

# Peacock Press



APRIL 2003

Naval Postgraduate School



From the Quality of Life Director...



The Information, Tickets and Tours (ITT) Office is here to save you money! ITT sold over 20,000 tickets in FY 02 saving our patrons around \$200,000 over gate prices! ITT has travel brochures, discount entertainment books and great savings on amusement park tickets and selected hotels. Want to take a tour? ITT has local one day and weekend trips just about every weekend. Need a rental car? ITT can help you with that, too!

A great opportunity every spring is attending the annual ITT Leisure Fun Fair. This year's fair will be Thursday, 24 April, in the Ballroom, from 1100 to 1300. The theme is "Fun in the Sun," and area vendors will be there to answer questions and provide information about the services they provide and things you can do while in sunny California. Various door prizes will be given out A Free Tandem Skydive, Aquarium tickets, free stay at the La Quinta Inn, and more. Last year there were 45 different vendors here to show their stuff. This is an opportunity to see what is available, so be sure to stop by.

Congratulations go to Lieutenant Cedric McNeal, winner of the ITT Valentine Vacation Give Away. He won a free week long vacation of his choice from Armed Forces Vacation Club (AFVC) and Navy MWR. Want to know more about AFVC? Stop by ITT for the details.

In honor of the Month of the Military Child, be sure not to miss our **Military Family Fun Fest** on Saturday, 26 April from 1100 to 1400 at the Tech Connection in La Mesa Village. There will be lots of fun activities, games, and events for kids of all ages. You just can't miss taking your "little ones" to this event!

Our fantastic **Easter Brunch** will be held on Sunday, 20 April 1030-1400. Chef Hugh Butler will pull out all the stops including his fabulous ice sculptures and great buffet, all in the historic Old Club Del Monte - the most magnificent facility on the Peninsula. We did sell out last year and we served over 700 customers, so make your reservations early at 656-2432. Be sure all of your guests have appropriate ID and are on the access roster, if required. Adults \$19.75, children 5-10 are half price, children under 5 are free.

Enjoy a great night out on Friday, 25 April with great live music 1630-2030 in the Trident Room. "The Openers" play various popular venues in the Monterey area and their Trident performance provides the perfect compliment to OSSC's most popular event of the year "Spring Wine Tasting and Silent Auction" in the Barbara McNitt Ballroom 1900-2200.

Jim Thomas

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)



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## NAVAL POSTGRADUATE SCHOOL

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Child Development & Youth  
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Catering Sales Manager

Cecilia S. Legario  
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  
area code (831)



## APRIL 2003 SCHEDULE OF CLASSES

Emphasize on how teens can take responsibility for their anger and learn ways to better deal with change and frustration.

**Individual and Family Budget:** Wed 16 Apr 12-4 pm FFSC, Bldg 3. This course is designed to provide assistance in how to develop a financial plan (budget). It will help develop awareness of where and how the income is spent, the feeling of being in control of your money, and help set and obtain financial goals.

**Stranger Danger Safety Tips:** Wed 16 Apr 2:45-4 pm La Mesa Community Center. This will be a one-hour program for children 1st to 5th grades. The focus will be on ways young children can or should handle themselves when strangers approach them. We will also discuss strategies to prevent abduction.

**Quarterly Smooth Move/Relocation Workshop:** Thurs 17 Apr 2-3:30 pm Glasgow Hall, Rm 117. The workshop is open to all active duty personnel and their families. The entire relocation process will be addressed by representative from the following NPS activities: Household Goods, Family Housing, Security police, PSD, and Navy Medical Admin Unit. Information on PCS or separation and retirement moves will be address by the presenters.

**Raising an Emotionally Intelligent Child:** Tues 22 Apr 4:30-6 pm FFSC, Bldg 3. This is a class to teach parents how to help their children understand their emotional world. New parenting approaches, listening with empathy, positive praise and reinforcement and how to redirect negative behavior will also be discussed.

**VA Benefits Brief:** Thurs 24 Apr 1-4 pm Glasgow Hall, Rm 117. Obtaining information on your veteran's benefits can assist you with your future retirement/separation planning.

