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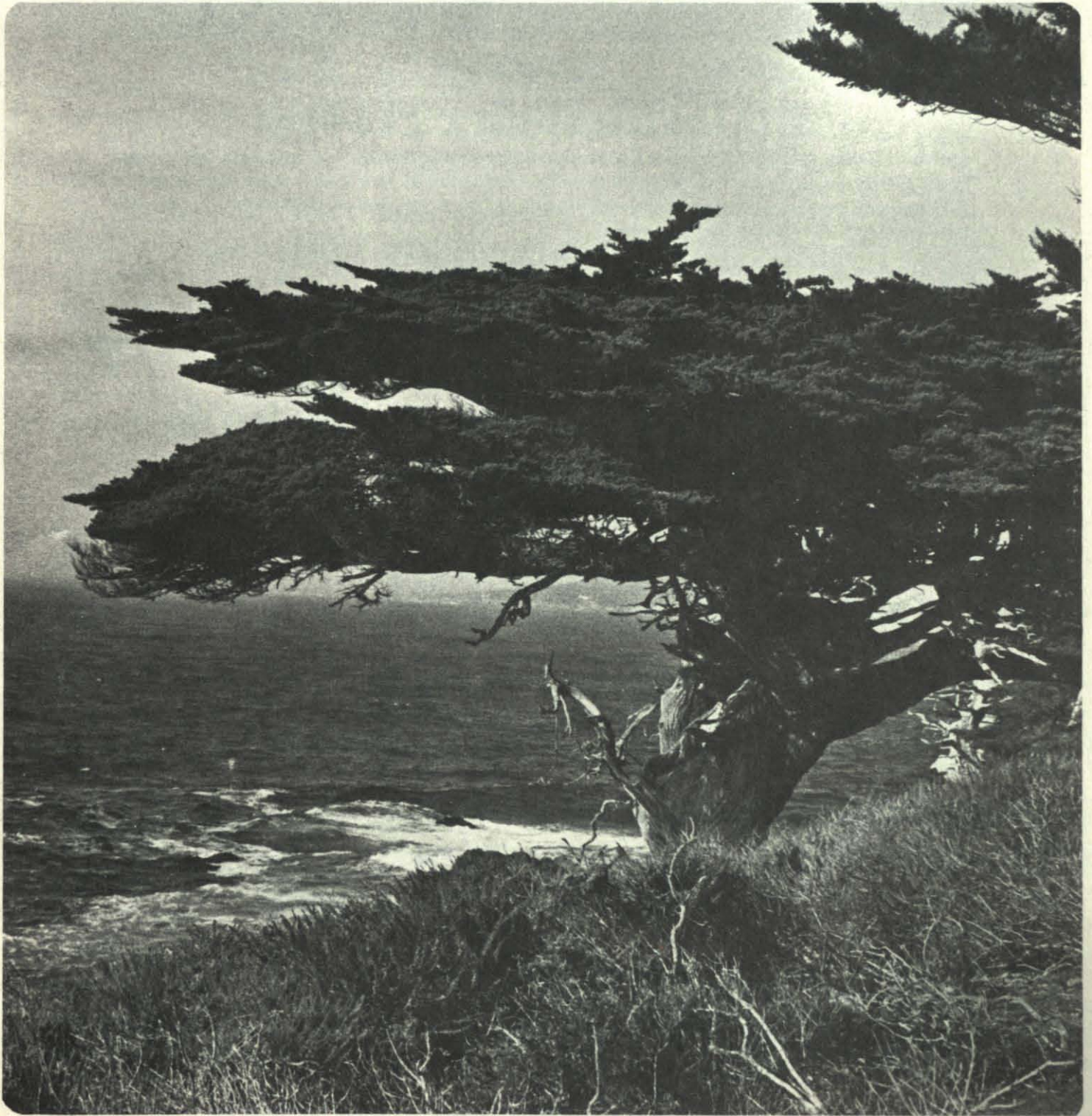


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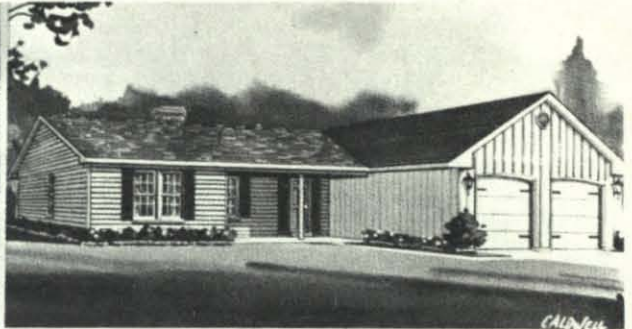
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the classmate

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in this issue...

focus of the monthwelcome aboard

Housing and the NPS Family	44
Medical Care	47
School Information	49
Adult Educational Opportunities	50
A Pre-School Directory	51
Navy Nursery School	52
NPS Pre-School	53
YMCA	53
The Boy Scout Program at NPS	54
Girl Scouts in La Mesa	54
La Mesa Community Center	55
Helpful Places	55
Veterinary Clinic	55
Monterey Peninsula Transit Information	56
Ft. Ord Map	57
Presidio Map	58
Hours of Operation	59
Telephone Guide	60

OSWC news

President's Message	4
First Vice-President's Message	4
Who's Who of OSWC	7
OSWC: Activities Galore	10
The Good Neighbor at Every Duty Station	12
A Civilian's Wife's Reaction to NPS	13

naval postgraduate school news

RADM Dedman New NPS Superintendent	14
Recreational Facilities and Athletic Programs	15
Sailing at NPS	16
Bowling Facility Improved	16
Navy Juniors Baseball League	17
Naval Postgraduate School Tennis Association	18
La Mesa Village Map	19
The Protestant Program	20
The Jewish Program	21
The Catholic Program	21
NPS Campus and Annex Maps	23

feature section

The Many Delights of the Monterey Peninsula	25
Legal-Ease	27
Q.A.	28
The Peripatetic Palate	29
Away From It All	33
International Message	35
Getting to Know You	37
Navy Bleu	39
Where It's Happening	41



On the Cover: Rikki Meier has captured the beauty of a Monterey cypress. The graceful shapes of these distinctive trees form a common symbol for the Monterey Peninsula. □

editor's notes



Welcome to all newcomers. Your stay at NPS should be enriching and enjoyable. Students are home every night (a new and pleasant experience for many), and the Monterey Peninsula offers

numerous activities to amuse you. To help acquaint you with the school and local area, twice-a-year CLASSMATE publishes this special, welcome aboard issue. It is full of valuable information. Even those of us who have been here for several years keep this issue handy so that we can take advantage of the hours-of-operation listing and telephone guide in the rear of the magazine as well as other pertinent articles within.

CLASSMATE is a totally volunteer production created ten times per year by wives of NPS students. Its printing is totally financed by our advertisers, and therefore we urge you to patronize them. Without them there would be no magazine. We always welcome new members to our staff. No experience is required. If you can read and write you are qualified. If you are interested in joining, call me at 373-5083 or come to our next meeting which will be April 4 at 7:30 p.m. in the La Mesa Elementary School library.

Along with information about the Officer Students' Wives' Club's activities, the other eight issues CLASSMATE puts

out in a year contain our regular features — Where It's Happening, a monthly calendar of events of interest on the Peninsula; International Message, an informative article about the goings-on in NPS' large international community; Away From It All, reports of possible vacation or day-trip spots around California; Q.A., our question and answer column; Navy Bleu, our recipe page; Legal-Ease, information regarding the law and our rights written by NPS' legal officer; and the Peripatetic Palate, a critique and guide to help you find your way through the area's many restaurants. We also have a focus of the month around which we write articles. In the past we have explored such things as food, sports and how to get a job. For May we are researching the many aspects of purchasing real estate.

Hopefully you will look forward to the arrival of each new issue. We try to make it as pertinent as possible. If you ever have any questions or comments about the magazine please feel free to contact me.

Nancy Lemke
Editor-in-Chief

Welcome Aboard

The Welcome Aboard Committee would like to take this opportunity to extend a cordial welcome to all new students and their families. We hope you will have a pleasant and productive tour of duty here.

The purpose of the Welcome Aboard Committee is to provide you with information concerning the school, housing, the area and also to introduce you to the many activities available through the Officer Students' Wives' Club.

There will be a Welcome Aboard Coffee on April 20. It will be held in the Barbara McNitt Ballroom on the first floor of Herrmann Hall at 7:30 p.m. This is an opportunity to become acquainted with OSWC and what is offered in the way of classes, activities and events. Representatives from the dispensary and the chapels will provide information pertinent to your tour at the Postgraduate School. And the delightful skit CRAMALOT will be presented.

Please join us; we look forward to meeting you. □

Conni Clark
Welcome Aboard Chairman

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OSWC NEWS



A very warm welcome to you! Certainly you will find that the Monterey area holds even more than its beautiful first impression promises. The charm of its historical buildings, the collectors' finds in endless shops and galleries, the diners' delights in restaurants galore, the golf and tennis players' heaven are a few of the reasons

that your stay here is sure to be an enjoyable one. Assignment to the Naval Postgraduate School is in itself a unique experience. Here we have the very special opportunity to meet families of all branches of our services and those of many other countries. And best of all, though your husband may study a lot, he's home!

The Officer Students' Wives' Club offers many activities and programs through which you can pursue your interests. OSWC is a friendly, active group in which the newcomer feeling fades quickly. I most heartily invite you all to join and participate. It's fun! Please feel welcome to attend the Governing Board meetings, held regularly on the first Monday of every month in the Tower Room of Herrmann Hall. Information about individual classes, special functions, social programs and more is printed in the Pink Flyer. This OSWC communique is circulated monthly via our husbands' Student Mail Center (SMC) boxes. I know you will enjoy CLASSMATE. This excellent magazine

also contains OSWC news and has a format of interesting articles about life on the Peninsula. This Welcome Aboard issue has especially useful information for the first few months of settling in. Do keep it handy for reference.

Communication through the section liaisons and Curricular Representatives is also very important to the effectiveness of OSWC. I hope you will take advantage of this personal contact system to make suggestions and seek information as well as receive OSWC news. We are all eager to be of any assistance and to hear your feelings about improving your club. The hope that our efforts represent your interests gave rise to the recent OSWC Poll. Thank you all who responded. We appreciate your ideas and comments and are acting on your suggestions as best we can.

Again, I extend to everyone an invitation from OSWC to share our friendships and fun times. I look forward to our meeting very soon, and hope that this will be a great tour for you all. □

Lynn Lohrmann
President



Hi, ya'all! I extend a warm and hearty welcome to all new students and wives. Husbands have come here to enrich their minds in the pursuit of greater knowledge, and they will be busy in attempting to achieve that goal. Because of the husband's many hours of study, the Officers Students' Wives' Club can be a welcome diversion for wives. We have a variety of ways you can become involved,

and you will find time definitely goes by faster if you stay busy.

As First Vice President one of my duties is to serve as program chairman for OSWC. Since these programs are strictly for your enjoyment, I would love to hear any suggestions of programs and/or activities you might have been involved in from your various duty stations. Please contact me at 373-7079 or drop me a note at SMC #1282.

We have several events already in store for you. A new Section Leaders' Wives Coffee will be held the week after classes begin. This coffee is for the section leaders' wives who have come to NPS this quarter or those unable to attend previously. It will be short, informal and worthwhile. Also in April will be the Welcome Aboard Coffee which will give newcomers the opportunity to learn about the many services and activities available here and a chance to meet other newcomers and present members. It's amazing how many times you will see someone you have known at a previous duty station. See you there.

Still another event in April is the Wives

Guided Tour of the Naval Postgraduate School and grounds. Be guided back into time by the charms of the old Del Monte Hotel (complete with ghosts, no less) and then return to reality to tour the modern buildings of today's NPS. This is an opportunity to familiarize yourself with the areas in which your husband will be working and working and working. This informative afternoon will end with R&R — refreshments and relaxation.

As you can see, we get you involved right away. But wait — there's more. In April, the yearly Adobe Tour will again occur. This is looked forward to every year and is an event that should not be missed. Also upcoming is a bus trip to San Francisco.

You will be hearing more about all I have mentioned in the Pink Flyers. They contain reservation forms for all events as well as important phone numbers to call for these activities.

Again, welcome to the always beautiful Monterey area. I hope you will come join us in OSWC, and I'm looking forward to meeting all of you during the next few months. □

Ann Conner
First Vice President

If your husband is not a student at NPS, and you would like to receive the CLASSMATE each month, complete the subscription blank below and send it, along with \$5.00, to SMC 2330 and CLASSMATE will be mailed to you for one year.

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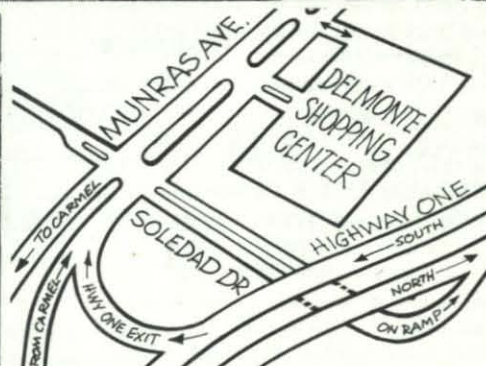
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Who's Who of OSWC

The Officer Students' Wives' Club of the Naval Postgraduate School is a unique club offering many varied activities and opportunities.

Listed below are the OSWC officers and committee chairmen and a brief summary of their duties. If you see a committee listed which interests you, feel free to contact the chairman and offer your assistance.

Should you be interested in serving on the Executive Board or as a Committee

Chairman there is no requirement of previous experience except in the case of the President (she must have served at least one term as a member of the Governing Board).

Experienced senior officers' wives serve as advisors, and the wife of the Superintendent graciously serves as honorary President.

Staff wives are cordially invited to become associate members of OSWC, at-

tend programs and take OSWC sponsored courses, although they may not hold offices or chairmanships. International students' wives are extended an honorary membership by OSWC upon their arrival in Monterey.

The monthly Governing Board meeting is held in the Tower Room of Herrmann Hall at the Postgraduate School. The time is 8:00 p.m., and we would like to invite you to attend this general meeting and observe in action how OSWC works. □

EXECUTIVE BOARD

Honorary President

LuRene Dedman, Code 00
Attends many OSWC functions, provides insight and inspires the club's activities.



OSWC Advisor

Sandy Kolodziej, Code 35, 649-0630
Attends Executive and Governing Board meetings of OSWC as well as most club functions.

OSWC Advisor

Barbara Barron, Code 03, 649-8757
CLASSMATE Advisor. Attends Executive and Governing Board meetings of OSWC as well as most club functions.



President

Lynn Lohrmann, 2099, 373-1413
Presides over the Executive Board, Governing Board and OSWC General Business Meetings and acts as liaison between OSWC and the staff of the Naval Postgraduate School. She appoints all standing committee chairmen and assistant chairmen in accordance with OSWC by-laws and appoints special committee chairmen as needed. She acts as member, ex-officio, of all committees except the nominating committee. She also attends the Officers Club Advisory Board meetings.



First Vice President

Ann Conner, 1282, 373-7079
Presides over meetings in the absence of the President, or in the event of the President's resignation. She coordinates Curriculum Representatives and maintains a schedule for assembling the Pink Flyer each month. She is responsible for writing OSWC news for CLASSMATE. She serves as the Program Chairman, planning at least two events to include all OSWC members during her term of office and a welcome coffee for new section leaders' wives.



Second Vice President

Carolyn Forgy, 1986, 373-5890
Presides over meetings in the absence of the President and the First Vice President. She acts as parliamentarian and serves as chairman of the by-laws committee. She is responsible for reviewing the chairman notebooks, maintaining the OSWC bulletin boards and extending all courtesies in the name of OSWC. She arranges a coffee for new brides of NPS students each year and the tea following the Guided Wives Tour.

**Recording Secretary**

Laurie Cobb, 1554, 375-3756
Records the minutes of the Executive Board, Governing Board and General Business Meetings. She maintains all OSWC records and is responsible for typing and distributing certificates of commendation as directed by the President.

**Corresponding Secretary**

Marguerite Duncan, 2279, 373-7640
She is responsible for the general typing, correspondence and mimeographing for OSWC. She maintains the supply closet, the mimeograph and related equipment. She is also responsible for conducting a semi-annual inventory and orders OSWC supplies. She is responsible for mailing an honorary membership card and a welcome letter to each international student's wife.

**Treasurer**

Marlene Frill, 1426, 372-7881
Keeps all financial records and reports the bank balance at OSWC meetings. She prepares a budget for the approval of the Executive Board at the beginning of each six month term, pays all bills, Federal and State taxes, audits the books of moneymaking committees and is responsible for program reservations. At the end of her term, she audits the books. She checks the OSWC mailbox regularly and delivers mail to the proper individuals. She is responsible for organizing the Wives Guided Tour.

Committee Chairmen

Activities

Pat Laska, 2360, 375-5638
Arranges classes and seminars which are given by civilian and student wife instructors for members of OSWC. She maintains a list of service organizations which are in need of volunteer assistance.

Adobe Tour

Lee Anne Mertz, 1187, 649-6260
Is appointed in January and bridges two board terms. She secures members of OSWC to serve as hostesses in one of the historic homes or buildings which are open each spring for the annual Monterey Adobe Tour in April.

CLASSMATE Magazine

Nancy Lemke, 2747, 373-5083
Responsible for publication of the OSWC magazine ten times per year, working with a staff of volunteers. The Editor should have prior experience in high school or college journalism or related work experience. The Associate Editor will be trained for three or four months prior to assuming Editorship. She will then serve a minimum term of six months as Editor-in-Chief.

Elections

She heads the nominating committee and sets up elections for the new Executive Board.

Fluoride Program

Debbi Marzluff, 1470, 375-0320
Serves as liaison between OSWC and the NPS Dental Department to plan a program of dental fluoridation for dependents and arranges for volunteers to assist in the program during February.

International

Merna Dearth, 1325, 649-4461
Pat Reynolds, Ass't., 372-2446
Jane Tulloch, Ass't., 649-4881
Heads a committee of couples who serve as sponsors for international students and their wives. She organizes many varied activities for the internationals, plans and coordinates the International Night festivities.

Membership

Gail Kramlich, 2622, 373-4628
Makes membership available to all those interested in OSWC. She checks to see that all those participating in OSWC-sponsored activities are OSWC members, and maintains a list of members who are interested in serving on OSWC committees.

Military Ball

Donna Hanson, 1975, 375-5534
She is responsible for planning the annual Military Ball held in October of each year.

Military Community Benefits

Margi Almony, 1681, 373-7386
Organizes at least one fund-raising benefit for charity during her term with the proceeds going to both military and community charities.

Navy Relief

Evalyn Bishop, 2359, 375-3263
Represents the Navy Relief Society on the OSWC Governing Board. She keeps members informed of all Navy Relief activities and coordinates the annual drive to aid needy families at Christmas time.

Publicity

Barbara Vugteveen, 1475, 375-3724
Provides news releases for the local media about OSWC activities and events. She is also responsible for the publishing and distributing of the Pink Flyer. She is aided by the Curriculum Representatives each month in assembling this flyer. When specific committee chairmen are unable to assume responsibility for specific events, the Publicity Chairman will provide any assistance which may become necessary. She is responsible for maintaining a schedule for display windows located on the lower level of Herrmann Hall.

Red Cross

Lori Hoipkemeier, 372-3617
Represents the Red Cross on the Governing Board and secures volunteers to serve at the various facilities requiring Red Cross workers.

Ways and Means

Gay Hitchcock, 1950, 375-1815
Coordinates money-making projects for OSWC such as the sale of cookbooks, Kidding Around and stationery; makes all arrangements for Bargain Fairs.

Welcome Aboard

Conni Clark, 1876, 373-0526
Sends a letter of welcome to each student wife prior to her arrival and has a Welcome Aboard caller contact her personally upon her arrival. She arranges Welcome Aboard Coffees quarterly to acquaint new wives with OSWC and its activities. The Assistant Chairman coordinates the "Cramalot" skit at the coffees and aids the chairman in her duties. □

Curricular Representatives

Administrative Science

Mary Ann Vomastic, 1858, 375-3053



Aeronautical Engineering

Lee Ann Mertz, 1187, 649-6260

Intelligence

Ellen Yeaw, 1279, 375-7994

The women on this page are the OSWC Curricular Representatives (CR's). They are liaisons between the various sections in their respective curricula and the OSWC Executive Board. The CR's along with the Committee Chairmen comprise the OSWC Governing Board. If you are interested in serving on this board, contact your CR or any member of the board.

