

Southern Illinois News



October 2025



IN THIS ISSUE:

**Proudly
supporting
local law
enforcement
who protect
and serve**



Southern 7 Health Department Provides Reassurance Amid Government Shutdown

The Southern 7 Health Department understands the concerns that many families who rely on Head Start and WIC services may have following the recent government shutdown. In times of uncertainty, access to health and early childhood services is essential, and Southern 7 wants to reassure the communities it serves that these programs will continue to operate without interruption—at least for the foreseeable future.

As of now, WIC (Women, Infants, and Children) remains fully operational in Illinois, with funding expected to carry through October 2025. Families currently enrolled in the program will continue to receive nutrition support, health screenings, and other services as normal.

Regarding Head Start, Southern 7 anticipates that funding will continue through the end of 2025, allowing the program to maintain its schedule and services. There are no planned program changes at this time. Families should

rest assured that the educational and developmental support their children receive through Head Start will proceed as usual.

Southern 7 Health Department serves the seven southernmost counties in Illinois and is committed to promoting public health through disease prevention, healthy living, and access to care. As the regional Head Start Grantee, Southern 7 takes seriously its responsibility to support children and families, especially during times of uncertainty.

The department extends its gratitude for the patience and understanding shown by families during this time. For any questions or concerns, community members are encouraged to contact Southern 7 Health Department at 618-634-2297.

Southern 7 remains committed to ensuring the continuity of vital services and the well-being of the families it serves—no matter the challenges.



Supporting your local police department

Local police officers work every day to protect our neighborhoods, respond to emergencies, and keep our communities safe. Supporting them not only shows appreciation but also helps strengthen the connection between law enforcement and residents.

There are many simple ways to show support—thanking an

officer, following safety laws, or attending community events hosted by the police. Local businesses can offer discounts, while schools can invite officers to speak with students, building trust from an early age.

Residents can also attend town meetings and advocate for resources that help officers do

their jobs safely and effectively, such as training, mental health support, and equipment.

By supporting your local police, you contribute to a safer, stronger, and more united community—one built on mutual respect and cooperation.

HALLOWEEN IS COMING!

- Roasted Pumpkin Seeds
- Chibi Pumpkins Pie
- Healthy Halloween Treats



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Safe Communities

Honoring Those Who Keep Them That Way

By Wilbur Jackson
KPI Writer

Safe communities allow residents to thrive and live their lives to the fullest. Neighborhoods that offer peace of mind and security are among the most sought-after places to live. But achieving and maintaining such a sense of safety is no small task. Local police forces play a crucial role in ensuring their communities remain secure, and it's no surprise that residents often want to show appreciation for these dedicated professionals.

One effective way for communities to show support is by offering discounts to law enforcement officers and their families. Small businesses especially benefit from safe streets and secure shopping districts, so it's fitting they give back. Restaurant and shop owners can

provide year-round discounts to active and retired law enforcement officers and their families, increasing those perks during high-traffic seasons like the holidays. These small gestures go a long way in showing gratitude.

Another great way to build community support is to showcase officers on social media. Local governments or community organizations can feature a different officer each month, sharing their backgrounds, achievements, and motivations for joining the force. These profiles humanize officers and help strengthen the relationship between law enforcement and the people they serve.

Public events such as parades, school sports games, and holiday festivals also provide ideal opportunities to honor police officers. Officers can



be featured during halftime announcements or recognized in community parades. Residents can meet and thank the officers in person, putting a name and a face to those who help maintain the community's safety.

Lastly, supporting police during town council meetings is an important, often overlooked, way to show appreciation. Residents can advocate for improved pay, better equipment, and expanded training opportunities for local

officers. Supporting policies that benefit law enforcement ultimately contributes to a safer, more effective police force.

There are countless ways for individuals, businesses, and civic leaders to express their appreciation

for law enforcement. Whether through small acts of kindness, public recognition, or policy support, communities can ensure their officers feel valued and empowered to continue protecting the places we all call home.

Many skilled professionals work in police departments

Each and every day, communities rely on law enforcement agencies to keep their cities and towns orderly and safe.

