



Peacock Press



Naval Postgraduate School

OCTOBER 2003



*Watch for an evening of....
Musical Dinner Theater Presentation about marriage by*

Almark Productions

Wednesday, 15 October 2003

Barbarra McNitt Ballroom

Buffet Dinner: 6:30 P.M.

Show: 8:00 - 9:30 P.M.

\$15.00 per person

starring

Alex Petrides

and

Alicia Helen Markarian

Love Letters

For information, call 656-2170

www.mwr.nps.navy.mil



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NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison
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Newsletter Editor

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

All phone numbers are in
650 934- (224)



OCTOBER & NOVEMBER 2003 SCHEDULE OF CLASSES

2:30-3:45 pm La Mesa Community Center;
Thursdays 2:30-3:45 OMC Chapel.

Infant Play Group: Tuesdays 10:15-11:30 am
La Mesa Community Center.

Anger Management Group: Thursdays 4:00-
5:00 pm FFSC Bldg 2.

**NOTE: The Infant Group, Self-Confidence
Chess Groups and the Toddler Group will not
meet during the period of 13-17 October.**

Winning Interviews: Thurs 6 Nov 1:00-
3:30 FFSC Conference Rm.

Magic 1, 2, 3 Parenting Class: Wed 12 Nov
4:15-5:45 FFSC, Bldg 3. A class to help you
sharpen your parenting skills. This program is
for parents of children, age 2 1/2 to 12 years.
We will address discipline that is effective and
ways to reinforce positive behavior.

Dealing with Difficult People: Mon 17 Nov
4:15-4:45 FFSC, Bldg 3. Learn to identify
and deal with the 10-classic types of difficult
people. Learn to understand your personal
strengths and styles of interacting.

Dealing with Difficult People: Tues 7 Oct
4:15-5:45 pm Weckerling Center, POM.
Learn to identify and deal with the 10-classic
types of difficult people. Learn to understand
your personal strengths and styles of interact-
ing.

Buying a Home Seminar: Thurs 9 Oct 1:00-
4:00 pm FFSC, Bldg 3.

Communicating with Love: Mon 20 Oct
6:00-7:30 pm FFSC, Bldg 3. Learn strate-
gies to resolve and prevent conflicts. Learn to
communicate.

Resumix Workshop: Thurs 23 Oct 1:00-2:30
FFSC Bldg 3.

Toddler Play Group: Fridays 10:30-11:30
am La Mesa Community Center.

Chess/Self-Confidence Group: Wednesdays

Transition Assistant Program (TAP) Seminar

Tues-Fri 18-20 Nov 7:50 am-4:00 pm FFSC
Bldg 3. Recommended for military personnel 2
years before retirement and 12 months before
separation. A Pre-Separation briefing must be
completed no later than 7 Nov 03 to attend.

CARIT Brief: Fri 21 Nov 8:10 am FFSC,
Bldg 3. Attendance at this briefing is manda-
tory for military personnel retiring or separat-
ing. Failure to attend this briefing will require
travel to Lemoore NAS, CA to complete this
requirement. Call by 7 Nov 03 to register.

Infant Group: Tuesdays 10:15-11:30 La
Mesa Activity Center.

Chess/Self-Confidence: Wednesdays 2:30-
3:45 pm La Mesa Activity Center OMC
Chapel.

Anger Management Group: Thursdays 4-5
pm FFSC, Bldg 2.

Toddler Play Group: Fridays 10:30-11:30 am
La Mesa Activity Center.

