The Classmate: Officer Students' Wives' Club / Vol.5, no.11 (January 1992)

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CLASSMATE 1
Editor's Note  
by Monica Maurasse

In the spirit of the holiday season, first let me wish everyone here at NPS a happy and prosperous New Year filled with the peace we spread to our neighbors wherever we go.

In the weeks I've spent trying to decide what I should write in my first editor's message, I must admit that I never seemed able to decide upon a theme or topic. Once again, I decided that things don't always happen the way we want them to and at that point it's time to either make them happen or move on to something else. So, let's make it happen!

Making things happen is something we all can do. Here at NPS lots of people make things happen to the benefit of us all: The Giving Wagon makes a healthy meal happen for those who are less fortunate, Santa Visits make the joy of Christmas magic happen for children in La Mesa, and each and every day we all make things happen for ourselves and our families. Despite all the things we do there are still some individuals and groups who need help making things happen for them.

If you have any spare time in your already busy lives, volunteering is a great way to make things happen! Volunteers are always needed around NPS. The OSSC needs numerous volunteers for committee work that is both fun and provides some valuable "hands-on" experience. Our chapels are always in need of another helping hand no matter how big or small. You can call the Volunteer Coordinator at Family Services for more information.

Now that we know that making things happen begins with each of us in our own special way, let's make a New Year's resolution to put forth an extra effort to make things happen all year round.

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Fliers

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Where: St. Thomas Aquinas Chapel Annex, NPS

Time: 0900 - 1200

For Information Call: 373-7665

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President's Message

By Patrice Mull

Greetings!
A hearty welcome to new students and spouses to your new home, and a welcome back to families returning from traveling over the holidays. I hope your travels were pleasant, and that you look forward to the new year with anticipation.

The OSSC is looking forward to many events in the upcoming year—some for charity, some for children, and some just for fun for ourselves.

To start the year off with an event for our own employment, the OSSC has planned a wine-tasting party, in conjunction with the Officers' Club on January 17. In the Barbara McNitt Ballroom, twenty area wineries will have their wines available for tasting. A jazz combo, hearty hors d'oeuvres and several door prizes are also part of the evening. All this for only $11.50 per person. Tickets are available now at the package store, the catering office in Herrmann Hall, and from Debbie O'Loughlin (372-3413). Mark your calendar, grab a friend, and plan to attend a fun, inexpensive evening getting to know Monterey Peninsula wineries.

A fun evening of fashion, costumes, and refreshments on January 31 is a prelude to the charity Masquerade Ball on February 29. The January costume revue will feature spouses and students modeling costumes that can be rented for the ball, and eveningwear from local merchants. The committee promises an entertaining evening, and gives everyone a chance to see a sampling of costumes available from local stores or spark ideas for original creations. And then there's a month before the ball to plan your costume (or convince your husband that he won't look that silly as a caveman) before the big ball itself.

And just because we deserve a break from all the planning and organizing of events for others, there's a luncheon on January 31. Chris Roque of Chris of Carmel Hair Association will speak on personal image, self-esteem, and a new you in 1992. Indulge yourself for a couple of hours and join us for a menu of chicken salad with pineapple, beverages and dessert in the La Novia Room at noon. It's a Friday, so finding a husband to watch the kids might be easier than you think. Cost is $7.00 for OSSC members, and $9.00 for non-members. Call Katherine Muhlbach at 649-1699 for more information and to make reservations.

Upcoming events in February are a Valentine's Bake Sale on the 14th in the basement of Herrmann Hall; Cramalot, our musical welcome to new students and spouses, on February 20 (which also features informational booths representing NPS and area service organizations and local businesses), and don't forget the Masquerade Ball on February 29!

OSSC meetings are open to all student spouses at NPS. Members' meetings are usually the first Monday of the month at 7:15 p.m. in the La Novia Room in Herrmann Hall; January's meeting is an exception, it will be on the 13th. The Executive Board meets the last Monday of the month, again with the exception of the December meeting which is rescheduled to January 6.

If you are interested in joining the OSSC, receiving more information, or would like to join a committee, please call our new phone number at 655-3351 and leave a message. If you prefer, you may call any of the Executive Board members or committee chairmen directly.

Enjoy 1992!

President's Message

OSSC MEMBERSHIP

The OSSC is the Officers Students' Spouses' Club of the Naval Postgraduate School for the spouses of all students. In addition to sponsoring monthly activities such as luncheons, OSSC also sponsors the Art Auction, Adobe Tour, International Students' Spouses Tea and many other Holiday events. Dues collected entitle you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain membership, fill out the form below and send it with a check made out to OSSC to: Sharon Kitchener, 1206 SMC, Monterey, CA. Phone 626-8547. 1 year (4 quarters) = $15.00; 18 months (6 quarters) = $20.00; 1 years or more (8 quarters +) = $25.00. This is a one time fee. The International Wives' Membership is free.

Last Name__________________________Initial_________New Member________ Renewal__________Active________ Associate__________ Phone #_____

Spouse's Name____________________Rank_________Service________

Curriculum________________________Graduation Date (month/year)________

Address________________________City_________Zip Code________

Length of Membership_________________Amount Enclosed $____

Are you interested in committee work? YES____ NO____ Volunteer? YES____ NO____

Would you like to participate in our club administration? YES____ NO____ Would you like a copy of the OSSC By-Laws? YES____ NO____

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

CLASSMATE 3
OSSC CLASSES

If you are interested in teaching a class, OSSC Activities would love to hear about it. Please contact Michelle Mirkarian at 443-9625 for more information on listing your class. It's a great way to meet people and put a little money in your pocket! If you are interested in taking any of the classes listed below, please call the instructors for more information.

CLASSES

Art Classes for Children & Adults — Lisa Stoshak (call Carmel Recreation Dept. at 626-1255 for registration).

Bowling — Diane Davidson (375-6620).

Bridge - Beginners — Carol Ann Kanewski (372-3852).

Country Fabric Wreath — Cathy Williams (375-7916).

Guitar Lessons — Carol Ann Kanewski (372-3852).

Horseback Riding Lessons — Toni Venza (373-8192).

Mommy and Me Aerobics — Silvi Steigerwald (649-5075).

Mother's Morning Out — Joy Doyle (647-1133).

Mother's Morning Out — Renee Neely (373-3762).

My Morning Out — Lynn Ivey (649-8158).

**New Class** Piano — Laura Dorko (372-0714). Lessons for beginning and intermediate students. Prefers adults who want to learn the basics. Will teach classical and/or pop and improvisation.

Piano — Frank Bruno (375-4389).

Piano — Katie Clare Mazzeo (372-2233).

Piano — Kazuko Mockett (624-9596).

Prenatal Exercise Class — Cheryl Morgan (655-1018).

T-Shirt Painting — Carol Ann Kanewski (372-3852).