Uniformed patrol officers may be the most visible employees of police departments, but there are many individuals who work in concert to keep communities safe and precincts running smoothly. The following are some of the essential personnel who serve in local police departments across the country.

- **Dispatcher/ telecommunicator:** This may be the first person individuals speak with during an emergency situation.

Dispatchers typically work on the phone in police departments or from remote call centers. They patch information through to law enforcement so that officers can respond to situations.

- **Civilian investigators:** Some departments employ civilian detectives to strengthen their investigative services.

They work primarily from desks within the police department. These investigators will look into a wide range of low-level crimes like traffic incidents, burglaries and financial crimes.

Sworn officers are able to devote their time elsewhere in the field as a result.

- **Police technician:** A technician is an entry-level position who assists sworn personnel in followup investigations.

Technicians also may perform other tasks, including working on paperwork or filing incident reports.

- **Officer/detective:** The broadest rank in the police department belongs to those who are police officers, patrol officers and police detectives.

These people respond to emergencies and non-emergency calls, patrol areas, obtain warrants, and perform many other duties, according to the U.S. Bureau of Labor Statistics.

- **Information technology specialists:**



Those with IT experience can work in police departments with video surveillance, in-car mobile data terminals, wireless communications, and global mapping technology to assist with crime prevention.

Some IT professionals enter cybercrime detective units to help solve crimes related to computers and the internet.

- **Victim advocates:** These people help victims of crime cope with trauma and may

work in the services department of a police force. They typically inform victims of their legal rights, including their right to protection.

- **Sheriff:** According to Indeed, a sheriff is an elected official authorized by the state to enforce laws at a county level.

They cover areas that are wider than those covered by local police departments. Sheriffs also may manage local jails and ensure security in

these areas.

- **Evidence custodian:** This is the person who oversees evidence and is responsible for cataloging and securing it safely in storage.

- **Crime scene technician:** The technician is a forensic expert who works with law enforcement to collect evidence found at crime scenes to help solve crimes.

- **Additional officials:** Police departments follow a hierarchy of rank advancement. Above officers one

will find corporals, sergeants, lieutenants, captains, a deputy police chief, and a chief of police. Higher ranks may manage other officers, monitor budgets and programs, enforce policies, and serve as the public face of local police departments.

Various professionals work at police departments across the country.

14 facts about law enforcement

Law enforcement professionals are in the business of keeping people safe and secure. Statista reports that, in 2022, there were 70,566 police officers across Canada and 708,001 officer employed in the United States.

People from all walks of life work in law enforcement, where careers include dispatchers, crime scene technicians and police chiefs. The law enforcement field is vast and interesting, and the following are 14 facts about those who protect and serve, courtesy of Fact Retriever, Kiddle, the National Law Enforcement Memorial Fund, and the Law Enforcement Legal Defense Fund.

1. The Royal Canadian Mounted Police provide police services to every province in Canada except Quebec and Ontario.

2. In 1916, Georgia Ann Robinson be-

came the first African American police woman.

3. Law enforcement agencies are still staffed primarily with men. However, about 12 percent of sworn law enforcement officers in the U.S. are women.

4. The deadliest day in law enforcement history was on September 11, 2001. Seventy-two officers were killed while responding to the terrorist attack on the World Trade Center and other locations.

5. Police are trained in first aid and rescue because they usually are the first to arrive on the scene of an emergency.

6. The police are known by different names in other countries. In Ireland, for example, they are known as the Garda.

7. Around 90 percent of London’s police officers do not carry firearms.

8. Police in the Unit-



ed States cannot make an arrest without probable cause and the intent to prosecute.

9. The vast majority of Americans (71 percent) are satisfied with local police.

10. Most cops (95 percent) never fire their service weapons on duty during their entire careers.

11. 99.9 percent of police calls are resolved peacefully.

12. In colonial America, law enforcement officers had less authority and personnel and were not effective at apprehending criminals. The church congregation would hold trials to “catch” criminals.

13. The first policing organization was created in Egypt around 3000 BCE. However, Nicolas de la Reynie was the first Lieutenant General of the Paris police, and his views on law enforcement were used to form the basis for modern police forces.