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

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>Mon 6, 20, & 27 Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist & Tender" PRIME RIB \$13.00</p>	<p>1 CATCH 22 (R) 1900 Wed 1, 8, 22 & 29 Dinner Special El Prado Room 1600-2100 BBQ BABY BACK RIBS Adults: \$8.50 Kids 5-10 \$4.25</p>	<p>2 HOLES (PG) 1800 Every Thursday FAMILY NIGHT Dinner Special El Prado Room 1600-2100 FRIED CHICKEN Adults: \$6.50 Kids 5-10 \$3.50</p>	<p>3 228TH U.S. NAVY BIRTHDAY BALL Every Friday Dinner Special El Prado Room 1600-2100 FRIED SHRIMP Adults: \$8.50 Kids 5-10 \$4.25</p>	<p>4 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>5 For Party Reservations at CLUB DEL MONTE Please call 656-2170</p>	<p>6 2 FAST 2 FURIOUS (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>7 BRUCE ALMIGHTY (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>8 GIGLI (R) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>9 FINDING NEMO (G) 1800 Dinner Special FRIED CHICKEN</p>	<p>10 Dinner Special El Prado Room 1600-2100 FRIED SHRIMP</p>	<p>11 TRIDENT ROOM BEVERAGE SERVICE 1600-2300</p>
<p>12 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS & FEDERAL HOLIDAYS</p>	<p>13 NO MOVIE Holiday Columbus Day </p>	<p>14 CLUELESS (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>15 NO MOVIE DINNER THEATER PRESENTATION Dinner Special BBQ BABY BACK RIBS</p>	<p>16 RUG RATS GO WILD (PG) 1800 Dinner Special FRIED CHICKEN</p>	<p>17 Every Friday TRIDENT ROOM OPEN 1500-2300 SOCIAL HOUR 1600-1800</p>	<p>18 MONTEREY BAY ATHLETIC CLUB OPEN MON-FRI 0530-2100 SAT: 1200-1700 CLOSED SUN & ALL FEDERAL HOLIDAYS</p>
<p>19 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK CALL 656-2167</p>	<p>20 THE HULK (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>21 2 FAST 2 FURIOUS (PG 13) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>22 HALLOWEEN 2 (R) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>23 CINDERELLA (G) 1800 Dinner Special FRIED CHICKEN</p>	<p>24 Dinner Special El Prado Room 1600-2100 FRIED SHRIMP</p>	<p>25 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>26 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND PLEASE CALL 656-7563</p>	<p>27 LEGALLY BLONDE 2: RED, WHITE & BLONDE (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>28 SINBAD: LEGEND OF THE SEVEN SEAS (PG) 1900 Dinner Special "Moist & Tender" PRIME RIB</p>	<p>29 THE HULK (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>30 PIGLET'S BIG MOVIE (G) 1800 Dinner Special FRIED CHICKEN</p>	<p>31 Dinner Special El Prado Room 1600-2100 FRIED SHRIMP ANNUAL HALLOWEEN BASH TRIDENT ROOM 1700-2000</p>	<p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>

October 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 \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00



**FRIDAY NIGHT
SPECIAL**

Fried shrimp
*With Fettuccine Alfredo
and
Fresh Vegetables*

Adults \$8.50
 Kids 5-10 \$4.25

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*

**FAMILY NIGHT
EVERY THURSDAY
DINNER SPECIAL**



FRIED CHICKEN

*with Mashed Potatoes/
gravy and coleslaw.*

Adult \$6.50 Kids 5-10

**ANNUAL
HALLOWEEN
BASH**

**Friday, 31 Oct 2003
1700-2000
Trident Room**

*Come show your scary
Halloween costumes.
There will be a costume
contest, plenty of prizes,
DJ, games and more!*

*Don't miss this great
chance to scare and be
scared!*



**WEDNESDAY
DINNER SPECIAL**

BBQ BABY BACK RIBS

*served with Corn Bread,
Fresh Corn on the Cob
and Fried Potato Wedges*

Adults \$8.50 Kids 5-10 \$4.25

LIBERTY THANKSGIVING LUNCH

*Wednesday, 19 November 2003 11 am-1 pm
Tower Room, Herrmann Hall*

*Open to all U.S. enlisted single and geo-bachelors attached to
NPS and tenant commands. RSVP by 12 November 2003 to
Amy Close at 656-7955 or amclose@nps.navy.mil.*

COMMUNITY ACTIVITIES

THANKSGIVING TURKEY BOWL

Friday, 21 November 2003 in the Trident Room at 1700

*Tom Turkey will be sliding down the hollowed halls of
Herrmann Hall in this hilarious annual event. Ever try to bowl
with a turkey? Now's your chance! If you aren't sure what we
mean when we say Turkey Bowl, come find out. It's great fun
you don't want to miss! Groove to the live music, play some
games, win some prizes!*

Liberty Single Sailors

**WINCHESTER MYSTERY HOUSE
FLASHLIGHT TOUR**

Saturday, 25 October at 8:00 p.m.

