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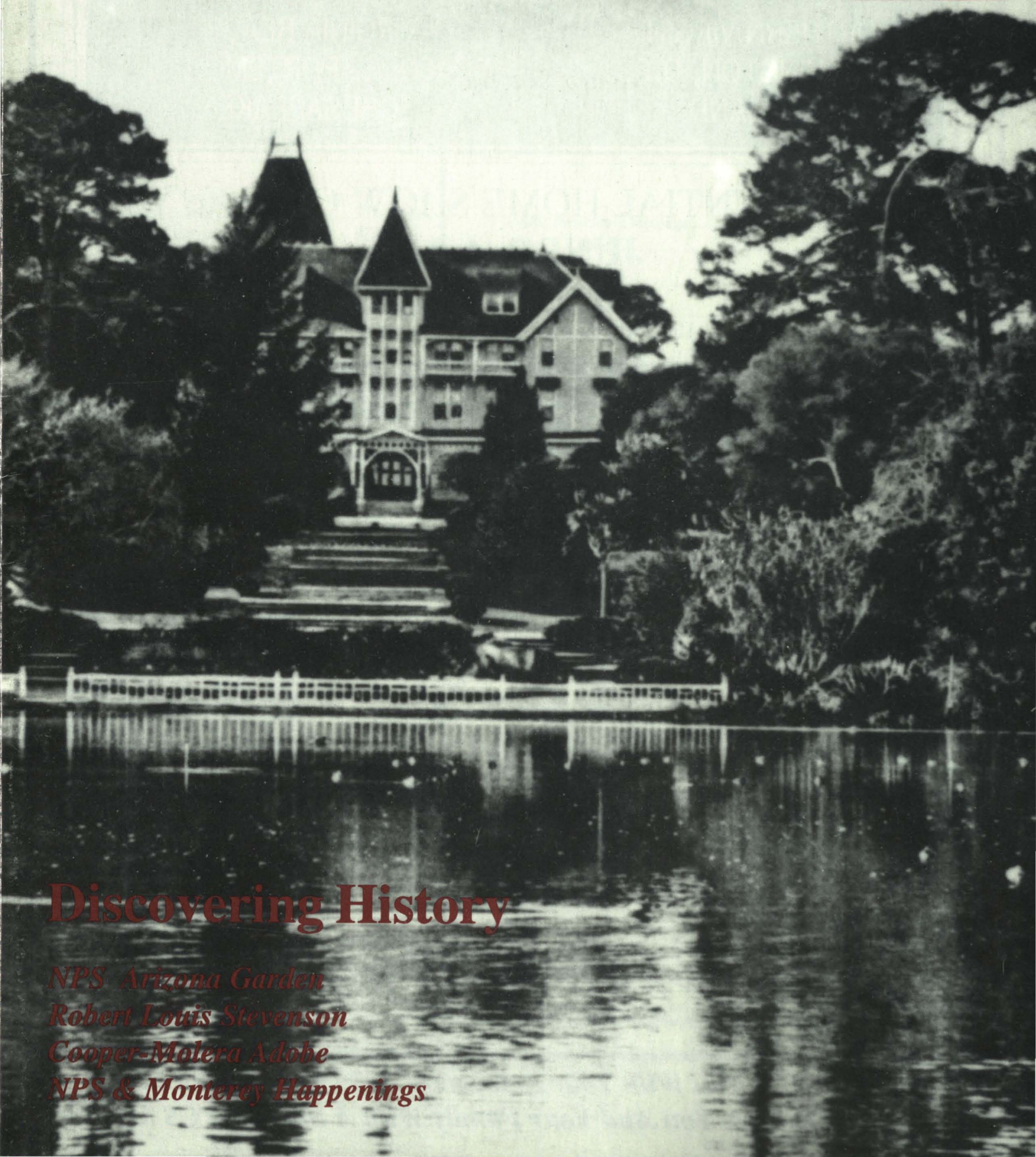
JUNE 1994
AN INDEPENDENT MAGAZINE FOR
THE NAVAL POSTGRADUATE SCHOOL COMMUNITY

the classmate



Discovering History

NPS Arizona Garden
Robert Louis Stevenson
Cooper-Molera Adobe
NPS & Monterey Happenings

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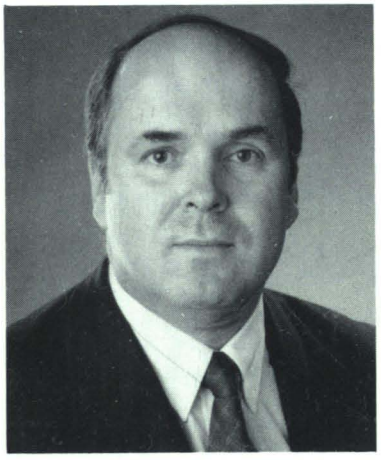

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The Classmate was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Spouses' Club of the Naval Postgraduate School. Materials and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer Students' Spouses' 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.

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Discovering History

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(Cover photo, Old Del Monte Hotel, courtesy Naval Postgraduate School Public Affairs)

OSSC President's Message

By Cindy Martin

Can you believe summer is here already? Boy, how time flies when you are busy having fun! And, oh, OSSC has been busy. It is time to settle down and relax awhile, maybe even take half the month off. We are going to Disneyland.

I hope you have enjoyed all the spring events we had: Easter Eggstravaganza, International Day, Spring Adobe Tours, International Tea, and the Spring Craft Bazaar. Thank you to all the people that worked so hard on all these committees. Thank you also to all who attended these events and made them the success that they were, my hat is off to all of you.

I would especially like to say to thank you to Mrs. Mercer for opening her home to us. She made it possible for us to honor the International Spouses with a lovely afternoon tea. Everyone had a wonderful time.

CALENDAR OF EVENTS

June
4 - Bargain Fair-
La Mesa Elem. 10 am-12 pm
6 - Members Meeting-
La Novia Rm 7 pm

20 - July 1- Summer Break

July
11 - Members Meeting -
La Novia Room 7 pm
29 - High Tea -
Pebble Beach Lodge 3 pm -5 pm

This month we have a few things for you to do. The Bargain Fair will be Saturday, June 4, 10am-12pm. at La Mesa Elementary. Come pick up some great bargains.

Monday, June 6 at 7pm in the La Novia room of Hermann Hall will be our monthly members' meeting. This will be a very special meeting as we will be honoring the recipients of the OSSC scholarships that have been awarded this year. Come help share the joy of being able to help these special people.

After the meeting will be our Vendors' Showcase. Come see what your fellow members have for sale.

Well, that's about it for this month so I better go pack my bags. The kids can't wait to get to Disneyland! Have a great summer break!

As always, if you have any questions or need more information please call me at 646-8910.

OSSC MEMBERSHIP

The Officers Students' Spouses' Club of the Naval Postgraduate School is for the spouses of all students. In addition to sponsoring monthly activities, OSSC also sponsors an Art Auction, Adobe Tour, International Student Tea, and many other holiday events. Dues collected entitles you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain a membership, fill out the form below and send it with a check made payable to "OSSC" to **Simi Carlson** SGC #1126; Phone **647-8938.** 1 year (4 quarters) $15; 18 months (6 quarters) $20.00; 2 or more years (8 quarter +) $25. This is a one time fee. International wives membership is free.

SGC#_____ New Member_____ Active_____ Associate_____
Last Name_____ First_____ Phone_____
Spouse's Name_____ Rank_____ Service_____
Curriculum_____ Graduation (month/year)_____
Address_____ City_____ Zip Code_____
Length of Membership_____ Amout Enclosed_____
Are you interested in committee work?_____ Volunteering?_____
Would you like to participate in our club administration_____
Would you like a copy of the OSSC By-Laws_____
Do you wish to have your name, spouse's name, service, address and phone number in the OSSC Directory?_____

editor's address

By Sheri Byrd

GUEST CONTRIBUTORS are such an important part of The Classmate. They bring a richness and variety to the magazine beyond that even of our talented volunteer staff, many of whom also work full time.

THIS MONTH, we are fortunate to be able to hear from the experts themselves on topics relating to the elegant history of NPS and Monterey.

THE ACTIVE DUTY HEAD of a volunteer effort to restore the unique beauty of the NPS Arizona Garden has contributed a fascinating story on the history of the garden and the valiant restoration efforts of hundreds of volunteers over the past year.

AN NPS SPOUSE who has become enamored with the romance of Robert Louis Stevenson and tales of Monterey past (and a self-educated expert on the subject), takes readers on a verbal tour of the Cooper-Molera Adobe. She goes on to give a brief synopsis of Stevenson's time in this area and how it influenced his writing.

A MOTHER of a bright, but terribly misunderstood child brings us into their world and sheds the light of truth on the darkness of rumor concerning Attention Deficit Hyperactivity Disorder.

THESE CONTRIBUTORS are not professional writers, just readers who felt they had important information to share with other NPS community members.

WE WILL all be enriched and educated by the words they have taken the time to put down on paper in order to teach the rest of us what they have learned through their vast and varied experiences.

WE ALL HAVE UNIQUE interests and experiences. We can all learn from each other's activities.

I INVITE EVERYONE to contribute to The Classmate, as the more people we can reach, the more understanding, educated and enlightened we will all be.

