



# N.O.W. NEWS

BAY AREA CHAPTER

February 1990

NATIONAL ORGANIZATION FOR WOMEN



From the DAUGHTER'S OF THE MOON Tarot Card Deck

## GOOD NEWS

Just in case you haven't heard, the new Houston Police Chief is Elizabeth Watson, a 17 year police veteran and former Deputy Chief in the Dept. Ms. Watson is anti-abortion in outlook. But, nevertheless, the appointment of Ms. Watson to this position is a step forward for women in this area.

And a new poll conducted by the Center for Public Policy at the University of Houston shows Ann Richards is the front-running Democrat in the race for governor--though, with so many undecided voters, a run-off will probably be necessary.

a poem by Marilyn Hacker

TO IVA, TWO-AND-A-HALF

Little fat baby, as we  
don't run the world, I  
wince that I can't  
drive a car or a truck, ice-  
skate, build shelves and  
tables, ride  
you up five flights of  
stairs on my shoulders.  
I notice you noticing  
who rides most of the Big  
Motorcycles, drives buses,  
stacks grocery cartons, makes  
loud big holes in the streets.  
"Mustn't hit little girls!" meaning  
you, though who'd  
know if we didn't say so!  
Soon they'll be telling you  
you can't be  
Batman, Shakespeare, President, or God.  
Little fat baby, going on  
schoolgirl, you can be  
anyone, but it won't be  
easy.

CALLING ALL CONTRIBUTORS!!!  
NOW NEWS NEEDS CONTRIBUTIONS!  
SEND POEMS, ARTICLES, NEWS OF  
MEMBERS, CLIPPINGS (include date  
and paper), EVEN NEAT LITTLE  
DRAWINGS TO

DEBBIE WATKINS  
PO BOX 983  
LAMARQUE, TX 77568

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An Excerpt From THE NEW FEMINIST TAROT by Jean Freer

Since the early 1970s women have been re-shaping society to include a place for ourselves within it. Much of this change has been through language. The word 'woman', meaning wife of man and referring to that portion of the species supposedly formed from Adam's rib, has especially been a focus for change. Preferring 'woman' absolutely to 'lady', many differently spelt variations have arisen. It was Margeret Storey, who, over several years, evolved the form 'wymn'...as I understand wwomen, they adopt a fertility-oriented definition of themselves and relate to the world through their wombs whereas wimmin and wimin refuse to prioritize childbearing and are strongly aware of the political oppression of wymn by sexism in patriarchy. A wwoman-loving wwoman is powerful and centred in herself and many wymn are consciously tuning in to our magical energies and the need to act as healers. Women share their lives with men and seek equality and a balance of the feminine and the masculine. For me all these different spellings and others yet to be created are like all the names of different tribes or clans. As wymn become more autonomous we begin to differentiate and to take on more distinct aspects and characteristics. The varieties of spelling mirror the richness of wymn'a culture that is now emerging as we give birth to ourselves in this time of universal transformation.

# Women's chest pain linked to artery disorder

*Chronicle 1-17-90*

SAN ANTONIO (AP) — Tens of thousands of American women diagnosed yearly with chest pain and no signs of heart disease may suffer from a treatable disorder of the small arteries, a researcher said Tuesday.

Many of these women, who often experience intense pain, are being treated for psychiatric disorders because conventional tests find no physical symptoms, said Dr. Richard Cannon of the National Heart, Lung and Blood Institute in Bethesda, Md.

"Many have been mislabeled as neurotic or hysterical women," Cannon said. "They truly have a pain

syndrome." Among their symptoms is a condition Cannon calls "sensitive heart," in which they experience sharp pain when probes are threaded into arteries near their hearts.

Cannon described his research at the American Heart Association's forum for science writers.

His studies have shown that many patients suffer from a disorder he calls microvascular angina, in which blood flow may be blocked in very thin arteries that nourish the heart.

The arteries are too small to be detected by angiograms, in which dye is injected into the larger coro-

nary arteries to look for blockages, he said. The condition has sometimes been called "syndrome X."

Cannon said that about 100,000 Americans each year have chest pain, or angina, with no evidence of blockage of the coronary arteries.

The condition may be common in men, too, but it occurs in middle age and later when many men already have developed coronary artery blockages. Those blockages hide underlying microvascular angina, Cannon said.

Treatments exist to relieve the pain, Cannon said, including many of the standard heart drugs.

