

Community News

Volume 11, Number 56

Serving the military and civilian communities

October 1, 2004

Read the Community News on the DLIFLC Web site at www.dli.army.mil

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Fire Prevention Week observance begins Oct. 3

The Presidio of Monterey Fire Department will host an Open House on Sunday, Oct. 3, from 1 to 6 p.m., to kick off Fire Prevention Week 2004. Firehouse tours will be conducted every 30 minutes and light refreshments will be served.

This is an opportunity for everyone to visit the Presidio of Monterey Fire Department facility and see how firefighters work and live.

Representatives of the department's Fire Prevention Branch will be at the Presidio of Monterey Post Exchange on Tuesday, Oct. 5, from 1 to 6 p.m., and at the Ord Military Community Post Exchange on Thursday, Oct. 7, from 1 to 7 p.m.

The department's fire engines will be on display at OMC's Porter Youth Center and the Monterey Road Child Development Center during the week as well (the schedule to be announced). Presidio of Monterey Fire Department Fire Chief Jack Riso wishes everyone a safe, happy and fun-filled Fire Prevention Week.

* * *

"It's Fire Prevention Week — test your smoke alarms." That's the theme of FPW 2004, the annual safety campaign that NFPA has sponsored since 1922. Testing smoke alarms may sound like basic advice, but this lesson can save lives. All too often the presence of a working smoke alarm can mean the difference between life and death.

Despite the fact that smoke alarms are now widely popular, roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms. Because fire can spread through a home so quickly, it is essential that everyone in your family be able to recognize the sound of the alarm and that everyone has a plan for getting out safely. Your Presidio of Monterey Fire Department has special smoke alarm tips for kids, older adults and the disabled. Smoke alarms are the fire safety success story of the 20th century, but they can't save your life if they're not working. Test your smoke alarm today. It could make all the difference.

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Our next issue: Oct. 15

Until further notice, the Community News will appear as a print publication every four weeks instead of every two weeks.

Bi-weekly issues of the Community News will continue to be prepared by the DLIFLC Public Affairs Office staff and will continue to be available on-line to readers who visit the DLIFLC Web site (www.dli.army.mil) and click on the Community News link.

The next issue of the Community News is due on Oct. 15 and will be posted on the DLIFLC Web site. A printed edition will not be distributed.

The cutback on printed copies is an effort by the DLIFLC command to lower expenditure on Community News production in a time of budget constraints.

The DLIFLC command and the Community News staff at the DLIFLC Public Affairs Office apologize for any inconveniences the cutback imposes upon Community News readers, contributors and participants in the Community News classified ad marketplace.

PLACES ON THE PRESIDIO: Nicholson Hall (Building 848) -- Named in honor of Maj. Arthur D. Nicholson, Jr., USA, (1947-1985) who was a 1980 graduate of the Russian Basic Course. While working as a member of a surveillance team in East Germany he was shot by a Soviet sentry. Nicholson Hall was dedicated in 1987.

The Defense Language Institute Foreign Language Center and Presidio of Monterey Community News newsletter supplements the GLOBE, DLIFLC's linguist-focused monthly magazine. The Community News provides current information on local news and events for joint service military and Department of Defense civilian community members of DLIFLC, the Presidio of Monterey and Ord Military Community. The Community News is published every other Friday. Submit information or short articles of interest to the military community to the e-mail, fax or mailing address below. Individuals may submit classified ads for the classified ads section to the same addresses.

To contact the editor:

Defense Language Institute Foreign Language Center
Public Affairs Office (ATZP-PAO)
ATTN: Community News Editor
Building 614 (Rasmussen Hall), Room 142
Presidio of Monterey, CA 93944-5006

Telephone 831/242-5104 or fax 831/242-5464
(DSN 768)

E-mail: CNews@monterey.army.mil

To reach the command's hotline and submit comments and concerns to command staff (Bossline), call 831/242-POST or 831/ 242-7678 or e-mail to bossline@monterey.army.mil

**NEXT DEADLINE for submissions,
including classified ads:**

Oct. 6 for the Oct. 15 issue.

Available on the World Wide Web:
The Community News and the GLOBE magazine
are available through the Presidio of Monterey Home Page at
www.dli.army.mil

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Presidio of Monterey
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Presidio of Monterey
Deputy Garrison Commander
Pamela M. Von Ness
Presidio of Monterey
Command Sergeant Major
Jackie M. Moore
Chief, Public Affairs
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Community News Editor
Joseph Morgan

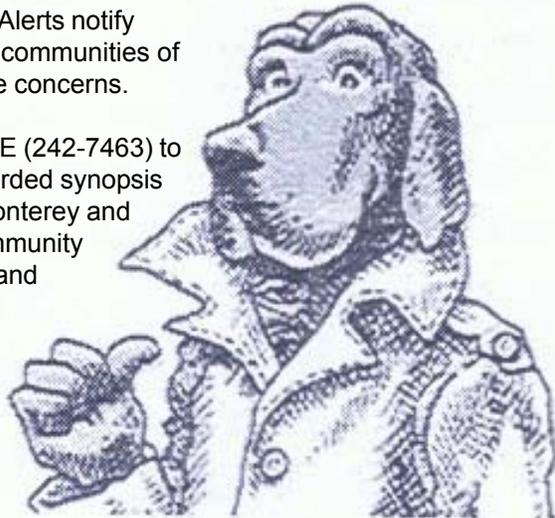
Distribution this issue:
3,000 copies

Crime Watch recording has information and updates

Presidio of Monterey and Ord Military Community residents have a way to stay informed about criminal activity and incidents in their neighborhoods.

Crime Watch is the information link between the Presidio of Monterey Police and the communities they serve. Crime Watch reports on crimes and incidents that have occurred in these communities. Crime Watch is updated weekly. Special Alerts are part of the Crime Watch system. Special Alerts notify members of the communities of immediate police concerns.

Call 24-CRIME (242-7463) to hear a brief recorded synopsis of Presidio of Monterey and Ord Military Community criminal activity and incidents.



McGruff, the Crime-Fighting Dog

Hispanic Heritage observances continue through Oct. 15

The tradition of observing Hispanic Heritage began on Sept. 17, 1968, when President Lyndon B. Johnson designated a week in mid-September as National Hispanic Heritage Week. Exactly 30 years later President Ronald Reagan extended that week to a month-long observance beginning Sept. 15 and ending Oct. 15.

September has significant dates for several Hispanic countries. On Sept. 15 Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate their independence from Spain. Mexico and Chile celebrate their independence on Sept. 16 and Sept. 18, respectively.

Hispanics are defined as persons who trace their origin or descent to Mexico, Puerto Rico, Cuba, Central and South America and other Spanish

cultures. Surprisingly to some, the term "Hispanic" does not refer to a race. Hispanic is recognized as an ethnicity and the people of Hispanic origin may be of any race.

Hispanics have been a part of this land long before the founding of this nation and an integral part of America. They have made and continue to make immeasurable contributions in the areas of politics, entertainment, the arts, medicine, science, social activism, sports, education, business and the military. Some notable military firsts:

1776: Francis Salvador, a financier from Charleston, South Carolina, was the first hero of the American Revolution. He was from a refugee family that fled from Spain because of

persecution by the Inquisition.

1779: Jorge Farragut, a seaman born on the Spanish island of Minorca, joined the South Carolina Navy and fought at the Battle of Savannah and at the second defense of Charleston. Farragut is thought to be one of the first Hispanic Revolutionary War heroes.

1863: The 1st Battalion of Navy Cavalry was the first Hispanic battalion formed during the Civil War. The unit was formed to take advantage of the extraordinary horsemanship of Mexican Americans.

1864: Diego Archuleta became the first Hispanic brigadier general in the

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EO or EEO?

What's the difference?

Equal Opportunity (EO) is a military program.
Equal Employment Opportunity (EEO) is a civilian program.

Laws/Regulations:

EO: AR 600-20

EEO: Title VII of the Civil Rights Act of 1964, as amended; Age Discrimination in Employment Act of 1967; Rehabilitation Act of 1973; 29 CFR 1614; AR 690-600.

Serviced population:

EO: Military personnel and family members.

EEO: Civilian employees, former employees and applicants for employment.

Types of issues that constitute a complaint:

EO: Discrimination and sexual harassment on/off duty, on/off installation.

EEO: Issues must be tied to employment, while on duty or in official capacity.

Processing procedures:

EO: Normal complaints must be filed within 60 days. Investigation is conducted by the appropriate commander or an investigating officer. Decision on findings is made by the Garrison Commander. Appeal may be filed within seven days after decision has been made. Final decision is made by the Installation Commander, Presidio of Monterey. Follow-up is done by the Installation Equal Opportunity Adviser.

EEO: Complaints must be filed within 45 days of the time the individual became aware that management's action or lack of action was due to discrimination. Pre-complaint counseling is done by DA-trained and certified EEO counselors. Mediation is offered by DA-trained and certified mediators. If not resolved, the complaint may be elevated to a formal complaint and referred for investigation to the Office of Complaint Investigations (OCI). After investigation, the complaint may be elevated to the Equal Employment Opportunity Commission (EEOC), which will assign an administrative judge (AJ) and may set a date for a hearing. The AJ's decision may be appealed to the EEOC, Office of Federal Operations. The decision on appeal may be elevated to US District Court.

Costs:

EO: No basis to determine cost.

EEO: \$80,000 per complaint during the administrative process; compensatory damages; attorney fees.

Average processing time:

EO: 30 to 60 days.

EEO: 2 to 3 years.

Questions?

EO Adviser: Sgt. 1st Class Samir Abdulaziz, telephone 242-5442.

EEO Manager: Elvira M. Robinson, telephone 242-5105.

Join us ...

The Protestant Women of the Chapel meet every Tuesday at 9 a.m. at the Ord Military Community Chapel. The group has fellowship, food and fun and child care is provided for children of age five and under. Women of other denominations are welcome. To confirm class dates call Rhonda at 583-0621. (We break for all Monterey Peninsula School District holidays.)

Visit **The Oasis Cafe**

Second and Fourth Fridays every month, 7 to 9 p.m.
Nakamura Hall, Presidio of Monterey

- Live music.
- Free food.
- Refreshments.

Provided by
your chaplains.



For information call TSgt. Eric Martin
at 242-7162 or 242-7171.

Christian Bible Study

- Prayer.
- Bible discussion.
- Doughnuts and coffee.

We meet at 9:30 a.m. every Sunday
in Building 324, Presidio of Monterey.

For more information call Chaplain
(Capt.) Jeffrey Clemens at 242-7009
or 242-5462.

A Contemplative Communion Service ...

is offered every Wednesday from 12:05 to 12:30 p.m. at the Presidio of Monterey Chapel opposite Soldier Field. The service seeks to create a space for reflection and prayer through simple offerings of scripture, communion, music and silence. For more information please call Chaplain (Major) Pat Bailey at 242-5405.

Chapel Services

Ord Military Community Chapel

Building 4280
On General Jim Moore Boulevard

Telephones

242-7620 -- Main Office
242-7622 -- Building NCOIC
242-7625 -- Religious Education / Protestant
242-7627 -- Religious Education / Catholic

Catholic

Sunday Mass 11 a.m.
Wednesday and Friday Mass 12:05 p.m.

Religious Education
Preschool-7th grade
Sunday, Catholic CCD 9:30-10:30 a.m.
Youth Group meets every other Sunday.

Protestant

Sunday Service 9 a.m.
Sunday: Children's Church 9:20-10 a.m.
Tuesday: Protestant Women of the Chapel 9 a.m.
Wednesday: Family Program
Potluck 6 p.m.
Bible Study for adults, youth and children 6:45 p.m.

Presidio of Monterey Chapel

Building 325
On Stilwell Avenue facing Soldier Field

Telephones

242-5281
242-5233

Catholic

Saturday Mass 5 p.m.
Sunday Mass 9 a.m.
Tuesday, Thursday and Holy Days 11:30 a.m.
(Munakata Hall Auditorium, Building 610, Room 139)

Protestant

Sunday Service 11 a.m.
Tuesday Bible Study (Building 324, next to the Presidio Chapel) 11-11:50 a.m. and 12 noon-12:50 p.m. (Free lunch provided.)

Latter Day Saints (Mormon)

Sunday 2 p.m.

