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Triad – a new standard of excellence

by Tom Jackson

A new program will soon be going into effect here that will reward soldiers who excel in marksmanship, physical fitness and Military Occupational Specialty skills with gold, silver, and bronze medallions.

According to officials in the Assistant Chief of Staff, G-1, Human Resources Branch, the Triad of Military Skills Program will authorize a gold medallion to be awarded to soldiers who score 100 percent on both their Army Physical Readiness Test and their Skill Qualification Test and shoot a 95 percent score with their individual weapon.

Silver medallions will be awarded to those who score at least 90 percent in all three events and bronze medallions will be awarded for scores of 90 percent or better in each event.

To qualify for the medallions the scoring for all three events must take place within the current fiscal year.

Guidelines and regulations on the Triad are due to be published and disseminated around mid-February.

These guidelines will ask units within the command to review their training records and identify soldiers who have met these standards and to submit a Disposition

Form (DF 2496) with a standard name line and event scores for each individual.

On this form, company commanders must certify that the PT test weapon qualification were conducted in accordance with applicable regulations.

Soldiers who have an SQT will use their annual written score for the Triad. Soldiers in MOSs that do not have a written SQT will take the Common Task Alternative Test in lieu of the Common Task Test.

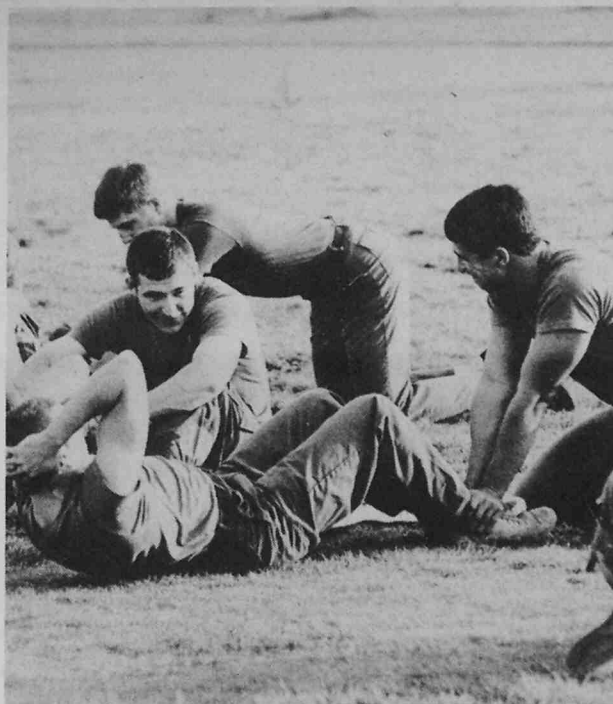
Officers will take a test comprised of the CTAT supplement with ten additional questions taken from Field Manual 21-2, "Soldiers Manual of Common Task Skills Level One.

The assistant Chief of Staff, G-3, will administer the written Common task Test for officer and enlisted personnel who will not otherwise undergo an SQT during the fiscal year. Test scores will be provided by roster to requesting commanders.

Standards for an over-40 personnel will participate in the Triad on a volunteer basis only after passing the over-40 physical screening and stress test and the ARPT requirements.



Marksmanship



Physical training



Skill Qualification Test

**Are pushups
really worth it?**

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**CSB reciprocal
dinner**

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in primaries**

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commentary

Point...

by Tom Jackson

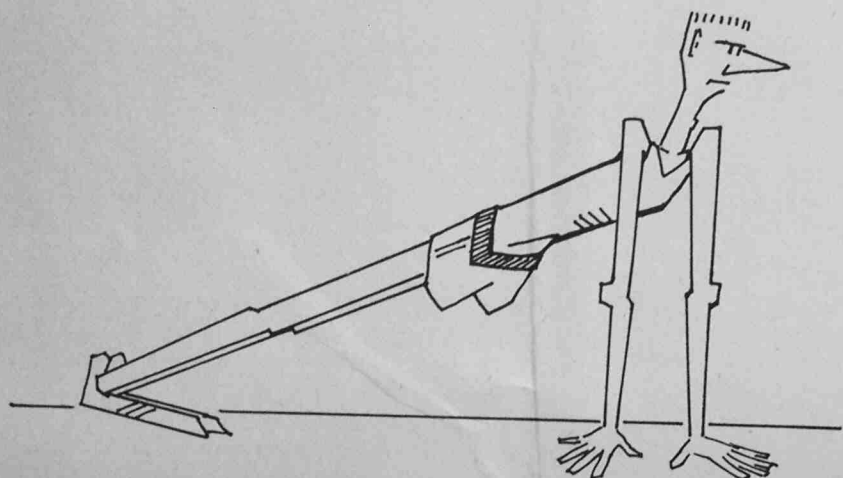
In the full realization of the critical abuse that may be heaped upon my head, the snickers and scorn behind my back, I must here, for the record defend the

pushup (individual, 40 each).

People ask, "Why should I do pushups? What possible bearing does this monotonous exercise have on my workaday world?"

Reasons? I'll give two. Charles Atlas and Dolly Parton. Or should that be three reasons?

In addition to helping you look and feel healthy and strong the pushup is



perhaps the cheapest form of exercise going. You don't need any special or expensive equipment. It's cheap, organic, non-polluting (except for body odor) and can be performed anywhere at any time. It's not dangerous unless you give out and fall on your face.

Pushups build not only shoulder and tricep muscles but lower back and torso muscles if done correctly. This "upper body strength," as the military calls it can be a tremendous asset.

How many times have you reached out to open a door and hit it with your head because it was too heavy, been bullied at the beach, laughed out of the locker room, or unable to move for three days after your PT test?

Let's face it — upper body strength works to your advantage every time. You can intimidate with it, show off with it, impress with it, get dates with it.

All other arguments aside, there is a certain aesthetic pleasure in being able to pump out pushups like a steam-driven machine. It's a small victory but a prideful one when at Airborne, Air Assault or Ranger School you get dropped by some rock-jawed sergeant/in-

structor and instead of groveling, start bouncing off the terra firm like a human jackhammer.

Only the pushup fanatic knows the pure, sweet pleasure of looking those sergeant/instructor types in the eye and taunting, "Well smoke me sergeant!"

And there is one final reason why those of us in the Army should become addicted to pushups — because we have to, twice a year, straighten our backs, lock our elbows and pump'em out. There is no way around that one. Case closed.

Like, fur shur, y' know.

But seriously, the choice is your's — Charles Atlas or Don Knotts, Dolly Parton or Joan Rivers. Knotts and Rivers may be funny, but where does that leave them on a Friday night? Lets face it — an eye-popping physique is a tremendous asset in today's health-conscious world. (Never mind that Alan Benson's cartoon on this page depicts me as a bean pole. I may be thin but I do not spend my Friday nights alone doing Woody Allen imitations. I'm going to have to talk to Benson... maybe kick some sand in his face.)

... and counterpoint

by Doris Flack

Excuse me Tom, but your argument doesn't hold water with those of us anatomically incapable of repeatedly pushing our bodies, ample though they may be, up off the ground.

I'm afraid your mind has become muddled by all the changes in physical conditioning that have been coming down the pike as of late. Tom, it's no secret that women generally do not possess much, and in my case zero, upper body strength. First you want anorexics to rule the world, now you want everyone to have shoulders like a linebacker — be for real!

Now this may sound like cloying nostalgia, but when I joined the Army (no Tom, it wasn't in 45 B.C.), women did "modified" pushups. You know the kind — on your knees. Those I can handle, they were at least ladylike, but this straight back, arms at a 90 degree angle, then the back up and don't you dare forget to lock those elbows is for pseudo-Hulks, not journalists.

Let's face it, a journalist on an average day lifts nothing heavier than a 35 mm camera. It's a real heavy day when you have to use your telephoto lens.

As for my social life suffering, you must be delirious. I have yet to meet a man who wants to know how many pushups I can do before he'll take me out. I don't know what kind of women you attract, but upper body strength isn't high on my list of things to look for in a man either.

Now I don't deny the need to be reasonably fit, but I fail to see how pushups can make you fit or even measure your degree of fitness.

Would-be Arnold Schwarzeneggers may find it aesthetically pleasing to force their body to perform like a steam-driven machine, but it's far from my idea of enjoyable activities.

Furthermore, exaggerated upper body strength (which seems to be what you're advocating) is not intimidating, impressive and it doesn't get dates with any women I know. Who wants to got out

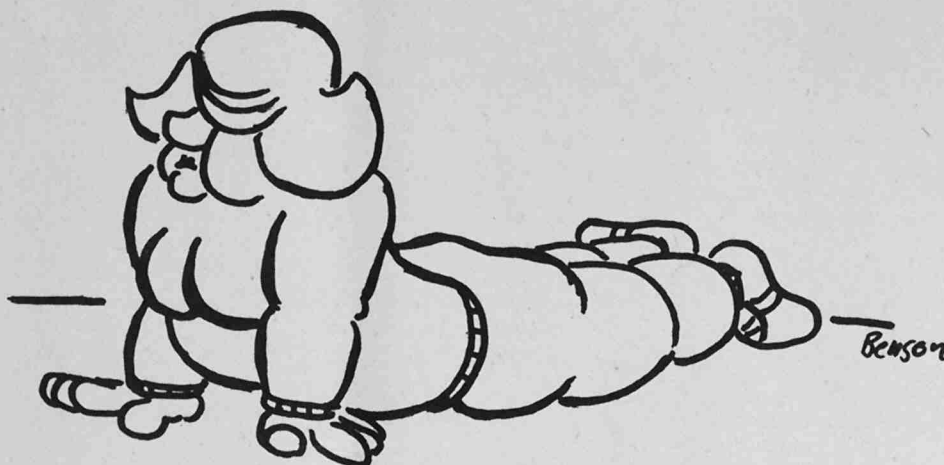
with a guy who can't buy shirts to fit properly. You think that's impressive?

I concede that it is required of us to perform those unnatural contortions twice a year. But the Army is not afraid to admit it when mistakes are made and I'm sure they'll realize eventually how far off the target they are with this.

And I submit Tom that if you truly loved your body, you wouldn't force it to perform such unnatural acts.

Y'know. Like gross me out to the max.

P.S. — I think Alan captured you perfectly. It's the caricature of me that is severely exaggerated!



