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THE Sather

THE STUDENT-RUN NEWS SERVICE OF COLUMBUS STATE UNIVERSITY



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THE SABER

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LETTER FROM THE EDITOR



Boo! Welcome to The Saber Halloween Special, bubbling with stories about monsters, both real and imaginary. Look in these pages to make plans for All Hallow's Eve, learn about the origins of local legends and Halloween, and discover just why you should stay fit in case of a zombie apocalypse.

Whether you're going out on the town or just staying inside, The Saber has you covered. There are movies, plays, parties, and haunted buildings all around Columbus. Just because you're in college, it doesn't mean that you can't have a lot of Halloween fun. The Rocky Horror Picture Show, for instance, is the perfect racy play to catch on the 31st. And thrill seekers can go ghost hunting at the Springer Opera House, if they so desire. Or, for the recluse, plenty of horror video games are out there, as seen in the article "Horror in Your Hands."

You may also notice a few more serious topics in this issue. The slutty costume epidemic is addressed in "Halloween's Road to Depravity." Murder and mayhem and horror come up in the cases of serial killers and Slender Man worshippers.

Halloween becomes a little darker as you get older, but nevertheless there is plenty here to help you enjoy it. Hope you have a great one, and don't forget to check back next week for our first November issue.

-Catherine Saavedra
Editor-in-Chief

LETTER TO THE EDITOR

This is now my third year at CSU as a biology student with a concentration in pre-med and a minor in Spanish. I have been reading The Saber during my time here, and the paper has changed a great deal since my first semester.

The Saber is now a great source of entertainment and news information. It is quite refreshing to read through and learn what has been happening on and around campus. In the past The Saber was disappointing in content and formatting; however, I now excitedly look forward to each new issue. The articles are interesting, well written and cover a broad range of topics with eye-catching figures and photos.

In issue 5 October 22 especially, I really enjoyed reading Dr. Jennifer Moore's "A Remedy of Anger." The mix of Columbus, US, and world news with the addition of Dr. Moore's psychology article side by side of fashion and CSU events means the CSU's news service is doing its job well.

Thank you for the reform in the paper, and I'm sure The Saber will only keep getting better.

-Amy Adams
Junior, Biology major

Retraction: In regard to the location of the Academic Center for Tutoring, it is found in Woodall 116.

Cover Illustration: Elaine Hoffmeister

Fast Five with One of the Deceased: Mr. Grant Watkins

Danielle Davis

Layout Editor

Photo: Ryan Krafthefer

Struck down in his prime, Grant Watkins can't seem to let go of this life. He wanders cemeteries throughout the United States talking to anyone that will listen. Recently, The Saber caught up with him in one of the local cemeteries.

What's the last thing you remember?

GW: Slipping off that damn cliff. Man, it was a long way down. Felt like flying till I hit the ground.

What were you doing before you died?

GW: Trying to impress my friends with my mad rock-climbing skills. We'd all traveled to the mountains for the weekend. Looking back, we should've gone to Vegas like Paul suggested.

Why do you wander the cemeteries?

GW: It's purely out of boredom. You should try lying in a coffin all day. It sucks. I just want to remember what it was like to be among the living.

What do you miss most about living?

GW: Breathing. Air whoosing in and out of my lungs. Now all I hear is the dry rattle of bones.

Do you have any last words?

GW: Now's all you got. So enjoy it while you can little lady.



Grant Walkins stares longingly at a cup of coffee he can't enjoy



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Spooktacular

Trick or treating for the community

Sam Sachs

Campus Life Editor

*Photos: Columbus Planning Department
Muscogemoms.com*



On the weekend of Oct. 31, 2014, CSU Registered Student Organizations will be participating in Spooktacular, an Uptown Columbus event which offers a child-friendly environment for trick-or-treating.

While participation is encouraged by the university every year for the RSOs to join Spooktacular, this year has a larger incentive for participation. Many RSOs have found that they can only make funds requests to the Student Government Association if they take part in three specific events: Project Bookbag, Lola's Voice and Spooktacular. The requirement for RSOs to partake in such

A previous Spooktacular on Broadway in Uptown Columbus

events in order to request funding has been used as a way to boost student and community engagement, and also to achieve large numbers for community service events.

Starting at 6 p.m., Spooktacular will run until 8 p.m., and will be open to the public to engage in a free, safe and fun trick-or-treating environment. Further information can be found online at www.uptowncolumbusga.com under the events tab.

Halloween's Road to Depravity

Provocative costumes invade Halloween festivities

Danielle Davis

Layout Editor

Illustration: Noah Sachs

A sexy bunch of grapes. A sexy Teenage Mutant Ninja Turtle. A sexy ear of corn. A sexy killer whale. Ridiculous, right? Sadly, those are women's costumes, and they are available to anyone willing to purchase them. The existence of these costumes begs the question: "Has Halloween become too sexualized?" To those of you who are wondering, the answer is yes.

In an article for theweek.com, Monika Bartyzel hints at how women are almost expected to factor in sexiness when considering their costumes.

