

XXXLNT

The Newsletter for Weight Gain

Volume 6, Number 3
18 AUGUST 1995

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ENCORAGECON WAS FUN WITH THIRTY ONE...

The fourth Encouragecon was staged this past May in Provincetown, Massachusetts. Thirty-one persons shared the experience. There were group sessions sharing success stories on how weight was gained and maintained, massage and how to get relaxation and comfort from it and access and benefits of cyberspace...how to communicate and get the most from computer electronic mail and bulletin boards.

A lengthy, chilly but rewarding whale watch was staged on Sunday afternoon. There were a number of actual sightings, some up close, of the aquatic mammals as we sailed out from the coast. There was narration and printed information on the biological aspects of the fascinating creatures.

The more social aspects of the weekend included evening parties sponsored by delegations from Ohio, New York and California. There was a special invitation for us to appear at the Crown and Anchor, a local gay/lesbian nightclub. During the evening, we observed a first rate drag cabaret. Not only were those attending the Encouragecon were thrilled, but several gentlemen in a local law enforcement (of all things) unit appeared to have enjoyed themselves as well.

There was plenty of nutrition to be had. A hospitality suite was well stocked with a variety of goodies. They were, in keeping with the group, not exactly chosen with low calories in mind. All of the men indulged at one time or another. Many of the leftovers were taken away as we reached the end of the event on Sunday afternoon. There were a number of cameras about. Photos were taken at memorable moments of the conclave.

The question recurs on where the fifth Encouragecon will be. The feedback at the closing brunch was mixed. Leading locales appear to be a retreat in New York used by the ABC (Girth and Mirth) club in New York City. Miami Beach and Key West, Florida were proposed. There was even a mention of Palm Springs, California. There were several that would like to return to Wildwood in the Russian River Valley where the second and third Encouragecons were held or even a repeat trip to Provincetown.

You can help decide. We've placed in this XXXLNT a survey. Please return it prior to or postmarked by Saturday 30 September 1995. We'll need to put our heads together and make arrangements for the next time. We would like to get a decision made and the word out prior to the end of the year. If you wish a say, please respond. The only thing we can say with any measure of confidence is that we're not likely going to have in the west in 1996. We try to avoid the proximity of ABC's Convergence. They will be in Seattle this year and in San Deigo in 1996. But, if we find something really tantalizing, accessible and enticing in value, we could change our minds. Also, we'll need dependable volunteers to be sure to make local arrangements.

"Lose Weight or ...I'm Outta Here!"

Gordon Elliott offered a program on 23 May 1995 on the subject matter of pressure being applied in a relationship for the other party to lose weight. One guy asked: "What man out there wants a big woman? I don't have to stand for that!" This program was dripping with self-esteem issues. Joyce Vedral, M.D. of Long Island displayed a book, Top Shape. She advised one should: "look at yourself first." Often one's psychological body is in bad shape. You shouldn't look at another person as tho the person was a piece of meat. "What's really going on. She who the other person is and who you are." It is a matter of work out versus nagging.

"You're may (woman)(man) and I'm gonna keep you FAT!"

Ricki Lake struck up a chord on 6 July 1995. In this program, people were on to complain of significant others deliberately trying to make and keep them on the fat side of the ledger. It was pointed out that it isn't so much weight. "It is power." (Otherwise, it could be money

or kids.) One participant straightforwardly stated that "skinny people made her winch. I love junk food especially ice cream. I love all those love handles."

Bits of wisdom from psychologist Susan Amsterdam added included concerns about issues of control and self-esteem. Also, she felt individuals were not taking enough responsibility for their lives. She called for an end to deliberate sabotage. "Work together and listen to each other. You should want to be happier for yourselves. That is what love is all about."

Rolanda Watts came up with a telecast entitled "I'm Fat & You're To Blame."

James and Susie Braley were featured. The charge was: my mate is intentionally keeping me fat. The accused, not exactly small in size stated: "I'm happy with where I'm at." He further proclaimed: "There are too many problems in the world to worry about other than being fat." A typical meal for this couple: fried chicken, potatoes, cole slaw, biscuits and two to four doughnuts. Susie said her husband "looks better fat."

Mary Ann and Jack Petit were up next. They said they got thrown out of a grocery store for arguing. For them eating has become a social activity. Jack said: "If she loses weight, I'm out of there. She's warm in the winter; shady in the summer and she provides security." Mary Ann wants to lose weight due to diabetes and health problems. If I'd lose, I can stop taking medicine." She feels Jack temps her with food being placed under her nose.

The expert on this telecast was Yolanda Bergman, author of Food Cop. She charged that Americans are overeducated on diet and under educated on food." She advised the participants to "do it for yourself, not for any other reason. Stop wearing your self-destruction on your sleeve." One of the audience members cried out to Jack: "If you love her, if you want her to be with you the rest of your life, you'd support her. You want have a fat wife to love if you don't take care of her." She admonished Mary Ann: "Look after your own self. You don't need him. A woman is not there to give you shade. She's there to love." A middle-aged man suddenly stood up to shout at Jack: "You respect your wife or I'll make you respect your wife. An eleven year old daughter was heard to recite: "Momma, look at her. Look at how fat she is! She looks as if she is from outer space."

Graphics depicted Americans as annually spending \$36 billion on diets. 95 to 99% regain the weight within a year. Snack food caloric content: Butter Finger King Size Bars: 510. McDonalds Supersize Fries: 540. 7 Eleven Double Gulp Soda: 768. Rolanda gave closing remarks. "You don't need to be thin. You need to be healthy and fit. You want to be good about yourself. Relationships are hard enough. Don't overwhelm yourself."

NEW TYPEFACE ON TRIAL IN XXXLNT

You will notice that all of the ads are now featured with a new typeface or font as it is called in desk top printing. This is being done with the view of improving the appearance of the newsletter. We hope to make further adjustments in this direction over the next several issues. If you have any comments, favorable or unfavorable about the changes, be sure to let us know.

The October edition will be published towards the latter portion of the month. The deadline for renewal or changes in ads is a postmark by Saturday 30 September 1995. If your ad is in the 1094 class or you have failed to renew since October 1994, this is your notice to remit. Since we are running about a month behind schedule, no one has been terminated. However, if we work successfully towards a timely publication in October, the deletion policy will be placed back into effect. One advantage of the delay is that we now know about possible options for a Key West Encouragecon which weren't known previously.

We hope the best for you in the realm of healthful gaining and enjoying the world of size and bulk. Take care and keep it going.

Ollie Lee Taylor *Ollie Lee Taylor* August 1995

XXLNT

The Newsletter for Weight Gain

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Advisory Survey for Future
Encouragecons

Deadline: 30 September 1995

This survey is a guide. The actual locating of the Encouragecon has to consider costs, the availability of facilities, accessibility and the desire to host with respect to our special affinity. Because there were differing desires expressed in Provincetown as well as in previous surveys, there will be no way to satisfy everyone in a given year. But, it is important to express your opinion and offer any remarks about needs for comfort if you care.

I'll give some facts, in short form about two of the locales voiced. Miami Beach is rated as the number three place for gay travelers according to an article published 31 May in The Wall Street Journal. The South Beach Business Guild, which represents gay owned and gay friendly businesses reports gay tourists spent more than \$20 million in the city in 1994. There are a dozen night clubs friendly to gays there. (Others are mixed.) There are at least two motels and several guest houses in that city as well. One hotel, unsolicited, actually requested Black and White Men Together to stage its convention there in 1997. (They went for Pittsburgh in 1997 and Charlotte in 1998 instead.) There are plenty of restaurants from specialty to national chains. They fit all budgets. There are also sundry and special shops along Lincoln Road Mall. There is plenty of bus transportation and a tram along the mall. Miami Beach has 93,000 people on a north-south barrier island. It can be reached by several causeways three miles east of Miami. Room rates will range \$65 to \$85 per night. There's twice daily Amtrak service down from the East Coast. There is an additional cross country train from Los Angeles three times per week. American Airlines has Miami as a key focal point. Delta, United, US Air, Carnival are other airlines with a major presence. Greyhound is available. Smaller lines run express service to Orlando, Washington, DC, Philadelphia and New York City. Easter is 7 April in 1996. Rates and crowds are less after that date. Weather is warm...80s...but not as humid as would be the case later in the year.

