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resisting fat hatred

In December, 1999, I was invited by a local paper to write an essay about the twentieth century. Since I am a novelist and poet whose work centers on the lives of fat women, I wrote an article challenging discrimination against fat people and the societal obsession with weight loss. On December 19, 1999, the Springfield, Massachusetts Union News/Sunday Republican newspaper ran my article, entitled "Weightier Issues Than Diet Await the New Century" ([click here to read the article](#)).

After the article appeared, I received a letter at my home. Signed by two women I did not know, it was full of statements such as, "It takes dedication of eating with reckless abandon to be the size that you are. You have a belief that environmental pollution or some other societal ill will kill you so why not eat yourself to death."

Using personal attacks to counter unpopular political or intellectual positions is a familiar tactic of hatred, but that was no comfort when I first received the letter. It shook me up, touching old pain and shame. I had a few days of crying and shaking and not wanting to leave the house, since I had such a fresh script for the fat-hating things people would be thinking as they looked at me. I was shocked by the intensity of my own reaction, especially since I have been a fat activist for more than fifteen years.

A group of women of various sizes began meeting to plan a response. Lynne Gerber, with input from others, drafted an open letter against fat hatred. More than 550 people added their names. It was originally intended to be printed as an advertisement in the local paper, but it was rejected by the advertising department. Although the paper invited the original essay, printed the open letter as a letter to the editor, and covered the event, no information was provided about why the ad was rejected.

Instead, the open letter and names were displayed during a speak-out against fat hatred, which was held March 4, 2000 in Northampton, MA, where I live. The purpose of the event was to oppose the hatred this society directs towards fat people and to support women in their struggle for acceptance of their bodies. It was an amazing day. In the front of the room hung a body-art banner (an idea we got from Marilyn Wann's body art workshop at the Boston [NAAFA](#) conference. Northampton artist CJ Jennings gave us paint, expertise and spectacular assistance), and a huge version of the open letter against fat hatred with more than 550 names at the back. On another wall, we hung 20 excerpts from the hundreds of beautiful email messages of support we received from all over the country (see below), as well as from New Zealand, England, and Canada. Roughly 100 people came (about 90% of the crowd were women).

Later, women kept telling me that they cried and laughed throughout the whole thing. I'm usually not at a loss for words, but I found the emotions nearly indescribable. There was Lynne Gerber, an organizer of the event, reading aloud the letter against fat hatred, which she wrote, with input from a few others. I read the fat-hating letter to the crowd, then a poem, then talked about what I thought

of it, and the waves of outrage, support, courage and strength that kept sweeping back to me from this gathering of people opposed to fat hatred coming together in the town where I live, they drenched me and washed me and lifted me like something as necessary, as powerful, as water ([click here to read my speech](#)).

Miriam Berg of the [Council on Size & Weight Discrimination](#) gave an incisive summary of the range of discrimination fat people face, with an emphasis on recent health research on weight ([click here to read Miriam Berg's speech](#)). Greg Kline from the UMass School of Public Health, who in April 1999 organized a conference called “The Big Picture: Ending Prejudice and Promoting Health for People of All Sizes,” gave information and analysis on recent research, and was quoted in the Northampton Daily Hampshire Gazette as calling dieting “a tragic waste of human potential” ([click here to read Greg Kline's speech](#)). Linda Stout, author of *Bridging the Class Divide and Other Lessons for Grassroots Organizing* and long-time activist organizing against class oppression and other forms of oppression, founder of [Spirit in Action](#), spoke very movingly about her path to fat politics. Judith Stein, a long-time lesbian-feminist fat activist and writer, combined an examination of the myths about fat with an exploration of the importance of home to fat women (and what happens when it’s violated by something like a fat-hating letter), and a consideration of the words luscious and delicious ([click here to read Judith Stein's speech](#)). Others spoke and read spontaneously, and said stunning, important things. Dot Turnier of [NoLose](#) videotaped the event. I did interviews with the local public radio station, WFCR, and also WBUR, the public station in Boston. The Daily Hampshire Gazette ran a sympathetic story, “Speakers demand understanding for ‘our fat sisters,’” with two pictures of Miriam Berg. The Union News/Sunday Republican (which is the paper that ran my original article and refused our ad), ran a gorgeous photo of Lynne and me clapping and shouting (see below).



(Click on the photo for larger view.)

