SPEAK OUT on...

superstitions &the supernatural

superstition

/ suːpəˈstɪʃ(ə)n/ Learn to pronounce noun

excessively credulous belief in and reverence for the supernatural. "he dismissed the ghost stories as mere superstition"



It is no secret that Friday the 13th is correlated with negative events, thoughts, and energy. This seemingly normal date occurs at least once and up to three times every year. But this day can be terrifying to some people bad luck to the surrounding the number 13 and Fridays in general... (full article on page 3)

The Evil Eye

A few days ago, I lost a new necklace that I bought, and the first thought that came to my brain was, "someone gave me the evil eye." I had received several compliments the on necklace prior to losing it, so I insisted that I had been cursed by the evil intentions of an ingenuine compliment. (full article on page 7)



Halloween is one of the most celebrated holidays of our time, with over 70% of Americans participating in all its fun. Every year on October 31st, people dress every costume in imaginable, eat candy, watch scary movies, and general, live the out Halloween spirit... (full article on page 10)

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SUPERSTITI© OFFRIDAY THE 13th

written by Chloe Zoghbi IB1

It is no secret that Friday the 13th is correlated with negative events, thoughts, and energy. This seemingly normal date occurs at least once and up to three times every year. But this day can be terrifying to some people due to the bad luck surrounding the number 13 and Fridays in general, and because of many real-life examples of unfortunate events happening on those days.

There is a large superstition pertaining to the number 13, as it is believed to have brought about bad luck throughout history in western culture. In addition, the number 13 has an infamous reputation for being incomplete after following the balanced and whole number 12. The number 12 is linked to many complete notions such as the 12 months of the year, 12 zodiac signs, 12 days of Christmas, 12 gods of Olympus, etc. The number 13 is perceived as lacking after being overshadowed. There is also fear towards the number 13 and Fridays as 13 guests attended the last supper where Jesus was betrayed and since he was crucified on Good Friday. On top of that, Norse mythology portrays 12 Norse gods having dinner when the 13th guest Loki arrives uninvited and persuades one of Odin's sons to kill his brother. These two examples led to a superstition around seating 13 guests at a table.

Moreover, Christian culture introduced yet another negative implication concerning Fridays besides the crucifixion of Jesus. It is said that Eve gave the apple from the tree of knowledge to Adam on a Friday. It was also on a Friday when Adam's son, Cain, killed his brother Abel. Overall Fridays are very biblically undesirable within Christianity. Another example of unfortunate Fridays is the old British tendency to hang those convicted of crimes, also known as "hangman's day". With both the date Friday and the bad luck surround the number 13 being merged together, it makes sense why the date is considered so worrisome to the superstitious.

Superstition of Friday the 13th

There are many examples of bad things happening on Friday the 13th which people have used as a way to prove that there is some truth to this myth. Some of the very known examples of traumatic events on Friday the 13th are the bombing of Buckingham palace in September 1940, the death of west coast rapper Tupac Shakur, and the disappearance of a Chilean air force plane in 1972. As well, as a Russian passenger plane that crashed just three miles away from the runway, killing all 174 people on board, on that same day in 1972. We can even consider Friday 13th of March 2020 to be the first official day of the covid-19 pandemic, as it is the day Trump declared it a national emergency. An even bigger coincidence of bearing bad luck was where a 13-year-old boy was struck by lightning on Friday 13th at 13:13 (1:13PM).

In conclusion, Friday 13th has caused massive fear and worry throughout history and in mass media. The myth has gotten so popular in pop culture that there have been movies made, video games released, and comic books published about the subject at hand. Furthermore, common Halloween costumes and merchandise are being sold nowadays. At the end of the day, it's really up to you to believe in the superstition, and whether all these events are pure coincidences or is nothing but an illogical fallacy.

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SUPERSTITION OF MIRRORS

written by Maria Alokeily G12IP

Mirror mirror on the wall, what's the craziest mirror superstition of them all?

If you have ever wondered about the superstitions of mirrors, look no further. Starting from broken mirrors and chanting Bloody Mary, this article will also include tips on avoiding or reversing bad luck.

Firstly, the origins of the mirror superstitions remain unknown, however, we can trace some of them back to specific times in history. It is noteworthy that the Greeks believed that one's reflection could reveal their soul. In addition, Roman artisans had learned to manufacture mirrors and believed that their gods observed souls through these devices.