Key West is about 165 miles WSW of Miami. It is an island four miles long and about a mile and one half long. About 25,000 people live on it. It is ranked number five on the list for gay travelers. There are several mid range hotels. They are on the east side of the island about three miles from old town. It is here that you find the specialty shops and gay oriented businesses. There are about twenty gay oriented guest houses and a couple of small motels in old town. There are some half dozen gay night clubs as well. (The largest burned to the ground in August along with a half dozen shops. However, operators intend to have it restored in February of 1996.) There are several typical restaurants here such as Burger King, Kenny Rodgers, etc. Most tend to be on the east end of the island. There are more specialty eateries in old town. But, they tend to be expensive. It is difficult to get a meal for less than \$10.00 to \$15.00. Room rates are rather expensive at \$75 to \$90 nightly. (One motel operator has already offered to provide us a special spread one day if we consent to come.) Transportation is available. But, it can be expensive. There are four airlines offering turbo-prop flights. You can obtain them from Orlando, Tampa, Fort Lauderdale and Miami. Greyhound provides three daily runs from downtown Miami and its station just east of Miami's airport. Key West has a whimsical atmosphere at times. A typical highlight includes crowds at Mallory Square to observe the sunset daily off the west end of the island. There is a festive, carnival like atmosphere. Both cities have enjoyed gay civil liberties ordinances for several years. Key West has elected an openly gay mayor.

There is a real liability in that a facility will have to be booked well in advance to assure one gets what he desires at a reasonable price. Memorial Weekend, for example, MUST be avoided in both cities.

For the record, New York City was rated number one, San Francisco was number two and New Orleans was fourth. (New Orleans is intriguing for our group in that NBC's Jack Perkins has reported "you can't get a bad meal in this town.") However, alas, we have no one there that can make local arrangements. But, it could be a future option. I'm sure Chef Prudhomme and others would love to have us in their establishments and would treat us well.

Preferences for Encouragecons: Please rank from 1-7 with first choice being "1", second choice "2", third choice "3", etc. Do NOT use "X".

	1996	1997
New York Retreat (North of New York City)	_____	_____
Miami Beach	_____	_____
Wildwood (Russian River in California)	_____	_____
Key West	_____	_____
Palm Springs, California	_____	_____
Provincetown, Massachusetts	_____	_____
Any personal favorite (please rank)	_____	_____

Local Expenses (These are hotel rates, social events that EXCLUDE travel and registration for the Encouragecon.) You may use an "X" here. (Assume three nights.)

Under \$150_____. \$151 to \$200_____. \$201 to \$250_____.

\$251 to \$300_____. \$301 and over_____.

Mark the highest you feel you can afford or will be willing to spend above.

Program Aspects What substantive items would you like on program? This time please rank numerically. Do NOT use an "X". Let "1" be your highest priority and choose as many as three.

Fashion or clothing tips for big men_____

Healthful gaining_____

Success stories_____

Cooking/Food preparation demonstration_____

Legal Issues (Employment, social discrimination)_____

Relationships_____

Health concerns_____

Others not mentioned: (write in and rank) _____

Special Needs: This is free form. Please note up to three special needs or conditions you would need or desire. Please be legible. These include privacy, whether stairs would impede you, nutritional special needs, etc.

SPECIAL ANNOUNCEMENT

Starting with this issue we have started a process to bring XXXLNT into the future and start updating it. One of our readers has offered the use of his word processing equipment and has re-formatted the classified section to a 9-point Helsinki type face. Doing this will allow me to hold our costs down and give more in other places without increasing my costs for paper and postage. Problems with other commitments and illness of an elderly parent on his part delayed the completion and hence publication of this one issue. In the future, this should not present a problem.

Sincerely

Ollie Lee Taylor

Ollie Lee Taylor

CA 0795-01 I have a big, firm, and round belly. If you are interested in belly massages and belly building, let's get together and stuff my big round gut. Call me at [REDACTED] I prefer belly lovers living in the San Francisco Bay area, let's eat to the limit!

CA 0795-02 THE FATTER THE BETTER. GWM, 58, 5'11" 260# with a big round belly likes younger men who are also fat and love to eat. Like to hear from fellow gainers and encouragers. Your photo gets mine "Fat Jake" loves Fatties.
Meyers [REDACTED] Palm Springs, CA 92264 [REDACTED]

FL 0795-01 Are you between 450-1000# with pendulous tits and a huge hanging belly? I am mid 50's, 5'10" 125# balding blonde/grey with a beard and mustache who is turned on by exceptionally large men. Age, race no matter. Please write, describing yourself. Snapshot appreciated will reply to all. Enclose telephone number if you choose.
David [REDACTED] Key West, FL 33040

FL 0795-02 Serious (550 #) gainer would like to meet serious encourager. (No wanna - be's or beginners please) to replicate the work of Michael Walker or Robert Earl Hughes in the Tampa Area during the Winter of '96 (The off season - I'm a side show fat man)
Write: Bruce [REDACTED] c/o [REDACTED] Gibsonton FL 33534

MD 0795-01 GHM, 33 old, 135# brown hair/eyes, mustache, good looking seeks somebody who is o'ready heavy at least 300 pounds. If your desire is to make it into the "Guinness Book of World Records" as "the Fattest man in the world" No thinking in upper limits, be willing to transform your body into a humongous mass of flesh, enjoying and being comfortable with the same thanks to the love and support, and encouragement necessary to accomplish this goal. Contact me (Please serious replies only)
Cesar A. [REDACTED] Baltimore, MD 21231 or telephone [REDACTED]

MN 0795-01 Weightlifter and belly builder seeking friendly photo and note exchange with other gainers just starting or presently growing big guts. I'm bearded, 5'10" and have gone from 185 in December to 220 now. My gut Measures 42 1/2" and has room to grow some more. If you're like me and get off on seeing others grow as we as yourself drop me a line.
Mike [REDACTED] Minneapolis, MN 55408

WA 0795-01 GWM, 35, 170# 5'6" tall brown hair with beard with just enough gray to give me that distinguished look. I'm looking to make friends with fat men that love being fat. Serious gainer gets serious encouragement. I have many interests. Possible relationship with the right man. Pen-Pals welcome. Write:
John [REDACTED] Suquamish WA 98392

IL 0795-01

GWM (34 yrs, 5'5", 190 lbs., handsome, HIV-) weight lifter wants to bulk up to at least 250. ISO someone to gain with me or help coach for LTR.
Weightlifter/bodybuilder a plus.

(This came in so late that I used the old format rather than making the gentleman wait until late in October.)

FL 0495-01 ISO SERIOUS ENCOURAGERS/GAINERS: GWM 27, 5'9", 185, brown eyes, hair, tattoos, masculine and good-looking. Would like to meet other gainers who are on their way to major obesity. Seeking encourager for possible relationship. Must be dedicated, and into creative encouragement. Masculine, intelligent and bearded a plus. Heavily tattooed a big plus! But would like to hear from all. I want to work on building up upper torso while building a fatter belly, and eventually just belly build out of control! So write and tell me just how fat you can make me!

██████████ Longwood, FL 32752

IL 0495-01 GAINED A FEW POUNDS THIS WINTER? GWM 41, 5'4" 150, muscular, avid weightlifter, cyclist, professional, well read, varied interests. The catch? I can only relate to men with bellies. Particularly interested in masculine men into gaining or who have recently gained weight. That new belly might just be your ticket to PARADISE. Relax, have your cake (or another beer) and me too! Also interested in meeting other encouragers to share fantasies (I'm an excellent artist!)

Please write to XXXLNT for forwarding

NH 0495-01 NEW HAMPSHIRE, 49 year old 550 pound gainer would like to hear from other chubby, "chubby chasers" who weigh at 450 lbs. Am interested in what might be called chubby chaser "porn"i.e. pictures of men weighing 500 lbs or more. Your picture gets mine.

Bruce ██████████ Rye, New Hampshire 03870

NY 0495-01 Senior GW encourager, 5'7", 160 lbs, seeks short, fat, gainer who wants to be encouraged and fattened. Call Ernie at ██████████ till midnight, E.T., or write to box number.

Please write to XXXLNT for forwarding

NC 0495-01 This tall (6'2") slim (150 lbs), dark blond haired, blue eyed, over thirty, chaser can COOK! Junk to Gourmet, I'm an expert. I'm looking for a guy any age or height that can appreciate my expertise. Any size belly from "Just a little gut" to really big all over. Hair, (bodily or head wise, I think bald is cool) is not an issue.