SEND ALL CONTRIBUTIONS TO:
Sheri Byrd, Editor
The Classmate
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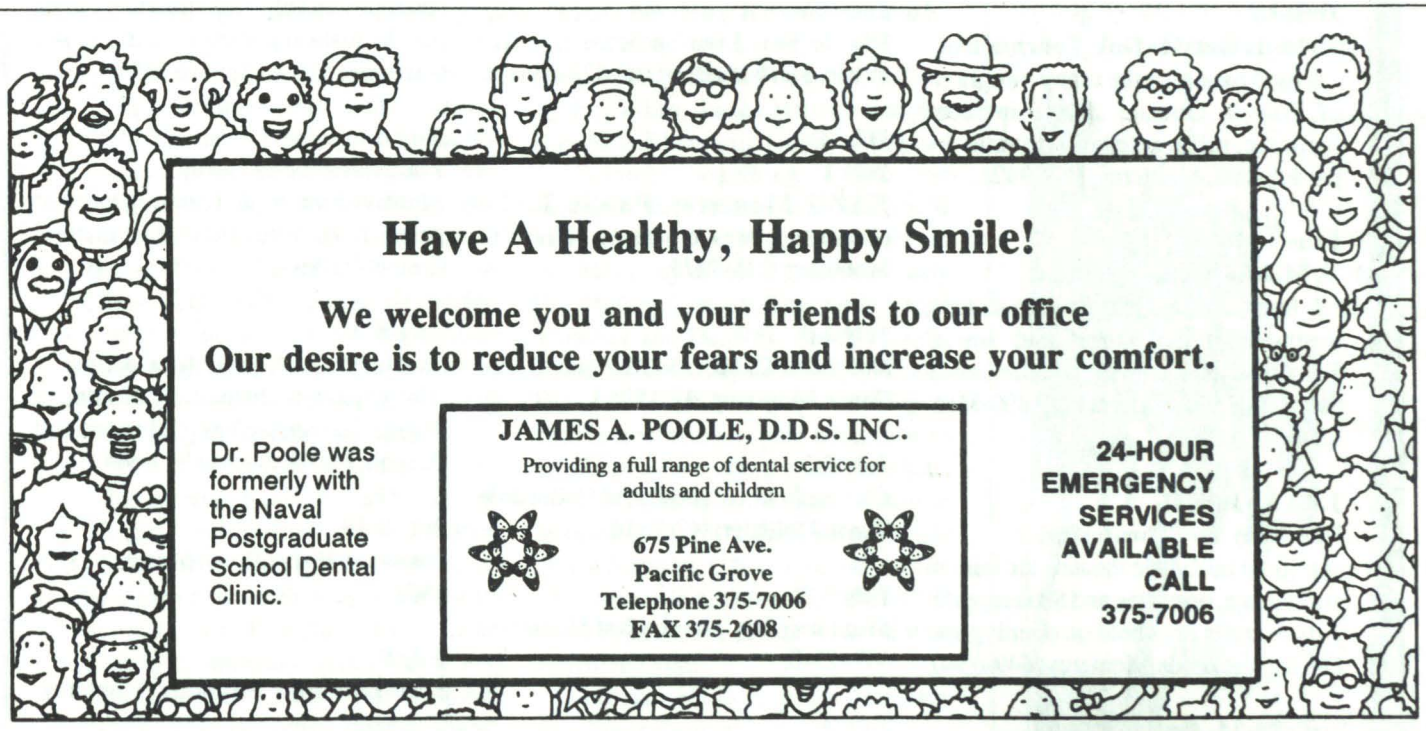
Monterey CA 93943



around the bay

JUNE

June 10-12
Carmel Valley Historical Society presents California Cowboy Show. Carmel Valley: 659-3983.

June 10-12
Bryan Production Antique Show. Monterey: 372-5863.

June 11
Firemen's Ball
Carmel Valley:659-3983.

June 17-19
Gem Fair
Monterey: 372-5863.

June 18-19
Montrey Bay Theatrefest. Monterey: 649-0340.

June 18
Carmel Outdoor Art Festival
Art by 100 local artists, photographers and sculptors will be displayed for viewing and sale in a beautiful outdoor setting. Carmel: 624-3996.

June 18
Friends Outside Golf Tournament
A fund raiser for the many programs of Friends Outside. Event includes barbecue, raffle and various prizes for participants. Monterey: 758-9421.

June 18-19
A Middle Eastern Festival
A festival of Middle Eastern dances, costumes, music, food and wares. Fortune tellers, strolling minstrels and a gala dinner show. Monterey: (800)Mee-Shal

June 18-July 31
Monterey Bay Theatrefest
Original fairly tale theater, the human chess game, operettas and Shakespeare. Arts & crafts fairs held on opening and closing weekends. Monterey: 649-0340.

June 20-24
Golf Amateur Championship
The most prestigious of all state amateur golf events. Over 100 players come together to test their skills on two of the world's greatest courses. Pebble Beach: 625-4653.

June 22-24
Golf Senior Championship
Eighty players compete in conjunction with the CGA Amateur Championship. Pebble Beach: 625-4653.

June 25 -26
North Monterey Strawberry Festival
A charity fund-raising festival featuring craft and food booths specializing in strawberry desserts and drinks of all kinds. Live entertainment and special areas for children. Monterey: 663-4166.

June25-26
Monterey Bay Blues Festival
Dedicated to preserving Blues as an American art form. Artists include BB King, Etta James, Ruth Brown, Robert Cray, Charles Brown, Clarence Carter and many others. Monterey: 394-2652.

June 26
Dia de San Juan. Barbecue and live music. San Juan Bautista: 623-4661.

JULY

July 1
KAZU Monterey Public Radio presents Brewmaster's Classic. Monterey: 375-7275.

July 1-3
Northern California Morgan Horse Show. Monterey: 372-5863.

July 2-3
Casa de Fruta Antique and Collectible Show. Hollister:842-9316.

July 2-3
Monterey Bay Theatrefest Monterey: 649-0340.

July 3
Fireworks Show. Salinas: 757-2951.

July 3
Blues And Jazz In The Park
Blues and jazz concerts which continue on each Sunday throughout July. Seaside: 899-6270.

July 4
Fireworks Display
Enjoy the magic of a 20-minute radio-synchronized fireworks display over breathtaking Monterey Bay. Monterey: 646-3996.

July 4
Entertainment Extravaganza
Celebrate Independence Day and Monterey's 224th birthday with live music, carnival games and good food. Monterey: 646-3996.

July 4
Monterey county Symphony's "Pops and Rocks," Concert & Fireworks, Arthur Wilson Quarry, Aromas.:624-8511.

July 4
Flag-Raising, Kick-Off Parade
The pageantry and fun of a flag-raising ceremony and old-fashioned hometown parade featuring clowns, cars, music and more. Monterey: 646-3996.

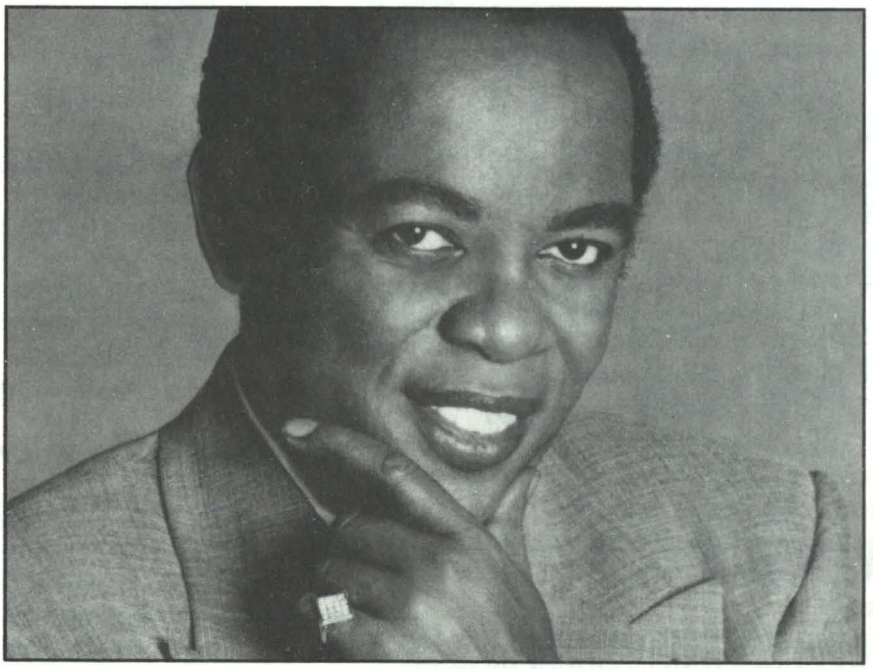
July 4
Youth Music Monterey
Festive jazz music featuring talented youth from throughout the county. Carmel Valley: 659-3983.

July 8 -10
St. Mary's Antiques Show & Sale
Participants include nearly 30 antique dealers from throughout California and Oregon. Pacific Grove: 373-4441.

July 8-10
Pasa Fino Horse Show. Monterey: 372-5863.

July 9
Sloat Landing Ceremony. Monterey: 372-2608.

Monterey Bay Blues Festival



Lou Rawls headlines this year's Monterey Bay Blues Festival.

Some of the world's greatest Blues performers will gather at the Monterey Fairgrounds for the 9th Annual Monterey Bay Blues Festival. Blues artists and bands will perform throughout the two-day musicfest. It features three separate shows on the Main Stage with additional performances to be held on the Garden Stage beginning at 10:30am daily and in the Nightclub with new expanded hours beginning at 2pm on Saturday.

The 1994 Festival offers unforgettable entertainment, featuring Gladys Knight, Lou Rawls and Clarence Carter.

Nine acts will appear on Saturday and nine acts on Sunday. Entertainers include Joe Houston Band, John Delafose, Interstate Blues Band, Red Beans & Rice, Nite Cry, The Frank Ace Band, The Broadway Blues Band, Tommy Castro, Johnny Nocturn Band, Paulette & the Blues Power Band, Taylor P. Collins, James Harman and the Bay Area Blues with Guitar Shorty.

Saturday beginning at 2pm, the Monterey Bay Blues Festival is proud to present the following entertainers in the Monterey Room Nightclub: Lady Bo, Robert Lowery Trio with Virgil Thrasher and Del Rey, Mitch Woods, Blind Horse, Backyard Blues Band, and Hurricane Sam. Entrance to the Nightclub is free with any paid admission to the Festival, including grounds tickets.

For information contact: Bostrom Management, 2600 Garden Road, Suite 208, Monterey, CA 93940, 649-6544.

Tickets are available at the NPS MWR office, Room 37, in the basement of Herrmann Hall.