Jewish

Friday 7:30 p.m.
(Building 324, next to the Presidio Chapel)

Muslim

Friday Prayer Meeting 12:15-12:45 p.m.
(Muslim Prayer Room, Building 324,
next to the Presidio Chapel)

**Quartet to perform
free concert
featuring Russian music**

A free concert of Russian Orthodox Church music and Russian folk songs featuring the St. Petersburg Quartet will be presented Oct. 6 from 2 to 3:30 p.m. at the Presidio's Post Theater.

The concert is co-sponsored by the Russian Language School and the World Religions Chaplain. For more information call Chaplain (Maj.) Patrick Bailey at 242-5405.

**Two presentations planned in
World Religion
Lecture Luncheon series**

A monthly World Religion Lecture Luncheon scheduled Oct. 19 from 11:30 a.m to 1 p.m. at Weckerling Center will feature speakers from the Community Labyrinth Project, who will give a presentation on the use of labyrinths in multiple religious traditions as a method of prayer and meditation. The event will include an opportunity to walk a portable labyrinth that the group will bring with them.

A monthly World Religion Lecture Luncheon scheduled Nov. 16 from 11:30 a.m to 1 p.m. at Weckerling Center will feature Father George Kurtow of St. Serephim's Russian Orthodox Church in Seaside. Fr. Kurtow will discuss the history, beliefs and practices of Russian Orthodoxy.

For more information about these events call Chaplain (Maj.) Patrick Bailey at 242-5405.

For the children

of all military personnel, DOD civilian employees and retirees

The 11th annual "Light in the Night"

a Halloween alternative celebration and fall festival



will take place

**Sunday, Oct. 31,
from 6 to 8 p.m.**

at the

**Ord Military Community Chapel
(Building 4280)
on General Jim Moore Boulevard**

- There will be games, prizes, clowns, face-painting, crafts, bounce houses, candy and more.
- Children and adults are welcome to come in costume. (Non-scary costumes in good taste, please.) (Persons in scary costumes will not be admitted.)
- The program is free of charge. Children under 10 must be accompanied by an adult.
- The program is sponsored by the chapel communities of Ord Military Community, the Presidio of Monterey and the Naval Postgraduate School.

For further information please call

**242-7620
242-7622
or
242-7625**

Children are encouraged to donate a can of food for the Thanksgiving Food Basket Program.

Presidio of Monterey Theater

On Stilwell Road near Soldier Field and the High Street Gate.
Open Thursdays, Fridays and Saturdays.

Telephone 372-1249

Oct. 1 (Friday), 7 p.m.

"Alien vs. Predator"

With Lance Henriksen, Sanaa Lathan.

An ancient pyramid is discovered buried in the ice of Antarctica. When scientists investigate they encounter two races of aliens battling for existence.

Rated PG-13 for violence, language, horror images, slime and gore; 100 minutes.

Oct. 2 (Saturday), 7 p.m.

"Alien vs. Predator"

Repeat showing. See description above.

Oct. 7 (Thursday), 7 p.m.

"Suspect Zero"

With Aaron Eckhart, Ben Kingsley.

An FBI agent investigating the murder of a traveling salesman finds that it is the first of three seemingly random killings.

Rated R for violence and language; 100 minutes.

Oct. 8 (Friday), 7 p.m.

"Exorcist: The Beginning"

With Stellan Skarsgård, James D'Arcy.

Encounters with evil cause a priest to doubt his faith in God and in humanity.

Rated R for strong violence and gore, disturbing images and rituals, some sexual dialog; 114 minutes.

Oct. 9 (Saturday), 7 p.m.

"Superbabies: Baby Geniuses"

With Jon Voigt, Scott Baio.

The Baby Geniuses find themselves in a race against time to stop a villainous media mogul's thought-control scheme.

Rated PG for action violence and rude humor; 90 minutes.

Schedule subject to change.

Adults (age 12 and over): \$3

Children, age 6 to 11: \$1.50

**Children, age 5 and under, accompanied by adult:
FREE**

Special admission price for G-rated features:

All seats (adults and children): \$1.50

Aiso Library

Presidio of Monterey
Building 617

**For information and reference
call 242-5572.**

**To renew library materials
call 242-5572.**

Attention team leaders and instructors:

Why not schedule an Aiso Library orientation for your students?

See what's new and sharpen your students' computer skills.

To learn more, call the Aiso Library reference desk at 242-5572 or call Rita Smith at 242-6274.

Aiso Library hours:

Monday through Thursday: 7:45 a.m. to 9 p.m.

Friday: 7:45 a.m. to 4:45 p.m.

Sunday: 12:30 to 9 p.m.

Closed Saturday.

Chamberlin Library

Ord Military Community
On General Jim Moore Boulevard near the Chapel

**For information and reference
call 242-7680.**

Services and facilities include:

- Fiction and nonfiction collections
- Conference Room (please schedule)
- Preschool Storytime
- Books on tape
- Videos, CDs, audio cassettes
- Word processing
- Copier (coin-operated)
- Comfortable seating
- Study rooms
- Internet access

Chamberlin Library hours:

Sunday: 12 noon to 5 p.m.

Monday through Friday: 10 a.m. to 6 p.m.

Closed Saturday.



Americans across the country are now voting in presidential state primaries, but many soldiers can't make it to the polls. Members of the uniformed services or merchant marine and their family members may vote absentee while away from their place of voting residence, wherever stationed, inside or outside the United States. For members of the uniformed services and their family members, in most states the legal voting residence is defined as where they have, or have had, physical presence at the location and the intent to remain or return.

The 2004 elections officially began with the District of Columbia Presidential Preference Primary on Jan. 13, 2004. Primary elections play an important role in the electoral process. The names that will appear on the general election ballot on Nov. 2, 2004, are the candidates who were chosen during the primary election process. Voter participation is crucial in any election and primaries are no different. Because dates for both presidential and state primaries are spread throughout the year, be sure to consult your Unit Voting Assistance Officer.

Unit Voting Assistance Officer		telephone	e-mail	building number
CPT McCune, Kendall J.	229 th MI BN	5589	Kendall.McCune@monterey.army.mil	616
1LT Messel, Jacquelyn	A Co, 229 th MI BN	6304	Jacquelyn.Messel@monterey.army.mil	630A
CPT Torres, Ramon B.	B Co, 229 th MI BN	5224/5797	Ramon.Torres@monterey.army.mil	622
1LT Hammons, Barrett L.	C Co, 229 th MI BN	7380	Barrett.Hammons@monterey.army.mil	630
1LT(P) Yates, Lisa R.	D Co, 229 th MI BN	5310	Lisa.Yates@monterey.army.mil	834
1LT Delp, Andrea	E Co, 229 th MI BN	(831) 905-1114	Andrea.Delp@monterey.army.mil	202
2LT Smith, Crystal	F Co, 229 th MI BN	5736	Crystal.Smith@monterey.army.mil	830
1Lt Hooper, Andrea	AFELM	7598	Andrea.Hooper@monterey.army.mil	611
MSgt Parris, Mary	AFELM	5264	Mary.Paris@monterey.army.mil	614
GySgt Joshua L. Paddock	MCD	6177	Joshua.Paddock@monterey.army.mil	610
SGT Brandon Duarte	HHC, DLIFLC & POM	6964	Brandon.Duarte@monterey.army.mil	834
SSgt Moorehead, Freda	311 th TRS	7483	Freda.Moorehead@monterey.army.mil	616 R. 223A
Ms. Underwood, Ethel	Garrison VAO	5232	Ethel.Underwood@monterey.army.mil	616

The Department of Defense Voting Assistance Program aims to ensure that soldiers, members of their families and Department of Defense civilians overseas can exercise their right to vote. In order to register and/or vote absentee, an eligible U.S. citizen must carefully and accurately complete a Federal Post Card Application (FPCA) and then submit it to the proper election official.

All states and territories prescribe two voter requirements:

- A voter must be a citizen of the United States on the date of the election in which he or she wishes to vote.
- A voter must be at least 18 years old on election day. (Some states permit 17-year-olds to vote in primary elections if he or she will be 18 by the date of the general election.)

Department of Defense policy is to encourage and aid all voters to vote in federal, state and local elections. When practicable and compatible with military operations, all voters will be given the chance to register and vote in any election for which their state of voting residence has made absentee voting possible.

Activities and Announcements

Oct. 1-14

Outdoor Rec's adventure trips

Tired of studying? Take a weekend break with Outdoor Recreation. For full information call 831/ 242-5506.

Outdoor Rec's Leisure Tours

Come to Outdoor Recreation to schedule a tour at a bargain price. Some tours offered this month are San Francisco's Pier 39 and Alcatraz and San Jose's Winchester Mystery House and Great America park. Get information on tours by calling Outdoor Recreation at 831/ 242-5506.

Other scheduled tours:

- Table Mountain Casino -- Oct. 30, Dec. 5.
- Chukchansi Casino -- Oct. 1, Nov. 20, Dec. 26
- Laughlin, Nev., Riverside Resort-Casino -- Oct. 10-13
- Solvang Shopping & Santos Inez Gambling -- Nov. 6
- San Francisco Shopping -- Dec. 11

Outdoor Rec's ticket specials

Outdoor Recreation has great deals on tickets to some of your favorite places. We have tickets for attractions in the local area and in northern and southern California. Get information on tours by visiting Outdoor Recreation or by calling Outdoor Recreation at 831/ 242-5506.

Get away to Lake Tahoe

Cabins and rental units are available at Lake Tahoe. These can accommodate two to 10 people.

Get away for a weekend or longer at big savings. For information or reservations call Outdoor Recreation at 242-5506 or 242-6133.

Outdoor Rec's equipment rental bargains

The Outdoor Recreation Equipment Center has recreation equipment for daily or weekend rental at low rates. Equipment include boats, kayaks, fishing and camping gear, surfboards, wet suits, vans, scuba gear, snow skis, snowboards, bicycles, roller blades and golf clubs.

Discount tickets and hotel vouchers are also available at the Equipment Center and at Stilwell Community Center. Outdoor Recreation's Retail Shop has a small selection of skiwear and scuba gear. Other items for sale are phone cards and See's candies gift certificates.

The Equipment Center is open Monday through Friday from 10:30 a.m. to 6 p.m. (closed for lunch from 2 to 3 p.m.).

Great rental cars at low rates

Rental cars are now available for active-duty service members at ages 18 to 20 starting at \$42 a day. Some restrictions apply. Rental cars are also available for eligible customers at ages 21 and above for \$30 per day. Call ODR at 242-5506 to find out how you can rent a car.

Resort Condominiums International Armed Forces Vacation Club

With a resort getaway, you can enjoy resort accommodations for two to six people for less than you would pay at many hotels. Most resorts have kitchens, cozy living rooms and private bedrooms.

For details log on to www.afvclub.com. Destinations include Myrtle Beach, S.C.; Crossville, Tenn.; Flagstaff, Ariz.; Reno, Nev.; Weirs Beach, N.H.; DuBois, Pa.; French Lick, Ind.; Brechin, Ontario, Canada; Mazatlan, Mexico; Ormand Beach, Fla.; Nag's Head, N.C.; and Virginia Beach, Va.

Outdoor Recreation will soon be offering discounts on Cruise Lines. For more information call 242-5506 or 242-6133.

Guests arriving?

Call POM Lodging.

Guests coming from out of town? No place for them to sleep? Let POM Lodging help. Room rates range from \$42 to \$75 per night.

Call 831/ 645-1199 or go online to www.pomlodging.com for reservations.

(Reservations are required and are subject to availability.)

OMC Boy Scout Troop seeks members

OMC Boy Scout Troop Troop 135 is seeking new scouts or returning scouts.

Scouting is a program for boys at ages 11 through 17. Troop 135 is chartered by Ord Milcom.

Troop 135 meets on Tuesdays from 6:30 to 7:45 p.m. in Building 2831 (2811) on 8th Street near 2nd Ave.

(From the OMC main gate, turn left on 2nd Avenue and go six blocks to 8th Street. The Scout Building will be on your right.)

For further information call the scoutmaster at 393-9731 or e-mail Troop135ordmilcom@yahoo.com.

Army Emergency Relief offers loans for auto upkeep

Army Emergency Relief recognizes that postponing necessary maintenance on privately owned vehicles (oil changes, tune-ups, brake and tire replacement, etc.) can lead to costly auto repairs at a later date. By offering assistance to soldiers for POV maintenance, AER contributes to road safety and helps soldiers extend the lives of their POVs.

