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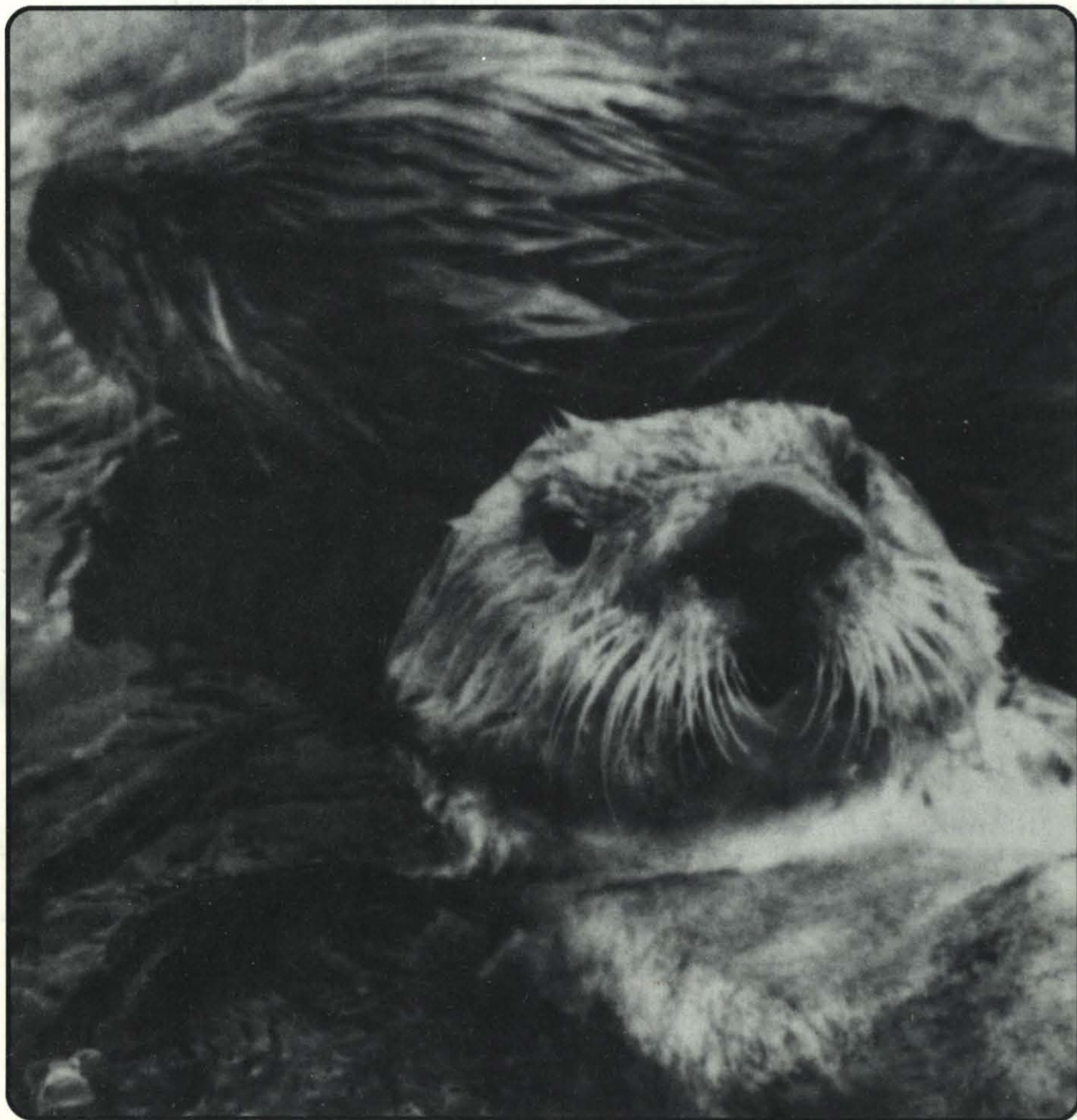
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VOLUME 5, NO. 3

MARCH/APRIL 1991

OFFICER STUDENTS' WIVES' CLUB MAGAZINE

the classmate



Welcome Aboard Issue

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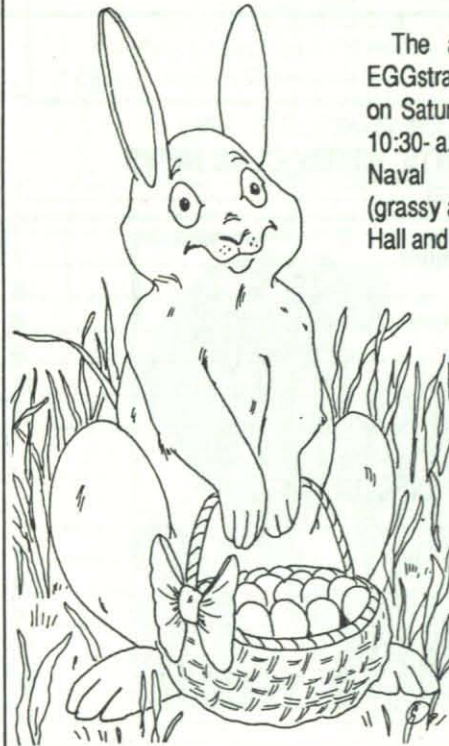
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Easter EGGstravaganza

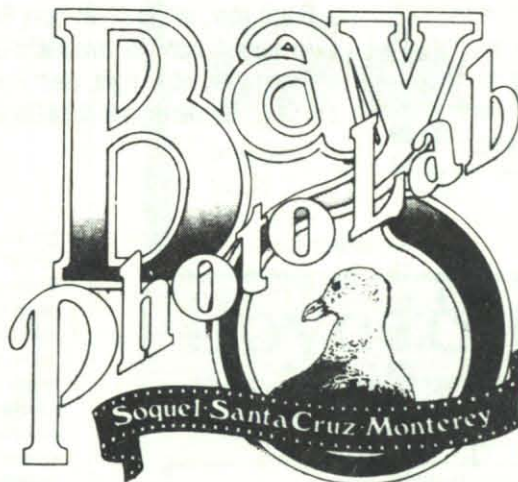


The annual OSWC Easter EGGstravaganza will take place on Saturday, March 23, 1991 at 10:30- a.m. on the grounds of the Naval Postgraduate School (grassy area between Herrmann Hall and the swimming pool).

The event will be kicked off with the arrival of the Easter Bunny, followed by an Easter Egg Hunt for the children, ages infant to ten. Come join us for this special event which promises to be fun for the entire family. For further information please contact Paula West at 373-0192.

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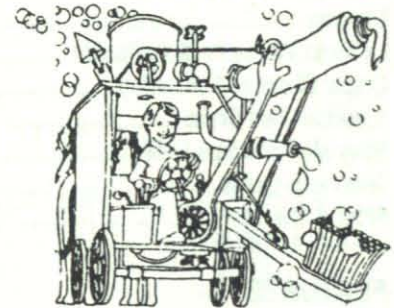


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THE CLASSMATE STAFF

Back row, left to right: Tina Brock, Rhonda Williams, Jennie Culpepper, Susan Romanelli and George LaVenture

Front row, left to right: Beth Hedges, Susanne de Lira Laskowski, Leigh Gerdener and Kelly Gallagher

ON THE COVER:

Otters at the Monterey Bay Aquarium. Photo by Beth Hedges

the classmate

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The Classmate was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Wives' Club of the Naval Postgraduate School. Materials and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer Students' Wives' Club or the Department of the Navy. Advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to reprint any material herein. Published at no cost to the U.S. Government.

The monthly deadline for ALL copy to the Editor, SMC 2330, is the 1st of the month prior to the month of publication (November 1st to get into the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.



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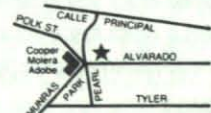
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Editor's Note

by Leigh Gardener

teered for this duty as a pup by climbing into a boat owned by Aquarium volunteers. We would like to thank the Aquarium for making our cover picture possible, especially Candace Tahara, the otters' trainer.

I am so proud to include Faye White's article on the history of the Naval Postgraduate School. Reading "A Navy Grand Dame" will help us all understand the history of this magnificent school and those who came before us.

We have included plenty of useful information for new students. Inside there are articles on local schools for our children, temporary housing, and military medical care. For a day away, be sure and try the suggestion made by our new Classmate writer, Seshu Rajan, on traveling to Big Sur. If your preference is learning the art of wine tasting, be sure and read Dave Dickison's article on the tasting rooms in our area. We look forward to Dave's wine expertise appearing monthly in the Classmate.

Our thoughts and prayers are with our many friends serving all branches of the military in the Gulf. Yellow ribbons are hung and flags are

waving throughout La Mesa. You'll find an address to write to any service member included in our issue.

I would like to thank all of my terrific staff for contributing to this double issue and especially Jan Golden, my copy editor. Jan spent many extra hours trying to catch any mistakes. Her expert help got me through. Thanks Jan!

The Classmate needs new writers and we would welcome any new volunteers. My term as Editor will be up in June and I need a creative replacement to manage a wonderful staff. So, whether your preference is writing articles or organizing them, give me a call at 372-6711 and join our staff.

Welcome to the Naval Postgraduate School!

Future articles needed:

In June the Classmate will feature exciting getaways for the summer break. We need some great vacation plans written up. Has anyone out there been to Catalina Island or other interesting places recently? If so, please write it up and send it in! Our deadline is May 1st.

I had such fun planning this "Welcome Aboard" issue. If there was ever a day to be Editor, it was the day the Monterey Bay Aquarium escorted Beth Hedges and I behind the scenes of their otter exhibit. We spent an entire afternoon getting to know the playful otters. Roscoe, the lone male otter, is outnumbered by his three female counterparts, Goldie, Haley and Milk Dud. I found out that Roscoe volun-

OSWC MEMBERSHIP

The OSWC is the Officers Students' Wives' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSWC also sponsors the Art Auction, Adobe Tour, International Students' Wives Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSWC Directory. To obtain membership, fill out the form below and send it with a check made out to OSWC to: Michelle Mikatarium, 1517 SMC, Monterey, CA. Phone 443-9625. Dues: \$2 per quarter, minimum 4 quarters for new members/renewals (or remainder of duty stay). Membership is free to all International spouses.

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Do you wish to have your Name, Spouse's Name and Service, Address and Telephone Number in the OSWC Directory? (members only)

YES _____ NO _____ Would you like a copy of the OSWC By-Laws? YES _____ NO _____

OSWC

Executive Board



Susie
Thompson
**First
Vice President**

Hello, I'm Susie Thompson and I am very happy for this

opportunity to serve as First Vice President with the OSWC here at the Naval Postgraduate School. In order to help you become better acquainted with me, I'd like to tell you a few things about myself and my family. Hopefully, I'll have the pleasure of learning more about you as well!

We, the Thompson family, arrived in Monterey last January; Ron—my husband, Eliza—our daughter, and myself. Ron's previous duty station was Charleston Naval Shipyard where he was the Senior Ship Superintendent for the USS BATFISH refueling overhaul. Charleston was also the birthplace of our daughter, Eliza, who is 3 1/2 years old. While Ron pursues his Master's Degree in Mechanical Engineering, Eliza and I pursue adventures in California.

I enjoy the participation in the Wives' Clubs that this lifestyle provides. While in Charleston, I served as Treasurer for the Naval Officers Wives' Club and as Secretary for the Shipyard Officers Wives' Club. I was previously a member of the Submarine Officers Wives' Club during Ron's sea tour in Norfolk, Virginia. I have several years of work background in banking (i.e., accounting, economics, construction loan financing). I really like to read (almost anything), I like doing craft projects, and nothing suits me better than a crossword puzzle...except chocolate...and this chance to be part of such a pleasant support group!

**President to be elected
in March**



Donna
Stenzoski
**Second
Vice President**

Hi, my name is Donna Stenzoski, and I am your Sec-

ond Vice President. I have been a Navy wife for nine and a half years and have served in various wives' club capacities during that time.

On our first tour in Jacksonville, Florida, I served as Second Vice President for the V.P. 24 OWC, as well as on the Sunshine committee, which prepared meals for "new moms" and anyone else who needed assistance due to illness.

On our tour in Patuxent River, Maryland, I was Treasurer and OWC Representative for Test Pilot School Class #89 Wives' Club. Shortly after TPS graduation, I was elected President of the Cedar Point OWC. During my year as President, I managed our charity fundraising Art Auction, the club newsletter, and presided over all executive and governing board meetings. Currently, I am chairperson for the International Tea.

I enjoy reading, aerobics, church activities, and being a mom to my six year old daughter, Natalie. My husband Jeffrey is in the NPS Computer Systems Management Curriculum.

Mary Anne
Benvenuti
**Recording
Secretary**

Hi! I'm Mary Anne Benvenuti. I look forward to serving the OSWC as recording secretary for the next term and to meeting all of you. In my time with the OSWC I have been a curriculum

representative for C3 and more currently the Directory Update. I will continue with the directory until I find a volunteer to take over (anyone out there interested?).

I've been in Monterey for 19 months now with my husband Stan and our 17 month old son Gene who keeps me constantly on the go. We've been in the Marine Corps for 6 years and have been stationed from the east coast to the west most recently at Camp Pendleton prior to coming to NPS.

Genie D. Lemler
**Corresponding
Secretary**

Hi! I'm looking forward to my new responsibilities as Corresponding Secretary and to meeting all of you. I have a feeling that I'm going to get to know the OSWC copy machine better than I know my husband. We've been in Monterey for seven months and except for the fact that my husband and I rarely have time to spend together, we love it here. Prior to Monterey we were on the east coast for five years, first in the Washington D.C. area and then stationed on the USS Sylvania in Norfolk, VA. I'm really excited about being on the west coast again as I come from Oregon and am taking every opportunity to visit my family that I can.

We have a 22 month old daughter named Sarah, and believe me she keeps us busy and frazzled at all times. When I'm not busy watching Sesame Street with Sarah, I'm sewing curtains or weaving a basket and once a month I get the Pink Flyer collated, stapled and distributed. I have enjoyed being the Distribution Chairperson and know I will enjoy being Corresponding Secretary and meeting all of you.

Due to circumstances beyond our control not all photos were available by the printers deadline

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Mary-Frances Toy
Treasurer

Hello, my name is Mary-Frances Toy. I was born and spent my childhood years in New Jersey. When I was 14, my family moved to California and four years later I graduated from Soquel High School. I then went on to obtain my four-year degree in Liberal Studies at Sacramento State University.

In June 1982, my husband David and I were married. One year later I found myself living in West Germany. The three years that we spent in Germany were busy ones, for our two sons, Andrew, now 6, and Patrick, now 4, were born there. While there I was an active participant in the Officers' Wives Club. During the 1985-86 year I was the Membership Chairperson for the club.

After Germany, our family settled in St. Peters, Missouri for almost 3 years. During that time I pursued and obtained my Teaching Certificate in Elementary Education. I also began working on my masters, but as all military wives know when the military says it is time to go, the wife follows.

We arrived in Monterey this past July and quickly settled into a routine again. David is pursuing a Masters in Computer Systems Management, while I am working part time as a Substitute Teacher for the Monterey School District. I also keep busy with the many activities that the boys are involved with. I enjoy playing volleyball, softball, and tennis. During the quiet times I like to read and do sewing crafts. I am looking forward to being your Treasurer and to serving the OSWC.

Sheri Bloch
Advisor

Paul and Sheri moved to Monterey a year ago from Newport, Rhode Island. Paul is Commander of Military Faculty and holds the Chair of Tactical Analysis in the Operations Analysis Department. Sheri works as Registrar at Santa Catalina School. They have two children: Susannah, 16, a senior at Catalina, and Gregory, 12, an eighth grade student at York School.

The Blochs have also been stationed in Japan and Whidbey Island, Washington.

