

Why be afraid?

Abby Swoboda
Editor-in-Chief

Spiders, the dark, monsters under the bed, things that go bump in the night; these are all common things that give people the creeps—but why?

As the month closes in on Halloween, ghosts and ghouls abound, and so do the spooky traditions that send a chill down the spine that make Halloween so unique.

But why exactly are people afraid of certain things, whether that be Freddy Krueger or heights?

Simply put, fear is produced when the brain comprehends stimuli that is perceived as being scary, which triggers a fight-or-flight response.

The fight-or-flight response is characterized most recognizably by increased heart and breathing rates and energized muscles.

Fear, unlike other emotions, is instant and allows for the subconscious to take over with the intention of survival.

As a survival mechanism, fear temporarily stops most conscious thinking in the mind and switches it to automatic responses that either lock muscles or prepare them to either flee or defend, hence fight-or-flight.

In the brain, the set of nuclei that perceives the stimulus that starts this process is called the amygdala.

The brain developed amygdalae thousands of years ago to help give people quicker responses to danger, which works by remembering certain situations, objects, noises, sights, or sensations that entail physical or mental horror, and henceforth become triggers of fear.

The actual pulling of the trigger to the fight-or-flight reaction, however, is the hypothalamus, which is the part of the brain that activates the response.

For example, if a person finds himself or herself breathing a little faster and becoming anxious while watching as Jason—of the *Friday the 13th* horror franchise—chases someone through the dark woods with an ax, that response is caused by a big compilation of fear trigger points.

Through life experiences, the viewer has come to associate axes with pain, the dark with terror and the unknown, and being chased as being put in danger.

So when all of these stimuli are put together on top of a chilling soundtrack, the person is able to deduce that it is not a pleasant situation. And, appropriately, the person responds to it with the emotion of fear.

Some people of fear, which would explain the success of the horror film industry.

Experiencing fear provides the brain with a release of chemicals that may actually be pleasurable, especially in relation to horror movies, where the viewers understand that they are in no real danger, yet they get to experience the exhilarating psychological feelings as if they are.

And to these fright junkies, Halloween is the perfect season for cultivating their love of spooks and scares.

And for those that shy away from the amygdala's danger triggers, there are always treats to enjoy rather than the tricks on the costumed holiday.

Pumpkin spice

Rebecca Dunphy
Contributing Reporter

“One tall pumpkin spice latte” calls a barista as she places a small white cup on the counter.

Steam rises from the beverage as the scent of pumpkin and cinnamon swirl around the air.

From late August to early December, both warm and cold seasonal drinks are sold at Starbucks, such as: the salted caramel mocha Frappuccino and latte, or the pumpkin spice latte and Frappuccino.

With a growing popularity, Starbucks' limited edition fall drinks certainly haven't disappointed costumers.

“The fall drinks are my favorite part about Starbucks,” said sophomore Summer Douglas. “I can't stop drinking them.”

The most popular of these drinks is the pumpkin spice latte.

Created with espresso, freshly steamed milk, nutmeg, cloves, cinnamon, and ginger, the drink combines the classic flavor of pumpkin pie with Starbucks' signature coffee's taste.

Starbucks' reports that this is their most sold fall drink.

But some, such as sophomore Candace Boyle, don't agree with all of the praise its receiving.

“I think it tasted good, but it's definitely overrated,” said Boyle. “I think too many people jumped on the bandwagon too soon, maybe without even tasting it.”

As mentioned earlier, another drink that is sure to warm up customers is the salted caramel mocha latte.

Made from milk, freshly brewed coffee, sea salt, mocha and caramel syrups, this drink is sure to hit the spot on any cold day.

Though the mocha seems to be overpowering the taste of

caramel, baristas (the name given to Starbucks' employees) say the drink is growing in popularity.

This drink has been compared to hot chocolate, but it is tailored towards adults with its mocha aftertaste.

“Even though it isn't as popular as the pumpkin spice latte, this drink is definitely my fall favorite,” said Boyle.

The ice-based salted caramel mocha Frappuccino is one of the most attractive drinks.

Topped with whipped cream, a caramel drizzle, and sparkling salt crystals, the Frappuccino offers a similar taste to the warm drink, but with a much different consistency.

Though the drink contains a caramel drizzle on the bottom and coats the cup, the mocha flavor is overpowering.

Other complaints about this drink includes the grittiness that comes with the salt topping.

Another limited edition cold drink is the pumpkin spice Frappuccino.

With a similar pumpkin taste and spicy kick, this drink is both rich and savory.

Under a layer of whipped cream and cinnamon sugar, this drink closely resemble pumpkin pie in both color, taste, and scent.