To qualify for assistance, a soldier must be eligible to repay the assistance by allotment. Replacement items will be standard equipment for the vehicle. (Upgrades, such as custom tires, etc., are not authorized.) This assistance is not available to members of the National Guard or Reserves on active duty. This assistance is on a loan basis. No grants are authorized.

Visit Army Community Service

Whether you're new to our community or not, you could probably use one of Army Community Service's free welcome packets with its map of the Monterey area and handy telephone directory for the military community, among other things.

If you're looking for a way to serve the military community you can become an ACS volunteer. No experience is needed.

ACS is located at Ord Military Community's General Stilwell Community Center.

At ACS, kids can play in a kid's corner while an ACS representative answers your questions about ACS

Play Bingo twice a week

Play Bingo at General Stilwell Community Center every Tuesday and Thursday starting at 6 p.m. Minimum buy-in is \$25. Total jackpot pay-out is \$8,000. For more information call 242-7801.

Store your RV, store your boat

Spaces are available at OMC for storage of recreation vehicles and boats. It costs only \$30 per month. You'll have easy 24-hour daily access. The storage lot is located on 8th Avenue next to Building 4512. For more information call 242-5506 or 242-6133.

Veterinary services

OMC's Veterinary Clinic offers low-cost supplies and services for a variety of pets.

Services include vaccinations and microchip identification.

For information call the clinic at 242-7718.

Become a child care provider

Child Development Services continually trains child care providers. Providers offer care in their homes, supervised and certified through Child Development Services.

If you are interested in becoming a child care provider call Elaine Vrolyks at 242-7197.

Presidio's Hobson Student Activity Center offers wide range of recreational activities

The Presidio's Hobson Center (Building 843) has a variety of recreation items for check-out, including the latest X-Box, PlayStation2 and Game Cube video games, a large assortment of musical instruments, board games, table tennis equipment, air hockey equipment, shuffle board equipment, horseshoe pits and billiard tables.

Hobson Center also has a theater with a stage, big-screen TVs for watching DVDs or VHS movies (with a library of more than 500 movies) and 10 computers with Internet access.

On Fridays, Saturdays and Sundays, newly released Blockbuster movies are available for checkout.

Better Opportunities for Single Servicemembers (BOSS) participants meet on the second and fourth Thursday of each month at 4 p.m. at Hobson Center.

Hobson Center also offers the following activities and tournaments:

- Karaoke Night is held the second and fourth Friday of each month from 7:30 to 10:30 p.m.
- An eight-ball tournament is held on the first and third Thursday of each month starting at 7 p.m.
- A World Cyber Games tournament will be held on Oct. 2, with Air Force competition beginning at 1 p.m., Army competition beginning at 2:30 p.m., Marine competition beginning at 4 p.m., and Navy competition beginning at 5:30 p.m.
- AUNO tournament will be held on Oct. 6 starting at 7 p.m.
- A horseshoes tournament will be held on Oct. 9 starting at 5 p.m.
- A dominoes tournament will be held on Oct. 12 starting at 7 p.m.
- A shuffleboard tournament will be held on Oct. 14 starting at 7 p.m.
- A chess tournament will be held on Oct. 16 starting at 3 p.m.

- An X-Box 10 (Dance Dance-Revolution) tournament will be held on Oct. 17 starting at 3 p.m.
- ROMMY card games will be played on Oct. 19 starting at 7 p.m.
- A "What's in the Kitchen?" food night will be held on Oct. 20 starting at 6:30 p.m.
- An X-Box tournament will be held on Oct. 23 starting at 3 p.m.
- A nine-ball tournament will be held on Oct. 26 starting at 7 p.m.
- A "Sweet Treat Night" will be held on Oct. 28 starting at 7 p.m.
- A pumpkin carving contest will be held on Oct. 29 starting at 7 p.m.
- A BOSS Halloween party will be held at Weckerling Center on Oct. 30 starting at 8 p.m.

Tickets for the following attractions can now be purchased at Hobson Center .

- Monterey Bay Aquarium
 - Santa Cruz Beach Boardwalk
 - Great America
 - Six Flags Marine World
 - Winchester Mystery House
- Also available for purchase:
- local movie tickets
 - pre-paid telephone cards

Hobson Center's hours of operation are:

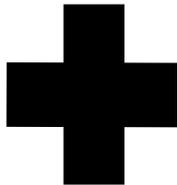
- Monday through Thursday from 11 a.m. to 2 p.m. and from 4 to 10 p.m.
- Friday from 11 a.m. to 2 p.m. and from 4 to 11 p.m.
- Saturday from 12 noon to 10 p.m.
- Sunday from 12 noon to 10 p.m.
- Training holidays from 11 a.m. to 11 p.m.
- Federal holidays from 12 noon to 7 p.m.

Call Hobson Center at 242-5447 for full information on activities and events.

Monterey County Chapter American Red Cross

Your local American Red Cross offers a variety of disaster services and health and safety classes at both its Presidio of Monterey and Salinas offices.

Topics covered in classes include introduction to disaster services, mass care, damage assessment, shelter operations, emergency assistance, cardiopulmonary resuscitation, standard first aid, child care, babysitting, community first aid and safety.



For full information call the Presidio of Monterey Red Cross at 242-6800.

Get tough on

- FRAUD
- WASTE
- ABUSE

Our mission: To support the Department of the Army and commanders in the detection, investigation and prevention of fraud. To conduct logistical security investigations in support of readiness and safety, from manufacturer to soldier on the battlefield.



The prevention of fraud, waste and abuse is everyone's responsibility.

San Francisco Fraud Resident Agency Major Procurement Fraud Unit, U.S. Army CID
San Francisco, CA 94105

FRAUD, WASTE AND ABUSE HOTLINE

831/ 242-7834

Local National Guard unit has opportunities for volunteers

Bravo Company of the 223rd Military Intelligence Bn. is a California National Guard unit located at Ord Military Community.

We currently have openings in all languages and accept all prior services.

If you enjoyed Monterey while at DLIFLC, consider returning here when you separate or retire. The 223rd offers many opportunities worldwide in support of active-duty missions. Spouses and dual-military couples are welcomed.

For complete information call Sgt. 1st Class Ramon Celestial at 831/393-8412 or e-mail him at Ramon.Celestial@ca.ngb.army.mil.

Coming in December: no-scam credit reports -- free upon request

The Federal Trade Commission has issued its final rule regarding free annual credit reports under the Fair and Accurate Credit Transactions Act (FACTA) and the Fair Credit Reporting Act (FCRA). FACTA, which was enacted on Dec. 4, 2003, amends the FCRA and requires, among other things, that the three nationwide consumer reporting agencies -- Equifax, Experian, and Trans Union -- provide to consumers, upon request, a free copy of their credit report once every 12 months.

Beginning December 2004, consumers in western states will be able to request a free copy of their credit report once per year. The new FTC rule will become effective for consumers in all states by September 2005.

Ads on the Internet or spam e-mail commonly tout "free" credit reports. Be careful when responding to such offers. Some of these online operators do not actually provide credit reports, but may be using their sites as a way to capture a consumer's personal information. Once your information has been obtained, they may sell your information to others who may use it to commit fraud, including identity theft.

To obtain a copy of your credit report from the three major credit bureaus, contact:

- Equifax at www.equifax.com or call 1-800-685-1111
- Experian at www.experian.com or call 1-888-397-3742
- TransUnion at www.transunion.com or call 1.800.888.4213.

• This article contributed by David Riddle; Chief, Legal Assistance Office; Office of the Staff Judge Advocate, Defense Language Institute Foreign Language Center and Presidio of Monterey.

Army Community Service

General Stilwell Community Center
Ord Military Community

Call ACS at 242-7660 or 242-7653.

Visit ACS Monday through Friday
from 7:45 a.m. to 4:45 p.m.

All classes and meetings are held at
General Stilwell Community Center unless
otherwise noted. Call ACS to register.

Registration is required for all classes
and for child care.

ABCs of Buying a House

Where to start. How to get a mortgage. How to complete paperwork. How to get help from the Veterans Administration.
Oct. 9 10 a.m. to 12 noon

Newcomers' Tea

An afternoon tea party. An opportunity to meet newcomers to the military community, to get answers to questions and to enjoy a cookie.

Oct. 14 3 to 4:30 p.m.

Special Needs Wills and Trusts

Monterey attorney John Laughton will discuss what parents should know to ensure that their surviving special-needs child remains eligible for state and federal programs and services

Oct. 14 6:30 to 8 p.m.

Principles for Making Marriage Work

Through discussion and exercises, couples will learn seven principles for enhancing their relationship.

Oct. 16 8:30 a.m. to 1:30 p.m.

Stress Management

Examines the causes, symptoms and effects of stress. Offers suggestions for controlling and managing it.

Oct. 19 6:30 to 8:30 p.m.

Make a Difference Day

Volunteer to paint, clean, pull weeds or assist in construction projects to improve the military community.

Oct. 23 8 a.m. to 12 noon

Armed Forces Team Building, Level 2

Covers topics of interest and importance to military spouses. Includes dealing with conflicts and crises. Offers suggestions on where to get help.

Oct. 25 and 26 8 a.m. to 2 p.m.

Ongoing

Mom Time

Meet other moms while your young children (up to age 4) socialize and play.

Every Wednesday 10 to 11 a.m.

Smart Moving

Plan for your next PCS.

Third Thursday of each month 4 to 5:30 p.m.

Families for Early Autism Treatment (FEAT) Support Group

Sponsored by Easter Seals of Central California. Hosted by ACS.

Second Wednesday of each month 6 to 8 p.m.

The Schoolyard News

Your School Liaison Service provides
school-related information
to military families.

Call 831/242-6904 or e-mail:
cynthia.rothstein@monterey.army.mil.

High school seniors are preparing college applications and application essays, looking for financial aid and preparing to make the big decision. Here are some last-minute reminders for college applicants and their families.

- Complete any service learning requirements. Colleges look for your community volunteer activities.
- Finalize your college application essay. Ask an English teacher or counselor to evaluate it.
- Pick up a free application for federal student aid (FAFFSA) in January or February. The applicant must be accepted by a college to be considered for financial aid. Check due dates for financial aid applications. Parents should plan to file income tax forms in early January or February. The tax information is needed to complete many financial aid applications.

You've gotten this far. Don't let deadlines trip you up now.

Some on-line resources for anyone beginning to prepare for college:

- Selecting a college: www.collegequest.com.
- Career assessment: www.review.com.
- Virtual campus tours: www.campustours.com.
- Financial aid: www.theoldschool.org;
www.FEDscholarships.org; www.collegenet.com.
- Testing: www.collegeboard.com; www.act.org.
- Military academies: www.usafa.af.mil;
www.usma.edu/; www.cga.edu; www.usna.edu/;
www.usmma.edu/.
- Great general information: www.militarychild.org

Visit the

OMC Thrift Shop

The Ord Military Community Thrift Shop is organized for nonprofit purposes to serve the Ord Military Community and Presidio of Monterey military community.

The Thrift Shop offers welfare and scholarship support to members of this community.

The Thrift Shop offers consignment services to active duty and reserve personnel, retirees, and their spouses. Through consignment, community members may sell personal property.

The Thrift Shop is located on Lightfighter Road on the Presidio of Monterey Annex (on former Fort Ord).

Hours of operation are Wednesdays and Fridays from 10 a.m. to 4 p.m.

Consignments are accepted on these days from 10 a.m. to 1 p.m.

For more information call 899-4975.

ACAP class, pre-retirement class scheduled in October

The Fort Lewis Mobile Army Career and Alumni Program (ACAP) team will visit the Presidio of Monterey on Oct. 26 through 28 for a three-day ACAP class at the Weckerling Center.

If you are a member of the military, a civil service employee or a spouse who plans to leave government service and desires to participate in this class, please complete an application form prior to the day of the class.

Please contact Judith M. Costello at the Military Personnel Division, Transition Center, Building 616 (Taylor Hall) for this form. A minimum of 20 participants will be needed or the class may be canceled.

In addition, a quarterly pre-retirement orientation for military personnel and their spouses and will be offered on

Oct. 29 starting at 9 a.m. at Weckerling Center. All who have attained 15 or more years of active-duty service or who believe they may receive a medical retirement are urged to attend this orientation.