She writes: "It's not about embodying a character. It's about being sexy." So if you

seek a more creative or conservative look, then your local costume or party supply store might not be the place to go. It's not surprising that the costume making industry is more concerned with making a buck than respecting a woman's integrity."

It's a shame that women have to go to extra lengths to find costumes suitable for wearing during things like trick-or-treat runs.

Choosing to have a sexy costume is fine, but it should not be the only choice. Other options



should be just as readily accessible.

Lately, young girls have even become a target of the sexy costume madness.

Their costumes are becoming less innocence and more risqué.

With each year, skirts lose length and necklines plunge.

This is an issue that plagues parents. Val Powell, a writer for Webproneews.com, reported that parents were upset about the message it sends to their girls.

One of the parents described the message as being that they should

value their bodies above all else.

Young girls shouldn't have to worry about portraying a certain image on days meant for collecting candy.

Ultimately, it's important that women not be subjected to society's expectations of them on Halloween. We're more than boobs and butt cheeks. We should be able to venture outside our doors without gaining unwanted attention.

Rocky Horror Picture Show

Columbus' own Halloween tradition

Brooke Smith

Staff Writer

Photo: 20th Century Fox



The Springer Opera House in Columbus has a long-standing reputation as being a significant center of theatre and of the arts. “The Rocky Horror Picture Show” is going to be held at the Players Saloon, which is in McClure Theatre. The show times are Friday, Oct. 31 at 7:30 p.m. or midnight.

The proclaimed cult-classic musical premiered in 1975. “The Rocky Horror Picture Show” is intended for those 18 and older, and is an interactive event for the audience. As a combination of comedy, horror, and musical, the play is a tribute to B-movies

and early science fiction, following the story of a recently engaged couple who get caught in a storm and arrive at the home of a crazy transvestite scientist, who unveils his newest creation.

Tickets can be purchased directly through the Springer website or in person. Once you purchase your ticket, you will also receive a complimentary bag of props that go along with the script. Seating is limited, so make sure to come early.

Nightcap

A celebration of student composers

The Schwob School of Music is hosting a musical event called Nightcap this Halloween from 9 p.m. to 11:30 p.m. The recital will be held in the RiverCenter for the Performing Arts' Studio Theatre and showcases fresh, new music composed and performed by graduate and undergraduate students in the music program. CSU Composition professor, Matthew McCabe, Ph.D., will be facilitating the performance. The concert is free and, best of all, several of the performers and conductors will be in costume. There is already a confirmed group of Powerpuff Girls, so, once trick-or-treating wraps up, be sure to come down and support fellow CSU students. For more information please call 706-649-7225.

Catrina Dygert

Staff Writer

Photo: Columbus State University



The River Center joins in on the Halloween fun

Horror Movie Flicks

Carmike 15's Scary Movie Showtimes

OUIJA (PG13): 11:55 | 2:20 | 4:45 | 6:55 | 9:45

ANNABELLE (R): 1:00 | 4:00 | 7:30 | 10:00

DRACULA UNTOLD (PG13): 12:45 | 3:10 | 5:30 | 8:00 | 10:30

THE BOOK OF LIFE (PG): 12:00 | 2:35 | 4:50 | 7:15 | 9:40

SAW 10TH ANNIVERSARY (R): 12:40 | 3:05 | 5:30 | 8:05 | 10:35

NIGHTCRAWLER (R): 1:15 | 4:15 | 7:05 | 9:55

HALLOWEEN (1978) (R): 11:30

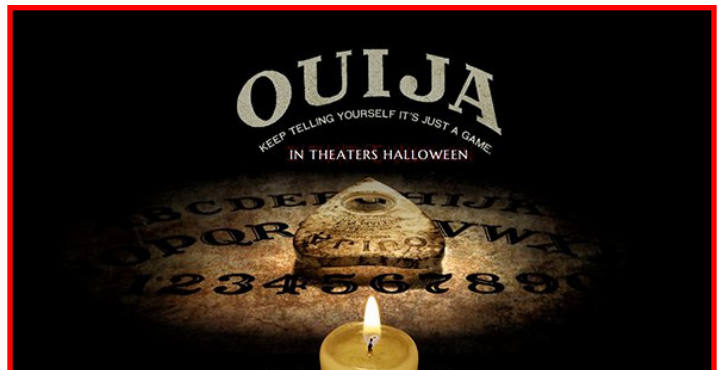


Photo: Universal Pictures

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For More Information Contact Joy Sautter: JES@ColumbusState.edu

Halloween Scares

A handful of terrifying events to make the most of this Halloween

Catrina Dygert

Staff Writer

Media: Ryan Krafthefer

Halloween Night Times

Fort Benning: 6-8 p.m.

Columbus/Phenix City: 5:30-8:30 p.m.

