

# THE SCIENCE BEHIND SCARES

Dylan Boley:  
Reporter

As soon as October rolls around, many people celebrate by watching horror movies. Horror movies include elements of suspense, mystery, terror, and fear that create the perfect film that keeps people on the edge of their seats or hiding behind a blanket.

## Why You Love or Hate Horror Movies

Many people love being scared, while others loathe the idea of anything scary. The reason why some people like to watch scary movies is because they experience stress differently. As you watch, your heart rate increases and makes your body feel as if it needs to expend energy. After the movie, your emotions are heightened, and depending how your overall experience was, you might relate it to the movie. If you had a fun time with your friends afterwards, you connect those positive emotions with the horror movie experience. This also works with childhood experiences. People who have had positive experiences when they were younger, tend to see the

monsters in movies differently. If a parent lets their kid watch a movie in the horror genre, then that person will link the way they saw the monsters then to when they see horror movies as an adult. People who dislike movies might be highly sensitive because they are usually overstimulated with their environment. These people tend to be more empathetic to the characters within movies.

## Emotions and Instincts

While watching a horror movie, you are able to conjure emotions as if you are in the movie. This also happens in other genres like dramas, romantic films, and even comedy. According to today.com, we tend to copy what we see on screen. If someone in the film is smiling, we tend to produce genuine positive emotions. Music and the way the scene is set also play a huge role in producing emotions. With these emotions, you provoke your “fight or flight” instincts. We react to fear by freezing and using our adrenaline to run away or fight. This can be triggered by real life or imaginary threats, like a scary clown. Many people respond to these events

by screaming, which is often used to warn others of that threat.

## What Happens in the Brain

When we witness something scary, the information given to us goes to the thalamus, which is the part of the brain responsible for relaying information. Here, it is sorted and transferred to the hippocampus. Inside the hippocampus, the information from the thalamus is then processed for long-term memories or emotions. The data is then moved to the amygdala, which stores the emotions and memories. This is responsible for the way we react to stimuli, especially fear-provoking ones. After that, the hypothalamus then activates our “fight or flight” response and forces us to react. These and other parts of the brain are able to identify it and respond to it.

Many people react to scary situations in different ways such as screaming, fighting, attacking, hiding, or even curling up in a ball, but it all boils down to our primitive instincts of “fight or flight” and having a great experience at home or the movie theater.

# FAITH STUDENTS

2018/2019  
FAITH CHURCH BEECHER | 201 E CHURCH RD, BEECHER IL  
MIDDLE SCHOOL & HIGH SCHOOL  
6:00PM-8:30PM

SEPTEMBER	OCTOBER	NOVEMBER
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5 6	1 2 3
2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10
9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17
16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24
23 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30
30		
DECEMBER	JANUARY	FEBRUARY
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2
2 3 4 5 6 7 8	6 7 8 9 10 11 12	3 4 5 6 7 8 9
9 10 11 12 13 14 15	13 14 15 16 17 18 19	10 11 12 13 14 15 16
16 17 18 19 20 21 22	20 21 22 23 24 25 26	17 18 19 20 21 22 23
23 24 25 26 27 28 29	27 28 29 30 31	24 25 26 27 28
30 31		
MARCH	APRIL	MAY
S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6	1 2 3 4
3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31
31		

FAITH STUDENTS MEETING SPRINGHILL WINTER CAMP

Questions? Ask Scott at smattingly@WeAreFaith.org

www.WeAreFaith.org/Students



Izzy Martinez:  
Reporter



Industrial Pipe Furniture For Your Home

www.Furniture.DocterEnterprises.com



MARIE LAVEAU

Marie Laveau was the most famous practitioner of all time. She was born a free Black woman in New Orleans in the early 1800s and became the most well known Voodoo priestess in the Eighteenth and Nineteenth century. She’s often referred to as the “Voodoo Queen.” Many people would come to Laveau seeking treatment for illnesses in the areas of health and love. She was very talented in performing Voodoo rituals and held the rank of supreme witch.



MORGAN LE FAY

Morgan le Fay, also called Morgaine, was known for being King Arthur’s half-sister and also unknowingly gave birth to King Arthur’s son. The stories of Morgan le Fay show the rejection of her loyalty to her brother and her people, isolating her as an vengeful, evil witch who wanted nothing more than to destroy or rule King Arthur’s kingdom. Witches, to this day, believe in Morgan le Fay and think she was a famous witch in history who should not be feared, but studied and respected.



ANNE BOLEYN

Anne Boleyn was widely considered the most influential queen in English history, which might seem odd, seeing as how she was considered a powerful witch. Many scholars accused her of being a witch because of her wisdom. Anne Boleyn was Queen for almost seven years and she used those years to educate herself and became an extremely intelligent woman. She was then accused of treason, adultery, incest, and eventually, witchcraft, which then lead to her death.



LA VOISIN

La Voisin, also referred as Catherine Monvoisin, lived in France in the mid-1600s. Voisin was well known for her practice in medicine, including midwifery and abortions. She also told fortunes, mixed potions and poisons. She was one of the leaders of a cult called “Affaire de Poisons”, where they poisoned many members of the French aristocracy. In the late 1600s, after the feat of witchcraft reached France, she was publicly burned after being found guilty of witchcraft in 1680.



ISOBEL GOWDIE

Isobel Gowdie had confessed about her coven activities, including their supposed ability to transform into animals, which gave great insight into European folklore revolving around witchcraft at that time. Isobel also claimed to be “entertained” by the Queen of the fairies in her home. Many people think that her confession may have been a result of psychosis. Gowdie gave her confession with free will, unlike the other women, and was then executed in 1662 for witchcraft.