Rosemary Toft
Advisor

Rosemary Toft is advisor for OSWC and Classmate magazine.

She is originally from Spokane, Washington, but taught school in Oak Harbor, Washington on Whidbey Island and has spent many of the last twenty-five years there. Her husband, Dick, is an A-6 pilot who is now Director of Aviation Safety. The Tofts have enjoyed recent tours in Washington D.C. and Fallon, Nevada and are looking forward to living in California for the first time. They have three daughters: Marie, 19, a freshman at Gonzaga University; Maddy, 19, a freshman at Seattle University; and Katie, 15, a freshman at Monterey High School.



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Curriculum Representatives

The Curriculum Representatives are a vital communication link from the Curriculum to the wives and to OSWC. Each curriculum has a volunteer who commits herself to representing her curriculum. The way the Curriculum Representative carries out her duties may differ slightly, but her main purpose is to be a personal point of contact for wives in her curriculum and create a "support" group. If you have any questions, please contact them.



Marilyn Buzon
Administrative
Science

Welcome to Monterey and the Administrative Science Curriculum!

I am Marilyn Buzon, a Navy spouse and your curriculum representative. My husband Carlos, my daughter Amanda, and I moved here from San Diego the third quarter of last year. It has been a busy and interesting life ever since. While my husband concentrated on his studies, my daughter focused on her new playmates. Meanwhile, I wrapped myself into the OSWC, the Navy-Marines Corps Relief, a little bit of aerobics, sometimes golf, land investments, and of course, bunko. Adjusting into military quarters in La Mesa was surprisingly easy due to wonderful neighbors. I love to read and play tourist. This place gives me plenty of opportunity to do both.

Contact me with any questions that you might have at 375-8268 or SMC# 1110. I sincerely would like to hear from you!

Cheryl Yale
Aeronautics

Hi! I'm Cheryl Yale, your new curriculum representative for Aeronautics. I hope you will feel free to call me for anything you may need, from a shoulder to cry on to a bit of information on getting around, or anything dealing with the new NPS environment. I am a California native, and my husband Gary and I met while he was stationed at Moffet Field near Sunnyvale. (I keep trying to move away from California and this is our third assignment back in this state). He is in the Air Force, so we are really in the minority here at NPS.

I have two small children, and am looking for a job teaching English at one of the local colleges. We just got into base housing in January after living downtown for 6 months, so I've spent many weeks packing and unpacking our stuff. I got to know the downtown area fairly well. This is our first experience living in Base Housing, so I'm learning as I go, but everyone here has been friendly and helpful.

Although we miss the mountains of Colorado, we are enjoying the area, especially the Aquarium and the proximity of the beaches. Please call me at 373-2869, or SMC box 1027.

Mary Ann Sanders
Operations Analysis

Welcome to Monterey and to what I hope will be a rewarding experience at NPS. I look forward to meeting you as the OSWC Curriculum Representative for both the OA and OL families.

My husband Bill and I, along with our daughter Carly, arrived here a year ago from VQ-4, a Navy EC-130 squadron in Patuxent River, Maryland. Since then we have had a terrific time discovering all the things to do and see in Monterey, nearby Carmel, and coastal Northern California.

You and your family will have plenty of opportunities to explore new interests and make new friends, not only through the many OSWC functions, but also through recreational activities, the local colleges, and a variety of community events. If I can be of any assistance, please call me at 373-4882.

Terry A. McKeon
Computer Technology

I originally hail from New England, (where only one person I know sounds like the Peppidge Farm man), most recently from

Pensacola, Florida (where I didn't have to shovel snow once). I married into the Navy seven years ago, (I always have an updated resume on hand, you never know when orders will come through!) and have participated in a number of spousal organizations. I've decided to take this opportunity to stay at home with my 9 month old son Patrick and just enjoy watching him grow. In addition to Patrick we have a 7 year old dog, Simon, and a 6 year old cat, Cesare. Suffice it to say my husband needs earplugs when he studies. In a past life I enjoyed teaching adults reading, sewing, a rousing game of badminton or croquet and relaxing on the beach with a good book, (now I like to brush and floss my teeth). My SMC # is 2191.

Val-Del Ortiz
Weapons Engineering

I'm Val-Del Ortiz and the Weapons Engineering Curriculum Representative. My husband, Vince, and I have been here a year and will leave in December of 1991.

We're enjoying our time here in Monterey, though we remain East Coasters at heart. If you have any questions, concerns, or enjoy college basketball games, give us a call at 372-8266.

Therese Deal
Electronics and Communications

My name is Therese Deal and I am your curriculum representative for Electronics and Communications. My husband Dok and I have been here since August 1989 and our son Jamey was born in November that same year. I grew up in the San Francisco Bay area and I'm glad to be so close to home. Let's work together to make this duty station one that we'll look back on with many happy memories. My SMC # is 1983.

GOING ONCE, GOING TWICE. . . ART AUCTION IS APRIL 13

by Patrice Mull

Do you have bare white walls in your home that are just too boring for words? Or are you trying to cover those great expanses with ragged posters left over from college days? Saturday, April 13, is your opportunity to finally do something about those walls, and to help local charities at the same time.

The OSWC Annual Art Auction is the place to be that evening. Genesis Galleries will auction off a wide and varied collection of art, ranging from limited edition graphics to oil paintings and watercolors. The Genesis collection includes such national and international artists as Leroy Neiman, Paul Maxwell, John Kelly, Erte, Hiro Yamagata, Mark King, Melanie Taylor Kent, Michel Delacroix, Alvar Sunol, and others.

Held in the Barbara McNitt ballroom at Hermann Hall, the evening begins at 6:30 p.m. with a preview of the art to be auctioned. Hors d'oeuvres and a cash bar will be available. The preview allows you some time to look over the art and decide on which pieces you might like to bid. The auction starts at 7:30 p.m. Art not bid on during the evening will be open for bid again at a standup auction on Sunday, April 14, in the Officers' Club dining room from 10 a.m. to 2 p.m.

While enjoying yourself that evening (and buying beautiful paintings to dress up your bare white walls), you will be helping out local non-profit organizations. In the past, funds have been given to La Mesa Elementary School, Navy Annex Preschool, Boy Scouts, Girl Scouts, American Red Cross, and awarded as scholarships to family members of military personnel to begin or continue higher education.

This event is the largest fundraiser the OSWC sponsors each year. It is a lot of fun, especially as you watch your friends and neighbors battle it out for a particularly prized painting. Enjoy the evening, and continue to help well-deserving local organizations. And then pitch those ragged old posters!

OSWC CALENDAR OF EVENTS

MARCH

- 23: Easter EGGstravaganza, 10 a.m.
25: Executive Board Meeting, 7 p.m.

APRIL

- 1: Members Meeting, 7:15 social,
7:30 meeting
13: Art Auction, 7:30 p.m.
14: Art Auction, 10 a.m.
27: Adobe Tours, TBA
29: Executive Board Meeting,
7:00 p.m.

MAY

- 6: Members Meeting, 7:15 social,
7:30 meeting
17: International Tea, TBA
27: Executive Board Meeting, 7 p.m.

JUNE

- 1: Bargain Fair, 10 a.m.-12 p.m.
3: Members Meeting 7:15 social,
7:30 meeting
24: Executive Board Meeting,
7:00 p.m.

JULY

- 1: Members Meeting, 7:15 social,
7:30 meeting
15: Chocoholic Bake Sale 10:00 -
1:00 p.m.
29: Executive Board Meeting, 7 p.m.

AUGUST

- 3: La Mesa Run, TBA
5: Members Meeting/Elections,
7:15 social, 7:30 meeting
15: Cramalot, 7:30 p.m.
26: Executive Board Meeting —
New Board, 7 p.m.

Adobe Tours: *Reminiscent of the Past*

The forty-fourth annual Adobe Tour will take place in Monterey on Saturday, April 27, from 10:00 am - 5:00 pm. This is a popular event that you and your family won't want to miss. The event, sponsored by the Monterey History and Art Association, is a unique opportunity to step back in time and explore the colorful and interesting history of the city, the first capitol of California.

"Reminiscent of the Past" is this year's theme for the self-guided walking tour. Approximately 25 historic homes and buildings are included on tour, including Colton Hall, the Larkin House, the Cooper-Molera Adobe and the Robert Louis Stevenson House. Many of the buildings and gardens on the tour are privately owned and are open only for the tour. Docents will be present in each adobe to answer questions.

The admission price for the tour is \$10.00 for adults, \$7.00 for students and no charge for children under 12 when accompanied by an adult. There is an \$8.00 per person charge for groups of 25 or more, providing tickets are purchased two weeks in advance. Tickets may be purchased in advance through the Monterey History and Art Association, P.O.Box 8095, Monterey, CA 93942. On the day of the tour, tickets may be purchased at various adobes, including the Memory Garden and Pacific House.

The OSWC has traditionally provided hosts and hostesses for one of the adobes. This year we have the honor of the Robert Louis Stevenson House on Houston Street, originally known as Merchant's Row. We will need approximately 40 volunteers to act as hosts and hostesses for the Stevenson House. Each host or hostess is asked to volunteer for a two - two and a half hour shift, and will be provided with all the information needed to be an able tour guide in a specific area of the house. Ladies are asked to wear a long skirt or dress to lend a feeling of authenticity to the historical theme. A limited amount of costumes will be available from the Pacific House. Military are asked to wear their uniforms.

If you or your spouse (or preferably both of you!) are interested in being a host or hostess, please contact Susan M. Anderson at 373-5407 or 646-2821 for more information. Whether as a tourist or as a participant, get in on the fun and discover the romantic past of old Monterey.

NEW KIDS ON THE BLOCK

by Susan M. Anderson

- A son, **Reed Patrick Looney**, 7 lbs. 14 oz., 20 1/4 inches on August 1, 1990 to **John & Betsy Looney**
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Send birth announcements to: Donna Stenzoski, c/o SMC 2190.

How to Find a Babysitter

Why not spring into spring by providing yourself some time out through the La Mesa Babysitting Co-op? The Co-op is an organization of La Mesa parents who babysit for other members, either during the day or evening. It's easy, economical and fun.

All sittings are arranged for you through the monthly Co-op secretary. Instead of paying money, you pay points which are earned by babysitting. There is a one time sign-up fee of \$2.00.

Treat yourself to the many beautiful Monterey sights and sounds while enjoying worry-free time out. Interested? Please call the Co-op Chairperson, Art Pue, at 375-2820 for sign-up and additional information.

MONTEREY MOTHERS OF TWINS

Congratulations

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- Renting a home.
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Please provide information on that area

Name _____ Spouse Name _____

Address _____

City/State/Zip _____

Home Phone _____ Work Phone _____

Rate/Rank _____ Years in Service _____

House Type: Single Family Townhouse Other _____

Price Range _____ Desire: VA FHA CONV ASSUME

Monthly Payment _____ Number of Children _____ Ages _____

Approx. Date of Arrival _____ Projected Duty Station _____

GOING ONCE, GOING TWICE. . . ART AUCTION IS APRIL 13

by Patrice Mull

Do you have bare white walls in your home that are just too boring for words? Or are you trying to cover those great expanses with ragged posters left over from college days? Saturday, April 13, is your opportunity to finally do something about those walls, and to help local charities at the same time.

The OSWC Annual Art Auction is the place to be that evening. Genesis Galleries will auction off a wide and varied collection of art, ranging from limited edition graphics to oil paintings and watercolors. The Genesis collection includes such national and international artists as Leroy Neiman, Paul Maxwell, John Kelly, Erte, Hiro Yamagata, Mark King, Melanie Taylor Kent, Michel Delacroix, Alvar Sunol, and others.

Held in the Barbara McNitt ballroom at Hermann Hall, the evening begins at 6:30 p.m. with

OSWC CALENDAR OF EVENTS

MARCH

- 23: Easter EGGstravaganza, 10 a.m.
25: Executive Board Meeting, 7 p.m.

APRIL

- 1: Members Meeting, 7:15 social,
7:30 meeting
13: Art Auction, 7:30 p.m.
14: Art Auction, 10 a.m.
27: Adobe Tours, TBA
29: Executive Board Meeting,
7:00 p.m.

MAY

- 6: Members Meeting, 7:15 social,
7:30 meeting
17: International Tea TRA

Adobe Tours: Reminiscent of the Past

The forty-fourth annual Adobe Tour will take place in Monterey on Saturday, April 27, from 10:00 am - 5:00 pm. This is a popular event that you and your family won't want to miss. The event, sponsored by the Monterey History and Art Association, is a unique opportunity to step back in time and explore the colorful and interesting history of the city, the first capitol of California.

"Reminiscent of the Past" is this year's theme for the self-guided walking tour. Approximately 25 historic homes and buildings are included on tour, including Colton Hall, the Larkin House, the Cooper-Molera Adobe and the Robert Louis Stevenson House. Many of the buildings and gardens on the tour are privately owned and are open only for the tour. Docents will be present in each adobe to answer questions.

The admission price for the tour is \$10.00 for adults, \$7.00 for students and no charge for children under 12 when accompanied by an adult. There is an \$8.00 per person charge for groups of 25 or more, providing tickets are purchased two weeks in advance. Tickets may be

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7.75	9.42	8.21	7.16
8.00	9.56	8.36	7.34
8.25	9.71	8.52	7.51
8.50	9.85	8.68	7.69
8.75	10.00	8.84	7.87
9.00	10.15	8.99	8.05
9.25	10.30	9.16	8.23
9.50	10.45	9.32	8.41
9.75	10.60	9.49	8.59
10.00	10.75	9.65	8.78
10.25	10.90	9.82	8.96
10.50	11.06	9.98	9.15
10.75	11.21	10.15	9.34
11.00	11.37	10.32	9.52
11.25	11.53	10.49	9.71
11.50	11.69	10.66	9.90
11.75	11.85	10.84	10.09
12.00	12.01	11.01	10.29
12.25	12.17	11.19	10.48
12.50	12.33	11.36	10.67
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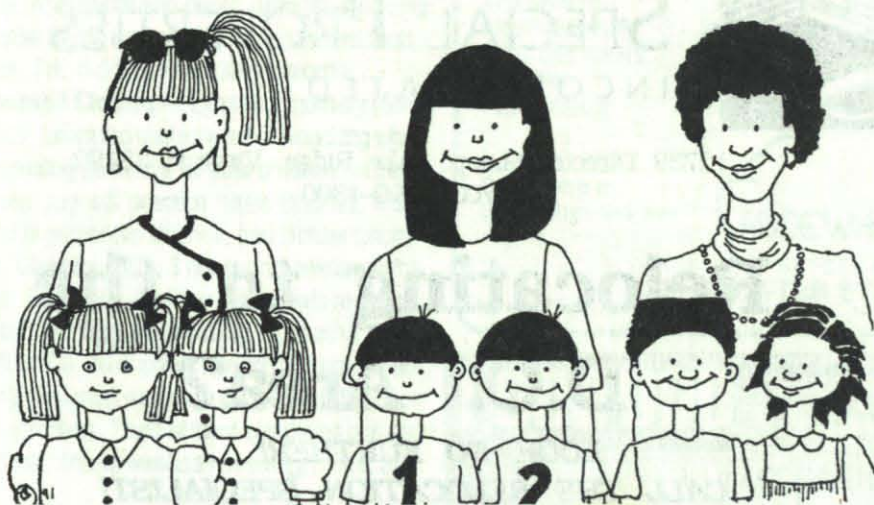
NEW KIDS ON THE BLOCK

by Susan M. Anderson

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Send birth announcements to: *Donna Stenzoski, c/o SMC 2190.*

MONTEREY MOTHERS OF TWINS



Monterey Mothers of Twins (MMOT) is a support group for mothers of twins, triplets, and so forth. Expectant mothers are also welcome. We meet every third Wednesday of the month at 7 p.m. at the Monterey Youth Cen-

ter. We discuss topics that include problem solving and helpful hints, and have guest speakers. If you are interested please contact Linda Evans at 372-6532. We look forward to hearing from you.