It is the duty of a CR to provide another avenue of communication. She, along with the CLASSMATE and Pink Flyer, informs you of important OSWC and NPS events. □

Naval Engineering

Donna Miller, 1729, 375-9176



Command Control and Communication

Rene Queen, 373-0527



Operations Analysis

Angie Angelopoulos, 1150, 375-9904



Computer Technology

Marcia Reed, 2495, 375-8393



Meteorology and Oceanography

Sharon Yeager, 2337, 373-6896

Weapons Engineering and Operations Systems

Anne Pilcher, 1100, 649-1866

Electronics and Communications Engineering

Kyppee Evans, 1268, 372-7214

National Security Affairs/Area Studies

Chris Mason, 1458, 372-6000

OSWC: ACTIVITIES GALORE

The following classes are offered through OSWC to current members. Please have your membership card ready when signing up for a course. If you cannot attend a class, notify the instructor of your cancellation at least 24 hours in advance, as many instructors need a minimum number of students to teach a class. Husbands and members' dependent children are allowed in classes on a space available basis and when approved by the instructor. Call the instructors for more information and to sign up for their classes. The Activities Chairman is Judy Moore.

AFRICAN VIOLET CARE — Catherine Carter, 375-6552. \$3.00 for a two hour workshop. Call instructor to arrange class.

BALLET EXERCISE FOR ADULTS — Elizabeth Clements, 375-1730. \$2.50 per class. Designed to tone and condition the body.

CAKE DECORATING — Ann Gracida, 649-4875. \$10.00 plus materials for five weeks. Times to be arranged with instructor.

CALLIGRAPHY — Jean Neiman, 624-0928. Teaches the art of beautiful handwriting. Time and tuition to be arranged with instructor.

CHILDREN'S DANCE — Sandie Garris, 625-0328. \$8.00 per month for 45 to 60 minute classes once-a-week. Includes elementary ballet, ethnic movements, modern dance, and encourages children to create their own movements.

BEGINNING CREWEL — Karen Marlin, 384-6394. \$12.00 for five two-hour lessons and material for first project. Students are requested to bring an embroidery hoop. Class held Mondays, 7-9 p.m.

FOLK GUITAR — Mildred Kline, 624-9541. \$12.00 for 6 hours. Lessons also available for violin and viola at \$5.00 for a half-hour private lesson.

HANDWRITING ANALYSIS — Prof. W.D. Duthie, 624-4705. \$5.25 for text. Call for further information.

HYDRACAL-PLASTERCRAFT CLASS — Diana M. Goldsby, 649-3767. Cost per person is \$5.00 for 5½ hours. Call for information.

INTERNATIONAL COOKING — Sponsored by the International Committee. \$16.00 for 8 weeks. For further information, call Pat Reynolds, 372-2446.

JAPANESE FLOWER ARRANGING — Hobi Hayashi, 375-1066. Live samples of arrangements and diagrams are given to students. Lectures on history of Japanese arrangements, conditioning of materials, color, harmony, proportion, balance, and scale are given. Call for dates and times.



BEGINNING KNITTING AND CROCHET — Carol Sherfese, 375-1629. \$12.00 for five weeks of two-hour lessons.

LEARNING NEW CRAFTS — Ann Gracida, 659-4875. Classes of instruction in making dip and drape dolls, paper flowers, and bread dough. Call instructor to arrange time and tuition.



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PALETOGRAPHY — Mike Stevens, 375-2208. \$30.00 for 12 hours. Palettography is making photographic art prints. A \$10.00 deposit and minimum of 10 students are required. Students are to state they are from the OSWC.

QUILTING — Wendy Howe, 372-8459. \$20.00 for 15 hours. Classes held in Pacific Grove with most material included. Call for dates and times.

SEWING — Hope Stephens, 373-6205. \$15.00 for six lessons. Students supply their own materials. Call for further information.

TOLE PAINTING — Kathy Wick, 372-0149. \$15.00 for five two-hour lessons. Call for

information.

TRIMNASTICS — Rikki Meier, 372-8456. \$16.00 for two evenings per week for eight weeks. The 45 minute classes are held Tuesday and Thursday at 7 p.m. in the La Mesa Community Center.



YOGA FOR HEALTH -- Charles Muir, 659-2992. \$22.00 for 6 meetings of 75-90 minutes each. Includes two books and a lesson plan to use at home. To introduce you to what Yoga is and what its many benefits are, you can attend the first class of the course without cost or obligation. Practice the world's most ancient system for physical and mental well-being. The slow motion Yoga exercises, combined with simple breathing techniques aid in weight control while firming and toning muscles, promote flexibility and vitality, and impart deep relaxation to body and mind.

In addition to these classes, OSWC also sponsors:

MILITARY WIVES ART ASSOC. and **THE EAGLE EYE ART GALLERY** — The art gallery, located in Room 29 in Herrmann Hall, features paintings by the art association members. It is open on weekdays before, during and after lunch as well as from 6 to 9 p.m. Friday. For information about membership or the gallery call Arlene Chapman, 373-5458.

OSWC BRIDGE — Held the second and fourth Tuesday of each month at 7:30 p.m. in the El Rancho Room of Herrmann Hall. For reservations call Lynda Seidel, 373-4229, by the previous Saturday. For 35 cents you can have an evening of fun, party bridge and meet some new, friendly people. □

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The Good Neighbor at Every Duty Station



by Sheila Cyboron and Ann Conner

"How can this be happening? Why us? #@o•V!!! HELP!!"

After a tortuous drive across the country with two sick kids, three flat tires, a rusted muffler and record-breaking low temperatures in every state (and the heater wouldn't work!), you have finally arrived for that long-awaited shore duty. You unload the car and the kids at the Travelodge and head for the Housing Office, bravely resolving to eat at McDonald's for the next month to make up for the extra motel and car repair bills you hadn't expected on your trip.

"What do you mean there isn't any housing available?? We were told...but...no, we don't know anyone here..., and we're broke!" Time to push the panic button? Not if your Good Neighbor can help it.

Red Cross gives assistance to servicemen and their families in many ways. In cases like the one above funds can be loaned to pay for rental deposits and rent payments. Financial aid is also available if your paycheck is delayed for some reason. Almost everyone is aware of the Disaster Relief program both in this country and internationally. This aid is always an outright gift, designed to help the victims resume normal living as soon as possible. Most of us are also familiar with the Red Cross Blood Program. It is desperately in need of donors as the need for blood of all types is constantly increasing. Red Cross also offers classes in a wide range of life and health protecting subjects, ranging from first aid to water safety to home nursing.

Of particular interest to military

families is the Services to Armed Forces and Veterans program. Assistance includes financial aid, counseling for personal problems and communication services between deployed servicemen and their families. In case of a family emergency Red Cross can verify the situation so that the servicemen can go on emergency leave, and it can also provide funds to travel if necessary. Your endless visits to the clinics of the military hospitals are eased by the caring of Red Cross workers supporting the medical personnel in a variety of areas. Perhaps even the family dog has had Red Cross help at the on-base veterinary clinic!

If you have a need, the Red Cross is your Good Neighbor, anxious to help with an organization that is 99% volunteer! If you are new to the area and are feeling a little lonely, this is a terrific way to meet warm, caring people. Red Cross pays nursery fees at the NPS, Presidio and Fort Ord Child Care Centers while you are being a good neighbor to others. Perhaps the most compelling reason for volunteering is that it makes YOU feel good about yourself and about the people with whom you come into contact.

Red Cross work has truly enriched many lives from both the volunteer and the recipient standpoints.

Military dependents have traditionally been active participants in Red Cross programs, but in today's busy world we often feel that we cannot spare the time for community service. Can you give a few hours a week? If so, Red Cross can offer you a fulfilling way to use your valuable time.

The OSWC has an active Red Cross Committee which provides volunteers at Silas B. Hayes Hospital, the Presidio Dispensary, the Dental Clinic and the regularly scheduled bloodmobiles. With the increasing shortage of doctors and staff at the Hospital and Dispensary, committed Red Cross volunteers are needed more than ever to help ensure that patients continue to receive first-rate treatment. Red Cross volunteers are also needed to instruct classes in water safety, first aid and babysitting.

The Red Cross Bloodmobile visited NPS in June of last year for the first time in many years, and the donor response was fantastic. NPS was again visited by the bloodmobile in October, and the response was again fantastic — over 100 pints were collected. With these unqualified successes, we will be having the blood drive at NPS at least twice yearly. The next drive will be in April. Students, both military and civilian staff members and wives are encouraged to donate blood. In addition to donor support we will be needing many wives of students to help staff the drive.

So, as you can see we do need people power! If you feel that you have some time to give or would like more information on any of the various local Red Cross programs, call the Ft. Ord Field Office at 242-7801. WE NEED YOU! Please pick up the phone and let us hear from you. □

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A Civilian Wife's Reaction to NPS

by Margaret Schue

California! What a great opportunity for my husband and me to experience a new climate and meet new people. Never having moved so far away before (we are both native Hoosiers), I was very concerned about the wear-and-tear on our furniture, the quarters we would be living in and the reaction we would receive from the military personnel as civilians at a Naval facility.

I soon learned that my fears were unfounded. Upon our arrival in Monterey, we went directly to campus to get all the necessary records and forms filled out and were then given directions to La Mesa. We were relieved to find the housing office personnel so helpful and thoughtful. They gave us keys to look at a few of the quarters. We ended up taking the first one we looked at, and Mrs. Edwards said we could move in a few days. This was perfect since our furniture was scheduled to arrive two days after our apartment would be ready. Our next door neighbors loaned us a spare mattress and linen, and our neighbors above let us use their cookware, table service and bedding. What a blessing — we could move in and save the expense of

two more nights in a motel. We were invited to enjoy home-cooked meals and reminded to "come over if we needed anything at all." We would have been lost without the generosity and kindness of our new neighbors.

When we left Indianapolis, all we knew about NPS was its general location and that the student body consisted of Navy personnel, international students and a few civilians. Later I realized that students from all branches of the service were attending classes here. I knew that civilian students were in the minority but I was curious as to what the actual figures were. After inquiring I obtained the following figures.

Navy, 581; Marine, 60; Coast Guard, 20; Air Force, 52; Army, 67; Int'l., 195; Civilians, 37; Total, 1,012.

The climate and vegetation here is so different to us that it seemed like another country entirely, and after speaking with other student wives I was beginning to wonder if a different language was spoken here as well. What did these wives mean when they talked about BAQ or BOQ, the commissary, exchange, PX, convenience store and free air flights? It was embarrassing to them and me to have

to ask what they were talking about and then explain that we were civilians here and thus did not have access to many of these services.

Since our arrival here, I have spoken to a few other civilian wives to get their reactions to the PG school and Monterey. Some wives were familiar with the military since their husbands had served at one time, but all reactions were very favorable. Everyone I spoke to was impressed with the friendliness of the people at La Mesa and at school. They had a pleasant move and those with children were pleased with the school system.

All in all, I can't say enough good things about the wonderful people we have met here. I truly enjoy the use of the convenience store, and I am learning (slowly but surely) some of the various military terms and the military time schedule (though on a few occasions I've had to verify an appointment at 1515 or a work schedule from 1330 to 2200).

So please don't be upset if an unfamiliar civilian wife is confused and has to interrupt for clarification. We really are very normal people who are enjoying their stay here in Monterey and the wonderful people we have met here. □

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naval postgraduate school news

RADM Dedman New NPS Superintendent

RADM Tyler F. Dedman relieved RADM Isham W. Linder as the 13th Superintendent of NPS in a change of command ceremony February 15. RADM Dedman comes to Monterey from Pensacola, Florida where he has served as Deputy Chief of Naval Education and Training since July 1974. RADM Dedman graduated with distinction in June 1947 from the U.S. Naval Academy, was designated a Naval Aviator in October 1950, and subsequently advanced in rank to rear admiral on July 1, 1972.

Following graduation the admiral served in a variety of fleet and shore assignments. As a junior officer he served on the USS OAKLAND (CLA-95), on the Staff of Commander Naval Forces, Western Pacific and on the USS PASADENA (CA-65). He served with Attack Squadron 35 from June 1951 to June 1954. While in that assignment, he flew the A-1 Skyraider and participated in several deployments with Air Group 3.

After completing his studies at NPS and Princeton University, he joined Heavy Attack Squadron 5 on board the attack carrier USS FORRESTAL and served until March 1959 when he transferred to Heavy Attack Squadron 3 to serve as A3J Project Officer. Following study at the Naval War College, RADM Dedman served as A-5 Vigilante Project Officer in Attack Design Branch, Bureau of Naval Weapons, Washington, D.C.

The admiral joined Heavy Attack Squadron 123 for refresher training in A3B aircraft in June 1963 and in November of that year reported as Operations Officer of Heavy Attack Squadron 10. In that capacity, he participated in reconnaissance operations over Laos and Vietnam and in support of operations during the Gulf of Tonkin incident.

RADM Dedman served as Executive Officer of the USS PICKAWAY (APA-22) operating in support of the III Marine Amphibious Force in Vietnam. Upon de-



tachment in August 1967 he reported as Assistant Deputy Director of Navy Program Planning, Office of the CNO, then worked as Executive Assistant and Senior Aide to the Vice CNO.

In January 1970 he assumed command of USS PONCHATOULA (AO-148) and in July 1971 became Assistant Vice CNO and Director of Naval Administration, Office of the CNO. He detached in April 1974 for duty as Deputy Chief of Naval Education and Training.

RADM Dedman's home is Lake Mary, Florida. He is married to the former LuRene E. Ball of Lake Mary. They have three daughters. □

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Athletic Programs

The sports program includes the following: basketball, softball, "socko" softball, squash, rugby, soccer, volleyball, swimming, tennis, table tennis, touch football, badminton, lacrosse, handball, bowling, golf, cross country running, little league, karate and other competitive sports. Personnel interested in intramural and varsity sports are urged to contact the Sports Supervisor, 646-2497.

Gymnasium/Gear Issue Room

There is a gymnasium in Bldg. 239 the facilities of which are available to all eligible personnel. In addition there are two four-walled handball courts, two squash courts and an exercise room furnished with all the equipment necessary for any physical fitness or reducing program and an Athletic Gear Issue Room. The Gear Issue Room has an extensive selection of athletic and camping equipment which may be checked out to personnel at a nominal daily fee. A complete list of available items and their cost may be obtained at the Issue Room between 0800 and 1630, Monday through Friday. Other information may be obtained by calling 646-2939 (Gear Issue Room) or 646-2497 (Gymnasium).

Picnic Grounds

The picnic grounds are open from 0700 to 1800 daily and are located inside the NPS Golf Course grounds, about 200 yards past the Pro Shop. Picnic grounds must be reserved in advance. Registration for the use of the picnic grounds may be made at the Recreation Office Monday through Friday. Rules for use of the area will be explained to the person reserving the grounds. Maximum size is limited to 200 persons. Civilian parties must be sponsored by military personnel attached to the Naval Postgraduate School.



A request must be made in writing to the Recreation Director for use of the picnic grounds. For all military picnics and for parties extending beyond 1800, arrangements can be made by contacting the Recreation Office. A softball field is located adjacent to the picnic grounds. From May through September, it is only available on weekends because of Socko leagues. A refundable cleaning deposit is required.

Tickets

Seasonal discounts and tickets are available at such local events as plays, Little Theater productions, Laguna Seca Races, Bing Crosby Pro-Am and many other local events. Current information on what is available may be obtained by calling the Recreation Office, 646-2466.

Tennis Courts

There are 12 courts of championship quality, two of which are located below the swimming pool, two forward of Herrmann Hall, six in La Mesa Village and two beside FNWC at the annex. Courts are to be used for their intended purpose only. Tennis lessons are available through the Recreation Office (646-2466). Reservations are required for the courts forward of Herrmann Hall.

Golf Course

The Naval Postgraduate School Golf Course is located behind the Monterey County Fairgrounds. It is a full 18-hole course. The Golf Course has a beautiful clubhouse with snack bar, lounge, ladies and men's shower rooms, locker rooms and shoe stowage facilities. Also located at the Golf Course is a combination Pro Shop and Starter Shack. A wide selection of retail merchandise is offered to meet the golfer's needs. Telephone 646-2167.

Golf Driving Range

The Golf Driving Range is located across the street from the Pro Shop. The hours of operation are 0800-1730 during Daylight Savings Time and from 0800-1700 during other months of the year. Range balls are purchased at the Pro Shop. The sale of range balls secures at 1730 daily. All persons eligible to use the golf course are authorized to use the Driving Range. Telephone 646-2167.

Swimming Pool, Sauna

The swimming pool will be open May 2 to October 30, Tuesday through Sunday, from noon to 6 p.m. (11:00 to 12:00 — students, staff and faculty only.) During this period a fee of 50 cents will be charged for all authorized users of the pool or sauna. Bonafide guests will pay a fee of one dollar.

From October 30 and continuing through March 31, 1979 the swimming pool will be open from 1100 to 1500 Monday through Friday, except on national holidays for a fee of 25 cents. It will be restricted for use during this period to students, staff, faculty, holders of Recreation Department privilege cards and other personnel of the military services, active and retired, plus spouses of the aforementioned personnel. The hours of operation of the sauna bath will be the same as the swimming pool. □

SAILING AT NPS

NPSSA is a member of the U.S. Naval Sailing Association headquartered in Annapolis. It has its own constitution, five officers elected for one-year terms, ten advisors who are prominent in the local sailing community and a monthly newsletter, the *Spanker*. It has traditionally maintained a healthy rapport with the Monterey Peninsula Yacht Club. Quarterly meetings feature programs of interest to sailors, experienced and novice, as well as the opportunity to exchange scuttlebutt. The Association is heavily involved with underway training and several regattas.

Membership is open to all military personnel (active and retired, enlisted and officer, national and international) and their dependents 16 years or older; to faculty and civilian personnel GS-11 or over and their dependents 16 years or older. Membership costs only \$2 per family per year. Membership applications, current officers' directory, and other pertinent Association information are posted on the bulletin board outside the Recreation Office.

Anyone interested in the sailing program can call any of the following officers for information: Commodore Sydney Brooks, 375-3384; Vice Commodore (Racing) Don Yaney, 372-5831; Vice Commodore (Training) Ken Patterson, 372-8569; Rear Commodore (Racing/Training) Jim Barron, 375-8532; or Secretary/Treasurer Reggie Erman, 375-8435.



NPS Recreation Department Sailing Program

The Recreation Department's two Santanas and two Columbias may be checked out by one B qualified skipper and at least one A qualified crew. They may carry a maximum of six persons. The three Shields may be manned by one BS qualified skipper and at least one A qualified crew. A maximum of six persons aboard is permitted.

Sailing periods are three hours in duration. Voyage tickets are available at the Recreation Office for \$3 each on week-

days and \$4 on weekends and holidays. There is no charge for children under ten years-of-age. Parents must provide Coast Guard approved life jackets for their children.

To pursue basic qualification (A and B) the Recreation Office has several brochures. These include "How to Become a Sailor at NPS," "Local Knowledge for Sailors," "NPSINST 1710, 11D series," "Boat Specifications," "Checklist for Operating Boat" and "Sailing Course Locator Sheet." □

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Bowling Facility Improved

by Phyllis Demo

The lanes at the NPS Bowling Alley have been resurfaced recently, making this an ideal time to enjoy the game of bowling. The lanes, located across the street from the gym and nursery, charge 10 cents for shoe rental and 45 cents a line. The six-lane alley has open bowling all day Saturday and whenever there are no leagues scheduled. Balls and bags may be ordered there and lessons are offered by Eric Derksen, the Lanes Manager.

Current Women's Leagues:

Monday: AM Staff Wives, 9-11:30 a.m.
Tuesday: Tuesday Night Swingers, 8-11:00 p.m.
Wednesday: AM Coffeetimers, 9-11:30 a.m.

Thursday: Afternoon Sleep-Ins, 12:15-2:30 p.m.

Current Couples Leagues:

Wednesday: Bicentennials, 5:30 to 8:00 p.m.; FNWC, 8:30 to 11:00 p.m.

Thursday: Good Losers, 5:30 to 8:00 p.m.; FNWC Number Punchers, 8:30 to 11:00 p.m.

Friday: Navy Ball and Chain, 5:30 to 8:00 p.m.; Books Ends, 8:30 to 11:00 p.m.

The bowling alley is open from 9:00 a.m. to 11:00 p.m. Monday through Thursday and Saturday. Friday it is open until midnight. If you are interested in starting a junior league, or for any other information concerning bowling services at NPS, call the lanes at 642-2288. □

Navy Juniors Baseball League

by Sharon Jones

WANTED: Adults between the ages of 21 and 65 to ye!! for the Home Team. Must be willing to sit on hard wooden benches in cold foggy weather, drag the field and fry hamburgers. Remuneration — the satisfaction of watching your children learn good sportsmanship and confidence, while playing the All-American game of BASEBALL.

"Better than any other sport activity, baseball expresses the heart and character of the nation," says the Official Little League Rules Book. "To those who play it, watch it and take satisfaction from it, baseball truly mirrors an American way of life."

The NJBL is the only organized sports activity specifically for military children in La Mesa Village. NJBL is not in the strictest sense a sanctioned Little League. We are unique because we stress learning the game of baseball, rather than winning. Every child that registers is assigned to a team and plays in every game. Girls as well as boys are encouraged to participate. NJBL could *not* exist without the cooperation of each and every parent.