(Text and photo courtesy Monterey Bay Blues Festival)

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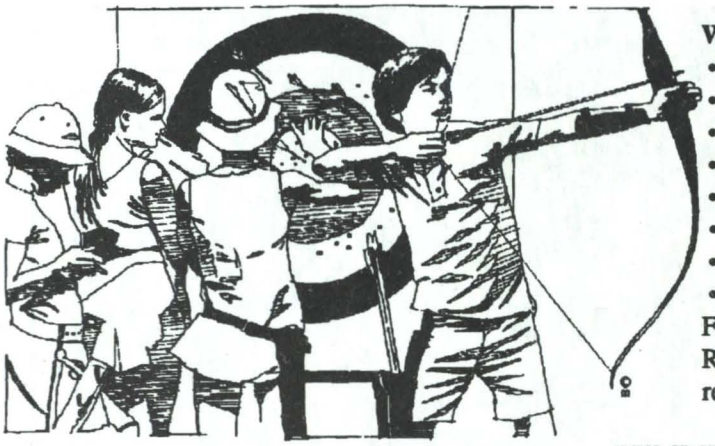
Summertime-

AND THE LIVING IS EASY?

Day Camps, classes provide summer fun for kids

By Susan Schmidt



If your kids are like mine, they love summer vacation - for the first two days! Then the fantasy of Nintendo non-stop and watching reruns of the Brady Bunch reruns begins to wear thin. They start looking to Mom for entertainment. However, playing "Follow Mom Around the House Whining We're Bored" starts to wear thin my fantasy of ever seeing my children graduate. It's not too late though, to be prepared for summer break. Both the Fort Ord Youth Center and the La Mesa Youth Center provide various activities and daycamps. Plus, a great variety of activities are provided by the Monterey Recreation and Community Services Dept.

• FORT ORD YOUTH CENTER SUMMER CAMP

Starts June 10th
6:30am - 6:30pm Mon - Fri.
For children K-6. $45/ week first child, discount for additional children.
Includes meals, swimming, hiking, crafts, and lots of activities.
Phone: 242-4370. Also check out Fort Ord's on going youth classes for dance, gymnastics, piano lessons, martial arts, first aid and more. (Great prices!)

• LA MESA YOUTH CENTER SUMMER CAMP

Mini camp, June 13 -July 1. Mon - Fri. 7:30am - 6:00 pm, $45 per week
Regular camp - July 5 - August 19 $60/ week. Ages 6 -11, (discount for additional children).

Regular camp will have swimming lessons, tennis lessons, golf lessons, and weekly field trips. Lunch is not provided but an afternoon snack will be provided. Phone: 656-2127.

• MONTEREY RECREATION AND COMMUNITY SERVICES DEPT.

Whispering Pines Day Camp

June 20th for 8 consecutive one -week sessions Mon-Wed. Thurs. children camp out overnight and camp ends Fri. morning at noon.
Ages 5-9, 9 am -5 pm Fee: $80 per week, Monterey city resident

Camp Quien Sabe

2nd grade to 11 years old - Regular camp
12 years old - Environmental camp
13-15 years old - Work experience camp
$141 per session

Playgrounds

Recreation leaders will supervise children at the local neighborhood parks and playgrounds during the summer for eight weeks.
Children ages 5 -14 years old. Mon - Fri. 10 am -12 pm, and 1pm - 4 pm.

Where:
- Hilltop park
- Via Paraiso park
- Archer park
- Fisherman's Flats park
- Montecito park
- Casanova Oak Knoll park
- Larkin park
- Deer Flats park

Fees: $10 Monterey City Resident, $13 other city resident. Phone: 646-3866.

• SUMMER SPORTS CAMP

Monterey Sports Center
Ages: 3rd - 7th grade (as of Sept. 94)
Mon - Fri. 9am - 5 pm (Camp is held from 9-5 but parents may drop children off as early as 7:30am and pick them up as late as 5:30pm) Eight one -week sessions beginning June 20th Fee: $80 Monterey city resident Phone: 646-3700.

• SUMMER 1994 ACTIVITIES GUIDE

You can pick up one of these guides at the El Estero Park center, next to the Dennis the Menace playground or at the Recreation and Community Services Dept. located at 546 Dutra Street, Monterey. This guide gives a listing of classes for everything from tiny tots gymnastics to swimming lessons to adult aerobics and cooking classes. (Get out and enjoy a class or two yourself!)

• MONTEREY PUBLIC LIBRARY

Offers a summer reading program that encourages reading and provides weekly activities. Schedule soon to be announced. (I took my children last

(continued on page 25)

AGAINST THE ODDS:

BECOMING THE FATHER HE WANTED

My husband was born on Father's Day.

This is ironic, since he never really had a father in his life. His parents were divorced when he was just a few months old.

He saw his father on periodic visits, and has fond memories of fishing trips and the like. However, these events were isolated, and far from a regular influence in his everyday life.

His first step-father was drunken and abusive to my husband's mother. He showed no affection for my husband or his sister, and little for his own two sons. The family lived in severe poverty. Toys or sports equipment came battered and used through good will organizations, if they came at all.

His next step-father, though caring and involved, was often on the road with hard work, or exhausted from that work. He also came late in my husband's life, at about age 10.

This story is not so remarkable in itself; plenty of children grow up in less than desirable families. What is remarkable is that rather than continue the chain of dysfunction, my husband now harbors an intense desire to provide for his own children the father he never really had.

I've never seen a man more sensitive to the needs of little children. No matter how tired, how burned out from studying, he always has time to color a picture, play horsey, hide from the monsters, rock the baby, feed the baby, change diapers, and all the other little parenting chores of everyday life.

He takes such deep joy in every little smile, every little Hi, Daddy, and even in comical misbehavior.

The plans he has for sharing his life with his children fill his imagination. The sports, the camping trips, the biking, the hiking, the fishing, the dogs, the homework, the traveling, the reading—*the teaching and the love.*

How this man came out so wonderfully sensitive from such a harsh beginning defies the odds. But it has made him a treasure for me, our children, and the countless others his tenderness will eventually influence.

To all fathers everywhere, Happy Father's Day.

(Author's name withheld upon request.)

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for kids

Summer Preschool

La Mesa Child Development Center is currently registering children for the summer preschool session, July 5 - August 12. Classes are two, three or five days a week, 9 am - 11:30 am or 1 pm - 3:30 pm. Call 656-3487 for more information.

Ft. Ord Latch Key

Enriching, entertaining and safe activities provided at Porter Youth Center, at Normandy and North-South Roads, 6:30 am - 6 pm. Breakfast and afternoon snacks provided. Fees vary. Call 242-7234 for more information.

PTAs in Need

Marshall Elementary and Fitch Middle School PTAs are currently suffering a severe lack of membership. Class activities such as field trips cannot take place without parent assistance. Call Kathy Miller, 394-9104, or Barbara Grogan, 899-5805, for more information.

Teen Talk/Crisis Line

The Teen Talk Line of Monterey and Salinas is now taking calls, seven nights a week. Express yourself. Confidential and anonymous, bilingual volunteers available. Monterey area 646-1616, Salinas 754-1616, Sunday - Thursday 5pm - 9pm.

Drop-In Child Care

Home care, flexible scheduling, maximum one provider to six children, safe environment, certified providers.
La Mesa, Linda Peeler 656-2821
Ft. Ord, Lynn Quist 242-3624

Preschool Dance & Gym

Preschoolers age 2 - 5 learn the basics in classes teaching gymnastics, ballet and tap while also teaching colors, shapes, numbers and songs. Friday mornings, times vary, NPS multi-purpose room, $22 or $30per month. First class free. Class size limited. Call Colleen Cavalieri, 644-0909 for details.

Vacation Bible School

- July 18 - July 22, 9am - 12pm
- La Mesa Elementary School
- Laurie Capen, 655-9702 for more information
- Volunteers still needed

La Mesa Elementary School will become SonCountry Farm for kindergartners to fifth graders, featuring life-related bible study, lively country songs, skits, crafts, games and snacks.

La Mesa Babysitting Co-op

Join a pool of experienced, reliable sitters for occasional day or evening needs. In turn, you agree to babysit, at your convenience, for other NPS parents who likewise want to be sure their kids are in able hands. Call Dena Voigt, 372-4887 for more information.

Playgroup/Co-op

Join a group of parents who don't live in LaMesa for weekly playgroup and babysitting swap group. Call Robyn McDougall, 649-4309.

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Understanding Attention Deficit Hyperativity Disorder:

A Mother's Story

By Tammy Swett

For a long time I tried not to notice the warning signs that something was wrong with our son. At a very young age he could barely concentrate on anything; books, toys, or a conversation for more than a few minutes. He would rather run than walk, and when speaking, the words came out of his mouth so fast you couldn't understand a word he said. I could see that he didn't pay attention to the world around him. He often engaged in maddening motions parents call crazy stuff and most doctors characterize as hyperactivity."

Our son was also impulsive and immature. His teachers said that he alternated between flashes of brilliance and utter bewilderment. But it wasn't until he entered first grade that his teacher said, "Your son can not stay on task or pay attention. He has a very limited attention span."

The ADHD infant may wail all the time, and then becomes a toddler who is almost impossible to control. These children respond well to parental love and affection, but as soon as you turn your back they may revert to impulsive erratic behavior. ADHD is six times more common in boys than girls.

Too often these children are simply classified as "moody" or troublemakers." They get very little sympathy or help, at home or at school. These children have few friends and are

(Continued on page 26)

My ADHD Child

By Tracy Nicolaus

He's bouncin' off the wall, a superball gone insane,
He runs through your world like an off-rail freight train.
Interruptions are constant, tantrums galore,
When it's time to do homework, he's gone, out the door.
The drama is constant, oh his foot fell asleep,

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- ☐ Purchasing a home in Charleston, S.C. or Jacksonville, Florida.
- ☐ I am not moving to the above, but I anticipate relocating to: _____. 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 _____

for kids

Summer Preschool

La Mesa Child Development Center is currently registering children for the summer preschool session, July 5 - August 12. Classes are two, three or five days a week, 9 am - 11:30 am or 1 pm - 3:30 pm. Call 656-3487 for more information.

Ft. Ord Latch Key

Enriching, entertaining and safe activities provided at Porter Youth Center, at Normandy and North-South Roads, 6:30 am - 6 pm. Breakfast and afternoon snacks provided. Fees vary. Call 242-7234 for more information.

