

# A Look at the History of Halloween and the Oldest Traditions

Halloween and trick-or-treating:

Come October, people across the United States and various other countries participate in a tradition that has been around for some time. Trick-or-treating, which involves costumed children going door-to-door in the neighborhood asking for candy, is a staple of fall. While the exact origins of Halloween and trick-or-treating are hard to pin down, historians believe that Halloween came from a holiday known as Samhain, which ancient Brits and Celts once celebrated in recognition of the onset of winter. During Samhain, revelers believed that the world of the gods and ghosts was open and that these beings played tricks on the mortals. In turn, mortals lit bonfires and wore costumes so they would be unrecognizable to the ghosts. Unlike the light-hearted activities of today's Halloween, ritualistic sacrifices and other more sinister events also took place 2,000 years ago on Samhain. Once Christianity took root in formally Celtic locales, the tide of Samhain celebrations turned and a focus was placed on celebrating the holy and dead in more meaningful ways on All Saints Day (November 1) and All Souls Day (November 2). In fact, Halloween, which comes from All Hallows Eve (hallow meaning "holy"), offered an opportunity to come

together and pray, dress in costumes of hallowed saints and evil spirits, and act out the battles of good versus evil.

Poor individuals also were known to travel to the homes of more fortunate individuals and receive pastries known as "soul cakes" in exchange for a promise to pray for that homeowner's deceased relatives. The tradition of "souling" eventually gave way to trick-or-treating. History.com says it is unknown when the term "trick-or-treat" came into the vernacular. However, the phrase has at least been in use since 1951, when the popular "Peanuts" comics published a Halloween edition. The title "Trick or Treat" also was used on a Disney cartoon featuring Donald Duck in 1952.

*A look at the oldest Halloween traditions:*

As with many celebrations, Halloween is steeped in traditions - many of which can be traced back quite some time. Since Halloween is believed to have originated from Celtic pagan, ancient Roman and early Christian events, its traditions are varied. The following is a deep look at some old traditions associated with Halloween.

Bonfires

Historians trace many traditions of Halloween to a Celtic holiday known as Samhain (pronounced sow-in). The Celts lived 2,000 years ago in parts of what is now Northern France, Great Brit-

ain and Ireland.

During Samhain, people believed that the door between the worlds of the living and the dead was blurred. On Samhain, Celts believed the ghosts of the dead returned. Also, Druids made predictions about the future at this time of year. It was customary to build large, sacred bonfires and burn crops and other sacrifices to the Celtic deities.

While large bonfires are not typically part of Halloween celebrations today, revelers can light fire pits in their yards that are reminiscent of ancient celebrations.

*Trick-or-treating*

Christianity spread throughout Celtic regions and blended with other rituals. Pope Gregory III expanded on a holiday Pope Boniface IV established to honor Christian martyrs to include all saints and martyrs. All Saints Day on November 1 commemorates the venerable saints, and All Souls Day on November 2 celebrates loved ones who went on to eternal rest. All-Hallows Eve (Halloween) was a time to pay homage to the dead. Poor children would go door to door in more affluent neighborhoods offering to say prayers for residents' deceased loved ones in exchange for some food or money. This was known as "souling," which became the basis for trick-or-treating. Later the tradition

became known as "guising" in areas of Scotland, where children would go around in costumes.

*Witches*

Images of witches riding broomsticks are everywhere come Halloween, and witch costumes remain a standard. Almanac.com indicates that, during the Middle Ages, women who practiced divination were dubbed "witches," from the Anglo-Saxon word "wicce," or "wise one." It was believed the witches could go into a trancelike state, and would do so in front of their fireplaces. Superstitious people believed the witches could fly out of their chimneys on broomsticks and terrorize others with magical deeds.

*Bobbing for apples*

Bobbing for apples is not quite as popular as it once was, as more people have become concerned about spreading germs. During the Roman festival for Pomona, which occurred around November 1, Pomona, the goddess of fruit and orchards, was celebrated. Romans believed the first person to catch a bobbing apple with his or her teeth would be the first to marry. It also was believed apple peels contained the secrets to true love.

*Carving pumpkins*

Removing the insides of pumpkins and carving them into funny or fearsome faces may be messy work, but

it's tradition on Halloween. Turnips were the material of choice in ancient Ireland, but were replaced by pumpkins when immigrants came to America. The "lanterns" were made with scary faces and lit to frighten away spirits.

Halloween is full of traditions, many of which have lengthy histories.

*Classic Halloween costumes from years past*

It's no small task coming up with a memorable holiday costume. Certain costumes tie into popular culture, while others are classics that will never go out of style. Here's a look at pop culture costumes that were trendy in years past.

