

ENCOURAGEMENT

P.O. Box 1377, Madison Square Station, New York, NY 10159

Vol. 6, No. 5
April, 1996



Dear Encouragement Member:

You are holding in your hands the last issue of Encouragement. After six years of putting out the newsletter, I have decided to stop publishing it.

I apologize to everyone for getting this issue out seven months late, but as some of you already know, I was sick for nine months. Ollie Lee Taylor let the news of my illness leak out when I had asked him not to. I felt it was my right to let everyone know what was going on when I was ready to. He took that right away from me and I was quite upset about it. So here is the real deal about what happened.

Everyone has a period in their lives when everything goes wrong. Well, it was my turn last year. It started in July when I had a fever and a cough for two and a half months. My chubby-hubby doesn't want me to go into the gory details, but suffice it to say that I had everything from the mumps, to food poisoning, to encephalitis, which is a brain infection. Call me if you want to know more.

I had enough medical bills to cripple a third world nation. By the end of it I was begging my doctor to explain to me why I was going through all this. He had no concrete answer. I guess I'm just lucky. I apologize for not calling or writing back everyone who tried to contact me while I was sick, but I was in a fog.

I have been feeling great lately. And of course my number one priority when I got better was to get the newsletter out. Being sick and not able to do much forces you to sit down with yourself and think things through. I decided that I needed to commit myself to going forward with my career as a filmmaker. Which meant that I would not be able to give any time to Encouragement. I love doing the newsletter, and I love the people that I did it for, but as you can probably tell from the quality and length of each issue, it takes a lot of time to put together. (If you don't believe me, try putting out your own newsletter.)

Even with all the high tech equipment I have at home the time it took to get each issue out was growing. A lot of members sent me stories, articles and art work over the years. I have always said that it was the members who made the newsletter. I think we are all grateful for the contributions that have been made, but still the newsletter has been pretty much a one man show. It would have been great to have more people involved in getting the issues out, but the people who wanted to help either did not have compatible computers, or lived too far away to be useful. (Recently a young man named Moshe, has been most helpful. Much love and kisses to him.)

I never minded all the work though. The work was sexy and fun, what more can you ask for. I also felt that I was doing something that was helping people. I wish you could read all the letters that I received from people over the years.

Letters in which people talk about the solace and comfort Encouragement has given them. People who once felt, lonely, afraid and isolated were able to make connections that helped them to feel better about themselves. The newsletter's greatest success is the people it has been able to help. The calls and letters I have received from people thanking me for Encouragement make me quite proud. As a matter of fact, I consider Encouragement the greatest accomplishments of my life.

Now that Encouragement is over, I am hoping that someone will pick up where I left off. I would be willing to help in any way that I can. Since I have decided to stop I have received more inquiries about Encouragement than I have in the past six years. (Funny, isn't it?) I really believe that the movement is growing, and I do not want to see it dissipate. Anyway, some guys in Ohio are interested in keeping the newsletter going. Let's all keep our fingers crossed for the best.

REFUNDS

Many of our memberships were running out at the time that I stopped publishing. If you just joined Encouragement, and you feel you need to be refunded, please write me at the address on the cover. I will check your file and send you the appropriate refund.

OTHER ISSUES

There are other newsletters out there such as the "Oinquerer" and "XXXLNT" that will help keep the spirit alive. You can contact the Oinquirer at [REDACTED] San Francisco, CA 94114. XXXLNT is at [REDACTED] Miami, Florida, 33136. These newsletters are okay, but I have the temerity to say that I really felt my newsletter was the best. I worked hard to make each issue better than the last one. There are somethings that I wish I could have done better. I would have liked to have better photographic reproductions and I would have liked to have more fun with the layout. Page numbers and a table of contents would also have been nice.

FEEDERS

In one of the back issues I wrote about passing on the Encouragement spirit to the hungry. Feeding your own face is fun, but as any Encourager knows, it can be quite enjoyable to know that someone else has enough to eat. Share Our Strength (SOS) is a national organization that raises funds for hunger relief. They also contribute to four other city programs: City Harvest, Community Food Resource Center, Food for Survival and God's Love We Deliver, which brings hot meals to AIDS patients. I urge you to help keep someone less fortunate healthy and happy. You can contact SOS AT 1-800-222-1767.

FAT MAIL

A new e-mail list is up and running for Gainers and Encouragers to share stories, pictures, ads, articles and gaining tips on the information superhighway. The list

has grown to 150 members in less than three weeks! The idea is simple; individuals send an e-mail to the list and it gets distributed to everyone on the list - usually within 24 hours! A home page is also in the works to accompany the list. If you would like to be added to the list, send email to: "GainRNews@aol.com".


DISCUSS AMONGST YOURSELVES

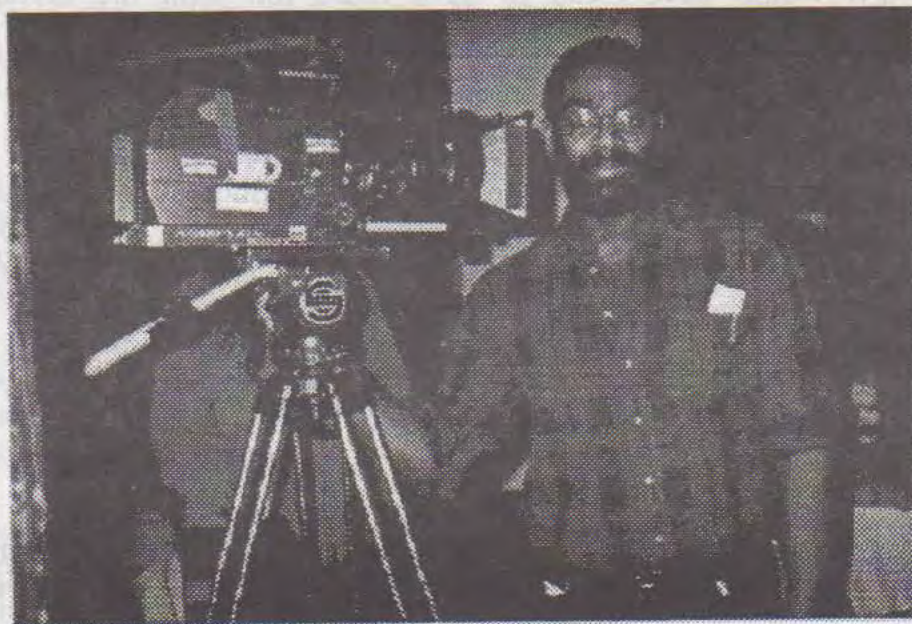
There is going to be an Encouragement discussion group at the ABC Western Conference in San Francisco. I will be there with several other prominent Gainers and Encouragers. This only goes to prove that interest in our little group is growing, and that people are curious about who we are and what we stand for. Please contact Dennis [REDACTED] for more information. Dennis [REDACTED]
[REDACTED] San Francisco, CA 94114, [REDACTED]

GOODBYE

I met a lot of people and made a lot of friends through Encouragement. I'm hoping that you will keep in touch. It saddens me that this fat frolic has to end. Please do what you can to keep the ball rolling. Start your own newsletter, put together your own Gainer groups and gatherings. There are so many people who are still in the closet about this. It is our duty to help them come out and feel safe.

With Much Love,


Ben Stone
[REDACTED]



THINK & GROW FAT!



What can you do before you go to sleep at night to get more out of your gaining? While the normal tendency is to unconsciously process your day's experiences, this is an excellent time to engage in a selective strategy in which you explicitly establish and then motivate yourself toward achieving your physical development goals. When you realize that you have six to eight consecutive hours, undistracted hours, of unconscious processing going on every night and that in many cases not all of it is positive, it not only not only makes sense to use this time to program yourself into a positive, success inducing mode, but it's essential for maximum goal accomplishment.

Understand that as you drift off to sleep, you naturally gain access to your subconscious. By using the following presleep success-motivation process, you'll establish conditions in which enthusiasm, determination, conviction and indomitable confidence fuel your eating efforts and help you achieve your goals.



Mode A:

Superhuman Pig-Out Forcefulness

Imagine a graphic scene in which you are about to devour a high calorie meal. Instead of envisioning yourself as you currently appear, however, visualize yourself with the exact physique you desire. That's right. Imagine you have the rolls of flab, massive gut, and the thick thighs that represents peak accomplishment to you.

Once you're mentally projecting this image of yourself, step into the picture and experience yourself enjoying the meal. Take charge, take charge and push yourself to the limit - and beyond. As you imagine yourself eating with superior effort, feel every accompanying physical or sensory factor - your emotions, body temperature, heart rate, expanding fat cells, breathing rate - all reflecting the weight you know you would have if you ate with this intensity.

Just don't visualize yourself eating a regular meal. Experience yourself dining with the most superhuman fierceness.



Mode B: Peak - Fatness - Success Imaging

As soon as you complete mode A, envision yourself in shorts standing in front of a full-length mirror, and experience your body. From your calves to your chest, as you look at your reflection at peak fatness development, notice the size, shape and proportion of every body part. Experience every roll, groove, dimple, curve of this mammoth physical development and feel how natural it is in its denseness and proportion from head to toe. Spend three to four minutes as this commanding fat success, first from the front, then from the rear.

In addition to the visualization, let yourself feel the peak of your development *from within* sense the mass, density and fullness as if you've become the fat. Spend another three to four minutes with this part of the sensation.

Now look at your development from the front and imagine the facial expression you'd wear if this physical dimension were a fact of life-your life.

Spend seven to nine minutes total in mode B, then move directly to the next mode.



Mode C: Future Success Imaging

Now project yourself back in a restaurant as the epitome of fat accomplishment. This time, however, envision yourself having just finished a huge meal, and experience yourself studying your fully stuffed physique in one of the restaurant mirrors.

As you do this, experience the others around you commenting on your size. Hear their compliments, their praise and their excitement and appreciation for your fat body.

Spend three to four minutes with this aspect, then envision yourself in street clothes, with your head held high and a sparkle in your eye. You exude healthy, fat power and confidence, and with every step you take, you feel a commanding level of self respect and esteem - a genuine sense of pride in your achievements and fat success.

Clearly envision yourself as this fat success among your friends, coworkers and peers, and hear their comments, compliments and praise. As you experience it, let it empower you even more.

Then, after three to four minutes of this aspect, envision yourself in shorts again, standing in front of a full-length mirror as the reflection of a supremely fat you. Let yourself feel how right it is, how you deserve to look this way and how you have a great capacity to achieve this. Then slowly let your mind clear, focus on your breathing and just let it all slip away.

Then, feeling the richness of this capacity for maximum fat success, let your self drift off into a deep, soothing slumber.

I recommend that you perform this presleep motivational program every night before you retire. It will keep your dreams positive and enriching and drench your subconscious with the sensory forcefulness that commands progress.



Presleep Motivation

Mode Sequence Summary

Mode A: Experience yourself as a fat success with a gargantuan appetite and feel the accompanying physical and mental sensations.

Mode B: Fully experience yourself the corpulent success of your physique, feeling the density and detail of your mounds of flesh. Note the accompanying facial expressions and sense of self you project as this example of peak fatitude.

Mode C: Experience yourself as a fat success, basking in the peer feedback to your superior development. Then experience yourself in street clothes, among friends, coworkers and peers, and hear their positive comments. After that go back to the mirror and connect with yourself as this prime example of fat perfection.

Drift off to sleep. Pleasant dreams!



FACES OF ENCOURAGEMENT



FAT FACTS

Heaviest Man

The heaviest person in medical history was Jon Brower Minnoch (born in 1941) of Bainbridge Island, WA. He had been obese since childhood. The 6'1" taxi driver weighed 392 pounds in 1963, 700 pounds in 1966, and 975 pounds in September of 1976. In 1978 Brower was admitted to University Hospital, Seattle, WA, for congestive heart failure. When he arrived at the hospital he was put in two beds lashed together. It took 13 people to roll him over. Consultant endocrinologist Dr. Robert Schwartz calculated that Minnoch must have weighed over 1,400 pounds! Most of this was water weight accumulated by his condition. Minnoch also holds the record for the greatest weight gain. He gained 196 pounds in 7 days in October of 1981.



Join the Club

The following passage is from an 1851 book called *London at Table*:
I know a club of fat men that did not come together (as you may well suppose) to entertain one another with sprightliness and wit, but to keep one another in countenance. The room where the club met was something of the largest, and had an entrance by way of a pair of folding doors. If a candidate for this corporate club could make his entrance through this, he was looked on as unqualified: but if he stuck in the passage, and could not force his way through it, the folding doors were immediately thrown open for his reception, and he was saluted cheerfully as a brother.

Largest Chest

Robert Earl Hughes (1926-1958) had a chest measuring 124 inches which is the largest on record. Albert Jackson, currently the heaviest living man, has a chest measurement of 120 inches. He has weighed as much as 891 pounds, and has a 116-inch waist, 70-inch thighs, and a 29-inch neck.

How to Fatten Someone

Everyone knows that relationships. The times that you and your special someone spend together over a meal can be magical, and quite fattening. Here are a few tips that can help speed up the gaining process.

1. Make certain that your partner has easy access to a wide variety of foods.
2. Make him responsible planning meals. Let him do the shopping, cooking and cleaning up. Keep his attention focused on food and eating by making it a central point in your lives.
3. If you or you lover work at home, make food a companion to fill those times when you feel bored or lonely.

Largest Waist

The largest waist ever recorded was that of Walter Hudson (1944 - 1991) of New York (where all the best fat men live); it measured 119 inches at his peak weight of 1,197 pounds

Beer Bellies

A new study has found that drinking alcoholic beverages not only adds calories, but makes the fat you already have burn away more slowly. Researchers put people on a regimen that included about 3 ounces of pure alcohol a day - the equivalent of six shots of whiskey or six beers. The study found that the alcohol reduced the subjects' fat-burning by about one-third. "This is one good explanation of why people get fat drinking alcohol," said Dr. Clifton Bogardus of the National Institutes of Health.

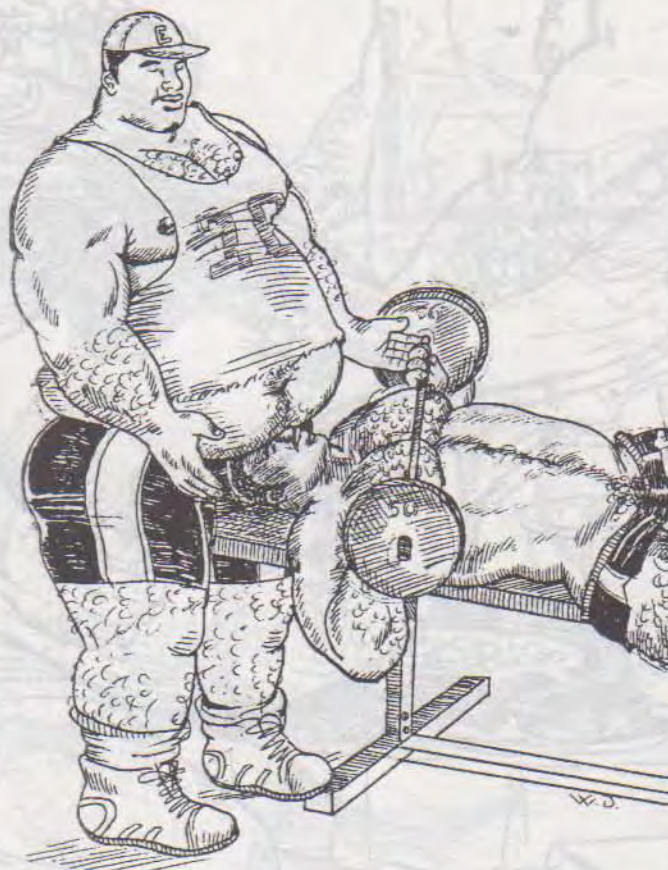
Studies have shown that the body burns off carbohydrates, in the form of sugars or starches, faster than it does accumulated fat. Alcohol slows down the fat burning process even further. But just why isn't clear. Researchers say it may be because the alcohol is burned off first, or because it affects the metabolic process in some way. This cheery news for belly builders comes from a University of Zurich study.

