## Supplement to the THE GLOBE, Camp Lejeune, N.C.

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The Gruber and Hanna Families enjoy wearing the crowns they pulled from their crackers

#### Brief History of the Cracker

ackers have been a traditional part of British Christmas festivities and other celebrations since Victorian and are greatly enjoyed by children and adults alike.

y were invented in the mid 1840's by a London pastry cook named Tom Smith, who came upon the idea c on a trip to Paris where he witnessed the French holiday custom of wrapping sugared almonds and other ets in a twist of colored paper. Smith included a romantic message in his early crackers which he marketed ritain as 'Kiss Mottos.' However the product enjoyed only limited success until Smith invented a snapper tion cap strip) which produced a small "bang" when the cracker was pulled apart. odern crackers usually contain a folded paper party hat (crown), a joke or riddle, a small gift, and the snap.

#### Family University Challenge Program Strengthens Relationships in America

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One certainty this New Years brings, as any other New Years, is opportunity to make some resolutions. If changes are in your ans to strengthen your family relationships then you may be up r the Family University Challenge. Marine Corps Base and arine Corps Air Station, New River were selected to participate unique family enrichment opportunity through the resources of mily University.

What is the Mission of Family University? Strengthening mily relationships in America and around the globe is the ission. Practically, Family University is where smart couples. ads and moms learn timeless secrets for enjoying close and tisfying marriage, parenting and family relationships. Pro-tive, prevention focused programs are offered from the College f Fathering, Mothering and Child Development, as well as the olleges of single Parenting, Step-Parenting and Grand parenting. Family University combines half-day workshops, live-phone asses, a large library of timeless principles and a year long nrollment in the Smart Family curriculum to give families tools to trengthen relationships. Family University believes that Smart amilies begins with five principles:

Family Life improves when fueled by urgency; clear, nentional focus always precedes significant family change; time, oving invested shapes the destiny of your family; ordinary efforts roperly linked, produces extraordinary results and your journey othe family of your dreams never starts tomorrow. What is the Family University Challenge? The challenge is

what is the Family University Challenge 7 the challenge is ctually an investment of time, emotional energy and mutual upport on the part of family members. Families will enter into a ear-long program, including the Smart Family curriculum enrollment, that offers insights, practical tools and mutual support n developing an intertional atmosphere in their relationships. ORD EXI

Families who are enrolled will receive their initial "30 Days to Smart Family" tool kit, participate in two Family University ourses: Secrets to Fast Track Fathering and Discovering Your Child's Design.

If you are interested, contact LCDR Gary P. Weeden at 451-5353.

Aappi "Cliday

#### The traditional Christmas Eve dessert especially popular in eastern Poland is boiled or fried pierogis, Polish dumplings with a wide variety of fillings, are among the most popular Polish dishes. For the Christmas Eve supper, pierogis are usually made with sauerkraut and mushrooms

Pierogi Recipe

Knead the dough from 14 oz. of flour, a pinch of salt and a whole egg, adding some warm water to soften the dough. Cover the dough with a bowl and let it sit for a few minutes. Divide it into four parts and cover three of them with the bowl. Roll the remaining piece out thin and cut out two inch circles with a glass or cup. For the sauerkraut filling, take a pound and a half of sauerkraut, boil it for 30 minutes in little water, allowing the water to evaporate. Mince the cooked sauerkraut. Chop one big onion finely saute till golden. Mix with the sauerkraut. To complete the filling, take two pounds of mushrooms, slice and cook them with 2 to 3 spoons of water until it evaporates. Chop one onion and saute till golden, add mushrooms and season the mixture with salt on pepper before you mince it and mix it with the sauerkraut.

Place a spoonful of the filling in the middle of each circle and fold over pressing the edges firmly so that the pierogis do not open during cooking. Boil the pierogis in salted water for about 3 minutes (until they surface). They may be served immediately or chilled and then fried in vegetable oil.

#### Traditional Polish Christmas Celebration (Wigilia) by Jodee Oshor

Christmas Eve is a time for the family to be together. Tradition has that Christmas Eve supper starts with the appearance of the first star in the sky. The supper is lighted by candles. A place is set for each family member, even for an absent member. The meal is traditionally is served in an uneven number of courses, they vary from 7-courses to 11-course meals, all of which are meatless (including - fish, vegetables, dried fruits, Pierogi ("dumplings") sauerkraut, & soups).

