



# LIVE WIRE

## Recycled Costumes

Halloween is a great holiday, but sometimes buying a costume for one day of the year seems a tad ridiculous, especially if our purse strings are tight. Below are some fun ideas that you can make yourself out of items that you will probably already have in your closet!

- To be a bumblebee, simply dress in all black, and then wrap a yellow streamer around your entire body. Get wings from the dollar store and you are good to go.
- Have a gorgeous dress that you've only worn once? Put it on, and make a banner that drapes around your body that reads "Miss America 2009". Put on a crown or tiara for an added effect.
- Have an old paper bag that wasn't used for cleaning up all those fall leaves? Tape that around yourself, put on a crown or tiara, and you have your very own paper-bag princess costume!
- For guys, try using some of your mom's tinfoil to cover a t-shirt and some jeans, and call yourself a Knight in Shining Armor!

### Today's Word

**Exhilaration:** an overwhelming feeling of joy, complete happiness!

## Halloween Safety

Although Halloween is very exciting, it is also important to remember the risks we are taking when we venture out. Most Halloween costumes are dark, making you even harder to see by passing motorists. Remember, if you are out trick or treating, carry a flashlight of some kind, and ALWAYS check your surroundings before leaping out onto the street. If you are planning on being behind the wheel, take it super slow and always be aware of your surroundings.

When you get your well-earned candy home, be sure to check the wrappers carefully. Do not eat any candy that is not in its original packaging- no matter how tasty it looks! If you have younger siblings, make sure you check out their candy as well before they dig in.

Make sure that after all that candy, that you are brushing and flossing your teeth daily as well. All of the sugar will turn into plaque and bad bacteria in your mouth if it's not taken care of- and no one likes cavities.

## Pumpkin Seed Recipe

When creating your Jack-O-Lantern masterpieces, why don't you save the seeds and try this tasty recipe? All you'll need are pumpkin seeds, an oven, salt and olive oil!

- 1- Preheat the oven to 400 degrees F and rinse seeds off.
- 2- In a small saucepan, boil water and add the seeds. Add a half of a tablespoon of salt for every 1 cup of water that is in the saucepan. Bring the water to a

boil, and then let it simmer for 10 minutes. Then drain.

- 3- Spread a tablespoon of olive oil on a roasting pan and place the seeds all over the place on it (not overlapping).
- 4- Place in the oven for 10-20 minutes, or until the seeds brown.
- 5- Let the seeds cool all the way down before eating them.

## Top 10 Scary Movies

Want to know what the top 10 scary movies are? According to msn.com, these are your results:

- 10- "Eraserhead"
- 9- "The Exorcist"
- 8- "Halloween"
- 7- "Don't Look Now"
- 6- "The Texas Chainsaw Massacre"
- 5- "Nightmare on Elm Street"
- 4- "Suspiria"
- 3- "Night of the Living Dead"
- 2- "Repulsion"
- 1- "Psycho"

**Some honourable mentions are:** "Jaws", "The Shining" and "Silence of the Lambs".

### Website of the Month

[www.costumeideazone.com](http://www.costumeideazone.com)

These costume ideas are great! There are some available to buy and great "do-it at home" ideas as well! Great inspiration, regardless of what you are looking for this Halloween!

