


  
**The Full Story**
  
 Bringing The Full Figured Into Focus
   
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## It's A Guy Thing

Be sure to check out The Full Story next month for Chocolate Siztas' annual tribute to the full figured fellas. Learn more about how men like gospel great Rance Allen, right, are making a big impact.

**INSIDE: She Made It Easy To Be Green/2**  
**Plus Size Actress Making Moves/3**  
**Pleasantly 'Plump'/4**



## Hudson, Weight Watchers Take Relationship To Next Level



A diet giant furthered its relationship with its popular spokesperson recently, with the opening of "The Weight Watchers Jennifer Hudson Center" in Chicago. The award-winning singer-actress returned to her hometown to help introduce the new center to the community. Hudson, who lost 80 pounds with Weight Watchers' help, says she hopes to inspire others.

The new center, which features posters of the svelte star on its walls, is in a strip mall on Chicago's South Side.

"I never thought I would make it to have my own center," Hudson

said at the opening. Weight Watchers had pledged to donate a portion of the center's revenue to a foundation that Hudson co-founded in honor of her late nephew, Julian King.

Hudson, who first earned fame as an "American Idol" finalist, won a Grammy for her self-titled album and an Oscar for her role in "Dreamgirls." Her album "I Remember Me," was released earlier this year. She has been repping Weight Watchers since 2010, turning heads with her slimmer figure and her "Sun In The Sky" commercials.

## NAACP Takes On Issue Of Childhood Obesity

In what its national chairman calls a "fight to save the next generation," the NAACP is taking on childhood obesity.

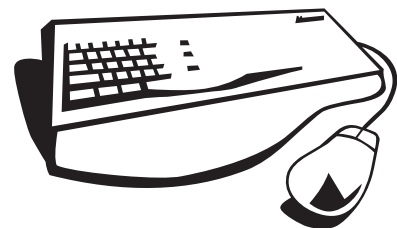
The National Association for the Advancement of Colored People's Health Department has unveiled its Childhood Obesity Advocacy Manual. NAACP leaders and health experts convened in Washington, D.C. on September 27 to offer solutions to the alarmingly high childhood obesity rates in the

African American community.

The Advocacy Manual - which offers tools to assist NAACP units and grassroots groups in promoting healthy behavior among Black families - identifies best practices in the fight against childhood obesity. It also serves as an advocacy agenda aimed at changing policies and programs at the local, state, and federal levels.

"The NAACP/ *See Page 4*

### LOG ON & FIND OUT



*You can obtain a copy of the Childhood Obesity Advocacy Manual by visiting [www.naacp.org](http://www.naacp.org). Click on the appropriate changing icon at the top of the page to link to the report.*

## Environment Loses Its Pioneering Champion

Wangari Maathai, the first African woman recipient of the Nobel Peace Prize has died after a long struggle with cancer. She was 71.

One of Kenya's most recognizable women, Maathai won the Nobel in 2004 for combining environmentalism and social activism. She was the founder of the Green Belt Movement, where over 30 years she mobilized poor women to plant 30 million trees.

Edward Wageni, that group's deputy executive director, said Maathai died in a Nairobi hospital on September 25.

A former member of Kenya's parliament, Maathai was the first woman to earn a doctorate in East Africa in 1971 from the University of Nairobi. Maathai first latched on to the idea of widespread tree planting while serving as the chairwoman of the National Council of Women in Kenya during the 1980s.

The Green Belt Movement, founded in 1977, said on its website that Maathai's death was a great loss to those who "admired her determination to make the world a more peaceful, healthier and better place."



## Singer's Victory Over Weight Issues Was Worthy of 'Congratulations'

Singer Vesta Williams was found dead in a Southern California hotel room on September 22. She was 53 years old.

Celebrity weight loss is often met with a raised eyebrow because stars are often less than truthful about their methods and motivation. That was not the case for Williams when she lost 100 pounds in the late 1990s. Fans met her transformation with genuine "Congratulations."

The singer, known for such songs as "Congratulations" and "Once Bitten Twice Shy" seemed to glow in her new body. She'd gone from a size 26 to a size 6. She'd said that it was the loss of a record contract that counted

for her weight gain in the first place and that it caused her to fall into a major depression. Williams had said in the past that she's often had to overcome a lot of "personal mess."

Some close to her claim depression may have taken her life, with the Los Angeles County coroner naming an overdose of prescription pills as the likely cause of death.

Following her weight loss, Williams became a spokesperson for diabetes awareness and the prevention of childhood obesity. She also participated in HIV/AIDS events. She was set to perform on October 22 at



actress Sheryl Lee Ralph's "DIVAs Simply Singing" fundraiser in Los Angeles. She'll also be the subject of an upcoming episode of TV One's "Unsung."




"The Full Story" is the official newsletter of the Chocolate Sistas, Sacramento's premier hosts of full figured events and programs.

Got A Story For Us?