Starting with the T-Ball Experience League for 7-year-olds, NJBL provides

baseball experience for children up to the age of 13. The 1976 season saw the first influx of girls which has increased steadily with each season including this year's summer league. Last year two girls were voted to the All-Star teams at the end of the season. This year four girls were selected. One girl was even voted "Most Valuable Player" on her team. Quite an accomplishment for the so-called "weaker sex"!



The NJBL has been fortunate this year to have several international children join our league. These children, who for the most part have never seen or heard of baseball before, have definitely left their mark on the league. Two have received

the Most Improved Player awards on their respective teams.

Let's face it, parents, NJBL is FUN! It can even be fun for you, Mom. At the end of every season the mothers get a chance to show their stuff at a fiercely contested softball game, consisting of the Major League Mothers vs. the Minor League Mothers. NJBL is a family affair. There is a place and a job for everyone. Fathers manage, coach, umpire and serve as team fathers. Mothers coach, umpire, serve as team mothers and man the snack bar. And everyone is needed to cheer the teams on to victory or to console the defeated and encourage them on to future wins.

Fees for membership are: \$5 for T-Ball and \$10 for minor and major leagues. Families with two children in the minor or major leagues pay \$15. Those with three pay \$20. And anyone with four or more play free.

There you have it, folks. Does NJBL tickle your fancy? If so, contact the NJBL President, Fred Zeile, at 649-0424, or Sec./Treas., Sharon Jones, at 649-3346. □

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Naval Postgraduate School Tennis Association



Welcome to Monterey and the Naval Postgraduate School where you will find a variety of activities available. Among those, you will find tennis and the Naval Postgraduate School Tennis Association. The NPSTA is open to all military (active and retired) and their dependents and students at NPS. Membership fees are \$3 per person per year or \$5 per family per year. Applications may be obtained from the recreation department.

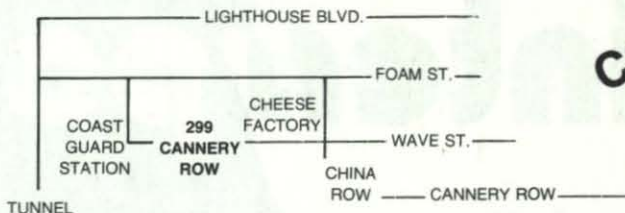
The Tennis Association sponsors a weekend event once a month — a mixed doubles tournament, singles tournament, world team tennis or an all-day social. A very popular event has been the men's singles round robin and the ladies' singles round robin which run for seven weeks. The ladies have four doubles teams and participate in B, C and D league tournaments with other tennis clubs on the Monterey Peninsula from September to June. During the summer months a ladies singles league competes on an intramural basis.

Newsletters are sent out to Association members each month to keep them up-to-date on future events and the outcome of past events. We hope that you will contact us if there are any questions: President Larry Barbles, 372-0645, SMC #1962. □



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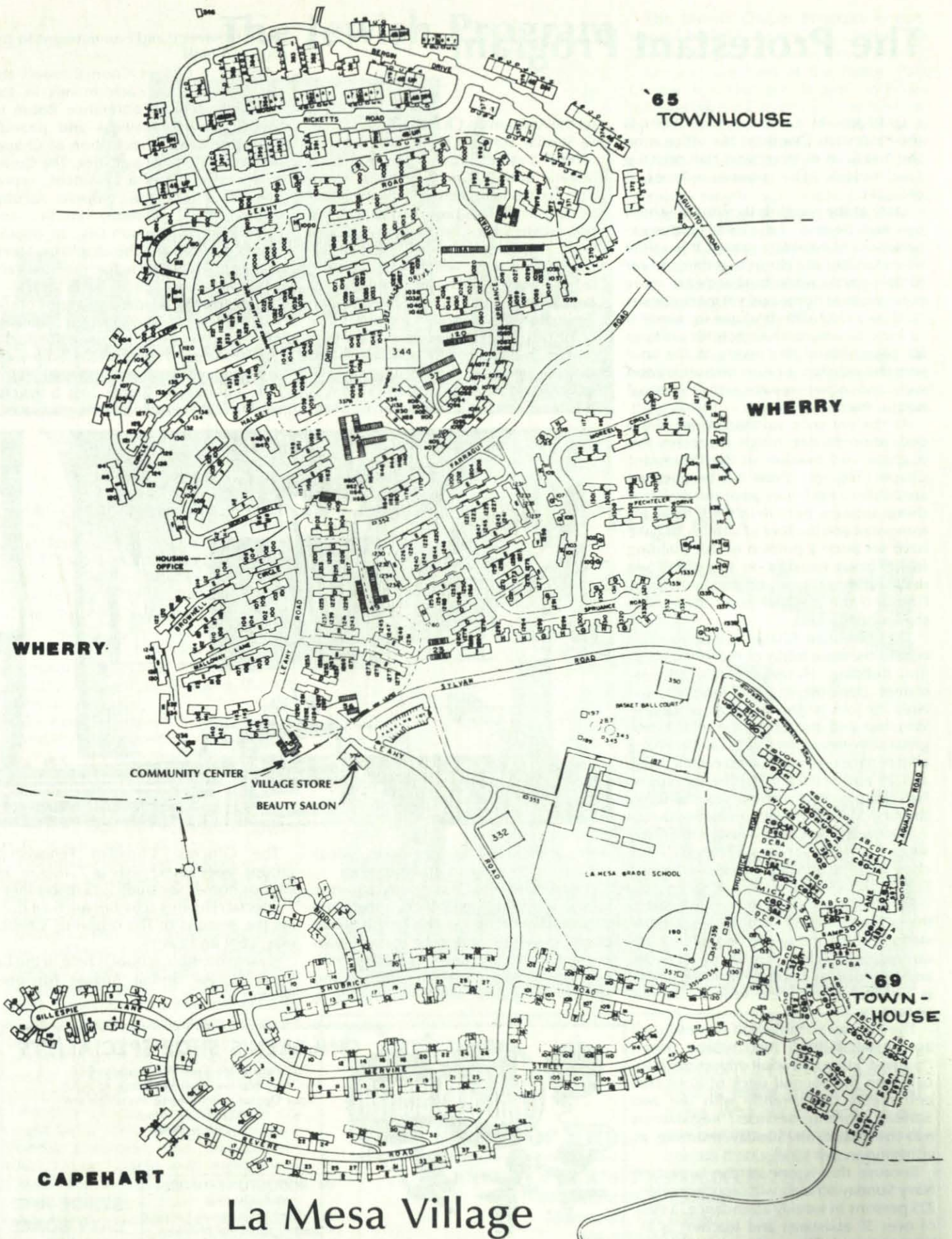
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La Mesa Village

JULY 1971

The Protestant Program

CAPT John H. Kaelberer, CHC, USN, is the Protestant Chaplain. His office is on the first floor of Herrmann Hall near the Quarterdeck. The phone number is 646-2241.

Duty at the Naval Postgraduate School may well be one of the most unique experiences of a military career. It is a time when families are closer together and yet farther apart; when husbands are more continually at home and yet more consistently working. This is a time for families to include among their activities a time for replenishing the needs of the soul with the worship services on Sunday and with the other resources of spiritual nourishment.

At the entrance to the Chapel is the dedication plaque which expresses the purpose and mission of the Protestant Chapel Program: "Now it is because we are aware of the importance and reality of things unseen, of faith in God, hope for tomorrow and the love of all men, that we have set aside a portion of this building for religious worship. In that spirit, we dedicate this Chapel to the services of God and the spiritual good of all who shall worship here."

The Protestant Chapel is located adjacent to the main lobby of the Administration Building, Herrmann Hall. All personnel, dependents and friends are invited to join in the Services of Divine Worship and to participate in the religious activities of the Chapel family. Worship services are conducted each Sunday at 9:30 and 11:00 a.m. in the Herrmann Hall Chapel. Holy communion is offered the first Sunday of each month.

During the morning worship the choir sings for both services. Rehearsals for choir are held on Wednesday evenings at 7:30 in the Chapel.

For youngsters six months to two years, the Chapel utilizes the competently staffed Child Care Center in Building 238 during both Sunday morning services and Wednesday choir rehearsals. There is no charge and reservations are not necessary.

The Sunday School, with classes for all age groups from two years (when "trained") through adult education, is located on the second deck of Root Hall and meets concurrently with the two Sunday morning services. Registration may be made on Sunday morning at either hour.

Because this is one of the largest of Navy Sunday schools with approximately 225 persons in weekly attendance, a staff of over 50 assistants and teachers is always required. Those who wish to teach, help administratively, or provide piano accompaniment are encouraged to con-

tact the Assistant in Christian Education at the Sunday School Office (646-2415).

The Protestant Women of the Chapel convene quarterly in La Mesa at members' homes for meetings of interesting and varied religious programs with ample opportunities for Christian service. The PWOC oversees the many facets of the Chapel Program which require the "lady's touch" such as attending to Chapel flowers and linens, the preparation of Holy Communion and altar care. The organization carries on a missionary program and joins with other Christian women's groups of the Monterey area in local civic religious affairs. The Haven (a Christian Serviceman's Center in Mon-

terey) and the Victory Mission in Salinas are part of its missionary outreach.

A vital part of the Chapel program is the youth organization which meets on Wednesday evenings. This youth group plans, develops and produces its own evening programs and joins other military groups in the area for retreats and special programs which encourage a sense of service and commitment to the Christian faith.

An active Chapel Council meets the first Thursday of each month in the Superintendent's Conference Room to discuss Chapel business and provide means for fuller participation of Chapel members in Chapel activities. The Council is composed of a president; representatives from the enlisted faculty, military staff, student, youth, and retired/civilian communities; an organization chairman and the chaplains. Meetings are open and all active members are invited to attend.

There are many other programs of the Protestant Chapel which are regularly maintained or are of a seasonal nature.

An informal Prayer Breakfast meets each Wednesday at 6:45 a.m. in the El Prado Lounge (O'Club). This breakfast meeting is always adjourned by 7:45 a.m.




terey) and the Victory Mission in Salinas are part of its missionary outreach.

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The Officers' Christian Fellowship groups meet each Friday at 7:45 p.m. in various homes for study and fellowship.

Special religious activities are held during the seasons of Thanksgiving, Christmas, Lent and Easter.

A vacation Bible school is held in the La Mesa School during August for one week. □



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LAZY BONES**

The Jewish Program



The Jewish Chapel Program is conducted by Rabbi Malcolm I. Cohen, the Jewish Chaplain at nearby Fort Ord.

Services are held at the Patton Park Chapel, Fort Ord at 8:00 p.m. on Friday followed by the Onegshabbat at the Family Life Center, Fort Ord. Bible study groups are held at the Family Life Center at 9:30 a.m. on Saturday followed by the Sabbath morning services and the Onegshabbat. Jewish War Veterans meetings are scheduled for the first Sunday of each month at 10:00 a.m. at the Family Life Center. All active duty military are eligible to attend these meetings.

For additional information or to be put on a mailing list please call the Family Life Center at 242-5827. The rabbi may be reached at 408/267-1489.

The Patton Park Chapel is located just next door to the Red Cross Center at the corner of 10th Street and 3rd Avenue, and the Family Life Center is located just behind the chapel. □

The Catholic Chapel Community of the Naval Postgraduate School extends warmest personal greetings to all readers of CLASSMATE. All students, faculty, staff members and their families are welcome to participate in the Catholic programs.

The chapel is adjacent to the bookstore, near the pool and the main Exchange. The office of the chaplain is in Herrmann Hall, Room 127A, telephone 646-2242. Fr. Frank D. Mintjal is the NPS Catholic Chaplain.

The weekend Mass schedule begins on Saturday afternoon with a 5:15 p.m. Mass which satisfies the Sunday obligation. On Sunday mornings the Masses are celebrated at 9:00 a.m. and 11:00 a.m. Daily Mass, Monday through Friday, begins at 12:15 p.m. Holy Day Masses are offered at 12:15 p.m. and 5:15 p.m.

The private rite of Reconciliation (Confession) is scheduled before each Mass and from 7:00-8:00 p.m. on the first Saturday of each month.

While parents are participating at any weekend Mass, free nursery services are provided at the Child Care Center, Bldg. 238 (please, only ½ to 3-year-old children). A "cry room" is likewise available at the chapel. Also, from October through May, preschool religion classes for three to five-year-old children are offered at the Child Care Center during the weekend Masses.

Religion classes for grades 1-8 are taught in La Mesa Village homes each Monday afternoon, and the Catholic Youth Group (grades 9-12) meets every other Sunday at 7:00 p.m. in the Chapel's Fellowship Room, October through May. Adult religion classes meet periodically on Saturdays at 8:00 p.m. in the chapel Fellowship Room.

Praise God! Welcome! □

The Catholic Program



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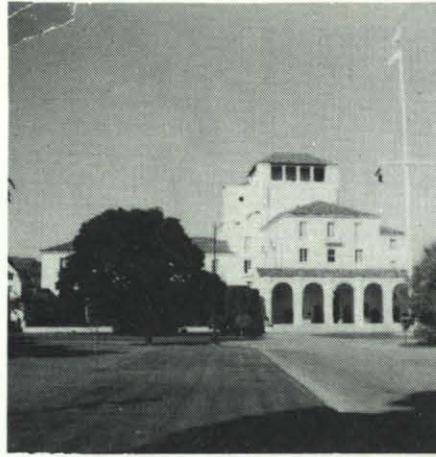
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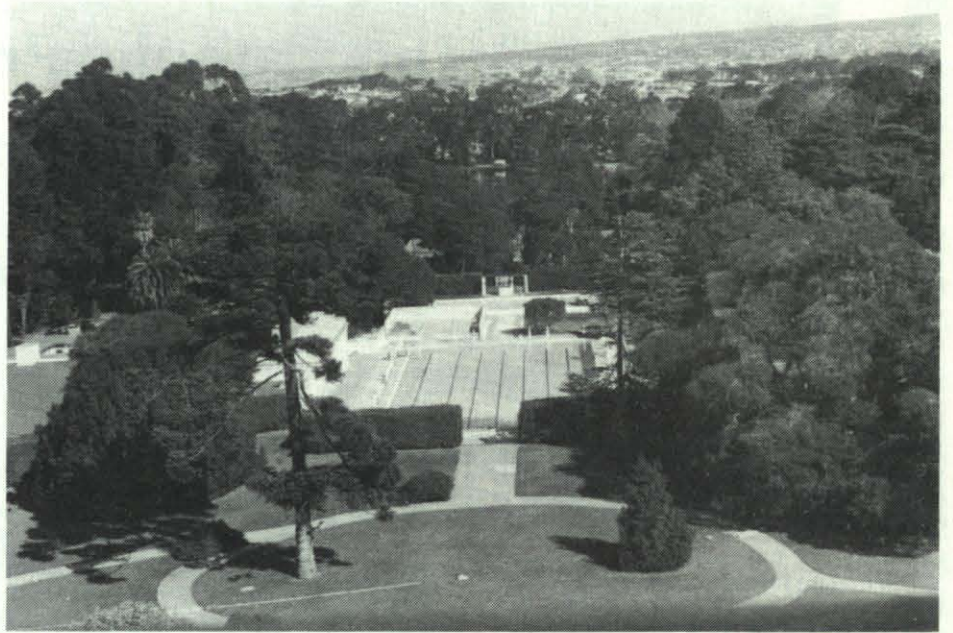
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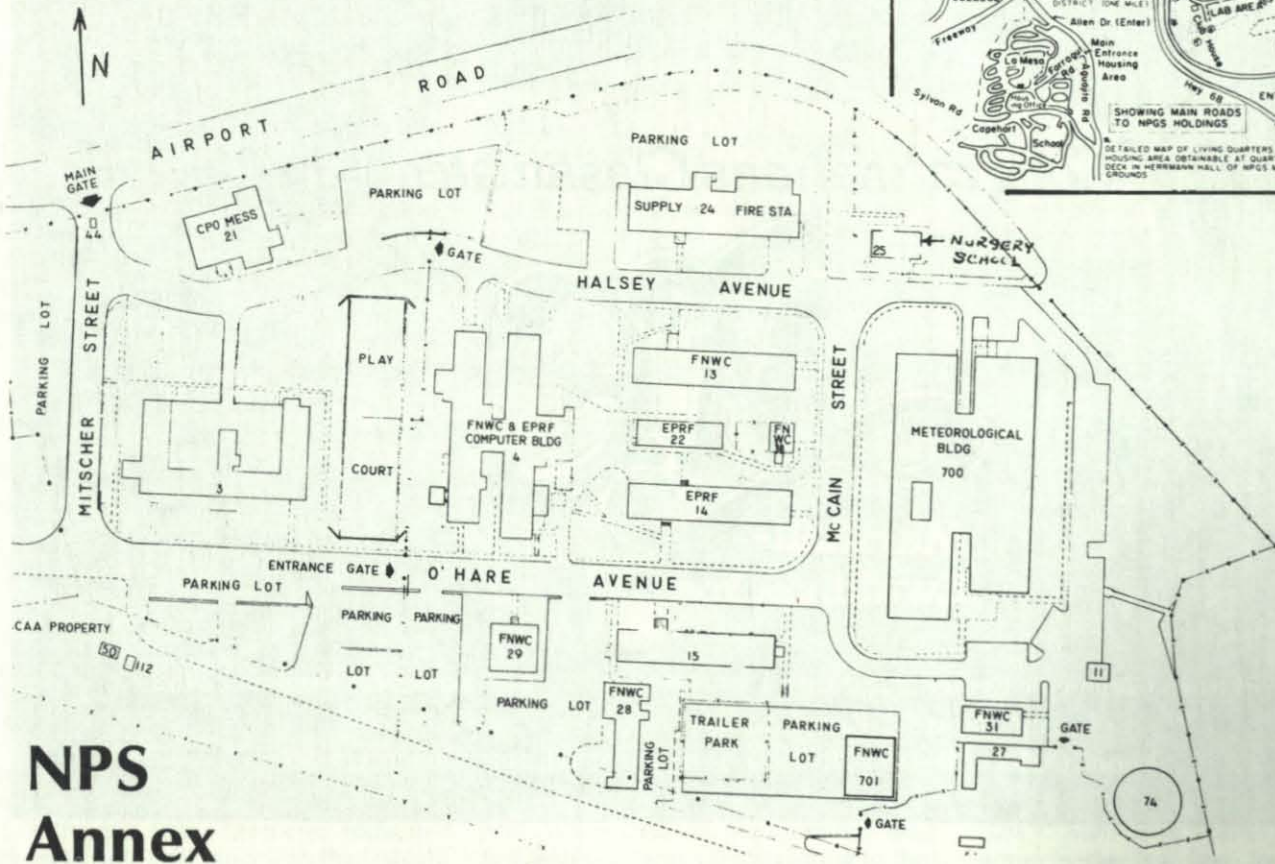
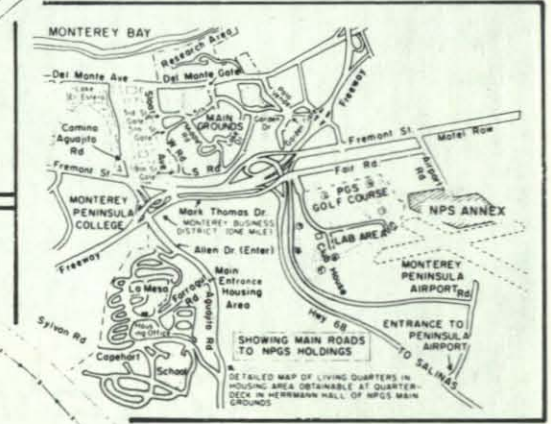
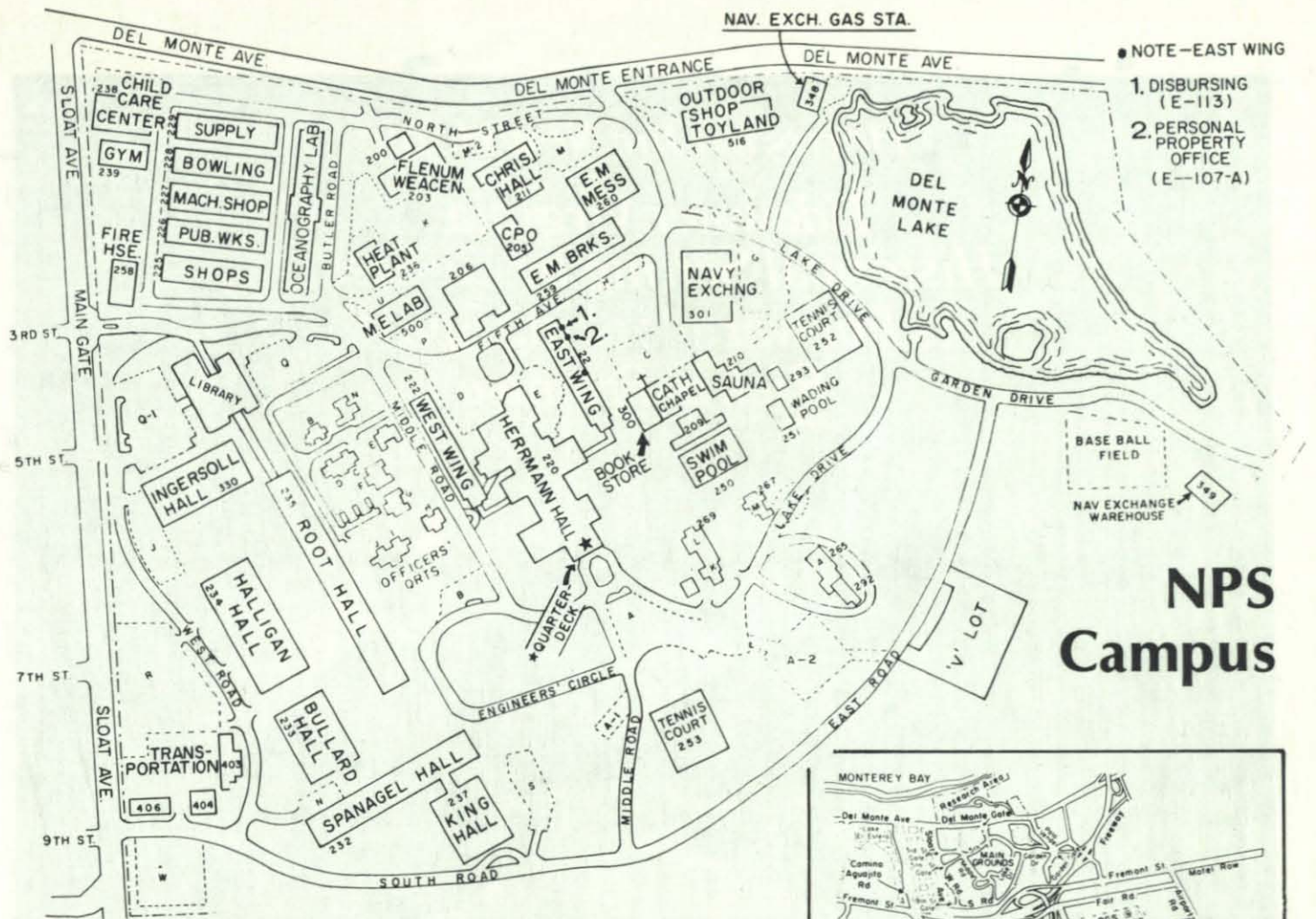
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The Many Delights of the Monterey Peninsula

by Filomena Sittler

We in the military are often fortunate enough to be able to live in attractive areas that most other people can only visit as tourists. The Monterey Peninsula happens to be one of those places. Thousands visit here every year, drawn by the beautiful shoreline, historic buildings, cultural events, athletic opportunities, and unique shops, and restaurants. Their stays are often frantic as they try to do and see everything in a short amount of time. We, on the other hand, can casually enjoy the area over the next one, two or three years (depending on our orders). In this article, I'll try to give you a general idea of what the Monterey Peninsula has to offer.

