As we return to Bucknell for another year of classes, work or research, we come during what has become one of the most politically exciting times in recent years. Sen. Hillary Clinton’s run for the nomination was more than many expected when it came to women and politics in this election. Now, Gov. Sarah Palin’s run as the nominee for vice president has attracted even more to the debates, conversations and decisions of the political spectrum.

It’s a historic moment for our country and coincides with a historic year for Bucknell and its Women’s Resource Center. This year, the university celebrates 125 years of co-education. While this is a milestone to be honored, it’s even more significant when knowing many peer schools in the Patriot League and those in the Ivy League did not begin to allow women at their colleges this early.

The last Ivy League school to become coeducational was Columbia University—and that was only in 1983. Today, this fact is astounding and shocking to many. The mothers of many Bucknellians also attended Bucknell, yet we don’t immediately consider that other colleges at the time would never have allowed them admittance.

Women’s Resource Center employee and Bucknell junior Sara Jenks was interviewed along with her mother this summer for a compilation of alumni stories to be shared at the 125 years celebration in March. During the meeting, mother and daughter instead began interviewing each other, comparing the differences and similarities of their college careers here in Lewisburg.

Each Lilac issue this year will feature facts about Bucknell’s 125 years of coeducation, while planning for March’s event will continue throughout the coming months.

The Women’s Resource Center will continue to reach out to the student population with annual events, like the Love Your Body Fair in November and Eating Disorder Awareness Week in February. The staff will also be introducing new programs, like movie nights.

The most important introduction of all this month is that of our new interim director, Tracy Shaynak, who for the past 10 years has served as director of Community Health Promotion at Bucknell. Look inside for more about Tracy and the kickoff to another year of activities at the WRC.

—Susan Misur, Editor
Interim director’s note

By Tracy Shaynak, interim director

As I moved into the Women’s Resource Center this summer, I felt a strong sense of history and place, and was reminded of all those I have known who have come before me, both colleagues and students. I am fortunate to have worked with each staff person who has served as director of the WRC, and am both pleased and honored to have this opportunity to share in the Center’s history, especially as the University commemorates 125 years of co-education at Bucknell.

I must admit, however, that while it is easy to get absorbed into this place, to want to spend hours pouring through the archives and get lost in old newspaper clippings and photographs, part of my transition has been rather personal as well. I imagine it may be natural to reflect a bit on one’s own individual history when stepping into such a role, but I have found myself frequently thinking about the important women in my life, and how lessons and gifts from each one have contributed to my personal and professional journey. While the lessons may have not always been easy, nor the gifts fully appreciated at the time, I am thankful for them all.

There is a picture on my desk of my mother and me when I am about two years old. We are on the southern coast of Maine, and she is holding my hand while letting me jump off a large rock by the shore. This picture means so many things to me – summer vacations with my family, my grandmother’s house on Barter’s Island, how the waves were always the best when the weather wasn’t – but as I step into this role I think in some ways it also embodies the spirit of the Women’s Resource Center. At the core of what we do is a mission to empower students, faculty and staff to come together to provide support and be supported, to challenge ideas and be open to the challenges of others, and to give people the freedom to be what they choose to be, the freedom to explore and even jump, knowing that there will always be someone there to lend a hand, to cheer, to listen and to understand.

I would like to thank all who have helped make my transition to the Women’s Resource Center a smooth one, especially Laura Ball. Her hard work and dedication helped to provide the continuity the Center needed during the spring and summer and she has continued to be an amazing asset to all of us in the WRC as the school year has begun. I am truly looking forward to working with Laura, our students, the WRC Advisory Board and each of you, and to all that the 2008-2009 school year will bring.
Meet the staff of the WRC

Emily Rath is a senior Women’s and Gender Studies and Economics double major and is minor ing in German. She is a Community Outreach Coordinator at the WRC.

