

## New Men's Magazines

# Men Get Even

by Millicent E. White  
Collegian Staff Writer

The days when the magazine stands are dominated by magazines just for women are coming to an end.

Slowly, we are seeing magazines written just for men becoming more abundant. According to the Utne Reader "What's with Men These Days?" The 1980's has seen an emergence of men's magazines quite different from "Playboy" and "Gentlemen's Quarterly."

Rather than long for the good old days when women did not challenge men's roles or set the fashion line for men, the new publications offer men a place to tell their stories and seek new ways to express their masculinity.

Although the writers of these publications are not very well known, they are helping develop new images of masculinity and defining what it means to be a man today. The few thousands who read these publications are beginning to build new men's cultures, which challenge prevailing understandings of what it means to be a man.

Following are brief summaries of just a few of the new men's publications:

"Changing Men: Issues in Gender, Sex and Politics" is called the daddy of the new men's publications, beginning in 1979 as *men: gentle men for gender justice* and changing its name in 1985. It intends to offer "a healthy, life-loving, non-oppressive masculinity" and to support "the network of men and women working to end sexism." "Changing Men" also offers sections on sports, poetry, war and men's history.

"The Men's Journal" describes itself as "The excitement of men, celebrating our common masculine heritage." "The Men's Journal" grew out of the men's

reviews, reports from academic conferences and syllabi from courses. About 100 courses on men are being taught in the U.S. today while other schools teach Gender Studies, which look at both men and women.

"Making Waves" is a regional magazine published since the early 1980's by CAMP a state-wide political organization which grew out of the California men's gathering. "Making Waves" reports on internal matters and events such as men's peace encampment, the brother storm demonstration against violence against women, and beauty pageant protests.

"Reaching Out" first published in Pennsylvania in 1984 moved to Boston in 1985. It describes itself as the "newsletter of the men's movement in the Northeast." It offers articles on subjects such as men and pornography, abortion, gay rights, and bisexuality.

"Embers from the Northwoods" was begun in 1984 by men who attended Robert Bly's men's conferences. Though smaller than other regional publications, it comes out more often and offers a lively exchange between men. "Embers" is more male-identified not hostile toward women, but more focused on men and their needs. Its subtitle is "a newsletter for man's connection to men."

"Men's Health" offers editorial advisories on subjects such as sexuality, exercise, sexually transmitted diseases and cardiology. A recent issue included articles on "sexual technique: learning to last" and "Alternatives to Hernia Surgery."

"Nurturing News" is an excellent special issue publication which focuses on fathering, children, and education. Founded in the late 1970's by educator/author David Giveans, it runs special issues on topics such as grandfathers and "children's fears on nuclear war."

gatherings convened by Minnesota poet-storyteller Robert Bly. Its mythopoetic approach examines not only contemporary men but men's lives through the centuries. It is published and edited by one man Yevrah Ornstein.

"Brother" is a house organ for the National Organization of Changing Men (NOCM), founded in 1983. "Brother" publishes organizational documents and the work of men prominent in the male feminist movement, addressing issues such as class issues, rape, violence, family theory and work.

"The Men's Studies Newsletter" is a scholarly publication written by and for academics in the growing field of men's studies, which is an outgrowth of Women's studies. It usually features numerous book

For the past several months I have jotted down as much information as I could, concerning bodybuilding, diet, healthy habits, etc. Some of you are probably so sick of my preaching that you'd just as soon tie me up and force me to eat Hostess Twinkies. It is for these people that I have dedicated this column.

There is a physical activity that can be enjoyed by everyone and is beneficial to one's health. Ironically it's something that most of us do everyday. Can you



## Ask Louanne

The Collegian Advice Column  
by Dr. Louanne Barton,  
Psychologist

*This week:  
Finals phobia*

Dear Louanne,

I am absolutely a basket case over finals. When I actually get into the exam I am so panicked that I forget everything and can't concentrate. I seem to block even though I have studied hard and know the answers. What can I do? Help!

Signed, Thoroughly Panicked

Dear Panicked,

What you are experiencing is anxiety. It can cause mental impairment as well as physical reactions such as sweating, cold hands, nausea, rapid shallow breathing, and rapid heart beat. It is virtually impossible to experience anxiety and relaxation at the same time, so what you need to do is get started practicing the Relaxation Response (also known as the Quick Quieting Response and the Stroebe Response).

First get comfortable in your chair. Now tense every muscle in your body and keep it tensed starting with your head and working down. Concentrate on how each muscle feels as you progress. First tense your forehead by scowling, then your neck by pulling in your chin, then your back by dropping your shoulders and squeezing your shoulder blades together. Pull your stomach up in, tighten your buttocks, stretch out your fingers, push your toes into the floor to tighten

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your calves. By now your whole body should be tense.

Next, relax each set of muscles that you just tensed. Start with your toes and work upward. Concentrate on how you feel as the tension leaves your muscles one by one. When you get to your chest muscles, breathe deeply several times and continue breathing deeply and slowly as you finish the relaxation procedure. As you breathe, notice how you exhale all the tension. Some folks can reduce their rate of breathing from a normal rate of 10 to 12 down to as few as four to six breaths per minute. Try counting your breaths before and after the exercise.

After you have practiced this exercise a few times you'll be able to spot which muscles are the ones you generally tense up under pressure. For me, I need to remember to drop my shoulders. Keeping them in a raised position causes tension in my neck and eventually a painful headache.

This exercise takes less than a minute, and after you have practiced at home or in the library you can use it before and during the actual test. Arrive a few minutes early (but not too early so you'll have time on your hands) and go through the exercise before the test. Then if you feel your self tensing during the exam, stop and go through it again. This will also help you refocus your attention.

Good Luck! Have a super summer and come back in the fall all rested and ready to go. I'll miss you all.

## Get Fit Now

by Brian Nelson  
Collegian Staff Writer

guess what it is? No, it's not sex, it's walking.

Walking has become a very popular activity among all ages. It's the exercise that doesn't feel like exercise. It not only helps to burn up excess calories, but it can add years to your life. But the best part is; it's fun. It's something you can do by yourself, while taking in the scenery and listening to your favorite tunes. Living in Erie, we are lucky to have the peninsula for a place to walk. There's nothing quite like an early morning walk, topped off with a relaxing afternoon at the beach. And the best part is, that it's all right there in one place.

Beyond boosting cardiovascular fitness, walking also protects the heart in other ways. It helps to lower artery-clogging cholesterol and triglycerides. Also, the higher level of good-proteins walking produces can help reduce the chances of heart disease. Walking can also be an excellent release for stress. Yet another advantage in this area is that a brisk walk will help to lower blood pressure.

For those who are trying to shed pounds, walking is the best low-impact exercise. Although more calories are burned through jogging, walking carries less risk of stress injuries. Best of all, by walking, you will lose weight in all the right places - not just on the legs, but also in the stomach, hips and upper arms.

Usually the areas of highest fat concentration melt away first. In men, that's usually the love

handles, and with women it's usually the buttocks and thighs. But the weight loss will take time.

By walking, all the major muscle areas receive a moderate workout. Your arms and upper torso get a mild to moderate workout when you walk because you naturally swing your arms. To build strength in your upper body you can use 2 pound, hand held weights. Properly used, they will not cause injury, and they will increase the aerobic value of your workout.

Something that you should always make sure of before starting a regular walking program, is that you have the proper footwear. A good pair of walking shoes will make you feel as if you are walking on air. So if you despise working out, but still want to get in shape, the best advice I can offer is to "take a hike."