Monterey was once California's most important settlement. It was founded in 1770 when Gaspar de Portola established the first of Spain's four California presidios on the southern shore of Monterey Bay. (Today the Presidio of Monterey is a subpost for Fort Ord and the site of the Defense Language Institute and the Training Center Human Research Unit.) By 1800 Monterey was the Spanish capital of Alta California. It remained the capital when the Mexicans began rule in 1822 and again when the Americans came in 1846. The area began to decline in 1848 when gold was discovered, and San Francisco became California's first city.

Several of the buildings erected during Monterey's heyday still stand today. Twelve of them have been preserved and form the Monterey State Historic Park. A dashed red line on the streets of Monterey connects this *Path of History*. (See the map on page 32.) Examples of the structures to be found are California's First Theater, which houses weekly productions of 19th century melodramas; the Larkin House, which is a good example of "Monterey style" architecture and still contains many of its original furnishings; and the Stevenson House, which devotes several rooms to the mementos of Robert Louis Stevenson, a former resident.

In the late 1800's Monterey reclaimed some of its former glory with the fashion-



Hidden Beach at Point Lobos.

able Del Monte Hotel. Originally built in 1880, and rebuilt after fires in 1887 and 1924, it was once one of the most elegant resorts in California. Purchased by the U.S. Navy, it became the Naval Postgraduate School in 1951. Taking the guided tour given by the OSWC in October is a great way to familiarize yourself with the campus and learn about its colorful history.

During the first half of the 20th century, Monterey was a booming commercial fishing center. On the Municipal Pier, which extends from the foot of Figueroa Street, you can still see fish being unloaded from commercial fishing boats and being cleaned and packed in the processing plants there. Four blocks west is Fisherman's Wharf. Here you'll find novelty shops, an art gallery and several seafood restaurants.

Farther west along the coast is Cannery Row. This area, made famous by the John Steinbeck novel, was the fish processing center when the fishing industry was at its peak. When sardines, the canneries' biggest product, began disappearing in the

early 1950's (they were either fished out or migrated elsewhere), the canneries began to close. Since then the abandoned structures have been rebuilt, and today they contain gift shops, art galleries and restaurants.

From Cannery Row the drive to Pacific Grove by way of Ocean View Boulevard is simply beautiful. Along the rocky coast, you're bound to see several scuba divers and, if you're lucky, some sea otters. The boulevard goes past the Lovers Point Municipal Beach on around the peninsula to the Asilomar State Beach.

Not far from here is the Pacific Grove entrance to the 17-Mile Drive. The drive was built 50 years ago and originally encircled the entire Monterey Peninsula. Now it only goes through the Del Monte Forest. The toll for cars is \$4, which includes a map of the forest. Along the drive you'll get dramatic views of Monterey Bay and its rocky shoreline. You'll also drive by the famous Pebble Beach Golf Course and many exclusive homes.

The 17-Mile Drive's other gate leads to Carmel-by-the-Sea (the town's official

name). Originally flourishing as a haven for struggling artists, musicians and writers, Carmel is now a tourist mecca. Its main street, Ocean Avenue, is lined with small shops, art galleries and restaurants. On weekends it's jammed with people and cars. The saying is that if the struggling founders were to come to Carmel now, none of them could afford to live here.

Carmel seems to have a love-hate relationship with tourists. Its economy is almost totally dependent on them, but its residents want to make sure the tourists don't ruin their small town lifestyle. They allow no neon signs, no stop lights, no billboards or large signs, and don't even have home mail delivery.

At the end of Ocean Avenue is a beautiful white sand beach bordered by weathered Monterey cypress trees. The beach is great for sunbathing or walking, but unfortunately it's not safe for swimming.

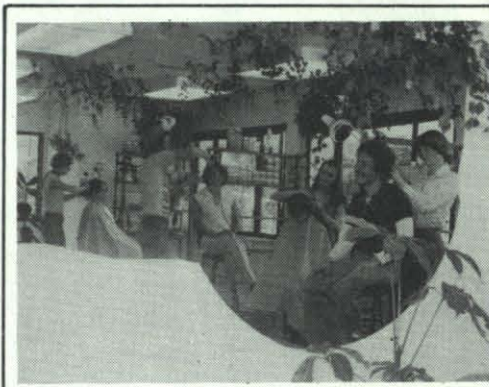
About a mile south of downtown Carmel is the mission that gave the town its name. The Basilica San Carlos Borromeo del Rio Carmelo was moved here in 1771 from its original location near the Presidio by Father Junipero Serra, who used

it as his residence and headquarters. He died here in 1784 and is buried beneath the church floor. The display of relics from the mission's early days provides insights into the local lifestyle of the late 1700's.

Nearby, at the southern end of the Monterey Peninsula, is the 1,500-acre Point Lobos State Reserve. Here is a perfect spot to hike, picnic, sun on the beach, explore tidepools or just enjoy looking at the rugged coastline.

This has been just a brief description of the area. One way to find out more is to

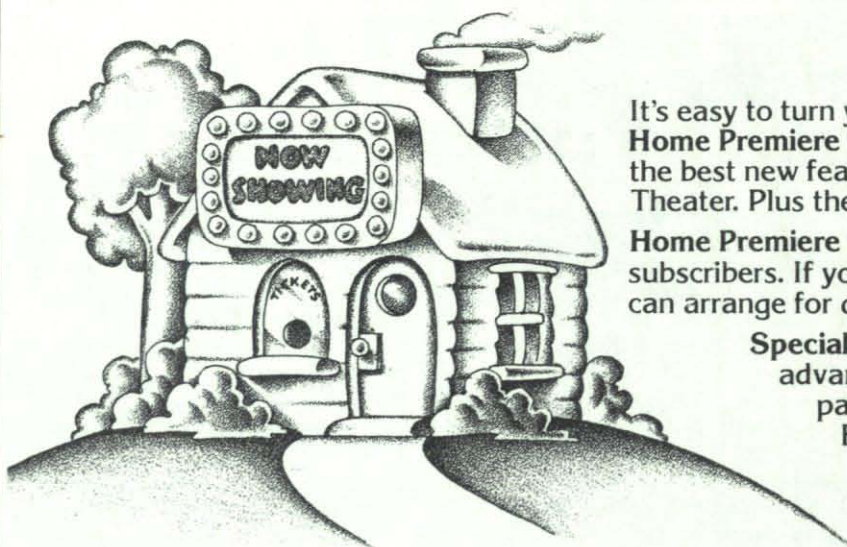
read the Monterey Peninsula Review. Published weekly, it lists upcoming events, restaurants, art galleries and recreation facilities. You can get a copy free of charge at the NPS Recreation Office and at many local restaurants. The best way is to read CLASSMATE. The "Where It's Happening" column gives a monthly rundown of what's going on around town, and the "Peripatetic Palate" supplies frank comments on the peninsula's restaurants. A worthwhile investment is the *Sunset Travel Guide to Northern California*, available at the NPS bookstore. Chances are the more you see and do, the more you'll enjoy your stay. □



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Legal-Case

by LT David Laredo

Organ Donations

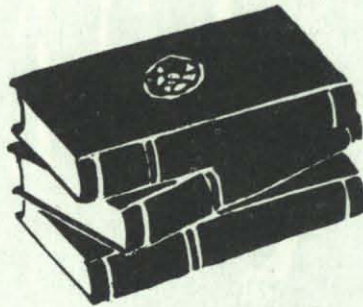
Q. I am interested in tissue and organ transplants. How are organs for transplantation obtained, and how can I become a donor?

A. Transplants become available upon the death of an individual donor. One can become a donor simply by signing an organ donor card. Under the Uniform Anatomical Gift Act, the organ donor card is recognized as a legal document in all 50 states. The card should be placed near your driver's license to facilitate immediate identification. Tissues or organs will go to the nearest tissue bank or hospital.

Q. Is there any age limit for donors?

A. The minimum legal age to sign a donor card is 18. The parent or legal guardian must sign with a person under 18.

Q. Can I donate any of my organs while I am alive?



A. No, except in highly unique situations where one member of the immediate family may donate a kidney to another family member.

Q. Can I be sure my donation will be used?

A. It ultimately depends upon the medical circumstances surrounding death. The time factor is crucial in removal of organs and eye tissue. Organs must be removed within 24 hours of death.

Q. Will my family or estate have to pay or be paid for organ donation?

A. No. It is against California law to buy or sell donated organs and tissues for transplantation. Medical costs of donations are paid by the recipient.

Q. Do I have to mention organ donation in my Will?

A. No. Your donor card is all you need. By the time your Will is read and probated, it is too late to carry out the donation of organs and tissues. Still, some individuals like to restate their wishes within their Wills, and this is not a difficult request to accommodate.

Q. If I change my mind, how do I cancel my intent to donate?

A. Just tear up your card.

Q. Where may I obtain the organ donor card?

A. The Legal Office maintains organ donor cards together with explanatory brochures which detail the anatomical gift process. □

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Q.A.

by Connie Niemeier

Q. Is there free dental care for dependents at Fort Ord?

A. No, emergency treatment only.

Q. Is grass seed available at the Tool Issue Room?

A. At present, no, but it is on order and should be available soon.

Q. If my husband has TAD orders can I as his wife remain in quarters?

A. In most instances, yes. Please check with the Housing Office for your particular situation.

Q. Is there a curfew in La Mesa housing?

A. No.

Q. What kind of business will replace the closed deli next to the Convenience Store?

A. Nothing's definite yet, but suggestions have been made to the Navy Exchange Officer such as a fruit and vegetable store, liquors and wine (package store), a rental outlet, etc. Under consideration also is to use this space for a storage area for the Convenience Store. At present, the photographer is temporarily set up there. If you have any ideas, please contact the Navy Exchange Office.

Q. Any plans for a fabrics/yard goods shop in the Exchange?

A. No. The Exchange must have a certain amount of square footage in which to operate such a shop and it just doesn't have it. □

Navy Exchange Notes

Warning: Gerico brand baby car seats have been found unsafe. Remove the wire clips if you have one.

Plans are underway to do some moving in the Exchange. The shoe department is scheduled to move to a more central location; stereo equipment will occupy the shoe store's old space. Outdoor plants will move to an inside flower shop, making more room for a picnic area adjacent to the Main Exchange building.

Pantyhose are now available from a vending machine in the Herrmann Hall ladies room.

There is currently a price war on disposable lighters. The prices are dropping rapidly.

Smoke detector prices should decline soon, too.

Warm-up suits for children are now available in small, medium and large sizes.

Facials are popular at the cosmetic counter. Stop by and try one! □

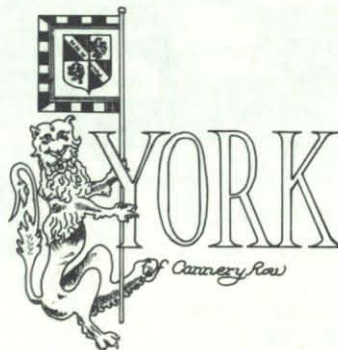


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Dining Out: The Peripatetic Palate

by Ann Malokas, Nancy Lemke and Phyllis Dem...

Have you heard? The Monterey Peninsula is a gourmet's dream, a glutton's paradise and probably the only place in the world to offer such a wide variety of fine eating. Whether your preference is steak and potatoes or something more exotic you will find at least one restaurant that offers exactly what you want. The choices are limited only by your appetite and your credit rating — for at least a few people I know the only thin part after two years here will be the wallet.

Our staff of eager eaters this month offers some hints and helps that might make a decision easier. We have discovered some marvelous places and even a bargain or two.

When the rains were at their worst we braved a window-shopping trip to Carmel and were delighted, after a wet walk, to duck into the **CARMEL CAFE** on Mission and Sixth for lunch. This pleasantly jam-packed little place has a surprising variety of soups, salads, sandwiches and a special or two.

We started with cream of carrot soup, very different, but thick and delicately spiced to give it a very good flavor. The open-faced sandwiches we ordered (one tuna with tomato and melted jack cheese, one artichoke hearts with tomato and melted jack cheese) were ample and with a small serving of delicious cole slaw made a hearty lunch.

Making a choice from a long list of desserts (four kinds of cheesecake!) was next to impossible. We finally settled on the chocolate pie (almost as rich as a brownie) and the cappucino cheesecake (coffee cheesecake on a chocolate crust), both very rich and good.

The bill for two, including two glasses of wine, was just over \$10.

On another Carmel day we had a great, quick lunch at **WITTMANN'S**, located on Lincoln between Ocean and Seventh. This small, quaint, family-run restaurant specializes in excellent home-cooking.

We had a large bowl of scrumptious split pea soup flavored perfectly with smoky bits of ham. The soup was accompanied by two large slices of dark brown bread, the best we'd ever tasted. The desserts were tempting, but we restrained ourselves for once. Lunch for two was \$3.00 including tip.

We suggest a day-long fast before you try to tackle the huge, delicious meals at the **HUNGARIAN VILLAGE RESTAURANT** on Cannery Row.

The meat lover's special was unbelievable — a platter heaped with a New York Steak, stuffed cabbage, sausage, Wiener Schnitzel, creamed potatoes, noodles, fresh carrots, and apple and orange slices. This special is available for two or more people, and every mouthful is superb. The veal Cordon Bleu (veal deep fried with ham and cheese), another choice, was enormous and very good.



All meals included soup and salad. The soup, a mild cream of cauliflower, received mixed reviews at our table. Two people thought it was terrific; two thought it was very bland. The salad was chopped lettuce with a sweet-sour Hungarian dressing — yummy!

One apple strudel divided four ways was all we could manage for dessert. The strudel was rich with a delicate crust.

Dinner for four including beer and wine came to \$40. Another bargain!

A group I belong to chose the **OZ** for its luncheon. It too requires fasting to prepare for its overly generous portions. A return visit for many of us, it is one of our favorite places. Located at 724 Abrego in

with whipped cream, sour cream and other toppings to choose from — and either a New York Steak or shrimp omelette. Both were delicious and well worth the \$3.50 price which also included champagne.

The other members of our party had steak and ham (\$2.25) and another special which consisted of small portions of steak, sausage and ham plus eggs and champagne (\$3.50).

All meals included a muffin, toast, potatoes and coffee. The service was slow because of only 2 waitresses for 25 tables, but it was pleasant to have a nice, leisurely brunch. A good view of the bay was possible if you reserve a table by the window.

A quick note of interest — We heard that the **LA PLAYA HOTEL** had a new chef. Curious to see if the Friday seafood buffet was still as wonderful, we went and found it even better. More entrées but only one dessert — definitely continue this Fri-

Monterey this unique restaurant offers an excellent and varied menu.

Many of us chose the Salad from the Witch's Hat. Overwhelming in size it includes avocados, shrimp, bacon bits, egg, lettuces, sprouts, mushrooms, tomatoes and whatever other vegetable is fresh. Covered with one of the house dressings it is a definite treat.

Other entrées we enjoyed were Dorothy's Favorite, spinach and mushroom salad, quiche lorraine and fresh fruit; the Scarecrow's Lunch, an English muffin heaped with avocado, sprouts, mushrooms, tomatoes and swiss cheese; and the Light Touch, avocado and cream cheese on date nut bread with fresh fruit.

The specials that day included a cup of mushroom soup, delicious with many pieces of mushrooms and a hint of wine, and either an artichoke stuffed with tuna, light and delectable and great for the figure, or chicken pot pie, enormous and packed full of large chicken chunks and fresh vegetables.

All meals are accompanied with bagels or bread and Oz's special, scrumptious honey or herb butters. You can order wine by the glass, practically a water-glass-full, for \$1.25. The prices of the above entrées vary from \$1.95 to \$3.95. The specials were \$3.50 and \$3.25 respectively. It is a fun, exciting place to eat.

The last time we were craving Mexican food we headed to **CONSUELO'S** on Lighthouse Ave. in Monterey, although the things we had heard about this restaurant were both good and bad. That describes our meal exactly — both good and bad.

Q.A.

by Connie Niemeier

Q. Is there free dental care for dependents at Fort Ord?

A. No, emergency treatment only.

Q. Is grass seed available at the Tool Issue Room?

A. At present, no, but it is on order and should be available soon.

Q. If my husband has TAD orders can as his wife remain in quarters?

A. In most instances, yes. Please check with the Housing Office for your particular situation.

Q. Is there a curfew in La Mesa dining?

A. No. Restaurant. **LA MARMITE** on Carlos and 7th in Carmel was one of our more pleasant discoveries.

Our meal started with a rich vegetable soup made with chicken broth, followed by a butter lettuce salad with a spicy dressing of oil and vinegar with Dijon mustard. The waiter, besides being friendly and very efficient, was very cooperative about explaining each dish on the menu.

We chose canard a l'orange and suprême de volaille Florentine for our entrées. The first was duck with a rich delicious orange sauce and cooked crisp as ordered. The second was chicken on a bed of fresh spinach with a delicate wine sauce. The duck was slightly tough, as duck often can be, but my dinner companion couldn't stop eating it long enough to complain very much. The chicken dish was fantastic. Both entrées were served with chopped green beans (canned, I think), fresh carrots, and a mound of rice which sopped up every drop of the heavenly sauces.

We didn't really need dessert; but I can never resist a good crème caramel, and the specialty Tarte Tartin, a rich pastry of apples, calvados, and crystallized sugar had caught our eye when we walked in, tempting us all along. Both rated four stars.

My resident wine expert declared the wine list excellent but wine prices a bit too high. We splurged anyway. Even with a very, very expensive bottle of wine, our bill was just under \$30. A real bargain!

We had an enjoyable brunch at the **PRESIDIO OFFICERS CLUB**. Two of us took advantage of the morning's specialties. These included as many trips as we could manage to the well-stocked fresh fruit bar — strawberries, oranges, melon,

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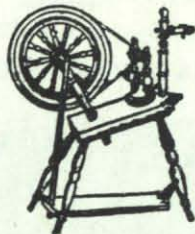
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etc. with whipped cream, sour cream and other toppings to choose from — and either a New York Steak or shrimp omelette. Both were delicious and well worth the \$3.50 price which also included champagne.