Please note that if you have a disability rating of 30 percent or higher you will be medically retired and should attend. Scheduled speakers include representatives from DELTA Dental, the Social Security Administration, TRICARE and the Department of Transportation. The information provided in this briefing is essential to make proper plans for your retirement. Civilian attire is authorized but not required.

Call Judith M. Costello at 242-6691 to register. This orientation does not cover civil service retirements.

Fire Prevention Week

Continued from page 1

Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire began on Oct. 8 and did most of its damage on October 9.

According to popular legend, the fire broke out after a cow (belonging to a Mrs. Catherine O'Leary) kicked over a lamp, setting first a barn and then the whole city on fire. Chances are you've heard some version of this story yourself. People have been blaming the Great Chicago Fire on the cow and Mrs. O'Leary, for more than 130 years, but recent research by Chicago historian Robert Cromie has helped to debunk this version of events.

Like any good story, the "case of the cow" has some truth to it. The great fire almost certainly started near the barn where Mrs. O'Leary kept her five milking cows. But there is no proof that Mrs. O'Leary was in the barn when the fire broke out or that a jumpy cow sparked the blaze. Mrs. O'Leary herself swore that she'd been in bed early that night and that the cows were also tucked in for the evening.

But if a cow wasn't to blame for the huge fire, what was? Over the years, journalists and historians have offered plenty of theories. Some blamed the blaze on a couple of neighborhood boys who were near the barn smoking cigarettes. Others believed that a neighbor of Mrs. Leary may have started the fire. Some people have speculated that a fiery meteorite may have fallen to earth on Oct. 8, starting several fires that day — in Michigan and Wisconsin as well as in Chicago.

While the Great Chicago Fire was the best-known blaze to start during this fiery two-day stretch, it wasn't the biggest. That distinction goes to the Peshtigo Fire, the most devastating forest fire in American history.

The fire, which also occurred on Oct. 8, 1871, roared through northeast Wisconsin, burning down 16 towns,

killing 1,152, and scorching 1.2 million acres before it ended.

Historical accounts of the fire say the blaze began when several railroad workers clearing land for tracks unintentionally started a brush fire. Before long the fast-moving flames were whipping through the area 'like a tornado,' some survivors said. It was the small town of Peshtigo, Wis., that suffered the worst damage that day. Within an hour, the entire town had been destroyed.

Those who survived the Chicago and Peshtigo fires never forgot what they'd been through. Both blazes produced countless tales of bravery and heroism. But the fires also changed the way that firefighters and public officials thought about fire safety. On the 40th anniversary of the Great Chicago Fire, the Fire Marshals Association of North America (today known as the International Fire Marshals Association), decided that the anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. Over the years the commemoration grew and became official.

In 1920 President Woodrow Wilson issued the first National Fire Prevention Day proclamation and since 1922 Fire Prevention Week has been observed on the Sunday through Saturday period in which Oct. 9 falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest-running public health and safety observance on record. The president of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925.

• This article, adapted from the NFPA's Fire Prevention Week Web site (www.firepreventionweek.org). ©2004 NFPA) was provided by Timothy Johnson, Prevention Officer, Presidio of Monterey Fire Department

Many rare photos of Presidio in historian's new book

The Presidio of Monterey is best known as the home of the Defense Language Institute Foreign Language Center, where generations of service members have been sent for foreign language training. But the Presidio already had a colorful history before the Army began using it for that purpose 58 years ago.

The entire rousing tale is the subject of *Presidio of Monterey* by retired U.S. Army Lt. Col. Harold E. Raugh, Jr., the Command Historian of the Presidio of Monterey. Raugh's new book tells the story of the Presidio through rarely seen photos chosen from the Presidio's archive and from other sources.

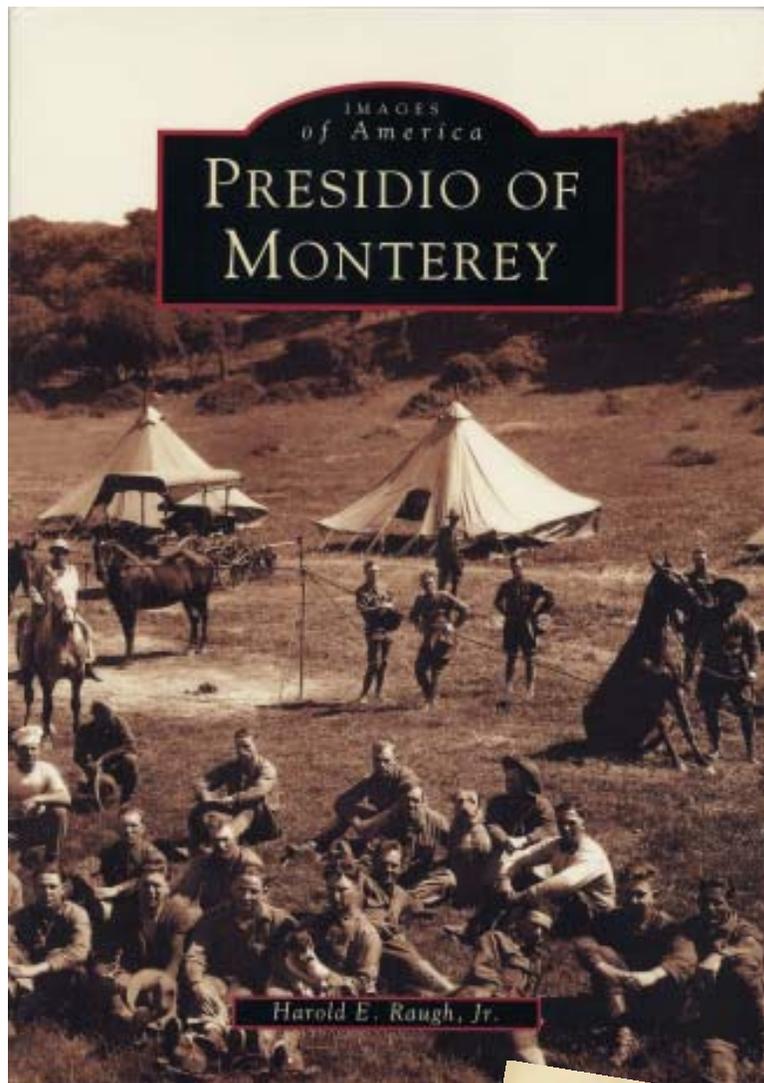
Published by Arcadia Publishing in its *Images of America* series, Raugh's *Presidio of Monterey* is a 128-page trade paperback that retails for \$19.99 and is available at bookstores and AAFES outlets as well as from Internet booksellers.

As related in Raugh's book, the United States seized Monterey in 1846 during the war with Mexico and the U.S. Army soon constructed Fort Mervine overlooking Monterey harbor from a site on today's Presidio. The fort served a number of purposes until it was abandoned in 1866.

In 1902-1903 a modern cantonment was built in the area. In 1904 the new post was officially renamed the Presidio of Monterey after a long-gone Spanish fort established in 1770 near today's Lake El Estero, a few blocks from downtown Monterey. Throughout the first half of the 20th century the new Presidio of Monterey was home to infantry and cavalry regiments and also served in the 1940s as a reception center for Army inductees.

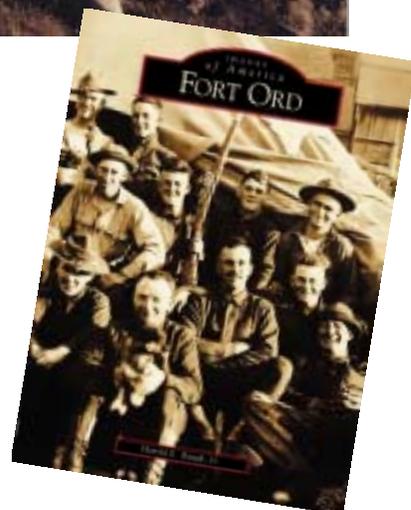
The Military Intelligence Service Language School was moved to the Presidio of Monterey in 1946 and was renamed the Army Language School in 1947. The ALS evolved into today's DLIFLC.

Presidio of Monterey is Raugh's second book to make extensive use of captioned photos to tell the story of a famous central California military post. His *Fort Ord*, published earlier this year by Arcadia, is now in its fourth printing.



***Presidio of Monterey* is a 128-page trade paperback published by Arcadia that retails for \$19.99 and is available at bookstores and AAFES outlets as well as from Internet booksellers.**

Still available: Harold E. Raugh's *Fort Ord*, published by Arcadia earlier this year and now in its fourth printing.



**Visit your
Education Center
Building 630, Presidio of Monterey**

Hours:
Monday through Thursday: 9 a.m. to 6 p.m.
Friday: 9 a.m. to 5 p.m.
(Closed for lunch from 1 to 2 p.m., Monday through Friday.)

Phone 831/242-5325 or 831/242-5866.

eArmyU

Bringing the virtual classroom to soldiers Army-wide, including those deployed, is a reality. The web-based eArmyU program is being offered to all enlisted soldiers who have access to a computer. eArmyU assists in eliminating barriers to postsecondary opportunity by providing academic access across the Army anytime, anywhere. 30,000 soldiers have enrolled in eArmyU since 2001 and the Army's goal is to have 80,000 soldiers enrolled by 2005. Soldiers have access to 146 certificate and degree programs offered by 29 accredited colleges and universities.

Spouses to Teachers

The Department of Defense will offer a teaching career program for spouses in six states, including California. Spouses of active-duty personnel and selected Reserve, National Guard and Individual Ready Reserve personnel recalled to active duty are eligible. Visit stt@voled.doded.mil or www.spousetoteachers.org (850) 452-1241 or 1-800-452-6619

MPC's late fall classes

Monterey Peninsula College's late fall cycle from Oct. 16 to Dec. 16 offers a dozen Living Room Series courses which will have their initial meetings during the mid-October. Contact the Education Center for an application to register and for tuition assistance.

Area colleges' term dates

Chapman University: Nov. 1 to Jan. 6 (holiday break: Dec. 20 to Jan. 2.)
Golden Gate University: Oct. 11 to Dec. 17.

College level testing programs

The college level testing programs are a virtual gold mine that you can tap. By earning credit through these programs you save yourself time and money. Each test that you pass can save you an average of \$321 in tuition and class time. Visit the Education Center for a list of more than 100 exams to take home as study guides.

Scheduled tests

ACT: Oct. 9, 8 a.m.

SAT: Oct. 23, 8 a.m.

Excelsior Exams: by appointment

DSST/ and CLEP: Tuesdays at 6 p.m., Thursdays at 4 p.m., Saturdays at 9 a.m. and 1 p.m. by appointment

Army Personnel Tests (AFCT, AFAST, Typing): Oct. 15 at 10 a.m. (DA Form 4187 Personnel Action and a copy of ERB required from soldier before testing appointment can scheduled.)

**U. S. Navy Fleet and Family
Support Center**

Classes and workshops currently scheduled.

Call the FFSC at 656-3060 to register.

**Visit the FFSC website at
www.nps.navy.mil/ffsc for updates,
including possible changes in scheduling.**

**Beyond Survival to Developing Resiliency and
Emotional Intelligence**

First of six sessions.

**Oct. 5 4:15 to 5:15 p.m. Aiso Library
Presidio of Monterey**

TAP Seminar

Recommended two years before retirement and 12 months before separation. Covers career exploration, job search strategies, interview skills and more.

**Oct. 5 to 8 8 a.m. to 4 p.m. Glasgow
Auditorium, Room 122**

Home Buying

Oct. 7 1 to 3 p.m. FFSC, Building 3

CARIT Brief

Mandatory out-brief for personnel retiring or separating. Register for this session no later than Oct. 1.

**Oct. 8 10 to 11 a.m. Glasgow Auditorium,
Room 122**

Thrift Savings Plan Brief

Oct. 12 1 to 3 p.m. FFSC, Building 3

Resume Writing

Oct. 14 1 to 3 p.m. FFSC, Building 3

Introduction to Savings

Oct. 21 1 to 3 p.m. FFSC, Building 3

Stranger Danger Safety Tips

For children of kindergarten age through 4th grade. Advises on how children can handle themselves when strangers approach. Includes strategies to prevent abduction.

