

## Grinch tries to steal Christmas

### Scooby Doo, Men in Black unable to foil robbery; DI saves holiday

Lance Cpl.  
**Monroe F. Seigle**  
Combat Correspondent

The Marine Forces Pacific Band brought the Christmas spirit to MCB Hawaii, Kaneohe Bay, Dec. 8, with the traditional tunes of several holiday melodies at the base theater. However, halfway through the performance, there was a disturbance that no one expected.

The Grinch reared his ugly, green head in an attempt to ruin the band's performance. But, Scooby Doo came to the rescue shortly afterward, only to be deterred by the Grinch with a Scooby snack. Scooby left the scene with a handful of snacks as the captive audience pleaded for his return to halt the green villain's attempt to ruin the holiday spirit.

It appeared the Grinch had triumphed in his ploy to steal the holiday spirit until the "Men In Black" arrived armed with villain-destroying weapons. After their efforts proved ineffective, one of the most feared individuals, in the eyes of many Marines, came to save the day.

Drill Instructor Staff Sgt. Simon Parrott, a drum major for the MarForPac Band, put on the old Smokey Bear and struck fear in the heart of the scoundrel Grinch before slaying him in a sword fight.

After the Grinch was rendered unconscious, he was removed from the stage, and the band was free to

complete its performance.

After all the misadventure, the night still was not over. The audience poured outside the auditorium to witness the Christmas tree lighting made possible by the Electric and Carpenter Shop at Base Facilities while families held their loved ones and sang Christmas Carols.

"This was a wonderful experience," said Tina Yount, a family member aboard MCB Hawaii. "We have looked forward to this for a long time. My little girl loved it."

While children and parents marveled at the sight of the glowing Christmas tree, Santa Claus arrived in a fire truck with a sack full of candy for the good children of MCB Hawaii.

"This is an annual ceremony that MarForPac Band performs each year," said Master Sgt. Willie Curry, operations chief, G-3, MCB Hawaii. "I encourage everyone to come back next year."



Lance Cpl. Monroe F. Seigle



The Grinch sneaked down the aisle (above) during the MarForPac performance, and the Men in Black (left) made a valiant, though futile, attempt to rid the audience of the green villain.

Lance Cpl. Monroe F. Seigle

## Mokapu students spread Christmas joy with carols

Lance Cpl. Monroe F. Seigle  
Combat Correspondent

Parents watched on in the audience Thursday as children from kindergarten through sixth grade at Mokapu Elementary School aboard MCB Hawaii, Kaneohe Bay, sang Christmas carols at the base auditorium during the school's Holiday Concert.

The night kicked off with a color guard presentation from the Mokapu Junior Police Officers followed by a spine-tingling performance of the "Star Spangled Banner" by the Marine Forces Pacific Band.

The preschoolers sang "Jingle Bells" in unison just before the kindergartners performed "Must be Santa."

"These young children have rehearsed these songs time and time again," said Collette-Young Pohlman, music director for Mokapu. "They put their hearts into this performance



Lance Cpl. Monroe F. Seigle

Second graders at Mokapu Elementary sing "I Saw Mommy Kissing Santa Claus" at the school's Holiday Concert.

and put on a great show."

After the kindergartners finished their performance, the first graders took over the stage with "Up on the House Top." The children formed different shapes with their arms and hands to represent

rooftops and chimneys.

The second graders put on a hilarious performance of "I Saw Mommy Kissing Santa" while parents rolled with laughter. The children also made kissing faces to simulate Mommy kissing Santa under



Lance Cpl. Monroe F. Seigle

Students in various grades march on the colors in a show of patriotism at the concert.

the Christmas tree.

Not to be outdone by the second graders' grand

performance, the third graders sang the traditional Hawaiian holiday song "Mele Kalikimaka Iia Oe."

Parents seemed quite impressed with their ability to sing the difficult-to-pronounce song.

The fourth graders cheerfully sang "Let it Snow! Let It Snow! Let it Snow!" while simulated snow came from the stage. They were preceded by the fifth graders singing "Winter Wonderland."

The night came to a close with the grand finale of the sixth graders singing "Sleigh Ride" and the MarForPac Band's performance of "We Wish You a Merry Christmas."

"We always have a great time performing with children," said Cpl. Byron Bartush, a trumpet player for the MarForPac Band. "They [the children] always give a great performance and make them enjoyable."



