



This artist's rendition shows the planned Base Post Office to be relocated near the Kaneohe Bay Commissary and McDonald's, in the space currently occupied by the super playground.

Improvements galore

Congress supports major quality of life enhancements at MCBH



The existing Kaneohe Bay Base Post Office is scheduled to be replaced as part of current construction funding approved by Congress and signed by the president.



The newest additions to MCB Hawaii's family housing pool (above) replace inadequate enlisted quarters (below) in the Cochran area of Kaneohe Bay. Construction on 212 new units is slated to begin in the spring.

Story and Photos by
Staff Sgt. Robert Carlson
Combat Correspondent

The Commandant has often said that now is a great time to be a Marine.

With the recent quality of life enhancements the base has seen, it's not only a great time to be a Marine, it's also a great time to be a Sailor or family member at Marine Corps Base Hawaii.

Marine Corps Base Hawaii has received several significant quality of life improvements during the past six years, and Congress has recently approved funding for additional projects to further increase the quality of service for the Marines, Sailors and families living and working aboard the installation.

Thirty-five million dollars was authorized and approved for MCB Hawaii this fiscal year including a new chapel complex, and replacement of 65 more of the base's aging family housing.

In addition, construction of the new Post Office and bachelor enlisted quarters approved last year is just getting underway.

Construction on 212 additional family housing units is scheduled to start in the fall, and another 55 are slated to be put out for bid at about the same time.

Many operational improvements have been implemented as well, including the improvements for Base Realignment and Closure issues, and a new air traffic control tower, which is scheduled to be officially dedicated in

January.

The most noticeable projects on base, though, are the ones that improve the quality of service for those who live and work here.

For single Marines and Sailors living in the barracks, construction has started on another 150-room BEQ near the Marine Corps Exchange Annex, and another set of old barracks built in the 1950s will be demolished at the conclusion of the new construction.

In all, 475 family housing units at a cost of nearly \$100 million; 806 two-man BEQs at a cost of \$90 million; and the new \$6 million, 50-room Temporary Lodging Facility addition have been completed.

See IMPROVEMENTS, B-10



Some of the old barracks set to be demolished on MCB Hawaii, Kaneohe Bay, were built in the 1950s.



Above — The newest bachelor enlisted quarters construction on Kaneohe Bay is underway near the Exchange Annex. It will include 150 units and house 300 Marines and Sailors from 3rd Marine Regiment. Left — The most recent BEQ addition also houses 300 Marines.

"Now is a great time to be a Marine."

Gen. James L. Jones
*Commandant
U.S. Marine Corps*



Operational improvements to the base include a new air traffic control tower and other planned facilities.

Housing accepts advance applications

New policy impacts all Marine Corps installations

Staff Sgt. Robert Carlson
Combat Correspondent

A recent Marine Administrative message addressed a concern reported to the Commandant at a noncommissioned officers symposium regarding assignment to government quarters.

The message, MARADMIN 609/02, reinforces the requirement that base housing offices accept advance applications for housing when a service member receives Permanent Change of Station orders.

To apply for housing in advance of actually arriving at a new station, Marines and Sailors need only mail, fax

or email a copy of their PCS orders and a completed application (DD Form 1746) to the new command's housing office.

The application form is readily available at all family housing offices, and on the Internet at www.hqmc.usmc.mil/lf-fweb.nsf.

The housing office will place the qualified applicant on the housing waiting list with a control date of the day the member detaches from the old command.

While on the waiting list, advance application personnel will not be assigned housing until they arrive at the new station and report to the housing office.

The MARADMIN also reminds military personnel that the order does not

necessarily guarantee a shorter wait for housing, and that the first option for personnel is housing in the private sector.

Department of Defense policy is to rely on private-sector housing first, and reserve government quarters and public-private venture housing for when the private sector cannot meet the service needs.

The Marine Corps has a master plan to address all existing housing requirements and deficit reduction requirements by fiscal year 2009.

In the meantime, base housing offices are trying to make permanent change of station moves a little easier by helping service members apply for housing at their next duty station even before they leave their current one.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

DECEMBER

13 / Today

Bring Your Own Boss — Bring your "top dog" to Kahuna's Sports Bar & Grill from 4:30 – 6:30 p.m.

Guests will enjoy free pupus, beverage specials and bull rides, to name a few goodies.

For more details, call Kahuna's at 254-7660.

Free Island Tour — Experience paradise allure, and get acquainted with your new duty station during the day-long, free island tour.