## Balancing child care, parent care

### Workers struggle with time crunch

*Chronicle 1-11-90*

By CINDY SKRZYCKI  
Washington Post

WASHINGTON — Barbara Ryland, 43, runs on high throttle all day, grabs a few hours' sleep at night and then starts all over again. Even she wonders how she does it.

She works as a full-time music professor at Northern Virginia Community College, cares for her 1-year-old daughter, teaches piano in between and practices for solo concerts. Her husband also works long hours, and by the time they make it to the dinner table, it's sometimes 11 p.m. A stepson often stays with them.

Not an unusual tale in the Washington area, except for one significant difference:

Ryland, an only child, also looks after her 76-year-old mother.

She has lunch with her mother, who lives in an apartment about three miles from her home in Springfield, Va., takes her to doctor's appointments, cares for her when she is sick and does her grocery shopping in bad weather.

"If I could be two people, it would help," said Ryland, who also has cared for her husband's 78-year-old sick mother for long periods. "But I've always had too many irons in the fire. I wouldn't change any of it."

That spirit of charity is a daily fact of life for the members of the "sandwich generation," the term that has come to be applied to people like Ryland who are caught between the competing demands of caring for their own families and for aging relatives and friends.

Although traditionally the responsibility for caring for children and the elderly has fallen to women, it is only recently that women — and a growing number of men — are doing triple duty, trying to balance work, children and now an aging relative.

"Not every yuppie has a child, but every yuppie has a couple of parents," said Burke Stinson, district manager for American Telephone & Telegraph Co., which, under the terms of a union contract with the Communications Workers of America, has set up a \$10 million fund to provide seed money for elder care and child-care services around the country.

Since 75 percent of the people caring for the elderly are women, the phenomenon tends to be seen as a women's issue. The Older Women's League, an advocacy group, found in a recent study that one-third of all women over 18 will care both for children and for parents in their lifetimes. Half of these women also work outside the home.

Thus baby boomers like Ryland, who have careers and have had children later in life, can suddenly find themselves with baby, briefcase and walker in hand. And, as some families rush from dropping babies off at day care to dropping children off at school and a frail older person at adult day care, they still face a day on the job.



## Inquisitive psychologists stage 'War of the Roses'

LOS ANGELES (AP) — Researchers videotaped 73 couples re-enacting domestic squabbles to study the difference between constructive and destructive fights.

Couples with strong marriages "did a lot of negative stuff, but in the midst of their anger they somehow were able to express some positive feelings — of warmth, caring, even humor — as well," said Gayla Margolin, a psychology professor at the University of Southern California.

"Even midway through a fight, when an argument is typically at its peak, these couples managed to talk about ways of solving the problem. They didn't just blame and counterblame each other, like a broken record. They gave ideas about how they could make things better."

The researchers also found that wives are more likely than husbands to express hostility directly, to try to solve the problem under discussion, or to lapse into despair. Husbands were more likely to be patronizing, defensive and uninvolved, and to want to end the argument prematurely.

Margolin's study involved 73 couples married at least a year but who never had received marital counseling. The researchers asked the couples to simulate arguments in a lab, then videotaped them re-enacting the fights at home.

*Cr. Daily News 1-21-90*

## Women soldiers not eligible for Panama combat badge

Associated Press

*Cr. Daily News 1-11-90*

WASHINGTON — Women in the Army who fought in Panama will be eligible for several decorations honoring valor, a Pentagon spokesman said Wednesday, but not the Combat Infantryman Badge.

None of several hundred women who served in the Panama operation serve in infantry units, a requirement to be considered for the Combat Infantryman Badge, said an Army spokesman, Maj. Joe Padilla.

"They will be eligible for decorations and awards for valor — the Bronze Star, Silver Star, Distinguished Service Cross, and the Medal of Honor," Padilla said.

Of the 26,000 troops involved in Operation Just Cause, approximately 9,000 were in the infantry, Padilla said, but not all will receive the Combat Infantryman Badge.

Under Army policy, women are excluded from military specialties, such as the infantry, that are deemed to be combat-related.

The issue has drawn attention in light of the actions of Capt. Linda Bray, who commanded the 988th Military Police Company and its seizure of the Panamanian Defense Forces canine unit during the Dec. 20 invasion.

In that encounter, as well as others, female soldiers came under and returned fire.

