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 The Full Story  
 Bringing The Full Figured Into Focus  
 A Chocolate Sizas Publication  
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## BIG MAMA

Full Story will be back in May with a special Mother's Day edition. We will pay tribute to moms throughout history and the moms in our lives. You can salute your mom or "big mama" too. For more information on how, visit our web site, [www.ChocolateSizas.com](http://www.ChocolateSizas.com) In the coming weeks, we'll also have information about our next big event, May's Gospel Brunch. The event will feature full-figured performers and plus friendly vendors.



# R&B Singer Proving She's A 'Survivor'



It was Destiny's Child that had a hit with the song "Survivor" but a member of another girl group wants to put her bid in for the title.

Tamara "Taj" Johnson-George, a former member of the group SWV (Sisters With Voices) is one of the contestants on the new season of the CBS reality show "Survivor." This time around they're roughing it in Tocantins, Brazil.

As a member of SWV, Johnson-George had hits with songs like "Weak," "Right Here" and "I'm So Into You." She's also the wife of former NFL standout Eddie George.

Others on the island grew skeptical of Johnson-George when she revealed her "celebrity" status, feeling that she doesn't need the million dollar prize as much as they do.

She's actually playing for her non-profit, Visions With Infinite Possibilities, which helps women and children who have been victims of domestic violence in her native Nashville, Tennessee.

The singer prepared for life on Tocantins by working out with her husband and learning to fish and swim. She's also using her fuller figure/ **See Survivor, Page 3**

## Event Marks International Women of Color Day

The concept has gone international, but that it started here in Sacramento hasn't been lost on Women of Color Day creator Suzanne Brooks.

Brooks continues to honor women who have made an impact on the community, and the world, and has set the 2009 Sacramento Community Women of Color Day/Diversity event for Sunday, March 1. The event will be held from 4-8 p.m. at the Christ Unity Church, 9249 Folsom Boulevard, Sacramento. This year's honorees are attorney Ruthe Ashley, Precious

Craft, Director of The Voices of Faith; Maria Ramirez, Latina Leadership Network President; and Lillian Sparks, President, National Indian Education Association. Chocolate Sizas co-founder Genoa Barrow is a former honoree.

Penny Hansen, a health products entrepreneur from Oregon, will address the theme, "Women of Color Retrospective: The Future Builds On Our Past."

For more information, visit [www.womenofcolorday.com](http://www.womenofcolorday.com) or call (916) 483-9804.



**BROOKS**

## Singer Creates Line That Celebrates Curves

By: Tandra Madison  
Full Story Staff Writer

In the celebrity world, there's a constant buzz about weight: who's losing and who's gaining. No matter which way it swings, though, the commentary is rarely positive.

With that in mind, CS would like to give some kudos to Jessica Simpson who's endured a hailstorm of scrutiny about her recent weight gain. Although not quite at the "full figure" status, Simpson has always had a voluptuous shape. Her trademark blonde locks and dazzling smile may still be there, but these days, the super toned 'Daisy Duke' figure is long gone.

Speaking about her recent weight gain, Simpson recently said, "Curves are better. I don't get the whole rail thing. It's not good for your heart, it's not good for your mind; it's emotionally destructive, it really is." Yay Jess!

Despite the negativity, it would seem that Miss Simpson is a "don't talk about it, be about it" type of chick, because she's also announced that she's designing a new clothing line—one intended for women of all shapes and sizes.

### Survivor:

Continued From Page 1  
to her advantage.

"I'm looking forward to the physical challenges, because I really think I can take those girls. The guys might give me a little problem because all I have to do is outwit them, but the girls, physically, I'm like twice their size," the competitor said prior to being stranded for the show.

"I want to create clothes that flatter every figure," Simpson said. "I know how a dress can make you feel frumpy. I promise mine won't."

With the range in styles this new line provides, the 28-year-old hopes every woman will be able to find something to her liking.

"I know what flatters a woman, and trust me, I've been judged a lot in my life. By now I know what works if your body is curvy," she said. "If my clothing and accessories make you feel great and let you walk proud and tall...then I'm happy."

The as-yet-untitled fashion collection is only the latest venture for the mogul known as Jessica, who's also launched a successful shoe line, perfume line, underwear line, and sold her share of records.

"I'm a little bigger than these girls, so while they're starving, I'll be eating off my body fat," she said.

While she shakes off the criticism that she's a pampered NFL wife, Johnson-George does have her limits. She says she's absolutely not eating any bugs.

Survivor airs Thursdays on CBS.




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

We want to hear from you!

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

### Deadline Near For Chocolate Sizas Book

The deadline to be included in Chocolate Sizas' first anthology is approaching. The deadline is March 15, 2009, 5:00 p.m. PST.

We're looking for writers for "**Insatiable: Full Figured Fantasies...**" This is an erotic anthology. Stories must prominently feature full-figured characters and themes. Stories should be between 2,500-3,500 words in length and must not just be strictly full of sex, but have a plot and character development.

Work that disrespects the full-figured will not be accepted. Please allow three to four months for a response to your submission. Selected contributors will be compensated with complimentary copies of the anthology. Only original, unpublished work of contributors will be accepted. Contributors must be at least 18 years old. Please email submissions as a Word attachment to: [gbarrow@chocolatesizas.com](mailto:gbarrow@chocolatesizas.com).

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# Big Girl Offers 'The Skinny' On Health, Weight Loss

By Tandra Madison  
Full Story Staff Writer

On my mission to get healthy, I've also started investigating new recipes, as well as revamping some old ones. Sometimes, the difference between healthy and unhealthy isn't necessarily what you're eating, but how you're preparing it.

This month, I'm passing on a recipe that I've actually tried, that turned out well for me. Personally, I recommend bread cubes here, as opposed to croutons, but experiment as you like. Also, I prefer egg substitute, as it's quicker for me and easier.

