

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 745

WESTBURY, N.Y. 11590

Volume IV

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Editor this issue: Joyce Fabrey

THE NAAFA OFFICE WISHES TO EXTEND  
ABUNDANT SEASON'S GREETINGS TO ALL!

## DRUG STORES WARNED ON DIET PILL ADS

The Federal Trade Commission has issued a complaint against a retail drug chain, a manufacturer of diet pills, and an ad agency, charging them with false and unsubstantial weight-reduction claims for a product. The dissenting commissioner denounced what he said was the FTC staff's wish to establish "a new principle" that a retailer who runs an ad prepared by a supplier is legally liable for the truthfulness of everything in it. Retailers who run advertisements prepared by suppliers can now get into legal trouble if the ads turn out to be false. The decision could cause the welcome demise of those offensive and fraudulent ads for diet products that can be seen in nearly every drug store window in the U.S.

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## MAIL FRAUD FINE FOR LONG ISLAND MAN

An article in the November 21, 1975 issue of **NEWSDAY** read as follows:

"Newark- A Long Island mail order peddler of a phony aphrodisiac tea and a "magical" cream to wipe away fat who made \$3.4 million dollars from such products, was fined \$49,000 yesterday after pleading guilty to conspiracy and mail fraud.

Marvin Schere, 42, of Albertson, pleaded guilty to 20 counts of conspiracy and mail fraud before U.S. District Court Judge Lawrence A. Whipple. Schere also pleaded guilty to income tax evasion. The fine was the maximum allowable.

According to U.S. Attorney Jonathan L. Goldstein, Schere advertised such products as "Seacreme" through the mail and various publications. An ad for Seacreme read: "Fat arms? Apply Seacreme and watch them slim down. Fat thighs? Seacreme takes off ugly fat at once."

Other products sold by Schere through nine mail order firms were Ultra-X 2,000, a phony aphrodisiac, and two other bogus reducing drugs called Slim Tabs 33 and Formula 11.

In addition to his guilty plea, Schere signed an agreement stating he will quit the mail order business and turn over his mailing lists to be destroyed."

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## STUDY: FAT IS SMART

A study of 3,021 youngsters by the University of Minnesota says fat children on the average are smarter than skinny kids. The researchers said that the intelligence quota differences found in the study, which traced infants born at University of Minnesota Hospitals from 1956 to 1966, were "statistically significant." The average IQ for extremely obese youngsters was 8 to 10 points higher than that of extremely lean children at age 4, and averaged 5 to 7 points at age 7. The IQ differences were found in the extremely obese, those in the 95th to 100th percentiles for weight-height ratio, and the extremely lean, those in the zero to fifth percentiles. Of 3,021 children born at the hospitals, researchers checked 1,345

(cont. p.2)



## "HILDA"

NAAFA's cute calendar is available again this year at the same price, \$2.50, postpaid. She's in stock right now for immediate mailing.

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of them at age 4 and examined 1,779 at age 7. "We wanted to continue the study after the age of 7 but we couldn't get any research money," said Dr. Robert Fisch, the report's chief author.

-reprinted from NEWSDAY, Oct. 30, 1975

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### PRESIDENT'S MESSAGE

Bill Fabrey

The Greater New York Area Chapter of NAAFA recently held the Best of New York weekend. As some of you may know, my wife Joyce and I were unable to attend any of the functions due to the pinched nerve she sustained in her neck. She is on the mend, but progress is slow, and it is a little discouraging at times. We were delighted to receive, however, a get-well card signed by many NAAFans who attended the Sunday luncheon. It was literally heart-warming to receive the best wishes from so many active NAAFA members. Thank you!

### ORGANIZATIONAL NEWS

I see that there is a greater-than-average amount of organizational news in this month's Newsletter. Some of it may not seem too exciting. However, even though we are trying to cut down on such coverage (who resigned what, who appointed who, etc), there are still certain things that have to be written about, since they are important to the association. Most such changes come in June and December. The rest of the year we should be able to concentrate on news of interest to all NAAFA members.

### EDITH PAREDES

Recently most NAAFans received a letter from the New York Chapter, asking for support with a test case involving employment discrimination against a NAAFA member, Edith Paredes. Their immediate goal was to get as many NAAFA members as possible, from everywhere in the U.S. to write to Ms. Paredes' union, and convince the union to invest the time and money in obtaining an arbitration hearing with the hospital that had been her employer.

