



Halloween  
GUIDE

# All About Werewolves

Werewolves (of London or otherwise) have been around for a long time.

The earliest surviving example of a man turning into a wolf is from “The Epic of Gilgamesh,” around 2100 B.C., says Newcastle University Ph.D. candidate Tankia Kooseman.

The ancient Romans and Greeks weren’t any stranger to werewolves, either. Herodotus described the Neuri, a nomadic tribe of men who changed into wolves for several days of the year. Wolf Zeus, also known as Zeus Lycaeus, was worshipped in the Arcadian region of Greece. It was a deity that had wolf-like attributes. Ovid’s Lycaon, Kooseman says, is the origin of the modern werewolf. In Ovid’s tale, King Lycaon’s immoral behavior leads him to a physical transformation to a wolf.

During the medieval period of European history, belief in werewolves grew along with the belief in witchcraft. There were trials of supposed werewolves in Switzerland, Bavaria and Austria, as well as in other places in Europe. The name werewolf comes from the Old English werewolf, which itself descends from the proto-Germanic wira-wulfaz, or man-wolf.

St. Patrick was said to have transformed King Vereticus of Wales into a wolf, venting his frustration at tribes that resist-



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ed his efforts to convert them to Christianity. Meanwhile, St. Natalis supposedly cursed an Irish family to werewolfdom.

Today’s werewolves are generally depicted as being vulnerable to silver and who shape-shift with the full moon or at night. Transformation into a

wolf may be a hereditary condition or it may be transmitted by the bite of another werewolf. Sometimes, the human form of the werewolf may also exhibit special gifts, such as superhuman speed and strength. If a werewolf is wounded in wolf form, the

wounds will also show in human form. According to Encyclopedia Britannica, werewolves are believed to turn into vampires after they die.

Some famous werewolves are J.K. Rowling’s Remus Lupin and Fenrir Greyback, Scott Howard from the “Teen Wolf”

movies and television shows, David Kessler from “An American Werewolf in London,” Garth Fitzgerald IV in “Supernatural,” Bertrand Caillet from Guy Endore’s “The Werewolf of Paris,” and Jacob Black from Stephenie Meyer’s Twilight series.



# Party Punches

Set the scene for a spooky night of fun with these scary easy Halloween party punch recipes.

## WORMY ORANGE PUNCH

Makes 20 servings. Recipe is from “Taste of Home.”

1 gallon orange sherbet, softened  
1 quart pineapple juice, chilled  
1 liter lemon-lime soda, chilled  
Gummy worms

1. Combine the sherbet and pineapple juice in a punch bowl. Stir well. Add the soda and stir again until the sherbet is almost dissolved. Decorate the bowl with gummy worms and serve immediately.

## PUMPKIN KEG BOURBON-APPLE PUNCH

Makes 10-12 servings. Recipe is from Food Network.

1 large, 15-pound pumpkin  
3 red apples  
2 tablespoons whole cloves  
12 cups apple cider  
750 mL bourbon  
20 dashes bitters  
3/4 cup lemon juice

1. Cut the top off the pumpkin. Clean out the seeds and pulp. Insert a tap in the empty pumpkin according to package directions and set aside.

2. Slice the apples into thin rings and place on a parchment-lined baking sheet. Stud each slice with 5-6 whole cloves and freeze until solid.

3. Stir together the cider, bourbon, bitters and lemon juice in the



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cavity of the pumpkin and top with the pumpkin lid. Refrigerate until the pumpkin and the punch are chilled, at least 2 hours. Remove the lid, add the apple slices and serve.

## HALLOWEEN PUNCH

Makes 24 servings. Recipe is from “A Couple Cooks.”

64 ounces 100% cranberry juice or juice blend  
64 ounces apple juice or cider  
2 liters ginger ale  
2 4-5-inch chunks dry ice

1. Add the chilled ingredients to a punch bowl and stir. Break the dry ice into chunks and add to the punch bowl. Don't touch the dry ice with your bare hands or drink the dry ice. The smoking should last 5-10 minutes.

## HALLOWEEN PARTY PUNCH

Makes 20 servings. Recipe is from “Tasty.”

40 ounces lychees in syrup  
40 blueberries

Red food coloring  
12 cups cranberry juice  
3 cups ginger ale  
2 cups vodka, optional  
3 food-safe gloves, powder-free nitrile or latex

1. Fill each plastic glove with water until about 2 inches from the opening of the glove. Twist the opening and tie into a knot. Freeze for at least 4 hours or overnight.

