



Halloween GUIDE

Celebrate Without Candy

Halloween doesn't have to involve candy. In fact, some of the best (and scariest) aspects of Halloween have nothing to do with candy.

If you are looking to cut back on sugar or for fun ways for your kids to enjoy Halloween sans trick-or-treating, consider the following Halloween traditions.

MOVIE MARATHON

Nothing screams Halloween like a good scary story. Head to your local video store to peruse their aisles of classic horror films. It's time to turn out the lights and settle in with a bowl of popcorn.

Don't forget a friend. You never know when you might need a hand to hold.

PET PARADE

Get the whole family involved in the festivities and dress your dog or cat in its own costume. If you desire a larger fete, talk with some of your neighbors (most of whom probably have pets) and encourage them to get in on the action.

Plan a neighborhood parade of the pets and assign neighborhood kids or parents to be judges. Turn it into a fun contest and watch this tradition transform into an annual event.

PARTY, HAUNTED HOUSE STYLE

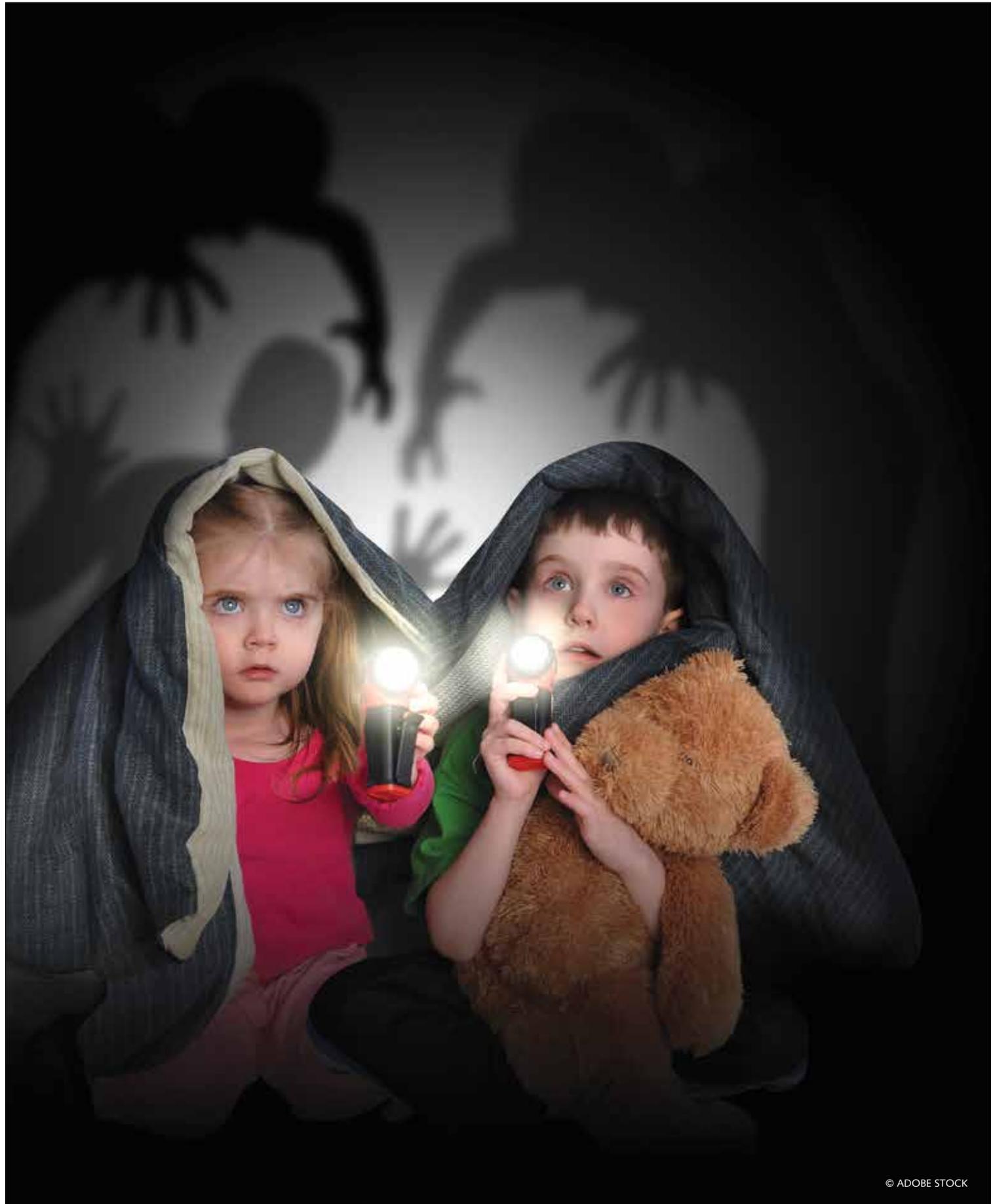
Decorating the house gets us in the spirit for any holiday. Don't let Halloween be any different. You can always add festive flair by displaying jack-o'-lanterns and a nice fall wreath on your porch, but if you want to take your home to the next level, make it spooky.