The text read:

Size Protest. Lynne Gerber of Boston, left, and Susan Stinson of Northampton joined about 100 other “people of all sizes” in the Northampton Unitarian Society’s Great Hall yesterday to protest hate mail leveled against Stinson after she published an article in the Sunday Republican on Dec. 19. She is the author of a book, “Fat Girl Dances with Rocks.”

Crucial and much-appreciated support for the event came from [NoLose](#), BBBB (Bold Beautiful Bodacious Babes), [the Fund for Women Artists](#), NAAFA's Fat Feminist Caucus (PO Box 29614, Oakland, CA 94604-9614), NEC-NAAFA, [Largesse, the Network for Size Esteem](#), and great individual donors.

I’ve turned back to writing, but I do it, as I said at the speakout, feeling more powerful and more

clear about resisting lies and shame about my body than I ever have in my life. Doing this work has helped to transform a painful experience into a powerful one.

Joy in the body,
Susan Stinson
 author of *Fat Girl Dances With Rocks*, *Martha Moody*, and *Belly Songs*
 --April, 2000
 Email me at fatlane@altavista.com

[Click here to read my new essay, "Presence"!](#)

Other Links of interest:

Watch www.blithe.com for an excerpt from Susan's newest novel
 See [Spinsters Ink](#) for an excerpt from *Fat Girl Dances With Rocks*
 Check out [Curve Magazine](#)
 (the December issue of *Curve* features an essay by Susan Stinson--read an excerpt [here](#))
[Healthy Weight Network](#) is a great resource for health and body-image information



This [Health at Any Size](#) site is owned by [Susan Stinson](#).

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Open Letter Against Fat Hatred

We, the undersigned, people of all sizes, write to oppose the hatred our society directs towards fat people in general and fat women in particular. We have struggled for acceptance of our bodies – or we have watched loved ones struggle – in a culture where such acceptance is profoundly difficult to achieve. We recognize that fat hatred is an extreme expression of a cultural obsession with women's bodies and women's sizes. We know that this obsession keeps women questioning their worth and stepping back from their full power. We see the pain and confusion women face when relating to their bodies as a result of this same social dynamic, regardless of body size. We refuse to separate fat women or to consider their struggles any more of their own making than any woman's struggle to accept and love her physical self.

We have been saddened and outraged by a recent expression of fat hatred directed against author Susan Stinson. In response to an article published in the Springfield (Massachusetts) *Sunday Republican* challenging the hatred of fat people and our cultural obsession with weight loss, she received a letter clearly intended to shame and to silence. Rather than taking issue with the arguments made in the article, the letter was full of gross assumptions about the author as an individual. It attempted to pathologize her, suggesting that her size reflected personal failures which disqualified her from addressing questions of body size and dieting. We see this letter as an attempt to intimidate fat women and to send the message that they have no authority to critique prevailing social values. We

recognize this as a tactic of hatred used to silence many people and groups that historically have been the most vulnerable of our society.

By standing together against this expression of fat hatred, we affirm our belief that people of all sizes can be allies in overcoming body hatred and in creating new cultural values through which all bodies, and the people who inhabit them, are treated with caring and respect.

Sincerely, (see names below)

**Responses to the
Open Letter
Against Fat Hatred
(email excerpts)**

My aunt sent a copy of your letter to me, you have my permission to add my name to your list of others. I hope that the small minded will finally get the message and realize not everyone is the same that is the beauty of us all and belittling someone for what they believe is just not right.

--Tondaleo M. Allen

Women are discouraged in so many ways from taking up (our rightful) space in this world: size-wise, assertiveness-wise, and by being discouraged from being loud. apparently, we are supposed to be rail-thin, weak, meek and very, very quiet. how boring is that?!

--Jenny Dahlstein

I work at a feminist and anti-racist organization putting together an upcoming event on fat oppression and body image for this spring, we also have lots of bulletin board space. Please let me know if we can post your letter and announce it after classes.

--Geleni Fontaine

Brooklyn Women's Martial

Janet Aalfs	Suzanne LaRochelle, LCSW
Sue Abney	Rita Larrow
Margaret E. Abrison, PhD	Paulette L'Auteuil
Marites Abueg	Michele La Vigne
Camila Aguilar	Patricia Lay-Dorsey
Lois Ahrens	Meridith S. Lawrence
Max Airborne	Idis M. Lazo
Michael Allen	Katie Lebesco
Tondaleo M. Allen	Judy R. LeBold
Barbara Altman Bruno PhD	Jennifer Lee
Rene Andersen	Lee Leman
Marie Angelides	Denise Lento
Alice Ansfield	Lesbian Calendar
Stefanie Archer	Deborah Craig Letarte
Rebecca Arendt	Janesse Leung
Laura R. Asgarian, MS, RD	Sally Levering
Mary E. Atkins	Irma Levesque
Lucia August	Leslie R. Lewis
Jane Aulisio	Maya Liebermann
Joyce Avery	Sara Littlecrow-Russell
Catherine E. Babcock	Michael I. Loewy, PhD
Nikki Ball-Burrell	Brenda Lopez
Grace Ballard	Ramiro Lopez Contreras
Priscilla H. Ballou	Ellen Lorenzi-Prince
Melinda Bane	Linda Newhart Lotz
	Karen Lowe
	Vanessa L. Lowe