14. Only about one-third of a police officer’s time is spent actually enforcing crime. Officers spend the majority of their time maintaining the peace and solving problems.

The most commons crimes in the U.S. and Canada

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Harrisburg Police Department



Marion Police Department

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We honor and stand behind the dedicated officers who work tirelessly to keep our community safe.

THANK YOU!



City of Metropolis



Honoring the sacrifice our police officers make

Police officers make daily sacrifices to keep our communities safe. They face danger, work long hours, and often miss time with family to protect others. Their job requires courage, dedication, and the strength to handle high-stress, sometimes traumatic situations.

These sacrifices are both physical and emotional. Officers put themselves in harm's way and carry the mental weight of the tragedies they encounter—yet they continue to serve with honor.

Communities can show appreciation through simple acts like saying thank you, supporting officer wellness programs, or advocating for better training and resources.

Recognizing the sacrifices of law enforcement fosters unity, trust, and respect. Police service is more than a job—it's a selfless commitment to the greater good, and it deserves our gratitude and support.

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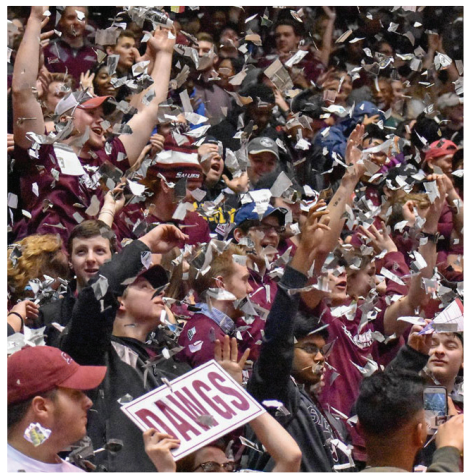
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2025 SIU Salukis Basketball Schedule





DATE	AT	OPPONENT	LOCATION	TOURNAMENT
Oct 17 (Fri)	Home	Austin Peay	Carbondale, IL (Banterra Center)	Exhibition
Oct 29 (Wed)	Away	Lindenwood	St. Charles, MO (Hyland Arena)	Exhibition
Nov 3 (Mon)	Home	McKendree	Carbondale, IL (Banterra Center)	-
Nov 7 (Fri)	Home	UMKC	Carbondale, IL (Banterra Center)	Charles Helleny Tip-Off Classic
Nov 12 (Wed)	Away	Nevada	Reno, NV	-
Nov 17 (Mon)	Away	North Dakota State University	Fargo, ND	-
Nov 23 (Sun)	Neutral	University of Delaware	Jacksonville, FL	Jacksonville Classic
Nov 24 (Mon)	Neutral	UAB	Jacksonville, FL	Jacksonville Classic
Nov 26 (Wed)	Away	Memphis	Memphis, TN	-
Nov 29 (Sat)	Home	Arkansas Little Rock	Carbondale, IL (Banterra Center)	-
Dec 3 (Wed)	Away	High Point	High Point, NC	-
Dec 10 (Wed)	Home	UT Martin	Carbondale, IL (Banterra Center)	-
Dec 13 (Sat)	Away	University of Richmond	Richmond, VA	-
Dec 18 (Thu)	Home	Illinois State University	Carbondale, IL (Banterra Center)	-
Dec 21 (Sun)	Away	Bradley University	Peoria, IL (Carver Arena)	-
Dec 29 (Mon)	Away	Murray State	Murray, KY (CFSB Center)	-
Jan 1 (Thu)	Home	Valparaiso University	Carbondale, IL (Banterra Center)	-
Jan 4 (Sun)	Away	Belmont University	Nashville, TN (Curb Event Center)	-
Jan 7 (Wed)	Away	UIC	Chicago, IL (Credit Union 1 Arena)	-
Jan 14 (Wed)	Home	Drake University	Carbondale, IL (Banterra Center)	-
Jan 17 (Sat)	Home	Belmont University	Carbondale, IL (Banterra Center)	-
Jan 21 (Wed)	Away	Valparaiso University	Valparaiso, IN	-
Jan 25 (Sun)	Away	University of Evansville	Evansville, IN (Ford Center)	-
Jan 28 (Wed)	Home	University of Northern Iowa	Carbondale, IL (Banterra Center)	-
Jan 31 (Sat)	Home	UIC	Carbondale, IL (Banterra Center)	-
Feb 3 (Tue)	Away	Illinois State University	Normal, IL (Redbird Arena)	-
Feb 6 (Fri)	Home	Murray State	Carbondale, IL (Banterra Center)	-
Feb 9 (Mon)	Away	Indiana State University	Terre Haute, IN (Hulman Center)	-
Feb 12 (Thu)	Home	University of Evansville	Carbondale, IL (Banterra Center)	-
Feb 15 (Sun)	Home	Bradley University	Carbondale, IL (Banterra Center)	-
Feb 18 (Wed)	Away	Drake University	Des Moines, IA (Knapp Center)	-
Feb 21 (Sat)	Away	University of Northern Iowa	Cedar Falls, IA (McLeod Center)	-
Feb 25 (Wed)	Home	Indiana State University	Carbondale, IL (Banterra Center)	-
Mar 5 (Thu)	Neutral	MVC Tournament	St. Louis, MO (Enterprise Center)	MVC Tournament