PTAs in Need

Marshall Elementary and Fitch Middle School PTAs are currently suffering a severe lack of membership. Class activities such as field trips cannot take place without parent assistance. Call Kathy Miller, 394-9104, or Barbara

Teen Talk/Crisis Line

The Teen Talk Line of Monterey and Salinas is now taking calls, seven nights a week. Express yourself. Confidential and anonymous, bilingual volunteers available. Monterey area 646-1616, Salinas 754-1616, Sunday - Thursday 5pm - 9pm.

Drop-In Child Care

Home care, flexible scheduling, maximum one provider to six children, safe environment, certified providers.
La Mesa, Linda Peeler 656-2821
Ft. Ord, Lynn Quist 242-3624

Preschool Dance & Gym

Preschoolers age 2 - 5 learn the basics in classes teaching gymnastics, ballet and tap while also teaching colors, shapes, numbers and songs. Friday mornings, times vary, NPS multi-purpose room, $22 or $30per month. First class free. Class size limited. Call

Vacation Bible School

- July 18 - July 22, 9am - 12pm
- La Mesa Elementary School
- Laurie Capen, 655-9702 for more information
- Volunteers still needed

La Mesa Elementary School will become SonCountry Farm for kindergartners to fifth graders, featuring life-related bible study, lively country songs, skits, crafts, games and snacks.

La Mesa Babysitting Co-op

Join a pool of experienced, reliable sitters for occasional day or evening needs. In turn, you agree to babysit, at your convenience, for other NPS parents who likewise want to be sure their kids are in able hands. Call Dena Voigt, 372-4887 for more information.

Playgroup/Co-op

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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
12.75	12.49	11.54	10.87
13.00	12.68	11.72	11.06
13.25	12.82	11.89	11.26

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Understanding Attention Deficit Hyperativity Disorder:

A Mother's Story

By Tammy Swett

For a long time I tried not to notice the warning signs that something was wrong with our son. At a very young age he could barely concentrate on anything; books, toys, or a conversation for more than a few minutes. He would rather run than walk, and when speaking, the words came out of his mouth so fast you couldn't understand a word he said. I could see that he didn't pay attention to the world around him. He often engaged in maddening motions parents call crazy stuff and most doctors characterize as hyperactivity."

Our son was also impulsive and immature. His teachers said that he alternated between flashes of brilliance and utter bewilderment. But it wasn't until he entered first grade that his teacher said, "Your son can not stay on task or pay attention. He has a very limited attention span."

I guess it was the word ATTENTION that finally forced me to admit that our son was really different from other children his age. I asked her what we could do and she recommended that he be tested by the school's resource team and by his doctor. For what?" I asked. She said, "Attention Deficit Hyperactivity Disorder/ADHD."

The thought scared me, but I knew something needed to be done. After weeks of tests and evaluations done by the school's resource team and the evaluation made by the doctor, they told me that he was ADHD.

THE DOCTOR EXPLAINED, "It's a hidden handicap. It displays symptoms, but cannot be seen. It's not an easy disorder to understand. ADHD is caused by abnormalities in the neurological function of the brain. His brain can't filter out distraction, so he has trouble organizing his thoughts and following through on tasks at school and at home."

He handed me a book and I took it home and I began to learn all about ADHD. By definition, the problem must be evident before the age of seven, and for at least six months.

The ADHD infant may wail all the time, and then becomes a toddler who is almost impossible to control. These children respond well to parental love and affection, but as soon as you turn your back they may revert to impulsive erratic behavior. ADHD is six times more common in boys than girls.

Too often these children are simply classified as "moody" or troublemakers." They get very little sympathy or help, at home or at school. These children have few friends and are

(Continued on page 26)

My ADHD Child

By Tracy Nicolaus

He's bouncin' off the wall, a superball gone insane,
He runs through your world like an off-rail freight train.
Interruptions are constant, tantrums galore,
When it's time to do homework, he's gone, out the door.
The drama is constant, oh his foot fell asleep,
He moans and he wails, the theatrics run deep.
School is a nightmare, the teachers are lost,
If they could only see, he is worth the cost.
He is brighter than most, as most of these kids are,
And with patience and love, I know he'll go far.
But the crap I must take from "well meaning friends"
Don't let him do that." "Oh the rules that he bends."
Your not a good parent." "Your child is really rude."
His temper is outrageous." "He has his hands in his food."
He hears this and wonders, just what's wrong with me?
I tell him, "You're special, you have ADHD.
Now ADHD is a gift from above.
It teachers us grown-ups how to strengthen our love.
It helps teach your teacher, no two kids are the same.
You have awesome energy that could bring you great fame.
You don't need much sleep, you never wear down.
You're silly and funny, when you act like a clown.
You've felt lots of pain from what people have said,
But you pray for those people when you go to bed.
So you try everyday to make a fresh start.
For God gifted you with an extra big heart."
As I look at my child, he sees through my soul,
My heart feels like bursting, as I realize my goal.
I know this young boy like no one else could,
He's a blessing to me, he's strong and he's good.
So I'll love him and guide him through the worst of the worst.
And he'll make a great man everyone will see first.

Rain, rain, go away!

International Day serves up fun, food

Text by Susan Everingham
Photos by Sally Howard

In spite of a rainy day, over 500 people turned out for the locally famous International Day at the Naval Postgraduate School. Those who braved the weather were rewarded with foods from twenty-five countries and entertainment, too.

Students and spouses from Greece and Turkey were brave enough to dance in the rain, and the crowd was also treated to a Tae Kwon Do display — which is very tricky on wet, slick grass.

The Boy Scouts made sure all the grounds were cleaned up, and they also set up a lost and found for umbrellas to kids.

All profits from this event go to the international committee, as it is their only fund-raiser. Unfortunately, this year the rain soaked up the profits. These funds normally pay for trips for international students and their sponsors. It is a wonderful way to meet and learn about people from other cultures.

If you are interested in sponsoring an international student please call the international office at 656-2186.

(Photos, opposite page, clockwise from top: Beatrice and Bernard Arata at the French booth serving wine, bread, cheese and Mousse au Chocolat; the popular Japanese booth with EE student Hiromichi Yamakoshi and sushi; Turkish dancers; Amy Seck of Senegal; and center, little Lim Jie Llyem of Korea enjoys an American treat of cotton candy.)

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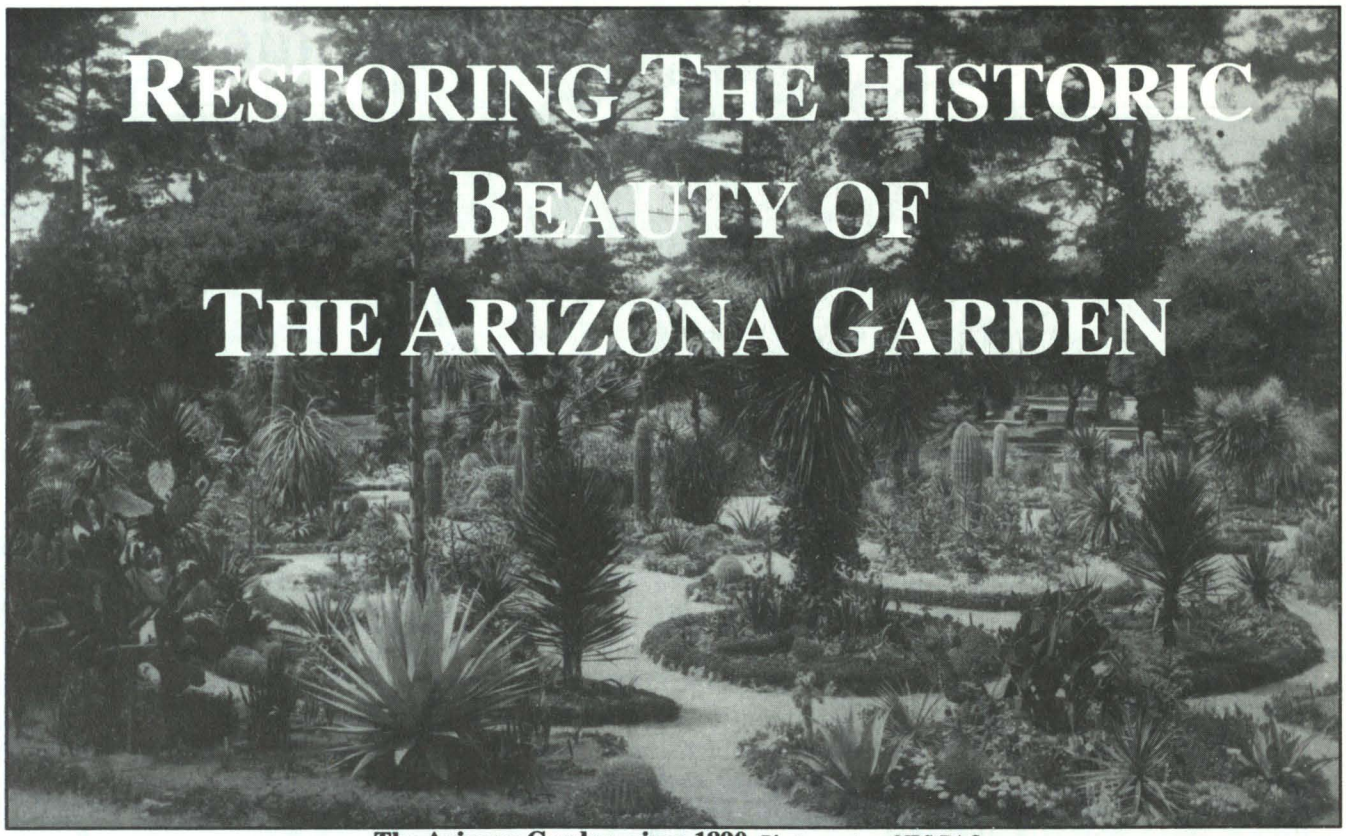
Restoring The Historic Beauty of The Arizona Garden



The Arizona Garden, circa 1890. Photo courtesy NPS PAO.

By LCDR Sheri Smith

Monterey's Hotel Del Monte,once known as the most elegant seaside establishment in the world, was erected in 1880 as a first class resort by the Southern and Central Pacific Railroad Big Four: Collis P. Huntington, Mark Hopkins, Charles Crocker, and Leland Stanford. Billed as the "Queen of American Watering Holes," guests included presidents, foreign heads of state, royalty, film stars, and the wealthy from around the world. The US Navy leased the Hotel during WWII as a pilot training facility, purchased it in 1951, and relocated the Naval Postgraduate School to the site.