Lance Cpl. Monroe F. Seigle

Alayna Castro, 2, and Austin Castro, 4, pose for their picture with St. Nicholas at Santa's Village Saturday.

## Children greet St. Nick at Santa's Village

Lance Cpl. Monroe F. Seigle  
Combat Correspondent

Children's faces lit up with joy when Santa Claus asked them what they wanted for Christmas at the Santa's Village held at the Kahuna's Sports Bar and Grill Saturday.

The event kicked off at 10 a.m., and children chose from 12 different activity stations ranging from cookie decorating, bracelet making, ornament decorating and face painting.

Volunteers from Marine Corps Community Services and family

members operated all stations.

"Our goal was to provide a day for military families and those away from their families to get together and celebrate Christmas," said Linda A. Read, program coordinator for Personnel Services, MCCA. "This was a way for MCCA to make K-Bay a great place for families."

After children enjoyed the 12 different play stations that represented the 12 days of Christmas, they took free photos with Santa Claus and told him what they wanted for Christmas.

While children sat in Santa's lap, members of the Dance Movement Academy, orchestrated by Di Roden, instructor for the Dance Movement Academy, entertained. Representing all ages, they performed dances such as "Love's Theme," which was performed by teens and adults and "Little Swans" performed by the pre-ballet class.

"The kids loved Santa," said Adrienne Kerns, family member aboard K-Bay. "All children think Santa is magical. This was a wonderful event to have on [Kaneohe Bay]."

# MCCS

MARINE CORPS COMMUNITY SERVICES  
www.mccshawaii.com

## POSSIBILITIES IN PARADISE

By Debbie Robbins, MCCS Public Relations

### DECEMBER

#### 21 / Saturday

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

All base families are welcome to attend.

For more information, call 254-7624.

**Holiday Shimmer** — Make a lasting impression this holiday season. For the many parties you'll be attending and hosting, let the professionals at Starcuts give you a fresh, polished look.

Now until Dec. 24, clients may take advantage of the "Holiday Shimmer."

This festive, fiscal event enables customers to take \$5 off of any service of their choice.

Appointments are encouraged and walk-ins are welcome. For more information, call

Starcuts at 254-6585.

#### 23 / Monday

**A Christmas Coupon** — For all of those last-minute holiday purchases you didn't quite get to, drop by the 7-Day Store and bring your coupons.

All day, patrons may save big during Double Coupon Day.

Call the 7-Day Store for details at 254-7645.

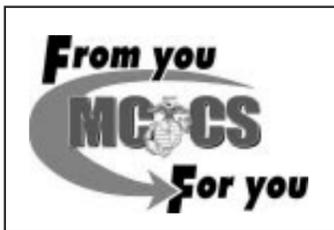
#### 31 / Tuesday

**Ring in 2003** — It's a New Year's Eve Celebration at the Rocker Room. Doors open at 8 p.m.

Spend the last night of 2002 dining on heavy pupus and declaring your New Year's Resolutions during a midnight champagne toast followed by a continental breakfast.

This New Year's Eve gala is complete with party favors and a DJ.

Party price for Rocker Room club members is \$2 and \$5 for



non-members.

Reservations are recommended. Call 254-5592.

**Officers' Club New Year's Eve Dinner** — Close out 2003 with a delicious dinner from the Officers' Club Dining Room from 6 - 8 p.m.

The scene is set with a prime rib buffet served with complimentary champagne and party favors.

Cost is \$35 per person, and reservations should be made by Dec. 27.

For more information or reservations, call 254-7650.

**New Year's Eve Punkfest** — The Enlisted Club will host the first 2003 Punkfest from 6 p.m. -

3 a.m., and there will be no cover charge.

Guests are welcome.

Punkfest will feature three live bands: Geronimo, Middleton and National Product from San Diego, Calif. Rob, the lead singer from the local band "Happy Gets Lucky," will emcee the evening.

A midnight champagne toast is slated, as is a free breakfast from 12:30 - 1:30 a.m.

For more Punkfest facts, call 254-7660.

#### 17 / Friday

**The O-Club Hosts Right Hand Man Night** — Treat your right hand "person" to fresh pupus and drink specials at the O-Club's Kauai Room.

For more information, call 254-7650.