Ukrainian Egg Decorating — Martha Faller (372-6320).

Violin/Viola — Mildred Kline (624-9541).

TUTORING

Tutor — Irene Pollard (624-9137).

Tutor — Pearl Louie Toy (646-1968).

Tutor — Pat Kanewski (372-3852).

The Giving Wagon

Thanks You!

The Co-chairpersons of the Giving Wagon, Genie Lemler and Cathy Stark, would like to thank the more than 100 volunteers who enthusiastically rolled through La Mesa November 16 and collected over 4,500 items for the needy of Monterey. We would also like to thank all the families who donated canned goods, personal hygiene items, baby items, and clothing items to this worthy cause. Words alone could not describe the gratitude from the three local charities who received your generous gifts. They were: Peninsula Outreach, Meals on Wheels, and Fort Ord Army Community Service Center (which serves all of the military on the Monterey Peninsula). This year, we also picked up used clothing and delivered it to the Navy Relief at the Naval Postgraduate School. Thank you all for making the 1991 Giving Wagon a complete success.
An International Experience
by Seshu Rajan

Uniquely situated between West and East is Turkey, land of Holy Crusades, the Ottoman Empire, and Suleman the Magnificent. Turkey is rich in culture and tradition and its history dates back to the second millennium B.C. Perhaps the most evocative example of Turkey's glorious past is Istanbul. This city, at the confluence of the Bosporus and the Golden Horn, is renowned for its art and architecture. The jewels of Istanbul are its historic structures such as Topkapi Saray, St. Sophia Church, Suleymaniye Cami, and the Kariye Museum.

Turkey is also a prominent member of the NATO alliance. And it is one of 27 countries that are represented through the International Studies program at the Naval Postgraduate School.

Atilla Demirhan is a Turkish military officer who is presently enrolled in the Computer Science curriculum at NPS. Atilla and his wife Sedes are from Ismit which is located about 80 kilometers from Istanbul. Atilla is a graduate of the Turkish Naval High School and the Turkish Naval Academy. Only the top ten graduates at the Turkish Naval Academy are selected to attend NPS. According to Atilla, being at NPS is a "great opportunity" for him.

Meeting and making friends with people from other cultures is always a rewarding experience because it affords us a chance to see ourselves through new eyes. If you would like more information about the International Program at NPS, or if you would like to make some international friends, contact Cindy Graham at 646-2186.
It is a brand new year—and if you are like me, you’ve made many resolutions for self-improvement. While many of our well intended plans may fall by the wayside by February 1st, I want to offer you the opportunity to do something special, not only for yourself, but also for your community this year. I challenge you to become a NPS Family Service Center Volunteer.

The Family Service Center is dedicated to helping service members and their families. Currently, volunteers assist the staff in a wide variety of ways—providing information and referral services, answering phones, putting together Welcome Aboard Packages, and administrative support. With the tax season upon us, we are currently searching for an exceptional person to assist with the Volunteer Income Tax Assistance (VITA) Program which provides free tax assistance to military personnel and their families. We need someone who has prior VITA training or is available for training. Time commitment is approximately 3 to 4 hours per week.

In addition to the opportunities available at NPS, we also work with agencies in the Monterey area. Currently, we have volunteers teaching CPR at the American Red Cross, working with the Monterey Bay Aquarium, tutoring adult learners through the Monterey Literacy Program, and providing support and guidance through the Big Brother/Big Sister programs. There are many agencies in our area that need you unique talents—and we want to assist you in finding a position that will offer you challenging and rewarding experiences.

For more information concerning volunteer opportunities, please contact me through the Family Service Center at 646-3141 or 646-3060. My office hours are 1:30 - 4:00 p.m. on Fridays. I am looking forward to seeing you soon.
Monterey Peninsula's Museum of Art with Wheels
by Susan Farmer

If you like American art as well as international folk, ethnic, and tribal art, and are looking for a museum close-by, the Monterey Peninsula Museum of Art is the place for you. This museum in downtown Monterey has a small permanent collection of California art. Their diverse exhibition calendar for 1992 promises something of interest to almost everyone.


Art from Argentina: 5 Contemporary Visions. Through February 16.


Hours: Tuesday - Saturday, 10 - 4 p.m.; Sunday 1 - 4 p.m. Admission: Free.

The sights and sounds of world cultures will fill La Mesa Elementary School on January 22, 23 and 24 as the Museum on Wheels transforms another school into a multi-cultural art museum where students will experience artifacts, slides, music, and dance from over 50 countries. In addition, children will focus on the folk art and traditions of North America.

The Museum on Wheels, part of the Monterey Peninsula Museum of Art, has been bringing this unique museum experience into classrooms in the Monterey area since 1973. An assembly introduces the symbolism of the Hopi Kachinas, as well as other native American and assorted and assorted colonial art forms. The children are given a guided tour of the colorful exhibition that includes over 200 artifacts of International folk art. Some classes participate in hands-on craft workshops based on traditional North American crafts like weaving, stitchery, stenciling, and mask making.

Students benefit by participating actively in the MOW program and by acquiring many valuable skills. They learn about world geography, cultural history and art, as well as learn to appreciate cultural similarities and differences. Students who are exposed to art develop a structure for responding to and symbolizing their experiences, feelings, and hopes.

The Museum on Wheels, as well as many other special assemblies and educational experiences, is being brought to La Mesa School by the La Mesa PTA.

Have A Healthy, Happy Smile!

We welcome you and your friends to our office
Our desire is to reduce your fears and increase your comfort.

Both Dr. Lackey and Dr. Poole were formerly with the Naval Postgraduate School Dental Clinic.
Come & Taste The Bay:
A Wine-Tasting Extravaganza

On Friday, January 17, 1992, the NPS Office's Club in conjunction with the Officer Students' Spouses' Club will be hosting "Come & Taste The Bay: A Wine-Tasting Extravaganza." Over 20 of the Monterey Peninsula's finest wineries will be present, including the award-winning wineries of Robert Mondavi, Chateau St. Jean and J. Lohr. Each winery will be featuring three or more of their fine vintage wines. Tasting begins at 7 p.m. in the Barbara McNitt Ballroom and continues until 9 p.m. Any wines you wish to purchase will be available.

For the non-alcoholic wine lover, the Ariel Vineyards and Calistoga Mineral Water Co. will be present, offering a selection of their finest non-alcoholic beverages. These too will be available for purchase.

While savoring the fine wines of Monterey, enjoy the sounds of jazz, as performed by Illuminati. The jazz combo will be featured in the ballroom from 7 - 7:30 p.m. and then downstairs in the El Prado Room for the remainder of the evening.

