

# NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426  
212 776-8120

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Acting Editor: Marianne Gluck

## SPOTLIGHT ON...

### kimm bonner

CHAIRPERSON PRO-TEM, NEW ENGLAND CHAPTER



KIMM BONNER

I first read about NAAFA last summer in a local magazine. Having been fat all my life--and hating it--I sent away for information. When NAAFA sent me some literature regarding the organization, I thought, "This Is Me," and I joined. At the same time I also joined Pen-Pals. I started writing to several men and women across the country, and have developed some close friendships.

I can't say exactly when a change occurred, but one morning I woke up and realized that I didn't hate myself any more--that I liked me--Kimm--and Kimm is fat. That's when I started realizing how many people in this country, particularly women, don't like themselves for the sole reason that they are fat. NAAFA's membership is only 1500+, while there are over 30 million fat women alone in this country, never mind the fat men or FA's. I called the national office and asked how I could get more involved. I found out that although there are chapters all over the country, there has never been one in New England. So I started one. The chapter is brand new and we are encouraging people to join.

As I see it, NAAFA's message is three-fold:

- 1) To fight discrimination against fat people and lobby for our rights.
- 2) To promote social activities within the organization.
- 3) Most importantly: To provide a support network for fat people which says: you can like yourself, you can be beautiful--regardless of what size you are!!

I hope the New England chapter will incorporate all of the above. We are putting together seminars on make-up, modeling, and clothes, working with experts in these fields who cater exclusively to the fuller figure. We will also be trying to encourage local activities such as dances, mini-conventions, and lectures from experts (doctors and lawyers) on our rights. Already we've gotten a lot of response due to media exposure--which we intend to continue.

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MINI-MINUTES OF RECENT BOARD MEETINGS

Some NAAFA's have expressed the need to be better informed of official actions taken by NAAFA and its Board of Directors. These Mini-Minutes are an experimental attempt to answer that need.

Since I strive for an objective role as Chairman (and cannot normally vote except to break a tie or to complete a 2/3 or 3/4 majority if needed), I hope to do justice to informing the readers of the events of the meeting, especially if it is a controversial one.

--W.J. Fabrey, C.O.B.

Jan. 16, 1981 West Side YMCA, New York City.  
Board members present: Bill Fabrey, Liz Fisher, Joyce Maloney, Sheila Goodman, Dianne Rubinstein;  
Guests: 4

A multi-part proposal by Nancy Summer, Asst. Treasurer, was passed. It provided for the hiring of a CPA to audit NAAFA's books, in order to comply with many grant requirements: the filing of NAAFA's federal and state tax forms by 2/15; that all employees of NAAFA (namely 1 1/2) have applicable taxes withheld, and tax forms filed; and the establishment of a \$25 petty cash fund in the office.

A 14-part proposal by Fabrey to redistribute duties of officers was passed, along with the Constitutional amendments required to make the changes. Basically, it split the work of the old office of President into three parts, and divided them among three offices: Chair of the Board (C.O.B.), President, and Vice-President. An officers' election was held; Fabrey was elected C.O.B.; Goodman, President; and Maloney, Vice-President.

Maloney presented a report regarding the 1981 Convention, which was accepted. Fisher went on record as opposing the Convention.

The January minutes were taken by Recording Secretary Barbara Donahue and transcribed by Sheila Goodman.

Feb. 20, 1981 West Side YMCA, New York City  
Board members present: Bill Fabrey, Liz Fisher, Sheila Goodman, Ernest Harff, Joyce Maloney, Dianne Rubinstein, Florane Sclar; Guests: 6

A motion passed that assigned Fabrey and Rubinstein (Treasurer) to the task of composing a fund-raising letter to be sent to all NAAFA members no later than March 6, due to the severe financial crisis. The audit authorized at the last Board meeting was postponed to the next fiscal year, due to its expense.

