



Peacock Press



Naval Postgraduate School
JULY/AUGUST 2004



Mazda RACEWAY **LAGUNA** **SECA**

ITT will have tickets to the following races: July 9-11 Honda Superbike Classic; August 13-15 Historic Automobile Races; September 10-12 Grand Prix of Monterey; October 15-17 Electronics Sports Car Championship. Tickets will be available three weeks prior to each race.

HONDA SUPERBIKE RACE TICKET PRICES

Friday \$8.00	2-day \$47.00
Saturday \$22.00	3-day \$50.50
Sunday \$33.00	Paddock \$15.00



MONTEREY COUNTY FAIR *Monterey County Fairground* *August 17-22, 2004*

Check with ITT for discounted admission tickets to "The Fairest Fair Of All" for only \$5.50. Call 656-3223 for more info.

San Francisco 49ers FOOTBALL

49er Football Ticket Lottery. ITT will conduct its annual drawing for the right to purchase tickets to see the 49ers play football. Pick up a flyer at the ITT Office located on Herrmann Hall Quarterdeck for details and game dates. Drawing will close on Friday, 13 August. Tickets will be \$77.00 each and must be purchased in pairs. Winners will be notified by telephone starting Monday, 16 August and will be given three business days to buy their tickets. Unclaimed tickets will be offered to another purchaser. In the event that certain game dates are not selected, ITT will offer the remaining tickets to those whose names are still in the drawing. Active duty stationed at NPS have priority.

***49er Pre-Season Football Tickets.** Pre-season tickets can be purchased by authorized MWR users for \$49.00 which is below cost while supplies last!

GAME DATE	OPPONENT	GAME TIME
SAT - AUG 14*	OAKLAND	5:00 PM
THURS - SEPT 2*	SAN DIEGO	8:00 PM
SUN - SEPT 12*	ATLANTA	1:15 PM
SUN - OCT 3	ST LOUIS	5:30 PM
SUN - OCT 10	ARIZONA	1:15 PM
SUN - NOV 7	SEATTLE	1:05 PM
SUN - NOV 14	CAROLINA	1:15 PM
SUN - NOV 28	MIAMI	1:15 PM
SAT - DEC 18	WASHINGTON	2:00 PM
SUN - DEC 26	BUFFALO	1:05 PM

Visit our website: www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RDML Patrick W. Dunne USN
Superintendent

COL David Smarsh USAF
Chief of Staff

GSCM(SW) R.O. Murphy
Command Master Chief

CDR Matt Suess
Lead Site Manager, NRSW

James R. Thomas
Quality of Life Director

Darlene Raish
Leisure Services Manager

David Stockly
Golf Course/RV Campground
General Manager

Megan Ryan
Child Development & Youth
Program Administrator

Hugh Butler
Executive Chef

Renee Leiva
Catering Sales Manager

Cecilia S. Legario
Newsletter Editor

The Peacock Press is a bi-monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code (831)



FLEET AND FAMILY SUPPORT CENTER CELEBRATES ITS 25TH ANNIVERSARY

Toddler Support Group: Fridays (starting 9 July) 10:30-11:30 La Mesa Community Center.

Savings & Investments: Wednesday, 28 July 1-3 pm FFSC Bldg 3.

Winning Interviews: Wednesday, 11 August 1-3 pm FFSC Bldg 3.

Transition Assistance Program (TAP) Seminar: Tuesday-Thursday, 17-19 August 8 am - 4 pm Ingersol Hall, Room 122. TAP Seminars are recom-

July/August 2004 SCHEDULE OF CLASSES

for military personnel two (2) years before retirement and 12 months before separation. Topics covered: Personnel Appraisal, Career Exploration, Strategies for an Effective Job Search, Interviews, Reviewing Job Offers, and more. A Pre-Separation briefing must be completed **no later than 6 August 04** to attend.

CARIT Brief: Fri 20 August 8:10 am Ingersol Hall, Room 122, NPS. Attendance at this briefing is mandatory for military personnel retiring or separating. Failure to attend this briefing will require travel to Lemoore NAS, CA to complete this requirement. Topics Covered: DD 214 (Certificate of Release or Discharge from Active Duty), Household Goods/Travel, VA Benefits, Retirement Information, Social Security and more. Register **no later than 6 August 04**.

Smooth Move: Friday 20 August 10-11 am Ingersol Hall, Room 122, NPS. This

workshop is open to all active duty personnel and their families. The entire relocation process will be addressed by representative from Household Goods, Housing, Security Police, PSD, and Navy Medical Admin unit. Register no later than 6 August 04.

Resume Workshop: Wednesday 25 August 1-3 pm FFSC, Bldg 3.