*Costs \$10.00 including ticket and transportation. Sign up at the ITT
Office by 17 October 2003.*

*You all have heard about the great mansion in San Jose, the one that
Sarah Winchester, heiress to the Winchester rifle fortune built, right?
Did you also know that the reason Mrs. Winchester built continuously
until her death was because she had been convinced by a medium that
if she continually build onto her house, the evil spirits of those killed
by the famous "Gun that Won the West" would not harm her? Come
with me to explore the mansion in a special Flashlight Tour, who
knows what spirits may still be looming about. This tour is open to all
U.S. enlisted single and geo-bachelors attached to NPS and tenant
commands. Any questions, please contact Amy Close at 656-7955.*

*Wed 1 Oct - **Catch 22** (R) 122 min: Alan Arkin & Martin Balsam. A bombardier in World War II tries desperately to escape the insanity of the war. Sometimes, however, insanity is the only sane way to cope with a crazy situation.*

*Thurs 2 Oct - **Holes** (PG) 117 min: Sigourney Weaver & Von 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 6 & Tues 21 Oct - **2 Fast 2 Furious** (PG 13) 100 min: Paul Walker & Tyrese Gibson. A former cop teams up with his ex-con pal to transport a shipment of "dirty" money for shady Miami-based import/export dealer while actually working with an undercover agent to bring the dealer down.*

*Tues 7 Oct - **Bruce Almighty** (PG 13) 94 min: Jim Carrey & Jennifer Aniston. A "Human Interest" television reporter in Buffalo, New York is discontented with almost everything in life, despite his popularity and the love of his girlfriend. At the end of the worst day in his life, he angrily ridicules and rages against God- and God responds. He appears in human form and, endowing the reporter with all of His divine powers, challenges the disgruntled reporter to take on the big job and see if he can do it any better.*

*Wed 8 Oct - **Gigli** (R) 121 min: Ben Affleck & Jennifer Lopez. An LA hitman is ordered to kidnap the psychologically challenged brother of a powerful federal prosecutor. When plans go awry, his boss sends a gorgeous, free-spirited female gagster to assist with the kidnapping.*

*Thurs 9 Oct - **Finding Nemo** (G) 100 min: Alexander Gould & Erica Beck. This altogether delightful animated underwater adventure is the story of Nemo, a boy clownfish, stolen from his coral reef home. His timid father must then search the almost endless ocean to find him again.*

*Mon 13 Oct - **NO MOVIE (COLUMBUS DAY).***

*Tues 14 Oct - **Clueless** (PG 13) 97 min: Alicia Silverstone & Justin Walker. A wealthy, pampered, upper-class teenage girl, who thinks it's more important to be fashionably dressed and popular than to get good grades, finds that not everyone shares her opinion of what's stylishly appropriate as she sets out to do personal and romantic makeovers for everyone in her high school class.*

*Wed 15 Oct - **NO MOVIE.***

*Thurs 16 Oct - **Rug Rats Go Wild** (PG) 81 min: Bruce Willis & Jodi Carlisle. Tommy Pickles gets a chance to meet his real life hero, Nigel Thornberry, when the Rugrats wash up on the shore of a deserted island. A heroic Tommy leads the Rugrats safely through the rainforest where the babies encounter lizards, tigers and bug-eating plants. Along the way, the Rugrats run into and befriend the Thronerrys, leading to a host of hilarious and sometimes precarious situations. Luckily, the Rugrats are able to salvage their trip with the help of the Thornberrys, and the vacation turns out to be one of the most memorable ever.*

*Mon 20 & Wed 29 Oct - **The Hulk** (PG 13) 138 min: Eric Bana & Jennifer Connelly. This is the tale of Dr. Bruce Banner, whose participation in a failed experiment at a lab on the UC-Berkeley campus transforms him into a monstrously powerful and savage green-skinned behemoth whenever he loses control of his emotions. Bruce's father is Dr. David Banner, who has himself passed on a dangerous legacy to his son. Turned into a monster of incalculable strength and stamina, Banner goes on the run, chased for hundreds of miles by the military, led by General "Thunderbolt" Ross, the father of the fellow scientist, Dr. Betty Ross, that he loves.*