Harff's motion to appoint Lalit Khanna and Gertrude Prince as the Chairpersons Pro-Tem of the Manhattan and Queens (NY) chapters, respectively, was passed. Harff's motion to appoint Kimm Bonner as Chairperson Pro-Tem of the New England chapter was also passed, as was his motion to appoint Louise Wolfe as editor of "Chapter Chatter," a NAAFA publication for local chapter officers. A motion passed to confirm the C.O.B.'s appointment of Noel and Susan Nyman as Co-Chairpersons of the NAAFA-Date Committee, as did another to eliminate all NAAFA-Date renewal fees until the program is working smoothly again. A motion was passed to confirm the C.O.B.'s appointment of Rosalie Radcliffe as a member of the Publications Committee (filling a vacancy created by the resignation of long-time member Rhea Bardin).

A motion passed that all material intended for the Newsletter will be submitted to the NAAFA Office for spelling corrections, and other help only when requested by the Editor. Goodman's appointment of Marianne Gluck as Acting Editor of the Newsletter for 3 issues in the period 2/20-8/31/81, was approved. Constitutional amendments were passed to change the official name of the "Computer Dating Committee" to the "NAAFA-Date Committee" to update the Bylaws to actual practice; and to provide that beginning in 1982, all nominees in Board elections must have been NAAFA members for at least one year as of that January.

A motion was passed to hold a national dance on the earliest possible Saturday (in March or April) but that it not be held in Great Neck. A motion by Goodman was defeated that would have amended the Constitution to eliminate the practice of excusing the absence of Board members who vote against a meeting date at the time it is chosen, and then are absent from that meeting. (Normally, Board members are permitted only 3 absences during any 12-month period).

The February minutes were taken by Recording Secretary Barbara Donahue and transcribed by Joyce Maloney.

Mar. 20, 1981 Cancelled due to probable lack of a quorum (at least half of the Board members) because of illness.

Apr. 10, 1981 Simpson-Harff residence, Mt. Vernon, New York. Board members present: Bill Fabrey, Liz Fisher, Sheila Goodman, Ernest Harff, Dianne Rubinstein, Florane Sclar; Guests: 3

The Board accepted the resignation of Board member and Vice-President Joyce Maloney from all positions except that of NAAFA member. A motion was passed to send her a letter of thanks for her many services to NAAFA. A Constitutional amendment was passed that allows the position of Vice-President to remain vacant through the September 1981 Board meeting.

A detailed proposal was presented by Dianne Rubinstein to deal with NAAFA's finances; after much debate its specific points were all passed. Basically, it established that the Executive Secretary (Fisher) will send weekly listings of NAAFA's income to the Treasurer (Rubinstein); that any time NAAFA collects money (as in book sales or Convention reservations), a portion of it will be reserved to pay any outside expenses that may be incurred; that savings accounts be set up to accomplish this in the case of the BB&BB (book sales) and to accumulate taxes withheld from salaries; that a Contingency Committee be formed including the C.O.B., the President, the Executive Secretary, the Treasurer, the Assistant Treasurer, and the Chairperson of the Volunteer Service Committee to prepare a plan to cope with any future financial emergencies; that the Executive Secretary keep a diary of all time-consuming activities and forward copies once a week to each member of the Contingency Committee for a 6-week period; that the Treasurer will prepare contingency financial reports for the Committee; and that the Committee will meet between 5/25 and 6/18, and will present a contingency plan at the 6/19 Board meeting.

Goodman's motion to allocate funds received from the recent fund-raising letter was passed. It provided that all donations less than \$10, and the excess above \$10 of all donations larger than \$10, would go to NAAFA's general fund; and that all donations of \$10, and the first \$10 of all larger donations would go toward the outstanding debt incurred during the 1980 Convention. (Note that this year's donors are not paying for last year's Convention per se, since the Convention yielded a profit. However, some Convention monies at the time were used to "keep NAAFA going," and not enough were set aside to pay the Convention's creditors!)

Harff moved to authorize Rubinstein to contact the World International Hotels in Atlantic City, NJ, advising them that NAAFA definitely plans to hold its Annual Convention the weekend of 10/10, but that NAAFA cannot give them a binding commitment until after the May 15 Board meeting. The motion passed.

(continued on Page 4)

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*bat is fun!*

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"Something old, something new..." At NAAFA's 1979 Convention, we sold new and used large size clothing that had been donated by our members, and it turned out to be mutually beneficial to NAAFA and those who made purchases (it was noted that some of the clothing was actually worn at the convention!).