Call Family Support Center, 656-3060 to register. Visit the FFSC website for update of classes: <http://www.nps.navy.mil/fsc>

**Welcome Aboard
New Students**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Monday 12, 19 & 26 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults: \$9.50 Kids 5-10: \$4.75 Under 5 \$3.00</p>	<p>Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p>Every Wednesday Dinner Special El Prado Room 1600-2100 CHICKEN FAJITAS Adults: \$8.50 Kids 5-10: \$4.75</p>	<p>1 NO MOVIE Every Thursday FAMILY NIGHT Dinner Special El Prado Room POT ROAST Adult \$8.50 Kids 5-10 \$4.75</p>	<p>2 Every Friday Dinner Special El Prado Room 1600-2100 SMOKED SALMON PASTA Adults: \$9.00 Kids 5-10 \$5.00</p>	<p>3 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION</p>
<p>4 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>5 HOLIDAY </p>	<p>6 SECRET WINDOW (PG-13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>7 50 FIRST DATES (PG 13) 1900 Dinner Special CHICKEN FAJITAS</p>	<p>8 AGENT CODY BANKS 2 (PG) 1830 Dinner Special POT ROAST</p>	<p>9 Dinner Special SMOKED SALMON PASTA</p>	<p>10 TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>11 MONTEREY PINES GOLF COURSE OPEN DAILY 0630-1700 AND MOST FEDERAL HOLIDAYS PLEASE CALL 656-2167</p>	<p>12 CALENDAR GIRLS (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>13 CON AIR (R) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>14 NO MOVIE Dinner Special CHICKEN FAJITAS</p>	<p>15 CONFESSION OF A TEENAGE DRAMA QUEEN (PG) 1830 Dinner Special POT ROAST</p>	<p>16 Dinner Special SMOKED SALMON PASTA</p>	<p>17 MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 1200-1700 CLOSED SUN & ALL FEDERAL HOLIDAYS</p>
<p>18 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK PLEASE CALL 656-2167</p>	<p>19 ROMY & MICHELLE'S HS REUNION (R) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>20 ENVY (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>21 DIRTY DANCING: HAVANA NIGHTS (PG 13) 1900 Dinner Special CHICKEN FAJITAS</p>	<p>22 HOLES (PG) 1830 Dinner Special POT ROAST</p>	<p>23 Dinner Special SMOKED SALMON PASTA</p>	<p>24 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>25 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND PLEASE CALL 656-2167</p>	<p>26 MONSTER (R) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>27 JOHNSON FAMILY VACATION (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>28 ALIEN RESURRECTION (R) 1900 Dinner Special CHICKEN FAJITAS</p>	<p>29 SCOOBY DOO 2: MONSTER UNLEASHED (PG) 1830 Dinner Special POT ROAST</p>	<p>30 Dinner Special SMOKED SALMON PASTA</p>	<p>31 FOR PARTY RESERVATIONS AT CLUB DEL MONTE PLEASE CALL 656-2170</p>

SPECIAL ANNOUNCEMENT!!!

We would like to inform our valued patrons that for your convenience the Trident Room, Barbara McNitt Ballroom and the El Prado Dining Room have 802.11b wireless access from your MWR dollars.

For more information, please call 656-1046 or helpdesk@nps.navy.mil.

July/August 2004 Dinner Specials
Served in the El Prado Dining Room
Monday-Friday 4:00-9:00 p.m.

MONDAY
DINNER SPECIAL

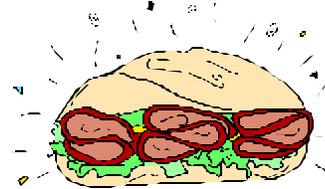


**FRESH
SEAFOOD CIOPPINO**

*with Shrimp, Calamari, Crab and Mussels,
Fresh Caesar Salad and Garlic Bread*

Adults \$9.50 Kids 5-10 \$4.75 Under 5 \$3.00

FAMILY NIGHT EVERY THURSDAY
DINNER SPECIAL



POT ROAST

w/Mashed Potatoes & Fresh Vegetables

Adult \$8.50 Kids 5-10 \$4.75

FRIDAY DINNER SPECIAL



SMOKED SALMON PASTA

*with Fresh Basil, Garlic, Sweet Peppers, Mushrooms
& Onions, in Alfredo Sauce.*

Adults \$9.00 Kids 5-10 \$5.00

TUESDAY DINNER SPECIAL



**SLOW ROASTED
PRIME RIB**

*"moist and tender"
with Aux Jus
accompanied with Horse
Radish, Baked Potato, Sour
Cream and
Chef's choice dessert*

only \$13.00

WEDNESDAY
DINNER SPECIAL



**CHICKEN
FAJITAS**

*Served with Black Beans, Fresh Salsa,
Flour Tortilla, Spanish Rice.*

Adults \$8.50 Kids 5-10 \$4.75

The following MWR facilities will be closed on Monday, 5 July
in observance of



- ADMINISTRATION AND CATERING OFFICES
- MARKETING AND BUSINESS OFFICES
- CLUB DEL MONTE
- INFORMATION TICKETS & TOURS
- MONTEREY BAY ATHLETIC CLUB
- CHILD DEVELOPMENT CENTER
- TECH CONNECTION/YOUTH & TEEN CENTER

