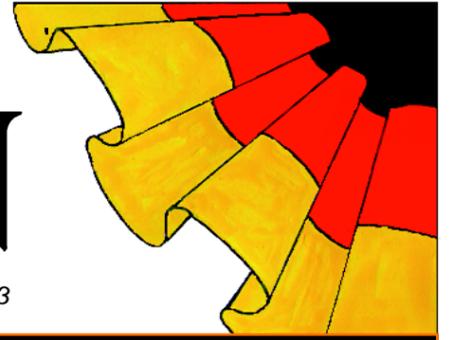


# THE CITIZEN



Vol. 32, No. 21

The 6th Area Support Group Newspaper

October 21, 2003

Stuttgart, Bad Aibling, Oberammergau and Garmisch, Germany

## On track to help kids 24-Hour Marathon completes 14th year of charitable fundraising

Story & photo by Melanie Casey

**I**t started with a bang and ended with a rainbow. The 14th annual 24-Hour Marathon was held Oct. 3 and 4 on Patch Barracks' newly renovated Husky Field.

This year's marathon was dedicated to Patch's former installation coordinator, Lewie Young, who died last November.

The marathon was Young's favorite charity, said Carey McCroskey, one of the event's coordinators.

"He would bend over backwards to make things happen," she said.

This year's event had 16 participating teams – one more than last year – and five "Ironmen," who tried to run the entire 24 hours without a break. Of the five who attempted to go the distance, only two finished.

The marathon is held annually to raise money for area youth organizations. Though final totals were not available at press time, event organizers say they anticipate the marathon's financial performance to equal or surpass previous efforts.

Last year the marathon committee doled out more than \$12,000 to 15 youth-oriented organizations.

Money is raised through a combination of T-shirt sales, registration fees, raffle ticket sales, food sales and contributions from sponsors.

### For Stuttgart's 'smaller citizens'

Since the marathon directly benefits children, Susie Blanchard, publicity chairwoman for the event, said a priority this year was "to have more kids participating."

To tempt Stuttgart's smaller citizens, event planners set up face painting and carnival games sponsored by the Stuttgart Girl Scouts, a "BK Hopper" provided by Burger King, a Jumping Castle and Belly Bumpers.

"We want parents and kids involved, so [event organizers] have worked really hard to do that," said McCroskey.

Their efforts paid off. "More children [were] on the track this year. They seemed to be out all night," added Blanchard.

### A photo finish

This year, competition was tight. Up until the last moment, spectators and teams did not know who would "win." U.S. Marine Corps Forces Europe, which motivated its

*'You can't go wrong when you're doing things for the kids.'*

Carey McCroskey  
24-Hour Marathon

runners by blasting recorded cadence through speakers near their tent, seemed to lag slightly behind 52nd Signal Battalion.

52nd Signal was even announced as the team with the most miles with 3,275 laps run (more than 1,000 miles), and they accepted the first-place trophy.

However, a last-minute calculation put MARFOREUR at 3,442 laps (more than 1,140 miles) and the Marines were proclaimed the "winners."

Third place went to the 554th Military Police Company, with 1,944 laps (648 miles).

Competition was tight in the Ironman competition as well. Of the two finishers, Joseph Sadoski just edged out Michael Trujillo for the most distance covered.

Near the end of Sadoski's nearly 93-mile trek, he said he felt, understandably, "sore." When asked what motivated him to run for 24-straight hours, he said, "it was a challenge."

Though this year's marathon was marked by bad weather, participation remained high.

And just before organizers announced the beginning of the last lap, a rainbow appeared over Patch Barracks.

As McCroskey noted, "you can't go wrong when you're doing things for the kids."

Read more about the marathon in the next Citizen.



U.S. Marine Corps Forces Europe's Sgt. Jeremiah Randle, an "Ironman" competitor, circles the Husky Field track in the name of charity during Stuttgart's annual 24-Hour Marathon. The marathon annually raises funds for youth-oriented organizations in the Stuttgart area.

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**PHS' homecoming week concludes with big win**

Patch High School celebrates Fall Homecoming 2003 with a convincing 42-0 win over the Aviano Saints.



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**Stuttgart airmen put fitness at the forefront**

The U.S. Air Forces in Europe Mission Support Squadron institutes a physical fitness program for its airmen.



## Thorns 'n Roses

From community submissions



### Roses to:

#### Paul at the Patch Barracks Power-Zone.

I was dreading my attempt to return a broken CD/DVD player, but when I finally did, Paul was cheerful, fast, efficient and – most impressive – he didn't act like he was being forced to hand over his own money. More customer service representatives need to emulate this young man.

**The anonymous young lady on Kelley Barracks who returned my driver's license Oct. 1.** I did not even realize I had dropped it until she so thoughtfully brought it to my office. With identification being so important for installation access and force protection, this effort was especially appreciated.

### Thorns to:

**Whoever is responsible for the movie rental wall in the Robinson Barracks CX.** There is neither rhyme nor reason to the manner in which the movies are "organized."

It is quite annoying to have to look at every box on the shelves to find the film I'm looking for.

**The Patch Ski Club,** for its role in the placement of overbearing billboards in front of each Stuttgart installation that advertised free beer tokens available to U.S. military personnel for the Canstatter Volksfest.

In addition to being an eyesore, these billboards were in extremely bad taste.

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

# THE CITIZEN

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[www.stuttgart.army.mil](http://www.stuttgart.army.mil)

# Real men wear pink

By Hugh C. McBride

Commentary

The following is an open letter to red-blooded American men everywhere.

Dear fellow studs:  
I think I can safely speak for us all when I state (loudly, I might add) that for 11 months out of the year, the only time any of us are likely to agree to the suggestion that we should "put on some pink" is if we're standing next to a turntable and talking about "Dark Side of the Moon."

But when the footballs start flying and World Series time draws near, it's time for us to start accentuating the ol' earth tones with that most feminine of floral hues.

Since 1985, October has been National Breast Cancer Awareness Month in the United States. And since 1991 the most prevalent symbol of this annual 31-day observance has been the pink ribbon.

You can relax, though – the purpose of the screed isn't to prod anyone into pinning a lil' something pink onto his battle dress uniform. Rather, it's meant to remind us why no man can afford to sit this fight out.

The textbooks say we're the logical ones, so here are a few cold, hard facts from the fine folks at the American Cancer Society to appeal to the left side of all those manly brains out there:

- Breast cancer is the second most common type of cancer among women in the United States.

- More than 230,000 cases of breast cancer are diagnosed annually in the United States, and more than 42,000 women die from the disease each year.

