

## **My Big Fat Diet Trailer**

**Andrea Cranmer:** Yeah, my main issue was weight. And when I look at pictures I'm like, "How come no one told me?", you know, like, "What the hell?"

**Art Shaughnessy:** What did I cheat? It was mostly potatoes.

**Art Dick:** Lasagna, spaghetti.

**Jill Cook:** Popcorn.

**Art Dick:** Smothered with margarine.

**Art Shaughnessy:** Did I just gain 10 pounds because I did this?

**Andrea Cranmer:** I think we all were too scared to tell each other how big we were getting.

**Mary Bissell:** One year without popcorn, potatoes and pasta. One year to get healthy. One year to prove that the ancestors had it right. One year for a little town to go cold turkey and stay on a big fat diet.