

Style Plus

The Assertive Response to 'Hey, Baby'

Options Go Beyond The Silent Treatment

By LAUREN R. TAYLOR
Special to The Washington Post

Any woman who has ever walked down a city street has heard the catcalls, kissy noises and whistles that masquerade as "compliments."

Most women try to ignore street harassment. A few lash back with obscenities. Whatever their outward response, most women feel fear, anger and humiliation. For many, especially young women who live in the city and walk or use public transportation, street harassment is a daily burden and threat. Attempting to reduce their vulnerability, many women change their routes, their clothing and more, accommodating the harassers' intimidation.

I teach self-defense, and my students tell me how upset, afraid and angry street harassment makes them. But when we talk about strategies for dealing with it, they say, "Can't I just ignore it?"

Yes, you can. Sometimes ignoring it is the smartest, and the safest, choice. But if all you know how to do is ignore it, you don't really have a choice. Without a choice, most women feel powerless in the face of male aggression. That's reason enough to want more tools for handling harassment. Other reasons not to ignore it:

■ You're not really ignoring it. How do you feel after you ignore it? Scared? Angry? Street harassment feels like an attack, and for good reason. If you try to disregard it, the feelings linger. And you may make compromises in how you live your life—restricting when and where you go—as a result.

■ He could have more in mind. Verbal harassment and unwanted touching—the pinch, the backside pat, the unnecessary body contact—can be a harasser's way of checking out how far he can go. If you react by standing up for yourself, you're not a good candidate for victim. If you react passively, many harassers take that as a green light for further violation. Setting limits with harassers may help keep you safe.

■ Confronting harassment builds your "self-defense muscle." You wouldn't run a marathon without getting up off the couch, then



BY BARBARA QUINN FOR THE WASHINGTON POST

walking, then jogging, then running long distances. If you don't resist harassment and other low-key forms of violence, you will be "out of shape" should you ever have to deal with an abusive partner or a rape attempt. Being assertive with harassers helps you learn how to take care of yourself at work, in school, in relationships and in the rest of life.

■ If you don't do something, it won't stop. Women have a right to walk down the street unmolested. By defying harassers' power games, you can be a part of changing the culture that allows women to be verbally accosted in public places.

So, yes, I tell my students, ignoring it is a strategy, and often it's a good one. But here are some others:

■ Talk to the harasser. Talking back may be difficult, but it is simple. You don't need to be creative, or sarcastic, or mean. Just make clear you don't like what is happening: "That's harassment." "Stop making kissy noises at me." "You're standing too close." Add what you want him to do: "Don't talk to me." "Take your hand off me." "You need to back up."

■ Use your voice, facial expression and body language. All three channels of communication should be in sync. Avoid giving mixed messages (like having a big nervous smile on your face while you say "Leave me alone!"). Just keep your eyes up and looking right at him can change the dynamics.

Project confidence and calm. You can act relaxed, serious and

in control even when you don't feel that way.

■ Make no excuses. Being polite is fine at first, but if the harasser doesn't respond, drop the niceties. You don't have to apologize for how you feel or what you want. You also don't have to wait for your "turn" in the conversation.

Use statements, not questions. "Leave me alone," not "Would you please leave me alone?"

■ Stay on your own agenda. Don't respond to diversions, threats, blaming, guilt-tripping or name-calling. Just stick to your point.

■ Attack the behavior, not the person. Avoid cursing, name-calling ("You are such a jerk"), put-downs and other things that could raise the temperature unnecessarily.

■ Repeat yourself: It often gets

him to stop what he's doing. And if he doesn't listen or respect your request, that gives you important information about him and his intentions.

■ Decide when you're done. You don't have to wait for the harasser to apologize or have a personality transplant. Success is how you define it. If you said what you needed to say and you're ready to leave, do so.

■ Talk to friends, family, co-workers. Break the silence. Get support—this stuff is hard to deal with. Share ideas for handling harassment. Ask the men in your lives to listen to you and support you. Men can support female friends and family members by believing that harassment is a problem, understanding that women do not invite it, and not judging

WHERE TO GET HELP

■ D.C. Anti-Street Harassment Squad: Education, organization and direct action to combat street harassment. The squad sells buttons that say "Stop harassing women" for \$1. Call 202-234-8072 or e-mail streetharassment@graffiti.net.

■ D.C. Self-Defense Karate Association: Learn how to prevent and interrupt harassment, abuse and attack. Workshops and classes for individuals and community groups. Call 301-608-3708 or e-mail dcselfdefense@mindspring.com.

■ "Her Wits About Her: Self-Defense Success Stories by Women" by Denise Caignon and Gail Grove (Harper & Row, 1987) and "Back Off! How to Confront and Stop Sexual Harassment and Harassers" by Martha J. Langelan (Simon & Schuster, 1993). Both books are out of print, but they can be found in used bookstores and online.

■ The organization Men Can Stop Rape empowers young men through education and community organizing to work with women as allies in preventing men's violence. Call 202-265-6530 or visit www.mencanstoprape.org.

women's feelings about it. They can become allies by interrupting abuse in public places.

