 6-No: N. Dachis, Fabrey, Grace-Brown, McAfee, Summer, and Williams.

P. Dachis moved to amend the motion that the name change take effect on January 1, 1989, and that an effort be made in the interim to inform the members and the public of the name change. This amendment was approved unanimously.

Vote on the original motion as amended passed with a 2/3 majority. Vote was 6-Yes: N. Dachis, Fabrey, Grace-Brown, McAfee, Summer, and Williams. 2-Abstentions: P. Dachis and Hoxworth. ∞

## August 31, 1988 Board Meeting

The meeting was held at the Marriott in Baltimore, Maryland in conjunction with the national Convention. Voting Board members present were: Neil Dachis, Paula Dachis, William J. Fabrey, Mary-Jane Grace-Brown, Jerry Hoxworth, Lynn McAfee, Nancy Summer, and Russell F. Williams. The Chairman, Conrad H. Blickenstorfer, who was present, votes only to break ties and to make a 2/3 or 3/4 majority when required by the Constitution. Executive Director Sally E. Smith was present.

A number of committee reports were given and discussion was held on several topics including the plans for the September move of the office to California, the current financial status, a Membership Recruitment Analysis report submitted by Sally E. Smith, a verbal report on the results of the employment survey, the progress of our Major Donor Program and the Balloon sponsorship drive, and the progress of the Teen Committee. None of these discussions required a vote.

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### MOTIONS PASSED BY UNANIMOUS VOTE:

A motion to approve an Achievement Award for Steve Martin in recognition of his movie Roxanne passed unanimously.

Nickia Meyers' application for a Heartland Chapter in Nebraska and Western Iowa was approved.

The Personnel Policy presented by Sally E. Smith was approved, as was the Employment Contract between NAAFA and Executive Director Sally E. Smith.

A new ad campaign, presented by Randi Hertz Suriano, Chair of the Marketing and Advertising Committee, was approved.

### MOTIONS PASSED BY SPLIT VOTE:

Dr. David Garner of Michigan State University was appointed to the Advisory Board at the recommendation of the Advisory Board Chairman, Paul Ernsberger, Ph.D. The vote was all in favor except McAfee who abstained.

A proposed "Board Description of Responsibilities" submitted by Sally E. Smith was approved with all in favor except Williams who abstained.

A proposal of formal rules governing NAAFA publicity submitted by William J. Fabrey and Sally E. Smith was approved with all in favor except for Williams who abstained. ☺

## Midwest Regional Event Planned

Join us in Columbus, Ohio for a Fourth of July Weekend Regional Gathering at the Columbus Marriott East.

Functions will begin on Friday evening, June 30 and run through July 4th. Veteran meeting planner Mary Jo Hoxworth is the Chairperson for this special fundraiser.

Further details will be available in early spring. ☺

## Welcome!

...to three new Chapters  
and one new Area Facilitator:

**Big, Bright, and Beautiful!**  
Chapter of Fredericksburg  
Virginia: Suzanne Shipley,  
Chairperson Pro Tem.

**Dallas Chapter**  
Texas: Ray Hackney,  
Chairperson Pro Tem.

**Sacramento Chapter**  
California: Leona Reber,  
Chairperson Pro Tem.

Christine Cook Applegate,  
Area Facilitator for  
**Arizona.**

We also welcome our two new Local Chapters Coordinators: Jennifer Rose (MI) for the Eastern region and Donna Marie Ryan (IL) for the Western region! ☺

## A Message from the Editor...

The good news is that NAAFA is, in many ways, doing better than ever. We've had more media coverage, membership is up, and our new Executive Director has accomplished some of the many things that we've all said we needed for years.

The bad news is that, coupled with the cost of our development and our recent move, the usual winter financial crunch has tightened the cash flow. That's why you will note that this Newsletter is the November-December issue. But don't despair...and please don't get angry. We have a super Convention Special in the works, full of wonderful photos—which we hope to have in the mail to you in late January—plus your regular January Newsletter!

### Attention Writers and Editors:

We're looking for an Assistant Editor and several investigative reporters to help with the Newsletter. Please write me with samples of your work, if you are interested in volunteering. ☺

## Events

**4th of July  
Midwest Regional**  
sponsored by NAAFA, Inc.  
See article on page 7.

**Convention '89!**  
See story—page 3!

## NAAFA Dinner and Comedy Cabaret

Philadelphia — January 14, 1989 — 8:00 pm  
Days Inn Suites, 1329 Bristol Pike, Bensalem, PA 19020 (directly off I-95)

Starring Paula Dachis and Susan Mason!

The cost of dinner is \$18 for members of NAAFA, Inc. and \$20 for non-members. *Dinner is by pre-registration only.* Checks should be made payable to NAAFA and mailed to the NAAFA office, PO Box 188620, Sacramento, CA 95818, *postmarked no later than January 5th.* Or you can call the NAAFA office at 916 443-0303 and reserve using your Visa or Mastercard.

Please read the article on page 3 for further details. Need more information? Call Lynn McAfee at 215 426-9023 or the NAAFA office.

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Terry Velour Wrap for after bath.  
Size (1X - 2X) & (3X - 4X). \$39.95

Tahitian Wrap for pool or cruise.  
2X and 3X. \$29.95

Send check (with DL #) plus 6.5% sales tax in CA. \$1 for catalogue.

Designer Outlet  
3855 Avocado, Ste 110  
La Mesa, CA 92041  
(619) 670-3100

## AVAILABLE REGIONALLY

Smart Move Inc.  
Finally low impact aerobics for big, beautiful women. Also private training. Call 212 260-1520.

### "FOR SALE"

Dresses	Sweaters
Pants Tops	Blouses
Coats	Lingerie
Skirts	Pants
Shoes	Gowns

Sizes 18 1/2 to 52. Some never worn. Some worn once. All excellent condition. 1/3 of original cost.

Call Bunny for information.  
516 665-6525.

## NAAFA Newsletter Advertising Policy

Ads received by the following dates will be printed in the next issue available: UPCOMING DEADLINES: February 1, March 1, April 1.

### 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.

### 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.

### DISPLAY ADS

Contact NAAFA office for ad rate card.

### 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 en-**

**dorsement 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. ☐