Apparently many NAAFA members must have responded, since the union did press for such a hearing, and one has been granted. The Newsletter will keep you up to date with progress in the case. Meanwhile, without the support of the chapter, of NAAFA itself, and of the individual NAAFA members who wrote to support Ms. Paredes, she would probably have had no place to turn! This is what NAAFA is all about - it is the only national organization that offers an alternative to weight loss, which is an impossible goal for many millions of people. We are not against weight loss, however; we are against size discrimination!

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## NAAFA NOTES

### EDITORS WANTED

The Board of Directors voted several months ago to use various editors for the Newsletter.

What is required of an editor? An editor must put together a Newsletter in the same four-page format with articles of interest and meaning to NAAFA's members. The NAAFA office will send any particularly relevant material to the individual editor, but much of the contents comes from the editor's own resources.

Accurate and neat typing ability, access to a typewriter, and good English are all important attributes in an Editor.

NAAFA has a Publications Committee and all editors, even those that are members of the committee, have their Newsletter reviewed by the committee to ensure that the publication is not inadvertently printing something against the purpose of the association.

After the editor prepares the final copy, it is sent to the NAAFA office, which arranges for the copy to be approved, printed, and of course, mailed.

All expenses incurred in preparing the Newsletter are reimbursed to the editor.

Does the idea of being an editor-for-a-month interest you? Write to the NAAFA Publications Committee at Box 745, Westbury, N.Y. 11590, and they will consider your application or answer any questions you may have.

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### LOCAL CHAPTERS

It can be very enlightening to get together with other NAAFans at a local chapter meeting. For information about possible chapters in your area, write to Karen Jones, Chapters Coordinator, at 50-14 97 St., Elmhurst, N.Y. 11368.

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**(212) 877-4441**

NAAFA'S NATIONAL TELEPHONE NUMBER

Sheila Goodman, head of the Telephone Committee, reports that questions about NAAFA and its programs can be discussed by calling this phone number in New York City. If the Committee has no immediate answer, it will investigate, and drop an answer in the mail. Ms. Goodman, a member of NAAFA's Board of Directors, says that an increasing number of NAAFA members are making use of this new service. She points out, however, that "if you call and nobody answers, don't give up; please call back another time!"

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OPEN BOARD MEETING DATES

This issue of the Newsletter was to have printed the scheduled dates of all Board meetings through June, 1976. However, due to the changes in schedule that occur frequently, it is suggested that members who are interested in attending a Board meeting, call the NAAFA phone number for exact dates, times, and places. Attendance is limited to current members of NAAFA.

The next meeting has been scheduled for January 10, 1976, at 6PM, in New York.

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McLAIN RESIGNS FROM BOARD OF DIRECTORS

Cathleen McLain, a member of NAAFA's Board for 14 months, has handed in her resignation.

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WITTY APPOINTED TO NAAFA BOARD

NAAFA accountant and financial advisor Michael Witty has been appointed by Pres. Fabrey to fill the recently vacated seat on the Board. Mr. Witty has previously been a member of the Board, having served in 1972 and 1973 until his resignation due to business and transportation problems.

Witty has been cited in past issues of the Newsletter as having been chiefly responsible for NAAFA's achieving tax exempt status. With his wife Katherine, he has also been notable as the first marriage resulting from NAAFA-DATE.

The appointment was approved by a majority of the Board of Directors.

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PUBLICATIONS COMMITTEE GAINS NEW MEMBER

Cathleen McLain's resignation included her seat on the Publications Committee; the vacancy has been filled by former Board member Rhea Bardin, appointed by Pres. Fabrey with the approval of the Board of Directors.

Ms. Bardin is also notable for her work on the Education Committee which under her direction authored the NAAFA publication, "For the Overweight Teenager."

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NEW OFFICER: EXECUTIVE SECRETARY

Former Recording Secretary Lisbeth Fisher has been elected by the Board as NAAFA's first Executive Secretary. The newly-created position calls for increased responsibility for all administrative matters within the association.

Mrs. Fisher has been a member of the Board since 1972, and has been Recording Secretary for an equal length of time.

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NEW RECORDING SECRETARY

Joyce Maloney has been elected to serve as NAAFA's Recording Secretary. The Board elected her to the position at their December meeting. Prior to her election, Ms. Maloney has been very active in the Greater New York Area Chapter of NAAFA.

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TREASURER RE-ELECTED

Joyce Fabrey has been re-elected to the position of Treasurer of NAAFA. She has held this position since August of 1970.

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Dietribe:  
If celery tasted like chocolate mousse, 'twould be much easier to reduce.

