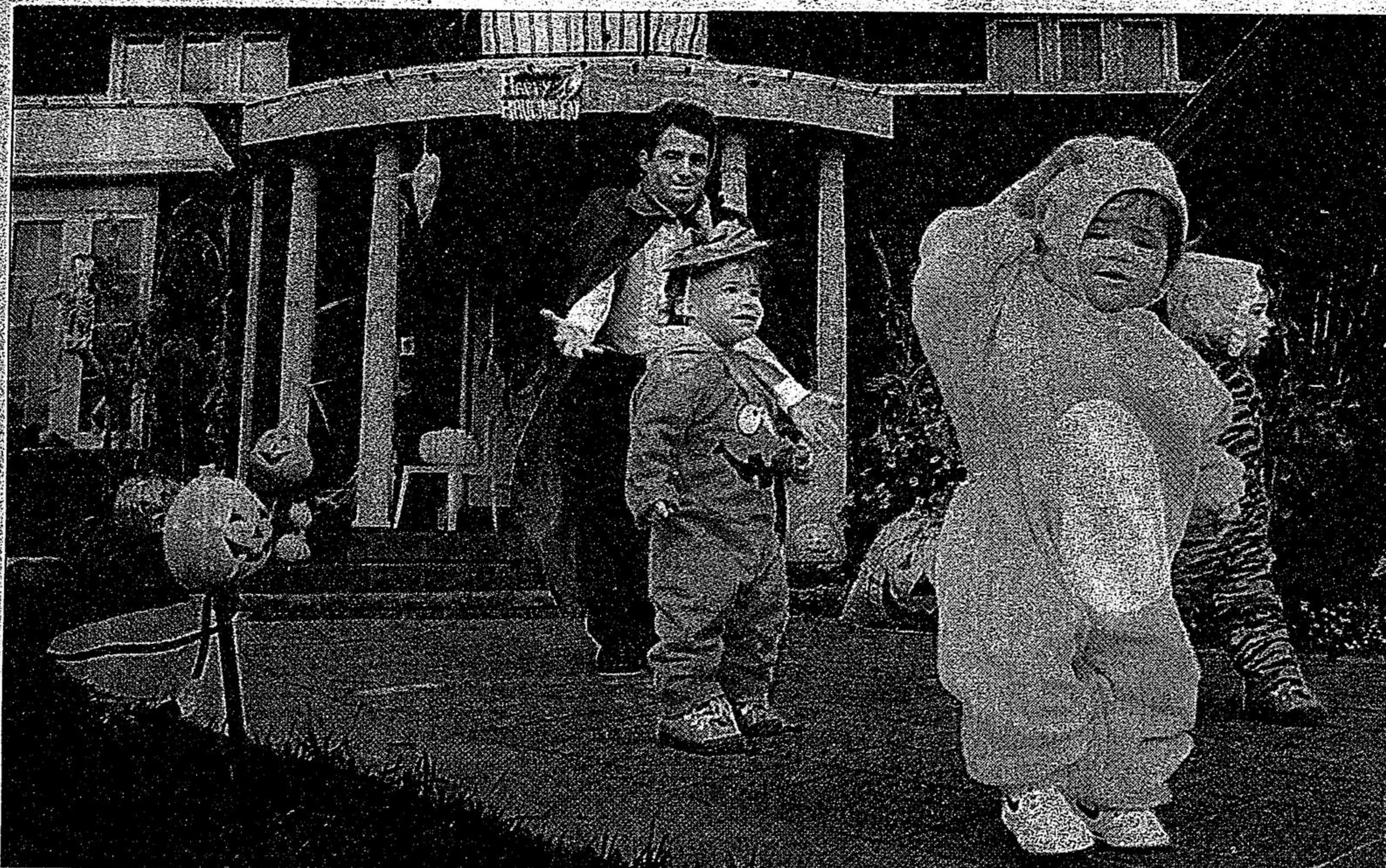


LIVING

A hauntingly SAFE night



STAFF PHOTO/MIKE BARRETT

Adrianna Bonomo, 1, Brittany and Charlotte Kates, both 1, ready for a fun Halloween. They'll be abiding by all the rules that Dracula dad Garo Abadjian and his daughter Christianne are will keep them safe on Halloween night.

Where did fright night come from?

Even though Halloween is a popular cultural event, its precise origin is unknown. Here are some facts surrounding the holiday's legend:

- The Celts believed that on Oct. 31, the recently deceased chose the body of the person or animal they would inhabit for the next 12 months.
- To frighten away the roving spirits, the Celts dressed as demons, hobgoblins and witches.
- In the 18th century, Oct. 31 was chosen to honour Christian saints and martyrs. This day was All Hallows' Eve or All Hallows' E'en, which led to the name Halloween.
- The custom of going from door to door for treats may go back to the pagan New Year's feast. To persuade them to leave a home, ghosts were offered a table full of food. At the end of the feast, homeowners would dress in masks and costumes, representing the souls of the dead, and lead the ghosts away.
- Another explanation comes from a ninth century European custom called souling. On All Souls' Day, costumed children walked village streets offering to fast for departed souls in exchange for money or treats called soul cakes.

Helpful tips to keep trick-or-treaters safe

BY RODNEY SINE
CORRESPONDENT

Once again, there will be witches and ghosts walking our streets on Halloween night. Here are some safety tips for trick-or-treating.

Every Halloween, reports of candy tampering and dangerous substances infiltrating trick-or-treat bags fill the news. After the 1982 Tylenol poisonings, parents were especially reluctant to let their children go trick-or-treating.

If you take the time to follow a few simple rules and carefully examine the goodies your children bring home, your kids can have their fun and eat the candy, too.

If you are instructed to dispose of any items, or are still in doubt about any, do not just throw them away. Destroy them so they

can not be retrieved later, especially if you have small children or pets.

Halloween safety includes costumes, too. Before selecting the appropriate ghostly get-up for your child, check for the following:

- Costumes should be light coloured to enhance your child's visibility at night. Trim the costume with reflective tape, available in hardware stores or bicycle and sporting goods stores.

- All wigs and beards should be attached securely so they won't affect your child's vision or slip over his/her eyes. If a mask is used, see that it fits securely and eyeholes allow full vision.

- Avoid cumbersome outfits. Oversized sleeves and skirts are difficult to manage and may accidentally brush against candles or get caught in doors. Costumes should be large

enough to fit comfortably over cold-weather clothing if necessary.

- If your children plan to travel on bicycles, take precautions to prevent any part of their costume from getting caught in the wheel spokes.

- Trick-or-treaters should wear shoes that fit properly and do not inhibit movement. High heels or oversized shoes are not appropriate.

- If your child carries accessories, such as toy guns or swords, make sure they are constructed of harmless material.

- If you allow your child to apply makeup or use a Halloween kit, follow these tips:

- Follow directions carefully and supervise makeup application.

- Use makeup only if your children are over

- It was once thought that ghosts spent Halloween night playing mischief on unsuspecting people. Ultimately, humans blamed their practical jokes on the ghosts, thus forming the basis of the trick part of the trick-or-treating custom.

- The fear of a black cat crossing one's path probably dates to the Middle Ages, when many women were accused of practicing black magic. Their cats (especially black ones) were considered guilty by association.

- Irish immigration brought the customs of playing pranks, wearing costumes and carving jack-o'-lanterns to America in the 1840s. They had originally carved rutabagas, turnips and potatoes, but since pumpkins were more plentiful, a new tradition was born.

Information provided by Carlton Cards

See TIPS, page 14.



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