

# NAAFA

Volume XVI  
Issue No. 3

## Newsletter

September 1988



NAAFans gather under the Fat Pride Conference sign posted at **FATWORKS II**, the regional gathering produced by the San Francisco/Bay Area Chapter of NAAFA over Fourth of July Weekend. The sign was located next to a major California freeway and was readily visible to hundreds of thousands of motorists that weekend! ♦♦

### NAAFA's New Address

Effective immediately:

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 is (916) 443-0303. "Please make a note of it."♦♦

### Member Expresses Concerns to FDA

Medical sociologist and NAAFA member Karl J. Niedershuh recently wrote the Food and Drug Administration expressing his concerns about low-calorie liquid diets. His letter is as follows:

R. Alexander Grant  
Associate Commissioner for Consumer Affairs  
Food and Drug Administration  
5600 Fishers Lane  
Rockville, MD 20857

I am writing to you to express my concern over the growing popularity of supplemented fasting as a means of weight reduction. Ten years ago, when over-the-counter "liquid protein" formulas were first marketed to the general public, FDA Commissioner Kennedy took a major role in attacking their safety, efficacy, and cost. As liquid protein was replaced by powdered protein, the FDA continued to investigate these products and report on the deficiencies, despite tremendous pressure from the weight-loss industry: pressure which included the threat of a lawsuit from the Herbalife Corporation. The agency even undertook a seven-year legal battle with the National Nutritional Food Association in order to clear the way for labeling requirements which would warn consumers of the risks in supplemental fasting. The AMA has endorsed such labeling requirements, and has further suggested that diet supplements of this type be classified as drugs rather than food products. Yet today, protein diet products still lack these warning labels, sales are calculated by the *New York Times* as once again approaching \$150 million a year, and little or nothing is heard from the FDA.

Granted, the formulas have improved over the years, but the medical literature suggests that all such diets are inherently unsafe, especially when they produce rapid and massive weight loss. Cardiac arrhythmias are a frequent complication of their prolonged use, and sudden deaths have been reported even in patients under close medical supervision. The diet is

nearly always followed by an equally rapid regain of weight: one follow-up study showed that after 22 months only 9% of patients maintained their goal weight. Less than a quarter of those patients who embarked on a second course of supplemental fasting were able to match their original weight loss, suggesting that the diet leads to a significantly lowering of basal metabolism. If so, they are likely to leave the patient fatter, in the long run, than if he had not dieted at all.

**...none is as potentially disastrous as Dick Gregory's "Slim-Safe" Bahamian Diet.**

Manufacturers of protein diets have also upgraded their dietary advice which accompanies their product: the literature for "Slim-Fast" (Thompson Medical Co.) recommends a diet of some 1055 -1315 calories per day, with the protein product used merely as a (comparatively expensive) dietary supplement. Unfortunately, it also suggests that the product can be used to replace regular meals "for fast weight loss," and hedges the question of medical supervision. Other manufacturers sell only to physicians or hospitals, but even this strategy does not insure proper medical care. Most physicians are frankly underqualified to insure proper nutritional balance on a diet of 400-800 calories a day: nutritionist have called such diets "terra incognita." In addition, the *Wall Street Journal* suggests that manufacturers do not properly screen doctors or their clinics before supplying them with protein formula, noting that "some practitioners peddle the diets along with questionable treatments like urine injections." Hospital-based programs seem designed to cure financial ills and the trauma of declining occupancy rates, not patients: the expected 25 to 30% profit margin leaves no room for such basics as weekly EKG monitoring.

Of all the dubious weight-reducing preparations currently on the market, none is as potentially disastrous as the protein powder sold under the name of

Dick Gregory's "Slim-Safe" Bahamian Diet. Taken alone (the regimen touted by Mr. Gregory himself for the treatment of "extreme" obesity), it provides only 270 calories per day—a drastically deficient diet by any standards. Mr. Gregory has also made statements suggesting that its protein source is vegetable rather than animal: if true, the diet becomes doubly harmful, as it would thereby lack essential amino acids. Yet there is nothing in the advertising of the Bahamian Diet which suggests that its safety has not been conclusively established. In print and in the numerous television appearances in which Mr. Gregory has promoted this diet, it has achieved only favorable publicity, a fact which I attribute to its association with Mr. Gregory's good name—though I, for one, can find nothing in Mr. Gregory's credentials as a comic and a civil rights activist which qualifies him to guarantee the safety or the efficacy of any weight-loss product. Indeed, I find his insensitivity to fat people appalling, and the most charitable thing I can say about his nutritional knowledge is that it appears confused.