Halloween Related Events

Atlanta:

Atlanta Horror Film Festival at dooGallery (Oct. 29-Oct. 31)
Atlanta Zombie Apocalypse (through Oct. 31)
Scarecrows in the Garden (through Oct. 31)
Conjuration: Harry Potter and Magic Fandom Convention (Oct. 31-Nov. 2)
Netherworld (through Nov. 8)
Halloween at the Atlanta Aquarium (Oct. 31-Nov. 1)

Columbus:

Howling Halloween at PAWS Humane (Oct. 30)
Spooktacular at Woodruff Park (Oct. 31)

Region:

Pumpkin Fest at Stone Mountain (through Oct. 31)
Popes Haunted Farm (through Nov. 1)
Fright Fest at Six Flags over Georgia (through Nov. 2)

If trick-or-treating isn't what you're looking to do for Halloween this year, don't get scared quite yet. There are plenty of other hair-raising things to partake in this Halloween. For example, if you want to run from zombies, check out Atlanta's Zombie Apocalypse. The event, held in Conley, GA, offers participants a chance to run from zombies in different scenarios. There's also a paintball range where teams can enter for a chance to take out their undead foe. The event is rated PG-13.

Pope's Haunted Farm in Salem, Alabama, has also added a Zombie Paintball Safari to their already horror-packed park. Pope's Paintball Safari and the Haunted Hayride are both wagon-run events. The difference is, patrons get a paintball gun to shoot zombies as they pop out on the Safari. However, shooting and punching is definitely not encouraged on the hayride and will most likely result in expulsion from the park. Pope's Farm also offers a Haunted Barn and a Haunted Forest. According to Popeshayride.com, the Forest has more people "chicken-out" than any other event.

However, if running isn't on your list of favorite things to do this Halloween, then head over to the 10th annual Spooktacular at Woodruff Park in Uptown Columbus. This year's Spooktacular will be held on Halloween from 6-8 p.m. and will have fun and spooky activities for all ages, including a costume contest held from 7-8 p.m.

Creepy Columbus Stories and Legends

A variety of haunted locations to be found in Columbus

Lindsay Marchello

Staff Writer

Illustration: Noah Sachs

With Halloween just around the corner, many look to ghost stories to satisfy their appetite for the supernatural. Every city and small town in America has some sort of urban legend or haunted location that is unique to the area, and Columbus is no exception to this rule. There are an abundance of spooky tales and strange happenings that haunt the city of Columbus. With the city's rich history involving the Civil War, it is no surprise that a few ghosts may still be hanging around.

One such location is the well-known Springer Opera House. Once named one of the top 10 most haunted places in America, the Springer Opera House is home to a multitude of spirits. One ghost is actor Edwin Booth. While he is most notable for his relation to the infamous John Wilkes Booth, Edwin Booth was a successful actor in his youth and enjoyed performing at the Springer Opera House. Some say that he liked it so much that he has never actually left.

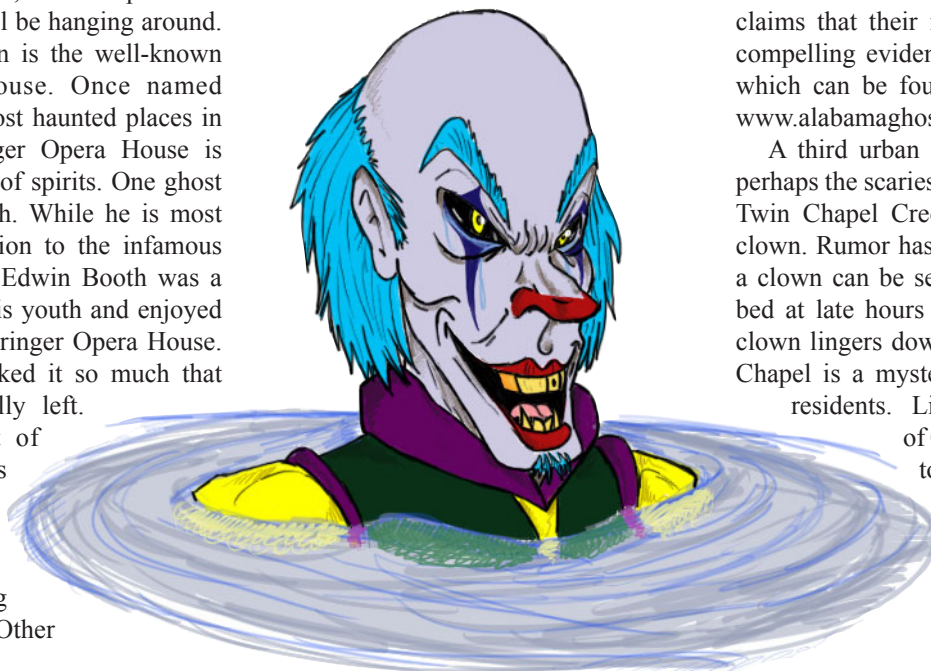
There are a lot of strange happenings in the prop room of the Springer, with reports of props and clothing being messed with. Other

folks at the theatre have reported seeing a translucent man on stage, as well as orbs floating about in the balcony. WTVM even claims to have video proof of spirit orbs flying around. With all this activity, it is not surprising that this old theatre attracts hundreds for its ghost tours.

The Springer Opera House is not the only haunted location in Columbus. The National Civil War Naval Museum at Port

Columbus is allegedly so haunted that the Alabama Paranormal Research Team conducted a series of investigations at the location. The museum employees have detailed bizarre occurrences that range from unexplainable footsteps to disembodied voices. Some employees have witnessed books flying off shelves and the charm rack in the gift shop spinning uncontrollably on its own. The Alabama Paranormal Research Team claims that their investigation turned up compelling evidence of the supernatural, which can be found on their website at www.alabamaghosthunters.com.