Arts, a program of The Center for Anti-Violence Education

We have all had similar experiences, I suspect, and speaking for us, this is a wonderful catharsis for past incidences of fat-attacks! Keep your chins up, and you go, girl!

--Karen and Richard Stimson

[Largesse, the Network for Size Esteem](#)

Last April I organized a conference through the UMass School of Public Health titled "The Big Picture: Overcome Weight Prejudice and promoting Health for People of All Sizes." The conference was held at Mount Holyoke College, was attended by 115 health care professionals and was well received. However, as the reponse to your thoughtful piece suggests, size discrimination and weight prejudice remain with us and need our attention.

I am working on a new conference dealing with the dads & daughters relationship as it impacts girl's self-esteem and body issues.

--Greg Kline

I'm sorry to see such fear and hate directed at you. I have been feeling very lucky these last few years, since I have a girlfriend who adores my body just the way it is, which provides the best kind of

Marianne Barlow

Susan Barnes, MD, MPH

Jennifer Barr-DiPiazza

Angela Barth

Joanna Bauer

Dorothy Baumann

Bonnie Beardsley, MPH, LDN, RD

Alison Bechdel

Pat Beck

Jane Bellerose

Sally Bellerose

Javiera Benavente

Sylvia U. Benton, PhD

Donna Bivens

Hanne Blank

Cynthia M. Bleil

Mary Bombardier

Nancy Borrelli

Joan Borgos

Carol Bouthilette

Alex Bovey

Alistair Bovey

Jane Bovey

Lindsay Bovey

Shelley Bovey

Ariana E. Bowie

Pat A. Bradway

Gayle Brady, RN

Julie A. Bralek, RD, LD

Elissa Braunstein

Michelle Lucier-Lazur, JD

Anne Lundberg

Eileen Lutman

Jan Luzzi

Heather MacAllister

M.J. Maccardini

Christine Maguire

Patricia Maher

Janet Mann

Darla Marcomb

Dorothea Marcomb

Bertha Markowicz

Laura Cing Mars

Stef Maruch

Janet Mason

Thomas Masterson

Mara Math

Bob Mazer

Lynn McAfee

Susan McAllister

Mary McBride

Grace E. McCall

Sara McCallum

Carmen McClish

Melinda McCormick

Carolyn McDade

P. McDonald

Linda J. McMaster

Hugh McTague

Cynthia McQuillin

Georgianna Melendez

insulation against fat-bashing by the larger culture.

--Tasha Harmon

I was struck by the power and eloquence of your article as well as the ignorance and sadness of the hateful reply. I am an exercise physiologist and nutritionist who has been involved for some years with the Non-diet, Size Acceptance Movement. Keep up the great work and try not to get too discouraged - there are lots of people out there who see this for what it is - a prejudice that needs to be exposed.

--Jonathan Robison, PhD, MS

*Executive Co-Director,
Michigan Center for
Preventive Medicine*

Well, we could just give up and say it's too hard. The media, the weight-loss profiteers, the cosmetic industry, the fitness industry, the fashion industry, and others are all doing their best to keep people from liking themselves the way they are. Couldn't we take on some fight that didn't have so many billion-dollar corporate interests opposing our views? Couldn't we find a way to feel OK about ourselves that didn't run counter to the cultural propaganda we encounter every single day? You know the answer. This is the battle we have chosen, and if we don't win it in our lifetimes,

Jonah Braverman

Lisa Breisch

Robert Bright

Minna Bromberg

Pamela J. Brown

Roberta Brown

Sabrina Brown

Susan Brown

Sarah Browning

Macky Buck

Angie Burke

Liz Bustamente

Deahdra Butler-Henderson

Cindy Byfield

Christie Caggiani, PhD, RD

Sean Cahill

Miche Campbell

Jennifer W. Cannon

Bree Carlson

Marj Carol

Judith Carpenter

Elaine Carr

Cate Carulli

Cythia Chamberlen

Sarah Chandler-Reed

Connie Chandler-Ward

Ernest Chapman

Becky Chase, MS, RD

Lissette Cheng

Sally Clay

Tanagra Melgarejo

Cecelia Mendoza

Joe Mendoza.