**For more updated information
about MWR events,
visit our website at
www.mwr.nps.navy.mil**

Thurs 1 July - **NO MOVIE**

Mon 5 July - **NO MOVIE**

Tues 6 July 1900 - **Secret Window** (PG 13) 117 min: Johnny Depp & Maria Bello. Mort Rainey, a successful author, is passing through a hard period in his life. After catching his wife sleeping with another man, he divorces and moves away from the city to somewhere in the country. One day a man appears at this door, presenting himself as John Shooter, and accuses Mort of copying a story from him. Although Mort believes things can be solved once he shows Shooter the original version, which had appeared one year before Shooter's version, he can't seem to be able to get an original copy in the time limit set by Shooter. Strange things start happening which prevent him from receiving the needed original and Mort tries to find out who Shooter really is and if he is responsible for the things that are happening.

Wed 7 July 1900 - **50 First Dates** (PG 13) 96 min: Adam Sandler & Drew Barrymore. Henry Roth, a veterinarian at an aquarium in Hawaii, falls in love with a woman after a memorable encounter, only to find that she suffers from severe short-term memory loss and has no idea who he is. To win her, he must get her to fall in love with him all over again every day.

Thurs 8 July 1830 - **Agent Cody Banks 2: Destination London** (PG) 100 min. Frankie Muniz & Hannah Spearritt. A rogue CIA agent has stolen a top secret mind-control device, and Cody has to go undercover in London to get it back. Posing as a student at an elite music boarding school, Cody has to keep other kids from discovering his true identity while infiltrating covert hideouts, tracking his target - and practicing the violin. Cody has to fight the toughest enemy possible - the very man who taught him everything he knows.

Mon 12 July 1900 - **Calendar Girls** (PG 13) 108 min: Julie Walters & Helen Mirren. 11 middle-age women, ages 45 to 60, from the small village of Rylstone in Yorkshire, England pose naked for the annual calendar of the local branch of Women's Institute. The women are trying to raise money for medical research, after one of the husbands, John Baker, of one of the members, Angela Baker, becomes terminally ill from leukemia.

Tues 13 July 1900 - **Con Air**(R) 115 min: Nicholas Cage & John Cusack. After eight long years in prison a former Army Ranger, convicted of manslaughter, is released on parole. But the plane he's on is also being used to transport some of Americas most dangerous criminals to a new high-tech maximum security prison and the cons have no intention of allowing the flight to arrive at it's destination.

Wed 14 July - **NO MOVIE**

Thurs 15 July 1830 - **Confessions Of A Teenage Drama Queen** (PG) 90 min: Lindsey Lohan & Adam Garcia. When a New York City teenage from Greenwich Village, Lola, is forced to move to the New Jersey suburb of Dellwood, she finds that in her new school, there is another girl, Carla Santini, who already has claim to the title of most popular girl that Lola had at her old school. Aiming to oust Carla from her reign, Lola sets her sights nabbing the lead role in the next big school play, Pygmalion, which Carla also hopes to star in. As the two girls engage in a war for popularity, Carla lashes back at Lola by obtaining tickets to the sold-out "farewell concert" of Lola's favorite band. Can Lola somehow sneak into the concert and quell Carla's latest scheme, and at the same time meet the band's English lead singer, Stu Wolff, whom she has a crush on?

Mon 19 July 1900 - **Romy And Michele's High School Reunion** (R) 92 min. Mira Sorvino & Lisa Kudrow. With their high school reunion fast approaching, best friends and party girls, review their lives since high school and are surprised to find them sorely lacking. They decide to reinvent themselves, concocting fantasies of wealth and success to impress their former classmates.

Tues 20 July 1900 - **Envy** (PG 13) 99 min: Ben Stiller & Jack Black. Tim and Nick are best friends, neighbors and co-worker, whose equal footing is suddenly tripped up when one of Nick's have brained get rich quick schemes actually succeeds: Vaporizer, a spray that literally makes dog poop evaporate into thin air. Tim, who had poo-pphed Nick's idea and passed on an opportunity to get in on the deal, can only watch Nick's fortune and Tim's own envy grow to equally outrageous proportions.