Mark your calendar, grab some friends and come experience Monterey's finest wines. Tickets are $11.50 per person. This includes the wine-tasting, heavy hors d'oeuvres, the jazz combo, and several door prizes. Tickets may be purchased at either the Campus Corner or Catering Office with VISA or Mastercard. On January 8 and 15, tickets will be on sale at NPS outside the Student Mail Center from 11 - 1 p.m.
Not Just A Sitter,
But A Friend
by Cori Lake

It's hard moving to a new duty station and unpacking a million boxes. But the worst part is saying goodbye to your friends at your last duty station.

Since it's winter and cold outside, you probably haven't met too many neighbors. You'd probably like to go to the OSSC functions to meet new people, but your spouse is already swamped with studies and can't watch the children.

Why not turn to the Babysitting Co-Op here in La Mesa? An experienced parent can watch your child in your home in the evenings and even tuck the little ones in their own beds. You can also drop your children off at the sitter's house during the day where they can have the opportunity to make new friends, too.

We run on a point system, so it is economical as well. You simply "pay" back the points by sitting for someone else when it's convenient for you.

Since parents provide all the babysitting, there is a common bond and frequently friendships bloom—all over La Mesa.

To find out more about the Co-Op, please call Mimi Radice at 646-083.

Chess For Kids
Program,
City of Monterey

Parents, tired of your child playing video games day after day? Would you like your child to learn a game that encourages concentration and critical thinking while improving your child's self image? The City of Monterey Recreation and Community Services Department offers a unique alternative for your child. Chess For Kids, a program for children K through 6th grade, is now taking registration for the Winter/Spring session. Classes are offered Tuesdays 5:30 - 6:30 p.m. starting January 21st, 1992. For registration information, please contact the Monterey Recreation and Community Services Department at 646-3866.

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Are You Ready to Move into a Monterey Marriage?

by Jacey Skillman

When my husband told me our new duty station would be the Navy Postgraduate School in Monterey, I was psyched! Imagine, no more ships or deployments or duty days! I had visions of walks along foggy beaches and hand holding and meals that would magically appear on my table untouched by my hands!

Once we moved in, however, things were not exactly the way I had planned. Yes, he was home all the time but he was also constantly in my way. I never had time to get anything done. He would come home from two hours of classes, look around my messy house with his holier-than-thou expression and ask, "What have you done all day?"

It made me furious. It also made me worry. Why did our marriage, which had been so strong during the stress of a sea tour, suddenly falter when we finally had a "normal" life?

After talking to former NPS graduates, counselors and my married neighbors, I realized that just as we had to move into a new house, we had to move into a new marriage—a Monterey Marriage.

What makes a Monterey Marriage different from a ship marriage? A Monterey Marriage requires much more togetherness and therefore, communication and compromise. It is a union in which both partners are satisfied with the division of labor, child care, and leisure time. The only drawback to a Monterey Marriage is that it takes a tremendous amount of work—the proverbial fixer-upper.

Moving a marriage is like moving an over-sized couch. It looked perfect in your old house but it isn’t quite right now that it is here. In your marriage, you and your husband are the same people but you don’t quite fit together the way you used to. To make a Monterey Marriage, you will have to take stock, make a plan, determine necessities, and repair minor problems.

**Take Stock**

The first thing you do when you move into a new house is to take stock of your surroundings. Maybe you have an extra bedroom here. Perhaps you don’t have enough counter space. To take stock for your Monterey Marriage, sit down with your spouse first and take stock of NPS.

"Look back and remember how excited you were to see your spouse when the ship came in after being deployed for six months," says Chaplain Brown of the NPS Protestant Chapel. He reminds couples that they have often spent months dreaming of being together and thinking of all the things they will do once they are a family again. "At some point that gets lost, and couples start taking each other for granted."

Unfortunately, taking each other for granted is one of the pitfalls of all marriages, not just those in the military. It is too easy to fall into this habit. Yet, the time a military family is united is often limited and erratic. This NPS command offers the opportunity to establish positive family patterns. The traditions you start in Monterey will sustain you through the demands of a military career.

Another point to keep in mind as you take stock of your new surroundings is the unique mission of this command. To quote directly from the catalogue: "The Naval Postgraduate School exists for the sole purpose of increasing the combat effectiveness of the Navy and Marine Corps. It accomplishes this by providing post-baccalaureate degree programs...not available through other educational institutions."

In other words, these officers are here to study, study, study.

Along with all that rampant scholasticism there is plenty of uninterrupted time for families to spend together. Just think about it. You wake up together every morning and go to bed together every night. He will be there for birthdays and holidays and weekends. You can even plan a vacation (as long as it's between quarters). This tour may be one of the most enjoyable you ever have in the military! In order to maximize the benefit of your time here you must take stock early and make a plan.

**Make A Plan**

Once your family takes possession of a new place, you spend time deciding where everything should be. You want that chair in the baby's room. The loveseat should really go here. The kitchen table will go over there. Now make the same kind of plan for your marriage.

Chaplain Brown encourages couples to sit down to talk "at an appropriate time, not the week before he has a major paper due. You aren’t going to have his attention and he isn’t going to be able to see reality."

Between quarters or near the beginning of each quarter, get out the family calendar and mark down the due dates of all term papers. Also boldly mark midterms and finals week. If the whole family is sensitive to the academic schedule it will be easier to
cope with and plan around.

Remember to discuss the nature of the student's curriculum. Some courses are more time consuming than others. If your spouse is in a demanding curriculum you may have to downsize your plans for your time with him. Terri Porter, whose husband is studying Operational Analysis, wishes Jon was able to spend more time with her and their fifteen-month-old daughter. "I understand how hard he's working, though. So it's okay. We make a point of doing something on the weekend."

Many people have pointed out that it is important to designate a specific time for the family. Some families have set aside Wednesday or Sunday afternoon for projects or pizza outings. A family day doesn't have to be set in stone, but unless you make a definite plan, it gets too easy to make excuses and let time slip away. As one of our first captains said, "N-A-V-Y spells ocean. And sooner or later you are going back there."

**Determine Necessities**

In our old house we had hardwood floors and area rugs throughout. Once we got to La Mesa, however, we realized we needed carpet. Badly. If you look around your Monterey Marriage you may find you badly need one of the most precious commodities of all: personal time.

Jack Barnhill, father of four-year-old Tracy and two-year-old Grant, says that when he and his wife Alice moved here he thought it would be time for him to pursue all the interests he had neglected while he was away on tour. "After all," he says, "I was working twelve and fourteen hour days on the ship even when it wasn't out to sea. I was the one who had all those duty days and deployments. It was my turn."

Alice could see his point, but when Jack wanted to spend four nights a week and some weekends at the gym, that was too much. "It made me crazy," admits Alice. "I started to think, what about my turn?" How do you compromise between two groups that feel so strongly?

Dr. Diana Case is a local psychologist who specializes in women's issues. She indicates that personal time is one of the first commodities that we give up, but that it is also a vital part of a balanced life. Each person in the marriage needs time to call their own.