- A woman living in the United States today has a one-in-eight (12.5 percent) lifetime risk of developing breast cancer.

Some of the more mathematically adept of you may be able to turn that last statistic around into an optimistic seven-in-eight chance of *not* developing cancer.

This is an entirely valid interpretation of the facts, but lest you get too carried away with your newly discovered 88.5 "safety rate," do one thing for me:

Think of eight women who mean something to you (relatives included). Now pick the one who gets breast cancer.

I realize that some of you may have had a difficult time with that "eight people I care about" challenge, so here's a special statistic dedicated to all those whose sensitivity extends no further than their own skin:

- Each year in the United States, about 1,500 *men* are diagnosed with breast cancer and 400 die from the disease.

## What it means to love a Soldier

By Jamie Reese

Commentary

She stands in line at the post office waiting to send a package to her husband, a U.S. Army Soldier serving in Kuwait. Envelopes, stamps, sunscreen, eye drops, gum, batteries, powdered Gatorade, baby wipes and Twizzlers.

He said he needed the sunscreen and baby wipes. She threw in the Twizzlers.

There's a bond at the post office in this military town. People aren't just sending letters and packages; they are sending smiles, hope, love and a touch of home.

When the national anthem plays in a military town, a special aura fills the air. Men, women and even children stop to pay their respects.

Civilians place their hands over their hearts. Soldiers salute. In this world, the anthem isn't just a prequel to the echo of "Play Ball."

She remembers what it was like before he left. She relives the moments before she kissed him goodbye.

A phone ringing at 0400 hours is enough to make her heart end up in her throat. She waits to hear the words,

"Don't worry, it's just a practice run." But instead she hears, "Here we go."

So, off he goes to pack, though most of the packing is finished because as a Soldier, he is "always ready to roll." She gets the baby, but leaves his pajamas on because it is just as well that he sleeps. She takes the dogs out, she gets dressed, all the while trying to catch glimpses of her husband. She wants to cherish his presence because she doesn't know when she'll see him again.

Within 15 minutes, the family is in the car heading to the "rally point." Too soon, with his gear over his shoulder, he walks away. She is left behind, straining to keep an eye on her Soldier.

She takes one last look and takes a deep breath. She reminds herself she must stay strong. No tears. Or, as few tears as possible.

She mentally prepares for the days, weeks, even months ahead. Her main priorities will be care packages, phone calls, e-mails, and letters sprayed with perfume.

And, she can't forget to turn the stamp upside down to say, "I love you."

Taking care of her family, her friends, even strangers – this is her mission as

an Army wife. At the ripe old age of 22, she knows the younger wives will turn to her for advice.

Alone at night, she runs the next day's events over in her mind to make sure they will all get finished. She reviews her checklist of things to do, things to buy for his care package.

Once again, she checks the calendar to count down the days. Before turning in, she checks to make sure the ringer is on for the late-night phone call that might come in from overseas.

Before she falls asleep, a few tears hit the pillow. But even as the tears escape, strength enters her mind, body, spirit and soul.

She remembers why she is here. She remembers the pride and the love that brought her here in the first place, and a sense of peace comes over her, replacing, if only for a second, the loneliness, the fear and the lingering heartache she feels while her soul mate is away.

This is what it means to love a Soldier. She wouldn't have it any other way.

The full text of this commentary is available online at [www.defenselink.mil](http://www.defenselink.mil).

## Calling breast cancer a women's issue is like claiming that 9/11 was a New York problem.

Now, I know that the statistical likelihood of any man who reads this developing breast cancer is just about zero. But not by a long shot does that mean that we're not affected by this disease.

The victims of breast cancer – and those who live their lives under the shadow of this scourge – are our mothers and grandmothers, wives and girlfriends, daughters and nieces and daughters-in-law.

(And in case you haven't noticed, they're also our supervisors and subordinates, coworkers, colleagues and friends.)

Women are not only the people who gave us life, but also the ones who make that life much more meaningful (or, at the very least, a heck of a lot more interesting).

And over the course of the average decade, more than two million of them – our life partners, our best friends, our worthy adversaries – will face the fight of their lives. In that same time period, more than 400,000 will lose that battle.

In other words, calling breast cancer a women's issue is like claiming that 9/11 was a New York problem.

So, how can you help? Glad you asked. Here are three easy ways to get started:

- **Educate yourself.** Contact the Stuttgart Wellness Center, attend one of the two Stuttgart-area breast cancer awareness events this month (see page 11 for details) or type "breast cancer" into Google and follow the links to enlightenment.

- **Show your love.** Next time you're buying a bouquet for Mother's Day or your anniversary (which you always remember to do, right?), stick a little note with a pink ribbon on it among the blossoms, reminding the recipient that one way to ensure years and years of additional loving gestures is to make mammograms part of her regular health maintenance plan.

- **Spread the wealth.** No war can be won on the cheap. To help relegate breast cancer to the history books, donate to the American Cancer Society or one of the many other organizations that are funding this fight.

Oh, and one final thought. If none of the appeals to altruism enumerated above has moved you, consider this: Helping to wipe out breast cancer will go a long way toward ensuring that your special someone will still be there to hold your hand when prostate exam time rolls around.



Mildred Green

Opening-day shoppers search through tables of merchandise while volunteers replenish the supply at Stuttgart's annual Pfennig Bazaar. Sponsored by the Stuttgart German-American Women's Club, the bazaar not only brings community members together, but also raises money for area German and American organizations.

## Pfennig Bazaar 2003

# Annual sale concludes another year of commerce, cooperation

By Mildred Green

Billed as the largest flea market in the Stuttgart area, this year's Pfennig Bazaar was packed with bargain shoppers looking for great deals Oct. 8, 9 and 10.

Sponsored by the German-American Women's Club, the event has been running for more than 33 years in support of the German and American communities.

During the bazaar, shoppers bargained for merchandise and during breaks gave in to their sweet teeth by indulging in both American and German baked goods.

On the opening day of the bazaar, the American participants held their annual Great American Bake Sale while the German women held their bake sale Oct. 11.

Nancy Moscone, one of the event's American co-chairs, said this year's bazaar was a success and the support tremendous.

Volunteers from both the German and American communities worked long hours setting up before the bazaar, manned the booths during the shopping days and then took everything down at the bazaar's close.

Sarah Russell, American co-chair for the event, said she appreciated all of the volunteers who committed their time and worked hard to make the bazaar such a success.

"The combined effort from the German and American communities to the Pfennig Bazaar is centered around our commitment to service," Russell said. "It is truly a demonstration of how a focused cooperative movement can instill positive results for the good of all."