Sara Jenks is a junior and has worked at the WRC since January as an office assistant, though she is abroad this semester in France. She is a Psychology and French double major with a linguistics minor.

Susan Misur is the editor of Lilac and a senior double majoring in Management and Creative Writing.

Lenore Flower is a junior studying abroad this year in China majoring in East Asian Studies, but joined the WRC last year as a staff writer for Lilac and program assistant.

Rudo Mawema is an office assistant at the WRC and is from Harare, Zimbabwe. She’s a senior International Relations major.

Taneea Byrd is a sophomore working as a student program assistant at the WRC. She plans on double majoring in English and Psychology.

Laura Ball has been working as the Assistant in the Women’s Resource Center for almost a year. This was her first fall welcoming students back for a new year.

Chrissy Reilly is a junior and began working at the WRC last year. She is a creative writing and psychology double major with a minor in education studying abroad in London.
First-year 101
The Red Zone: First-year risk or much more?

By Emily Rath, '09

We have all heard of "The Red Zone." It is the supposed time for first-year women when their risk for unwanted sexual encounters with men is at its highest point. Most people would say that this time period occurs at the beginning of their first year of school, from the time they first get to campus until their first break (for Bucknellians, Fall Break in October). Women are supposed to watch their backs, travel in groups, keep their drinks in sight at all times, hold their keys in their hands to use for defense until they reach the safety and security of their own dorm rooms.

Through his research, however, Professor of Psychology Bill Flack has challenged the existence of "The Red Zone" at all. He argues that in all actuality, the risk for women to encounter incidence of unwanted sexual contact is constant, with one exception. Though the common thought is that women should be the most aware during their first few months on campus their first year, Flack's research indicates that for Bucknell women, the time that risk for unwanted sexual occurrences may be the first month of their second, or sophomore, year.

While it is important to acknowledge that sexual assault can happen when alcohol consumption is not involved, it has been reported nationally that in 75% of the reported cases sexual assaults that take place on college campuses, the offender, the victim or both have been drinking alcohol.

Tracy Shaynak, interim director of the Women's Resource Center and coordinator of the Sexual Assault Survivor Advocate program, says that given the correlation between alcohol consumption and the incidence of sexual assault, the increased likelihood of unwanted sexual experiences can be dependent on the university in question. For example, Halloween or Homecoming weekend could be enormous events with high rates of alcohol consumption at one school, with the Greek recruitment and pledging period being a main event at another. Flack agrees that there is a "temporal" factor when looking at the data about sexual assault on campuses, and that one of the main determinants is alcohol consumption.

If the risks for unwanted sexual experiences for women are constant, with the exception of times when alcohol consumption is greater, what is being done and what should we do? Unlike the times when the concept of "The Red Zone" reigned, campuses like Bucknell are now focusing on distributing general information about sexual assault to both men and women of all class years, according to Shaynak. This is not just a women's, not just a men's, not only a first-year problem, or one that only the Greek system needs to deal with, this is a campus-wide problem, but not only at Bucknell. Flack blames the "intimacy culture" as well as alcohol consumption for perpetuating the incidence of sexual assault on college campuses.

It is important to note that resources are available. Offices like the Women's Resource Center, Student Health Services, Public Safety, Psychological Services and the Dean of Students Office have staff that can assist survivors of sexual assault and the Sexual Assault Survivor Advocates can be reached by calling 570-850-6115 24 hours a day, 7 days a week.