Write: David, ██████████ Lincolnton, North Carolina 28093

CA 0495-01 Do you have a fat belly or swollen gut? Are you bulky, heavy set, or fully packed? Do you have a heavy round stomach or over hanging beer gut? If not, do you dream of being thick and fat with a huge swollen belly? I do. I'm a 22 year old GWM, 6'0", 230 with ever increasing girth. A 36 inch waist below a 40 inch gut that sticks out. I like to eat and watch my belly blow up like a balloon 'til I feel like I'm going to explode. I'm looking for correspondence with young gainers and encouragers (Latino, Caucasian, Asian and Pacific Islanders). Send me your phone number and a photo of your shirtless gut and I'll send you mine. All answered with photo.

Please send to XXXLNT for forwarding

CA 0195-01 "MORE" As either a gainer or encourager, you know the power of the word. You are driven by the urge for more. As a writer, I want to capture the intensity and sensuality of your experiences and fantasies in erotic feeding and gaining stories. Please tell me your experiences and desires so that I can provide you inspiration with my writing. You can reach me at: Ken ██████████ Mountain View, CA 94039-7311 or via Internet e-mail at ██████████

CA 0195-02 OUT OF CONTROL 28 year old blubberboy can't stop eating. I'm 5'10", 350#, and I'm just starting. I want to get to 500 by my 30th birthday, and I want your help. I'm searching for fellow gainers to join me on this journey without reservation or hesitation. Write me - if you're ready to explore the limitless world of girth without shame and fat beyond measure.

██████████ Long Beach, CA 90803

FL 0195-01 A280# submissive GWM with large soft tits, big belly and wide white cherry ass is waiting to serve you. This 52 year old is looking for a younger thin aggressive top. I'm clean, HIV-neg, drug free, you too please! I can travel to meet you or I can host you here in Florida

PA 0195-01 Handsome, hairy, hunky, husky, yet hilarious weight lifting former college jock, 30 - something, bearded, nonsmoking, down to earth professional seeking 20-30 something self-assured, masculine boy next door type for fun, friendship and maybe more.

██████████ Glenshaw PA 15116 ██████████

NY 1194-01 Encourager: GWM, HIV-, 6'0", 185, blonde/green with mustache, 34 years old. Why are all the sexy big bellied men on the west coast? I'm a great cook who loves to serve up a big meal for someone who really enjoys eating! I prefer a man 25-40 who packs on those pounds around his waist. Do you need someone to give your belly the attention and encouragement it needs to balloon with pride! If you are into your existing big belly or want to see it expand with someone who won't be able to keep their hands off of it, then give me a call at [REDACTED] or drop me a line via XXXLNT#. I will answer all. Max is waiting

NY 1194-02 AGGRESSIVE ENCOURAGER WANTED! GWM Gainer, good looking, masculine, 27, 5'9", 170. I would like to meet other gainers who started out my size and have gained up to 600 pounds or more. ISO a dominant EXPERT ENCOURAGER who would enjoy the challenge of making me extremely obese. I'm looking for a possible long term relationship with a masculine good looking guy who is erotically creative when it comes to feeding and making his men fatter and fatter. Fantasy is to be fed well over 600 pounds. Immobility will be your decision. Send photo and phone. [REDACTED] Clay N.Y. 13401

NY 1194-03 If you are a tall masculine man, of a slim or husky, or a muscular build who wants to get very fat please contact me. I am 6'1", 26 years old, 195# (slightly husky) discreet young Jewish male of varied interests (music, theater, technology, history, etc.....) who desires to meet and encourage an intelligent and attractive gainer of good appetite. Let's enjoy each other's company as I worship and help expand your belly.

PA 1194-01 GWM 22, 5'10" 170# masculine and handsome seeks serious gainer. I love big fat bellies and want to make the right man enormously obese. If your tempted into getting HUGE and being fed and fattened up by a husky stud, I'm your man. Prefer young and masculine but will answer all. Your size now does not matter—it's how fat I will get you that excites me. Pen-pals and gainers encouraged nationwide. Looking for someone who's into getting enormous and possible relationship to achieve that. Write with photo to:

[REDACTED] Huntingdon Valley, PA 19006-0501 or call [REDACTED]

CA 1094-01 Love to eat? I'd love to help! Very cute Italian guy, 35.6'3", 200# is hoping to find a younger guy who wants to enjoy life with someone and is turned on to and appreciates his wonderful love handles, expanding belly, and growing thighs. You should be sincere, easy going and not into extremes. Write soon, You won't be sorry!

Tony [REDACTED] Orinda, CA 94563

CA 1094-02 Italian big bellied muscular stud seeks encouragers and gainers to grow fat with or for. This ex-jock likes his workouts and his muscles but also likes to feed his already fat round balloon gut. This belly/body builder wants those who get off on his expanding belly as much as he does. So let's explore our fat fantasies. Call or write Fat Nick.

[REDACTED] San Francisco, CA 94131 [REDACTED]

FL 1094-01 Weight lifter/gainer/ vacuum pumper, 45 years old, 5'6" 265, 56" chest, 53" waist, 14" sac, long haired, ring bearded, tattooed and smooth, seeks other men obsessed with making the most of themselves. Object: friendship, mutual encouragement, potential relationship built around no holds barred enlargement and enhancement. Jim B. [REDACTED] St. Petersburg FL 33710

FL 1094-02 Encourager GWM HIV-NEG., Good looking chisled face, 38 year old, looks younger, 5'9" tall, 155 lbs, slim muscular build, hazel eyes, brown hair, blonde mustache when I grow one. Looking to find secure good looking man GAINER, 24-45 years old. Have light to moderate body hair! Starting on his way to PORKING UP! Wish to settle down with and make him FAT only to worship his weight gain and have a great life and sex life together. Shirtless photo gets mine!

IL 1094-01 VERY ATTRACTIVE WILL BLOW YOU UP! 29, 6' 170# handsome, masculine, bright seeks to explore talent for fattening men up. Added 50# to last unwilling boyfriend. Now wants to find willing, hungry solid guy to stuff and stuff as his belly balloons beyond his wildest dreams. Curious as to just how fat an eager eater can be made? I'll bet immense! Responses to Paul [REDACTED] Vernon Hills, IL 60061

NY 194-01 Hi Guys, it's Sean again, and guess what, I've discovered that I'm not quite straight (and for those of you now thinking: "I told you so" -go jump in a lake) Unfortunately, I, still only 295 and I can't find any serious encouragers in NY. Where are you all? I need help if I'm ever going to get into some size 70 Levi's. I'm looking for guys under 35 who aren't skin and bones to feed me. Construction workers and or big butts a major +. I have a house all to myself so come move in with me. You can telephone me at: [REDACTED]

NY 1094-02 BEGINNING GAINER SEEKS SAME GWM, 30's 150 lbs 5'8" looking for a hot young gainer (beginning or intermediate) to work out, pig out, and grow larger with. Intelligence, dedication and humor are all pluses Please call: [REDACTED] or write Jeff [REDACTED] Sunnyside NY 11104

CA 0894-01 GLORY! A GAINER! I would like to help you get fatter, much fatter! I would like to explore with you many fun, creative, and hot sexually motivated techniques for accomplishing this. This will include various pleasurable methods of encouragement and exhibitionism with a goal to sensually condition you. I want you to join me in my sexual obsession to feel and caress your increasingly overfed body as your belly balloons to huge dimensions in ecstasy. Feel your cock swelling towards explosion with my methods. The sight and sensations of your belly expanding larger and larger and as we do it again and again the sensations as your expanding body motivates you to more over eating which in turn motivates you to grow even larger with greater speed. Imagine your belly growing and swelling pendulously larger day by day. Imagine your scale registering increasing numbers growing ever higher. Imagine your belly out growing that new shirt you just bought two weeks ago. Imagine that all of this can be made into reality. My name is Todd, and I am in to body building. I stand 5'11 and weigh 205 pounds at present, but I am still growing. My hair is brown, my eyes are hazel, I'm very well hung, bearded hot and hairy. I especially love a big sexy belly to cuddle against and fondle. I love to rub my furry face and big hairy muscular body sensuously over it's growing swell. I enjoy working out and watching my muscles growing ever larger just as much as I enjoy watching your increasing belly. I am seeking long term friendships, group support and good hot fun experiences with other possibilities. Personally I'm into leather, vacuum pumping, queer for hardware stores, and inventing. I'm not into inflicting any kind of pain to others or subjecting them to any kind of risk. Please send me some hot shirtless photos of yourself along with a letter of fantasies you'd like me to help you live out or explore, or please contact me at:

or write Todd San Francisco, CA 94114

CA 0794-02 Remember that Southern California Encourager-Gainer who went from a slim 130 pounds with a 30 inch washboard waist to 155 with a 37 1/4 ballooning belly in six months? That was January of 1992. Since that time I've crept on up with a few yo-yo's, the highest being 182 with a 42 inch belly. Right now, I'm at about 172 and holding at about a 40 inches. Hopefully I'll be back on track and a growin' again by the fall. Still fighting job related stress and dairy allergies which make things both slower and more difficult, but a hangin' in there. I still enjoy collecting hot written fantasies and artwork (guaranteeing a refrigerator raid at minimum) and I also enjoy hearing from others and making new contacts. I will answer all, but please be patient with the time frame, you won't be forgotten!