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How do you measure a snake?
What's the difference between a hippo and a zippo?
What do you call a toothless grizzly?
What do you call a pig that's a black belt?
What do you call a fish with no eyes?
What do you call a dog magician?

GUESS WHO ?

I am an actress born on November 6, 1988 in Arizona. I appeared on stage for the first time as a youth. I've played several prominent roles, and won my first Academy Award in 2016 in a musical romantic comedy film about pursuing dreams in Los Angeles and a second in 2023 for a dark comedy role.

Answer: Emma Stone

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to breathing.

H O T U M

Answer: Mouth

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VICTORIOUS *Living* ...in a troubled world

MYSTERIOUS SURGERY:

He removes the stony heart and replaces it with a heart of flesh

By Teresa LeNeave
Leneave2@comcast.net

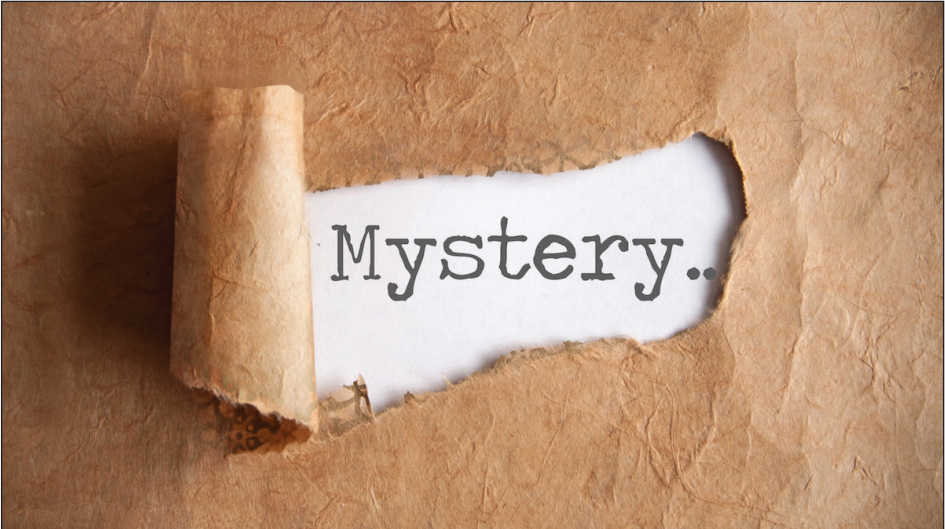
Whether its health or salvation, change always comes from the inside. To me, that is Jesus’ main message: “Verily, verily, I say unto thee, except a man be born again, he cannot see the kingdom of God” (John 3:3). That’s not where it ends. There is more: something beyond being born again. Although, being born again is the gateway, the Bible teaches there is much more than just believing. In fact, “the devils also believe, and tremble” (James 2:19).