Commitment to service seems to be the case for many who keep returning to the bazaar year after year.

Gisela Wienke, a German volunteer, marked her 18th year of working the bazaar. What keeps her coming back every time, she said, are the different pleasures she has found in volunteering during both the sorting and selling days.

"I enjoy the social aspect during the sorting days because it's a chance to reunite with friends you see only once a year



courtesy GAWC

U.S. European Command Chief of Staff Lt. Gen. John Sylvester helps cut the cake during the Pfennig Bazaar's Oct. 8 opening ceremony.

and a chance to make new ones," Wienke said. "And during the selling days, you get the feeling that you are helping those in need."

Beth Coggins, a member of the 6th Area Support Group community, has been to the bazaar three times now. She said, "It's so much fun to work and see and shop."

## TURN BAD ANGER INTO **GOOD!**

### Anger Management Class

- Nov. 4, 12, 18 and 25
- 1 to 2:30 p.m. each session
- Army Community Service conference room (Patch Barracks, building 2307)
- All meetings are confidential.



Discover how to understand and manage your frustrations in ways that will enrich your life and your relationships.

For more information call 430-7176/civ. 0711-680-7176.

## News & Notes

### Townhall slated for RB

Stuttgart's next Townhall meeting is Oct. 29 at 7 p.m. in the Robinson Barracks Community Club.

### Students must ride correct bus

Due to overcrowding, Robinson Barracks students are asked to ride the school bus instead of the early duty bus to school. Military and civilian personnel must have priority on the duty bus.

Students who must get to school early may continue to ride the duty bus; however, if overcrowding continues, all students may be barred from the bus.

For more information call David Boals at 421-2585/civ. 0711-729-2585.

### Kelley TMP fuel pumps to close

The Kelley Barracks Troop Motor Pool fuel pumps will be closed Oct. 28 to Dec. 5 for upgrades and the construction of a canopy. Two of the four AAFES fuel pumps will remain open during this period.

For fuel coupon information call 421-2389/0711-729-2389. For other questions call 421-2854/civ. 0711-729-2854.

### Safety Seat Clinic on RB

The Stuttgart Child Safety Seat Committee's next clinic is Oct. 25, 9 a.m. to 3 p.m., in the Robinson Barracks CX parking lot.

For details, to volunteer or to register for the clinic call Dianne Boals at 430-4437/civ. 0711-680-4437.

### Red Ribbon Week

Red Ribbon Week, which is set aside to honor the benefits of living a healthy, drug-free lifestyle, will be observed in Stuttgart Oct. 23 to 31. For details call 431-2743/civ. 07031-15-743 or e-mail whitesellj@6asg.army.mil.

### Insurance carriers visit Patch

Representatives from Blue Cross/Blue Shield, Foreign Service Benefit Plan, GEHA and Mailhandlers will be available Oct. 29, 11 a.m. to 2:30 p.m., in the Patch Barracks Community Club.

For details call 421-2821/civ. 0711-729-2821.

### Marines celebrate 228th birthday

Marine Corps Forces Europe will commemorate the Corps' 228th birthday Nov. 6 in the Böblingen Congresshalle. U.S. European Command Commander Gen. James L. Jones will be the guest of honor.

For details call 431-2748/civ. 07031-15-748.

### Stallions host Tip-Off Classic

The Stuttgart Stallions community basketball team will begin its season by hosting the Tip-Off Classic Oct. 25 and 26 in the Patch Fitness Center.

For more information or to register a team call Steve Sanders at 430-5386/civ. 0711-680-5386.

### Air Force announcements

■ The next **Air Force Sergeants' Association** meeting is Oct. 28 at 4:30 p.m., in Rindy's Lounge (basement of Patch Barracks' building 2308).

For more information call Staff Sgt. D'Andre Broderick at 430-8300/civ. 0711-680-8300.

■ The **U.S. Air Forces in Europe Mission Support Squadron Customer Service Element** has extended its hours for the distribution of new identification cards.

The new hours are Mondays, Tuesdays, Wednesdays and Fridays, 6 a.m. to 4 p.m.

### Percussion lessons at Panzer YS

Panzer Youth Services is hosting 30-minute percussion lessons Wednesdays and Thursdays. The instruction costs \$58 for four lessons.

For details call 431-2568/civ. 07031-15-568.

### Hand-colored portraits on RB

Capture your child's beauty with a black- and-white 8x10 photo hand-tinted by Jenny Allen. This fall special is \$49 and is offered Nov. 1, noon to 6 p.m. For more information about the RB Arts and Photo Center call 420-6038/civ. 0711-687-7191.

### Patch Frame Shop holds sale

Save up to 75 percent on more than 40 frame moldings during the Patch Frame Shop's Pre-Holiday Sale through Nov. 11. Pre-made frames will also be sold at 20-percent off. For details call 430-5435/civ. 0711-680-5435.

## Bad Aibling educator named Bavaria District teacher of the year

Department of Defense  
Dependents Schools  
Release

A Bad Aibling teacher has been selected as teacher of the year for the Department of Defense Dependents Schools' Bavaria District.

Dr. Ronald McIntire, Bavaria District superintendent, announced the selection of David Becher of Bad Aibling American School Sept. 23.

Becher teaches English, Spanish and journalism at Bad Aibling, which is a "unit school" housing kindergarten through 12th grade.

Becher has been at Bad Aibling School since 1998. Prior to that, he taught at St. Lawrence School in Louisville, Ky. He holds a bachelor's degree from Indiana University Southeast and a master's degree from Nova Southeastern University.

### 'I believe in education'

Becher said his philosophy of teaching is that all of life is a learning process and that a teacher needs to give students the drive to continue learning past high school.

"I recognize that learning is best attained through interesting and entertaining methods," he wrote in his teacher of the year application packet.

"I believe students will benefit from each other as much as from me ... I have faith that each student has the ability to become a creative, intelligent and independent thinker. I believe in education," he wrote.

In her nomination letter, Bad Aibling Principal Kathleen Reiss wrote, "I have taught in six different schools and was a liaison of five curricular areas in a district of 20 schools. Because of this background, I have had the opportunity to work directly with hundreds of teachers. If I were to choose the five most outstanding teachers that I have worked with, Mr. Becher would be in that group."

Becher will serve as the director of the DoDDS-Europe Junior Leadership Seminar this year. He is also a member of several professional organizations.



