## Shadow on a Tightrope

# Writings by Women on Fat Oppression

Edited by Lisa Schoenfielder and Barb Wieser Foreword by Vivian Mayer

aunt lute books

SAN FRANCISCO

### Table of Contents

ix Foreword

xviii Preface

xxii Acknowledgments

xxiv whoever i am i'm a fat woman / Sharon Bas Hannah

#### 1 The Fat Illusion: Exposing the myths . . .

- 3 The Fat Illusion / Vivian F. Mayer
- 15 The Goddess Is Fat / Kelly
- 22 To those who use "fat" as a definitive adjective / Marianne Ware
- 23 The Questions People Ask / Vivian F. Mayer
- 37 Some Thought on Fat / Joan Dickenson
- 52 Writings from the Fat Underground
  Fat Liberation Manifesto
  Fat Women and Women's Fear of Fat

#### 2 Growing Up: Memories of fat women's lives . . .

- 61 Fat in a Blue Tu-Tu / Kate Allen
- 62 "We'll worry about that when you're thin" / Lynn Mabel-Lois
- 67 Fat Memories from My Life / Terre Poppe
- 71 Sanctuary / Leah Pesa Kushner
- 74 Interview with Darla
- 79 Outrages / Lynn Levy
- 82 Interview with Deb

## 3 "I Stilled the Dancer in Me": \* The struggle of fat women to be outside, to exercise, to participate in sports . . .

- 97 Rec Center / Susan J. Norman
- 99 Summer / Veronica Hubbard
- 102 Fat Women as Dancers / Sharon Bas Hannah
- 106 On Getting Strong: Notes from a Fat Woman, in Two Parts / Judith Stein

#### 4 Ordinary Hassles: Living with harassment and isolation . . .

- 113 Ordinary Hassles / Doris K.
- 118 A Day in My Life / Judy Freespirit
- 121 Interview with Martha
- 134 untitled / Sue McCabe
- 135 The Human Potential Movement: Judging People's Humanity by Their Looks / Sharon Bas Hannah
- 139 Fat Women and Clothing, an Interview with Judy Freespirit / Cynthia Riggs
- 144 Traveling Fat / Elana Dykewomon

## 5 They're Trying to Kill Us for Our Own Good\*\*: Medical crimes and the dieting war against women . . .

- 157 Intestinal Bypass / Betty Shermer
- 162 Weight Loss Surgery: Miracle Cure or Mutilation / Louise Wolfe
- 167 untitled / Sue McCabe
- 168 One More Time / Kathleen Hagen
- 173 Conversation with Nancy
- 183 Fat. Not Fat. / Robin Goldner
- 185 Medical Crimes / Kelly
- 187 Bypass / Mona Hudson
- 193 A Poem About My Sister Caroline / Sue McCabe

#### 6 A Spoiled Identity: Fat women as survivors . . .

- 197 learning to breathe / Elana Dykewomon
- 199 A Spoiled Identity / Martha Courtot
- 204 Fat Politics / Laurie Ann Lepoff
- 210 coming out: notes on fat lesbian pride / thunder
- 216 Attraction and/or Intimidation: Fat Women's Sexual Dilemmas / Karen Scott-Jones
- 223 "There's nothing to compare with how you feel when you're cut cold by your own . . ." / Nedhera Landers
- 227 Wandering Jew / Judith Masur
- 228 Fat and Old: Old and Fat / Marjory Nelson
- 237 Letter to Lisa / Sandra Tyler
- 241 Bibliography

<sup>\*</sup> From "Fat in a Blue Tu-Tu," by Kate Allen

<sup>\*\*</sup> The title of an article by Kelly in Common Lives / Lesbian Lives, Number 1, Fall 1981.