Campus Crime

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"Without question, sexual assault is the most unreported crime on campus and internationally," said Jason Friedburg, Chief of Public Safety at Bucknell.
Phone numbers for women on campus
Compiled by Carly Whitehead '08

Main Switch Board: a great number to call when uncertain about an event on campus or an unknown campus phone number: 570.577.2000

Public Safety: for emergencies and non-emergencies alike.
Emergencies: 570.577.1111
Non-Emergencies: 570.577.3333

Student Health Center: for appointments and walk-in hours: 570.577.1401

Women’s Resource Center (WRC): available to answer questions and support both women and men on campus: 570.577.1375

Psychological Services: for support in difficult or uncertain times: 570.577.1604

Multicultural Student Services (MSS): available to answer questions and support dialogue between all students on campus: 570.577.1095

Office of Lesbian, Gay, Bisexual, Transgender Awareness: provides support for student groups and individuals in pursuit of raising LGBT awareness on campus: 570.577.1609

Staying healthy
Compiled by Carly Whitehead '08

Maintain a healthy lifestyle in college can be tough, with all the other stuff that needs your attention. If you build healthy habits in the beginning, you'll be most likely to stay healthy during your college years. Check out the following list on how to keep it together:

1. Go to the gym or go running outside. A little exercise can go a long way. There’s no cost to go to the gym. Go with a friend; having a gym buddy will increase your willingness to go.
2. Don’t skip meals. Even if you’ve got Organic Chemistry at 9 a.m. and you went to sleep at 3 a.m., try to get something from the Bison before class. Starving yourself will not help you lose weight and may encourage you eat more later.
3. Sleep a little! Try to get the same amount of sleep every night, or at least try to go to sleep around the same time every night. It’s hard to do, but it will make you feel a lot better in the long run.
4. Reduce stress. It’s difficult to fit in, but try to take a real break every once in a while. High levels of stress are associated with depression and weight gain. Bake some cookies, participate in the meditation class offered on campus or read a magazine to take a quick break from homework and studying.
5. Limit the alcohol. Alcohol has no nutritional value and, when consumed in excess, can contribute to poor sleep patterns and poor performance in the classroom. If you’re going to drink, drink moderately and be sure to eat something before you do. One way to limit your drinks is to alternate with plenty of water.
6. Watch out for late night snacks. Eating a healthy snack like a piece of fruit rather than Domino’s or whatever you ordered may help you stay awake longer and gain less weight.
7. Learn portion control. Sure, the cafeteria is expensive and you might feel like you should eat a lot to get your money’s worth. A better idea is to focus on eating slowly, enjoying your meal and eating only until you are full.

The Women’s Guide to Bucknell was a project taken on by former staff member Carly Whitehead to provide women on campus, particularly first-years, tips, advice and a compilation of all resources available to them. While not yet in publication, the Women’s Guide covers everything from dating and sex, to clubs and activities offered, to eating and staying healthy. The following are two excerpts containing information crucial to women of all ages on campus.
Some say it was just a movie. If you ask most women though, and even some men, it was more. The Sex and the City movie was possibly the most anticipated movie of the year mostly because it originally came with a history.

Back when it aired in 1998 the TV show was one of the first real accounts of women’s views on sex and relationships, and it quickly became a guilty pleasure across the country. It was empowering to see women being independent in so many ways, which is why the obsession began. It is therefore no surprise when, after the show had been cancelled for several years, word of a movie came out and it became the talk of the town.

I couldn’t believe it took me almost a week to get to the theatre! I was so excited, and so were my friends. My sister went at midnight on opening night and recalled stories about women in cocktail dresses and heels, water bottles filled with Cosmos, and so much excitement. Even though it wasn’t quite as crazy as the first night, there was still atmosphere when I arrived.

There were women of all ages. Girls who were too young at the time to watch the show now count on the reruns on TBS, as do seasoned fans and the elderly. I didn’t quite realize until the movie started how excited I was. I love these characters! I have pondered the questions of sex and life with Carrie Bradshaw as if they were my own, but wished for fresh material to relate to. I think that the rest of the people in the theater were getting this feeling just as I was. The movie hadn’t started yet and we were applauding! There were even some whistles. The anticipation was high.

As for the actual movie, it was great. It was funny, yet emotional. All of our favorite characters were brought back and just seeing their little quirks again was satisfying.