The Hotel's grounds were designed by German-born landscape architect Rudolph Ulrich. Originally, features included topiary, rose, tropical, and formal gardens, an English yew maze with a half-mile of paths, several glasshouses, and cutting and vegetable gardens supplying the needs of the guests. Over 500 specimen trees, representing every country in the world, were planted around the grounds, many by visiting royalty and dignitaries.

Acacti and succulent garden, displaying plants which were usually a complete novelty to the guests, was added by Ulrich in 1881-1882. The Arizona Garden, as it was known, was something of a hallmark of Ulrich's, who put an Arizona Garden on the grounds of every great estate and hotel he designed. Today, only two remain—the Naval Postgraduate School's, and one at Stanford University, adjoining the Stanford Mausoleum, now virtually overgrown.

Photographs and postcards vividly portray the exotic plants and serious-faced guests...

The Hotel Del Monte's Arizona Garden was designed as a raised, circular mound, slightly over one-half acre in size, and set among winding pathways. A newspaper article from November 1881 noted that Ulrich had returned from the Sonora Desert in Mexico with a private train and four boxcar loads of cacti and succulents. Photographs and postcards from the following years vividly portray the exotic plants and serious-faced guests, who no doubt found the unusual garden a delightful and intriguing stroll, with a Hotel-provided botany guidebook in hand.

Under Navy ownership the Arizona Garden was kept up until changes in military funding and contracting regulations in the 1970s reduced the gardening staff from 24 to four. Groundskeeping emphasis became focused on the formal areas around the historic buildings, and maintenance of the park-like vistas. The Arizona Garden, its history and uniqueness forgotten, and located in a somewhat isolated area of the grounds, suffered from lack of proper care. The lengthy drought and hard freeze of 1985-1992 wrought havoc throughout the Monterey Peninsula, and the grounds of the Naval Postgraduate School proved no exception.

Restoration Efforts

Finally, in July 1993, LCDR Sheri Smith and Kishie Bushnell decided to

spruce up the neglected and overgrown Arizona Garden. In a particularly fortunate meeting, Larry Lucero of Corral Cacti Nursery was consulted on the project. He promptly fell in love with the garden, and has provided endless hours of volunteer advice and labor. Since then, the restoration of the Arizona Garden has become a major undertaking, involving over a hundred people, many of them DLI students, and thousands of hours of labor to date. A greenhouse behind Public Works was turned over to the effort, which with Seabee assistance has received shelves and gravel flooring, a potting area, and has new plant growth well underway.

Because of very restricted funding for this basically all-volunteer effort, donations of cacti and succulent plants hardy to the Monterey climate are actively encouraged. Five memorial benches and a drip watering system are planned for installation this summer. (Desert plants, especially in high density plantings, really do require watering, contrary to popular belief!)

The Historical Botanical Society has scheduled twice-monthly Arizona Garden workdays throughout the summer of 1994. In between, volunteers can work on garden maintenance and related projects. Their goal is to have the restoration effort virtually complete by September, and a garden rededication ceremony and party is in the planning stages.

The Arizona Garden is located just off Menneken Circle, next to Spanagel Hall. Many of the plants are now in bloom, making the garden a pleasant and even exotic place for a stroll or lunch break. Volunteers are urgently needed to help with the restoration effort, and all tools are provided. Refreshments are provided on the "official" first workday of each month. The second monthly workday is more informal, and volunteers should bring drinking water.

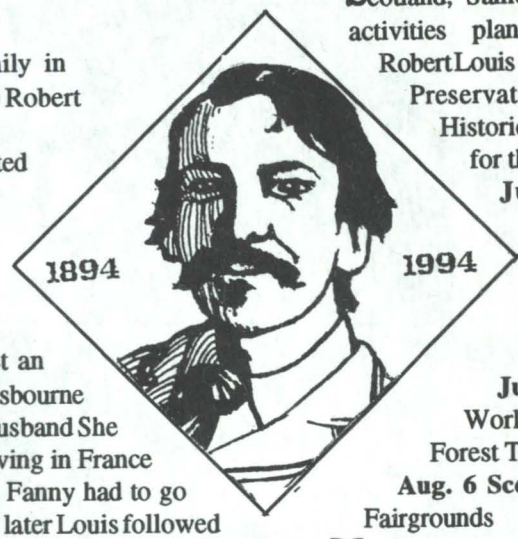
ARIZONA GARDEN WORKDAYS - 9 am - 2 pm,
June 4, 18 & July 9, 23
August 6, 20
For information, call 656-2291/2021.

Photos by Sally Howard

Above: an unrestored area of the garden today. Right and below: Capt. (USN) Jim Scaramozzi, SN Jim Cooney (in hat) and SN Erin Rollins lend helping hands to the restoration of the Arizona Garden.

Robert Louis Stevenson Centenary Celebration

By Judith Osborne



Born to an upper middle class family in Edinburgh, Scotland on Nov. 3, 1850 Robert Louis Stevenson was educated in Engineering and Law, but all he wanted to do was write. A few more popular pieces he wrote include *A Child's Garden of Verse, Kidnapped, The Strange Case of Dr. Jekyll and Mr. Hyde* and *Treasure Island.*

While touring in France he met an American, from the Bay Area. Fanny Osbourne was married but estranged from her husband She and Louis spent two years together living in France until her husband cut off her funds. Fanny had to go back home to Oakland. A few months later Louis followed her to live at a discreet distance in Monterey.

The boat ride was hard for him, and the train ride to Monterey was harder. He had pneumonia, and needed to convalescent for a few months. He lived in a boarding home now called the Stevenson House. Louis wandered around the coastal mountains for several months, during that time he wrote *The Old Pacific Capital.*

Louis married Fanny and they lived the last of their years together in Samoa.

Scotland, Samoa and Monterey have year-round activities planned to celebrate the centennial of Robert Louis Stevenson's death. The Old Monterey Preservation Society and Monterey State Historic Park have exciting events planned for the year. A sample of the events are...

July 5-8 "R.L.S. Treasures for Children," Children in the Adobes Program

Saturdays: Actors In the Adobes, by Grovemont Theatre.

July 14-Aug.. 7 "Teller of Tales," World Premiere Musical by Neil Wilkie, Forest Theatre.

Aug. 6 Scottish Highland Games, Monterey Fairgrounds

Many other activities are planned through December. Additional events will be scheduled. Check at the Cooper store at the Cooper-Molera House, or call or write to the Old Monterey Preservation Society at 525 Polk Street, 647-6226.

(Art for RLS and Cooper-Molera Adobe courtesy Old Monterey Preservation Society.)

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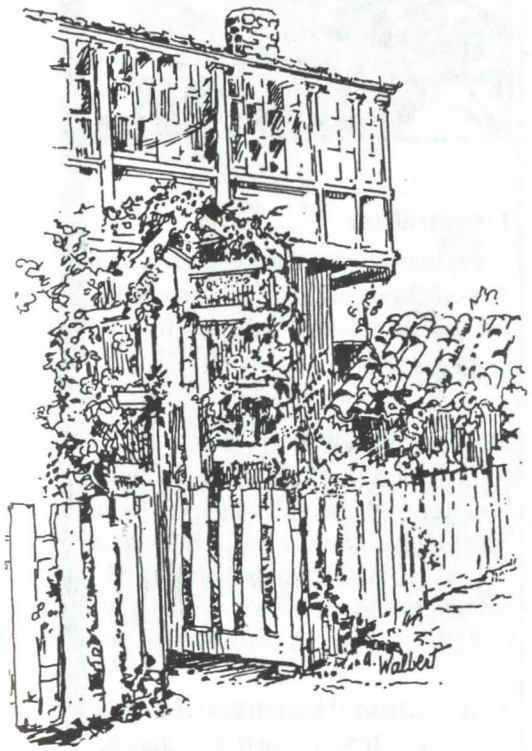
A Visit to the Cooper Molera Adobe



By Judith Osborne

Monterey has a wonderful hidden treasure o its streets. Rich in history and, beauty, it is right next to your favorite restaurant, beauty shop or wharf. The treasure is found in the old Historic Adobe Homes of Monterey.

Mexican and Indian natives built the Adobes in the 1800's with soil and redwood, materials found in the area. These early residents dug a trench, filled it with stones and covered them with a thin coat of mud. They formed adobe bricks from mud, sand, straw and water, stacked them on the foundation to form the house, then applied plaster over the adobes to protect the bricks.

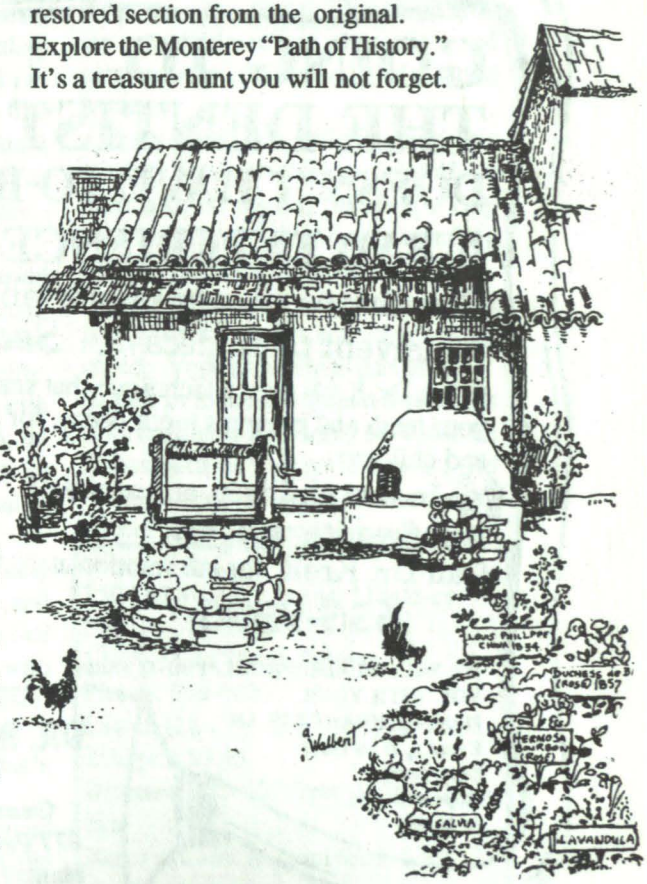
Because modern buildings use the same type of plaster, a marker on the street will tell you that the building is of Historic importance. There are over 40 adobe structures to explore on the "Path of History." Recently, volunteers from NPS served as docent guides at the Cooper-Molera Adobe during the semi-annual tour of the Adobes. The Cooper-Molera Adobe still includes its original property,a complete town block located on Munras Road.

