“Of Age” Zine

Adrianna Bugliarello-Wondrich

December 1st, 2021
The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to practice leadership through action.

To find out more please visit the Institute for Women’s Leadership’s website at http://iwl.rutgers.edu.
Growing Up...

- **18-25 year olds** have the most anxiety towards aging (Cummings et al., 2008)

- Average girl ranks attractiveness as a top concern starting at **age 10** (Saucier, 2004)

- **400-600** images of women fitting “traditional” beauty standards seen per day (Saucier, 2004)

- Young girls rushed into creating “**coherent**” and **normative** identities (Rishoi, 2003)
Men concerned with deterioration of physical *ability* with age; women with deterioration of physical *appearance* (Halliwell & Dittmar, 2003)

**“Silver ceiling”** in media
  - Disproportionately affects women (Saucier, 2004)

Aging women internalize negative viewpoints of *ability* and *worth* (Kinsel, 2005)

Key factors of resilience:
  - Social connectedness
  - Extending self and help to others (Kinsel, 2005)
Goal Statement & Method

*Of Age* Zine will provide a traditional feminist space in which the diverse reality of aging can be represented honestly and positively, creating a source that women from adolescence to seniority can look towards to ease their anxieties that result from age and ageism.
The Process So Far

Research

- Engaging with materials on aging, ageism, and media

Outreach and Engagement

- Photographer (Madison Neumann)
- Model (Karla Jackson-Brewer)
- Friends and Cohort
- Local high schools
- Rutgers Creative Writing Club; Rutgers Art & Design Club

Creation

- Piecing together collected materials
- Adding my own thoughts and vision
Zine Content
Becoming Adult
Fiction, Poetry, Art

Sometimes I forget my own name.
It's not that it doesn't
come to mind,
Rather it's on the tip of my tongue
but doesn't feel right.

Her voice was tight
and small in the way (that was
she was
both angry + afraid.
-Luna Salibarte

It should be something different than
this, but I don't know what it could
be. I'm just so tired.
-Luna Salibarte
Beauty/Strength in Aging

Photoshoot

Madison Neumann Photography
Wisdom/Purpose in Old Age

Interview question responses

"I view my age (82) and life experience as a Hope-chest that I’ve accumulated but not for me. More of a Hope-chest of life’s experience to share with my family and friends. Hopefully sharing my life’s experience can create hope, put another person at ease or simply just ease loneliness by making someone else feel they are not alone."

-Manzo
Next Steps

This Year...
- Publication
- Distribution

Desired Impact
- Measured on the individual level
- Changing a person’s mood, self-view, etc is enough
For Future Scholars

- Contribute to my own potential future issues of the zine
- Create their own zine
  - Engage more deeply with younger age groups?
  - Different forms of content?
Lessons of Leadership

- Allowing new insight and discovery to guide me along the way
- Collecting other voices
- Creating spaces of joy
Other Insights

- Adaptability
- There may be a lot of stress...
- But passion makes it worth it in the end


BIBLIOGRAPHY


