



Lilac

A publication of Bucknell University's Women's Resource Center
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February 2009

Eating Disorders

What puts college students at risk

Page 8

The Hook Up Culture: No strings attached?

Page 4

Child Brides

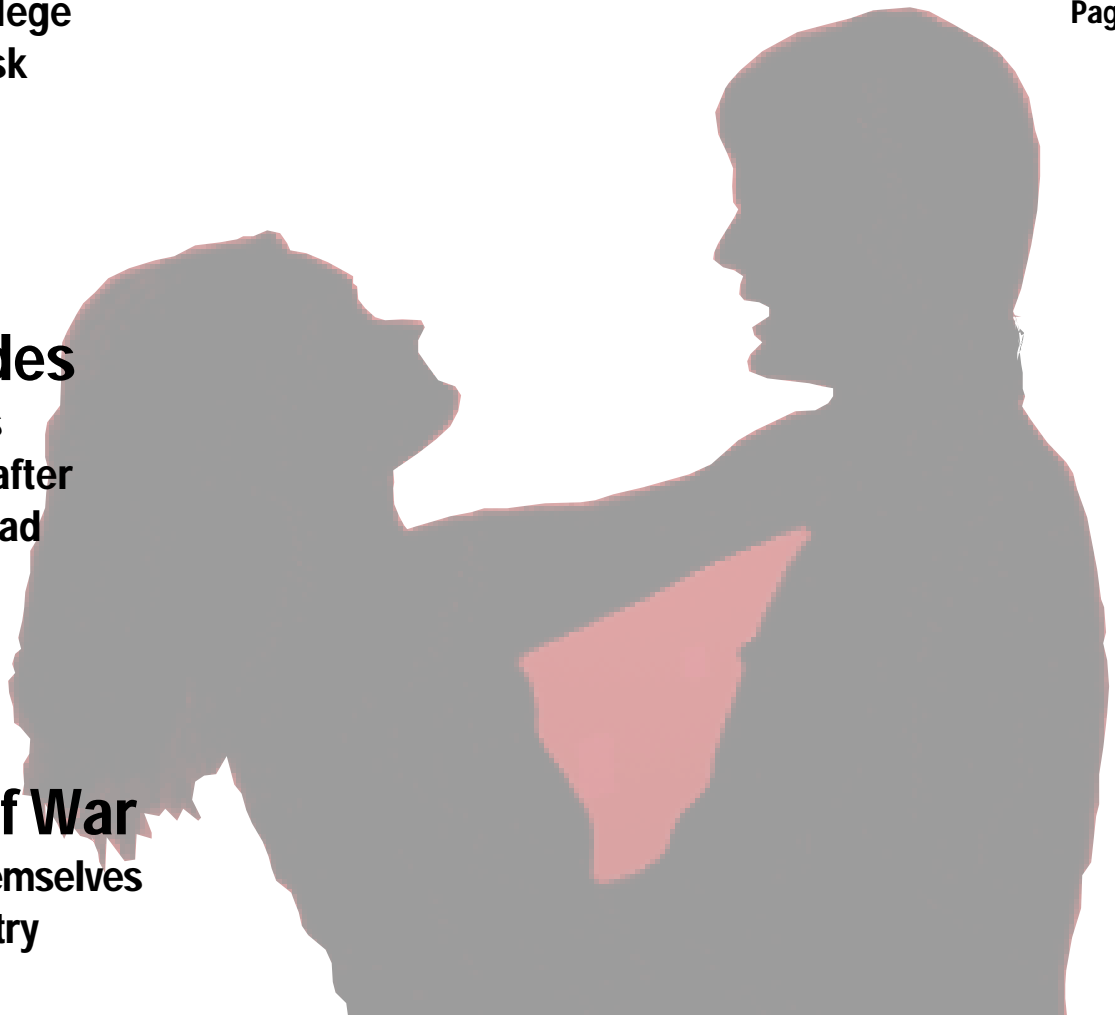
It's not always happily-ever-after for some abroad

Page 11

Women of War

Fighting for themselves and their country

Page 10



Interim director's note

By Tracy Shaynak, Interim Director


At the end of this month, we will hold the annual Love You Body Fair as part of National Eating Disorders Awareness Week. When talking with students about the issues surrounding body image, I often encourage them to think about the internal language we use regarding food and eating on campus. That is, when one is going through the line in the caf, what is going through her mind? When she sees a friend only get a salad for dinner, is she compelled to do the same and, if so, why?

When this same person sees another friend grab a cheeseburger and fries, does she celebrate, silently chastise, or get angry with herself for even thinking she could do the same? And, when she “gives in” and has that piece of chocolate cake, does she feel a need to concede that she was “bad” and announce that she is going to the gym immediately after dinner?

So often, when we think or talk about body image, our minds instantly begin to focus on nutrition and eating disorders. And yes, while these issues are connected, it is important for us to acknowledge that body image is not just about food, weight and eating concerns.

Body image can also be about a desire to fit in (or at least not stand out) and trying to adhere to perceived expectations for how we should look and act. Simply put, much of what we do on a daily basis is a reflection of how we feel about ourselves and our bodies. What we choose to eat is only one of those choices.

Body image also affects how we treat our bodies in other ways such as whether or not we choose to exercise, how we choose to dress ourselves, if or how we choose to drink alcohol, whether or not we choose to smoke cigarettes, how much sleep we get each night—the list goes on.