MD 0794-01 Starting to gain the next 50 pounds of fat and still seeking a 20-30 year old muscle boy in my area to help out. I want to pack on the pounds while you pack on the muscle. GWM 40, 5'10" 285# wants to balloon to 500 or more within two years. Would also consider mutual weight gaining with young guy in area who also desires blimping-up and growing extremely fat. Don't wait. I'm not! B.R.

CA 0494-01 Gainer seeks gainer. 37 year old, 5'9", 235 up from 175 two years ago. 20 inch arms, 48 inch chest and a 44" belly. Chest and genitals massively enlarged with silicone. Seeks quality short partner who is currently my weight or heavier for mutual gaining to build a life together, to age 42. No upper limit except that of mobility and health. Let's become a short ton together in our specially appointed home. Please be financially secure, HIV-, monogamous, no dependents, non-smoker, non-drugger.

Please respond to Fallbrook, CA 92088-1123 Photo required for response



Convergence '95 Registration Form

September 1st through the 4th at the Westin Hotel

Registration price: 200.00

Room Rates for the Westin Hotel: \$110 plus 15.2% tax totalling \$126.72 per room, single or double occupancy. The rate including tax for three to a room is \$149.79 per room, and for four it is \$167.04 per room. There are a limited number of rooms with handicapped access. For reservations call: 1-206-728-1000. Mention the Girth and Mirth Convergence to get the special room rate. Room sharing service is available if requested. Write or call Rick Thrash, PO Box 9935, Seattle WA, 98109. Phone: 206-381-9686.

NAME:		PHONE: ()	
ADDRESS:		CITY:	STATE: ZIP:
CLUB AFFILIATION(S):		NAME on name tag:	
DO YOU WISH TO HAVE YOUR NAME TAG MARKED TO INDICATE NO PHOTOS?		YES	NO

Please make checks or money orders payable to G&M Seattle- Conv.95. There will be a \$25.00 fee for checks not honored by our bank. We cannot accept foreign money orders. No personal checks after August, 10th, 1995, only AMEX or domestic U.S dollar money orders will be accepted. All checks must be drawn on US Banks in US Currency. Mail this form and payment to:

G&M Convergence 95. 12023 64th South Seattle, WA. 98178-3604

By my signature I declare I am 18 years of age or older. SIGNATURE:

DATE:

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CA 0494-02 Weight gainer, 36, 5'10", 270 pounds, hairy, bespectacled, and generally bemused, seeks romantic encourager. I know you're out there: we've met in dreams. You're intriguing and sensual, so different from all the rest. You love feeding and fattening your special friend, enjoying the process as well as each new pound, roll, and inch. You appreciate my sensitive tits and nipples and my oversized sensitive belly. You admire my creativity, my many failings. (Okay, because Mother Theresa probably doesn't read XXXLNT, perhaps you could just ignore my faults or simply get used to being irritated. Whatever works for you!) I'm eager to fan the flames, so shoot me a spark!

Randy, [REDACTED] San Francisco, CA 94107-3201, (415) 824-8750

CA 0494-03

SPECIAL ANNOUNCEMENT! SPECIAL ANNOUNCEMENT! SPECIAL ANNOUNCEMENT!

SAN FRANCISCO GAINERS AND ENCOURAGERS Invite you to our next dinner party. Come and meet the creme de la whipped creme when you visit Bagdad by the Bay. We host frequent, potluck dinner parties exclusively for weight gainers and encouragers at our homes, and we'd love the pleasure of your company. Call Bob or Randy at [REDACTED] and [REDACTED] for details on our next gathering. Let us know your travel plans in advance, and maybe we can schedule a special party just for YOU. We look forward to meeting YOU!

CA 0494-04 Gainer/Encourager, 55, 5'11", 240 lbs, up from 160, and growing, with a large overhanging gut, expanding waist and big heavy tits with firm nipples, uncut, well hung and tattooed. Seek to meet/correspond with other gainers /encouragers who are sexually turned on by large men. Age is no limit but prefer guys 35 and up. Enjoy big men & sexual fantasies. Let's expand our limits and pack on those sexual pounds together.

Write: Ken, [REDACTED] Los Angeles, CA 90004

FL 0494-01 Available for your encouragement-53 y.o. GWM Daddy Bear type-5'8" fu;; 210 heavy lbs. Enthralled by big soft bellies/tits, thunder thighs, oral activities and a good meal. Not seeking a relationship- only fun, fantasy, friends and maybe a little fone fun too, (Meetings sometimes possible) Please write with photo-

[REDACTED] North Miami Beach, Florida 33160

GE 0494-01 (Germany) Goodlooking GWM, 29, 175lbs, 6'1" I have been a chaser for a while but I am new to encouragement, so I would like to hear from gainers all over. I am interested in anything concerning methods, especially force-feeding and the documentation progress. Encounter may be possible: I visit the States regularly. Please write with Photo to:

Olaf [REDACTED] Berlin, GERMANY Telephone [REDACTED]

IL 0494-01 GWM (33 years old, 5'5", 185 lbs, handsome, HIV(-) br/br) weightlifter wants to bulk up to at least 250 lbs. I need help doing it. I'm looking for someone (weightlifter a plus) who's into bulking up or willing to coach. If you don't ever think a guy looks "too bulky" call me at [REDACTED]

NY 0494-01 If you're an already fat gainer looking for more fat, why not let senior GWM 5'7". 175 encourage and help you. Prefer under 5'10" and smooth but will answer all. Your limits respected. I have never seen a man who was too fat.

Call Ernie at [REDACTED] or write to code #

NEW SERVICE!!!

The Clothesline....

IF YOU'VE OUTGROWN YOUR CLOTHING..... SELL THEM AT A DISCOUNT TO ANOTHER GAINER! In this manner you can get rid of the clothing while allowing another gainer to be able to afford the added weight! The used clothing mart is your best answer! Send your ads to XXXLNT with all of the details, and if you're willing to donate them that's great too!!!!

VA 0494-01 Good looking GWM, 23, 5'11" 150 pounds wants to be FAT. I want to meet friends for mutual encouragement. I want a blimping butt, thighs that look like they've been stuffed with cottage cheese, and a belly that makes me look pregnant. Love the pear shaped look. Want to meet people who understand the entrapment of a slender body. Let's have fun getting soft and squishy, carelessly losing control of our waistlines. Make me a porking piggy from frequent generous feedings. I would like to meet someone to get fat for, someone who will enjoy my future fat body and help me attain it.

CA 0194-01 WM, 39, 6'. 250# on his way to 300 or 350. Have a long bushy red beard, tattoos & piercings. Looking to meet masculine men, tops, gainers, encouragers and other big guys. Have a strong build, 18 1/2 neck, thick muscular legs, big tattooed arms. Big eater when motivated and eager for a challenge. Enjoy spending evenings, all day or weekend eating. Would consider a week-long feeding adventure with the right gainer or encourager. Am looking to get a super-heavyweight power lifter build. I want a huge neck, calves, thighs, arms, chest, and belly. Help bulk me up. Help me eat, work out, and add that extra foot to my belly.

San Francisco, CA 92262 Your photo gets mine

CA 0194-02 FAT IS BEAUTIFUL! GWM, 55, 5'11", 250# and growing likes younger fat men. I love to eat and would like an admirer to watch me fatten to 350 pounds. Got a huge round belly to share. Chasers and fellow gainers encouraged. Let's pig out together

Meyers Palm Springs, CA 92262 Your photo gets mine

FL 0194-01 THE ROAD TO A MAN'S HEART IS THROUGH HIS STOMACH! Sounds like you? Am seeking someone under 6' who wants a relationship, is a good cook (or at least enjoys it) and finds food irresistible. I'm 39, 5'7" 165# professional, honest, romantic, warm hearted, nurturing, loves to laugh and enjoys life, spiritually open. (I am not into gaining for myself.) No smokers and serious responses only (no casual encounters, lover material only) and NYC Metro only, please

Call before 10 PM or write NYC NY 11375

ON 0194-01 (CANADA) Quirky Gee Double You Emme seeking guys turned on by their size. I want to help a growing boy binge and lick his belly clean. I am a handsome twenty something 5'7", 135# who travels extensively. New to encouraging and I have a curious appetite. I want to know what, when, where, why and how. I am hungry for your letters and your size. ALL letters answered.