## ON-GOING CLASSES

**Chess/Self-Confidence:** Wednesdays 2:30-3:45 pm La Mesa Community Center, Fridays 2:30-3:45 pm OMC Chapel.

**Infant Play Group:** Tuesdays 10:00-11:00 am La Mesa Community Center.

**Toddler Play Group:** Fridays 10:00-11:15 La Mesa Community 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>

**CONSEP Training:** Tues-Fri 8-11 Apr 8 am - 4 pm FFSC, Bldg 3 CONSEP (Career Options and Navy Skills Evaluation Program) is a four-day workshop that helps sailors to make important decisions about their careers by focusing on personal planning, financial planning, and Navy and civilian career planning. This is a mid-career course designed to military personnel with 6-12 years of service who are within 18-24 months from their EAOS.

**Pay Thousands Less for a Car:** Thurs 10 Apr 12-4 pm FFSC, Bldg 3 This class is designed to help develop an awareness that will give participants the self-confidence to negotiate effectively when purchasing an automobile and to acquire the knowledge necessary to make an informed car buying decision.

**Dealing with Anger for Pre-Teens and Teens:** Mondays 14 Apr-5 May 4-5:30 pm FFSC Bldg 3. This is a four-week class for pre-teens and teens (ages 12-16) on how to deal with anger and respond to others with less frustration. The class will

# MWR April Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM.</b></p>	<p><i>Every Monday Dinner Special El Prado Room 1600-2100</i>  <b>SEAFOOD CIOPPINO</b>                      Adults \$7.50                      Kids 5-10 \$4.00                      Under 5 \$2.00</p>	<p><b>1 HARRY POTTER AND THE SORCERORS STONE</b>                      (PG 13) 1900  <i>Every Tuesday Dinner Special El Prado Room 1600-2100</i>                      "Moist &amp; Tender"  <b>PRIME RIB \$13.00</b></p>	<p><b>2 LIKE MIKE</b>                      (PG) 1900  <i>Every Wednesday Dinner Special El Prado Room 1600-2100</i>  <b>FAJITA BUFFET BAR</b>                      Adults \$9.50                      Kids 5-10 \$4.50</p>	<p><b>3 HARRY POTTER: CHAMBER OF SECRETS</b>                      (PG) 1730  <i>Every Thursday FAMILY NIGHT Dinner Special</i>  <b>MEAT LASAGNA</b>                      Adults: \$7.50                      Kids 5-10 \$3.75</p>	<p><b>4 Every Friday Dinner Special El Prado Room 1600-2100</b>  <b>SEAFOOD &amp; ROAST BEEF BUFFET</b>                      Adults \$15.00                      Kids 5-10 \$7.50</p>	<p><b>5 "Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</b></p>
<p><b>6 For Party Reservations at CLUB DEL MONTE</b>                      Please call 656-2170.</p>	<p><b>7 RED DRAGON (R)1900</b>  <i>Dinner Special SEAFOOD CIOPPINO</i></p>	<p><b>8 DIE ANOTHER DAY (R) 1900</b>  <i>Dinner Special "Moist &amp; Tender" PRIME RIB</i></p>	<p><b>9 MEMPHIS BELLE (PG 13) 1900</b>  <i>Dinner Special FAJITA BUFFET BAR</i></p>	<p><b>10 THE PRINCESS BRIDE (PG) 1730</b>  <i>Dinner Special MEAT LASAGNA</i></p>	<p><b>11 EVERY FRIDAY TRIDENT ROOM SOCIAL HOUR 1600-1800</b></p>	<p><b>12 BLUEWATER COVE MARINA ACCESS TEMPORARILY RESTRICTED. CALL 656-3118</b></p>
<p><b>13 MONTEREY PINES GOLF COURSE OPEN DAILY &amp; MOST FEDERAL HOLIDAYS.</b></p>	<p><b>14 NO MOVIE</b>  <i>Dinner Special SEAFOOD CIOPPINO</i></p>	<p><b>15 SOLARIS (PG 13) 1900</b>  <i>Dinner Special "Moist &amp; Tender" PRIME RIB</i></p>	<p><b>16 JUST MARRIED (PG 13) 1900</b>  <i>Dinner Special FAJITA BUFFET BAR</i></p>	<p><b>17 HARRY POTTER: CHAMBER OF SECRETS (PG)1730</b>  <i>Dinner Special MEAT LASAGNA</i></p>	<p><b>18 Every Friday Lunch Special El Prado Room 1100-1300</b>  <b>MONGOLIAN BBQ BUFFET (ONE TIME) \$5.75</b></p>	<p><b>19 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS</b></p>
<p><b>20 Easter Brunch</b>                      Barbara McNitt Ballroom 1030-1400                      Call 656-2170.</p>	<p><b>21 MAID IN MANHATTAN (PG 13) 1900</b>  <i>Dinner Special SEAFOOD CIOPPINO</i></p>	<p><b>22 DRUMLINE (PG 13) 1900</b>  <i>Dinner Special "Moist &amp; Tender" PRIME RIB</i></p>	<p><b>23 NARC (PG 13) 1900</b>  <i>Every Wednesday Trident Room SOCIAL HOUR 1600-1700</i></p>	<p><b>24 THE SANTA CLAUS 2 (G) 1730</b>  <b>LEISURE FUN FAIR BARBARA MCNITT BALLROOM 1100-1300</b></p>	<p><b>25 OSSC SPRING WINE TASTING Barbara McNitt Ballroom 1900-2200</b>  <b>TRIDENT ROOM PRESENTS LIVE ENTERTAINMENT "THE OPENERS" 1630-2030</b></p>	<p><b>26 MILITARY FAMILY FUN FEST TECH CONNECTION LA MESA VILLAGE 1100-1400</b></p>
<p><b>27 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</b></p>	<p><b>28 TWO WEEKS NOTICE (PG 13) 1900</b>  <i>Dinner Special SEAFOOD CIOPPINO</i></p>	<p><b>29 MY BIG FAT GREEK WEDDING (PG) 1900</b>  <i>Dinner Special "Moist &amp; Tender" PRIME RIB</i></p>	<p><b>30 ANALYZE THAT (R) 1900</b>  <i>Dinner Special FAJITA BUFFET BAR</i></p>			