The Bahamian diet has been given the most extensive coverage by *Jet* magazine, which is published by Johnson Publications of Chicago. The offices of Johnson Publications were also used to launch this enterprise, serving to host Mr. Gregory when he signed a \$100 million contract to represent the product. Since that time, *Jet* has featured the diet in at least five articles, each of them accompanied by a full-page color advertisement for the diet on a facing page. The magazine has also used its editorial content to sell franchises in the company: in case anyone missed the connection, the typesetters drew an arrow from the article to the ad. These articles are clearly extensions of the advertising, rather than the other way around, and have gone so far as to call the Bahamian Diet "the finest diet product that has ever been developed," and to suggest that it was divinely inspired. I have yet to see such a degree of collusion between publisher and client go unchallenged in the courts: I cannot

understand why, in this particular instance, it has been allowed to continue for four years.

There is nothing in the Bahamian Diet which has not already been weighed and found wanting by the FDA. Its only unique feature is that it was designed to appeal to Blacks as well as the obese—two groups of Americans already overburdened with social and economic handicaps and chronically deficient in medical care. I would not like to think that it will thereby avoid the scrutiny given to its predecessors, the "Last Chance" diet, and the "Cambridge" diet, which were targeted at the white middle class. Mr. Gregory's endorsements of this product will undoubtedly cast a cloud over his valuable work as an advocate for civil rights. Failure to investigate it would only bring equal discredit to your own house.

Sincerely yours, Karl J. Niedershuh  
(M.A., Sociology of Medicine) (PA) ♦♦

## NAAFA NEWSLETTER

### NEWSLETTER STAFF

MANAGING EDITOR: Nancy Summer

#### DEPARTMENT EDITORS:

ACTIVISM Peggy Williams  
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 Sumner, *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.

Metabolics 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.

## NAAFAn Strikes Back in Omaha

Nickia Myers wrote a letter to the editor of the *Omaha World-Herald*. Her letter was printed and later attracted the interest of a reporter from the University of Nebraska newspaper who interviewed her. Her letter to the editor is as follows:

### 'Silent No More'

Some time ago, a *Pulse* writer suggested a tax on fat. I saw an expensive sports car with a license plate frame that said, "No Fat Chicks."

Speaking as a fat American, I would like to inform the public that those two statements and others like them are offensive to millions of people. Fat people have brains, feelings, and rights. Many of us are becoming tired of remaining quiet and pretending we do not hear. Fat individuals are beginning to stand up for their rights, talking back when being ridiculed or discriminated against, and organizing. NAAFA is the National Association to Aid Fat Americans.

So be careful. The "fat chick" you scorn today may be the person not hiring you tomorrow. As for the writer who said we should tax fat, you might benefit from a tax on brains because you would get a sizeable refund.

Nickia Myers (NE) ◇◇

## It's A Wide, Wide, Wacky World...

### Dateline: Bangkok

Fat Thais are flocking to the Yan Hee Polyclinic to lose weight. The remedy prescribed: Sticking lettuce seeds in their ears!

Clinic head Supote Samritvanitcha instructs fat patients that if they press the seeds in their ears 10 times before meals, it will kill their hunger pains. The hard seeds are attached with a plaster near a nerve pressure point in the ear in a system similar to acupuncture but without its risk of infection.

Reuter News reports that Dr. Supote's waiting room is crammed every day with more than 100 patients anxious to try out the weight-loss method. Patients say it works, although some think the accompanying appetite-suppressing medicine the doctor prescribes may be even more efficacious.

