

Scare away those monsters!

Lots of kids are afraid of monsters and scary costumes associated with Halloween.

Fairytale Wishes Inc. (www.fairytalewishesinc.com) offers a Monster Repellent created to help kids overcome that fear and enjoy the fun of Halloween. Parents can spray their child with Monster Repellent to create a "layer of protection" from all things scary on Halloween. It smells like bubble gum because "monsters are afraid of gum as it gets stuck in their fur and paws" and scares them away. The spray can be found for \$10 locally at The Plaid Giraffe, 160 Ashman Circle in Midland.



Top 10 candy list by Trevor Martin, 12 Central Middle School

1. White Chocolate Reeses Peanut Butter Cups
2. Snickers
3. Sour Patch Kids
4. Red Gummy Bears
5. Three Musketeers
6. Skittles, especially the green ones
7. Mary Jane peanut butter kisses
8. Butterfinger
9. White Chocolate Kit Kat
10. Strawberry peanut butter M&M's



Trevor Martin

HALLOWEEN HAPS

Oct. 25: **Haunted Forest at Midland City Forest.** People line up, grab hold of a rope and are led through a 20-minute tour of the dark forest, where scenes are set up to scare people. Admission is \$3 for children 11 and younger and \$5 for anyone 12 or older. People can visit the Haunted Forest starting at 7:30 p.m., with no one allowed to line up after 9:30 p.m. The event takes place at Midland City Forest, with the entrance on Monroe Road, about one-fourth of a mile west of Eastman Avenue.

Oct. 25: **Halloween Harvest Zoo Boo:** Put on your costumes and trick-or-treat your way through the merry-not-scary zoo from 3-5 p.m. or 5-7 p.m. Advance tickets required. Children's Zoo at Celebration Square, 1730 S. Washington, Saginaw, (989) 759-1408. www.saginawzoo.com

Oct. 25, 29-31: **Halloween Spook Train:** Ride through the spooky valley filled with thrills and chills of the Torture Chamber and Doctor's office from 7:30 to 11 p.m. Friday and Saturday, 7:30 to 10 p.m. other nights, \$8.50 per person. Junction Valley Railroad, 7065 Dixie Hwy., Bridgeport, (989) 777-3480. www.jvrrailroad.com

Oct. 25-31: Meet friendly witches, happy ghosts and lots of spooky friends at **Crossroads Village and Huckleberry Railroad.** Walk through an enchanted forest where trees have eyes, watch an old-fashioned magic show and ride the Huckleberry Ghost Train Express. The event is set for weekdays 5 to 9 p.m. and weekends noon to 9 p.m. (800) 648-7275 or (810) 736-7100.

Oct. 30-31: **Bay Arts Council presents the "Haunted Temple" Tour at Bay City Masonic Temple.** The event features a guided tour conducted by members of a "scientific team" embedded in the building to investigate reports of paranormal activity in the Historic District. Tours between 7 and 11 p.m. at the Temple on the corner of Madison and 6th Street. Tickets are \$10 for adults, \$6 for students with ID and seniors older than 65. (989) 893-0343 www.hauntedtemple.com

Oct. 31: **Halloween Treats with Midland Concert Band** at the Midland Center for the Arts: Thrills, chills and fun for all ages are in store at this spooky concert band adventure. The ghouls and goblins of the Midland Concert Band and Midland Symphony Orchestra will be in costume. Come early for scores of pre-concert activities starting at noon including games, a costume contest, and cider and donuts for all. Tickets, \$10 for adults and \$6 for students; www.mcfta.org or (800) 523-7649.

QUICK PARTY IDEA

Halloween Jack-O-Lantern Popcorn Balls

Yield: 8 balls (4-inch)

Ingredients:
3 quarts popped popcorn
4 tablespoons (1/2 stick) butter or margarine
3 cups miniature marshmallows
3 tablespoons (1/2 of a 3-ounce box) orange gelatin dessert mix
Candy corn, jellybeans and sour green apple candy sticks, licorice string, dried fruit, etc.