# Easter Brunch

Sunday, 20 April 2003  
Barbara McNitt Ballroom, 1030-1400

**SALADS**

- Fresh Spinach Salad with Honey and Sesame Dressing
- Grilled Vegetable Salad with Pesto
- English Cucumber with Calamari and Lime Dressing
- Artichoke with Buffalo Mozzarella
- Eggplant Salad with Capers and Oregano

**ENTREES**

- Chef made to order Gourmet Omelet Station featuring Smoked Salmon, Crab Meat, Bay Shrimp, Mushrooms, Red Peppers, Spinach, Sun Dried Tomatoes, and Assorted Cheese Salsa.
- Cheese Blintz with Blackberry Sauce
- Fresh Bacon and Sausage
- Grilled Red Potatoes with Herbs
- Chef Carved Slow Roasted Beef with Aux Jus and Horse Radish.
- Crusted Salmon Florentine with Pickled Ginger Cream Sauce.
- Grilled Free Range Chicken Breast with Grape and Balsamic Demiglace Sauce.
- Basmati Rice with Wild Mushrooms

**SEAFOOD BAR**

Fresh Dungeness Crab and Shrimp on Ice with Cocktail Sauce

**DESSERT**

A selection of Fine Pastries, Pies, Cheeses and Berries  
Adults \$19.75 Children 5-10 Half Price Under 5 Free  
Reservations are highly encouraged.

Please call 656-2170 to reserve your table today.



**APRIL MONDAY DINNER SPECIAL**

El Prado Dining Room 4:00-9:00 p.m.

**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

Come enjoy our April Tuesday Dinner Special in the El Prado Room 4:00-9:00 p.m.



**ROAST PRIME RIB**

"moist and tender" with Aux Jus accompanied with Horse Radish, Baked Potato, Sour Cream and Chef choice dessert only \$13.00

April Wednesday Dinner Special served in the El Prado Room 4:00-9:00 p.m.