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briefly

PDO wins award

The Property Disposal Office has won the award of Defense Property Disposal Office of the year, European Region for the fourth straight year.

"You are to be commended for the outstanding way you have conducted all phases of property disposal," said Jame Eggenberger, deputy commander, Defense Property Disposal Region, Europe, as he presented the award to James Kottke, Berlin property disposal officer.

The PDO now is in contention for the world-wide award to be announced in mid-February.

Vacations at BAHS

Berlin American High School officials say vacations should not be planned to conflict with final exams prior to the end of either semester.

Final examinations are a vital part of completing a course for credit. If the exam is not taken, it could cause the student to lose credit for the whole semester.

Vacations taken during this time will be unexcused absences.

DEH news

As part of the community's energy conservation measures, heating flow is reduced during the night hours 10 p.m. to 4 a.m. The supply temperature of the heating water is reduced from the 20 degrees C or 68 degrees F room temperature level down to a level which is equal to 13 degrees C or 55 degrees F.

Although the heating supply temperature is reduced, this will not make a great deal of difference to the room temperature.

Your apartment will retain enough heat to keep the temperature good for up to eight hours. If you check a thermometer, you will probably find the temperature has not dropped more than two or three degrees or down to near 60 degrees F. The radiator may be cool, but the temperature in the room should not be cold.

If you are noticing a substantial drop in temperature, then call DEH and they will check the problem for you.

Blocked lines

Blocked sewage lines rank among the most frequent complaints reported to DEH.

The chief of the DEH Utilities Division, believes most of the blockages could be avoided if you keep the following points in mind:

- German sewage pipes are, in general smaller than American ones and their capacity is not as large.

- A number of stop-ups are caused by pouring grease in kitchen sinks. The grease hardens in the drain pipes, which then become clogged. One sure way to prevent this is to drain cooking oils and grease into a can after cooking. When the grease has solidified, it can then be disposed of with the kitchen trash.

- Strange as it may seem, there have been incidents where people have flushed diapers, shoes, toys and underwear down the toilet.

Remember, clearing clogged drainage pipes is costly in terms of labor and time.

Using DEH manpower to unclog pipes means that there are fewer craftsmen available to perform other work. The consequences, then, affect the entire community.

Kid care program

To comply with AR 608-10, Child Development Services, the Berlin community is preparing to implement the Quarters Based Home Care Program.

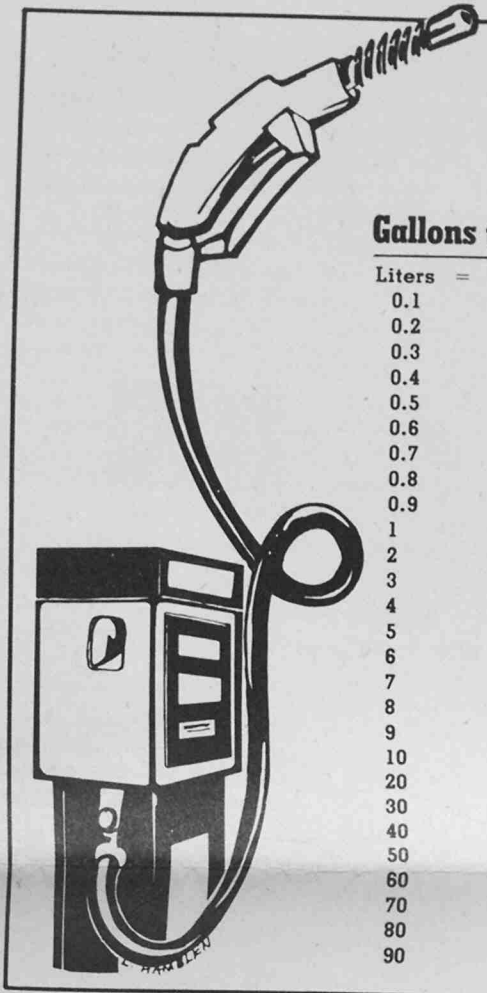
If you are providing care to children in your quarters, now is your opportunity to get a step ahead of the program.

The Children's Center is presenting a workshop on Quarters Based Child Care Providers on Jan. 28 from 10 a.m. to 2 p.m. Topics include, Special Space Arrangement Development Activities for Differing Age Levels, Making some of your own materials, Nutrition, and how to save money on food.

Here is your chance to learn new ideas, share experiences and discover new ways to make the job easier

and more beneficial to both you and the children, say officials at G-1, Community Life Branch.

To register call Mrs. Fields at 819-6232. The class size is limited so call early.



Liters	=	Gallons
0.1		0.0
0.2		0.1
0.3		0.1
0.4		0.1
0.5		0.1
0.6		0.2
0.7		0.2
0.8		0.2
0.9		0.2
1		0.3
2		0.5
3		0.8
4		1.1
5		1.3
6		1.6
7		1.8
8		2.1
9		2.4
10		2.6
20		5.3
30		7.9
40		10.6
50		13.2
60		15.9
70		18.5
80		21.1
90		23.8

Reup?

Your Reenlistment NCO is looking for you!

The Reenlistment Ceiling for the remainder of Fiscal Year '84 has been set. If your intentions are to reenlistment between now and Sept. 30, see your unit Reenlistment NCO now.

Your Reup NCO is trying to contact you, if you don't hear from him soon contact him before Feb. 1.

The unit reenlistment NCOs are:

Unit	NCO	Phone number
2/6	SFC Maun	819-3292
3/6	SFC McFadden	819-3301
4/6	SFC Smith	819-3211
CSB	SFC Cooke	819-3568
Seperate Units	SFC McFadden	819-3677

The "B" bus route will go to a 45-minute schedule effective Jan. 23. Schedules will also be posted as the Main

Bus Terminal, Pueckler Housing Area and Park Manor bus stops.

B Bus Schedule

Park Manor — Pueckler Hsg Luchsweg/Goldfinken — Outpost Theatre — Bus Terminal (and reverse)
Mon—Sat

Park Manor	*0700	0817	0902	0947	1032	1117	1202	1247	1332	1417	1502	1547	1632	1717
Pueckler/Luchsweg	*0708	0825	0910	0955	1040	1125	1210	1255	1340	1425	1510	1555	1640	1725
Pueckler/Goldfinken	*0710	0827	0912	0957	1042	1127	1212	1257	1342	1427	1512	1557	1642	1727
Bus Terminal	*0717	0834	0919	1004	1049	1134	1219	1304	1349	1434	1519	1604	1649	*1734
Bus Terminal	*0800	0845	0903	1015	1100	1145	1230	1315	1400	1445	1530	1615	1700	*1735
Pueckler/Luchsweg	*0806	0851	0936	1021	1106	1151	1236	1321	1406	1451	1536	1621	1706	1741
Pueckler/Goldfinken	*0808	0853	0939	1023	1109	1153	1238	1323	1408	1453	1538	1623	1708	1743
Park Manor	*0817	0902	0947	1032	1117	1202	1247	1332	1417	1502	1547	1632	1717	1747

* does not operate on Saturday

NOTE: Does not operate when "Holiday Schedule" announced.

See C and H Route for evening, Sunday and Holiday Service.

Thrift Shop news

The Thrift Shop has something new happening.

They will pick up furniture and other large items to be consigned or donated and delivery of furniture bought at the thrift shop.

This service will be available every third Saturday beginning tomorrow.

If you have something to be picked up, live in the American sector and have a valid American ID card, please call the Thrift Shop at 831-3648.

Movie codes

As a reminder to parents and to let the community know how AAFES Patronage Eligibility Rules work we are running the following standards.

- **PG — Parental Guidance Suggested:** Some material may not be suitable for children. This category includes motion pictures that, because of their theme, content or treatment, might require more mature judgement by viewers and about which parents should exercise their discretion.

- **R — Restricted:** Under age 17 requires accompanying parent or an adult guardian: This category includes motion pictures that, because of their theme, content or treatment, won't be shown to persons under 17 years of age unless accompanied by a parent or adult guardian.

Within the guideline previously stated, parents are responsible for deciding which movies are suitable for their minor dependents to view.

The following guidance will be used by theater employees in controlling admission to such movies:

A parent or guardian accompanying his/her child under 17 years of age need not purchase a ticket for himself/herself and isn't required to enter the theater. However, the parent/guardian is required to show his/her identification and tell the ticket taker the child may attend the showing.

Theater employees won't sell tickets to unmarried persons under 17 years of age to R-rated motion pictures.

An authorized patron under age 17 and married, and the spouse of any authorized patron, regardless of age, may purchase tickets and be permitted to enter the theater, accompanied or unaccompanied.

A note or letter signed by the parent of an individual under 17 years of age won't be accepted as permission to purchase a ticket (or enter the theater) to an R-rated motion picture.

Ask the installation staff judge advocate to resolve matters (based on the prevailing standards in the surrounding community) concerning admittance of persons under age 17 attending R-rated motion pictures.

- **X — No One Under Age 17 Admitted:** This category includes motion pictures that, because of their treatment of sex, violence, crime or profanity, aren't considered suitable for presentation to persons under 17 years of age.

FRENCH UNIFORM INSIGNIA • ARMY

As a help to the community, we are running the ranks of our French and British Allies. At this time the army ranks only.

This week we show the French army ranks, officer and enlisted.

The French officer ranks are simple to understand, on the dress uniform they will be on shoulder boards and on the fatigue uniform on small patches mounted on the chest along the buttons of the jacket.

Second Lieutenant: one gold stripe; **Lieutenant:** two gold stripes and **Major:** three gold stripes close together and one separate.

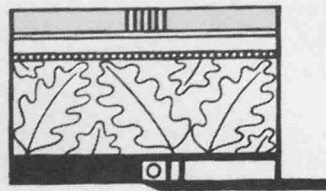
Lieutenant Colonel: is from bottom to top on the chart, gold, silver, gold, space, silver and again gold. **Colonel** has the same pattern as Lt. Col., but is all gold.

The generals stars are a little different than ours in that two stars represent **Brigadier General**, three for **Major General** and so on.