### Dateline: Italy

"Spaghetti breaks up more marriages than anything else in Italy," so says a student of matrimonial matters in Rome. "It's cheap, so wives, given so little money, eat it and soon get overweight. Husbands look around for thin women. It destroys families. It's cause for another decline and fall, that spaghetti." ◇◇

## Convention News...

In our upcoming issues, we will be featuring news from the 1988 national convention:

- The Anti-Size Discrimination "Balloon" Rally
- Selected Workshops
- Guest Speakers
- Photos

If you have any articles, comments, tapes, or photos from the 1988 convention that you would like to share with your fellow members, please send them immediately to the NAAFA office. ◇◇



# Book Review

## Don't Diet

Reviewed by Dawn Atkins (CA)

Fat is healthy—dieting is not.

New information about how the body regulates fat shows that fat people are not overweight, and in many cases, are healthier than thin people. According to Dale Atrens, author of *Don't Diet*, dieting is destructive and ineffective.

Atrens, a 46 year old professor of psychobiology, has spent most of his professional life studying the physiology and psychology of weight gain and weight loss. His findings are shocking to most Americans. Only 10% of dieters ever reach their desired goal and only 5% keep it off more more than a year. Not only are the diets 95% unsuccessful, most result in the gaining back of more weight than originally lost.

When a person diets, the body is starved. The body is unaware that this is intentional, only that there is a "famine". The body will try to protect the person from death by doing the best to reserve resources and forage for food as much as possible. It will slow the metabolism down so that it processes food very efficiently, which will allow it to maintain as much weight on smaller amounts of food. This is called the "dieter's plateau".

Next, the body amplifies hunger pangs, so that the person is constantly, ravenously hungry, even dreaming about food. The body is not "weak"—it is fighting for survival. To insure even better protection during the next "famine", the body will add extra pounds when the weight is regained.

Failed dieters are the norm, says Atrens. It's the people who can live with constant deprivation who are sick. To make matters worse, when the body begins burning pounds, it does not begin with fat cells. Instead, it burns muscle, including heart muscle and brain tissue before it burns fat cells.

Not only are diets ineffective, but they can harm the body. Symptoms of chronic dieting include: irritability, poor concentration, anxiety, apathy, depression, mood swings, fatigue, and social isolation. These are all symptoms formerly thought to be associated with being fat.

Researchers are now discovering that most illness, usually thought to be linked to fatness, such as diabetes, gall bladder problems, hypertension, and heart disease, may actually be linked to dieting and fear of fat. These illnesses are linked to stress; stress caused both by dieting and by the constant emotional stress of social rejection and internalized self-hated.

Instead of being an illness that must be cured, fat is a natural part of the body important for survival. Some studies actually show increased benefits linked to increased weight, including longer life and increased fertility.

All these studies conclude that the best way to remain healthy is to eat a balanced diet high in carbohydrates and low in saturated fats and to regularly engage in reasonable exercise. The body will then have a chance to stabilize at the correct weight for that person.

Atrens is backed up by many other researchers and other books on the topic. Unfortunately, he neglects to cite any of his references. *Don't Diet* is written in a quasi-academic style with some wry humor. But Atrens fails to footnote his facts, doesn't offer a bibliography and doesn't even give textual documentation such as the names of the researchers and the dates of the studies. What is really sad about this is that all the material Atrens cites is genuine and can be found, well documented, in other books on the subject.

In addition to the lack of documentation, his organization is poor. Atrens continually contradicts himself and tends to wander. Halfway through, the book picks up speed. While Atrens continues to contradict his own material to the end, he finally presents an inspiring and powerful final chapter.

Atrens' big contradiction lies in his refusal to accept his own conclusions. If fat is natural, not unhealthy, and can't be changed—then the natural conclusion should be that we should change our aesthetic values to be more aligned with our bodies and accept that fat can be beautiful and desirable. Atrens says this, but he reneges continually with constant references to a percentage of fat people who are "too fat" to be acceptable, and a belief that if a miracle cure for fat were found, it would be good.

Atrens is too caught up in his prejudice to see his own conclusions. He exhorts medical professionals while failing to see their large contribution to the problem. He mentions the exceptions to these conclusions as the "grossly obese" but does not define the term.

Atrens should be commended for his efforts but he fell far from his own ideals. Anyone who reads *Don't Diet*, should read the last chapter first, and keep Atrens' prejudices in mind as they read the rest. ∞

## Welcome!

NAAFA welcomes a new chapter and two new area facilitators:

### The Heartland Chapter

covering Nebraska and Western Iowa, Nickia Myers Chairperson Pro-Tem.