America the Fatty-full

The proportion of Americans age 25 and over, who weigh more than recommended for their height and body frame has increased, again, according to Louis Harris and Associates. Almost three-quarters (74%) are over their recommended weight, compared to 59% 10 years ago. A quarter (24%) are more than 20% heavier than their recommended weight.

Warren's Winning Ways

In a railroad flat, in the East Village of Manhattan, sits a young man drawing pictures of chubby men. Warren Davis, who is in his mid-thirties (he refused to tell me more), has been cartooning since he was a young man. By day he works for a major magazine publisher, by night he draws the big men that have enriched the newsletter for the past few years. The words to describe Warren are affable, and intelligent, with a challenging edge. I felt that everyone should know a little better this talented artist who has contributed so much to Encouragement.



Ben: So, how long have you been drawing chubby men?

Warren: I've been drawing ever since high school. In fact I used to construct entire comic book scenes in high school. While in college I put together a comic strip involving chubby guys, which I tried to sell to the New York University paper, but they weren't having it at the time. I don't think that in my mind I was making the connection yet. They were guys who were fun who just happened to be big. I don't think I was making the connection between my drawings and any sexual content. That came later.

Ben: Did you go to art school?

Warren: No, I never did, but I always cartooned. Back in D.C., when I was 16, I actually had my own comic strip, which I sold to the city. It was called "Sherwood". It got to the point where I was doing posters for the city with this



character. The strip was eventually sold to a bunch of local newspapers. It even appeared in a paper that had a circulation of 40,000. That strip wasn't a chubby thing though. So cartooning is something I've always enjoyed doing.

Ben: So were you fabulously wealthy from this work?

Warren: (Laughing) Depends on what you mean by wealthy. I have never made dime one. Drawing has never been something I wanted to do for money. It's always been something I do for fun.

Ben: How long does it take you to do a drawing?

Warren: Each drawing takes about two to three hours. I sketch them out first before I ink them in. I sometimes do several version of a drawing before I'm content with one I like. It's the weeding out process that can take the most time.



Ben: When did you make the sexual connection?

Warren: Probably around junior year in college. Before that I was identifying as a straight man who had gay feelings. Actually it took my art to bring me out. When I finally realized the things I was doing, weren't just pictures but something I was using to get off. That, in a way, helped to pull me out of the closet. Once I made the connection, drawing became a very private and secret

thing. Suddenly what I was doing became covered with a cloak of not shame, but repression.

Ben: When something becomes sexualized people have a very different reaction to it. I have a friend who says that it's very difficult for him to eat in public because it is an erotic experience for him.

Warren: It's so true. It's like when you're with straight men who have big bellies and they walk around and make jokes about it. They pat their stomachs, and they talk about it, but it doesn't have any sexual overtones for them. However if I am with Gainers, small gestures suddenly take on importance of a sexualized content, which totally transforms them.

Ben: Sexualized Erectile Content! (They both laugh) What are your favorite types of guys to draw.

Warren: Within this genre there's a real lack of images of people of color, and not just African-Americans, but also Asians and Latino men. I think these men are very attractive.

The guys I draw tend to be working class. Working class guys tend to be less self-conscious about themselves. One of the things I find appealing about a man of size is when he's not self conscious about it. It's not something he thinks about.

When you're comfortable with your body, no matter what shape or size, you come across as being even more appealing. It's a really sexy thing.

Ben: When a person likes themselves it shows.

Warren: I think that comes out a lot in my art.

Ben: How do you find subjects for your work.

Warren: Well, we live in new York and there are more sexy big guys here than in any other city I have visited in

the world. I thought when I went to Italy, it would be crawling with hot fat men, but that wasn't true. There's a great variety of types here. The chubs come in all colors, all shapes, and all sizes. Everyone should come to New York.

Ben: Chicago's not so bad.

Warren: In New York you can find the big, Latino guys who go to the park on summer days, and hang out with their family and friends. They drink a lot of beer. They have their shirts half off, and they are totally comfortable with themselves. Images like that you never see anywhere else.

Ben: Have you ever done a drawing from a live subject?





Warren: Never. I'd love to.

Ben: You have a great imagination.

Warren: I think you have a lot of talented artists in the newsletter.

Ben: None of them work as hard as you do. You have given so much to the newsletter over the years. Your drawings are a very important part of what the newsletter is. I get letters from members saying how much they enjoy your artwork. How does it make you feel to get that sort of acclaim.

Warren: I love it. It's really nice when people say that. It's wonderful to think that something I thought of as a private thing, can tap into other people's emotions and sexual feelings. That's such a high. It's also amazing that every single person who has read your newsletter over the years has had this moment, when soon after reading it, when all the things they thought were so private and personal and hidden away, and ashamed of, were things that lots of people felt, and that it wasn't such a big deal. I think that has been the most empowering thing about your newsletter for me, and for most people who read it. One of the best things about being able to draw for the newsletter is that same thing. I have my fantasies and they are not something to be ashamed of. They are something a lot of people share. It's a good feeling.

Ben: I feel that Encouragement is the greatest thing I have done in my life. The newsletter has touched so many people and helped them become comfortable with themselves. Even if they only use the newsletter for purely sexual pleasure, I'm happy with that too! The newsletter has helped me come out too - So Eat! Get Fat!



SAL'S PIZZA

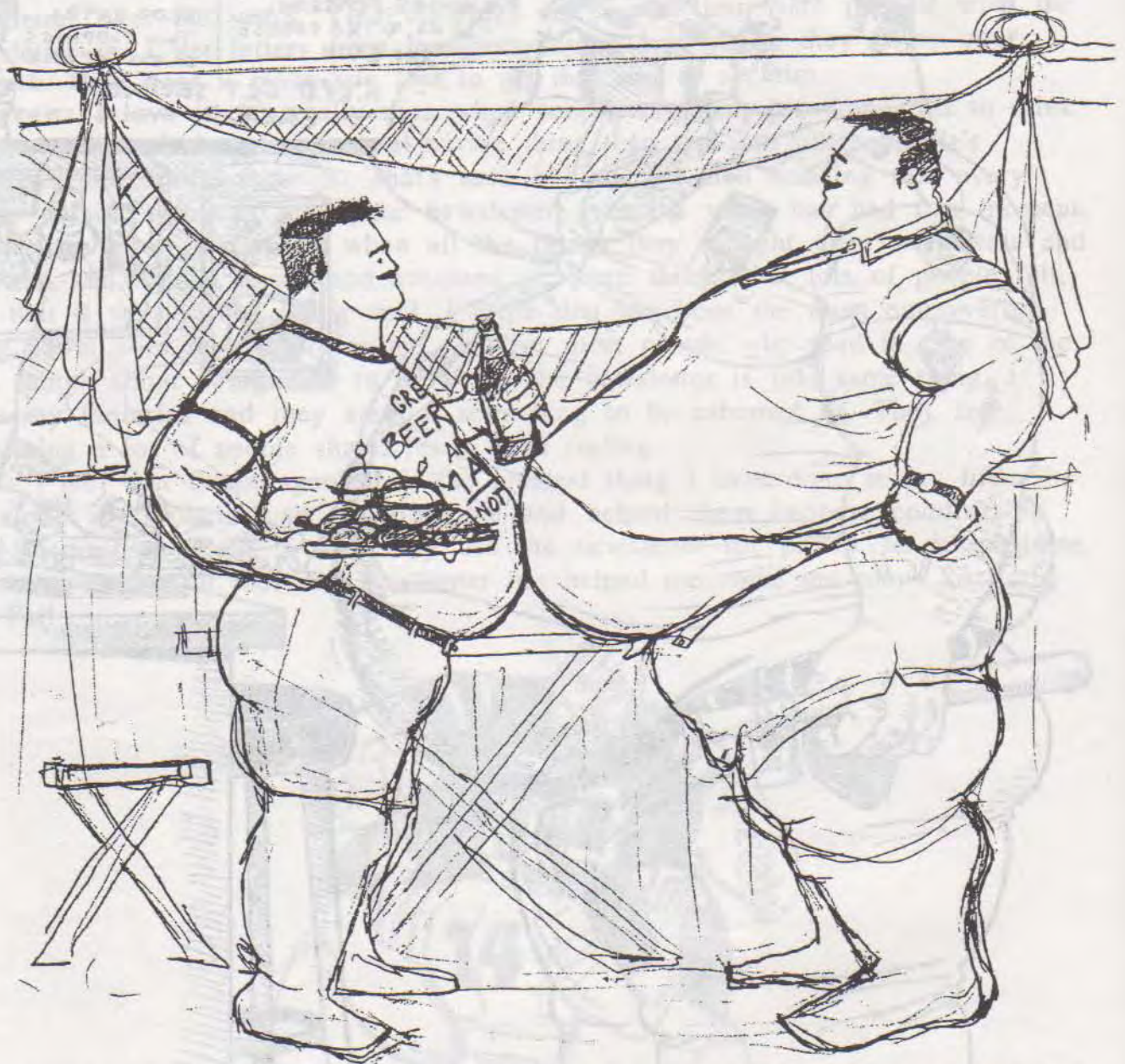
SLICE \$1.00
SAUSAGE, MUSHROOMS,
PEPPERS, X-TRA CHEESE
75¢ EACH

PIE \$8.00
WITH ANY TOPPING
\$1.00 EXTRA
TWO TOPPINGS
\$1.50 SPECIAL

N.Y.P.D. GET SECONDS
— FREE! —



FAMILY REUNION



I don't like family reunions. My family is full of low-fat, calorie-counting types. Me? I eat everything I can get my hands on. And it shows. I'm quite a big guy now, but I sometimes wonder how much bigger I'd be with a couple of big brothers to help me get even fatter. As it turns out, it wasn't until I went off to college that I really got to stretch my eating capacity. Suddenly it was just me with all that cafeteria food, and I was packing my belly with three square all-you-can-eat meals a day. My gut was already growing into a real conversation piece, when I discovered a taste for beer, and watched it expand even bigger. After four years of higher education and even higher calorie consumption, I waddled home like a prize winning pig back from the state fair. My family freaked. They couldn't handle the sight of my big belly. The shit really hit the fan when they saw me polish off a weeks worth of groceries in two days. I felt like a hippo in a chicken coop.

Feeling as if my glory days were already behind me, I drove out to the beach to regroup, but even there, old friends were shocked and embarrassed by my size. I missed my buddies from college who didn't seem to give a damn how fat I got, and I desperately needed a big buffet where I could sit down and stuff my gut. I was in the bathhouse getting ready to change back into my street clothes when a big bear of a man lumbered out of the showers with a skimpy towel barely covering the expanse of his impressive mid-section. If there was a buffet nearby he would know how to find it. He smiled and nodded to me, and I frankly admired his huge naked body as he finished drying himself and then quickly slid into a pair of white cotton briefs, before turning to look at me again.

"So how's it feel to be home Jimmy?" he asked, taking me by surprise.

"Do I know you?"

"Sure, " he laughed, "You used to pal around with my little brother Danny when you were in high school."

"M-M-Mark?!" I stuttered in shocked amazement, my mouth dropping open. I hadn't seen him since I was sixteen.

"Yup," he answered, patting his stomach self-consciously. Then he turned profile and puffed out his gut so that it hung enormously over the top of his big briefs. "Married life has really done a number on the ol' physique," he laughed, still patting himself.

"Man, are you BIG!" I heard myself say as I sat awestruck by his rotund belly.

"You've grown quite a bit yourself Jim, " he shot back, giving me a whack on my gut with the palm of his hand. I suddenly felt a bulging hard on filling my swim trunks.

"You on a diet," I asked.

"Nope," he answered flatly, and there was a long silent pause as we studied each other. "Listen Jim," he finally added, "Why don't you stop by the house tomorrow. We're having a family get together and I know Danny would love to see you."

"I don't know Mark," I groaned. "I'm not much for family reunions."

"Come anyway!" he commanded, and as he squeezed into his jeans I took one more long look at his bulging belly.

Fifteen minutes later, I was sitting in my car still waiting for my throbbing hard on to subside. I could not believe the size of the man I had just seen. Mark and Danny Borden had both been huge muscle studs in high school. Danny crashed onto the scene as a two hundred and fifty pound freshman and promptly got the attention of both me and the football coach. His brother Mark



was even bigger, an all-state senior tackle with recruiters visiting from all the major colleges. I still remember meeting Mark at the Borden family dinner table, and watching him pound down mounds of mashed potatoes with gravy, roast beef, half a cherry pie, and about two quarts of milk. When he got a summer job as a security guard, I'd come over to visit his brother Danny in the afternoon just to catch a glimpse of Mark leaving for work with his big body straining to burst out of his uniform. I quit seeing Danny when Mark left for college, and the family moved to a big spread in the country. Guys at the beach had told me Danny put on a ton of weight, but I thought they had to have been talking about Mark. I guess his great big appetite had finally caught up with him.

I stopped by the Borden's place the next afternoon and promptly found the big buffet I had been looking for. Three picnic tables pushed together were piled high with food. This was a family that knew how to eat. I started filling a plate, and saw Mark flash a big thumbs-up to me from across the yard. He walked over for a moment to introduce his wife, and I couldn't help but stare at the big spread hanging proudly over his belt. He was plainly out-growing a red knit shirt that would have been plenty roomy on me, and it perfectly framed the firm, enormous, low hanging bulge of his gut.

"I see you've found the food," he said with a grin and a wink as he reached down to pat me on the belly, and I felt a sudden warmth in my balls. He moved on as quickly as he walked over, and left me standing there with a huge stiffer in my pants. This time he had rested the palm of his big hand against the bulge of my gut and caressed it before slapping me. The feel of his big mitt rubbing my belly was all the encouragement I needed. I decided to show him that I had learned a few things from my days of watching him show off at the dinner table. I loaded two plates and found a spot nearby where I could hunker down and shove face. I filled plate after plate, and ate like I was trying to impress somebody, which I was. It was nice to see that I wasn't the only guy making multiple trips to the chow line. Mark's in-laws were a mighty hefty bunch. The crowd of relatives were beginning to dwindle about the time I was heading up for my fourth helping of everything. I was waddling along heaping food onto my plate and enjoying the full roundness of my gut, when I felt a very large full belly pushing against the small of my back. At first I figured it was Mark sneaking up on me, but when I turned around I realized it was someone bigger and even heavier. This gut was as wide as a bulldozer, with a mountain of a gut hanging out of the bottom of his shirt and cascading over the front of his pants. He was easily the largest human being I had ever laid eyes on.

"Quite a lot of food for a little guy," he rumbled, smiling down at me.

"Who you callin' little?" I responded, pushing my full belly against his. He laughed at me fondly, and then gave a firm butt with his stomach to push me out of the way. Guess I must have been staring too long. I wobbled back to my table marveling to myself at how immense he was, and wondering why I hadn't noticed him earlier. Just as I sat down and began to eat, a cloud seemed to pass in front of the sun. The big guy was behind me again, looking over my shoulder and watching me eat.