How to Find a Babysitter

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Treat yourself to the many beautiful Monterey sights and sounds while enjoying worry-free time out. Interested? Please call the Co-op Chairperson, Art Pue, at 375-2820 for sign-up and additional information.

Congratulations

A new baby is always exciting...
 We want to make the experience as enjoyable and convenient as possible for you...from layette charts to baby gift registries. With the best selection in Monterey County, and the most knowledgeable staff, we're here to help you meet your baby furniture, clothing (up to size 14) and accessory needs.
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OSWC CLASSES

By Patrice Mull

If you are interested in teaching a class, OSWC Activities would love to know about it. Please contact Patrice Mull at 655-3976 for more information on listing your class in this space. It's a great way to meet people and to put a little money in your pocket! If you are interested in taking any of the classes listed below, please call the instructors for more information.

Classes

Art Classes for Children & Adults — Lisa Stoshak (call Carmel Recreation Dept. at 626-1255 for registration). Drawing and painting, paper mache sculpture, and puppet making classes are available for children ages 6 to 12, and a joint parent and preschooler art session for the younger set. Adults can develop skills in oil painting with such subjects as a Cannery Row sunset, the lone cypress, and a Carmel Bay sunset. Times and fees vary by class. Call for details.

Basketweaving — Denise Peters (649-6083). Learn to make baskets in a variety of shapes and sizes. Different patterns are offered in each three-week session, using flat and round reeds for useful and decorative baskets. Class size

is 6 - 8. Fees vary, based on baskets being offered. Meets Thursdays.

Beginning Tole/Folk Art Painting — Andrea Kindl (649-6537). Learn to paint country and home decorative projects on wood, with options to continue on to intermediate projects. Basic brush strokes and terminology taught. Fees: \$20; additional materials required. Four sessions, 2 1/2 hours each.

Bowling — Cheri Kendall (373-1183). The Wednesday A.M. Officers' Wives' Bowling League starts anew each NPS quarter. Playing at Lincoln Lanes on N. Fremont, balls are available at no charge; shoe rental is \$1 each week. Child care is provided at the bowling alley for \$2.25 per child. Practice lanes are open at 9:20 a.m.; play begins at 9:30 a.m. Fees: \$6 a week, and \$6 for an annual WIBC card.

Breastfeeding Made Easy — Alicia Burgett (646-8919). If you've never breastfed a baby or have had previous difficulties, this class can help you. Learn to prepare for breastfeeding, prevent and cure sore nipples, avoid common problems, insure an ample milk supply, combine nursing and working, and much more. One-time

Saturday classes are offered 9 a.m. - 1 p.m. Fee: \$15. Register early; class size limited.

Mixed Impact Aerobics — Lynn Menches (655-0290). Enjoy a thorough 10 minute warm-up, followed by 25 minutes of high-intensity aerobics; standing arm work using weights; complete floorwork to strengthen and tone abs, thighs and buttocks. Great workout for beginners or intermediates! Meets Mon., Wed., and Fri. from 9:30 to 10:45 a.m. Fee: \$2/class or \$20/month.

Mother's Morning Out — Joy Doyle (647-1133). Your toddler or preschooler will enjoy organized play two mornings a week while you run errands, keep appointments, or just relax. Meets Tues. and Thurs. from 9:30 a.m. to 12:00 p.m. Fee: \$7.50 per day.

Mother's Morning Out — Renee Neely (375-3762). Enjoy a carefree morning out while your child enjoys a morning of fun! This play group includes informally organized activities focused around guidelines set by the American Association for the Education of Young Children. The small group setting in a home environment makes it an ideal first separation for your child.



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Mon. - Fri. from 9 a.m. to 12:00 p.m. and 9:30 a.m. - 1:00 p.m. Fees: \$7.50 and \$9.

Mother's Day Away — Stachia Knorr (375-3762). Have you ever been desperate for child care during a class or doctor's appointment? This program gives mothers a place to leave little ones in peace while running errands or keeping appointments. Storytime and activities for older children. Call ahead to reserve time, or drop in with small children and infants. Fees vary by age. Available Mon. - Fri.

Piano — Katie Clare Mazzeo (372-2233). Private lessons on piano or harpsichord are offered in her Carmel Home.

Piano — Kazuko Mockett (624-9596). Learn to read, play, and understand music theory, progressing at your own pace. Students are also encouraged to write their own music and to form a better understanding of the art. Tues. - Fri. in students' homes. Fee: \$9 per lesson.

Piano — Nathalie Plotkin (373-5671). Receive individualized instruction in piano, and learn to apply techniques of music theory. Lessons available for children and adults in your home or hers. Fee: \$7.50 per lesson.

Prenatal Exercise Class — Cheryl Morgan (655-1018). Especially designed for pregnant women, this class offers a 15 minute low impact/ intensity aerobic workout, with upper body strengthening using light weights, and floor work. Abdominal and pelvic strengthening and muscle toning exercise are emphasized. Mon., Wed., Fri., 4-5 pm. Fee \$30 per month.

Smocked Clothes — Lynn Montgomery (655-4532). Learn the exquisite art of smocking while completing garments for your children. In three weeks you will practice basic stitches, more difficult geometric stitches, and picture smocking. Class meets 2 - 3 hours on weekday mornings. Fee: \$30. Additional materials required.

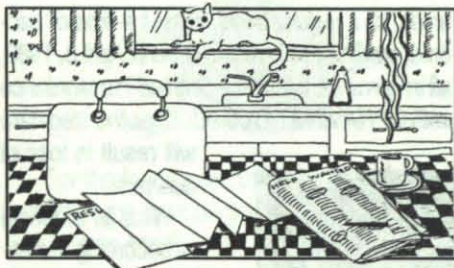
Ukrainian Egg Decorating — Martha Fallor (372-6320). All supplies needed to create beautifully designed eggs are provided in this two-session class. Each student completes one egg in class. Meets weekday evenings. Fee: \$20.

Tutoring

Elementary Grades & Sign Language — Susan Anderson (373-5407). Tutoring available in all elementary school subjects, and special education and sign language for deaf students. Fees vary.

Tutor — Irene Pollard (624-9137). Tutoring for children in reading and spelling using auditory, visual and kinesthetic phonics, and math. Children who need special help are also welcome. Fee: \$15/hr.

"WITHER THOU GOEST"



In sickness or health, for richer or poor, east coast to west coast, Iceland or Hawaii, one guarantee all military spouses have is that have assignment, will travel. "Times, they are a-changin'" and when it comes to the world of work "You've come a long way, Baby!" Both of these themes are growing in volume. Gone are the days when hubby was the only one "bringing home the bacon" and the spouse's job was to "fry it up in a pan!" Today, the work force, made up of married women, is bringing home 40% of the family's bacon.

Since it is now acknowledged that the "breadwinner" is as commonly the female as the male, what is the impact on the military relocating spouse?

Whatever the reason for relocation, the experience is likely to be trying for the family member who must break off their work commitment. Career planning and job hunting can be difficult for anyone, but for the military spouse, regardless of sex, special challenges await. Networks that were established and useful in locating potential employment are severed. Employers, wary of work histories of short-term employment periods, may respond negatively. For reasons such as these, the relocating spouse needs specific and precise information about career opportunities, current job vacancies, resume writing, military spouse preference, Form 171 preparation, and many other areas. These services are available to all family members at the Naval Postgraduate School. The Spouse Employment Assistance Program (SEAP) coordinator is located in the Family Service Center, room 039, in the basement of Herrmann Hall. Appointments can be made by calling 646-3141. Ask for Rose Anna D'Auria. You are the reason we're here!

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Number of Years to Accumulate Funds	One Lump Sum	Monthly Contributions
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15	315,259	2,890
20	214,546	1,698
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Family Home Care

You might wonder whether in-home care is for you. Ask yourself these questions. Do you love children? Do you enjoy working with children? Do you have the toys and materials for children to use? Are you willing to do more with children than just baby-sit? These are all questions that you must answer in the affirmative before you should even consider becoming a Family Home Care provider. If you decide to continue with in-home care, the FHC office will be available to help you complete the requirements as set forth by OPNAVINST 1700.9C.

As a FHC provider, you will receive the training required by OPNAVINST 1700.9C, insurance for your home care operation, command approval, and referrals to parents requiring your services. In-home care can provide a source for a second income without the necessity of leaving your own children with someone else.

The question is often asked, "Who needs to become certified?" The answer is simple. This program is not for adults or teenagers who provide intermittent babysitting on weekends/weekdays or for organizations such as La Mesa Women's Bible Studies. If you provide child care for more than 10 child care hours per child per

week, on a regular basis, either full-time or part-time, certification is required. As of April 3, 1989, all in-home care must be certified in accordance with OPNAVINST 1700.9C. Unauthorized care will result in loss of quarters.



BETH HEDGES PHOTO

What is involved in becoming a certified FHC provider? OPNAVINST 1700.9C requires 20 hours of initial training covering a wide variety of topics such as business practices, income taxes for in-home

providers, CPR, first aid and nutrition. Following the initial training, your quarters will be inspected by the FHC office, the fire department, safety and preventive medicine. Upon completion of these requirements, a certificate will be issued authorizing you to begin in-home care. The FHC office will verify any openings for children you might have and place this information in the referral system. The referral system will be available for parents who are seeking child care within our community.

If you are interested in providing in-home care services, or have any further questions, please contact Susan M. Anderson. The application packet may be picked up in the FHC office located in Herrmann Hall. The phone number for the FHC office is 646-2821.

Eagle's Eye Gallery

The month of March will provide an excellent opportunity for you to come in and get acquainted with our Eagle's Eye group of talented artists. We are featuring a special show highlighting the best works of our entire membership. Our group of artists work in a wide variety of media. You will find wonderful examples of watercolor, oil paintings, pastel, pen and ink, silkscreen, and mixed-media paintings. Subjects range from florals and still-lives to landscapes, local scenes, and portraits. We are always willing to take suggestions and special commissions. This show will begin March 1 and will remain through the month.

Last month we introduced you to one of our members, Dr. Philip Bleicher. Dr. Bleicher "discovered" art after retiring from a successful thirty year career in dentistry. He has developed a style of impressionistic realism in his watercolors based on classes in drawing and composition, color theory, life drawing, and landscape.

In April, the gallery features Susan Wilson, a New England native who has studied Fine Art at Yale, Florida Keys Community College, and Brevard Art Center. Her studies introduced her to varied media. Some of these include acrylic and watercolor painting, pastel drawing, and intaglio and linocut printing. She continues to experiment with all media. You will notice in her collection she most enjoys landscapes and interiors as her subject matter.

The entire membership welcomes you to visit our gallery located in the basement of Herrmann Hall behind the Museum. We are open Mon. - Fri., 11:30 a.m. to 3 p.m.

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Closet Woes?

For those of you who have arrived here and found your quarters too small for your possessions, there is a solution of sorts: nontemporary storage.

The emphasis is on nontemporary. The government will pick up and store for you items which you cannot fit into your quarters. Unless you have an addition to your family, lose your furnishings or move into different quarters, these items will not be returned to you until your next duty station, so make sure it's something you KNOW you don't need.

Anything that can be shipped by a mover can go into storage. Maternity clothes and baby items should be packed together and identified on the inventory in case they need to be pulled out early. Likewise, flight gear and professional books should also be identified should they need to be shipped separately later on.

For additional information, contact the Personal Property Office.

COLLEGE BOUND?



For the fourth year, the OSWC is awarding scholarships for undergraduate and postgraduate degree candidates. Because of the club's tremendous fundraising success, \$3,500.00 will be awarded this year to worthy applicants in full- or part-time programs. The applicants must be a dependent of military personnel attached to NPS. One scholarship must be awarded to an OSWC member or a dependent of a club member.

If you are interested, stop by the Family Service Center for an application. Applications must be received by April 15th.

Don't forget to apply for the USPA & IRA Educational Foundation Scholarship. \$1,000 will be awarded to a dependent child of a military member attached to NPS.

For more information, contact Kathy Koch at 655-4768, or Susan Anderson at 646-2821 (office) and 373-5407 (home).

Animal Regulations

According to Navy Regulations, residents of La Mesa Village are limited to only TWO PETS. Monterey City and County Ordinances also state that all dogs over the age of four months must be vaccinated against rabies, be licensed, and ARE NOT PERMITTED TO RUN AT LARGE. All shots must also be updated.

Persons being disturbed by animals that are not kept under restraint, are a public nuisance, or cause personal injury should contact Security Police and file a written complaint. Owners are also responsible for cleaning up their own yard and they are expected to remove any waste from public grounds on which their pets are exercised. Any questions concerning animal regulations should be directed to the housing office.

Pet adoption, routine animal care, and vaccinations are available through the Animal Disease and Prevention Control Facility in Fort Ord. For appointments or additional information, call 242-4994.

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ACADEMIC CALENDAR

Spring Quarter

Reporting Date
Monday, 25 Mar
Instruction Begins
Monday, 1 Apr
Reporting Date for Refresher
Monday, 6 May
Refresher Begins
Monday, 13 May
Memorial Day (Holiday)
Monday, 27 May
Final Examinations Begin
Monday, 17 June
Graduation
Thursday, 20 June
Summer Break
21 June - 7 July

Summer Quarter

Reporting Date
Monday, 1 July
Independence Day (Holiday)
Thursday, 4 July
Instruction Begins
Monday, 8 July
Reporting Date for Refresher
Monday, 12 Aug
Refresher Begins
Monday, 19 Aug
Labor Day (Holiday)
Monday, 2 Sept
Final Examinations Begin
Monday, 23 Sept
Graduation
Thursday, 26 Sept

Family Service Center Volunteer Program

by Lynn Ivey

There is no doubt about it, I live for Friday afternoons. On some days, I wish every day were Friday. Now that may not seem unusual—after all, we do live in that paradise of duty stations called Monterey, California. But it isn't the impending joy of another blissful weekend in Monterey that makes that day of the week so special. What I like most about Fridays are the hours between 1:00 and 3:30—my special time to escape my beige-walled quarters, my two very hyper children, and my brown grass. During those hours I escape to the always busy Family Service Center in Herrmann Hall.

After a year out of the "real world," the birth of our second child, and hundreds of hours of Sesame Street and Mr. Rogers reruns, I found myself desperate for adult conversations and interaction. While being a Mommy is challenging, wonderful, and exhausting, it can also turn your mind to mush and totally rust those adult social skills that you took so long to cultivate. Besides, one day I hope to turn in my formula and fingerpaint-stained T-shirts and battle-worn Reeboks for those power suits and high heels that are molding in my closet. While the typing skills I've learned while doing my husband's papers, the budget genius I've cultivated in making a dollar stretch in Monterey, and the 1001 ways to entertain a cranky toddler and his equally grumpy baby brother are all wonderful skills to have—they just don't translate well into a resume.


Through the Family Service Center, I found a way to put a wide range of skills to work while gaining back a lot of the self-confidence that is so easily lost when you're a homemaker. The Volunteer Program is extensive and works not only with NPS families, but also coordinates with the entire military and civilian communities of Monterey County. Currently, we are trying to staff a number of positions created by Desert Storm as well as many ongoing projects.

Volunteering fills a wide variety of needs in each person who becomes involved. For some, it provides a transition to the workforce or a way to learn new skills—or brush up on old ones. Others, like me, volunteer in order to do something special for themselves as well as those we help. Anyone can volunteer. We have positions available for everyone with a strong desire to share their special talents and skills with others. For whatever reason, don't put off getting involved. You will be very glad you did!!

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The La Mesa Youth Center

The La Mesa Youth Center is located in the La Mesa Housing Area off of Farragut Road, diagonally across from the Housing Office. The Youth Center offers Youth and Teen Recreational Drop-in programs, provides full-day youth camps during summer and school vacation breaks, and helps administer two youth sports programs.

