

Assertive training groups: not just passive women learning to say no

By TIM SMITH
Staff Writer

Ever since women first expressed the idea of equal rights among the sexes, the question has arisen as to how to express those rights. From bra-burning to the Equal Rights Amendment (ERA), men have looked suspiciously at women who have tried to speak out.

Today, however, there is a new movement that seeks to express those rights without the consequences of aggressive behavior. It is called assertion.

"Women tend to look at their own feelings as less important than the feelings of others around them, especially their families' or their mates' feelings," said Katy Maxwell, a UNC graduate student in clinical psychology.

"Assertive training allows women to express their own rights and feelings without being aggressive."

Much like transcendental meditation and other psychological fads, assertion training has risen in popularity in the past few years.

One reason, say assertive group leaders, seems to be in what it offers to different minority groups and women's organizations.

"Assertive training seems to be looked upon right now as particularly appropriate by the women's movement and other sensitive groups, to gain rights they feel they've been denied for many years," said John Galassi, a professor of education at UNC and a counselor for assertion training.

Galassi, who has just written a book with his wife, entitled, *Assert Yourself!*, said the popularity may not last long.

Right now, however, the popularity of assertion training is very much in evidence, especially in the number of groups it has spurred.

In Chapel Hill, there are some six or seven groups that offer assertion training.

While most groups are alike (most run for eight weeks and average about 10 members), each employs its own techniques and objectives, depending on its leader.

Maxwell, who is leading an assertion training group as work for her dissertation, plans to try a variety of techniques in training to find which works best with women.

"There are all sorts of behaviors that are considered assertive, but I'm concentrating on two: refusing unreasonable requests and making requests. Those are

probably the hardest behaviors for women to make," Maxwell said.

There are, however, a variety of other groups with different objectives and motives. Most groups, for instance, include men.

"Women have more trouble standing up for their rights with authority figures, but men have more trouble reaching out to other people and showing emotions other than anger," Susan Carr, an assertion group trainer said.

Carr also said there is a natural tendency for women to admit they need help, which could explain why more women join than men.

"Women are a lot more willing to admit they need the help of a psychiatrist of a psychologist. They are the ones that initiate marriage counseling," Carr said.

"I had always thought that the women in school now were more assertive. But after working with them, I'm not so sure," Nancy McLeroy, a graduate student in counseling and a group coleader, said.

"They say that they want to be assertive and that it's okay, but I find they're really not."

Group leaders also say that it is a myth that housewives need assertion training any more than professional women.

"One thing I found that was interesting was that professional women on the top had quite being assertive because they no longer had to compete with other women climbing the ranks," Carr said.

But some backgrounds do affect assertive behavior in women, especially cultural ones.

"In the groups that I've done, the Southern women have just had the worst time asserting themselves. They're so much into pleasantries that it's very, very difficult."

"On the other hand, people from the Northeast had had trouble being aggressive. They say what they want at the expense of other's feelings," Carr said.

Galassi agreed, noting a study that was made between a Northern and a Southern university.

"We found that while the amount of assertion was relatively the same for students in both places, the way in which they expressed that behavior was different."

"I'm willing to bet that in New York City, there is a much more direct way of expressing oneself than in North Carolina. That some behavior down here would probably be looked upon as aggressive," Galassi said.

With all the different cultural and professional backgrounds of group members, there are also a wide variety of reasons for joining the groups.

Cathy, for instance, a UNC graduate student,

decided to try assertion training because of her aggressive behavior.

"My basic problem is that either I'm too passive or I get into a fight with people, and lately I've been getting into a lot of fights," she said.

But many come because they don't feel they can speak out or refuse requests without feeling uncomfortable.

"In stores, if the salesperson is helpful, I feel obligated to buy the product. Lots of times I've ended up buying things I really didn't want just because I can't say no," Debbie, a UNC graduate student and a member of an assertion training group, said.

To help each group member, the training teachers use a variety of techniques which depend upon the individual teacher's objectives.

"The first three of our sessions, we get rid of any mental blocks to assertion. Basically, this means getting rid of beliefs like, 'Everyone is going to hate me if I change.'"

"Then we look at the nonverbal expressions used in assertion, like facial expressions, and for this we use videotape," Howard Fradkin, a UNC graduate student and coleader with McLeroy, said.

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Textile unions

The textile industry in North Carolina is one of the largest in the nation, but the percentage of workers belonging to unions is small. See page 8.

Cloudy and mild

It will be partly cloudy today with a 30 per cent chance of showers. The high today will be in the mid to upper 50s. The high on Friday will be in the 60s. Evening lows will range in the mid 40s.

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Legislature gets 33 nominations for UNC board

By TONY GUNN
Staff Writer

Thirty-three persons have been nominated to fill 11 positions on the 32-member University of North Carolina Board of Governors.

