

YOU'LL WANT TO LIVE HERE

FatLand

a novel

Frannie Zellman

IN THE NEAR FUTURE THE PRO-HEALTH LAWS of the United States of America have become so oppressive that people seeking freedom over their bodies have established a new country. In FatLand, life is good and scales are forbidden. Free from the hatred and discrimination of the Other Side, FatLanders have built happy, productive lives. But not everyone is flourishing.

AVA came to FatLand after her lover died from bariatric surgery. She threw herself into work, believing she was immune from love. Then she saw a beautiful dancer and lost her heart again. **ALVIN AND REEVIE** thought that by living in FatLand they could give their children and each other a chance for a life free of sizeism and racism. They didn't count on their lovely twin daughters' curiosity and yearning for excitement and danger. **JOANN AND ED** carved out what they thought was a peaceful existence. But their bright children are anything but happy in the well-appointed home and tranquil life their parents had created in FatLand. Well-to-do, attractive and sophisticated, **DARA AND SANDOR** thought they could make the FatLand Board dance to whatever tune they wished. But their way of life and beliefs are about to be tested more severely than either of them could have imagined. Dreaming and determined, luscious **MARGARET** fled to FatLand after her rich, powerful paramour married a thin woman he didn't care for. She made a deal with her devil so she could publish the top flight newspaper FatLand badly needed. But then the devil called in the cards.

SOON THESE FATLANDERS AND THE FREEDOM FIGHTERS ON THE OTHER SIDE will face forces threatening the health and happiness of all.

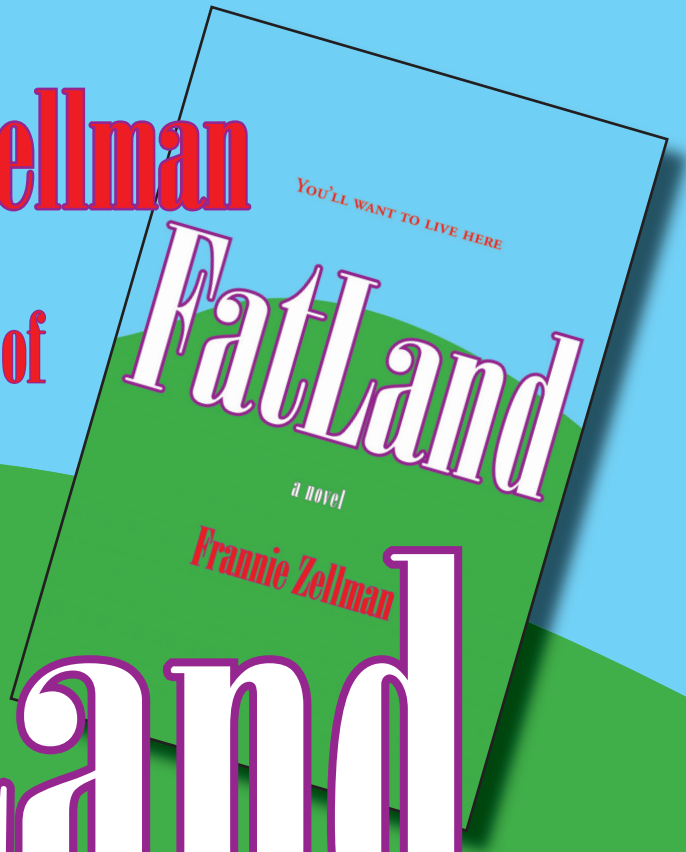


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Frannie Zellman

author of



FatLand

FRANNIE ZELLMAN received her MA in creative writing from Boston University in 1980 and blames none of her professors for what she has done or written since.

She is a member of the National Association to Advance Fat Acceptance (NAAFA) and has taught writing workshops for people of size. She is the editor of *Fat Poets Speak: Voices of the Fat Poets' Society*, which will be published by Pearlsong Press in May 2009. She remains an active member of the Fat Poets' Society and has recently started an online fiction writing group called the Fat Fiction Forum.