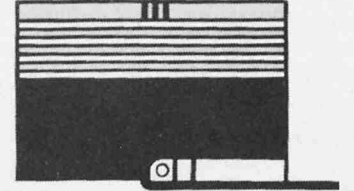
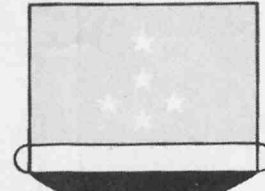
The hats or kepis can also tell you the rank, if you look close. General's hats are covered with gold with a red top and the stars denoting their rank in the front.

Other officers hats will be the color of their branch with the bands showing the rank. The hat in the chart is for a Maj. The white stripes would be gold the same as his shoulder boards and the darker stripes are red. The Lt. in the chart has only one stripe showing that he is a 2nd Lt.

SERVICE UNIFORM



GENERAL OFFICERS CAPS



OTHER OFFICERS (MAJOR)

(RANK IS INDICATED BY THE NUMBER OF STRIPES, AS BELOW)

EPAULET INSIGNIA

(COLORS INDICATE BRANCH OR SERVICE)



GENERAL



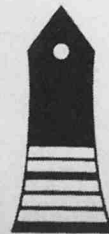
LIEUTENANT GENERAL



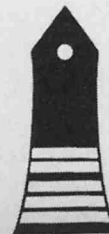
MAJOR GENERAL



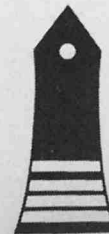
BRIGADIER GENERAL



COLONEL



LIEUTENANT COLONEL



MAJOR



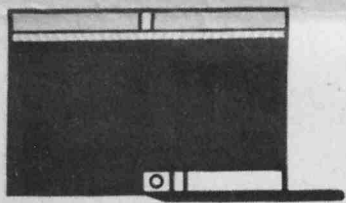
CAPTAIN



LIEUTENANT



SECOND LIEUTENANT



WARRANT OFFICER
GRADE 1



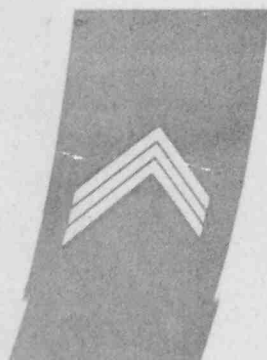
OFFICER CANDIDATE
ASPIRANT



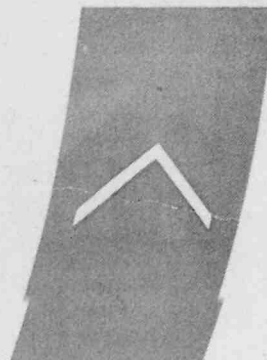
SERGEANT MAJOR
ADJUTANT CHIEF



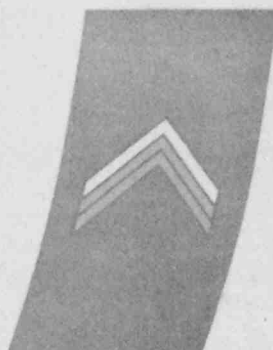
FIRST SERGEANT
ADJUTANT



SERGEANT
FIRST CLASS



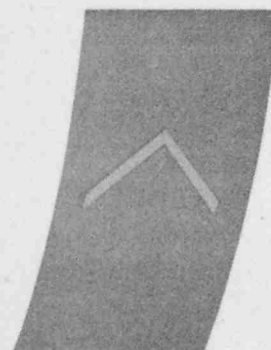
SERGEANT



CORPORAL
FIRST CLASS



CORPORAL



FIRST CLASS
PRIVATE

WINTER DRESS
UNIFORM



The French enlisted ranks are a little harder than the officers to understand.

But once you understand the color scheme it is simple. The ranks go like this, **First Class Private:** one red chevron; **Corporal:** two red chevrons; **Corporal First Class:** one gold chevron over two red.

Sergeant is one gold chevron and **Sergeant First Class**

is three gold chevrons.

When you get to **First Sergeant** or **Adjutant** the rank comes off the arm and is on shoulder boards. Black shoulder boards denote infantry. On the shoulder board is a white band with a red stripe, **Sergeant Major** or **Adjutant Chief** has a gold band with a red stripe through it.

Officer Candidate of Aspirant, has a wide gold band broken in three. And the hat or Kepi for **Warrant Officers Grade 1** is also different than the officers in that it is one solid color till you get near the top where it has a small band of red and gold and a red top.

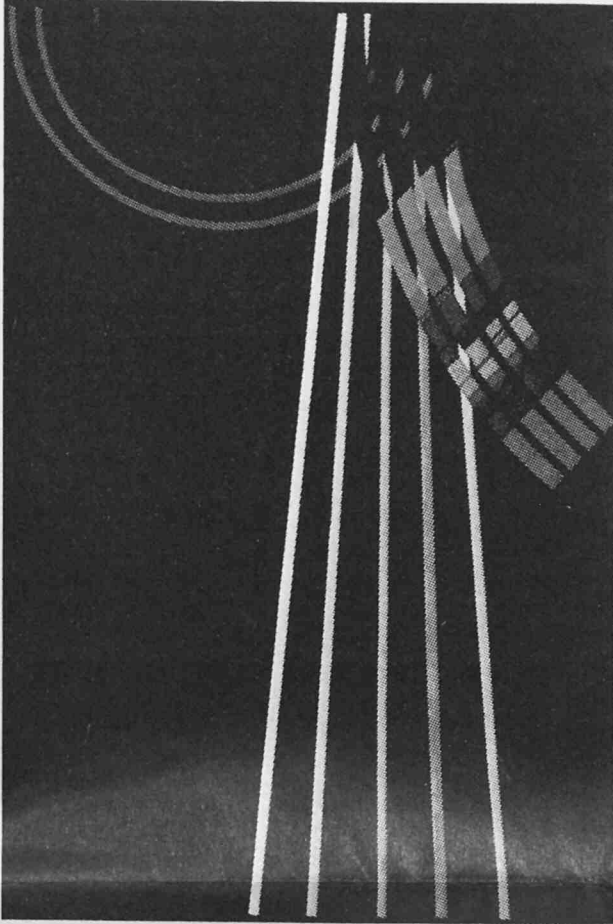
Next week we will run the **British Army** ranks.

'Total art' exhibit on display here

by Celia Greenwood

Berlin Bulletin

A major art exhibition, "Der Hang zum Gesamtkunstwerk" (roughly, Inclination to Total Art), is currently being staged in Berlin, following a successful tour



Francis Picabia: La Musique est comme la Peinture.

of Zürich, Düsseldorf and Vienna. Its subtitle, "European Utopias since 1800," is indicative of the exhibition's broad scope and the fantastic nature of many of its showpieces.

The breadth of its concept is also reflected in the fact that the standing displays are supplemented by a program of music and films.

The main part of the exhibition is being held at the Orangerie, the west wing of the Schloss Charlottenburg. Part of the grassed area in front of the castle has also been taken over, by a gigantic death mask of Richard Wagner.

The total work of art, combining music, dance, drama and architecture, pictorial and other art into a complete creation, was one of Wagner's ideals. Wagner's design, and those of his patron, Ludwig II, are among those on show.

Altogether around 300 paintings, sculptures, models and other artworks are being featured in the Orangerie. Their arrangement seems somewhat arbitrary and their purpose often esoteric or avant-garde but the works of sufficient famous names are included to make this a noteworthy exhibition. Make what you will of them, the utopian dreams of these artists provide some fascinating viewing.

The floor of the Orangerie's entrance area is strewn with large blocks of stone — this is a work by Joseph Beuys, likely to be as controversial as the massive pile of building rubble which contributed to the Zeitgeist exhibition. Not all the exhibits contrast so strongly with the baroque setting of Schloss Charlottenburg. Designs by Schinkel are included, for example, as well as the works of philosophers and prophets such as Robert Owen and Rudolf Steiner.

Although the exhibits date from 1800 onwards, artists of the early 20th Century are dominant as this was a period of great artistic experiment and questioning. There are works by Wassily Kandinsky, Paul Klee,

Wenzel Halblik and Johannes Itten. Many of the pieces by Kurt Schwitters feature found objects, including those in Merzbau, a strange withe walk-in room.

In the early years of this century, the arts were becoming interdependent and the distinctions between fine and applied arts blurred. Walter Gropius, founder of the influential Bauhaus School, is represented at the Orangerie. There are paintings by Hans Scharoun, architect of the Philharmonie and other significant Berlin buildings, as well as by Arnold Schonberg, better known for his musical compositions.

The exhibition at the Orangerie is open daily until Feb. 19 from 10 a.m. until 6 p.m. and admission is free. Guided tours in German are held daily at 4 p.m. and additionally at 6 p.m. on Wednesdays.

Not all the exhibits could be housed in the Orangerie and additional pieces are being displayed at the daadgalerie, 58 Kurfürstenstrasse, daily from noon to 7 p.m. (entry free). Further information, full programs and tickets for performances may be obtained from the daadgalerie, telephone 261-3640.

In conjunction with the standing exhibitions, the Kino Arsenal, 27 Welsersstrasse, is screening over 30 films, and other institutions are staging concerts and performances. These range from Wagnerian operas at the Deutsche Oper to "Non-Stop Satie," a 20-hour piano marathon at the Hebbel Theater, 29 Stresemannstrasse, starting at 9 p.m. Feb. 4.

Some of the musical events linked to the exhibition feature British minimal music composers, sponsored by DAAD and the British Council. There are two music installations by Brian Eno. His "Music for Airports" can be heard at Tegel Airport until Feb. 19 at 7 and 11 a.m., and 3 and 9 p.m. daily.

Eno's "Mistaken Memories of Medieval Manhattan," a video music installation, will be at Institut Unzeit, 11-13 Erkelenzdam, from tomorrow through Jan. 29 daily from 5-7 p.m. (entry free).

CSB hosts reciprocal dinner for German families

Combat Support Battalion hosted a special dinner last Friday evening. It was special because the guests were German families that had opened their homes for CSB soldiers during the holidays as part of the Christmas Cheer Program.

More than 160 Germans and their soldiers hosts enjoyed a meal prepared by Combat Support Battalion's Dining Facility, winner of the 1983 Phillip A. Connelly Award for Excellence in Food Service.

The reciprocal dinner was held, according to Lt. Col. J. Frank Hennessee, battalion commander, "to demonstrate our appreciation to our German friends who extended their hospitality to soldiers through the Christmas Cheer Program." Hennessee noted the dinner also provided an opportunity to nurture the friendships established through the program over the holiday season.