Rhonda Fischer making Early American dolls at the Cooper-Molera House. Photo by Sally Howard.

The Adobe is actually two homes: Capt. John Cooper sold part of the house to the Diaz family to buy his own boat. As Captain Cooper's business grew, he added a second floor and remodeled his side to remind him of his boyhood days in New England. In contrast, the Diaz home still contains its original Spanish influence.

In the back yard you can see a beautiful garden filled with flowers and vegetables. It accurately reflects the needs and plants of early life in the house. You may see a stray chicken or rooster or adobe bricks drying in the sun. Walk into the coolness of the house and step back in time to an evening with the Coopers. You will see examples of Encarnacion Cooper's needlepoint. Beautiful furniture collected from Capt. Cooper's sea voyages and musical instruments are waiting for the after-dinner entertainment. Of course the men will sit in their side of the room smokingcigars, playing a game or talking politics, while a thin wall away the women are playing the piano and working on their latest needlepoint.

The adobes have been restored in great detail; take a minute to look at the patterns of the wallpaper or the rug on the floor try to distinguish the restored section from the original. Explore the Monterey "Path of History." It's a treasure hunt you will not forget.



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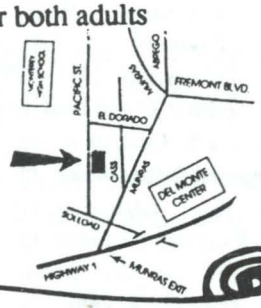

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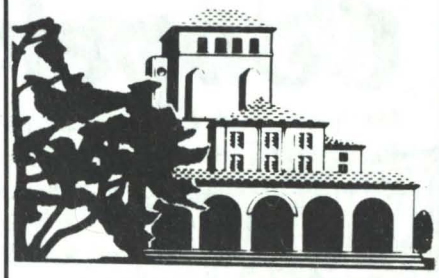

Graduation

June graduation will be Thursday, June 16 at 10:30 am in King Hall. A reception for graduates and families follows immediately.

Pebble Beach High Tea

The Officer Students' Spouses' Club is hosting a high tea at The Cypress Room in Pebble Beach on Friday, July 29, 3 pm - 5 pm. $15 per person for members, $17 for non-members. RSVP by July 15 to SGC 2778. Space is limited.

International Furniture Locker

Many NPS international students cannot bring furniture with them to the US. The NPS International committee maintains a furniture locker for the use of all international students. The locker continuously needs donations of items in good condition. Items currently most needed are twin mattresses, desks, bookcases, couches, tables and lamps. Call Nanke Franken at 372-5235 for more information.

Bargain Fair

The Bargain Fair, a large consolidated yard sale, will be Saturday, June 4, from 10 a.m.- 12 p.m. at La Mesa School. Rain date is June 5. Interested shoppers should come prepared with small bills and change. Only sellers and volunteers will be admitted to the fair area before 10 a.m. For more information call Maureen Olsen at 647-9157.

Coastal Cuisine: India's Clay Oven

By Guna Hebbar

"Indian food is a tribute to the creative use of spices," says The American Heart Association. You will agree when you visit India's Clay Oven at one of their two locations: 150 Del Monte Avenue, Monterey and 171 South Main Street, Salinas.

This restaurant is named after the commercial clay oven *tandoor*, popular in Indian restaurants and useful in the process of baking, roasting, and grilling of Indian breads and meat dishes. The dishes cooked in *tandoor* oven are moist, tender and have an earthy aroma. The foods served here are not restricted to tandoor-cooked foods, but include an incredible variety of subtle cuisine from the South and North Indian regions, created especially for American tastes.

The art of Indian cookery lies not in high spicing but in the delicacy of spicing, the use of selected spices in a particular manner to bring out the dormant flavors of a dish. At India's Clay oven, food preparation is unique to Indian cooking. Dishes range from mild to very spicy depending on one's preferences.

As I entered, I noticed a large wall hanging of a peacock, India's national bird. The restaurant is decorated with tapestries, shamiana canopies suspended from the ceiling and miniature paintings from *Rajastan*. Carved wooden wall partitions from *Kashmir* and art work from North Indian regions also help to create a typical Indian atmosphere.

As you open the menu, you will find it easy to select a variety of heart-healthy choices. Indian food is generally low in saturated fat, cholesterol and calories with the exception of foods cooked in coconut milk, cream, *Ghee* (clarified butter) or *Paneer* (cheese) used in some dishes.

TIPS FOR SELECTION:

Appetizers: *Pakoras* are crisp fried fritters made with ground lentils, cheese, or vegetables. The spicy Pakoras, soft inside, have a crunchy texture outside. *Samosas,* crisp fried patties stuffed with vegetables or chicken, lamb, or fish, are eaten with chutney. These are so delicious that you can make a meal of them.

Soup: *Mulligatawny* soup, a delicately spiced lentil broth with chicken and rice, goes well with any main dish. *Dal* soup, made with lentils, goes well with rice, *Dosa* or *Idli*. *Papad* (Lentil wafers) generally eaten with soups, add a contrasting flavor and liven up anyone's appetite.

Breads and staples: A traditional Indian meal is planned around a staple such as rice or bread. Try a tempting rice dish made with a very aromatic rice known as *Basmati* rice, a long grain rice grown mainly in the Himalayan foothills under specific soil and temperature conditions. Rice dishes and breads are always eaten with curries and *Raita*. South Indian rice dish such as *Idli* - ground rice and lentil cakes fermented and steamed - is another excellent heart healthy choice. Indian breads are unique in themselves. At India's Clay Oven, the breads range from clay oven baked breads such as *Nan, Kulcha,* and T*andoori roti*, to unleavened breads such as *Chapati* (griddle-baked whole wheat bread), and *Poori* (deep fried whole wheat wheat bread). Different varieties of *Nan* come stuffed with bits of chicken, minced lamb, spiced potatoes, peas, or cauliflower. If you are overwhelmed with the variety and cannot choose, order a basket of assorted breads.

Main dish: For a delicious authentic meal try *Tandoori* chicken, delightfully marinated in yogurt, baked in a clay oven and directly served on hot sizzling platters to your table. *Seekh Kabab,* marinated lamb (leg of lamb) which is cooked over a clay pit, is another healthy choice. Vegetarianism is part of the culture in India, and Indian restaurants always offer a wide variety of vegetarian dishes such as vegetable curries, *Dal* (lentil curries), or *Paneer* (Indian cheese) curries and other vegetable side dishes.

When You Go...
150 Del Monte Avenue, Monterey
Phone: 373-2529
171 S. Main Street, Salinas
Phone: 769-9087
Lunch (18-Course Buffet): 11:00 am - 2:30 pm; $7.45
Dinner: 5:00 - 10:30 pm, Daily, $25 for two
Reservations: Recommended on weekends.

Clay Oven
(continued)

Vegetables and lentils are an important part of Indian meals, making Indian foods low in fat, high in fiber and complex carbohydrates. Indian vegetable preparations can compete with any meat dish in the world.

Salads: *Raita* or Indian salad, made with yogurt and chopped vegetables, is a cooling accompaniment.

Dessert: *Rasmalai*, one of the most popular deserts served here, are cheese patties served in thick milk sauce. Mango Ice-cream and Mango *Lassi* are light refreshing desserts, particularly if you are fond of mangoes. *Kheer* is milk-based creamy, silky pudding studded with nuts. These deserts provide a graceful ending to the intricately spiced Indian dishes.

Beverages: Traditional drinks such as lemonade, *Darjeeling* Tea, and *Lassi* (yogurt drink) or plain water usually accompany Indian meals. Beer and certain bland wines also go well with Indian food.

A sampling of Indian food is an unforgettable experience. India's Clay Oven promises this.....

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- Weekends, Holidays 8 am - 6 pm

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- Saturday, Sunday, Holidays 6:30 am- 7 pm

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August 17, 1 pm - Student & staff spouses & children (8 yrs & up)

Lessons always available from professional staff. Low rates.

Aerobics

Fun Feeling Fit - Monday - Friday 5 pm - 6 pm. NPS multi-purpose room, 649-2398.

Lunch Time Hour of Power - Monday - Friday 11:15 am - 12:15 pm. NPS multi-purpose room. 624-7761.

Swimming Pool
656-2275

- **Lap Swim** Tuesday - Friday 11 am - 1 pm
- **Recreational Swim**

Tuesday - Friday 1 pm - 6 pm
Saturdays, Sundays, Holidays 12 pm - 6 pm

- **Admission**: $1 for 3 - 12 yrs, $2 for 13 yrs and up, $3 for guests. Season passes available.

Teen Sport Nights

Monterey Sports Center hosts teen sport nights, 1st and 3rd Saturday of each month, 7 pm - 10 pm. Free to all 13 - 18 year olds. Includes basketball, volleyball, water basketball, lap swimming, and organized games. Contact Jeff Pfiffner, 636-3730, for more information.

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The Roman Plunge, as it was formerly known, of the Old Del Monte Hotel, now the NPS pool. Photo courtesy NPS PAO.

Area Pools and Summer Lesson Schedules

By Sally S. Howard

Always a favorite summer activity, swimming lessons are fun for children and great for their self-esteem and physical fitness. Jim Fannin, Aquatics specialist at the Monterey Sports Center, points out that children build self-esteem through swimming by: conquering fears, mastering new skills, and taking pride in their efforts and accomplishments. Children won't even know they're "exercising," because of the fun they're having.

Three main facilities provide swimming instruction on the Monterey Peninsula - the NPS pool, the Monterey Sports Center, and the Pattullo Swim Center in Seaside.

