

Author says young career women find life lonely

United Press International
CHICAGO — Young career women are finding life lonely and are turning to marriage and children, author Megan Marshall says.

The new generation grew up with women's liberation and sexual liberation — with freedom to nourish a career instead of a family.

To their mothers, "love was everything in a woman's life," says the author of "The Cost of Living: Women and the New

Fear of Intimacy."
"Mother found out who she was by getting married to a man, taking his name and having his children," Marshall said in a telephone interview.

"But the daughters of those women really felt that their mothers were missing out on a lot ... had no separate identities from their families. They complained their mothers were terrible role models and very depressing to them.

"They really rejected the no-

tion of love being important at all. Suddenly what was important in life was developing a career, proving you could live by yourself, support yourself and be independent."

When this new generation reached their 30s, they found themselves a little lonely and wanting love, Marshall said.

One successful woman lawyer said: "I don't want to make 'partner' and come home to an empty house."

"The women were getting

somewhat disillusioned from their jobs and realizing their job wasn't everything," the author said.

Marshall's book is based on 40 case studies of women, age 25-40, in Boston, New York City, Washington D.C., Atlanta, Chicago, Houston, Los Angeles and San Francisco.

"There was a kind of epidemic of fear of intimacy that was holding women back," she said. They were afraid of losing

themselves, had nightmares of being suffocated, and feelings of claustrophobia.

They were willing to make commitments to a career, but ran away from men.

They had found an identity in their work and proved they could take care of themselves.

"They were afraid that new self would just go away if they got married," she said.

They just assumed they could get married and have children when they wanted to. But

women in their 30s find a shortage of men, Marshall said, or men who are marrying younger or less professional women.

Marshall found men also were getting tired of career women.

"Often they were the ones who really wanted deep and committed relationships. And they were frustrated with going out with women who were more willing to put time into a career than a relationship."

However, she thinks the

trend is reversing.

"They're finding in their 30s that they have really paid a different price — that all this worry about commitment and fear of intimacy really has shrunk their horizons in a way that they never expected," Marshall said.

"I think that it's kind of sad because in a lot of ways these are the women who are best prepared to have good marriages — if they would let themselves."

Quick depression cures offered

United Press International
SACRAMENTO, Calif. — Therapist Sheila Sugarman has a list of quickie cures for one of the most pervasive and persistent of self-inflicted maladies — depression.

Not all cases of depression are self-inflicted or can be self-treated, but for those that are, she advised:

"Touch five people a day, talk to five people a day. Help someone do something. Make someone happy. Send a card to a friend. Work at the food lost downtown. Visit a sick friend or an old person. Call a friend. Treat someone to dinner."

Also do something physical. "Walk, run, dance, jog, bowl, swim. Get physically tired doing something you enjoy each day."

She said, "Often people who depress themselves do not move their bodies. Exercising causes an internal chemical reaction that tends to temper depression."

Finally, she said, try keeping a daily journal of personal feelings.

"It may not be real nice to say, 'I depress myself,' but it's wonderful to know that, because guess who can get you out?"

Sugarman, 39, a licensed family counselor who holds a master's degree from California State University, Sacramento, cautioned that there are different kinds of depression and not all of them are induced by self-generated negative thinking. Some are the fault of hormonal changes, internal chemical imbalances or catastrophic occurrences such as a death in the family.

But other depressions can become habits that run in cycles and last for years.

Some people harbor idealized or "perfect" images of themselves that they cannot live up to, Sugarman recently told an all-female class arranged by Sacramento's Learning Ex-

change. When that happens, she said, reactions can be disastrous.

"If I'm not perfect, then I'm despicable," is the way some people react, Sugarman said. Failure to live up to impossibly high standards can trigger a devastating cycle of mental self-abuse.

"There is anxiety, because they're overwhelmed by sadness, anger, hatred and they're scared. They really feel bad. They're not making this up. So they become people-pleasers and seek reassurance from others because they know they're not OK. If they were OK, they'd be able to handle this."

"When they don't please everyone, they go back into the cycle again. That's probably how it started in the first place, trying to please someone."

"Every time you evaluate yourself harshly, you can jump in the direction of depression. You can make your life miserable by feeling bad about yourself because you're not doing

what other people think you should be doing.

"It's more important that you like yourself. When people begin to change what they believe about themselves, they actually can change their lives."

Sugarman has taught classes for several years for the Learning Exchange, an adult education program that offers about 150 noncredit courses each month.

Danish designer making splash in United States

United Press International
CHICAGO — The adage about clothes making the man could not be further from the philosophy of designer Bech Thomassen. He thinks they reflect the man.

"I don't believe clothes make the man," the Danish-born designer said. "I like the man to identify with the clothes he is wearing. I like my clothing to express his attitude of living—a person confident with himself: he is what he is and he knows what he is."

"For me it's very important for clothes to be casual," he said, adding that "relaxed, casual and elegant" best describe his design philosophy.

Thomassen, 35, is now achieving wider recognition in the United States as a designer, yet he smiles when he hears himself described as "up-and-coming."

As he puts it: "They're finally

opening their eyes to my direction."

Thomassen has designed clothes professionally for 15 years, although his unofficial career began in childhood when he designed and made wardrobes for his sisters and their dolls.

He studied at the Fashion and Industrial Art School of Design in Copenhagen, and in the early 1970s established himself as a designer of women's clothing.

Working for Birger Christensen Furs in Copenhagen, he designed a fur coat for Denmark's Queen Margrete II, as well as numbering among his private customers Marlene Dietrich and Josephine Baker.

Thomassen came to the United States in 1976 and set up shop on the West Coast, where he specialized in men's clothing. "It's a bigger challenge in America to cater to the American man, to bring my Eu-

ropean know-how instead of just making money on ladies clothes," he said.

Having established himself as a designer of men's clothing in San Francisco for many top retailers, Thomassen has returned to designing clothes for women. "I think the American woman is ahead of the American man — more impulsive," he said. "American women are more casual and sporty than European women, and that's right up my alley."

"American men have to think about their image."

He calls his designs for women "an expression, an extension, of my men's clothes, but not unisex. I really cater to a person who is all together."

Thomassen moved from San Francisco to New York last year to integrate his European background and training with his concept of the American way of life.

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