There was one main difference between the show and the movie that I noticed; I had never seen Carrie Bradshaw so depressed. The TV show was all about independent Carrie and friends, and sure they had their moments, but never for so long. Yet it happens to all of us in our everyday lives for more than an hour.

Although it wasn’t fun to see Carrie that way, it was inspiring. She fought her way back to where she needed to be by starting from the beginning. When she ended up with the man at the end, it just seemed like an added bonus. By that point she had made herself happy being on her own, and that is what we all are looking to do. So confident Carrie was back, and it was a great way to end the movie. The applause during the credits thundered through the theatre.

It was a portrayal of gratitude for not only those three hours of female empowerment, but for so many more in the past.
125 years of coeducation

By Casey Bryant, '09

This year Bucknell University celebrates its 125th anniversary of co-education. As we reflect on Bucknell’s long standing tradition of academic excellence, this milestone is a pivotal one in Bucknell’s history. Chella Scott was the first female graduate of Bucknell to receive a degree in 1885.

Although the Female Institute functioned as a secondary school for girls for years before, it was not until 1883 that women were incorporated into university life. Moving forward to today’s university experience, it is difficult to imagine campus life without the presence of so many outstanding female students.

The Women’s Resource Center and Department of Alumni Relations are planning a university-wide celebration and informative conference during Women’s History month on March 21, 2009. This conference will include student presentations, alumni speakers, panel discussions, and networking opportunities to encourage alumni, students, faculty, and staff to reflect on Bucknell’s history of co-education and the impact it has had on our academic and personal lives today.

Along with the conference in March, during the academic year, students can find information and important events that coincide with co-education on our 125 Years website to be launched in October. There will also be a virtual video tour of Bucknell’s campus through a historical and co-educational perspective as well as interviews with alumni who share their personal experiences.

The chart at right shows when other schools were chartered to admit female students.

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Senior staff member to continue women’s book study

By Emily Rath, '09

I am very thankful this year for the opportunity to continue my women’s book study, which combines two topics that I am very interested in and passionate about: Sexuality and Spirituality. Last year, my friend Hannah Smith and I led this study that was supported through the Rooke Chapel Congregation Ministry Team, in which I act as Co-Service Coordinator.

This year we have a new book, a new group of girls, but the same idea: to foster a community, a group, where women across campus can come for an hour a week, relax, bond, laugh and learn. It sounds a bit corny, but last year’s group time became somewhat of a sanctuary for many of us. It was just nice to come, hang out and know that for at least an hour that week we wouldn’t be judged, we wouldn’t have to deal with everything that stressed us out, we just...chilled.

The book we will be reading this fall is entitled “It’s My Pleasure: A Revolutionary Plan to Free Yourself from Guilt and Live the Life You Want,” written by mother and daughter team Maria and Maya Rodale. It is sort of self-help, “women unite!,” history lesson, do-it-yourself, “here, be inspired” all rolled into one.

A very easy read, we generally talk about a chapter a week. Although sometimes the conversation sticks closely to the text, more often we will start with a quote or two and someone will share a story that relates.

The discussion from there has and will go in a million different directions, covering the spectrum between gossip and heart-to-hearts, between bitching and supporting someone who is having a particularly bad week.

Honestly, the more the merrier! If you are a woman and would like to join our group, we meet every Wednesday evening from 7-8 pm in Kress basement.

Just email me before the next meeting at ejr021@bucknell.edu so I can get you the text!
M is for maverick … and mom

By Samantha Soller, '09

Left-of-center Americans eager to see a woman in the White House excitedly touted Hilary Clinton’s presidential campaign. They were convicted that a female with executive power would alleviate the plight of women in our country.

Many Democrats even believed that a woman would give them their best chance to win the White House; that's how it is in this modern age. But Clinton didn't win the nomination, and there won't be a woman serving as chief executive officer for at least another four years.