"Mind if I join ya?" he boomed, and before I could answer he was lowering himself down to sit beside me. I felt his end of the bench sink two inches into the ground. The planks bent beneath his weight, and lifted under mine like opposite ends of a teeter-totter. He introduced himself as Mark's brother-in-law, and told me his name was Ben. I don't remember much of what he said after that because I was too busy watching him eat. Even compared to mine his appetite was gargantuan. The guy carried over five plates of food to my one, and with his great expanse of belly barely tucked under the table, he leaned forward, opened his mouth and just inhaled. I sat slack-jawed, and glassy-eyed watching him shovel it in. I'd seen the largest guys on the football team pack it away in the cafeteria, but they couldn't match the behemoth who was sitting next to me now. He even started cleaning my plate, sliding it out from under my nose as I watched. He topped his

performance with a long crescendoing belch, sat back, and used his belly to push the table out of his way as he stood up.

"Let's go inside and have some fun, " he grunted looking down at me as he pressed his swollen gut against my face. He headed for the house, and I followed bow legged trying to adjust the hard-on in my pants. He dwarfed everything in his path. Floor boards sagged under his weight. Doors barely accommodated him. He snatched a frosted angel food cake and a gallon of milk from the kitchen and led me to an upstairs bedroom.

"I haven't tried to eat a whole one in a while," he said as he lowered himself onto the bed. I stood staring in silence. Anything he sat on looked as if it was ready to burst under his weight. He learned against the headboard and rested the cake on the crest of his belly, motioning for me to come over and feed it to him. My gut pressed against his as I leaned over him shoving slice after slice of cake into his mouth. I soon found I could rest my full weight against him and feel the vast bulge of his stomach supporting me, the lump of my crotch fitting comfortably into the cleft of his navel. In a blink, he had he had half the cake devoured and was shoving his belly out further to make room for more. He lunged out with his mouth as I shoved the cake onto his chest and he seemed to swallow it whole. Then he lifted the jug of milk to his lips and I watched him methodically pour the entire gallon down his throat in a matter of minutes. I felt his belly swell like a balloon, and heard the front of his pants split under the weight of it. The empty milk jug bounced onto the floor as he slid back onto the bed and his great mound of a gut suddenly rose out of his shirt. He groaned like a man a man bloated to the max, and triumphantly patted his belly.

"Help me out man," he grunted. I slipped my hands under his gut to open his pants for him, and he inhaled deeply, inflating himself even bigger. Oh shit, what a monster he was! He was beached on the bed with his thighs open, and his huge pink belly hanging out in full view, puffed-out as big as he could make it.

"Help me out man," he grunted again, and I instinctively pressed the palm of my hand against the firm rise of his mid-section gently stroking and massaging it. He moaned encouragingly and rocked the bed as he moved his belly closer to me. I closed my eyes and sank to my knees , shoving my nose into his navel, nuzzling and licking the great expanse of his front end, until I found myself digging my face into his briefs. I wanted to suck this big guys cock, and I felt the bed move again as he shifted his mammoth bulk and fed his crotch to me. I slurped and grunted, and sucked like a hungry pig, stuffing myself with his big dick meat. He groaned with pleasure and rocked forward and back on the bed so that the weight of his massive belly slapped against my face as I ate him. The entire room seemed to shake as we swung into action together. The bed shook as if it was ready to collapse, when he started pumping his hips and forced his load down my throat.



Afterwards, we were both covered in sweat and I sat on the bed between his thighs watching his belly rise and fall as his breathing returned to normal. Man, was he big! I had never seen a guy carry so much bulk. His belly was perfectly round and huge like some kind of monument. I put my hand on it again. It was sleek and solid as marble, but soft and warm as a giant pillow. I ran the palms of my hands across the enormous curve of his gut, measuring the massiveness with my fingers. I leaned forward, and felt him press his bulging mid-section against my crotch. I undid my pants and started rubbing my dick against his gut. This guy was easily twice my weight, and I wanted to be just as big as he was. I wanted to feel the size of his ballooned-up belly against my cock, I started humping his gut, and he rocked the bed again, bouncing and slapping his weight against me in rhythmic thuds. He was throwing his bulk into me, fucking my dick with his belly, pummeling me with his whopping girth, and I grunted like a pig as my crotch and his belly slapped together. He was turning my dick into melted butter.

"Oh fuck, Ben!" I moaned as I shot my cum all over his mammoth stomach. He laughed, and I slid down the front of his gut still feeling him bounce against me. He swelled himself, becoming bigger than ever.

"How much do you weigh Ben?" I finally asked him.

"About 600 pounds," he answered matter-of-factly as he sat up on the bed and let his gut hang stupendously out of his open pants.

"Fuck man," I shouted. "You're mammoth!"

"Yeah," he laughed, "I've been helping ol' Mark put on weight too since Danny introduced him to my sister."

"So you guys are both into eating and gaining?!"

"Sure Jim. Why do you think Mark invited you here? He wanted you to join in the fun."

"Oh shit!" I blurted out as I savored the thought of two guys as big as Mark and Ben growing fatter together, and just then, I saw Mark's big frame filling the bedroom doorway.

"Damn, I'm turning into a pig!" he burped, lifting his shirt to show us his huge bloated belly. He scooped up one more slice of pie and shoved it into his mouth before dropping an empty pie tin onto the floor, then he waddled to the center of the room, undid his pants and let his gut hang out in all its glory. I started adjusting my own pants and was surprised to feel my dick getting hard again. Suddenly Mark walked over, and started rubbing his belly against mine. It drove me over the edge, knowing that he had purposely ballooned himself into a big fat stud.

"I see you've met my brother-in-law," he said with a fiendish gleam in his eye as his full gut bounced against mine. "It's a shame you didn't get to see Danny."

"Danny," I laughed, "why would I want to see him?" Mark took a deep breath and puffed out his gut the way he had at the beach the day before.

"Danny's the one who got this whole thing started," he said smiling down at his belly and giving it a slap.

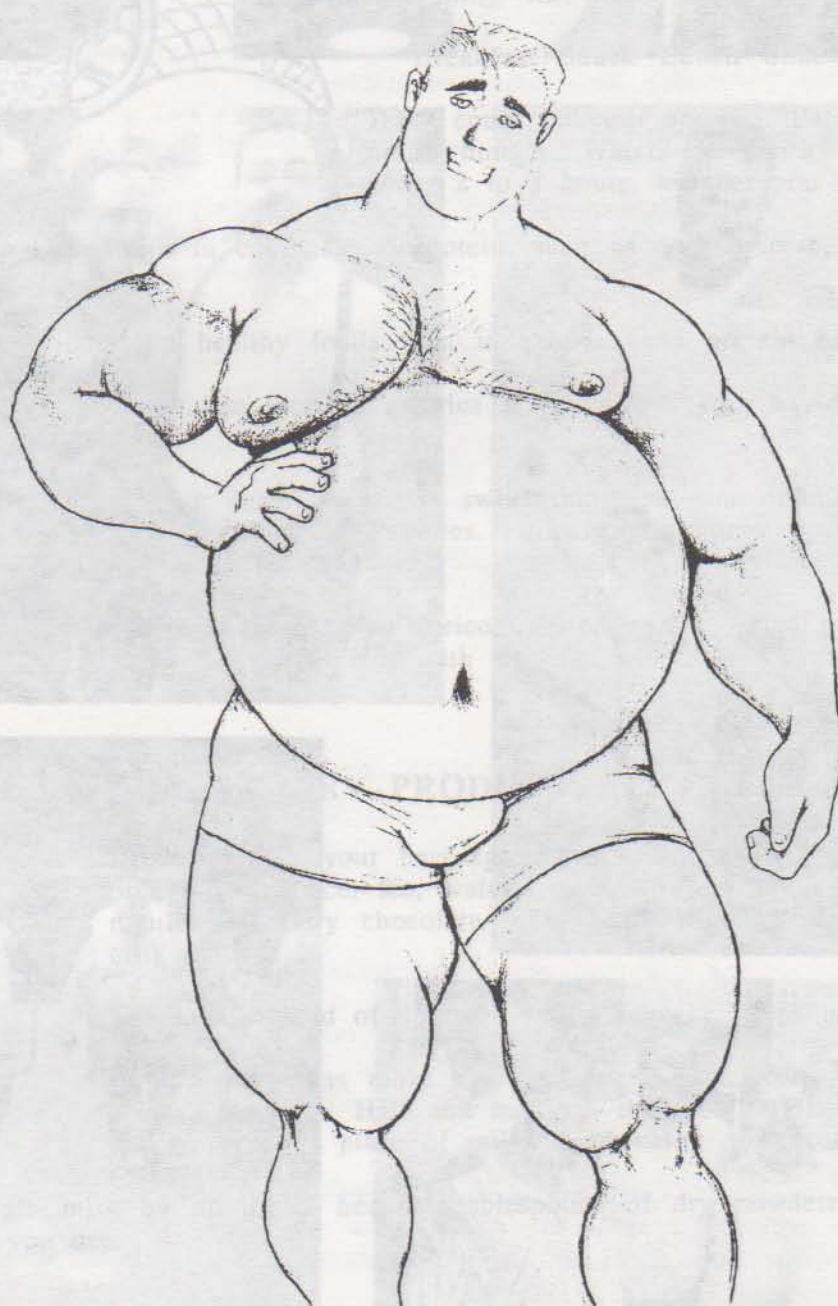
Danny?" I said, "But I thought you and Ben..."

"Yeah, that's right," he interrupted, "but Danny met Ben before I did." Now I must have really looked perplexed, because Mark turned sharply away from me and stuck his head at the bedroom door.

"HEY, BIG DAN," he yelled down the hall, "Get your fat ass in here!" For a moment I felt a flush of embarrassment. Then I heard the floor boards groan deeply and both Ben and Mark started to laugh as Danny lumbered into the room.

"Oh shit!" I blurted out in utter amazement. Mark threw an arm over Danny's shoulder and Danny cracked a grin at me as he hooked his thumbs into the front of his pants and puffed out a belly that was even bigger than his brother's. Danny was just as fat as Ben!

"Hey Jim," he said slyly, "looks like you put on a little weight."





EAT TO GAIN

The following advice can be used by practically anyone. It is not just for gainers, but can also be used by the seriously underweight and for those with hiv. Bon Appetite!

GENERAL TIPS



Increase the number of times you eat each day if you usually have 3 meals per day, start eating 5 or 6 times per day. You may want to plan your meals something like this:

Breakfast Snack Lunch Snack Dinner Snack

Don't count on your appetite. Eat even if you aren't hungry. Watch the clock and eat something every 2 to 3 hours, whether you feel like it or not.

Eat more foods that are high in calories and protein, such as milk, cheese, meats and peanut butter.

Make your snacks count! Eat healthy foods high in calories and protein between meals.

Add extra fat to your food. It can increase calories a lot without your having eat a larger amount of food

Add sugar, honey, syrup, brown sugar and other sweet things to your food. Put jams and jellies on breads, toast, rolls, pancakes and waffles. Put sugar or honey in your coffee or tea. Add it to your cereal.

Eat dried fruit such as raisins, prunes, dried apricots, dried apples, dried peaches, figs and dates. These are good by themselves or mixed with nuts for a snack. Add them to hot cereal such as oatmeal and cream of wheat.

GAINING WEIGHT WITH DAIRY PRODUCTS



Drink milk as your beverage with meals. It has more calories and protein than juice, tea, water or soft drinks. If you don't care for regular milk, try chocolate milk, buttermilk, egg nog, hot cocoa or milk shakes.

Use milk instead of water to make to make soups and hot cereals

Regular milk has more calories than low-fat milk or sweet acidophilus milk. Half and half has the most calories of them all! It can be used in place of milk for drinking and in any recipe.

Make extra strength milk by mixing 2 heaping tablespoons of dry powdered milk into every cup of milk that you use.

Have ice cream as your desert often. It also makes a great snack in a bowl or a cone. You might also try adding it to breakfast cereal in the morning. Top your waffles or pancakes with ice cream.

GAINING WEIGHT WITH EXTRA CHEESE



Mix cheese into your eggs when cooking.

Have cheeseburgers instead of plain hamburgers. Put cheese in all your meat sandwiches.

Melt cheese into your meatloaf and spaghetti.

Put extra cheese on pizza.

Put cheese into your mashed potatoes and on your baked potato. Melt cheese onto other vegetables too.

Put cheese on top of salads, soups, and chili.

Make melted cheese toast instead of plain buttered toast. Put a piece of cheese inside of hot biscuits, rolls and cornbread.

GAINING WEIGHT WITH EXTRA MEAT

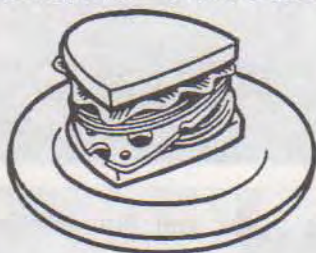


Double the amount of meat you usually put on sandwiches. Put two hamburger patties on your hamburger bun.

Have two to three helpings of meat at meals.

Put chopped cooked meats into soups and salads, and on top of pizza.

GAINING WEIGHT WITH PEANUT BUTTER



Spread peanut butter thick on your sandwiches or crackers.

Put peanut butter on pancakes and waffles before you pour on the syrup.

Spread peanut butter on apples, bananas or pears at snack time.

Blend peanut butter into milk shakes.

Put peanut butter on hot toast and hot biscuits. It tastes great melted!

Fill the dent in sticks of raw celery with peanut butter. Makes a good snack.

Spread peanut butter on cookies, vanilla wafers, and graham crackers before eating.

GAINING WEIGHT WITH EXTRA FAT



Adding fat to your food can increase calories a lot! It can sometimes be hard to digest though. Use these tips when you feel well. If you begin having diarrhea stop adding so much fat.

A teaspoon of butter or margarine will add 45 calories. Mix it into foods such as soups, vegetables, mashed potatoes, cooked cereal, rice and casseroles. Spread it on bread, rolls, cornbread and biscuits. You'll use more if these breads are hot when you spread on the butter or margarine.

Salad dressings are a very tasty way to add fat to your food. Try Ranch, Blue Cheese or Buttermilk dressing on sandwiches. Pour it over baked potatoes, or use it as a dip for vegetables.

A tablespoon of mayonnaise has 100 calories. Salad dressing looks like mayonnaise, but has only half the calories. Put mayonnaise on your sandwiches. Put a lot of mayonnaise in tuna salad, egg salad, chicken salad, ham salad. Try it on a peanut butter sandwich.

Sour cream has a lot of calories, too. Put sour cream on cooked vegetables such as potatoes, beans, carrots and squash. Top your bowl of chili, salad and soups with it. Add sour cream to casseroles. Dip raw vegetables into sour cream. Put it on top of fresh fruit with some sugar for dessert.

Whipping cream has 60 calories in each tablespoon. Add it to pies, fruit, puddings and other desserts. Top your hot chocolate or cocoa with whipped cream.

Frosting is made of fat and sugar. You can buy it already made in cans. Top fruits, cookies, pudding, cakes and other desserts with frosting.

Fry your foods rather than baking or roasting them. If you roll your meats and vegetables in flour or crumbs before frying them, they will hold onto more of the fat and calories.

Put gravy and cream sauces on your meats and vegetables.

EATING BY NUMBERS



Number 1: Liquids

Water is not the best choice for drinking since it has no calories. Good choices are milk, egg nog, cocoa, juice, and punch.

Number 2: Fruits and Vegetables

Fruits and vegetables won't help you gain weight. They are very low in calories. When you are trying to gain weight limit your self to four servings per day of fruits and vegetables. Eat more protein foods like meats, eggs, cheese and peanut butter, and eat more starchy foods like bread, cereal and macaroni instead.

Number 3: Hot Soups

Soup can be a problem for you. Soups are mostly water, and water has no calories. If you like soup, consider making it from milk instead of water. Also try adding extra meat, noodles, cheese or chopped eggs to it to increase the calories.