*1976: Charlie's Angels:* These empowered women crime fighters blew up on television and many girls wanted to be them in real life, and especially on Halloween.

*1976: Rocky Balboa:* The Italian Stallion burst onto the scene this year in the movie "Rocky," and who could resist lacing up their boxing gloves and emulating the long-shot prize fighter?

*1977: Star Wars characters:* From Luke to Obi Wan to Darth Vader, this hit movie permanently changed popular culture and inspired Halloween costumes for decades to come.

*1978: Michael Myers:* The familiar white (William Shatner-inspired) mask became well known this year and still

makes its mark on Halloween festivities more than 40 years later.

*1981: Indiana Jones:* Harrison Ford made the archaeologist/adventurer so exciting in "Raiders of the Lost Ark" (and subsequent films) that it's easy to see why donning a fedora and brandishing a whip became so popular.

*1982: Elliott and E.T.:* Steven Spielberg's masterpiece of a young boy and his alien friend made this a popular year for anything that had to do with the film. This included riding bicycles while wearing red hoodies.

*1983: Princess Leia:* "Return of the Jedi" introduced audiences to different sides of Princess Leia, helping to solidify her popularity as a Halloween icon.

*1984: Freddy Krueger:* This "Nightmare on Elm Street" icon caused many nightmares in real life, and his blade-tipped glove and familiar striped shirt could be seen on kids across the nation.

*1985: Hulk Hogan:* Were you dressed as Hulk Hogan, brother? It's likely if you were a warm-blooded boy in the mid-80s, when Hulkamania was at its peak.

*1986: Care Bears and California Raisins:* If you were young in 1986, you might have dressed up as a cuddly Care Bear or a suave, singing California Raisin.

## Ask Dr. Z - Q and A on Health Topics that Matter with OSF Healthcare

**Q:** I jog outside for exercise, but it's more difficult in colder weather. How can I work out in the elements safely?

**A:** Staying cooped up indoors all winter is not good for your health. You can still enjoy an outdoor workout if you keep some things in mind.

Before you even step outside, talk to your doctor to see if you're healthy enough to exercise in winter weather. If you get the green light, start slow and gradually make the workout more intense. Pay attention to the forecast, especially the wind chill, and avoid working out in extreme cold. Research frostbite and hypothermia, and know the signs of each. Stay well hydrated and use sunscreen.

Stay warm and protected from the cold weather by wearing clothing in layers. Start with a thin layer of synthetic polyester to wick the sweat off your body. Then, don one to two layers of fleece to provide insulation from the cold. Top it off with an outer layer that's waterproof and wind resistant. Protect your hands and feet with gloves and thick socks. Shoes should be heavy duty and waterproof with anti-slip soles. Cover your head with a stocking cap and your face and neck with a scarf, mask or coat that zippers all the way up. Winter days are short, and you may find yourself outside after dark. So your clothes should be highly visible and reflective so drivers can see you.

### LEGAL NOTICE

IN THE CIRCUIT COURT  
OF THE SIXTH JUDICIAL CIRCUIT  
URBANA, CHAMPAIGN COUNTY,  
ILLINOIS  
BUSEY BANK,  
Plaintiff,  
vs.

UNKNOWN HEIRS AND DEVISEES  
OF PHILIP J. REILLY, DECEASED,  
UNKNOWN CLAIMANTS AND LIEN-  
HOLDERS AGAINST THE ESTATE  
OF PHILIP J. REILLY, DECEASED,  
UNKNOWN CLAIMANTS AND LIEN-  
HOLDERS AGAINST THE UNKNOWN  
HEIRS AND DEVISEES OF PHILIP J.  
REILLY, DECEASED AND WESTLIN  
MEADOWS CONDOMINIUM ASSOCIA-  
TION,  
Defendants.

CASE NO. 22-FC-112  
PROPERTY ADDRESS:  
621 MEADOWS CT. UNIT 2R  
RANTOUL, IL 61866

NOTICE BY PUBLICATION

NOTICE IS GIVEN YOU, Unknown Heirs and Devisees of Philip J. Reilly, deceased, Unknown Claimants and Lienholders Against the Estate of Philip J. Reilly, deceased and Unknown Claimants and Lienholders Against the Unknown Heirs and Devisees of Philip J. Reilly, deceased, Defendants, this case has been commenced in this Court against you and others, asking for foreclosure of the Mortgage held by the Plaintiff on the property located at 621 Meadows Ct. Unit 2R, Rantoul, IL 61866, more particularly described as:

i. The names of all plaintiffs and the case number are identified above.

ii. The court in which said action was brought is identified above.