Personal Services hosts this guided bus tour every second Friday of the month. Guests are encouraged to bring a lunch and to slather on the sunscreen.

Spaces are limited and reservations are required.

The island tour starts and ends at Personal Services, Bldg. 216.

For more details, call 257-7790.

14 / Saturday

R&B Christmas Jam — The Staff NCO Rocker Room rings in the holidays beginning at 6 p.m.

Free for club members and \$2 for all non-members and guests, this holiday jam features festive pupus and lucky number drawings.

Call the Rocker Room at 254-5592.

15 / Sunday

A Santa Sunday — All hands are invited to dine on a Fairways breakfast buffet with the big guy in red from 9 – 11 a.m.

Parents may bring their little ones to sit on Santa's lap, and each family will receive one free photo with Santa.

A traditional hula performance is scheduled and Santa will give the kids a treat bag.

Seating is limited, and reservations are required.

Adult prices are \$8.50, children ages 5 – 10 are \$4.50 and children four and under are free.

Call for your Breakfast with Santa reservations today at 254-5592.

17 / Tuesday

Secret Shopping Continues — And now for the ladies, the Marine Corps Exchange will close its doors to all patrons at 5:30 p.m.

All ladies are invited back from 6 – 10 p.m. to shop for their loved ones.

Remember, Santa Silver Certificates may be redeemed until Dec. 24.

For more details, call the MCX at 254-3890.

18 / Wednesday

And They Lived Happily Ever After — Marriage is hard work and the demands of a military lifestyle don't make it any easier.

Learn communication techniques to help you and your spouse deal with everyday, common marital issues Wednesday and Thursday during the Marriage Skills Workshop.

This free, two-day class is held in Bldg. 216 from 8 a.m. – 2:30 on the 18th, and from 8 a.m. – noon on the 19th.

Reservations are required and space is limited.

For details, call 257-7780.

19 / Thursday

Pupu Party — Thursdays are "pupus-o-plenty," at the Officers' Club.

Every Thursday evening, bring the crowd to the Kauai Room for half price pupus from 5 – 9 p.m., with the purchase of any beverage.

Call your Officers' Club at 254-7650.

Spouse Appreciation Dinner & Wine Tasting — Surprise your spouse with a Surf & Turf dinner and fine wine tasting during this Officers' Club special event.

The price per couple will be \$100, and reservations are required.

For more details, call 254-7650.

20 / Friday

College Winter Interim — If feeble Father Time is getting the best of your college curriculum,

get a head start with the Joint Education Center's Collegiate Winter Interim Term, Dec. 20 – Jan. 10.

On-base college classes are offered through Hawaii Pacific and Chaminade universities.

For more information, including the method to receive 100 percent of tuition assistance, contact your Joint Education Center at 257-2158.

21 / Saturday

Merriment Making — Bring your little elves to the Base Library to create their own Christmas ornament, listen to holiday tales and devour festive treats at the Base Library at 1 p.m.

Take home your keiki-embellished creation and pick-up some holiday decorating tips and gift making inspiration.

Many holiday craft and cookbooks will be on display, as your Base Library helps you get into the holiday spirit.

All base families are welcome to attend.

For additional details, call 254-7624.

SM&SP



Mahalo to AT&T In-Room Service for supporting the Single Marine & Sailor Program.

All events are open to single, active duty military. The SM&SP Office is located in Bldg. 219. Call 254-7593, for more information on any program or activity.

Program Review

Thursdays: Enjoy free tennis lessons from 11 a.m. - 12:30 p.m. at K-Bay's tennis courts. Call 258-8081 for reservations.

Mark your calendars now for the following 2003 SM&SP Island Get-Aways:

- Maui, Jan. 18 – 20 & May 24 – 26 at \$270.

- Kauai, Feb. 15 – 17 at \$250.

- The Big Island of Hawaii, Aug. 30 – Sept. 1 at \$270.

Fees cover airfare, transportation and accommodations.

(Transportation is provided for all events above.)

SM&SP Activities are Posted on the Web

Get more details on SM&SP activities on the Web. Surf www.MCCS.Hawaii.com under the "Semper Fitness" icon.

SM&SP Benefits

Have your voice heard, make a difference, get involved, grow, and have a blast at SM&SP. Contact program coordinator Leslie Graham at 254-7593, or stop by SM&SP for details.

myPay goes online

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

myPay, formerly known as E/MSS, offers faster enhanced services, security, accessibility and reliability to all customers of Defense Finance and Accounting Service worldwide.