A third urban legend of Columbus is perhaps the scariest of them all. Allegedly, Twin Chapel Creek is home to a ghost clown. Rumor has it that an apparition of a clown can be seen crying by the creek bed at late hours of the night. Why this clown lingers down by the creek at Twin Chapel is a mystery to many Columbus residents. Like all the ghost stories of Columbus, the only way to find out the truth is to visit the locations, but beware for ghosts have a tendency to follow people home.



Serial Killers in the South

Real scary stories that will make your skin crawl

Cam Krafthefer

Local and World News Editor

Photos: Wiki Commons, Murderpedia.com

Many would agree with the statement that horror movies are more frightening if the stories being told are claimed to be true. Looking back through the history of the southeastern United States, there are true accounts of mass murderers and serial killers that are sure to get the heart racing.

Between the years of 1979 and 1981, dozens of young, black boys disappeared from their neighborhoods and never returned. A wild manhunt began in the Atlanta area looking for those who had gone missing, and only one person had the answer- Wayne Williams. It is possible that Williams was responsible for over 20 of the 29 child murders during this time period. Williams was caught dumping something into the Chattahoochee River when police stopped him for questioning. Later it was revealed that Williams was dumping the body of a victim into the river.

In 1981, the Atlanta Police Department arrested Williams for murder after fibers matching those on the interior of his car showed up on the body of a victim. Though there were more than 19 different cases of evidence proving Williams as the murderer, Williams claimed that the police framed him, trying to cover up the evidence for crimes committed by the Ku Klux Klan. In 2004, Williams requested a retrial, but the judge denied him in 2006.

Preceding the acts of Williams, a serial killer by the name of Ted Bundy was terrorizing the country with murder for almost an entire decade in 1970. Born in Vermont in 1946, Bundy had a tough childhood, so his parents sent him to live with his grandparents. He grew close to his grandfather, but Bundy later confessed that his grandfather had a violent temperament. Officials believe



Prolific serial killers Ted Bundy and Wayne Williams, responsible for grisly murders of women and children



that because Bundy grew up in a home that accepted these kinds of actions, it sparked his obsession with violence.

Bundy was first arrested in Utah in 1975, after he failed to pull-over at a traffic stop. The police searched his car and found items such as a ski mask, handcuffs, a crow bar, an ice pick, and garbage bags. There had been numerous unsolved murder cases and assaults in the area and surrounding states, so Bundy became a prime suspect. When several findings of evidence came up during investigation, Bundy was sent to prison for 15 years. After multiple transfers and attempts at escape, Bundy was successful in one of his escape attempts and made his way to Florida.

In January of 1978, Bundy entered the Chi Omega Dorm at FSU and brutally assaulted four women. This was just a small number of several women who became victim to Bundy's insanity.

A few weeks after Bundy broke into the FSU dorm, he was pulled over for driving a stolen car. He took off running from the police who fired a warning shot to get him to stop. Bundy was carrying the identification cards of three missing women on him, along with 21 stolen credit cards and numerous items of clothing, all involved in reported cases of assaults. After his arrest in 1979, the judge sentenced him to death for multiple accounts of murder. Bundy died in the Raiford electric chair in January of 1989.

Though these particular murderers are no longer at large, tragedies like these can still occur. Unfortunately, news outlets world-wide often cover stories that are significantly more horrifying than those found in movies.

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The History of Halloween

How an ancient Celtic tradition became the spook-filled celebration of today

Toni Stauffer

Staff Writer

Illustration: Marjorie Pierce

Halloween is rooted in an ancient Celtic tradition known, in Gaelic, as Samhain (pronounced 'Sow-en'), meaning "summer's end." Samhain marked the time of year after harvest when the world became darker and colder; some scholars refer to it as the Celtic New Year. Winter brought more death for both people and animals due to cold and limited food stores. However, the ancient Celts didn't view the darkness as evil, but merely another part of life.

Celts believed that during Samhain, the veil between the real world and the Otherworld thinned, allowing spirits and mischievous faeries to roam the night at will. The spirits were seen as mostly benign, ancestors to be revered, though the faeries were to be feared as agents of chaos. In an effort to keep chaos at bay the rest of the year, it was allowed to reign during Samhain in the form of elaborate pranks by youth. A giant bonfire would be lit, and the Celts wore costumes, most likely to facilitate storytelling.

The Romans conquered the Celts in 43 A.D., and over the 400 years they ruled, the Roman and Celtic traditions merged. Sometime during 800 A.D., Christianity became the dominant religion, and Samhain became All Hallows' Eve, also known as Allhalloween (the eve before All Saints

Day on Nov. 1, followed by All Souls Day on Nov. 2). These three holidays together are referred to as Hallowmas. Christianity put a darker spin on the tradition with chaos becoming equated with evil. Allhalloween took root in England, but soared in popularity during the Elizabethan era, celebrated with elaborate costume balls known as masques.