**FAJITA BUFFET BAR**

Fresh grilled Chicken & Beef served with Black Beans, Spanish Rice and all Condiments  
Adults \$9.50 Kids 5-10 \$4.50



**FAMILY NIGHT**

April Thursday Dinner Special in the El Prado Room 4:00-9:00 p.m.

FRESH GREEN SALAD/  
MEAT LASAGNA/GARLIC BREAD

Adult \$7.50 Kids 5-10 \$3.75

Club Del Monte also caters great deals for "Wetting Down/Promotion Party."  
Hot and Cold Hors D'oeuvres are available.

For information, call 656-2170.

**APRIL FRIDAY LUNCH SPECIAL:** Mongolian BBQ Buffet. Choice of Pork, Chicken or Beef, served with Steamed Rice, Noodles & Vegetables.

Self Served Buffet (one time) \$5.75

## Single Sailors



Thursday, 10 April 2003  
La Novia Room: 1100-1330

Start the spring season out with a FREE lunch, for single and geo bachelors attached to NPS and tenant commands.

RSVP by 8 April 2003 if you are interested. For more information or questions, call Any at 656-7955.

## Community Activities

**ADULT EASTER EGG HUNT**



Hop on over to the Trident room and pick up your Easter bag to collect your goodies! Friday, 11 April at 1800 we are hunting for eggs on the Rose Garden Lawn. There will be special eggs with special prizes. It's free, so come join us, you won't want to miss the fun!!!

**007 NIGHT**

Tuesday, 8 April, Trident Lounge

The purchase of any beverage in the Trident will be accompanied by a Gorgeously Frosted Finlandia Martini Glass, while supplies last. Come on down and relax with us, enjoy some great food from our dinner menu, order your favorite "shaken, not stirred" beverage, and then view our free featured presentation of **Die Another Day** in the Barbara McNitt Ballroom at 1900.

**THE OPENERS**

Join us in the Trident Room on Friday, 25 April 1530-2030 for **live entertainment**. Bring your friends and enjoy your favorite beverage.

**Tues 1 April ~ Harry Potter and the Sorcerers Stone ( PG 13): Daniel Radcliffe & Emma Watson.** On his eleventh birthday, a boy learns that he is the orphaned son of two Wizards and possesses unique powers of his own. Summoned to Hogwart's, an English boarding school for wizards, he makes new friends and learns the truth about who he is and what happened to his family.

**Wed 2 April ~ Like Mike (PG): Lil' Bow Wow & Morris Chestnut.** A teenager, with dreams of becoming a famous basketball player is not likely to succeed. His diminutive stature and limited ability make his goal unlikely... at least, until he buys a pair of magical basketball shoes that legend says once belonged to a great player. In them he displays amazing skill and leads his team to victory.

**Thurs 3 & 17 April ~ Harry Potter: Chamber of Secrets (PG): Daniel Radcliffe and Emma Watson.** As Harry prepares to return to Hogwart's School of Magic and Wizardry for his second year, he is warned that danger awaits him at the school. Malevolent voices whisper from the walls and soon it's not just Harry who is worried about survival, as dreadful things begin to happen to everyone around him.

**Mon 7 April ~ Red Dragon (R): Anthony Hopkins & Edward Norton.** In this prequel to the hit movie "Silence of the Lambs" an FBI profiler, famous for his capture of the notorious serial killer Hannibal, "The Cannibal", is brought out of retirement to help in the investigation of a series of gruesome murders that the police are desperate to solve before the killer can strike again.

**Tues 8 April ~ Die Another Day (PG 13): Pierce Brosnan and Halle Berry.** James Bond returns in the twentieth installment of the super-spy series of adventures. From Hong Kong to Cuba to London Road, Bond circles the globe in his quest to unmask a traitor, prevent a catastrophic war, and capture an enemy who can disguise himself by physically altering his facial features.

**Wed 9 April ~ Memphis Belle (PG 13): Matthew Modine and Eric Stolz.** Story of the "Memphis Belle", the first B-17 bomber in World War II to complete 25 missions over Europe and the young men who flew her on that final mission.

