Naval Supply System anounces 2010 holiday season mailing dates

By Naval Supply Systems Command Public Affairs

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division mail-by dates for pre-Dec. 25 delivery of holiday cards, letters and packages were announced and are as follows:

For military mail addressed to APO/FPO addresses APO/FPO AE zip codes 090-098 (except 093), AA zip code 340 and AP zip codes 962-966:

• Express Mail Military Service (EMMS): Dec. 18

• First-Class mail, letters, cards; Priority mail: Dec. 10

• Parcel Airlift Mail (PAL): Dec. 3

• Space Available Mail (SAM): Nov. 26

• Parcel Post: Nov. 12

For APO/FPO AE zip code 093:

• EMMS: Not applicable.

• First-Class mail, letters, cards; Priority Mail: Dec. 4

• PAL: Dec. 1

• SAM: Nov. 20

• Parcel Post: Nov. 12

For military mail from APO and FPO addresses:

• EMMS: Dec. 18

• First-Class mail, letters, cards; Priority Mail: Dec. 10

• PAL: Dec. 3

• SAM: Nov. 26

EMMS is available from selected military post offices. If mailing to an APO/FPO address, check with your local post office to determine if this service is available.

PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

SAM refers to parcels mailed to APO/FPO addresses at parcel post rates that are first transported domestically by surface and then to overseas destinations by air on a space available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined. From overseas locations, items mailed at Parcel Post rates are sent to the continental United States by air on a space available basis. The maximum weight and size limit are 70 pounds and 130 inches in length and girth combined.

It is also recommended that customers check with their local civilian or military post offices for information on size restrictions and possible need for customs declaration forms.

LSSA Wilfredo Galarza, assigned to the customer service lobby of the FISC Yokosuka Military Post Office, helps a customer ship a holiday package Dec. 1, 2009. Photo by Blake Vives

Additionally, customers are advised that certain mail restrictions apply and some items are non-mailable, such as switchblade knives, pornography, controlled substances and explosive or incendiary devices. If in doubt as to what can or cannot be sent through the mail, contact your local post office or military post office.

As a final note, customers are cautioned that packages must not be mailed in boxes that have markings related to any type of hazardous material, such as bleach, alcohol or cleaning fluids. Parcels found by the U.S. Postal Service with such markings or labels on the outside of the box will not be processed. Instead, they will be handled as "non-mailable matter," regardless of the contents or what is listed on the U.S. Customs form.

Simple, common sense tips for a safe, fun-filled happy Halloween

By CFAY Safety Office

Anytime a child has an accident, it's tragic. Having your child get hurt any day of the year would be horrible, but the last thing that you want to happen is for your child to be hurt on a holiday, like Halloween. It would forever live in the minds of the child and family, ruining that special time of year.

Everyone wants to have a safe and happy Halloween for themselves, their family and their children. Safety tips and some common sense can help you make the most of your Halloween season, keeping it as enjoyable for your kids as it is for you. There are lots of simple ways to keep your child safe during Halloween, when accidents and injuries are more likely to occur.

The excitement of children and adults at this time of year can sometimes cause them to not be as careful as they would normally be. Simple common sense ideas can do a lot to stop tragedies from happening.

Here are some tips for you and your kids, to help keep you all safe on Halloween night. Some of these ideas are called a "common sense" idea, which means that they are things that you should know and use every day in life because, you are never too young to learn.

• Never, ever go into a stranger's house or even ring their door for treats unless your parents are with you and say that it's okay. Always make sure that your mom or dad is within sight when you go out trick-or-treating.

• Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too. If the street has a crosswalk or a stop light, use the crosswalk or wait until the cross walk light tells you that it's okay to cross, but still check before you cross and look both ways.

• If your parents give you a curfew, be home when they say. It builds trust between you and them and they are doing it for your own safety. If you are going to be late, call them and let them know.

• If you are an older child or young teenager, and going out with friends, make sure that your parents know where you are going and who you are going with at all times.

• If you can drive and are taking several friends to a party, make sure that you have enough gas to get there and back. You don't want to run out of gas on a dark street, all alone, like a bad horror movie! Drive slower than you normally do, there are many more obstacles (children) out and overly excited to get the next filling of loot.

• Vandalism is never cool. Throwing eggs at cars and houses or rolling a house with toilet paper is not cool. Someone has to clean it up and it could be you, if you get caught. You can also be arrested and punished as a juvenile. So, don't think that it's fun only if you can get away with it. It's never the right thing to do! Think about how bad it would make you would feel if someone did that to your house.

Children pose and show off their costumes before they begin treat or treating here on base Oct. 31, 2009. The CFAY Safety Office wishes everyone have a safe, happy Halloween and follow these good, common sense safety tips. Photo by Dan Bowen

Halloween costume safety. The right costume for you or your child can make all the difference for a fun Halloween. Adults seem to go more for horror themed costumes while kids seem to go for super heroes or the popular TV cartoon of the day. Letting your child pick out his or her own costume, within reason, will give them a sense of responsibility and make them feel good that they could pick out their own costume.

One problem today for little girls and boys as well, is that good role models are few and far between. If your little girl wants to dress up like a certain rehab bound starlet or heiress, steer them to a more positive role model like a nurse, teacher or president. A princess or fairies are always good fantasy choices as well. If your little boy wants to be like the latest drug addicted star or athlete, point them towards something like a fireman, doctor, or military person. They could also go for the latest cartoon of their choice.

Whether store bought or homemade, Halloween costumes should be fun and scary yet safe. Below are some ideas to hazard-proof your Halloween fun. Costumes should be scary to those who see them, not those who wear them.

• Costumes should be made of flame retardant material. If they are homemade, make sure to use either a fire retardant spray or fabric that has been treated with fire retardant.

• Make sure to include reflector strips into your child's costume and have them carry a flash light or light stick so that they are more visible at night. This will assure that they are seen by drivers and that you can keep an eye on them as well if they get ahead of you while trick or treating.

• Do not include high heel shoes or long dangling pieces of costume that your child could trip over. A scraped knee or bloody nose can really ruin their fun.

• If they are carrying a prop such as a scythe or sword, make sure they are made out of a flexible plastic that will bend if fallen on. Most of the props available today are made of flexible plastic.

• If your child is wearing a mask, make sure that the eye holes are big enough to see not only in front but from the sides as well. You may have to make the holes in the mask larger yourself. If so, use some black or gray grease paint to cover the skin around the eyes to maintain the mask's intent.

If you and your child are going out with a group, make sure their costume is a unique one so you can spot them easily in a crowded area. Use flashing lights or jewelry to make them stand out.

If you have more than one child, save costumes from year to year to pass down or exchange with friends. You can add extra accessories or dress them up a little to make them different from year to year.