**Oct. 21 2:30 to 4 p.m. La Mesa
Community Center**

Ongoing

Self-Confidence and Chess Class, Beginning

For children in grades 1 through 4. Starts Oct. 20.

**Wednesdays 2:30 to 3:30 p.m.
La Mesa Community Center**

Self-Confidence and Chess Class, Advanced

For children in grade 5 and up. Starts Oct. 20.

**Wednesdays 3:30 to 4:30 p.m.
La Mesa Community Center**

The Army Suggestion Program is now available on the AKO Website



(https://armysuggestions.army.mil/services/asp_home.cfm)

Submit your good ideas today.

AKO (Army Knowledge Online) users can upload their good ideas in the Army Suggestion Program (ASP) application found within the AKO portal. You need to have a valid AKO username and password to access this application. If you are not an AKO user contact the POM ASP Coordinator for assistance, at 242-6643.

The ASP gives you the opportunity to earn cash by submitting ideas that will improve the living and working environment of soldiers and civilians at the Presidio of Monterey.

Think about how you can simplify methods and processes, eliminate duplicate efforts, reduce cost of supplies, utilities, equipment, building maintenance, etc. Promote health and safety, or improve working conditions.

Log on the ASP application to see a list of some recently adopted good ideas.

What information should be included in a suggestion?

- A description of the current situation that needs to be improved.
- A description of how the suggestion will improve the situation.
- Clear description of the benefits if the suggestion is implemented.
- Estimated amount of money that will be saved if known or applicable.
- Photographs or sketches that may help explain the suggestion.
- Any other information that can help the evaluator to understand the problem and solution proposed.

Who can participate in the ASP?

All members of the Army community, and all others concerned with the welfare of the Army and the Nation.

Who is eligible for cash award?

Army Civilians (APF)
Active Duty Military
USAR active Reserve (including ROTC and USMA cadets)
ARNG in Federal services (under 10 USC orders)
Other non-Army Federal civilians (APF)
Retired or separated civilians and military, whose ideas are submitted before retirement or separation

**For more information log on the ASP website
or call the Presidio Army Suggestion Plan Coordinator at 242-6643.**

From the Presidio of Monterey Army Health Clinic

Proper foot care can prevent serious complications

Proper foot care is essential for all military personnel in order to maintain optimal health and physical fitness. Most soldiers take between 8,000 to 10,000 steps each day. Add to the mix the additional weight of a heavy back pack and the burden of physical training and marching and you've got the ingredients for some serious foot trouble. If boots and running shoes are poorly fit or non-supportive there is great risk for injury, some of which can be career-ending.

Most times during training there appears to be no time to properly care for your feet. However, finding the time for these important things can make a big difference. To reduce the possibilities of serious foot trouble observe the following rules:

- Wash and dry feet thoroughly, especially between the toes. Military personnel who perspire freely should apply powder lightly and evenly twice a day.
- Wear properly fitted shoes or boots. There should be no binding or pressure spots.
- Clean, properly fitted socks should be changed and washed daily. Avoid socks with holes or poorly darned areas. They may cause blisters.
- Attend promptly to common foot problems such as blisters and ingrown toenails.

We have had great success in treating the common foot problems of military feet at the clinic. We are here to help

you. Please do not hesitate to come to the clinic for treatment. Some foot problems can be treated using the Soldier Self-Care Program. However, if self-care does not help or is not available then schedule an appointment for treatment. If you have an acute problem that cannot wait for an appointment, please walk in to the clinic for immediate attention. The following are some common foot problems that can be treated at the clinic.

- Athlete's foot is caused by a fungus that lives in damp, warm, and dark areas like shower rooms. Athlete's foot usually looks like little blisters between the toes. These can pop, causing itching and little sharp pains. The skin might also crack or look scaly. To help prevent this condition wear shower shoes when using common shower areas. If you think you have athlete's foot you can use the clinic's Self-Care Program to treat this problem yourself.
- Blisters are caused by friction and may appear on such areas as the toes and heels. They are raised spots on the skin filled with liquid. Prevention is the best solution to avoid blisters and subsequent infection. To avoid getting blisters keep socks and shoes in good repair. Make sure shoes fit right and boots are broken in properly. When wearing combat

Continued on next page

General information about the Presidio of Monterey Army Health Clinic

Clinic Services include acute care (for sudden illness or injury) and routine care (for other health issues) for active-duty service members currently stationed in Monterey and the surrounding area.

Hours for clinic services (including laboratory and pharmacy): Monday, Tuesday Wednesday and Friday, 7:15 a.m. to 4 p.m.; Thursday, 7:15 a.m. to 12 noon

Sick Call appointments: Call 242-5741 from 6:30 to 9 a.m. for a same-day appointment (for suddenly illness, injury or other medical care that cannot be delayed). These appointments are with family practice doctors or physician assistants.

Sick Call sign-in: Between the hours of 7:15 and 9 a.m. active-duty service members who are unable to obtain an appointment by telephone may come to the clinic to be screened or triaged for a same-day appointment. Service members who come to the clinic outside these hours will be triaged and receive care based on the urgency of their condition. This service is provided by professionally trained nurses and medics under the supervision of doctors.

To make a routine wellness or female exam appointment or to consult by telephone on medication refills: Call 242-5741 between 6:30 and 9 a.m. for a same-day appointment.

Call 242-5741 between 9 a.m. to 4 p.m. to make a routine appointment.

Triage Nurse: Call 242-5741, option 2, for answers to questions related to health care.

Other services:

Immunizations: Monday, Tuesday, Wednesday and Friday, 1 to 4 p.m.

Optometry: Call 242-5741 on Tuesday, Wednesday, Friday after 9 a.m. for appointments between 8 a.m. and 4 p.m.

Pediatric Clinic: Call 242-5742 Monday through Friday from 8:30 to 4:30 p.m.

Dental Clinic: Call 242-5612, 242-5613 or 242-5678 between 7 a.m. and 4 p.m., Monday through Friday.

Foot care

Continued from previous page

boots, wear a thin pair of nonabsorbent, non-cotton socks as a liner under your boot socks. Boot socks should also be made of non-cotton, non-absorbent material. Also wear non-cotton socks during physical training. Socks made of acrylic or acrylic and polyester pull water away from the skin and help reduce blisters. You can use the clinic's Self-Care Program to treat this problem yourself. Unless treated promptly and correctly, blisters may become infected. Signs of infection such as redness, pussy drainage and throbbing pain are reasons for seeking medical treatment. If this occurs please schedule an appointment with one of our providers at the clinic for treatment..

- Corns and calluses are often caused by repeated friction or rubbing within the shoe. Improper footwear or a bony prominence is often to blame. They can be self treated by wearing proper fitting shoes with cushioned insoles or by using over-the-counter corn/callus pads. If these measures prove unsuccessful, please schedule an appointment with one of our providers at the clinic for treatment.

- Ingrown toenails can be on any toe but are most common on big toes. They usually develop when tight-fitting or narrow shoes put too much pressure on the toenail and force the nail to grow into the flesh of the toe often causing infection. When trimming your toenails, trim straight across. Don't trim the corners because this could make the nail start to grow into your skin. If you are experiencing an ingrown toenail schedule an appointment with one of our providers at the clinic to get a referral to our Toenail Clinic for corrective treatment.

- Plantar warts (the sole of the foot is known as the plantar surface) are caused by a virus in the skin and are usually contracted from walking barefooted around community pools, locker rooms or showers. Plantar warts are not painful at first but become painful with continued non treatment. Wearing protective footwear around wet, dirty floors can effectively prevent plantar warts. We have successfully treated plantar warts at the clinic. Before your pain becomes unbearable, schedule an appointment with one of our providers to get a referral to our Wart Clinic for corrective treatment.

- Fungal toenails are one of the most common conditions affecting the feet. The unpleasant appearance of the fungal nail is often a source of embarrassment. Caused by a variety of fungal elements or yeast, this condition causes the nail to become thickened and discolored. It can even cause pain due to pressure on the nail bed. Although generally benign, fungal nails are now treated with much success. If you have fungal toenails please schedule an appointment with one of our providers at the clinic for corrective treatment.

- Orthotics, or foot orthoses, are custom-made devices that are placed inside the shoes to correct an underlying deficiency in the foot. This may be the cause of a variety of podiatric and orthopedic problems in the back, hips, knees, ankles and feet. Orthotics are prescription devices fabricated from a plaster mold of the foot which is taken in the office. These custom devices serve to control abnormal foot motion, which can often contribute to a variety of lower extremity and back problems. The use of orthotics can be an

effective alternative to surgery. If you believe orthotics can help you, schedule an appointment with one of our providers to get a referral to our Orthotics Clinic.

The Army Health Clinic is here to assist with your foot problems. We have three clinics to help with your treatment. The following schedule indicates when these clinics are open. These clinics require a referral from one of our providers before you can be treated.

- Wart Clinic: Tuesday and Friday, 1 to 2 p.m., Treatment Room 1 (M-45).

- In-Grown Toenail Clinic: Monday and Wednesday, 1 to 2 p.m., Treatment Room 1 (M-45).

- Orthotics Clinic: Monday and Wednesday, 7:30 a.m. to 3 p.m., Orthotics Room (M-32).

- - -

Top 10 Tips for Foot Care from the American Podiatric Medical Association:

1. Don't ignore foot pain. It's not normal. If pain persists, seek medical attention.

2. Inspect feet regularly. Pay attention to changes in color and temperature of the feet. Look for thick or discolored nails (a sign of developing fungus) and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.

3. Wash feet regularly, especially between the toes, and be sure to dry them completely.

4. Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides. This can lead to ingrown toenails.

5. Make sure that shoes fit properly. Purchase new shoes late in the day when feet tend to be at their largest. Replace worn-out shoes as soon as possible.

6. Select and wear the right shoe for specific activities (i.e., running shoes for running).

7. Alternate shoes. Don't wear the same pair of shoes every day.

8. Avoid walking barefoot, which increases the risk of injury and infection. At the beach or when wearing sandals, always use sun block on the feet as one would on the rest of the body.

9. Be cautious when using home remedies for foot ailments. Self-treatment can often turn a minor problem into a major one.

10. It is vital that people with diabetes see a podiatric physician at least once a year for a check-up. Persons with diabetes, poor circulation or heart problems should not treat their own feet, including toenails, because they are more prone to infection.

- This article provided by Dorian K. Eldridge, Clinical Head Nurse, U.S. Army Health Clinic, Presidio of Monterey.

Classified Ads

AUTOMOBILES AND ACCESSORIES

1996 MITSUBISHI GALANT. Well-maintained. Reliable. Good mileage. Automatic with overdrive. Air conditioner. Cruise control. Electric lock and windows. Cassette player. Recent updates: brakes, battery, tires, new clear coat. Full blue book is \$5,300. Asking price \$3,700. Call 831/242-5999 or 831/582-0249. (10-01)

1999 MAZDA 626. Good mileage. Newly painted. Automatic with overdrive. Air conditioner. Cruise control. Electric locks and windows. Cassette player. CD player. Dual air bags. Power steering. Blue book \$8,450. Asking \$5,450. Call 831/242-5999 or 831/582-0249. (10-01)

FREE TWO TAN SOFT TOP FRONT WINDOWS FOR JEEP WRANGLER. Brand new. Call 831/402-9197. (10-01)

1988 CUTLASS SIERRA. 86,000 miles. Excellent condition. Loaded. Leather interior. New brakes. New plugs and belts. 30 miles per gallon highway. \$2,000 OBO. Call Zaky 831/242-6276. (10-01)

1999 DODGE NEON. 70,000 miles. Four-door. Dark purple. Runs great. Very clean. Air conditioner. New brakes. New tires. Just tuned up. Will smog and register for 2005. Call 661/313-2003 or e-mail d_goree@yahoo.com. Need to sell soon. (10-01)

2000 MAZDA MIATA. 50,000 miles. Red convertible. Air conditioning. Power windows. Leather bra. Cover with lock. AM-FM radio. CD player. Alloy wheels. Alarm installed, but not activated at this time. \$10,500. Call 831/238-5590 or e-mail: JandJMaterne@aol.com (10-01)