iii. The names of the title holders of record are: Heirs and Devisees of Philip J. Reilly, deceased

iv. A legal description of the real estate sufficient to identify it with reasonable certainty is as follows:

Unit Number 2R in Westlin Meadows Condominiums, as delineated on the Survey attached as amended Exhibit "D" to the First Annexation Amend-

ment of Condominium recorded January 5, 1989 as Document Number 89R00257 in Plat Book "AA", Page 269, which amends the Declaration of Condominium recorded July 21, 1988 as Document Number 88R15360 in Plat Book "AA", Page 227, as amended from time to time, together with its undivided percentage interest in the common elements, situated in the Village of Rantoul, Champaign County, Illinois.

Permanent Index Number:  
20-09-03-155-048

v. A common address or description of the location for the real estate is as follows:

621 Meadows Ct. Unit 2R,

Rantoul, IL 61866

vi. An identification of the mortgage sought to be foreclosed is as follows:

Names of the Mortgagors: Philip J Reilly, Husband and Barbara L Sleight, Wife

Names of the Mortgagee: Busey Bank

Date of the Mortgage: July 13, 2018

Date of the recording: July 17, 2018

County where recorded: Champaign County

Recording document identification:

Document No. 2018R12133

YOU MAY STILL BE ABLE TO SAVE YOUR HOME. DO NOT IGNORE THIS DOCUMENT.

By order of the Chief Judge of the Circuit Court of the Sixth Judicial Circuit, this case is set for

Mandatory Mediation Pre-Conference on December 2, 2022 at 9:00 AM at the Champaign County Courthouse, Jury Assembly Room, First Floor, 101 E Main Street, Urbana, Illinois 61801. For more information, call 217-560-6300.

Have a health question for Dr. Z? Email jamie@thetuscolajournal.com.

Find an activity you enjoy so it hardly feels like you're working out at all. For example, ice skating is a low impact aerobic exercise that will greatly increase your balance and coordination. Snowshoeing is a cross between walking and hiking. It's hard at first, but it's rewarding and definitely keeps you fit. Or you can just go out in the snow and play. Have a snowball fight or build a snowman.

Afterward, go inside and enjoy some warm carbohydrates. There's a reason oatmeal and chili are considered comfort foods. They are a good way to warm yourself after a period of outdoor ex-

ercise. Warm soups and pasta, hot cocoa and mulled cider have the same effect. Have one of these foods within 20 minutes of coming in from the cold. Avoid cold beverages like soda or beer as they will make you colder.

Dr. Andrew Zasada is an internal medicine physician at OSF HealthCare Medical Group - Primary Care in Savoy and OSF HealthCare Heart of Mary Medical Center in Urbana. For more information, call 217-560-6300.

Have a health question for Dr. Z? Email jamie@thetuscolajournal.com.

### Highly Contagious RSV Hitting Earlier for Second Straight Season

A highly contagious virus that can seriously impact infants and the elderly has arrived earlier than usual for the second year in a row. Respiratory syncytial virus, otherwise known as RSV, is hitting at the same time health leaders are worried about a projected bad flu season and lingering variants of COVID-19.

The American Lung Association says RSV is so common and spreads so easily, nearly 100% of children are infected with the highly contagious condition before the age of 2. It's also the leading cause of hospitalizations among infants.

Cases of RSV are already up beyond last year's levels. Since early September, there have been 381 cases of RSV treated in OSF hospital emergency departments and outpatient clinics, with some of those requiring hospitalization.

YOU MUST APPEAR FOR THE PRE-  
MEDIATION CONFERENCE OR YOUR  
RIGHT TO MEDIATION WILL TERMINATE.

UNLESS YOU FILE your answer or otherwise file your appearance in this cause in the Office of the Clerk of this Court at the Champaign County Courthouse, 101 E. Main St., Urbana, IL 61801 on or before November 11, 2022, A JUDGMENT OR DECREE BY DEFAULT MAY BE TAKEN AGAINST YOU FOR RELIEF ASKED IN THE COMPLAINT FOR FORECLOSURE.

CLERK OF THE COURT

THIS IS AN ATTEMPT TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Faiq Mihlar (#6274089)  
HAVERNER, BEYERS & MIHLAR, LLC

Attorneys at Law  
P.O. Box 740

Decatur, IL 62525

Send Notice/Pleadings to:

Veronica J. Miles (#6313161)

Email: Non-CookPleadings@hsbatts.com

Telephone: (217) 422-1719

Facsimile: (217) 422-1754

6095-927627

6095-927547

published 10/12, 10/19, 10/26/2022

published 10/12, 10/19,