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A quick note of interest — We had heard that the **LA PLAYA HOTEL** had a new chef. Curious to see if the Friday night seafood buffet was still as wonderful as usual, we went and found it even better — more entrées but only one dessert. We will definitely continue this Friday night tradition.

If you are looking for an informal luncheon spot on Cannery Row, try the **GARDEN RESTAURANT** located upstairs at 625 Cannery Row Square. This unpretentious place specializes in good, nourishing food served in a casual manner. A peaceful setting is created by restful music, many plants and a view of the bay.

Meals are ordered at the counter from an extensive menu. The food is delivered to your table when it is ready. I had a garden vegetable salad — artichokes, tomatoes and carrots nestled in lettuce and covered with a creamy blue cheese dressing. My companion had a bowl of clam chowder and a dinner salad. Both meals were adequate and reasonable, \$2.50 and \$2.00 respectively. □

hoagie

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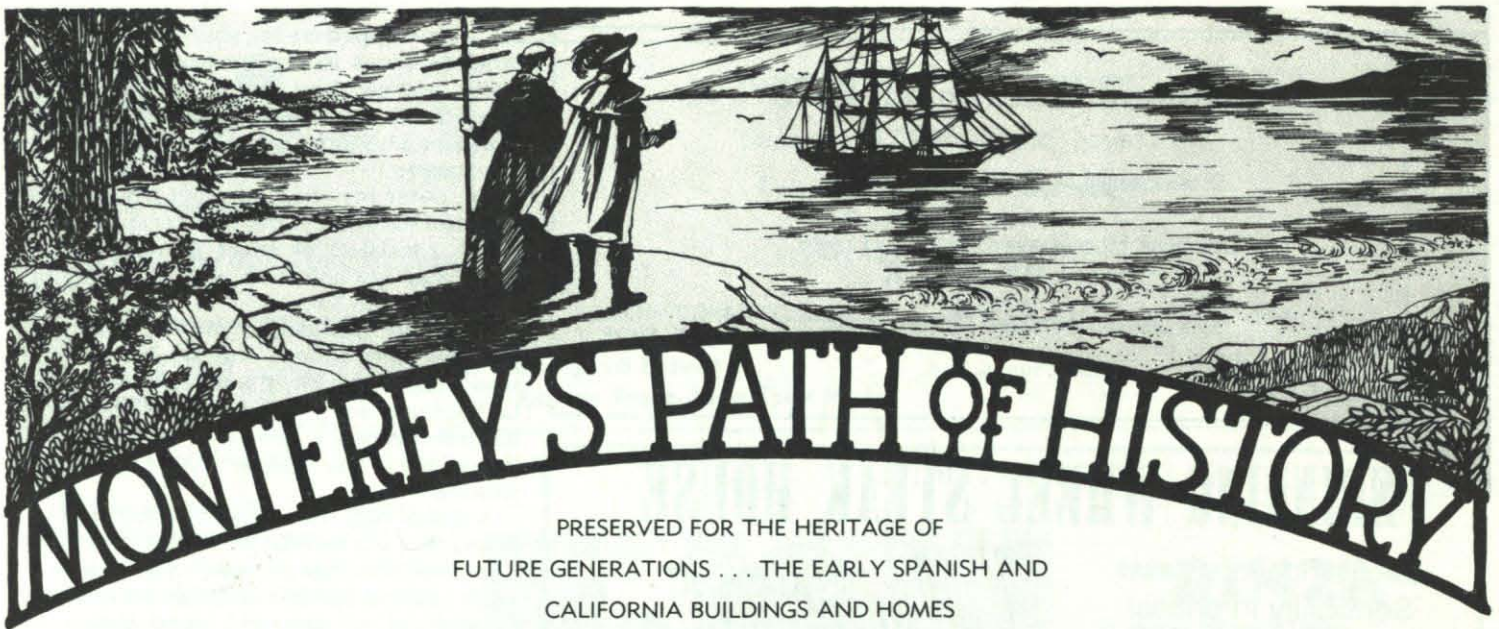
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5. **DOUD HOUSE:** old Monterey home.
6. **MAYO HAYES O'DONNELL LIBRARY:** historic books of California.
7. **CASA SOBERANES:** built in 1830.
8. **MERRITT HOUSE:** built in 1774.
9. **CAPITULAR HALL:** built in 1834.
10. **CASA SERRANO:** in 1845 Florencio Serrano, mayor and teacher, moved to this adobe. Started a school.
11. **CASA ALVARADO:** built in 1830.
12. **CASA VASQUEZ:** bungalow adobe.
13. **COLTON HALL:** landmark where the California Constitution was written in 1849. Open 10-5.
14. **BROWN UNDERWOOD HOUSE.**
15. **CASA GUTIERREZ:** built in 1840.
16. **MONTEREY PENINSULA MUSEUM OF ART:** permanent exhibits.
17. **ALLEN KNIGHT MARITIME MUSEUM:** maritime exhibits. Open 10-4. Sundays 2-4. Closed Mondays.
18. **LARKIN HOUSE:** a perfectly preserved adobe built in 1830's by Thomas Larkin, the first consul to Mexico. Guided tours only.
19. **STOKES ADOBE.**
20. **CASA AMESTI:** a balconied adobe with authentic Spanish garden is open Saturdays and Sundays 2 to 4.
21. **ALVARADO ADOBE:** built in 1830's.
22. **COOPER MOLERA ADOBE:** one of the largest adobes in Monterey.
23. **FIRST FEDERAL COURT:** est. 1836.
24. **GENERAL FREMONT'S QUARTERS.**
25. **ESTRADA ADOBE:** built in 1823.
26. **STEVENSON HOUSE:** open daily. Memorial to Robert Louis Stevenson.
27. **CASA ABREGO:** built in 1834.
28. **CASA PACHECO:** built in 1840.
29. **CASA MADARIAGA:** beautiful adobe.
30. **ROYAL PRESIDIO CHAPEL:** 1770.
31. **FIRST FRENCH CONSULATE.**
32. **PACIFIC BUILDING AND MEMORY GARDEN:** museum of early California and Spanish era. A large balconied adobe. Open 10-5 daily.



33. **VIZCAINO, PORTOLA AND SERRA LANDING SITE:** on June 3, 1770, Don Gaspar de Portola and Fray Junipero Serra arrived at the site of Vizcaino's landing at Monterey Bay. They set up an altar and, with solemn ceremony, founded Monterey, the future capital and port of entry of California.

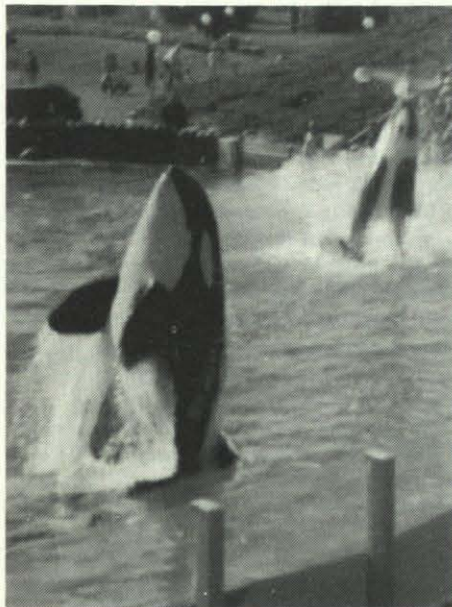


Away From It All

by Diane Clayton

Sea World

One of my family's favorite attractions in Southern California is Sea World, just five minutes north of San Diego on Interstate 5. The Recreation Office has military discount passes, and one price covers all shows and exhibits. The Rec. Office can also help you plan your trip there with information on motels and campgrounds in the area. We were fortunate enough to be able to park our camper overnight in the Sea World parking lot, with their permission, of course. It was wonderful waking up to the sounds of the dolphins and watching them while we ate breakfast.



Sea World has remained loyal to its original concept of constantly developing and offering new shows and expanded exhibits, all presented in park-like settings that provide visitors with a relaxing environment. Throughout the 80 acres swans glide gracefully across quiet lagoons. It is one of the most beautifully landscaped botanical gardens and one of the largest oceanariums in the world. Sea

World's grounds are alive with color year round with more than 125 species of plants. Variety is the key to the shrubs, trees and flowers at Sea World where brooks, waterfalls and ponds have been utilized to lend a pleasing, picturesque effect.

At Japanese Village, landscaping was designed to portray that country's geography. There are many varieties of Japanese Koi (or carp) swimming freely in the lagoons. We bought some fish food from the dispensers and fed the carp along with the swans, ducks and geese who were quick to snatch some tidbits. In

the Japanese Village the Ama-girls were dressed in traditional white diving costumes and dove some 20 feet to the bottom of a saltwater tank to retrieve oysters for the people who waited anxiously to see what size pearl was inside.

The most spectacular show is put on by the two killer whales, Mr. and Mrs. Shamu, who perform stunts that will amaze you. Quite a few people in the first few rows got slightly damp from the kersplash of the two over-8,000-pound whales high-jumping in unison over a rope stretched across the tank. Shamu's trainer puts his head inside Shamu's



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mouth and is surrounded by 44 gleaming teeth. So far, none of the trainers has turned up headless. Comedian Joan Rivers was picked out of the audience to have the thrill of a kiss from Shamu. I don't think she was laughing when the huge whale surged up out of the tank and put his tongue on her cheek.

It is spectacular how these dedicated trainers can handle these fearsome creatures with such confidence. All the animals learn their "behaviors" through a food reward system. God help the trainer should he ever run out of rewards!

Some of the other shows include roller skating penguins, sea lions performing on parallel bars, leaping dolphins and clowning chimps. At Sea World dolphins are included among the animals that may be hand-fed and petted. They feel much like smooth wet rubber, and they are playful to watch, showing off whenever they have an audience. The seals, walruses and sea lions also can be hand-fed. We all smelled a bit fishy by the end of the day. There is also an aviary where the tame doves will light on your outstretched arm. I passed that up for a glass blowing demonstration while the children couldn't get over how tame the birds were.

The Fish 'n Chips Restaurant by the playground does a thriving business and after sampling the food I can see why. We had lunch on the tables near the play-



ground so the adults could sit and digest their food while the kids could eat and run off the excess energy.

Sea World has two aquariums, one devoted to fresh water fish and the other naturally to saltwater specimens. We could have spent the entire day going through these displays. After leaving the "look but don't touch" aquarium exhibits we ventured to the California tidepool display that invites careful handling by anyone who wants to "touch." A Sea World hostess is on duty to answer questions and explain the various seashore animals which are grouped as they would be in their habitat. Most of the children leave this display soaked up to their armpits and a little less curious about the animals they could touch and watch closely. Sea World offers plenty to see and do, making for a most memorable family outing. □

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INTERNATIONAL MESSAGE

by Merna Dearth

International Committee is stressing the second part of our motto — "Be A Sponsor...Be A Friend." How fortunate we are to have this occasion to build an enduring friendship with someone from another land!

A sponsor's first contact with his international should be to greet the arriving officer at the airport. For the international to experience a sincere and warm welcome from a friend from a strange land makes the occasion especially memorable. Normally there will also be people from the respective country to greet the arriving student and to take him to his temporary quarters after the initial meeting with the American sponsors.

Within a few days or weeks or whenever the international feels he needs assistance, the sponsor may help him find a place to live, purchase a car (most American men thoroughly enjoy this task) or help him register his children in school. He may also like someone to acquaint him with the Monterey area,

commissary and medical facilities.

The sponsor should be a special friend that the international may feel free to come to with any problem. He should also encourage the international's independence and help him broaden his social contacts. He should also try to acquaint him with our country and our way of life.

In some cases the internationals prefer to handle the matter of finding a place to live themselves. However, it should be mentioned that if a lease is to be signed, it would be a wise precaution to have the American sponsor check the document before the international signs it.

After the initial settling in, the joy of discovery begins. There is so much information to be gotten and insight to be gained from these very special foreign officers and their families. They want to know all about our land, and in return we Americans learn about theirs. It is truly a fine experience for children and adults alike to learn and understand about each other's customs, culture, religion, etc.

The International Committee provides many things for the American sponsor and his international friend to do together. They may attend the quarterly dances, International Day and evening performance, summer picnic, wives' coffees, children's Christmas party and excursions, to name a few.

The International Committee is fortunate to have LCDR and Mrs. John Kolodziej as advisors. Sandy and John were past chairmen and are much attuned to the needs of the committee. We appreciate the continuous assistance of CDR Dick McGonigal, the Foreign Training Officer. His office is in Root Hall, and he is always available to help solve any problem. The international students are encouraged to call on him for assistance at any time.

Many sponsors have graduated these past two quarters, and more internationals will be arriving in March, June and August. If you are interested in forming a life-long friendship and partaking in a rewarding experience, call Merna Dearth 649-4461, Pat Reynolds 372-2446, or Jane Tulloch 649-4881.

As the International Chairmen, Larry and I are honored to have the privilege of working and becoming acquainted with the people of the international community and their American sponsors. □

A distinct pleasure of duty at the Naval Postgraduate School is the opportunity to act as a goodwill ambassador for our country through the International Committee. We are proud of the more than 180 officers representing over 20 nations who are able to share this time with us and who along with their families contribute greatly to understanding and friendship among people.

The International Committee began in 1963 using a wife-to-wife concept and has evolved into its present form of family sponsors for each international officer. Being a sponsor is a most rewarding relationship and presents a rare opportunity that should not be missed. This year the

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Symphony No. 9 in D MinorLudwig van Beethoven

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Piano Concerto No. 3 in CSerge Prokofieff
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INTRODUCING



Patricia Reynolds
Assistant Chairman

John and Patricia Reynolds arrived in Monterey in August 1977 from Ocean-side, CA where John had been stationed at Camp Pendleton. John is in the Operations Analysis Curriculum. The Reynolds reside in La Mesa Village. Patricia attended the College of Notre Dame, Baltimore, MA, majoring in Economics/Political Science.

The Reynolds have enjoyed their sponsoring experiences and are looking forward to working with the International Committee.



Jane Tulloch
Assistant Chairman

Jane brings a truly international background with her as she assumes her new role. Born in Shanghai, China, Jane was brought up in Bangkok, Thailand and the San Francisco area. She graduated *magna cum laude* from the University of California at Berkeley where she was also elected to Phi Beta Kappa. In her junior year, she studied at *L'Université de Bordeaux* in Bordeaux, France. She has also earned an MA in French and International Studies from the Monterey Institute of Foreign Studies. Jane speaks four languages and three dialects fluently. Her husband Al is the Assistant Curricular Officer for Electronics and Communications.

International Committee Roster

Chairmen: Larry and Merna Dearth, 649-4461; Assistant Chairmen: John and Pat Reynolds, 372-2446, and Jane and Al Tulloch, 649-4881; Furniture Closet: Bonnie Kaylen, 375-3257; Hospitality Closet: Diane Wells, 373-3568, and Eika Richardson, 372-2356; Country Coffees: Pat Reynolds and Jane Tulloch; Military Personnel: Lee Townsend, 649-2346; International Training Officer: CDR Dick McConigal, 646-2186; Advisors: LCDR and Mrs. John Kolodziej, 649-0630.

Interested in sponsoring an international student? If you enjoy making new friends, here is one of the most interesting opportunities you may ever have. Many of our current sponsors graduated recently, so that a large number of foreign students will want to make new American friends. Also, a number of new international students will be arriving in March. A sponsor is simply a friend that helps acquaint the international with our country and makes him feel at home in the USA. Being a sponsor to an international student at NPS is a most valuable and meaningful experience for one's whole family. It also provides a great opportunity to learn about people of other nations. If you are interested, please call Merna Dearth, 649-4461, Pat Reynolds, 372-2446 or Jane Tulloch, 649-4881.

COMMISSIONED OFFICERS AND FACULTY CLUB

The Naval Postgraduate School Officers' and Faculty Club is among the finest in the Navy. Its services are provided to all active duty officers of the Armed Forces, faculty members and other specific groups. BankAmericard and Mastercharge are accepted for package store, evening food services and El Prado bar.

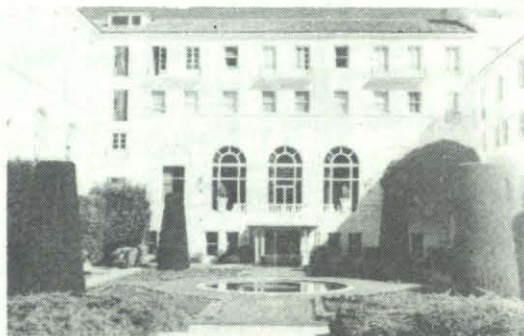
Continental Breakfast — 0730-1030, El Rancho; Luncheon — 1100-1315, El Rancho (Cafeteria); Evening Dining — 1830-2130, El Prado (Friday and Saturday). TGIF on Friday nights 2100-0100. Music Friday and Saturday nights 2100-0100.

Attractive rooms at the Club are available for private parties, and the Club will provide prepared menu selections for home parties. For details call 372-1339.

Remember to make reservations early and do let the Club know if you must cancel them.

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Private parties in our dining rooms for which reservations have been made for 20 or more persons, must sign a contract (at least 24 hours prior to the event) guaranteeing 95% attendance.



The beautiful sunken garden with pool, colorful flowers and well groomed plants sets the scene at Herrmann Hall at the entrance to the Commissioned Officers' and Faculty Club.

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— is located adjacent to the Post Office, near parking lot "E" at the rear of Herrmann Hall. Beer, liquor, wine, mixers, cocktail snacks and bar accessories are available.

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Furniture Closet. We need furniture for the International Furniture Closet. Most of the foreign students are not allowed to ship household goods to the USA; thus this furniture is much needed and appreciated. All donations are tax deductible. Call Bonnie Kaylen, 375-3257.

Hospitality Closet. Donations are always needed for the Hospitality Closet. The Closet is located in Herrmann Hall and available to all NPS international students. Any dishes, silverware, pots, pans, linens, curtains, drapes or small electrical appliances in good condition can be put to good use. For further information call Diane Wells, 373-3568 or Eika Richardson, 372-2356.

International Cooking Class. The International Cooking Class will begin in mid-April. The class will be held on Tuesday evenings 8-9:30 at the La Mesa community center. Price: \$16.00 for eight weeks. Cooking from a different country is featured every week. There are a few openings left. If you are interested, call Pat Reynolds, 372-2446.

Coming Events

- International Day, King Hall, April 8.
- Ladies' Welcome Coffee, La Novia, April 12.
- Quarterly Dance, June, Barbara McNitt Ballroom.
- International Picnic, Toro Park, July 22. □

Getting to Know You

by Jill Hill

Have you ever been to Brazil, India or Norway? How much do you know about these countries? Those of us in the military often have a chance to visit one or two foreign countries, but how about 10, 15 or more? You can absorb the sights and sounds of some 20 countries at the annual International Day, Saturday April 8 at King Hall. The NPS International Committee cordially invites all faculty, staff, students and families to a whirlwind round-the-world tour. The "tour package" includes afternoon displays (admission free) and the traditional evening performance for a modest fee.

A "walking tour" takes place in the afternoon from 1:00 to 3:00. Colorful displays include crafts, costumes, artifacts and delicious foods indigenous to each country. As you wind your way through the exhibits, you'll be warmly greeted by representatives from the respective countries — all eager to tell you about their homelands.

The evening tour begins with a breathtaking, panoramic trip around the world via color slides. Following are exciting skits, dances, demonstrations and songs performed by enthusiastic groups in native costume. A stirring parade of national banners and swirling colors climaxes the evening, symbolizing world unity and good will.

Who are these well-qualified tour guides? They are your fellow classmates at NPS! Approximately 18% of the student body are citizens of countries other than the United States. The annual International Day displays and program are their way of telling us who and what they are. This is our fantastic chance to learn about other cultures: their languages, their customs, their folklore and the people themselves.

"Getting to know you" has been chosen as the theme this year, exemplifying the spirit of brotherhood which pervades the gala affair. Many, many hours of preparation are required of the international students and their families. The able co-directors this year are CDR Rolf Molland, Norway, and LT Fred Zeile, United States. Our thanks to them and the entire International Committee for making International Day possible.

Tickets will go on sale March 15 at the Student Mail Center and will also be available at the door. Prices are \$3 for orchestra section and \$2 for general admission — all seats reserved. Purchase your tickets soon, invite your friends, and join us in King Hall on April 8, getting to know our internationals. □

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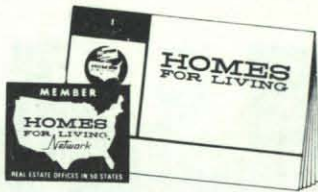
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International Day



NAVY BLEU

by Betsi Stone

How I Learned to Make Bread in La Mesa Village

Who can deny that one of life's most satisfying pleasures is to take a bite of a piece of freshly-baked bread covered with butter or jam? A dear friend and neighbor of mine introduced me to the even greater pleasure of taking a bite of *your own* freshly-baked bread. After telling myself several times that, yes, I could make bread if I wanted to do so, I gave it a try. And do you know what? It worked! My husband ate half of one of the still-warm loaves, and I was just as proud as I could be! That took place several months ago, and I've been baking most of our bread ever since. After the first few attempts, I discovered that baking bread was an activity that I could squeeze in around other chores, and this aspect has made breadmaking an even more pleasurable part of life.