BREAKING A MIRROR RESULTS IN 7 YEARS OF BAD LUCK

As legend has it, around 2,000 and 2,700 years ago, in Ancient Greece and the Roman Empire, it was believed that the breaking of a mirror brings seven years of bad luck. Damaging a mirror was considered to be a disrespectful act since people believed that the gods would be compelled to rain bad luck on careless people. However, the Romans did not believe that the bad luck would last forever as they believed the body renews itself every seven years.

Just in case you ever break a mirror someday, here are three potential curse reversal options:

- 1. Wait a while before you pick up the pieces of the broken mirror, then take them and bury them outside in the moonlight.
- 2. Throw salt over your left shoulder onto the Devil himself.
- 3. Touch a tombstone with a single piece of the mirror.

BLOODY MARY

This folklore ritual claims that anyone who chants Bloody Mary 3 times in front of a mirror in a dimly lit room would summon her in the reflection as she drips with blood. She may scream at you, or even reach through the mirror and wrap her cold hands around your throat. Some say that she might escape from the mirror and come after you...

Superstition of Mirrors

MIRRORS BY THE BED STEAL YOUR SOUL

Based on the Principles of Feng Shui, you must not have a mirror facing your bed. This is because of the belief that your body and spirit go through a repairing process while sleeping, and it would be damaging to your rest to have the negative energy your body releases during sleep reflected back at you. Others say that spirits from the other side of the mirror will suck your soul out through it, as there's no better time to suck someone's soul out when they're unaware and unprotected.

NO REFLECTION = NO SOUL

It is said that supernatural beings like vampires don't have a reflection when they look in a mirror. This is because they are dead and therefore have no soul, and mirrors are meant to reflect our souls back to us.

COVERING A MIRROR TO TRAP LOST SOULS

People have claimed to see faces of the dead appear in old antique mirrors. Is this really a trapped soul, or just our minds playing tricks on us?

Once someone passes away, their soul is released from their body and starts to roam. It is said that if a soul encounters a mirror before their body is buried, their soul will be trapped in that mirror. The mirror could now show the image of the deceased as well as demons which could escape from it. To prevent trapped souls and demons roaming about, simply keep your mirrors covered if someone passes away.

HANGING A MIRROR TO SCARE AWAY EVIL SPIRITS

If you believe in evil spirits, then you should hang a mirror around your place. Hanging mirrors across your front door reflects negative energy away and protects your home.

If evil spirits were entering your house, you're now safe!

SEEING YOUR SOULMATE

It is said that you can see your future husband or soulmate through a mirror. In order to do so you need 4 things:

- a mirror
- a lit candle
- an apple
- a knife

First, cut the apple into 9 slices and eat only 8 of them. Then, take the final slice and throw it into the mirror. Immediately, the mirror will reveal your soulmate who would catch the final slice of the apple.

THE EVIL EYE

written by Leah Sayegh IB1

A few days ago, I lost a new necklace that I bought, and the first thought that came to my brain was, "someone gave me the evil eye." I had received several compliments on the necklace prior to losing it, so I insisted that I had been cursed by the evil intentions of an ingenuine compliment.



The evil eye has been commonly perpetuated in today's fashion, as we see them incorporated into necklaces, bracelets, and even rings. But what does it mean and where did it originate from?

Above all, it is important to recognize the difference between 'the evil eye', which is the curse, and the amulet (or Nazar), which is the repellent spell.

The Curse

The evil eye is the belief that a malevolent glare curses the person it targets. As explained in an article entitled the strange power of the 'evil eye': "In essence, the curse of the evil eye stems from the belief that someone who achieves great success or recognition also attracts the envy of those around them. That envy in turn manifests itself as a curse that will undo their good fortune."

The Repellent Spell

What we see being worn as necklaces and bracelets is an ocular amulet, which is a charm meant to ward off the evil intentions of the evil eye curse. It consists of 4 concentric circles, with colors of navy blue, cyan and white forming the shape of an eye. It is often referred to as a "Nazar", which translates from Arabic as "gaze". It is believed that those who wear the amulet are, for the most part, protected from the evil eye curse, so long as they believe in it. If the evil eye amulet breaks, it means it did its job. When this happens, it is believed that the wearer was protected against back luck and evil intentions, but also that the amulet lost its magic in consequence. Don't worry, just replace it.