It is important to acknowledge the positive influence we can have on each other, and to help one another feel great. Tell your friends what makes you feel good about yourself and ask them to do the same. Encourage your friends to take care of themselves, be understanding when they want to go to sleep before midnight, be supportive when they choose to stick to a safer drink limit, be willing to share your feelings when you are concerned, and yes, be brave and celebrate when your friend makes the choice to enjoy that occasional cheeseburger. 

A month of Heart Health

You'll notice the WRC's newsletter has been redesigned for the new year, an especially momentous year celebrating 125 years of coeducation at Bucknell.

It seemed like time to spruce things up and use a new look to demand the attention women's issues deserve on campus.

We've already made progress through The Bucknellian's in-depth look at sexual assault statistics on campus and the conversation it sparked over the rest of the semester.

We saw domestic violence—particularly in Union County—come to the forefront after a Lewisburg mother was killed by it.

Let's keep the dialogue going and continue to speak up about issues on campus and in the community.

—Susan Misur, Editor

Inside This Issue

| | |
|----------------------------|----|
| Director's Note | 2 |
| Editor's Note | |
| Heart Health Stories | 3 |
| The low-down on hook-ups | 4 |
| Author lecture on hook-ups | 7 |
| Food for Thought | 8 |
| Mirror, Mirror performance | 9 |
| Women of War | 10 |
| Stalking Awareness | |
| Innocence Lost | 11 |
| Perspectives | 12 |
| Sexual Responsibility | 13 |
| No Place Like Home | 14 |
| What's Happening | 15 |

Heart to Heart



For many, heart health isn't a factor when deciding to splurge at a restaurant or how long to run on the treadmill—but it should be. And for some, making lifestyle changes doesn't occur until a tragedy hits close to home. Here are some personal stories from WRC staff and friends. . . experiences that affected them and might make you think twice about your own life.

T a n e e a B y r d ' 1 1



My father died of congestive heart failure when I was 15. One day his heart just stopped—my brother came home and found him dead on the floor. Congestive heart failure is a condition making it difficult for the heart to pump blood to the rest of the body's organs. Even though

this is the hardest thing I've ever dealt with, it forced me to check my own behavior and make my health priority. I come from a family where obesity, high blood pressure and diabetes are not uncommon. Regardless, it's still responsible to take care of myself because I only have one body and one heart. Health education is extremely valuable, and the issues concerning women and heart health are not discussed nearly enough.

S u s a n M i s u r ' 0 9



My high school Spanish teacher and year-book adviser passed away suddenly this summer while on vacation in the south with her family. Word spread back to her students via Facebook, e-mail and cell phone calls, and my high school art

teacher told me she had a heart attack in her sleep. My Spanish teacher had kids my age, and it was a shock to think this could happen to someone so young. I had only considered heart problems to be an ailment of elderly people, so it definitely opened my eyes to the fact heart problems can erupt at any age and I need to start thinking about these issues now.

Kathy Ireland, Bucknell staff



I never dreamed the same year I turned 50 I'd have a heart attack. I always figured I was healthy and fit, only visiting the doctor for yearly female check-ups and physicals. I had a low-fat diet and admit I did it for benefits of weight loss, not a healthy heart. It all changed as I sat at my dining room table waiting on my husband to go out for dinner.

My shoulder started to ache. Pain increased, spreading to my collar bone and up my neck. I paced the dining room hoping to walk it off. I told my husband I needed to go to the hospital—I was having a heart attack. I

know he didn't believe me but knew something was seriously wrong. By the time I got to the car, my arms went numb, and I was vomiting. All this happened in about 5-10 minutes. The next few hours are a blur, but I know they were the most important of my life. I've always carried a small card in my wallet with warning signs of a heart attack, thinking I might need it someday for my parents or a coworker—not me. I thank God I read that card every time I cleaned my purse and wallet. I recognized the symptoms and didn't waste valuable time. It's been one year since my heart attack. I've celebrated my 25th wedding anniversary, family birthdays and my son's wedding. Life is good. February is American Heart Month. Take the chance to learn about heart attack symptoms and taking better care of your heart. Your life may depend on it!



The low-down on hooking up

Authors, university professors and students question why the hook-up culture has emerged—and how it's affecting campuses

Sociologist and author Kathleen Bogle visits Bucknell this month to debate the highly controversial subject of the hook up culture. Author of "Hooking Up," Bogle studied various college campuses and conducted interviews with students participating and observing the behavior that has seemingly replaced dating. But what do Bucknell students think about hook-up mentality, ambiguity, expectations (or lack thereof) and experiences? The opinions in these articles are that of the authors—not necessarily of the WRC as a whole.

Students 'just wanna have fun'

By Kelsey Wiggan '11

I have been at Bucknell now for a year and a half. When I look back on everything my friends and I have been through, I can recall two times that someone has been on a date. It is clear that the dating scene has dwindled on our campus. The hooking up scene seems to be the replacement.

I just can't help but wonder, what is it about this hooking up culture that has allowed it to spread infectiously around our campus and college campuses nationwide? It is commonly thought that college kids just want to have fun. They want to be carefree and uninhibited. Hooking up is definitely supported by these goals. Yet when I think about all of the hooking up stories I have heard, which are almost all from girls, there is a high majority of instances in which some sort of follow up was wanted or expected.

Whether a friend is upset because numbers were never exchanged after a hook up, or she's excited because of a text she received the next morning, it's beginning to seem like the lack of attachment caused by hooking up isn't quite what women want.