Among the nominees are the seven members of the present board who are eligible for reelection. Members of the board must be approved by the N.C. General Assembly.

Monday was the deadline for nominations.

Verna Taylor, 42, the first professional business manager of the *Daily Tar Heel*, was nominated Monday by Rep. Tommy Baker, D-Duplin.

"I'm interested in higher education," Taylor said Wednesday. "Since the ERA did not pass, women need to assume their own responsibility for bringing change for women. They can begin this by placing themselves in policy-making positions."

The board dictates policy and draws up budget requests for the 16-campus University system.

Taylor said that she could bring good information and decision-making to the board. There would be no conflict of interest between her work on the board and her job at the *DTH*. "The Board of Governors is over the whole system, not just the University."

She added that she worked by a special contract with the *DTH*; she is not an employee of the state.

Taylor urged students to write letters of endorsement for their particular candidate and send them to Sen. Ralph Scott, D-Alamance, the chairperson of the Senate nominating committee for the board, and Rep. Nancy Chase, D-Wayne, the chairperson of the House nominating committee.

Letters also can be sent to legislators in the student's home district, she added.

The two legislative committees soon will screen the nominees as to their backgrounds, willingness and ability to serve. Committee nominations then will be placed before a joint session of the

House and Senate, where further nominations will be accepted.

All incumbents of the board eligible for reelection have been nominated: Betty McCain, state Democratic chairperson, of Wilson; Wallace N. Hyde of Asheville; Thomas J. White Jr. of Kinston; Maceo A. Sloan of Durham; George Watts Hill of Durham; Victor S. Bryant of Durham; and Reginald F. McCoy of Laurinburg.

Other nominations include Harvey A. Jonas Jr. of Lincolnton; George R. Little Jr. of Elizabeth City; Clint Newton of Shelby; John S. Vaughan of Woodland; H. L. Riddle of Morganton; Furman P. Bodenheimer of Cary; Lenox Gore Cooper of Wilmington; Adolph L. Dial of Pembroke; Victor W. Dawson of Fayetteville; Grace Smith Epps of Lumberton; Charles Flack Jr. of Forest City; Mason Anderson of Shallotte; Lawrence Cobb of Charlotte; Bruce J. Downey; Francis Fairly of Charlotte; C. Felix Harvey of Kinston; W. C. Haase of Kenly; James E. Holmes of Winston-Salem; Robert L. Jones of Raleigh; Lenox McLendon of Greensboro; William D. Mills; Robert Smith of Lexington; Dr. William M. Bell of Fayetteville; Kathleen Chitty of Raleigh; and Jimmy Love of Sanford.



With the ERA's defeat most persons see little need in wearing a button supporting the bill's passage.

Defeat of ERA by state Senate disgusts many UNC students

By ROBIN CLARK
Staff Writer

Holt Stanfield said she wasn't upset by the defeat of the Equal Rights Amendment (ERA) in North Carolina Tuesday. In fact, Stanfield said she was glad it didn't pass.

"Maybe I'm just not very liberated, but I don't want to be put up against a man to compete with him for a job," said the Durham sophomore.

"I like playing boy-girl, and I don't care if I get paid less than a man for a certain job."

Stanfield's sentiments were not shared by most other UNC students that were asked Wednesday for their reactions to the defeat of the bill.

"I felt personally hurt (by its defeat)," said Deborah Gentry, a Roxboro sophomore. "I grew up on a farm, where women were out there with men all the time pulling their own weight. I want to be legally a whole person."

Thirty-five of 45 students interviewed in the informal poll said they were disappointed to see ERA fail for the third time, four said they were glad and six were indifferent. Passage in North Carolina would have raised to 36 the number of states that have ratified the amendment, just two short of the 38 needed for ERA to become law.

"I think this stinks," said Heidi Athanas, a sophomore from Atherton, Calif. "It's about time they got rid of all discrimination," Athanas said.

"People complained about its vagueness, but the First Amendment is vague, too, as far as that goes," she said.

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How they voted

The North Carolina Senate voted to reject the proposed ERA Amendment in a 26-24 roll call vote. The vote ran as follows:

Voting Yes

Alexander, D-Charlotte; Britt, D-Lumberton; Davis, D-Winston-Salem; Garrison, D-Albemarle; Gray, D-High Point; Hill, D-Brevard; Jordan, D-Mt. Gilead; Lawing, D-Charlotte; Marvin, D-Gastonia; Mathis, D-Charlotte; Raynor, D-Fayetteville; Royall, D-Durham; Scott, D-Burlington; Sebo, D-Greensboro; Sharpe, D-Morganton; M. Smith, R-Greensboro; W. Smith, D-Wilmington; Stallings, I-New Bern; Toherown, D-Winston-Salem; Vickery, D-Chapel Hill; Walker, D-Asheboro; Whichard, D-Durham; Winters, D-Raleigh and Wynne, D-Raleigh.