I’m reminded of a man named Nicodemus who was a devout Pharisee, a member of the Sanhedrin and a respected teacher of Jewish law. He had all the credentials for believing. He apparently, like all the other Jews of his time, was expecting a coming Messiah – a Messiah who would

be King of the Jews. At the same time, Jesus, a Rabbi who was healing the sick and drawing huge crowds, captured the attention of Nicodemus, but he just couldn’t seem to connect all the dots. Nicodemus had lots of questions.

Because Nicodemus really did have a good heart toward God, and toward his fellowman, Jesus and His message, it was probably very enticing to Nicodemus. He was curious and wanted to know more about this mysterious man. Nicodemus being a highly educated man, was probably amazed at Jesus’ wisdom and his ability to perform great miracles. He was sure that only someone who had been sent from God could do these things.

While Nicodemus was fascinated by Jesus, the rest of the Sanhedrin were upset with Jesus. They were strongly against a



law-defying, preacher turning the hearts of the people toward something they couldn’t understand. Because of the Sanhedrin’s opinion of Jesus, Nicodemus eventually arranges a secret meeting with Jesus in the darkness of night so no one would see him. He begins to question Jesus about the law.

He even tells Jesus, “All you’re teaching - I’m doing”.

After some conversation, Nicodemus admits he believes Jesus is truly the promised

Redeemer since only a man sent from God could do what He was doing. Christ responds by saying, “...except a man be born again, he cannot see the kingdom of God”. Nicodemus was shocked and quickly asked, “How can a man be born when he is old? Can he enter the second time into his mother’s womb, and be reborn?”

This is where change comes from the inside: Jesus explains that a person who wants to follow God must be born two times. They must

be born once in the natural and once in the spiritual. Jesus was explaining that no matter how much a person knows, or how much good they do, everyone needs to be changed on the inside.

Unfortunately, at this meeting, Nicodemus chooses not to join Jesus’ team. There were things he wasn’t, yet, willing to give up. In my heart, I believe Nicodemus finally does commit his life to Christ, although we can’t be sure of that. I also

believe Nicodemus represents most all of us. We want change, but change is uncomfortable. And, being born again is hard to understand, but it simply means we have a new identity with a new purpose for living.

Only Jesus can perform this miraculous surgery: He removes a stony heart and replaces it with a heart of flesh. He changes us from the inside out. God says, “A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh” (Ezekiel 36:26). What a great promise! This surgery takes us beyond simply believing Jesus is real to believing He lives in our heart and has the power to mysteriously transform us into His likeness.



By Gary Miller
Outdoortruths.org

I have hunted big game most of my adult life. I have written about my experiences over 20 years. Those experiences are not spectacular. Most of them have come in random places at random times, and without the resources to make them anything special. That is, I have only paid for one hunt but have relied on special friends for the opportunities I have been given. I have no trophies that would

cause anyone to think I am some special or gifted hunter. I am a blue-collar, mediocre private land hunter. Don’t get me wrong, my Midwest opportunities are special, and they create for me an opportunity that many don’t have. But even these only come because of special friends and their unmerited graciousness to me. I have also made ministry to men the biggest part of my life for these past

20 years as well. During that time, I have traveled and spoken at places I would have never dreamed. But again, most of the places fall within what most of us would call normal churches and venues. None of them fall into stadiums or coliseums. I have written 5 books. Four of these are compilations of my articles. Again, nothing outstanding. And their sales? Mediocre at best. But compared to some

others, I have been beyond blessed and extremely successful. Why am I telling you all of this? Because I want us all to see that privilege and blessings are not always by our good decisions. That our positions, prosperity, and health are not all actions of our decisions or our free will. Some things – in fact many many things are pre-determined by God. For instance, we had no say in what country we would be born in, what race we would be, what would be our mental capabilities – or incapacities, or who, or what our parents would be. We had no say if our mother would be a drug addict, or our father would begin abusing us as a child. These were forced on each of us by God and by a sinful world. Why? I don’t know. But what I do know

and believe is this. Jesus sat and ate with tax collectors and “sinners.” He was criticized for it because everyone believed, at that time, tax collectors were dishonest and sinners were well, sinners. And those who were born blind or had other handicaps, were believed to be that way because of their sin or the sin of their parents. But Jesus knew better, and that’s why he went to them. He understood that many of their predicaments had nothing to do with any decision they made. It had everything to do with what God determined and what sin in general, destroyed. He went to the hurting, hungry, and handicapped, and healed, fed, and restored. And then told his apostles to do the same. He used this sentence.