Jack and Alice say that it took about eight months to iron out a contract that was fair to them both. "After fighting and fighting about it, we finally made a plan," says Alice. "If he went to the gym twice a week, he wouldn't go on the weekend too." Now Jack helps out a lot more with the kids and also finds time to golf, too. And you often see Alice in the fabric store shopping happily by herself. "Just about the time the kids are being put to bed."

**Repair Minor Problems**

Sometimes, when you move into a new house there are minor problems that could become major ones if they are ignored. Sometimes marriages have those kinds of problems, too. How do you know when and if you need professional help?

Let's go back to our fixer-upper. Suppose you have a toilet with problems. Granted, some of those problems can be taken care of with the occasional use of the plunger. Sometimes, though, when you have been working on a particular issue for a long time and it doesn't seem to be getting any better, it may be time to call a professional. Otherwise... well, you get the picture.

Take care of those problems while they are small and manageable. Chaplain Brown says people often come to him to talk about many things, not just problems, and that the Chaplain's office is completely confidential. "I talk to people who have helped military families and that the sooner the problem is dealt with, the less long-term damage it can do."

Building a Monterey Marriage seems like a lot of work, but just like our proverbial fixer-upper, after you have put in the effort, the rewards will last a lifetime.

Alice and Jack Barnhill will be moving on to Rhode Island next month and have no regrets about how they spent their time here. "This command has enabled me not only to understand my husband better but respect him for being there," reflects Alice. "It has also enabled him to see my lifestyle and respect the 24 hour workload that I have. We have been able to grow more spiritually and are truly grateful for what we have."

---

**Reverend Thomas Curry**

Rector

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Jerome F. Politzer
Rector

CLASSMATE 11
SHOPPING ON THE

Shopping can be a tedious chore or a pleasurable pastime, depending on your point of view. Moving to a new and unfamiliar town can make shopping a difficult task especially when all you want to know is where the locals go to do their "real" shopping. First, you have to know what's out there besides the Navy Exchange and Fort Ord Exchange System. To help you get a feel

Shopping in Monterey
by Pam Bane

When your visitors arrive in Monterey, historic Cannery Row is naturally the next stop after NPS and the Hotel Del Monte on your tour route. Once you've soaked up the romantic atmosphere, with its beautiful, weatherworn piers, and rustic buildings, you'll find as many shops as you have time to explore located in and around the cannery buildings.

More in the mood for the classic look of a "Hometown USA" downtown street? Monterey has that, too. Centered around historic Alvarado Street, you'll find a nice variety of shops and good restaurants people traditionally go "downtown" for, including the local JC Penney.

If you're shopping for ladieswear and you find the expression "gently worn" a bit intriguing, two downtown shops you'll want to consider trying are "Nice Twice" and The Monterey Resale Shop - "The Designer Alternative." These are consignment shops of the nicest kind. "Nice Twice," located on the corner of Calle Principal and Franklin, offers everything from next-to-new sportswear, dresses, and accessories to beaded gowns and fur coats which are kept in a special glass case. Found a half-block east at 405 Calle Principal, The Monterey Resale Shop has a nice selection of suits and separates, jewelry, and leather goods. Both shops are comfortably busy, with fitting rooms and helpful salesclerks. Good quality and designer labels abound. You'll definitely want to check out these shops before the next special occasion, or when a "new" item or two would perk up your wardrobe.

With a style all its own is "The Clothes Closet." As clothes closets go, there is none more full of treasures than this one. If you've never been to a consignment shop, you and your spouse can consider this shop as "just for fun," but don't be surprised if you come away with a treasure or two. The first thing you will notice is the amazing collection of hats adorning the top third of each wall, ready to be matched with lace gloves or flapper dresses or fringed leather vests! Men can find a "looks-like-Macy's" sportcoat in a current style (like the tan ultra-suede I found for $60), or an antique tuxedo with tails, or an "Indiana Jones" hat. You can buy wedding dresses, formals, like-new jeans, "the '60s look," and much, much more. This rare shop even offers layaway! The Clothes Closet is located at 693 Lighthouse Avenue, right across from Valu-Max.

A bit north on Lighthouse, between Prescott and Hoffman, is Old Capitol Books — "The Book Lover's Bookstores: Good Books Bought and Sold." An exception in used book stores, I found this one to be comfortable in that it is well-lit, there's room to move around, and the books, mainly hardbound editions, are nicely arranged according to subject. There are display shelves of antique children's books and readers, along with current picture books and storybooks for young children. The rest of the store is dedicated to sections of travel, history, crafts, cooking, etc., just like you would find at the mall bookstore. The prices are great, the variety spans the last hundred years, and many books are in gift-quality condition.

For brand new books, and an excellent selection of children's gift books, you can't beat the NPS Bookstore; however, if it's some light reading for yourself that you're after, the Goodwill Store at 571 Lighthouse Avenue has an entire wall full of books priced at $.50 and up. Goodwill also has furniture items now and then. The day I was in, they were offering a dining room set which could only be described as "funky," but had definite possibilities!

Every Thursday from 2:30 until about 5 p.m., the "Farmer's Market" springs up at Monterey Peninsula College (being outside, closing varies with the light conditions). Local growers and vendors display their wares in the lower west parking lot. Bring a sturdy basket or bag, and $10 if its your first time; with so much beauty and excitement in the air, one could easily get carried away. Besides fresh produce, the variety of offerings include cutflowers, potted plants, fresh fish, garlic braids and wreaths, preserves, baked goods, and specialty chocolates. On any other day, Monterey Produce, across from Safeway and next to El Pastorcito on N. Fremont Street, offers a nice selection of fresh produce with lower prices that the grocery stores.

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<tr>
<th>Store Name</th>
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<tbody>
<tr>
<td>JC Penney</td>
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<tr>
<td>Nice Twice</td>
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<tr>
<td>Monterey Resale Shop</td>
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<tr>
<td>The Clothes Closet</td>
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<tr>
<td>Goodwill Industries</td>
<td>649-6056</td>
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<tr>
<td>Monterey Produce Market</td>
<td>373-5017</td>
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MONTEREY PENINSULA

for what the Monterey Peninsula has to offer, we have compiled a short list of the major shopping areas that you might find fun and useful. Also, don't forget to visit the advertisers in The Classmate and, if your needs are more specific, check the yellow pages.

Shopping in Carmel

by Terry McKeon

As the mother of a nineteen month old boy, I pride myself on being able to take him shopping anywhere. Well, to be honest, shopping in Carmel is best done without toddlers even though the recommendations I make here are for those of us with wee ones! Carmel is a window-shoppers dream come true. Even if shopping in the stores isn't "in the cards" for a given day, just roaming the streets and avenues is well worth the trip. (Hint: If you park on the street by the Sunset Center there is no time limit!)