1997 FORD TAURUS LX. 102,000 miles. V-6. 3.0-liter engine. Excellent condition. Runs perfect. Well-maintained. Clean title Fully loaded. Power everything. Leather. ABS. Moon Roof. Cruise control. Alloy wheels. Roof rack. Four new tires. New brakes. Other new parts (documents available). Smogged. Registered Tag through 2005. KBB: Good condition- \$4,445, Excellent condition - \$4,935. \$3,950 OBO. Call 831/643-9952 or e-mail mybigcar2004@yahoo.com. (09-17)

1996 FORD CONTOUR. Four-door. Four-cylinder. Front wheel drive. Air conditioner. Cruise control. AM-FM stereo cassette. Dual front air bags. Recent emissions "smog" test. Four extra snow tires. Very reliable car. Great on gas. \$1,700 OBO. Call 831/899-1218. (09-17)

1997 PORSCHE 911 TARGA. 135,000 miles. Original owner. Metallic green with black top. Body needs some work. Rebuilt engine at 78,000 miles. Overhauled engine at 133,000 miles. All maintenance and repair documents available. \$6,000 OBO. Call 831/649-1962. (09-17)

1998 MAZDA PROTÉGÉ LX. Low miles. Clean interior. New tires. Custom auto-start. \$4,900 OBO. Please contact Brian or Stacy at 831/883-0591 or stacyb00@aol.com. (09-17)

1991 AUDI 200 QUATTRO. Four-door all wheel drive sedan. Eight cylinder turbo charged engine. Power everything. Well maintained by certified technicians. All maintenance receipts available. Quiet. Comfortable Powerful. \$3,800. Call 831/643-0924. (09-17)

1995 VW JETTA III GL. 133,000 highway miles. Five-speed. Four-door. Maroon. Runs perfect. Timing belt changed regularly. Registration until February 2005. Clean title. Air conditioner. Cruise control. Power steering, windows, mirrors. AM-FM stereo. Tilt wheel. Dual air bags. Moon Roof. Pioneer CD player. Premium sound. I am selling it because I have to leave NPS soon. \$3,300 OBO. Call 831/656-2539 or 831/643-9952 or e-mail zgao@nps.edu. (09-17)

1994 FORD TAURUS. 71,000 miles. Good condition. Automatic. New tires. Air conditioner. Radio cassette. \$2,650 OBO. Call 831/899-0629 or e-mail espyrou@nps.edu. (09-17)

1974 VW SUPER BEETLE. Runs well. Body looks pretty good. \$2,000 OBO. Call 831/359-4107 after 4:30 p.m. (09-17)

1997 CHEVY CAMARO. 100,000 miles. V-6. Series II. Five-speed. Red. AM-FM Cassette. CD. Great Air conditioner. New catalytic converter. New battery. Coil packs Radiator. New emissions "smog" test. Asking \$5,500 OBO. Call John 530/527-4187 or Joe 831/645-4759. (09-17)

2003 TOYOTA MATRIX XR. 46,000 miles. Power windows. Power steering. Power locks. Keyless entry. Six disc CD changer in-dash. Two 12-inch Kenwood Subs. 600 watt Kenwood Amp. New tires. \$15,500 OBO. Call 831/333-3358. (09-17)

2000 SC SATURN. Less than 60,000 miles. Excellent condition. Red. Three-door. CD player. New front brakes. Automatic. Air conditioning. Must sell. PCSing. Asking \$1,000 OBO and take over payments of \$250 a month. Call 661/619-2794. (09-03).

2001 CHEVY BLAZER. 73,000 miles. V-6. Four-door. Excellent condition. Automatic transmission. Power windows and locks. Keyless entry. Must sell. Take over payments of \$276 per month or \$11,500 cash. Call Doug at 831/241-8724. (09-03).

1976 CORVETTE. Runs great. Silver. Engine: 350 L48. Needs one last emissions "smog" test. In 2006 vehicle will be exempt from emissions. Have too many cars. Need to sell ASAP. \$7,600 OBO. Call 831/915-5612. (09-03).

2003 HYUNDAI ELANTRA GLS. 30,000 miles. Like brand new. Four-cylinder. 2.0-liter. Five-speed manual. Front wheel drive. Air conditioner. Power steering. Power locks. Power windows. Tilt wheel. AM-FM stereo. CD. Front and side airbags. Still under warranty. Have too many cars, need to sell. Call 831/915-5612. (09-03)

1985 BMW 325E. Five-speed manual transmission. Good strong car. Lots of get up and go. Close to 30 miles per gallon highway. Recent emissions "smog" test. \$1,975 OBO. Call 831/521-7491. (09-03)

1988 SUZUKI SAMUARI. Five-speed manual transmission. Four wheel drive. Good city car. 24 miles per gallon. Recent emissions "smog" test New soft top. \$1,750 OBO. Call 831/521-7491. (09-03)

2000 DAEWOO LANOS. 58,000 miles. 1.6-liter. Trans Automatic. Air conditioning. Dual front air bags. Four new tires. New brake pads. New battery. Asking price \$3,200. Contact 831/644-0105 or e-mail: ipanagop@nps.edu. (09-03)

1996 CHRYSLER SEBRING JXI CONVERTIBLE. 77,680 miles. 2.5 L V-6 engine. Air conditioning. ABS. Four-wheel. Cruise control. CD. AM-FM Cassette. Power steering, seat, windows, and door locks. Tilt wheel. Dual front air bags. Leather. Alloy wheels. \$7,200. Call 831/645-9356 or e-mail: monder@nps.edu. (09-03)

1995 CHEVY CAMARO. 98,000 miles. Garage-kept. 3.4 Liter engine. V-6. Five-speed. ABS. Air conditioner. Dual front Air bags. Power windows, doors, and mirrors. Anti-theft alarm. \$4,850 OBO. Call 831/583-9823 or e-mail: ichtazii@nps.edu. (09-03)

2002 PONTIAC MONTANA. Excellent condition. Fully loaded with DVD, four wireless headsets, Onstar, leather and roof rack. Please call 831/657-9868. (09-03)

1994 MITSUBISHI EXPO WAGON. 130,000 miles. 2.4-liter engine. Four-cylinder. Very good condition. Seven seats. Air conditioning. Cruise control. AM-FM Stereo etc \$3,500 OBO. Call 831/641-9039 or email: gkypriot@nps.edu. (09-03)

1995 MAZDA PROTÉGÉ 1.4 DX. 112,000 miles. Excellent mechanical condition. Economic. Five-speed. Red color. Radio. CD. Dual Airbags. New Timing Belt. Available after September 20, 2004. KBB private party value \$2,100. Sale value \$1,800 OBO. Call 831/643-0601. (09-03)

1995 HONDA ACCORD DX SEDAN. 120,000 miles. Second owner. Four-cylinder. 2.2-liter engine. Automatic. Four-door. Front wheel drive. Air conditioner. Power steering. Stereo. cassette player. multi compact disc changer. Dual front air bag. ABS brakes. Tinted windows.. Light blue color. Price: USD \$4,900. Call 831/402-7290. (09-03)

1987 CHEVY MONTE CARLO SS. Original owner. This style is not made anymore. Soon a classic. Just passed emissions "smog" test. \$5,500 OBO. Call Wright at 831/394-5848 or 831/212-4403. (09-03)

2001 KIA RIO. 35,000 miles. Five-speed. Gas saver. CD player. New tires. Vehicle under warranty. \$6,000 OBO. I want a quick sale, will negotiate. Call 831/238-0441. (09-03)

TRUCKS, VANS, SUVs, RVs

1993 DODGE GRAND CARAVAN LE. 159,000 miles. Very clean. Runs great. New transmission and new brakes at 153,000 miles. Power everything. \$3,000. Please call 831/657-9795. (10-01)

1997 CHEROKEE. 109,000 miles. V-6. Well -maintained. Excellent condition. Very clean. Four doors. AM-FM Cassette. Asking \$5,750 BO. Will accept trading with a smaller car and receive the difference if not an equal price. Call 831/242-6298 or 831/383-0228. (10-01)

1997 CHEVY TAHOE. 120,000 miles. V-8. Automatic. Four wheel drive. Power windows. Power locks. Tow package. XM stereo equipment. Very clean. Original owner. Asking \$7,200. Call 831/915-7055. (10-01)

1983 D50 4X4. 2.0 Runs great. Old body. Blue and white. \$800. Call Rudy 831/648-3300. (10-01)

1992 FORD F-150 XLT CREW CAB. 87,000 miles. Five-speed. Good condition. Runs excellent. Very dependable. All records. \$4,000. Leave message 831/242-5256. (09-17)

1994 DODGE RAM VAN B-150. 84,700 miles. Automatic V-6 (238 cubic inches). Dark blue. Includes detachable bench rear seat and new car cover. Extra set of snow tires (205/75R15), chains mounted. \$3,750. Call 831/373-4734. (09-17)

1999 PLYMOUTH VOYAGER. 115,000 miles. Runs great. Five-door. Van is in Monterey. \$3,600. For more information call Lloyd at 775-336-7327. (09-17)

1999 JEEP GRAND CHEROKEE LTD. 48,000 miles. V-8. Great condition. Burgundy. Four wheel drive. Loaded. Ten CD player. Cruise control. Sunroof. Heated leather seats. Keyless entry. Tow package. \$15,425 OBO. Call 831/402-1922. (09-17)

1996 DODGE GRAND CARAVAN. 96,000 miles. Seven passenger. Second sliding door. Air conditioner. Roof rack. CD player. Kelly Blue Book \$5,310. Selling for \$4,800 OBO. Call Angela or Chris 831/899-6658. (09-03)

1999 FORD F-150 XLT EXT CAB. V-6. Automatic. Four-door. Power steering. Power locks. Power windows. Air conditioner. Cruise control. ABS. AM-FM Cassette. Six CD. Sprayed bedliner. Lockable roll-up bed cover. Trailer hitch. Chrome step bars. Flowmaster 50 series. \$11,500. Call 831/656-9806 or e-mail: mardude@hotmail.com. (09-03)

1996 JEEP CHEROKEE SPORT. 110,000 miles. Five-speed. Four-door. Four wheel drive. Well-maintained and very clean. Original owner. Air conditioner. Power windows and locks. AM-FM Cassette. Asking \$4,500. Call 831/224-3069. (09-03)

1998 DODGE GRAND VAN SE. 57,000 miles. 3.3 Engine-V-6. Excellent condition. All power. White. Call 831/384-3828. Leave message. (09-03)

1997 NISSAN QUEST XE MINIVAN. Low mileage. Extended warranty. Seats seven. Removable second row seat. Adjustable third row seat. AM-FM Radio Cassette. Twelve disc CD changer. Air conditioner. Power windows, power locks. Asking \$9,500. Call Bill or Carmen 831/883-9663. Can help with financing. (09-03)

MOTORCYCLES

1999 HARLEY SPORTSTER 883. 15,000 miles. Red tank and fenders. Rear end has been lowered. Comes with both single and double rider seats. Tuned. New battery. Extra chrome. \$4,500. Call 831/238-5590 or e-mail JandJMaterne@aol.com. (10-01)

2003 BMW F650CS. Less than 2,000 miles. Show room new. Hard sided and soft-sided tank cases included. Asking \$6,500. Call 831/915-7055. (10-01)

KAWASAKI KZ454 LTD (BELT DRIVE). Good condition. Runs excellent. Very dependable. \$1,200. Leave message at 831/242-5256. (09-17)

WANTED

WANTED UNOPENED CANS OF BABY FORMULA. Similac, Enfamil or similar. Also looking for floppy seat cart cover. Will pay cash. Call Leah 831/392-1851 or e-mail leah9114@aol.com. (10-01)

WANTED DIRECT TV RECEIVER AND CARD. Please know the brand of the receiver (RCA, Sony, etc) when calling. Will pay cash. Call 415/305-1028. (09-17)

WANTED BABY BOY CLOTHES. Newborn and up. Please call Anne 805/415-5047 or 831/656-4375 or e-mail: abriannelong@hotmail.com. (09-03)

WANTED Washer and dryer (not gas) in good condition internally and externally. Reasonably priced. Call 831/917-5596 or 831/394-2458. (09-03)

ROOMMATES WANTED

WANTED ROOMATE. Non-smoker. No pets. Quiet. Secure. Lovely room in a nicely furnished house. Very comfortable. \$575 plus half utilities. Please call 831/394-0996. (09-17)