FatLand is her first novel.

Visit Frannie on the web at www.fatfrannie.wordpress.com.

FACTS ABOUT FRANNIE ZELLMAN

“Frannie Zellman” is the pseudonym of North Bergen, N.J. resident Fern Kant Ghauri.

Kant/Ghauri is a

1972 graduate of Cherry Hill High School East (Cherry Hill, NJ)

1976 graduate of Brandeis University (major: English)

1980 graduate of Boston University (MFA: creative writing)

& currently works at YIVO (Institute for Jewish Research) in New York City.



FOR IMMEDIATE RELEASE

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“Pro-health laws” lead to size acceptance sanctuary in new novel FatLand
New Jersey author Frannie Zellman’s fantasy inspired by current events

NASHVILLE, TN—In the near future “anti-obesity” initiatives in the United States become so oppressive that people seeking freedom over their bodies establish a new country, **Fat Acceptance Territory Lease Accession Non Dated—FATLAND**. Or they do in the new novel by that name by New Jersey author Frannie Zellman.

In *FatLand*, life is good and scales are forbidden. Free from the hatred and discrimination of the Other Side, *FatLanders* have built productive lives. But as the book (first of a planned trilogy by New Jersey author Frannie Zellman) unfolds, a group of *FatLanders* and freedom fighters on the Other Side face forces threatening the health and happiness of all.

FatLand may be fantasy, but its premise is reflected in real-world news. In 2008 alone, anti-fat initiatives in the U.S. have included Mississippi state legislators sponsoring a bill forbidding restaurants from serving fat people and Alabama’s State Employees’ Insurance Board approving a plan to charge \$25 more a month for insurance to “overweight” employees who fail to “progress” in losing weight. Meanwhile, Japan launched a waistline-measuring campaign in which those larger than the narrowly defined ideal and have “weight-related” conditions are given dieting advice and “further re-education” if they do not lose weight.

As Zellman noted in a recent interview with Pearlsong publisher Peggy Elam, Ph.D. (<http://www.pearlsong.com/pearlsongconversations.htm>), all these and other “anti-obesity” initiatives have been enacted even though there is no safe, effective, permanent means of making fat people thin. Such initiatives have increased the stigma and discrimination experienced by fat Americans and further stressed people of all sizes struggling with eating disorders.

Frannie Zellman received her M.A. in creative writing from Boston University in 1980 (Zellman is a pseudonym for Fern Kant Ghauri). She is a member of the National Association to Advance Fat Acceptance (NAAFA) and has taught writing workshops for people of size. *FatLand* (\$19.95, 212 pages, original trade paperback) is her first novel.

FatLand is available from Amazon.com and other online retailers, as well as directly from the publisher at www.pearlsong.com.

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PEARLSONG PRESS
NASHVILLE, TN

To the members of the Fat Underground

Prologue

2010

THE CENTER FOR HEALTH MATTERS recommends that any woman of childbearing age, defined as the years from 18–50, whether or not she intends to get pregnant, adhere to the following recommendations:

- No alcohol
- No premarital sex
- No weight gain
- No unhealthy foods in large quantities
- Foreign travel only for business purposes and for stays of less than three weeks...

*excerpt from Surgeon General's Committee
Recommendations on Health & Weight*

2012

THE CENTER FOR HEALTH MATTERS recommends that a series of Pro-Health Laws be passed according to CHM guidelines. Recommendations for food intake and weight categories follow.

- Every person who is considered overweight according to these guidelines must begin a reduced-calorie regimen immediately or risk mandatory enrollment in a Pro-Health Re-education Program if he or she has not seen a health professional.
- Every person who consumes more than the allowed daily or weekly portion of certain foods risks mandatory enrollment in a Pro-Health Re-education Center.
- Every person who avoids or tries to avoid the Non-Approved Food Tax while buying or ordering the foods specified below, which are taxable according to the Non-Approved Food Tax Statutes, is subject to mandatory confinement in a Pro-Health Re-education Center.
- No person who is over the allowed weight limits is to be considered healthy, even if he or she meets the requirements of any or all other criteria for overall and comprehensive health according to tests and evaluations...