Email us at [info@Chocolatesistas.com](mailto:info@Chocolatesistas.com) or visit us at [www.Chocolatesistas.com](http://www.Chocolatesistas.com)

**Show Us What You're Working With**

*Halloween is fast approaching. What are you going to be this year? A plus-size pirate? The Queen of Hearts? A full figured feline? Show us your best Halloween costume pics for a chance to win a Chocolate Sistas tote bag. Email your pics to us at [info@chocolatesistas.com](mailto:info@chocolatesistas.com).*



## Mom Shows World She Was ‘Born To Dance’

It must have been Jelly 'cuz jam don't shake like that. Jahleeka "Jelly" Morris may not have won BET's "Born To Dance" competition show, but she inspired young ladies of all sizes to reach for their dreams. On the show, which features famed choreographer Laurie Ann Gibson (of "Making the Band" fame) looking for the next great dancer, Morris continually impress with her ability to rise to the dance tasks even when some were

thought to be too much for a "big girl."

"I'm representing for all the people who have been told no, all the thick girls out there because I love ya'll and for people who have really been through things but didn't allow their past to create their future," said the single mom in an interview with [browngirlnextdoor.com](http://browngirlnextdoor.com).

Fans can see what Morris is up to post "Born To Dance" on her web site [www.honeyhi.com](http://www.honeyhi.com)



## Jersey Girl Showed ‘Em How To ‘Battle’



The queen may have been dethroned but Bethany L. Bell gave other fantasy hair designers a run for their money on Oxygen's "Hair Battle Spectacular." Known to viewers as "Queen B," Bell built big, sculpted hair dos in hopes of winning the \$100,000 prize in the show's second season. Before competing on the show, the New Jersey native raised money for autism research through her organization, the Le Femme Hair Exhibition.



## Emmy Just Tip Of Iceberg For Rising Star

*Life is looking good for "Mike & Molly" star Melissa McCarthy. McCarthy just won an Emmy for Outstanding Lead Actress in a Comedy Series for her work on the CBS show. In Mike & Molly, she plays a woman who starts dating a man she meets at a weight loss meeting. The second season of the series, which premiered Sept. 26, has the title characters planning a wedding. McCarthy played a memorable member of a wedding party in the hit film "Bridesmaid," which is now out on video.*

*McCarthy is also said to be producing a new series for CBS and Warner Bros. TV about a woman who has to start life over after a midlife crisis.*

*Fans can also catch her on the big screen again in December 2012 in "This Is Forty," a spin-off of the film "Knocked Up," with Megan Fox, Paul Rudd and John Lithgow.*



*Melissa McCarthy was proud of her Emmy win and the fact that she made her own dress for the awards ceremony.*

## NAACP: Community Must Take Action

Continued from Page 1

is committed to sounding the alarm on childhood obesity,” stated NAACP Director of Health Programs Shavon Arline.

“Our manual is designed to provide our units with the tools they need to implement awareness, education, and advocacy opportunities in the Black community. With active units in every state throughout the United States, we believe we are well equipped to engage community and state leaders in this fight to save this and the next generation.”

In the United States, 31.8% of youth between two and 19 years of age – or 23 million children – are obese or significantly overweight. African American children are more likely to be poor, obese, and live in unsafe communities where there are

few opportunities for physical activity, higher exposures to harmful environmental factors, fewer supermarkets, and limited access to healthy food options. Today, 38% of Latino children and 34.9% of African American children are overweight or obese, compared with 30.7% of White children.

“It is no secret that if not eradicated, childhood obesity will be one of the many causes of premature deaths and chronic disease for our children,” stated NAACP President and CEO Benjamin Todd Jealous.

“The NAACP treasures the lives of our children and will stand with communities to fight against any systemic or environmental barriers that inhibit one’s opportunity to live a healthy life.”

The NAACP is focusing on three policy areas to address the root

causes of childhood obesity, calling on its members and chapters to take on one or more of them in their communities.

1) Built environment: Improving community walkability and public transportation, enhancing recreational spaces, and allowing for better access to school playgrounds outside of school hours.

2) Food environments: Communities need better access to healthy, affordable foods in corner stores and local grocery stores.

3) School-based policies: Schools must emphasize increased physical activity during the school day and provide more nutritious school foods and drinks, including what is available at meals, in vending machines, and at concessions.

## Online Contest Seeks To Highlight Global Beauty

Jose Breton is proving that the size acceptance movement is indeed universal with La Fondation belles Rondeurs, Inc. Based in Quebec, Breton hosts an annual Miss Plump Universe Contest.

The current title holder is Julie Cherry Love.

“The mission of my beauty contest is to offer role modèle to women to help them to identify themselves to (other) women who look like her and by the way develop a positive body image,” Breton said.

The 2011 contest, conducted online, drew 135 entrants from 15 different countries. It started in 1997 with just one woman entering. Breton expanded to his foundation in 2006, he says, to award prize money to the contest winner.



Miss Plump Universe 2011  
Julie Cherry Love