WANTED ROOMATE. Non-smoker. Quiet Carmel bedroom plus den. Pool. Washer and dryer. Walk to shops, banks, and bus. \$675 per month. Call 831/622-9029 or 831/238-0585. (09-03)

WANTED ROOMATE. Nice view. Furnished room. Free cable. Near bus-line. Convenient and accessible for shopping. Best for DLI/NPS. Rent \$580 and half utilities. Contact Judia 831/394-8307 or 831/601-1188. (09-03)

WANTED:ROOMATE. Beautifully remodeled house near DLI with separate entrance and living quarters, private bath and use of full kitchen. Quiet Pacific Grove neighborhood with your own outdoor patio, yard space and storage. Nonsmoking, pets negotiable. \$850 per month. Must see at 994 Piedmont Avenue, Pacific Grove. Call 831/658-0503 or 831/656-4727. (09-03)

WANTED:ROOMATE. Master suite with walk-in closet in a spacious cul-de-sac house. Family room, living room and two-car garage in Marina. \$600 plus half of PG&E. Please call 831/761-2505(H), 831/242-7208(W) or 530/219-3064 (C). (09-03)

SPORTS AND EXERCISE EQUIPMENT

WEIGHT BENCH FULL FITNESS SYSTEM. Legacy Fitness670. Bought from the Sports Authority for over \$600. Sacrificing it for only \$150. We have a truck and can deliver it to you. Call Sean 831/393-2220. (10-01)

TRIATHLON WETSUIT. Quintana Roo Men's. Long sleeve. Fits 153-163 pounds and 5-foot-6-inch to 5-foot-8-inch man.. Medium short. Worn just once for trial. \$170. Call 831/401-7291. (09-17)

BACKPACKING AND CAMPING GEAR. Helly Hansen waterproof breathable black pants. Men's medium, \$30. North Face triple Gore-Tex, hooded, waterproof climbing suit. Men's medium/large, \$180. COLEMAN TWO- BURNER STOVE \$15. Call 831/373-4734. (09-17)

WOMAN'S CROSS TERRAIN BIKE. Black Schwinn Crisscross. 21-speed. 700x38c knobby tires with Kevlar tube liners. New gel saddle. New handlebar shifters. \$150 OBO. Call 831/373-4734. (09-17)

MEN'S SKIS AND POLES. \$25. For details call Kyle 831/393-2432. (09-17)

MALES' NISHIKI MOUNTAIN BIKE. 18-inch frame. Nice dark green. Most components are XT. Mavic rims. Manitou front suspension. Strong. Very light. \$175. Call Bryan 831/394-3243. (09-17)

TREADMILL. Almost brand new. \$600. Paid \$1,500. Call 831/884-0420. (09-17)

SCHWINN 330I STEPPER. Retail price new is \$1,549. Selling used, but in great condition for \$450. Call Angela or Cris 831/899-6658. (09-03)

SKI EQUIPMENT. Set of men and woman skis, poles, and boots. Call for sizes. Each set \$20. Call Tim or Berta at 831/373-3619. (09-03)

UNIVERSAL WEIGHT AND BENCH SET. Good condition. \$50. MEN'S 10-SPEED BIKE. WOMEN'S 18-SPEED BIKE. CAR RACK FOR TRUNK. \$100 OBO. Call 831/649-3799. (09-03)

TWO KIDS BIKES. Brand new. \$10 each. Please call at 831/883-9378. (09-03)

COMPUTERS AND ACCESSORIES

NOTEBOOK. Compaq Presario 2199US, AMD Athlon XP 2800+ Processor. 512 MB DDR SDRAM. DVD-ROM/CD-RW combo. 40GB HD. 15-inch screen. 7.3 pound. Net gear WG 511 54 Mbps wireless. \$790. Call 831/402-7291. (09-17)

COMPUTER CABINET. \$75. Call Rick 831/642-9689 or 831/242-5412. (09-17)

HP LASER JET 3100 ALL-IN-ONE PRINTER/COPIER/SCANNER/FAX. Complete with cables, software and user guide. JetSuite PRO manages all functions for top productivity. Two MB fax memory. Programmable speed dialing. Gently used. Great value at \$125. Call Mae at 831/625-1375. (09-03)

COMPAQ PRESARIO DESKTOP. 1.0 GHz. 128 RAM. 40 GB HD. CD/CD-RW. WIN ME. Four USB ports. 15-inch monitor. All-in-one Lexmark printer. Great for internet or home use. \$185 BO. 831/659-1219. (09-03)

COMPUTER SYSTEM. 1.0 GHz Intel Celeron, CD-RW, 256 RAM, 20 GB HDD, 17-inch monitor. 56K modem and 10/100 Ethernet card installed. Windows XP, MS Office, and many other software titles installed. \$320. HEWLETT PACKARD HP SCANJET 5300C FLATBED SCANNER. 1200X1200 dpi. All software and manuals. Like new condition. \$55. Call 831/644-9484. (09-03)

PETS AND PET ACCESSORIES

FREE TO GOOD HOME THREE FEMALE INDOOR RABBITS. All litter trained. Pen and supplies included. Moving and can not take them with me. Call Judy 831/394-5570 or e-mail Bubbablo@aol.com before Oct. 8. (10-01)

FREE TO GOOD HOME YOUNG CAT. One and a half- years-old. Beautiful and affectionate. Gets along well with kids. She has been spayed and is micro-chipped in case she gets lost. Food, litter box, dishes etc. included. Call 831/899-2319. (10-01)

FREE TO GOOD HOME JINDO/KISHU MIX. Beautiful One and a half- year- old female named Judith. Medium size. Current shots. Papers. Spayed. Good indoors or outdoors. Great with kids and other dogs. Call 831/359-4107 after 4:30 p.m. (09-17)

SIBERIAN HUSKY. FREE TO GOOD HOME. Two and half- year- old neutered male. Vaccinated and micro-chipped. Likes kids and other dogs. Very affectionate. Not fond of cats. Call Angela or Cris 831/899-6658. (09-03)

LARGE DOG IGLOO. For outside. \$25 or trade for large dog carrier. Call 831/649-3799. (09-03)

FREE TO GOOD HOME. Korean Jindo. Rare to the United States. Three to four- year-old male named Coby. Medium-size. Current shots, papers, neutered. Great indoors. Great watch dog. Call 831/359-4107 after 4:30 p.m. (09-03)

FURNITURE, APPLIANCES, HOUSEHOLD ITEMS

KIRBY G4D VACUUM. With all original attachments. Carpet shampoo system included. Moving overseas to wrong power system. \$225 OBO. Call Jay 831/242-7795. (10-01)

FREE SOFA-BED. Blue and white stripes. Just come and pick it up. Call 831/394-1428. (10-01)

ELECTRIC LAWNMOWER WITH 100-FOOT CORD. \$50. GRACO HIGHCHAIR. \$10. SAND AND WATER OUTSIDE PLAY TABLE WITH SAND TOYS. \$20. TODDLER BED. \$30. TWO MOTOROLA TALKABOUT RADIOS. \$35. JEEP DOUBLE STROLLER. Like-new. \$75. Contact Rod or Julie 831/899-8567. (10-01)

TABLE. 36"X66". \$25. FOUR CHAIRS. \$8 each. Call 831/883-4336. (10-01)

FULL SIZE BED. With headboard and linens. \$100. Call 831/915-7055. (10-01)

KITCHEN SET. Fifties style yellow basket weave pattern. Two-fold leaf, 36" X 70". Four chairs. New yellow naugahyde. Call Brian 831/758-4270. (10-01)

WHIRLPOOL SUPER CAPACITY WASHER AND WHIRLPOOL EXTRA LARGE CAPACITY DRYER. Excellent like-new condition. Both are one-year-old. Warranty and service agreement just expired and may be renewed. \$400 for the pair. Call 831/394-8060. (10-01)

SOLID OAK DRAWERS/BOOK SHELVES. Great condition. Three drawers in bottom half. A flip-down mini-desk with light in the middle. The top half can be book shelves or space for TV. Approximately six feet tall and three feet wide. PCSing overseas and can not take it with us. Give a call and stop by to see. \$90 OBO. Call 831/394-8060. (09-17)

WEBER BBQ. One-year-old. Extra charcoal. \$30 OBO. Call 831/899-1737. (09-17)

GARDENING SUPPLES. Hose. Spray nosel shovel. Edger. Rake. Insect and weed sprays. Plant food and soap. Seed mixtures. \$35 for the set or will sell individually for a low price. Call 831/899-1737. (09-17)

WHIRLPOOL WASHER AND DRYER. Six-cycle. Four-speed. Extra large capacity washing machine. Five-cycle. Three temperature extra large capacity dryer. Only 20 months old. \$400 for both. Call 831/656-9806 or e-mail mardude@hotmail.com. (09-17)

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MAYTAG WASHER. Two- speed. Large capacity. WHIRLPOOL DRYER. Heavy duty. Three-cycle. Three temperature. \$120 OBO. Call 831/899-0629 or e-mail espyrou@nps.edu. (09-17)

WINDOW AIR CONDITIONER. \$50. LARGE MICROWAVE. \$40. SOLID OAK CRIB. With chest of drawers converts to toddler bed. \$100. New crib without mattress. White. \$50. Call 831/883-9383. (09-17)

OUTDOOR PATIO HEATER. Used only once. New propane tank. Moving overseas. Paid \$200 total. Great deal at \$99 OBO. Call 831/402-1922. (09-17)

UPRIGHT PIANO. Good condition. Just needs a tune-up and a willing student. Excellent as a big shelf for displaying pictures. \$600. Call 831/656-9529. (09-17)

ELECTRIC STOVE. Like new. \$150. STAINLESS STEEL MICROWAVE. Like new. \$50. ENTERTAINMENT UNIT. Fits 42-62-inch TV. \$50. Call 831/884-0420. (09-17)

FULL SIZE MATTRESS AND BOX SPRINGS WITH BED RAILS. Excellent condition. Only used one year. \$100 OBO. Contact Matt at 831/224-4041. (09-17)

COSTCO VANITY. White with flowers. Suitable for teen or woman. SPORTSCRAFT BRAND FUSSBOL TABLE. Used only a few times. Both in excellent shape. Make offer. Call 831/649-5968 or Cliff 831/449-1308. (09-17)

TWO OCTAGON END TABLES. Fair condition. \$30 for both. E-mail: mcalub@nps.edu. (09-03)

KENMORE DRYER. Works well. White. \$40. KENMORE WASHER. FREE. Needs work. DISHES. Service for eight. 32 pieces. Large plate, small plate, bowl and mug. Black. No flaws. Octagon shape. \$25. ATLANTIC LUGGAGE SET. Two large bags. One garment bag. One carry on. Great condition. Black. \$40. Call 831/626-4018. Please leave message. (09-03)

DINING TABLE WITH SIX CHAIRS AND QUEEN SIZE BED (MATTRESS WITH FRAMES). Both items bought brand new in Summer 2002. \$295 each, \$530 both. Call 831/583-9823 or e-mail: ichtatzii@nps.edu. (09-03)

COFFEE TABLE. Great condition. Rectangular shape. Wood. On casters. Lower full shelf. Available now. Moving on Sept. 27. \$49. Call 831/583-9338. (09-03)

WOODEN PATIO SET. Table with two chairs. Used for month of July. \$25. BABY WOODEN CHANGING TABLE WITH PAD. \$20. SOLID AND BIG MICROWAVE CART ON WHEELS. \$20. TODDLER WHITE SLEIGH BED WITH USED MATTRESS. \$20. WEST BEND TOASTER OVEN AND BAKING STONE. \$15. Call Tim or Berta at 831/373-3619. (09-03)

WHIRLPOOL WASHER AND KENMORE HEAVY DUTY PLUS DRYER. Washer less than two-years-old. Dryer in good condition. Asking price \$220 for pair only. Contact 831/644-0105 or e-mail: ipanagop@nps.edu. (09-03)-

TWO PIECE SOFA SET WITH QUEEN SIZE SLEEPER BED. Soiled, but in great condition. White. \$100. UPRIGHT BAGLESS VACUUM CLEANER. New condition. \$25. PORTABLE FOUR PERSON JACUZZI. Cost new \$1,200. Needs water heater repaired. \$100. COFFEE TABLE WITH WHITE MARBLE TOP. \$35. Call 831/649-3799. (09-03)

WASHER AND DRYER. Excellent condition. \$300. Call 831/899-8718. (09-03)

H.D. HOOVER UPRIGHT VACUUM CLEANER. \$50. KENMORE H.D. WASHER AND DRYER. Washer needs slight repair, does not drain. \$120 for both. Call 831/641-9039 or e-mail: gkypriot@nps.edu. (09-03)

WHIRLPOOL WASHER AND KENMORE DRYER. Washer two-years-old. Dryer in good condition. Both \$200. TABLE LAMP. With decorative plate and grey vase. Gold and burgundy color. \$40. Call 831/643-0601. (09-03)

VACUUM CLEANER. Works perfectly. \$25. FAX MACHINE. In box. \$25. IRON. In box. \$5. NEW MATTRESS. In box. \$95. SOLID WOOD TV STAND. Purchased for \$350. Asking \$135. THREE PIECE DRESSER. Asking \$65. Please call 831/883-9378. (09-03)

DISHES/GOBLETS. Imported from France. In box. Mostly Goblets, 16 dishes, and other serving pieces-total 60. Beautiful simple design. Glass with brushed platinum-like finish around the edges. Stem ware is very attractive. \$300 OBO. Call 831/624-3659. (09-03)

MAYTAG WINDOW AIR CONDITIONER. 10,000 BTU window unit with remote. Barely used. \$125 OBO. Call 831/899-6981. (09-03)

TVs, STEREOs, HOME ENTERTAINMENT

190 VIDEO GAME MAGAZINES. GamePro, Electronic Gaming Monthly, Nintendo Power, Tips and Tricks, Play Station Magazine. Assorted 2001-2004 issues plus eight PC games for WIN 95/98- Fallout, C&C, Myst etc. Everything in excellent condition. \$45 for all. Call 831/659-1219. (09-17).