*Wed 22 Oct - **Halloween 2** (R) 94 min: Jamie Lee Curtis & Donald Pleasence. Picking up where he left off in the original Halloween horror classic, Michael Myers tracks Laurie Strode to the Haddonfield Hospital where she has been taken for observation. Meanwhile, Dr. Loomis is out looking for the unkillable psychopath who leaves a trail of bodies wherever he goes.*

*Thurs 23 Oct - **Cinderella** (G) 74 min: Lesley Ann Warren & Ginger Rogers. A beautiful girl hopes to get a chance to go to the ball being held at the castle. Her stepmother and stepsisters do everything to prevent her from going, yet her fairy godmother bestows a lovely gown and carriage to take her to the ball. The prince is enchanted with her and seeks her to become his wife.*

*Mon 27 Oct - **Legally Blonde 2: Red, White and Blonde** (PG 13) 94 min: Reese Witherspoon & Sally Field. Elle Woods takes her legal savvy and fashion sense to Washington DC to push an anti-animal testing bill through Congress. Arriving at the Wellington and not knowing where to begin in the city, she befriends the hotel's elderly doorman who becomes her guide to the way the political system works, and how to get her legislation...legislated.*

*Tues 28 Oct - **Sinbad: Legend Of The Seven Seas** (PG) 90 min: Brad Pitt & Catherine Zeta-Jones. The classic Arabic character that first appeared in the book Arabian Nights, Sinbad the sailor, is brought once again to the screen in an animated adventure telling the tale of his fabled voyages. This movie follows one of the many adventures of the famous Arabian sailor, Sinbad. The adventure starts when Eris, the Greek goddess of Chaos steals the "Book of Peace", and frames Sinbad for the crime. Setting out to prove his innocence (and save the life of his best friend, Proteus, the shapeshifting sea god) Sinbad travels to the realm that Eris resides in, where he is challenged by terrifying monsters which include a giant scorpion, a giant serpent and the Roc, a 40-foot-tall bird made of ice and snow. To ensure that he fulfills his mission, Proteus' girlfriend stows away on Sinbad's ship which proves to be one of his biggest challenges.*

*Thurs 30 Oct - **Piglet's Big Movie** (G) 75 min: John Fiedler & Jim Cummings. Piglet gets that inferior feeling when his friends begin a "honey harvest" and he is told that he's too small to help. When Piglet disappears, the others use his scrapbook as a map to find him- and in the process discover that this "Very Small Animal" has been a big hero in a lot of ways.*

WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER AND GET A BUCKET OF FREE POPCORN! OPEN TO ALL AUTHORIZED MWR PATRONS.



**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**

RENAISSANCE PLEASURE FAIRE



The Renaissance Pleasure Faire is in Gilroy this Fall!! Open until October 19 2003 at the Casa de Fruta. Tickets are on sale at the ITT office. . Adults \$15.00, children ages 5-11 \$9.00, children 4 and under FREE.

Airshow
SALINAS



OCTOBER 17, 18, 19, 2003 **FEATURING:** THE U.S. AIR FORCE THUNDERBIRDS

We have tickets for the Salinas Air Show.

Adults \$13.00 Children ages 6-12 \$9.00

Gate price is \$2.00 higher.

ENTERTAINMENT BOOKS



2004 Entertainment Books are now on sale for \$20.00. Use coupons to save money at the local stores, restaurants and more!

LOCATION, LOCATION, LOCATION!!

ITT office has moved across from the Quarterdeck to Room 126. Same great service and hours of operation, just new location!

OCTOBER	UPCOMING ITT TOURS	PRICE
4	Wine Tasting	\$39.00
11-13	Knotts/Disney/Magic Mountain US MIL NON-US MIL CHILD	\$165.00 \$199.00 \$145.00
11-12	Las Vegas	\$150.00
18	Winchester Mystery House	\$35.00
25	San Jose Sharks vs Phoenix Coyotes	\$45.00
NOVEMBER		
1	San Francisco Get Acquainted Tour	\$23.00
9	Football-Raiders vs Chargers	\$70.00
15	Hearst Castle	\$35.00
22	San Jose Sharks vs Nashville Predators	\$45.00
30	Football - Raiders vs Broncos	\$70.00
DECEMBER		
6	San Jose Sharks vs Dallas Stars	\$45.00
13	San Francisco Shopping	\$20.00



LAGUNA SECA ROAD AND TRACK SPORTS CAR INVITATIONAL

TICKETS ARE NOW AVAILABLE AT THE ITT OFFICE.