Youth Recreation Drop-in hours are 1300-1700 Monday - Friday and from 0745 - 1630 on school holidays which are not federal holidays. The drop-in program provides youth with a wide variety of self-directed, free-choice activities which include pool, Nintendo, Foosball, ping pong, arts and crafts, movies, and special events. Membership fees for youth are \$5.00 per month and children from five to eleven are encouraged to become members.

Teen Recreation Drop-in hours are 1700 - 2200 on Friday and Saturday nights. Pool, Nintendo, ping pong, Foosball, arts and crafts, movies, and field trips are among the free choice activities available to teens. Monthly registration fees are \$1.00.

Information about youth sports (soccer and baseball) is available at the Youth Center. T-Ball and Minor League seasons begin in April and registration and tryouts will be held on April 5, 1991, from 1500 - 1800 and on April 6, 1991, at 0900. Tryouts will be held at the ball fields behind La Mesa Elementary School.

Children from the La Mesa Housing area are eligible to participate in a track and field event in the CPRS District IV Youth Fitness Program in May. Further information about this event and summer camp and playground programs will be available in the May issue of the Classmate. If you have any questions, suggestions, or ideas concerning youth programs please contact the Youth Center at 646-2127.

Attention! Attention!

Volunteers with bi-lingual skills needed at the Family Service Center for new, unique program. Contact Rose Anna D'Auria at 646-3141.

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Chapels at NPS

Christ the King Chapel

The Chapel family of Christ The King Chapel welcomes you to the Naval Postgraduate School. We hope your stay here will prove to be one of the most exciting, challenging, and spiritually enhancing tours in your military career. The pastoral staff is excited about your being here and for the opportunity to be of service to you and your loved ones.

The Protestant Chapel family is a very warm and friendly congregation. We invite you to join and to participate in the ministry of this family. Christ The King Chapel has a place for all: singles, married, children, youth, and adults. We provide numerous opportunities for you to worship, serve and grow in knowledge of God's word.

Sunday Morning Worship is at 9:30 and 11a.m. Child care is provided free of charge at the NPS Child Development Center. The Chapel is located between the Quarterdeck and the Ballroom in Herrmann Hall. Sunday School for children and adults meets at 9:30am, children in Ingersoll Hall and adults in Herrmann Hall. If you like to sing, consider becoming a member of one of our several choirs. We fea-

ture traditional, contemporary, and gospel music.

The Prayer Breakfast Fellowship which meets every Wednesday in the El Prado Room of Herrmann Hall, is an excellent prayer support group. You will be tremendously blessed by the testimonies and messages presented by your fellow students.

The two Protestant Chaplains, chaplains Jayne and Gilbert, conduct Bible Studies and offer individualized Bible Studies.

Come and join your classmates, friends, and neighbors in a chapel program that is designed for your interest and spiritual growth. Come and contribute your time and talents for the glory of God in the NPS community. We look forward to meeting and fellowshiping with you. Chaplains' office telephone: 646-2241.

Muslim Services

Muslim services are held every Friday at 1 p.m. in the East Wing of Herrmann Hall in Room E517. Imam's name is Mohammad Bari. For information, call (804) 755-2871 or DRMEC 646-2104. All are invited to join.

St. Thomas Aquinas Chapel

Life is like a pie. Each of us have frequent opportunities to sample a slice. In fact, we can eat the whole thing if we care to. Sadly, many of us skip a slice or two; we play "pretend" and act as if those pieces don't exist.

The different slices of the pie of life have different names. For example, social life, with its parties at home, restaurant dining and get-togethers with friends, all making up our social scene. Recreational activities would be another slice, with its running, jogging, tennis, boating, racquetball playing, weight lifting—I'm too exhausted to go on! Of course, here at NPS there is a large slice of life called academic with lectures, tests, papers and endless fun hours in the library and at the computer.

Hopefully there is also a cultural slice of life with relaxed reading, movies, theater, music and even dance; there is lots to do on the Monterey Peninsula—just grab one of those free papers for ideas. Then, of course, there is a family quality time; this "flavor" can really permeate several slices of the pie of life. It's that special something that makes whatever you do better because you're doing it with loved ones.

Now, there is another slice of the pie of life that I think often gets overlooked. It's the God slice. Here we have a family prayer at meals or at other times, Bible reading, sometimes out loud for the entire family to hear and enjoy, worship services at the worshipping community of your choice, and lastly, an acknowledgement of the Deity in all we think, say and do.

Father William J. Darcy, the Catholic Chaplain and Pastor, extends a warm invitation to you to discover the importance of worship in your life. He invites you to share in the celebration of Mass and to participate in other sacramental and devotional activities.

Mass Schedule:

Sundays 9 (Sung Mass) and 11 am daily
12:15pm Holy Days: 12:15 and 5:15 pm (Sung Mass).

Confessions:

Sundays 8:30-8:55 am, Holy Days 11:45 am-12:10 pm, 4:45-5:10 pm. Penance Services: Advent and Lent.

Free Child Care is provided during Sunday and Holy Day Masses. Cry Room available at the Chapel.

The St. Thomas Aquinas Chapel is located at NPS, behind Herrmann Hall, next to the NEX Bookstore. Chaplains Office: 646-2411/2242.

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Jewish Chapel

Chapel information for Jewish believers is as follows: Every Friday evening from 8:15 - 9:15 pm a Worship service is held in the Jewish Chapel at Fort Ord (Bldg. 1885), located on 5th Street between 1st and 2nd Avenues. The service is followed by a time of fellowship.

For further information, please contact Chaplain William A. Greenebaum, III, at 242-5310.

La Mesa Women's Bible Studies

The La Mesa Women's Bible Studies have returned to Thursday mornings. These studies, presented by the NPS Christ the King Chapel, are available to anyone. Study locations will be coordinated through the leaders, and will be held each Thursday morning from 9:45-11:15 a.m. Child care will be provided. The cost is \$2.00 per child with a maximum of \$6.00 charge per family each week. Contact Molly Baker at 375-9198 for registration. A Good News Club program is planned for children starting at age 3 1/2 to 4 1/2. Drop-off time begins at 9:30 a.m., and children should be picked up by 11:30 a.m.

The first session begins on February 7 and runs through March 14. The second session of Bible studies will begin with a brunch on March 21, at 10:00 a.m. Registration and information on the studies to be offered will be available. Studies will actually start on Thursday, April 4 and continue through June 6. The third session of Bible studies will begin on June 13, for registration and coffee. The studies will actually start on July 11.

Anyone interested in participating in these studies, may contact Annaliesa Lundblad (373-1419) or Susie Thompson (372-8617).

Officers Christian Fellowship

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- For general information concerning OCF in the area, call Mike West at 375-8292 or call any of the study leaders below:

Ben Larson/Steve Kessner 655-1995

Mike Foley 375-6415

Laird Hepburn 372-2118

Jim Loeblein/Jamie Vandiver 649-6448

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A Salute to the Red Cross

The American Red Cross is an international organization with more than 3000 chapters and stations worldwide. Its services are carried out by well over a million staff and volunteers. March is known as Red Cross Month and is a good time to commemorate the individuals who have made the Red Cross what it is today.

In 1859, a Swiss banker named Henry Dunant watched as the troops of Napoleon III of France fought with the soldiers of Victor Emmanuel of Sardinia for a united Italy. In the end, 40,000 men lay dead, dying, or wounded on the battlefield, and Dunant tended to them with compassion.

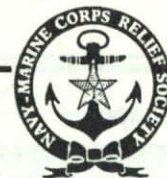
Moved by the pain and suffering he witnessed, Dunant proposed the revolutionary idea of forming "relief societies for the purpose of having care given to the wounded in wartime by zealous, devoted, and thoroughly competent volunteers." This led to the birth in 1863 of the International Conference of the Red Cross.

Meanwhile, in America, Union and Confederate troops were engaged in battle. A woman named Clara Barton felt drawn to minister to the wounded in the same way Dunant had. She had heard of Dunant's ideas and his efforts to

form a relief society in Europe. Realizing all too well the need for a similar organization in the U.S., Barton worked for the establishment of a national Red Cross society. On May 21, 1881, Barton founded the American Association of the Red Cross. In 1943, sixty-two years later, President Franklin D. Roosevelt proclaimed March as Red Cross Month, making it an annual event.

From its establishment, the American Red Cross commenced providing important relief work to civilians and military, as well as first aid and water safety programs. Today, the Red Cross continues its mission by responding to the Persian Gulf Crisis. As of February 1, 1991, 67 Red Cross personnel are on the ground and over 75,000 messages have been relayed to service members participating in Operation Desert Storm.

As the Red Cross has grown, so has the need for volunteers; they are the very foundation of the organization. As Henry Dunant and Clara Barton clearly demonstrated, the efforts of a single individual can go a long way. To find out more about the Red Cross or how you can volunteer, contact the Red Cross office at 242-7801.



by Jennifer Church

As I write this, our nation is in the midst of a terrible and terrifying war in the Middle East. The ramifications and possible consequences of this conflict are mind-boggling, and I fervently hope that by the time you read this, peace has been regained and we have not buried any more of our countrymen and women.

In all of the preparations for war, it has been impressed upon me how important readiness is. We must be ready for the land battle, we must be ready to accept the deaths of our comrades, we must be prepared to face the consequences if our enemies do not accede to our demands. Too many of us, I suppose, if you are at all like I am, never consider readiness—we do not prepare for life, we just take it as it comes. This is usually a passable strategy...as long as nothing goes wrong or upsets our domestic applecart. In times of crisis like this, though, we must be mindful of just how precarious that applecart is. In the budget counseling we do at Navy Relief, we all too often see a careful budget destroyed by an unexpected event, like a death in the family or an expensive auto repair, if the family has not prepared by having a regular, monthly savings plan.

There are many things you can do to "expect the unexpected." First, sit down with your spouse (with input from the children, if they are old enough), and prepare a realistic budget. We can show you how at Navy Relief. Second, put something into savings every payday, and save these funds for emergencies. This is not the account to dip into for a new dress! Third, set up a 'D' allotment, which will take care of basic expenses in the event of a sudden deployment. Of course, none of us wants to think this will happen but we should all prepare for it. Fourth, and perhaps most important, enjoy your life and your time as a family. Take time to be joyful, and to smile inside and out at the antics of your spouse and children. Fly kites, blow soap bubbles, run a sack race. I'm sure that our service members in the Gulf are reflecting upon times like those as they lie awake in the desert stillness.

If you would like to give of your time and talents to assist other service families, please consider volunteering at Navy-Marine Corps Relief. We are open MWF 1000-1300, and can be reached at 373-7665.

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International Neighbors

by Regina P. Galvin

[Editor's Note: This month Regina Galvin brings a different perspective to her International Neighbor column. Normally, Regina strives to create a better understanding of international families by reporting on their everyday lives. Regina found that after her initial interview with Major Al Amro, her personal concerns for him and his family outweighed any journalistic desire for a story on Saudi culture. Her personal account follows.]

Until several months ago, Riyadh, Saudi Arabia was a place many Americans had never heard of. Suddenly, via satellite and massive media coverage, the capital of the Saudi Kingdom has become a familiar place name. As a result of the news of SCUD missile attacks, Patriot missile interceptions, and live interviews from the front, the war has become personalized.

Many of us find ourselves glued to Cable News Network coverage. The CNN reporters have become our link to the Gulf. We find ourselves establishing a personal relationship with Bernie Shaw, Bobbie Batista, Wolfe Blitzer, and Charles Jaco.

For others here at the Naval Postgraduate School the War in the Gulf became personal long before the news anchors' names became familiar. Constantly remembered in prayer are their family members and friends serving in Operation Desert Storm.

For the most part, the closest most of us here will get to the fighting will be through the television coverage. However, this is not the case for everyone.

Following the March graduation ceremonies, Maj. Al Amro, his wife, and five children will be returning to Riyadh, Saudi Arabia, their home.

On January 7th, I interviewed Maj. Al Amro for a Classmate article. A lot has happened since then. When we met for our interview, Maj. Al Amro was awaiting news of a birth. Two days later his wife gave birth to twin daughters, Lowjen and Lemi. Two weeks later his country was at war.

As I reviewed the article I had prepared for this piece I was reminded that timing is everything. Our world has changed so much since January 16th. What would have been an interesting family story somehow just doesn't seem appropriate under the circumstances.

After the war began, I called Maj. Al Amro to check on his family. He informed me that only an hour earlier he had been talking to his family in Saudi. He reported that they were safe and relieved because they hadn't had any SCUD attacks in two days. One hour after my

phone conversation with Maj. Al Amro I turned on the television, CNN was reporting that Riyadh was under a missile attack.

With respect to Maj. Al Amro and his family, I will use this space to congratulate him on his completion of studies and to wish him and his family safety from harm's way.

The war affects each of us differently. My one hour conversation with Maj. Al Amro has added a new dimension



Maj. Al Amro

to my perceptions that no CNN report ever could have.

Maj. Al Amro, good-bye and good luck. My prayers for peace go with you and your family.

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A Navy Grand Dame

by Faye E. White

Early in 1909, as the country prepared to bid farewell to President Theodore Roosevelt, it witnessed perhaps one of his greatest accomplishments as well as one of the greatest feats in U.S. Naval history—the return of the Great White Fleet. No world power had ever attempted to send steam-powered ships around the world to this date, yet ours included sixteen ships, traveling 43,000 miles in nineteen months. Although a tremendous success, the U.S. Navy realized that because their officers were indeed international ambassadors, they needed special training and education beyond a bachelor's degree level.

Four months later, in June 1909, the Secretary of the Navy signed a General Order establishing a "School of Marine Engineering." Its first modest quarters included two attic rooms in a Naval Academy building in Annapolis. In 1912, when it was renamed the Postgraduate Department of the Naval Academy, curricular offerings were expanded to include radio telegraphy, ordnance and gunnery, electrical engineering, naval construction, and civil engineering.

The movement of the school's history parallels the world at war. In 1919, while the world recovered from the primarily land and sea battles of World War I, the name Naval Postgraduate School came into use and the school expanded its programs to include aeronautical and aerological engineering departments.

During World War II, the United States found itself in a massive air war. As the demand for pilots grew, the Navy began requisitioning hotels as pre-flight training schools. Because they needed a facility in an area with a temperate climate year round, Monterey, California was a good choice. In 1942, the Navy acquired the Del Monte Hotel and in February of 1943, 250 pre-flight cadets reported aboard. Classes were originally held in Powers Hall, the building which now houses the bookstore and Catholic Chapel.



Lieutenant Edward F. Leonard, USN son of Mr. and Mrs. B.L. Leonard, receives the Distinguished Flying Cross from Captain Frank T. Watkins, USN, Commanding Officer of the U.S. Naval School, general line at Monterey, California. Lieutenant Leonard, a former student at the Naval School, received the Navy's highest flying award for outstanding and meritorious achievement as command pilot of a privateer patrol bomber operating from Iwo Jima, Tinian and Palawan against Japanese shipping from February to June 1945.

A total of 4,750 cadets were graduated from the school during its eleven months of operation. A wooden tower and two hangars at the Monterey Airport are all that is left of the school's auxiliary air station. (Well, that and the memory of a football team, the Navyators, ranked eighth nationally in the AP poll!)

As the events of our country's history affected the development of our armed forces, so too did they influence commercial enterprises. While the Naval Postgraduate School can credit the Great White Fleet for its origins, the Del Monte Hotel had the completion of the transcontinental railroad to thank. Four California "rail barons," Leland Stanford, Charles Crocker, Mark Hopkins, and Collis Huntington, were made famous and wealthy by their role in the railroad. They formed the Pacific Improvement Company which purchased 7,000 acres on the Peninsula and began building the grand hotel.