Becher

*'I believe students will benefit from each other as much as from me. I have faith that each student has the ability to become a creative, intelligent and independent thinker. I believe in education.'*

**David Becher**

*DoDDS Bavaria District  
Teacher of the Year*

### About the program

Each year, the Department of Defense Education Activity joins states across the nation in the search for a teacher of the year. States (and DoDEA) look for teachers who have demonstrated outstanding leadership and excellence in teaching.

In a tribute to previous teachers of the year, U.S. President George W. Bush said, "Teachers make extraordinary contributions to the communities in which they live and, therefore, make extraordinary contributions to our entire country. We give our teachers a great responsibility: to shape the minds and hopes of our children. We owe them our thanks and our praise and our support."

As school began in September 2003, district superintendents in DoDDS-Europe began accepting nomination packages of dedicated and highly skilled candidates capable of inspiring students of all backgrounds and abilities to learn.

Each district superintendent was allowed to submit one district teacher of the year to compete for the DoDEA title.

The application packets of the five DoDDS district honorees have been forwarded to DoDEA headquarters for the DoDEA Teacher of the Year Recognition Program. The DoDEA winner will represent the organization in the National Teacher of the Year Program.

## Marshall Center sponsors border security conference

Marshall Center Release

The postcard setting of Lake Bled, Slovenia, served as the backdrop for a four-day conference on border security organized by the George C. Marshall Center in cooperation with the U.S. Department of Defense and the Slovenian Ministry of Defense.

The conference drew experts from 10 nations to discuss ways to improve border security among the members of the Southeast Europe Defense Ministerial Process.

"The safety of the world requires a unity in Europe from which no nation should be permanently outcast," said Johnny Young, the U.S. ambassador to Slovenia. Young said SEDM is important because it provides a valuable political and military framework and promotes cooperation between countries with common security goals.

"SEDM's 'can-do' spirit exemplifies what the United States and its allies want to encourage, not just in Southeast Europe, but around the globe: a growing pattern of cooperation, focused on practical problem-solving and security-building measures," Young said.

Security experts helped attendees evaluate the threat of transnational terrorist groups in the SEDM region and address border security responses to the weapons of mass destruction threat. They also addressed how the military can support civilian agencies and provided guidance for cross-border operations and exercises.

In addition, attendees received information on new technologies, legal issues, the role of cooperative security organizations in border security and methods of obtaining technical advice.

Though conference attendees were presented with a wealth of information, they were not simply passive participants. While international and regional experts presented concepts and case studies based on their experiences, the attendees challenged many of the issues discussed and presented their ideas and proposals for enhancing future cooperation.

Retired Maj. Gen. Mike McCarthy, deputy director of the Marshall Center, said conferences like this are essential to strengthening the democracies of Eastern Europe.



C.E. Taylor

**Johnny Young, U.S. ambassador to Slovenia, addresses members of the Southeast Europe Defense Ministerial Process in Slovenia.**

### Bad Aibling hosts German-American Friendship Festival

Members of the German and American communities joined together for a parade to celebrate the German American Friendship Festival, which opened Oct. 2 on Bad Aibling Station.

Opportunities to honor the relationship between the two communities are dwindling as the closure of Bad Aibling Station approaches.



Kim Jannsen

**AST Garmisch offers Host-Nation Affairs electronic newsletter**



## Commissaries won't accept home-printed coupons

By Rick Brink

Defense Commissary Agency

Military commissaries are no longer accepting home-printed coupons as the grocery industry comes to terms with the fraudulent use of Internet coupons.

"We still gladly accept manufacturers' coupons – the kind you clip out of newspapers or magazines or that you receive in the mail," said Bob Vitikacs, the Defense Commissary Agency's director of operations and product support.

"What we're not accepting are coupons that have been downloaded from the Internet and printed with a home computer, because it's too difficult for our cashiers to tell if they are valid," Vitikacs said.

The use of fraudulent Internet coupons is growing in the grocery business. Many commercial grocers are also declining to accept home-printed coupons.

Most coupons are legitimate, but home computers and Internet access have made it easy to alter legitimate coupons for fraudulent use, Vitikacs said.

Some analysts estimate the loss by coupon fraud to the grocery industry to be millions of dollars. Fraud ultimately costs consumers as manufacturers raise their prices to recoup losses.

To protect against loss, DeCA officials decided to suspend acceptance of home-printed, photocopied or facsimile-generated coupons.

"This is an interim measure we've adopted immediately to protect our customers and industry partners," Vitikacs said.

DeCA operates a worldwide chain of nearly 280 commissaries that provide groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth an average of more than \$2,400 annually for a family of four.

A core military family support element – and a valued part of military pay and benefits – commissaries contribute to family readiness and enhance the quality of life for America's service members and their families.

For more information about DeCA visit [www.commissaries.com](http://www.commissaries.com).

## Customs clarifies international mailing rules

By Robert Szostek

U.S. European Command Customs

Holiday mail customers now have an easier way to learn about international mail regulations. Military customs is offering "International Mail Imports," a pamphlet that outlines prohibitions, restrictions and import duties related to mailing items to the United States from overseas.

"Many people do not know that Customs and Border Protection may fine you at least \$100 if you mail meat or any meat products to the States," said Michael Burkert, director of the U.S. European Command Customs and Border Protection Agency. Banned products include canned meats, paté, salami, sausage and soup mixes containing meat.

It is also illegal to mail handguns, alco-

### 2003 holiday mailing deadlines

Parcel Post: Nov. 13  
Space Available Mail: Nov. 28

Parcel Airlift Mail: Dec. 4  
Priority/1st class: Dec. 11

For more information visit [www.http://hqdainet.army.mil/mpsa/main.htm](http://hqdainet.army.mil/mpsa/main.htm).

holic beverages and a number of other items to the United States. Other articles not on the banned list may be restricted and need special import permits.

Mailers must affix a customs declaration to every parcel going to the States. Falsifying this declaration is a federal crime.

"People must also realize that foreign-made goods sent to the [States] are subject to the payment of duty," Burkert said. "Even if you

mail foreign items to yourself or buy them in a military exchange, the recipient may still have to pay duty and the customs user fee."

U.S. residents may receive up to \$100 worth of foreign-made goods per day; they must pay duty on the value of gifts exceeding that amount.

*The International Mail Imports pamphlet is available at all military customs offices and online at [www.customs.gov/xp/cgov/travel](http://www.customs.gov/xp/cgov/travel).*

## Stuttgart signal Soldier earns Armywide 'best of best' award

By 2nd Lt. Frank Hauben  
587th Signal Company

"I want you to be the best," Staff Sgt. Andrew Myers of the 587th Signal Company told his supply clerk-turned-armorer, Sgt. Joseph Young.