Wed 21 July 1900 - **Dirty Dancing: Havana Nights** (PG 13) 87 min: Diego Luna & Romola Garai. 18-year-old Katey Miller moves to havana with her parents in November 1958. Her parents expect her to move within their well-to-do circles, but she defies their wishes when she falls in love with Xavier, a waiter who also happens to be a fantastic dancer. Secretly meeting in a Havana nightclub, the pair practices their dance steps in preparation for a prestigious national dance competition. But the coming revolution may spell trouble for the pair's plans.

Thurs 22 July 1830 - **Holes** (PG) 117 min. Sigourney Weaver & Jon Voight. This is the story of Stanley Yelnats - an unusual young hero, dogged by bad luck stemming from an ancient family curse. Perpetually in the wrong place at the wrong time, Stanley is unfairly sentenced to a month of detention at Camp Green Lake for a crime he didn't commit. There, he and his campmates are forced by the menacing warden and her right-hand men to dig holes in order to build character. Nobody knows the real reason they're digging all those holes, but Stanley soon begins to question why the warden is interested in anything "special" the boys find.

Mon 26 July 1900 - **Monster** (R) 109 min: Charlize Theron & Christina Ricci. In the midst of horrors and pathologies of two misfits: Wuornos, a drifter prostitute who kills many of her "johns" and Selby Wall, sent by her parents to live with an aunt in Florida in order to cure her homosexuality meet at a bar and fall in love. To keep her and Selvy's relationship alive, she continues hooking, only to fuel and increasingly escalating deadly rage, a fury vented with a shocking string of killings.

Tues 27 July 1900 - **Johnson Family Vacation** (PG 13) 97 min: Cedric the Entertainer & Vanessa Williams. AAA can't help the roadside emergency that is the Johnson Family Vacation. Even the onboard navigation system has a meltdown on Nate Johnson and his family's cross-country trek to their annual family reunion/grudge match. Reluctantly along for the ride are Nate's wife who's only in it for the kids; their rapper-wannabe son; their teenage daughter who's fashioned herself as the next Lolita; and their youngest, who just can't seem to keep track of her imaginary dog. Can the Johnson's survive each other and all the obstacles the road throws at them to make it to Caruthersville, Missouri? Can they find Missouri?

Wed 28 July 1900 - **Alien Resurrection** (R) 109 min: Sigourney Weaver & Winona Ryder. After killing herself to prevent the government from taking the monstrous Alien to Earth, Ellen awakens 200 years later to find that she has been cloned in order to withdraw the Alien inside her. As the world around her begins to fall apart and the terror begins again she must stop the infestation from reaching Earth.

Thurs 29 July 1830 - **Scooby Doo 2: Monsters Unleashed** (PG) 87 min: Matthew Lillard & Sarah Michelle Gellar. Scooby and the gang lose their cool - and their stellar reputation - when an anonymous masked villain wreaks mayhem on the city of Coolsville. Under pressure from relentless reporter Heather Jasper-Howe and the terrified citizens of Coolsville, the gang launches an investigation into the mysterious monster outbreak that leaves Shaggy and Scooby questioning their roles in Mystery Inc. The ever-ravenous duo, determined to prove they're great detectives, don a series of far-out disguises in their search for clues. Meanwhile, brainy Velma becomes smitten with a key suspect, Coolsonian Museum curator Patrick Wisely, as macho leader Fred and image-conscious Daphne attempt to determine the identity of the Evil Masked Figure who is unleashing the monsters in an attempt to take over Coolsville.



**Located on
HERRMANN HALL
QUARTERDECK**

**Open
Monday-Friday
9:30 a.m. ~ 1:30 p.m.
2:30 ~ 4:30 p.m.**

**Closed Weekends
and
Federal Holidays**

JULY	UPCOMING ITT TOURS	PRICE
3	Baseball - Giants vs Oakland A's	\$45.00
3-5	Knott's Berry Farm/Disneyland/Magic Mtn Adult Child	\$225.00 \$199.00
10	San Francisco Get Acquainted	\$23.00
17	Raging Waters	\$35.00
24	Local Wine Tasting (includes tasting fees)	\$39.00
31	Rock Climb and Hike in Pinnacles Nat'l Park Includes instruction and equipment	\$45.00
AUG		
8	Baseball Giants vs. Cubs	\$45.00
14	Pier 39/Alcatraz	\$39.00
21	Winchester Mystery House	\$35.00
28	Great America	\$30.00
SEPT		
4	Knotts Berry Farm/Sea World/Magic Mountain Adult Child	\$225.00 \$199.00
4	Baseball Giants vs. Arizona Diamondbacks	\$45.00
11	San Francisco Get Acquainted	\$23.00
18	Hearst Castle	\$35.00
22	San Francisco Zoo and Exploratorium	\$45.00

HOTEL AND CASINO



Going to Las Vegas? ITT has a new hotel on their voucher program. Arizona Charlie's Decator Hotel/Casino. Weekdays \$31.00/night or weekends \$50.00/night.