The table is covered with fragrant hay and a white tablecloth. The hay signifies the manger in which Christ was born

Prior to the meal, the host and hostess break an Oplatek (wafer) and wish each other happiness and peace and then repeat this with all those present at the supper. A tradition of "Breaking of the Bread.

Christmas carols are sung around the Christmas tree, which was traditionally illuminated by small candles. Gifts under the tree are from family in addition to those left by St. Nicholas

After the meal, everyone readies to hurry to midnight Mass, the "Pasterka" Christmas day is more leisurely. People visit their relatives, children traditionally carol on the way to their families homes. The hostess re-heats the prior evenings leftovers to serve o the visitors. Christmas Festivities last in Poland until

January 6th, The Day of the Three Kings

#### Christmas Magic All The Year Through by Mary Jane Gruber

Aleksandra Love-Mackay

As I was flipping through the channels a few days ago, a speaker on one of the public TV stations caught my attention. He was in the middle of a discussion on being truly happy. To attain true happiness, he said, we must first reach a peace within ourselves. There are two people inside each of us he continued, one is The Ego Self and the second is The Peaceful Self. We can only be truly happy when we are at peace within ourselves. This is the highest plateau that can be reached.

Made sense to me and I stored it in the back of my mind to be pulled out at some later day to be rehashed. Little did I know that I would use it so quickly. The hustle and bustle of The Season have hit full force here in Pennsylvania and I'm part of it as I rush through my Christmas to do list. I m running a little behind schedule and am starting to get that tight feeling in the pit of my stomach as I m waiting in line to buy the necessities of the holiday. Ah, finally, I m next. The clerk says, Next. Suddenly, to my left a little white haired lady pushes forward and lays her purchases on the counter. Hold it, sister, I m thinking to myself, I m next! Me, moi, I, I, I. The most important person in the universe. Then it hit me, here was my chance to test the peace theory. Let me tell you, it took all of my will power to not scream at the sales girl. I kept quiet trying to focus on the lovely Christmas music I suddenly realized was playing throughout the store. Next, I noticed the exquisite poinsettias, in all of their Christmas glory, blooming just a few inches from me. A voice saying, yes ma'am, may I help you, snapped me back into the moment. I paid for my purchases and walked out into the bright afternoon sunlight. There was now no need to rush. I felt at peace. I leisurely walked to my car, and smiled at everyone I passed. It had seemed too simple to make a

difference, but it made all the difference in the world. One little act of selflessness had changed my whole day Sometimes we try to make things too complicated. Lofty ideas are saved to use at special times. What s wrong with applying these same principles to everyday living. It s our call. As I share my simple but magical experience with you, I hope you too will experience the inner peace of letting yourself reach that higher plateau. May the Christmas Magic be with you.



. It has been taken into belief of most that the Christmas tree has started in Germany in the MARG nid 700's. The evergreen trees represented ife. It is during the time of Christmas, in which he birth of Jesus Christ is celebrated that these rees are decorated and taken into homes. These trees represent the life of Jesus Christ and how He still live on today. They

in a large central trunk of a tree into the house. After this, it would be placed in the fireplace and burn for Christmas. The log became superstitious among some. They said it must take one match to light it or your house would have a bad spell.

Others say you must light the fire with

the Christmas story of the Bible, they did "miracle plays". They were plays to teach about the Garden of Eden and Adam and Eve. This took place yearly on Dec. 24. They would decorate evergreens with apples to represent the forbidden fruit. This is how Christmas got the name Christmas EVE and

became known as the "Christ Tree" until he celebration became known as Christmas. Then it was the Christmas Tree.

2. Ancients would bring evergreen leaves on the night of December 21, the shortest day of the year. They did this because they wanted the sun god to get well and they thought the green leaves of evergreens would better the god. 3. The Yule Log Tradition.A tradition more than a thousand years old is "Bringing in the Yule log". It began in Great Britian and spread through Europe. On the Eve of the entire famil would pull

20 coals and ashes from the year before to ensure safety in the house. People in Spain came to know the log as a log to drive away evil spirits. Some traditions were that people would dress the log in flowers and needles. Soon it became the evergreen tree, taken into the house and decorated. The most common "yule log" today is the Yule Log cake which is made to look like a traditional log. 4. In many countries thousands of years ago, people would decorate their houses with evergreen leaves and branches to keep away ghosts, witches, sickness and evil spirits. 5. In Germany, to teach the colors red and gre

6. German Martin Luther is said to be the first to bring the tree indoor decorated with candles to show his children what stars looked like at night in the forest. He had been walking home and was amazed at the beauty of the stars. This is why he did it. This grew into America and now people light their trees with much more than candles(lights).