### DO YOU JUST BELONG?

Are you an active member  
The kind that would be missed?  
Or are you just contented  
That your name is on the list?  
Do you attend the meetings  
And mingle with the flock?  
Or do you stay at home  
To criticize and knock?  
Do you take an active part  
To help the work along?  
Or are you satisfied  
To only just belong?  
Do you work with your committee  
And get right in and mix?  
Or leave the work to just a few  
And talk about the "cliques"?  
Think this over, member,  
You know right from wrong!  
Are you an active member,  
Or do you just belong?

"Come to Believe" Newsletter  
Winter 1987

The next NOW meeting will be at 7:30 on Feb. 19th at the CLC Synagogue-- Shaar Hashalom-- at 1620 E1 Camino. The program will be on "WOMEN IN CLERGY" and presented by Rabbi Sue Levy.

THIS COMIC STRIP MAKES ME WANT TO DO SOMETHING STUPID!!  
(the ed.)



## Masked women fight discrimination in art world

Associated Press

NEW YORK — The two women are dressed in black. They speak with passion and gravity. They argue about art and sexism.

They wear gorilla masks.

They are the Guerrilla Girls, self-proclaimed "conscience of the art world." And in their crusade to end discrimination against female and minority artists, these artists will quote statistics and cite examples, but they won't reveal their identities.

Instead, they wage "Guerrilla Girl" warfare. They have surreptitiously plastered walls with black-and-white broadsides since 1985.

"Bus companies are more enlightened than NYC art galleries," reads one poster, which compares the percentage of women who are bus drivers (49.2 percent) and managers (43 percent) to the number of women represented at the city's 33 major art galleries (16 percent).

"How many women had one-person exhibitions at NYC museums last year?" asked another poster in 1986. Answer: one at the Museum of Modern Art and none at the Solomon R. Guggenheim Museum, Metropolitan Museum of Art or the Whitney Museum of American Art.

A similar group, Mothers of Medusa (they wear Medusa masks), has postered Los Angeles, crashed

"The art world, which is supposed to be such an enlightened, liberated situation is in fact worse than corporate America."

Guerrilla girl

the opening of the Museum of Contemporary Art and distributed plastic snakes with messages attached about the lack of visibility of women artists. There also have been guerrilla actions in Chicago and Texas.

But the Guerrilla Girls stress they're not an organization as much as a state of mind. There's no national structure, or even a local organizational structure.

What galleries show no more than 10 percent women artists? What male artists allow their work to be shown in those galleries? What art critics write about women artists less than 20 percent of the time? The Guerrilla Girls name names.

They may wear masks. They may go to outrageous lengths to maintain their anonymity, arrang-

ing that an interview take place in a large basement painted entirely in black, at a converted warehouse in lower Manhattan. But the Guerrilla Girls are very serious.

"The art world, which is supposed to be such an enlightened, liberated situation is in fact worse than corporate America," said Girl No. 1, dressed in a black turtleneck, khaki shorts and a fierce-looking mask with fangs.

"We don't want this generation that's right now to be lost, so that 100 years from now, feminists have to be digging up who was doing art now," said Girl No. 2, clad entirely in black with a somewhat tamer mask.

The group was born in 1985 after the Museum of Modern Art mounted a grand-scale survey of international art, and less than 10 percent of the artists included were women.

They worked under cover of darkness, concealed by a cloak of anonymity, to avoid retribution from galleries and museums and to allow the message to stand alone, unclouded by personalities. Gallery owners don't agree with them and don't like them. The Museum of Modern Art would not comment on them, and the Met did not return calls made by The Associated Press.

Most of the Guerrilla Girls are visual artists.



# National Organization for Women

Mail to:  
Phyllis Tucker  
243 Empress  
Houston, Texas 77034

WHO CARES ABOUT WOMEN? NOW CARES! WHAT ARE YOU WAITING FOR? Join NOW, now.

- I want to be a member of Bay Area NOW, Texas NOW and National NOW. (\$35.00)
- I want to be a member of Bay Area NOW, Texas NOW and National NOW and can afford dues of \$ \_\_\_\_\_. (Dues for NOW are on a sliding scale from \$15.00 - \$35.00)
- I am already a member of National NOW and want to join the Bay Area Chapter. (\$8.00)
- I am not a NOW member but want to receive the newsletter for one year. (\$10.00 per year)
- I am making a contribution of \$ \_\_\_\_\_ to NOW.
- I authorize my name and address to be printed on the NOW roster for members.

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