2. Make the lychee eyeballs by placing a blueberry into each peeled and pitted lychee. Reserve the liquid from the canned lychees.

3. Use a toothpick to paint red food coloring on each lychee to resemble the veins on an eyeball. Add the lychees to a large punch bowl.

4. Pour in the cranberry juice, ginger ale, lychee juice and vodka, if using.

5. Remove the gloves from the freezer and run under warm water for 15 seconds. Use scissors to cut off the knot and slide the ice out of each glove and into the punch.

6. To serve, ladle the punch and a couple of eyeballs into each glass.



# Famous Mummies

It's hard not to get all wrapped up in Halloween fun facts and activities.

OK, that was a cheap shot. But these famous mummies are no joke.

## **KING TUTANKHAMUN**

Egypt's boy king died 3,000 years ago at the age of 19. His mummified body was discovered in 1922 and quickly became an international sensation. His previously unopened and unlooted tomb set off a wave of Egyptomania around the world. His mummy showed the pharaoh had malaria and a rare bone disorder of the foot. DNA tests helped identify a mummy thought to be his father, Akhenaten, and his mother, whose name is unknown.

## **OTZI THE ICEMAN**

Otzi's Copper Age remains were discovered in the Alps in 1991. He died between 3350 and 3105 B.C. at the border between Austria and Italy. He is a natural mummy, meaning that conditions on the mountain lead to his mummification rather than any intentional process. Researchers found an arrowhead in his left shoulder and other injuries, leading them to believe he was murdered. Tooth and other analyses showed that he grew up near the village of Feldthums, north of Bolzano, but later went to live in valleys further to the north. His last meal was



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found to be ibex and wheat grain, along with some wild goat bacon.

## **XIN ZHUI, "LADY DAI"**

Xin Zhui died in 168 B.C. and was buried with lacquered dinnerware sets, musical instruments, painted silks and other

grave goods befitting her status as the wife of Li Cang, marquis of Dai. Her coffin was filled with embalming fluid and when she was exhumed in 1971, she had a full head of hair, her skin was soft and her limbs were flexible. Scientists conducted a full autopsy on the

well-preserved body, showing she died around age 50 of a heart attack.

## **VLADIMIR LENIN**

The first Soviet ruler's body is preserved in Moscow's Red Square using acetic acid and vodka. Lenin died in 1924 and

his body has been on almost continuous display since 1930. After the fall of the Soviet Union until 2016, the mausoleum was kept afloat by private donations. Since 2018, various Russian politicians have argued for removing Lenin's body, but for now, it's still on display.



# Scary Good Hors D'Oeuvres

Stick your fingers into these party-perfect finger foods. Some of these just might poke you back.

## MINI PUMPKIN CHEESECAKES

Makes 12. Recipe is from “The Pioneer Woman.”

### Ingredients

For the crust:

- 7 full sheets of graham crackers
- 1 1/2 tablespoons packed light brown sugar
- 1/4 teaspoon salt
- 5 tablespoons unsalted butter, melted

For the filling:

- 8 ounces cream cheese, softened
- 3 tablespoons packed light brown sugar
- 2 tablespoons maple syrup
- 1 large egg
- 1 large egg yolk
- 1 cup pumpkin puree
- 1 teaspoon vanilla extract
- 1/2 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt
- Whipped cream

### Directions

1. For the crust, preheat the oven to 350 degrees. Line a standard 12-cup muffin tin with liners. Place the graham crackers in the bowl of a food processor and pulse until fine crumbs form. Add the brown sugar and salt and pulse again. Drizzle in the melted butter and process until the crumbs are moist.

2. Scoop a heaping tablespoon of graham cracker mixture into each muffin liner. Press the crumbs flat into the bottom of each cup with a drinking glass. Bake for 5 minutes, until golden. Transfer the muffin tin to a wire rack to

cool.

3. Beat the cream cheese, brown sugar and maple syrup in a large bowl with an electric mixer at medium-high speed for 2-3 minutes, until fluffy. Scrape down the sides of the bowl, lower the mixer speed and add the egg and yolk. Beat in the pumpkin and vanilla, then the cornstarch, spices and salt. Divide the filling evenly among the 12 cups, filling each about 3/4 of the way. Bake 10-12 minutes, until the edges are set and dry and the centers are slightly jiggly.

4. Cool for 30 minutes. Transfer to the refrigerator for an hour. To serve, remove the cheesecakes from the pan and peel away the liners. Arrange on a platter and garnish with whipped cream.