Completed in just 100 days at a cost of \$1,000,000, the hotel opened on June 3, 1880. The original picturesque structure was modeled after great hotels in Europe

and was advertised worldwide. "The Riviera of America" one advertisement read, it boasted hot and cold running water and a telephone in every room! Heads of State, European Royalty, and Hollywood movie stars were all guests of the Del Monte Hotel.

The current structure is the third hotel, as the first two original buildings were lost to fire, one in 1887 and another in 1924. The wings and some back portions of the main building remained useable, but the current Del Monte was rebuilt in a Mediterranean style and reopened in 1926.

Despite the setback of the 1924 fire, the Del Monte Hotel thrived during the "roaring '20s." Its opulence and glamour reflected the attitude and desire of the country's elite. But after the Stock Market crash of 1929, the hotel never again turned a profit. The Great Depression changed America's lifestyle and the "Del Monte habit" was no longer realistic. After the onset of World War II, the hotel was leased to the U.S. Government for

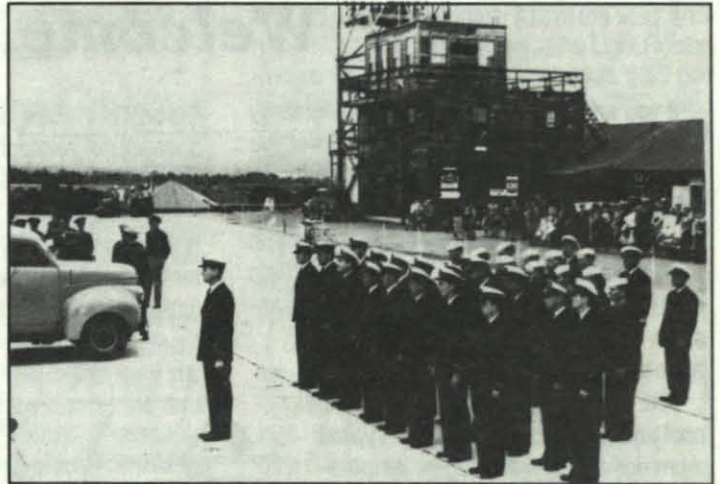
the preflight training center. In 1944, when the center was closed, the Navy continued to occupy the Del Monte for use as Class A schools, training electronic technicians and radiomen. They also continued to maintain the Naval Auxiliary Air Station. But the Del Monte never was used again as a commercial enterprise.

In 1947, Congress passed legislation authorizing funds to relocate the Naval Postgraduate School. The Navy then purchased the hotel and surrounding 627 acres for approximately \$2.5 million and in December 1951, moved the Postgraduate School from its Annapolis home to the Del Monte grounds. Admiral Ernest E. Herrmann was superintendent of the school during the move and helped to expedite Congressional legislation, as well as buffer hostile attitudes from the Annapolis business community. The move included 500 families and 3,000,000 pounds of equipment.

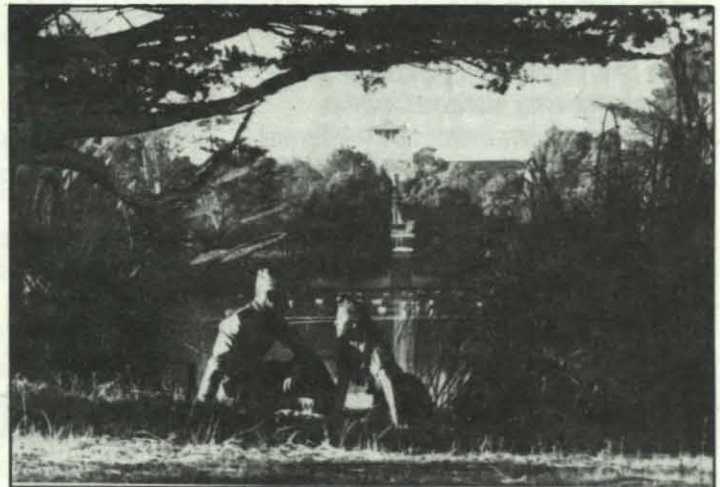
In 1952, following the death of Admiral Herrmann, the Del Monte Hotel was renamed Herrmann Hall. It has continued to house the general business offices and dining halls for the school, while classrooms were slowly moved to other campus buildings as they were built in the mid-1950s.

In his book on the history of Monterey, *More Than Memories*, Randall A. Reinstedt may have summed up the relationship between the Naval Postgraduate School and the Del Monte Hotel best when he said, "With its reputation for traveling first class, the Navy felt right at home in the elegant structure."

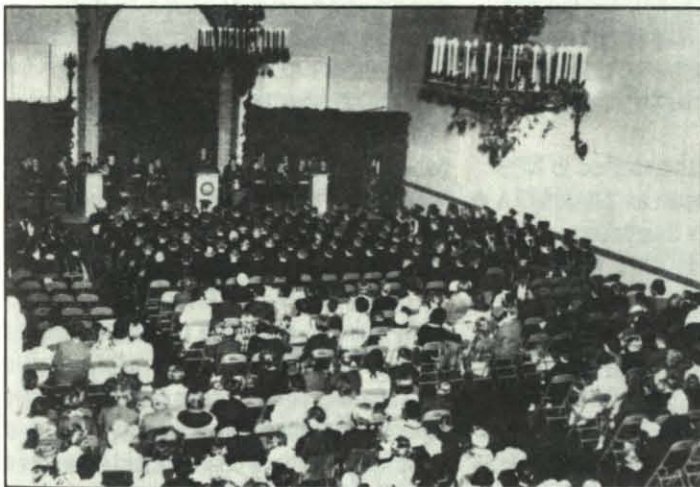
[Note: The writer wishes to thank John Sanders, Deputy Public Affairs Officer of the Postgraduate School, for giving his valuable time and sharing his research, knowledge and enthusiasm for the school's history.]



Captain H.F. MacComsey, USN Commanding Officer of the U.S. Naval Air Station, Oakland, California, reads commissioning orders to the Naval Reserve Aviation Volunteer Unit # 4 at ceremonies at the U.S. Naval Auxiliary Air Station at Monterey.



An officer student of the U.S. Naval School, general line, Monterey, California and his wife relax on the banks of a picturesque pond on the former Hotel Del Monte grounds. In the rear is shown the administration building of the Naval School.



Graduation exercises from within the Barbara McNitt Ballroom. Date unknown: most likely in the early 1950's, shortly after the move of the Naval Postgraduate School to Monterey.

The U.S. Naval Postgraduate School at Monterey

Welcome to Monterey

If you are planning a move to the Monterey Peninsula you probably have read whatever you could get your hands on about the area and its military installations. As a veteran of six long-distance moves to unfamiliar areas I know that even the most well-planned welcome packets leave out helpful hints that could make the transition easier. So here are a few tips I hope will be of use to you.

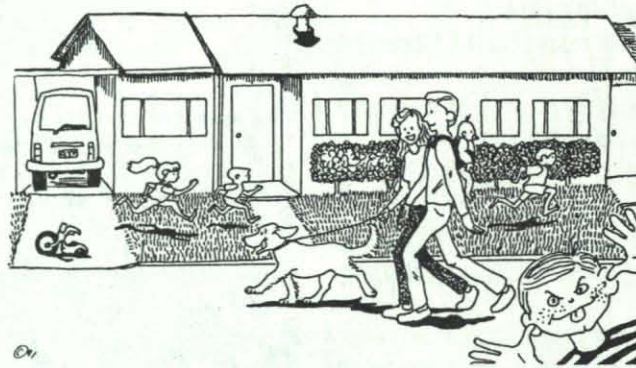
THE AREA: There are two seasons; cool and wet, and cool and dry. Typical mornings are cool and foggy, temperatures in the 50's. Late morning and early afternoon usually bring sunshine and temperatures in the 60's and 70's. Clouds and cool air return in the evening. You will need sweaters and light jackets summer and winter.

Unless you are into wet suits and scuba gear, forget swimming in the bay or ocean. The water is too cold and has treacherous currents. Heated pools are available.

For fresh fruit and vegetable lovers, we have

the best of the best here. Produce markets have a wonderful selection and reasonable prices to fit any taste and budget.

SHOPAHOLICS: Lots of interesting shops but they are generally expensive. Some Classmate advertisers offer discounts, and most are familiar with the needs of military families. There



is a small shopping center in Monterey (two department stores and shops), but the only large shopping mall is in Salinas, 30 minutes away. There is a large exchange at Fort Ord, and two small exchanges at the Navy school and Presidio.

HOUSING: Most families assigned to NPS live in the housing area known as "La Mesa." A few families rent homes or apartments for the whole tour, many more do while waiting for housing. Rents are about \$800 a month for a decent two bedroom apartment, \$1000-\$2000 for a house. If you know you will need to rent before housing is available, consider finding a temporary home for your pet. Many landlords will now allow them, and this will limit your choices considerably. For a list of rentals allowing pets, contact the SPCA.

Another concern may be how to finance all the deposits. One month's security, cleaning deposits and the first month's rent are usually required when signing a lease. In addition, phone and utility companies have connection charges. Planning ahead is essential.

Buying a house is not practical for most families, due to the high cost of local real estate, and the short tour here.

It is possible to get along with one car. NPS is a short bike ride from La Mesa. In addition, there is a shuttle bus available.

Keep your carpets and curtains. Only some units in La Mesa have curtains, none have carpeting. Items you find you don't need you can put into permanent storage or sell at the La Mesa Bargain Fair held each quarter. The Bargain Fair is also a good place to pick up items you need at very reasonable prices.

You will need your gardening tools and a lawnmower. The housing office does have some lawnmowers but trust me, bring your own. The only furniture available from housing are desks and bookcases, the latter having a waiting list. Items such as paint, grass seed, fertilizer and spreaders are available at Self-Help. This office is next to housing, and the hours are from 1-3 p.m. Tuesday through Thursday.

If you have children I recommend the Babysitting Co-op. The few teenagers that are around seem to be always busy,

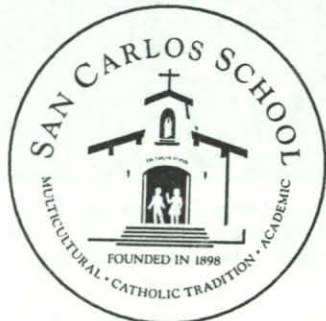
and you can feel more confident when another mom is watching your children. Preschools often have waiting lists, especially for two year-olds at the Annex. (Summer program.)

Many spouses find jobs here, and it seems that the rest are either taking classes, having babies, or both. There is never a lack of things to do. One of the best ways to meet people, get involved, and gain valuable experience all at the same time is to join The Classmate staff.

The speed limit in La Mesa is 15 mph, which in my opinion, is still too fast. Small children abound, as well as the larger variety found on skateboards, bikes, scooters, and roller-skates. Unfortunately, many drivers seem oblivious to these facts and have been clocked in excess of 40 mph. In order to prevent a tragedy we must all follow these rules: Drive with extreme caution, never faster than 15 mph. Do not allow children to play even on the quietest streets.

I would like to close this on a positive note, as La Mesa and Monterey are truly wonderful places to live and bring up children. Adult and youth activities are numerous, the area is beautiful, the weather fine. There are no field or sea duties and neighbors are friendly and ever helpful. The students work hard, and their spouses are busy, but when you leave it will be with fond memories, strengthened relationships, and with a feeling of satisfaction of a mission accomplished.

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Your Temporary Home

by Tina Brock

moving to Peninsula commands with PCS orders, 30 days in advance for those on temporary duty and also for those moving out of the area on PCS orders. Guest quarters are also available to personnel on leave and retirees on a space available basis.

There is a limit to the number of days that you may stay in guest quarters, however. Those coming into the area on PCS orders may stay for a total of 30 days. Those leaving the area may only stay for 7 days. Military personnel on TDY orders may stay for the duration of their orders. If you won't be able to move into housing for a couple of months, you will have to make other plans.

On-post at Ft. Ord, there are 155 VOQ units with private bath, 31 VEQ units with community baths, 39 self-contained cottages, 30 hotel-style rooms with baths and kitchenettes (two with handicapped access) at the Light Fighter Lodge, five Distinguished Visitors' Quarters (for O-6 and above) and 84 barracks-style sleeping rooms with shared kitchens and baths. In addition, three cottages and 90 VOQ units are available at the Presidio of Monterey.

You've just spent the last two weeks driving across country, listening to the kids fight in the backseat, eating at McDonald's, and watching mile after endless mile of desert go by. You finally arrive in beautiful Monterey and all you want to do is kick back and relax for a day. Then the shock sets in. You'll have to sell your first-born just to be able to afford a hotel. Who ya gonna call?

Military personnel moving in and out of the Monterey area can take advantage of the guest quarters at Ft. Ord. Just a short drive up U.S. 1 from NPS, Ft. Ord offers a variety of low cost guest quarters, from Visiting Officer Quarters (and Visiting Enlisted Quarters) for singles to barracks-style sleeping rooms with community baths and kitchens to fully self-contained apartments and cottages for families. All units are fully furnished and feature limited maid service.

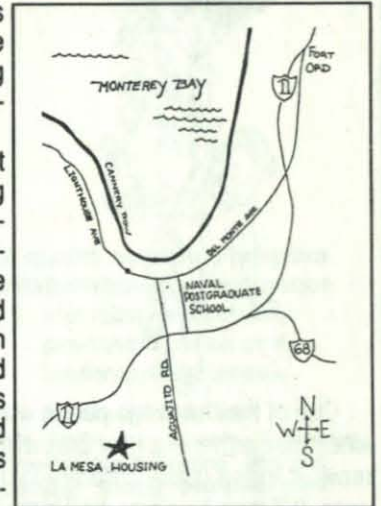
Reservations for guest quarters may be made up to 60 days in advance for members

Daily rates for those traveling on orders and on TDY are approximately \$12 at the VEQ; \$15 at the VOQ; \$16.50 per room at the Light Fighter Lodge; \$4 per sponsor, \$1 per adult, \$.50 per child for sleeping rooms; and \$20 for DVQ units. The prices on these units are being reviewed this month and may be changed. Please verify prices before making reservations.

Guest housing furnishings include bed linen and towels and kitchens are adequately

outfitted for cooking and eating.

For more information or to make reservations, call the Ft. Ord Guest Housing Office at Autovon 929-3181, or commercial at (408) 242-3181 or (408) 394-8103.



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Child Care and Preschools Offered at Local Installations

by Diane Cameron
Revised by Tina Brock



One of the first things people worry about when they arrive in a new area after a PCS move is finding quality childcare for their little ones. Will there be a preschool in the area that will provide their children with a good head start in their education?

Here in Monterey, the Navy Child Development Center offers both full-time and hourly childcare. Military-sponsored preschools in the

Monterey area accept children ages three through five, provided that they are toilet trained and that the five year olds are not yet attending kindergarten.

The Navy Child Development Center facilities are sponsored by the Naval Postgraduate School Recreation Department. The NPS Child Development Center and the NPS Preschool are located in building #238 near the gymnasium, on the school grounds. The NPS Child Development Center-Annex is located at the Community Center (Bldg. #58, next to the store) in La Mesa. The Navy Preschool Annex is in Building #25 at the NPS Annex on Airport Road, next to the Fleet Numerical and Oceanographic Center.

Parents who are Department of Defense employees, both military and civilian, as well as other NPS students and NPS faculty, are welcome to utilize these facilities.

The NPS Child Development Center provides both full-time and hourly child care for children starting at six weeks old up to and in-

cluding age 10. Children ages two through 10, in need of hourly care, can attend the NPS Child Development Center-Annex in La Mesa provided that they are toilet trained.

To keep things simple, the La Mesa facility does not offer hot lunches, nap times, or diaper changing services. However, they do provide a full range of activities, a light snack, and you may bring sack lunches for your children.