**Thurs 10 April ~ The Princess Bride (PG): Cary Elwes and Robin Wright.** Though initially reluctant, a young boy finds himself increasingly interested in the story his grandfather is reading to him. A story filled with monsters, quests, treacherous kings, sword fights & Oh yeah... True love! Can a mere farm boy truly save a Princess with a kiss?

**Mon 14 April ~ NO MOVIE**

**Tues 15 April ~ Solaris (PG 13): George Clooney and Natascha McElhone.** Upon arrival at a space station orbiting an ocean world called Solaris, a psychologist finds that several crew members have committed suicide and the others refuse to explain why. But, finding an answer to the puzzle is not going to be easy, since each crew member believes they are being visited by loved ones they know are dead.

**Wed 16 April ~ Just Married (PG 13): Ashton Kutcher and Brittany Murphy.** When a cute uptown girl meets a down-to-earth guy, they instantly fall in love and rush into marriage against the wishes of their families and friends. Determined to break up the happy couple as they honeymoon in Europe, her parents send an ex-boyfriend after them.

**Mon 21 April ~ Maid In Manhattan (PG 13): Jennifer Lopez and Ralph Fiennes.** An independent single mom from the Bronx who works as a maid in a first class Manhattan hotel and dreams of a better life, has learned to depend on her wits to get her there. But a twist of fate changes everything when a Senatorial candidate mistakes her for a socialite and asks her to attend a government function with him.

**Tues 22 April ~ Drumline (PG 13): Nick Cannon and Zoe Saldana.** Set against the high-energy, high-stakes world of show style marching bands, DRUMLINE is a "fish-out-of-water" comedy about a talented street drummer from Harlem who enrolls in a southern university expecting to lead its marching band's drumline to victory but discovers that it takes more than talent to make it to the top.

**Wed 23 April ~ Narc (PG 13): Jason Patric and Ray Liotta.** An undercover cop on probation for the death of a child in an ill-fated chase, is recalled to duty when another undercover cop is killed. Teamed with the dead cop's partner, who is known for his unconventional methods of administering justice, he finds himself drawn deeper into the world of crime that he knows too well.

**Thurs 24 April ~ The Santa Claus 2 (G): Tim Allen & Elizabeth Mitchell.** For the past eight years, Scott Calvin has been one of the best Santas ever. But now, he has a problem ... it seems his son is on this year's naughty list. Desperate to help, he leaves a substitute Santa at the North Pole and heads home. But when the substitute Santa begins to make odd changes, Christmas itself is put in jeopardy.

**Mon 28 April ~ Two Weeks Notice (PG 13): Sandra Bullock and Hugh Grant.** Lucy is a brilliant lawyer, with a sharp strategic mind and an ulcer. It's not the job that gets her, it's her millionaire boss who treats her more like a nanny than a Harvard Law graduate. Now, after five long years of calling the shots on everything from his clothes to his divorce settlement, she's finally calling it quits.

**Tues 29 April ~ My Big Fat Greek Wedding (PG): Nia Vardalos & John Corbett.** When a young Greek woman falls in love with a non-Greek man she must struggle to get her family to accept him and come to terms with her own heritage and cultural identity.

**Wed 30 April ~ Analyze That (R): Billy Crystal and Robert De Niro.** Back in jail, the target of many assassination attempts and experiencing a nervous breakdown, Mafia boss, Paul Vitti is in need of some serious counseling. Released into the custody of the neurotic analyst who helped him the last time, his only thought is to turn over a new leaf, start over, and get his enemies before they get him.



**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**

APRIL	UPCOMING ITT TOURS	PRICE
5	Solvang - Danish Village	\$23.00
12	Baseball Giants vs LA Dodgers	\$40.00
19	Best of Broadway "The Producers"	\$65.00
26	Monterey Wine Tour	\$39.00
<b>MAY</b>		
3	San Francisco Get Acquainted	\$23.00
10	Six Flags	\$45.00
17	Baseball San Fran Giants vs. NY Mets	\$40.00
24	Disneyland/Knott's Berry Farm Universal Studios	\$199.00
31	San Francisco Union Street Art Festival	\$23.00



**DEEP SEA FISHING & WHALE WATCHING**

Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$31.00 per person. Gear and license are extra.