Continued on page 8

Bring in the experts

By Susan Misur '09

With the hookup culture comes conversation after conversation of analysis over AIM, Facebook, coffee in the Bison or lunch downtown. Yes, while we might not be using our analytical skills for our English paper or engineering homework set, we're using them with our friends when it comes to the hookup culture.

It seems counterintuitive to have a "staff" of analysts these days to deconstruct elements of last night's booty call and provide suggestions on how to handle my relationships with guys, ones that so quickly become intimate and should remain private. But in today's hookup culture, most find it necessary to consult peers, friends and exes to figure out what is going on with the one you're dating or hooking up with—it's your relationship, but soon it becomes the concern of an entire group investing in your relationship's future.

Studying countless text messages, Facebook messages, instant messages or comments made in passing by the object of desire now take an entire team of experienced, educated and hookup culture-participating friends. "He used an 'lol' here and then there appears to be two spaces after that before he put 'no seriously.' What does this mean?!" "He asked twice now unprovoked if I regret 'what we did.' Does this mean he wants to end it? Does he want to continue solely hooking up? Does he want to date? Does he even want to continue speaking to me? It must mean something that it was a sober hookup, right?"

We look to our advisers for these answers when they could simply be given by the potential signifi-



cant other him- or herself—though this is completely taboo in our culture of ambiguity.

And we settle for this ... we

But in today's hookup culture, most find it necessary to consult peers, friends and exes to figure out what is going on with the one you're dating or hooking up with—it's your relationship but soon it becomes that of an entire group becoming invested in the relationship's future.

do nothing about it but hate the culture and complain to each other. Because when you aren't ambiguous, say goodbye to whomever you're pining after—it apparently scares them away or labels you "freak" loud and clear.

Is this because we're truly afraid of rejection? Or is it that we become bored too quickly when

everything is laid out on the table and straightforward? With an attitude of instant gratification so prevalent in our generation, the level of ambiguity now required in budding relationships is contradictory to our impatient nature in all other aspects of our lives.

Because we are looking for soul mates now rather than just stable partners who can provide for a family, are we afraid to find out too soon this new person isn't the one? Is it better to hope this might be it rather than actually find out? If you do learn all about the person and what they are feeling, this apparently renders the guy or girl "boring" and "comfortable" and the relationship "stale." And I wonder when feeling comfortable and open with others became a bad thing.

In a world with ever-impressive technology and travel and consumerism, we are always looking for the next best thing on the market, whether it's a sexual partner or new style of jeans. But if we keep relationships ambiguous and a mystery, that person remains this new toy for a longer time, keeping us minimally satisfied for the time being.



Making out is the handshake of college

By Ally Hopper '11

It's no secret that in our generation, hooking up is the norm. Dating is rare, but making out (or more) with an assortment of different people is all too common. Hooking up can be defined as anything from making out to having sex, but the entire range happens frequently, particularly on college campuses.

A sophomore female, who chose to remain anonymous, said, "the social nature of Bucknell's campus arguably gives students a false sense of security when deciding to hook up. Many figure that since they would consider themselves acquaintances or friends with the majority of students at a social gathering, the hook up is safer and perhaps more justifiable."

The hook up culture embraces sexual freedom, which could either be seen as a form of gender equality or amplifying the inequalities. While women are able to hook up with more men than was accepted before, the sophomore female points out that "sexually active men are still praised for their sexual activities, and women are still labeled with derogatory terms such as 'slut' and 'whore.'"

What can be said though, is that many girls are more likely to fight these stereotypes. A common phrase I hear around campus is, "it's not what you do, but how you do it." If a girl wants to hook up with many boys, it can be ok as long as they don't flash it around the way it is encouraged for a boy to do.

Hooking up has taken dating completely out of college life. To hear that two people are going on a date is rare, and when it does occur very few people actually know how to act. Instead of getting to know someone by dating them and then deciding to have a sexual relationship with them, two people generally have a sexual relationship and then decide if they would like to date.

The sophomore female said, "As students continue to participate in the hook up culture, the ability to form and have solid relationships decays. The hook up culture objectifies men and women as vessels for sexual purposes. How can men and women be respected as whole human beings in a relationship when they are viewed first as a sexual object within the hookup culture?"

Students 'just wanna have fun' continued from page 4

What worries me most is I'm not sure intentions and desires are clear during a hook up. It's awkward to talk to someone about a hope to see each other again after a crazy frat party because there's some sort of underlying understanding it's commitment-free, and we all know discussing your feelings on the first night can send the person running.

So if you know you don't want a random hook up, what other options are there? I don't really know for sure, but I think getting involved in activities on campus is a great way to get to know people without any sort of pressure to hook up. It definitely takes a lot more effort to find someone you are interested in, but you get to do something fun while you're at it.

Studying the hookup culture

Deb Abowitz, Associate Professor of Sociology

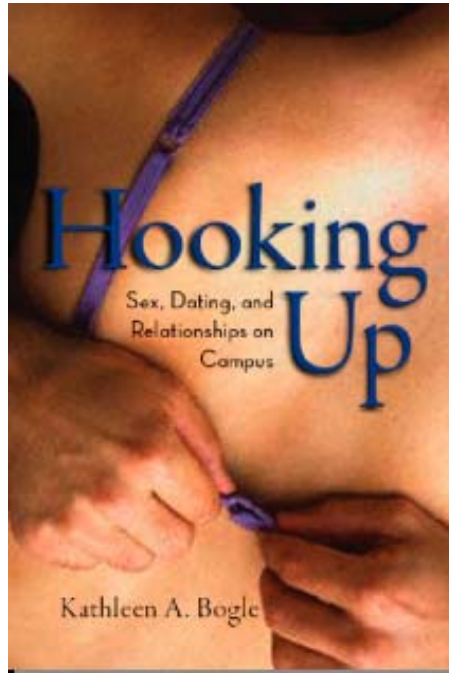
Kathleen Bogle's book, "Hooking Up: Sex, Dating, and Relationships on Campus," is an important contribution to the growing empirical research on the campus hook-up culture.