In addition to the German families and their soldiers, the dinner was attended by Günter Funk, Kreuzberg district mayor, CSB's partnership district, and Deputy Brigade Commander Col. Frank S. Adams, guest speaker for the event.

"I'm delighted to be here tonight," said Adams, "because this is an opportunity for us, in a small way, to give our very special thanks to you for your warm hospitality and your kindness in inviting us into your homes for Christmas. That was a very special thing for you to do and just one of the many special things that the wonderful people of this city do for the Americans. And we appreciate it very much."

CSB has hosted similar dinners for German families participating in the Christmas Cheer Program since 1979.



A SMILE ON THE LINE — PFC Michael Rosenberg, 287th MP Company and SSgt. Nathaniel Frazer, Battery C, 94th Artillery, serve dinner to some of the more than

200 people at the CSB reciprocal dinner. (Photo by Doris Flack)

AFN changes prime-time programming

AFN will be changing the broadcast time and day of its regular "prime time" TV programming, starting next week.

According to station officials, audience surveys conducted by Headquarters, American Forces Network, Europe, have found the new times to be more desirable to the majority of the target viewing audience.

In addition to the shifting of certain programs in the evening, "Donahue" moves to noon followed by "General Hospital" and "Ryan's Hope."

Tomorrow night at 8:15 p.m., AFN will bring you the two-hour "Bob Hope

USO Christmas Special," seen in the states last Sunday night.

Basketball

Sunday, "60 Minutes" will air at 5 p.m. followed by "The World Tonight" at 6. Then top-ranked Houston and Kentucky face-off in live NCAA basketball at 6:30.

Super Bowl

Sunday evening, Super Bowl XVIII, live from Tampa, Florida. This year's coverage begins at 8:30 p.m. with a special pre-game show. Then at 10:30 the matchup between the Washington Redskins and Los Angeles Raiders gets

underway with play-by-play by Pat Summerall and John Madden.

CBS will be using 19 cameras to cover this game.

Movies

Next week AFN TV features movies by Burt Lancaster, starting with "The Kentuckian" on Monday night. Thursday on "The Late Movie" it's "Hallelujah Trail" with Lancaster, Lee Remick and Jim Hutton. Friday is "The Unforgiven," co-starring Audrey Hepburn, Audie Murphy and John Saxon.

Saturday it's the Oscar winning film "Elmer Gantry" with Lancaster, Jean

Simmons and Shirley Jones. This movie is rated adult.

New show

Starting Feb. 1 AFN will present "Berlin PM," hosted by SrA Jerry Cormier the show will be seen in the evenings Monday through Friday.

"Berlin PM" will present information about people and events taking place in the command, as well as on the Berlin city scene, through interviews in the studio and on remote locations.

Viewers are invited to contact Jerry Cormier when they have information concerning a topic of interest to the community. The number to call is 819-6868.

-steppin' out



by Doris Flack
and Helga Haftendorn

Green Week or Grüne Woche opens its doors to the public next week at the Funkturm Exhibition Grounds. Hall 1 through 21 will be filled with exhibits ranging from garden utensils to a Japanese Water Garden to technical equipment for the household.

The annual event is the longest running sponsored by AMK Berlin (Ausstellungs-Messe-Kongress-GmbH) and takes place this year from Jan. 27 through Feb. 5. More than 30 countries are registered with the sponsor and will set up national booths either directly or through importers.

The theme for the American exhibit this year is the county fair. "This is a time when people want to return to a simpler way of life," says Mr. G.L. Hunt, U.S. exhibit director. "We have responded by emphasizing the traditional and minimizing the glitter. For years county fairs have continued to be the bastions of old-fashioned, home-grown sun — a throw-back to an age when agriculture was king in America. That is the essence of their enduring appeal."

Weekend happenings

The Berlin Dance Company, under the direction of Siri Sat Nam, will perform at the Amerika Haus tonight and tomorrow. The company is made up of three American, one Berlin and one Austrian dancers. The company's director has performed with entertainers Marvin Gaye, Donna Summer and Harry Belafonte and has taught at universities throughout the U.S., most recently at the Alvin Ailey Dance Center.

This weekend's performance will incorporate music by Duke Ellington, George Gershwin, Nina Simone, and Billy Holiday. The show begins at 8 p.m. both days. Tickets are DM 5 and available at Amerika Haus, 22-24 Hardenbergstrasse.

You can catch Sean Connery as 007 "Never Say Never Again" at the Kuli cinema, 207 Kurfürstendamm. Shows are at 2:30, 5:15, 8 and 10:45 p.m. daily. Admission is DM 9 for any seat. The movie will be shown throughout January.

Hebbel Theater offers "London Minimal" tonight and tomorrow with Gavin Bryars and Ensemble presenting music from "The Sinking of the Titanic," "Les Fiancailles," and "Civil Wars." The program begins at 9 p.m. and the theater is located at 29 Stresemannstrasse. Tickets for tonight's performance are DM 14 and tomorrow's DM 12.

Participants from six nations will fight for victory at

the 11th International Ice Speedway tomorrow and Sunday at the Eisstadion Wilmersdorf. Races begin tomorrow at 6 p.m. and on Sunday at 2 p.m. Tickets, costing DM 10, can be purchased at Bischoff's Motorrad Shop, 66 Kaiser-Friedrich-Strasse in Charlottenburg, or at DMV-Landesgruppe-Berlin, 17 Muthesiusstrasse in Steglitz. The stadium is located at 5-19 Fritz-Wildung-Strasse. Take bus 50 or 65.

Bits and pieces

A Charlie Chaplin movie, "Circus" (1928), will be shown at the Berliner Kinomuseum tomorrow at 6 p.m. The theater is located at 57 Grossbeerenstrasse.

Tomorrow at 4 p.m., you can hear music from America and Ireland at the Ballhaus located at 27 Naunynstrasse. The Group Road Runners will perform jazz and hot country swing while 11 Strings rounds out the entertainment with traditional folk tunes from America and Ireland.

A local rock group, Godzilla, will perform The Who's famous rock opera "Tommy" at Joe's Bierhaus tomorrow at 9 p.m. The opera will be performed in German at the club on Theodor-Heuss-Platz.

Sunday, the group Twilight presents an evening of Irish music at the Go-In in Charlottenburg. The show begins at 8:30 p.m. and the club's address is 17 Bleibtreustrasse. Buses 19 and 29 will get you there.

The Amerika Haus, in conjunction with the Berlin Student Returnee Group, will show another in its series of jazz films Wednesday. "The Greatest on Tenor Sax" will feature Cab Calloway, Coleman Hawkins and his Sextet, Lester Young, Georgie Auld and the Mike Bryan Sextet, and the John Coltrane Quartet. The show begins at 8 p.m. and tickets cost DM 3. Amerika Haus is located at 22-24 Hardenbergstrasse. For more information or reservations call 819-7606 or 819-7661.

Wednesday, the Berliner Kinomuseum offers another silent film — "Buster Keaton — The Man that Never Smiled." It begins at 8:30 p.m.

Also on Wednesday, the Go-In stages their weekly "Evening of Young Talent." Admission is free.

The British Council Film Club offers "Bugsy Malone" Thursday at 6 and 8:30 p.m. The film stars Jodie Foster, John Cassisi and Martin Lev. The theater is located at 20 Hardenbergstrasse and admission for non-members is DM 5.

The Hochschule der Künste offers a free concert on Wednesday. Students will present a program with works by Johann Sebastian Bach, Hugo Wolf, Karol Szymanowski, Wolfgang Amadeus Mozart, Giacomo

Puccini, Giuseppe Verdi and Odeon Partos at 8 p.m. at the Konzertsaal. The Hochschule is located at 33 Hardenbergstrasse. Take the U-Bahn to Zoologischer Garten or Ernst-Reuter-Platz. Admission is on a first-come, first-served basis.

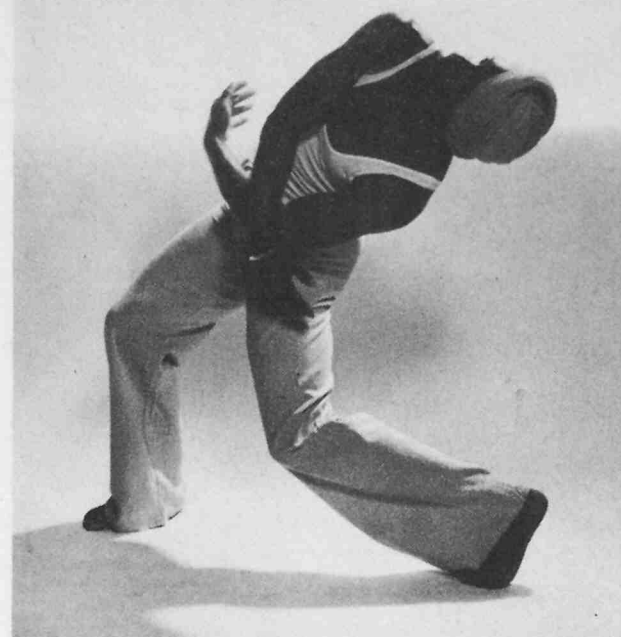
German TV

Tonight it's "News of the Week" again. Be informed at 6:30 p.m. on Program III. News is presented in English.

A Super Hit Parade comes to you tomorrow with "Hits of '83." Tune in to Program II at 7:30 p.m.

On Wednesday, the Film-Club is showing "Swinging USA" with Jay McShann's "Hootie's Blues," Charlie Parker's "Hot House" and "A Night In Hamburg" with Dizzy Gillespie. Program begins at 9:45 p.m. on Program III.

Jazz Fest Berlin '83 comes to you on Thursday. The fest begins at 10:55 p.m. on Program III.



SIRI SAT NAM — director and choreographer of the Berlin Dance Company, will perform with his troupe at Amerika Haus tonight and tomorrow. The evening of jazz dance begins both days at 8 p.m.



FLIP THE SWITCH ON

ENERGY WASTE!

events

ads

For sale

1982 Gray Monte Carlo with AC, PS, PB, cruise control, AM/FM cassette, power windows and locks, delay wipers, tilt wheel. Call 831-2694.

