Welcome to our new newsletter! We hope that you will find the new format more informative and more entertaining. Read on, and enjoy!

--the staff of the WRC

What does the Women's Resource Center do?

We offer many services at the Women’s Resource Center, including a resource library, referrals and information, a women-centered gathering place, consultation and education, advocacy, peer groups (like Kitchen Table and Queer Women In Community), a diverse range of programming, and awesome volunteer opportunities. Feel free to use our space to do homework, hang out, or organize a feminist revolution!

Programs & Events

We have a variety of exciting events planned for this fall, including our continuing “Rumor Has It” conversation series and our brand new series of no-nonsense programs entitled “Sugar-Free Feminism.” You can look forward to a Chicana feminist writing workshop by Dr. Emma Perez, a refresher on mechanics, a class on meditation, and much more! For more information on these and our other events, please check out our website at www.colorado.edu/womensresourcecenter.

A Letter to “The Man”

At our open house earlier this semester, attendees were given the opportunity to write a letter to “The Man.” This was one of our favorites.

Dear Man,

Remember that time you invaded my country and conquered my people? Because I do. Remember that time you rendered my language obsolete and delegitimized my borders? Or the time you forced yourself on my grandmothers in the name of civilization? Because I do. Remember the time you denied my legal status as a human being and refused to acknowledge me in your constitution? I do. Remember when you refused to let me own property or cast my vote? Remember when you wouldn’t let me share my voice in public spaces, or even in most private ones? I still remember that. Remember when you threatened me with bodily harm for daring to declare my body as my own? Or when you told me there was only space for brown men and white women in the movement for “equality”? I remember. Remember when you tried to reinscribe our new liberations with your patriarchal, Judeo-Christian fears? I remember that too. Remember when you used my womb to stage a political war when the outcome never had anything to do with my health? Remember when you couldn’t even look at me after you read this letter? I do. Remember when I rose above all of that? Because that’s what I’m doing.

Love,

Alexis Smith
Hayley Ashburn, World Champion Slackliner by Elena Pellicer

Did you know we have a world champion in our midst here on the CU Campus? Hayley Ashburn, a senior English major, recently became the Women’s World Champion Slackliner. Slacklining is an up-and-coming sport that is often associated with the rock climbing community. It is a balance sport, like tightrope walking but with less tension, on a slightly bouncy, 1-2 inch wide rope.

Ashburn got connected with the slacklining community her sophomore year and has excelled impressively since then. She describes it as a sort of “moving meditation,” because of the intense concentration and self-awareness necessary to stay balanced on the line. Though the sport has become competitive, she pointed out that “competition isn’t really in the spirit of the sport.” Slacklining is all about community, it is a way for people to come together, strengthen their bodies, empower themselves and share the challenges and triumphs of the sport with each other.

“It teaches you goal setting,” Ashburn also commented. You start with the simple goal of, “I want to get to the other end of this line,” which then progresses into a 50 foot goal, a 100 foot goal, or more specific maneuvers, but “the exhilaration is the same each time and you see the sport growing with you.”

Pap Smears Not Recommended for Women Under 21 by Elena Pellicer

Before now, Pap smears—tissue swabs used to screen for (pre)malignant (cancerous) growths in a woman’s cervix—were recommended for women 3 years after first becoming sexually active, or at age 18, and one yearly after that point. However, the guidelines have changed in the past year, calling for a later start date and less frequent testing. The new recommendations are as follows:

- Women should have their first screening Pap smear at age 21
- Women in their 20’s should have a Pap smear every 2 years.
- Women age 30 and older who have had 3 normal Pap smears in a row should have a Pap smear every 3 years.
- These guidelines should be followed whether or not you’ve had the HPV vaccine.

These changes were brought about due to research which consistently demonstrated that less frequent screening prevents cervical cancer equally well, costs less, and avoids unnecessary and potentially harmful interventions. It is important to note that dysplasia—precancerous lesions which typically cause an abnormal Pap smear—are naturally more common in women under 21 because their cervix is still immature. Research has shown that women under 21 typically clear this HPV-related dysplasia on their own, without invasive removal of the lesion. Removal of this dysplasia used to be common practice, but studies have shows that it can cause an increase in premature births and other fertility complications and therefore should not be employed if the problem is likely go away on its own.

Information taken from article online at http://www.acog.org/from_home/publications/press_releases/nr11-20-09.cfm

Marie Wilson: Add Women, Change Everything by Hannah Wilks

The U.S. ranks 67th in the world for political representation by women. In the 111th Congress, women make up only 17% of the Senate or 17 seats, and only 16.8% of the House or 73 seats. If women make up 50.6% of the U.S. population, then why are there so few women representatives in our government? What makes women not run as often or get elected as often? These questions and more will be answered when the WRC brings Marie Wilson to the CU campus.

In 1998, Wilson founded The White House Project in recognition of the need to build a truly representative democracy – one where women lead alongside men in all spheres. Since its inception, The White House Project has been a leading advocate and voice on women’s leadership.

An advocate of women’s issues for 30 years, Marie is the founder and president of The White House Project, co-creator of Take Our Daughters and Sons to Work Day and author of Closing the Leadership Gap: Why Women Can and Must Help Run the World. She will be speaking about the involvement of women in politics, the ways in which we already participate, and the ground we still have to cover in order to have more equitable representation in our own government.

Campus and Boulder communities are welcome to come hear Marie’s call to action for Women in Politics: Add Women, Change Everything, on Tuesday, October 12 from 5:30-6:30 PM in UMC Room 235.