Ocean Avenue, the main road, is home to a Dansk outlet (a personal favorite); The Nature Company, a great place to find stocking stuffers like little cicadas whose eyes blink on and off as they chirp and global key chains; the Laurel Burch store, two levels of unending earrings, necklaces and scarves; and a host of other delightful establishments. Carmel Plaza at the top of Ocean Avenue holds Saxs, Bennetton, and Thinker Toys! If you have never been to Thinker Toys, it's worth a stopover. Thinker Toys has everything from mechanical elephants to Gertie balls!

Off either side of Ocean you will find a treasure trove of art galleries. My personal favorite is the Lynn Lupetti Gallery on Sixth, next to the Blue Dog Gallery. Her work "The Magical Voyage" depicts two boys in pirate costumes reading a book as the characters come alive and sail out of the pages. If you have a yen for art and whimsy, stop in and take a look!

Carmel Valley is home to the Barn Yard. If you shop there please be advised that the highway back to Monterey begins to back up around 3 p.m. Shop accordingly! The Barnyard (other than being a great place to walk around, especially if your little one is trying to master stairs) is home to my favorite bookstores, Thunderbird and Thunderbird For Kids. When visiting Thunderbird, relax and have some coffee while you read your book. At Thunderbird For Kids there is almost always something going on for children to enjoy and the selection of books and toys can't be beat. Another store worth a look is the Total Dog. If you have a dog, or if you're looking for that certain gift for someone who does, I recommend it highly. I was able to find a Basenji print and a book about a Basenji titled "Call of the Marsh." Believe me when I say there isn't a lot of Basenji material out there! But Total Dog had it, and chances are they will have something for you, too.

Carmel is very easily a "shop 'til you drop" town but take heart, if your feet do start to get sore they even have a store which sells strictly Birkenstocks! Shop and enjoy!

Shopping in Seaside & Salinas

by Monica Maurasse

SEASIDE

K-Mart, Canyon Del Rey and Hwy 1, 394-6523. Dependably predictable.

H&H Home and Craft Center, adjacent to K-Mart, 899-2451. Building supplies, hardware, and garden center and a well supplied crafts department that includes custom framing at reasonable prices.

Costco, 801 Tioga Ave., 899-1931. A discount shopping warehouse which offers such merchandise as office supplies, electronics, clothing, and food. You must be a member, but one day free guest membership can be obtained allowing you to better decide if warehouse shopping is for you.

SALINAS

Northridge Mall, Hwy 101 at Boronda Rd., 442-1408. Has over 130 stores, including JC Penney, Emporium, Sears, and Mervyn's.

Santa Rita Plaza, directly across the street from Northridge Mall. Contains approximately 20 stores, including Food Max grocers, Ross Dress For Less, and Dore electronics.

Harden Ranch Shops, down the street from Northridge Mall. New to Salinas with new stores still opening. Target, Montgomery Ward, Marshall's, and Pier I Imports are just a few of the shops in the center.

Directions from Monterey: Take Hwy 68 into downtown Salinas. Turn right onto John Street, then left on Monterey Road. Once you cross E. Market Street, you will be on N. Main Street. Continue on N. Main approximately 1.5 miles. Harden Ranch Shops will be on your right, Northridge Mall on your left just past Harden Ranch, and Santa Rita Plaza on your right.
A People Without A Name
by Seshu Rajan

Juan Rodriguez Cabrillo, Francisco Coronado, Hernan Cortes, Sir Francis Drake, Father Junipero Serra, and Sebastian Vizcaino. These are names most Americans today would at least vaguely recall from high school or college history classes. These were the people that came to the great continent that was the New World. The average American, however, has little knowledge of the peoples who lived here prior to the arrival of European immigrants. Many of these native peoples left little or no record of their culture, of their beliefs, or of their lifestyles. Even the names by which we refer to them are not their own. The names were given much later by explorers, historians, and archaeologists.

The Salinan tribe of Central California were one such people. There is no recorded or remembered name for these people. Although there are some genetic descendants, the Salinan peoples are said to be “ethnologically extinct” (Hester, 1978). But, there is at least one monument to the spirit of a people who lived hand-in-hand with the earth. This monument is a painted cave in the southern Coastal Range on present day Ft. Hunter Liggett.

You will not find any signs on the highway that direct you to the painted cave. If you find the cave, it will be due to perseverance and good luck. The painted cave is located at the top of the eastern range of hills of the San Antonio River valley. Two signs near the cave inform visitors that the painted cave was placed on the National Register of Historic Places on 18 February 1975, and that vandals will be prosecuted. A rude wire fence and barbed wire enclose the entrance to the cave.

The painted cave is not large by any means. Its greatest height is probably fifteen feet with a depth of fifteen to twenty feet, and a width of thirty feet. The floor of the cave forms a shelf of sorts that runs from one end of the cave to the other. The roof is blackened from the soot of fires long ago. The walls are covered with pictographs in red, white, and black. Many of the pictographs are painted over the soot. The red in the pictographs is said to be from the iron oxide hematite. White is another iron oxide limonite or from gypsum and kaolin. Black is most often charcoal or manganese ore. The paint may have been applied with frayed ends of twigs, or bound masses of fiber, or with a lump of mineral, or by hand. Most of the pictographs are geometric in nature—circles, lines, and crosses. The crosses in particular are curious. On the right wall of the entrance to the cave is a cross with circles at each end. Two other crosses are visible on the back wall of the cave.

The purpose of the pictographs is not known. The Salinan people had numerous villages in the vicinity of the painted cave. Perhaps hunters and gatherers from these villages used the cave for temporary shelter. Or perhaps the cave was used for religious or spiritual ceremonies. It is also possible that the pictographs existed in one form or another from prehistoric times and were recreated or reworked by the Salinan people.

The Salinan painted cave is one of many examples of the rock art of the native peoples of California. After Colorado, California has the largest number of rock art sites in the manner of the painted cave. Two other noteworthy examples of rock art are said to be the painted cave of the Chumash people near Santa Barbara, and the painted rocks cave on the Tule River Reservation in Tulare County, California. The pictographs at both these sites are more detailed and varied than the Salinan painted cave.

Visiting the Salinan painted cave is a poignant experience. Take a few minutes to perch on a rock outside the cave and let your imagination journey back by three centuries. The expanse of grassland in front of the cave may have been more heavily wooded with oak trees. The nearest Salinan settlement would have been Tilacusam and Papuco to the south east, and Chacomex to the west. Wildlife must have been plentiful. Perhaps a person on the way to Chacomex would have passed herds of grazing deer. Chacomex would have comprised several domed houses. These were of pole framework covered with tule or reed grass. Houses are said to have been up to 10 square feet in size. The Salinans subsisted by collecting acorns, wild oats, sage seeds, berries, mescal, and wild fruits. They may have hunted deer, rabbits, and even bears with the use of nets and arrows of cane with hardwood shafts (Hester, 1978).