Based on the results of detailed interviews with college students and alumni at two different universities, Bogle's work fills in many of the blanks left by prior studies.

First, her data include the perspectives of men as well as women.

Second, she helps us understand not just what hooking up is on campus today, that is, how it is defined and how frequent it is, but what its normative boundaries are and how these interactions are typically scripted.

Finally, she includes information from alumni who engaged in the hookup culture to provide a



broader perspective on courtship in post-collegiate life.

One fascinating finding from the alumni data is the emergence of more traditional forms of dating

among alumni for most of the year, but "script switching" (reversion to hooking up) under particular social/environmental conditions (for example, in the summer at the shore).

Beyond her ability to identify the broader normative constraints that govern the hook up culture, Bogle's analysis of the way gender intersects this culture provides important insight into the way in which traditional gender ideology is perpetuated in this newest incarnation of courtship.

I adopted Bogle's book for my capstone on courtship and marriage (CAPS 428), replacing the Glenn and Marquardt national study we used to read, because of the highly nuanced information contained in the detailed qualitative interviews, the balance provided by the inclusion of both men's and women's perspectives, and because she puts the hook up culture and changing gender roles into their broader historical context.

Kathleen Bogle

Kathleen A. Bogle, Ph.D., is an assistant professor of sociology and criminal justice at La Salle University in Philadelphia who received her master's degree in criminal justice from Saint Joseph's University in 1998 and her doctoral degree in sociology from the University of Delaware in 2004.

"Hooking Up: Sex, Dating, and Relationships on Campus" was released in February 2008 and garnered interviews and articles in *Cosmopolitan*, *New York Times*, *Newsweek* and the *Wall Street Journal* and on television shows.

She currently studies gender, sexual behavior, intimate relationships, hooking up, dating and domestic violence.

Before working at La Salle, she was a visiting assistant professor of sociology and criminal justice at Saint Joseph's University, where she received the Faculty Merit Award for Teaching.





Food for thought

22% dieted “often” or “always” (Kurth et al., 1995). Furthermore, 35% of “normal dieters” progress to pathological dieting and of those pathological dieters, 20-25% progress to partial or full-syndrome eating disorders (Shisslak and Crago, 1995).

The college years can be stressful. Academic pressures, residential life, even eating with others in the cafeteria and making choices about when and what to eat can be stressful. The “body traps” of competition and dieting fads and rituals as well as the developmental challenges of identity formation and relationships create a situation in college that is fertile for disordered eating and body image issues.

In addition, social, psychological and genetic factors predispose some students to eating disorders. In a study of 1,899 college students, 4.5 percent of the women and 1.5 percent of the men reported previous treatment for an eating disorder. Almost 11 percent of the women and 4 percent of the men were considered at risk for eating disorders (Massachusetts General Hospital, Harris Center). There are effective treatments for eating disorders and effective prevention strategies.

The National Eating Disorder Association has sponsored a nationwide screening across college campuses every February since 1996. This year the National Eating Disorder Awareness Week will occur from February 22-28 and will include screening and prevention efforts in communities across the country. It is the most comprehensive outreach for eating disorders and body image issues.

At Bucknell this year, Psychological Services ([570-577-1604](tel:570-577-1604)) will offer confidential eating disorder screenings and consultations. Information will be available on such topics as, critical media literacy, athletes and eating disorders, how to help a friend with an eating disorder, what eating disorders are and how they are treated, how to improve your body image and what resources are available for students on our campus.

Join us as we celebrate National Eating Disorder Awareness Week. More information about the upcoming events and the location of information tables can be found in this issue of the WRC newsletter. Psychological Services Web site also provides the links to NEDA and other resources about eating disorders and body image issues.

By Nancy Grant, M.Ed. L.P.C., Staff Psychologist

Have you ever felt dissatisfied with your body when your friend, whom you view as very thin, says, “I look so fat in these jeans”? Have you felt guilty or bad about your body when someone questioned, “What? You don’t go to the gym”? Has a high school coach ever commented, “You know, you could run faster if you would just lose some weight”? When you watch models on TV or look at fashion magazines, do you become critical of your body? Do you think your life would be perfect if you had a perfect body?

According to the National Eating Disorder Association, 80% of American women are dissatisfied with their appearance (Smolak, 1996). More than 40 percent of first to third grade girls want to be thinner (Collins 1991) and 81 percent of 10 year olds are afraid of being fat (Mellin et al., 1991).

In her book Body Traps: Breaking the Binds that keep you from Feeling Good about your Body, Yale psychologist Judith Rodin says that body traps are “beliefs and feelings that keep us imprisoned by anguish over how we look, anxiety over whether we are doing enough to be attractive, and feelings of shame for worrying about it.”

Body dissatisfaction often leads to dieting. 91% of women surveyed on a college campus had attempted to control their weight through dieting and of these,

Mirror, Mirror

A performance addressing body image and eating disorders

By Susan Misur '09

Mirror, Mirror, an ensemble performance created by Leigh Strimbeck and produced by David Baecker, examines the role of media and society in influencing women's body issues.