With the new myPay system, you can view, print and save leave and earnings statements and tax statements. You can also change federal and state tax withholdings and update bank account and electronic fund transfer information as well as manage your

allotments and buy U.S. savings bonds.

The new myPay utilizes strong encryption and secure socket layer technology with your social security number and your personal identification number to safeguard your information from any unauthorized access.

To start using the myPay system, use your existing E/MSS PIN to log on at mypay.dfas.mil.

myPay's new design helps you find the information and complete the transactions you want in three simple clicks.

myPay is available around the clock and without the hassle of waiting in lines or holding on the phone.

myPay



MCX adopts new policy on shoplifting

Congress authorizes hefty admin fees; military and civilian shoppers fully liable

Marine Corps Community Services Press Release

Two things are true about shoplifting in the Marine Corps Exchange: It's illegal and the result is less money for quality of life programs.

In an effort to protect our customers and Marine Corps quality of life programs, the MCX has initiated a Civil Recovery Program. Authorized by Congress, it charges customers caught shoplifting for actual and administrative costs associated with shoplifting, theft detection and theft prevention.

The Marine Corps Community Services Civil Recovery Program was established under the authority of The Federal Claims Collection Act of 1996, as amended by Public Law 107-107 (NDAA of 2002). The program is separate from any criminal prosecution, disciplinary action or suspen-

sion of privileges initiated by appropriate authorities.

A criminal conviction or a plea of guilty is not necessary to pursue civil recovery.

A person caught shoplifting in an MCX activity, regardless of whether an authorized patron or not, is liable to MCCS for actual damages plus administrative costs of a minimum of \$200. These fees will be collectable as claims of the United States Government and are recoverable through existing federal debt collection methods, to include the Treasury Offset Program.

Actual damages are the retail value of stolen merchandise, if it is not recovered. If the merchandise is recovered but damaged, then actual damages are computed by subtracting the reduced saleable price from the retail price.

If the merchandise is recovered but not in merchantable condition, then actual damages are equal to the retail price of the merchandise.

The administrative costs fee is calculated based on costs incurred for recovery of the merchandise as well as theft detection and prevention.

A parent, guardian or other person having legal custody of an unemancipated minor caught shoplifting in an MCX activity is liable to MCCS for the actual and administrative costs. Military sponsors are responsible for their family members and are liable under the MCCS Civil Recovery Program.

Should a person caught shoplifting fail to pay the fees and costs, MCCS is authorized under The Federal Claims Collection Act to disclose the liable party's indebtedness to a consumer-reporting agency. This information will include name, address, taxpayer identification number, amount and history of the debt.

Marine Corps Community Services is also authorized to initiate a collection action through salary offset for military members and employees of the U.S. Government, or offset the amount of the debt against any disbursement of the Department of Treasury to include Federal income tax refunds.

For more details on the MCCS Civil Recovery Program, contact Kelly Nakano, the MCX manager, at 254-3930.

Did You Know?



Per Marine Administrative directive 94-00, 122-00 and 434-01, the government credit card is not authorized for unofficial or personal holiday shopping. Service members and civilians are expressly prohibited from using their government credit cards for this purpose.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for "R" rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.

The Transporter (PG13)
Sweet Home Alabama (PG13)
Jonah: A Veggie Tales (G)
Barbershop (PG13)
*FREE SNEAK PREVIEW of:
*The Wild Thornberry's (G)
*FREE SNEAK PREVIEW of:
*Antwone Fisher (PG13)
Sweet Home Alabama (PG13)
Knock Around Guys (R)
The Transporter (PG13)

Today at 7:15 p.m.
Today at 9:45 p.m.
Saturday at 7:15 p.m.
Saturday at 9:45 p.m.
*Sunday at 3:30 p.m.
*Sunday at 7:15 p.m.
Wednesday at 7:15 p.m.
Dec. 20 at 7:15 p.m.
Dec. 20 at 9:45 p.m.

Lava Dogs, MAG-24 test fitness at Kailua school

Story and Photos by
Cpl. Jason E. Miller
Combat Correspondent

More than 25 Marines from MCB Hawaii, Kaneohe Bay, blended into the playground of Kainalu Elementary School in Kailua during field day activities with young students recently.

But rather than lending a hand by swabbing decks and cleaning ventilation ducts, the Marines from Alpha Co., 1st Bn., 3rd Marine Regiment, and Marine Aircraft Group 24 assisted and cheered on children who were

discovering the joys of physical fitness.