The Salinans traded with the Yokuts, the Costonoans, and the Chumash. There may have been competition for trade between the Salinans, the Costonoans, and the Chumash since they primarily traded the same materials to the Yokuts: namely, shell beads and unworked shells in return for salt-grass salt, obsidian, and animal
skins. From time to time, along with the trade possibly, there came news of visitors from strange lands. In California, unlike the eastern coast of North and South America, first contact with European immigrants was sporadic.

Between 1540 and 1605, there were many expeditions by sea and land that reached California, but there were no permanent settlements. Thus, for almost two centuries, the native peoples of California offered food and shelter to the ships that landed in their territories without realizing the true intent of the foreigners.

It was 1771 when the San Antonio Mission was established by Father Junipero Serra. About twenty Salinan villages lay within a twenty-mile radius of the mission site. While the first neophytes came of their own free will, later large numbers were recruited by force. The Salinans, like other native peoples of California, suffered tremendously under the Spanish. Their condition did not improve either with the Mexicans or with the Americans. Not only were these native peoples ravaged by diseases to which they had no immunity, but they were tortured, murdered, and persecuted for the simplicity of their beliefs and lifestyles.

As you sit on that rock outside the Salinan painted cave, you may find it somewhat ironic to know that the Salinan people had already achieved what the world at large still strives for today. The Salinan society was a democracy; they lived in peace with their neighbors; indeed they had never experienced war. Their way of life was not as comfortable or as convenient as our modern society, but their way did not destroy the environment in the name of progress.

The Salinan painted cave may seem to be a humble monument until you remember its people and their tradition of peace and nonviolence. The condition of this national historic monument is also irrevocable evidence that we still disregard and disrespect the native peoples of America.

If you plan to visit the Salinan painted cave, contact the Range Control Office at Ft. Hunter Liggett at 408-385-2403 or 2580. You will need to establish on what dates travel to the painted cave is allowed. When you arrive at Ft. Hunter Liggett, obtain a vehicle pass and gate key from the Range Control Office. Access to the painted cave is only allowed during daylight hours. Ft. Hunter Liggett is approximately one hour and 45 minutes driving distance from the Monterey Peninsula. Pack a picnic lunch and enjoy the scenic drive. (Much of Ft. Hunter Liggett is covered with rolling grassy hills, gnarled oak trees, and solitude.) Breathtaking vistas and pinecones the size of pineapples await you.
Our children are our most precious resource for the future, and their education should be important to us all. As parents we are our child's first teachers. When our child enters school, we should not stop being involved in his mental development. Overworked teachers welcome parental support, but sometimes parents are unsure about how they can help their child in academic subjects.

The purpose of this column is to offer suggestions and to inspire creativity when helping your child study for spelling, math, social studies, or science. As a former special education teacher, I worked with children who found learning difficult. In order to help, I had to make learning fun. You can make learning fun for your child, too. Just remember to use your imagination and add a sense of play to learning.

OBJECTIVE: To help our child learn to spell, define, and remember his weekly spelling words.

GRADE LEVEL: 1st, 2nd, 3rd

1. Begin early in the week. Usually spelling words are introduced on a Monday morning and the test is Friday. Break the list down into small chunks. For example, if there are 15 words, study 5 a day. Leave Thursday free for review of all the words.

2. Have your child use each word in a sentence. This shows whether he has an understanding of the word. If he doesn't understand the word's meaning, you use the word in several sentences. Practice looking the word up in the dictionary. Explain the meaning in your own words. Then have the child try again to make up sentences.

3. Use refrigerator magnets to spell the words. Spell the word correctly, then scramble the letters. Have your child arrange...
the letters in the correct order. This activity can also be done with paper and pencil. Simply mix up the spelling word and have your child unscramble it.

4. Practice “writing” the word in the palm of your child’s hand with your finger. Have him identify the word. Take turns making up sentences after the word is correctly identified.

5. Have your child “write” the spelling word in the air with his finger. Each letter should be said aloud when written. After the word is written, have the child repeat the word. For example, if the word is HOUSE, the child will write H, say H, write O, say O, write U, say U, etc., and then say “HOUSE.”

6. If your child is having a very tough time remembering how to spell a particular word, have him or her make the word by cutting out each letter from old newspapers or magazines. The word can be as big or small as the child wants. Glue the letters to a piece of paper. Then practice finger writing and scrambling.

GRADE LEVEL: 4th, 5th, 6th
1. Repeat the suggestions in #1 and #2 from above.
2. Play hangman with the list of spelling words. (For fun, call it Wheel of Fortune!)
3. Use the scrambling game. You may find it easier to use pencil and paper since these words will be more complicated than those of the primary grades.
4. To study the meanings of the words, play a form of Jeopardy. State the definition of the word—using your own words or a dictionary—and your child answers in the form of a question. For example, if the word is “SECURE,” ask “When something is held firmly in place.” Or, use a more obscure meaning, such as “When someone feels comfortable with himself.” Playing with a small group and keeping score can add excitement.

5. If your child is having an extremely difficult time remembering the spelling of a word, repeat #6 from above.
6. Keep a list of the words missed on spelling tests for future material when playing hangman or Jeopardy. Throw one or two in unexpectedly for a challenge.
7. If your child needs more of a challenge than the weekly spelling words, pick a few words from newspapers or a social studies or science book. The possibilities are endless!
FLEX-APPEAL

The flexibility of temporary employment offers diverse opportunities, an inside look at a variety of industries, and immediate earning potential. But is it for you?

The temporary industry offers tangible employment solutions that are cost-effective, convenient, and flexible to both employers and employees. Benefits and responsibilities for temporary workers are numerous. As companies reduce personnel budgets, temporaries are often needed to fill in the gaps. They help maintain productivity and minimize staff burnout.

The benefits and career opportunities in this field are growing and attracting more talented employees than ever before. Six million temporaries across the country are enjoying responsible positions and increased flexibility. If you are interested in seeking temporary work, you can easily research this evolving industry and discover whether it is right for you. The Family Service Center Employment Office is a good place to start. Brochures on temporary agencies in the area are available.

As a temporary employee, you have the ability to gain immediate work and income while between jobs, without extensive interviewing. A great advantage of "temping" is the chance to work with prospective employers and prove your strengths and potential value to their companies. You can sample a variety of environments while researching different industries and employment options. Many times, an assignment will lead the temporary into a staff position.

ON THE OTHER HAND...

Often, a temporary employee is called into a situation where there is a problem. It takes a special person to deal with the pressure to perform and keep on top of an overload or backed-up work. Another aspect is that you must be willing to adapt to new situations at the drop of a hat. You pay the price of regularity and constancy. It takes a confident and secure person to thrive despite constant changes of scenery and job responsibilities.
You're a working spouse new to the Monterey Peninsula, or you need a second source of income. In either case, you need a job. You update your resume, dry-clean your best business suit, and prepare to hit the pavement in search of a job. Wait a minute! Where do you go in a new town? Upon relocation, just where do you find the resources that help a military spouse in his or her job search?