The play features a cast of eight students from Russell Sage College in Troy, New York, and was created to reflect on our own lives. Cast members interviewed at least three females ages 5 through 83 about the topic of body image.

"In a relatively short time in history women have gone from the tyranny of the washboard to the tyranny of washboard abs," Strimbeck's Web site says.

"The young women today are given the message that they should have rising careers, families, successful love lives, and children all while looking like they've just rolled out of the nearest spa and are on their way to a beauty competition."

Strimbeck is an actor, director, writer and



acting teacher who studied at Bennington College for two years before entering New York University for two years.

She later lived in Sweden and then returned to the America to live in Bloomsburg, Pa., where she joined the Bloomsburg Theatre Ensemble.

Strimbeck worked at Russell Sage in 2007 and 2008, which is when she developed the Mirror, Mirror play now on tour.

“A magazine is not a mirror”

Have you ever seen anyone in a magazine who seemed even vaguely like you looking back?

Most magazines are made to sell us a fantasy of what we're supposed to be. They reflect what society deems to be a standard, however unrealistic or unattainable that standard is.

That doesn't mean you should cancel your subscription. It means you need to remember that it's just ink on paper.

And whatever standards you set for yourself,
for how much you want to weigh,
for how hard you work out,
or how many times you make it to the gym,
should be your standards.

Not someone else's.

- NIKE

Wear Red for Women Day



Wear Red for Women Day is Tuesday, Feb. 17 at Bucknell. Wear red to show support for women's heart disease awareness. The event promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, tie, or Red Dress Pin.

Women of War events

By Rudo Mawema '09

This semester from March 17-19 as part of a vision created by Zumra Balihodzic and me, and with the help of the Women's Resource Center, International Student Services and the Campaign for Innocent Victims In Conflict (CIVIC), we will be participating in, and hosting a number of awareness events to increase awareness here on campus about the atrocities that innocent victims face during times of war—especially those faced by women.

Our vision for the three day series involves a panel discussion, social justice student groups presenting information in the LC Mall, and a "Wall of War" display on the uphill LC lawn.

We feel this is a great opportunity to get the campus community interested in all the work various students and various groups are undertaking to provide some type of relief to the many who are adversely affected by so many aspects of war.

And by sharing stories of how war has personally affected members of our own campus community, we will hopefully inspire people to take an interest and aim to join our many efforts. I really hope this is used as an opportunity by many to be a catalyst for change.

Day 1: Tuesday, March 17

Students social justice awareness groups will have tables in the LC, displaying past or present projects, and events they are hosting.

Day 2: Wednesday, March 18

"Wall of War" display in the Langone Center

Day 3: Thursday, March 19

'Women of War' panel discussion (LC Forum 7:00pm)

Stalking: What you need to know

By Tracy Shaynak, Interim Director

During January 2009, communities across the country observed National Stalking Awareness Month, a time to focus on a crime that affects 1.4 million victims a year. This year's theme, "Stalking: Know It. Name It. Stop It." challenged the nation to combat this dangerous crime by learning more about it.

Stalking is a crime in all 50 states and the District of Columbia. One in 12 women and one in 45 men will be stalked in their lifetime, for an average duration of almost two years.

In the US Department of Justice Report, Sexual Victimization of College Women (Fisher, Cullen and Turner, 2000), it was found that 13 percent of female college students have been victims of stalking. They also noted that college campuses provide an ideal environment for stalkers as they are relatively closed-in communities, where daily routines and behaviors can be easily tracked.

Unlike other crimes, stalking is not a single, easily identifiable crime but a series of acts, a course of conduct directed at a specific person that would cause that person emotional distress and/or fear of harm. Stalking may take many forms — such as unwanted cards, calls, gifts, or visits — as well as assaults, threats, vandalism, and burglary. Stalkers fit no standard psychological profile, and come from all walks of life. Stalkers are frequently boyfriends or ex-boyfriends, but can also be classmates, acquaintances, friends and co-workers.

It is important for students to be aware that stalking is a crime in the state of Pennsylvania and is also a violation of the Bucknell Student Code of Conduct. If you believe you may be a victim of stalking or cyberstalking, or simply have questions about something that has happened to you or a friend, please contact the Women's Resource Center (7-1375), the Office of the Dean of Students (7-1601), or the Department of Public Safety (7-1111/emergency, or 7-3333/non-emergency).



Innocence Lost

Child brides in places like sub-Saharan Africa, South Asia and Central America are marrying men more than twice their age before they're 18 or even 15 years old.

By Ally Hopper '11

When I think of marriage, I think of something that will happen when I am in my late 20s or early 30s with a man that I love and choose (myself) to spend the rest of my life with.

I couldn't imagine being married now, let alone being forced to marry before I was 18.

But this is the reality for thousands of girls across the world. According to an MSNBC article, 3,500 girls marry each day before their 15th birthday, and another 21,000 do so before they turn 18.

This figure is estimated to double in the next decade. Child brides are most common in sub-Saharan Africa, South Asia, and parts of Central America, mostly in areas with immense poverty.

Child brides are often sold off as a way for their families to get out of debt, although it does occur

in wealthy families as well.

Child brides are a problem for so many reasons. The risk that comes to these girls as a result of being forced to marry so young is immense, and the consequences last a lifetime.

The smallest of their problems is that they are often forced to end their education early, providing them with less knowledge and skills to help them throughout life.