**RENT A CONDO IN SOUTH LAKE TAHOE** ~ \$150.00 per night, fully furnished, 2 king size beds, 2 bathrooms, fireplace, Jacuzzi, tennis, close to casinos and skiing. Contact the ITT Office for more information and to make reservations.



**UNIVERSAL STUDIOS**

Universal Studios is offering a special deal called Military Salute at the park ticket booths. Offer will last until April 30. Active duty military gets in free, and dependents get their ticket at half price.

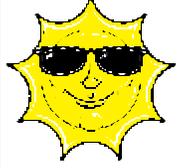
**UNIVERSAL STUDIOS:** Special Mardi Gras celebration will last until April 26. Enjoy live music, parades, street performers, and Cajun and Creole Cuisine. Save your ticket stub and get into select Universal City Walk clubs FREE.



**CONGRATULATIONS! LT. CEDRIC McNEAL**, winner of the Valentine's week long vacation, courtesy of Armed Forces Vacation Club (AFVC) & Navy MWR.



**SIX FLAGS MARINE WORLD:** Open for the 2003 season for weekends only from 10:00 a.m. ~ 8:00 p.m.



**LEISURE FUN FAIR**  
Thursday, 24 April 2003  
Barbara McNitt Ballroom  
11:00 a.m. ~ 1:00 p.m.

Come see what recreation opportunities are available in the Monterey area. Talk to people from area attractions, amusement parks, museums, hotels, etc. Area vendors will be there to answer questions and provide information about their services. Some of those attending are Monterey Aquarium, Children's Discovery Museum, Skip Barber Racing School, and more. Win fabulous prizes and plan to visit one of the tourist locations represented at the fair.

*Everyone is invited.*



**NEW TICKETS:** Enjoy a three-course meal, watch the sun set on the San Francisco bay, and dance the night away on a Hornblower Dinner and Dance Cruise. Only \$54 for weekday dinner cruises, and \$63.50 for weekend dinner cruises. Don't want to be out late, then you can relax in the sun while enjoying a Champagne Brunch cruise \$42.50



**SPRING WINE TASTING & SILENT AUCTION**  
Friday, 25 April 2003, 7:00 ~ 10:00 p.m.  
Barbara McNitt Ballroom, Herrmann Hall  
Naval Postgraduate School

**OSSC's most popular event of the year!**

Come experience the best offerings from area wineries, plentiful hors d'oeuvres and a fabulous silent auction. This event is open to military, reservists, retirees, DOD civilians and their guests. Tickets are available at ITT Office 1-24 April at \$20.00/person and \$25.00/person at the door.

**For more information, call April at (831) 624-1850.**





## EXERCISE ACROSS THE USA

April 7 ~ May 31, Fitness Center, Bldg. 208



Earn exercise points (miles) and watch yourself cross the United States map. For every 30 minutes of exercise (walking, running, weight training aerobics class workout or most forms of exercise) you get 50 miles. Medals and certificate of completions will be given out. Free for military, family members and reservists, \$3.00 for DOD/civilian.

## WEIGHT TRAINING CLASS



### Beginners

April 14-23 (Mondays & Wednesdays)

1030-1130 or 1600-1700

### Intermediate

May 12-21 (Mondays & Wednesdays)

1030-1130 or 1600-1700

Learn the proper biomechanics involved in Weight Training. A four one-hour session class.

Cost: \$5.00 for DOD/civilian daily fee or membership required and **free** for military, family members and reservists.

Contact Loy Vincent (Trainer) at 656-3118.



## YOGA CLASS SCHEDULE

Every Monday and Wednesday

12:00 noon ~ 1:00 p.m.

Cost: \$7.00 per class or \$50 - 8 class punch card.

## TAI CHI CLASS SCHEDULE

Every Wednesday

9:15 ~ 10:15 a.m.

Cost: \$8.00 per class

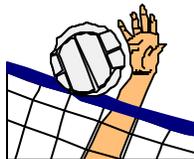


## Spring Softball

Starts Monday, 14 April 1800 at the Sparks Softball Field. Games will be played Mondays and Wednesdays.