You will need to fill out a Personal Data Card and bring a current immunization record for each child (even if you just use the Child Care Center on Sunday while you are at church). This card includes information on where you and your spouse can be located, as well as the name and number of a friend or neighbor who can be called if neither you nor your spouse can be reached. The center is not equipped or staffed to care for handicapped children, so if special needs exist, please consult Mrs. Mull, the director, before making reservations.

You must make reservations for hourly childcare at the NPS Child Development Center or the NPS Child Development Center-Annex a week in advance by calling 646-2734 weekdays between 7:30 a.m. and 5:00 p.m. Reservations will be taken starting on Mondays, for the following week, and will be held for 30 minutes after the appointed time. Cancellations are required, and walk-ins are not accepted. Space is limited, so plan ahead!

How to make reservations for full-time childcare varies according to your status. Parents who are active duty military personnel assigned to NPS will be given first priority in the assignment of full-time childcare. Once your children are accepted for full-time care, you are assured of this care for the remainder of your tour. Anyone else wanting full-time childcare will get it provided that there is space available.

Hours of Operation

NPS Child Development Center:
Mon. - Thurs.: 7:30 a.m. - 5:30 p.m.
Fri.: 7:30 a.m. - 12:15 a.m. Sat.
Sat.: 6 p.m - 12:15 a.m. Sun.
Sun.: As arranged by the chaplains.

NPS Child Development Center-Annex in La Mesa:

Mon. - Fri.: 8:45 a.m. - 1 p.m.

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Fees and charges for hourly childcare are \$1.75 per hour for each child. Friday and Saturday evening hourly costs are \$2.50 per hour each child.

Meals cost \$2.00, snacks are \$.50, and there is a \$.50 charge for feeding babies who come in with their own food. (Baby food should arrive in unopened jars, and all bottles and jars must be labeled and dated.)

Fees and charges for full-time care depend on total family income from the previous year. You should bring a tax form from the previous year. Full-time child care fees include the cost of one meal and two snacks daily.

A penalty charge of \$1 per child for every five minutes beyond scheduled closing time will be levied, and there are no exceptions!

A nap or rest time is observed at the NPS Child Development Center for all children between 1 and 2 p.m., and parents cannot drop off or pick up their children during this hour. Please bring your children in play clothes, and provide proper outdoor gear for children aged 18 months and older, as they will be able to go outside to play, weather permitting.

If you are dropping your children off for the evening, they must arrive by 7 p.m. It is also recommended that children arrive dressed for bed, with adequate outer clothing.

PRESCHOOLS

The purpose of these programs is to meet the needs of the child during the preschool years. This includes their physical, emotional, social, and intellectual growth and development. This will be accomplished through educational games, arts and crafts, stories and music. Sessions provide the children with time to learn and play on their own, as well as in more structured settings.

The NPS Preschool offers both morning and afternoon classes for children ages three through five. Three year olds attend sessions on Tuesdays and Thursdays. Four and five year olds can attend on Mondays, Wednesdays, and Fridays, or five days a week. All sessions run for two and a half hours, and a snack is provided. There are never more than 12 children in a class, and children must be toilet trained to attend.

Winter classes run from September through mid-June, and the summer program runs in July and August. Contact Mrs. Mull, the director, at 646-2734 if you wish to enroll your child. The morning sessions run from 9:30 a.m. to 12 p.m.

and the afternoon sessions run from 1 p.m. to 3:30 p.m.

Fees and charges for three year olds are \$55 a month; for four and five year olds it is \$77 a month for three days a week, \$110 a month for five days a week. Payments are due in advance, and no refunds will be made for absences due to illness or family vacations. Please notify Mrs. Mull two weeks before you intend to withdraw your child from this program. Children can be transferred to childcare and lunch for a \$2.00 charge, if reservations are made in advance. Once in childcare, the hourly rates for childcare will apply.

The Navy Preschool Annex also offers morning and afternoon classes for children ages three through five. All sessions run for two and a half hours, and a snack is provided. Children must be toilet trained. Children ages three through five can attend classes two or three days a week in the mornings or afternoons. An alternative for four and five year olds is to have them attend five days a week.

Parent participation is encouraged, and a Parent Advisory Council is elected each year. Mrs. Vernes Fowler feels that the parents' involvement and their strong support add to the success of this program.

Winter classes run from August through mid-June. New students will be accepted as vacancies come open, usually at NPS end-of-quarter breaks. Please contact Mrs. Fowler at 646-3487 to place your child on their waiting list.

As an added benefit, they also offer a program for two year olds during their summer session, and this provides them with an excellent introduction to preschool. Please contact Mrs. Fowler for more information.

The preschool programs run from 9 a.m. to 11:30 a.m. for the morning sessions, and 12:30 p.m. to 3 p.m. for the afternoon sessions. Fees and charges are \$55 a month for two days a week; \$77 a month for three days a week; and \$110 a month for five days a week.

There is a \$25 registration fee per child. Payments are due in advance, and no refunds will be made for absences due to illness or family vacations. Please notify Mrs. Fowler two weeks before you intend to withdraw your child from this program.

Finally, there is one more childcare alternative: check the bulletin boards at the La Mesa housing office, and the La Mesa store for names of those mothers who offer childcare and play groups in their homes in La Mesa

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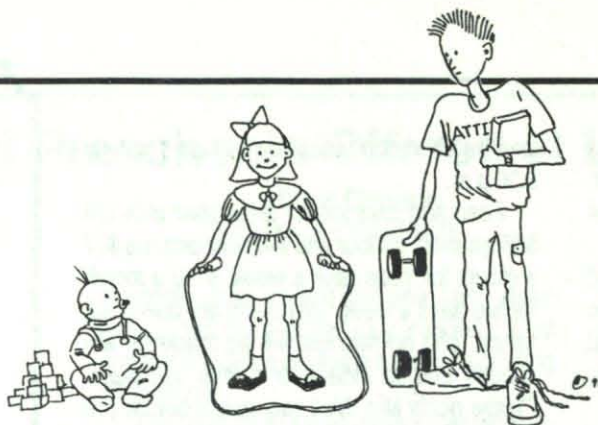
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Schools That Serve La Mesa

by Tina Brock

Moving to a new area is hard on the family, but it's even tougher when you have children who are school age. Where will my children go to school? What do I need to enroll my child? Hopefully they won't be behind their class.

The staffs of the area school system are familiar with the special needs and concerns of the military family, and are able to help with the transition. Residents of La Mesa attend La Mesa Elementary School, Colton Middle School, and Monterey High School.

To enroll your child in La Mesa Elementary School, you simply go to the office and fill out the necessary forms. You **MUST** also bring the child's shot record.

Class times at La Mesa Elementary School vary according to grades:

Kindergarten

Early Birds: 8:05 am - 11:25 am

Late Birds: 9:05 am - 1:05 pm

Grades 1-3

Early Birds: 8:05 am - 1:05 pm

Late Birds: 9:10 am - 2:15 pm

Grades 4/5

8:05 am - 2:15 pm

Because so many of the families are associated with NPS, an effort has been made to match schedules. Holidays and breaks remaining in this academic year include:

Spring Break

April 1-5

Memorial Day

May 27

Last day of school

June 14

Girl Scouts in La Mesa

In my fourteen years as a girl scout, I have never seen such a wide interest in scouting. In Monterey there are over two hundred girls enrolled. It is quite evident during the cookie season that over half of these girls live in La Mesa. Being a girl scout helps a girl learn much about herself. During the year she explores new places, learns new skills, and, in general, she becomes a more well-rounded person.

Scouting is all about GIRLS ranging in age from 6 - 18 years.
It helps them develop INTERESTS,
learn RESPONSIBILITIES,
and LEARN about themselves and others.

SCOUTING, also provides opportunities
to discover: CAMPING,
the OUTDOORS,
UNDERSTANDING other cultures,
hidden TALENTS,
and SEEING new places around Monterey Bay.

Girl Scouting provides many opportunities for girls and adults. We are always looking for girls and adults to join. At this time there are many openings for adult volunteers and troops open for girls. If you are interested, please call Kelly Gallagher at 373-6294, or the Girl Scout Council at 372-8048.

Students in grades 6-8 attend Colton Middle School. To enroll, you need to bring the student's current shot record and standardized test scores from the previous school. If you cannot bring in the student's standardized test scores, placement tests are given. Classes are from 8:45 am - 3:25 pm.

Students in grades 9-12 attend Monterey High School. You need the student's current shot record and a report card from the student's previous school. Class times at MHS are 7:45 am - 2:45 pm. The spring break and last day of school are the same as La Mesa Elementary School.

All three schools serve hot lunches for a small fee. Textbooks are provided, but gym clothes will need to be purchased for some grades. Transportation to Colton Middle School and Monterey High School is available. Information about bus stop locations and times can be obtained from the transportation office.

The PTAs at these schools are very active and there is a volunteer program for aides, library attendants and office helpers.

For more information about the schools and programs, contact the following:

La Mesa Elementary School

649-1872

Colton Middle School

649-1951

Monterey High School

649-1004

MPUSD Transportation Office

899-5133

Medical Care Options

by Kelly Gallagher



Being a submariner's wife I get many opportunities to move to new places quite often. It seems that we move right about the time I find the right hairdresser or a good dentist, and figure out the wonderful military health care system. Moving to Monterey proved no different. As a woman pregnant with my first child, I have learned to navigate my way through the military health system; an effort which took determination, strong will, and a great deal of patience. Hopefully, you will find the following information helpful in your adventures through Monterey's system.

Two facilities are available to the families of NPS students. First, the Primus clinic, which is located at the Presidio in Monterey. The clinic is an outpatient clinic that serves the Naval Postgraduate School in addition to Presidio families. The clinic handles treatment of minor injuries and illnesses, provides laboratory services, and has health and wellness education classes. Appointments are necessary and are made for that day only. To make appointments, call 647-5741/5742 or for more information call

647-5663. The hours for Primus are: 7 a.m. to 8 p.m. Monday - Friday, 8 a.m. to 3 p.m. Saturday - Sunday and Federal Holidays.

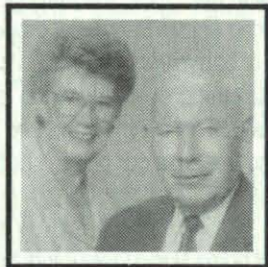
Also, for more serious care and specialized medical problems, the Silas B. Hayes hospital is located on Fort Ord near Marina. The hospital handles all inpatient and emergency care,

and provides a wide assortment of specialty clinics. Since the clinics themselves do not make appointments, a patient must call the centralized Patient Appointment System at 242-7611.

The Family Practice clinic is among the most widely used clinics by NPS families. Here the family is assigned one doctor for the length of time they are stationed in Monterey. The doctor handles all of the family's needs, from pregnancy check-ups, well baby check-ups, illnesses and almost anything else a family might need. To use this clinic a family must apply for acceptance into the program. Unfortunately, there is a four to six month waiting list. Applications are available at the Family Practice Clinic located on the eighth floor of the hospital in room 829. The hours of the clinic are: Monday - Friday 8 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m. The clinic is not open Federal holidays or weekends. To make appointments, call 242-7078/7079.

For more information, see the Family Services Welcome Aboard booklet. Good luck!

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It's A Sobering Thought

by Susanne de Lira Laskowski

There is a little known fact that barely gets mentioned when you have kids. It's not children that alter your life, give you gray hair, and put a lid on fun; it's the lack of babysitters.

Little did I realize when I was fifteen, how

many women in my neighborhood depended on me to save their sanity...with a night out, a trip to the store, or an afternoon to vegetate on the beach. I had real power then, and, unfortunately, never realized it until finally one summer

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evening when a woman up the street hired me to watch her two kids while she and her husband went out to a party. "We'll be back at midnight," were her departing words.

"O.K., no problem," I replied. Then at midnight while I was calculating how much I should get paid and expecting the electric garage door to swing open at any minute, I got a phone call.

"Hello?" I asked.

"Hi, Susanne. How are things going?" It was the woman.

"Fine. The kids are asleep."

"Good." There was a long pause, and I could tell from all the commotion and blaring in the background that things were really going strong. "Er-rr, would it be all right...if we stayed a little longer?" she asked hesitantly.

I was in a state of shock. Never, in all my years of babysitting had an adult ever asked my permission to stay out late before...they just came back on time. Now, I was in a position where the balance of THEIR fun for the evening was in my hands. "W-elllll..." I answered slowly, trying to figure out how to politely tell her to pack up her husband and come home.

Sensing my lack of enthusiasm, she immediately began to bargain and plead for me to let them stay out longer. I felt like a parent talking to a child. Needless to say, I let them stay out a few more hours and was handsomely compensated.

Now that I am the mother of two small kids, the lessons I learned years ago have fortunately stayed with me. First, the amount of freedom and fun one enjoys is in direct proportion to the number of babysitters one has. I can recall all those frustrating evenings when my husband and I planned an evening out, and were never able to go because our primary babysitter was "unavailable." This forced me to develop a back-up system; if one was busy studying, on a date, or going skiing there might be somebody else who wasn't. Second, I always treat the babysitter well. Nowadays, most sitters get a pretty healthy allowance, so they no longer have to put up with changing dirty diapers, or deal with active preschoolers in order to afford their luxuries. I try to provide incentives, like having lots of food around the house and returning home on time.

It's a sobering thought for an adult that, no matter how much money, status, or education you have, without a sitter you can kiss solitude, movies, romantic dinners, and parties "good-bye."

Stress and the "Monterey Syndrome"

by Regina P. Galvin

Have you ever planned for a good old fashioned family Christmas only to be disappointed by the less-than-perfect turnout? How about that diet plan that was going to be the answer to all your weight problems? Or perhaps it was the new tennis racket that was going to give you that much desired killer backhand?

Chances are you probably lost a few pounds on that diet but not immediately and not quite as much as you would have liked. Your backhand may still need some perfecting, but at least the racket makes you look like you have a better game.

Somehow, in the excitement of promising new situations, we allow ourselves to believe in unrealistic expectations. When reality fails to meet our overblown ideals, many times depression sets in and stress levels increase.

After arriving and settling into a schedule, many families experience a so called "Monterey Syndrome". This "syndrome" consists at a minimum of a sense of letdown or disappointment. At the unhealthy end of the spectrum, serious frustrations and depression are experienced.

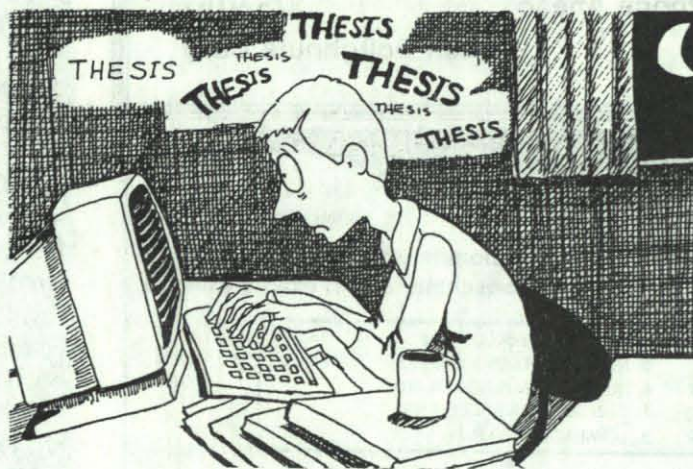
The reasons this phenomenon occurs are as varied as the individuals who experience it. Marianne Rowe is a Marriage, Family and Child Counselor on the Monterey Peninsula. Over twenty-five percent of her Pacific Grove practice is comprised of clients from the Naval Postgraduate School.

"One thing I see in my practice over and over again is difficulties with time management and failed expectations." Mrs. Rowe said, "People seem to think when they come to the Naval Postgraduate School that it's going to be a vacation time and/or a time for their family to reconnect. It doesn't work out that way. The reality is the student gets swamped with thesis work and tied up at the computer center. What a family member expected to happen doesn't and frustration and anger set in."