#### 22 / Thursday

**Spouses' Leadership Seminar** — Stay active and inspired as a military spouse. Involvement within your community and your spouses' unit fosters a sense of accomplishment and gratification.

All military spouses are invited to attend the free Spouses' Leadership Seminar in the O-Club's Kauai Room Jan. 22 - 23 from 9:30 a.m. - 2:30 p.m.

Topics to be discussed include organization, successful leadership, delegation, listening skills and more.

Spaces are limited, so reservations are required. Call 257-2410 for more information.

## JANUARY

#### 10 / Friday

**Family Night with Steve-O the Clown** — Who needs Bozo the Clown, when we have Steve-O in the house?

It's a family poolside barbecue at the O-Club, complete with hot dogs, hamburgers and tricks from Steve-O the Clown from 5 - 7 p.m.

Call 254-7650 for more details.

## 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.

## Local kids learn a secret about Santa

Debbie Robbins  
MCCS Public Relations

The rumor is confirmed. Santa does enjoy more than just cookies and milk.

Children who attended the Armed Services YMCA's "Pizza with Santa" on Dec. 9 discovered Santa enjoys pepperoni and cheese pizza. This information was disclosed after more than 30 children sat on Santa's lap to recite their Christmas wish lists, of course.

Surprisingly patient, dozens of base children whose ages ranged from under one to four years old, congregated at the ASYMCA to anticipate Santa's arrival.

After 20 minutes of singing Christmas carols and listening to holiday tales, the keiki witnessed Santa's anticipated appearance.

A drill instructor's dream, the kids lined up to state their holiday declaration.

Jodie Westin, ASYMCA manager noted that this audience far exceeded that of 2001.

The surge was twofold, Westin explained. This year the center focused the event around a pizza party, instead of a breakfast theme. Also, the center enjoyed effective communication with accredited home day care providers aboard MCB Hawaii.

"We meet and stay in communication with many of the home day care providers during our regularly held 'Playmornings,'" said Westin.

The ASYMCA passes out monthly activity calendars, which always include at least one major field trip. Past trips have in-



Photos by Debbie Robbins

**Above** — Children gladly stand in line alongside MCB Hawaii's ASYMCA building to await their turn to see Santa Dec. 9.

**Left** — Zion Alpha, 19 months old, closely examines Santa and his beard before sharing his holiday wish list.

cluded tickets to "Disney on Ice," "Dragon Tales" and more.

Certified Home Day care Provider Angie Alpha, who is also a Marine spouse, frequently utilizes the ASYMCA's special events for her group. Comprised of six children, two of whom are her own children, Alpha keeps her ever-curious group stimulated through ASYMCA activities about twice a month.

"I recently took my group to see 'Dragon Tales,' downtown," said Alpha. "The 'Y' gives us a great deal on tickets, and the kids get such a kick out of the singing and dancing."

## Santa's sleigh parked a phone call away

Safe Ride Program allows all of MCB Hawaii to avoid mixing drinking with driving

Dan Dufrene  
Semper Fit Program, MCCS

If you're planning on making merry this holiday season, be sure to take advantage of the Safe Ride Program.

Offered to all Department of Defense identification cardholders, the program will be

underway from 6 p.m. Tuesday (Christmas Eve) until 6 a.m. Thursday, and from 6 p.m. New Year's Eve until 6 a.m. Jan. 2.

If you drive to a bar or restaurant and realize that you should not be driving home, you will be provided a free cab ride home. However,

to utilize this service, a manager, bartender, waiter or waitress at the bar or restaurant you're at must call The Cab at 422-2222.

Give your car keys and driver's license to the cab driver upon pick-up. Both will be returned to you when

you arrive home, and the cab driver will ask you to identify where you parked your vehicle, to ensure you did drive to the destination.

The Cab employee will then take you to your home.

Once you arrive at home, your keys will be given back.

For more info, call 254-7636.

## 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 I.D. at the box office, Bldg. 219. Phone 254-7642 for recorded info, 254-7641 for the theater manager.