Children of the lower class would wear disguises and beg for candy door-to-door.

Allhalloween came to America with the colonists, though celebration was limited due to religious objections. It didn't become a national holiday until after Irish immigrants moved to America during the potato famine of 1846. Over the years, All Hallows' Eve has become what we know today as Halloween and, as in colonial times, there is still a struggle to oppress the celebration by some religious organizations. In many Georgia public schools, Halloween was replaced by Fall Festival, forbidding costumes.

It has been written that in ancient times, costumes mimicked the fears of the culture. Today, costumes seem to reflect more our dreams than our fears, and the history of Halloween is as interesting as the holiday.



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Horror in Your Hands

Three reasons to stay in this Halloween

Ryan Krafthefer

Media Editor

Media: Ryan Krafthefer

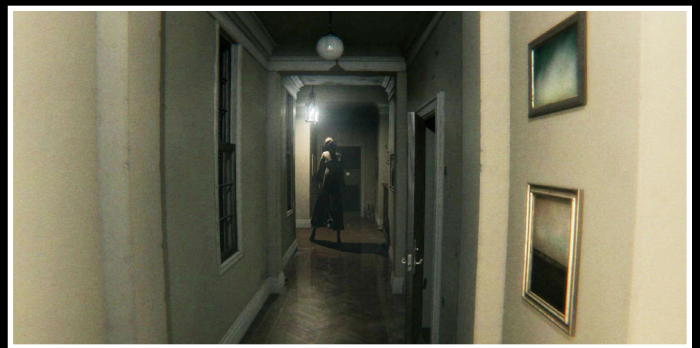
If you're anything like me, going out for Halloween is very unappealing. Sitting at home in front of my TV with a controller in hand is a much more desirable evening for me. So to prepare for Halloween this year, I compiled a list of horror games worth checking out that will surely make your palms sweaty and your heart race.

"The Evil Within," created by the father of survival-horror, Shinji Mikami, who is most notable for creating "Resident Evil 4," brings us back to the roots of stress inducing survival-horror. You play as lead character Sebastian Castellanos, a detective for the Krimson City Police Department. Your story starts with your character investigating a multiple homicide at a psychiatric hospital in the city. From this point, things get very odd. While investigating, you come across Ruvik, a ghostly figure that can seem to turn the dead (or living) into monsters straight from a nightmare. Your mission throughout the game is to survive chapter-to-chapter fighting monsters and creatures, while trying to solve the mystery of Ruvik and why you can't seem to escape his wrath. This game is full of tense moments with little ammo to help defend yourself with. So learning to conserve supplies and knowing when to run is a key skill to learn.

"Outlast," a video game where the phrase "run and hide" has never had more meaning. You play as Miles Upshur, an investigative journalist sent to Mount Massive Asylum to dig up information on reports of terrible events happening in this now shut down asylum. Your only tool for survival is a digital video camera with night-vision ability. With no weapons to defend yourself, coming across a deranged patient or the monstrous brute that torments you the whole game is a tense and stressful

experience. The roughly four hour play-through will be one of the most intense experiences in any video out to date, almost...

"P.T. (Silent Hills)" is the reason for the above "almost." This playable teaser, hence the name "P.T.," is a taste of the demented and frightening world created by Hideo Kojima (Metal Gear Solid) and Guillermo Del Toro (Pan's Labyrinth). Built upon the basic concepts of the previous "Silent Hill" games, this teaser is a mind bending and psychologically tormenting experience. The whole game takes place in a single hallway that endlessly loops over and over. The catch however, is that each time through the hallway, something changes. Lights are out, the whispering and laughing of the demon fills the house, or an unborn fetus cries in the restroom off the hallway. This, in my opinion, is one of the scariest games to come out, and it has a lot of competition. Though there is no release date confirmed yet for "Silent Hills," it is expected to be out between early to mid-next year.



In-game screenshot of P.T. (Silent Hills) taken on PS4

Does it Slither or is it Slender?

The Slender Man inspires crimes and more

Sam Sachs

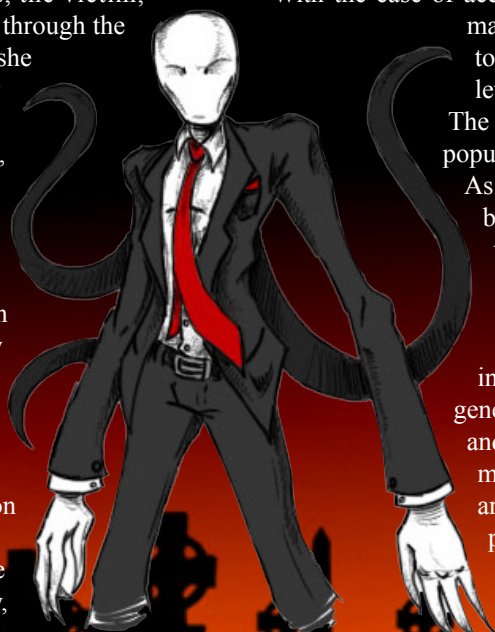
Campus Life Editor

Illustration: Noah Sachs

On June 1, 2014, two 12-year-old girls decided to stab their best friend in the woods as part of an attempt to summon Slender Man, a character created in the depths of the internet as a form of entertainment. After 19 stab wounds, the victim, who remains unnamed, managed to crawl through the woods towards the side of the road. As she crawled, a traveling bike rider found her and called for an ambulance.