The Evil Eye

Like the Nazar, the Hamsa hand is also a talisman which protects against evil intentions. It takes the shape of a hand with an evil eye in the center. In Jewish culture, the hand serves as a reminder to pray, whereas the evil eye, exactly like the Nazar, wards off malevolence.



The History

The evil eye is one of the most powerful ancient symbols with an effect that exists till today. "The symbol of the evil eye dates back as early as 5000 BC in Mesopotamia and has roots in Christian, Jewish, Muslim, Buddhist, and Hindu cultures," as described in an article entitled *History + Meaning of The Evil Eye + Hamsa*. The symbol has been incorporated into ancient cultures in a variety of ways. For example, the Greeks and Romans carried on the superstition in their belief that it was "the Gods and Goddesses' way of bringing bad luck and misfortune to those who show a good deal of hubris." It grew in popularity across countries and cultures, and no one was safe from an insincere

compliment. So, the Nazar amulet was created later as a talisman to repel the curse of the evil eye. This is explained in a *BBC* article: "The earliest version of eye amulets goes back to 3,300 BC. The amulets had been excavated in Tell Brak, one of the oldest cities of Mesopotamia — modern day Syria. They were in the form of some abstract alabaster idols made with incised eyes." Especially in ancient times, humans resorted to talismans and other superstitions to instil some faith and guidance into a life without much science. Symbols are given powerful meanings and are then used to eliminate negativity and manifest good energy. Today, the evil eye is heavily associated with Turkish culture. Turkey is filled with amulets, almost to a mesmerising degree. In turkey, it is tradition to gift the evil eye to a pregnant woman or a newborn baby, because they are vulnerable to misfortune and the evil intentions of jealousy.

Behind the Appearance

Thanks to improvements in the glass production of the Aegean Islands and Asia Minor, the amulets were then made glass beads or circles, the shapes we see them in today. The colours, however, originate from Egyptian glazed mud, and carry a lot of significance. As described in a blog entitled, *Evil Eye Meaning*, "The colours of evil eyes talismans have deep significance: dark blue is the traditional colour for good karma and positive energy. Sky blue symbolizes truth. Combined, these colours are believed to ward off curses." The evil eye typically comes in its famous blue and white colour combination, but it exists in numerous other colours that protect against specific evil. For example, a red amulet symbolises courage protection and a pink amulet symbolises love protection.

The Evil Eye

However, the blue colour is the most known one due to ancient Greek beliefs that "those with blue or green eyes are particularly able to give the curse to another person," according to *GreekBoston*. So, an "eye for an eye" ideology is applied here.

The Three Curses

There are three different types of evil eyes, all which people are vulnerable to: the unconscious eyes, the intentional eyes, and the unseen hidden evil. The first type refers to the accidental harming of people and things, without truly intending to. This can be exemplified with a simple eye roll, or even thoughts. The second type looks at an intention to harm through an audible voicing of negativity towards a target. The spreading of gossip, death wishing, or cursing is an example of this. Finally, the last type is the most dangerous one: the unseen evil. Analysed on *AlefBet*, "This, being the scariest, is a form of premeditated evil, with layers involved in doing harm onto others." This is where the amulets come in handy.

Who Can Wear It?

With the trend of the evil eye and its complimentary amulet, questions such as "who can wear it?" and "is this cultural appropriation?" come up. it is argued that the commercialization of the evil eye amulet has led it to lose its power, as people who do not even believe in it or know nothing about it have worn it. Since it has such rich cultural origins, it is important that people understand the symbol of the evil eye and its repellent. After all, it's a psychological thing, and only those who are superstitious about the curse should embrace the Nazar. However, there is no cultural boundary that determines who can wear it and who can't.