The health risks are huge, especially to those who are married before they are fully developed.

Having sex before one's body is ready can cause skin and tissue damage that makes a child more susceptible to contracting an STI from their husband.

Bearing children so young allows for numerous complications, including raising the risk of death, premature delivery, infant

mortality, and low birthweight according to MSNBC.

What's happening to these girls is simply wrong. Their childhoods are being forced away from them for a few dollars and the pleasure of a much older man.

These girls generally have no say in who they marry or when, and once in the marriage their entire lives are based around their husbands.

This is essentially another form of slavery as the lives of these girls have been taken away beyond their control. This needs to be stopped.

The only way to prevent the increase in child brides is to raise awareness and help at risk families.

There should be laws in every country to raise the legal age of marriage so that selling off one's daughter isn't even an option.

PERSPECTIVES

As Bucknell senior Chrissy Friedlander prepares for graduation, freshman Lilac writer Caroline Leolou is encountering frat parties, caf food and sorority glitter rituals. Look for their columns each month as they take on the 2008-2009 school year.

Reflections of a First-Year



By Caroline Leolou '12

One of the first things everyone tells you about being a freshman in college is this: learning to balance academics, parties and activities is harder than it sounds. They're right, too; as freshmen, we tend to want to do everything, and that usually means something (often academics) has to take a back seat. During my first semester on campus, I attempted to balance private cello lessons, the Bucknell University Orchestra, copy editing for the *Bucknellian* and community service activities along with school work and going out with friends. As I enter my second semester at the University, I've picked up an even heavier load – and learning to balance it all hasn't become the snap of my fingers I'd hoped for.

Still, the necessary chaos of a jam-packed schedule is beginning to grow on me. I've realized I need to strike a balance between organization of my academic work and flexibility in almost everything else in order to be able to manage all I've taken on. The University is a rare and amazing place to sample all different kinds of activities, from the ski team to community service groups to French club, and I'm getting more comfortable with the idea of trying as much as I can. So far, I have enjoyed being a part of the Bucknell University Orchestra thoroughly. The group, conducted by Professor Christopher Para, meets Wednesday nights from roughly seven to ten, and is the most challenging musical group I have ever been a part of. Our next concert is scheduled for Saturday, April 4, and will be one of our most engaging performances yet.

Entering the second semester, I know my difficulties in managing the various aspects of University life will continue. At the same time, I'm happy to continue the excitement that comes with a busy and energetic freshman year.

A senior's view on Bucknell



By Chrissy Friedlander '09

Although I have never been one to resolve to anything in life, whether it be for New Years or any of the other 364 days of the year, I have made it a particular goal of mine this year to do things that will scare the crap out of me.

No, I do not mean jumping out of airplanes or streaking across campus or – God forbid – jaywalking on Moore Ave. I am speaking more of the things that scare me intellectually. I'm talking about the classes that I have absolutely no background in, the classes in art history, religion, and dead languages that I would always look at during registration and think, *yeah, definitely way over my head*. These are the very classes I've chosen to end my Bucknell career with.

In the final semester of my undergraduate career, I have opted to take a full academic load, a decision that I know, in these hectic senior year times, I may grow to instantly regret. To make up for my self-admitted inability to engage in intelligent conversations about art, I am taking a class in modern art history and have already managed to publicly butcher the pronunciation of a prominent Fauvist and Dadaist in class.

My lack of Roman historical background is quite apparent in my Satire class, where I spent nearly the entire class trying to figure out where the hell we were on the historical timeline. In "Judaism of the Body," I will have to give a paper on the Body in relation to sports at a Bucknell sports conference, a rather daunting task. And my honors thesis? I'm getting jumpy just thinking about it.

Now, don't think I'm setting myself up for disaster; in fact, I have learned that a bit of anxiety, although usually unwelcome, goes a long way in learning. I distinctly remember my uneasiness with academics in freshman year: the nausea, for instance, that came with going to calculus every morning, or the embarrassment that followed asking my "Physics for Poets" professor to explain a concept not once, not twice, but *three times* in one lab. My performance in these classes, needless to say, was dismal. To put it bluntly, I sucked and was bitter about it.

Continued on page 13

Greek life gets involved in promoting Sexual Responsibility

Ed Bauer '09

The Greek community is often unfairly stereotyped and only seen through the party and alcohol lenses portrayed by the media and in movies such as *Animal House*. It is unfortunate that there is a reason for these stereotypes and that many of the sexual assault cases that take place in college occur at Fraternity houses or after a night of partying at a Fraternity house. Tau Kappa Epsilon, as well as all the other Greek organizations on campus, is committed to making sure that Bucknell is a safe college campus.

A majority of sexual assault cases occur after a night of drinking. On Bucknell's campus, the fraternity system is a dominant player in the social scene. While alcohol is never an excuse for sexual assault, responsible drinking is a very important step towards helping to reduce the number of cases on our campus. One should always go

out with a group of friends and remember to not "pregame" before a party. Never go out for a night of drinking on an empty stomach and don't mix different types of alcohol. As always, all Bucknell policies, as well as Pennsylvania alcohol laws, should always be followed.

Tau Kappa Epsilon is committed to making sure that any social event where alcohol is being served is well monitored and safe for all of its members as well as its guests. Wristbands are distributed at the door for all 21-year-old guests who can consume alcohol and sober brothers on "risk" are in charge serving drinks and making sure that guests are treated with respect and have a fun, safe time. Even with designated people to these jobs, it is important that everyone at a party keeps their eyes and ears open to make sure that people make smart choices and aren't put into a situation

where anything bad can happen.