Young took this challenge to heart, working long hours to make his arms room look the best it possibly could.

He made sure every weapon was clean and every form was perfect. He memorized the regulations and spent countless hours cleaning, oiling and caring for his weapons.

In other words, he became the best — not just in the battalion, or even in Europe, but the best armorer in the U.S. Army.

Young's effort was officially recognized Aug. 20, when he crossed the stage in Alexandria, Va., and accepted his award as the "Best of the Best" Armorer in the Army.

Young earned this award following a rigorous series of inspections at every echelon from company to Department of the Army.

### Additional awards

The 587th Sig. Co. sets the bar high for a Soldier hoping to be recognized for his or her accomplishments.

Myers, the company's supply sergeant, demands excellence from both himself and his Soldiers.

This year, Myers and his supply section reaped the rewards of efforts sewn into their everyday jobs.

For the second year in a row, the company's parent unit, the 52nd Signal Battalion, earned a Department of the Army Award for Maintenance Excellence due in part to the hard work and dedication of Meyers and his support personnel.

Fresh off the heels of the AAME award announcement — and the day after Young accepted his "Best of the Best" award — Myers, Young, Sgt. Aaron Clark, Sgt. Kerry Harmon and Cpl. Ray Martin were informed that their unit had also won the Army Chief of Staff Supply Excellence Award.

As these accomplishments prove, the 587th Signal Company supply section takes pride in its job, and each team member contributes greatly to the company's overall mission.

To earn these awards, the company's supply personnel simply accepted Myer's challenge to "be the best."



Young

# Home sweet home school

## More military families opting out of traditional learning route

By Maria Higgins

*This is the first of a two-part look at home schooling in a military community. Part II will appear in the Nov. 4 edition of The Citizen.*

Adored by their teacher, showered with personal attention and given a large say in each day's lesson plan, 11-year-old twins Zach and Josh Millander would be the envy of their sixth-grade class.

That is, if they had one.

Instead, the Millander boys — along with their 6-year-old brother, Caleb — hit the books each day as part of a growing number of home schoolers, children who are educated not by certified teachers in formal settings but by dedicated parents in their own home.

### A concept that's catching on

Throughout the nation and among families of various social and religious demographics, home schooling is on the rise, according to the Home School Legal Defense Association.

The Virginia-based advocacy group reports that the number of home-schooled children in America is increasing between 7 and 15 percent annually.

Parents who home school typically cite numerous reasons for their decision.

A May 2002 poll of nearly a thousand HSLDA members found that almost half were compelled to guide their children's education due to religious concerns.

Also behind the trend: Traditional schools themselves are earning failing grades from home schooling proponents. Many are motivated to keep their kids home because of what they see as a plague of overcrowding and understaffing, standardized test-obsessed curricula and amped-up student violence.

And it doesn't just take a Columbine tragedy to steer parents toward home schooling.

Karenmarie Collins (or K, as she prefers to be called) and her Marine Corps husband, Wayne, were "shocked" by administrators' ignorance when they tried to register their firstborn son, Bryan, for kindergarten in California. School officials "couldn't tell us what he would be learning, and worse, they were surprised that we would want to know," K said.

The couple kept Bryan home that year, then were transferred to North Carolina. But — believing that school was a "rite of passage" for children — they tried to enroll him for first grade at their new district. When they got an encore dispassionate response, they found themselves forced to reevaluate "what education meant," and another home-school family was born.

Today, the Collinses are dedicated to the cause and active in the Stuttgart Area Home School Association. So, too, are Deb and Red Millander, who committed to home schooling when it was clear that their elementary school wouldn't be able to teach anything substantial to their gifted twins (already reading at age 3).

In South Carolina, the school's curriculum focused on "bringing out your inner self — in other words, just playing," Deb recalled. When a much wealthier school district in Rhode Island proved equally unchallenging, the Millanders saw the writing on the wall.

### Mobility, stability

Often, the perceived benefits of home schooling motivate as powerfully as formal schools' alleged shortcomings.

"We've got the flexibility to pick up and go according to our business needs, and take vacations when it's convenient for us," said Becky Dean, who, with her four children, chose to come to Germany with her husband, Army Reservist Tom Dean, despite this being an unaccompanied tour.

"We'll just pack up some of the books and make it a learn-as-you-go field trip," Becky said. In prepara-

### Home Schooling Online

Both religious- and secular-based Web sites for home-schooling families abound.

Services provided by the following sites range from championing home schoolers in court to linking parents with curriculum providers, fellow home schoolers, research results, events and more:

Home School Legal Defense Association  
[www.hslda.org](http://www.hslda.org)

The Home School Foundation  
[www.homeschoolfoundation.org](http://www.homeschoolfoundation.org)

National Home Education Network  
[www.nhen.org](http://www.nhen.org)

American Homeschool Association  
[www.americanhomeschoolassociation.org](http://www.americanhomeschoolassociation.org)

Home School Learning Network  
[www.homeschoollearning.com](http://www.homeschoollearning.com)



tion for an upcoming trip to Paris, the Deans are scouring books and videos on the City of Lights, and "having lots of discussions about what the kids will be seeing in the Louvre," she said with a laugh.

As an Air Force family that has moved six times in seven years, the Millanders find home schooling to be a stabilizing force in their children's lives.

"They know who their teacher and classmates are going to be," said Deb, "and the boys can keep making steady progress despite going from the Deep South to the Midwest to the East Coast and back again."

Until her husband, a pilot, sees his career slow down, "this is the right way for us," Deb said.

It's also the right way for kids to grow up, the Collinses believe.

### A proper environment

"Public school lobbyists and other advocates criticize home school for not being a proper environment for kids," said K, who disagrees with this stance.

"I believe schools are contrary to what's best for them," K said. "The center of their world should be family, not an institution where they're made to feel part of a group [at the expense of] developing a sense of their individuality."

The Collinses agree with proponents' claims that home schooling's nature allows individuality to foster.

Zach Millander experienced just that after a recent family trip to Rothenberg-ob-der-Tauber and its famous Museum of Torture. "My mom made me write a report about it," Zach said, but noted that he got to call the shots on the exact topic.

Follow-up essays are standard with the Millanders, who only wanted to make sure their boys had been paying attention the first time Deb and Red made the request. "Now, they don't even have to be asked—they'll pick something they liked best and write about it in their journals," Deb explained.

For Becky Dean, the beauty of home school is that "it can meet everyone's needs at different points," she said. "It all depends on what's best for *your* child."

For more information on the Stuttgart Area Home School Association, call Madelyn Johns at 0712-723-7088, or e-mail [6m1@hotmail.com](mailto:6m1@hotmail.com).