HP Pavilion in San Jose in association with Sugar Ray Leonard presents...



FIGHT NIGHT AT THE TANK
Thursday, 22 July 7:30 pm

Tickets are on sale at ITT until Wednesday, 14 July.
Ticket price: \$35.50 per person.



**DEEP SEA FISHING
AND
WHALE WATCHING**

Sign up for local deep-sea fishing or whale watching excursions with Randy's 3 hour Fishing Trips. Whale Watching is \$21.00 for adults and \$16.00 for children 2-11 years old.

Price for fishing start at \$41.50 per person. Gear and license are extra.



**OAKLAND A'S BASEBALL
TICKETS ON SALE!**

Tickets are \$12.25 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by ITT for more information.

SUMMER TICKETS

Summer tickets are here! Stop by ITT for Great America, Santa Cruz Beach and Boardwalk, Soak City, Six Flags Hurricane Harbor, Raging Waters and more!



Resort Condos for \$249 per week
A Space Available Voucher Program

**ARMED FORCES
Vacation Club**

Armed Forces Vacation Club is a vacation club arranged between MWR and Resort Condominiums International. AFVC offers condo unit rentals at \$249.00 per week at selected resorts located all around the world. Stop by ITT to pick up your space available voucher or call 656-3223.

**UNIVERSAL STUDIOS
SPECIAL OFFER!**

Universal Studios has a special offer! Buy a day and get the 2nd day free ticket for only \$38.50.

Offer will last until January 31, 2005.

SPORTS



SUMMER SOFTBALL LEAGUE

League runs 3 months July 12-September 2004
 Game Days vary. Game times: 1800, 1900 & 2000
 Rosters due July 8
 Softball Meeting: July 8 1600 at the Gym

SUMMER VOLLEYBALL LEAGUE

League runs 3 month July 13-September 2004
 Games played: Every Tues & Thurs 1800, 1900 & 20



BEACH VOLLEYBALL TOURNAMENT

When: August 12, 2004
 Where: Roman Beach Court.
 Time: TBA
 4 people on a side.
SIGN UP NOW!



SASS 8 ON 8 SOCCER LEAGUE

League runs 3 months July 24-October 2004
 Games played: Hilltop Track Field at DLI
 every Saturday time varies.
 Meeting: July 15 at the Gym

Cost: \$12.00 per player Sign up by July 12, 2004

FITNESS

Executive Bootcamp. July 8-Sept 2. Every Thursday 11 am - 12 noon. Cost: \$20 military; \$30 DOD/civilian. A semi-annual eight-week weight lose, nutrition education, and strength/cardiovascular training class (lecture only). How much body fat do you need to lose? IF you lose an agreed amount of body fat, participants get half the entry fee back. Body fat measurements will be taken, at the beginning and at the end of eight weeks.

Exercise Across the World. Jul 12-Sept 3. Earn exercise points (mileage) and watch yourself travel the globe from country to country. For every 30 minutes of exercise (walking, running, weight training, etc) you get 400 miles. Exercise inside or outside the fitness center. Free to all members without t-shirt. \$10.00 for specially designed t-shirt. This is an eight week exercise challenge divided into two age groups 15-50 years old and 51 and up.

Capoeira (a Brazilian exercise). Every Tues & Thurs 6:30-7:30 pm. Cost: \$40/month, \$12/week or \$6.50/day military and DOD/civilian. Exercise to Brazilian music. This class will strengthen your core muscles and enhance your mobility and stability.

Educational Classes: FREE to members

- July 30 - Aerobic Training
 - August 5 - Strength Training Seminar
 - August 12 - Proper Nutrition
 - August 19 - Developing an Aerobic Training Program
 - August 26 - Biomechanics for Strength Training
 - September 2 - Eating Habit for Brain Food
- No sign up required. Just show up and learn!