The two girls who stabbed their friend, Morgan Geyser and Anissa Weier, have been charged as adults and are waiting to stand trial for their crime. The motivation for committing such an act was apparently a desire that developed from an obsession on the internet. Rather than be the only crime attributed to this obsession or love of Slender Man, it is followed by at least one other assault. An Ohio mother was stabbed by her 13-year-old daughter, a crime attributed to the daughter's adoration of Slender Man.

While the crimes themselves do not blame the character or internet culture specifically,



it does raise the question of how much control parents should have over what their children view online. Children ages 11 to 16 are typically the most impressionable age group in our culture. With the ease of access afforded by the internet, it was only a matter of time before someone interpreted a topic such as Slender Man in a dangerous and lethal way.

The growing trend of radical action inspired by popular cultural icons is very real and worrisome. As more and more cases of crimes committed being rooted in the shadows of entertainment, the line between freedom of exploration for children online and control by parents is becoming more and more of an issue.

It is up to the communities and families in the country and the world to guide future generations into differentiating between reality and fiction, and also to help them learn to view material without taking it to heart. If there are any other cases similar to the current predicaments facing our culture, it may signal the entrance of a new era of madness for our society.

Original Ghost Stories



Front: Mikaela Rodencal (Sophomore, Business)
Back: Jerrurod Paul (Senior, Biology)

Photo: Abby Robinson

Whispers in the Dark

Sam Sachs

Campus Life Editor

I went to sleep an hour ago, hoping for rest. Now I'm wandering around my house. Nothing I touch moves and nothing I say is heard. All I hear is whispering coming from the woods. They ask for a place to sleep, a place to spend the night. Yet the strangest thing I have ever seen was my hand turning on the light. I saw it from my doorway while I was supposed to be in bed. Is this form I see sleeping only in my head? As I walk towards my bed, a chill runs down my spine. I can't shake this feeling that I have lost my mind. I try to sit in bed, but I push myself away. If I'm not the one sleeping, then who is in my bed?

An Apparition's Kiss

Francesca Renfroe

Arts and Entertainment Editor

He waited 4 months to see the woman who effortlessly infiltrated his every waking thought. He met her while blogging on his favorite website. His parents told him not to put so much stock into the relationship. After all, he was only a senior in high school. Who cares? He was in love, and she would be accompanying him to his senior prom. This was the sweet stuff that life should be made of.

She told him that she would meet him at the prom. Being young and in love, he never questioned why she didn't want him to pick her up. All night, he watched the other couples dance and have fun. He stood, anxiously, by the door waiting on her arrival. The DJ put on a slow song to finalize the last dance of the night. The single rose he held all night long dropped to the floor almost at the same speed of his heart.

Suddenly, she was there adorned in an all-white dress that made her resemble a goddess. All his anguish disappeared. He was over the moon with joy. They danced together for that last song. With her in his arms, he felt complete. No words needed to be spoken. This is what love felt like.

"Belle," he whispered, gently breaking the serene spell. Belle seemed to panic as her name left his lips. Her brown eyes wide with fear. She hastily kissed him and ran out the room. Lost and scared, he ran after her. Once he made it to the entrance of the prom it was as if she was never there. He walked outside the lavish hotel screaming her name, hoping to get a glimpse of the direction she ran in.

While standing on the street corner, distraught, an old homeless man walked towards him laughing.

"She got you too kid? She's been getting men for years," the homeless man said as he continued to laugh.

"Who are you talking about sir?"

"Did she kiss you? She always gets them with the kiss. Here," the man pulled out an old newspaper from his torn coat. "Take a look at this." The man hobbled on his way without giving the boy a backwards glance. The boy looked after the man as he walked away. He glanced down at the old newspaper. What he read put him in a state of shock.

"Belle King, 17, died in a car crash on her way to prom in 1980..."

How to Survive in a Horror Movie

A guide to enduring the blood and gore

Austin Nichols

Staff Writer

Illustration: Marjorie Pierce



Horror movies are extremely popular in today's society, especially around this time of the year. It's fun to laugh at the stupidity of the characters onscreen, but what should you do if you find yourself in the middle of a Halloween hack-and-slash?

1. Don't be blonde! The majority of preppy blonde girls die a grisly death in horror films.
2. Keep it in your pants! If the car is a-rockin', the killers come a-knockin'.
3. Don't be a jerk! The character with a bad attitude always gets his due. Karma can be cruel.
4. Keep your mouth shut! The talkative person never lasts. Keeping quiet can help you outlast your friends.
5. Don't be stupid! If the lights are flickering and the floor is creaking, run far away! Never go check it out.

Follow these simple rules and you'll be well on your way to outliving your friends and surviving the night. More important than following a set of rules is using common sense and running away when necessary.

