

Riyo Amaya  
Speech  
Fat=Beauty

Yes, folks. You too can 'Get Plump' with Dr. Whitney's Fat-Ten-U Foods. Fat-Ten-U Foods make the thin plump and comely and give you strength. Ladies, this is just for you. Men like their women like they like their wines—full-bodied. And like a fine wine, guys, she grows on you.

This may seem ludicrous in our world today. Everyone's vision of beautiful is this. Thin. A waif. Anorexic. In the 1960's, Twiggy became the top supermodel, and the pattern for models today. This, in turn has come to be fashionable. Girls try to be underweight to appeal to the opposite sex, to appeal to the same sex, to appeal to themselves in the mirror. As stated in an article on Fat Acceptance, the majority of contemporary fashion magazines cater to this view of near anorexic body shapes. However, true beauty lies in having something to hold onto. How do we know this is so? Having a pillowy frame stands the test of world culture, American culture and in the way it can affect self-worth.

First, let us look at the test of world culture. According to Dr. Gabe Mirkin, many of the major figures in history were overweight. Cleopatra was short and rounded about the edges. Greek and Roman love goddesses, as well as many Renaissance masterpieces created by such masters as Peter Paul Rubens and Titian, were curvaceous women. It was a sign of wealth—the more money you had, the more you could eat. You would never see a twiggy queen.

Another culture also is of this view. Hawaiians are an example of a culture of heavyweights. The average Hawaiian was over six feet tall, and would weigh more than two hundred fifty pounds. Do you think that they would argue that maybe their hips were a little big?

Hawaiians are not the only part of American culture that celebrates women that are three hundred pound bundles of joy. Southern Americans have proven that the grandmother we all know and love is a woman with more than skin on her bones. Our grandfathers—not Skeletor from He-Man comics, but a man that reminds of Santa Claus, with all his weight. In the film Cat on a Hot Tin Roof, the grandfather, Big Daddy, is more than just a man with a gut. He's larger than life, with enough weight on his frame to give three anorexic girls something to lose. With that weight, everyone in his family knew that he would care for them, either monetarily or physically. They could depend on Big Daddy because, if he could take care of himself so well, he could never let down another. We can also see something of this in the Martin Lawrence film, Big Momma's House. Even though it poked some fun at the situation, time and again we saw how people would turn to Big Momma, knowing they could feel safe and loved in her fleshy embrace.

As an overweight person, I've seen firsthand how beautiful it can be when you accept yourself for who you are. It can build confidence, and is, at times, less self-destructive than trying to keep up with the models and magazines. My healthy weight range has been anywhere from 131 pounds, to 141, to 198... none of which I'm close to. As a society, we've been told that being thin is the only way. We should be ashamed of ourselves if we break out of that mold... and gain a few sizes in the process. In the article "Proud to be Fat," it brought out that identifying yourself as fat, if you are, is important in casting off the shame of years of being molded and brainwashed. You become happier with yourself.

Ah. And there's the most important thing of all. Happiness is the key to beauty. If you feel happy with yourself, with the way you look, then no one can tell you otherwise. Not the modeling industry. Not magazines. Not society or the media on a whole. History has proven that a juicy woman was beautiful. American culture says it's safe. Perhaps you aren't built for comfort. Maybe you are shaped less amply than some. But who are we to argue in the face of so much?