Fur Coat "Swankara Persian Lamb" black with black mink collar. Size 8—10, \$700, or best offer. Call 826-2744 mornings or after 7 p.m.

Exquisite large **German antique dowery chest**, circa 1798. Solid oak, totally original including its metalwork, working lock and key. A real museum piece, \$1,045. Call 813-8792.

1978 BMW 518, German specs., excellent condition, 49,000 miles, four-speed, four-door, \$3,000. Call 802-6894 after 5 p.m.

Color television, 19-inch, portable, RCA chassis, 110-volt, very good working condition, \$90. Also TV stand available for \$15. Call 711-7816.

Basement Sale tomorrow and Sunday — books, records, clothing, toys, and games. Open from 10 a.m. until 4 p.m. at Stewardstr. 13, BBde. housing area.

Whirlpool dishwasher, \$100, or best offer. Call 813-8964.

Female Dachshund Pup, pedigree, red, longhair, with papers. Born Dec. 13, 1983, \$200. Call 802-7359.

110/220-volt Singer sewing machine \$50. Umbrella stroller, new \$15. Hairdryer, 220-volt, \$5. German baby buggy, \$60. American baby crib, \$25. Baby swing, new, \$15. Long winter coat, ladies, size 7/8, red, \$20. Long winter coat, ladies, size 7/8, black, \$25. Call anytime 813-6599.

Plants, women's pants sizes 7—10, women's shoes size 8 1/2, perfume, paint items, jewelry, children's clothing, one year and down. Clairrol make-up mirror, seeds, more. Tomorrow, 11 a.m. to 4 p.m. at 148A, No. 11 Sundgauer Strasse. Call 811-8174.

1975 Dodge Monaco station wagon has PS, PB, AC and good tires. Call 811-8287. Will accept reasonable offer.

1980 Ford Granada, four-door sedan, AT, PS, PB. AM/FM stereo cassette radio in excellent condition. Call 832-8401.

Bicycle, Motobecane three-speed, 21-inch, man's frame, \$95. Call 832-4927.

1980 Chevy Diesel Impala station wagon, automatic, power steering, power brakes, A/C, new tires, \$3,800. Call 831-3699 after 6 p.m.

Amazon Parrot with cage, two years old. Asking \$150 or DM equivalent. Call 817-7297 after duty hours.

Antique mantel clock by Seth Thomas, about 1882. Runs and gongs correctly, \$300. Call 832-5123 anytime.

74 Mercedes 280 SE, \$3,000, six cylinders, fuel injected, 198 horsepower engine; four steel-belted radial tires, new brakes. New Pioneer AM/FM cassette stereo system. Just passed inspection. Call 802-9386.

Female black Cocker Spaniel with papers. Three years old and housetrained. Also, five-month-old brown and black male Cocker Spaniel puppy, good with children and housetrained. Call 817-7297 after duty hours.

1979 Toyota Cressida, four-door sedan, grey with maroon velour interior. Car has air conditioning, AM/FM radio, cassette deck, four brand new tires, ski rack, closed luggage rack for top of car, plus various car parts. Must sell — family too large for car. Blue book \$5,245 — or best offer. Call 813-8864 after 6 p.m.

26" RCA Victor console color TV with swing base. Excellent condition, \$300. Call 831-3679 after 5 p.m..

1973 MG Midget has US specs. comes with a hard top, AM/FM cassette, it runs good and has no major mechanical problems and only needs a very small amount of body work, \$1,200. Call 813-7118 anytime after 6 p.m.

Wanted

One bedroom apartment in Dahlem, Zehlendorf, Lichtenfelde, Steglitz, or Wilmersdorf area. Rent not to exceed DM 550, utilities and heat included. Call 832-4254.

Someone who can occasionally come to my home and watch my two infants and three-year-old. Must be responsible. Call Cindy at 813-6898.

Wanted flatpickers for informal bluegrass/ newgrass/ country jam sessions. Need not be a virtuoso. Just playing for the fun of it. Call 813-6392 evenings.

Wanted contact with someone experienced in repair of **Adler Gabriele 5000 Electric Typewriters**. Call 819-6815 or 819-6838.

Miscellaneous

Will baby-sit in my home. Call 802-7470.

I decorate cakes for all occasions. For information on prices or to place orders, call Cindy at 813-6898.

Do you need a tax consultant? — nine years of experience. Call 813-8914, ask for Angie.

I will do occasional baby-sitting in my home, evenings, days, and weekends. Call Maxine at 801-4578.

Will baby-sit three to eight years of age in my home. Call Diana at 813-6829.

LOST

Bright pink scarf about 5 ft. long. If found, please bring it to the commissary and give it to the head cashier, she will get it to me.

lunches

JFK School has the following menu for the week beginning Jan. 23:
Monday — Hungarian goulash, noodles, chocolate pudding with vanilla sauce.

Tuesday — Chicken leg, mashed potatoes, mixed vegetables and mandarin.

Wednesday — Pork with sauce, sauerkraut, dumpling and canned pineapples.

Thursday — Meat rolls with sauce, rice, corn cob and canned pears.

Friday — Fish cakes, boiled potatoes, sauce and apple sauce.

The TAR and BAH Schools have the following menu for the week beginning Jan. 23:

Monday — Salad, Italian meat sauce, spaghetti, peaches, milk, bread and butter.

Tuesday — Lettuce, pickles, hamburger on bun, French fried potatoes, ice cream and milk

Wednesday — Salad, barbecue pork on rice, buttered beans, fruit cocktail, chocolate milk, bread and butter.

Thursday — Cole slaw, chicken patties on bun, buttered corn and juice.

Friday — closed —

Ceramic Show and Crafts Bazaar

Start working now, if you want to take part in the Third Annual Ceramic Show and Crafts Bazaar. Deadline for table reservations is March 23, and there is no charge. Just call 819-3578, MSAD Creative and Performing Arts Branch and tell them what you intend to display and sell.

AAFES facilities closed for inventory

The following AAFES facilities will be closed on Wednesday for the Annual Physical Inventory: Main Exchange, Truman Plaza, Düppel, Schlangenbader and Sundgauer Foodland, Beverage and Auto Parts Stores. All facilities will reopen at normal hours on Thursday.

New hours at Andrews Ceramics

Andrews Ceramics is happy to announce new hours for their orientation briefing. Classes will meet every Monday at 6:30 p.m. and Friday's at noon. If you are new to Berlin, or just need to get away for a few hours, let the staff of Andrews Ceramics Shop show you a new and exciting way to relax. For more information, call 819-3534 Thursday through Monday, or 819-3578 Monday through Friday.

Youth Activities

For more information, call the YA at 819-6952, 819-6239, or 819-6249.

Attention all teens, you can rock out at the YA for \$1 and presentation of a valid YA card on Jan. 27, at 8 p.m.

The YA will be closed on Jan. 30, from 1 to 5:30 p.m. for staff training.

Recreation Center fun

For further information, reservation, or sign-up on any of these activities, all All-American at 819-3125 or 819-3254, and the Hi-Lite at 819-3554 or 819-3527.

How low can you go? The Hi-Lite Recreation Center presents a limbo party on Friday, Jan. 20, at 7 p.m. Get limber and get down-join the festivities at the Hi-Lite.

A basic German Conversation Class will be offered at the Hi-Lite Recreation Center beginning tomorrow. Classes are held every Saturday and Sunday from 2 to 3 p.m. Fees are \$20 for a one month session. To register, call the Hi-Lite.

A stained-glass workshop will be conducted at the Hi-Lite Recreation Center tomorrow and Sunday from 2 to 5 p.m. The two-day introductory class will teach basic designs and methods in stained glass. To register, call the Hi-Lite.

The Hi-Lite Recreation Center presents a "Soups and Breads" Cooking Workshop with Alice Sarantis, on Thursday at 7 p.m. and on Jan. 28, at 10 a.m. Learn how to make hearty home-made soups and pair it with fresh baked breads. The two-day workshop costs \$12 with a \$3 food fee charge. To register, drop by the Hi-Lite Recreation Center between 1 and 10 p.m. before Tuesday.

Imagine a ten-course meal of all your favorite foods. Now imagine that each course will be lavishly served in a different location with different entertainment in each place. Sound interesting? Then participate in the first ever "Progressive Dinner" on Jan. 29, at 3 p.m. with the All American Recreation Center.

The All American and Hi-Lite Recreation Centers will be closed the last Monday of each month from 1 to 5 p.m. for staff training. The recreation centers will open at 5 p.m. and remain open until 10 p.m.

Ice Hockey anyone? If you are female and between the ages of 13 and 25 and like to ice skate, the Women's Icehockey Club of Berlin is interested in you. The club, which compromises one of the best teams in Germany, is looking for new players to reinforce the already existing team. For more information, call the Hi-Lite Recreation Center.

All American Recreation Center is looking for instructors for leisure time activities. If you are interested in teaching a class in flower decorating, jazzercise, hang gliding, disco dancing, cooking or any other fun activity, we are looking for you.

TOWC's trip to Green Week

The Tempelhof Officer's Wives Club is taking a trip to Green Week on Jan. 27. An Air Force bus will leave Truman Plaza at 9:30 a.m. and return at 1:30 p.m. Cost is under DM10 and can be paid that day. Bring DM to spend at Green Week. Make reservations before Jan. 23 by calling 832-6127 or 826-4338.

Beginner's Yoga

MSAD physical activities branch will host beginners Yoga starting Feb. 7. The classes will take place Tuesdays and Thursdays at 5:30 p.m., lasting one hour. Cost for the ten sessions is \$17.50. Anyone wishing to take part in the beginner Yoga should call Sheila Graham at 819-7181 as soon as possible.

The classes will be held in the Berlin Brigade Sports Center.

Berlin Nurses Association

All registered and licensed practical nurses in the Berlin community are invited to attend the first meeting of the Berlin Nurses Association. Topics to be discussed are Community Nursing Activities and continuing education. Meeting will be on Tuesday, at 7 p.m. at the Children's Center. For more information call 832-7188.