PERSONAL TRAINING IS AVAILABLE TO OUR PATRONS

Welcome to our new personal trainer Shelly Howard. Shelly has several certifications, which include: Health Fitness Instructor (American College Sports Medicine), Personal Trainer (American Council on Exercise), Yoga Instructor (Sara's City Workout) and an Aerobic Instructor (Aerobic & Fitness Association of America). Shelly is a competitor in body building and is a welcome arrival as a Fitness Educator/Instructor. Personal training fees are \$20.00 for a half hour or \$40.00 an hour or \$225.00 for 6 one hour sessions, by appointment only.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI
6:00 AM	STEP IT UP		STEP IT UP		
8:00 AM					YOGA
9:30 AM		CARDIO KICK			
11:00 AM	POWER FLEX		POWER FLEX		
12:00 PM		SPIN		SPIN	
4:30 PM		POWER FLEX		POWER FLEX	
5:30 PM	SPIN	STEP	SPIN	CARDIO COMBO	
6:30 PM		CAPOEIRA		CAPOEIRA	

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC, CYCLING, YOGA DAILY	AEROBIC 8-PUNCH CARD
ACT.DUTY/RESERVIST	FREE	N/A
RETIREE/FAMILY MEMBER	\$2.00	\$12.00
DOD CIVILIAN	\$3.00	\$16.00

GYM MEMBERSHIP FEES

ELEGIBLE PATRONS	DAILY	MONTHLY	1/2 YEAR	ANNUAL
ACTIVE DUTY RESERVIST	FREE	FREE	FREE	FREE
RETIREE/FAM MEMBER	FREE	FREE	FREE	FREE
DOD CIVILIAN	\$5.00	\$25.00	\$80.00	\$150.00

THERAPEUTIC MASSAGE

(Male or Female therapist now available)
 Help improve performance, decrease pain and promote relaxation!



Fees:
 \$60.00 for 60 minutes massage session.
 \$90.00 for 90 minutes massage session.

For appointments, please call 656-3118.

Child Development Center "CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing, early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care Monday-Friday 0730-1730. Please contact the center to see if a space is available as we do maintain a wait list.

Life Skills Readiness Summer Fun Preschool Program (July 12th-30th). Children ages 3-5 years are invited to come along for a summer of fun designed just for them! Sessions are scheduled for either two days a week (TTH) or three days a week (MWF) from 9:00-11:30 am. Registration is open and filling up fast! So don't delay and stop by the CDC in La Mesa for more information.

Summer Fun Activities to do at home: Flashlight bubbles - take a margarine lid, turn it upside down and tape it to the top of a flashlight. Pour bubble solution into the lid, turn on the flashlight, and using a drinking straw blow air into the lid to make bubbles. The bubbles will be prism-like, colorful, and in geometric shapes.

Life Skills Readiness Preschool Session: Begins August 9. It's time to think about the fall enrollment for our Life Skills Readiness Preschool Program for children ages 3-5 years old. Our classes are beginning to fill up so don't delay if you want to be part of the fun. The fall session will consist of two day and three day morning classes. To reserve a place for your child, stop by the CDC and we'll tell you all about our fantastic program.

Jellyfish Drop-In Care Room: Jelly Fish Drop In hours are 8:30 am-2:00 pm. Reservations can be made up to **one month in advance**. Please keep in mind if cancellations are not made prior to the scheduled appointments, a \$5.00 fee will be charged. Care is available Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 for snack and \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or to have a little adult time to yourself. We have lots of fun!

Before School Care is available for children ages 5-12 years old attending La Mesa Elementary School.

Kindergarten Registration. Monterey Peninsula Unified School District Kindergarten registration began April 12th. Registration packets may be picked up at La Mesa Elementary School. You will need your child's birth certificate, immunization record and proof of residence. For more information, please call La Mesa Elementary School at 649-1872.

If you are interested in Before and After School Kindergarten Care, please complete a Request for Care Form at the CDC front office. Before and After Kindergarten Care is offered in our Full Time Pre-School Classrooms. Fees are based on total family income.

Important Note: All children attending our program that need transportation to and from school must be enrolled in an afternoon Kindergarten session at La Mesa Elementary School. For more information, please call the CDC at 656-2734.

What Children Really Need to Learn in Preschool...

More than ABC's and the 123's

- Emotional maturity - becoming independent, self-motivated, able to make choices, happily involved in the classroom, etc.
- Social skills - able to get along with others, making friends, taking part in conversations, etc.
- Listening skills - able to listen to stories, follow directions, focus on activities, etc.
- Oral/ expressive language skills - able to express his/ her wants and needs, repeat rhymes, songs and stories, contribute ideas, etc.
- Self-help skills - taking responsibility for his/ her personal belongings and personal needs, cleaning up after himself/ herself, dressing, etc.
- Learning skills - able to find solutions to problems, solve age-appropriate puzzles, repeat age-appropriate sequences and patterns, etc.
- Creative thinking skills - able to think (see more than one solution), share new ideas, be inventive in his/ her thinking process, etc.
- Physical skills - able to play action games, do simple exercise, participate in small and large motor activities, etc.
- Creative music and movement experiences - able to think of new ways to move, sing new songs, design and implement new ideas, etc.
- Positive self-esteem - growing more confident in what he/ she can do, developing friendships, feeling good about himself/ herself.