## Spring Volleyball

Starts Tuesday, 15 April 1800 at the Fitness Center, Bldg. 208. Games will be played Tuesdays and Thursdays.



## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
7:00 AM	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS		STEP
9:30 AM						MUSCLE CONDNG
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		HIGH/LOW TONING		HIGH/LOW TONING		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		
6:30 PM	BODY BLAST	STEP	BODY BLAST	STEP		

## FITNESS CLASS FEES

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

## 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	

## SPECIAL ANNOUNCEMENT

Individuals and teams wanting a sponsorship in FY '04 for sporting events that are "above intramural sporting events" need to submit a request before May 2, 2003.



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

**Interested in pursuing a rewarding career and work 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 quality child care for others (legally) in your La Mesa residence, share in the financial support of your family, and have fun!

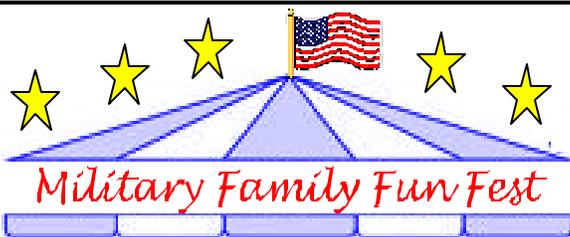
## Child Development Center "CDC is the place to be!"



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

**Life Skills Readiness Program** ~ The Life Skills Readiness Program is a part-day program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request. The program runs from August through June each year and enrollment is open on a space available basis.

**Jellyfish Drop-In Care Room** ~ Reserve a space for your child in our drop-in care room up to two full weeks in advance. The room is open 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 if your child is here for snack. 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!



**In honor of Month of the Military Child**

Saturday, April 26, 2003

Tech Connection, La Mesa Village

11:00 a.m. ~ 2:00 p.m.

*Lots of fun activities, games and events for kids of all ages! For additional information, to volunteer, or to set-up an information table for your command-sponsored club or organization, please call Roz Compagno at 656-2734.*



**Accredited by NAEYC's  
National Academy of Early  
Childhood Programs**

***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 info.***

## YOUTH & TEEN APRIL 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>FOR MORE INFORMATION ABOUT OUR PROGRAMS AND SPECIAL EVENTS PLEASE CALL 656-2127.</p>	<p>TEEN OPEN REC'S HOURS OF OPERATION: 1430-1800</p>	<p>1 APRIL FOOLS DAY  SAC MAKE A FLOWER PRESS</p>	<p>2 TEEN REAL LIFE 101  SAC HOW DO YOU MAKE A PB &amp; J SANDWICH?</p>	<p>3 YOUTH WATER WARS DAY (WEATHER PENDING)  SAC CARAMEL POPCORN MAKING</p>	<p>4 YOUTH CAKE DECORATING CONTEST  SAC IMPROV SKITS PARENTS ARE INVITED. 4:00-4:45 P.M.</p>	<p>5 TEEN BOWLING NIGHT</p>
<p>6  DAYLIGHT SAVING TIME BEGINS</p>	<p>7 SPORTS WITH MR. MARCUS  SAC BUILD A CLOCK</p>	<p>8 NATURE TRAIL HIKE  SAC MAKE BIRD FEEDER (INTERNATIONAL BIRD DAY)</p>	<p>9 TEEN REAL LIFE 101  SAC PING PONG CHALLENGE</p>	<p>10 EARLY OUT NATIONAL D.A.R.E. DAY  SAC HULA HOP</p>	<p>11 5TH &amp; 6TH GRADE LOCK-IN  SAC PARENTS VS KIDS WATER BALLOON CHALLENGE</p>	<p>12 5TH &amp; 6TH GRADE LOCK-IN</p>
<p>12 BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month Per child held at the Youth Center</p>	<p>14 YOUTH SPORTS WITH MR. MARCUS  SAC EARTHQUAKE EDUCATION DAY</p>	<p>15 YOUTH RUBBER ERASER DAY  SAC TITANIC ANNIVERSARY 1912 BUOYANCY TEST (BOAT MAKING)</p>	<p>16 TEEN REAL LIFE 101  SAC BIO SHAVE EGG DYEING</p>	<p>17 YOUTH MOONBALL  SAC FRISBEE GOLF</p>	<p>18 YOUTH &amp; TEEN LOOK-A-LIKE DAY  SAC GET DE-STRESSED WITH DESSERT (TREAT MADE BY SAC)</p>	<p>19 AUTO T.E.E.N. MYSTERY</p>
<p>20 TREASURE EGG WEEK</p>	<p>21 YOUTH SPORTS WITH MR. MARCUS  SAC CELEBRATE NATIONAL PINEAPPLE UPSIDE DOWN CAKE DAY</p>	<p>22 TEEN EARLY OUT NATIONAL JELLY BEAN DAY  SAC NATURE WALK GROUP COLLAGE</p>	<p>23 EARLY OUT REAL LIFE 101  SAC HUMAN MACHINE</p>	<p>24 EARLY OUT YOUTH JEOPARDY  SAC DRIVE-IN MOVIE DAY</p>	<p>25 YOUTH &amp; TEEN ROOM SWITCH  SAC JEOPARDY PARENT CHALLENGE 4:00 P.M.</p>	<p>26 YOUTH &amp; TEEN FAMILY FUN FEST</p>
<p>27 SAC PROGRAM HOURS: BEFORE: 0730-0800 AFTER: 1415-1800</p>	<p>28 YOUTH SPORTS WITH MR. MARCUS  SAC WRITE A GROUP POEM</p>	<p>29 YOUTH SCOOTER SLALOM  SAC BIO PAINT STICKERS</p>	<p>30 TEEN REAL LIFE 101  SAC NATIONAL OATMEAL COOKIE DAY (MAKE COOKIES)</p>			