In the same vein, NAAFA has decided to open the Nearly New Nook. To be run out of the lower floor of the NAAFA office by volunteers, it will feature men's and women's used and new large size clothing.

While we already have many donations to get this project going, we are asking that you scour your closets for all those outfits that are too big or too small (and you just know you'll never fit into them again!), you've grown tired of (to someone else, it could be an exciting discovery!), and those items that still have the tags on that you just never got around to wearing or returning (we all do it--don't feel guilty!). They can be shipped to NAAFA, P.O. Box 43, Bellerose, New York 11426 by parcel post, or to NAAFA, 88-07 Pontiac Street, Bellerose, New York 11427 by UPS (please do not use this address for anything other than UPS!). Please send only clothing that is in a clean and saleable condition. (We can also use hangers!)

In return, if you will include an estimated value of the donated clothing, NAAFA will send you a receipt for tax purposes, as the value of the clothing can be deducted from your income tax as a donation.

Not only is large size clothing difficult to find, we all know how terribly expensive it can be, especially these days. You'll be helping other NAAFA members as well as NAAFA, and feeling that you've at least done something worth while with those clothes you've been meaning to get rid of anyway.

The official opening of the NAAFA Nearly New Nook will be announced to all members when it occurs. There will be certain hours, as well as appointment times. While we realize we cannot service the entire country, many chapters do just the same thing, and perhaps you can visit the NNNN if you happen to travel to New York.

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PLEASE NOTE!

NAAFA will forward personal letters from any member to another member for a tax-deductible donation of \$5 per letter. Simply write the person's name on the envelope, apply the proper postage, and mail to NAAFA in another envelope together with your donation. Since NAAFA's mailing list is held strictly confidential, the only way to contact a member you might see or read about in the Newsletter or elsewhere is via this method.



Goodman's motion passed, that NAAFA's Legal Research and Defense Fund (LRDF) be used to send Fisher to testify before the Ohio Senate if necessary. A proposal by Nancy Summer, which was passed, established a new Volunteer Service Committee, to take over much of the unpaid work in NAAFA, and possibly some of the paid work as well. It also gave authorization for a new membership telephone line to be installed, to be staffed by volunteers chosen by the committee chairperson. The President appointed Elizabeth Williams to chair the committee; her appointment was approved by the Board. The Board also approved other details about the funding of the committee, and the publicizing of its being established.

A heavily-debated two-part motion by Harff attempted to set the salary of the Executive Secretary at \$243/week, until the 6/19 Board meeting; and also to establish a Job Study Committee, to make recommendations to the Board at the 6/19 meeting with regard to the responsibilities and the salary of the Executive Secretary, based on her diary called for in a previous motion. The second part of the motion passed easily, but the first part gave rise to a tie vote, which was broken by the C.O.B., voting in favor. An amendment by Rubinstein to set the salary at \$225/week until 6/19 was defeated.

The April minutes were taken by Recording Secretary Barbara Donahue and transcribed by Krista Neiman.

May 10, 1981 Fisher residence, Bellerose, New York
Board members present: Bill Fabrey, Liz Fisher, Sheila Goodman, Dianne Rubinstein, Florane Sclar;
Guests: 3

A motion passed that the President send NAAFA Don Levy a letter thanking him for the quality of the Newsletter, which was printed by his firm as a donation to NAAFA. Another motion which passed authorized the Executive Secretary to automatically cosign the weekly salary and loan repayment checks, and the monthly rent check without having to mail them to the Treasurer for signature.

A motion passed which provided for gifts of equal value to be given to several raffle winners from last year whose prizes (gift certificates) had expired before they received them. A memo from the Convention Committee (Goodman, Rubinstein, Sclar) established dates, prices, and other details of the proposed Convention in Atlantic City, NJ. As a motion, the proposal was passed unanimously. The C.O.B. went on record in his opposition to this Convention.

A motion, which passed, established a standing Raffle Committee. The President appointed Nancy Summer as its chairperson, and the Board confirmed the appointment. President Goodman also appointed Sclar as Chairperson of the Fund-Raising Committee. The appointment was approved.

It was moved and passed to allow the Awards Committee to make one or more selections for the Distinguished Achievement Award based on a consensus of applicable Board members, in the event that extreme confidentiality is required in making an award.