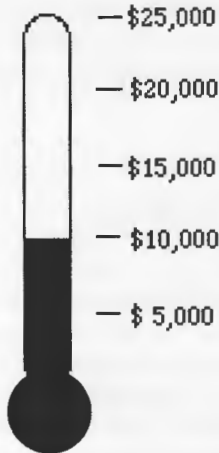
### Area Facilitators:

Roy Ivey for western Texas, and Marilyn Nenner for St. Louis, Mo. and the surrounding area including several counties in eastern Missouri and southern Illinois.

[Area facilitators serve as a contact person for members in areas where chapters do not yet exist. Applications are being accepted for many parts of the country. If you are interested, contact our office.] ∞

## Major Donor Program: Member Challenges Us to Raise \$25,000!

An anonymous NAAFA member has pledged \$2,500 to the Major Donor Program Fund Drive, providing that NAAFA receives a total of \$25,000 in major donor contributions. To



date, we have already raised almost \$10,000 in donations and pledges.

The special Major Donor program was developed to finance the future expansion of NAAFA including membership recruitment drives and professional staff development. It does not replace our normal fundraising activities.

Major Donor contributions and pledges have ranged from \$100 to \$2000 or more. Most

donors have been approached on a personal basis. If you would like to know more about the program and its goals, please invite us to approach you. The Chairman, the President, or the Founder, will be happy to contact you to further explain the program. With your help we can accept the challenge and meet our goals. ☺

## Help Wanted

**WANTED:** Qualified volunteer to administrate a portion of NAAFA's Dr. Ethel Weiss Shed Memorial Library—consisting of an estimated 50,000 clippings and media notes, and a collection of fat-related memorabilia. The right person for the job should have a sociology degree or other professional training specializing in the study of popular culture and/or the media. Other qualifications: must be a NAAFA member; must agree to devote 10-20 hours per month to bring the collection into better order; must be financially able to classify and store materials at little or no expense to NAAFA; and must have the room to store the collection, currently occupying about 20 cartons.

It is hoped that, if accepted for the appointment, the candidate will be able to prepare some kind of study or series of studies, and/or articles for the *Newsletter*, on the subject of fat in American culture. The material spans the time period of 1950 through the present.

Interested candidates should write to the Research Committee, attn: W. J. Fabrey, with their credentials. ☺

## 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.

## making it big.

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

Our size	XXS	XS	S	M	L	XL	XXL	3XL
Dress or Blouse Size	32	34	36	38	40	42	44	46
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

## Subscribe Now to Your Magazine . . .

**MAGNA**, the quarterly Fashion & Lifestyle Magazine for Big & Tall Men

Send your check or money order for \$12.00 (for one year) to: MAGNA, Dept. N

PO Box 286  
Cabin John, MD 20818

Or call 1-800-336-7666 (except in West VA) to charge your subscription to Visa, Choice or Mastercard.



## NAAFA Office Moves to California

The new NAAFA office opened on September 17 in a commercial building in downtown Sacramento, California. Executive Director Sally E. Smith reports that the movers delivered all the furniture and cartons, and the extensive work of setting up the office is underway. An Administrative Assistant was hired who begins work on October 3rd.

Our new address is Box 188620, Sacramento, CA 95818, and the new telephone number is (916) 443-0303. The office hours are Monday through Friday, 8:00 am through 5:00 pm PST.

"It's going to take a month or two until the new staff is trained and the office is completely set up," Sally E. Smith told us. "In the meantime, we ask that NAAFA members start using our new address immediately for all correspondence. And please be patient with us. For the first few months we will not be able to be as responsive as we will be after the move is completed."

Members have asked a number of questions about the move:

*How will this move affect the members?* As a national headquarters, the office has always served members from all 50 states. The types of materials and services provided by the office can be handled from any U.S. location.

*What are the benefits of the move?* The real differences will be in cost and the level of staff management. In Bell-erose, the office staff was supervised by a volunteer manager—someone who supervised via the phone and was only able to stop into the office for a few hours per week. Once our Executive Director was hired, she too had to supervise from California via the phone.

