



HALLOWEEN

OCTOBER 2010

SAFETY

safety



**TRICK OR
TREATING
SAFETY
TIPS**

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Safety

9 Ways to Make Halloween Safer

Halloween is a time for people young and old to enjoy a little mischief and mayhem. To make the holiday even more enjoyable, revelers can heed a few tips to make Halloween as safe as it is fun.

1. Use face paints instead of masks that obscure vision.
2. Wear reflective tape on darker costumes or when trick-or-treating at night.
3. LED lights or glow sticks are a safer alternative to lit candles. Some lights even flicker to offer the appeal of candles.
4. Trick-or-treat in a group and never alone.
5. Take a planned route and don't wander off the path.
6. Be sure costumes are not tripping hazards.
7. Costumes on young children should be age-appropriate and free of hazards, such as strings that can strangle or small parts that can choke.
8. Stick to trick-or-treating in trusted neighborhoods.
9. Be extra-cautious of cars when walking at night.



Costume Choices That Win the Popularity Contest

Each year, adults get in touch with their inner child come the end of October and dress up for Halloween. While they may no longer go door-to-door begging for candy, many still cling to the tradition of dressing up for Halloween. No costume proved more popular than a witch, as more than 5 million adults dressed up as a witch in 2008. According to the National Retail Federation, the following costumes proved the most popular among adults in 2008.

- * Witch = 14.9 percent
- * Pirate = 4.4 percent
- * Vampire = 3.3 percent
- * Cat = 2.5 percent
- * Fairy = 1.7 percent
- * Nurse = 1.7 percent
- * Batman = 1.5 percent
- * Political (Barack Obama, John McCain, etc.) = 1.5 percent
- * Ghost = 1.4 percent
- * Angel = 1.3 percent



Have a Healthy Halloween

If a Halloween is a kid's dream, then it's a dentist's nightmare. Dentists who spend the year warning kids about the perils of candy consumption no doubt each October, knowing full well their trustworthy advice will soon be forgotten as kids dive into their Halloween loot.

And dentists aren't the only ones who feel that way. Parents who exercise due diligence with their kids and dental care often see those efforts go down the drain when Halloween arrives. But there is a way to ensure kids snack healthy this Halloween. Consider the following tips, courtesy of the Michigan Dental Association.

* **Serve a good meal before kids trick or treat.** Serving a balanced meal before the party starts will keep kids from filling up on candy before they get home.

* **Practice restraint.** Kids learn much of their behavior from dear old Mom and Dad. If Mom and Dad don't practice restraint when it comes to Halloween candy, kids likely won't either. Set a good example and monitor your own candy consumption this Halloween.

* **Change the menu.** Many households still include dessert as part of their daily dinner ritual. For those that do, instead of ice cream or cake at dessert, offer Halloween candy instead. This can be a good way for parents to monitor and control kids' candy intake, and kids will be happy that they're getting to eat their favorite Halloween candy.

* **Keep kids brushing and flossing.** Whatever time of day kids enjoy their Halloween candy, be sure they brush and floss after consumption.

* **Mix in healthy snacks along with Halloween candy.** In the weeks following Halloween, kids shouldn't just load up on snacks like candy. Instead, mix in healthier snacks like vegetables and yogurt. And when kids are eating candy, give them a glass of milk to go with it. Milk is not only healthy, but gives kids something to dunk their candy into.

Halloween

Famous Haunted Homes Across America

Halloween fanatics are often on the lookout for homes or locales with a history of being haunted. While it might be scary to chase down ghouls, for some the thrill is simply too fun to ignore. Those on the lookout for haunted homes this Halloween should consider the following destinations, each of which is reportedly haunted.

Bird Cage Theatre, Tombstone, AZ. This historic destination was first suspected of being haunted in the 1880s. Laughter, strange music and, of course, yelling have all allegedly been heard over the years.

Alcatraz, San Francisco, CA. This once formidable, but long-since closed prison has inspired reports of haunting. Visitors have reported hearing slamming cell doors and ghostly footsteps, among other things.

Cinema 1-2-3, Visalia, CA. Ghostly spirits are thought to inhabit this Central California theater roughly 200 miles north of Los Angeles.

Remington Arms Factory, Bridgeport, CT. Closed in the 1980s after a slew of accidents and fatalities, this former weapons factory has inspired numerous reports of voices, yelling and shadowy figures over the years.

Huguenot Cemetery, St. Augustine, FL. What list of suspected haunted locales is complete without a haunted cemetery? This Florida cemetery is reported haunted by a number of ghosts, including the ghost of a former Federal judge.

Moon River Brewing Company, Savannah, GA. Once investigated by the popular Travel Channel show "Ghost Adventures," this brewery is reportedly so haunted that even brewery employees have reported physical attacks in addition to the presence of mysterious figures.

The Villisca House, Villisca, IA. Home to one of the most notorious murders in American history, this house in Iowa is said to still be haunted by the family murdered there nearly 100 years ago.

Point Lookout Lighthouse. This famed lighthouse located on the southern-most tip of Maryland's western shore of the Chesapeake Bay is said to be home of much paranormal activity. Shipwrecks and bodies washed ashore are all part of the legend of this famed, and possibly haunted, lighthouse.

The Amityville House, Amityville, NY. Perhaps no home in the United States is more widely known for being haunted than the house built on the very ground where John Ketcham reportedly settled after being forced out of Salem, MA for reported ties to witchcraft. While historians are unsure whether Ketcham was real, the Amityville house was home to a very real and gruesome murder in 1974, when Ronald Difeo shot his entire family to death, supposedly because he was possessed by evil spirits in the home.

The Alamo, San Antonio, TX. The Alamo is reportedly haunted by the spirits of those who died in the famed Battle of the Alamo.