Ottawa, Canada K1N 9N5

WA 0194-01 GWM life long gainer/padder/encourager of 64 years, 5'7", 300# mostly belly. Am looking for a gay man with similar interests. Would like to find among them some friends, someone nearby to gain with, one or more encouragers near or far, and, if possible, a lifemate able to live with my uniqueness. Have many other interests which can be shared, especially if you have some of your own, the same.

Rick Seattle WA 98109

MA 1193-01 EX-JOCK 6'2" 245 has discovered a passion for large, muscular men and jocks who want to grow a large healthy gut. I get off on the idea of helping a guy bulk up while maintaining a gym regimen of weight lifting. Let's pack on those pounds in a healthy way! I'm 40, bearded, moderately hairy with a rugged, nordic look being of Scandinavian extraction. Hair is blonde/red, facial and other hair is red. I'm looking to meet a guys 25-50 who are serious and excited about growing huge in a healthy way.

Call ERIC in the evenings BEFORE 10 P.M. Eastern time please at :

TN 1193-01 THIS TALL BLACK 250#, hot man is at that fork in the road, where it is probably time for that new special man who is big or getting bigger and bigger. I'm very French, Greek Passive and very open to most suggestions, including food fantasies. Interests vary so widely, you might be that long term I crave. What do you crave?

FL 1093-01 HI! GWM 5'7", 140 # br/br, 37 years old, HIV negative. I'm happy with my toned swimmers build, but I'm very turned on by men who are proud of being fat. I'd love to caress and be protected by your beautiful big belly and love handles. I want to feed you and help you gain for both of us. I'm new to encouraging, but interested and eager to learn. Please be into your size and my being into it.

NE 1093-01 GWM 6', 35, 240, (up from 200 2 years ago) mustache, blue green eyes, balding, hairy legs, chest, belly, Master of Divinity, Master of Social Work, (Candidate) graduate student, travels nationally, wants to get huge with preferably a "twin". (As far as hairy / fat is concerned). Enjoys sports, massage, photography, music, theatre, and of course eating and cooking. Also enjoys "phone fat" and stuffing my bubble butt and beefy thighs into sexy g-strings, thongs, etc,

David C. Lincoln NE 68506 Will answer all

ON 1093-01 (CANADA) Good-looking GWM, 34, 5'8" 170# stocky and muscular. Would like to correspond with guys from all over who have gained, are gaining, or want to gain weight. I want to exchange fantasies, stories, photos & art work. Please write to me care of the code number above

TX 1093-01 GBM 6'4" 260# 42 avid admirer/ chaser of big men with beer bellies, stocky muscular of any race, ages 18-65. I'd like to correspond with other weight gaining studs and get them hot with letters re: food and homosex. I'm especially keen to hear how blue-collar laborers, truckers, and policemen deal with food and homoeroticism. Write: F.J. [REDACTED] Lake Jackson, Texas 77566

GA 0793-01 I NEED A COACH! Criteria: MALE, Interested in fattening me up to the MAX! Currently 5'9", 215#, brown hair, eyes and mustache. Hairy body I need your help!
[REDACTED] Rex GA 30273

PA 0793-01 LOOKING FOR FAT FRIENDS TO FATTEN ME UP. GWM 25, 6'1" 215 seeking correspondence from encouragers, gainers, padders, or anyone interested in feeding me from beefy jock to ballooning sumo. I go to the gym 3 times a week and eat 7 days a week and it's beginning to show. Prefer near my own age, but will answer all. Life begins at 300 Please write me care of the code number above.

IL 0493-01 HORSE WANTED 6'1½ 205 #, 63, GWM, Daddy, top, wants any age 220+ pound body builder or strong heavyset bottom son to horseplay in the nude and carry me on his shoulders and back for sexy strong man stunts, mutually pump iron, swim, ride bikes, watch videos, safe sex, etc., and I am good in hypnotising with tit and pec play [REDACTED] Melrose Park, IL 60160

NY 1092-01 GWM 36, 6'2" 305 # If you're like me, you've had a life long desire to be really fat. Wouldn't it be fun to fatten some one else up too? There's nothing like feeding a friend and watching him grow. So, if you're honest, sincere and longing to have a 60". 70" 80"+ belly yourself, let's get together. Ready to have some fun? Jeff [REDACTED] Watermill, NY 11976

VA 1092-01 GWM 36, 6'1" 220# Seeking friend/ possible lover to feed me well beyond my 500 pound intermediate goal. I am seeking a GWM 27-45 year of age 350#+ and gaining who also knows in his heart that the only true path to happiness is a life of mutual obesity with a fellow gainer! Seeking clean cut, non smoking, professional and financially stable GWM. One comfortable with himself and his size who will enjoy being fed to size 60", 70", 80"+++ and will return the favor by feeding me to the 90"-100"++. Our highest weights are out there waiting for us. Let's find them together!
Michael [REDACTED] Arlington, VA 22215

CA 1090-03 GWM 5'10" 200# extremely handsome with a hot growing gut. Wants to meet other masculine big bellied guys. I am a great encourager if you are a gainer! I like both fats and admirers. You won't be disappointed!

G.B.A. [REDACTED]



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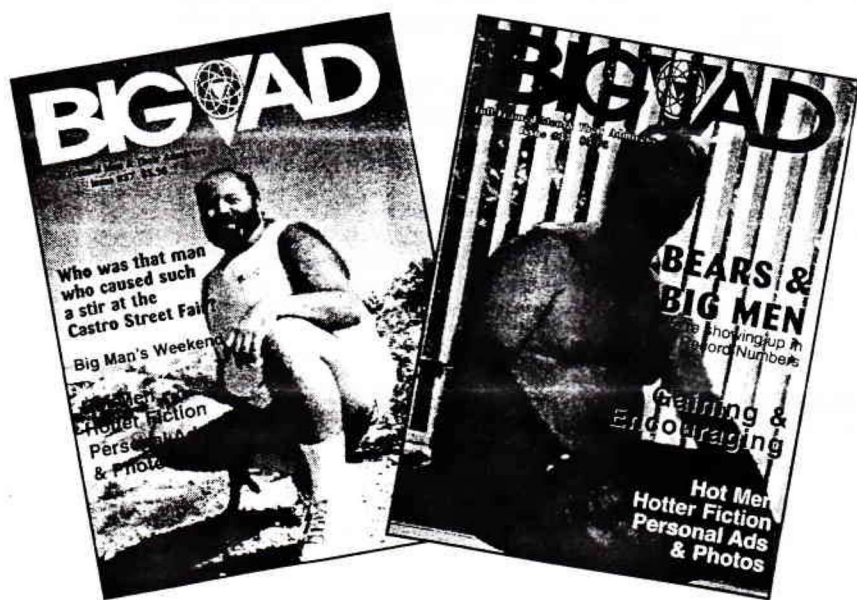
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Studies tie obesity to genetics

The Baltimore Sun

BALTIMORE — Johns Hopkins University researchers have found the first genetic mutation linked to a common form of human obesity, the best evidence yet that while some might achieve chubbiness, others have it thrust upon them.

In an article in today's New England Journal of Medicine, the researchers report that the mutation appears to speed up the development of diabetes and to encourage the kind of midriff bulge that raises the risk of heart disease.

NATIONAL NEWS

Only some people who carry the defective gene are obese, defined as being more than 20 percent heavier than a person's ideal weight. And scientists said the discovery does not mean that people with the mutation cannot fight fat with diet and exercise.

But overweight people with the mutation tended to carry more excess pounds and have more trouble burning fat. Those who carry the gene and suffer from diabetes tended to get sick at an earlier age.

The gene is different from one that has been publicized in recent weeks. That one, called the ob gene, influences appetite. While a mutant version of the ob gene clearly causes obesity in a strain of inbred mice, no defect in that gene has been found so far in overweight people.

"It does not necessarily predispose people to obesity and diabetes, but to accelerate the process of both," said Dr. Jeremy Walston, a geriatrician at Hopkins Bayview Medical Center in Baltimore and the lead author of today's article.