## MONSTER TOES

Makes 8-10 servings. Recipe is from Food.com.

### Ingredients

- 1 pound cocktail sausages
- 6-8 flour tortillas
- Ketchup and mustard

### Directions

1. Heat the oven to 350 degrees. Cut a wedge into the end of each sausage to make a flat toenail. Cut the tortillas into strips about 4 inches long and a half inch wide. Discard the ends.

2. Soften the strips in the microwave between damp paper towels for 10-30 seconds.

3. Roll each sausage in a tortilla strip and secure with a toothpick. Leave the toenail sticking out. Place on a cookie sheet and bake for 7-8 minutes. Fill the toenail with ketchup or mustard (or both!) and remove the toothpicks.





# Vampires Throughout History

Vampires are undead creatures who make their living snacking on the fresh blood of the living.

They are international ghouls of mystery, popping up in cultures around the globe from ancient times until today.

The term vampire possibly comes from the German *vampir*, which may, in turn, come from the Turkic term for witch. Another theory is that it comes from a Slovak verb meaning to thrust or bite. Vampire first appeared in English in 1732 in reports about a vampire epidemic in eastern Europe.

The ancient Mesopotamians, Hebrews, Greeks and Romans all reported similar tales of blood-sucking undead, though they didn't call them vampires. In a lot of these stories, the vampires are the undead remains of evil people, suicide victims or witches, but they can also be created by evil spirits or, of course, being bitten by a vampire. In some traditions, such as in China, a body can become undead by something as simple as an animal leaping over the corpse.

Similarly wide discrepancies are reported in locating the grave of a vampire. In Albania, a virgin boy must be led on a white virgin stallion through the graveyard. The horse would balk at the grave of a vampire. Holes appearing over the grave are another sign that



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the deceased isn't quite so deceased, as are a plague of dead cattle.

Tales abound on how to prevent the making of a vampire. Burying a corpse upside down was a widespread anti-vampire practice, as was severing the tendons at the knees to prevent the dead from rising up.

One could also place millet or sand on the grave, which wouldn't prevent the rise of the vampire, but would keep it busy all night counting the grains.

Garlic is common worldwide as a protection against vampires who manage to avoid sand traps and tendon-sever-

ing, though sometimes mustard seeds are said to work as are branches of wild rose.

The aristocratic Count Dracula is perhaps the most famous vampire. The titular character of Bram Stoker's 1897 horror novel is said to have been inspired by the 15th-century Wallachian prince Vlad

the Impaler. Stoker's Dracula is a Transylvanian nobleman who claims to be descended from Attila the Hun. He lives in the Carpathian Mountains near the Borgo Pass. His charm, charisma and aristocratic good looks are out of the vampiric norm and are the basis of most of today's vampire costumes.

# All Treats, No Tricks

Sweeten your Halloween bash with these gastric goodies.

## BLACK MAGIC CAKE

Makes 8-10 servings. Recipe is from The Food Network.

### Ingredients

2/3 cup vegetable oil, plus more for greasing the baking pans  
 1 cup Dutch-process cocoa powder  
 1 cup boiling water  
 2 cups granulated sugar  
 1 3/4 cups all-purpose flour  
 2 teaspoons baking powder  
 1 teaspoon salt  
 1 cup whole milk  
 2 large eggs  
 1 tablespoon vanilla extract

### For the filling and frosting

1 1/2 cups heavy cream  
 3/4 cup Dutch-process cocoa powder, sifted  
 8 ounces semisweet chocolate, chipped  
 1 teaspoon espresso powder  
 1 teaspoon pure vanilla extract  
 Pinch of salt  
 2 tablespoons unsalted butter  
 1/3 cup confectioner's sugar, sifted

### For mummy decoration:

2 cups miniature marshmallows  
 Cooking spray  
 2 candy eyes

### Directions

1. Position an oven rack in the center of the oven and preheat to 350 degrees. Line the bottom of two 9-inch round cake pans with parchment and grease the parchment and sides of the pans with oil.

2. Stir together the cocoa powder and boiling water. Let sit to bloom for 5 minutes.

3. Whisk together the granulated sugar, flour, baking powder and salt in a large bowl. Whisk together the bloomed cocoa, oil, milk, eggs and vanilla and a medium bowl. Add the wet to the dry and stir until smooth. Divide the batter evenly between the prepared cake pans. Bake 30-40 minutes or until a toothpick in the middle comes out clean. Cool in the pans on a rack.