I'm not sure if my story will inspire any of you who have not tried breadmaking — probably not — but below are several recipes that might encourage you. I would suggest that you try substituting honey for sugar as it is much better for you and offers a delightful flavor. I would also like to suggest the soft-cover book *Bread Baking* by Lou Seibert Pappas. You will find recipes for many types of breads, plus helpful hints.

WHITE BREAD

from "Bread Baking"

2 pkg. active dry yeast
2 cup warm water
1 cup milk
3 T sugar (or honey!)
½ t salt
3 T butter
5 cups all-purpose flour

Sprinkle yeast into warm water. Let stand until dissolved. Heat milk. Pour into large mixing bowl containing sugar, salt and butter. Cool to lukewarm. (Now it's time for one of those other chores.) Stir in dissolved yeast. Add 3 cups flour. Beat 5 minutes. Gradually add enough of the remaining flour to make a soft dough. Turn out onto a lightly floured board. (I used the hidden cutting board that can be found in many La Mesa kitchens.) Knead until smooth and no longer sticky, about 10 minutes. Place in a greased bowl and butter top of dough lightly. Cover with a clean kitchen towel and let rise in a warm place (I use my oven) until doubled in size, about 1½ hours. Punch dough down. Turn out onto board and knead

gently a minute or two to remove air bubbles. Divide in half and shape into loaves. Place in 2 greased 9x5 inch loaf pans. Cover with the towel and let rise in a warm place until doubled in size, about 45 minutes. Brush tops with water. Bake at 375° for 40 to 45 minutes, or until brown and loaves sound hollow when thumped. I usually set my timer for 25 minutes at which time I lightly cover the loaves with a piece of foil to avoid excess browning.

GINNA'S EGG BREAD

2 packages dry yeast
½ cup warm water
¼ cup sugar
¼ cup melted butter
3 beaten eggs
1½ cups milk
7 cups sifted all-purpose flour
1 t salt

In a bowl combine yeast and water. In a large bowl combine sugar and butter thoroughly. Stir in yeast mixture. Blend in eggs, flour, salt and milk until batter is smooth. Knead for 10 minutes and place in 2 greased bread pans and let rise again until doubled in size. Bake at 350° for 1 to 1¼ hours until done. Remove pans to a rack and let stand for 10 minutes. Let cool before slicing.

HEALTH FOOD MUFFINS

2 cups Bisquick baking mix
1 cup whole bran cereal
3 T wheat germ
2 T honey
1 egg
¾ cup milk
2 T molasses

Heat oven to 400°. Mix all ingredients and beat vigorously ½ minute. Fill 12 greased (bottoms only), medium muffin cups ¾ full. Bake 15 minutes.

APPLE BRAN BREAD

2 cups Bran
2 t salt
½ cup sugar
2 T melted butter
1½ cups sweetened applesauce
1½ cups boiling water
1 yeast cake or envelope of dry yeast
½ cup lukewarm water
8 cups sifted flour

Combine first 5 ingredients; stir in boiling water. Let stand until lukewarm. Soften yeast in the lukewarm water and add



to the first mixture when it has cooled to lukewarm. Add flour to make a smooth, easily-handled dough. Knead slightly on a floured board; place in large bowl; cover and let rise in a warm place until doubled in size. Knead again and shape into loaves. Place on lightly greased pan, cover with towel and allow to rise until doubled. Bake at 350° for 50 minutes. Cool on wire rack before slicing.

WHOLE WHEAT ORANGE BREAD

1½ cups whole wheat flour
1½ cups all-purpose white flour
¾ cup sugar
1 to 2 T grated orange rind
2 t baking powder
½ t salt
¾ cup orange juice
½ cup milk
1 egg
½ cup finely chopped nuts (optional)
¼ cup sugar
1 t cinnamon

Preheat oven to 350°. In a large bowl mix all ingredients except the sugar and cinnamon. Beat well by hand 75 strokes or use an electric mixer. Pour into a greased 9x5 inch loaf pan. Bake for 60 minutes, or until a toothpick inserted comes out clean. Sprinkle with sugar/cinnamon mixture while still warm.

WHOLE WHEAT MUFFINS

2 cups whole wheat flour
1 T baking powder
3 eggs
1¼ cups milk
¼ cup butter, melted
¼ cup honey

In a medium bowl stir together flour and baking powder. Add eggs, milk, but-

ter and honey; stir just until dry ingredients are moistened (do not overmix). Spoon into greased muffin cups, to $\frac{3}{4}$ full. Bake in preheated 425° oven for 25 minutes or until golden brown.

IRISH SODA BREAD

- 2 cups whole wheat flour
- 1 cup white flour
- 1 t baking soda
- 2 t sugar or honey
- pinch of salt
- $\frac{1}{2}$ stick margarine
- $\frac{1}{4}$ cup buttermilk

Preheat oven to 400°. In a bowl mix dry ingredients. Add margarine and blend with fingertips. Add buttermilk. Knead dough for a minute; shape into a flattened, round loaf; and place on a greased cookie sheet. With a knife, score an X on the loaf. Bake for $\frac{1}{2}$ hour. Reduce heat to 350° and bake $\frac{1}{2}$ hour longer. Cool. Slice and serve with soft butter.

AUNT HELEN'S ZUCCHINI BREAD

- 3 eggs
- 1 cup oil
- $2\frac{1}{4}$ cups sugar
- 2 cups grated zucchini
- 3 cups sifted flour
- 1 t salt
- 3 t vanilla
- 1 t baking soda
- $\frac{1}{4}$ t baking powder
- 2 t cinnamon
- 1 t nutmeg
- 1 cup chopped nuts

Beat eggs until light and fluffy. Add sugar, vanilla and oil and blend well. Stir in grated zucchini. Sift all dry ingredients together. Blend into creamed mixture. Fold in nuts. Turn into 2 greased loaf pans. Bake for 1 hour at 350°. □

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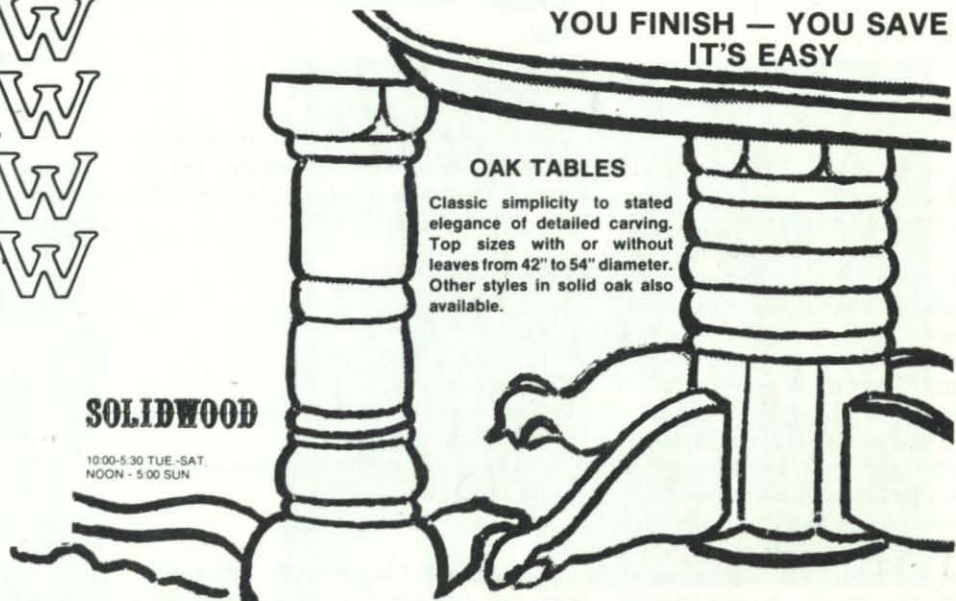
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WHERE IT'S HAPPENING

by Linda Shoaff

The Monterey Peninsula has to be one of the nicest places a person could hope to live. Natural beauty abounds along with historical heritage, cultural events and recreational activities. Two upcoming events that happen once a year and are especially valuable in getting to know the community are the Victorian Home Tour in Pacific Grove (March 19) and the Monterey Adobe Tour (April 29 & 30). Try not to miss either one! There's such a variety and number of things available that I advise all you newcomers to get involved *now*. You'll find there's something for everyone.

March 12, 17, Hidden Valley Opera Ensemble presents 19, 21, 24, 25, Donizetti's comedy **THE ELIXIR OF LOVE**. Evening performances are at 8 p.m. and Sunday matinees are at 2:30 p.m. Tickets are \$8. Call 659-3115 for reservation information.

March 15 Kids' movie **POLLYANNA** at Monterey Youth Center (El Estero). Showtime is 4 p.m., and the 75 cent admission includes a bag of popcorn. Other refreshments are on sale.

March 16 **MAN OF LA MANCHA** opens at the Carmel Barnyard Theatre located off Highway One and Carmel Valley Road. For reservations and ticket information call 625-1228.

March 16 **JOSE MOLINA'S BALLESPANOLES** will appear at Sunset Center, Carmel.



March 17 **ST. PATRICK'S DAY**

March 17-19, The Wharf Theatre (Fisherman's Wharf No. 1) presents **EQUUS** every weekend through April 22. Tickets are \$5.50 on Fri. and Sat. and \$5 on Sun. Call 372-7367 for reservations.

March 18 & 19 **RUGBY MATCHES**, Collins Polo Field, Pebble Beach.

March 18 The **GOOD OLD DAYS CELEBRATION** in Pacific Grove, which turns back the clock to the 19th century, kicks off with the popular antique car parade along Lighthouse Ave. at 10 a.m. Then onto the Community Faire (located in the Bank of America parking lot at 16th and Lighthouse) where 1,000 helium balloons will be released to commence the festivities. This is truly a happy family outing offering old-time Dixieland music, free balloons, a children's pie-

eating contest (with prizes) and booths selling hot dogs and soft drinks. A member of the P.G. Fire Dept. and another from the Police Dept. will compete in a pie-eating contest. At noon the fire department will demonstrate Snorkle and the Jaws of Life. Then the Pearl Puppeteers will offer two shows: one at 1 p.m. at Holman's 2nd floor and another at 2:30 p.m. in front of World Savings and Loan (561 Lighthouse). All this fun leads up to the Victorian Home Tour on Sunday.



March 19

VICTORIAN HOME TOUR. Seven elegantly restored homes and one church will be included in this once-a-year chance to walk through some of Pacific Grove's finest Victorian relics. Period pieces and priceless antiques will be viewed. It's an event no one should miss. Tickets, which include an art show and tea at the Pacific Grove Art Center (568 Lighthouse), are \$5 and may be purchased from the P.G. Chamber of Commerce (373-3304) or from any of the homes on the day of the tour. The homes are open from 11 a.m.-5 p.m., the church may be viewed from 12:30-5 p.m., and the tea will be served from 1:30-5:00 p.m. Walking shoes are recommended. Sorry, children under 12 are not permitted.



PALM SUNDAY

March 20-23 **EASTER FUNLAND**, a special Easter vacation program for children in pre-school through third grade at Monterey Youth Center. Hours are 10 a.m. to 3 p.m. Activities include arts and crafts, games, hikes, Easter Egg Hunt and Easter Party. Call the Dept. of Parks and Recreation (372-8121, ext. 281) for registration information. The cost last year was around \$10.

- March 21 **SYMPHONIE D'ELEGANCE**, Monterey Peninsula Country Club.
- March 24 **Good Friday**
- March 25 **EASTER EGG HUNT** at Del Monte Hyatt House at 10 a.m. for children under 8 years. Bring a container for eggs.
- March 26 **EASTER SUNDAY**
- March 30 Carmel Music Society presents pianist **RONALD TURINI** at Sunset Center, Carmel.
- March 31 **NPS GRADUATION**
- April 1 **LOS ALTOS HUNT RACE MEET**, Equestrian Center, Pebble Beach.
- April 1 & 2 **IVANOVSKY BALLET**, Sunset Center, Carmel.
- April 2, 7 & 8 **THE ELIXIR OF LOVE** continues at Hidden Valley Opera. (See March 12 for details.)



April 8 **INTERNATIONAL DAY**, King Hall. (See article in this issue.)

April 8 **KITE FLYING CONTEST**, Carmel Middle School, Carmel Valley. Everyone is welcome to bring a *homemade* kite and compete in one of five divisions: eight years and younger, 9-12 years, 13-15 years, adults and under 12 years without adult supervision. Ribbons will be awarded in each division for the best kite, the prettiest one and the one that goes the highest. Two trophies will be awarded for overall competition. Registration starts at the school at 1 p.m., and the contest begins at 1:30 p.m. Free.

April 9 **MONTEREY COUNTY SYMPHONY ORCHESTRA CONCERT** at King Hall, 8 p.m. The Choral Society will sing selected works of Beethoven. Tickets are \$6 and may be obtained by calling 624-8511.

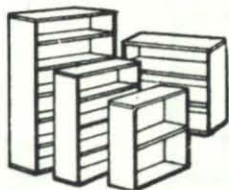


April 9 **5th ANNUAL VELO CLUB MONTEREY CRITERIUM BICYCLE RACE**, downtown Pacific Grove. One of the biggest races in the West, this contest features past national and state champions, Olympic team members and amateurs from all over the U.S. Call the P.G. Chamber of Commerce (373-3304) for the time, place and more information. Spectators are urged to arrive early.

April 13 **NPS SAILING ASSOCIATION** will begin a six-week basic sailing course (six classroom and six underway). The fee should be around \$40 and must be paid at the Recreation Office in order to register.

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April 14-16 **17th ANNUAL WILD FLOWER SHOW** at the Pacific Grove Museum of Natural History. This show is the most comprehensive of its type, including 500 kinds of Monterey County flowers. The purpose is to provide an overview of local wild plants, including rare as well as common types. All plants are selected and classified with great care by experts, and the show is an educational as well as interesting experience.

April 15 & 16 **EAST OF EDEN CAT FANCIERS CAT SHOW**, Monterey County Fairgrounds.

April 19 Kids' movie **PINOCCHIO** at Monterey Youth Center (El Estero) at 4 p.m. Admission is 75 cents and includes a bag of popcorn.

April 20 **WELCOME ABOARD COFFEE**, Barbara McNitt Ballroom, 7:30 p.m.

April 21 & 22 **EAST-WEST PLAYERS**, Monterey Conference Center. Call 649-1770 for more information.

April 27 The Broadway comedy **6 RMS, RIV VU** opens at the Carmel Barnyard Theatre. Call 625-1228 for ticket and reservation information.

April 28-30 **PEBBLE BEACH HORSE TRIALS**, Equestrian Center, Pebble Beach.

April 28-30 **MY FAIR LADY** starts at the Wharf Theatre and will run for approximately eight weeks. Reservations may be made by calling 372-7367. Tickets are \$5.50 on Fri. and Sat. and \$5 on Sun.

April 29 Carmel Music Society presents pianist **CRAIG NIES** at Sunset Center, Carmel.

April 29 & 30 **MONTEREY TRIPLE CROWN SPORTS CAR RACES**, Laguna Seca Raceway. IMSA Camel GTO Challenge, Camel GTU Challenge, Radial Challenge.



April 29 & 30 **30th ANNUAL ADOBE TOUR**. This year's theme is "Pride in Preservation." Over 26 public and private adobes will be open for inspection from 10 a.m. to 5 p.m. on Sat. and noon to 5 p.m. on Sun. Tickets, which include an elegant tea and entertainment at several locations, may be obtained by calling the Monterey History and Art Association at 372-2608. □



Savings Rate Guide



7½% CERTIFICATE	This CERTIFICATE PROGRAM is also for minimum deposits of \$1,000.00 but the term is FOUR to TEN YEARS .	7.79% ANNUAL YIELD
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5¾% CERTIFICATE	This fine SAVINGS CERTIFICATE PROGRAM is for minimum deposits of \$1,000.00 with a term of THREE MONTHS .	5.92% ANNUAL YIELD
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focus of the month

Housing and the NPS Family

by Lari Johnson and Nancy Lemke

Probably the main concern of the military family upon receipt of orders is the housing situation at the new duty station. Availability of housing both military and private, the cost of buying or rent, the location of desirable neighborhoods and schools and so forth are all questions which arise long before the movers arrive.

Naval Postgraduate School students and their families may choose to live in Navy housing, located exclusively in La Mesa Village about a five minute drive from NPS; to buy a home; or to rent on the economy.

Home prices on the Peninsula are high (\$70,000 and up — mostly up), and property taxes are no bargain either. Home prices and rentals vary with the location of course, but rentals are also on the *high*

side. Keep in mind that the Monterey Peninsula area attracts many tourists and wealthy retirees, so property values and rents continue to rise. Buying real estate is always a wise investment, but it is best to check with local realtors before purchasing a home.

La Mesa Village consists of 877 units of various ages, size, location and design. There is currently immediate availability of housing. Sixty-five per cent of NPS student families live in La Mesa Village as well as military faculty members and other military families stationed on the Peninsula.

All units have laundry facilities including a hook-up for an electric dryer. La Mesa Elementary School is located in the village within walking distance of all

housing areas. A convenience store, beauty salon, six tennis courts, Little League fields and numerous playgrounds are located in La Mesa as well.

Housing designs range from two-story townhouses, to quarters with four bedrooms and a study, to single homes with fireplaces, to quadrplexes and duplexes with all combinations of bedrooms and baths. There are 34 different floor plans in all. Yards range in size from quite large to postage stamp.

According to housing office policy, rank and number of children determine which houses are available to incoming students.

The housing office is required to offer incoming students homes with two floor plans for which they are eligible. Some-

CGO-1: The above townhouse model has 1221 square feet and one full plus two half baths. Note, however, that the front (and only) door enters into the dining room/kitchen area causing a decorating nightmare.

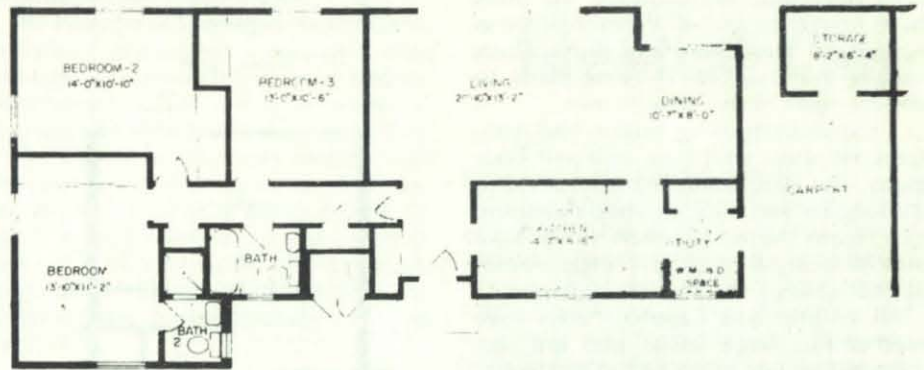
Type E quarters: Known as a "quad," this small Wherry unit is the most common floor plan in La Mesa. It has about 1000 square feet of livable area, little storage, and no carport.

times these are also the only homes available, but often this is not the case. With 34 floorplans to choose from the odds that there are only two available for which you qualify are low. You DO NOT have to accept the first house you are offered; you may wait for a more preferable one to become available. Many homes are in maintenance for varying lengths of time and can become available at various times. However, you should be aware that the housing office has the right to put you at the bottom of their planning list if you do refuse what you are originally offered.

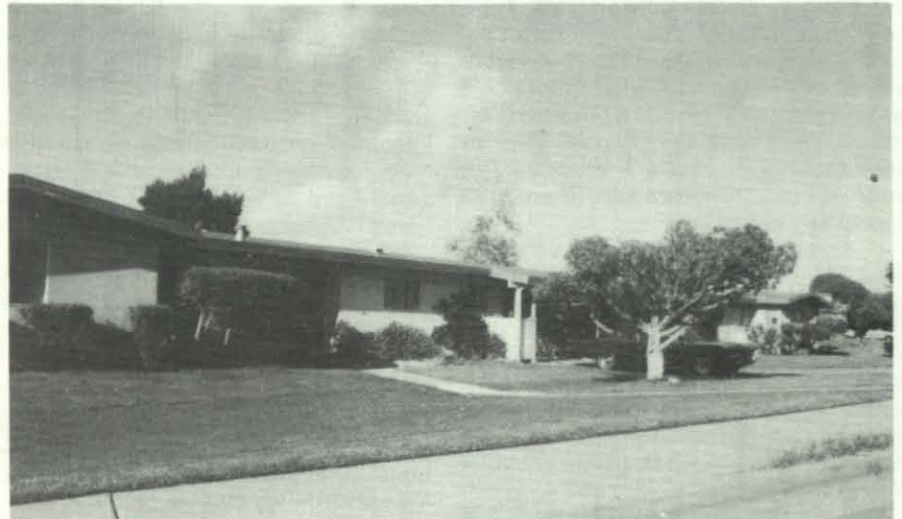
Before you go to the housing office, drive around La Mesa. Jot down the area you feel you prefer (65 or 69 Townhouse, etc.). But be realistic; you may not qualify for what appeals to you most. However, remember that each person qualifies for more than one type of quarters, and between what is available and what you qualify for you should find a satisfactory home. Assignment will be made from units that are available and not to units that are in maintenance cycles.