"Now we can identify people, even in early childhood, who have the mutation, who are more susceptible to getting obese and diabetic," said Dr. Alan Shuldiner of Hopkins Bayview Medical Center, another author. "We can recommend that they maintain near normal body weight by watching what they eat and exercising."

The Hopkins scientists say the mutation is carried by about one of eight white Americans, one of four black Americans and Mexican Americans, and one-half of a group of American Indians studied — the Pima tribe, based in Arizona.

The mutated gene controls the construction of a threadlike protein structure, called the beta-3-adrenergic receptor, woven into the surface of fat cells. Scientists long have suspected that the receptor plays a role in the way the body regulates its weight.

Pharmaceutical companies, acting on this hunch, have been developing drugs, called "beta-3 agonists," for the past 13 years.

"These beta-3 agonists turn out to be very effective anti-obesity and anti-diabetes agents, particularly in rats," said Shuldiner.

COVER STORY

Diet stress, jokes take a heavy toll

By Nanci Hellmich
USA TODAY



By Gary Null, NBC

"It protected me. It was my buffer between me and the rest of the world. . . . It was my way of not letting people hurt my heart."

— Louie Anderson on being a heavy child

Comic Louie Anderson knows a million jokes about growing up fat.

"Most kids walked to school," he tells audiences. "My sisters and brothers rolled me there."

But for Anderson, humor was just a way to hide the pain.

In junior high school, he weighed more than 200 pounds. "I was always embarrassed," he says, "because in gym class you have to shower with everybody else and when you're fat, you have breasts. I would do anything to get out of gym class."

"For me, it was a traumatic experience."

Adolescence is difficult enough, but being a fat adolescent boy can be

unspeakably painful. Parents are disapproving. Classmates are cruel. People snicker. A guy can't get a break.

Much attention has been focused on overweight girls, who get more grief about their appearance. But fat boys are miserable, too, and they often become isolated because they don't like to talk about the pain they feel, experts say.

They're getting more attention now, however.

In the fall, Anderson, 41, will re-create his childhood in

Please see COVER STORY next page ►

Scales of justice tip toward worker

PENSACOLA — (AP) — A 454-pound heavy equipment operator, who was fired for being too heavy, has won a lawsuit to get his job back.

A judge also ordered Escambia County to pay David Nickson, who stands six-foot-one, \$163,000 in back wages for the past four years in the verdict that lawyers received Wednesday.

"We dropped the ball" by firing Nickson before assessing his ability to operate bulldozers and other heavy equipment. Jim Messer, an attorney for the county, said Thursday.

FRIDAY, AUGUST 11, 1995 5B
THE HERALD

News which affects
the larger man

Fat boys' big burden

Isolation adds to adolescent angst

COVER STORY

Fat boys joke to hide the pain

Continued from 1D

Life With Louie, an animated show for Fox Children's Network.

The focus is also on fat boys in a new Disney movie. *Heavyweights*, which opened last weekend, is the story of some chubby boys who go to a fat camp, where they meet guys in the same predicament. As one kid says to another, "You're going to love camp because you're not the fat kid. Everyone's the fat kid."

Director Steven Brill wrote the script based in part on his own experiences. As a kid, Brill says, he was "somewhat heavy. I wouldn't say I had a major weight problem. At times in my life I was embarrassed to take off my shirt. And I was called chubby."

"Every kid who is overweight is going to be called 'fat' or 'chubby' at some time. You can't underestimate the damage that does. It directly attacks your self-esteem."

Psychologist Barbara McFarland of the Baling Disorders Recovery Center in Cincinnati has seen the results firsthand. "I've had people who just sob in my office at some of the criticism, ridicule and rejection they received as children," she says.

It's much more of a challenge to work with boys than girls, adds McFarland, author of *Shame and Body Image* (Health Communications, \$9.95). "Females have been socialized that they can talk about their feelings and cry. Girls are more verbal anyway."

"The boys I have worked with tend to be a little more isolated, a little more reclusive. They are not what some consider the American ideal male who is muscular, athletic and in sports, and that really affects their self-esteem."

"The more it affects their self-esteem, the more they eat, the more withdrawn they become and the less their social skills are developed."

And getting them out of that cycle is hard. Guys are socialized to think talking to others about their problems is a sign of weakness. They have been taught to "buck up and solve the problem themselves."

So they use food to comfort and soothe themselves. And they use humor as a way to delude the pain.

McFarland says.

One way they cope: They make fun of themselves before others do it. Shaun Weiss, 13, one of the *Heavyweights* stars, says when he was growing up and other boys kidded him, he learned to beat them to the punch line. "They'd tell a fat joke, and I'd say, 'That's pretty lame. I can come with a better one.'"

When Weiss went off to fat camp himself last summer after flinching was over, he and the other boys "didn't sit around at campfires discussing our cottage cheese thighs," he says. "Guys tease each other. We joke around. They use comedy as a form of self-defense."

Aaron Schwartz, 14, who also stars in *Heavyweights*, agrees boys often try to take the funny way out. The young actors on the movie set joked around, saying, "If anybody makes fun of me I'll bust their teeth."

"Laughing is a way to hide" the hurt, says Schwartz. Parents should be careful that they don't add to the pain. Anderson's advice: "Leave them alone about being fat."

The more people talked about his weight when he was a kid, the more he was convinced he wasn't going to get rid of it. "If protected me. It was my buffer between me and the rest of the world. It was my emotional curtain. It was my emotional insulation. It was my way of not letting people hurt my heart."

The only way parents can help overweight children is to deal with them on an emotional level, "not running around the track with them," he says. Parents need to make a "big commitment" to the kids and give them emotional support.

And when other kids ridicule them for being overweight, Anderson says, parents have to be honest about it. They should tell them that, unfair as it might be, people view fat people as lazy and less intelligent, and they'll encounter prejudice as long as they're heavy, he says.

If a child is being teased, parents shouldn't dance around the issue, agrees Thomas F. Cash, psychology professor at Old Dominion University, Norfolk, Va., who has done 100 studies on body image. Sit down and really talk to them, he says. "Say,

"OK, you may be heavier, but there are other things we love about you."

Cash, author of *What Do You See When You Look in the Mirror?* (Bantam, \$11.95), says it's important to talk to kids about what they are going for them — being friendly, a great sense of humor, intelligence. They need to be able to look in the mirror and say, "I'm OK. It's not my fault that the world is so appearance-conscious."

Lynn Johnson, a psychologist in private practice in Salt Lake City who has treated heavy-set boys and their families, says the worst thing parents can say to their child is, "You gotta go on a diet. You gotta exercise more."

If you single the child out and pick on him, "he'll fight you and fight you and fight you, because essentially you're saying, 'You're not OK.' And they want to feel they are OK."

Parents can shift the entire family's eating habits to a healthier diet and adopt a more active lifestyle, but they should never single out the child.

Even if kids lose their struggle with weight, they can gain a great deal of character from their experiences. They learn that it doesn't feel good to be teased and to have people prejudiced against them because of how they look, Cash says. They can translate that to accepting other people as they are.

Anderson agrees. He says one of the advantages to being heavy is you know who your true friends are — those who can look beyond the weight and see your real value.

That's one of the things the characters in *Heavyweights* learn. They don't go home from camp "skinny and happy," Brill says. "That's not what this movie is about and that's not how it happens in reality. They don't miraculously shed the weight and become new people. The kids go through emotional changes."

It's a movie that goes beyond the issue of weight loss, he says, "and talks about feeling out of place and feeling like an underdog and a loser and how you can get past that."

"It's not, 'Look at these poor fat kids, they are finally winning,'" he says. "It's, 'Look at these great kids.'"



By Richard Cartwright, Walt Disney Pictures
'HEAVYWEIGHTS': From left, David Goldman, Cody Burger, Max Goldblatt, Robert Zakind, Shaun Weiss, Aaron Schwartz, Kenan Thompson and Joseph Wayne Miller star in the Disney film set in a camp for overweight boys. The boys don't go home 'skinny and happy,' the director says.

DESSERT

My Mom's Extraordinary Chocolate Chip Cake

This cake, one of Elinor Klivans' favorites in her cookbook, *Bake and Freeze Desserts* (Morrow, \$25), takes about 10 minutes to prepare, keeps well, freezes beautifully, mails easily and tastes wonderful.

To freeze this cake, either cut it into 2 or 3 large pieces or 20 individual pieces. Remove from the baking pan. Wrap large cake pieces in plastic wrap and then heavy aluminum foil. Label with date and contents and freeze. After they are frozen, the large cake pieces can be stacked in the freezer. Wrap small pieces of cake in plastic wrap, place in a metal or plastic freezer container, and cover tightly. Label with date and contents. Freeze up to 3 months.