*excerpt from Surgeon General's Committee
Recommendations on Health & Weight*

2014

I CAN'T STAND IT ANYMORE.

I am fat. I am not a criminal. I am not ashamed of being fat. I am tired of wondering when the doctors are going to order me to have so-called “corrective surgery” that not only does not correct, but makes me sicker in the name of making me healthy.

Worse yet, I don't want my children to worry about their weights. I want them to be happy and healthy, whatever their body types happen to be. I don't want them to have to worry about everything that goes into their mouths. I don't want them to face bullying and harassment or, even worse, the shattering of their dreams.

We are tired of being mistreated and mocked and having our self-esteem taken away from us, tired of being considered criminals when all we did was to have bodies that metabolize food differently than thin people.

If you wish to join us, please call or email the following for more information...

*post on FatHelp Blog:
A Blog for the Fat Community of the USA*

2044

FatLand

Part I

Chapter 1

Joann & Reeve

JOANN AND REEVIE sat in a sunny kitchen with yellow walls and a porcelain plate under a rooster clock. Joann poured coffee into two Wedgewood cups and they leaned back.

“I don’t know what to do,” Joann said, sipping judiciously at the Brazilian blend. Her long black hair cascaded down pale plump shoulders just visible under the light green print of her robe. “It’s keeping me up nights, but I didn’t want to worry Ed. I have to turn in this financial report tomorrow, and he has to finish those soil tests. But it all seems—” She bit her lip and tried, fairly successfully, not to cry. “Okay, this is the problem. Mira—well, she just doesn’t seem to gain weight.”

“Is she eating?” Reeve asked, setting her cup down. Her almond-colored eyes, several shades lighter than her rich brown skin, gave her the look of a pampered cat. She stretched slightly in her seat, her round breasts and belly shifting as she raised her firm thick arms.

“Of course. She eats even more than Jesse, and he’s filled out quite nicely.”

“Well, look at it this way,” Reeve said. “There are kids, and adults, too, who remain thin all their lives. We can’t help it. They can’t help it. It’s not as if she doesn’t get enough to eat.”

“But it’s so embarrassing,” Joann said. “I’m so afraid her classmates will start making fun of her. And she’s already having trouble getting clothes. Even today her Phys Ed teacher asked her if she could speak with us. And another teacher asked her if both of her parents came from here, from FatLand. She was so angry. She said to him, ‘My parents have been here longer than you have.’ It’s lucky the principal is an

old friend of Ed's from high school, or it might have been worse." She bit her lip again. "What did I do? Why is my child so thin? Reeve, where did I go wrong?"

"You didn't go wrong anywhere," Reeve said, taking Joann's hand across the table and squeezing it. "Mira happens to be thin. It could be any number of things. But none of them have anything to do with you."

Reeve sighed as she left Joann's house and walked the six blocks to her own spacious Cape Cod. She could understand Joann's worries, although she didn't have the same problem with her own children, Aimee and Jenna. They were both lovely, voluptuous—a bit spoiled, yes, but totally engaging. Aimee wanted to major in dance therapy, while Jenna wanted to go into theater arts. *Another achievement of FatLand*, she thought, and one of the reasons she'd moved here—no field was off-limits to anyone because of his or her size.

She remembered how it had been for her when she had been a drama major at a well-known university on the "Other Side," as FatLanders called the country adjoining FatLand on its eastern borders.