Mrs. Rowe cites a number of factors which can contribute to the high stress levels often experienced by families at NPS. Topping the stress-inducing list are: academic stress, resulting from the readjustment to academia; absence stress, stemming from the student's

absence from the family; and financial stress, occurring from living in a high cost of living area.

Mrs. Rowe points out that children are particularly affected by a stressful environment. "Often times," she states, "children will become the symptom of the family problem. The children



will 'act out'. For example, Mom and Dad know what to do to put up a good front, kids don't always. In a way, I think some acting out in children's behavior is a sign that there is something that needs attention in the family."

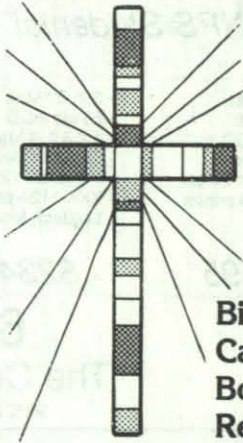
In young children 6 years and older, it is helpful before or early into a stressful situation to sit down and discuss the family's expectations. She suggests that family members express what they expect things will be like. It is also helpful to write those feelings down. Mrs. Rowe says that after being in the new situation for one month, it is helpful to review the written statements to compare the realities to the expectations.

Individuals have different ways of coping with their stress. For some, blaming others for their stress may occur. Comments such as "School's more important to you than I am", or "You don't care if I flunk this exam", can be warning signs that coping mechanisms are breaking down. To counter the unproductive blaming cycle, basic communication techniques can be employed. Each partner in the relationship must realize that they are accountable for their own feelings. One way of taking responsibility for your own feelings is to communicate in first person. Thus, when one partner says "School's more important to you..." what they really might be trying to communicate is, "I feel lonely and ignored". Express-

ing one's emotions by communicating with "I feel" statements can effectively address the real concerns individuals are facing. Mrs. Rowe strongly urges couples who are having stress related difficulties to resolve their conflicts by putting their differences out in the open.

Students are particularly prime stress targets. In addition to academic rigors, marital and family tensions are also a concern. With regard to students and stress, Mrs. Rowe comments, "Obviously, the people who are at the Postgraduate School are high achievers. They, for the most part, are people who are used to being at the top in everything that they do. So, they come here and try to maintain that, plus, they think, I want to be the best Dad, the best husband, etc..."

Mrs. Rowe's message to students is, "Accept that perfection does not exist. These students are used to excelling wherever they've been. Now, all of a sudden, they are with a bunch of other people



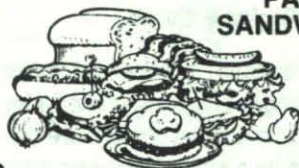
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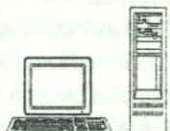
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who have also excelled at everything. It can be a different situation for them.

"If a person is striving for perfection, they are striving for something they'll never achieve. They will always feel frustrated and 'less-than'.

"They need to look at what their priorities are in their life and not just what their priorities are for the next two years at the Postgraduate School. Students need to determine what their priorities are in both the professional and personal aspect of their lives.

"To do this", Mrs. Rowe continues, "will require making tough decisions. It means being able to shift focus on what is really important to them."

Mrs. Rowe states, "It's important for folks to know that there are going to be times when they feel unhappy, frustrated, and angry. Emotions aren't like a buffet line where you go down and say, 'I'll take the happiness and the pride.' Emotions are blue plate specials, you get the whole bit.

"In allowing yourself to feel the happiness and joy, you also are allowing yourself to feel the sadness and pain. When we try to feel happy all the time, we are cutting off a whole part of ourselves."

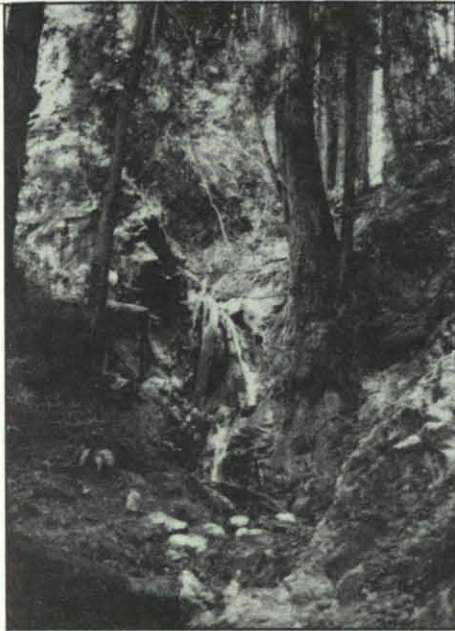
While here at the Postgraduate School, it is important to know that each person and family unit is uniquely different. Often times, stress results from comparison, "Barbie and Ken seem to be able to spend time together, why can't we?" Do yourself a favor and resist the temptation to compare yourself to someone else. No matter how similar your situation seems to be to the next guy's, looks can be deceiving. Each individual comes into a new situation carrying their own respective emotional baggage. Playing the comparison game is really a futile act.

For more information on stress and constructive means of dealing with it, Mrs. Rowe suggests the following readings: Aaron T. Buck, M.D., Love is Never Enough; Robert Subby, Lost in the Shuffle; Harvill Hendrix, PhD., Getting the Love You Want; and Dr. Fitzhugh Dodson, How to Parent.

The so called "Monterey Syndrome" does not happen to everyone. However, if it does happen it helps to know that you are not alone and that there are constructive ways to manage your emotions. Setting realistic expectations, acknowledging that perfection doesn't exist, and being aware that you will experience both positive and negative feelings throughout your stay here, are all positive healthy means to make your tour less stressful.

Traveling to the Big South (Big Sur)

by Seshu Rajan



the area covered by the Santa Lucia mountains, which rise dramatically from the Salinas River Valley and end in a range of hills between Morro Bay and San Luis Obispo. However, the Big Sur that most of us will discover, is a sixty mile long by five mile wide strip along Highway 1. This narrow coast road which clings to the mountains and takes drastic turns, provides panoramic vistas of blue ocean and towering cliffs. There are plenty of opportunities to pull off the road to take photographs and to savor the moment. But the best way to enjoy Big Sur is to visit one of the state parks or beaches that you will find along Highway 1. Julia Pfeiffer Burns State Park is approximately forty miles south of the Monterey Peninsula and is an ideal place for a day trip.

The Julia Pfeiffer Burns State Park covers a four-square-mile area on the coast. The park entrance leads into McWay Canyon which resembles a natural amphitheater. The park is covered with redwoods, tanbark oaks, madrones, and chaparral. Ferns and clover thrive in the shade of the big trees. McWay Canyon was the site of the ranch owned by the park's namesake, Julia Pfeiffer Burns. The Pfeiffers, the McWays, and the Partingtons were some of the first white settlers in the Big Sur area. There are

picnic areas and restrooms in the canyon. Two marked trails begin here: the Ewoldsen trail (3.2 miles), and the scenic Overlook trail (1/2 mile).

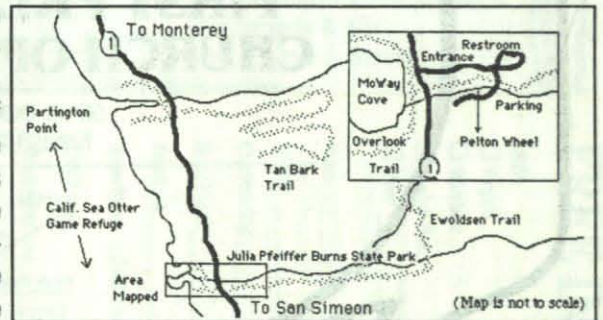
The Ewoldsen trail runs along McWay Creek for part of the way. There is some wildlife in the hills and canyons of the park such as deer, raccoons, possums, squirrels, and foxes though it is rare to see anything apart from bluejays, woodpeckers, and other birds.

The Overlook trail has two branches. One leads to the Pelton Water Wheel and the other leads to McWay Falls by way of a short pedestrian tunnel under the highway. This branch of the Overlook trail is on the edge of a steep bluff that overlooks McWay Falls, McWay Cove, and Saddle Rock.

McWay Falls has the distinction of being the only known waterfall on the West Coast to drain into the Pacific Ocean. Sea lions are said to

The big country to the south, "el gran país del sur," was christened by the Spaniards who sailed up and down the western coast during the 1700s. It is a very appropriate name. After you have used up words such as awesome, beautiful, breathtaking, glorious, magnificent, and wonderful, you will find that "big" describes the experience of driving south on Highway 1 perfectly.

Geographically, Big Sur comprises most of



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frequent the cove, attracted perhaps by the waterfall. There are natural caves and arches in the cliffs beneath the waterfall. McWay Cove is as tiny and pristine as it probably was when Julia Pfeiffer Burns lived here in 1915. The waters in the miniature bay formed by McWay Cove and Saddle Rock are usually calm because of outlying rocks which act as breakers. Saddle Rock is a small promontory of granite which is just barely attached to the mainland. It is said to resemble a low cantled Mexican saddle, therefore the name. The Overlook trail also continues to the south and emerges near two environmental campsites adjacent to Saddle Rock. The campsites are set amidst Monterey Cypress, blue gum eucalyptus and live oak. Now and then the scent of the eucalyptus trees lightly perfume the air. The campsites are available by reservation only through the Pfeiffer Big Sur State Park. The rest of the Overlook trail provides good views of the California Sea Otter Game Refuge which is an underwater park. Otters can be seen floating around through the kelp forests. If you bring a pair of binoculars you may even spot a few migrating whales at this time of the year. Experienced divers are allowed to dive in these waters, but you must get permission from the Big Sur Guard Station beforehand.

There are two more trails two miles north of the park entrance, the Tan Bark trail (6.5 miles) which goes inland, and the Partington Cove trail (3/4 mile) which leads to another small cove where ships used to dock when the tan bark industry flourished in this area. (Tan barks were

individual comes into a new situation carrying their own respective emotional baggage. Playing the comparison game is really a futile act.

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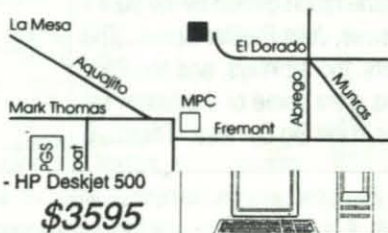
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REAL ESTATE

SATURDAY, JUNE 30, 1990

Long & Foster Realtors, the largest real estate firm in the Washington Area, is one of the top-ranked real estate firms in the country, according to the Consumer Reports survey.

Long & Foster, a 22-year-old firm with 173 offices from Baltimore to Norfolk, scored a 77 total on the overall 100-point home-seller satisfaction index, which made it the second-rated firm in the country, according to the survey of 72,000 Consumer Reports readers.

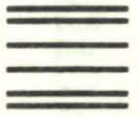
Topping the list was Edina Realty, which operates in Minnesota and Wisconsin and received a 78 percent approval rating among Consumer Reports readers. Long & Foster edged out two other national firms—Re/Max and Merrill Lynch Re-

alty, now known as Prudential Real Estate Affiliates, both of which have offices in the Washington area.

"We were thrilled," said P. Wesley Foster, Jr., president of Long & Foster, who attributed the strong ranking to good sales agents and an accomplished training department.

Several large national companies left readers more dissatisfied. Century 21, the largest brokerage firm in the country, won a 69 percent approval rating, while 68 percent of the readers surveyed who had sold their homes in the past four years were pleased with the performance of ERA Real Estate.

—Kirstin Downey



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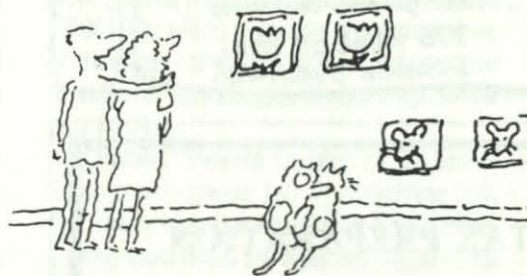
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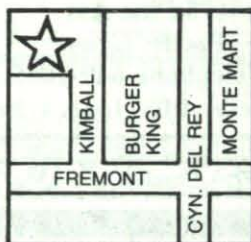
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California Sea Otters

by Bobbie Meeker

Along the coastline between Santa Cruz and San Luis Obispo Counties in California lives a unique member of the sea. It's a bewhiskered, pug-nosed mammal about four feet long, weighing 55 pounds, with a tail, webbed hind feet, hand-like front paws and a luxurious fur coat. It floats on its back dining on shellfish with a rock balanced on its chest. Imagine all of this and you have a perfect picture of an otter.

The most interesting thing about the otter is its method of eating. He generally stays within a mile of shore and dives normally 5 to 40 feet underwater to fish for sea urchins, abalone, crabs, clams, and other sea creatures. When he surfaces the otter floats on his back and uses a rock for a tool to crack open shells, while using his sharp teeth to extract the food. The otter may also use a rock underwater to dislodge tenacious prey.

While resting, the otters wrap themselves into kelp which keeps them afloat and anchored. This kelp is the otters' natural habitat.

Also fascinating to observe is the mother-pup relationship. The devoted mother cares for her pup constantly until it is nearly a year old. Then the pup is weaned and can fend for itself. The female otter reaches sexual maturity at age 4 or 5 and gives birth to a pup every other year. She spends most of her time grooming and nursing her young and later teaching it to eat solid food, dive and groom itself.

You can observe the otter along the kelp forest off the rocky coast of Pacific Grove. Seek out the places along the edge of the sea. In Monterey you may see them at Municipal Wharf #2, Fisherman's Wharf, Cannery Row, and the Coast Guard Breakwater.

What to do for an otter in trouble? I received these helpful hints from Friends of the Sea Otter in Carmel. In a real emergency, dial 911. The Fish & Game, Highway Patrol or Sheriff will respond. If the otter is in distress, do not touch him. You may frighten the otter and receive serious bites. If you find an orphaned pup still swimming in the water, leave the pup alone in case the mother returns. If there is no sign of the mother after an hour call Fish & Game at 649-2870.

If you would like more information about the otter you may call Friends of the Sea Otters in the Crossroads, Carmel at (408) 625-3290.

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Wine Tasting

The Elegant Hobby

by Dave Dickison

So here we are at Naval Postgraduate School, that magical land of scholarship and duty-free weekends. Located two hours from San Francisco, four hours from Lake Tahoe and half an hour from the Big Sur, finding something to do is rarely a problem; however, finding something reasonable in this day and age may be. Yet, right under our very noses exists one of the more reasonable and fun excursions available: wine tasting. No special equipment is needed (though a picnic basket can come in handy). Most wineries do not charge to taste and those who do generally only charge a small fee which can usually go towards a purchase.

Monterey is located in the center of one of the largest and best wine areas in the world. There are more than ten wine tasting rooms within an hour's drive and six of these are within twenty minutes. The range of wines varies from reasonable blush wines, and quality jug and varietal wines to some of the best and most elegant wines produced in the state.

Wine has been produced and vines grown in the Monterey area for as long or longer than its more famous northern cousin, the Napa Valley. As with Napa, the Monterey wine plantings and vineyards experienced explosive expansion in the 60's and 70's. The 80's showed a leveling off of growth as UC-Davis climate studies,

wine maker's experience, and trial and error determined which Monterey microclimates were most suitable for producing quality grapes. Presently there are sixteen bonded wineries in the Monterey American Viticultural Area (AVA).

The Monterey area has 10 tasting rooms open to the public, 8 from Monterey AVA wineries and 2 from Santa Cruz wineries. All ten wineries produce excellent quality wine. The following is an alphabetical listing of the local tasting rooms giving their location, approximate time to drive from La Mesa, serving hours, types of wines produced and author's tasting comments, slanted particularly towards good buys in various price ranges.

