

City officially spooky

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Kingston has long been known to have its fair share of ghost and haunting stories, and now the city has made the list of a Canadian online travel site's list of most spooky destinations in Canada.

In honour of Halloween, FlightNetwork.com conducted a poll asking travellers about their spookiest, scariest and most haunted travel experiences.

Although Kingston was not on the list of suggested destinations, the city was mentioned by respondents.

"We did have a list of places that are supposedly haunted in Canada, but we also left it open for our respondents to fill in what they thought was the spookiest or most haunted place in Canada," said Jamil Al Jabri, marketing manager for Flight

Network.com.

"Several of them replied with Kingston, and not one specific place, like Fort Henry, but just the whole town of Kingston, Ontario."

One respondent, Al Jabri said, even detailed why it might be that Kingston is particularly spooky, noting that limestone is a conductor for paranormal activity.

Al Jabri knows a thing or two about the eeriness of Kingston — he lived here for six years while attending Queen's University.

"I didn't see any ghosts, but I can vouch for the paranormal activity, though I think it was mostly related to the students," Al Jabri joked.

"I can say that because I was a student."

Al Jabri said Kingston was a hard city to leave, and if Flight

Network.com runs the spooky destination poll again next year, he said it will have to include Kingston as an option.

"We'll definitely put you on the list," he said.

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Despite our apparent spookiness, it's easy for goblins and zombies to stay safe on Halloween.

Kingston Fire and Rescue reminds us to never use candles in decorative paper bags and to use battery-operated lights or glow sticks inside jack-o-lanterns.

If a candle must be used, a tea light in a non-combustible holder is preferable. Place your pumpkin on a sturdy surface and never leave it unattended.

The best costumes for trick-or-treating are fire retardant and reflective. Keep costumes short and avoid baggy pants, loose frills, billowing shirts and capes to reduce the risk of tripping and to minimize the risk of contact with candles.

Young trick-or-treaters should have a flashlight or glow sticks and be aware of traffic. Drivers should similarly be aware of the trick-or-treaters.

Adults should accompany children when they're out trick- or-treating.

The Canadian Diabetes Association also offers suggestions on Halloween, beginning with emphasizing the non-food-related aspects of Halloween, such as costume preparation, decorating and spooky games.

Consider distributing Halloween-themed items, such as pencils, small games or black and orange toothbrushes instead of candy.

After trick-or-treating, sort through your children's loot sacks together, allowing them to set aside the candies they love best. Ration these out to ensure they are enjoyed at the right time, such as after dinner for dessert or with their lunch at school.

Remember that there aren't good or bad choices when it comes to candy. A gram of carbohydrate, whether from chocolate or a lollipop, affects blood glucose levels in the same way. However, small Halloween-sized candy contains eight to 15 grams of carbohydrates, which is better than a large bag of chips.

Leftover treats can be traded with siblings or "sold" to parents for non-food-related treats, such as toys or outings.

Consider tucking one or two of your child's least-favourite candies in his or her schoolbag to treat low blood sugar levels. Giving them their favourite candy might be too tempting, but this is a good way to use the candies your child can enjoy but shouldn't on a regular basis.

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