Psychology of Fear

An explanation of fear in the human condition

Cam Krafthefer

Local and World News Editor

With Halloween just around the corner, friends and family alike are piling on the couch and crowding theaters to get their fright-on with a horror flick. The feeling is familiar—racing heart, goose-pimples on the skin, and an anticipation to scream at any moment. But the question is, why do humans love this feeling of being scared? With the help of a few of Columbus State University's Psychology professors, a possible conclusion was reached.

Mark S. Schmidt, Ph.D., professor and chair of the Department of Psychology at CSU offered his insight as to why humans feel fear in the first place. Schmidt stated: "It's important to remember that fear, like the other emotions, is a product of natural selection. Put simply, animals that experience appropriate levels of fear in appropriate situations survive and reproduce better

than animals that are 'fearless'. So, in that way, fear responses are perfectly normal and have been a part of us since infancy."

Schmidt continued to explain that these responses are part of the human-nature, in the often mentioned nature-versus-nurture debate. Suggesting that humans can learn new fears from the environment, Schmidt claims that "like most things psychological, fear does not result from a single source, but from a combination of factors interacting with one another."

Stephanie da Silva, Ph.D., and Psychology professor at CSU, explained how some humans seem to be more perceptible to fear than others. She offered: "There [are] genetically based differences between individuals' tendencies to learn fears; a generally anxious person, for example, develops fear more easily than a generally relaxed person. Beyond genetic contributions, people's

experiences (i.e., the environment) influence the development, maintenance, and elimination of fears."

Da Silva claimed that environmental factors can influence the way that one would react to a stimuli, or the source of a fear. For instance, da Silva explained how "the presence of fearful behavior models" can teach the subject in question to run from a fear, rather than face it. She uses the example that some scream and run from bugs, while others have no problem holding the insect in the palm of his or her hand, all depending on the environmental factors one was raised in.

CSU Psychology Professor John Roop supports these claims by explaining that adrenaline is released when humans lose some control and are able to feel fear. Since adrenaline is frequently

associated with a 'good' feeling, humans often forfeit control on a situation and let themselves feel fear in order to have this rush. Roop suggests that this is why humans like to go to scary movies to feel fear: "even though it scares us, we have chosen to give up a little control but have the assurance and control of knowing that it's just a movie."

The conclusion that can be drawn here is this: fear is a natural response for humans that can be stimulated further by the environment, and some humans take more joy in feeling the adrenaline-rush associated with fear when he or she is able to let go of the natural tendency to control every situation. So when one has the desire to enjoy a good scare every now and then, understand that it is a natural ability built into the human condition.

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Four Training Methods to Prepare You for the Zombie Apocalypse

(Also just good to do in general)

Erick Richman*Sports and Wellness Editor**Photos: Flickr Commons**Ryan Krafthefer*

For many reasons, the modern concept of the zombie apocalypse is a major part of our culture. Perhaps it is a manifestation of humanity's instinct for survival, the threat of a growing world population, an exploration of our base drives overcoming rational thought, or a statement on our consumer culture.

Regardless, one thing is clear. When you're face to face with the undead – or any other existential threat - survival is the only concern.

The key to survival is leveraging your resources, and your best resource will always be yourself. To that end, here are four ways to prepare your body for a zombie apocalypse.

Speed - Sprints

No matter a protagonist's physical condition or resources, one staple of the zombie genre is the danger of the horde. In the case of slow-moving undead, it may be easy to take out a single zombie, but once a survivor is overcome by a group, they're done. The ability to rapidly move yourself out of a developing swarm is far more likely to save your skin than any weapon.

Sprint training, with the goal being to reach a maximum speed quickly and maintain it for a short distance, is the best way to prepare to put distance between yourself and a group of flesh-eating ghouls.

The key to moving quickly is good form – keeping a strong, relaxed posture, springing off the back leg, reaching out with the front leg, and having controlled, efficient breathing. Watch a clip of an Olympic sprinter or find a qualified teacher to learn the form...while you can. Then start slow and learn how to use your body efficiently, working toward maximum speed. Then add moving at different angles, which will improve your balance and agility, making avoiding attacking zombies that much easier.

Repeated sprints have been shown to produce similar aerobic benefits as distance running, but are much more time-efficient. Additionally they can build muscle size and strength in the legs, improve flexibility, and reduce body fat. In short – just about one of the best things you can do for your body, zombies or no zombies.



Distance - Fartlek

As great as immediate survival is, distance travel may be necessary to gather supplies or seek a safer location. While motor vehicles and bicycles are great tools, they may get left behind during a sudden attack or suffer mechanical failure. Still, you don't have to be a marathon runner to cover long distance. That's where fartlek, a Swedish term for variable-intensity training, comes in.

In short, this style of training involves freely mixing high intensity training with low intensity, such as sprinting for a few seconds, jogging for a few minutes, and walking for a longer period. This type of training is very specific to the person and how they feel, making it ideal for someone starting out and great for the unexpected demands of traversing a zombie-infested forest.

Melee – Sledgehammer

While characters on television and film make swinging melee weapons for hours look easy, the truth is that maneuvering any weapon, from a crowbar to a katana, will become an exhausting enterprise very quickly.