Bon appetit!

The Recipe:

## Breakfast Casserole

Serves: 8

A sure family favorite, make the night before and pop into the oven.

### INGREDIENTS

- 12 ounces Light (50% less fat) breakfast sausage
- 1 teaspoon poultry seasoning
- 4-1/2 cups sourdough bread cubes or croutons
- 8 ounces shredded reduced fat sharp cheddar cheese
- 1 teaspoon mustard powder
- 2 large whole eggs
- 4 egg whites OR 1/2 cup egg substitute
- 2 cups low fat milk

### DIRECTIONS

1. Crumble sausage into a medium nonstick skillet. Cook over medium heat until nicely brown, breaking up into bits with spatula as it cooks. Sprinkle with poultry seasoning. Coat a 9 x 13 inch baking dish with canola cooking spray and set aside.
2. Add sausage to large bowl along with toasted bread squares, cheese, mustard powder and salt, if desired. Add whole eggs, egg whites (or egg

substitute) and milk to mixing bowl, and beat on medium-low speed until smooth and completely blended.



3. Drizzle egg-milk mixture over the sausage and bread mixture; stir to blend. Pour into the prepared baking dish, spread top evenly, cover with foil, then chill in the refrigerator for 8 hours or overnight.

4. Preheat oven to 350 degrees and bake, covered in foil, for 45 minutes. Uncover the foil, and reduce the temperature to 325 degrees. Bake for about 20 minutes longer or until set.

### NUTRITION INFO

Calories: 283  
Fat: 11.7 g  
Carbohydrates: 16.4 g  
Protein: 26.3 g

# Funnyman Offers Advice On The Serious Tip

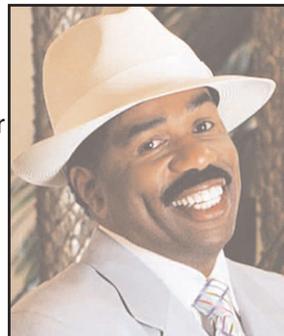
By: Tandra Madison  
Full Story Staff Writer

"Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy and Commitment" by Steve Harvey is the latest book by the King of Comedy.

Steve Harvey, the host of the nationally syndicated *Steve Harvey Morning Show*, can't count the number of impressive women he's met over the years, whether it's through the "Strawberry Letters" segment of his program or while on tour. These are women who can run a business, keep

a household in tiptop shape, and chair a church group all at the same time. Yet when it comes to relationships, they can't figure out what makes men tick. Why?

According to Harvey it's because they're asking other women for advice when only a man can tell them how to find and keep a man. In *Act Like a Lady, Think Like a Man*, Harvey lets women inside the mindset of a man and sheds lights on



concepts and questions such as: The Ninety Day Rule: Ford requires it of its employees. Should you require it of your man?; How to spot a mama's boy; when to introduce the kids; the five questions every woman should ask a man to determine how serious he is; and more.

Sometimes funny, sometimes direct, but always truthful, *Act Like a Lady, Think Like a Man* is a book you must read if you want to understand how men think when it comes to relationships.

## An Ode To Our First Lady

By: Zuri Colbert  
Full Story Correspondent

We will never forget January 20, 2009—the day Americans celebrated and hoorahed around the nation. Drunk on the chance of hope, communities gathered in the streets, barbershops, churches, and living rooms to celebrate Barack Obama, the first Black president of these United States.

Yes we can, American people, and yes we did use our voices and vote for government renovation electing President Obama as the Head Brotha In Charge. However, as we rightfully cheer our 44th president, we must recognize—as it has been solidified throughout the ticks of time—that behind every good, strong man is a good, strong, woman.

We honor you Michelle Obama because they didn't. Throughout the presidential campaign media dogs fixated on your status. They labeled you elite and out of touch but you were like sista-girl from around the way. Growing up on the south side of Chicago, your working class parents, like so many, wanted better for their children.

Despite financial hardships you accelerated in your studies and finished at the top of your high school class. A Black woman descended from slaves, you attended Princeton University and then later graduated from Harvard Law School to become a commu-

nity organizer. That's not being privileged; it's nothing more than the American way. Critics didn't understand that they were out of touch because it was an African American way.

Real recognizes real Michelle and we weren't mad at you when the story was told of how you met Barack Obama. In 1989, the first encounter with him was when he became an intern at a Chicago law firm where you advised. He had a thang for you but like a real sista you knew that you had options. First you had to see the possibilities in the man and then you made your selection after you saw he had the potential to compliment your subsistence. It had to be certain that he was extraordinary enough to be a father to your precious children, Sasha and Malia. It's a beautiful love story that will be told over and over again to generations to come.

Kudos to you Michelle because you symbolize sophistication and poise. We're ever so weary of the negative imagery of women in the spotlight. You're a tall, graceful, dark brown-skinned queen, who brings a refreshing contrast to the tired depictions of women in the media who sell their souls to vie for the attention of the limelight. They hated on you because you weren't draped in designer garments on the campaign trail but we all know what it's like to pull off some knock-offs and still be super-fabulous.



You are indeed a role model to the masses of young ladies who will be making moves to be just as phenomenal first thing tomorrow.

It's all about you Michelle because Jackie O, Nancy Reagan, and all of the other first ladies have nothing on you. Previous women of the White House, fade in comparison to your reverent light to touch on issues of this nation and to involve the American people in making a difference. The office of presidency could have been easily yours with your education, experience, and relevancy but now you will be the lady of the house which will be just as meaningful.

So while the country focuses on the upcoming years on your husband's new administration for change in policy, we show gratitude to you for already changing and altering what a first lady could be. Big up to you Michelle. A real Chocolate Sista indeed!