# Safety campaign spotlights Soldiers

U.S. Army, Europe, Release

**A**s Soldiers deploy in support of Operation Iraqi Freedom and others return to their homes and families, U.S. Army, Europe, wants them all to keep safety at the forefront.

USAREUR's new "Soldier Hard, Soldier Safe" campaign is aimed at the 40,000 USAREUR Soldiers who will deploy to and return from the Iraqi theater of operations during the next six months, as well as the men and women who support them.

"The USAREUR safety campaign is a focused effort by our leadership to keep our Soldiers safe both on and off duty," said USAREUR Command Sgt. Maj. Michael Gravens. "We want the Soldier doing the right thing, the right way."

With troops eager to get home – and others ready to get to their missions – keeping alert to conditions and surroundings is essential to ensuring safe transitions during the moves to and from downrange.

Gravens said safety begins with risk assessments and good, thorough safety briefings. "This will ensure our Soldiers understand what they have to do and how to do it so they can do it right," he said.

Risk assessments allow Soldiers to conduct self-checks of all factors involved in an activity. The assessments cause Soldiers to pause for a moment in the midst of planning, to think about each step and to evaluate all possible risks.

Along with risk assessments, leaders have to be on the ground with the Soldiers, Gravens said.

"They have to be at the hard places where the training is going on, where the work is going on and where the movement is," he said. "Our junior leaders especially have to be vigilant to ensure that the troops are doing the right thing."

Junior noncommissioned officers need to recognize "they are responsible for their Soldiers 24 hours a day, 7 days a week," Gravens said. "I would ask that Soldiers take nothing for granted."

Gravens also stressed the importance of staying safe when returning from deployments. For example, Soldiers should "slowly reacquire their driving skills here in Europe – take it slow, take it easy," he said.

"Families will get back together. They're happy, there are good things going on and they want a break and to enjoy their time together, but they've got to be safe," Gravens said.

"Soldier hard. Soldiering is tough business whether you are in the motor pool, whether you are in the field or whether you are traveling halfway around the world. It's tough business and we expect you to give 100 percent no matter where you are or what you are doing," Gravens added.

"Soldier safe means that no matter where you are, we want you to do things safely – on or off duty," he said.

## Stuttgart-area events promote breast cancer awareness

By Mildred Green

**S**tatistics show that most people will be or have been affected by breast cancer.

It may have taken the life of someone close to them, or they may have witnessed the glory of someone defeating this disease.

"Breast cancer is the most common type of cancer in women, and the second leading cause of cancer death in women," said Michelle Saylor, 6th Area Support Group health promotion coordinator. "One in eight American women will develop breast cancer at some point in their lives."

Fortunately, there are things individuals can do to help fight breast cancer.

In Stuttgart, they can support breast cancer research by donating money or learn more about the disease by attending an awareness program or fundraising event.

Two breast cancer awareness events will be held in Stuttgart during October:

■ The 3rd annual **Horizon of Hope Breast Cancer Awareness Dinner**, sponsored by the Böblingen Community Activities Club, is Oct. 25.

Enjoy an evening of dinner, dancing and a chance to win prizes in the Patch Community Club from 7 p.m. until midnight. Tickets are \$15.

Also, support a leading organization's fight against breast cancer by participating in the auction and raffles – from which all proceeds will go to the Susan G. Komen Breast Cancer Foundation.

BCAC President Edie Palladino said she is looking forward to the evening. "I hope this event will bring more community awareness on breast cancer and raise more money for this cause," she said.

For more information call Palladino at 430-8119/civ. 0711-686-8119 or e-mail [scep3979@yahoo.com](mailto:scep3979@yahoo.com).

### Additional ways to participate in the fight against breast cancer:

Susan G. Komen Breast Cancer Foundation

[www.susankomen.org](http://www.susankomen.org)

The Komen Foundation is also in the *Combined Federal Campaign* book. For more information on how to have donations deducted from your payroll or how to donate directly, visit [www.opm.gov/cfc/#giving](http://www.opm.gov/cfc/#giving).

Information on breast cancer awareness and self-examinations:

[www.4woman.gov/faq/bsefaq.htm](http://www.4woman.gov/faq/bsefaq.htm)

Join The Fight

(List of breast cancer fundraisers)

[www.angelfire.com/ca6/JoinTheFight](http://www.angelfire.com/ca6/JoinTheFight)

■ Learn more about breast cancer and ways to detect it by attending the **Stuttgart Wellness Center's Breast Cancer Awareness Program** Oct. 23 from 11 a.m. to 1 p.m.

The event consists of a lecture by Dr. Gloria Browne from the Stuttgart Medical Clinic and information on early detection and self-examination.

The Wellness Center is located in building 2307 (Washington Square) on Patch Barracks.

For more information call 430-4073/civ. 0711-680-4073 or e-mail [saylorm@6asg.army.mil](mailto:saylorm@6asg.army.mil).



Patch High School student Danielle Grigsby interviews tennis professional Alexandra Stevenson Oct. 7. Stevenson spoke to PHS students during a day off from a Women's Tennis Association tournament in nearby Filderstadt.

## Tennis pro visits PHS

Story & photos by Melanie Casey

Alexandra Stevenson keeps her promises. When the 21-year-old tennis star visited Patch High School last year shortly after defeating Jennifer Capriati in a tournament in nearby Filderstadt, she vowed she'd be back.

On Oct. 7, she made good on that promise.

Stevenson, along with her mother and manager Samantha Stevenson, stopped by Patch High School to visit with students, answer questions and pose for pictures.

In town again for the Filderstadt tournament, Stevenson also attends the University of Colorado via online classes. A sophomore, she expects to graduate in 2006 with a degree in sociology.

"You have to be very disciplined," Stevenson said about juggling studies and life on tour. "You have to really balance everything."

She addressed an assembly of PHS students, telling them, "tennis teaches you a lot about life. You



Tennis professional Alexandra Stevenson speaks to students in the PHS gymnasium Oct. 7.

learn to depend on yourself and be an individual."

The PHS students were enthusiastic about their guest. Stevenson even received a marriage proposal from one student, but she politely turned him down.

She left the PHS students with this advice: "Stay true to yourself, believe in yourself and you can do whatever you want to do."

## Fall Homecoming 2003



Patch running back Joshua Rohr (right) awaits an option pitch from quarterback Chris Keith (#3) during the "bonus" third quarter of PHS's 42-0 homecoming romp over Aviano.



## Big win highlights homecoming week

Story & photos by Hugh C. McBride

According to the old sports saying, it ain't over 'til it's over. Well, this time it was.

