

Liberation: What's in it for men?

By Robbie B. Snow
Lifestyle Staff Writer

The men's liberation movement must become effective or human liberation will be needed even more in 10 years for the entire population, not just half.

So said Dr. Warren Farrell, author and men's liberation activist, at the Friday morning session of the University of Utah third annual women's conference, "Women Unlimited."

"Men have usually just viewed the women's movement from a one-sex perspective," he said to the crowd of about 1,200 women and men in the U. of U. Union Ballroom. "In Sweden the movement is called a 'Sex Role Debate.'"

He finds that the greatest burden to men is the role of breadwinner. A role he says, women are now asking to share.

"The breadwinner role is how we define ourselves," he said. "Men have been brought up to see themselves as men only in their role as the provider. The higher they go up that ladder the less of a man they are."

"Men are taught from infancy that crying isn't going to solve their problems. It is proved that parents don't respond as quickly to their boy children as they do their girl children. As a result, men become emotionally constipated."

Bottled Up

"They keep their emotions constantly bottled up."

"If a man admits to his peers that he has problems they can use it against him when it comes to jobs. If he admits it to people below him, they lose the respect for him as a leader, and it doesn't help him at promotion time."

This role, Dr. Farrell maintains, is the most destructive.

"Men are afraid to let the feminine parts of their personalities come through. Part of the reason is that the image of women has been portrayed so negatively in books, television and magazines that many men don't want to have that kind of connotation."

"That's why looking at the women's movement from only the vantage of what it can do for women is so wrong. Men must look at what it can do for them. But instead, they think that it's okay for women to come up to the men's ideal. It's okay to give girls chemistry sets, but it's not okay to give boys dolls."

"The only thing that this really shows is just how fragile our masculinity really is," he maintained. "It is an assumption that men are the oppressors because they have the power. But at the same time men are oppressed because they have to keep up the appearance of having that power."

Power Facade

Dr. Farrell brought up instances where men have not kept up that facade of having power and what it has done to them in their lives.

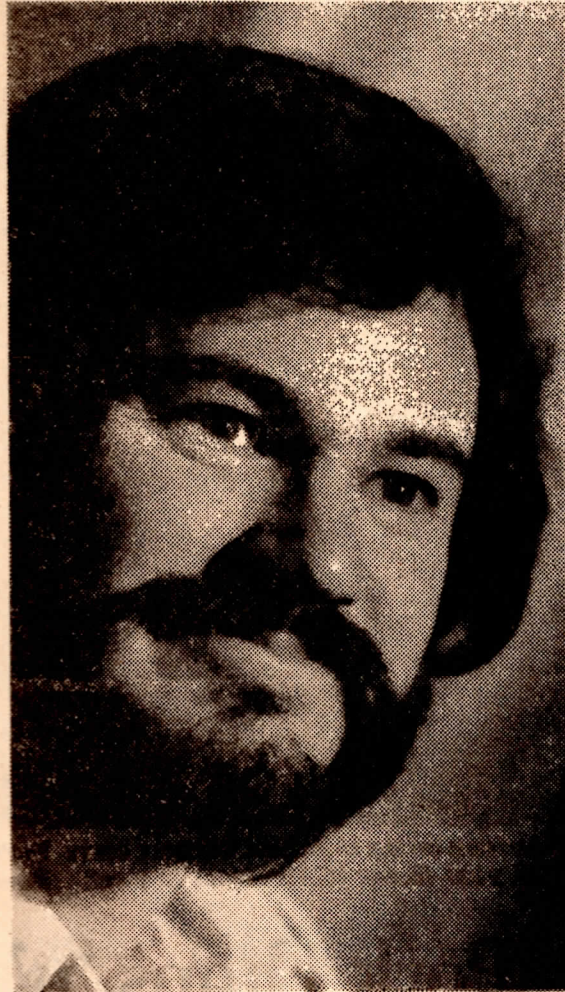
Former Michigan Gov. George Romney admitted to being brainwashed by the Pentagon; Sen. Edmund Muskie of Maine cried in answer to a slur on his wife; and Sen. Thomas Eagleton was hounded out of the vice presidential race by admitting that he had to have help for depression.

"All three men," explained Dr. Farrell, "went against the masculine role and paid for it. Instead of seeing them as more human, people thought less of them."

To overcome the emotional constipation of keeping everything inside "as the manly thing to do," Dr. Farrell advocates that men do what women have been doing for the past five years, form conscious-

positions," he continued. "Men self-listen by hearing enough of what the other person is saying and then spending the time until the first pause to develop his own experience to make him look better."

"Men are not taught to listen. Women are taught to listen and to bring out a man with questions and positive comments."



"Breadwinner role is how we define ourselves," Dr. Farrell told large audience.

Another problem men are faced with is success objects, which Dr. Farrell said are parallel to women as sex objects.

He related an experience of a man in support groups who had gone up the ladder to success at the expense of not knowing his family or friends.

"He then asked, 'What do I do now?'"

"I have heard that question asked time and time again on the campuses and with the people I've talked with. Young men say they won't be caught in the trap. Older men see that that has happened to them."