These are the things children need to learn to prepare them for kindergarten and help them to develop an "I can do it!" attitude.

*From (Almost) Everything You Need to Know About Early Childhood Education by Judy Fuyawa.



The Child Development Home program offers Navy certified care by military family members in their homes.

Interested in pursuing a rewarding career and working at home? How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

The Benefits: You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

All of our programs are open to active duty military, reservists in active duty status, and DOD civilians on a space available basis. Please call 656-2734 for more information.

July/August 2004 SCHEDULE OF EVENTS



MWR is pleased to announce that the Tech Connection Teen and Youth Center has been accepted into the membership of the Boys and Girls Club of America effective May 25, 2004.

AFTER SCHOOL AGE CARE (SAC) Program

Starting August 2, 2004...SAC is open to children ages 5 (in 1st grade) thru 10 (currently in 5th grade). Transportation is provided from La Mesa Elementary School.

Register your child today.

For more information, call 656-2127.



SPLISH SPLASH N2 SUMMER CAMP

REGISTER NOW!

Space is available for the month of July.

Open to military and DOD age 5 (kindergarten graduate) thru age 10 (going into 5th grade).



SAN FRANCISCO GIANTS FIELD TRIP Thursday July 22, 2004

S.F. GIANTS VS. S.D. PADRES

Cost: \$15.00 + extra money for concession stands

Departs: 9:45 am at the Tech Connection

Returns: 5:30 pm at the Tech Connection

First come first serve basis

Limited to 32 children and 5 parent volunteers.

Sign up now!

EDUCATION ENRICHMENT FOCUS GROUP - CHILDREN'S PROGRAM DEVELOPMENT - "ROBIN HOOD" MUSICAL PRODUCTION AUGUST 2004

In an effort to address some of the identified needs for enrichment in the areas of art, music, drama, and physical activities, the Monterey Area Education Enrichment Focus Group (MAEEFG) will be sponsoring the musical production "Robin Hood." This program offers local military children, kindergarten through high school, an opportunity to participate in music, drama, dance, art - scenery and set development, instruction and participation with sound and lighting equipment, costume and prop design, the art of makeup application, cooking for the cast party, as well as fun and socialization with other children and adults working in preparation of this special event.

The production is slated to be performed in late August 2004, but volunteers are needed immediately to begin organizing and structuring this event. MAEEFG is looking for parent volunteers to assist with props, costume design, make-up, music direction, marketing, production director, and several other adults to assist with various elements of the "Robin Hood" musical. The goal is to involve at least 25 children in the cast and many more in support roles. Several of the practices and production meetings will be held during the summer months to allow for flexibility of the participants.

Please come and assist MAEEFG in offering the local military children an opportunity to be shining stars in the production of "Robin Hood" - August 2004. Educational enrichment, fun, and a positive experience for children of all ages is the goal of MAEEFG. We need volunteers to make this goal a reality for our local military children.

For more information or to volunteer please call 242-6904, email cynthia.rothstein@monterey.army.mil or visit our MAEEFG website: <http://groups.yahoo.com/group/MAEEFG/>.



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

www.navyflyingclubs.com/monterey

MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight Instruction: \$25.00/hour.