"I think that it's great when we get out here with the kids in the community," said Cpl. Frank Munsch, a squad leader from Alpha Co, 1/3. "It really gives them a different view of the Marine Corps vice the one they might see portrayed in movies or on television."

The Kainalu kids spent the morning attempting a watered-down version of a Marine Corps physical fitness test where they tried pull-ups, crunches and a quarter-mile run. The Marines assisted in all the events.

"It really pumps up the kids when they see the Marines out here," said Kathy Aoki, a 6th grade teacher at Kainalu Elementary.

"I know, that for a lot of the boys, it's really something they enjoy. And for the rest of the us, these Marines have helped out in numerous ways to improve our school."

For most of the Marines, it was not their first visit to the school. They had previously volunteered for more labor-specific jobs, most recently during a large Halloween celebration.

"None of the guys are forced to come out here," said 1st Sgt. John Armstead, Alpha Co., 1/3, first sergeant. "These guys love coming out here and spending time with the kids. We never have a shortage of volunteers."

"We're planning to do a lot more with this school in the future."



Marines from Marine Aircraft Group 24 hold onto 6th grade students at Kainalu Elementary School during their mock-physical fitness test.



Above — Marines look on as children from the school finish the 100-yard dash.

Below — Alpha Co., 1/3, Marines count pull-ups as Kainalu kids shoot for a higher score.



Distance learning finds home at Kaneohe Bay; Opens Monday, Bldg. 221

Staff Sgt. Robert Carlson
Combat Correspondent

Marines aboard MCB Hawaii have a new resource available for training and distance learning, and will have the capability to complete Marine Corps Institute courses online, with immediate completion credit.

The Distance Learning Center is located in Bldg. 221 across from the college registration offices, offers a wide variety of courses, and is scheduled to be operational by Monday.

The center is the first outside of the continental U.S., and offers a learning resource center with 40 workstations and a content delivery engine that will let Marines participate in courses from any workstation on the base network.

Within one month, Marines will be able to access the system from their home computers if they have Internet access.

The program has been rolled out at seven sites on the mainland, and is scheduled to be at every Marine Corps installation.

A joint project involving Marine Corps System Command and Training, and Education Command, the program allows



Marines to complete MCI courses online and get immediate credit on the Marine Corps Total Force System.

There are a wide variety of other courses offered including basic marksmanship, motor vehicle operator, land navigation, terrorism awareness and personal finance management courses.

In addition to the basic courses, the system offers 300 information technology courses and 400 business and management skills courses all available to increase the knowledge of all Marines in a variety of specialties.

Brigadier General Jerry C. McAbee, commanding general, MCB Hawaii, is scheduled to visit the center today, and the complete system is scheduled to be operational by Monday.

(Editor's Note: See next week's [Hawaii Marine](#) for more information about the center and the courses offered.)

Military youth in action



Cpl. Jason E. Miller

Youth in Action Program participants, part of Mothers Against Drunk Driving Hawaii, set up shop in front of the Commissary, Saturday, to pass out red ribbons and inform patrons about the dangers of drunk driving.

Christmas Services

at the Base Chapel
 MCB Hawaii, K-Bay

Ecumenical
 Children's Pageant
 Dec. 22, 3 p.m.

Protestant
 Candlelight
 Christmas Eve
 Service
 Dec. 24, 6 p.m.

Catholic Christmas Eve
 Mass
 Dec. 24, 7:30 p.m. & 12
 a.m.

Catholic Christmas Day
 Mass
 Dec. 25, 9:30 a.m.

Former DI pins a rocker on his one-time recruit

Sgt. Alexis R. Mulero

Combat Correspondent

Seven years after teaching and training one of his former recruits to be a Marine, a former senior drill instructor for Platoon 1125, Alpha Co., 1st Bn., Marine Corps Recruit Depot San Diego, Calif., promoted and recognized his former recruit as a fellow staff non-commissioned officer.

Gunnery Sgt. Barry McCool, deputy director of the Staff NCO Academy, MCB Hawaii, Kaneohe Bay, promoted Staff Sgt. Abraham Papaleo, an armory chief with 3rd Bn., 3rd Marine Regiment, to his present rank at the base marina, Dec. 2.

"I had never picked anyone to promote me," said Papaleo. "I chose him because he first saw me as a recruit, and now he can see the reflection of his training has paid off."