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Number 4: Soft Drinks

Go for the sugar! It has the calories you need right now. You should have regular soft drinks, not diet soft drinks. Add extra sugar to them if you wish. You might want to add a scoop or two of ice cream to your glass to give you even more calories

Number 5: Sugar

Sugar is your friend! Sugar not only has calories itself, but it makes food taste good. You may be able to eat a bit more if you sweeten your food with sugar, jelly, syrup or honey. Put extra sugar in your cereal. Don't be afraid to eat candy bars, cakes and cookies in addition to your healthy food.

Number 6: Fried Foods

You need calories and fat has more calories in it than any other food. When you fry foods you just about double the number of calories in them. If you are able to digest a lot of fat, eat fried foods instead of baked, roasted, or boiled.

Number 7: Eggs

Eggs are very good for you. They have a lot of protein. Forget about cholesterol! If you want a half dozen eggs every day for breakfast, lunch, and supper, that would be fine!

Number 8: Butter

Butter and margarine can help you gain weight. They are very high in calories So are mayonnaise, sour cream and salad dressing.

Number 9: Drink the type of milk that has the most calories. Skim milk and low fat milk have too few calories. Drink regular milk, also called "whole milk", instead. And add chocolate or strawberry powder if you wish to vary the flavor!

POOR APPETITE



Some days you just may not feel like eating. It can be caused by many different things - pain, illness, tiredness, worry. It is important to eat well even on days like this. You'll find it helps your mood as well as your body.

Watch the clock. Eat something every hour or two whether you feel like it or not.

Eat food that you really love at this time. If you can find one thing you enjoy eating, just eat it all day long. Bowl after bowl of ice cream, or one grilled cheese sandwich after would be fine!

Sometimes you can't eat solid food, but you'll be able to drink things. Try milkshakes. Mix it with some weight gain powder from your local nutrition center and you will have a drink packed with calories.

Keep snacks right beside you in your home. You might be able to nibble enough to finish quite a bit of food. I recommend carrying a bag of trail mix with you wherever you go. It's tasty, nutritious and fattening.

IN A HURRY



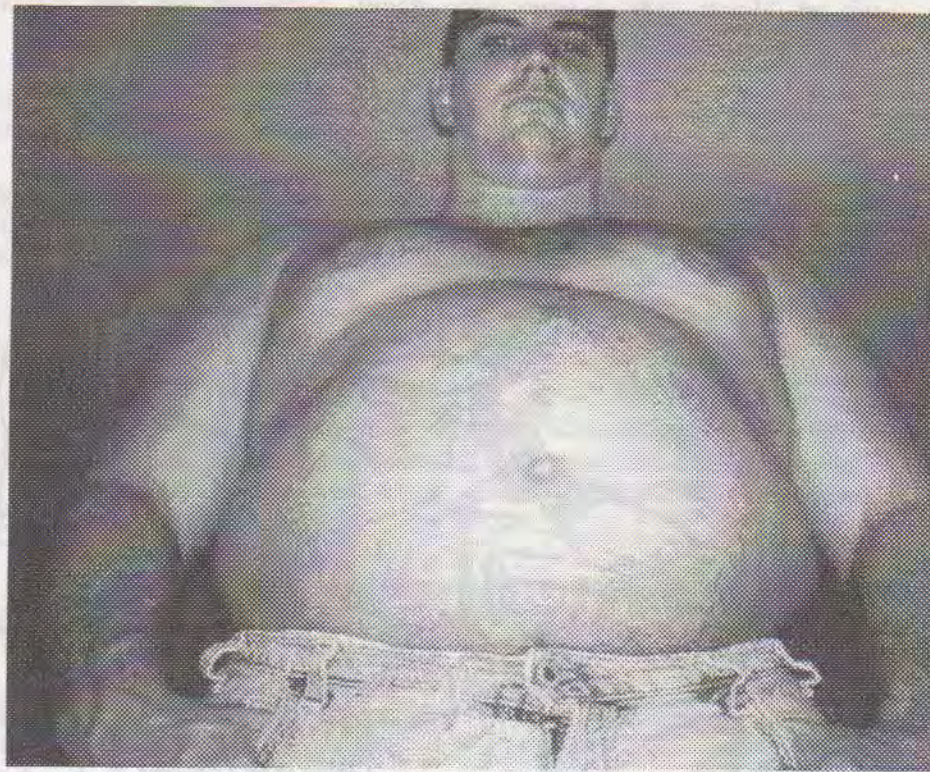
Let family or friends cook or bring you food. Don't be embarrassed to ask others for help in gaining weight. People like doing things for others.

If you are too tired to cook, then try take-out restaurants. Hamburgers, pizza, Mexican food, chicken and Chinese food can all be obtained this way.

Eat canned foods. Try creamed soups, spaghetti, chili, chow mein and other things. They may not taste the greatest, but they'll get some food in your ever expanding stomach. And if you eat a piece of fruit for dessert and drink a glass of milk or juice, you've got a balanced meal!

Eat frozen foods. Frozen dinners, pizza, egg rolls, macaroni and cheese, fried chicken and fish. Just pop them in the oven, and set a timer. Come back after a little nap and you're ready to eat. Drink a glass of milk or juice, and add a piece of fruit.





10 FAMOUS GOURMANDS

According to Webster's Dictionary a Gourmand is someone who likes to eat like a glutton. That definition only tells you part of the story. A true gourmand would never be found at McDonalds, he would prefer his buckets of food served to him at Lutece. You could say that a Gourmand is a Gainer with good taste and extra cash.

1. AESOP

Not to be confused with his namesake known for *Aesop's Fables*, this Aesop, a Roman actor, was known for the vulgarity of his gastronomic predilections. One meal cost several thousand dollars and consisted of a pie prepared solely from birds that could imitate the human voice. Aesop's son Clodius was similarly self-indulgent and is said to have insisted that every dish he consumed contain a powdered gem.

2. HONORE DE BALZAC

A physically unappealing man given to loud dress and coarse ways, Balzac was as accomplished a trencherman as he was a writer. At one meal he devoured a dozen cutlets, a duck, two partridges, and 110 oysters. He topped it all off with 12 pears and a variety of desserts

3. JACK BIGGERS

Biggers was one of the best-known "feeders" of 18th-century England; his gluttony was his undoing. Having consumed within one hour an but the last morsels of a meal consisting of 6 lbs. of bacon, a huge green salad, 12 suet dumplings, a loaf of bread, and a gallon of beer, Biggers suffered a fatal attack of apoplexy.

4. "DIAMOND JIM" BRADY

Multimillionaire railroad tycoon Brady was at least as well known for his gargantuan appetite as he was for his fiscal successes. A typical day's menu began at breakfast with hominy, eggs, corn bread, muffins, griddle cakes, chops, fried potatoes, a beefsteak, and a gallon of orange juice, his favorite drink. Next came a late morning snack of two to three-dozen clams and oysters, followed at 12:30 P.M. by lunch (clams, oysters, boiled lobsters, deviled crabs, a joint of beef, and a variety of pies). At afternoon tea Jim would sit down to a heaping dish of seafood and copious drafts of lemon soda. Dinner, of course, was the major meal of the day, and Jim often supped at Rector's, a posh New York restaurant. The meal included two or three dozen lynn haven oysters, six crabs, several bowls of green turtle soup, six or seven lobsters, a pair of canvasback ducks, a double serving of terrapin, a sirloin steak, vegetables, and much orange juice. Generally Jim would top off the meal with a piled-high platter of cakes and pies and a 2-lb. box of candy.

5. MATTHEW DAKING

One of the earliest recorded sufferers of bulimia (an irrational compulsion to overeat), 12-year-old Matthew Daking ate 384 lbs. 2 oz. of food in six days in 1743.

6. JOHN MARRIOTT

The public gluttony of John Marriott, lawyer and social figure, was well known in England during the reign of King James I. In a pamphlet entitled *The Great Eater of Graye's Inn, or the Life of Mr. Marriott, the Cormorant*, it was claimed that he once ate a lunch that had been prepared for 20 men, and that he frequently dined on dog and monkey meat.

7. EDWARD ABRAHAM "BOZO" MILLER

Miller has been called "the world's greatest trencherman" by *The Guinness Book of World Records*. Born in 1909, he is 5 ft. 7 in. tall, weighs 280-300 lbs., and consumes as much as 25,000 calories daily. In 1963, at Trader Vic's in San Francisco, Miller ate 27 2-lb. pullets, the world's record for a single sitting.

8. WILLIAM DOUGLAS, DUKE OF QUEENSBERRY

Known popularly as "Old Q," he was surely one of the most voracious eaters in all 18th-century England. A normal day's regimen included two mammoth breakfasts, two lunches, and five full-course dinners eaten at intervals between 5:00 P.M. and 3:00 A.M.

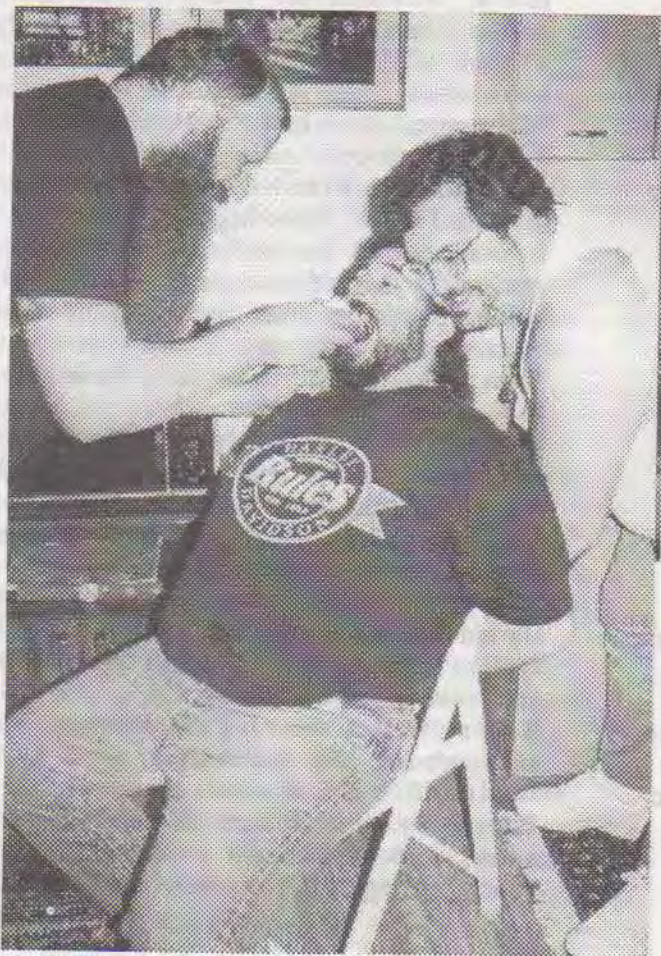
9. WALTER WILLEY

Willey was an obscure brewer's servant living in London in the 18th century, but he achieved fame, of sorts, through his public gluttony. The November, 1765, edition of the *Annual Register* reported that in 1 1/2 hours, at a public house, Willey devoured a 6-lb. roast goose, a quartern loaf (about 4 lbs. of bread), and 3 qts. of porter.

10. NICHOLAS WOOD

Wood's gastronomic excesses inspired songs, poems, and at least one book—John Taylor's *The Great Eater of Kent, or Part of the Admirable Teeth and Stomach Exploits of Nicholas Wood, of Harrison in the County of Kent*. At one historic sitting, Wood consumed an entire sheep, leaving only the bones, wool, skin, and horns. At another, he put away nearly 400 pigeons. His favorite breakfast was 18 yds. of black pudding.





OLLIE! OLLIE!

Ollie Lee Taylor is a gentleman from Florida who has been publishing XXXLNT, a newsletter for Gainers and Encouragers, for the past six years. He is another one of the movers and shakers that make up our community. If you would like to contact Ollie look for his address in the Letter from the Editor section.



Ollie: Good Morning

Ben: Good Morning, it's Ben Stone. Are you ready?

Ollie: Yes sir.

Ben: Okay. All right -- Tell me where are you from originally?

Ollie: Mobile, Alabama.

Ollie: I'm 44 years old now.

Ben: I know you went to M.I.T.

Ollie: That's correct.

Ben: What was you major?

Ollie: Political Science.

Ben: Do you feel that your major has helped you in your involvement with the newsletter? Your newsletter "XXXLNT."

Ollie: Political Science? Probably not so much. I'm sure there is some way but I don't think the major helped with that.

'Cause I don't do that many political things -- One thing it probably does, is that I put in some news type things, some political issues do get in there at times, I mean, like court decisions -- I imagine since I'm trained in political science that makes me more sensitive to it -- to be aware of it.

Ben: When did you first discover you were into gaining and encouraging?

Ollie: That's comparatively recent. I knew it was going on in the late Eighties. The late Eighties.

Ben: What do you mean "going on," going on for you?

Ollie: That's right, I knew that there was something to it. Really somebody else discovered it for me before I was aware of it.

Ben: Who was that?

Ollie: I think his name was John Stone -- at least that was his pen name.

Ben: Right.

Ollie: Well, he had the "Dragon Gate" publication?

Ben: Right.

Ollie: Then he wrote me a letter saying that he heard that I was interested in it -- that I was curious. I don't know how he got my name. Perhaps it was somebody I

know that answered an ad in the "Advocate." It might have been him or he knew somebody. And so I took him up on it and wrote back and he started to send me his newsletter. This became "XL" and then it went out of business. When I heard it was going out of business, I said well why not take up the ball and continue this because its very rare.

Ben: So tell me, how long have you been putting out "XXXLNT?"

Ollie: OK, well this has been going on since at least the beginning of 1990 This is the sixth year I'm in progress right now. The same time you started Encouragement, that's when I started.

Ben: Yeah, its funny how many of them started at the same time, isn't it?

Ollie: That's right. I didn't even know you existed at the time.

Ben: Well I think -- didn't "Bulk Male" start around the same time?

Ollie: If it did, I wasn't aware of it.

Ben: So, what I want to know, I guess, is what's it been like for you, these past six years, doing the newsletter?

Ollie: Well, its been a challenge -- I mean you have to be responsible to get something out four times a year. When people make comments you have to listen to them, and try to meet the needs of the people, to get the information they want and want to contact others and try to do things to make it a different and even more appealing newsletter from the other stuff that's come out, because since I've been there and since you've come around with Encouragement, there have been several other newsletters that have come out. I mean, you've got Susseof with "Oinquirer" coming out now.

Ben: Right, Rick Susseof.

Ollie: That's right. You've got the "Big Ad" which has become a full color-glossy magazine now. You've got "Bulk Male" out there -- You've got a couple other things, not necessarily for gainers, but they're pretty close.

Ben: Right, right. What was it like, putting out the first issue?

Ollie: Well it was just a matter of finding information to put in. I knew what I wanted to do was call some subscribers to get advertising going but I had to put in some information. I found some stuff dealing with people that were fat and I assembled it and put it together and explained what happened in the past. It was only about four or five pages, single-sided. So it wasn't that difficult to start off.

Ben: Where did you get your initial mailing lists from?

Ollie: OK, it was assembled from the old "XL's". There were three or four people I had written and gotten letters from in the course of that and there were a few ads back in the "Advocate" that I had, and I put it together and started from that. I don't know if I had more than forty people when I first started -- that I mailed to. Thirty or forty people at first.

Ben: How many members do you have now?

Ollie: We are running to about one hundred and twenty.

Ben: Do you ever feel like you need to do more outreach to get new members?

Ollie: More outreach would be needed and appreciated, but the resources aren't there to do it. For example, unless Ernie Harff chaired it, I don't think there was a Gainer's discussion at the Seattle Convergence this year...