Asking Ourselves

"We have to start asking ourselves, 'What are we doing? We begin repeating ourselves? When are we growing? When does the job become boring when those questions are answered, we decide what is the most important to help a person and say no to a lot of money. And we know how to change."

"That's what the men's movement is about. Men realize that they don't have to get into the security traps."

"We can accept the offer of women to share the breadwinning role. We will not be considered less but more human. And we will live longer."

Men's liberation does have specific goals. It advocates flexible jobs where two persons can do the same job, each working 25 hours a week. Men can leave so fathers can take a more active role in child rearing; staggered hours; four day 40-hour week; employment sponsored day care; and team sports rather than competitive; and control.

"These are the tangible goals," he said. "I think the most important things I have learned from men's liberation are intangible ones. I have learned to listen. I have learned that I can ask for help. I have developed my sensuality. I can be intimate. I can cry and I can empathize. I think I have really learned how to love."

For crispy coating

Quick idea for a crispy coating. Coat chicken, fish, or fresh vegetables, first with egg, then breading: equal amounts of enriched cornmeal, flour, seasoned with salt and pepper.

The Salt Lake Tribune Lifestyle

Women Food Family

Section A

Saturday Morning, October 18, 1975

Page 1

Pattern own rug . . . for a p

By Bess Winakor

Chicago Sun-Times Writer

CHICAGO — Do you have a favorite painting? Wallpaper? Dress? China plate?

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Woven by Hand

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Dr. Warren Farrell, author and men's liberation activist, spoke

to women's conference at University of Utah Friday.

Assertive behavior opens door to communication

It starts with a good feeling for yourself. And then encompasses direct, honest expression of your feelings, opinions and thoughts.

The concept is called assertive behavior and will open the door to more complete communication, according to Dr. Annette Long, educational psychologist, University of Utah.

Conducting a workshop session at Women Unlimited, the third annual women's conference, Dr. Long with Virginia P. Kelson, president, Phoenix Institute, told a capacity crowd of the personal effectiveness of assertive behavior.

you. But rather doing it because you really want to. It is saying what needs to be said giving attention to appropriate time and situation, she added.

Stressing the difference between assertive behavior and aggressive behavior, Dr. Long said aggressiveness is violating the rights of others. "Assertiveness focuses on one's own rights without denying the rights of others. It opens the door to increasing personal and organizational effectiveness through the development of behavioral and communication skills."

Ms. Kelson emphasized the effectiveness of body language in being assertive focusing on one's own rights.

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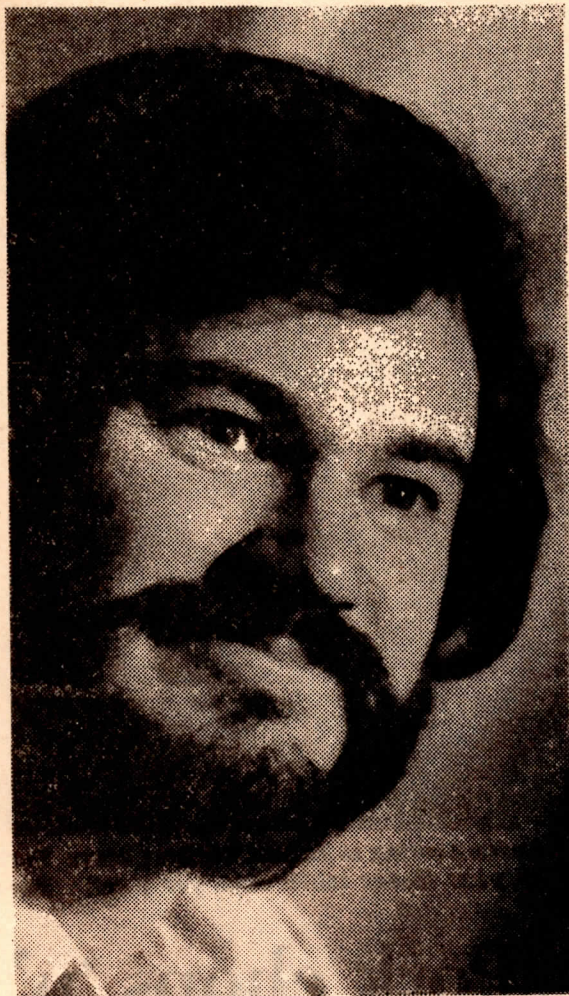
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The Salt Lake Tribune Lifestyle Women Food Family

Section A

Saturday Morning, October 18, 1975

Page 11

Pattern own rug . . . for a price

By Bess Winakor

Chicago Sun-Times Writer

CHICAGO — Do you have a favorite painting?
Wallpaper? Dress? China plate?

Would you like a rug patterned to match?

You never even thought about it?

Well, some people have, and they have gone to
Edward Fields Inc., to have the rugs custom made.
The bulk of Fields' customers, however, order rugs

decorator to the Fields showroom to choose a rug
design, it will take about four months for your rug to
arrive.

Woven by Hand

The rugs are woven by hand, with an electric
needle inserted from the back. The weaver follows a
pattern drawn on the back. Then the rugs are
hand-sheared on the front to provide a texture or a
smooth surface.