- Knockaround Guys (R)
- The Transporter (PG13)
- White Oleander (PG13)
- Tuck Everlasting (PG)
- Jonah: A Veggie Tales (G)
- Tuck Everlasting (PG)
- Knockaround Guys (R)
- The Santa Claus 2 (G)
- White Oleander (PG13)
- Abandon (PG13)
- The Santa Claus 2 (G)
- Abandon (PG13)
- Brown Sugar (PG13)
- The Ring (PG13)
- My Big Fat Greek Wedding (PG)
- Abandon (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. 27 at 7:15 p.m.
- Dec. 27 at 9:45 p.m.
- Dec. 28 at 7:15 p.m.
- Dec. 28 at 9:45 p.m.
- Dec. 29 at 3:30 p.m.
- Dec. 29 at 7:15 p.m.
- Jan. 1 at 7:15 p.m.
- Jan. 3 at 7:15 p.m.
- Jan. 3 at 9:45 p.m.

## ITT provides varied options for travel to all locations

**Edward Hanlon V**  
MCCS Marketing

Want to plan a getaway or get some island information? If so, stop by the Information Tickets and Tours Leisure Travel Office where all of your traveling needs can be met, a little closer to home.

Whether you want to plan a relaxing vacation to a neighbor island with adventure-filled days and nights, or if you need quick reservations for a mainland trip, the Leisure Travel Office can assist you. Since vacations are for relaxing, let the ITT folks do the planning for you.

The ITT office also offers numerous rate options for transportation, travel and accommodations, depending upon your demands. The various packages come with countless brochures for all activities to help you choose what sights and adventures you want to experience.

If it's not a vacation you are after, the ITT Leisure Travel Office offers interisland coupons and tickets, as well as mainland reservations and tickets.

The office is open from 10 a.m. until 6 p.m., Mondays through Fridays, and from 9 a.m. to 1 p.m. on Saturdays.

To find out to what extent the ITT Leisure Travel Office can simplify your traveling wants, call 254-7413.

## Distance Learning Center opens

Seats are available for Marines to get their PME locally and online

**Cpl. Jessica M. Mills**  
Sports Editor

After numerous, unsuccessful attempts to install a learning resource center, MCB Hawaii — with the help of the Training and Education Command and Marine Corps Systems Command — opened a new Distance Learning Center for all Marines and Sailors, Monday.

The center makes training and educational courses available through online and interactive media.

"Since the beginning of MarineNet, a Marine Corps Web site, we wanted to speed up the process for Marines to take Marine Corps courses," said Susan Baker, MarineNet project manager. "This new resource center is more for Marines who do not have workstations at their shops, so that way they have a place to utilize MarineNet and save some time."

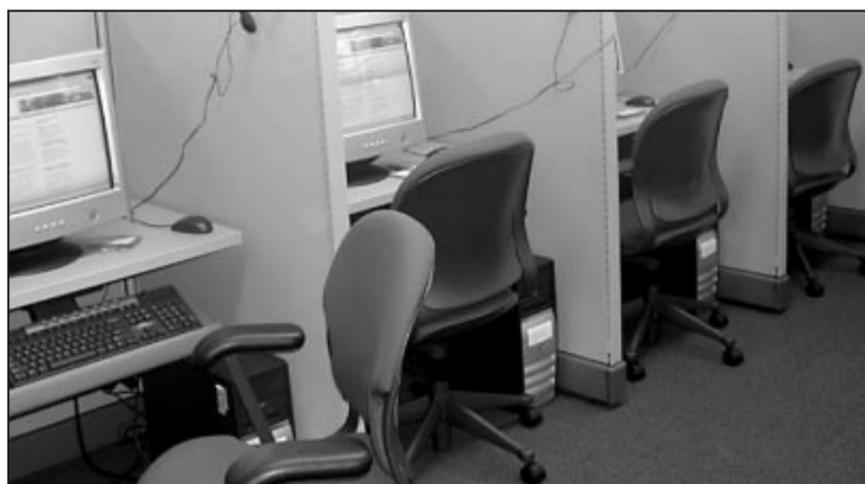
The center includes 39 student workstations and one reserved for an instructor. It gives users the ability to access MarineNet and its selected online Marine Corps courses and more than 300 information technology courses and 400-plus business and management courses.

At the moment, a healthy number of Marine Corps subjects are available including Terrorism Awareness, Land Navigation, Individual Motor Vehicle Operator, Armor NCO, Marine Corps Aviation Readiness Enhancement Training, Marksmanship, Personal Financial Management, and Fundamentals of Diesel Engines. The quantity of courses will increase.