Papaleo has crossed paths with his crusty instructor three times since graduating recruit training in the summer of 1995.

The first time they ran into each other was at Marine Corps Air Ground Combat Center, 29 Palms, Calif. Papaleo was looking at some colognes at the main exchange when McCool recognized him and decided to slowly approach him.

"I saw him and recognized him as one of my recruits, but wasn't sure from which platoon," said McCool.

As Papaleo gawked at the colognes, McCool stood closer to him to see if his former recruit recognized him. Papaleo didn't



Staff Sgt. Robert Carlson

Papaleo's company commander, Capt. James Burke, helps Gunnery Sgt. Barry McCool during the promotion ceremony on the pier.

and walked off to find his spouse. A few minutes later, McCool saw Papaleo outside of the exchange, and this time Papaleo froze when he saw his crusty and tattooed former senior drill instructor.

"Well?" barked McCool. "Are you going to wake up?"

Papaleo immediately responded, but could not figure out how to speak to his former mentor.

"You see him and you don't know how to act, said Papaleo. "You stand there and think about what conversation to have

with him. So, I made small talk, and we exchanged information of the changes in our lives."

A couple of years later, life unexpectedly brought them back together as mentor and student, this time, under the sunny skies at MCB Hawaii. McCool had just checked in to the Sergeant's Course to hold the billet as a platoon adviser when Papaleo checked in for the course.

"Having my senior drill instructor light me up as a sergeant, like when I was a recruit, brought back many memories," said the native of Fresno, Calif.

During the course, McCool experienced firsthand the product he sent out to the fleet.

"In the seven weeks of Sergeant's Course, I could see he was definitely headed in the right direction," said McCool. "He had progressed so much in such little time. I was proud to claim him as one of my recruits."

"I felt that promoting him to the staff NCO ranks was not only a privilege for me, but an honor."

SALUTES

Marine Corps Air Facility



Promotions

Staff Sergeant Johnnie M. Finnell
Sergeant Gabriel Cruz
Sergeant Eric R. Schleher
Corporal Thomas R. Coffey
Corporal Thomas O. Hereim
Corporal Mitchell J. Nicholson II
Corporal Matthew D. Strickland
Lance Corporal James M. Chavis
Lance Corporal Ezekiel D. Roush

Navy & Marine Corps Achievement Medal

Gunnery Sergeant George E. Berger

GUNG-HO

Good Conduct Medal

Petty Officer 1st Class Timothy C. Atkins
Petty Officer 2nd Class Zack L. Hunziker
Corporal Thomas W. Hayes
Corporal Luke R. Hofacker
Corporal Larry R. Kelly Jr.

Certificate of Commendation

Petty Officer 2nd Class Sean L. Mulvaney
Petty Officer 1st Class Patrick S. Elmore
Lance Corporal Justin R. Howerton
Corporal Synaca G. Witherington
Corporal Thomas O. Hereim
Corporal Richard B. Cauley

Letters of Commendation

Petty Officer 1st Class Patrick S. Elmore
Petty Officer 1st Class Kenneth N. Patterson

Worth Repeating: "We should be content with what we have, but never with what we are."
— Channing Pollock, actor

RECIPES

Pumpkin bread, cookies spice up holiday desserts

NAPS

Featurettes

Offer your guests an assortment of rich, home-baked desserts this holiday season, and let them participate in the preparation of these sweets.

Easy Mix Cookies

(For Basic Dough:)

- 2 cups softened butter
- 1 cup sugar
- 4 cups flour

Mix butter and sugar until well blended. Stir in flour.

Roll, shape or cut dough as desired into about 2-inch pieces. Place on an ungreased cookie sheet.

Bake at 350 degrees for 10 - 14 minutes, or until lightly browned, then cool on cookie sheet 5 minutes.

Remove cookies and cool on wire racks.

Yield: About 3 dozen.

Try these flavor variations:

Jam Thumbprints

Shape basic dough into 1-inch balls and flatten



Chocolate-Dipped Peanut Butter Cookies

slightly. Indent centers and bake. Fill baked cookies with your favorite jam or jelly.

Almond Crescents

Stir into basic dough a few spoonfuls of ground almonds, then form rounded teaspoonful into 2-inch crescent shapes and bake. Allow to cool.

Dip one end of each crescent into melted semi-sweet chocolate, then place on wax paper to dry.

Chocolate-Dipped Peanut Butter

Add 1/3 cup smooth peanut butter to butter and use brown sugar instead of sugar. Stir in a handful of chopped nuts.