OCT 3 - 5, 2003



Right now Great America tickets are buy one get one free!! Stop by ITT office for this great offer.



AMUSEMENT PARK

Starting October, amusement park hours are often reduced. Please check with ITT before going on your trip regarding the park's operating schedule.

NFL GAMES



Do you have football fever? We do and we have the tickets to get you to an NFL game this season. We have a few tickets left for three of the San Francisco games; one might be the game for you! On October 5, watch Jeff Garcia and the rest of the 49ers battle it out against the Detroit Lions. December 7, the 49ers will see if they can beat Emmitt Smith and the Arizona Cardinals. The seats are great, so come by and see what's available.

**MONTEREY BAY ATHLETIC CLUB
NEW HOURS OF OPERATION AND FEE RATES
EFFECTIVE 1 OCTOBER 2003**

HOURS OF OPERATION

Monday-Friday: 0530-2100

Saturday: 1200-1700

Sunday and federal holidays: Closed

FEE RATES:

Active Duty/Reservists		FREE
Retirees/Family Members		FREE
DOD Civilian	Daily	\$5.00
	Monthly	\$25.00
	Semi-annual	\$80.00
	Annual	\$150.00

LOCKER FEE RATES:

Active Duty	(Quarterly)	\$30.00
	(6 months)	\$60.00
	(Annual)	\$100.00
DOD Civilian	(Quarterly)	\$45.00
	(6 months)	\$90.00
	(Annual)	\$150.00

FITNESS

Holiday Fitness Challenge. Oct 20-Dec 12 (sign up by Oct 30) Complete an eight week exercise incentive challenge, by doing a minimum amount of cardiovascular training and earn a special NPS T-shirt.

Yoga. Mondays and Wednesdays 9:30-10:30 am and 12-1 pm (starting Oct. 6). Cost: \$50.00/month \$15.00/week or \$7.00/day. Improve your strength and flexibility.

Weight Lifting Contest. December 12 1:30-4:00 pm. Cost: \$7 military; \$9.00 DOD/civilian. Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women, novice lifters are welcome. Awards: First, second and third place medals and over-all champion trophies. Ten different weight classes.

Executive Bootcamp. Plan for this semi-annual 12 week weight loss and strength/cardiovascular training program, starting January 15, 2004. Call 656-1943 for more details.

TURKEY TROT 5K-RUN

Friday, 21 November 3:00 p.m.

Fitness Center parking lot

FEE: \$12 active duty reservist

\$13 retirees/family members

\$14 DOD civilians

*Fee includes a commemorative Tee shirt.

DIVISIONS

Men's 17-29 Women's 17-29

Men's 30-39 Women's 30-49

Men's 40-49 Women's 40-49

Men's 50 & over Women's 50 & over

Awards will be given to the top 2 finishers in each division. Register by Friday, 14 November 2003.

SPECIAL ANNOUNCEMENT

The CSUMB (California State University Monterey Bay) Athletic Dept. at Fort Ord has their POOL available to active duty. Effective immediately, the fees will be the same as a "staff member" (\$2.00 daily, \$26.00 monthly, \$136.00 for six months, \$220.00 annually).

Hours of operation: 0630-0745 open swim, noon 1400 open swim and 1730-1830 open aquatic classes. Towels and lockers are available.

For more information, call 582-4552 or contact your NPS Fitness Center at 656-3118.

GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
9:30 AM	YOGA		YOGA			
11:00 AM	POWER FLEX		POWER FLEX			
12:00 PM	YOGA	SPIN (CYCLING)	YOGA			
4:30 PM		POWER FLEX		POWER FLEX		
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		

FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA WEEKLY	YOGA DAILY
ACT. DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$12.00	\$7.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$12.00	\$7.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$12.00	\$7.00

Combo Cards: Allow you to take aerobics or cycling classes.