La Mesa has four housing areas:

1. Wherry Housing, which is the oldest and largest, consisting of 449 units, with square footage from 811 square feet to 1622 square feet. The units are single, duplexes or quads, 1 and 2 stories with from 2 to 4 bedrooms (some plus a study) and from 1 to 2 baths. Some units



Type Q-3: This Capehart duplex has 1200 square feet and lots of storage area.



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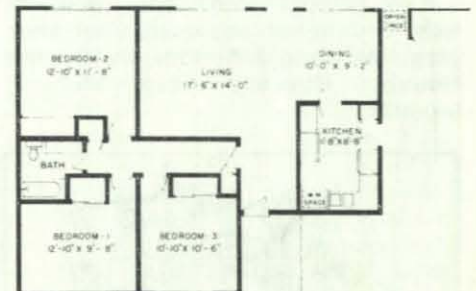
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Type F quarters: This Wherry duplex model has 1089 square feet and a carport, but only one bath.



Type B-4: This is the largest La Mesa unit with 1622 square feet, including a study. Located in the Wherry area, it is a two-story building, with one unit above and one below.

(117) have attached carports, 102 units have fireplaces and all Wherry kitchens have been remodeled and dishwashers installed. There are 17 floor plans to choose from in the Wherry area.

2. Capehart Housing, built in 1963, contains 150 units with nine different floor plans. The living area ranges from 932 to 1393 square feet with 2 to 4 bedrooms and 1 to 2 baths. All the Capehart homes have attached carports, 38 are single homes with fireplaces, the rest are duplexes.

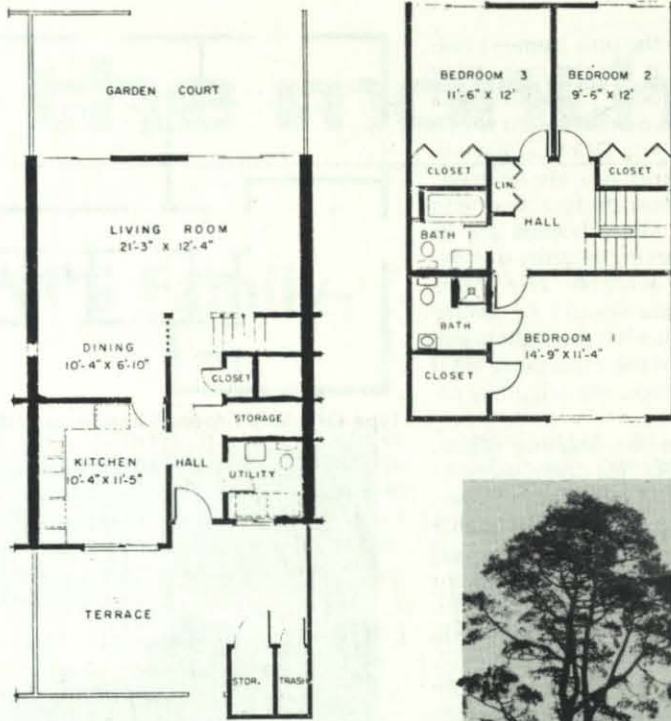
All Wherry and Capehart units have medium to large lawns and are surrounded by lots of green, open areas.

3. Funded Townhouses (Bergin Drive and Ricketts Road), built in 1965, have from 3 to 8 units per building. All but 12 of the 160 units are two-story, all have 3 bedrooms and from 1 plus 2 half-baths to 2 baths, but none have carports or fireplaces. Most have small yards. They all have enclosed terraces. The sizes range from 1171 to 1228 square feet. There are 5 floor plans available.

4. Funded Townhouses (Michelson Road), built in 1969, are also multiple dwellings with 4 to 8 units per building. All are two-story floor plans from 1031 square feet with 2 bedrooms and 1½ baths to 1406 square feet with 4 bedrooms and 2½ baths. Again, none of these have carports or fireplaces and only a few have large yards. There are 118 units with 3 floor plans.

None of the townhouses have built-in dishwashers.

If you have questions about the availability of housing or exactly what floor plans you are qualified for, contact the Housing Director, Greg Murphy, 646-2321. □



CGO-1A: A roomy master suite and a very appealing floor plan are found in this townhouse. It contains 1225 square feet, has a large kitchen, but no carport.



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Medical care for all Naval Postgraduate School personnel and dependents is provided by the Presidio of Monterey Health Clinic, an outpatient facility of Silas B. Hays Army Hospital, Fort Ord. It is located on the Presidio of Monterey in Building 422 on Kit Carson Road. The clinic is open for medical care to eligible beneficiaries five days a week, Monday through Friday, from 0700-1600 hours.

The Presidio of Monterey Health Clinic operates under the concept of family practice which provides for the whole family the opportunity to receive health care from a primary-care physician/nurse team. Under the family practice concept the physician who provides care to an active duty member also provides care to the member's family.

Active Duty Personnel

Military Sick Call for Active Duty Personnel is held Monday through Friday from 0700-0800 on a walk-in basis. Active duty personnel will receive their medical care from their primary family practice physician. There is no sick call on weekends or holidays.

Active duty personnel may also utilize the Clinic's appointment system for medical care outside of normal sick call hours. The member may telephone 373-2924 to schedule an appointment with his family practice physician.

Dependent and Retired Care

The Presidio of Monterey Health Clinic provides outpatient medical care through an appointment-only system. Telephone 373-2924 during normal working hours to schedule an appointment.

The Presidio of Monterey Health Clinic provides the following services by appointment: (1) General Medical Care, (2) Pap Smears, (3) Follow-up and prescription refills for chronically ill patients, (4) Prenatal Care Checks, (5) Well Baby Care, (6) Wart Clinic, by appointment, referred by M.D.

Consultations and/or Hospitalization

Consultations and/or Hospitalization of dependents is available at the Silas B. Hayes Army Hospital, Fort Ord and the Naval Regional Medical Center, Oakland, CA. The specialty clinics at both facilities operate on an appointment only basis and require a referral for the initial visit appointment. The Presidio of Monterey Health Clinic will make the arrangements for consultation appointments at the Army Hospital and the Naval Regional Medical Center in Oakland for patients treated by the Health Clinic. Patients who are treated by the General Medical Clinic (GMC), Silas B. Hayes Army Hospital and require a referral to a specialty clinic will schedule their appointments as directed by the Army Hospital's current policy.

Medical Care

X-ray and Laboratory Services

X-ray and laboratory services are available from 0700-1600 during the normal work day. These services are maintained to assist the Presidio of Monterey Health Clinic physicians in the diagnosis and treatment of their patients. Requests from civilian physicians for X-rays and laboratory procedures will be honored subject to the workload and capability of the Health Clinic, phone 242-8673.

Pregnancy Tests will be accepted by the Laboratory during the hours of 0730-1000, Monday through Friday. The patient must bring in the morning's first voided urine specimen. Call 242-8662 after 3 p.m. for results.

Inoculations

An appointment is not necessary for immunizations, flu shots or allergy desensitization inoculations. Hours are Monday through Wednesday from 0800 to 1130 and 1300 to 1530, Thursday from 0900 to 1130 and 1300 to 1530 and Friday from 0800 to 1130 and 1300 to 1430. Patients must be prepared to remain for 20 minutes following immunization/allergy desensitization.

Pharmacy

The pharmacy is open to fill prescriptions 0730-1615 Monday through Friday. The pharmacy service is closed for lunch 1215-1330, after normal working hours, on weekends, and on holidays. The pharmacy will accept civilian prescriptions and prescriptions from other medical facilities only if the drug requested is stocked and subject to limitations of federal and local policies. Prescriptions from civilian physicians should be written generically if possible since no drug substitutions can be made.

After Hours Care

The Presidio of Monterey Health Clinic is closed after normal working hours, on weekends and on holidays. Patients who require medical care for an acute minor illness during these periods are directed to the General Medical Clinic (GMC), Silas B. Hayes Army Hospital. The GMC Clinic is open seven days a week from 0800 to 2100.

Patients who require care for an acute minor illness after the GMC Clinic is closed are directed to seek care at the Emergency Treatment Room, Silas B. Hayes Army Hospital.

Poison Control Center

(1) 242-5340 (Normal Duty Hours), (2) 242-7631 (After Duty Hours).

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Emergency Treatment

An emergency is defined as a sudden onset of an illness or injury which to delay treatment could conceivably endanger the life or health of the individual or cause permanent disability. Emergencies will be treated anytime *during normal working hours* at the Presidio of Monterey Health Clinic. However, please call the clinic prior to coming in for treatment. This call will enable the medical staff to prepare for your arrival.

After hours all emergencies are directed to the Emergency Room, Silas B. Hayes Army Hospital. A call to the emergency room (242-7631) will help prepare for your arrival.

Ambulance Service

(1) LaMesa Housing Residents — Dial 911. (2) Residents of the Monterey Civilian Communities — Dial 911. (3) Naval Postgraduate School Campus and Annex — Dial 2333.

Ambulance Billing Procedures

Active Duty Navy/Marine Corps personnel who receive a bill for ambulance service or any civilian medical care must present the bill to the Navy Medical Administrative Unit, Presidio of Monterey Health Clinic for processing.

Ambulance service for dependents and retired personnel is an authorized benefit under CHAMPUS. Billing for ambulance services may be paid by CHAMPUS after the required deductible has been met.

Release of Health Care Records to Individuals other than the Patient Concerned

Health care information or records shall be released to authorized representatives of the individual concerned only upon written request of the indi-

vidual or his court appointed representative. In part, when a sponsor or spouse wishes to pick up the health care record of any other adult member of their family, they must present a written request and the Identification and Privilege Card from that member before the health care records will be released.

Civilian Outpatient and Inpatient Care (CHAMPUS)

Information on the CHAMPUS program and health benefits counseling is available at the CHAMPUS Office, Fort Ord Army Hospital; call 242-4823 for assistance, or call the Naval Medical Administrative Unit, Presidio of Monterey Health Clinic, 242-8614. Authorized outpatient medical care for military dependents may be obtained directly from civilian sources without reference to any military activity. It is advisable to inquire as to what medical care is authorized and also to seek care from civilian sources that participate in the CHAMPUS Program, as CHAMPUS pays "reasonable fees" and, in the case of outpatient care, a deductible of \$50.00 per individual or \$100.00 per family is required each fiscal year. In addition to the deductible amount active duty dependents pay 20% of the remainder of the costs; retired and their dependents pay 25%. Inpatient care for all active duty military dependents, retired personnel and their dependents must be rendered by the Silas B. Hayes Army Hospital, Fort Ord. The patient must obtain a "non-availability" statement prior to seeking inpatient care from civilian sources if the Government is expected to pay for the civilian hospitalization. Cost for inpatient care of an active duty dependent is \$25.00 or \$4.10 per day, whichever is greater, and for retired and their dependents the cost is 25% of the bill.

Naval Medical Administrative Unit Monterey

The Naval Medical Administrative Unit is located in the Presidio of Monterey Health Clinic (242-8614). The Unit is a Medical Administrative activity under the command and support of the Naval Regional Medical Center, Oakland, California. The Officer in Charge of the Unit will be a Navy Medical Service Corps Officer. The Unit is responsible for the coordination of medical care of all Navy and Marine Corps beneficiaries stationed in the Monterey area. The Unit maintains custody of the health records of all active duty Navy/Marine Corps personnel. Navy/Marine Corps personnel reporting to, or detaching from, the Presidio of Monterey or the Naval Postgraduate School and its tenant activities are required to personally check in and check out their health records. Check in/check out procedures will be processed during normal duty hours, 0700-1600, Monday through Friday.

Health Care Consumer Committee

The Health Care Consumer Committee is a newly formed committee organized to open two-way communications between the consumer (military personnel and their dependents) and the medical facility at the Presidio. Any complaints, suggestions, questions or praise concerning care and treatment at the Presidio Health Care Clinic are welcome. Letters may be sent to Linda Butler, SMC #2350 or 599 D Michelson Rd. Please be specific, give names and dates if possible, and sign your name and address so you may be contacted if necessary. □



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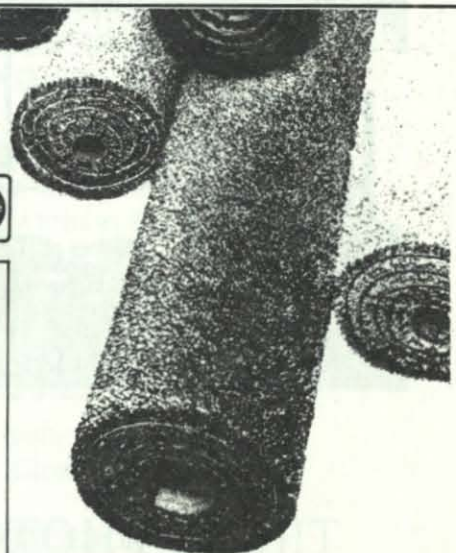
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Elementary: Kindergarten through Grade 6

Junior High School: Grades 7-8-9

High School: Grades 10-11-12

There are special education classes available for the mentally retarded, visually handicapped and the mentally gifted students.

The schools for the La Mesa housing area are: La Mesa Elementary School, Walter Colton Junior High and Monterey High School. The staffs of these schools are familiar with the problems of the Navy dependents and make every effort to help the children adjust to the new school system.

SCHOOL INFORMATION

Textbooks and other supplies are provided for all grade levels with the exception of gymnasium clothing in grades 7-12. School buses provide transportation to the junior high and high schools. Hot lunches are served daily in the cafeterias. At La Mesa the charge is 45 cents per meal. A single ticket for 5 meals is available on a weekly basis for a charge of \$2.25. A 20-meal monthly ticket can be purchased for \$9.00. Although the plans are called, respectively, weekly and monthly tickets, each ticket is good for the designated number of meals, regardless of the time period over which it is

used. Visiting adults may eat in the cafeterias for a fee of 90 cents. For those who bring their lunches, milk is available for 8 cents.

At the junior high, lunches cost 50 cents, and for high school students they are 55 cents. Milk is 10 cents at both, and lunch tickets are also available.

The school year for La Mesa Elementary has been changed from that of the other city schools to coincide with the Post-graduate School year. A child must be five years old by December 2nd to enter kindergarten. Verification of birthdate is required. All new students must present immunization records. Children must be up-to-date on DPT, polio and measles (rubella) immunization. California has recently passed a law requiring physical examinations for ALL children entering the first grade. Forms for the examination can be obtained from the school office at the time of registration. Arrangements for these physicals may be made through the Army Medical Clinic at the Presidio.

Report cards from the previous school year are helpful in class assignments.

Registration for junior high and high school may be completed at any time during school hours. Immunization records must be presented at the time of registration. Report cards from the previous school year should be brought in order to select those classes needed to meet graduation requirements. Information on bus stops and times can be obtained from the offices.

The school system offers parents the opportunity to participate in the instruction of the students by volunteer work as teacher aides, library attendants and office helpers. Contact the offices for further information.

La Mesa School: 649-7474 or 7475.

Walter Colton Junior High: 649-7175.

Monterey High School: 649-7482. □

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NPS Tennis Association

The Recreation Department's Spring Tennis Tournament will be held in April. There will be both men's and women's singles and doubles, as well as mixed doubles. Sign up at the Recreation Department. □

Adult Educational Opportunities

by Nancy Lemke

Residents of the Monterey Peninsula are fortunate to have a wealth of low-cost educational opportunities. Whether you want to start working on a business administration degree or learn the fine art of foot massage, you can find the appropriate classes here.

The Monterey Peninsula College is a public community college located conveniently near NPS at 980 Fremont. It is accredited to confer the degrees of Associate in Arts in the liberal arts area and Associate in Science in the science, technical or vocational fields. Students may also earn a Certificate of Achievement upon completion of programs in designated vocational areas. Courses are also offered in preparation for transfer to a four-year college or university or for personal or professional growth.

A wide variety of subjects are taught. Major areas of study include business, art, engineering, home economics, music, history, biology, physics and many others. Classes such as ornamental horticulture, cat care, and spinning and dyeing make it possible for anyone to find something of interest to take.

There is no tuition for residents of California. Active military personnel and their dependents who have resided in California less than one year prior to the first day of classes are classified as residents for tuition purposes. However, after one year the legal residence must have been changed to California in order to maintain resident status. Non-resident tuition is \$33 per unit. Questions regarding resident status should be referred to the registrar's office, 649-1150, Ext. 210 or 211.

Throughout the year MPC Community Services offer a wide variety of events such as plays, films, concerts, lectures and other performing arts programs for both students and the general public. Special seminars, workshops and short courses are also sponsored by Community Services. Examples of these courses include a transactional analysis workshop, karate, movement exploration, gymnastics for children, stained glass, quilting and woodfinishing. There is a nominal charge for these classes. For further information call the MPC Community Services office, 373-5522.

An informative newspaper and class schedule is published before each session of MPC and is distributed throughout the community. Catalogs are avail-

able at the bookstore on campus and also in the campus library. More detailed information concerning admission and registration can be obtained at the admissions office.

Adult School programs sponsored by the Carmel, Pacific Grove and Monterey school districts are stimulating and of interest to a broad range of people. Classes are held at various locations and are open to all residents of the area, not just the residents of the sponsoring district. Adult Schools offer classes in crafts, homemaking skills, child care and development,

childbirth education, driver education, physical education, office skills and other vocational and general interest subjects.

There is a nominal fee charged for some classes; others are free. Class schedules are published before the start of each semester session and no pre-registration is required; registration is conducted at the first class session. Further information can be obtained by calling the following numbers: Carmel Adult School, 624-1714, Pacific Grove Adult School, 373-4951, Monterey Adult School, 649-7386. □



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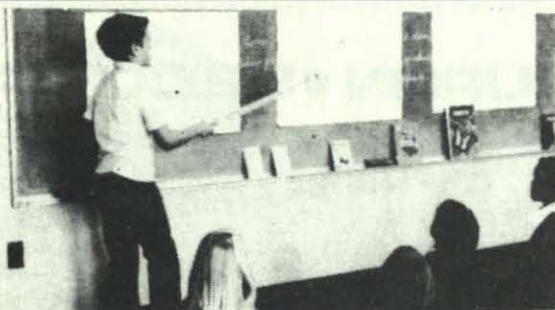
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A PRE-SCHOOL DIRECTORY

Abundant child development studies have encouraged parents to send their young children to a pre-school. Not only do these schools foster a spirit of social readiness outside the home, but evidence prevails that the pre-schooler is also able to handle basic academic material on a sensorial level. Whether your child requires the social interaction with peers to prepare for kindergarten or exhibits an interest in creative activity, do consider the pre-school situation in your young child's needs.

The Monterey Peninsula has several pre-school programs established to meet the many needs of small children. These diverse programs may be categorized basically as parent co-operatives, day care centers, and military and private nursery schools. A partial listing follows.

Bay School Nursery, Highway 1, Rt. 1, Carmel, 624-4397.

Carmel Mid-Valley Parent Co-op Nursery School, Carmel School, Carmel Valley Road, Carmel, 624-1633.

Carmel Valley Parent Participation Nursery School, Tularcitos Elementary School, Carmel Valley Village, 659-4887.

MPC Parent Participation Nursery School, MPC, Monterey, 649-1150, ext. 314.

Peninsula Parent Nursery School, 222 Casa Verde Way, Monterey, 649-7410.

Pacific Grove Parent Participation Nursery School, Robert Downs Elementary School, Pine Street, Pacific Grove, 373-4951, ext. 52.

Ft. Ord Pre-School, Bldg. 3060, Ft. Ord, 242-2046.

MPC Laboratory Nursery School, Monterey Peninsula College, Monterey, 649-1150, ext. 314.

Navy Nursery School, NALF, Monterey, 375-7562.

NPS Pre-School, Naval Postgraduate School, Monterey, 646-2734.

The foregoing listing is by no means complete, and the inclusion of a school does not constitute an endorsement by CLASSMATE. An extensive list of private nursery schools may be found in the yellow pages. □

Babysitting Co-op

The La Mesa Babysitting Co-op is a babysitting exchange that provides companionship for your children and allows you to get away from them without worrying. If you are interested in joining or need further information, call Teresa Fini at 372-2207. □

NAVY NURSERY SCHOOL

The Navy Nursery School Association is a non-profit, non-sectarian nursery for the three to five year old children of students and faculty of the Naval Post-graduate School. Children of international students are eligible to attend five days per week. Other than the above qualifications the only requirement is that the children be toilet trained. The school is located in the NPS Annex, Building 25, also known as Fleet Numerical Weather Central, on Airport Road in Monterey (three blocks from the fairgrounds).