4. Heat the cream in a double boiler over low heat, whisking occa-

sionally until it begins to steam. Whisk in the cocoa powder, chocolate, espresso powder, vanilla and salt until smooth, about 2 minutes. Whisk in the butter until melted. Whisk in the confectioner's sugar until incorporated. Let the frosting cool completely.

5. Put one cake, bottom side up, on a serving plate. Spread a cup of the frosting over the top but not all the way down the side. Top with the other cake, bottom side up, and frost the top and sides with the remaining frosting. Microwave the marshmallows until they swell and are soft

enough to stir, about 1 minute. Let sit to cool for a few minutes. Spray your hands with cooking spray, then stretch the marshmallow so the strings on the top of the cake will run in the same direction. Pick a gap and garnish with the candy eyes.

## SPOOKY S'MORES PIZZA

Makes 18 servings. Recipe is from The BakerMama.

### Ingredients

1 0.25-ounce package active dry yeast  
 1 tablespoon sugar

1 cup warm water  
 2 cups all-purpose flour  
 3/4 cup finely crushed graham cracker crumbs, divided  
 1 12-ounce bag semisweet chocolate chips  
 1 10-ounce bag miniature marshmallows  
 3 chocolate cream-filled sandwich cookies

### Directions

1. Add the yeast and the sugar to a large mixing bowl. Pour in the warm water and let proof until foamy, about 10 minutes.

2. Stir in the flour and 1/2 cup graham cracker crumbs. Dough will be sticky. Using floured hands, form into a ball. Lightly grease the bowl and place the ball of dough back in it. Cover the bowl with plastic wrap and let it rise in a warm place until doubled in size, about 30 minutes.

3. Preheat oven to 450 degrees. Line a large sheet with parchment paper.

4. Punch down the dough. Form it into a rectangle shape on well-floured surface and roll into a rectangle that will fit on your baking sheet. Transfer it to your sheet and shape it with your hands to look like a ghost.

5. Sprinkle the remaining graham cracker crumbs over the dough. Sprinkle the chocolate chips over the middle of the ghost, leaving a 1-inch rim around the edges. Bake for 5-8 minutes or until the crust starts to turn light brown and crisp. Remove from the oven and sprinkle the marshmallows over the chocolate. Return to the oven for five minutes or until the marshmallows are lightly toasted and starting to turn brown.

6. Split the cookies in half. Take the halves without cream and place on the pizza as the eyes and mouth. Slice and serve while still gooey.



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# Ghosts Through Time

Ghosts have breezed through our dreams and nightmares since time immemorial.

Here are some of history's most splendid spooks.

## KING HAMLET

Shakespeare's Prince Hamlet is the star of the show, but without his father's ghost, the story would be lacking. King Hamlet appears four times in "Hamlet," telling the titular Hamlet that he was murdered and asking him to avenge his death. He returns to rebuke Hamlet for not avenging him. He is also called simply Ghost and has been played by such luminaries as Shakespeare himself (allegedly), Laurence Olivier, Patrick Stewart and Brian Blessed.

## CASPER

Not all ghosts are scary, and that's true of the little white Casper the Friendly Ghost. He was created by Seymore Reit and Joe Oriolo in the 1930s and is often joined by Wendy the Good Little Witch and Hot Stuff the Little Devil.

## SLIMER

Ghosts can also be hilarious. Slimer is a green glob of a ghoulish creature featured in the "Ghostbusters" movie and franchise. He's obnoxious, spews slime and often displays gross behavior. During pre-production of the 1984



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movie, Ivan Reitman remarked that Slimer was similar to Bluto in "Animal House," and likened the green goblin to the ghost of John Belushi.

## ABRAHAM LINCOLN

The ghost of assassinated President Abraham Lincoln is said to haunt the White House.

First Lady Grace Coolidge was the first to have (reportedly) seen the (reported) ghost, standing at a window in the Yellow Oval Room, staring out at the Potomac River. Since then, Queen Wilhelmina of the Netherlands, British Prime Minister Winston Churchill and Theodore Roosevelt all claimed to have seen Lincoln

haunting the West Wing.

## THE FLYING DUTCHMAN

This one's not the spirit of a former human, but a whole ship. The first reference to the ship appears in a 1790 book by John MacDonald. The Flying Dutchman is a sailing ship that came round Cape Horn during bad weather and was

unable to make port. In other stories, the ghostly vessel is in the North Atlantic and in some tales, she's a pirate ship. Prince George of Wales, the future King George V, claimed to have seen her. A Nazi submarine commanded by Admiral Karl Donitz also supposedly sighted her east of Suez.