THERAPEUTIC MASSAGE

(now available)

Fees:

\$50.00 for a one-hour massage session.

\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



PERSONAL TRAINING

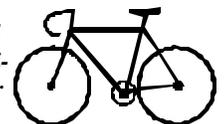
We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.



\$20 half hour
\$40 per hour

BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized Bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	

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



CHILD DEVELOPMENT CENTER'S 2003/04 HOLIDAY HOURS OF OPERATION

Thanksgiving Holiday:

The center will be closed on Thursday, 27 November and Friday, 28 November 2003. Fees will be prorated for Friday, 28 November 2003.

Christmas/New Year's Holiday:

The center will close at 4:00 p.m. Wednesday, 24 December 2003 and remain closed through Friday 2 January 2004. Fees will be prorated Friday, 26 December through Wednesday, 31 December 03 and Friday, 2 January 04.

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. We maintain a wait list for full-time care.

Life Skills Readiness Program: (Part-Day Preschool Enrichment Program)

August 11, 2003 - June 2004 9:00 - 11:30 am.

Jellyfish Drop-In Care Room: Reserve a space for your child in our drop-in care room up to two full weeks in advance. Care is available Monday-Friday from 8:30 am to 4 pm for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 for snack \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!

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

HELPING CHILDREN HANDLE FEARS

Adapted from an article by Lesia Oesterreich, Iowa State University Extension

Children's fears depend on past experiences, anxiety and imagination, but often make no sense to adults. Common fears for young children are:

- Fear of separation from a parent
- Fear of going down the bath drain
- Fear of dogs
- Fear of loud noises
- Fear of the dark

Whatever the fear is, there are ways parents can help children learn to cope.

1. Avoid lectures. It is not helpful to ridicule, coerce, ignore, or use logic.

2. Always tell the truth about leaving your child. Sneaking out decreases trust.

3. Accept your child's fears as valid. Fears are not necessarily logical. Remember that a healthy sense of caution can be a good thing and rest assured that most fears will be overcome eventually.

4. Teach coping skills. Young children can learn to take a deep breath or use their imagination to turn monsters into teddy bears.

5. If your child has nightmares or night terrors hold him closer and talk to him in a calm voice. (Nightmares usually occur in the early morning hours, have vivid details, relate to

troubling events and are often remembered in the morning. Night terrors usually occur within an hour of falling asleep and are characterized by confusion, disorientation. The child is not aware of scary thoughts and will not likely remember the event in the morning).

When your child's sleep is disrupted, stay close until sleep is restored.

Books to help children with fears:

1. Are you My Mother
2. How Many Kisses Goodnight
3. Goodnight Moon
4. There is a Nightmare in my Closet
5. The Runaway Bunny
6. When Mama Comes Home Tonight



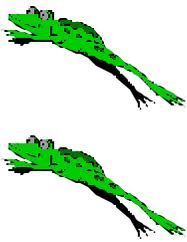
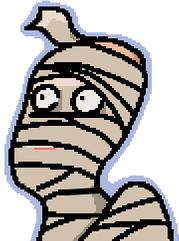
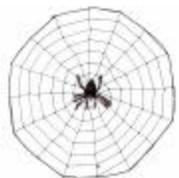
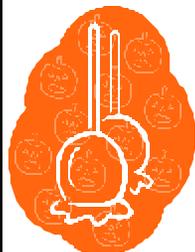
The Child Development Home program offers Navy certified care by military family members in their homes.

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, military retirees, and DOD civilians. Please call 656-2734 for more information.