www.navyflyingclubs.com/monterey

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.



**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.

**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.

**AIRCRAFT RENTAL RATES**

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

All rates are on hourly basis including fuel.

**MEMBERSHIP FEES**

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

## Bluewater Cove Marina

**ACCESS TEMPORARILY RESTRICTED.  
CALL 656-3118**



MWR

Bluewater Cove Marina

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Rentals are now from the Monterey Bay Athletic Club.
- First come - first served.
- Nine boats are available to rent.
- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required- contact NPSSA.
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.

**SAILING CLASSES: MATE "A" & SKIPPER "B"**

Sat 12 ~ Sun 13 April      Sat 14 ~ Sun 15 June  
Sat 10 ~ Sun 11 May      Sat 12 ~ Sun 13 July

Cost is \$85.00. Class size limited to 12 so sign up early!

For more details, call 656-3118.

**SAILBOAT RENTAL RATE**

Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day

**-NPSSA-**

NPSSA, the Naval Postgraduate School Sailing Association, 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. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer contact NPSSA at npssa@nps.navy.mil.



Go to our new website at [www.montereypinesgolf.com](http://www.montereypinesgolf.com).  
 Register with our site and print off coupon.  
 Good Monday ~ Friday only and golfers must present coupons at check in time.

## GOLF INSTRUCTION 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



## SPRING FLING AT MONTEREY PINES

Get a foursome together and play at Monterey Pines Golf Course for \$100.00 a group!

**Price includes the following:**

- 4 Green Fees
- 4 Box Lunches
- 2 Golf Carts
- 2 Driving Range Tokens

Foursome must make advanced tee times.

Sign up at Golf Shop or call 656-2167.

## 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

DAILY RENTAL FEES		
ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Civilian	\$25/Day	\$20/Day

RV VEHICLE STORAGE RATE		
	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

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 questions, 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: See El Prado Room listing below.

**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 Saturday

**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.

**ROMAN PLUNGE SWIMMING POOL** ~ (Bldg. 210). Closed until further notice. Phone: 656-2275.

**TECH CONNECTION** ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. 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 and 1:00~6:00 p.m. on Saturdays. 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 a.m. ~ 5:00 p.m.; Sundays 9:00 a.m. ~ 5 p.m. federal holidays, 10 a.m. ~ 5 p.m. 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.



## 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](http://www.mwr.nps.navy.mil)