

# “Of Age” Zine

Adrianna Bugliarello-Wondrich

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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)



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# ...And Growing Old

- 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.



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# 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

## BECOMING?

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.  
-Aow

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

It should be something different than  
this, but I don't know what it could  
be. I'm just so tired.  
-Luna Laliberte





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## Beauty/Strength in Aging Photoshoot



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## 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.

[M]ore 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



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# Other Insights

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





# OF AGE



CREATED BY ADRIANNA BUGLIARELLO-WONDRICH

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