Children's Center

The Children's Center is open daily from 8 a.m. to 5 p.m. for full day and part-time preschool and drop-in. Reservations are encouraged. The center also provides child care on Friday evenings from 5:30 to 11 p.m. on a reservation basis. On Tuesday, Thursday, and Friday from 8:30 a.m. to 2 p.m. a drop-in room is available for children over 18 months of age at the Youth Activities Center, but the child must be pre-registered at the Children's Center. No reservations are necessary here. For more information call 819-6270. Happy first birthday Children's Center! A Spaghetti Dinner will be held on Jan. 31 from 5 to 6:30 p.m. at the center. Family portraits will be taken at the center in February.

Boston University

Registration for the Spring Term will begin Jan. 27 to Feb. 3 for Boston University. The Class offered in the Masters in International Relations will be "American Foreign Policy in the Twentieth Century" and "The Super Powers and World Peace: U.S.-Soviet Relations." The Master of Science in Business Administration will be "Economic Environment" and "Economic Decision Analysis." For more information call 819-6976.

Please watch requirements and deadline!

Community Events and Classified Ads for each week's issue will be printed on a space available basis only, and are due by close of business Tuesday. The events and ads will be run for one week and must be resubmitted for each issue. Only double-spaced, typewritten announcements will be accepted for printing. All ads must be signed to be accepted.

Godspell auditions

The Theater Center at Andrews Barracks will hold auditions for the musical "Godspell" Jan. 27 at 7 p.m., Jan. 28 at 2 p.m. and Jan. 29 at 7 p.m. Male and female singers and dancers are needed. For more information, call 819-3550.

Berlin Women's Network

The Parents of Twins monthly meeting will be held on Wednesday at 7:30 p.m. in the Women's Resource Room 024 at the Children's Center. For more information call Loretta at 811-8287.

We meet the last Wednesday of every month and unite parents of twins of all ages.

Call the Helpline for help, support and information, Friday, Saturday, Sunday and Monday from 7 to 11 p.m. The Resource Center is open on Monday, Wednesday and Friday from 9 a.m. to 1 p.m. Come by to see what we are all about and find out what's going on in Berlin.

Rod and Gun Club sale

The Berlin Rod and Gun Club store at McNair Barracks is holding a year-end clearance sale beginning on Jan. 31, continuing through Feb. 3. Selected weapons and sporting accessories will be marked down as much as 25 percent and lay-aways will be accepted on items priced over \$100. The store opens daily from noon to 5 p.m. and you must be a member to participate. Call 819-3566 for additional information.

American Society of Military Comptrollers

All ranks (mil, DAC, LN) are alerted to the forthcoming meeting of the Organization Committee for a Berlin Chapter of ASMC on Feb. 10, at noon in the Harnack House. ASMC is a non-profit educational professional organization for persons involved in the fields of financial, general, and resource management; accounting, finance, budgeting, programming, reporting, statistics, auditing, cost and price analysis, management analysis, and supporting activities in management/industrial engineering, automatic data processing and operations research/systems analysis.

Big Bend Community College

Big Bend Community College is starting an evening program two nights a week at the Children's Center, beginning on Monday. Classes meet Monday and Wednesday from 6 to 8:30 p.m., and are free to active duty military and family members 18 years of age or over. Call 819-3453 for more information.

Limited services at AG

Due to SQT training, AG Division will be providing limited services on Tuesday, Thursday and Feb. 2 from 3:30 to 4:30 p.m.

BAHS Athletic Booster Club

Parents of Berlin American High School athletes, the next meeting of the BAHS Athletic Booster Club will be held on Wednesday in the high school cafeteria, at 7:30 p.m. With the recent start of wrestling and basketball seasons, we encourage all parents of BAHS participating in these sports to join us at this meeting. For more information call 811-8258 or in the evenings 811-7875.

Allied Coffee Morning

The Allied Coffee Morning will be held on Tuesday, from 10 to 11:30 a.m. in the American sector. All officer and diplomatic wives are invited to attend. These informal "Coffee Mornings" provide an excellent opportunity for friendship with our British and French counterparts. Please join with us in sponsoring this coffee. For the hostess' address, or for further information, call 813-8581 after 4 p.m. daily.

Commodore 64 computer owners

Attention Commodore 64 computer owners. There will be an organizational meeting to form a Users Club on Jan. 27, at 7 p.m. in the TAR cafeteria. For more information call 826-4195 or 824-7826.

Refunders Meeting

Come and join us at our next Refunders Meeting and learn how to save money on your groceries. We will meet on Monday at 10 a.m. in the Community Room at Building 18 on Charles H. King Strasse. For more information call 801-5488.

Perform at Black History Program

The Hi-Lite Recreation Center is looking for people of all ages who are talented in music, dance, and/or theater who would be interested in performing for a special program commemorating Black History month in February. Contact person is Joseph Saddler at 819-3403 or 819-3430 or call the Hi-Lite Recreation Center at 819-3554.

U.S. Army Hospital informs

The staff of the Optometry Clinic will conduct a vision screening at the TAR Elementary School the week of Feb. 6. Optometry service at the hospital will be limited to emergency situations. Persons needing to re-order eyeglasses, or conduct other non-emergency business are requested to do so prior to, or after the week of Feb. 6.

Central Texas College

CTC class openings in Internal Combustion Engines, Shop Practices and Safety will be offered Feb. 13 through March 24. These are command-sponsored courses and your only cost may be a \$15 matriculation fee. For more information, call CTC at 819-3649 or 819-3651.

Join the American Community Choir

The American Community Choir, which sang in the Allied Carol Service at the Kaiser-Wilhelm-Gedächtniskirche in December, will resume rehearsals next week to prepare an Easter concert. New members may join the choir at this time. The choir will rehearse each Monday evening at the American Community Chapel on Hüttenweg from 7 until 9 p.m. If you have some experience singing in choirs, and will be able to attend rehearsals regularly during the next two months you are most cordially invited to come on Monday. Any American living in Berlin may take part. If you have any questions, call the director, Dr. Alan Poland, at 813-1857.

Bible Study and Prayer meeting

A Bible Study and Prayer meeting will be conducted by Chaplain Sax on beginning Jan. 31, at McNair Chapel. The class will begin at 7 p.m., and the prayer meeting will begin at 9 p.m. Classes will occur every Tuesday. All are invited to attend.

calendar

Deutsche Oper Berlin 34-37 Bismarckstrasse

Jan. 20 — **Manon** — in Italian — by Giacomo Puccini at 7:30 p.m.
Jan. 21 — **Die Zauberflöte** (The Magic Flute) by W. A. Mozart at 7 p.m.
Jan. 21 — **Midnight-Medley** at the Parkett-Foyer with Mona Seefried, Lucy Peacock, Donald Grobe, Paul Wolfrum in "Wiener G'schichten" (Viennese Stories), beginning at 11 p.m. Admission is DM 12.20.
Jan. 22 — **Zauber(flöten)reich Theater**, by W. A. Mozart at 11:30 a.m.
Jan. 22 — **Ein Maskenball** in Italian — by Giuseppe Verdi at 7:30 p.m.
Jan. 23 — **Manon Lescaut** — in Italian — by Giacomo Puccini at 7:30 p.m.
Jan. 24 — no performance —
Jan. 24 — **Vide Opera: Beethoven** at Orchester-Probensaal — a film by Max Jaap at 8 p.m.
Jan. 25 — **Il Trovatore** — in Italian — by Giuseppe Verdi at 7:30 p.m.
Jan. 26 — **Der Barbier von Sevilla** (The Barber of Seville) by Gioacchino Rossini at 7:30 p.m.
Jan. 27 — **Ballet Night: Riccardo W.** with works by Wagner, Meyerbeer, Mendelssohn-Bartholdy, Liszt, Berlioz and Offenbach. Program begins at 7:30 p.m.
Jan. 28 — **Orpheus und Eurydike** — in Italian — by Ch. W. Gluck at 8 p.m.
Jan. 28 — **Midnight-Medley** at the Parkett-Foyer with Mona Seefried, Lucy Peacock, Donald Grobe, Paul Wolfrum in "Wiener G'schichten" (Viennese Stories), beginning at 11 p.m. Admission is DM 12.20.
Jan. 29 — **Der Wildschütze** by Albert Lortzing at 2:20 p.m.
Jan. 29 — **Concert** with Pilar Lorengar and the Orchester der Deutschen Oper Berlin under the direction of Jesus Lopez Cobos at 8 p.m.
Jan. 30 — **Ballet Night: Der Nussknacker** (The Nutcracker) by Peter I. Tchaikovsky at 7:30 p.m.

Jan. 31 — **Orpheus und Eurydike** — in Italian — by Ch. W. Gluck at 8 p.m.

Berlin Club happenings

Tonight — **Harnack House** — R'n'R Band Mosqueatoes from 8 p.m. to midnight
Checkpoint NCO Club — Variety Music with DJ The Loner from 9 p.m. to 2 a.m.
Gator NCO Club — Country and Western DJ The Gambler from 8:30 p.m. to 12:30 a.m.
Starlight Grove — R'n'R DJ from 9 p.m. to 2 a.m.
Friendship Pub — Disco with DJ Spiderman from 9 p.m. to 2 a.m.
Tomorrow — **Checkpoint NCO Club** — Disco Band Magic and Disco DJ Spiderman from 9 p.m. to 2 a.m.
Gator NCO Club — Country and Western DJ The Gambler from 8:30 p.m. to 2:30 a.m.
Starlight Grove — Country and Western with DJ from 9 p.m. to 2 a.m.
Friendship Pub — DJ R'n'R Kid from 9 p.m. to 2 a.m.
Sun. — **Checkpoint NCO Club** — Disco with DJ Hittman from 9 p.m. to 1 a.m.
Starlight Grove — Disco DJ from 8 p.m. to 1 a.m.
Mon. — **Friendship Pub** — Country and Western DJ The Gambler from 8 p.m. to midnight
Tue. — **Starlight Grove** — Country and Western DJ from 8 p.m. to midnight
Friendship Pub — R'n'R DJ from 8 p.m. to midnight
Wed. — **Checkpoint NCO Club** — DJ R'n'R Kid from 9 p.m. to 1 a.m. and Male Go-Go Dancers from 9:30 to 11 p.m.
Starlight Grove — R'n'R DJ from 8 p.m. to midnight
Friendship Pub — Disco with DJ Master Blaster from 8:30 p.m. to 1:30 a.m.
Thu. — **Gator NCO Club** — Ladies Night with DJ The Gambler from 8:30 p.m. to midnight

Starlight Grove — Disco DJ from 8 p.m. to midnight
Friendship Pub — DJ R'n'R Kid from 8 p.m. to midnight
Fri. — **Harnack House** — Variety Music with DJ The Loner from 8 p.m. to midnight
Checkpoint NCO Club — Country and Western Band Country Crash from 9 p.m. to 2 a.m. and Country and Western DJ The Gambler from 9 p.m. to 2 a.m.
Gator NCO Club — Country and Western DJ The Farmer from 8:30 p.m. to 2:30 a.m.
Starlight Grove — R'n'R DJ from 9 p.m. to 2 a.m.
Friendship Pub — Disco with DJ Florida Player from 9 p.m. to 2 a.m.
Sat. — **Harnack House** — Les Garner Quintett from 8 p.m. to midnight
Checkpoint NCO Club — Disco with DJ Master Blaster from 9 p.m. to 2 a.m.
Gator NCO Club — Country and Western DJ The Farmer from 8:30 p.m. to 2:30 a.m.
Starlight Grove — Country and Western DJ from 9 p.m. to 2 a.m.
Friend Pub — DJ R'n'R Kid from 9 p.m. to 2 a.m.
Sun. — **Checkpoint NCO Club** — Disco with DJ Florida Player from 9 p.m. to 1 a.m.
Gator NCO Club — Blues with DJ Master Blaster from 4 to 8 p.m.
Starlight Grove — Disco DJ from 9 p.m. to 1 a.m.