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THE HISTORY OF HALLOWEEN

written by Joelle Habboury IB2



Halloween is one of the most celebrated holidays of our time, with over 70% of Americans participating in all its fun. Every year on October 31st, people dress up in every costume imaginable, eat candy, watch scary movies, and in general, live out the Halloween spirit. They indulge in activities such as trick-or-treating, carving jack-o-lanterns, and participating in festive gatherings. However, have you ever wondered where this tradition began, and why we celebrate

It all began 2,000 years ago in the area which is now Ireland, the United Kingdom, and Northern France. The Celts used to celebrate their New Year on November 1, which marked the end of summer and harvest and the beginning of the dark, cold winter. They believed that the night before the New Year marked a blurring in the boundaries between the worlds of the living and the dead. Since the Celts were entirely dependent on their volatile and natural world, prophecies became an important source of comfort during the long dark winter. In addition, they believed that the presence of the otherworldly spirits made it easier for the Druids (Celtic priests), to make predictions about the future. They therefore took advantage of the circumstances and, on the night of October 31, they celebrated a festival called "Samhain". The people wore costumes, typically consisting of animal heads and skins, and the Druids built huge sacred bonfires. There, the Celts gathered to burn crops and animals as sacrifices to their deities and attempted to tell each other's fortunes. When the celebration was over, they re-lit their hearth fires from the sacred bonfire to help protect them during the coming winter.

The History of Halloween



The tradition moved from the celts to the roman empire and eventually to America, where a distinctly American version of Halloween began to emerge. The first celebrations included "play parties," which were public events held to celebrate the harvest. In addition, neighbors would share stories of the dead, tell each other's fortunes, dance and sing. Borrowing from European traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women also used to believe that this day could lead to the appearance of their future husbands. However, how is Halloween celebrated in different parts of the world now?

Ireland & Scotland

Japan

In Ireland, the Samhain parade is hosted every year. Colcannon (mashed potatoes mixed with kale or cabbage) and barmbrack (sweet bread with dried fruits) are the traditional which foods served. are Barmbrack is used for fortune-telling; charms are added to the loaf, and your fortune for the next year depends on which charm you find in your piece of barmbrack. In Scotland, The Beltane Fire Society hosts a Samhuinn Fire Festival every year in Edinburgh.

In Japan, Halloween is celebrated by both kids and adults. Trick or treating isn't typical, but there are plenty of parties including cosplay parties. The most prestigious Halloween event in Japan is the Kawasaki Halloween Parade, featuring around 4,000 costumed revelers. Participants must apply at least two months in advance to join the festivities.

The History of Halloween

Italy

All saints day and Halloween are celebrated alongside each other in Italy. Tradition holds that the souls of the deceased come back to visit their living relatives. People decorate cemeteries with fall chrysanthemums. They leave food out for visiting spirits. In some parts of Italy, parents leave gifts out for their children on behalf of their dead relatives, almost like a miniature Christmas.

Guatemala

Guatemala also observes the Day of the Dead.

Every year, the people of the towns of Santiago Sacatepéquez, and Sumpango celebrate with a unique twist: a giant kite festival. To honor their dead, they build giant, brightly-colored kites from local natural materials and fly them in the cemeteries. This ancient Mayan custom goes back 3,000 years.

Mexico

In Mexico, Halloween is nothing compared to El Día de Los Muertos, the Day of the Dead. This tradition is of traditional indigenous European customs and traditions, and it is a two-day celebration of ancestors and deceased family members. On November 1st and 2nd, it is believed that the spirits of the dead come back to visit their families. The living celebrate them with flowers, festivals, sweets, and images of intricately decorated skulls and skeletons. They have picnics and light candles in cemeteries. It's a celebration of life, both past, and present.



SALEM WITCHES, Today?

written by Walid El Masri IB1

Bridget bishop, Sarah good, Rebecca nurse, Elizabeth Howe, Susannah martin, George Jacobs, etc. are the victims of the first Salem witch trials. Although, it has been stated that the trails ended in May 1693, the hunts continue today. The witches live on.

Witchcraft itself has a different meaning depending on the different cultures. Its general definition is the "change in everyday events using supernatural or magical forces". Witchcraft is associated with the power of nature, such as poisonous and medical plants or rains and floods, and people linked to witchcraft were apparently able to control natural events and people. However, not as the Sanderson sisters did using their book, but in other ways. The people who practiced this craft were so called 'witch doctors', using a recipe of animals, plants, and spiritual and supernatural abilities to treat medical conditions. The term 'witch doctor' is a derogatory term for a traditional healer; ancient remedies were looked down on.