Jeremy Migner

Cathy Miller

Cheryl Miller

Dusty Miller

Lael Miller

Rick Miller

Tanya Miller

Lynn Minnick

Pam Mitchell

Diane Montgomery

Catherine Mooney

Sue Moorman

Jacky Morales-Ferrand

Maria Morales Loeb

Linda Moreno

Christina Morgan

Mohey Mowafey

Mindy Mueller

Lynne Murray

Beverly Naidus

Jenny Navasky

Nancy S. Neal, RD

Dian Nelson

Lisa Nelson

Rallie Nepveux

Cynthia Newcomer

Kai Newkirk

Lesléa Newman

then maybe the next generation will. We have no choice but to keep on fighting for our right to live happily in the bodies we have.

--Miriam Berg

President, [Council on Size and Weight Discrimination](#)

Prejudice, discrimination, and bigotry against fat people is, as bigotry always is, the ignorant response of an uneducated public. I'm glad there are people in the world doing the work to fight against the irrational fear and hatred of fat people.

--Kathy Hogan

Yes, I will sign the letter. I am a 25-year-old kindergarten teacher and Girl Scout volunteer. Feminism and social justice for all are my passions in life, and I have an especially soft spot in my heart for girls growing up in this ridiculously hateful society. Let me know anything else I can do to help spread the message that misogyny will no longer be tolerated in this world.

--Marianne Barlow

OF COURSE I'M SIGNING ON!!!!!!!!!!!!!!!!!!!!!! I am also forwarding it to 16 people plus my belly dance troupe.

I am sorry it took so long to get to this, It's not for lack of enthusiasm. It's a combination of being busy

Jane Philomen Cleland

Diana Day Coccoluto

Nikki Coccoluto

Fai Coffin

Leigh Cohn

Lindsey Hall Cohn

Marina Colonas

Mark Colonas

Lynn Comella

Linda Cooper

Jeanne Courtney

Jessika T. Cranston

Brenda Crosby

Jim Crotty

Marjorie Crum

Carole S. Cullum

Susan Curran

Carolyn Cushing

Renny Cushing

Jenny Dahlstein

Deidra Dailey

Krista Dake

Lena Dalke

Ann M. DaSilva

Sheila Davies

Carl Davis

Carrie Dearborn

Sachi DeCou

Wanda Deitner

Domingo DeJesus

Madison DeNiro

Hien Nguyen-Le, RD

Angel Nieto

Stephanie Nilva

Alma Norman

Debbie Notkin

Jarreau B. Nucci

Melina M. Nunes

Colleen O'Connell

Jann Oldham

Linda Omichinski, RD

Ester Orellana

Sara Orellana

Lisbeth B. Ornstein, PhD

Lisa Owens

Hatshepsut Pakeman

Megan Palaima

Georgia Rose Park

Renae Parker

Chris Peltier

Gail Peters

Lydia Petoskey

Erin Pettigrew

Sayra Pinto

Jerilyn A. Pittskey

Ann Podolske

Devra Polack

Melissa Ponce-Teran

Justine Post

Sara Post, RD

Elaine Pourinski

Michelle J. Poynter

and this being a scary thing..I have never written to people asking for fat support.

I see this as an opportunity to stand up against hating women's bodies, and stand up for loving and caring for ourselves and our women friends-- whether fat or thin or in between.

--Marci Riseman

As a fat woman with diabetes, I have to be very vigilant in the face of constant exhortations that losing weight is the only way for someone with my disease to stay healthy. I know by my own experience that this focus is seriously misplaced. By eating a proper diet (avoiding foods high in fat and sugar and increasing the amount of fiber and whole, fresh foods) and getting regular exercise, one can achieve better health (lower blood pressure, lower cholesterol, and lower blood glucose, if you want to quantify it)

Luckily, I have had the support of a very outspoken and active fat women's movement here in the Bay Area in forming my attitudes and learning to love myself and take care of myself as a fat woman.

