



The "F" Word

Baby, You Should Go and Love Yourself

By: Kyra Rickett

On April 7th, 1948, those who had also founded the United Nations founded the World Health Organization. To this day, April 7th is reserved for World Health Day, a day that brings awareness to health systems, non/communicable diseases, corporate services and promotes health throughout the course of life. Each year since 2001, there has been a theme to highlight the importance of. This year, the theme is depression. In accordance with major events that have happened in the world not only politically, but socially and even environmentally, I thought it would be appropriate to shed light on the severity of depression and preventative measures that can be taken.

The number of people living with depression increased 18% between 2005 and 2015. It has been ranked as the single largest global disability as well as the major contributor to suicides every year. It is important to note that, coupled with depression, there are generally comorbidities, or a presence of one or more coexisting illnesses. Those with depression also tend to have some sort of anxiety disorder.

By definition, depression is "an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities, for at least two weeks" (WHO). There has been an overall stigma when talking about depression and the fear that one will be thought of differently if they go and seek help. For college students, some telltale signs of depression include overeating or under eating, excessive substance abuse, trouble concentrating, and excessive sleeping (or lack thereof).

From experience, the number one tip I can give to those thinking they're depressed, or to those actually suffering from depression, is to get help. There are people who want to help you and support you through such a trying time. If it seems as though your friends aren't adequate support, trained professionals are also at your disposal. There are many college campuses (ours included) that offer free sessions throughout the year, as well as access to medication if need be.

You only get one chance in life and it's essential to take care of yourself throughout it. Self-help, self-love, and self-worth are all necessary to lead a happy life, which is something that EVERYONE deserves.

Sources:

<http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/college-depression/art-20048327>
<http://apps.who.int/iris/bitstream/10665/254610/1/WHO-MSD-MER-2017.2-eng.pdf?ua=1>
<http://www.who.int/campaigns/world-health-day/2017/handouts-depression/what-you-should-know/en/>

Wrestling and Feminism: Like PB&J

By: Leah Turlo

Growing up in rural, conservative Maine, many of my classmates in school watched wrestling on WWE. I had seen it in passing, and to be honest, I thought it was really stupid. I couldn't understand the appeal of nearly naked men tossing each other around a rubber mat for entertainment. I went almost 21 years of my life gladly ignoring wrestling- until I met my current boyfriend, anyway. He's an intelligent and very socially aware person, so I was confused when he told me he loved watching wrestling. Finally, a couple of weeks ago, I gave it a shot and watched it with him. I never thought I would say this, but I was instantly hooked.

The WWE got its start in 1980, and back then, they tried to play wrestling maneuvers off as real life. As it evolved, however, wrestling became almost satirical, and I would venture to say that today, most fans (save for children) recognize it as fake. Even though wrestling has shifted slightly, some themes have remained. The most obvious issue with wrestling is its portrayal of hyper-masculinity and the "ideal" male body type. Professional wrestling is overcrowded with men, and the majority of them are hulking, 6 foot+ tall, deep voiced, and almost angry guys. Of course, this is problematic for a few reasons. Impressionable kids see John Cena on TV and think they're supposed to look like that too, when in actuality, Cena created his image for himself.

However, I was also surprised to see that the WWE is actually a fairly diverse organization. Both women and men are heavily involved, and while they don't wrestle each other per se, their storylines heavily intersect. Female wrestlers are not reduced to a "female fighting fucktoy" trope; instead, they are fleshed out characters with strong personalities. One thing that stuck out to me in particular while watching Wrestlemania was the amount of young girls who watched the female wrestlers. They took time before the match to hug and meet fans, and it was blatant that small children looked up to these women in a really important way. In addition, the WWE is fairly intersectional and diverse. There are a TON of people of color who are extremely prominent, including black people, Mexican Americans, Polynesians, and even a Muslim American. Dozens of wrestlers have come out as part of the LGBT community, and none have really received backlash for it.

Wrestling fans are usually rural, conservative, white people, so I was surprised to see how progressive the WWE is given their fan base. I highly encourage everyone to at least watch a little bit of it; It gives a good jumping off point for discussions about masculinity, the media's portrayal of women, and the roles of minorities as a whole. It can easily be connected to feminist theories, and is one of the easiest things to view through a sociological lens.

You're Invited!

Upcoming Events

April 10th through 14th - Human Rights Awareness Week presented by UMaine Amnesty International. Check out their Facebook page for more details pertaining to each day.

April 10th through 15th - Pride Week presented by the UMaine LGBTQ Services. Check out their Facebook page for more details pertaining to each day.

April 19th - Feminist Film Series showing *Maidentrip*. 6-8 PM in [101 Fernald](#).

April 25th - "The Lipstick Project" Public Address. Come join Leigh Boyle as she explains what her organization does and why it's important. 7PM in [100 Donald P Corbett Building](#). Brown bag lunch provided by WGS 12:30-1:45PM in the Bangor Room of Memorial Union.

April 26th - Feminist Extravaganza showing *Legally Blonde*. Food will be provided, discussion of the film will follow. 6-9 PM in [101 Fernald](#).

April 25th - WGS Senior Capstone Presentation. 4:30 in [100 Little Hall](#).

SUMMER ONLINE CLASS IN

WOMEN'S, GENDER, AND SEXUALITY STUDIES

WONDER WOMAN: SHEROE, AMAZON PRINCESS, FEMINIST ICON

WGS 201-0090 (#43016)

Instructor: Nicole Littrell, MA, Educator and Filmmaker



In this course, we will delve into the politics and secret history of one of the most popular feminist icons and symbols of female power: Wonder Woman. A central theme of the course is the social construction of feminine power; the role of pop culture and the media in shaping this and how iconic representations of power translate off the page into the "real world." The rise and fall (and re-ascent) of Wonder Woman's cultural status becomes a fascinating lens to examine the Women's Rights/Lib Movements she was assigned to bridge. We will also explore the stories of real-life Wonder Women, the "sheores" who are fighting for truth, justice and gender equality...without the help of magic lassos, arm bands and invisible jets.

This class coincides with the June release of the new "Wonder Woman" movie!

Contact Us

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THE UMAINE WGS PROGRAM PROUDLY PRESENTS A

Legally Blonde

FEMINIST EXTRAVAGANZA!



Come relax, eat some snacks, and watch and discuss one of our favorite movies- Legally Blonde!

There will also be a student presentation covering things like the Bechdel-Wallace Test, the portrayal of women in movies, and the impact that Elle Woods has had in popular culture!

Where?

Fernald Hall Rm 101!

When?

April 26!

What Time?

6:00 pm - 8ish!

Please email leah.turlo@maine.edu with any questions! We hope to see you there!

April is Sexual Assault Awareness Month

By Sarah Elizabeth Dean

A few short weeks ago, the current POTUS declared April to be Sexual Assault Awareness Month, though our current political climate has clearly demonstrated its indifference toward sexual violence against women. For example, at least one person with a very high position of power in the current administration has several sexual assault accusations against him. Despite all of that, it's imperative that we come together this month (and every month) to raise awareness about sexual assault and what you can do to stop it! For more information, check out the It's On Us campaign at <http://itsonus.org/>.



STAY TUNED FOR OUR NEXT ISSUE!

Contributors: Kyra Rickett, Leah Turlo and Sarah E. Dean