Directions:

1. Spray a large mixing bowl lightly with cooking spray and place popcorn inside.
2. In a medium saucepan, melt butter over low heat. Stir in marshmallows and gelatin dessert powder until marshmallows are melted and mixture is smooth. Pour over popcorn and mix well until coated.
3. Spray hands with cooking spray and press firmly to form into balls. Place balls on wax paper. Press candy decorations into balls to form eyes, a stem and a Jack-O-Lantern grin. Serve immediately or wrap individually in plastic wrap for storage. Add a ribbon tie to plastic wrap as a decorative closure.

www.popcorn.org

Avoid Halloween calories

When Halloween treats start to cast a spell, use these tips to help ward off unwanted pounds.

- Buy treats that aren't so enticing. If chocolate is a food trigger, buy only gummy treats or small boxes of raisins to distribute to trick-or-treaters.

- Remove excess candy corn and other sweets immediately after trick-or-treat hours end. Give treats to a food pantry, homeless shelter or, if needed, toss surplus candy in the garbage.

- Turn the refrigerator or pantry door into a roadblock rather than an entry point. Decorate it with a frightful image of a monster ready to terrorize a food plan, or a cute orange curtain that literally blocks the way into the vault of food.

Remember that Halloween treats can include non-food items. Halloween fun lasts longer when kids receive:

- Stickers, colorful shoelaces, or small containers of bubbles from a party store or dollar store.

- New pencils – orange or black – to use at school, along with shaped erasers.

- Pennies, perhaps wrapped in appropriately "slime green" cellophane wrap.

www.tops.org

Midland dentist will buy back kids' candy

By LORI QUALLS
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Dr. Sandra Smith said she is aware more than ever about the health issues facing children today, especially when it comes to obesity.

Smith, a Midland dentist who has lost about 75 pounds over a four-year period, says making healthier food choices and sending better eating messages to children have become passions for her. She wants other parents to know that her family, which includes an 11, 12 and 15 year old, grapples with poor eating habits as well.

That's why she is offering to buy back children's Halloween candy. She will pay \$1 for each pound of candy brought to her office from 5 to 7 p.m. Thursday, Nov. 5. She is limiting the buy-back to 10 pounds per person.

The problem isn't candy per se, she said, but the fact that Halloween candy tends to hang around the house for a long time.

"Eating candy once in a while as a treat, everyone does that, that's normal," she said. But in some households, the candy is around for weeks on end, and children keep eating and eating.

"My children want to eat candy for breakfast, they want it in their lunch, snacks," she said. "Everything is bigger and more" when it comes to food and candy size.

Smith said she plans to send the candy to troops overseas.

"It will be spread out over thousands and thousands of soldiers," she said, and every soldier won't have a big bucket of candy.

She also wants children to come voluntarily understanding they are helping the troops overseas, and she discourages parents to bring them just for the money.

The buyback program, which is open to everyone, is patterned after an effort, found at www.halloweencandybuyback.com

As for Halloween's past, Smith said she is carrying on a tradition that her parents started when she was young. She hands out small gift bags filled with a piece of candy and sticker and a toy. She involves her children ahead of time and they put together the treats assembly style, making it a family time together.

Smith's practice is at 1613 E. Patrick Road. She also will serve cider and doughnuts at the candy buyback.



Dr. Sandra Smith

Hellooooo! It's Kate's hair

Hellooooooooooooo! The Kate Gosselin look is in this Halloween.

And, um, that really isn't a compliment.

The wig version of the tabloid favorite's coiffed-do is a hot seller, more popular than a cake decorated red, white and blue with strawberries and blueberries on the Fourth of July.

We found our Kate wig at Spirit Halloween in Saginaw, and paid about \$16, which including tax. It is called the "Eight is Too Much Wig."

We're not sure who on the Daily News staff will claim the wig for Halloween, so be forewarned: Kate Minus Jon might come knockin' at your door.



Halloween's hippest decor, page 4