Because of a Department of Defense Dependents Schools' "mercy rule," officials declared the Oct. 7 Patch High School homecoming football game against Aviano finished after two quarters of play. PHS's 42-0 half-time lead was recorded as the final score.

As junior varsity players suited up for a bonus third quarter, members of the 2003 homecoming court walked beneath the crossed swords of the PHS Junior Reserve Officer Training Corps honor guard to be introduced to the crowd.

The court was composed of freshman Sarah Watson and Howard Barker; sophomores Kim Knowles and Blaire Wagner; juniors Sophia Bonano and David Kennedy; and seniors Brianne Gemeinhardt, Alex Riccio, Kelsey Russell and Josh Anderson.

Aaron Griffin and Jodi Moscone presided over the festivities as king and queen.



[Top Left] Homecoming court member Josh Anderson and his escort, Koral Vowell, walk beneath the crossed swords of the PHS JROTC honor guard.

[Bottom Left] PHS defenders stop an Aviano runner in the backfield during the second quarter.



The PHS cheerleaders entertain the crowd during halftime of Patch's 42-0 homecoming victory over Aviano Oct. 4 on Panzer Kaserne.

# Canyoning adventure helps Marines build confidence, camaraderie

By Sgt. Michael Hjelmstad  
U.S. Marine Corps Forces Europe

In search of an activity that would instill unit cohesion as well as present a personal challenge to the participants, the noncommissioned officers of Marine Corps Forces Europe recently embarked on a “canyoning” event in the Swiss Alps.

“I had no idea what canyoning was,” said Sgt. Brandon Cox from Moreno Valley, Calif. “I had my doubts at the beginning, [but] the whole trip surpassed my expectations by far.”

“None of us really knew what we were getting into at the beginning,” said Cpl. Armando Rodriguez. “But throughout this trip we all took a little closer look at each other, and ourselves.”

The adventure began immediately as the anticipated three-hour drive from Böblingen to Switzerland took six hours – and finding the right camp with very vague directions became an adventure in itself. However, the young Marine leaders managed to reach their destination only slightly rattled.

Grudgingly leaving the warmth and security of quality sleeping bags a little earlier than most would have preferred, the group arose the next morning to meet a guide from an extreme sports company called Swiss Adventures who seemed a little too chipper for that hour.

“I have to admit, there was a time in the morning when I was laying there hoping they would not show up,” said Cpl. Joseph Lambeth, Houston, Texas. “I had no idea what a great time this would turn out to be.”

The guide explained that the participants would be led from the top of a mountain through a canyon. The path included a series of obstacles that required negotiating steep hills, jumping into 42-degree water, rappelling down sheer walls and sliding down waterfalls.

After being fitted with the appropriate gear and instructed on safety, the group was now hanging on to the guide’s every

‘None of us really knew what we were getting into. But throughout this trip we all took a little closer look at each other, and ourselves.’

Cpl. Armando Rodriguez  
U.S. Marine Corps Forces Europe

word to traverse the treacherous terrain unharmed.

“Let’s be nice to the guy who can help us live or die today,” said Sgt. Charles Blackman.

Just minutes into the trip came the first test of courage, as the trail dropped off and the only way down was a plunge into water so cold it numbed the fear of the jump.

“I was more excited than scared,” said Cpl. Jason Kraus. “The first jump was a rush and a half – that water was freezing.”

“Overcoming our own challenges and then helping each other really showed us that no matter who you are, every Marine wants to succeed,” Rodriguez said. “Even some who were really scared at times still did all the stuff everybody else did because we wanted to finish as a team.”

“I would never have done something like this in my life without this kind of trip,” said Cpl. Abel Orta.

“NCOs really are the backbone of the Marine Corps,” said MARFOREUR Command Sgt. Maj. Carlton Kent. “It’s important for [NCOs] to develop the strong sense of camaraderie that will make them into stronger leaders of Marines.”



courtesy Swiss Adventures

Sgt. Brandon Cox is about to find out how cold the water is on the first such jump of a Marine Corps bonding trip. Awaiting their turns are Cpl. Abel Orta (left) and a guide.



**Capt. Brian Angell completes a set of push-ups as part of the USAFE MSS Fitness Program, which prepares local Air Force personnel for tougher PT standards that will be implemented servicewide in January 2004.**

## Stuttgart airmen focus on fitness

*Ahead of servicewide change in physical conditioning test, USAFE Mission Support Squadron institutes training program*

Story & photos by Melanie Casey

**T**he U.S. Air Forces in Europe Mission Support Squadron, located on Patch Barracks, is on the ball.

Well before the Air Force announced it was changing its physical training standards (effective January 2004), the USAFE MSS staff had a fitness regime firmly in place.

USAFE MSS Commander Col. Karen Taylor initiated the program in January with the help of Chief Master Sgt. Yolanda Richardson, who is also certified personal trainer and group instructor. Taylor wanted to provide an opportunity for her airmen to get in shape, work out as a team and be combat-ready.

Also, as part of Stuttgart's "purple" community (one composed of service members from all branches of the military, many of which hold unit physical training activities during duty hours), Taylor believed her unit should follow suit.

Initially, the MSS offered PT two afternoons a week, with one of those sessions mandatory.

A third training day was added, Richardson said, "because we noticed that everyone was attending both days."

The program "gives [USAFE MSS members] an opportunity to be fit and train as one team," she said.

The program offers aerobics in the Patch Fitness Center along with running, interval training and strength training. The squadron currently has six certified group instructors, including Taylor, who take turns leading the PT sessions.

The program continues to get tougher, inspired by USAFE Commander Gen. Robert "Doc" Fogelsong, who initiated a USAFE Combat Fitness Program this summer. Every session includes cardio training, push-ups and sit-ups, since they will be a part of the new PT test.

USAFE MSS recently completed a preliminary test based on the proposed Air Force standards to "provide members with baseline scores and improve, if neces-

### Air Force to toughen PT test

**T**he Air force is getting a little tougher.

In January 2004 the service will institute a new fitness test designed to better measure the physical capabilities of its troops.

The current evaluation system involves a cycle ergometry test, sit-ups and push-ups.

Parts of the present test will be retained, but the cycle will be rel-

egated to fitness history.

Beginning in January 2004 all airmen will be tested in the following proposed areas:

- Muscle fitness (measured by sit-ups and push-ups).
- Body composition (measured by waist circumference).
- Cardiovascular endurance (measured by a 1.5 mile run).

-Melanie Casey

sary, before testing standards begin," Richardson said.