Well, on the Monterey Peninsula, you are definitely in luck. There are lots of people available to help you and provide you with information on the local job market. The Navy has set up a great program to help military spouses. The Spouse Employment Assistance Program, with offices at Herrmann Hall, is headed up by Ms. Rose Anna D'Auria. Rose Anna has reams of information on the local job market and what seems like hundreds of handouts covering everything from writing effective resumes to job interviewing tips.

Rose Anna expresses amazement at the diverse talents of the many military spouses she has helped. She says, "I have had horticulturists, biologists, nurses, and teachers." Military spouses do indeed represent a wide variety of career fields. The Spouse Employment Assistance Program tries to link military spouses with local employers who need their skills. Rose Anna says, "We can't guarantee you a job, but we do have a excellent track record in placing military spouses." You can reach the Program office at (408) 646-3060.

Another great resource for the job-hunter on the Monterey Peninsula is the State of California Employment Development Department (EDD), located at 480 Webster Street in Monterey. The EDD offers job leads, workshops, statewide job network, no-fee placement service, employment resource library, and access to telephone, typewriters, word processing, and copiers. Every job-hunter can take advantage of these services. The phone number for the EDD is (408) 649-2922.

If you're a job-hunter interested in a civil service position, or are already a civil servant trying to avoid a break in service, you should talk to the professionals at the Naval Postgraduate School Civilian Personnel Office (CPO). This is the government agency that is the hiring authority for open civil service positions located at the school. Donna Doughtie, a Staffing Assistant at CPO, provides a goldmine of information on civil service careers, and on how to get into the civil service. Donna says that one of the programs she oversees is the Spouse Preference Program. This program benefits military spouses who relocate with their husbands or wives to a new duty station. You must be married to your spouse before he or she relocates to this area in order to qualify for the preference. The benefits of this program are primarily for spouses who already have civil service status and want to avoid a break in service. To find out more about this program, you should call Donna Doughtie at (408) 646-3236. The Naval Postgraduate School also runs a Job Information Hotline. That number is (408) 656-2001. When you call this number you will be advised on open positions, on who can apply, and on whether the position is exempt from the federal hiring freeze.

The Civilian Personnel Offices at Defense Language Institute, Fort Ord, and the Presidio of Monterey also have Spouse Preference Programs. Fort Ord also runs a job information hot-line, that number is (408) 242-2461. The Fort Ord CPO Job Information Center is open from 9:00 a.m. to 4:00 p.m. Monday through Friday. The number to the Fort Ord Job Information Center is (408) 242-6364.

If you do not have current civil service status, but are interested in obtaining a civil service position, there are several routes you can take in spite of the current federal hiring freeze. There is a Federal Civil Service Exam given at Fort Ord twice a month. The test site is Building 700, US Army Reserve Center, located off Imjin Road, right outside the Fort Ord Back Gate. You take a clerical exam in which you must obtain a certain score to become eligible for permanent or temporary civil service positions at Fort Ord, Naval Postgraduate School, and the Presidio of Monterey. You should call one of the Civilian Personnel Offices for specific information on dates and times of the exam and on scoring requirements. While most of the positions filled by people who have predetermined scores from taking the exam are lower level, GS1-4, you can advance rapidly once you have gained status as a civil servant.

The Civilian Personnel Offices on the Monterey Peninsula also fill federal service positions through Cooperative Education Programs with local colleges and universities. These programs allow you to earn college credit for work experience. Once you enroll in a particular educational institution, they help place you in a position in your chosen career field. Many colleges on the Peninsula have agreements with Fort Ord, DLI, and the NPS Civilian Personnel Offices. However, each school or personnel office can have different qualifications requirements, so be sure and check with them to determine how you can best take advantage of these programs. Cooperative education can be a great alternative to the traditional job search if you are interested in continuing your education. In addition, these programs represent one of the very few entry routes into the federal service during the hiring freeze. Two of the local schools that have an agreement with the Federal Government CPO's are Hartnell College in Salinas and Monterey Peninsula College in Monterey. To find out what other schools participate, call the CPO at the Naval Postgraduate School or Fort Ord.

All of the resources discussed can help the job-seeking military spouse. Finding a satisfying, well-paying job is not always easy, especially during an economic down-turn, but is possible. So put on that business suit, call these people who are there to help you, and go for it!!
Coastal Cuisine
by Kellie Wallace

Rio Grill
Looking to find an affordable restaurant with great California food, good atmosphere and comfortable for the kids, too? Then Rio Grill near The Barnyard in Carmel is your answer!

Voted "Best in Carmel," "Best Late Night," and "Best for Kids" in Monterey Life's Readers' Choice Awards, this is a place I'll keep going back to. The atmosphere is talkative, and the paper covered tables invite the little ones to draw until their hearts are content (crayons provided). This is why you won't mind bringing a couple of noisy kids here, like mine!

The other reason to return is the always evolving menu of chef Bill Huneke. As I said, Rio Grill serves California cuisine, featuring regional fish and produce with an accent on the Southwest. The grilled ham and cheese sandwich with a side of onion rings is delicious. Likewise, the hamburgers are thick and juicy with an array of toppings to choose from. A wonderful turkey breast, bacon and avocado croissant accompanies a homemade tomato chutney. For a heartier meal, the half slab of barbecued baby back ribs is scrumptious. There are additional selections from the grill, pan, and sea. Appetizers and desserts are also available and they look wonderful. Rio Grill has a fine selection of California wines and beers and has a full bar.

The staff is friendly, courteous, and professional. Outdoor seating is available for those who prefer it. Located off Hwy 1 at Rio Road, reservations are necessary, except for in the lounge. So have a great night out with the kids, or go alone and stay for the night. The Rio Grill is well worth it!
This past week has been both a learning experience and a brisk walk down memory lane. First, I learned this past week that pets come in all shapes and sizes. Thanks to two very engaging young adults, I got to meet my first pet rats! The rats were well behaved, smart, fun, and surprisingly clean. Should Patrick ever tell me he would like to have a pet rat, I think I just might go for it!

My rather brisk jog down memory lane came when Simon and I became the recipients of looks, comments and questions. Here is a small sampling: "So, Terry, how come your dog's wearing a lamp shade?"; "Is that some sort of fashion statement?"; or "Look, Ma, he's got a bucket on his head!" Yes, Simon, my beloved dog (?), has a bucket, or more accurately, an "E" collar on his head. Those of you who own a dog (or just like to think of getting revenge on one) will eventually see an E collar. I'm referring to those big white plastic cones that attach to their collar to prevent them from licking at a cut or suture. My first dealing with an E collar was back in high school with my dog Jinka, a 90+ pound dog full of boundless energy and a personality to boot. One fateful day the vet pronounced him in need of an E collar. Unfortunately, none of the collars he had on hand would fit Jinka, so he suggested that we cut a hole in the bottom of a bucket and rig it up to work like one. Instead of being a pliable "EC," this was one ridged bucket. Looking at Jinka we couldn't decide whether to laugh or cry. His brown fur was set off so nicely by the bright orange bucket. Our other dog, a Golden Retriever named Jenny, took great delight in being able to blind side Jinka at every turn. She would run at him full tilt and bowl him over, his favorite game with her. He never knew what hit him, but Jinka got his revenge.

