

Horrors! A Monster Hit
Would you mess with someone who is 8 feet tall with bolts sticking out of his neck? The Frankenstein monster is a real scream and known by many as big, bad and green. However, the literary character's skin was actually yellowish. In any case, this oversized science-run-amok fictional figure has gripped wild imaginations for decades.

- British author Mary Shelley, challenged to write a ghost tale, breathed life into Frankenstein's monster with her 1818 novel.
- In his book "In Search of Frankenstein," Radu Florescu deduced that Shelley's inspiration for the title of her tale can be credited to Burg Frankenstein, a German castle.
- Shelley's creature was brought to life by a young Swiss she named Victor Frankenstein, who assembled body parts of the deceased.
- In 1931, Universal Studios brought Frankenstein to the big screen, and its success helped launch the horror movie genre. The New York Times review noted that it "aroused so much excitement ... that many in the audience laughed to cover their true feelings."
- The 1974 movie "Young Frankenstein" was voted the 13th best comedy of all time by the American Film Institute.

An Intimidating Icon
"Whereas boot-makers have to spend millions to establish a trademark, I was handed a trademark free of charge." —Boris Karloff, whose role as Frankenstein's monster in the 1931 flick made the character a horror icon.

You, Too, Can Become an Author

Lots of people aspire to write their own book, but unfortunately the legwork of actually getting it published has deterred many brilliant writers from ever putting pen to paper. Fortunately in today's society, the powers of digital technology and self-publishing services take the red tape out of getting a book on the shelf. You don't have to be a celebrity with a scandalous story to tell or even have an English degree to see your manuscript in print. Ordinary people are discovering the options to affordably publish books for their personal libraries or to sell on their own.

Lots of options are available to get your project started. Tools range from total self-publishing services that allow you complete control over all aspects of your book to independent book

publishers that offer support in certain areas along the way. No matter what option you choose, you now have the power and resources to publish a professionally designed book on your own. Print-on-demand resources make printing in small quantities—even one at a time—possible.

To learn what services are best for you, check out sites such as *iUniverse.com*, *AuthorHouse.com* or *Lulu.com*, or search online for the keywords "self-publishing" or "independent publishing."



Three Cheers for a Great Toast

Many situations in life call for a formal celebration. While it's fun being part of a celebratory group, it's not always fun being responsible for one part of the party: the official toast. This practice requires at least one brave soul to stand before a crowd and offer a few words. While some excel at such social situations, others may shudder at the idea, getting tongue-tied and flustered. If you ever find yourself in need of such a speech, the following guidelines will help

you deliver a perfectly articulated toast every time.

First, acknowledge everyone in attendance to draw your audience in. Make them feel included, and thank them for coming. Then, offer a sincere thanks to the people responsible for pulling the event together.

After that, think about the reason you're celebrating. Is there a well-known quote or joke that instantly comes to mind? If so, both are easy transitions to the next part of the toast: honoring the person or reason for the event. This can be short and sweet or as lengthy as you wish, so long as the message is honest and comes from the heart.

A few more tips: Speak clearly and deliberately, maintain eye contact and smile. Remember, it's not really what you say but the fact that you're saying anything in the first place that matters.

The Many Ways to Earn Miles

Wouldn't it be nice if you could earn frequent flier miles while sitting at your computer? You can. Of all the ways to earn frequent flier miles, www.E-Miles.com goes a long way to help consumers reach their destinations. Signing up with E-miles is free, and it takes only a few clicks of the mouse to earn frequent flier points with airlines such as Delta and US Airways. In fact, you earn 100 miles just by enrolling. All E-miles asks in return is that you answer marketing questions from companies relevant to your interests. If that isn't easy enough to accumulate flier miles, consider these options:

Showtime. Membership to the movie outfit Netflix has flier-mile perks. That includes the airlines American and Delta, which will reward you with 1,500 miles for being a Netflix member.

The eyes have it. In the market for Lasik vision correction? You could earn 25,000 miles through Delta by having the procedure at a participating LasikPlus center.

Sleep on it. Some hotels, such as Radisson and Hilton, offer miles when you book rooms. You can earn points while you sleep.



Pumpkin Pie Muffins

Ingredients:

- 1 cup all-purpose flour
- 3/4 cup whole wheat pastry flour
- 1 1/4 cups granulated sugar
- 1 1/4 teaspoon baking soda
- 1 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 cup raisins
- 2 large eggs, lightly beaten
- 1 cup canned pumpkin puree
- 1/3 cup canola oil
- 1/3 cup water
- 2 tablespoons pumpkin seeds, raw and hulled

Directions:

Preheat oven to 350° F. Spray cups of a 12-cup muffin pan with nonstick spray. Sift flours, sugar, baking soda, cinnamon, salt, nutmeg and cloves into a large bowl. Stir in raisins. Beat eggs, pumpkin puree, oil and water together in another bowl. Add pumpkin mixture to flour mixture and stir until just blended.

Spoon batter into muffin cups, filling each about two-thirds full. Sprinkle with pumpkin seeds. Bake until a toothpick inserted into a muffin comes out clean, about 20 minutes. Cool in pan on a rack for 10 minutes; remove muffins from pan and serve warm, or cool completely on rack.

For more healthy ideas, visit Wiley.com to learn more about the book "Weight Watchers Eat! Move! Play!"

Wit & Wisdom

"We must not make a scarecrow of the law, Setting it up to fear the birds of prey, And let it keep one shape till custom make it Their perch, and not their terror."
—William Shakespeare

"That proves you are unusual,' returned the Scarecrow; 'and I am convinced the only people worthy of consideration in this world are the unusual ones. For the common folks are like the leaves of a tree, and live and die unnoticed.'"
—L. Frank Baum

"I feel a little like the scarecrow in the 'Wizard of Oz' who suddenly discovers he had a brain all along. He just didn't have a piece of paper to prove it."
—Barbara Bush

"To see him striding along the profile of a hill on a windy day, with his clothes bagging and fluttering about him, one might have mistaken him for the genius of famine descending upon the earth, or some scarecrow eloped from a cornfield."
—Washington Irving

"Logical consequences are the scarecrows of fools and the beacons of wise men."
—Thomas Henry Huxley

"Better to smile on all that smile, and show there is a comfortable kind of old scarecrow."
—William Butler Yeats

Helpful Community Reminders & Tips



~Prepare for the cold months~

Check your heat tape.

Properly insulate your home.

Secure your skirting—this will protect your water lines plus keep the critters out and prevent damage.

When temperatures drop, it is a good idea to open your cabinets under your sinks to share the heat inside your home.

Never leave your faucets dripping.

~Plowing~

Plowing season will begin soon. Please be sure to leave room for plow trucks to come through.

~Reduce Your Heating Bill This Winter ~

One of the least expensive

ways to manage your heating costs would be to switch to a programmable thermostat. It may also be helpful to have your furnace inspected to ensure that it is operating efficiently.

Remember to change furnace filters often!

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