By consolidating our east and west cost offices, NAAFA not only saves money,

but now our staff will receive full-time supervision by a professional paid Executive Director. Volunteers will be freed to assume other duties, less phone expense will be incurred, most administrative decisions will be made in the office, overhead costs are lower in Sacramento, and NAAFA will be able to avail itself of the services of interns—all changes that will lead to a more efficient, and less costly administrative office.

*What about my Newsletter—I see that the postmark says Charlottesville, Virginia?* The Newsletter (and many other mailings) have, for the last six months, been handled by a mailing house in the same city as the Newsletter is produced. This system saves delivery time on your Newsletter, and frees the office staff for other work. The confidentiality of our mailing list is as protected in Virginia as it is in the NAAFA office.

*How will the move affect the Board of Directors?* It won't. The Board has rarely met in the NAAFA office during the last year, so moving the office will not affect meeting locations.

*What happened to the staff in Bell-erose?* Our only full-time employee, Elaine Mann, told us last spring that after six years at the same job, she was ready for something new. Elaine agreed to stay with NAAFA until the move was completed. ♦♦

## Help Wanted

**WANTED:** Volunteer media watchers from all over the country, to clip newspaper and magazine articles, report on television and radio shows, and to keep us informed of new books and other fat related materials. Materials will be used by the Newsletter and Activism Committees, and will finally be added to the Dr. Ethel Weiss-Shed Memorial Library.

A personal plea from the Editor: Most newspapers and radio/television stations have access to the AP, UPI, or

## Nominations for Board Imminent

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

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. There is no provision for reimbursement of travel expenses and smoking is not permitted at the meetings. Candidates must be at least 21 years of age and must have joined NAAFA prior to January 1, 1988. Interested members should contact the NAAFA office for a description of Board responsibilities. Mail your inquiries immediately to NAAFA, Box 188620, Sacramento, CA 95818. ♦♦

**RECRUIT  
A MEMBER...  
SHARE THE  
NEWSLETTER!**

other news gathering wire services. Many organizations hire clipping services to review all publications for specific types of materials. NAAFA can afford neither. The Newsletter and other NAAFA committees are almost totally dependent on member's news submissions to keep us informed. You, the members, are our eyes and ears across America. Please send your clippings, articles, and reports to the NAAFA office. Even small, and seemingly unimportant material may be of use to someone at NAAFA. And if you send a clipping to your local chapter publication, please also send a copy to the main office. Many thanks! ♦♦

## Situation Wanted

Bright, articulate NJ woman seeks position with employer who does not discriminate against size. 10 yrs. office exp., types 90 wpm, computer background, Reliable, hard-working, & friendly. Dept. 307.

## Available by Mail

### Bathing Beauties

as seen at the national convention

These roly-poly NAAFA cuties are 5" tall ceramic figurines dressed for the beach. He's got the beach umbrella, and she's all set in her polka-dot bikini. \$21 each, or \$38 a pair (includes postage). Philadelphia Chapter of NAAFA, PO Box 644, Horsham, PA 19044.

## Classified Ads

### Available from the NAAFA Book Service

**THE DIETER'S DILEMMA** - by William Bennett, M.D. and Joel Gurin (Basic Books, 1982, 315 pages.) Explains why diets are obsolete—advances the set-point theory. Lively reading. Price \$7.95 + \$1.50 P/H.

**FAT AND THIN: A NATURAL HISTORY OF OBESITY** - (Ann Scott Beller; Farrar, Strauss, 1977) Hardcover. Obesity from an anthropologist's point of view. Price \$12.00 + \$1.50 P/H.

**FACETS OF NAAFA** - a photo journal. A collection of NAAFA memories captured on film. Price \$9.50 + \$1.50 P/H.

**FLABBERGASTED!** - a humor and satire publication from the editors and writers of the NAAFA Newsletter, 1988. Get in on all the fun. Price \$10.00 donation includes P/H.

**RETHINKING OBESITY**, An alternative view of its health implications. - (Paul Ernsberger and Paul Haskew, Human Sciences Press, 1987) The ultimate rebuttal to the old NIH Panel pronouncement that fat is a "killer disease". Excellent reading for any health professional. You'll want a copy for yourself and one for your doctor! Price \$9.95 + \$1.50 P/H.