“I desire mercy and not sacrifice.” He was telling the religious crowd that while your religious activity was fine and your spiritual sacrifices were okay, the compassion and kindness you show to those who have not had your privileges are the best. Remember, if you are one who God has blessed with basics or abundance, find those who seemingly haven’t been. It will remind you to be humble in your position and thankful for your determined and unmerited blessings. And perhaps who will be the one God uses to heal, feed, and restore – until God makes everything right in heaven. I’ll talk about this article on Tuesday morning at 6:30 central time. Find the zoom link on my website.

Halloween is a magical time of year. Homes are adorned with festive fall accoutrements, including hay bails, pumpkins and mums as well as the black, purple and orange decorations that are unique to a season of ghouls and goblins.

Healthy Halloween snack options



Although decorating is a large part of the fun of Halloween, the sweet treats that are distributed to trick-or-treaters and presented at Halloween parties are arguably the most popular component of this beloved holiday. Candy is everywhere come Halloween. The National Confectioners' Association reports that Halloween is the largest confectionary holiday, followed by Easter and Christmas. The National Retail Federation and NCA indicate the average American consumes 3.4 pounds of candy around Halloween, and 600 million pounds of candy are purchased across the country for the holiday.

- Is it possible to escape the Halloween sugar overload? For those who want to enjoy some healthier options than candy corns and other sweet staples, these ideas are not so frightening.
- **Pizza mummy:** Use slices of toasted sandwich bread or English muffins to make some spooktacular fare. Coat the bread with pizza sauce. Then place thin vertical slices of mozzarella cheese in a haphazard pattern to replicate the look of gauze on a mummy. Two pieces of sliced black olives serve as the eyes.
 - **White, orange and yellow platter:** Simulate the look of candy corns' white, orange and yellow color palette with healthier offerings. Stack cauliflower, or another white food like monterey jack cheese, baby carrots and yellow bell peppers on a platter. Serve with your favorite dip.
 - **Deviled brains:** Turn regular deviled eggs into something more sinister for Halloween buffet tables. Simply add food coloring to the filling to create a pinkish-brown hue that resembles a human brain. Then use a piping bag fitted with a thin icing tip to pipe the shape of brains onto the hardboiled egg halves.
 - **Veggie skeleton:** Use assorted vegetable slices, cheese sticks, fruits, nuts, and more to inspire a Halloween-inspired charcuterie board. Arrange everything to resemble a skeleton on the platter.
 - **Ghostly bananas:** Insert popsicle sticks into the bottoms of bananas and freeze until solid. Prepare white melting chocolate according to directions, then dip the frozen bananas into it. While wet, stick on two mini chocolate chips to make the eyes of the ghosts. Place in the refrigerator to harden.
 - **Spider crackers:** Use buttery Ritz® crackers or something similar for this recipe. Spread a relatively thick layer of cream cheese (or peanut butter if allergies are not a concern) on one cracker. Cut thin pretzel sticks in half and use four on each side to make spider legs, sticking them into the cream cheese. Top with another cracker and secure to the cream cheese. Raisins connected with more cream cheese complete the eyes of the spiders.

Anyone can use his or her imagination to make delectable and healthy Halloween offerings in lieu of more sweets.

Decorate a festive pie for Halloween party fun

Candy may be a mainstay of Halloween celebrations, but other desserts also can make festivities even more enjoyable — especially when those desserts coordinate with the Halloween theme. The word "chibi" means "short and chubby" in Japanese, but it also has expanded to refer to characters with especially cute, babylike features. The chibi style lends itself well to jack-o'-lantern designs, which many people find cute, short and chubby. Making a jack-o'-lantern themed pie is even easier when pumpkin — which is an especially popular flavor this time of year — is the pie of choice.