ATARI 2600 SYSTEM. Complete. Six switch. Includes four joysticks, two paddles, eighteen games: PacMan, Asteroids, Galaxian etc. Some games in boxes with instructions. Everything works and in like-new condition. \$50. Call 831/659-1219. (09-17)

SAMSUNG BIG SCREEN TELEVISION. 52-inch. Excellent condition. Cable ready with remote control. Great for football season. Must see to appreciate. Asking \$550 OBO. Call Jesse evenings 831/647-1939. (09-17)

TWO KENWOOD FLOOR STANDING SPEAKERS. \$25. COLOR TV. 13-inch. \$20. Call Rick 831/642-9689 or 831/242-5412. (09-17)

FOR COLLECTORS. Have an old model reel projector. Give me your best offer. E-mail mcalub@nps.edu. (09-03)

TOSHIBA DVD AND TV COMBO PLAYER. Silver. Brand new \$50. Call Paula at 831/655-1499. (09-03)

SHARP 25-INCH TV. Two-years-old. Available September 22, 2004. \$140. You will also get a 21-inch Symphonic TV for free. Contact 831/644-0105 or e-mail: ipanagop@nps.edu. (09-03)

SONY 36-INCH TV WITH STAND. \$450. Call 831/899-8718. (09-03)

PANASONIC TV/VIDEO COMBO. 21-inch. Excellent condition. \$80. 21-INCH TV AND FREE VIDEO PLAYER. \$35. AIWA PORTABLE CD-STEREO RADIO DUAL CASSETTE RECORDER. CD-R/RW playback. Rarely used. \$50. Call 831/641-9039 or e-mail: gkypriot@nps.edu. (09-03)

MISCELLANEOUS

FREE BRAND NEW FEMALE LEATHER SHOES FROM ITALY. Size 11. Call Vere 831/402-9197. (10-01)

GASOLINE LAWN EDGER. \$35. GASOLINE PRESSER WASH. \$35. Call 831/883-4336. (10-01)

BOYS CLOTHES. Three-four toddler. Brands Include Tommy Hilfiger, Gap, OshKosh, Levi and more. 26 shirts short/long. 15 shorts. Eight pants. Five jackets. \$40. Call 831/657-9795. (10-01)

DR. MARTEN'S SHOES. Brand- new in box. Model #1461. Black. Size nine men, size ten women. \$20. DR. MARTEN'S SIX-INCH BLACK BOOTS. Brand-new in box. Model #1460. Size nine men, size ten women. \$20. Call 831/659-1219. (09-17).

BEAUTICONTROL PRODUCTS. 50-75 percent off. No longer a consultant. Moving soon. Need to get rid of extra product. Powder. Lipcolor. Blush. Eyeshadow. Eyeliner and more. Call 831/899-1737. (09-17)

CENTURY SMART FIL PLUS INFANT CARRIER/ CARSEAT. Good condition with two bases and two fabric covers/canopies. Blue and white pattern. Pre-latch. \$15 negotiable. E-mail christygoodecowan@yahoo.com. (09-17)

BABY ITEMS. GRACO STROLLER. NEW FP STROLLER. JOGGING STROLLER. BASSINET. ROCKER. EXERSAUCCER. INFANT LEARNING TOYS. Excellent condition and reasonably priced. All the latest models/designs. Purchased within the last year. E-mail christygoodecowan@yahoo.com for a complete list and prices. (09-17)

DIAMOND. 1.30-carat diamond (HVVS2). \$5,000. 0.31-carat diamond (F-VV2) \$650. Call 831/521-6366. (09-17)

GRACO TODDLER CARSEAT. \$10. Call Ginger 831/393-2432. (09-17)

WEDDING BAND. Princess cut diamond with two princess cut diamonds on either side and two anniversary bands. 1 2/3 ct. total weight. Gold. Asking \$2,500. Paid at least \$5,300. Call Kyle 831/393-2432. (09-17)

TENOR SAXAPHONE. Black nickel Monique tenor sax in new condition. Paid \$800. Asking \$200. Call 831/224-0187. (09-17)

1996 MASTERCRAFT BOAT. 20.5-foot. Teak platform. Depth gauge. CD player. Trailer. Inboard motor only 248 hours. Great boat-moving overseas. \$19,400 OBO. Call 831/402-1922. (09-17)

NEW SPANISH MADE TORERO CAPE AND CORDOBES HAT. \$100 for cape and hat. Call after 5p.m. 831/373-4856. (09-17)

GAME SET. Set includes a felt-topped blackjack and craps board, a roulette wheel and board, 100 chips, two decks of cards and four dice. Everything stores in a wooden case. Received as a gift but has never been used. \$25. Call 831/394-8060. (09-03)

AIRSHOW TICKETS. Two general admission tickets for Saturday October 2, 2004. Value \$32, selling for \$30. Call 831/372-6733. (09-03)

DEVILBISS AIR COMPRESSOR. Excellent condition. Four HP. 30 Gal. \$200 OBO. Call James at 831/442-8291. (09-03)

NOKIA 3395 WIRELESS PREPAID PHONE. Two-years-old. Asking \$30. SATELLITE ANTENNA AND RECEIVER WITH CARD. (Dish) only \$40. RCA 21-INCH COLOR TV. Some tuning problems. \$10. Call 831/643-0601. (09-03)

CUSTOM FOUNTAIN. European design. Beautiful circular shape. 55-inches wide by 30-inches tall. Two pieces, base is the same finish as the top. Small solid rock chip finish-smooth. Tan, gray, earth tones. Must see. A stunning center piece for the garden, with or without water. \$850 OBO. To see call, 831/624-3659. (09-03)

BUILDING/PATIO MATERIALS. Some brick and adobe left over from project. SALTILLO HEAVY TILES. Good prices. MESH WIRE FENCING. New 100 foot roll. \$75. Good quality. Call 831/624-3659. (09-03)

ELECTRIC HYDRAULIC DENTAL CHAIR. Works great. Worn upholstery. \$75 OBO. Call 831/375-2922. (09-03)

Hispanic Heritage observances

Continued from page 4

U.S. Army, commanding the Mexican militia during the Civil War.

1866: David G. Farragut, son of a Spanish immigrant, was the first Admiral of the U.S. Navy. Farragut is known for his statement made after the victory of Mobile, "Damn the torpedos! Full speed ahead!"

1918: Private Marcelino Serna of Albuquerque, New Mexico, was the first Hispanic to be awarded the Distinguished Service Cross for his actions in World War I.

1943: Private Jose P. Martinez of Taos, New Mexico, was the first Hispanic to be awarded the Medal of Honor for his actions in World War II.

1952: Colonel Manuel J. Fernandez, Jr., was the first Hispanic flying ace. He logged 125 combat missions during the Korean War.

1964: Horacio Rivero, born in Ponce, Puerto Rico, was the first Hispanic four-star Admiral in the U.S. Navy.

1976: Richard E. Cavazos, from Kingsville, Texas, was the first Hispanic general in the U.S. Army.

1979: Edward Hidalgo was the first Hispanic to serve as Secretary of the U.S. Navy. Hidalgo was born in Mexico City and immigrated to the U.S. as a child.

1981: Everett Alvarez, Jr., was the first Hispanic appointed to the position of Deputy Director, Veteran's Administration.

1996: The U.S. Navy christened the guided missile destroyer *Sergeant Alfredo Gonzalez* after a Medal of Honor recipient who was killed in Vietnam.

Hispanics represent about 9.5 percent of the active duty forces and 17.5 percent of the reservist and National Guard forces. The achievements of today's Hispanic Americans continue to build upon a long tradition of contributions. Each year a different theme has been selected to capture the spirit of Hispanic Heritage. This year's theme, "Making a Difference in Our Communities" encourages us to look to the children not only as future citizens of this country, but also as the future business leaders, politicians, and members of our military forces of tomorrow.

Data projections from the 1990 Census suggest that Hispanic American children (including those in Puerto Rico) are the fastest growing minority school-age population, and that by 2050 Hispanics will represent nearly 25 percent of the total school-age population. Growth in the representation by Hispanics among children suggests that Hispanics will represent a larger percentage of the total population in the future. As a result, the success of our nation is closely tied to the success of our citizens of Hispanic Heritage. A look at our nation's children makes it clear that the growth of Hispanics will continue as well as their contributions to this country.

During Hispanic Heritage Month we honor with gratitude the gifts that Hispanic Americans bring to this country and celebrate their contributions.

• **This article contributed by Sgt. 1st Class Samir Abdulaziz, Installation Equal Opportunity Adviser.**

Want to place an ad?

Military members, retirees and Department of Defense civilian employees are authorized to place classified ads in the Community News.

To place an ad, complete the form below and mail or deliver it to the Public Affairs Office, Building 614, Suite 142, Presidio of Monterey 93944.

Ads may also be sent via e-mail to the editor at cnews@monterey.army.mil. Please provide all information requested on the form, including the category of the ad.

You may place up to three ads per issue. Each ad should not exceed 35 words.

The Community News staff will make every effort to publish ads accurately. The staff reserves the right to edit ads to meet readability, format and space requirements. Advertisers should notify the editor of typographical errors.

Ad categories are listed below.

Merchandise advertised must be offered for one-time sale or for free by individuals. Ads for businesses, including nonprofit enterprises, are

not authorized.

Ads for rentals are not authorized.

In accordance with California firearms laws, ads for firearms are not authorized.

Each ad will be dated and published in three consecutive issues of the Community News unless you cancel it. An ad that has appeared in three issues can be renewed upon request. Ads may be renewed or canceled by telephone, but revisions must be done in writing before the Wednesday deadline for the next issue of the Community News.

To place an ad in the Community News simply complete the form below and mail or deliver it to the Public Affairs Office, Building 614, Suite 142, Presidio of Monterey 93944-5006. You can also e-mail your ad to CNews@monterey.army.mil. (Be sure to include all of the information requested below.) You may place up to three ads per issue. Each ad should not exceed 35 words in length.

Name	Rank/Grade	Organization	Daytime Phone
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Check (✓) your ad category (or categories):

- Automobiles and Accessories
- Trucks, Vans, SUVs, RVs
- Motorcycles
- Wanted
- Child Care Wanted
- Roommates Wanted
- Sports and Exercise Equipment
- Computers and Accessories
- Lost and Found
- Pets and Pet Accessories
- Furniture, Appliances, Household Items
- TVs, Stereos, Home Entertainment
- Miscellaneous
- Child Care Offered
- Employment and Volunteers

Clearly print your ad(s) in the space below.

See page 2 for the publication date of the next Community News and the deadline for submissions (which includes classified ads).