"Users will also be able to take the exams online, and there will always be a person there who is dedicated to providing assistance and monitoring exams throughout each day," said Herb Kolbe, manager of the Distance Learning Center. "It will be a time saver."

"The content delivery is uniform, compared to a classroom where delivery can deviate. This is much more flexible for the user."

According to Kolbe, once users submit their exam, in minutes they will receive their scores, and any earned credits will be sent to their transcripts. Students will only receive credits for their Marine Corps Institute courses; the IT and business and management courses



Photos by Cpl. Jessica M. Mills

**Above — The new Distance Learning Center, located in Bldg. 221 aboard MCB Hawaii, Kaneohe Bay, opened to all Marines and Sailors on Monday. The center allows users to access Marine Corps courses online as well as information technology and business and management courses.**



**Left — Private First Class Chris Carpenter, an S-1 clerk for Headquarters Bn., MCB Hawaii, surfs the MarineNet Web site.**

es will offer personal improvement but no credit.

The Distance Learning Center is the first overseas CONUS (continental U.S.) installation in the Marine Corps. Eight other sites exist. However, Kaneohe Bay's new IT connections to the MarineNet database greatly speeds up downloads for users in Hawaii.

"So far, the installation is running rather good," said Baker. "Since courseware is located on the base, it should run fast. But, the authorization and verification still needs to connect to the Distance Learning Operations Center on the mainland."

At the moment, MarineNet can be accessed from any Department of Defense workstation, but by January it will be World Wide Web capable, and Marines on deployment or at home can access the information from their personal computers.

Plans are also in effect for a deployable learning resource center to be acti-

vated around springtime. That center will include a server and 20 laptops, so Marines can access the courses online anywhere in the world.

Marine Expeditionary Forces are scheduled to receive centers first, and then Marine Expeditionary Units will go online.

The next overseas installations are planned to be in Iwakuni, Japan, in February or March and in Okinawa, Japan.

"It's more computers for our Marines, what could be better?" simply said Maj. John Clagherty during a demonstration for Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii.

The Distance Learning Center will be open to all active duty service members Mondays through Fridays 11 a.m. - 10 p.m. and weekends 9 a.m. - 5 p.m.

To access MarineNet from a DoD workstation or personal computer, go to the Web site [www.marinet.usmc.mil/portal](http://www.marinet.usmc.mil/portal).



### Christmas Services

at the Base Chapel  
MCB Hawaii, K-Bay

Ecumenical  
Children's Pageant  
Sunday, 3 p.m.

Protestant Candlelight  
Christmas Eve Service  
Tuesday, 6 p.m.

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

Catholic Christmas Day  
Mass  
Wednesday, 9:30 a.m.



RECIPES



NAPS

This holiday season, spice it up with tasty meatless versions of traditional holiday fare.

# Meatless pupus add flavor to holiday platters

**NAPS**

*Featurettes*

In recent years, there has been a tremendous surge of interest in vegetarian fare, whether people identify themselves as a vegetarian or not, according to Vegetarian Times editorial director, Laurel Lund.

The trend makes it likely that at least one of your holiday guests will fit that bill.

This holiday season, instead of resorting to the traditional chips and dip, why not wow your guests with meatless creations that are tasty enough for everyone to enjoy.

Consider these suggestions for hearty holiday appetizers:

**Stuffed Portabella Mushrooms**

- 4 meatless patties
- 1/4 cup diced roasted red bell pepper
- 1 tablespoon chopped parsley
- 3 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- 8 small portabella mushrooms
- (clean and cap, w/gills removed)

Heat patties according

to package directions.

In a small bowl, gently mash together patties, peppers, parsley, mayonnaise and mustard. Use a tablespoon to scoop mixture into mushrooms.

Place under broiler for 5 to 7 minutes or until heated through.

This recipe serves 4 to 8 people.

**Cranberry-Sauced Meatballs**

- Two 10 ounce cartons of meatless meatballs
- 3/4 cup ketchup
- One 8-ounce can jellied cranberry sauce
- 1 tablespoon vinegar
- 1/4 teaspoon dry mustard
- 1/8 teaspoon ground cloves or allspice
- 1/8 teaspoon finely chopped and toasted almonds

Heat meatless meatballs in microwave according to directions on its package.