Sledgehammer training is growing in popularity with athletes, but you won't necessarily find it in most commercial

gyms. Then again, to survive, sometimes you have to get a little unconventional.

Usually this type of training involves the controlled swinging of a sledgehammer or weighted club in a specific, technical biomechanical pattern. It can be done smoothly in the air, or as a powerful strike on a rubber tire or sand pit. It is important to start with a light weight and be properly warmed up, for the health of

the shoulders.

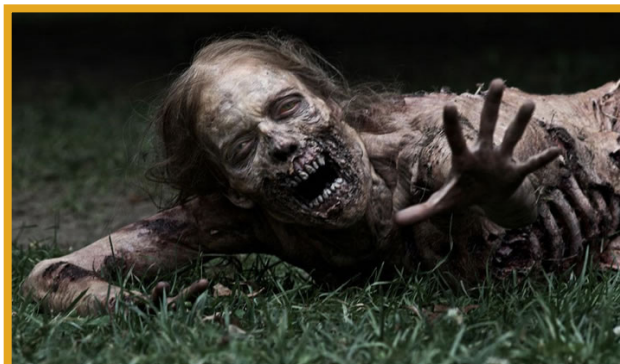
There are lots of guides of varying helpfulness online, but an experienced trainer can make sure this is done safely and effectively. This type of training is excellent for building the endurance and power necessary to take out a hoard of undead without undue fatigue, as well as for overall fitness.

Hail Mary - Bench Press

No matter how well you've prepared, it's always possible to be caught by surprise. Tense moments in zombie fiction often occur when a character is suddenly attacked, and attempts to hold off the ghoul with the arms. The bench press is known for building pushing strength, and while it is often overemphasized at the expense of back and leg strength, pushing power is just what you need to escape this last-ditch scenario.

Chances are most will probably never need to fight off roving bands of hungry, mindless zombies. Still, many challenges in life are easier to deal with when you can efficiently move the body in space and exert large amounts of force quickly. Whether it is walking down the street when the car's gas tank runs empty, carrying a television into a new apartment, or minimizing the chances of heart disease or diabetes, zombie apocalypse fitness is good life fitness.

Erick Richman is an NSCA Certified Strength and Conditioning Specialist, Graduate Exercise Science student and Personal Trainer at the CSU Recreation Center.



The Zombie Apocalypse Is Inevitable (Probably)

Learn how you can survive the undead horde

Scott Berson

Staff Writer

Photos: Ryan Krafthefer

Flickr Commons

Zombies have been a cultural icon for decades. We see them in movies, books, games, hit locally-produced television shows, and even in theatres. But seeing them as mere flights of creative imagination can make us weak. It can make us unprepared for the real struggle. The zombies are coming. Probably. And if you aim to survive, you need to think smart and know the basics of living in a new, undead world.

There are four basic things to mention when talking about survival in a zombie scenario; your landscape, your shelter, your transport, and your means of combat.



Landscape

When you realize that everyone around you has suddenly decided to eat you alive, your landscape is the first thing you need to consider. Zombies, although unintelligent and slow in most depictions, still have relatively good eyesight and vision. You want to be able to see them and avoid them without them seeing you. Open fields where you'll be spotted from two miles away are to be avoided. Avoid swamps, as you'll make a lot of noise and possibly get pulled under into the cold, murky, black death-water. Heavily populated roads are also bad, since they're sure to be quickly deadlocked. The best option when traveling is to stick to the forest. There is enough tree cover to hide if needed, and any noise you make may blend into the sounds of the forest.

RULE #22
**WHEN IN DOUBT
KNOW YOUR
WAY OUT →**

RULE #4
SEATBELTS

Transport

When the time comes to move, you need to move fast. But what does that entail? Trucks and cars are fast, but they also are noisy, hard to get around obstructions, difficult to repair, and guzzle gasoline, which will be scarce enough for power as is. The best transportation solution, if you are able to use it, is a simple bicycle. It is easy to carry, easy to repair, and very quiet. If you must get somewhere more quickly, or someone is injured and cannot ride, automobiles or motorcycles will do, but they are not the best case scenario.

Combat

The final thing to consider is combat- how will you fight off the zombies that you encounter? It will be essential to have guns available. They are effective backup, especially when encountering a large group. They are, however, backup only. Guns are loud, can be dangerous, and require maintenance and ammo. A long melee weapon is the best personal weapon for defense. Taking a note from a certain theoretical physicist, the crowbar may in fact be the best weapon of all in a zombie apocalypse. It is heavy enough to get the job done, compact, easy to clean, and can actually be used as a tool when necessary.

RULE #25
✓ SHOOT FIRST

Shelter

A stable, long term shelter is essential to survival. Lone wolves will not get very far in this new world. While many people love the idea of boarding up and living in a Walmart, this is a terrible idea in practice. The reasoning is ancient. In any battle, one must always seek the high ground. A department store may have food and supplies, but it is also incredibly easy to penetrate, even with adequate defenses. Any building with multiple stories that can all be individually blockaded and stocked up with essential supplies is the best bet for continued survival of you and your team.

Follow these tips, and when the graveyard party comes knockin', you may have a shot after all.

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