Transform your home into a haunted house from the outside. If you want the neighborhood to participate, haunt your rooms and allow neighborhood kids to spook themselves silly.

GHOST STORY CAMPOUT

Go the timeless route and host a ghost story campout. There is something about being in nature (with the howling wind and snapping branches) that adds an element of spook to a good story that a movie score can't quite achieve.

Take turns — and don't forget the marshmallows.



Carving Alternatives

Carving pumpkins for Halloween can be complicated, messy — and honestly, might not be the best option for your family if you are trying to complete the activity with young children.

But you can still participate in jack-o'-lantern fun without a carving knife. Here are five alternative ways to decorate your pumpkins this Halloween.

PAINT YOUR PUMPKINS

Paint is one of the safest ways to decorate pumpkins and allows for endless possibilities. Whether you lean toward funny faces or something spookier, this craft is sure to be a winner.

Just add a drop or two of natural dishwashing liquid soap to water-based paint to help it stick to the pumpkin. Bonus: You can wash the paint right off if you want to cook your pumpkin.



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FELT-FACE PUMPKINS

Instead of cutting into your pumpkin, cut shapes out of felt and glue them on. Felt also allows you to add on fun accessories that carving just won't accommodate — such as crossbones sticking out the sides or spider legs.

DUCT TAPE PUMPKINS

This is not your grandfather's duct tape. Modern duct tape comes in all sorts of fun colors and designs. In the fall, you are bound to find some with candy corn, ghost or witch prints.

Washi tape also is a fun

medium if you don't plan on covering a whole pumpkin (which would require a lot of tape).

GLASS JAR PUMPKINS

Get away from pumpkins altogether and create jack-o'-lanterns out of old glass jars.

Decorate the outside of each jar with colored tissue paper and place a lit candle inside when you're done.

PAPER PUMPKINS

Most craft stores stock round paper lanterns. Purchase several in orange (or

any other color, if you're feeling adventurous) and paint black faces on the sides of them.

The best part about these pumpkins is you can hang them from your porch or trees in the front yard for elevated spooky decorations.

Best Halloween Movies

It's time to get your scare on. There is nothing like a scary movie to spark the Halloween spirit.

If you're not a fan of getting spooked, there are plenty of comedic flicks for you to enjoy. Here are just a few films to stock up on this fall:

ANIMATED

It's The Great Pumpkin Charlie Brown (1966) —

Linus waits for The Great Pumpkin on Halloween night amidst doubts among his friends that The Great Pumpkin is real. You will never outgrow this classic.

Casper (1995) — Kat and her paranormal expert Dad move into an abandoned mansion to get rid of the ghosts haunting it. Kat finds a friend instead. A perfect family flick.

Corpse Bride (2005) — Another classic from Tim Burton. Young Victor Van Dort marries the Corpse Bride — a skeletal woman who just happens to be dead. Does he stay with her or return to his fiancée? Watch and see.

Coraline (2009) — Coraline uncovers a secret door in her new home that leads to an alternate world that mirrors her own — but is slightly different. It seems like a better place, until her Other Family tries to hold her hostage.