Voting No

Alford, D-Rocky Mount; Allsbrook, D-Roanoke Rapids; Ballenger, R-Hickory; Barnes, D-Goldsboro; Childers, D-Lexington; Combs, D-Hickory; Crawford, D-Asheville; Daniels, D-Elizabeth City; Hardison, D-Deep Run; Harrington, D-Lewiston; Harris, D-Kings Mountain; Henley, D-Hope Mills; Kincaid, R-Lenoir; Lake, D-Raleigh; Marion, D-Dobson; McDuffie, D-Charlotte; Palmer, D-Clyde; Popkin, D-Jacksonville; Rauch, D-Gastonia; Renfrow, D-Smithfield; Soles, D-Tabor City; Somers, R-Salisbury; Speed, D-Louisburg; Swain, D-Asheville; Webster, D-Madison and White, D-Winterville.

The following senators campaigned on pro-ERA platforms during the November elections but voted no Tuesday: McDuffie, D-Charlotte; Henley, D-Hope Mills; and Rauch, D-Gastonia.

University must pay bigger share of system cost

By MARY ANNE RHYNE
Staff Writer

Editor's note: The following is a news analysis of the Chapel Hill bus system.

"The buses are empty" and "Campus parking places for students just don't exist" are two oft-heard phrases during bus negotiations.

Officials are threatening again this year to cut back bus service, leaving students and employees wondering about transportation next year.

Throughout negotiations the major stumbling block in implementing a full-service bus system has been the question of who will assume financial responsibility.

The town of Chapel Hill contributed \$1,052,613 to the bus system in 1976. The University contributed \$322,188 in bus-sales, and fare-box revenues made up \$95,943 of the budget.

Alderman Ed Vickery, former liaison for the aldermen to the Transportation Board, said he feels anyone who benefits

from the system must help pay for it.

"There is an unequal sharing of the cost with respect to the groups receiving benefits," Vickery said.

"The University is not paying its share. They are realizing much larger benefit than they're paying for," he said.

Vickery said the University benefits from the system because bus transportation helps relieve campus

parking problems. The system also saves the University money because it eliminates the need for parking decks,

which cost an estimated \$3,000 per parking space, Vickery said.

According to a study by Vickery, 65.8 per cent of the bus riders were UNC students and employees. The University sold 94 per cent of all passes used on round trips.

Student Transportation Director Paul Arne said he didn't feel the administration would be willing to raise parking prices that much.

"Everybody must pay for it (the bus system) or no one will pay for it," Arne said.

Board picks Yack editor, media reps

The Media Board selected editors for the three campus publications at its meeting Tuesday night.

Theodore Kyle was chosen editor of the yearbook, the *Yackety Yack*, and Robert Ginger was selected to edit the *Carolina Quarterly*. The *Quarterly* is an international literary magazine.

Coaditors were chosen for the *Cellar Door*, the undergraduate literary magazine. They are Mark Smith and Jon Sasser.

The Media Board also selected Mike Jacobson as its representative to the *Daily Tar Heel* Board of Directors.

All editorial positions were advertised in the *DTH* and candidates were recruited by the individual staffs. Applicants presented a resume and were interviewed.



UNC students may be doing more waiting at bus stops if Chapel Hill and UNC officials carry out threats to cut back bus service further. The University must pay more of the bus system costs if it is to continue full bus service.

Schafer defeats Wirwicz in third election for CGC seat

Diane Schafer defeated Bryan Wirwicz for the District 7 (Granville South and Granville West) Campus Governing Council (CGC) seat in a special election Wednesday.

The final vote was Schafer, 199, Wirwicz, 190. Two votes were voided.

Wirwicz said he would not contest the election because there were no grounds for a challenge. "I guess once and for all we've settled it," he said.

Schafer attributed her victory to door-to-door campaigning by her supporters. She said the *Daily Tar Heel* editorial Tuesday endorsing her candidacy also helped.

"I think the editorial really helped to clarify many things that needed to be clarified," she said.

The election Wednesday was the third time District 7 voters went to the polls to vote for either Schafer or Wirwicz. In the first election Feb. 9, Schafer defeated Wirwicz by 10 votes, 201 to 191, but because 11 Granville residents voted in the wrong district, Craig Brown, elections board chairperson, called for a special election.

The elections board also ruled that Wirwicz had accidentally misrepresented Schafer in his campaign literature during that campaign. Wirwicz apologized but did not retract his statements.

In the first special election, held Feb. 23, Schafer defeated Wirwicz by a vote of 208 to 205. But a second special election was called because more votes were cast than students were registered.