Tau Kappa Epsilon and the other Greek organizations on campus aren't known for only their social events. TKE as well as other Greek organizations hold non-alcoholic events, organize philanthropy events and participate in thousands of hours of community service. Greek students at Bucknell come from diverse backgrounds and participate in a large number of extracurricular activities.

By getting involved with promoting sexual responsibility and sexual assault awareness, Tau Kappa Epsilon hopes to inform other Greek organizations of the danger alcohol plays in sexual assault cases on our campus. As members of the Greek community, we must make sure that the stereotypes about us are not true and take a more active role in making Bucknell a safer campus for all students.

Senior reflection continued from page 12

In an effort to save my dwindling self-esteem after my freshmen year, I swore to subjects I felt well-versed in (Literature, Politics, and Gender Studies) and vowed to work twice as hard in them, as if that could easily erase the dirt off of my academic transcript and drive the trauma of those classes from my memory.

Truth is, I still have nightmares about failing calculus. But with maturity (or in the absence of maturity, practice) comes the tools to successfully cope with failure, to use the blows to my ego to my advantage.

In my creative writing classes, for one, I have found that the times I struggle most with a draft are the moments that I truly grow as a writer, thus giving me the drive to push the limits of my own language. In my Women & Gender Studies classes, too, I have

found flubbing feminist theory has actually clarified my understanding of it. And with the possibility of always being wrong or hated in political science classes, it really took guts to put my convictions out there and, consequently justify them.

The discomfort and stress was still there, but I somehow learned to manage it. Within the borders of my academic strengths, I was able to uncover my weaknesses, and, with this realization, found ways to combat them.

Funny how the courses I sought sanctuary in nurtured me to welcome academic struggles with open arms.

Perhaps by graduation I will be able to accept those ulcers not as consequences of my mounting stress, but symbols of academic success, my own little badges of courage.

Student voice

By Sara Jenks '10

Spending a semester in France helped me appreciate all that Bucknell offers me as a student. But that is not to say that I did not learn a lot or that I did not enjoy my time spent abroad. I would love to return to France for a career but I have decided that nothing beats an American university education.

In the United States we value our departure for college as part of a journey to round out our life knowledge whether we realize it or not. Most French students attend university in the town where they grew up without giving this journey too much thought.

All French universities are public and, in France's socialist state, that means they are very cheap. But this low cost (which for most citizens is zero Euros) is reflected in the services they offer. There are not many perks like music lessons, tutoring programs or Women's Resource Centers.

One of my French professors was shocked when he learned that our University library is open past midnight. Being away from Bucknell made me realize how much we truly are a community of students with our strong academics, interactions with faculty, extracurricular activities and other services.

Bucknell's Activities and Campus Events makes it commonplace to bring students together for fun, non-academic programming. At Bucknell, I can imagine seeing a comedian, attending a student-run Mr. Bucknell competition or fashion show and an ACE-sponsored BINGO night – all in one weekend.

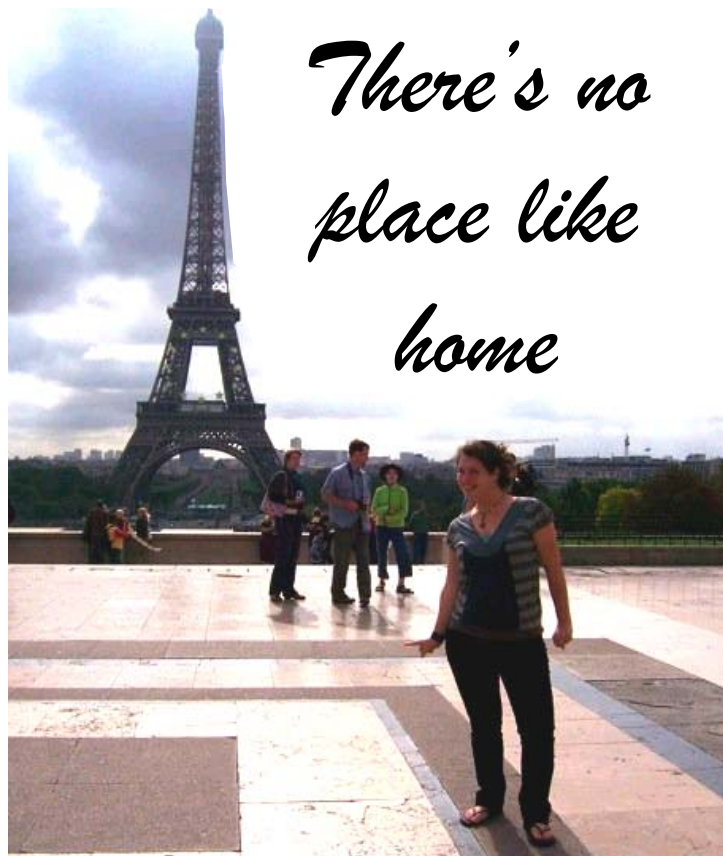
One day in France, class was about to start when we heard a ruckus outside... it was a lip-synch competition in which students had to give their most dramatic rendition of pop songs. Basically, it was the spectacle of the semester.

Every now and then I would see posters for a holiday-themed student party at a bar (how French – always drinking) or for a student demonstration (how French – always protesting). While it was a liberating experience actually to be away from school when class was out of session, I missed the closeness of a campus community with all that it encompasses. So now that I'm back, I have a revitalized love for Bucknell.