In January 1692, the daughter and niece of reverend Samuel Parris of Salem became ill. William Griggs, the village doctor, was called when they failed to improve, and his diagnosis was "bewitchment". This diagnosis would ultimately lead to the hanging of 19 men and women. In fact, one man was *pressed* to death while others died in prison, and the lives of many were changed. And so the trials began; anyone accused of any weird actions was a Witch to be tried and either hung or beat to death by rocks. However, in some cases the accused were proven innocent, therefore punishing the accuser. From the day that trail began, the belief in witches increased, and the 'myth' of witchery became real. Some people believed, and still do, that they are witches. "When change cometh, she will bring peace at her back. She will not bend to your will; you must bend to hers."

Undeniably, many people do think that witches still exist among them. According to a 2005 poll of Canadians and British citizens, 13% believe in witches. That figure was significantly greater for Americans: 21%. Surprisingly, witch trials are still held all throughout the world. Organizations such as the United Nations and Stepping Stones Nigeria have discovered an increase in the number of witch trials, which are usually violent and, at times, lethal.

Salem Witches, today?

When people become ill, witchcraft is sometimes blamed. This is especially true in areas with limited access to medical care or educational opportunities. Although belief in witchcraft is widespread throughout the world, witch trials are more common in the developing countries. According to the World Health Organization (WHO), about 25% of pregnant women in Zambia are HIV or AIDS positive. Men, women, and children are said to spread HIV/AIDS through witchcraft. Some of those charged are scientific leaders or government advisers. So-called "witch hunters" have been known to use poisoned "tea" to kill people accused of witchcraft. In one Zambian community, a witch hunter murdered 16 individuals in less than four months.

Hundreds of people have been slain in Papua New Guinea, the eastern part of the Pacific Ocean's tropical island of New Guinea. A little girl was burned alive in January 2009 after being accused of witchcraft and infecting males with HIV/AIDS. In addition, a father and son were burned to death a month after being suspected of such acts. Witchcraft accusations can be associated with both good and bad luck. For example, the oil boom that began in Nigeria in the 1970s has made a handful of its residents enormously wealthy. Some Nigerians believe that the rapid growth of wealth and power is a sign of witchcraft, which shows its positive perception at times. On the contrary, it held a negative connotation in the same country when children convicted of witchcraft were burned, poisoned, and mistreated as late as 2007.

Rumors that a successful soccer player was practicing witchcraft sparked a riot in Kinshasa, Congo, in 2008. This led to thirteen people being murdered in the brawl and rush. Moreover, landowning women in India are occasionally accused of witchcraft. Neighbors of the alleged witches may start gathering firewood for the culprits to burn. The women, who are frequently elderly widows, are afraid enough to flee their houses only for their neighbors to then take up the land.

Furthermore, people who seem different are frequently the targets of witch-hunts. Albino individuals in Tanzania are at risk of being killed for their skin and body parts. More than 50 albinos have been murdered for religious purposes since 2007. To add, the government of the Republic of Benin has utilized people's fear of witchcraft to explain why some people perform better than others do. Many stories hold that a baby who is not born head-first and with its face upwards is a witch. Baby witches have been blamed for poor agricultural results.

The Gambia's President, Yahya Jammeh, believes witches are attacking him. According to Amnesty International, the president has ordered the detention and torture of up to 1,000 Gambians convicted of witchcraft. At least two people have been killed. On Thursdays, President Jammeh also claims to be able to cure AIDS and fires doctors who disagree with him.

Salem Witches, today?

So, what can be done to put an end to witch trials or witchcraft accusations? Trying to put a stop to a witch-hunt by claiming that witches do not exist does not work. People constantly put their anxieties upon unlucky victims. In all of human history, there has never been a proven case of witchcraft. On the other hand, there are thousands of witch-hunt victims. People accused of witchcraft frequently have their lives devastated if they survive their trauma. It must be noted that the witch hunters should be dreaded more than the people accused of witchcraft.

Stopping witch-hunts requires quick action by respected authority officials. This can be seen in some countries, such as the case in London during 2005. A family member had accused an eight-year-old girl of being a witch, and took it upon themselves to "beat the devil out of her" by mistreating her and smearing chili peppers in her eyes. Fortunately, British authorities moved quickly to remove the girl from her home. Three family members were charged with witchcraft for treating the girl. Furthermore, South Africa's government decided to address the country's witchcraft concern in 1997. They initiated an educational campaign about science, medicine, and HIV/AIDS in schools and workplaces. They also dispatched officers to collaborate with traditional healers and community chiefs. They were warned by the police not to accuse anyone.