NPS POOL
656-2275
Bldg. 210, next to chapel,
- Two outdoor, heated pools
- Parent & Me (6 mos. - 3 yrs.), TinyTot (3 - 5 yrs.), Beginner 1 - Beginner IV, Advanced Beginner, Swimmer
- Seven 2-week sessions, May 31-Sep 2
- Eight lessons, 40 min. each, mornings
- $30

MONTEREY SPORTS CENTER
646-3700
301 Franklin Street, Monterey
- Two indoor pools, one heated, water slide
- Parent & Child, Tiny Tots, Super Tots, Beginner I - Beginner IV, Advanced Beginner, Intermediate, Swimmer
- Summer lessons - 2 weeks
- Eight lessons, 30 min. each, mornings or afternoons, private lessons available
- $25 Monterey city residents, $30 all others

PATULLO SWIM CENTER
1148 Wheeler St., Seaside, 899-6270
- Two indoor pools, one heated
- Parent & Tot, and Levels I - VII
- Four-week sessions, Mon-Wed-Fri
- Twelve lessons, 35 min. each, private lessons available
- $25 Seaside residents and military, 20% discount for more than one child
- Register - Oldemeyer Center, 986 Hilby Ave.

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help wanted

Assistant Editor

Volunteer position beginning immediately and lasting through September 1994 and taking over as Editor October 94 to March 95. Requires past experience in writing, editing, and/or journalism. Position involves assisting with the publication of The Classmate. This is a fun job for an enthusiastic, creative individual. For more information call Sheri Byrd at 899-8867.

Circulation Manager

Volunteer position beginning immediately and lasting indefinitely. Requires no past experience. Responsibilities involve distribution of The Classmate magazine one day per month. Includes arranging groups to help distribute to Student Guardmail Boxes, and various offices in Herrmann Hall. This is a great opportunity to get involved without giving up much time. (Approximately 3 hours, one day per month.) For more information call Sheri Byrd at 899-8867.

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La Mesa Bids Farewell to Popular Principal

"A Teacher Affects Eternity"
Henry B. Adams

By Susan schmidt

"Do you ever wonder why Dr. Krasa is so nice? Well here's what I think. Dr. Krasa is nice because he treats us like we are his family... He is always kind. He always goes on the playground just to salute and to tell us

door policy. Always follows through on anything asked of him." And from PTA board member Nancy Stewart, "I've never known anybody who makes a point of letting people know how much they are appreciated, either with a note or a phone call. I consider him a friend."

It is the students themselves who can tell you why he will be missed so much. These excerpts are from Nouveme Nuttons' 4th grade class who wrote essays about Dr. Krasa.

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THE WASHINGTON POST

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 Realty, 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

La Mesa Bids Farewell to Popular Principal

"A Teacher Affects Eternity"
Henry B. Adams

By Susan schmidt

"Do you ever wonder why Dr. Krasa is so nice? Well here's what I think. Dr. Krasa is nice because he treats us like we are his family... He is always kind. He always goes on the playground just to salute and to tell us how great we are. Well I am really going to miss him and I bet you are too." ***Rachel Perez, 4th grade.***

Dr.Pete Krasa and friends:(L to R, standing) Ranjita Moore, Jessica Van Dyke, Cassandra Santos, Ian Biggs, (kneeling) Joey Normand, Garrick Winter.
Photo by Sally Howard.

Dr. Pete Krasa, who has been the principal of La Mesa Elementary School for the past six years, is leaving to become the principal of Fitch Middle School. While at La Mesa, Krasa has helped to foster a sense of pride and caring. His philosophy of positive reinforcement and focus on the student is reflected in his ideas, from the Golden Wall of Success and the Golden Tickets program to greeting all students with a friendly salute and a smile.

He extends his philosophy to the staff and parents as well. "It's always 'We'. I always cherish the 'Us' and the 'We'. We work together in learning how to learn," Krasa explained. "I don't like to use word 'important' because everybody's important. No one person is more or less than others, difference is job functions."

Krasa's dedication to the students has not gone unnoticed. In 1991, he received the prestigious Milken Educator of the Year award. And though Krasa will try to defer the credit, the staff, teachers, and students will tell you that it is his philosophy and positive attitude which has made a difference at La Mesa. From teachers, such as Mary Lind, "He's done a great job of making people feel like it's their school. He facilitates. He doesn't ask why, he asks, why not? From staff members, like Phyllis Howard, school secretary, "He is really into kids, fairness, and people being treated fairly. He promotes school spirit which really helps the kids." Or Dusanka Morissette, "Always open door policy. Always follows through on anything asked of him." And from PTA board member Nancy Stewart, "I've never known anybody who makes a point of letting people know how much they are appreciated, either with a note or a phone call. I consider him a friend."

It is the students themselves who can tell you why he will be missed so much. These excerpts are from Nouveme Nuttons' 4th grade class who wrote essays about Dr. Krasa. They say it best.

He likes to compliment us a lot at assemblies. He really cares about our safety and never wants us to get hurt. He is always happy and never sad. ***Jared Cutting***

He is a kind gentlemen and he notices what we are doing. He is not like other principals...and when we are good he's happy. ***Hunter Harrill***

I will miss Dr. Krasa. I will miss everything about him, his smile, his cheerfulness and especially his kindness and happiness...just because he is leaving our school doesn't mean that he really is leaving me because in my heart I will always remember him... the thing I will never forget is our golden rule, "We don't hurt people on the inside and we don't hurt people on the outside." ***Winnie Fletcher***

To me he is the best principal in the whole world. This is why; Dr. Krasa's kindness is always overflowing and he always thinks of the students and the

(Continued on page 27)

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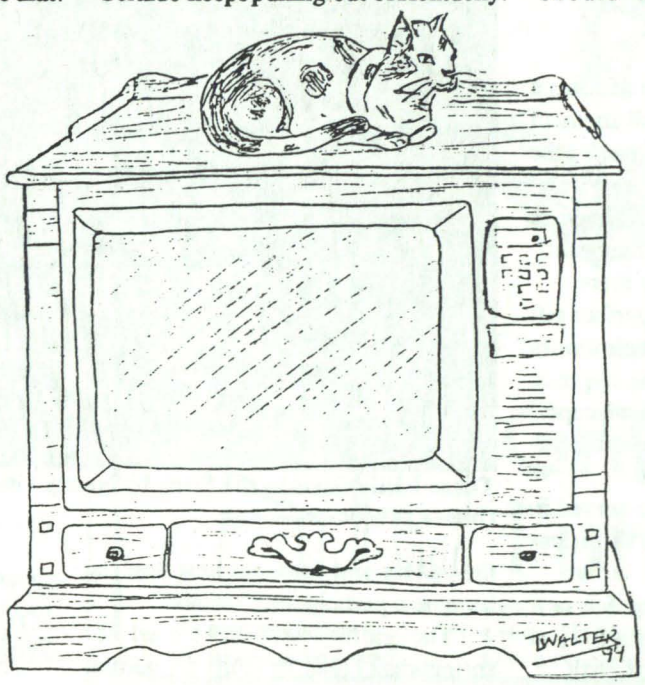
Accidental Reflections...

By Connie Lynch

Two "accidents" happened in our home recently. The first resulted in the loss of our television set. Imagine that! No TV! It is emotionally painful to loose something that buzzed on in endless chatter from the moment you stumble to the kitchen for coffee to that last remote flick as you brush your teeth before bed. Sometimes I imagine "it"" sitting there begging me to flick from Geraldo to Sally to Vicki and back again. And I wonder what Michael Jackson is up to these days. And what about his sister, LaToya? How are the couple who each had sex changes doing? And are their children confused calling Mom "Dad" and Dad "Mom"? No television. I'll never know. "How could this have happened!?", I ask in horror.



I began to think and reflect. What exactly is an accident? Webster defines one as "an unintended, sudden and unexpected happening occurring through carelessness or ignorance or from unavoidable causes resulting in loss or injury." It seems to me an accident is more than that. It is a series of unrelated events that due to unfortunate timing become related and casual. As I sift these musings through my mind, I remember...

My husband was working on the computer. I was making pumpkin pies and dressing. The children were in their beds. Our fat Siamese, Sam, was finishing yet another bowl of catfood. Everything was as it should be, or so I thought. Unbeknownst to me several independent events were linking together to form a chain of related events of the sort that cause an accident. In retrospect, had any one of the following events been absent, I would have been kept abreast on the Jacksons' and the sexual perverts Geraldo keeps pulling out of Kentucky. Or was that Iowa? I can't remember. How fast the mind goes without a television to keep it stimulated.

EVENT ONE: I had established a bad habit of using food to keep Sam quiet. I know this depicts me as an irresponsible pet owner, but for those who haven't lived with a Siamese: A significant difference between a newborn baby and Siamese cat is that the baby grows up and stops howling. FACT: Cats should not be overfed.

EVENT TWO: Sam's belly was full as she jumped to her perch on the TV. It was warm up there. She enjoyed watching the family congregate on the sofa to admire her, and we thought it was cute to watch her flick though channels during her bath. (My husband just reminded me that he never thought it was cute.) FACT: Cats do not belong on TVs.

EVENT THREE: While bathing, Sam stretched her tongue towards her back. This caused an apparently excessive squeeze in the belly area. The result was an an.... (How do I say this delicately?)...an upchuck on the back of the set which fell through the slots on to important circuit boards. FACT: Cats should not bathe near electrical appliances for the sake of the appliances.

EVENT FOUR: While cooking, I stop and listen. Quiet. Someone has turned off the TV! Wildly, I run to the living room and flick it on. I see only a straight line, smell smoke, and realize this is a "husband" sort of problem. I call my husband as I study the line. Husband goes into panic, lunging for the controls to turn off set. FACT: Always turn off set immediately if you see such a line.

EVENT FIVE: I always wanted a console set, rather than this expensive, stereo sound, high quality Sony. When we purchased the set, I explained to my husband that all I wanted was a box that would provide me with endless chatter and the cat with a warm place to bathe. If we'd bought a console at a third the price... FACT: Console sets are good to have if you have a feline.

EVENT SIX: Husband chases cat. Tempers flare. FACT: TV sets are not worth a loss of emotional control that can affect your blood pressure and interpersonal relationships.