Now a different woman has the opportunity to serve the second-highest office in the land. This time, however, the woman is a Republican: Sarah Palin. Because of her political affiliation, Palin isn't expected to ease the alleged suffering of American women. Instead, critics claim she, as a mother of five, will be unable to serve in a competent manner. She has been the object of sexist remarks by Democrats and called things that would normally horrify feminists. Palin’s nomination refocused the Presidential debate on whether a woman could serve as Vice President.

Americans need to look beyond sex and gender in selecting our nation’s leaders. It is silly to overlook a woman as a serious candidate simply because she is a woman. It is even sillier to put a woman in office simply because she is a woman. As an intelligent electorate, we need to judge candidates based on their positions on the issues.

John McCain’s selection of Sarah Palin for his running mate was a wise and effective choice. She has more executive experience than Biden, Obama, and even McCain himself. She proved that she can efficiently manage economic issues and work to protect constitutional liberties. She is a true reformer with a record of decreasing crime, corruption, and excess spending in Alaska.

Palin also presents herself as a real person. She has a son off at war, a pregnant teenage daughter, and a baby with Down Syndrome. She can relate to the American people. Even when acting as a politician, Palin is approachable and easy to talk to. She is a personable orator; her speeches are reminiscent of Ronald Reagan’s.

If Sarah Palin were to become our next Vice President, she would certainly make history. She would serve the highest office ever held by a woman. This would be a momentous leap for American women. It would prove that our country has moved beyond the notion that females cannot obtain positions of high power.

The fact that she has even secured the nomination shows the progress we have made since the days of the suffragette movement.

A celebration merely for being the first woman in a federal executive office isn’t nearly as important, however, as her success on the job. If Palin makes history as a great Vice President, it will be because she stands strong on issues important to this country, not because she was elected for being a woman. I believe McCain chose a strong candidate who will considerably affect the outcome of the election.
Women have been on the political front this election season more than ever, thanks to Sen. Hillary Clinton’s run for presidential nominee, Gov. Sarah Palin’s nomination as Republican vice-president, and potential future first lady, Michelle Obama. But while some focus on what these women have to say about our country’s issues, many more have focused on their clothing, glasses, mannerisms and private lives. Below are some examples of controversies they’ve endured this year.

Michelle Obama

♦ The cover of New Yorker magazine this summer featured Michelle and husband Barack Obama in terrorist clothing, an American flag burning in the fireplace as they give each other a “terrorist fist jab.” Many criticized the patriotism of both Michelle and Barack, and the cover left others up in arms.

♦ A blogger falsely reported Michelle made an accusatory speech at her church against “whitey,” prompting the Obama campaign to launch a Web site combating such rumors.

Sen. Hillary Clinton

♦ Controversy ensued over the neckline of an outfit Hillary wore to an event as many claimed she showed too much cleavage. Discussions began about what kind of necklines were appropriate for women in politics.

♦ Others have spoken about her relationship with her husband, former President Bill Clinton, criticizing her for staying married to him after the Monica Lewinsky scandal of the 1990s. Some countered her private life should be left out of politics, but the debate continues.

Gov. Sarah Palin

♦ Immediately after Gov. Sarah Palin was announced as Sen. John McCain’s vice-presidential nominee, vision centers across the country were swept up in a new optical craze. Orders for glasses similar to Palin’s began pouring in as people clamored to duplicated her look.

♦ A toy-maker in Oxford, Conn., has begun making three different versions of a 12-inch Palin action figure. Pictured is the super hero version.

♦ Rumors began swirling concerning Palin’s youngest child, born with Downs Syndrome. Many accused the baby’s mother of being Palin’s oldest daughter, Bristol. Campaign employees then released the information that Bristol was pregnant and dispelled rumors that Palin’s newborn was Bristol’s.
By Emily Rath, '09

To the sophomores, juniors, seniors and returning faculty and staff, welcome back to the Bubble! To the first-years and new additions to the staff-side of Bucknell, a whole-hearted welcome to this beautiful, inspired, crazy community! For some, this transition period means trading in the beach towel for the backpack. For others, it means putting away the internship business attire and putting on the now-favored jeans and hoodie. For still others, it means speaking English again in classes, putting your kids in daycare, putting down the Cosmo (magazine and/or drink) and picking up your textbooks. For me, this time means that I will start receiving Facebook messages, emails, phone calls, texts, campus mail and office mail.

