

Running Scared

Whether it's a bump in the night or real-life danger, the difference between being scared and being afraid is something most people don't know. This halloween students will either seek out the fright or stay far away.



YATES FLOYD
[reporter]

Sophomore Faith Dossey remembers that night well. As she rolled over to read her clock, she saw a figure move past her window and her 10 year old mind starting racing. Images of boogie-men, villains, and monsters filled her head.

MADLINE HAAK
[reporter]

"I'd always been scared of monsters when I was little and always checked under the bed. I had seen them in movies and on t.v. They left their mark on me," Dossey said. "I was really freaked out because I thought of who or what could be trying to get in my house."

As the scratching noise grew louder, she was frightened at the possibility of someone or something being there, right outside her window.

"I hid under the pillow and softly cried," Dossey said. "My heart was racing so fast. Its sound was amplified in my head. This experience was so scary everything after this seemed very small compared to what happened."

Making the Distinction

Fear is a logical reason of why you are distressed because you know what can happen or what it can do to you. A fear is something you can overcome and face, because you know what it is. Some fears, like the fear of failing because you didn't study, resemble a cause and effect relationship. "Mrs. Lott handed us a set of notes a week ago and I forgot about them," sophomore Ryan Lawing said. "One day I went into her class and while I was sitting in my desk she gave us a quiz over the notes I forgot. I was very afraid to see my grade."

Other fears however are more serious, like the fear for one's life.

"I was at my uncles with my cousin and a friend. We were tearing down an old house and I hit a weak board and the entire wall fell on me," sophomore Zach Partin said. "I was stuck under there for about two minutes but it felt like an hour. I couldn't breathe. I was afraid for my life. I didn't process what had happened until I got to the hospital."

Fears like those of Lawing and Partin feel more understandable because they are rational reasons to fear something. That's the difference between fear and being scared. Being scared is the unknowing of what is to come. Having no knowledge of what it is that is making you scared. You cannot "face" or overcome being scared, because you aren't really sure what it is that is making you uneasy.

"When I was 15 I woke up at 2 a.m. and the blinds at the foot of my bed were intensely shaking and they had never done that before. I stayed still for about 10 minutes because I thought that somebody was at my window shaking them," junior Tessa Hurst said. "After that, I went and looked around but I couldn't find anything that would cause the shaking. I got so freaked out that I went and slept in the living room. My mom said I was freaking myself out, but I still don't know what it could have been."

Students aren't the only ones with ghost stories to tell. When she was 10 years old, math teacher Mrs. Linda Cato, investigated an abandoned old cabin.

"I was fishing at my uncle's farm and at dusk we saw an old cabin with lights on. We went to investigate it because we thought it was abandoned," math teacher, Mrs. Linda Cato said. "When we went in, there was no electricity in the cabin. We flipped the switches but none of the power switches worked. My dad,

my sister, and my best friend all witnessed it with me. Looking back, I think it was probably a power surge. But when I was 10, it was really freaky."

Scared Silly

Hairs stands on the back on your neck, your heart rate quickens, then you feel shaky and sweaty. All of these are your body's reaction to being afraid.

"When I was five I got lost and was trying to find my parents and in doing so I fell off a dock into a lake at night," sophomore Lance Taylor said. "A stranger rescued me. I don't even remember who he was because my adrenaline was pumping so quickly."

The thing that scares you acts as a stimulus that triggers a signal in your brain. That signal travels to the amygdala (a region near the base of the brain) that releases a brain chemical called glutamate out into two other regions of the brain. The first region makes us freeze or involuntarily move. These reactions are automatic because the signal is sent deep into the base of the brain to an area that we have little control over. The second signal is sent to the hypothalamus and triggers the part of our nervous system that self activates the "fight or flight response." For English teacher Jo-Dee Lott, flight or fight just means fight.

"I went to a haunted house and there was a chainsaw man that chased us around the house," Lott said. "When we left, he followed us into the parking lot and I hit him. He was not happy about it, but I swing to hit. I don't like being scared."

The Love of the Thrill

And although some would rather skip out everything that could scare them, others seem to love the rush that comes along after a good scare. Of the 91 students surveyed, 58% said they liked to be scared.

"I like being scared and I like to see a scary movies because the plot is different from other kinds of movies. The main villain, or the thing that scares me, is always my favorite part," freshman Baylie McMillan said. "I like the feeling of staying up all night because I'm scared. The aftermath is the best part."

To some students, the only thing that truly makes them afraid are real life situations.

"I actually do like surprising, big, and loud scares because they are fun. However, I do not want to go see something that will faze me like demons," junior Blaise Olsen said. "I don't like to be scared when it is a real life situation such as serial killers, kidnappers, and etc. These are things that creep me out because it could happen to me anytime."

When Ghosts are Gone

As we grow up, we grow out of most childish frights and replace them with real world fears. However, you can never quite forget the feeling the you got when you were first scared. Those feelings linger as you grow and they change the way the you rationalize things you can't quite explain. For Faith Dossey, even though she realized monsters weren't real, the fear she felt when she was 10 is something she will remember for the rest of her life.

"I don't check the window anymore because I am a more rational person," Dossey said. "If it happened again today, I would have handled it differently, but still would have felt scared."



Snakes, Spiders, Closets, and Clowns

Fears tend to range from ghosts and ghouls to the fear of heights and public speaking. Here are few of the most popular kinds of fear...