In a 10-inch skillet, stir together ketchup, cranberry sauce, vinegar, dry mustard and cloves or allspice, then add meatless meatballs. Stir gently to coat, and heat through.

Serve on platter or keep warm in crockpot. Garnish with almonds to further delight guests.

## ON THE MENU

Anderson Hall will prepare the following this week:

**Today**

- Lunch**  
 Beef Balls Stroganoff  
 Baked Fish Fillets  
 Macaroni & Cheese  
 Steamed Rice  
 Raisin Drop Cookies  
 Asst. Fruit Pies

**Dinner**

- Ground Beef Tacos  
 Chicken Enchiladas  
 Chili Conquistador  
 Burritos  
 Refried Beans  
 Mexican Rice  
 Raisin Drop Cookies  
 Asst. Fruit Pies

**Specialty Bar**

(For Lunch and Dinner)  
 Pasta Bar

**Saturday**

- Dinner/Brunch**  
 Turkey A La King  
 Stuffed Pork Chops  
 Steamed Rice  
 Boiled Egg Noodles  
 Spice Cake w/  
 Lemon Cream Frosting  
 Sugar Cookies  
 Asst. Fruit Pies

**Sunday**

- Dinner/Brunch**  
 Swiss Steak

- w/Mushroom Gravy  
 Rock Cornish Hens  
 Rice Pilaf  
 Cornbread Dressing  
 Mashed Potatoes  
 Asst. Fruit Pies  
 Yellow Cake w/  
 Butter Cream Frosting

**Monday**

- Lunch**  
 Beef Stew  
 Baked Fish Filets  
 Macaroni & Cheese  
 Steamed Rice  
 Oatmeal Cookies  
 Asst. Fruit Pies

**Dinner**

- Italian Veal Steak  
 Braised Pork Chops  
 Boiled Egg Noodles  
 Steamed Rice  
 Oatmeal Cookies  
 Asst. Fruit Pies

**Specialty Bar**

(For Lunch and Dinner)  
 Pasta Bar

**Tuesday**  
**Christmas Eve**  
**(Holiday Schedule)**

- Dinner/Brunch**  
 Southern Fried Chicken  
 Beef Balls Stroganoff  
 Parsley Butter Potatoes

- Boiled Egg Noodles  
 Oatmeal Raisin Cookies  
 Asst. Fruit Pies



**Wednesday**  
**Christmas Holiday**

- Dinner/Brunch**  
 Oven Roasted Turkey  
 Cornbread Dressing  
 Candied Sweet Potatoes  
 Cranberry Sauce  
 Honey Glazed Ham  
 Round of Beef  
 Mashed Potatoes  
 Rice Pilaf  
 Whole Kernel Corn  
 Peas w/Onions  
 French Onion Soup  
 Asst. Salads  
 Apple Pie  
 Pumpkin Pie  
 Sweet Potato Pie  
 Fruitcake  
 Egg Nog

- Asst. Christmas Candy

**Thursday**  
**(Holiday Schedule)**

- Dinner/Brunch**  
 Beef Yakisoba  
 Pork Adobo  
 Pork Fried Rice  
 Simmered Broccoli  
 Simmered Squash  
 Brown Gravy  
 Cream Gravy  
 White Cake w/Lemon  
 cream frosting  
 Asst Pies

**Friday**

**Dec. 27**

- Lunch**  
 Oven Roast Beef  
 Baked Tuna & Noodles  
 Steamed Rice  
 Asst. Fruit Pies  
 Chocolate Chip Cookies

**Dinner**

- Sauerbraten  
 Sauerkraut  
 Cottage Fried Potatoes  
 Boiled Egg Noodles  
 Asst. Fruit Pies  
 Chocolate Chip Cookies

**Specialty Bar**

(For Lunch and Dinner)  
 Pasta Bar

## Did You Know?



NAPS

The custom of hanging up mistletoe at Christmas dates back to the Druids, an ancient people of Britain.

## It's possible to eat healthy during the Christmas holidays

**NAPS**

*Featurettes*

The Cancer Research Foundation of America offers a few healthy eating tips for a healthy diet during the upcoming holiday festivities, as a well-balanced diet and exercise can reduce your risk of cancer and other health problems.