The May minutes were taken by Recording Secretary Barbara Donahue, and transcribed by Pat Coles.

Note: Copies of the complete official minutes of NAAFA Board meetings are available to any NAAFA members for the cost of copying and mailing. Since this is a cumbersome procedure and since few, if any, members are that interested in the details of Board meetings, it is hoped that these Mini-Minutes will prove to be a good alternative. Please write to the Editor and let her know whether you would like this column continued.

--WJF

Support your local chapter

BOARD MEETINGS OPEN TO MEMBERS

Any NAAFA member in good standing is welcome to attend meetings of the Board of Directors. If you are interested in attending, call 212/776-8120 to inquire as to the dates, times, and places.

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**HOLIDAY HAPPENING HITS THE HEIGHTS!**

NAAFA's Holiday Happening was a huge success--in more ways than one! A record crowd turned out for the cocktail party on December 26 and the dance on December 27.

Many new friends were made as more than 100 people socialized on Friday night at the elegant Summit Hotel. In New York City on Saturday afternoon, several well-attended, informative and uplifting rap sessions were held, thanks to the generosity of LANE BRYANT, which donated the cost of the rooms in which the rap sessions were held. An even bigger crowd turned out Saturday night, and danced to the irresistible disco beat of Music Unlimited. There were many new faces, as well as familiar ones.

All in all, NAAFANS had fun raising funds for NAAFA--the net proceeds of the Holiday Happening were \$900! And a very special THANK YOU to LANE BRYANT for helping to make the rap sessions possible.

Lisbeth Fisher

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Condolences to Sue Nyman, NAAFA-Date Co-Chairperson, and Chairperson of the Washington (State) Chapter, whose father passed away on April 10, and to Victor Reigel, the Chairperson Pro-Tem of the Canadian chapter, on the loss of his father last fall.

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Back issues of the Newsletter are available as follows:

Single issues at \$1 each, plus a SASE.  
One volume consisting of 6 issues per volume, at \$5 postpaid.  
7-volume set (42 issues) at \$25 postpaid.

All issues are available, back to Volume I, Issue No. 1, October 1970. A few are in Xerox form, but most are originals. An excellent way to learn much of NAAFA's history!

MILLMAN  
**SUCH A PRETTY FACE**  
NORTON



**MARCIA MILLMAN**  
with photographs by Naomi Bushman

SUCH A PRETTY FACE  
Reviewed by Louise Wolfe\*

"Being unable to pass for normal in the outside world, they have found a comfortable home among their own."

How can one recommend a book that makes NAAFA sound like a leper colony, a monastery ("comfortable refuge in a hostile world,"), and the French Foreign Legion ("end of the conventional line")? Simply because the strong points of the book outweigh such bruises to a NAAFAN's ego. Most fat women will find several sections to identify with, although not always willingly.

Marcia Millman presents the experience of "Being Fat in America" through her personal observations of several weight-related groups and through individual interviews. The first half--"The Social World of Fat People"--describes NAAFA, Overeaters Anonymous, and a children's diet camp. Ms. Millman chose Overeaters Anonymous (OA) out of the myriad of weight loss organizations because it offered a "perspective on the suffering of fat people that is directly opposed to that offered by NAAFA, yet both reveal what it's like to be fat." The children's diet camp is especially poignant in showing how early in life fat people are stigmatized, isolated, and taught to view dieting as punishment.

After the introduction of the three groups, unifying trends are identified: lack of control, isolation and exclusion, normalcy vs. deviation, and poor self-image. Ms. Millman especially explores why fatness arouses such strong reactions in people of every size. Chapter 5 contrasts NAAFA's political and social explanations with OA's personal emotional disturbance approach. Many issues impor-

(continued on Page 6)

tant to NAAFA are included: The health industry "blaming the victim", the hazards of the yo-yo syndrome, job discrimination, and sexism/looksism with its "oppressive standards of beauty and acceptability". Ms. Millman charges that NAAFA members and radical feminists "occasionally lack insight into their own self-defeating tendencies and unrealistic expectations." While emphasizing the "intricate connection" between the personal and the political, Millman finally concludes: "low self-esteem in fat women follows their shabby treatment rather than precedes it."