Pat dough into four 8-inch circles on cookie sheet, and cut into 16 wedges. Leave wedges in the circle and bake for 15 minutes.

To decorate, drizzle each wedge with melted semi-sweet chocolate.

Party Tips

- Mix up at least one batch of dough a day in advance to give the party a head start.

- About 30 minutes before guests arrive, slip a rising crust pizza in the oven. While you're eating, read over recipes and decide how baking duties will be divided.

- Play festive music to get everyone in the holiday spirit.

- Plan on doing a little taste testing during the

evening. Be ready with a pot of brewed coffee. For extra holiday spice, sprinkle cinnamon over the coffee in the filter before brewing.

- Remember to have everyone bring cookie tins or freezer containers to take home sweets, and give each guest a copy of the recipes.



Pumpkin Almond Cake

- 1 cup unsalted butter (about 2 sticks)
- 3/4 cup all-purpose flour
- 2 cups confectioners sugar
- 1/4 cup brown sugar
- 1 cup almond flour/meal
- 3/4 cup canned pumpkin
- 2 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon salt
- 8 egg whites

Heat oven to 350 degrees.

In a small pot over medium flame, melt butter until it turns a golden brown color, then remove from heat, transfer butter

ON THE MENU

Anderson Hall will prepare the following this week:

<p>Today</p> <p>Lunch Seafood Platter Fried Fish Nuggets Fried Shrimp Fried Scallops Breaded Oysters Lasagna Baked Ravioli Macaroni and Cheese Chewy Nut Bar Yellow Cake Layer w/Butter Cream Frosting Asst. Fruit Pies</p> <p>Dinner Roast Pork Loin Barbecued Chicken Mashed Potatoes Steamed Rice Chewy Nut Bar Yellow Layer Cake w/Butter Cream Frosting Asst. Fruit Pies</p> <p>Specialty Bar <i>(For Lunch and Dinner)</i> Pasta Bar</p> <p>Saturday</p> <p>Dinner/Brunch Herbed Rock Cornish Hen Grilled Strip Loin Steak Rice Pilaf Mashed Potatoes Asst. Fruit Pies Chocolate Chip Cookies</p> <p>Sunday</p> <p>Dinner/Brunch Yankee Pot Roast Baked Ham Mashed Potatoes</p>	<p>Candied Sweet Potatoes Chocolate Layer Cake w/Chocolate Frosting Asst. Fruit Pies</p> <p>Monday</p> <p>Lunch Meatloaf Creole Pork Chops Mashed Potatoes Pork Fried Rice Apple Crisp Asst. Fruit Pies Chocolate Chip Cookies</p> <p>Dinner Baked Turkey & Noodles Baked Fresh Fish Rice Pilaf Apple Crisp Asst. Fruit Pies Chocolate Chip Cookies</p> <p>Specialty Bar <i>(For Lunch and Dinner)</i> Pasta Bar</p> <p>Tuesday</p> <p>Lunch Beef Sukiyaki Pork Chop Suey Egg Foo Young Chinese Fried Egg Roll Steamed Rice Pork Fried Rice Asst. Fruit Pies Chocolate Pudding</p> <p>Dinner Creole Macaroni Baked Fish Filet Mashed Potatoes Noodles Jefferson Asst. Fruit Pies Chocolate Pudding</p>	<p>Specialty Bar <i>(For Lunch and Dinner)</i> Taco Bar</p> <p>Wednesday</p> <p>Lunch Barbecue Spareribs Country Style Steak Steamed Rice Mashed Potatoes Asst. Fruit Pies Oatmeal Cookies</p> <p>Dinner Baked Chicken Beef Pot Pie Boiled Egg Noodles Mashed Potatoes Brownies Asst. Fruit Pies</p> <p>Specialty Bar <i>(For Lunch and Dinner)</i> Country Bar</p> <p>Thursday</p> <p>Lunch Baked Lasagna Chicken Parmesan Asst. Pizza Slices Garlic Toast Brownies Asst. Fruit Pies</p> <p>Dinner Chicken Vega Simmered Corned Beef Parsley Butter Potatoes Steamed Rice Apple Pie Oatmeal Cookies Asst. Fruit Pies</p> <p>Specialty Bar <i>(For Lunch and Dinner)</i> Taco Bar</p>
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to a bowl and cool to room temperature.