- Meat: Choose leaner cuts of meat and trim the extra fat. Generally, the white meat on turkey is leaner than dark meat. Take the skin off before you eat.
- Stuffing: Substitute cranberries, raisins or apricots for half of the meat for your stuffing.

•Gravy: Reduce fat in your gravy by making it from low-fat broth rather than meat drippings. Pour the fat off the drippings if you choose to use them for your gravy.

•Vegetables: Help yourself to two or three servings of steamed or baked vegetables, and avoid heavy sauces or butter. Use spices to enhance the flavor. Add a salad as a side dish.

•Dessert: Serve yourself a smaller portion of dessert, and choose those lower in fat.

•Beverages: Choose mulled wine or cider in place of eggnog.

Visit [www.preventcancer.org](http://www.preventcancer.org).

**QUOTABLE: "Anger is not an argument." —Daniel Webster**

# Firefighters say to 'check your list twice'



Lance Cpl. Monroe F. Seigle

Whether an evergreen taller than 50 feet like MCB Hawaii's decorated tree at Dewey Square, or a miniature in your home or office, before putting up holiday lights, inspect them for cracked or frayed wiring.

## NAPS

### Featurettes

Everyone should make fire safety part of their holiday planning, says the U. S. Fire Administration, which reports that home fires occurring during the holiday season injure 2,000 individuals and cause more than \$500 million in damage yearly.

Unfortunately, 1,200 of those fires are associated with improper tree and candle care.

The following checklist from the USFA will help keep you, your home and your family safe this holiday season.

### Holiday Safety Checklist

•Check your smoke alarms. If the batteries are missing or do not work, replace them immediately. If you do not have

smoke alarms, get them and install them on each level of your home.

•Place your tree away from heat sources such as fireplaces, radiators and space heaters, which could dry and ignite the tree's branches.

•Give your tree plenty of water so it will not dry out.

•When a tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it picked up by a community pickup service.

•Inspect holiday light strands for cracked or frayed wiring. Do not use lights with these flaws, as they could cause a fire.

•Never leave lit candles or fireplace flames unattended. It is especially important to make sure they are extinguished before you go to bed

or leave home.

•Never leave cooking unattended on the stove or use an oven to heat your home.

•Do not smoke while in bed, because falling asleep with a lit cigarette is hazardous. Careless smoking is the leading cause of fire fatalities in the United States.

•If you smoke or have had guests who smoke, check floors and furniture for dropped smoking materials that could start a fire.

•Develop a fire escape plan with your household and practice it regularly. Know two ways to exit from every room in your home.

*(Editor's Note: Locally, contact the Federal Fire Department's nonemergency number at 257-2022 or the Base Safety Center at 257-2096 for more holiday safety tips.)*

## WORD TO PASS

### Bishop Lights Nighttime

Mark your calendar to attend the Grand Festival of Lights at Bishop Museum from 6 - 9 p.m., any day through Dec. 29.

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

### Hale Koa Welcomes New Year

The Hale Koa Hotel will host various New Year's Eve events to welcome in 2003. Enjoy an evening with recording artist Glenn Medeiros singing his famous

Top 40 hits at 7 p.m. in DeRussy Hall; feast on a gourmet sit-down dinner and music from salsa to Big Band in the Banyan Tree Showroom at 7 p.m.; ring in the New Year with disco under the stars at 8:30 p.m. in the Barefoot Bar; or dance to the JT Sounds Band at 9 p.m. in the Warriors Lounge.

Call the Hale Koa Activities desk at 955-0555 for costs and more details.

### NMCRS Scholarship Changes

The Navy-Marine Corps Relief Society regrets to announce that the Vice Admiral E. P. Travers Scholarship and Loan

Program will not be available to dependent children of retirees or spouses of active duty personnel during the 2003-2004 academic year.

The change has come as a result of significant losses experienced in the financial markets. Those in need of financial assistance should refer to the American Legion Publication, "Need a Lift" and at [www.students.gov](http://www.students.gov). For more details, call 254-1327.

### Word to Pass Receives Faxes

Fax Word to Pass items, of interest to the military community, to 257-2511.

## 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.

### Free Makepono Ads

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free and will appear in two issues of the Hawaii Marine, if space is available.*

*The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication. Forms may be filled out Monday - Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.*

*Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, run first-come, first served.*

*For more info, call 257-8840.*