In Part Two of the book, "Living With Oneself As a Fat Person," Ms. Millman shifts from a sociological perspective to a psychological approach. Lengthy quotes illustrate the selected themes of control, desexualization, heightened sexuality, compulsive eating, disembodiment, and before/after transformation fantasies. Most interviewees, she shows, have internalized the traditional view of fatness as a mental disturbance and are eager to offer psychological explanations for their "obesity." Ms. Millman tries to cushion the depressing pictures she has presented by stressing the part played by a sexist, looks-oriented society: "Problems common to human existence often become focused on weight, eating, and physical appearance." Yet, somehow no one in Part Two comes out in a positive light. "Most fat women feel self-hatred, shame, and a sense of failure." Thin men fare no better--as fathers they either lust after fat daughters or desert them; as fat admirers they treat women as "either mothers or whores." Fat men do not even rate a chapter of their own--they are relegated to the appendix. Even their confidence, concern for health rather than looks, and positive self-image are later presented negatively as being oppressed by a denial of their feelings.

Marcia Millman does an excellent job of portraying the sadness, suffering, and self-doubts of the fat experience in America, and hopefully many readers will have their consciousness raised to the very real issues she has discussed. What she has left out of the discussion are the strengths, hopes, and personal growth of many fat women. It would have been nice if Ms. Millman had included at least one self-confident, well-adjusted woman.

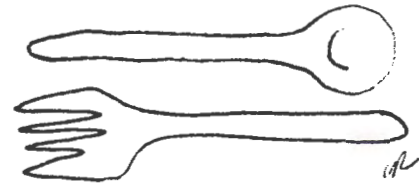
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\*Louise Wolfe is the chairperson of the San Francisco Chapter, as well as editor of Chapter Chatter (a publication for NAAFA Chapter officers.)

We've all had the thrill of discovering a new recipe, or sitting down to a meal at the home of a friend, and having our taste buds titillated by something indescribably delicious on the menu.

I think it would be nice to share those "ol' standbys" and newly found favorites with each other. Please send me, c/o the NAAFA Newsletter, your personal taste sensations, so that we can let the membership at large share in the delight.

The following, (I can testify from first-hand knowledge), are a wonderful way to start our culinary journey.

The first two recipes are from a New York area NAAFAn, Barbara Donohue, while the third one is my own concoction.



FETTUCINI A LA BARBARA  
(serves 4 hearty appetites)

1 lb. fettuccini  
1 lb. chicken breasts (boned)  
1 lb. cooked ham  
1/4 + 1/4 cup freshly grated parmigiana  
or romano cheese  
1/4 lb. butter  
1 pint heavy cream  
1/4 cup fresh parsley (chopped)  
ground white pepper to taste

Julienne-cut chicken breasts and ham. Keep separate. Slice mushrooms.

In a large pot, boil water for fettuccini. Cook according to package instructions. While the fettuccini is cooking...

Melt stick of butter in a deep 12" skillet or dutch oven.

Add chicken to foaming butter. Stir until cooked through (approx. 5 minutes). Add ham, parsley and mushrooms. Keep stirring for 3 minutes.

When mushrooms are soft, add heavy heavy cream, stirring constantly. Reduce flame to simmer, until all ingredients are heated through.

Add 1/4 cup grated cheese. Drain pasta, put in a very large bowl. Pour chicken-ham mixture over pasta and toss lightly to coat.

Serve with additional cheese.

\*\*\*\*Serve with sesame breadsticks, broccoli salad, and a good white wine. Mmmmmmm.



BROCCOLI SALAD

1 lb. bag frozen broccoli florets  
1 small onion, chopped  
4 cloves of garlic, minced very finely  
juice of lemons to equal 1/8 cup  
1/2 cup olive oil or other salad oil

Cook broccoli according to package directions. Drain, and while still warm, add onions, garlic, lemon juice and oil to broccoli.

Toss, and put in a covered dish. Refrigerate at least 4 hours. Toss again before serving.

AND FOR DESSERT.....

ORANGES D'AMOUR

4 medium oranges (seedless, if possible)  
1 cup water  
1/2 cup granulated sugar  
2-4 ounces GRAND MARNIER

Peel the rind and white membranes from the oranges. Slice some of the rind to make 4 tablespoons of finely shredded orange rind slivers, each approx. 1 1/2" long.