BEST STAND-ALONES

Carrie (1976) — Based on



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Stephen King's novel of the same name. Carrie White begins to suspect she has supernatural powers after strange things start happening. Things take a violent turn at her high school prom.

The Ring (2002) — You watch a mysterious videotape filled with images from your worst nightmares. Shortly after, you receive a prophetic phone call announcing your death in seven days. Skeptical? So many were.

The Addams Family (1991) — They're creepy and

they're kooky, mysterious and spooky, they're all together ooky — The Addams family. Ba da da da! Their home is full of dark magic, but they have an equally hard time with the outside world. To know them is to love them.

Ghostbusters (1984) — Who you gonna call? Three paranormal psychologists, of course. The 2016 remake also is worth your viewing.

BEST SERIES

Halloween (1978, 1981, 1982, 1988, 1989, 1995,

1998) — An all-time Halloween classic, no movie marathon is complete without these films. The franchise centers on Michael Myers, who was committed to a sanitarium as a child for the murder of his older sister. Fifteen years later, he escapes to stalk and kill the people of Haddonfield, Ill.

Nightmare on Elm Street (1984, 1985, 1987, 1988, 1989, 1991) — A seasonal icon, this franchise centers around Freddy Krueger, a killer who stalks teens in their

dreams.

Scream (1996, 1997, 2000, 2011) — The franchise focuses on Sidney Prescott, who is haunted by the Ghostface Killer as she negotiates the death of her mother.

Saw (2004, 2005, 2006, 2007, 2008, 2009, 2010, 2017) — Let's play a game. These chilling words begin each film as Jigsaw, a serial killer, traps his victims in situations he calls games to test their ability to survive physical and psychological torture.

Halloween's Price Tag

Just like many other holidays celebrated in the United States, Halloween revels in the decor, food and festivities — all of which can come with significant price tags.

BY THE NUMBERS

The cost of Halloween is downright scary. Yet, according to Bankrate's Price of Fright Index, American consumers are experiencing a slight savings — despite increased inflation.

- The 2016 Bankrate survey notes that the cost of the typical Halloween shopping cart — including two bags of chocolates, kids' costumes, decor items and pumpkins — has decreased by 0.6 percent from 2015.

- This is in contrast to numbers reported by the National Retail Federation, which show total spending at approximately \$8.4 billion — an all-time high of the organization's annual survey.

- Spending on Halloween costumes has reached more than \$3 billion, which isn't surprising considering that two-thirds of those celebrating the holiday purchasing costumes. Fun fact: Princess costumes fell to the No. 2 spot in popularity after reigning at No. 1 for 11 years. The new winner? Superheroes.

WAYS TO BUDGET

Given the aforementioned statistics, two of the easiest ways to cut back Halloween expenses (perhaps by no surprise) is through costumes and candy.

- **Make your costumes.** The art of

creating a good Halloween costume is lost on many people. Challenge yourself and your kids to pillage through your current possessions for key costume pieces. Find a good photo of the costume idea you want, and see how

much you can put together from your belongings. You probably will find you need to purchase very little — maybe just a witch's hat, a white sheet or fun makeup — to bring your idea to life.

- **Skip the streets.** Instead of trick-or-treating, get together with your neighbors and plan a Halloween party instead. If everyone goes in on food, decor and entertainment, the expenses are split.



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The Sweeter Side

Valentine's Day is no longer the sweetest holiday. Americans will purchase more than 600 million pounds of candy for Halloween. The average trick-or-treat bag will garner 11,000 calories.

Americans love candy — and our love runs deep. Here are a few fun facts about our favorite Halloween sweets.

CANDY CORN

Invented in: 1880s

Invented by: George Renninger
Candy corn is the top-selling candy in the United States; the National Confectioners Association estimated that approximately 20

million pounds of it are sold each year. Originally each kernel was made and shaped by hand.

REESE'S PEANUT BUTTER CUPS

Invented in: 1928

Invented by:

Harry Burnett Reese

May 18 is the official "I Love Reese's Day" in the United States — a campaign led by more than 40,000 fans online in 2011. While the enterprise began in Reese's basement, the company now makes enough cups in one year to feed one cup to every person in the United States, Japan, Europe, Australia, China, Africa and India. That is a lot of cups.