Heights

"When I look up, I feel like I am about to fall or float up into the sky. It is almost like the fear of falling, but instead I am falling up into the sky."

- Ed Kilgore (12)

"When I was really little, like five or six, I fell off a play ground which cut me really badly. Since then I've always been kind of hesitant to look down."

- Kevin Gonzales (11)

Supernatural

"After I watch horror movies, I get super paranoid that some kind of demon or monster is hiding. It feels like something is ready to jump out."

- Tiffany Hoang (10)

"I don't watch horror movies because I'm too afraid of being scared by the weird creatures."

- Sophia Tuttlebee (9)

Creepy Crawlers

"I hate spiders because they look weird and they just make my skin crawl."

- Britton Anderson (10)

"Although I have never been stung by one, the possibility of being stung by a wasp or bee is ever frightening to me."

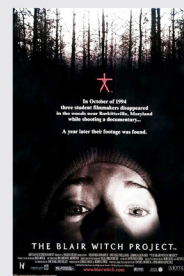
- Claire Brazile (10)

"I do not like spiders. The bigger they are, the worse they are."

- Mr. Marion Houff (Spanish)

Fright in the Night

Which of these movies is the scariest * 100 people surveyed



The Blair Witch Project

14% This film shows the endeavors of three film students go to investigate the Blair Witch, a local murderer. They create a documentary and go to the small town to film. Although they find a lot of evidence, they eventually get lost in the woods. The story takes a turn and they begin to hear horrific noises.



The Nightmare on Elm Street

17% In this horror film, many teenagers become the prey of Freddy Krueger, a midnight murderer who haunts the kids in their dreams. Eventually, he

kills them in reality. A woman begins to suspect that a secret she has been keeping might solve this mysterious epidemic.

Texas Chainsaw Massacre

16% An insane thriller is what this movie is. A girl named Sally learns her grandfather's grave was possibly vandalized. She and her paraplegic brother, Franklin, set

out with their friends to investigate. When they arrive at their family's farmhouse, they discover their neighbors are a group of crazed outcasts. The group is attacked suddenly by Leatherface who wears a mask of human skin and carries a chainsaw as his signature weapon. They must do all they can to survive.



The Silence of the Lambs

21% In this gruesome blockbuster, top student in the FBI training academy, named Clarice Starling, must interview Hannibal Lecter. He is a violent psychopath and a former

psychiatrist, as well as a cannibal. Jack Crawford, who is her director, wants Clarice to learn the clues Lecter might have on a case the police are working.

The Shining

15% This film is the epitome of weird. Jack Torrance, a man hoping to cure his writer's block, becomes the winter caretaker at the isolated Overlook Hotel in Colorado. He is

joined there by his wife Wendy and his son Danny, who is plagued by psychic spells. Jack's success with his writing is going nowhere, and Danny's visions become more disturbing. This leads to Jack discovering dark secrets of the hotel and transforming into a homicidal maniac determined to terrorize his family.

The Exorcist

17% Based loosely on real events, this horror film deals with a young girl named Regan begins acting in a peculiar manner. She levitates, speaks in a weird manner, and seems to be possessed. Her worried mother seeks medical help, but her attempts go nowhere. A local priest, who believes the girl is being seized by the devil, requests to perform an exorcism. This is where the title originates.

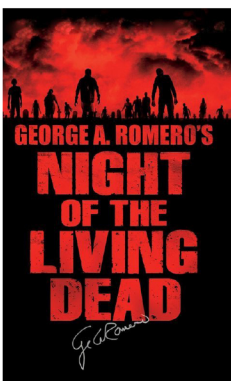


Rising from the Dead

1968

Night of the Living Dead

In this independent zombie horror film, zombies as you know them are just beginning to come to life. (No pun intended) In this thriller, zombies attack a group of people in a farmhouse. It contains some gore, but it's a zombie classic.



1985

Return of the Living Dead

This zombie horror film basically breaks the rules when it comes to making zombies scary. It's a comedy where the dead rise again for one reason, to party. Zombies in this film are getting smarter; They now eat brains. This mixed genre film is odd, yet entertaining.



The "tar monster", who is a zombie, eats the brains of his victims.

1992

Braindead

Its odd plot is what makes this movie a zombie comedy, horror, and romance. It lets you experience the trials of a zombified mother and her teenage son. Even though it was originally considered a commercial failure, this film is quite interesting.

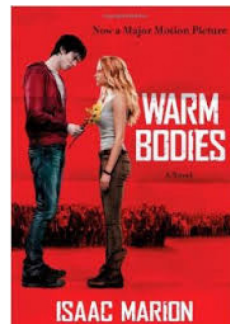


The zombie baby from "Braindead" eats flesh and brains.

2010

The Walking Dead

This drama filled, zombie horror television show follows a sheriff and a group of survivors he leads in the apocalypse. It is filled with a variety of developed zombies that walk or crawl, and are extremely frightening. This series is filled with twists and turns that shock its viewers.



2013

Warm Bodies

In this heartwarming zombie comedy, a human girl and guy zombie meet and fall in love in the midst of an apocalypse. This movie tells the story from the zombie's point of view and he comes across oddly human. If you watch this movie, you are sure to feel warm and fuzzy.

2015

iZombie

This TV comedy/drama follows a mortician in residency who uses her condition to assist the cops in solving crimes. Although she doesn't look like it, this zombie woman eats brains. Its different genre makes it an unusual watch.