YOUTH & TEEN OCTOBER 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>OPEN MON-FRI CLOSED ON WEEKENDS AND ALL FEDERAL HOLIDAYS</i></p>	<p><i>SAC HOURS 1430-1800</i></p>		<p><i>1 SAC MASK MAKING</i></p>	<p><i>2 SAC CLIMBING SPIDERS</i></p>	<p><i>3 SAC CARMEL APPLES</i></p>	<p><i>4 BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month</i></p>
<p><i>5</i></p> 	<p><i>6</i></p>	<p><i>7</i></p>	<p><i>8 YOUTH & TEEN BOUNCE HOUSE FREE TIME 1-4 PM</i></p>	<p><i>9</i></p>	<p><i>10 TEEN SOCK HOP</i></p>	<p><i>11</i></p> 
<p><i>12 OPEN REC HOURS 1430-1800</i></p>	<p><i>13 Holiday Columbus Day</i></p> 	<p><i>14 15 16 Fall Camp October 6-17</i></p>			<p><i>17 YOUTH THE JEOPARDY CHALLENGE 3:30-5:00 PM</i></p>	<p><i>18</i></p> 
<p><i>19</i></p> 	<p><i>20 SAC MUMMY WRAP GAME</i></p>	<p><i>21 SAC MONSTER BALL</i></p>	<p><i>22 SAC CREEPY HANDS</i></p>	<p><i>23 SAC MONSTER MELTS</i></p>	<p><i>24 YOUTH & TEEN TWISTER COMPETITION 4-5 PM SAC GOOEY GUNK</i></p>	<p><i>25</i></p> 
<p><i>26</i></p> 	<p><i>27 SAC THE SPIDER WEB GAME</i></p>	<p><i>28 SAC FREE DAY</i></p>	<p><i>29 SAC CANDY POPCORN BALLS</i></p>	<p><i>30 SAC BALLOON CREATURES</i></p>	<p><i>31 YOUTH MAKE YOUR OWN CARMEL DAY SAC FALL PARTY</i></p>	

Tech Connection Youth and Teen Center has a great School Age Care Program. We are currently taking enrollment for the fall. Hours are 1430-1700 and wrap around care available from 1700-1800. Please call 656-2127 or stop by our office for more information.



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.

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: \$20.00/hour.

Looking for part time Certified Flight Instructors. Please call 372-7033 for more information.



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

Cessna 152 (IFR) \$50.00 Beech (T-34) \$100.00
Cessna 172 (IFR) \$66.00

All rates are on a hourly basis including fuel.

MEMBERSHIP FEES

Monthly dues: \$23.00 Initiation fee: \$30.00

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 npssa@nps.navy.mil.



**THE FOLLOWING
MWR FACILITIES
WILL BE CLOSED ON
MONDAY, 13 OCTOBER 2003
IN OBSERVANCE OF
COLUMBUS DAY**

CHILD DEVELOPMENT CENTER

CLUB DEL MONTE

INFORMATION TICKETS & TOURS

MONTEREY BAY ATHLETIC CLUB

MWR ADMINISTRATIVE AND
CATERING OFFICES

MWR BUSINESS OFFICE

TECH CONNECTION/
TEEN & YOUTH CENTER



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.

CLAY MURRAY ~ Head Professional



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

ERIC THOMPSON/DAVID HARBER ~ Assistant 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

GOLF TOURNAMENT

*Monterey Pines
Fall Scramble*

*Pick Your Foursome
Sat Oct 25 8 am - Shotgun*

*\$25 military, \$30 DOD,
\$35/civilian*

Annual/Punch card holders \$17

*Tournament fees include:
Green fee, range balls, coffee & donuts, lunch
(chicken & ribs) and prizes*

Limited to 64 players



19TH HOLE GRILL

*Open 7 days a week
9:00 am-5:00 pm*

*Offers breakfast, lunch and
early lite dinners.*

*Banquet facilities for up to
150 people.*

Featured Daily Lunch Specials

Wednesday - Italian

Friday - Prime Rib & Fresh Fish

NPS LADIES GOLF CLUB

ATTENTION LADIES!

*The NPS Ladies Golf Club is
open for new players. Play is
every Wednesday starting at
8:30 am. Fun tournament for-
mats are once or twice a month
with lunch afterwards. So come
for a little fun and socializing!*

Call Mary Pounds: 394-8288.

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

RENTALS		ANNUAL FEES	
Cart Rate	\$20.00	Enlisted	\$540.00
Single Cart	\$12.00	Officer	\$660.00
Rental Clubs	\$10.00	DOD	\$720.00
Pull Carts	\$5.00		

PUNCH CARD 20 PLAY	25% DISCOUNT
Military	\$180.00
DOD	\$270.00

NAVAL POSTGRADUATE SCHOOL (Area Code 831)

MWR (NPS) Intranet Events Calendar - <http://onboard.nps.navy.mil/intra/>

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, 12:00 - 5:00 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