Jinka's head was just about waist high. Since he had no problem seeing straight ahead, we were happy with the person whose posterior was in plain view. He was just like a bull charging a matador; you would find yourself gored, or more accurately, scooped and pushed forward several feet. It's been my sad experience that every dog I've ever had to put an E collar on has eventually scooped me when I least expected it. For the entire week, Jinka consoled himself scooping people at every turn. It was a little like "I Love Lucy Goes Bullfighting." Five adults spent an entire week running from the crazed "bull" (Ferdinand he wasn't). My current bucket boy likes to clip us at the knees. His bucket comes off in a few days and we both can hardly wait!

Hint for the Day: It's not a bad idea to stock up on first aid supplies and food for your pet. That way, in case of an emergency, you would be prepared and so would your pet!
Welcome to the '90s! The beginning of a new and exciting decade and the end of an old one. Step up to a mirror, or any other reflective surface and take a good look at yourself. How's your personal image? Are you completely satisfied? If so, then read this article anyway so you can determine what can be done for those other folks who aren't. If you're not satisfied, but don't know where to start, I'd like to help. Let's start at the top with your hair.

Most of the complaints I have heard in the past as a hairstylist and owner of the Carmel Salon have been that no attention was given to the individualized needs of the person. That a lack of knowledge or talent had caused bad cutting and a style that only a stylist could execute was the result. The first time you try to wash and blow-dry your hair, it self-destructs! The next common complaint is ignorance in the use of chemicals, color, perms, reconditioners, and other products resulting in dry, brittle, damaged, over-processed, ugly hair. Recognize any of these symptoms? No? You say your hair is perfect? Well, the other 99 and 9/10 percent of us need help.

For some psychological reason, hair plays a major role in our sense of self-esteem. When your hair looks bad or won't behave, it ruins your whole day and nothing else about you seems right. But when it's right and you feel great, and even last year's clothes feel fine and you walk a little taller.

Hairstyling results from the evolution of the old and honored profession of barbering. In ancient times, barbers were physicians. The relationship between you and your stylist is a very personal one, or should be. It is one of the few professions that is licensed to touch and falls under the grouping of doctors, nurses, physical therapists, etc. If you're uncomfortable in a stylist's chair, examine your response to their touch. Is it confident, self-assured, capable, or do you feel that you have just rented their hands so you can do your own hair? If so, you'll probably pay them a small fee for their services, which is all they deserve. What do you deserve? I feel you deserve the very best.

Another important aspect of your personal grooming is the products you use on your hair. Playing Russian roulette at a drug store or supermarket will get you generally inexpensive, highly advertised products which have little or no redeeming value as far as your skin and hair are concerned. Your hair products should be selected scientifically by a professional to correct or prevent damage. Shampooing, blow-drying, ultra-violet damage, chemical services and humid or dry weather conditions remove essential amino acids (proteins) from the hair structure. Hair only grows one-half inch a month; in the course of a year, six inches. It has been through 365 days of abuse in that year. In order to look great, it needs help, professional help.

During the 19 years I have been affiliated with Redken Labs, which is represented in over 30 countries, I have had the opportunity to attend and teach educational seminars and symposiums all over the country and if there were degrees to be had in cosmetology, I would have at least a Masters. I have studied psychology, sociology, taught self-esteem, assertiveness and attitude classes. My activities have included fashion show and benefit coordinator, stage show director, theatre hair designer and make-up artist, radio show producer and newspaper columnist. I'm a woman with a joy for living and a positive attitude.

I look forward to meeting you and consulting with you about your personal image in the '90s.

Christiane Roque will be the guest speaker at the OSSC Luncheon on January 31, 1992. Her talk will focus on personal image, self-esteem, and beauty from head to toe.
Monterey's Path of History

Preserved for the Heritage of Future Generations... the early Spanish and California Buildings and Homes

1. First French Consulate: built in 1830, privately owned.
2. Royal Presidio Chapel: 550 Church St., built in 1770, open 7-9.
3. Casa Madaraga: beautiful adobe casa, not open to the public.
4. Casa Pacheco: built in 1840, private club, not open to the public.
5. Casa Abrego: built in 1834, not open to the public.
6. Estrada Adobe: built in 1823, Tyler St., owned by Monterey Savings and Loan.
7. Stevenson House: 530 Houston St., memorial to Robert Louis Stevenson, guided tours daily 10-3 except noon hour, closed Wed., admission.
8. General Fremont's Quarters: not open to the public.
9. First Federal Court: built in 1832, now serves as law offices.
10. Stokes Adobe: home of one time Mayor of Monterey, noted place for social functions and balls, now a restaurant.
12. Cooper Molera Adobe: one of largest adobes. Guided tours daily 10-3 except 1000 p.m., closed Wed.
13. Alvarado Adobe: built in the 1830s, now a bank.
14. Larkin House: 510 Calle Principal, built in the 1830s, completely restored and preserved, guided tours daily 10-3 except noon hour, closed Tues., admission.
17. House of Four Winds: built in 1830, private club, not open to the public.
18. Casa Gutierrez: built in the 1840s, now a restaurant.
19. Brown Underwood House: built in the 1840s, now the City Manager's office.
20. Colton Hall and Old Jail: Pacific between Madison and Jefferson, built during 1847-49, landmark where California's Constitution was written in 1849, open 10-5, closed noon hour.
21. Casa Vasquez: birthplace of the famous bandit Vasquez, the remodeled building houses city offices.
22. Gordon House: one of the first allwood house, not open to the public.
23. Casa Alvarado: built in the 1830s, not open to the public.
24. Casa De La Torre: built in 1852, typical of the era, not open to the public.
27. Merritt House: built in 1774, privately owned business.
NEW KIDS ON THE BLOCK

Karl Leigh Hecker; 7 lbs 6 oz, 20 and 1/2 inches; born 30 September 1991 to Wendy & Michael Hecker.
Blake Arthur Gilmour; 7 lbs 15 oz, 21 and 1/4 inches; born 20 November 1991 to Gregory & Kathy Gilmour.
Robert Pierce Earle; 8 lbs 4 oz, 20 inches; born 22 November 1991 to Andy & Chuck Earle.
Colton William Ziebarth; 6 lbs 11 oz, 21 and 1/2 inches; born 25 September 1991 to Lisa & Kurt Ziebarth.

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