--Rima Kittner

I am so disgusted at the letter you received. Unfortunately I see these

Carol Dennehy

Sabine Dickel

Ellen Dickinson

Anthony diGenova

Ellen Dill

Ellen C. Donoghue

Monique K. Doryland

Anne Downes

Joan Drury

Dianna Dunn

Lorraine Durbin

Carol Dwyer

Elana Dykewomon

Jan Edelson

Beth Eisenberg

Sarah Elston

Gerald Epstein

Cheri Erdman

Erinn Ervin

Elena A. Escalera

Valija Evalds

Stephen Everett

Jeanne E. Eversley

Erica Eynouf

William J. Fabrey

Lawrence C. Falk

Bett Farber

Trudy Fedora, MS, RD

Malkah B. Feldman

Nina Feldman

Mothra Fenwick

Mike Prokosch

Elaine Reily

Will Reiser

Stephen J. Remington

Elyse Resch, MS, RD

Martha Richards

Anne Richmond

Tom Riddell

Marci Riseman

Rebecca Rivenburgh

Carrie Roache

Patti Roberts

Jane A. Robinson

Jonathan Robison, PhD, MS

Cathi Rodgveller

Rafael Rodriguez

Pam Rogers

Emma Rome

Kate Rome

Michael Rome

Tony Rominske

Wanda Diane Rosce

Kim Rosen

Matthew Rosen, PhD

Amiee Joy Ross

Esther Rothblum

Margie Rotkin

Katrina Rowe

Louise Rubalow

Rachel Rudman

Barbara Russell

attitudes towards endowed (empowered, fat, large) people all the time being a dietitian. People usually assume I have a similar attitude and of course I enlighten them with the fact that health comes in all sizes and that I do not encourage weight loss!

You may add my name in bold and capitalized letters to your list! No matter how tough it gets keep fighting for what you believe in.

--Julie A. Bralek, RD, LD
REAL nutrition

I wish you continued strength. Don't listen to anything that tells you that you have no authority to critique society as-is -- you have authority and support that no one can take from you!

--Janesse Leung

I am a 29 year old woman who has been battling image and fat issues since childhood. I am eating disordered as a result of this...We need to change the perceptions that fat is something we wilfully do to ourselves. Fatist attitudes must change, or how else are we to accept who we are and what we look like? It's time to fight back and break the cycle. If the Willdendorf Venus can be an icon of beauty, so can we.

--Danielle Nunn-Weinberg

We may be three thousand miles away in Oakland,

Beth Ferguson

Esther Filderman

S. Naomi Finkelstein

Lynda Diane Radly Finn

Donald Fischer

Connie Fitzgerald

Sandra Flanagan

Carla Flores

Geleni Fontaine

Michelle Forsman

Jay Warren Fortenberry

Andrea Fox

Jean Frances

Donna Freeland

Jan Freeman

Rey Freitas

Amber French

Lynn Friedman

Rochelle Friedman

Ellen Frye

Sarah Fuhro

David Funk

David Funk

Renee Fye

Leslie Gallen

George Garcia

Annie Garvey

Lynne Gerber

Dana Gillette

Susie Gills

Tracy Gilsvik

Rose Sackey Milligan

Evan C. Sagerman

Lisa Sanderfoot

Enid Santiago

Judith Sara

Linda Sarage

Christine S. Sass

Denise Saucier

Ann Scarritt

Maxine Schmidt

Hopeton Scott

Risa J. Sears-Page

Laura Seligman

Maria Nieto Senour, PhD

Jennifer Shapiro

Jodie Shapiro

Jamie M. Shea

Shirley Sheffield

Jo Ann Sheldon

Deborah Shepard

Sarah Shifley

Cyndia Shook, LICSW

Rebecca Sidener

Linda Sinapi

Sara Sinberg

Hilary Sloin

Alison L. Smith

Cameron Smith

Heather Smith

Stephanie Smith

Donna J. Snyder

CA, but we are standing shoulder to shoulder with you!

--**Timnah Steinman**

I am very sorry you had to endure the response letter. I feel so very sad to know that people think that way. My own (physician) father would have been on that list. As I have gotten my nerve to contest him (in my late 30's, early 40's), I continually challenge his fat prejudice. He has gotten quieter and quieter in response, until most recently he saw me speak with Glenn Gaesser {author, of ***Big Fat Lies: The Truth About Your Weight and Your Health***}...he asked for a copy of Glenn's book!!!! I consider this a personal victory of unimaginable dimensions. It is so gratifying to know that my very intelligent father has opened up to these important messages.