While the butter cools, sift the all-purpose flour, confectioners sugar, brown sugar and almond meal into a bowl. Add pumpkin, brown butter and spices.

Mix ingredients using a mixer with a paddle attachment until combined; set aside. In a separate bowl, whip the egg whites

using a whisk attachment until soft peaks form. Mix half of egg whites into pumpkin mixture until combined, and gently fold in other half until just combined (there may be some white streaks visible).

Pour batter into buttered pan and fill 2/3 of the way. Depending on pan size, all of the batter may not be used. For variety,

dot batter with cranberries or desired fruit before baking.

Bake 35-40 minutes for bundt pan, or 25-30 minutes for 9 inch round pans.

(Almond flour is available at specialty stores. Process blanched almonds in a food processor, using pulse technique, until very finely ground to the consistency of powder. Sift to produce flour.)

Parents can make holidays meaningful for children

Kids benefit from family traditions; children should know diverse celebrations mark the holiday season

NAPS
Featurettes

This time of year, we're bombarded with holiday messages. Every year, they start earlier and earlier.

Many retailers begin holiday advertising right after Halloween — some before — promoting extravagant gifts, elaborate decorations, new clothing, lavish parties and special foods.

No matter what your personal beliefs, children are likely to hear a lot about Thanksgiving, Christmas, Hanukkah, Kwanza and Ramadan.

In the midst of the retail hype, parents can make the holidays meaningful to their children. Barbara Anderson, Ed.D., vice president of education for KinderCare Learning Centers, which operates more than 1,250 early childhood education and care centers nationwide, has some suggestions.

Provide focus during the holidays

Anderson encourages parents to focus

“Children need to make sense of their world and to feel secure and comfortable.”

Barbara Anderson, Ed.D.
*Vice President of Education
KinderCare Learning Centers*



on what is best for their children and families.

“During the holiday season, it is easy to lose that focus, to get carried away with celebrations that are far from the everyday routines.

“Children need to make sense of their world and to feel secure and comfortable,” she said.

Many children find holiday preparations and traditions stressful, overwhelming and sometimes even frightening. For children, familiar schedules and everyday activities offer a welcome respite from parties, strange foods, visitors, anticipation and disrupted routines.

Establish a family activity

Oftentimes, holiday activities are geared to adult satisfaction and have nothing to do with what children want, need or can handle developmentally. Anderson recommends activities that emphasize the importance of caring, sharing, giving and celebrating with family and friends.

She suggests that families take time to talk with children about their family traditions, their significance and what makes them special. This can be a wonderful opportunity to share family history and memories through storytelling.

Where possible, children should par-

ticipate in specific family-related activities, so they can gain a better understanding of certain rituals or customs.

Embrace diversity

It's important for children to understand that different families celebrate different holidays. Not everybody is preparing for Christmas or celebrating Hanukkah.

Some people have fun with their families, but they don't celebrate any holidays. Parents and teachers can help children understand diverse traditions by talking about their own and other holiday traditions, and by explaining that it's okay, too, not to celebrate any particular holiday.

Many children have firsthand experience with classmates who are different from them. Anderson recommends maintaining familiar routines for children throughout the holiday season, limiting disruptions and keeping the emphasis on what's really important — time with friends and families.



Christmas ornaments begin with corn starch

NAPS
Featurettes

Parents looking for a crafty way for their kids to decorate the Christmas tree, can use a homemade recipe to craft a variety of shapes that become permanent after drying.

Play Clay Ingredients

2 cups baking soda
1 cup corn starch
1-1/4 cups cold water
Food coloring, optional

Stir together baking soda and corn starch in saucepan. Add water and cook over medium heat, stirring constantly, until mixture reaches consistency of moist mashed potatoes (approximately 10-15 minutes). (However, if clay is cooked too long, finished crafts may crack.)

Remove mixture to plate and cover with a damp cloth. When cool enough to handle, pat until smooth.

To make holiday shapes, roll clay onto a floured surface until 1/4" thick and cut with cookie cutters. To make ornaments, use a straw to make a hole at the top of the shape, so a ribbon can be strung through.

Either air dry crafts on a wire rack for at least 8 hours; oven dry at its lowest setting, then air dry on a cookie sheet for 10 to 15 minutes; or microwave dry on a paper towel at medium power for 30 seconds per side, repeating until completely dry.

Stored unused clay up to one week in a tightly sealed plastic bag or container, refrigerate and return to room temperature before using.

Naturally, parents must supervise cooking, cutting and baking.