Put the orange rinds into a saucepan the water and sugar. Cook over medium heat for 30 - 40 minutes, stirring constantly.

Cool the syrup. Cut each orange crosswise into 8 thin slices.

Add the GRAND MARNIER to the syrup and pour over the oranges. Chill.

Wonderful with ice cream!

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\* Congratulations to members John Simpson, \*  
\* Philis Beal, James Riley, Ken Woessner, \*  
\* David and Karen Southcomb, Karen Bramnik \*  
\* Syken and Anthony Syken, and Barry \*  
\* Levine on their respective marriages. \*  
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REMEMBER NAAFA WHEN YOU MOVE! Unless you or the post office inform us of your new address, you may lose the balance of your membership privileges. The post office is supposed to forward mail for a year after you move. But play it safe--send us your new address.

When writing to the NAAFA office, if your correspondence requires a reply, please enclose a stamped, self-addressed envelope (SASE). You will receive a faster answer and be helping NAAFA cut operating expenses. Thank you.

*Oops! We forgot:*

EDITOR'S NOTE: SUCH A PRETTY FACE is available to NAAFA members through the Book Bazaar and Bountiful Boutique at the discount price of \$10.25 plus \$1.25 for shipping and handling.

*See you in the next issue. mg*

PERSONAL ADS

Tall, 170 lb. PhD European gentle, warm, sensitive, non-smoking, excellent health, young at all points except the number of years (but being in several Who's Who. therefore "we do not count a man's years, until he has nothing else to count," Emerson), seeks for marriage very fat, (very) young, not sophisticated girl. Total health or sanity not required. Relocation in the U.S. possible. Reply to Dept. 132, NAAFA, PO Box 43, Bellerose, NY 11426.

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41 year old female from Queens who enjoys singing, writing poetry, and good conversation desires sincere relationship with gentleman. I weigh 200 pounds. Reply to Dept. 125, NAAFA, PO Box 43, Bellerose, NY 11426.

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Gift to NAAFA by undersigned in exchange for assistance with personal/household errands related to limited mobility. Wilma Kuns (415) 673-8851 evenings/weekends.

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Good looking Fat Illinois Male, 26, looking for correspondence and to begin an honest relationship with a nearby F. or F.A. person. Thank you. Reply to Dept. 136, NAAFA, PO Box 43, Bellerose, NY 11426.

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Warm, romantic female, 39, 375 lbs., looking for intelligent, sensitive males, 30-50, who enjoy laughter, animals, scenic drives, films, picnics, music, and intimate fireside evenings of shared feelings. MUST BE single, sincere, open, honest, and caring. Los Angeles area. Reply to PO Box 41410, Los Angeles, CA 90041.

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Strong tender loving Black male 26, 5'10", 165 lbs, looking for mature very heavy set female. Any age, color, religion. Reply to Dept. 134, NAAFA, PO Box 43, Bellerose, NY 11426.

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Handsome Creole male, 40, 6'2", would like to meet a white female NAAFA member over 250 pounds. I live in Maryland. Reply to Dept. 130, NAAFA, PO Box 43, Bellerose, NY 11426.



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WHO WANTS TO BE  
BEAUTIFUL IN A BIG WAY

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TELEPHONE (312)975-4222

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Join Michigan Chapter of NAAFA. Monthly Newsbulletin. \$5.00 yearly. Box 2513, Ann Arbor, Michigan 48106.

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Donation to NAAFA: \$1 each (\$25 per category maximum) for different explanations you've received from new friend(s) why he/she can/does not:

- 1) have time for you on weekends;
- 2) have much time for you any time;
- 3) provide a home phone number;
- 4) provide a home address.

Results will be provided to those who include SASE. Write "Researcher", Dept. 133, NAAFA, PO Box 43, Bellerose, NY 11426.

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CLASSIFIED AD RATES

Commercial Ads: 50 cents/word, 10-word minimum. Department number available at \$10/issue. (Contact NAAFA for display rates.)

Non-Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$5/issue.

Non-members must pay commercial rates for personal ads.

All ads are accepted for publication provided they are not against NAAFA's purpose. They may include personals, wanted to sell or buy, employment notices, meeting announcements, and many other items.

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