Plan the Perfect Halloween Party

Though trick-or-treating was once the standard when it came to Halloween, more and more parents are forgoing that trend and instead choosing to host Halloween parties for kids and their friends. In part because of households where both parents work, and neither parent can make it home to take their kids out trick-or-treating, and partially due to safety concerns, the Halloween party has become a popular alternative to the standard Halloween.

Parents looking to host a Halloween party this fall should consider the following tips.

Enlist the help of fellow parents. Because so many households are two income households, chances are strong many parents throughout your neighborhood cannot make it home to take the kids out on Halloween. Discuss a party with fellow parents and enlist their help. The idea will probably be warmly received and you'll have a lot less work as a result.

Get RSVPs as early as possible. Ask parents to RSVP as soon as possible. This gives you a heads-up as to how much food and beverages you need to buy, but it also gives you ample time to tailor the menu to a variety of children, many of whom might be allergic to specific dishes.

Plan the menu. Though it's common to hear "Halloween" and instantly think of candy, you'll need more than candy bars and lollipops if you're hosting a Halloween party. Since the party will likely be on a weekend afternoon, plan to order a few pizzas for lunch or something else that's universally appealing and won't upset anyone's stomach.

Stock up on candy. Kids might not be too excited about forgoing their beloved tradition of trick-or-treating, but that can quickly be offset if you simply give kids candy when they arrive and place a handful of candy dishes around the house. While this might seem like a sugary nightmare, it is Halloween, and kids deserve their candy.

Make it a costume party. The tendency to forgo a Halloween costume when attending a Halloween party is common. But be sure to include on the invitations that costumes are required. This will make it feel more like Halloween for the kids.



Treats

Pumpkin Cookies a Palate Pleaser for Halloween Fun

Halloween parties are a staple of many late October social calendars. While the days leading up to Halloween are often spent working on the perfect costume, Halloween party hosts also must find the right foods to put guests in that Halloween mood. And when it comes to Halloween cuisine, no food is more on the mind than pumpkin. Halloween hosts hoping to please their guests' palates should consider the following recipe for "Pumpkin Cookies With Cream Cheese Frosting," courtesy of the Food Network.

Pumpkin Cookies With Cream Cheese Frosting

Makes approximately 3 dozen cookies

For the cookies:

- 1 cup sugar
- 2 sticks unsalted butter, softened
- 2 tablespoons Maple syrup
- 2 eggs
- 1 cup canned pumpkin
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground all spice
- 1/4 teaspoon freshly grated nutmeg
- Pinch ground cloves
- 2 1/2 cups flour
- 2 teaspoons baking powder
- Pinch of salt

For the frosting:

- 2 (8-ounce) packages cream cheese
- 1 cup confectioners sugar
- 1/4 cup milk
- 1 tablespoon vanilla extract
- Zest of one lemon

For Garnish:

- Whole pecans

Preheat the oven to 350 degrees F.

In a mixer, fitted with a paddle, cream the sugar and the butter until light and fluffy. Add the maple syrup and eggs. Mix to incorporate. Add the pumpkin and mix to incorporate. Sift together the flour, baking powder, salt, cinnamon, allspice, nutmeg and cloves. Add the dry ingredients to the batter and mix well. Drop rounded tablespoonfuls onto ungreased cookie sheets. Bake for 10 minutes, or until lightly golden brown around the edges. Cool on racks. When cool, ice with the cream cheese frosting.

For the Frosting: In a mixer, fitted with a paddle, add the cream cheese. Beat until light and fluffy. Beat in the powdered sugar until smooth. Add milk and vanilla. Beat until smooth. If frosting is too thick, thin with a little more milk. Fold in the lemon zest. When cookies are cool spread with some of the frosting. Garnish with a whole pecan.



Pudding With a Pumpkin Twist

Few things are more synonymous with Halloween than pumpkins. While many people instantly think of Jack-O-Lanterns when the Halloween talk veers toward those orange gourds, pumpkins can also be a big part of Halloween cuisine.

Such is the case with the following recipe for "Ain't Sug's Punkin' Puddin'" from Patty Pinner's "Sweets: Soul Food Desserts & Memories" (Ten Speed Press).

Ain't Sug's Punkin' Puddin'

Serves 4 to 6

Pudding

- 4 cups canned pumpkin
- 1 1/2 cups granulated sugar
- 2 cups evaporated milk
- 3 egg yolks
- 3 rounded tablespoons all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 3 tablespoons unsalted butter, softened

Meringue

- 3 egg whites
 - 1/4 teaspoon cream of tartar
 - 1 teaspoon vanilla extract
 - 1 cup granulated sugar
- Preheat the oven to 350 F.

Lightly grease a 9 by 13-inch baking pan. Set it aside.

To make the pudding, in a large bowl, combine the pumpkin, sugar, and milk. Mix until the ingredients are well combined and the pumpkin mixture is smooth. Add the egg yolks, flour, baking powder, ginger, cloves, cinnamon, and vanilla extract to the mixture. Mix well. Pour the pudding into the prepared pan. Dot with the butter. Bake for 30 to 45 minutes, or until a toothpick inserted in the middle comes out clean. Remove from the oven, but do not turn the oven off.

To make the meringue, in a large bowl, beat the egg whites, cream of tartar, and vanilla extract until soft peaks form. Gradually add the sugar while beating until stiff peaks form. Using your fingers, touch the meringue to make sure that some sugar grains can still be felt in the meringue. Spread the meringue on top of the cooked pudding that has just been removed from the oven, then return it to the oven and bake until the meringue is lightly browned, about 12 to 15 minutes. Turn the oven off and let the pudding stand inside the oven until the meringue is crisp. Remove it from the oven and serve hot.