IMPROVEMENTS, From B-1

Another \$95 million has been approved for the post office, chapel, 150 more bachelor enlisted quarters rooms, and 267 more family housing units.

Plans for a new fitness center at Camp H.M. Smith, and more BEQ rooms are in the works.

These planned projects could be completed within the next three years.

"When I got here more than five years ago, there was a survey done by Headquarters, Marine Corps that said nine of the top 10 reasons first term Marines choose not to re-enlist had to do with issues regarding the barracks," said Raymond Rippel, director of MCB Hawaii's Unaccompanied Personnel Housing Division. "The biggest impact these new BEQs will have is retention."

Our retention rate, which is amongst the highest in the Marine Corps, is evidence that the improvements have an impact.

Another benefit is the economic impact these projects have on the surrounding community.

Generally, most contracts go to Hawaii-based businesses, said Lt. Cmdr. Ian Lange, MCB Hawaii public works officer.

Even in the event that a company not based in Hawaii is awarded a contract, most of the subcontractors, vendors, suppliers and laborers are acquired locally.

The new additions to MCB Hawaii, both operational and quality of service related, benefit the Marines, Sailors and families aboard MCB Hawaii, and improve not only their morale, but also their combat readiness and effectiveness as members of the world's greatest fighting force.

WORD TO PASS**Christmas Events Underway**

If you want to be entertained, the holiday season brings with it plenty to do. Mark your calendars for the following events.

•*Saturday, 7 a.m. - 2 p.m.:* Eat breakfast and shop for crafts at the Santa Fair and Craft Sale sponsored by the Friends of Kailua High School. Breakfast goes from 7 - 10:30 a.m. at \$3.50 adults, \$2.50 children under 12. Kailua H.S. is located at 451 Ulumanu Drive.

•*Thru Dec. 29:* See the Grand Festival of Lights at Bishop Museum from 6 - 9 p.m. Visitors can hop

aboard Santa's Express for a train ride through 20 giant light sculptures. Admission is \$5; children under 4 are free.

EFMP Gives Support

The MCB Hawaii Special Needs Information and Support Network, part of the Exceptional Family Member Program, will hold its next meeting to discuss issues Tuesday from 6:30 - 8:30 p.m. in the Religious Education Facility of the Base Chapel, Bldg. 1090. Childcare will be available. For more details, call 254-2135.

Theater Gets Underway

Call theaters to get tickets and times for any of the following performances.

•*Today thru Sunday at Kennedy Theater: "Kyogen: Laughter for All time."* Tickets cost \$10 for military, \$8 youth, \$12 regular. Call 956-7655 for more details.

•*Today thru Sunday at Hawaii Theater: "Cookin."* Tickets cost \$20 - \$46 with discounts for military. Call 518-0506.

•*Thursday thru Dec. 22 at Hawaii Theater: "Luma: Theater of Light."* Tickets are \$18 - \$46, with discounts for military. Call 528-0506.

•*Selected dates thru Dec. 29 at Diamond Head Theater:*

"The Sound of Music." Tickets cost \$10 - \$40, with discounts for military. Call 733-0274 for more details.

•*Dec. 20 - 22 at the Blaisdell Concert Hall: "Nutcracker."* Tickets cost \$25 - \$55, with discounts for military. Call 526-4400 for details.

•*Dec. 26 thru 29 at Hawaii Theater: "Forever Tango."* Tickets are \$22.50 - \$55. Call 528-0506.

•*Jan. 4 at the Blaisdell Concert Hall: "Together Again."* Tickets are \$50 - \$55. Call 526-4400.

•*Jan. 8 thru Feb. 9 at Kumu Kahua Theater: "A Little Bit Like You."* Tickets are 5 - \$16. Call 536-4441.

Marine Makepono**"HAWAIIAN FOR "MARINE BARGAINS"****Vehicles**

2000 Mustang convertible, black, loaded, leather, low miles, \$15,500 OBO. Call 254-8242.

1996 Dodge Caravan, runs excellent, good condition, 77K miles, \$4,400. Call 254-1779.

1988 Jeep Cherokee, 120K miles, \$3,000 OBO. Call Shawn or Shelly, 253-0691.

Motorcycles

2000 HD Sportster 1200, custom, bronze pearl, mega chrome, \$10K OBO. Call 222-4422.

Boats

Santana sailboat; 25 foot; lots of sails, spinnaker and pole; 4hp motor; \$4,900. Call 253-0194.