First her professors had laughed. One well-meaning instructor had urged her to take up smoking to lose weight. Another one had given her a lecture on why "heavy" black women would never make it in the theater or on TV or in the movies. Especially in the movies. And now what did she see? At least one movie a month featured a substantial black woman—*fat, yes, fat*, she reminded herself. You were supposed to use the word "fat" in FatLand. Not in bitterness, not in pride, but to describe what you were, and what the great majority of the inhabitants were.

We are fat. Say it, Reeve. Say it simply. Say it for all the times you were told to starve and they called it a diet. Say it for all the times someone told you—some man, since she was straight—that he loved you, but if you would just lose thirty pounds...

Then again, there were the men who took her to bed and loved it, but wouldn't speak to her the next day.

She remembered how she had argued with her husband twenty years ago before she had been able to convince him to move to the brand new territory called FATLAND, which stood for Fat Acceptance Territory Lease Accession Non Dated. (The correct name would have been

FATLAND

Fat Acceptance Territory Lease In Perpetuity, but that first Governing Board perceived correctly that people might not be wild about living in a place called FATLIP).

Her husband, a general practitioner at the time, had married her quite selfishly because, as he told her two dates after they met, “You make me feel as if I could fly and I want to lean against your breasts forever.” He admitted to buddies that he liked “big women,” and since he was far and away the most successful of his friends, they didn’t tease him about his preferences.

It was when Aimee, the first of their girls, was born and started to become adorably chubby that FatLand came into existence. Founded in the second decade of the twenty-first century with twenty-four couples and twenty proud singles, FatLand had mushroomed into a country-state of 400,000, with growth of 20 percent in its past four years. It stood to become a million-person entity in the next five years, maybe sooner.

She and Alvin moved here when Jenna came along. Even her husband had noted the increase in fat-baiting and fat-hatred at the same time that more Americans were becoming fat and yet living longer. It was as if the fat-baiters refused to accept that they had been fed a diet of lies about fat people by the media and still clung to their desperate need to scapegoat some group.

Ironically, in the media on the other side, fat people—especially women, for some reason—started to appear regularly. A culture war was being fought between those who felt that fat people did not need regulating and those who felt they needed to reduce their body sizes “for their own good.”

Then, of course, the Pro-Health Laws had begun.

From being apathetic on fat issues her husband had quickly become a staunch activist, so much so that he was now one of the two medical representatives on the Governing Board of FatLand.

About the Author

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VISIT FRANNIE ON THE WEB at
<http://www.fatfrannie.wordpress.com>.



About Pearlson Press

PEARLSON PRESS is an independent publishing company dedicated to providing books and resources that entertain while expanding perspectives on the self and the world. The company was founded by Peggy Elam, Ph.D., a psychologist and journalist, in 2003.

PEARLS ARE FORMED when a piece of sand or grit or other abrasive, annoying, or even dangerous substance enters an oyster and triggers its protective response. The substance is coated with shimmering opalescent nacre (“mother of pearl”), the coats eventually building up to produce a beautiful gem. The self-healing response of the oyster thus transforms suffering into a thing of beauty.

The pearl-creating process reflects our company’s desire to move outside a pathological or “disease” based model into a more integrative and transcendent perspective on life, health, and well-being. A move out of suffering into joy.

And that, we think, is something to sing about.

PEARLSON PRESS endorses **Health At Every Size**, an approach to health and well-being that celebrates natural diversity in body size and encourages people to stop focusing on weight (or any external measurement) in favor of listening to and respecting natural appetites for food, drink, sleep, rest, movement, and recreation. While not every book we publish specifically promotes Health At Every Size (by, for instance, featuring fat heroines or educating readers on size acceptance), none of our books or other resources will contradict this holistic and body-positive perspective.

WE ENCOURAGE YOU to **enjoy, enlarge, enlighten and enliven yourself** with other Pearlson Press books and products, which you can purchase at www.pearlson.com, Amazon.com or your favorite bookstore. Keep up with us through our blog at www.pearlsonpress.com.

Fat Poets Speak: Voices of the Fat Poets' Society
Frannie Zellman, Ed.

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