THE DIET-COLA OLYMPICS

New York Magazine's Sept. 1, 1975 issue published the findings of seven panelists who rated the available diet colas. Of the 17 taste-tested, none were considered outstanding (9-10 points) or even excellent (7-8 points); only one was rated as good (5-6 points). A fair rating was given to those in the 3-4 point range; 1-2 points were considered poor. Below are the results and the ratings given by authors Milton Glaser and Jerome Snyder.

Good

- 1. Diet Pepsi (can) 5.07 points

Fair

- 2. Diet-Rite (bottle) 4.07 points
- 3. Tab (can) 3.92 points
- 4. Shasta 3.64 points
- 5. Diet-Rite (can) 3.64 points
- 6. Hoffman (bottle) 3.14 points
- 7. Canada Dry 3.07 points
- 8. Hoffman (can) 3.00 points

Poor

- 9. Tab (bottle) 2.78 points
- 10. C&C 2.71 points
- 11. Diet Pepsi (bottle) 2.56 points
- 12. Frank's 2.56 points
- 13. No-Cal 2.35 points
- 14. Cott's 2.28 points
- 15. Thinny-Thin 2.00 points
- 16. White Rock 1.78 points
- 17. Weight Watchers 1.35 points

We reproduce these ratings as an item of interest. This does not represent an endorsement by NAAFA of any particular brand or brands, nor does it constitute approval of artificial sweeteners in general.

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LETTERSLIKES NAAFA

Dear NAAFA,

I got my first Newsletter yesterday. I'm so very glad to be a part of this organization. Keep up the good work! Just knowing that such a group exists makes me feel more respect for myself, especially in the presence of the slim.

Mrs. Deloris Staley  
Newton, Ill.

NEWSLETTER OK

Dear NAAFA,

The last Newsletter (Summer, 1975) was quite good. I like the Newsletter when it has a lot of short articles rather than one or two long articles. I also like the poetry. I know how much time and effort go into putting a newspaper together, and I think you are doing a very good job!

Linda Ward  
Pittsburgh, Pa.

FAT HUMOR

Dear Persons,

Following are a couple of belly-laughs for other members:

When a fat man ran for the office of governor of Ohio in 1863, his Democratic opponents circulated a jingle about his size: "If flesh is grass, as people say,  
Then Johnny Brough's a load of hay."

On hearing this, John Brough retorted, "Guess I am hay, the way asses keep nibbling at me."

He was elected.

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The amiable English writer was almost six-and-a-half feet tall and almost four hundred pounds. When the main occupation of young ladies in World War One was giving white feathers of cowardice to any man they thought lacking in patriotic fervor, one such woman approached Chesterton demanding, "Mr. Chesterton, why aren't you out at the front?"

He answered genially, "My dear young lady, if you will go round to either side and look at me, you will see that I am indeed, out at the front."

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Remember, weight is a case of mind over matter. If you don't mind, it doesn't matter.

W. Gehres  
Granville, Ohio

HOLIDAY SPAS AD IS TASTELESS

Dear Friends at NAAFA,

Has anyone in NAAFA complained about the completely tasteless 'Holiday Spas' advertisement on TV? I doubt if I am the first to be sickened by the ad, which shows various fat women struggling along in exercises, biking and seat-belt fastening. It then shows svelt stereo-types lounging mindlessly around the spa pool. This gives a bad image to the fat persons in the ad and to fat people in general.

I would like to see this ad off the TV. Are there any Federal agencies that I can write to, to get this off the air?

Catharine Lay-Flurrie  
Havertown, Pa.

[It is not yet illegal to make fun of fat people, and make a profit doing so. NAAFA is exploring some other approaches which may succeed in convincing advertisers and their agencies that it is bad business to humiliate minority groups. Failing this, new laws or regulations covering offensive advertising may be the only answer. -Ed.]

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Very heavy seamstress designs, alters, and sews clothing for you. Privacy, tact, and understanding assured. Home service available in New York metropolitan area.

**Phone (516) 364-9254**

CLARIFICATION

The Newsletter regrets any allegation in the Summer, 1975 issue (Vol. IV, No. 5) that Diane Rubinstein, Chairperson of the Fall Luncheon Committee, was solely responsible for the cancellation of the Fall Luncheon.

This statement has been published at the direction of the NAAFA Board of Directors.

found in a Chinese fortune cookie:  
DOUBT WHOM YOU WILL, BUT NEVER YOURSELF.