--**Karin Kratina, MA, RD**

I read an article about your organization in Sojourner Magazine, and I was so completely floored that there was an organization devoted to resisting fat hatred! I grew up hating my body, and it is a constant struggle every day not to fall back into the awful habits of anorexia and bulimia that I had all through my school-age years. Despite having an amazing and beautiful fiancé who adores me, and my body (and it drives him nuts that I get so insecure

Ruth B. Goldberg, PhD

Hillary Goodridge

Sandra Gordon

Paula Gottlieb

Ilene Grabel

Julie Graham

Camilla Gray-Henry

Roberta Green

Anna Greenberg

Georgiana M. Gregor

Dorian Gregory

Marian (Meck) Groot

Nancy Gruver

Nadia Guessous

Tanya Gulliver

Martha Gyzowski

Jim Hammerschmith

Shirley Hankins

Jillian Hanson

Tasha Harmon

Lisa Harold

Aaron Harrington

Kate Harris

Keith B. Harvey

Dayle Hayes, MS, RD

James Heintz

Lisa Heldke

Carrie Hemenway

Evan Henshaw-Plath

Tracy Hewat

Maxine Hillenbrand

Jenna Sol

Jody Sol

Ronald C. Sol

Sondra Solovay, JD

Anna Joy Springer

Almitra Stanley

MaryJo Stanley

Diane Stanton

Elizabeth Stanton

Beth Starger

Toni Stathopolous

Judith Stein

Timnah Steinman

Marilyn Stern

Debbie Stewart

Karen Stimson

Richard Stimson

Barbara Stinson

Don Stinson

Michael Stinson

Robin Stolk

Elena Stone

Linda Stout

Liz Sullivan

Kathleen Summers

Cynthia Suopis

Anna Sussman

Susan Swadener, PhD, RD

Jessica Swindler

Anne Sypniewski

Sherece Taffe

about it so often) and the deep- down knowledge that I am a beautiful person, sometimes the old hatred still comes up. I've even modeled! And still sometimes I hate how I look. So I guess I just wanted to say, thank you for having such a wonderful thing going. I used to live in NoHo and I wish I could have gone to the rally you had recently. But if you have any information about anything happening in the Boston area, that would be great. So, again, thank you. It's really something America needs to see-- beautiful people loving who they are despite what society tells them. So, again, thank you.

--Rena Martinez

P.S. For the record, I am 24 years old, and I wish I had found you guys ten years ago! But better late than never, eh? Thanks.

Liz Hoey	Glynis Takalo
Kathy Hogan	Susan Takalo
Amy Hollander	Rebecca Tallman
Tryna Hope	Mariko Tamaki
Marilyn Huffman	Marsha Tarchman
Mary Hulbert	Judy Tatro
Marian Hunstiger	Beth Terry
Cyndi Hunt	Crystal Thomas
Michele Hunt	Gail Thomas
Leah H. Hyman	Leigh Thornhill
Christine Ianieri	Missy Tibbetts
Valerie Igl, MFT	Barbara Tobias
Joanne Ikeda	Janis Totty
Incourage Lesbian Emergency Fund	Bettye Travis
Rosemary Infante, PhD	George Triantafillou
Sharon Irinms	Susan Triantafillou
Helena Jackson	Nguyen Thi Tuyet Trinh
Stacy Jackson	Tara Tull
Mike Jascowski	Laurel Turk
C.J. Jennings	Dot Turnier
Carol Johnson	Noemi E. Valentin
Debra Johnson	Valley Women's Martial Arts
Jason Johnson	Sally Van Wright
Rebecca Johnson	Sarah Van Arsdale
Amanda Jones	Susan Vanat
Becky Jones	Nandi Varris
Kelly Kager	Mary Vazquez
Heeten Kalan	Gabriela Vidali
Marilyn Kalman	Bonita Veysey
Liz Kaltman	Wendy Volkmann
Susan Kan	Merry von Brauch

Rabiya Kapadia	Desiree Waidner
Anne S. Kaplan, PhD	George Walker
Beth A. Kaplowitt	Lydia D. Walker
Anna Karwan	Nancy Walker
Kathy Kater, LICSW	Susan Warr
Donna Kather	Pamela Webber
Emily Kawano	Joyce Wermont
Rosanna Kazanjian	Pamela Westgate
Elaine Keach	Abby Wilkerson
Joe Kelly	Sarah Williams
Nettie Kent	Rhonda J. Williams
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Jennifer Ladd EdD	Melissa Ziemer
Penny Ladnier	Jan Zimmerman
Paige Allison Lado	Charlotte M. Zinser
Nedhera Landers	Ximena Zuniga
Patrice Langan	
John Lapham	
Jackene Laverly, RD	