- 2 cups unbleached all-purpose flour
- 2 cups (packed) light brown sugar
- ½ teaspoon ground cinnamon
- ¼ pound (1 stick) cold unsalted butter, cut into 6 pieces
- 1 large egg
- 1 teaspoon baking soda
- 1 cup sour cream
- 2 tablespoons milk (optional)
- 1½ cups (9 ounces) semisweet chocolate chips

Position the oven rack in the middle of the oven, and preheat to 325 degrees. Butter a 11-by-7-by-1½-inch baking pan or ovenproof glass baking dish.

Put the flour, brown sugar and cinnamon in the large bowl of an electric mixer and mix on low speed for 15 seconds. Add the butter and mix until the butter pieces are the size of peas, about 1 minute. You will still see loose flour. Mix in the egg. The mixture will still look dry. Rub any lumps out of the baking soda and gently mix the baking soda into the sour cream, adding the optional milk if the mixture seems too thick. Stir the sour cream mixture into the batter. Stir just until the batter is evenly moistened. Stir in the chocolate chips. The batter will be thick.

Spread the batter in the prepared baking pan. Bake in the preheated oven for about 40 minutes. To test for doneness, gently press your fingers on the top of the cake. The middle should feel slightly soft and the edges firm. Insert a toothpick in the center of the cake. When the toothpick comes out with a few crumbs clinging to it, the cake is done. Cool the cake thoroughly in the baking pan on a wire cooling rack. The center of the cake will sink slightly. Makes 20 1¾-by-2-inch pieces.

Nutritional information per piece: 258 calories, 40 grams carbohydrates, 28 milligrams cholesterol, 83 milligrams sodium, 3 grams protein, 11 grams fat, 5 grams saturated fat. Analysis by The Washington Post.

THURSDAY, JUNE 15, 1995, THE HERALD 3E

ENTREE

Peanut-Crusted Beef Kabobs

- ¾ pound boneless beef steak cut into 1-inch cubes
- ¼ cup apricot jam or jelly
- 2 tablespoons apple-cider vinegar
- ½ teaspoon ground ginger
- 1½ tablespoons chopped, dry-roasted, unsalted peanuts
- 1 ear corn on the cob
- 1 medium green bell pepper

Preheat grill or broiler. Remove as much fat as possible from meat and cut into 1-inch cubes. Mix jam, vinegar, ginger and peanuts together. Add meat and stir to coat beef. Husk corn and remove all silk. Make corn wheels by slicing the corn all the way through the cob at 2-inch intervals. Wash, seed and cut bell pepper into 2-inch squares. Thread skewer with a cube of meat then a corn wheel, then a square of green pepper. Repeat until all pieces are used. Grill 5 minutes, turn and grill another 3 minutes. Serve on rice. Makes 2 servings.

Nutritional information per serving: 559 calories; 38 grams protein; 43 grams carbohydrate; 27 grams fat; 43 percent of calories as fat; 4.9 grams fiber; 115 milligrams cholesterol; 92 milligrams sodium.

10 Sun-Sentinel, Thursday, June 29, 1995

ENTREE/SALAD

STEAK AND GRILLED VEGETABLE SALAD

Use whatever vegetables are freshest and best at the market. I substituted baby patty pan squash for the yellow bell pepper and added some portobello mushrooms for a real treat.

- | | |
|--|--|
| ⅓ cup reduced-sodium vegetable broth | inch-thick slices |
| ¼ cup balsamic vinegar | 1 medium yellow-squash (about 6 ounces), cut lengthwise into ¼-inch-thick slices |
| 2 tablespoons extra-virgin olive oil | 1 red onion cut crosswise into 6 slices |
| 1 large clove garlic, minced | 1 small orange or yellow bell pepper cut crosswise into 6 slices |
| 1 tablespoon chopped fresh or 1 teaspoon dried oregano | 1 small red bell pepper cut crosswise into 6 slices |
| ¼ teaspoon salt | 12 to 16 diagonal slices French bread |
| ¼ teaspoon fresh-ground black pepper | 2 (¼-pound) bunches arugula, washed and dried |
| 1 pound top round steak, cut about ¾ inch thick | |
| 1 medium zucchini (about 6 ounces), cut lengthwise into ¼- | |

In a small nonreactive dish, whisk together the broth, vinegar, olive oil, garlic, oregano, salt and pepper. Place the meat in a shallow nonreactive dish just large enough to hold it in one layer. Pour half this vinaigrette over the steak; refrigerate the remaining vinaigrette. Turn the meat to coat it with the marinade. Refrigerate the meat at least 2 hours or up to 8 hours, turning occasionally.

Prepare a medium-hot barbecue fire. Oil the grill rack or coat with a no-stick cooking spray. Remove the meat from the marinade, then brush all of the vegetables with some of the marinade. Grill the meat and vegetables, turning once or twice and brushing with more marinade, until the vegetables are tender and lightly charred at the edges and the meat is medium rare. The vegetables will take a total of about 8 minutes; the meat will take only about 6 minutes. Grill the French bread for about 30 seconds per side or until lightly toasted.

When the meat is cooked, slice it thinly across the grain. Toss the arugula with the reserved vinaigrette, then divide it among 6 to 8 serving plates. Arrange the meat and vegetables decoratively atop the arugula and garnish with grilled bread. Makes 6 servings.

Per serving: 402 calories, 21 grams protein, 20 grams fat, 35 grams carbohydrates, 51 milligrams cholesterol, 434 milligrams sodium, 44 percent calories from fat.

Recipe adapted from Low-Fat Grilling (HarperPerennial, 1995) by Melanie Barnard.

The Latest Recipes
to add those pounds!

CANDY

Chocolate Walnut Fudge

Making your own fudge may seem a daunting task with many potential pitfalls, but don't let that stop you from trying this recipe from Carol Bloom's new cookbook, *The International Dictionary of Desserts, Pastries and Confections* (Hearst, \$17.95). Follow the recipe carefully and the results will be great.

- ½ tablespoon unsalted butter, softened, for the pan
- 1 cup granulated sugar
- 1 cup firmly packed light brown sugar
- ½ teaspoon cream of tartar
- Pinch of salt
- ¼ cup light corn syrup
- ¾ cup heavy cream
- 7 ounces bittersweet or semisweet chocolate, finely chopped
- 1½ tablespoons unsalted butter, cut into pieces and then softened
- 2 teaspoons vanilla extract
- 1½ cups roughly chopped walnuts

Line an 8-inch square baking pan with aluminum foil so that it extends over the sides, and butter the bottom and sides of the foil with the ½ tablespoon softened butter. Rinse a jelly-roll pan with cold water, shake off the excess and set the pan near the stove.

In a heavy-bottomed 3-quart saucepan, combine both sugars, cream of tartar, salt, corn syrup and cream. Cook over medium heat, stirring constantly with a long-handled wooden spoon, until the sugar dissolves, about 3 minutes. Brush down the sides of the pan with a pastry brush dipped in warm water to prevent crystallization.

Take the pan off the heat, and stir in the chocolate in 3 to 4 additions, making sure each addition is melted before adding the next. (This will take 1 to 2 minutes.) Return the pan to medium heat and position candy thermometer in the pan. Cook, without stirring, until the mixture registers 238 degrees, 20 to 25 minutes.

Remove the pan from the heat and quickly stir in the 1½ tablespoons butter and vanilla just to blend. Immediately turn the mixture out into the jelly-roll pan. Do not scrape out the bottom of the pan. Let the mixture cool until it registers 110 degrees on an instant-read thermometer, 10 to 15 minutes.

Using a plastic bowl scraper or rubber spatula, scrape the fudge into a mixing bowl or the bowl of a stand-up mixer. Using a hand-held mixer or the flat beater attachment, beat the fudge on low speed until it thickens and loses its sheen, 5 to 10 minutes, stopping to scrape down the sides of the bowl 2 or 3 times. When the fudge reaches the right point, it will thicken, lighten in color, and form peaks. Beat in chopped walnuts just to blend.

Turn the fudge out into the foil-lined pan. Use your fingertips to push the fudge into the corners of the pan and to even the top. Set the pan on a cooling rack and leave the fudge to firm at room temperature for 1 to 2 hours.

Remove from the pan by lifting out the aluminum foil. Gently peel the foil off the fudge. Cut the fudge into 36 pieces. Store between layers of waxed paper in an airtight container at room temperature for up to 10 days.