Ben: I don't know, I haven't spoken with anyone to tell me.

Ollie: I don't know if there was one there last year or not.

Ben: Last year the Convergence was in New York and there was definitely a Gainers discussion group, I know because I was running it. Did you know John Stone at the time of his death?

Ollie: I met him one time in Los Angeles before he died, he wasn't that huge a guy. He was on the fat or large size to be sure, but not exceptionally so. Seemed to be a pleasant gentleman.

Ben: Would you consider yourself a Gainer or an Encourager?

Ollie: Probably some of both.

Ben: I understand. It's that way with one third of the members that I have -- is that they're both. What do you see for the future of your newsletter?

Ollie: Well, I see a trend of making gradual improvements in it. Trying to do things to make it appeal better. As far as a glossy magazine? I doubt that will ever happen, unless I get a pile of money -- some investors would somehow or other put up a pile, that's a lot of money to do it -- to go to that level. I'd go to that level if it was there, but there are improvements that can be made in what we have now. I don't know what the impact, for example, its gonna have if yours goes out of business. You said you are going to stop this time.

Ben: Yeah.

Ollie: So some of those folks might eventually turn my way, or sign up with Susseof.

Ben: It's nice to have a newsletter that's specifically for Gainers and Encouragers.

Ollie: I think Susseof, myself and you specifically are targeting that audience.

Ben: Absolutely. I don't know anyone else that is.

Ollie: Well, we are acutely focused. Each one of the three of us has a different slant on things. It wasn't until recently that you had personal ads in your newsletter, although some people would write a letter and leave addresses there. Some people, I'm sure, contacted others that way.

Ben: Right.

Ollie: I have recipes in my newsletter and I generally had some news items in there. In fact, I even started putting in

summaries of TV talk shows when I've caught them, dealing with weight issues.

Ben: Let's see now. Is there anything I haven't asked you that you'd like to talk about?

Ollie: Oh, the main thing I would like to say is when it comes to gaining and encouraging... I always like to put in that people do need to be aware of health concerns.

Ben: Oh yeah, definitely. It's very important.

Ollie: They need to be able to do it in a healthy way. The number one thing is not to over emphasize fattening foods, but to gain while eating healthy calories. I mean, nuts, certain vegetables, and other foods have a lot of calories. By concentrating on eating pure fat you can get into health troubles very quickly.

Ben: I agree with you a hundred percent, the most important thing is to have a balanced diet.

Ollie: And do it healthily. It will take longer, it's difficult to do it without emphasis on fattening things but health-wise you will enjoy it. I mean, heck I can go out, if I've got the taste for it, to eat a dozen doughnuts a day or eat a quarter slice of pecan pie a day, but that wouldn't be the most healthy way to do it -- I'll get fat if I do it enough that's not the healthiest way to do it, or the best way to do it. A more gradual approach is better than a sudden one.

Ben: Oh, I agree with you.

Ollie: You've got to let your body take time. If you are having problems because of gaining, then you really should lose and not gain anymore.

Ben: Oh, I agree.

Ollie: It's no fun if you're gonna be lying up ill, or if you're gonna get killed by it.

Ben: Right, right.

Ollie: You might look at padding as an alternative. It's not the same as being naturally fat but you can certainly get the effects of it without the health risk. There are ways of padding that are pretty convincing -- I don't know exactly what source to contact but I noticed the motion picture industry has done it several times lately.

Ben: Yeah, "The Santa Clause" with Tim Allen.

Ollie: That's right. We've got the guy coming out -- the black guy coming out -- that professor...

Ben: You mean Eddie Murphy?

Ollie: Yeah -- who seems to be convincing to me. Plus Michael Jackson did it for one of his videos.

Ben: It wasn't Michael Jackson.

Ollie: The spoof of Michael Jackson.

Ben: Right, that was Weird Al Yankovic.

Ollie: He did it. It looked pretty convincing. In fact, I have a piece on that in the newsletter, and another piece on a talk show host who padded himself.

Ben: Montel Williams?

Ollie: Geraldo.

Ben: Geraldo. Right, right, right.

Ollie: That's right. So there are ways of doing it and evidently it's becoming more popular and available, because I've seen more of it than I have ever seen before.

Ben: Yeah. There is actually an ad in a magazine called "Cinefex" where you can send away for the flesh-like padding that they used in "The Santa Clause". Did you see "The Santa Clause?"

Ollie: I saw the movie, yes.

Ben: I know that you weigh 215, how are you enjoying it?

Ollie: It seems all right to me, I don't know if I enjoy the shots people are taking at me.

Ben: Oh really.

Ollie: About me sticking out or I don't need to eat something.

Ben: You've got to be strong and you've got to make shots right back at them.

Ollie: Well, I've never been in that kind of humor about people's business. In fact, I had one lady tell me she doesn't know where all the food goes. For the amount I eat I look small.

Ben: Yeah.

Ollie: I have the feeling I am never going to be a huge person myself. I can conceivably get up to 225 or 230, but unless I eat a really stupendous amount -- which will be hard -- I'm gonna have to work at it.

Ben: Thanks for the interview.

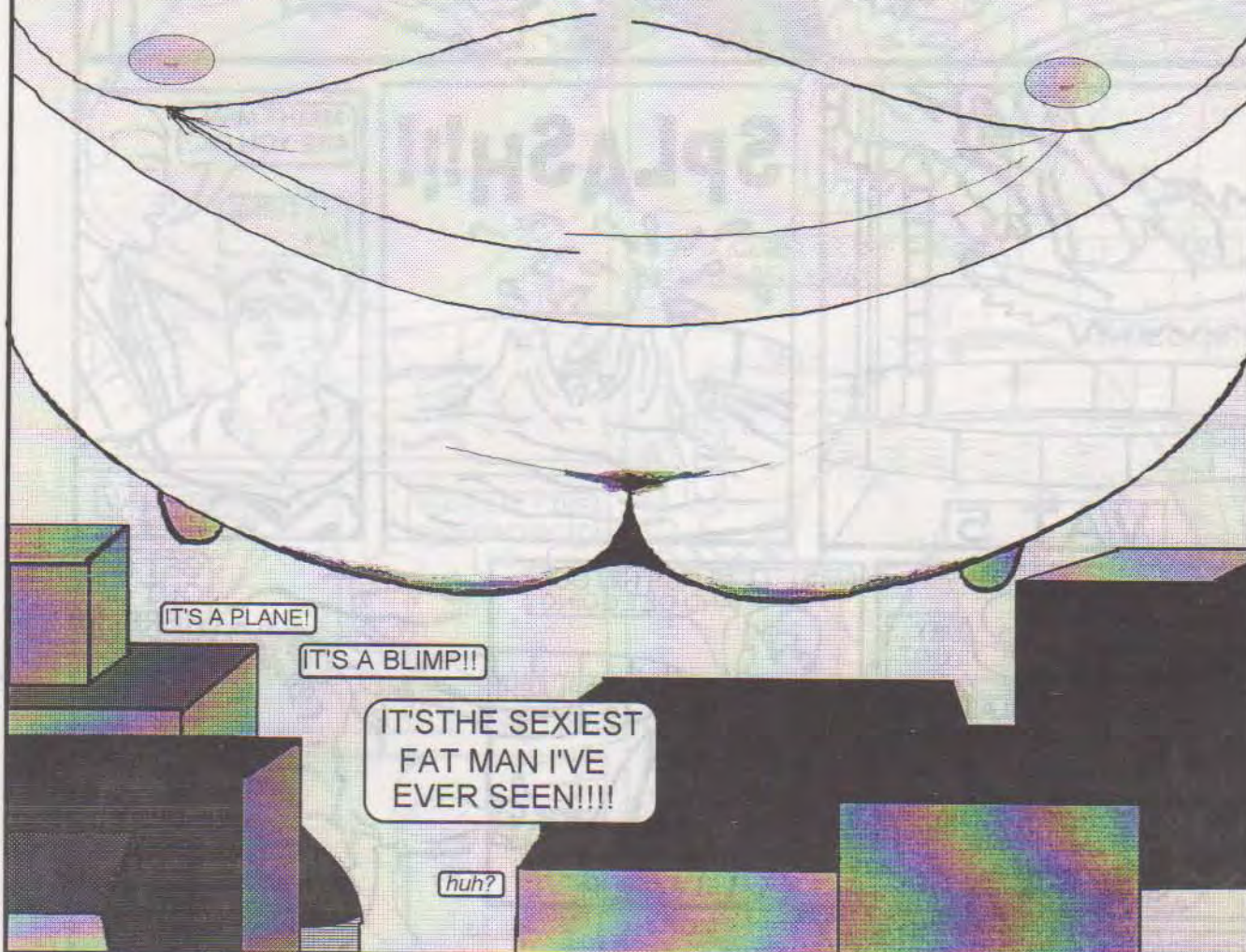
Ollie: Bye-bye.

Ben: Take care.

THE **MASSIVE** ADVENTURES OF **MIGHT MAN**

by
Cube

Tipping the Scales of Justice
Part Four



THE "BELLY-MAN'S" WAVE OF 'PAY
OR PUDGE' EXTORTIONS HAS
TERRORIZED METRO CITY'S
ATHELETES, ACTORS AND MODELS...



...OUR HEROES, MIGHT MAN AND
(THE SLIGHTLY ACROPHOBIC)
POLICE DETECTIVE OTIS FOSTER,
HAVE CORNERED THIS FATTENING
FELON AMONG THE BEER VATS AT
GUZZL'S BREWERY...



...TRAPPED, THE "BELLY-MAN"
ATTEMPTS TO ESCAPE BY BLASTING
HIS PURSUERS WITH HIS DAMAGED
FAT GUN...

READY...

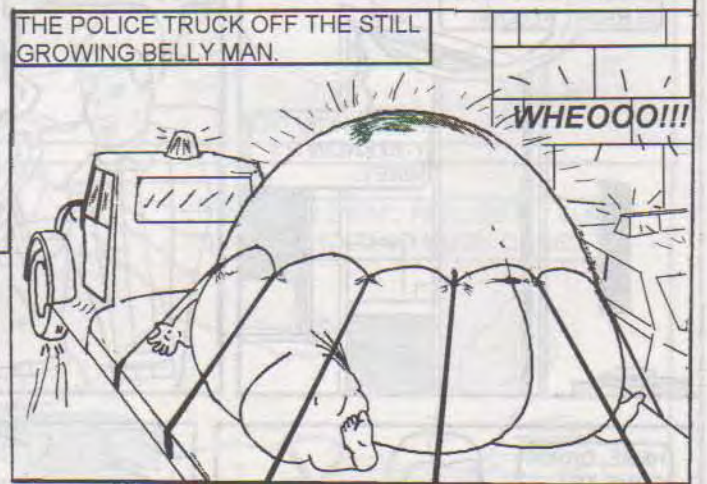
...AIM...

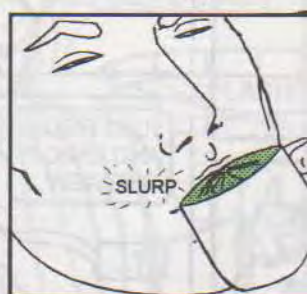
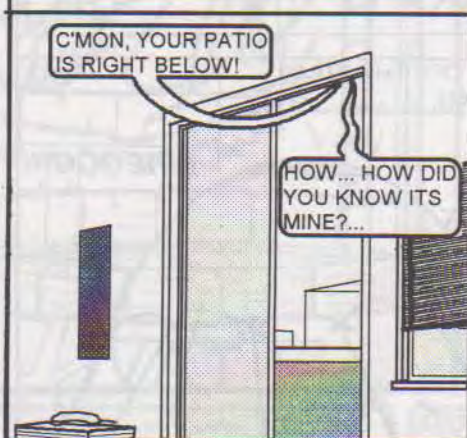


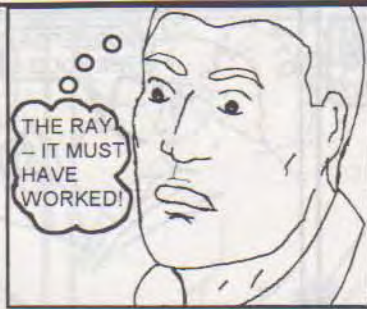
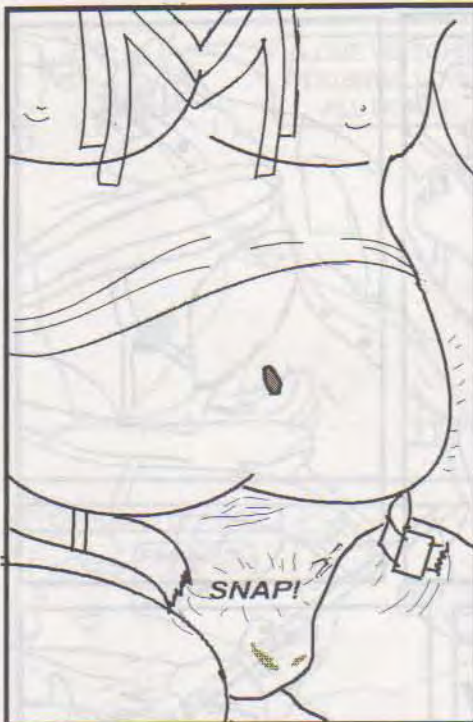
...FIRE!!!

THE FAT'S IN THE FIRE NOW!



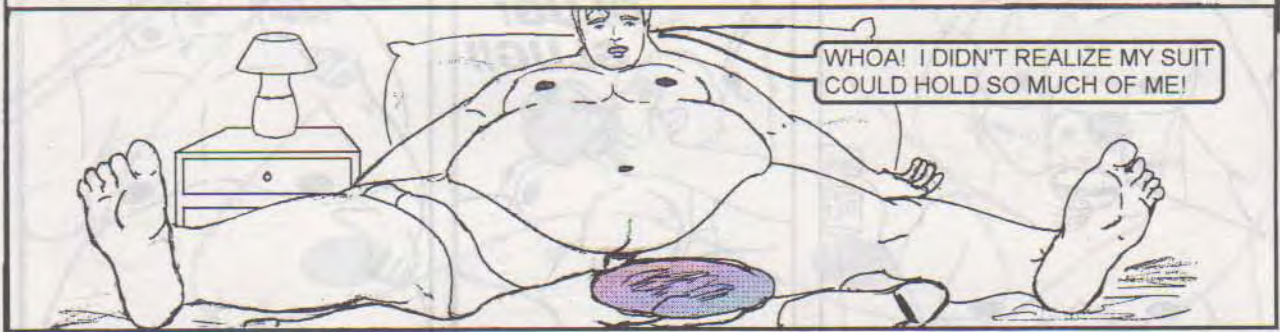
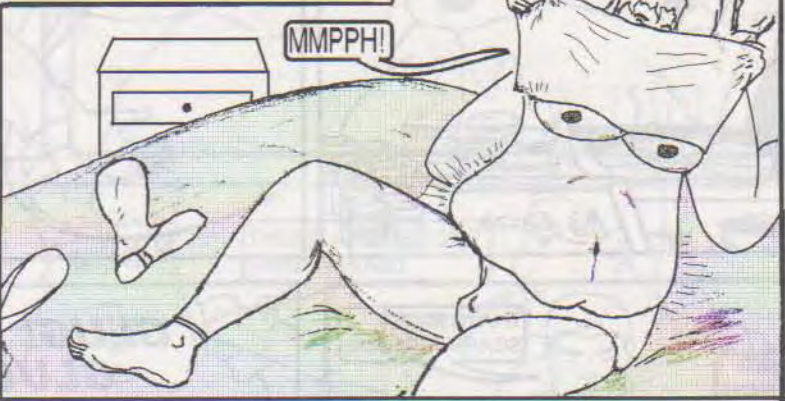




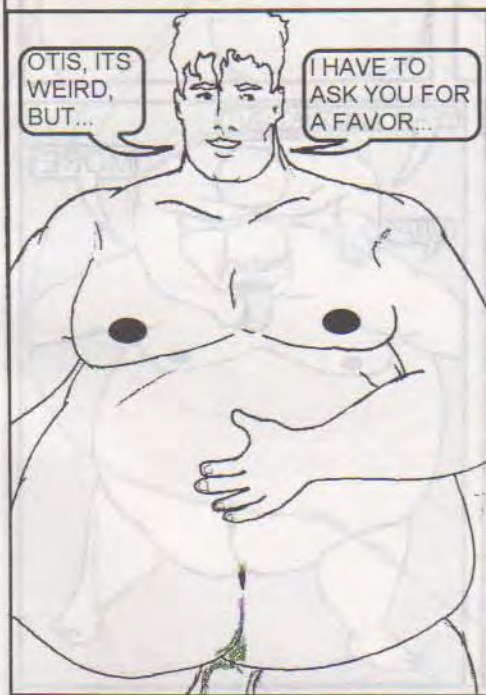


THE RAY
— IT MUST
HAVE
WORKED!