Club News

The "General Membership Meeting," previously scheduled for tonight at the Harnack House has been postponed one month. The new date for the membership meeting has been set for Feb. 17.

It's "Membership Appreciation Nite" at the Checkpoint NCO Club on Thursday. Save \$1 if your club card number falls between 1,500 and 2,000. The regular dinner price is \$6.75, but the salad bar is free.

The Harnack House is proud to present a "Mongolian Barbeque" on Jan. 28. It's different and original. The menu includes: beef, pork, lamb, ginger root, garlic essence, hot pepper oil, and much more. Your plate is weighed at the register, and the price is 35 cents an ounce. Dinner is served from 5:30 to 9 p.m. with the "Les Garner Quintet" entertaining live from 8 p.m. until midnight. Call now for reservations.

on the screen

Jan. 20 — Jan. 26

Tue. **Spacehunter: Adventures In The Forbidden Zone** (PG) at 7:30 p.m.
Wed. Same show as above, at 7:30 p.m.
Thu. Same show as above, at 7:30 p.m.

Outpost — Clayallee (6524)

Fri. **Return Of The Jedi** (PG) at 6:30 p.m. and 9 p.m.
Sat. **Special Matinee: For The Love Of Benji** (G) at 2 p.m.
Sat. **Return Of The Jedi** (PG) at 6:30 and 9 p.m.
Sun. Same show as above, at 2 and 7:30 p.m.
Mon. Same show as above, at 7:30 p.m.
Tue. Same show as above, at 7:30 p.m.
Wed. **Body And Soul** (R) at 7:30 p.m.
Thu. **Valley Girl** (R) at 7:30 p.m.

Coliseum — McNair Brks. (3131)

Fri. **Vigilante** (R) at 7:30 p.m.
Sat. **Something Wicked This Way Comes** (PG) 7:30 p.m.
Sun. **Class** (R) at 2:30 and 7:30 p.m.
Mon. Same show as above, at 7:30 p.m.
Tue. **The Border** (R) at 7:30 p.m.
Wed. Same show as above, at 7:30 p.m.
Thu. **Twilight Zone: The Movie** (PG) at 7:30 p.m.

Andrews — Barracks (3538)

Fri. **The Kinky Coaches And Pom Pom Pussycats** (R) at 6:30 p.m.
Sat. Same show as above, at 6:30 p.m.
Sun. **Vigilante** (R) at 6:30 p.m.
Mon. Same show as above, at 6:30 p.m.
Tue. **Something Wicked This Way Comes** (PG) at 6:30 p.m.

Wed. **Class**, (R) at 6:30 p.m.
Thu. Same show as above, at 6:30 p.m.

Jerboa — located on Theodor-Heuss-Platz

Fri. **Yellowbeard** (PG) at 7:30 p.m.
Sat. **Children's Matinee: The Johnstown Monster** (G) at 10 a.m.
Sat. **Yellowbeard** (PG) at 7:30 p.m.
Sun. **Handgun** (X) at 7:30 p.m.
Mon. Same show as above, at 7:30 p.m.
Tue. **Gallipoli** (PG) at 7:30 p.m.
Wed. **Death Vengeance** (X) at 7:30 p.m.
Thu. — closed —

Astra — RAF Gatow compound

Fri. **Mary Poppins** (G) at 7 p.m.
Sat. **Children's Matinee: Tom And Jerry** (G), at 2 p.m.
Sat. **Mary Poppins** (G) at 7 p.m.
Sun. **Breathless** (X) at 7:30 p.m.
Mon. Same show as above, at 7:30 p.m.
Tue. **Taps** (PG) at 7:30 p.m.
Wed. — closed —
Thu. **Sins Within The Family**, (X) at 7:30 p.m. and **Eaten Alive** (X) at 8:50 p.m.

Thalia 2 — 71 Kaiser-Wilhelm-Strasse

Fri. **Double Trouble** at 5:45 p.m., **M*A*S*H** at 7:45 p.m. and **2001: A Space Odyssey** at 9:45 p.m.
Sat. **Charro!** at 5:45 p.m., **The Sky's The Limit** at 7:45 p.m. and **The Rocky Horror Picture Show** at 9:45 p.m.
Sun. **Elvis Forever** at 5:45 p.m., **Fantasia** at 7:45 p.m. and **Rear Window** at 9:45 p.m.
Mon. **Elvis on Tour** at 5:45 p.m., **Porgy and Bess** at 7:45 p.m. and **Desire** at 9:45 p.m.
Tue. **Yellow Submarine** at 5:45 p.m., **Angel on my Shoulder** at 7:45 p.m. and **To Have and Have Not** at 9:45 p.m.
Wed. **Yellow Submarine** at 5:45 p.m., **Rear Window** at 7:45 p.m., and **Georgie Girl** at 9:45 p.m.
Thu. **Yellow Submarine** at 5:45 p.m. and **The Real Glory** at 7:45 p.m. and **Don't Open the Window** at 9:45 p.m.
Fri. **Love Me Tender** at 5:45 p.m., **Circle of Two** at 7:45 p.m. and **2001: A Space Odyssey** at 9:45 p.m.

afn tv — Program is subject to change —

Jan. 20 — Jan. 27

Friday
8:10 Berlin this Morning
8:15 Super Seven
8:35 Sesame Street
9:35 AFN Morning Movie: "The Eyes Of The Amaryllis"
11:10 Donahue
12:00 AFN News
12:05 Governor and J.J.
12:30 Ryan's Hope
12:55 General Hospital
1:40 St. Elsewhere
2:30 That Nashville Music
2:55 Whacky World of Jonathan Winters
3:25 Ebony Jet Celebrity Showcase
3:45 High Chaparral
4:40 Music Shoppe
5:10 Super Seven
5:30 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
7:00 Mork and Mindy
7:25 Rat Patrol
7:55 Taxi
8:20 Berlin and The World Headlines
8:25 Dynasty
9:15 Knot's Landing
10:10 Berlin and the World Tonight
10:40 AFN Late Movie: "Private Life Of Sherlock Holmes"
12:50 General Hospital
1:35 Ryan's Hope
1:55 Wayne and Shuster
1:40 That Nashville Music
2:05 Sign Off
Saturday
8:10 Richie Rich
8:35 Danguard Ace

8:55 Jason Of Star Command
9:20 Mr. Rogers
9:20 Neighborhood
9:50 The Frooties
10:10 Children's Special
11:05 Hee Haw
11:55 Mark Russell '83
12:25 Showcase Theater
1:40 Alice
2:10 Chips
3:00 Trapper John
3:50 F.B.I.
4:45 New Olympic Boxing
5:40 Solid Gold
6:30 The World Tonight
7:00 Real People
8:15 Bob Hope USO Beirut Special
9:55 Half-an-hour Variety Special
10:15 Entertainment this Week
11:05 The World Tonight
11:30 SCTV
12:35 David Letterman
1:20 Mission Impossible
2:15 Sign Off

Sunday
8:10 Children's Special
9:05 Animated Classics
9:55 Christopher Closeup
10:25 Hour of Power
11:20 Nashville Gospel Hour
11:40 Good Book
12:10 Sunday Movie: "The Marvelous Land Of Oz"
1:55 Sunday Movie: "A Double Life"
3:40 Sunday Movie: "And Baby Makes Three"
5:05 Sixty Minutes
6:00 The World Tonight
6:30 NCAA B-Ball: Kentucky vs Houston
8:30 Superbowl Special
10:30 Superbowl Pro-Game

11:00 Superbowl 18
2:30 Sign Off
Monday
8:10 Berlin this Morning
8:35 New Zoo Revue
9:00 Sesame Street
10:00 AFN Morning Movie: "Hotline"
11:40 Richard Simmons
12:00 AFN News
12:05 Donahue
12:55 General Hospital (A)
1:45 Ryan's Hope (A)
2:10 Portrait of a Legend
2:35 Julia
3:00 Just for Kids: "Plastic Man"
3:25 Cartoons
3:45 Mr. Rogers' Neighborhood
4:15 Big Valley
5:05 Jason of the Star Command
5:35 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
6:55 Moving Right Along: "Mr. Juanderful"
7:25 Gasthaus
7:35 Real People
8:30 Mork and Mindy
9:00 Knots Landing
10:00 Berlin and the World Tonight
10:30 AFN Theater: "The Kentuckian"
12:20 David Letterman
1:05 Insight
1:35 Sign Off