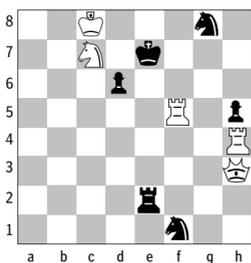
■ Act in solidarity. If a man sees a woman being harassed, he should stop and ask if she'd like some support. For men, there is a fine line between chivalry ("A damsel in distress! I must run to her aid!") and joining her team ("I'm uncomfortable when I see another man talking to a woman that way. I wish you wouldn't do it"). Men and women can hold male friends accountable for their attitudes about women, letting them know when jokes aren't funny, or if their words are disrespectful.

No matter who you are, be prepared for parting shots. Harassers often change course when things don't go their way. A minute ago you were the sexiest thing on two legs. Now you are a [insert bad word for woman here].

That's okay. Your job isn't to convert the harasser—your job is to take care of yourself and to say what you need to say. And if he shoots back the most uncreative epithet in the arsenal, saying you are one of those women who is Being In Total Control of Herself, I say, "Oh, yeah! That's me."

CHESS

Lubomir Kavalek



White mates in two moves.

Russia finished at the top among 39 countries at the European team championship in Plovdiv, Bulgaria, last week. Anchored by Russian champion Peter Svidler, the winning team included elite grandmasters Evgeny Bareev, Alexander Grischuk, Alexander Morozevich and former world champion Alexander Khalifman. They won eight matches and tied with Belarus in the last round to secure first place.

Israel finished second and Georgia was third with a better tiebreaker over Slovenia. Armenia edged Hungary on a tiebreaker to win the 31-team women's championship.

The oldest participant in Plovdiv was grandmaster Viktor Korchnoi, 72, playing for Switzerland. At the first European team championship in 1957 in Vienna, he was a member of the winning Soviet team, led by then world champion Vassily Smyslov, with future world champions Mikhail Tal, Tigran Petrosian and Boris Spassky, as well as the legendary David Bronstein and Paul Keres, in a powerful lineup.

Bright Future

The youngest team in Plovdiv was Azerbaijan, sharing 16th place with England. Teimur Radjabov, 16, Shakhriyaz Mamedyarov, 18, and Gadir Guseinov, 17, played on the top three boards and could be very dangerous in a few years. Mamedyarov, the current junior world champion, had the best result of the team with six points in nine games. His

attractive, aggressive style is based on a solid opening knowledge. With a subtle change of moves in the Grünfeld defense, Mamedyarov confused Swiss grandmaster Yannick Pelletier and scored a quick victory.

Pelletier-Mamedyarov
1.Nf3 Nf6 2.c4 g6 3.Nc3 d5 4.cxd5 Nxd5 5.Qb3 Nb6 6.d4 Bg7 7.Bg5 (Two years ago in Biel, Pelletier scored a surprising victory against Svidler with this solid line. After 7...h6 8.Bh4 Be6 9.Qc2 0-0 10.Rd1, black chose the passive 10...c6.) 7...Be6 8.Qc2 Nc6 9.Rd1 (Limiting black's action in the center.) 9...h6 10.Bh4 0-0 11.e3 (Czech grandmaster Vlastimil Jansa recommends 11.d5!; Nb4 12.Qc1 and believes that white has the edge.) 11...Nb4 12.Qb1 Bf5 (Forcing white to advance his central pawns and hoping they become vulnerable to a counterattack.)

13.e4 Bg4 14.d5 (Chuchelov's cold-blooded 14.Be2? can be met by 14...f5, for example 15.a3 fxe4 16.Qxe4 [16.Nxe4 N4d5] 16...Bf5 17.Qxe7 Nc2+ 18.Kf1 g5 with a good game for black.) 14...f5! (This move might have fooled Pelletier. Usually black plays first 14...g5 and only after 15.Bg3 f5.) 15.a3! (Thought to be the refutation of black's previous move. After 15.h3 Bxf3 16.gxf3 f4! black threatens to trap the bishop with 17...g5.) 15...g5!

(Mamedyarov's improvement on the game Matthew Sadler-Ilya Gurevich (Hastings England, 1992), which ended catastrophically for black after 15...fxe4? 16.Qxe4 Bxf3 17.gxf3 g5 18.axb4 gxh4 19.Rg1! Qd6 20.Bd3! Rf7 21.Rg6 Rf6 [On 21...Qf4 22.Rxg7+! Kxg7 23.Qh7+ Kf6 24.Qg6+ Ke5 25.Qe6+ Kd4 26.Ne2 mates.] 22.Rg4! Rf7 23.Ke2 h5 24.Rg5 Qh6 25.Rg6 Qh8 26.Rdg1 Rd8 27.Qxh4 Kf8 28.Be4 Bxc3 29.bxc3 Rf6 30.Qxh5! and black resigned, since after 30...Qxh5 31.Rg6+ Kf7 32.R1g7 mates.)