## 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

## Events

M I D W E S T  
C O N F E R E N C E  
Halloween Weekend  
October 28-30

Thanksgiving Weekend  
New York City  
La Guardia Marriott

See page 8, and the enclosed  
reservation form for details!

## Queens Chapter

### Octoberfest Dance

Saturday, October 8, 1988  
9:00 pm - 2:00 am

Queens Elks Club  
82-10 Queens Blvd., Queens, NY  
(Near Sage Diner)

Free parking, Near bus and subway  
Cash bar  
(718) 830-5089

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.

### New Year's Holiday Happening in Ohio

Spend New Year's Eve  
with your NAAFA friends

Watch for information in your next Newsletter about a special New Year's weekend in Columbus, Ohio. The weekend will be sponsored by the Ohio and Northern Ohio chapters of NAAFA as a fundraiser for the national association.

## NAAFA Newsletter Advertising Policy

Ads received by the following dates will be printed in the next issue available: **UPCOMING DEADLINES:** October 4, November 7, December 2.

### 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. ∞

Two Thanksgiving weekend events rolled into one:

## The Big Image Conference

Saturday November 26, 1988 — New York City

Learn how to look and be *Big, Beautiful, and Successful* at NAAFA's first Big Image Conference.

The day-long Conference will include workshops on dressing for success (creating a positive, all-over image for the career woman); a fashion presentation; using your size to your advantage in business; successful job interviewing, and tapping the friendly job market; plus a Buffet Brunch with a program featuring guest speakers (to be announced).

Workshop presenters include:

Jude Bruno (plus-size fashion designer) of *The Fitting Image*;

Alan Rowe Kelly, cosmetology teacher and free-lance make-up artist;

Carrie Hemenway, M.Ed., LCSW; Co-director of Career Development, Smith College;

James Mann, a large-sized businessman who is expert at using weight to advantage in business; and others.

The Big Image Conference is open to plus-size women, size 14 - 60+ by advance registration. The cost of the Conference, including brunch, individual consultations, and resource materials is \$75 for NAAFA members and \$110 for non-members. For further details, call Bunny Peckham at 516 665-6525.

## New York Autumn Holiday Weekend

Friday - Sunday, November 25 - 27, 1988

Friday, November 25th:

### CASUAL DANCE

Friday, 7:00 pm - 11:00 pm

M&M DJs, hot and cold snacks, cash bar, \$25.

### PRIVATE SWIM PARTY

Friday, 11:00 pm - 1:30 am

Pool, hot tub, health club facilities, lockers, \$20 (non-members \$25.) Followed by a Hospitality Suite party.

Saturday, November 26th

### BUFFET BRUNCH

with guest speakers (to be announced). \$25.

### SEMI-FORMAL DANCE

Saturday, 9:00 pm - 2:00 am

M&M DJ's, hot and cold snacks, cash bar, \$25. Followed by a Hospitality Suite party.

Sunday, November 27

Due to traffic conditions on Sunday, we have no formalized event planned. However, for those staying on, we will be meeting for Sunday Brunch at Benjamin's. The Brunch, which is fabulous is \$20 plus tip.

**Special Discount Packages:** Available to members only by advance paid reservation. Reservations must be postmarked by November 14, 1988. (Payment must be with Visa, Mastercard, or by certified check or money order. Personal checks can only be accepted until November 1.)

—**Special Package A:** All events: Big Image Conference, Brunch and all evening events: \$125.00. (A \$145 value.)

—**Special Package B:** All evening events, plus the Buffet Brunch: \$75. (A \$95 value.)

—**Special Package C:** All evening social events (both dances and swim party): \$50. (A \$70 value.)

All events will be held at the **LaGuardia Airport Marriott**, 102-05 Ditmars Blvd., East Elmhurst, NY 11369.

A special room rate of \$72 single/\$77 double is available for this event. Call the Marriott at (718) 565-8900 and mention NAAFA when making your reservations. (You cannot make your room reservations through NAAFA.)

This will be the only announcement most NAAFA's will receive about these events. Your reservation form is enclosed with this Newsletter. Remember, the deadline for the advance discount is postmark-November 14. And be sure to mail your reservation to NAAFA's new office at Box 188620, Sacramento, CA 95818.