This year my words will be appearing in this spot in the form of a column dedicated to dealing with being a member of the Bucknell community. What exactly does that mean? Well, I think, and some of you might agree with me, that Bucknell is a very special place (whether leaning toward the good or the bad side, that is for each of us individually to decide). There are, like in any special community, specific issues, concerns, joys and frustrations we deal with, and I plan on addressing some of them here, every month. The topics, I'm hoping, will range in relevance, controversy, intensity and pertinence. It’s important to note however that the goal of the Lilac is to talk about issues particularly pertaining to women. Therefore, this column’s scope is one that will try to hone in on the things that are going on at Bucknell that have significance to women especially.

As the author of this column, it is important that you know a little bit about me so you know where I am coming from. I am a senior this year majoring in Economics and Women’s and Gender Studies and, coming soon, I will have a minor in German.

Continued on page 11
What’s Happening: September

Monday, 9/8, Unity Jam: Stop the Hate Rally—Participants can meet at the library to march to Hufnagle Park for an evening of speeches and music to fight hate.

Saturday, 9/13, AIDS Walk—Teams and individuals will walk and fundraise across campus to benefit the AIDS Resource Alliance.

Tuesday, 9/16, The Breast Exam Project with Lucie Blue Tremblay—Join us for a lunch discussion and an evening concert.

Stir the pot continued...

I live in a small rural town outside of Rochester, N.Y. and graduated from a public school with a class of 82 students. Living at home with my mom and dad, two sisters and dog Fenway, I grew up playing soccer and softball, singing, acting and playing the drums, traveling all up and down the east coast and to Canada with my family, and hanging out with friends.

Fast-forward to my Bucknell years. I started out as a Comparative Humanities major, but switched almost immediately. I have been part of the Rooke Chapel Congregation Ministry Team since my first year and started a book study last year, “Sexuality and Spirituality.” I play intramural ultimate Frisbee, soccer, softball and dodgeball. In my sophomore year, I joined a sorority and in my junior year I decided it, like Humanities, wasn’t for me, and disaffiliated.

I work as an admissions tour guide and in the WRC and, many where I studied abroad for five months and became obsessed with German culture and language. In the future, my ideal job, at least this week, would be to work for a Germany-based economic aid organization doing third world development work in Africa.

This article, though, is not about me. If there is anything, pertaining to Bucknell, women, or women and Bucknell that you think is important to talk about, is not being talked about, is something you’re concerned about, is something you’re annoyed about, please let me know!

E-mail ideas, concerns or comments to ejr021@bucknell.edu
To remain anonymous, send ideas to my campus address, C1635. The goal is to say what’s not being said, explore issues not being explored and, in effect, hopefully solve some problems, make life a little bit more comfortable, challenge the status quo and keep things interesting. I hope you’re ready this year to “Stir the Pot.”

First-year column continued...

awkward orientation exercises with become more than names on my Bucknell or Facebook friends. I’ve learned who is the best girl to borrow clothing from, the best person for advice, the guy to run to when my goldfish dies. I’ve learned who my real friends are and who will drag me to the gym. I’m finally getting the hang of shaving in the shower. I’ve stopped knocking on doors; I’ve stopped informing my roommate that I’m changing. And when I’m at a party and my roommate asks to go home, I know exactly where she means.
The WRC’s newsletter is looking for monthly writers!

We’d also like to feature a guest writer once a month in the newsletter. E-mail smm039@bucknell.edu if you are interested in contributing.

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!