While these four drinks on the local menu have customers running to Starbucks, there are many more fall flavored drinks that can be created off the Starbucks Secret Menu.

The menu includes many fan created Frappe chinos such as caramel apple, apple pie, and ginger snap.

If the hot menu items don't satisfy, then pumpkin patch, snicker doodle, and pecan flavored lattes are available for creation as well.

An advantage of these “secret menu” drinks is that they will never end and will be sold all year round.



Photo by: Lauren Benedict
Junior **Kristen Bryant** represents the unisex style for wearing vans, that can be worn by both sexes, and an outfit that is commonly worn by men and women.



Photo by: Lauren Benedict
Senior **Kelsey Farrington** wears athletic clothing everyday and shows anyone can continue a style that is not only comfortable, but worn by anyone.

Clothing for everyone

Lauren Benedict
Assistant Editor

Today's fashion world changes with the seasons, but every couple years there is a new, trendy style.

Clothes are normally sex specific, but within the last couple of years, unisex clothing lines have become a leading fashion trend for anyone's style.

Senior Taylor Rill said, “I've never thought of having unisex clothes, but hearing about them made me realize that sometimes it's part of my style!”

Because this particular style is made to be worn by any gender, the clothes are made to fit everyone.

This style is made with no specific body cuts. In addition, they feature the same clothing styles, all of the same sizes, and colors that anyone can wear all go into the schema of unisex clothing lines.

Unisex clothing does not have gender specific items for women or men.

Jeans, shorts, jackets, various tops, and some shoes are designed to be worn by both sexes.

American Apparel is one of the most popular lines for unisex clothing, but they have a larger variety of unisex cloth-

ing online rather than in stores.

Pea coats, t-shirts, plaid shirts, jean jackets, and plain hoodies are only some of the tops sold in unisex clothing lines.

Jeans come in different sizes, but the same washes and cuts can be bought as unisex clothes, too.

On the other hand, the androgynous clothing style is menswear made for women, specifically clothes not meant for both sexes to purchase.

For example, the ‘boyfriend’ cut jean for girls also can fit into the persona of androgynous clothes.

Boyfriend cut jeans are looser and often feature a straight leg cut, one that does not accentuate or make room for female hips.

Veer is a New York City online store with an extensive selection for androgynous clothing.

They give women the option to purchase men's styles for women.

More commonly known and also worn by both sexes before the unisex fad broke out are shoes such as Vans, Keds, and Converse.

“I didn't know about the unisex clothing fad, but it turns out I wear a lot of it. I love my vans and wearing

clothes this style,” said sophomore Calie Swegon.

Not many people think about it, but some of the most worn everyday clothes fall into the category of unisex clothing.

Athletic clothes may be the first thing that pops into someone's mind when discussing clothes that men and women can both wear comfortably and without being defined by a gender assignment.

There are many styles of clothing that go commonly unknown, and the styles for unisex and androgynous are becoming more popular among teens and young adults.

Check out some of these stores for a their selections of unisex clothing:

- Vans
- American Apparel
- Veer (www.veer.com)
- Converse
- Keds
- Nike
- wearandrogyny.com
- charlieboy.com

Washington makes another hit

Brad Dunaway
Reporter

Denzel Washington makes number one in box office again with his new movie *The Equalizer*.

Antoine Fuqua is the Director if this PG-13 movie. He also directed *Training Day*, *The Replacement Killers*, and *Olympus Has Fallen*. Fuqua likes to work with Washington, so he wanted to work with him during this movie.

The movie is 132 minutes, a little over 2 hours. But it is defiantly worth your time.

Washington plays the role of Robert McCall in this movie, a retired black ops agent who lives in Boston and works at a local hardware store called Home Mart.

I really liked how they started the first 15 minutes off with just a regular guy. You never see that in a Denzel Washington movie!

McCall had a wife before but she died. As a result for loneliness, McCall goes out to eat every night at this little restaurant. After going there every day, he notices another regular person that comes in every night.

This teenage girl, Alina (played by the actor Chloë Grace Moretz) befriends McCall. They start to talk more and more and Alina begins to tell her story to McCall.

Alina's life was ruined at the age of

six when she became a victim of sex trafficking by the Russian Mob she became their sex slave and was forced to do things such as prostitution.

McCall walks around with Alina until this car come out of nowhere. It is Alina's pimp Slavi.

McCall feels very bad for Alina, so he decided to go see Slavi.

McCall walks into a restaurant that Slavi used to own. He was trying to buy Alina's freedom for \$9,800 dollars, but Slavi simply refuses the deal. This is a big mistake.

McCall turns around and takes out all of Slavi's men with also removing any footage of him that might have been taken.