The fir tree has a long association with Christianity, it began in Germany almost a 1000 years ago when St Boniface, who converted the German people to Christianity, was said to have come across a group of pagans about to sacrifice a young boy whileworshipping an oak tree. In anger, St Boniface is said to have cut down the oak tree and to his amazement a young fir tree sprung up from the roots of the oak tree. St Boniface took this as a sign of the Christian faith. It was not until the 16th century that fir trees were brought indoors at Christmas time. The decorating of Christmas trees, though primarily a German custom, has been widely popular in England since 1841 when Prince Albert had a Christmas tree set up in Windsor Castle for his wife Queen Victoria and their children. At that time the tree would have been decorated with candles to represent stars but because of the danger of fire an American telephonist invented the electric Christmas lights we know today.

All views expressed were excerpted from the World Wide Web and personal Individual views. If you would like more information on other Christmas traditions please fill free to visit your local library or check out the World Wide Web.



### Fire safety tips for the Holiday season

#### Compiled by MCB Fire Protection Division

us. Eastern North Carolina is lit up, literally, units that did not meet like a Christmas tree. Holiday decorations are around every corner, filling the winter nights with Holiday cheer, danger of fire. The threat of fire is no reason to avoid the cheer of holiday decorations altogether, though. With a few helpful hints and an ounce of caution, the holidays can be safely enjoyed.

According to the U.S. Consumer Product Safety Commission, about 8,100 about 400 fires caused by Christmas trees annually.

The CPSC has already lent a hand in preventing some of the danger by

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OTHER HOLIDAY

The Holidays are upon preventing the import of frayed or exposed wires, 360,000 holiday light safety standards, according to a CPSC news Laboratory) approved release.

organization's policies, same outlet. This may beauty, and the possible there are also steps each cause an overload or short family can take to ensure a circuit. Also, make sure happy and safe holiday season.

> According to the Marine Corps Base Fire Protection Division, following a few simple rules while placing holiday decorations may avert a potential disaster:

Fresh cut Christmas people are treated for trees should be placed in injuries related to water, and brought inside Christmas decorations. just before Christmas to Most of those are from remain fresh and green. falls, cuts and electric Once the tree is inside, shocks. There are also keep it well supported, away from heat sources plastic dolls or toys; they and in a location where it are combustible. Use will not block exits from caution and adult the room.

loose connections and broken light sockets. Use only UL (Underwriter's lighting. Don't plug too Short of a national many sets of lights into the Division also thanks for the help you Christmas lights are turned off before going to bed or leaving the house.

> Use only noncombustible materials for decorations whenever possible. If combustible materials must be used, make sure they are treated to be flame resistant. Be yourself. Get everyone safe place in which to live sure Santa Claus costumes out of the house, then call and work. (and all material used therein) are also treated.

checked for UL label. Don't buy pyroxylin experience for all supervision with all and members of Marine Check old light sets for kerosene and gas- Corps Base Fire

powered toys.

paper accumulate around the home, especially near heat sources.

recommends a fire plan. Know what to do should a a year in which fire fire break out in your prevention has been the home. Know the watchword. As the year emergency telephone comes to a close, they ask number of the fire that you resolve to lend department (911 here on even greater help in the base). Have a fire coming year, for without extinguisher or pail of water handy during the support, the Fire holiday season, but don't Protection Division try to fight a large fire cannot make this a fire the fire department.

By following these Presents should be simple rules, the holidays will hopefully be a joyful members of the Lejeune family.