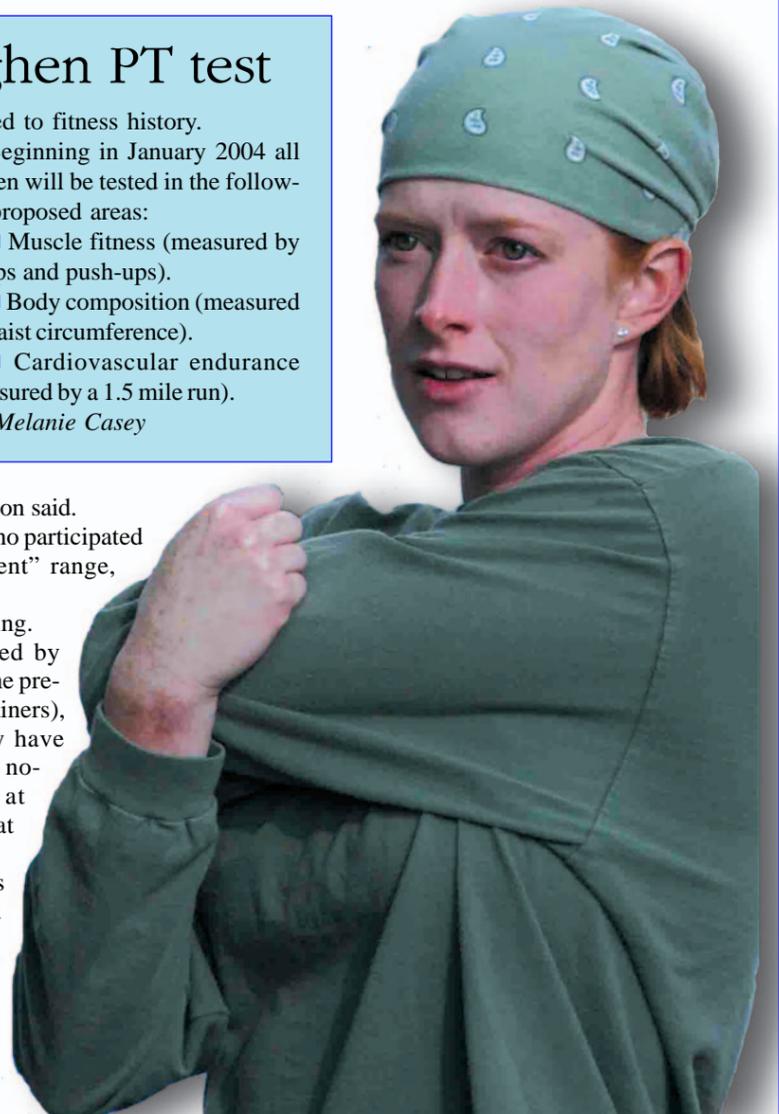
Sixty-one percent of the MSS members who participated scored in the proposed "good" to "excellent" range, Richardson said.

The proactive program seems to be working.

According to a recent survey conducted by Tech. Sgt. Garry Smith (who scored 100 on the preliminary test and is one of the certified PT trainers), 89 percent of the respondents said, "they have seen an increase in their level of fitness by noticing they can work out longer and/or at higher intensities while feeling less tired at the end of a workout."

"Our ultimate goal," Richardson noted, "is to keep our people fit for health reasons and mission accomplishment. It all boils down to combat readiness."

**USAFE MSS's Staff Sgt. Amanda Perkins stretches before a squadron workout on Patch's Husky Field.**





# HALLOWEEN HISTORY IS SPOOK-TACULAR

## Holiday has historical roots

by Melanie Casey

The holiday we know today as Halloween began as a Celtic festival called Samhain more than 2,000 years ago in the United Kingdom.

The Celts celebrated the new year Nov. 1, and they believed that on the night prior (Oct. 31), the worlds of the living and the dead merged and ghosts returned to earth. To stave off these spirits, the Celts dressed in masks so they wouldn't be recognized and tried to placate the wandering ghosts with bowls of food placed outside their doors.

In the 7th century, Pope Boniface designated Nov. 1 as All Saints' Day. Many historians today believe he did this to replace the Celtic (and thus pagan) festival of Samhain.

The evening before All Saints' Day came to be known as All Hallows Eve and later Halloween (from

the Middle English word *Alholowmesse*, meaning All Saints' Day).

In about the year 1,000, the church declared Nov. 2 All Souls' Day – a day meant to honor the dead. It was celebrated similar to Samhain with parades, bonfires and people dressed in costume.

The American tradition of trick-or-treating dates back to early English All Souls' Day parades, when the poor would beg for food and families doled out pastries called "soul cakes." The practice was eventually taken up by children who would visit neighborhood homes in the hopes of getting ale, food or money.

Halloween traditions were brought to the U.S. by immigrants – particularly Irish immigrants – during the mid-19th century. By the mid-20th century, Halloween had become a secular and community-oriented holiday, and today it's the second largest commercial holiday.

source: [www.historychannel.com](http://www.historychannel.com)

*There's more to do on Halloween than trick or treat..*

### Stuttgart

**Haunted House Halloween and Carnival, Oct. 30, 6 to 9 p.m., and Oct. 31, 7 to 10 p.m., in the Patch YS. \$5.**

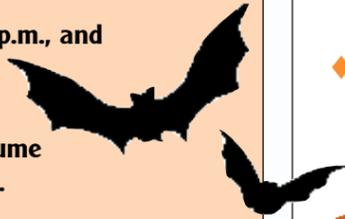
*Slider's Halloween Party with All That, Oct. 31.*

**Stop by the Patch Food Court dressed in your costume Oct. 31, 5 p.m. to closing, and get a free cookie.**

*Free 5 x 7 photo at RB Arts and Photo, Oct. 31, 2 to 5 p.m.*

### Garmisch

**Halloween Carnival and Haunted House with games and hayrides Oct. 31, 5:30 to 8:30 p.m., at the Pete Burke Center.**



### Halloween Safety Guidelines

Trick-or-treating will take place in all Stuttgart housing areas Oct. 31, 5 to 7:30 p.m.

In Garmisch's Breitenau Housing Area, trick-or-treating will be 6:30 to 8:30 p.m. These hours will be strictly enforced.

- ◆ Parents should accompany young children; older children should travel in groups.
- ◆ Carry identification at all times.
  - ◆ Toy weapons and military uniforms as costumes **are not permitted.**
- ◆ Wear costumes with reflective tape and carry a flashlight.
- ◆ Stay on sidewalks and don't cross the street between parked cars.