But not only do I appreciate Bucknell more, I have also developed a newfound patriotism. Even after spending my first month in France I started to realize some quirks of American society that I did not realize I had taken for granted.

First was the opportunity to freely expose the color in my wardrobe. The French style scene re-

*There's no
place like
home*



mind me of The Purple Hat, where young girls dress like princesses, teenaged-to-middle-aged women dress fashionably but as if not to be seen, and old women again find a passion for the colors of life. I had so much fun getting style tips from the epicenter of the fashion world but I am thrilled to return to a place where others are more accepting of many styles.

People may think that all girls at Bucknell dress the same... but that is nothing compared to the seas of gray and black in France. I'm proud to see my American comrades not afraid to express themselves through vibrant clothing.

Even more than for our stellar university system and our propensity to dress cheerfully, I love this country for our ideals. I guess I previously thought the title of a patriot was reserved for history buffs, members of the military and Tom Brady's teammates.

Seeing the United States from abroad, especially after visiting the Normandy beaches, instilled in me a new passion for America. I could not have hoped for it to come at a better time. Even in France they recognized that this is an exciting time for America. The most important scrap I will take away from my semester abroad is a newfound confidence – both personal confidence and confidence in my country.



What's Happening: February

Wednesday, 2/4, National Girls & Women in Sports Day— February marks the 23rd annual celebration of National Girls and Women in Sports Day. This year's theme "Look Who's Playing" will be celebrated with a luncheon.

Friday, 2/6, noon, Feminist Friday— Join WRC staff member and discussion leaders Rudo Mawema '09 and Sara Jenks '10 in Walls Lounge to discuss topics concerning women.

Tuesday, 2/10, 7 p.m., Mirror, Mirror performance— An ensemble-created piece by a cast of college and high school students that looks with compassion and humor at the "tyranny of the media towards women's bodies, the struggles young women have with this issue and their attempts to see themselves and others in a different, more empowered way" in Tustin Theatre.

Tuesdays & Wednesdays, 2/10-11, 2/17-18, RAPE AGGRESSION DEFENSE (RAD) will take place in Larison Dining Hall from 6-9 p.m. and is a program of self-defense tactics and techniques for women free to women on campus and in the greater Lewisburg community. It's provided by certified instructors from the Department of Public Safety. Contact Lisa Lapp at 577-3333.

Tuesday, 2/17, Go Red for Women Day & Annual Red Dress Luncheon

Monday, 2/23, 7:30 p.m., Hooking Up: Sex, Dating and Relationships on Campus will be presented by Dr. Kathleen Bogle, assistant professor of sociology and criminal justice at LaSalle University.

Monday-Friday, 2/23-27, National Eating Disorder Awareness Week

Tuesday, 2/24, 6-7:30 p.m., Love Your Body Fair—Visit the Terrace Room for goodies.

Friday, 2/27, noon, Feminist Friday— Join WRC staff member and discussion leader Rudo Mawema '09 and Sara Jenks '10 in Walls Lounge to discuss topics concerning women.

Upcoming Events:

Women of War Panel - Thursday, March 19, 7 p.m., Trout Auditorium

International Women's Day Luncheon - Wednesday, March 18, 11:45am - 1:00pm, Hunt Formal

Women Don't Ask: Negotiation & the Gender Divide - Monday, April 6, 7:00 p.m., LC Forum

The Celebration of 125 Years of Co-Education at Bucknell University will be held during Homecoming, October 23-October 25, 2009.

We are pleased to share with you that the Celebration of 125 Years of Co-Education at Bucknell University has been rescheduled to coincide with Homecoming 2009. After careful consideration in this difficult economy, we have decided that rescheduling this important event is both a viable and valuable option.

We look forward to holding this event in conjunction with the established tradition of Homecoming, and to the ways in which we believe this combined approach will provide for a richer and more meaningful experience for all those who participate as we honor this important milestone in Bucknell's history.

Throughout the coming months, we will continue to update the *Celebrate 125* website with campus activities and events, historical information, personal anecdotes from alumni faculty, staff and students, and details regarding the fall celebration. We invite you to visit the *Memories* page on the website (www.bucknell.edu/x45681.xml) to share your thoughts about what 125 Years of Co-Education means to you.

If you have any questions, please feel free to contact the Office of Alumni Relations at 570-577-3633 or the Women's Resource Center at 570-577-1375.



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The Women's Resource Center is a place of advocacy, support, and safety for all members of the Bucknell University campus community. In order to promote Bucknell's mission that its students develop into productive citizens with a sense of justice and carrying the qualities of self-awareness and compassion, and in line with Bucknell's commitment to diversity, the Women's Resource Center actively engages in a feminist model of empowerment to 1) promote women's rights and self-determination 2) redress inequities, both historic and contemporary, based on sex, gender identity and expression, and sexual orientation, and 3) celebrate the achievements and highlight the struggles of women the world over. We recognize that inequities faced by women are played out through other forms of oppression related to race and ethnicity, disability, religion, nationality, and economic class, and programs of the Center address all of these sources of disempowerment. We work to achieve these goals through a variety of educational, social, and cultural programming, as well as leadership opportunities, placing special emphasis on the needs of students. Overall, we seek to foster a campus community in which women and men live and work in a climate of mutual respect, understanding, and equality.

Come visit us! The WRC lounge is open to students, faculty, and staff Monday– Friday from 8:30 am to 4:30 pm!