COST SHARING: *Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.*

AIRCRAFT RENTAL RATES



Beech (T-34) \$100.00



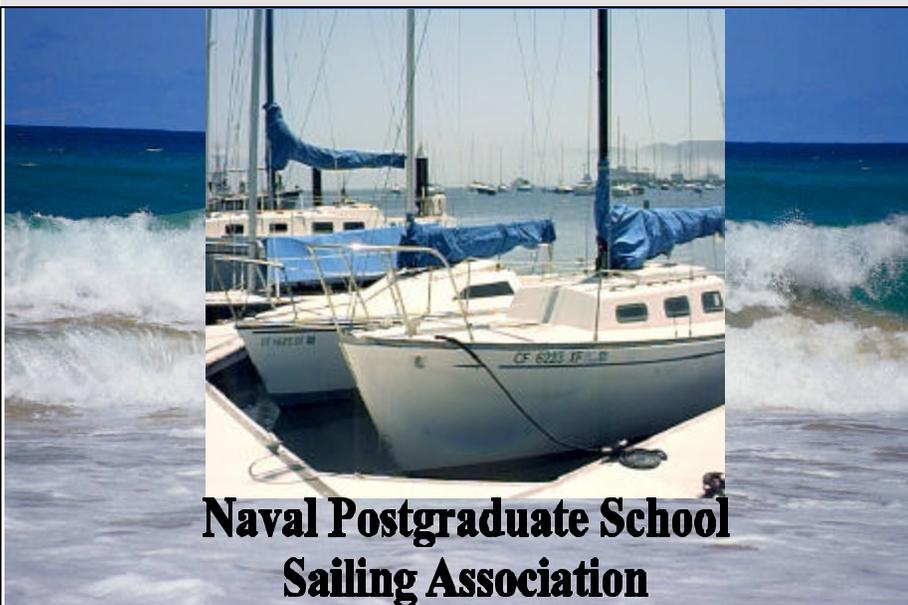
Cessna 152 (IFR) \$54.00



Cessna 172 (IFR) \$70.00

All rates are on an hourly basis including fuel.

Bluewater Cove Marina



Naval Postgraduate School Sailing Association

NPSSA, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. For more information on how to get involved with sailing in Monterey, contact NPSSA at npsa@nps.navy.mil.

MWR ADVISORY BOARD TO MEET WEDNESDAY, 7 JULY 2004

The next MWR Advisory Board Meeting is set for Wednesday, 7 July 2004, at 10:00 a.m. in the La Novia Room, Herrmann Hall, Bldg 220.

All Departments of the Naval Postgraduate School and tenant commands are encouraged to send representatives to these informative bi-monthly meetings.

This is your opportunity to gather the latest MWR information and to share your organization's feed back with key MWR personnel.

For more on how your command can take part in the MWR Advisory Board, call the MWR Administrative Office at 656-1049.



Go to our new website at
www.montereypinesgolf.com.

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

Golf instruction available from your certified golf instructors.

DAVID STOCKLY/DAVID HARBER/BOON CHATVONG
 Golf Professionals



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00
5 1/2 HOUR SESSIONS	\$125.00	\$125.00	\$125.00

ANNUAL SUPERINTENDENT'S CUP SCRAMBLE

Saturday, 21 August 2004
 8:00 am - Shot Gun
 \$55.00 per player



7:00 - Check in and Continental Breakfast

8:30 - Tee off

1:00 - Banquet and Award Ceremony

- Fee includes: Continental Breakfast, Banquet, Awards, Tee Prizes, and Range Balls.
- Carts are limited. Call to reserve. \$10.00 per player.
- Sign up your Foursome or join our Singles list.
- Call today for reservations.

For more information, call 656-2167.

PUNCH CARD 20 PLAY	25% DISCOUNT
MILITARY	\$180.00
DOD	\$270.00
CIVILIAN	\$360.00

10 play range cards are now available for \$40.00

MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



*About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.

DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$22/Day	\$18/Day
DOD	\$25/Day	\$22/Day
Sponsored guests	\$29/Day	\$25/Day

RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

GOLF FEES

GREEN FEES	PRIME	TWI
MILITARY	\$12.00	\$10.00
DOD	\$18.00	\$12.00
CIVILIAN	\$24.00	\$15.00

RENTALS:		
Cart Rate		\$20.00
Single Cart		\$12.00
Rental Clubs		\$10.00
Pull Carts		\$5.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR ADMINISTRATIVE OFFICES - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

EL PRADO DINING ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For information, call: 656-2170.

Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays
Dinner: 4:00 - 9:00 p.m. Monday through Friday

TRIDENT ROOM - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

Beverage Service : 4:00 - 11:00 p.m. Monday - Wednesday
3:00 - 11:00 p.m. Thursday & Friday
4:00 - 11:00 p.m. Saturdays
Dinner Service : 4:00 - 9:00 p.m. Monday through Friday

CLUB DEL MONTE/CATERING SALES OFFICE - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

INFORMATION TICKETS & TOURS - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

CHILD DEVELOPMENT CENTER - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

CHILD DEVELOPMENT HOMES - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

TECH CONNECTION - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0900-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

MONTEREY BAY ATHLETIC CLUB ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 am - 1:00 p.m. Closed on Sundays and federal holidays. Phone 656-3118.

MONTEREY PINES GOLF COURSE - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

MONTEREY PINES RV CAMPGROUND - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

MONTEREY NAVY FLYING CLUB - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

BLUEWATER COVE MARINA - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

MWR BUSINESS OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

MWR MARKETING OFFICE - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

THE FLEET & FAMILY SUPPORT CENTER - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

NAVY EXCHANGE TELEPHONE NUMBERS - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.

NAVY LODGE - 1100 Farragut Road, Monterey, Ca 93940. Tel: 372-6133.



Peacock Press

Morale, Welfare and Recreation Department
Naval Postgraduate School
1 University Circle
Monterey, CA 93943-5000

CHECK OUT MWR'S WEBSITE!

www.mwr.nps.navy.mil