YOU'D BETTER GET OUT OF THESE
CLOTHES BEFORE THEY GET TOO
TIGHT!



WHOA! I DIDN'T REALIZE MY SUIT
COULD HOLD SO MUCH OF ME!



OTIS, ITS
WEIRD,
BUT...

I HAVE TO
ASK YOU FOR
A FAVOR...



I'M REALLY
HUNGRY NOW
— COULD YOU
GET ME SOME
PIZZAS OR
BURGERS?

SURE!



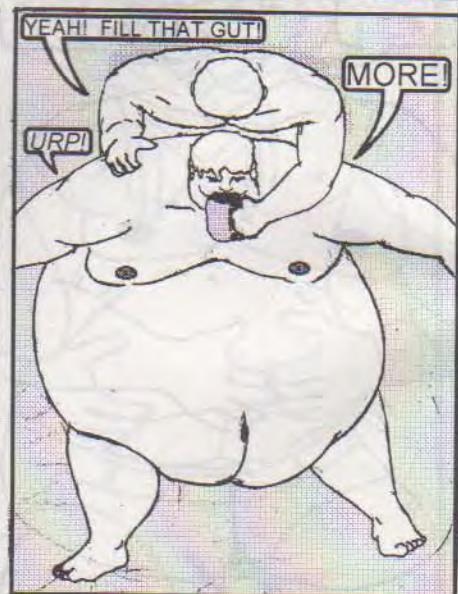
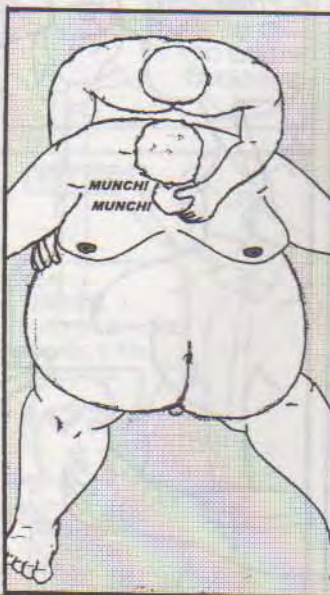
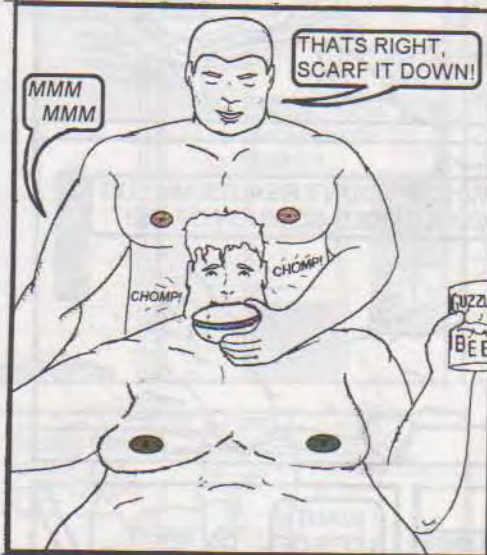
I WANT
LOTS OF
FOOD.

LOTS?

LOTS!

AND I WANT
YOU TO
FILL ME
UP!

THROB!





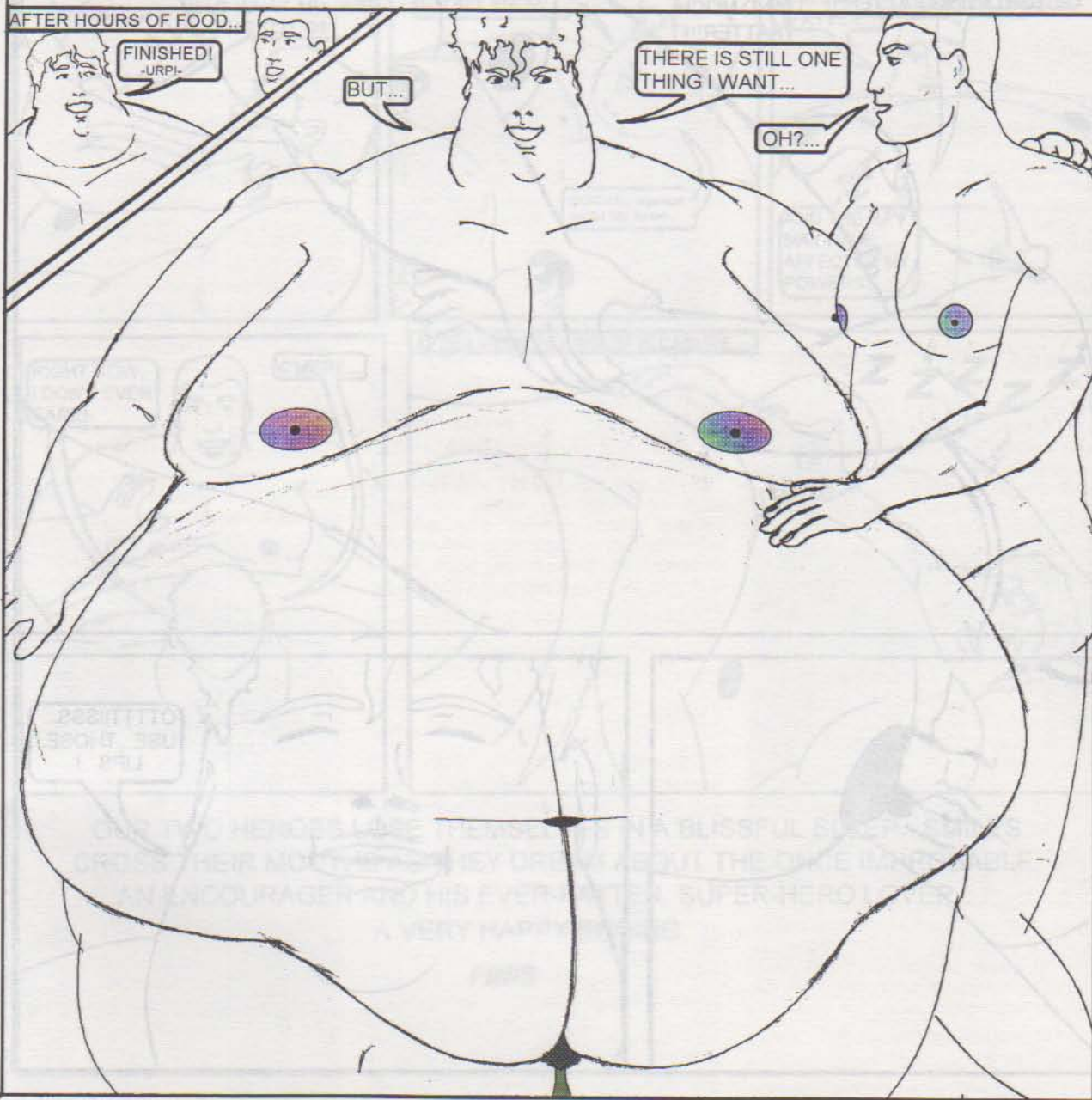
I LOVE WATCHING
YOU SWALLOW IT
ALL DOWN.



GLUG! I'M GETTING FATTER
WITH EACH SWALLOW!

YES, YOU ARE STUPID!

AFTER HOURS OF FOOD...

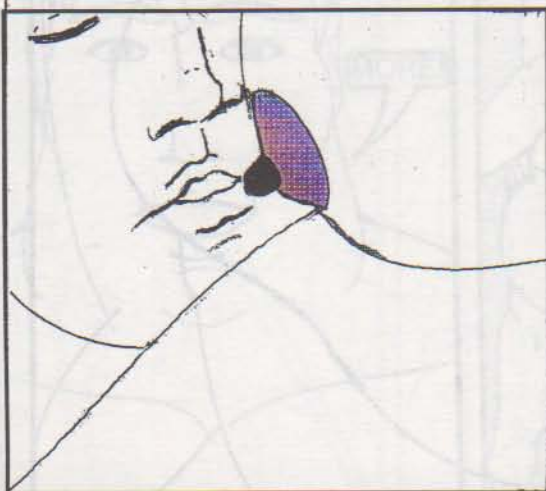
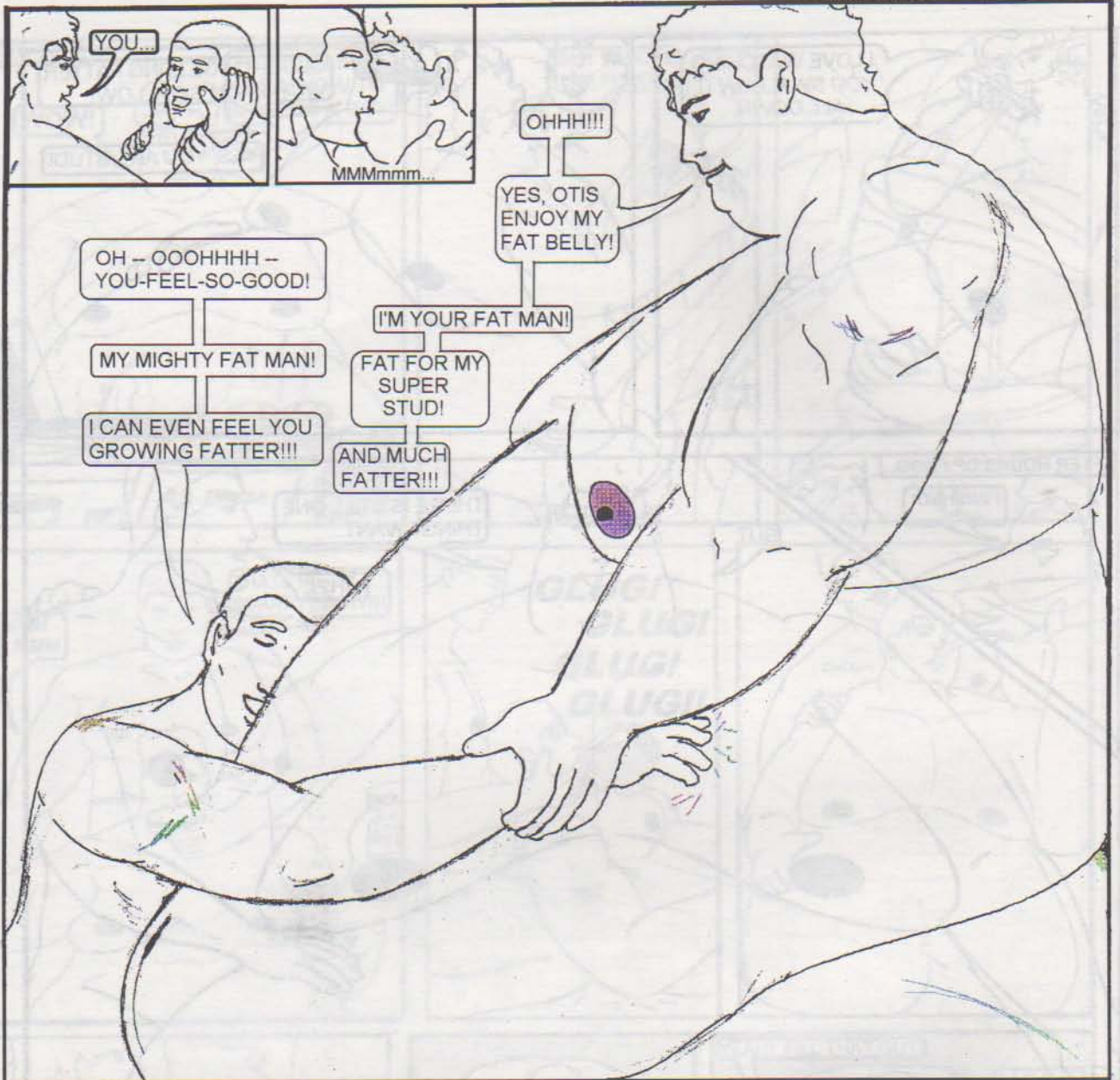


FINISHED!
-URP!

BUT...

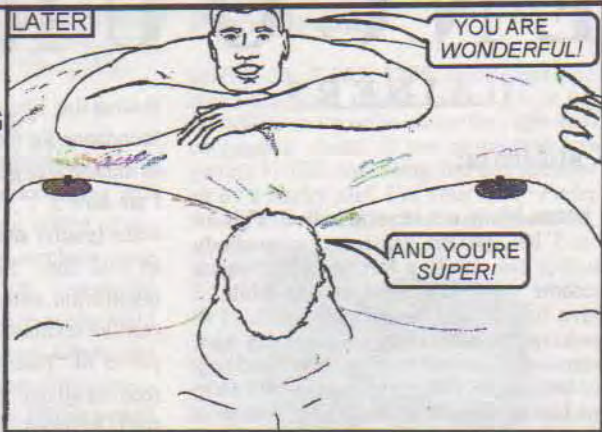
THERE IS STILL ONE
THING I WANT...

OH?...





THE TWO MEN,
A SEXY
ENCOURAGING
COP AND A
GROWING
STUD OF A
SUPEHERO,
EXPERIENCE
THEIR
LIFELONG
FANTASIES...