Our school's program is designed to develop the child's practical, social, sensorial and intellectual skills through activities that include painting, crafts, music, nature study, dramatic play, housekeeping, stories and outdoor play. Two schedules are available: Tues./Thurs. and Mon./Wed./Fri. The instructional program is from 9 to 12 noon. However, to facilitate fathers' schedules at NPS, children may be left any time after 7:45 a.m. and picked up before 12:30 p.m. at no additional charge. The tuition is \$17 per month for two days per week and \$25.00 for the 3 days per week program.

We are extremely proud of our school, its faculty, its atmosphere and its facilities. We invite you and your preschooler to join us. Call President Sheri McDonald, 375-7276, Vice President Yvonne Frame, 649-6764, Director Vernes Fowler, 375-7562 or Membership Chairman Carol Sherfese, 375-1629 for information. □



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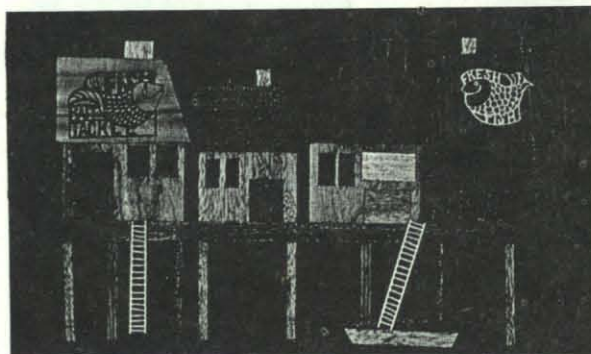


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NPS PRE-SCHOOL

The NPS Pre-School is conveniently located in Building 238 on NPS's grounds. Its services are available for three to five-year-old children of all military personnel, civil service (GS-11 and above) personnel stationed at the Postgraduate School and foreign students.

The NPS Youth Training Program holds morning sessions from 9:30 a.m.-noon, as well as afternoon sessions from 1-3:30 p.m. By providing an environment of both structured and unstructured activities such as coloring, crafts, stories, educational games, music and outdoor play, the program strives to improve the child's perceptual, reasoning and language skills. The four-year-olds program provides a warm and relaxed atmosphere for beginning phonics and reading readiness.

Classes for the three-year-olds are available on Tues. and Thurs. while Mon., Wed. and Fri. sessions accommodate the four-year-olds. Tuition is \$20 per month for the Tues. and Thurs. session and \$28 per month for the Mon., Wed. and Fri. session. The regular class schedule runs from September to mid-June with a maximum enrollment per individual class of 12 students. Further information may be obtained by calling the director, Miriam V. Mull, at 646-2734. □

YMCA

One commodity that parents — especially fathers — never seem to have enough of is time, so it's important that father-child experiences be as a fulfilling as possible. The YMCA has two programs that are excellent, and fathers living in La Mesa or elsewhere on the Peninsula should consider learning more about them.

The Y-Indian Princess program enables fathers and their daughters, usually 6 to 8 years of age, to participate together in a variety of activities that nurture mutual understanding, love and respect. The program is carried on with a maximum of freedom, giving girls a chance to develop their own initiative with the help and guidance of their dads.

The Y-Indian Guides is a national father and son club program, sponsored by the Monterey Peninsula YMCA. It is a program in which fathers and sons participate together as big and little braves in small units known as "tribes." The Y believes that comradeship of father and son has mutual advantages that strengthen the family and enrich the community.

For further information call the YMCA, 373-4166. □

Helpful Places

Better Business Bureau - Information and complaints on area businesses. 649-3303.

Chambers of Commerce - Carmel, 624-2522
Carmel Valley, 659-4000
Monterey, 649-3200
Pacific Grove, 373-3304
Seaside, 394-6501

Childbirth Education League - Prepared childbirth classes, breastfeeding and parenting information, monthly film showings, Mother's Milk Bank, library privileges and newsletters. 375-5737.

Children's Home Society of California - Adoption services, family and child counseling. 444 Pearl, 373-4126.

City of Monterey Library - Pacific and Madison. 372-7391.

City of Monterey Parks and Recreation Dept. - Variety of classes and facilities. 372-8121, ext. 281.

Goodwill Store - 729 Broadway Ave., Seaside. 394-1212.

Monterey Bay Dental Society - Referral service, hears complaints of clients and of dentists. 680 E. Romie Lane, Salinas. 758-8406.

Monterey County Health Dept. - Sexuality counseling for males, females and couples. Fees are on a sliding scale. Also a VD clinic, alcoholism services and pam-

phlets on dental care and nutrition. 1200 Aguajito Rd., 373-0111.

Monterey County SPCA - Spay-neuter clinic, receiving and adoption, cruelty investigation and 24-hour emergency rescue service. Monterey-Salinas Hwy., 373-2631.

Monterey Peninsula Airport - Served by Hughes Airwest, 372-8161, and United Airlines, 373-4481. Monterey-Salinas Hwy.

Planned Parenthood of Monterey County - Pregnancy testing, abortion referral, gynecological services and information on birth control and pregnancy. Also information and referrals on infertil-

ity and genetic counseling. 229 17th, Pacific Grove. 373-1691.

Post Office - Herrmann Hall, NPS.

Ticketron - Computerized ticket service for many events and places of interest. Roos Atkins, Del Monte Center.

Suicide Prevention - 649-8008.

United Parcel Service - \$2 fee for pick-up of packages. Must know weight, value and complete correct address when arranging for pick-up. 1139 Madison Lane, Salinas. 758-2777.

YMCA - 404 Camino El Estero. 373-4166.

YWCA - 276 El Dorado. 649-0834.

Zip Code Information - 372-5804. □



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Girl Scouts in La Mesa

Girl Scouting is well represented in La Mesa; there are currently six individual troops. At the Brownie level (grades 1-3) are Troops 2017, 2033, 2039, and 2057. The Junior Troops (grades 4-6) are 2032 and 2038. Although there are no Cadette or Senior Scout Troops at this time, there are some in the Monterey Peninsula area that La Mesa residents are welcome to join. For troop placement, call Susie Hall

at 375-1356.

Wives in the Naval Postgraduate School community have long been very supportive of Girl Scouting, not only as local leaders but also in Monterey Peninsula District activities. Anyone interested in becoming a leader is encouraged to call the Girl Scout Service Center at 372-8048. The Center is located at 353 Camino El Estero in Monterey. □

La Mesa Community Center

If you'd like to have a party but your house just isn't big enough, consider having it at the La Mesa Community Center. The center has two large rooms (about

1,100 square feet of floor space) and kitchen and bathroom facilities. It can be reserved at the La Mesa Housing Office, and there is no charge for its use. □



Last New Year's Eve one section held a Mexican buffet party complete with decorations and dancing at the La Mesa Community Center.

The Boy Scout Program at NPS

by Paul Hoffman

Troop 178 of La Mesa returned in January from a successful and pleasant three-day campout at Yosemite National Park. Including six fathers, 25 attended. The boys exhausted themselves ice skating and skiing at Badger Pass.



Advancements have been exceptional. The recent Honor Court witnessed promotions to the next higher rank by nearly all the boys, and Rich Humphreys received the national honor of becoming an Eagle Scout. A record number of merit badges were awarded with Kevin Hoffman earning the most — 11. The badges were earned in a wide variety of endeavors: law, computer science, metal craft, leather work, camping, skating, stamp collecting, first aid, scholarship, reading, basketry and swimming to name some.

The troop is in its annual spring reorganization phase which coincides with NPS graduation. Boys of 11 years or older who would like to experience the Northern California outdoors first-hand while learning various skills should contact the newly "elected" scoutmaster LTC Kelleher, 373-3973, or his new assistant CPT Buschimi, 372-9298.

Meetings are held every Wednesday evening at 7:00 in the auditorium at La Mesa School. Campouts are usually scheduled monthly with a July week at Pico Blanco in Big Sur. □

Veterinary Clinic

Shots for dogs and cats are offered for minimal fees at the Ft. Ord Veterinary Clinic. Rabies and DHL shots are given to dogs while cats are given rabies and distemper shots.

The clinic is located in Building 3144 at the corner of Fifth Street and Ninth Avenue. Clinic hours are from 12:30-3:15 p.m. on Mon. and Wed. and from 8 a.m. to noon on Fri. Appointments are necessary and can be made by calling 242-4994 from 8-11 a.m. Mon.-Thurs. □

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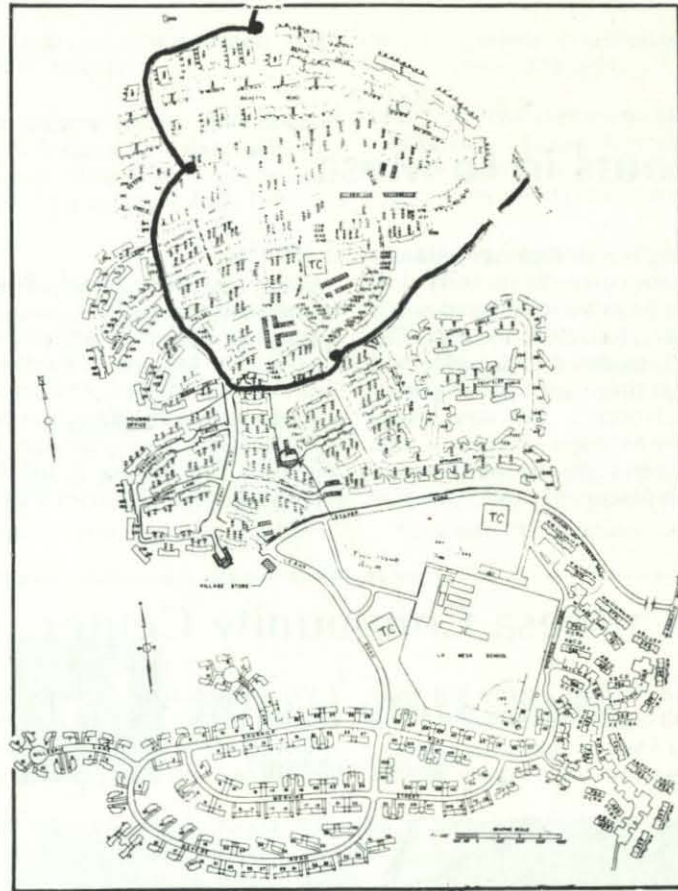
Monterey Peninsula Transit Information

The Monterey Peninsula Transit operates 15 bus routes from 6 a.m. to 7 p.m. They are as follows:

Line 1 - **Presidio** (DLI, New Monterey, David Ave.); Line 2 - **Pacific Grove** (Monterey/Pacific Grove via Lighthouse Ave.); Line 3 - **La Mesa Village via Skyline Forest** (Skyline Forest, Del Monte Center, Glenwood Circle, La Mesa Village); Line 4 - **Carmel Rancho** (Monterey/Carmel via Del Monte Center); Line 5 - **Carmel Point** (Monterey/Carmel via Del Monte Center, Community Hospital); Line 6 - **Kimball Ave.** (Monterey/Seaside); Line 7 - **Marina via Broadway** (Monterey/Marina via Seaside, Fort Ord); Line 8 - **Del Rey Oaks** (Monterey/Del Rey Oaks); Line 9 - **Fremont/Hilby** (Monterey/Seaside); Line 10 - **Fremont/Ord Grove** (Monterey/Seaside); Line 11 - **Oak Grove** (Monterey/Navy School); Line 12 - **Marina via Coe Ave.**; Line 13 - **Garden Road Shuttle** (Del Monte Ave./Garden Road, during peak hours only); Line 20 - **Salinas** (Monterey/Salinas via Seaside, Ft. Ord and Marina); Line 22 - **Big Sur** (Monterey/Big Sur via Carmel, summer months only).

A complete system route map appears on pages 2 and 3 of the yellow pages of the phone book.

Exact fare is 35 cents; drivers carry no change. Thirty-six ride Commute Books for \$10 are available from MPT or from drivers. For schedules or route information, call 372-4494 or write Monterey Peninsula Transit, 2041 Del Monte Avenue, Monterey, CA 93940. □



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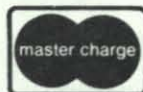
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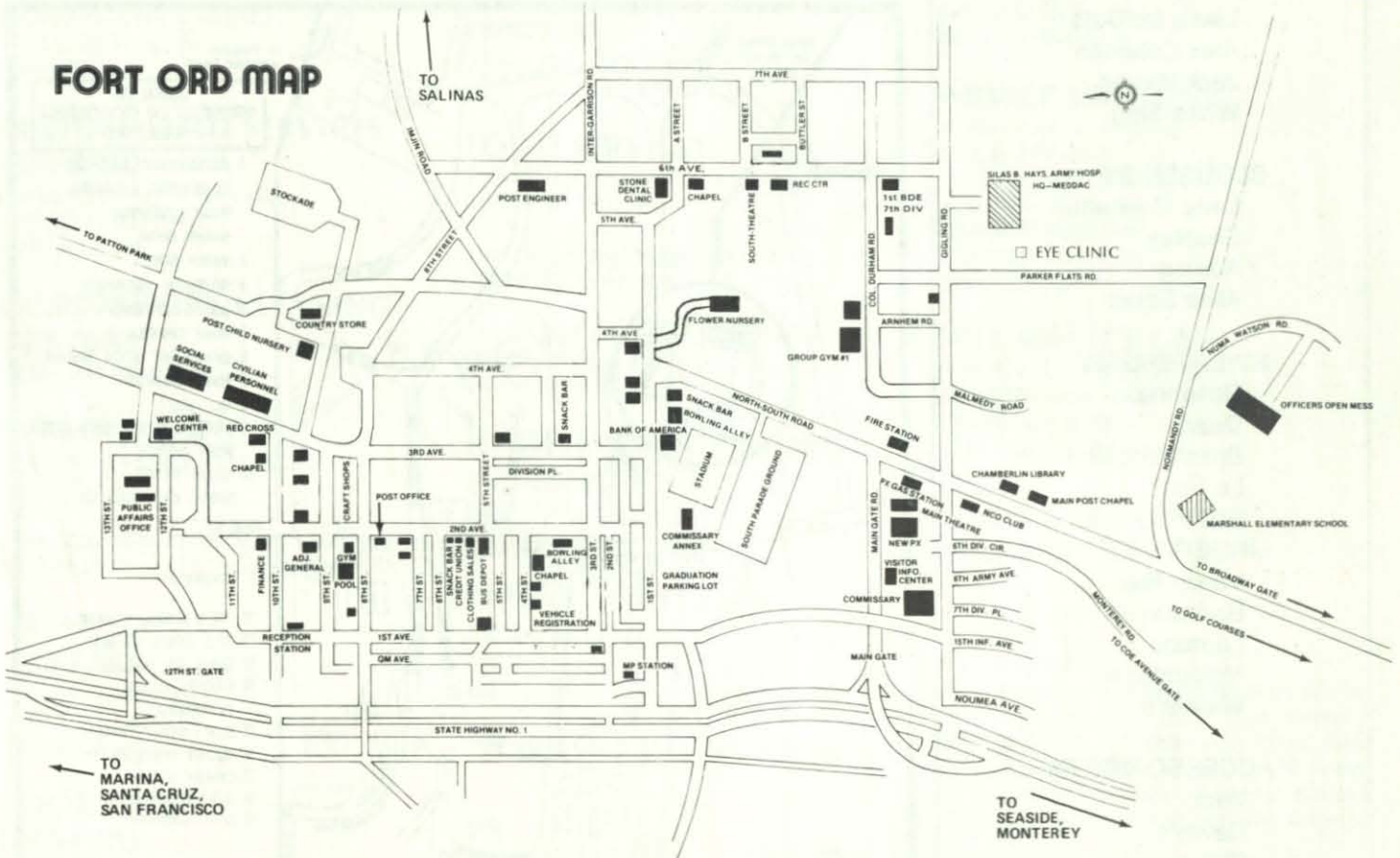


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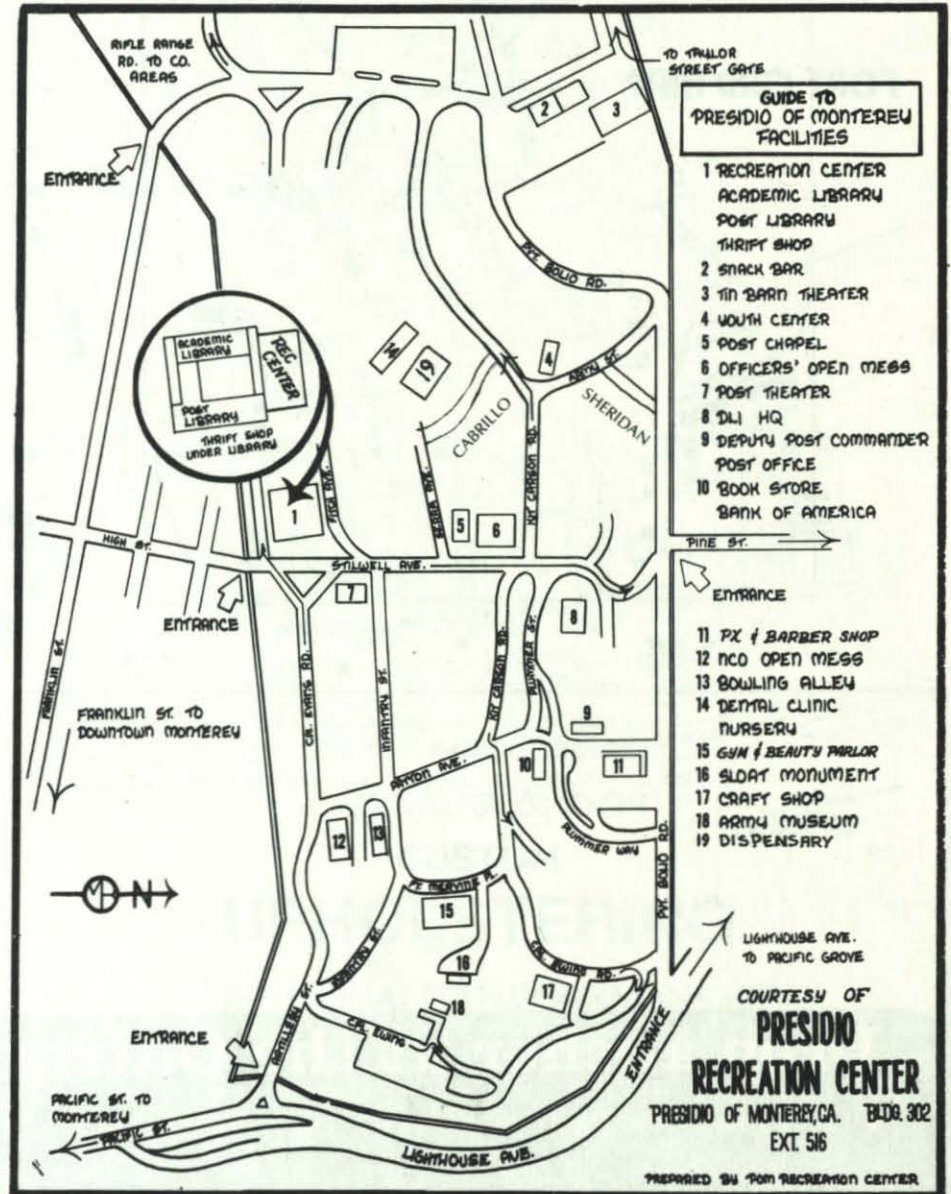
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Information242-2211
Barber Shop242-2533
Beauty Shop (new)242-6581
Beauty Shop (old)242-2821
Bowling Lanes242-2944
Ceramic Shop242-3983
Child Care Center242-3013
Commissary (hours)242-3663
Commissary (information)242-4242
or242-7204
Craft Shop Director242-3707
Flower Nursery242-6706
Four Seasons242-4224
Golf Course242-5651
Interdenominational Chapel242-3087
Jewish Chapel242-3223
Main PX242-2424
Movie Information242-4937
Officers' Club242-4323
Optical Shop242-5347
Passport Sec.242-2430
Pet Shop242-4834
Rent-All Center242-5325
Thrift Shop242-2933
Toyland242-5203
Vet Clinic242-4994

MEDICAL APPOINTMENTS (FORT ORD)

Centrex242-7611
Appointments made for all	
clinics, including OB/GYN	
(Referral Unnecessary)	
Pediatric Clinic242-7645
Optometry, Building 4380242-5976

PRESIDIO

Beauty Shop372-2664
Craft Shop242-8451
Child Care Center373-2346
Health Clinic	
Appointments373-2924
Head Nurse242-8234
Information242-8662
Laboratory242-8672
Medical Records242-8606
or242-8663
Naval Medical Admin. Unit242-8614
NCOIC242-8674
Officer-in-Charge242-8333
Pharmacy242-8332
Physical Exam Appts.	
(active duty only)242-7611
Screening Clinic242-8662
Sick Call242-8606
X-ray242-8673
Movie Information242-4937
Officers' Club649-6677
Operator242-2211
PX372-1221
Rent-All Center372-3500



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