

Outreach Notes, Vol. 14, No. 5

Sent 2/25/17 by Randi Hacker, CEAS Outreach Director

I have no real overarching intro this time, I'm afraid, so let's get straight to the topics, shall we? We have two: A look at an unconventional Japanese celebrity and some information about the Center's MA Program in Contemporary East Asian Studies.

JAPAN – Meet Naomi Watanabe, Plus-Sized and Proud (Gr. 6-12)

In Japan, tininess is preferred for both men and women. In fact, Japan even has a state-prescribed waist size for men over 40. Only 3% of women are overweight and the more fashionable stores don't even carry sizes bigger than M and remember, this is a Japanese M which is like 0 here or maybe even a negative number. Enter Naomi Watanabe who describes her ideal body as that of "a sumo wrestler—big but muscular." At 220 pounds, Naomi is roughly twice as heavy as the average 29-year-old Japanese woman. Her unabashed pride in and presentation of her big body is causing quite a sensation not just in Japan but around the world. She's a comedian, an actress and a huge stage presence – literally and figuratively. Use Naomi's story as a springboard to a discussion about body perception here in the US especially among women. And then watch this video which is a true eye-opener regarding the way we perceive our bodies. The difference between an adult's answer to the question "If you could change one thing about your body, what would it be?" and a child's is so moving, so lovely, so removed from the Madison Avenue idea of body perfection. See if you don't agree that it's marvelous and that it can inspire us to think along totally different lines when it comes to the way we look at our own bodies.

Naomi Watanabe:

<http://people.com/bodies/naomi-watanabe-body-acceptance/>

<https://wpo.st/Qxsb2>

Video:

<https://www.youtube.com/watch?v=f0tEcxLDDd4>

THE CEAS MA PROGRAM IN CONTEMPORARY EAST ASIAN STUDIES WANTS YOU!

We are accepting graduate applications for Fall 2017. The application deadline is June 1 for domestic students and May 1 for international students but we encourage you to apply as early as possible. To learn more about the MA program in Contemporary East Asian Studies at University of Kansas, please visit <http://ceas.ku.edu/degrees> or contact Center for East Asian Studies Assistant Director, Ayako Mizumura (ceasma@ku.edu). Please share this information with your colleagues and friends and let us hear from you.

Founded in 1959, the Center for East Asian Studies (CEAS) at the University of Kansas is the only East Asian resource center in the Great Plains region. Educational outreach is a key component of the Center's mission. You can find lesson plans and many other materials online at <http://ceas.ku.edu/educator->

[resources](#). If you're a teacher who would like to add East Asia content to your lessons across all curriculum areas, sign up for Outreach Notes at <http://ceas.ku.edu/email-list>.