OUR TWO HEROES LOSE THEMSELVES IN A BLISSFUL SLEEP. SMILES
CROSS THEIR MOUTHS AS THEY DREAM ABOUT THE ONCE IMPROBABLE.
AN ENCOURAGER AND HIS EVER-FATTER, SUPER-HERO LOVER...
A VERY HAPPY ENDING

FINIS

ENCOURAGE ADS

GAINERS

California:

I wanna blimp out beyond belief! This 31 y.o. 5'10", 240 lbs. gainer seeks somebody to imprison me in a fort of fat! I wanna become morbidly obese and immobile. I have brown hair, eyes and beard. I'm looking for somebody close to my age, somebody who will take care of me and help me become the fattest guy imaginable! Help me become Walter Hudson III! Write with photo and letter to John, [redacted] San Luis Obispo, California 93406. I have no upper limit, so feed me until I burst! (3/96)

Florida:

32 year old gainer — 6', 230 lbs. I'm good looking, clean shaven and I love to eat till I'm stuffed! A former boyfriend helped me gain a lot of weight but he's far away now, so I need all the encouragement and inspiration from all interested in my growing fat belly. I'd love to hear fantasies from other gainers as well. Please send letters and photos, if possible, to: David, [redacted] Key West, FL 33040. (3/96)

Massachusetts:

LIFELONG Padder! GWM, 5'11", 27 and seeking to turn this artificial stuff into the real thing. I've often padded myself to sport a 90" waist. I've gone public with my padding too. However, this padder is an immobile porker who is trapped inside my 200 lb. body. I want the right man to feed



me to freedom! Let's explore together. Photo exchange required. Remember, obesity to immobility. Lucifer Taylor, P.O. [redacted] Marstons Mills, MA 02648. [redacted] (8/96)

New York:

BIG MUSCLES & GUT

is what this 37 y.o. GWM aspires to. Good foundation for both; what weight isn't added as muscle size goes to my furry, firm belly. I am now 5'7", 183 lbs., 44" c, 15+ a, 34" waist (pants) and 40" gut; short term goal of 200 lbs. Seeking encouragement, inspiration and admirers. Also want to explore sexual feelings toward food and the power to "Take it" (want to tie me up and feed me all day?) Write: (photos are always fun) Occupant, [redacted] 303 Park Avenue South, New York, NY 10010. (8/96)

Pennsylvania:

Hefty, handsome, bearded, hairy, bear who is a young 38 and is transforming into a real chunk of a hunk with an expanding beer belly. I'm 5'10", a proud 228 lbs. and getting fatter, seeking others who can appreciate my girth as much as I do and will encourage me via in person or on phone and keep me on a rigid weight gain program. [redacted] Glenshaw, PA 15116 or [redacted] (3/96)

Virginia:

Feed me into your arms! GW chubby gainer, 38, 6'1", 255 lbs. seeking to double my weight, wants to meet another committed gainer with aspiration of 500+ lbs... or a chubby GWM already over 375 lbs. who will enjoy fattening me up. Seeking GW friend/mentor/ possibly lover, HIV-, a non smoker, who is ambitious, outgoing, financially secure, with great sense of humor. Someone who finds two super chubby men together as erotic as I do. Write soon and let the feeding begin. M.G., [redacted] Arlington, VA 22215. (6/96)

ENCOURAGERS

California:

I'm looking for a big man of color. Does the thought of being treated like a king turn you on? If you answered yes, then this young, muscular man would like to meet you — pen pals to start. Me: 5 ft. 8", 203 lbs. and really appreciate shirtless pictures of men in need of pampering. You: 18 - 34, and in the San Francisco area. Write to: [redacted] San Francisco, CA 94133 (12/96)

34 y.o. 6'1", 185 lbs. encourager interested in hearing from fellow encouragers and gainers for photo exchange, etc... I will be glad to photograph/videotape you (in L.A.

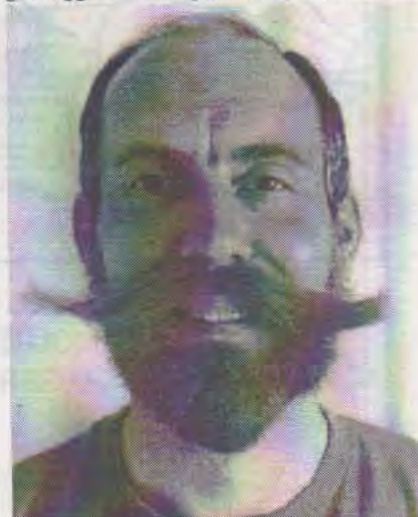
area) as well. James O., [redacted] Long Beach, CA 90807. (8/96)

Hot, hairy, husky & handsome WM, 5'10", 190#, 48 with nice, firm, sensitive gut, s/p hair & mustache. Looking to meet guys looking to get big or bigger. I prefer tall WM's 6'+ and 200#+, who are very masculine looking and acting. I live in Los Angeles and prefer local guys or visitors to L.A. I am not interested in long distance phone relationships. Serious calls only. Be HIV-, non-smoker and non-drinker. [redacted] I am a champion encourager. (3/96)

Obsessed encourager, 6'1", 205#, brown hair, green eyes, 42 yrs, nice looking. Would like to connect with guys in the West Hollywood/Silver/Lake area. I am in getting together with guys who want to put on a lot of weight and need a good looking/sexy encourager to help them along! Special interest in someone who is just starting out. Looking forward to hearing from you and having lots of good times. Max, [redacted] West Hollywood, California 90046 (12/96)

Connecticut:

GWM, 6'1", 175 with soft, bushy mustache and talented hands, wants to meet and enjoy being with big guys or those who want to get bigger. I'm especially attracted to all



sizes of soft bellies with deepset navels and nice love handles. Bellies that bulge over the front and sides of tight Levis are particular turn-ons. Beginners welcome.

Let me give your tits and belly the attention they need and deserve. Photo exchange required. Please write to Bob at [REDACTED] Rocky Hill, CT 06067 or call [REDACTED] on weekday evenings. Don't be shy, I respond. No phone sex. (10/96)

Florida:

DESPERATELY SEEKING A GAINER!!!

21 yr. old, 185 lbs. seeks a man to make into a human mountain of fat. I am 6'2" and have brown hair and eyes. I'm a very lonely encourager and my talents are going to waste. Let me put my talents into your "waist" instead. Let me turn your tiny gut into a work of "fat" art. Write: Raul, [REDACTED] Miami, Fl. 33135 or call [REDACTED] (8/96)

Louisiana:

NEW ORLEANS AREA. Definitely a superheavy man & ENCOURAGER, I am an attractive, masculine GWM, 6'1", 200 lbs., 45 years old with my own business, who seeks a permanent relationship with a GWM gainer, 30 to 50, weighing 450+ and who desires to be much heavier. Together we will get there. I am your enthusiastic encourager, pampering you with tender, loving care, while you are my enthusiastic gainer, adding those beautiful pounds, becoming fatter & fatter. Write to: [REDACTED] Hattiesburg, MS. 39404-6645. Please include your phone number! (8/96)

New Jersey:

HUNGRY FOR PEN PALS

Black Guy, 50, 290 pounds of creamy, rich, chocolate brown body. Into solid three year relationship with 330 lb. lover of German descent who I met through ads. He is a raging beauty. Need PEN PALS for serious, sincere and faithful correspondence which could lead to possible PLATONIC ONLY friendship with both of us. Check us out and find out what it's all about. Write to: Thomas, P.O. [REDACTED] Newark, NJ 07101 (6/96)

New York:

Looking for an intelligent man who wants friendship, romance and a growing belly. I am a 28 year old, 6'1", muscular/husky (205#) GJM who has many interests and want someone to share them with. If you're looking for someone to have fun with and share life's moments and who also will worship your belly and share in your fantasies of getting fatter — give me a try! Beginning gainers a plus — New York Metropolitan area residents a plus but will

reply to all letters. Write to: MAB, [REDACTED] New York, NY 10009-3750. E-Mail at [REDACTED] (6/96)

WIDE PRIDE

Hefty, Handsome and Healthy Professional GWM, 45, 5'6", 260#, seeks dating and more with healthy, clean-cut GWM of my age or younger. I work out regularly, love to eat and am proud of my girth. You should be anywhere from average to muscular build on up to multiple XL. Chasers, Chubs and Gainers all welcome — but no slims please. Phone [REDACTED] to 11 PM or e-mail [REDACTED] (3/97)

Young, Handsome, 200 lbs., 5'10" encourager, ISO of big, hefty, voluptuous men. The bigger, the better — especially



daddies — for friendship & relationship possible. Must be clean shaven, mustache preferred (35 - 50). Write to: Harry [REDACTED] Bronx, NY 10453 or call [REDACTED] I'm waiting to hear from you. (9/96)

GWM, 6'1", 188 lbs., br/gr, 30, muscular & masculine Bruce Willis type, seeks big to massive bellied masculine GWM who is into his size and wants to increase it. I'm a serious encourager; you be a serious gainer with a big gut or a desire to grow one. No size limit. Let me stuff you till you can't move. Reply with photo (a must), phone and descriptive letter on how and why we must make you huge, to: R. [REDACTED] New York, NY 10011 (3/96)

North Carolina:

GWM, 46, 5'4", 180#, moderately hairy, seeks letter and photos from (and of) heavysset men — husky/stocky to Sumo size. Hairy bodies, big balls, small cocks, clean shave are extra turn ons but not requirements. All letters will be acknowledged. Richard [REDACTED] Lexington, NC 27292 (6/96)

Pennsylvania:

GWM, 23, 5'10", 170#, handsome and masculine seeks serious gainer. I love big fat bellies and want to make the right man enormously obese. If you're tempted into getting HUGE and being fed and fattened up by a hunky stud, I'm your man. Prefer young and masculine but will answer all.



Your size now does not matter — its how FAT I will get you that excites me. Pen-pals and gainers nationwide encouraged, although I am looking for someone who is into getting enormous and a possible relationship. WRITE me at: [REDACTED] Philadelphia, PA. 19107-0882. [REDACTED] (3/96)

Washington:

GWM, 35, 5'6" tall, 170 lbs. Brown hair, beard w/some gray. I'm a fat man admirer looking to make friends with fat men who love being fat and especially want to get fatter. Fat describes someone who is sexy! So if you are fat and feel sexy, I'd love to hear from you. Possible relationship with the right man. Write to: John, [REDACTED] Suquamish, WA 98392. (10/96)

BOTH

California:

Love to eat? The lets do it! Handsome Italian encourager 35, 6'2", 200# is looking for a young gainer. I love big soft bellies and would help you get as big as you want. I might gain for the right guy too! Lets get started soon!!! Tony, [REDACTED] Orinda, CA 94563. (6/96)

SUPER SIZED BLIMP BOYS

Bigger, rounder, fatter and immobile. You want it as bad as I do. So lets do it together. I'm 28, 5'10", 350 lbs., bearded, bouncy and ready for some one on one feeding action. Join me on this journey of belly rubbing, mouth stuffing, hedonistic fun without reservation or hesitation. I've

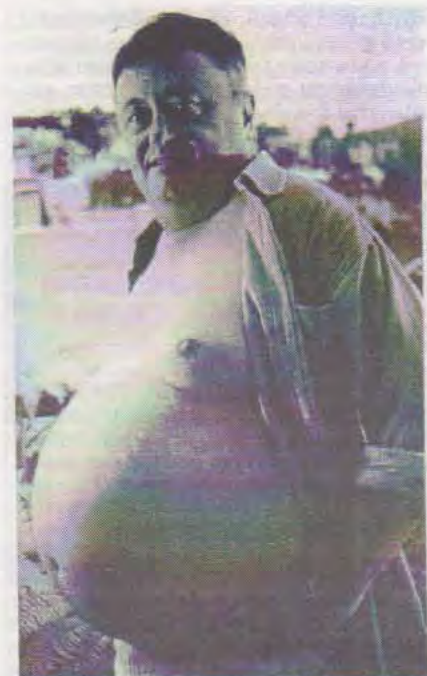
gained 200 lbs. of blubber and seek others ready to gain. Anything is possible. Don't settle for fantasy. Make it happen. Write me, I'll show you how. Serious and dedicated fat boys only (or those with a gainer within). Phil. [redacted] Long Beach CA 90803. [redacted] No upper limits (3/96)

GWM, 5'11", 55, 250#, short gray hair and mustache. I love to grow my big belly and like to encourage others to grow one. Big, heavy guys turn me on but I also like little



teddy bears and chasers. Into belly stuffing. I like my boys a little fat. Meyers [redacted] Palm Springs, CA 92264. (3/96)

Do you like big, round bellies? I am building one huge belly. Eat with me! Feed me! Help me get off on it! Just let's get it



larger. Call me at [redacted] Write me at [redacted] Stanford, CA 94309. Let's get it together — Bob. (9/96)

GWM, 40, 5'10", 280+, Br/Bl, Beard/Stache (salt/pepper), Hairy. I am looking for guys who will assist me in growing my big round belly! Currently wear size 44 pants (going on 46) and my gut measures 53". I love to eat in, or eat out (as long as we eat!!) until I can't move from fullness! Then have you caress and massage this big,



round, swollen, bursting gut! I prefer fit, muscular or hairy guys but also anyone into MY gut!!! Can travel ANYWHERE for the right gut stuffer! Send photo/phone to GEE, [redacted] Redondo Beach, CA 90277-1384 or call [redacted] or [redacted] (9/96)

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 bellybuilder



bodybuilder wants those who get off on his expanding belly as much as he does. So call Fat Nick at [redacted] or write: [redacted] San Francisco, Calif. 94131. (3/96)

Colorado:

HANDSOME BELLY LOVER WANTED

I've gone from a skinny guy to a medium sized guy with a 50" belly with room to grow. Love all kinds of belly play and being stuffed. Willing to gain, feed or both. Would like to get together with someone handsome, caring and with the stamina for serious belly play. Relationship a possibility; open minded about who that might be with. I'm 5'8.5", 200-210#, brown hair and eyes, moderately hairy, nice looking 30's. Send something about yourself, ideas and photo; I will respond to all who write. Peter, [redacted] Denver, CO 80201. (9/96)

Florida:

Masculine 40, 6', gone from 165 to 210 in past year, but need some serious encouragement from a serious gainer to continue. Interested in meeting new friends and possibly more. Please write Don at P.O. [redacted] Orlando, FL 32856 (6/96)

Massachusetts:

Open-minded straight WM seeks encouragers to help him expand his growing belly. On 1/1/95: 5'8 1/2", 216 lbs., 47 1/4" belly. Now: 250 1/2 lbs., 50 1/2" belly (52" sitting), 27 1/2" thighs. I want to get



MUCH fatter and flabbier with a pendulous belly. Lets help each other. Prize belly photos of successful gainers welcome for my fridge "Inspiration Gallery." We can exchange. Call Stan at [redacted] or write [redacted] Lincoln, MA 01773-0133. (3/97)

New Jersey:

WHAT'S HAPPENING TO ME?

26 year old gainer has reached original goal of growing a 50" belly and now I can't stop. I have lost complete control! My belly now has a life of its own and it wants to grow!!! Who knows what will become of me now? Anyone have any ideas? I would love to hear from any gainers or encouragers (local or national). But please write quickly. This balloon is getting bigger every day and may pop at any time. Write to: David, [redacted] Jersey City, NJ 07306. (6/96)

New Mexico:

GWM, 40ish, 5'9", 325#, Br/Br, seeks handsome, dedicated encourager and/or gainer, for friendship and/or relationship. I need my big belly to get even bigger and I need a buddy to help maintain and worship it. Pen Pals welcome. I would like to meet someone to show me the ropes — new kid on the block. I want someone to stuff my huge gut and then play with it like it was your favorite beach ball! Don't be shy about what you write. I can help you put on the pounds too! Write to: B.L., [redacted] Albuquerque, NM 87125. (12/96)

New York:

I am ready to take the weight-gain plunge! Well-toned, handsome, 39 year-old GWM wishes to balloon up from his 165 lb. meager frame to a robust 300 lb. + goal. I WANT my 32 inch waist to expand to 50+ inches. This is an encourager's dream! Would love to be coached, preferably by someone sharing my goals. I am really turned on by guys already nurturing pendulous bellies. However, I am open to all possibilities, inc. reciprocal coaching. No beards, tattoos. U.B. between 20 - 45 y.o. Write B.D.L. [redacted] NYC 10001. Your photo/letter gets mine! (9/96)

Upstate New York GWM, 44, non smoker, 260 and gaining, 6'4" tall, receding hair line, wears glasses. Have been an avid padder since I was 10. Want to correspond with and meet other padders and gainers. Also

interested in photos or video tapes of expanding bellies. Bruce, 622 Plymouth Ave., Mattydale, NY 13211. (12/96)

Cute GWM, 36, 5'8", seeks another beginning gainer interested in a mutual encouragement scene. In the past year I have gone from 128 to 170 lbs., adding muscle as well as fat. Now I'm looking for a like-minded GM to join me on the next



leg of my journey. Intelligence, dedication and humor are all pluses. Write to: Jeff [redacted] Sunnyside, NY 11104. Or call: [redacted] (3/97)

Ohio:

LIVING LIFE AT THE EXTREMES!
GWM 39, 5'11", 250#, Brn/Hzl, 53" belly. In search of a GWM bodybuilder 30 or under to encourage me to greater girth. Seeking a young man for fun and friendship that could lead to a long term relationship. My interests include music, dining, movies, cuddling, the arts and more. I am also looking for an 18-35 year old super chubby GWM 350+ who would like to get bigger. All I ask is a kind, loving heart, a gentle spirit, a full head of hair and big bellies, tits or muscles. R.W., [redacted] Worthington, Ohio 43085. (3/97)

Philadelphia:

Muscular, handsome, healthy professional GWM, 6'1", 26, 225+# seeks healthy 20 - 50 GWMS for encouragement. I have gone from 23"w, 40"c 180# to 36"w, 43" gut, 225+# by working out at the gym & dinner table. If you are a chaser, gainer, encourager, padder, who is anywhere from stocky to extremely fat, then I'd like to hear from you. Please contact me at Boxholder, [redacted] Wyncote, PA 19095.