So, I saved the cat's life. On a holiday, there was no TV for the after dinner games, so the football fans stood around wishing they'd stayed home for peanut butter sandwiches. They were saying things like, "If that had been my cat I'd have%#@*! it."

Which brings me to the second accident that also appears to be an

(Continued on page 28)

Eagle's Eye Gallery:
Artist of the Month

By Susan Everingham

Eagle's Eye Gallery features a combination of all its mem bers as a special treat for the months of June and July. Come down to the basement of Herrman Hall and take a trip through the beautiful array of talent on display there.

Are you looking for the perfect gift for graduates to remember their tour in lovely Monterey? The lone cypress, Herrmann Hall, seascapes, landscapes, still life, and gardens await your pleasure in the gallery. All work there is done by artists who served in the military or are spouses or dependents of military people.

They are always looking for new member artists, so don't be shy! If you have a valid military I.D card, visit the gallery and find out how you can become a participating member.

The gallery will be closed for springbreak (June 19 - July 5); normal hours are Tuesday - Friday, 11:30 am to 3:00 pm. Look for future announcements on special evening openings.

Three Little Girls in the Surf, by Nancy Olsen, Eagle's Eye Gallery, NPS.
Photo by Sally Howard

Sandy Martinisko

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D ay Camp

(Continued from page 6)

summer and they all enjoyed the weekly activities, from my 11 year old to my 4 year old.) To find out exact dates and details call: 646 -3933. And it's FREE.

• **VENTANA WILDERNESS SANCTUARY**

The Ventana Wilderness Sanctuary, VWS, (a non-profit organization) is having an eight week Natural Science Day Camp. Located in Andrew Molera State Park in Big Sur, the program is designed to encourage a child's curiosity and concerns about their natural world and to give them experiences from which they can gain an understanding of the way the earth processes function.

Natural Science Day Camp
June 20th - August 19th. Ages 8 -12, $125 per week .

EAGLE ADVENTURE WEEK
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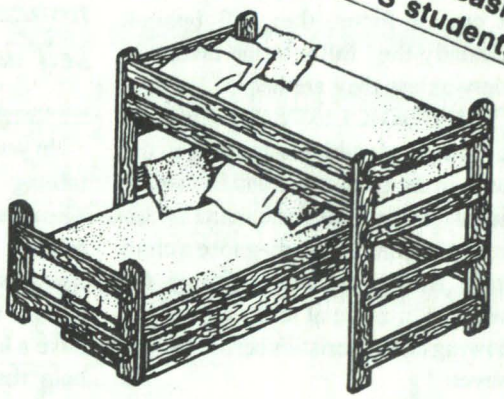

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ADHD

(Continued from page 9)

always the one who gets blamed for everything, whether they did it or not. Most of these children also have very high IQ's, but since they get distracted and cannot focus, they fall behind. Eventually they fall into the cracks of society unless they are helped.

THE BOOK LISTED the primary symptoms which according to the criteria in the Diagnostic and Statistical Manual (1987) of the American Psychiatric Association,"...to diagnose a child having ADHD he must display for sixmonths or more at least eight of the following characteristics before the age of seven."

1. Fidgets, squirms or seems restless
2. Has difficulty remaining seated
3. Has difficulty awaiting turn
4. Has difficulty following instructions
5. Has difficulty sustaining attention
6. Has difficulty playing quietly
7. Interrupts or intrudes on others
8. Is easily distracted
9. Blurts out answers
10. Shifts from one uncompleted task to another
11. Talks excessively
12. Does not seem to listen
13. Often loses things necessary for tasks
14. Frequently engages in dangerous actions

WHEN I WAS FINISHED reading the book I could relate to all of this and I also knew that I wasn't alone. After all my research and talking to other parents of children who suffer from ADHD, I knew that the next step was to try a stimulant drug, such as ritalin,dexedrine, or cylert. All of these medications are believed to affect the body's neurotransmitter chemical deficiencies of the brain which may be the cause of ADHD. Ritalin is usually the first choice of many doctors.

Under our doctor's close supervision it was time to face the question of whether this drug would work for our son. We explained to him what we were trying and what this medication would do to help him. We were skeptical at first, *but 25 minutes after taking his medication, we noticed a change in*

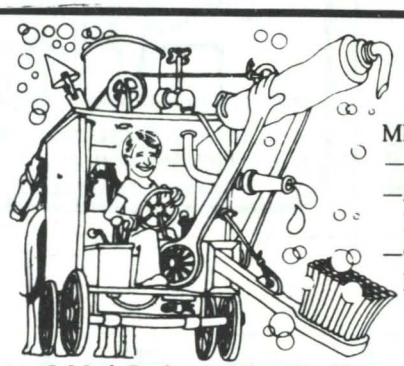
Twenty-five minutes after taking his medication, we noticed a change in him.He noticed the change in himself and liked it.

He was no longer racing around or talking fast, he was staying focused. The change in him was also noticed at school. But what was really important, being only six years old, *he noticed the change in himself and liked it.* We still have a long way to go. He's getting the help that he needs and we are more sensitive in understanding what he faces in everyday life.

I have only touched briefly on this disorder. To learn more contact: 1. your school, which generally has a resource team to answer your questions. 2. your local CH.A.D.D. group (Children with Attention Deficit Disorder). 3. local book stores or libraries. 4. your family doctor.

ONE WORD OF CAUTION, make sure your doctor knows and understands ADHD, because some of them don't. Finally, do research and stay in touch with the schools, they are your best source of information.

OUR EFFORTS HAVE PAID OFF, and our son has now blossomed into a happy child. He's no longer trapped in the cycle of frustration and underachievement that we once feared would limit his horizon. He now has choices in life. We have faced ADHD and worked to manage its symptoms, he will be free.



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La Mesa Bids Farewel

(Continued from page 21)

smile makes me feel warm inside. a big pleasant smile on his face. His smile makes me feel warm inside. ***Kimberly Kaemmerer***

He always asks, "Who are we? We respond, "The Golden Seals of Success." Then Dr. Krasa asks, "What do we like to do? We all say, "Smile, salute, and strive." I feel special when he says those things. ***Lauren Carr***

Dr. Krasa cares about many things but I think he cares more about our safety. He cares about our safety because it's his job. It might be his job, but I'm guessing here if Dr. Krasa didn't work for La Mesa he would still care about our safety. ***Erin Hicks***

He notices what we do well and compliments us and give us licorice. He always tires to fix problems immediately and encourages us to do our school work. Instead of yelling at us he speaks to us kindly. ***Daniel Algert***

*Dr. Krasa is a heck of great principal! He cares for us kids! He visits us all the time! He visits us at recess and plays with us. He gives us extra recess if we are real, real good..****Jesse King***

Dr. Krasa is full of encouragement. He's well tempered and patient. As soon as Dr. Krasa finds there is something wrong he tries to fix it. Like when there was something wrong with the bathrooms he fixed it as soon as he heard about it. ***Eric Kjono***

I think he thinks about students and staff a lot. He likes to pester our teacher. I am going to really miss next year. ***Philip Han***

He's the best principal in the world. Whenever someone has a problem, "Pop" he's there. When we're good, "Pop", he's giving us free recess or licorice. Whenever he's bored, "Pop' he's in the class watching how good we re. It's like he knows when we're being great students. ***Darrick Jurden***

There are many students, who when they look back at their time at La Mesa elementary, will 'smile' from the memories, 'strive' to uphold the positive encouragement they learned there, and most of all 'salute' Dr. Krasa as a fine principal and lifelong teacher.

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Accidental Reflections

(Continued from page 23)

unfortunate chain of events, none of which alone were causal.

The cat meanders through the kitchen at a speed of a tenth of a mile per hour. Seconds before she reaches the refrigerator, I decide to take meat out of the freezer for dinner. She and I reach the refrigerator at exactly the same moment. I open the freezer and a large frozen salmon (whose life was interrupted when caught by my husband) slips out. Gravity takes over and it accelerates downward smashing into the skull bone of the unsuspecting cat. It pounds her little body to the floor, legs, and arms (some true cats have no arms, mine does) flailing out to the side like a bearskin rug. Caught by surprise, she didn't even have time to yowl. All I hear is a grunt, "errgh" as her little larynx hits the floor. One fraction of a second sooner, she would have been safe. A fraction later, she'd have gotten it in the tail.

Afraid to touch her limp little body, I think of our dead TV and wonder if I can bear another accidental tragedy. I become hysterical and run through the house screaming, "Call 911, get a medieval helicopter! The cat has been killed by a salmon! Heeeelp!!"

My startled husband who is still sitting at the computer jumps to his feet, ready for action (He is a Special Operations Air Commando and no novice to mass disasters and triage situations.) His face and body language reflect his assurance, his fearlessness, and his ability to respond to emergency situations. Calmly he says, "We don't need 911. I know what to do with the cat." With the shrewdness of Sherlock, he asks,

" Exactly where did the salmon kill the cat?"

"On her head!," I scream with impatience.

"Not where on the cat, I asked WHERE! As in location coordinate, room in the house!"

Oh great! At a time like this you try to start another gender specific miscommunication game, like the ones where you never say what you mean, use ambiguous words and unclear logic. If you want to know what room, why not ask for location? Where is such an ambiguous vocabulary choice. For example you could have asked, " In which room did the salmon kill the cat?.... The cat!!" Heelp! Call 911! Hurry! Her skull is crushed!

We run to the kitchen. Once there, we discover Sammy on the kitchen table taking a bath, looking a little dazed. I'm not sure why my husband was so angry-whether it was because he was robbed of an opportunity to demonstrate his CPR skills or because that cat did not die. I decided not to inquire as there is something about that Siamese that raises my husband's blood pressure.

Accidents. Chain of events. We have no TV and the cat no longer walks, but darts about like Chicken Little, expecting the sky to fall. As I reflect, I watch her look vacantly into space and I wonder what she thinks (no cat owner believes those vacant cat stares reflect a vacant cerebrum). There she sits lamenting, "If only I'd been walking a little faster. If only little sandabs were biting that day..." Accidental reflections.

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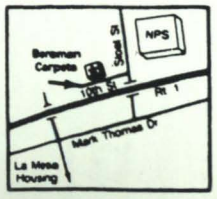

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