To take revenge for what McCall did to Slavi, Vladimir Pushkin-(Slavi's boss,) sends his enforcer Teddy to Boston to find and kill McCall for what he did.

He calls fellow retired agents Susan Plummer and Brian Plummer in Virginia.

McCall is not asking for help though; He is asking for permission.

McCall then captures a corrupt Boston police officer named Frank Masters, because he is trying to get some information on Teddy. Masters helps McCall get some information on Teddy and Pushkin.

The rest of the movie is just a man hunt for McCall.

McCall is then traveling to Moscow...

“The movie was good and all, but it dragged on.” said sophomore Madison

Walker.

“Denzel Washington is the reason I wanted to see this movie!” said business education teacher Alana Eaton. Eaton also said that she enjoyed the movie.

I thought the movie was actually really good. Washington did an amazing job playing just an ordinary guy in the beginning. Then his acting just got better from there on.

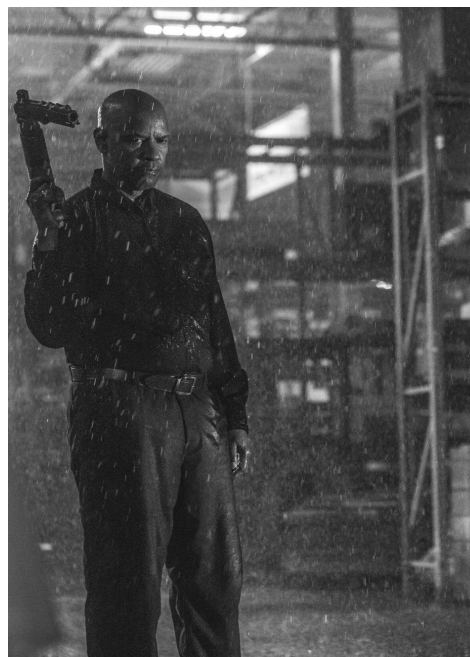


Photo by: www.joblo.com
Denzel Washington as Robert McCall before he is deemed as *The Equalizer*.

Albums' resiliency over time

Christina Weaver
Feature Editor

Several albums have held a place in my heart throughout the past few years, including *Wooden Heart* by Listener, *OK Computer* by Radiohead, *The Devil and God are Raging Inside Me* by Brand New, and *Mean Everything to Nothing* by Manchester Orchestra.

Wooden Heart is the spoken word group Listener's third studio recorded album, released in 2010.

Wooden Heart may appeal to fans of bands mewithoutYou and La Dispute for its similar spoken word genre and use of deep, meaningful lyrics.

What sets this album apart from those bands, however, is the unique twang heard in within vocalist Daniel Smith. Though unusual, Smith's vocals make Listener the

band that they are.

Paired with the interesting use of a trumpet, Smith's voice resonates with feelings of despair and hope.

Wooden Heart, like other Listener albums, can be considered very clever due to the many metaphorical lyrics.

OK Computer, the popular rock band Radiohead's third studio recorded album released in 1997, has a haunting, beautiful vibe.

For this album, Radiohead did away with the guitar rock sounds present in previous albums like *Pablo Honey* and *The Bends*, and instead resorted to a more subtle, eerie sound.

The use of much softer tones makes this album less harsh than others and much easier to listen to and fall in love with.

Songs like “No Surprises,” “Paranoid Android,” and “Karma Police” shine on this

album that verges into experimental areas of art-rock that build upon their previously established alternative rock acclaim.

The Devil and God are Raging Inside Me is Brand New's third studio recorded album, released in 2006.

Through vocalist Jesse Lacey's dark, egocentric lyrics, this album would likely appeal to many angsty teenagers.

Though each of Brand New's albums appeals greatly to me, *The Devil and God are Raging Inside Me* especially does because of its obvious aggression, passion, and sorrow.

Brand New had clearly improved their articulate wordplay in *The Devil and God are Raging Inside Me* as compared to the previous album *Deja Entendu*.

Mean Everything to Nothing is Manchester Orchestra's

second studio recorded album, released in 2009.

Mean Everything, unlike Manchester Orchestra's other albums, has more of a Kings of Leon-esque vibe, although still falling under their same indie rock and alternative rock genre umbrella.

The awkwardness of some songs, like “One Hundred Dollars,” merely adds to the uniqueness and emotion portrayed in the album.

Songs like “I Can Feel a Hot One” leave listeners deep in thought and full of emotion, giving the album so much depth.

All of these albums have one common theme: emotion.

For those long, lonely nights or drives, these albums each provide listeners with unique, deep, long-lasting emotions that outlast any momentary popularity and show their emotional resiliency that defies time.