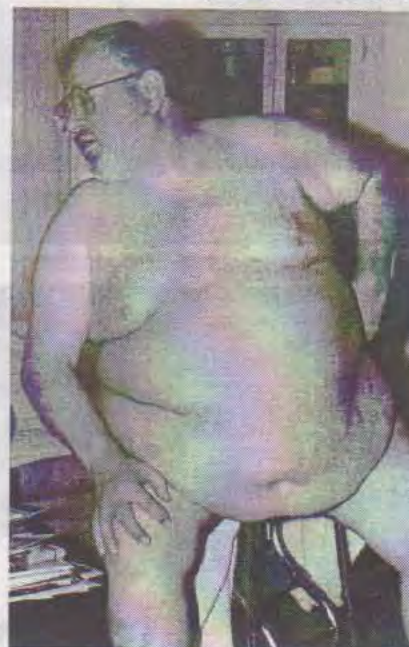
Philadelphia area encouraged to reply but will answer all. (3/96)

Russia:

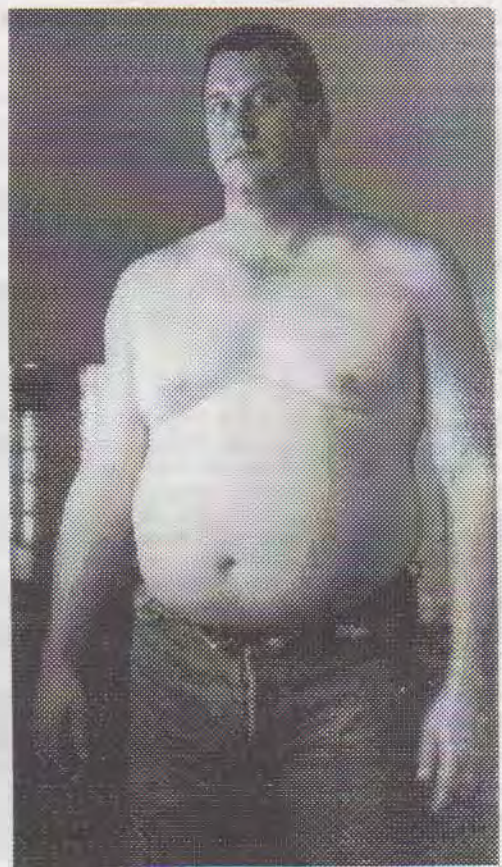
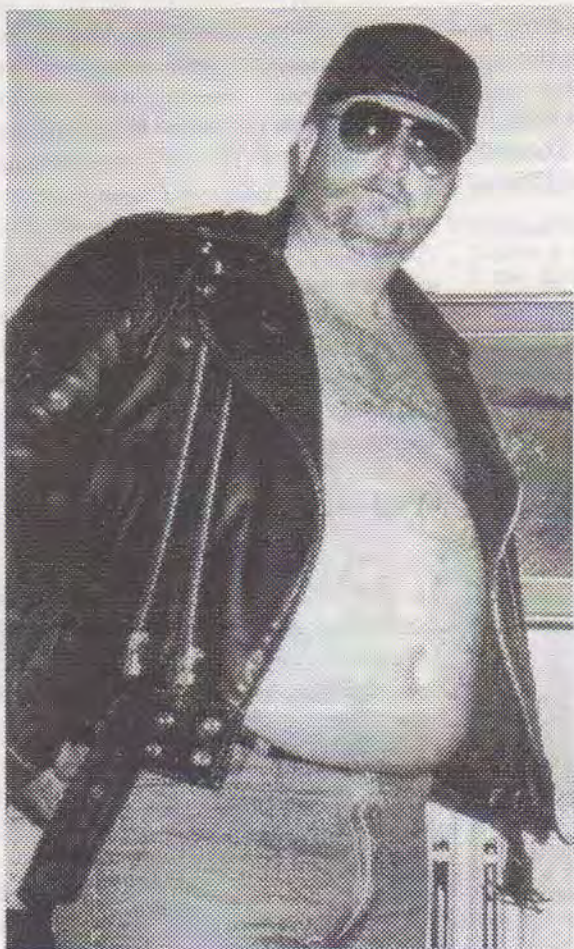
Young boy (24 years old) from Russia, seeks very fat boyfriend about my age. I am also interested in boys who want to be very fat. I want to grow fat with my friend and gain more and more without barriers! [redacted] Kazan-8, 420008, Russia. (9/96)

Washington:

Life-Long gainer/encourager. At 64, that's a long time. GWM, 5'7", 320 and trying to gain a pound at a time. Would like to get acquainted with drug free gainers/encouragers from anywhere. Smoke/booze



free preferred but not absolute. Want to meet gainers/encouragers in the Pacific Northwest including British Columbia for friendship, mutual support and EATING, possible relationship with Mr. Right Encourager. Write to Rick [redacted] Seattle, WA 98109. Photo and phone gets mine. (9/95)



MAIL PAUNCH

Dear Ben:

In a European newspaper I've been reading, three clippings caught my interest, and I'm wondering if any of your readers have information on them.

1) Two US scientist - Prof. Paul Abernathy & David Black, claim that overweight is not a problem. "Brown" fat removes harmful fatty acids & cholesterol from the bloodstream and the more the better. "White" fat cells are harmful.

2) A British rock group called "Take Fat" who promotes themselves as weighing 2,353 lbs. How can I contact them? Are they still around, and if so how can I write them for public relations photos?

3) I am a 5'7", 165 lb, 40 year old, professional who is also an avid encourager. I am seeking that special man to fatten up. Any takers? Thanks everyone

Barry

New York, NY 11375

Dear Barry:

I read an article about the brown vs. white fat in the New York Times. So this information was not just for European readers. What I want to know is how can we learn to build more brown fat over white fat.

Also, I have heard of Take Fat. One of our British members sent me an article about them. I believe the members of the group are gay, so you should try contacting through one of the British Big Men's groups.

Good luck with finding Mr. Stuff-Me-Right. - Ben

Dear Ben:

I'm very sad to hear that this will be the last issue of Encouragement, but I fully understand your need for time for yourself. Best wishes for the future and thanks for making me feel both normal and special through your wonderful newsletter.

Take care of yourself.

Kind regards,

Raymond Barwick

p.s. Keep Growing! I've done well this year, I'm up to 422 lbs.

Dear Raymond:

WOW! You're a big boy! Thanks for the kind sentiments. I hope that you can find something that makes up for Encouragement. - Ben

Hello Dear Ben!

Good Day, Dear Encouragement!

Thank you very much, dear Ben, for your letter, and for the newsletter which I received from you.

After your newsletter I understand that I am not an admirer of fat boys, but that I am a gainer. I very often dream that my boyfriend is fat, but my main fantasy is

that I am fatter than my boyfriend. With the help of Encouragement I have penpals with men from your club and I feeling myself more freedomly.

For many years I was afraid to discuss my predilection with anyone. I have been stuffing myself since I was seven years old.

I must say Thank you for all that you do for me and other men. I wish you good health.

Good-bye,
Alexander

Dear Alexander:

I'm so glad that I was able to help you find yourself. Even though there will be no more newsletters traveling your way, I hope that you will keep in touch with our members from around the world. - Ben

Dear Ben:

I got my most recent Encouragement and it was as exciting as always. You do such a terrific job with the paper.

I wanted to modify my ad again if that is okay. Please modify as follows:
GW chubby gainer, 39, 6'1", 270+ lbs, seeking to put on an additional 200 lbs or so. Seeking a committed relationship with a fellow gainer, already over 375 lbs, who has similar goals in mind. You should be HIV-, a non-smoker, ambitious, outgoing, financially stable, with a great sense of humor. Someone who finds two super chubby men together as erotic as I do. Write soon and let's get fat! M.G., [REDACTED]
Arlington, VA 22215

Take care,
Michael [REDACTED]

Dear Mike:

I hear from a friend of yours that you have made excellent progress in weight gaining. I'd love to see a picture of the new you. Congratulations and keep up the good work. - Ben

Dear Ben:

Thanks again for printing my previous letter in the May issue - as usual, it is most encouraging and appreciated!

Personally, I always try to observe the torso of every voluptuously fleshy man through his shirt that I encounter. Down here in the South, a lot of overly ripe men (even professional men like lawyers and bankers) still heartily disdain undershirts, and even the casual observer can readily make out where their navels and nipples are, how curved their love handles are, where the hair on their chest is, and even how tender their belly aprons might be. These observations often fire my fantasies, and I never tire of making them every chance I get. In my line of work, I get more than my share of chances, giving new meaning to the term "undressing them with my eyes". You don't need x-ray vision to do so with a lot of over-ripe studs down this way--fabrics can only stretch so much, and many of them only wear shirts in public because convention requires it. Nights and weekends can often be another story

where seeing near-naked, heavy-duty, whipped-cream dreamy, male beefcake is concerned in MY neck of the woods...

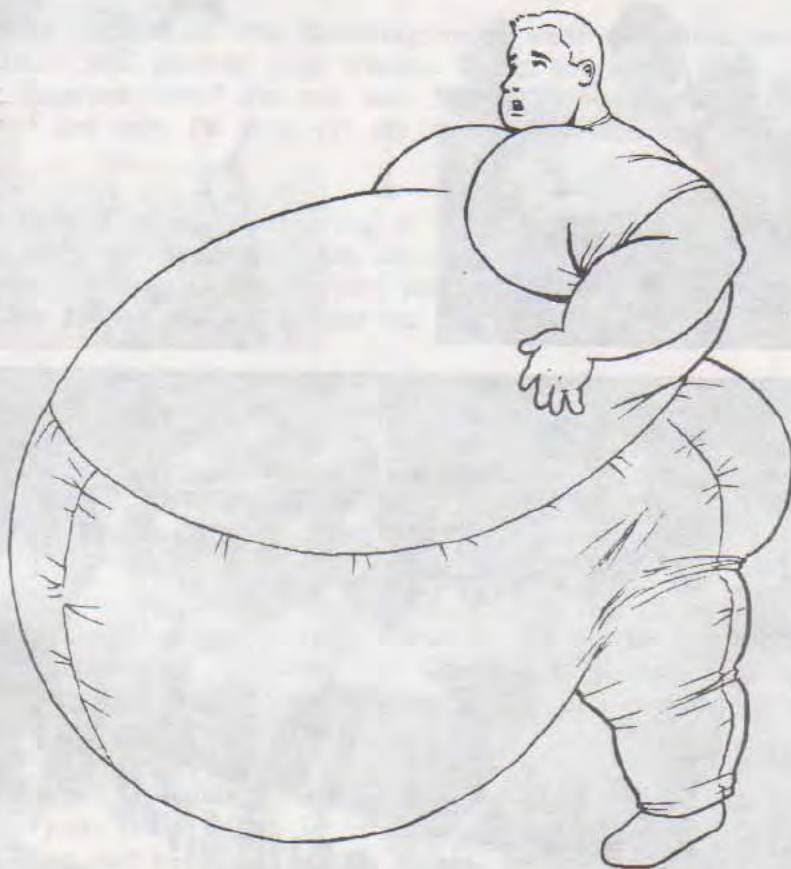
Personally, there are few things homosexier to me than a ripely corpulent Hispanic male of a certain age. I see a lot of them in my area, and they seldom fail to turn me on. Like Rico, a lot of young Hispanic males mature early and start to pick up weight after they marry--it seems to be a badge of honor for both husband and wife--so that, by the time they reach middle age, many of them are among the juiciest, ripest, most rounded Daddies around! I've had more than a few chances to rub and caress a number of these Hispanic bellies, suckle these soft pectorals and hard, wide nipples, and lick his caramel-colored and hairy skin. Their macho facades are often breached early, I've found by food...

I'd personally like to see a bare-chested photo of Cube, and get verbal feedback from him on the impetus he had for "MIGHT MAN". Also, I'd like to know where the strip is going from here.

Thanks for letting me strain your eyes regarding the past few issues of Encouragement. Please keep up the good work. I look forward to each issue!
Your friend,
Fredrick [REDACTED]

Dear Fredrick:

Thanks for sending me your letters. They were a little long . so I had to cut them down. I hope you don't mind. The "MIGHT MAN" comic concludes in this issue. Please keep in touch. Wishing you and all our members much girthful happiness. - Ben





Loving Encouragement,



Farewell

The time has come, the fat guy said, to talk of many things,
Of tales of food, of fat and love, of soaring without wings.
Encouragement, my favorite newsletter is going away for good.
My belly is sad, no longer encouraged, for gorging myself with food.

Gainers and Encouragers across the land will be missing you, Mr. Ben Stone
This gaining erotica has truly impressed us... in our belies it is shown.
We've made important connections with guys who enjoy us, we've eaten and and gotten fatter.
I'm not sure that you know how much you've affected us - your work has truly mattered.

But as with all things, change is inevitable, and all of us have to adjust.
We can't give up gaining. No! Rise to the challenge. We must get fatter until we bust!
We'll follow our gay-dar and find other methods of keeping this gaining thing going.
We'll write to each other, we'll talk on the phone, our drive to grow bigger is not slowing.

But, oh how we'll miss this Encouragement, we'll miss this erotic affair
Of getting new issues and reading with hunger, those hot stories and drawings in there.
Can we say what our favorites were? I'm not sure I can. They each had their own unique flavor.
I just know when I got one, I'd strip off my clothes and run straight to the refrigerator.

There never has been a more positive rag to help me focus my gaining and growing.
The friends that I met, the fantasies I get, on my waistline all of this has been showing.
You helped me to know, as others know too, that a desire to be fat can be cool.
You've helped me to see that it's hot for me to grow so fat that I can't see my tool.

We may not be mainstream... we're not built like models, but Encouragement has helped me to see
That whether I fit in doesn't matter at all, it's it's being true to myself that's the key.
So thank you Ben Stone (as you're commonly known) I'll miss the work that you've done
But I'm glad you're my friend, thank you for creating something that's been so much fun.

You've left an impression, in our hearts, minds and bellies, because of you we have all grown.
May this final Encouragement serve as a tribute to all of the love that you've shown
For Gainers and Encouragers, Chubbies and Chasers, Bears and Bear lovers as well,
There may be alternatives, but not a replacement for this pro-fat newsletter you sell

So don't be discouraged by whiney subscribers who feel you've abandoned their cause
Those of us who know you, know what's in your heart... you're not quitting just taking a pause.
So reflect on your history and be proud of this rag. You can crow about a job very well done.
I'll get other magazines and go on-line for Gainer News, but Encouragement is still Number One!