Bargetto Winery: Actually a Santa Cruz winery, the tasting room is located on Cannery Row. Tasting room hours are daily from 10:00 - 6:00. The winery produces gewurtztraminer, chardonnay, cabernet sauvignon and pinot noir and several secondary labels. The '87 pinot noir was excellent.

Chalone Vineyard: Located 7 miles east of Soledad on Highway 146 off of Highway 101, the winery is approximately an hour's drive. Tasting room hours are Saturday, 10:00 - 3:00 or by appointment. Chalone produces chardonnay, pinot blanc, pinot noir and chenin blanc. Chalone grows all its grapes and has its own ap-

pellation. All their wines are big, oaky and made to last. These are wines for the serious collector. They are of excellent quality and priced accordingly. The '89 pinot blanc is exceptional; one of the best.

Chateau Julien: Located 5 miles east of Highway 1 on beautiful Carmel Valley Road, approximately 15 minutes from La Mesa, the tasting room is open M - F, 8:30 - 5:00 and Sat., 11:00 - 5:00. Chateau Julien produces sauvignon blanc, chardonnay, gewurtztraminer, merlot and cabernet sauvignon and some wines under second labels (Emerald Bay). The sauvignon blanc is a best buy, as is the '89 barrel fermented chardonnay. The '86 merlot is excellent, as are the reserve chardonnay and cabernet sauvignon, and is priced accordingly.

Jekel Vineyards: Located on Walnut Avenue in Greenfield off Highway 101, approximately 1 hour from La Mesa, the tasting room hours are daily from 10:00 - 5:00. The winery produces cabernet sauvignon, cabernet franc, reisling and chardonnay. The dry riesling is a best buy. The cabernet franc is one of the few in the area and excellent, as is the reserve cabernet sauvignon.

Masson Vineyards: The Paul Masson Wine Museum and Tasting Room is located in Cannery Row, 700 block, approximately 10 minutes



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from La Mesa. Tasting room hours are daily from 10:00 - 6:00. The museum possesses a beautiful panoramic view of Monterey Bay which can be enjoyed while tasting their huge selection of generic and varietal wines. All the wines are of good quality in their respective markets with the emerald dry, varietal merlot, brut cuveé sparkling wine, and port and sherry all being best buys.

Monterey Peninsula Winery: Located on 778 Wave Street one block above Cannery Row and approximately 10 minutes from La Mesa.

Tasting room hours vary but opening time is always 10:00. Monterey Peninsula Winery produces chardonnay, pinot blanc, barbera, merlot, zinfandel, cabernet sauvignon and table wines. The reds are made to last with lots of oak and tannin, the white wines a little less so. The '88 pinot blanc and '84 reserve cabernet sauvignon are excellent. The black burgandy table wine and '81 zinfandel are good buys. The tasting room has a \$3.50 tasting fee which goes toward any purchases.

Monterey Vineyard: Located on 800 S. Alta

Street in Gonzales off of Highway 101, and approximately 35 minutes from La Mesa. The tasting room is open from 10:00 - 5:00 daily. Monterey Vineyards produces a full line of wines ranging from generic to reserve varietals. The sauvignon blanc and chenin blanc are both best buys while their '88 reserve chardonnay and '85 limited release cabernet sauvignon are good.

Roudon-Smith: Located on Cannery Row, this Santa Cruz based winery is open daily. They make riesling, chardonnay, cabernet sauvignon, petite sirah, zinfandel and pinot noir. For Poilly Fuisse lovers, the '86 chardonnay is a dead ringer (and less expensive). The cabernet sauvignon is well made and a good buy, as is the riesling. The '89 zinfandel is absolutely superb; one of the best.

Smith and Hook: The tasting room is located in the Carmel Valley Crossroads Center approximately 15 minutes from La Mesa. Wines may also be tasted on their breathtakingly situated winery on Foothill Road in Soledad (approx. 45 minutes; it's worth the drive). Tasting room hours are 10:00 - 6:00 daily at the tasting room and 10:00 - 4:00 at the winery. Smith and Hook produces cabernet sauvignon, merlot, a little chardonnay and (under a second label) some excellent dessert wines, but their pride and joy are their San Lucia Highlands cabernet sauvignons, especially the '81 and '85 which compare favorably with the best the state has to offer in their price range. More reminiscent of a Bordeaux than a California Cab, the '85 vintage constitutes a best buy.

Ventana Vineyards: Located on Highway 68, 5 miles east of Monterey and approximately 7 minutes from La Mesa, the tasting room is open daily from 10:00 - 5:00. The flagship of the winery is a mind boggling assortment of well made chardonnays and an excellent sauvignon blanc. Gewurtztraminer, semillon, riesling, pinot blanc, pinot noir, a Bordeaux-Margaux style blend (Magnus) and generic table wines are also made. The '89, '90 sauvignon blancs are two of the best as is the '89 barrel fermented chardonnay, a wine of outstanding acid/fruit balance. For those who like lots of "butter" in their chardonnay, the 'Crystal' is a must.

Now, armed with an open mind (the only qualification anyone really needs to enjoy wine tasting) and a picnic basket, sally forth and enjoy this opportunity for entertainment, education and fun which is sitting in our backyard. Happy Hunting!



Dr. Charles R. Linkenbach, D.D.S.
General Dentistry

*Capt. Linkenbach was formerly the
Director of the Naval Postgraduate School Dental Department*

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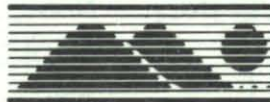
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TELEPHONE GUIDE AND HOURS OF OPERATION

NPS NUMBERS

Banks

Monterey Federal Credit Union 647-1000
 10 a.m.-3 p.m., Mon & Fri
 10 a.m.-2 p.m., Tues., Wed., Thurs.
 Navy Federal Credit Union 373-2725
 8:30 a.m.-4 p.m., Mon-Fri, 24-hr. ATM

Barber Shops

Main Exchange 373-5933
 8 a.m.-4:45 p.m., Mon-Sat.
 Herrmann Hall 373-5505
 8:00 a.m.-6 p.m., Mon-Fri (appt. recommended)

Beauty Shop

Main Exchange 372-1121
 Closed Sunday and Monday
 8 a.m.-4:30 p.m., Tue-Sat

Bookstore 373-1121/7343

10 a.m.- 5 p.m., Mon-Sat
 Open at 9 a.m. the first week of each new quarter.

Campus Corner (formerly Package Store) 373-7511

10 a.m.-6 p.m., Mon-Sun.

Customer Service/Cashier 373-3575

(see info. under Navy Exchange)

Chaplain Offices

Catholic 646-2242
 8 a.m.-4:30 p.m., Mon-Fri
 Protestant 646-2241
 8 a.m.-4:30 p.m., Mon-Fri

Child Care Center 646-2734

7:30 a.m.-5:30 p.m., Mon-Thu
 7:30 a.m.-12:15 a.m., Fri
 6:00 p.m.-12:15 a.m., Sat
 8:30 a.m.-12:30 p.m., Sun (Church hrs. only)

Child Development Annex 646-2734

8:45 a.m.-1 p.m., Mon-Fri
 Same day appointments call 646-2340

Computer System 646-2721

System Status (tape recording) 646-2713
 Graphics Room 646-2971
 9 a.m.-5 p.m., Mon-Sat

Family Services Center 646-3060

8 a.m.-4:30 p.m., Mon-Fri

Laundry/Dry Cleaning 373-5933

9 a.m.-5 p.m., Mon-Sat

Legal Office 646-2506

Library

Information 646-2947
 7:30 a.m.-11 p.m., Mon-Thu (services open 8 a.m.-10 p.m.)
 7:30 a.m.-6 p.m., Fri (services open 8 a.m.)
 9 a.m.-6 p.m., Sat (services open 9 a.m.-1 p.m.)
 10 a.m.-10 p.m., Sun
 Paging 646-2920

Navy Exchange

Navy Exchange Officer 375-3737
 Main Retail Store 375-5958
 10 a.m.-5 p.m., Mon-Sat
 12 noon-5 p.m., Sun
 Layaway closes at 4:30 p.m.

Navy Relief 373-7665

10 a.m.-1 p.m., Mon, Wed, Fri

Thrift Shop 375-0886

Bldg. 301 — Old Navy Exchange
 10 a.m.-12 noon, Mon & Thu
 10 a.m.-12 noon, 1st Sat of month
 Military ID required

Officers' Club Office 372-1339

Optical Shop 373-2134

10 a.m.-5 p.m., Tue-Sat
 Closed Sunday and Monday

Outdoor Garden Store 375-5958

(see info. under Navy Exchange)

Personal Property (Household Goods) 646-2151

8 a.m.-3:30 p.m., Mon-Fri

Personalized Services 373-5933

10 a.m.-5 p.m., Mon-Sat
 12 noon-5 p.m., Sun

Post Office 646-2585

9:30 a.m.-4 p.m., Mon-Fri

Recreation

Gear Issue Room 646-3118
 Golf Course
 Pro Shop 646-2167
 Snack Bar 373-8118
 Gym 646-3118
 from on base 3188
 Recreation Office 646-2466/67
 Sports Director 646-2497
 Tennis Professionals
 Karen Stewart 373-3437

Quarterdeck 646-2441

(after hours information)

Service Station 373-7271

Gas Pumps
 7:30 a.m.-5 p.m., Mon-Fri
 10 a.m.-5 p.m., Sat
 12 noon-5 p.m., Sun

Auto Parts Shop

8:30 a.m.-5 p.m., Mon-Fri
 10 a.m.-5 p.m., Sat
 Closed Sunday

Repairs

Appointment Desk 373-7271
 7:30 a.m.-4 p.m., Mon-Fri
 10 a.m.-4 p.m., Sat.
 Closed Sunday

Uniform Shop375-3737
 10 a.m.-5 p.m. Mon.-Fri.
 10 a.m.-3 p.m. Sat.
 Closed Sunday

EMERGENCY NUMBERS

Police911
Fire911
Ambulance911
NPS Security646-2555
 if busy646-2556
 after 4 p.m.646-2441
Fort Ord Emergency Room242-7631/32/33
 if busy242-2020/6311
Poison Control (Fort Ord)242-7631/32/33
 if busy242-2030
Suicide Prevention (24 hrs.)649-8008
24-Hour Crisis Line373-4773
 Counseling Center 8:30 a.m.-5:30 p.m., Mon & Fri
 8:30 a.m.-8:30 p.m., Tue, Wed, Thu
 Business number373-4775
Rape Crisis Center
of the Monterey Peninsula (24 hrs.)375-4357
YWCA-Domestic Violence
of the Monterey Peninsula372-6300
 Domestic Violence Crisis Line372-6300
Monterey Co. Dept. of Social Services899-8001
 8 a.m.-5 p.m., Mon-Fri
Sheriff's Dept.647-7911

LA MESA NUMBERS

Elementary School649-1872
Housing Office646-2321
 8 a.m.-4:30 p.m., Mon-Fri (phone calls)
 9 a.m.-3 p.m., Mon-Fri (walk-in)
 Closed Saturday and Sunday
Convenience Store375-0959
 10 a.m.-7 p.m., Mon-Sat
 12 noon-6 p.m., Sundays and Holidays
Teen Center646-2127
 Children between 13 and 19 years old permitted.
 4-8 p.m., Mon-Thu
 5-11 p.m., Fri
 2-11 p.m., Sat

FORT ORD NUMBERS

Information242-2211
Barber Shop899-0822
Beauty Shop899-3198
Bowling Lanes899-1545
Ceramic Shop242-3983
Child Development Center242-4171
 6:00 a.m.-6 p.m., Mon-Fri
Commissary (Information)242-5030
 10 a.m.-6 p.m., Mon, Wed, Fri
 8 a.m.-4:30 p.m., Tue
 11 a.m.-8p.m., Thu
 9 a.m.-5 p.m., Sat
 9 a.m.-4 p.m., Sun
 These hours in effect until April 26, 1991

Florist394-4718
Four Seasons899-2337
Golf Course242-3268
 Pro Shop (tee time)242-3268
Main PX899-2336
 9 a.m.-9 p.m., Mon-Sat
 10 a.m.-6 p.m., Sun
Silas B. Hays Army Hospital
 Centrex— appointments899-4455
 OB/GYN242-5276
 Patient Information242-4297
 Pharmacy242-7575
 Pediatric Clinic242-7645/6
 Optometry, Bldg. 4380242-2405
Movie Information (tape recording)242-5566
Officer's Club899-3445
Optical Express394-0396
Outdoor Rental242-7322
Passport242-2418
Thrift Shop899-4975
Vet Clinic (small animal)242-4994
 Mon, Wed, Fri. Call for appointments.

NAVAL ANNEX

Navy Pre-School/Annex646-3487
 Bldg. 25
 Fleet Numerical Oceanography Station

PRESIDIO NUMBERS

Operator/Information647-5119
Craft Shop242-3594
Child Development Center647-5530
 6:30 a.m.-5:30 p.m., Mon-Fri
 Closed Saturday and Sunday
Health Clinic
 Information647-5234
 Central Appointment System647-5741/42/43
 Laboratory647-5673
 Pharmacy647-5332
 Navy Medical Admin. Unit647-5614/15
 Sick Call647-5234
 X-Ray647-5234
Movie Information (tape recording)242-5566
Officers' Club649-6678
PX647-9602
 10 a.m.-7 p.m., Mon-Fri
 9 a.m.-5 p.m., Sat
 10 a.m.-5 p.m., Sun
Rent-All Center899-0808
Thrift Shop372-3144

Phone numbers and hours subject to change without notice.

AROUND THE BAY

MARCH

March 17-19: Monterey Wine Festival. The Monterey Wine Festival is an opportunity to taste 800 different wines, attend a series of educational seminars, dine in top restaurants and hotels, and meet, talk with, and learn from some of the world's most knowledgeable people on wine. For more information, call 1-800-525-3378.

March 30: Easter Egg Hunt. Children in pre-school through second grade can hunt for 5,000 eggs and 100 golden prize eggs at Frank E. Sollecito Jr. Ball Park (formerly El Estero Ball Park). The Easter Bunny will be there to greet everyone. The event will start at 10 a.m., but everyone is encouraged to be there at 9:30. (For those unfamiliar with El Estero Ball Park, it is located next to Dennis the Menace Park!) The Sheraton will be selling pastries, coffee, and juice. For more information, call 646-3866.

APRIL

April 20-21: Good Old Days Celebration. A celebration of a bygone era, this event includes a parade, arts and crafts fair, fire fight-

ers competition, pie-eating and bubble gum blowing contests and other family entertainment. It will be held in downtown Pacific Grove on Lighthouse. For more information, call 373-3304.

April 21: Victorian Home Tour. Tickets entitle access to selected Victorian homes and buildings on this self-guided walking tour. For more information, call 373-3304.

MAY

May 2-5: 11th Annual Marina Steeple Chase. This steeplechase is the world's only unlimited high speed hang gliding race—a 12.5 mile run along the cliffs of the Monterey Bay at freeway speeds. For more information, call 384-2622.

May 4-5: Springtime at La Mirada. View flower-filled grounds overlooking Lagunita Mirada. Located at 720 Via Mirada (off Fremont), this is a fundraiser to maintain the Museum of Art. La Mirada is a General Castro adobe and is filled with antiques and has extensive gardens. For more information, call 372-7591.

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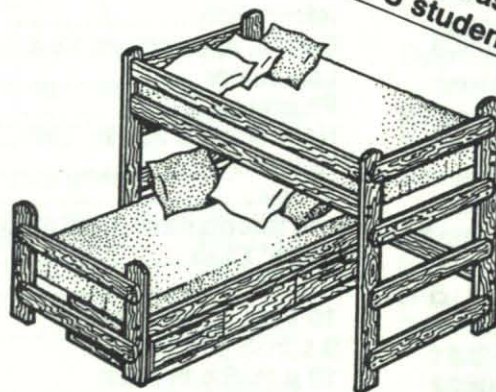
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