The Base Fire Chief

Protection Division Don't let wrapping extend to you their heartiest wishes for a fire safe holiday season. They urge all to make this a fire The Fire Protection safe season and offer their have given in making this

your cooperation and



(NAPS)—The holiday special time. "Make sure y miss a single opportunity ture those memories on fil Sam Garcia, Nikon School tor. "The first step in shoot day snapshots is to make have a camera that is use—like Nikon's Nuvis zoom compact—and lots of



Sam also offers the for photo tips to help ensu unforgettable holiday m are easily translated into ful, lasting photographs: Charge It Up. Asic

stocking up on film, make a have fresh batteries in yo era. Dead batteries ca missing that perfect shot!

Flash That Smile! ] flash systems are a great he deciding whether to use a not. Even in daylight sho can help balance and enha tos by reducing shadows

Don't Fumble With Advanced Photo System fi eras, such as the Nikon Nu offer the ease of simple loading, mid-roll change an format flexibility-choo

classic, group and panoram Strike a Pose? General tos will be more fun if y spontaneous, candid shots than posed ones.

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flatten each cookie. Bake 12 minutes or until

lightly golden on edges. On wire rack, let stand 1 minute; remove from sheets and cool completely.

completely. For glaze, blend remaining ½ cup confectioners sugar with water\*. Lightly spread over cooled cookies and garnish with decorative sprinkles to look like holiday ornaments. \* Add a few drops of food

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it easy to say "I love you" across the miles. PC camera technology lets friends and relatives share those special holiday events by connecting three items already available in many homes-a computer, a camcorder, and Internet access. This increasingly affordable technology lets you make video phone calls and add video clips to e-mail messages and per-sonal Web pages.

Intel® PC Camera Pro Pack, make

The latest PC cameras even feature a built-in jack that lets you plug in a camcorder to bring live or recorded video directly into a PC, making it easy to send video over the Internet. This is technology at its best: fast, fun, easy-to-use and inexpensive. Bargain shoppers can find deals for under \$100

You don't have to be techno-savvy to see how PC camera technology could brighten your holi-

 Close the miles with memories. Videotape your family's caroling events, a tree-trimming party, a ski trip, junior's performance in The Nutcracker, or the baby's first time on Santa's lap. Then plug your camcorder or VCR into your PC, edit at will, and ship your holiday highlights to the e-mail inbox of a faraway friend.

arrange a video phone call and

make fruitcake, sweet potato latkes or chestnut stuffing together.

• Catch candid moments. Use the auto snapshot feature in Intel's PC Camera Pro Pack to capture "Santa" in the act of delivering presents, or catch curious kids sneaking under the tree to rattle packages. To nab precious photos sure to become cher-ished memories, simply set the camera to take automatic snapshots based on time intervals or motion detection.

includes a photo, a voice greeting and a video montage—a message that comes alive with the sounds of a family holiday. You could also post this special greeting on your personal Web page.

· Don't let work keep you away. Plenty of jobs simply can't close down for the holidays. If you're a telephone operator, emergency room nurse or a hotel desk clerk on duty during family festivities, take along your PC Camera and your laptop and join

Camera and your laptop and join the fun during your break. Many more opportunities for getting into the holiday spirit will likely come to mind as you dis-cover the appeal of PC camera technology. The possibilities are limited only by one's imagination. For more information about PC Camera technology, go to www. Camera technology, go to www. intel.com/PCcamera.

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### **Time to Chill Out On Y2K**

by Thomas R. Kuhn, President, Edison Electric Institute

c in the streets. A national retail chain CEO, so that the lights will stay on New Year's Eve. ng the potential for gold at the prospect of Y2K Overall, nearly everyone - from White House Y2K y at his convenience stores, says

may be the single biggest ortunity we've ever had." These are troubling signs ed as we approach the sition to the year 2000. is, experts believe the has largely conquered 'Millennium Bug," and the nation's critical puter systems will be able ead the year 2000 date

In other words, come

ary 1, most Americans likely will be able to their ATM cards, use the phone, and buy line, bread and milk. In fact, Y2K is now less of chnology problem than it is a people problem. networks, overzealous entrepreneurs and other emongers ought to be asking themselves ther they're sowing unnecessary fear about the on's readiness for year 2000.