16.axb4?! (Leaving the theoretical path was not fortunate. Better is 16.Bg3, played already in a 1970 Soviet game Furman-Savon. However, after

16...f4 17.axb4 black does not have to go to the overanalyzed line 17...fxg3 18.hxg3 Rx3? 19.gxf3 Bxf3 20.Rh2 with sharp, complicated play. Instead, he can play 17...Bxf3 18.gxf3 Qd6! with a powerful pressure.) 16...gxh4 17.Be2 Qd6 18.Nd4?! (White neglects his kingside, although after 18.0-0 h3 19.g3 Qxb4 white has still problems.) 18...Qxb4 19.Bxg4 (After 19.Nxf5 Bxc3+ 20.bxc3 Qxc3+ 21.Kf1 Bxf5 22.exf5 Rad8 black has all his pieces in play.) 19...fxg4 20.Ne6? (Looks like a beautiful square, but the knight will soon be unstable. White should have gambled with 20.Nf5!; Bxc3+ 21.bxc3 Qxc3+ 22.Kf1, although after 22...Nc4 black has the upper hand.) 20...Bxc3+ 21.bxc3 Qxc3+ 22.Ke2 Rf6 (Defending the sixth rank, black is ready to undermine the knight with c7-c6.) 23.h3 c6 24.Nd4 (Recognizing the mistake, but too late. After 24.hxg4 cxd5 25.Nd4 Qc4+ 26.Ke1 e5 it is over anyway.) 24...Raf8 25.f3 (After 25.Nf5 cxd5 26.hxg4 e6 black wins.) 25...gxf3+ 26.gxf3 Rxf3! (The final jab. After 27.Nxf3 Qx3+ 28.Kd2 Nc4+ 29.Kc2 Na3+ wins.) White resigned.

Upcoming Virginia Open

The 35th annual Virginia Open will be played on Nov. 7-9 at the Ramada Inn in Quantico. At stake are 30 Grand Prix points. More information is available at www.vchess.org/virginiaopen.htm or contact Mike Atkins at matkins2@cox.net.

Sherzer on Attack

The U.S. Chess Center (1501 M St. NW) resumes Wednesday seminars with six programs on attacking chess, by grandmaster Alex Sherzer. The seminars begin Nov. 5 at 7:30 p.m. For more information, call David Mehler at 202-857-4922 or see www.chessctr.org/seminar.htm.

Solution to today's problem by T. Kardos
1...d5 2.Re5 mate.
2.Qxe6 mate; or 1...Kxf5 2.Qd3 mate; or
3.Qxe6 mate; or 1...d3
mate; or 1...Nf3
Kd4-Nc6-N5
P:d4-d4-c7): (L:R1:R1:N5:Black
White: K4:Q3:R4:R5:N3:N3:Black

HINTS FROM HELOISE

Dear Readers:

Honey is wonderful in tea, but have you ever tried it on your face? It feels great! It's my favorite homemade facial, and as well as moisturizing, it cleanses skin beautifully—it even cleans pores. Before starting, put on a bathrobe or wear a blouse you don't have to pull over your head—just in case you have to remove it, you won't get all that sticky honey on your good clothing.

First, clean and gently steam your face, then apply honey, avoiding the eye area, and leave it on for a few minutes, even up to 10 minutes. Put your feet up and relax—don't be walking around. The honey will get stickier the longer it stays on. When you're ready to remove it, use a wet, warm washcloth.

You'll feel wonderful, and an added bonus is that you might already have it in your kitchen. If not, honey is inexpensive—lots less than those commercial facials.

Dear Heloise:

Most people do not realize that a candle has "memory." The circle that forms where the wax melts the first time the candle is burned is as far as it will melt on subsequent burns. To get full use of pillar candles, one needs to have the time to let the candle burn all the way to the edge the first time it is burned.

I'm sure there is a scientific reason for this, but I was told about it by a candle-company representative several years ago. I have since tried it with any new candle I burn, and my candles now burn completely to the edge! Be sure never to leave a candle burning unattended.

Susan, Bristol, Va.

Susan, this is an interesting idea. So we called the National

Candle Association, and a representative said that every candle is different.

You really shouldn't burn a candle as far as possible because of the danger of the wax overflowing. In fact, the representative suggested that pillar candles should be extinguished if the wax approaches the outer edge. And follow the directions on a candle's label (which usually say to burn it for a specific time period the first time).

Here are a few candle safety hints to keep in mind, from the National Candle Association:

- Never leave a burning candle unattended.
- Keep candles out of the reach of children and pets.
- Use only appropriate candleholders placed on a stable, heat-resistant surface.
- Place lighted candles at least 3 inches apart.

Don't become a fire statistic!

Dear Heloise:

Many years ago, when we started "RV-ing," I had a hard time seeing into the kitchen drawers to find various utensils, such as spatulas, slotted spoons, pancake turner, etc.

By putting all the handles to the rear of the drawer, I had no trouble seeing the one I wanted!

Needless to say, that works very well at home, too.

Betty Nosbusch, San Diego

Send a money- or time-saving hint to Heloise, P.O. Box 795000, San Antonio, Tex. 78279-5000, fax it to 210-HELOISE or e-mail it to Heloise@Heloise.com. Please include your city and state when faxing or using e-mail. I can't answer your letter personally but will use the best hints received in my column.

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