Nutritional information per piece: 131 calories, 18 grams carbohydrates, 9 milligrams cholesterol, 15 milligrams sodium, 1 gram protein, 7 grams fat, 3 grams saturated fat. Analysis by The Washington Post.

SIDE DISH

THURSDAY, JULY 20, 1995
THE HERALD

German New Potato Salad

- 3 pounds small new red potatoes
- 1 tablespoon salt
- Water to cover potatoes
- 1¼ cups mayonnaise
- 1 cup sour cream
- 2½ tablespoons cider vinegar
- ½ cup sugar
- 1 teaspoon ground white pepper
- 2 teaspoons dry mustard
- 1 tablespoon celery seed
- ¼ cup fresh lemon juice
- ¼ cup chopped fresh parsley
- 2 teaspoons finely chopped green onion or chives
- ¼ cup minced celery

Scrub the potatoes thoroughly. Place in a large pot with the salt and water and bring to a boil. Reduce heat to a simmer and cook until potatoes are cooked but not soft, about 15 minutes. Set in a colander to drain.

While the potatoes are cooking, whisk together the mayonnaise and sour cream, then add the vinegar, sugar, white pepper, dry mustard, celery seed, lemon juice, parsley, onion and celery. Slice the potatoes about ½-inch thick and place in a large bowl. Toss with the dressing while still warm. Chill at least 3 hours and preferably overnight before serving. Makes 8 servings.

Nutritional information per serving: 520 calories; 5 grams protein; 53 grams carbohydrate; 34 grams fat; 57 percent of calories as fat; 4.2 grams fiber; 33 milligrams cholesterol; 488 milligrams sodium.

ENTREE

CALIFORNIA BURGERS

For the vegetarian in the crowd, merely leave off the burger. The tomatoes and sprouts with the mustard sauce in the pita make a satisfying sandwich.

- 1 cup cooked brown or white rice or couscous
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon hot pepper sauce
- 1¼ pounds lean ground chuck
- ½ cup plain nonfat yogurt
- 2 tablespoons prepared honey mustard
- 8 (8- or 4-inch) whole-wheat pita breads
- 1 cup chopped fresh tomatoes
- 1 cup alfalfa sprouts

Prepare a medium-hot barbecue fire. Oil the grill rack or coat with a no-stick cooking spray. In a mixing bowl, combine the rice, soy sauce and hot pepper sauce. Add the beef and mix gently but thoroughly. Divide the meat mixture into 8 portions and gently form each into a patty, about 4 inches in diameter — they will look small but will be satisfying in the finished dish. In a small dish, stir together the yogurt and mustard; set aside.

Grill the meat, turning once, to desired degree of doneness, 5 to 8 minutes per side for medium rare. About a minute before the burgers are done, set the pita breads at the edge of the grill to warm slightly. If using a covered grill, lower the cover when you aren't tending the grill.

If using 4-inch pitas, use a sharp knife to cut pockets in the pitas about halfway around the circumference of the breads. If using 8-inch pitas, cut off about ⅓ of the pita and use the larger part only. Open up the pita pocket and spread with the yogurt mixture. Insert the burger and garnish with the tomatoes and sprouts. Makes 8 servings.

Per serving: 358 calories, 20 grams protein, 15 grams fat, 36 grams carbohydrates, 53 milligrams cholesterol, 377 milligrams sodium, 38 percent calories from fat.

Recipe adapted from *Low-Fat Grilling* (HarperPerennial, 1995) by Melanie Barnard.

Sun-Sentinel, Thursday, June 29, 1995

Sweet and Sour Brisket

For perfect pot roast, the heat must be low to ensure that the meat fibers near the surface do not overly dry before the interior has had time to soften. The pot roast is done as soon as it can be easily pierced with a fork. First-cut brisket is extremely lean — too lean, some say, to make a flavorful pot roast. If you buy the whole brisket that combines both first cut and the fattier second cut, you'll please everyone.

- 1 7- to 8-pound brisket of beef, trimmed of excess fat
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- ½ cup cider vinegar
- ¼ cup brown sugar
- 1¼ cups canned crushed tomatoes
- 2 cups beef or chicken broth (low-sodium canned)
- Salt and pepper to taste
- 1 pound carrots, peeled and thickly sliced
- 4 ribs celery, washed and thickly sliced
- Fresh minced parsley for garnish

Preheat oven to 350 degrees. In a dutch oven large enough to hold the brisket, heat 1 tablespoon oil over high heat. Use two burners if necessary. Add the brisket and brown well on both sides, about 10 minutes, lifting it frequently with tongs or a spatula to prevent sticking. Add additional oil if necessary. Set the browned brisket aside. Reduce heat to medium and add the chopped onion, stirring until it starts to brown. Add the garlic and stir for 30 seconds. Mix in the vinegar, brown sugar, crushed tomatoes, broth, 2 cups water, and salt and pepper to taste. Bring to a boil. Add the brisket to the mixture along with any liquid that has collected around it. Add the carrots and celery. Cover the pan tightly with lid or foil and roast for about 2½ to 3 hours until the meat is just tender and the internal temperature of the thickest part of the brisket reaches 175 degrees (use an instant thermometer).

Let the meat cool, remove it from the gravy and wrap in foil. Place in the freezer. Strain gravy in a strainer. Push vegetables through strainer to add body and flavor to the gravy. Freeze the gravy in a plastic container.

To serve, thaw in refrigerator, then lift or scrape off solid fat from the gravy. Slice the meat on the diagonal (against the grain) ¼- to ½-inch thick, keeping the slices together. Return it to the roasting pan as though it were a whole brisket. Pour gravy over the top. Heat in a 350 degree oven, uncovered, for 45 minutes to 1 hour. (Check occasionally to make sure gravy has not cooked away. If this should happen, add more water). The surface of the meat will have browned nicely and the slices should be heated through and fork tender. Arrange on platter. Spoon gravy over meat. Pour extra gravy into a sauce boat. Garnish with minced fresh parsley. Serves 16.

Nutritional information per serving: 405 calories; 45 grams protein; 8 grams carbohydrate; 20 grams fat; 45 percent of calories as fat; 1.5 grams fiber; 138 milligrams cholesterol; 130 milligrams sodium.

THURSDAY, MARCH 30, 1995, THE HERALD 3E

The Fish House Restaurant's Baked Stuffed Shrimp

24 jumbo shrimp, peeled and deveined

Stuffing:

- 1 pound crab claw meat
- 2 ribs celery, diced
- ¼ large onion, chopped fine
- 2 tablespoons Parmesan cheese
- 10 ounces (about 2 cups) croutons
- ¼ pound (1 stick) butter
- ½ cup Chablis or other dry white wine
- ½ cup cooking sherry
- ½ tablespoon cracked black pepper
- ½ tablespoon thyme
- ½ tablespoon paprika
- 3 teaspoons chopped garlic in oil
- 2 tablespoons freeze-dried shallots, or 1 fresh shallot, chopped

Topping:

- 1 cup Chablis or other dry white wine
- 4 teaspoons butter, melted
- 4 ounces grated Swiss cheese
- 4 ounces grated cheddar cheese

To make the stuffing: Pick over crab meat and discard any shell bits. Place celery, onion, Parmesan cheese and croutons in mixing bowl. Put butter, wine, sherry, spices, garlic and onion in a saucepan and bring to a boil. Let cool. Pour over other ingredients in mixing bowl, add crab meat and mix well. Makes enough for 4 servings of baked stuffed shrimp (or 4 servings of baked fish).

To prepare: Preheat oven to 450 degrees. Layer 6 shrimp on sizzler platter of flat-bottomed baking dish, which has been sprayed with vegetable spray; repeat for other 3 servings. (Note: If you do not have a sizzler platter, do as I did and simply substitute a cookie sheet; make all 4 servings at once). Divide stuffing into 4 portions. Place on top of shrimp and flatten out over shrimp with hand. Sprinkle ¼ cup of the white wine and 1 teaspoon of melted butter over top of each serving. Bake at 450 degrees for 5 minutes.

Remove from oven. Combine the Swiss and cheddar cheeses. Sprinkle over each serving, return to oven and bake until cheese is melted (about 5 minutes). Makes 4 servings.

Nutritional information per serving: 1,015 calories; 65 grams protein; 60 grams carbohydrate; 49 grams fat; 44 percent of calories as fat; 4.9 grams fiber; 374 milligrams cholesterol; 2,129 milligrams sodium.

THURSDAY, JULY 20, 1995, THE HERALD 3E

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