For the record, the nation's electric utility Eve celebration of all time.

industry - like other network industries including banking, telecommunications, transportation, gas NAPS) - A TV promotional spot poses the and oil - is ready for the Y2K transition. tion, "What if they're right?," referring to those Shareholder-owned electric utilities, the companies predict that the dawn of the new Millennium on that deliver most of the nation's power, have spent ary 1 will bring computer chaos, blackouts and about \$2.5 billion testing and updating their systems

czar John A. Koskinen to workers who have toiled for years to fix potential date glitches - says that at most, New Year's Day may cause sporadic

disruptions and inconvenience for Americans, much like a winter storm.

Indeed, there will almost certainly be localized power outages January 1, just like there are every day in the winter because of snow, ice storms or cars that crash into utility poles. Bottom line? We

expect New Year's Day to be pretty much like every other winter day of the year. Our industry's biggest variable is weather.

So, when TV films depict panic in blacked-out cities or merchants try to sell you a year's supply of batteries or dried rations, remember this: It would be a shame to let unwarranted fear and uncertainty mar what arguably is the most exciting New Year's



#### **Elegant Yet Easy Snack Ideas for Sensational Feasts**

Here's a gift to please the hostess this season -- some tips on preparing simple yet sensational party ood. Festive foods fit for a feast can be easy to make. All you need are fresh, delicious ingredients and a

For quick appetizer ideas, wrap thin slices of your favorite meats, such as smoked turkey, corned beef r honey ham, around any of the following:

breadsticks • pretzels spread with mustard • baby carrots spread with cream cheese and chopped nuts fresh melon wedges • celery sticks • olives • pickle spears • string cheese • green onions

Here are two more party pleasers from The Buddig Family Favorites Cookbook.

Southwestern Skins Makes 12 potato skins

6 Idaho potatoes, each about 4 inches long Vegetable oil

2 packages (2.5 oz. each) Carl Buddig Beef, chopped 2 cups (8 oz.) shredded Nacho or Mexican flavored cheese /2 cup chopped red bell pepper 4 cup chopped green onion Sour Cream, if desired Fresh cilantro, if desired



Sidney Mobell of San Francisco, California in 1988. The board is made from 23 carat gold and the

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Heat oven to 400°F. Rub outside of potatoes with vegetable oil, pierce each in several places with the tip of a knife. Bake 50 to 60 minutes or until tender when pierced with a knife. Let cool at least 45 minutes. Halve lengthwise. Scoop out most of the flesh, leaving a half-inch of pulp attached to skin. Combine Buddig Beef, cheese, red pepper and onion. Fill each shell with meat mixture. Place on baking sheet. Bake in a 400°F oven 10 to 12 minutes or until cheese is melted and filling is hot. Garnish each with sour cream and cilantro, if desired.

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Nutritional Facts: per serving, (1 filled potato skin) Calories 153 (from Fat 64); Fat 7g (sat. 4g); Chol 28mg; Sodium 294mg; Carb 14g; Fiber 2g; Protein 8g.

**Buddig Pinwheels** Makes approximately 4 dozen pinwheels

1 package (8 oz) cream cheese, softened 1 tablespoon grated onion 1 teaspoon horseradish Dash Worcestershire sauce 2 packages (2.5 oz. each) Carl Buddig Beef or Ham

Combine cream cheese, onion, horseradish and Worcestershire until well blended. Separate Buddig Beef, laying two slices in a row, slightly overlapped. Spread with cream cheese mixture. Roll up and fasten with a wooden pick. Repeat with remaining meat and cream cheese. Refrigerate, covered, at least 2 hours. Just before serving, cut into 1-inch slices.

Nutritional facts: per serving (one 1-inch piece), calories 20 (from Fat 16); Fat 2g; (sat. 1g); Chol 7mg; Sodium 56mg; Carb 0g; Fiber 0g; Protein 1g.

For more brunch, salad and sandwich recipe ideas and for information on how to obtain a copy of The Buddig Family Favorites Cookbook, visit www.buddig.com.





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The nutrition guide was writby William Sears, a pediatri-n, and his wife, Martha Sears, sides writing 17 books about ildren, the couple also learned out feeding children by raising

th of their own. "After years of observation, I came convinced that the chil-en who ate the healthiest foods re the healthiest kids," said Dr.

The book offers nutritips on: • tricking your child's metabo-m into making him leaner with-

t dieting. • the relationship between ur child's diet and behavior • which fats and oils can help event disease

• what phytonutrients are and hy you should get a lot of them • why breastfeeding can make infant smarter

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