TOOTSIE POPS

Invented in: 1931

Invented by: Lukas Weisgram

How many licks does it take to get to the center of a Tootsie Pop?

Americans have had such fun over the years trying to figure it out. Tootsie Roll Industries is one of the biggest candy makers in the world, producing more than 60 million Tootsie Rolls and 20 million Tootsie Pops per day. The original rolls were part of World War II soldier rations because of the candy's ability to endure the extreme conditions of war.

DUBBLE BUBBLE

Invented in: 1928

Invented by: Walter Diemer

The iconic "pink" of bubble gum was chosen because it was the only dye available at the time. The gum was invented in pursuit of a gum that would produce a bubble that wouldn't stick to the chewer's face. The largest bubble gum bubble ever recorded was 20 inches in diameter. The bubble blower used three pieces of Dubble Bubble gum.

Safety Tips

Halloween is an exciting holiday, but it also comes with its own concerns for safety. For children, trick-or-treating is one of the highlights of their young social calendars. For parents, the night is still fun but laced with anxiety.

This is not unwarranted. Trick-or-treating can be dangerous if both kids and parents don't take necessary precautions. Consider the following points before venturing out on Halloween night.

PLAN YOUR ROUTE

Trick-or-treating is not an activity for the weary — and could end up taking you several streets away from your home. If you plan your route ahead of time, you can be sure to end not far from your own home, making the trek back less tiresome.

Planning your route also ensures that you will stick to areas you are familiar with and allows for less aimless wandering.

WEAR COMFORTABLE SHOES

The walks are long, and paths are shadowed. No costume is complete without proper footwear.

Wearing comfortable shoes with good soles and solid grip will help your feet stay happy and make you less likely to trip.

STAY VISIBLE

This includes carrying flashlights and adhering reflective tape to your children's costumes to ensure they are seen by drivers on the road.

These simple precautions can go a long way toward protecting you and your children.

GO IN A GROUP

Everything is more fun with a friend. Besides having company, there

is safety in numbers.

Children are less likely to get lost, or run off if there are multiple adults watching multiple children. The more eyes, the better.

CHECK OUT THE CANDY

Dumping the candy bag on the living room floor or the dining room table and taking it all in is one of the purest of childhood joys.

Before your kiddos dive into their bounty, give it the once over. Be sure to throw away candy that is not in its original wrapper or appears to have been previously opened.



After Halloween Guide

The fun is over, and now it's time to deal with the aftermath of those great costumes you put together. Depending on the costume, you might be dealing with a considerable amount of face paint, makeup, body glue, glitter or even liquid latex.

Fear not. You can tackle the effects of Halloween like a pro — and be gentle on the skin — with the following tips.

READ THE LABEL

This is always the best and yet most often overlooked place to start. Depending on the product, you might find the brand suggests easy removal by a certain method.

This is why it is always a good idea to save all bottles and packages until removal is complete — not just until the face is painted and the product is gone.

SOAP AND WATER

We all are guilty of throwing away packaging of many items prematurely. If this is the case, mild soap and lukewarm water are a great place to start.

This will be an easy-removal method for any water-based paints. Be sure to use a soft cloth and remove in sections by applying pressure in a circular motion across the skin. Rinse your cloth and repeat as many times as is necessary.

NATURAL OILS

If you've found that soap and water is not doing the trick, you might have used an oil-based product. Just remember, water adheres to water, and oil adheres to oil. This is as simple as raiding the kitchen cup-



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boards for coconut oil, jojoba oil or grape seed oil. (Baby oil also works great, if you have that on hand).

Be sure to wash again with soap and water once the make-

up is removed to clear your face of excess oil.

COLD CREAM

For more stubborn make-up, you might need a bit more

help. Enter cold cream. Cold cream was used by all of our grandmothers to cure everything from acne to eczema to sunburns to “softening freckles.”

It is a wonder solution in the form of a thick salve that seemingly works at industrial strength and leaves the skin baby soft. Trust grandma on this one. She knows.