To conclude, the supernatural ability of witchcraft still lies upon us, but they are merely based on belief. Although witchcraft may be ridiculed, it has changed the world and created new belief systems. After all, what makes you believe that glorious witches do not bewitch you?

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Adriana Mather, How to Hang a Witch





A contorting smile, a snow-white, pale face, and blood-red props... Coulrophobia is the irrational fear of clowns that results in anxiety, a faster pulse, profuse sweating, and nausea. One must ask oneself, where did the phobic disorder and superstition surrounding clowns stem from?

According to social psychologist Frank McAndrew, "Clowns combine a perfect storm of freaky things." The aspect that truly renders people fearful of clowns is their ambiguous character; who knows what they could be thinking about behind that painted smile and those malevolent eyes? McAndrew also asks, "If a person is willing to flout the conventions of society by dressing and acting as they do, what other rules might they be willing to break?" This quotation agrees with the results of McAndrew's study, where 1,300 people claimed that the most common physical behavioral and characteristic considered creepy is unpredictability - the clown's mantra, aside from mischief, of course.

Nevertheless, the popularity of clowns is

nothing new. The concept of clowns has been traced back to ancient Egypt, Greece, and even Rome. Clowns have also been apart of courts in the Middle Ages, wearing weird, attention-drawing outfits under the titles of "jesters" and "fools". These "pre-clowns" were often dwarves or physically challenged, as society at the time found those to be laughing matters. This fact also emphasizes why many may find clowns bizarre and out of the ordinary.

Additionally, while Victor Hugo's 1869 novel, The Man Who Laughs may not be about clowns in particular, it shares some themes with the latter. In the novel, a nobleman's son has his face carved into a permanent grin (does this remind you of the infamous Joker?) after his father's execution at the hand of the king.

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Fear & Superstition of Clowns

The son then grows up, his mind flooded with thoughts of vengeance, but no one is able to tell due to his permanent smile. Nowadays, clowns still share this eeriness through their artificial smiles, for no one knows what they could truly be thinking or feeling behind their disguise.

Furthermore, Stephen King's 1986 horror novel *It*, which was adapted to a movie in November 1990 and then again in 2017's September revamp, changed the game for all future evil clowns. Pennywise's rows and rows of fangs paired with his baggy suit make for quite the insidious clown.

Aside from media and literature, Chicago serial killer John Wayne Gacy spent his days entertaining children as "Pogo the Clown", while committing gruesome acts behind the scenes. He is known for raping, torturing and murdering 33 young boys and men. In addition, after his arrest in 1978, his paintings and self-portraits of himself as Pogo the Clown were uncovered and released to the public. Gacy then became known as the Killer Clown.

Nowadays, the public's fear of clowns isn't as prevalent as it was merely a few years ago in 2016. Numerous clown sightings appeared across the United States prompting widespread fear, superstition, and fascination and resulting in an onslaught of police distress calls.

This manic craze invoked mass hysteria and instigated fear in the public to such an extent whereby @ClownSightings on Twitter had 335,000 followers. By 2017, thanks to this sudden trend and the release of Stephen King's *It*, most of the world had heard about the surge in clowns' infamy.





An example of people's fear being taken into consideration would be the hiatus of McDonald's mascot, Ronald McDonald, who was recognized by more than 95% of America's youth in the beginning of the 21st century! However, the company announced that Ronald's reign came to an end in 2016, possibly due to the clown sightings.

To conclude, Scott Bonn, criminologist and professor of sociology at Drew University, says it best: "The fascination with clowns is really the fact that they're not real. We don't know what's beneath that makeup. It could be anyone or anything." Decades upon decades of angst towards clowns have created an indomitable stigma surrounding these characters, and understandably so.

Fear & Superstition of Clowns

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"I'm every nightmare you've ever had. I'm your worst dream come true.
I'm everything you ever were afraid of." – It by Stephen King

credits

editor in chief: Aya Zein, IB 2

co-editor: Selina Riachi, 12LP

design & media manager: Leah Sayegh, IB1

contributors: BHS students



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