Find your favorite pumpkin pie recipe or purchase a store-made one and some refrigerated pie dough to add some Halloween flair with this instructional guide for "Chibi Pumpkin Pie" courtesy of "Pies are Awesome: The Definitive Pie Art Book, Step-By-Step Designs for Every Occasion" (Rock Point) by Jessica Leigh Clark-Boijin.

Chibi Pumpkin Pie

Ingredients:
Egg wash (or almond milk if making a vegan pie)
Vanilla extract
Brown, black, green and pink gel food color
Opaque white icing color
Orange and yellow sanding sugar

Supplies:
Pie pan of your choice
Baking sheet
Parchment paper
Food-safe precision knife
Pastry brush
Food-safe artist brushes
Ramekins or small containers to mix color and hold egg wash
Fondant sculpting tool or toothpick



- Since this pie is a literal picture of a pumpkin, I think it makes sense for the filling to be pumpkin, but then again, who am I to stifle your creativity? Since this pie has a sanding-sugar top, you can use any flavor of filling you like and the dough of your choice. You also can use a store-bought pie.
1. Roll out the dough of your choice onto parchment paper and cut out all the chibi pumpkin template pieces with a sharp knife. (Note: Make your own template or purchase the book for instructions on how to download and print out the template for this pie).
 2. Coat the pieces in the egg wash using a pastry brush. While the dough is still wet, use a fondant sculpting tool to score some lines on the stem and the leaf.
 3. Paste the leaf to the stem with your egg wash, then cut out three thin strips of dough to make vines. Coat these in egg wash and coil them around the stem and leaf in whatever way floats your boat. I made a little curlicue with one of mine because it reminded me of baby doll hair!
 4. Mix your gel colors with a tiny bit of vanilla extract. Using a food-safe brush, paint your pieces. If the filling of your pie is quite dark, consider painting the face bits yellow, or even just leaving them dough-colored. If the filling background is bright, like this sanding sugar design, then choose a dark color like black. Paint the stem green and the cheeks pink. To make the stem a little more "natural," I gave it a quick wash with a more diluted green color to let some of the natural dough show through. Bake the pieces at 400 F for about 8 minutes (your oven may need a little more or less time).
 5. Bake your base pie now and flatten down about 2 inches at the top of the trim to accommodate the stem. If you're using a store-bought pie, break off a little bit of the trim so the stem can lie flat.
 6. Once your base pie has cooled and you are ready to serve it, add your sanding sugar. I've made a bit of an ombre effect with yellow at the top fading to orange at the bottom, but you do you! A solid color will look cool, too. The final step is adding the face. To get the true chibi effect, place the eyes below the center line of the face.

How to roast pumpkin seeds



Carving jack-o'-lanterns is a Halloween tradition that both adults and children enjoy. It's hard to resist an opportunity to carve a funny or scary face into a pumpkin that will soon make its way to the front porch, but there's another irresistible element to carving pumpkins as well.

Roasted pumpkin seeds make for a tasty, tempting treat. Seeds must be removed before carving pumpkins, so turning them into a savory snack is a great way to make use of them and cook up some fuel for family carving sessions.

Roasting pumpkin seeds is a straightforward process, though some people may have their own techniques to make seeds more flavorful. The following recipe for "Pumpkin Seeds" from the Food Network reflects various ways to prepare this beloved snack, ensuring that people with varying tastes can no doubt find a way to incorporate their favorite flavors into this Halloween staple.

Pumpkin Seeds

1. Seed the pumpkin: Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.
2. Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.
3. Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.
4. Add spices: Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.
5. Sweet Toss with cinnamon and sugar (do not use salt in step 4).
6. Indian Toss with garam masala; mix with currants after roasting.
7. Spanish Toss with smoked paprika; mix with slivered almonds after roasting.
8. Italian Toss with grated parmesan and dried oregano.
9. Barbecue Toss with brown sugar, chipotle chile powder and ground cumin.

Shop Big John for all the ingredients to these recipes!



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