Tuesday
8:10 Berlin this Morning
8:15 Cartoons
8:35 Mr. Rogers' Neighborhood

8:55 Frooties
9:35 Sesame Street
9:35 Sesame Street
10:35 Merv Griffin
11:30 Biography: "Admiral Chester Nimitz"
12:00 AFN News
12:05 Donahue
12:55 General Hospital (A)
1:40 Ryan's Hope (A)
2:05 Information Special: "One Generation Is Not Enough"
2:35 The Bob Newhart Show
3:00 Stanley's Smoggles Steamer
3:20 Just for Kids: Cartoons
3:50 Trollkins
4:15 Police Woman
5:05 Andy Griffith
5:30 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
7:00 Filthy Rich
7:30 Gasthaus
7:40 Enos
8:35 Amanda
9:05 Gavalan
10:00 Berlin and the World Tonight
10:30 Tuesday Night Sports — to be announced — followed by Best of Carson and Sign Off

Wednesday
8:10 Berlin this Morning
8:15 Big Blue Marble
8:35 Cartoons
9:45 AFN Morning Movie: "The Kentuckian"
11:30 People's Court
12:00 AFN News
12:05 Donahue
12:55 General Hospital (A)
1:40 Ryan's Hope (A)
2:05 Rat Patrol

2:35 Bridget Loves Bernie
3:00 Just for Kids: Sesame Street
4:00 Cartoons
4:10 Voyage to the Bottom of the Sea
5:05 Super Seven
5:35 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
7:00 Laverne and Shirley
7:30 Gasthaus
7:40 The Mary Tyler Moore Show
8:05 Movie of the Week: "Scorpio"
10:00 Berlin and the World Tonight
10:30 Wayne and Shuster
11:00 Showcase Theater: "Barefoot in Athens"
12:15 Sounds Good
12:40 Tales of the Klondike
1:35 Sign Off

Thursday
8:10 Berlin this Morning
8:15 Jason of Star Command
8:35 Animated Classics
9:30 Sesame Street
10:30 Nova
11:30 In Search Of
12:00 AFN News
12:05 Donahue
12:55 General Hospital (A)
1:40 Ryan's Hope (A)
2:05 Wild Kingdom
2:30 Just for Kids: Frooties
2:55 Cartoons
3:25 Count Of Monte Cristo
3:50 Hawaii Five-0
4:40 Charlie's Angels
5:30 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
7:00 Private Benjamin

7:30 Gasthaus
7:40 Taxi
8:10 Greatest American Hero
9:05 Dynasty
10:00 Berlin and the World Tonight
10:30 AFN Late Movie: "Hallelujah Trail"
12:55 Variety Special: "Belles Of The Silver Circuit"
1:20 Sign Off

Friday
8:10 Berlin This Morning
8:15 Super Seven
8:35 Cartoons
9:20 Animated Classics
10:10 AFN Morning Movie: "California Conquest"
11:30 Ebony Jet Showcase
12:00 AFN News
12:05 Donahue
12:55 General Hospital (A)
1:40 Ryan's Hope (A)
2:05 Whacky World of Jonathan Winters
2:35 Green Acres
3:00 Just for Kids: Sesame Street
4:00 Cartoons
4:15 Beverly Hillbillies
4:40 High Chaparral
5:35 Family Feud
6:00 Berlin Tonight
6:30 The World Tonight
7:00 Love, Sidney
7:30 Gasthaus
7:40 M.A.S.H.
8:10 Chips
8:25 St. Elsewhere
10:00 Berlin and the World Tonight
10:30 AFN Late Movie: "The Unforgiven"
12:35 To be announced
1:55 Sign Off

sports

Aerobics — great way to stay fit

by Sandra F. Yaney, ANC
Health Fitness Nurse Staff Officer
The Surgeon General's Task Force on Fitness

Are you feeling left out of the emphasis on fitness that's sweeping the country?

Has your attitude toward exercise turned thumbs down due to repeated or lingering "running" injuries? Are you just tired of that old "one foot in front of the other" routine?

A growing number of injured joggers and assorted skeptics are realizing the full benefits of regular workouts, breaking their injury-prone patterns, and jazzing up their training regimens.

The truth is, you can get aerobic exercise benefits in many ways!

There are many variations on the aerobics theme that can help you get just as much benefit as the most fanatical of fast track runners.

Before selecting an aerobic alternative, it's important to understand what constitutes an aerobic activity. Aerobic activities stimulate the body to adapt in specific ways that permit the oxygen transport system (heart, lungs, and blood vessels), as well as the working muscles, to make the best possible use of oxygen available for energy production.

Most daily activities are actually a combination of aerobic metabolism — which requires oxygen — and anaerobic metabolism — which is not oxygen dependent.

Variations in rhythm or intensity of the muscular contractions performed will cause the workout to vary in its aerobic composition. For example, running at a comfortable pace is more aerobic than is sprinting or running hills.

Competitive racquetball tends to be too "stop and go" and variable in intensity to be considered aerobic. However, 30 minutes of continuous solitary practice or an

even-paced congenial game of racquetball with a partner could satisfy your aerobic needs for the day, if done correctly. A certain amount of skill (such as reaching and placing the racquetball smoothly) allow the exercise to maintain the steady state needed for an aerobic workout.

Not surprisingly, there is a vast difference in the energy patterns used during power-lifting as compared with high repetition, low-poundage weight training. An activity that can be sustained in intensity for more than a few minutes is predominantly aerobic, because aerobic energy production is more efficient than anaerobic forms of energy production.

Take time to analyze your favorite activities. Rhythmic, repetitive muscle contractions of large muscle groups tend to be aerobic. In aerobic exercise the muscles alternately lengthen and shorten as they contract, but there is no major change in muscle tone or diameter.

Be sure to include aerobic exercise(s) in your program at least three times a week.

Once aerobically conditioned, the body makes better use of oxygen, so that more work can be done with less effort. Other important advantages of a regular aerobics program include psychological lift.

The "runners high" that persists far beyond the actual workout can also be achieved with a variety of other aerobic activities.

Some experts theorize that exercise may become somewhat addicting. Prolonged aerobic exercise stimulates the release of natural chemical substances known as endorphins. Endorphins are believed to possess pain-killing and mood-elevating properties many times more powerful than those of morphine.

Many devoted exercisers do so to counteract fatigue, anxiety or depression, while others find it a most effective form of stress management and a road to greater per-

sonal awareness. Scientific reasons aside, most agree that it "feels so good, especially when you stop!"

Training effects are specific for the activity. It's not unusual to see a petite female or a 6-foot male outperform an avid distance runner who ventures off the running trail into the aerobic dance or conditioning calisthenics parlor.

While running trains certain muscles of the lower body responsible for flexing and extending hip, knee, and ankle joints, it does little for the upper body or for the muscle groups which move the legs in other directions (abductors and adductors).

Dr. Kenneth Cooper, a leading author on Aerobics, recently observed during a speaking engagement at the Pentagon in Washington, D.D., that "anyone who runs more than three miles, five days a week is doing it for reasons other than cardiovascular fitness."

He notes that while injuries increase dramatically in people who run more than 15 miles per week, little additional cardiovascular benefit has been found. One solution to this dilemma is to develop a well-balanced and varied exercise program that works well for you. If you want more upper body strength and muscle definition, want to work on agility and reflexes, or want to reduce the chance of injury, you must not rely on running or any one form of exercise.

While soldiers in particular need to ensure that they are capable of running 2-3 miles comfortably, there is no need to limit training to running, sit-up, and push-ups. Some may choose to prevent injuries by developing a personalized program that incorporates fun and variety with total body fitness.

What's really important is not choosing the "best" activity, but making a firm commitment to an active, healthy lifestyle.

—sport shorts—

Basketball results

Berlin's men and women basketball players had to haul down their colors and admit defeat at the hands of Aschaffenburg this weekend.

The Bears fighting hard, all the way, never did quite close the two point lead of their opponents, and the final score remained 88 to 86, with the Berlin players being low man on the totem pole. The lady Bears now stand on a record of 10 to 7, losing to Aschaffenburg by 51-39.

This weekend, the ladies tip off against Neu Ulm in the BB Sports Center at 6 p.m., with the men's team clashing with Kitzigen at 7:30 p.m. Sunday, the opponents switch, and the Lady Bears will go up against Kitzigen's women starting at 1 p.m., and the game at 2 p.m. sets Berlin men in conflict with the men of Neu Ulm.

Spectators are more than welcome — they're needed!

Coach needed

MSAD still requires an experienced male coach for the brigade volleyball team.

Anyone interested in coaching the team should contact Sheila Lloyd-Graham at the Berlin Brigade Sports Center of call 819-7181 as soon as possible.

Powerlifting

It's still not too late to get into powerlifting championships at McNair Physical Fitness Center tomorrow. Lifters are welcome right up until 8 a.m. tomorrow at the championship weigh-ins. All holders of I.D. cards are welcome to take part.

Call Tom Kearney at MSAD sports office at 819-6768 for information or just turn up at the McNair Physical Fitness Center on Saturday morning at 8.

Ski rental

Get your skis on now! The Outdoor Recreation Cross country ski checkout is open and in business now. There are two courses available for practice, a three-kilometer and a seven-kilometer course, and reservations can be made by calling Wannsee Harbor at 819-6555 anytime

from 8 a.m. till 3 p.m., if you want to ski during the week.

Boots, skis, poles, and gloves are free. As long as there's snow on the ground, MSAD makes it easy, and free.

The Ski Checkout is open from 9 a.m. till 4 p.m. on Saturdays and Sundays, and is located at the Berlin Golf and Country Club.



FOR THE CLUB — Larry Beam (L), Berlin Country Club Professional, Col. Edward Szvetcz, president Golf Club Advisory Council and Ann Hansen, president Berlin Women's Golf Association, accept a autographed print of golf star Gene Sarazin, making a double eagle in the 1935 Master's Tournament,

from Jurgen Graf a member of the Berlin Country club. Graf, a neighbor of Sarazin in Fla., found out that Sarazin had played on the course here and persuaded Sarazin to give the club the print. (Photo by Doris Flack)

Presidential primaries — a time to start choosing

The 1984 Presidential Election Year begins with a busy schedule of primaries and caucuses in a four month period with the New Hampshire Primary on Feb. 28 being the first election in which eligible military, family members and overseas citizens can participate.

The caucuses are conducted within the political parties to select delegates to the national conventions, where the presidential candidates are chosen.

Primaries, on the other hand, allow voters to express their preferences as to who should be a party's candidate or to select delegates to the national conventions.

There are 32 states holding these Presidential Primary Elections. Listed below are the first 13 of those states and the dates their primaries are being held.

State	Date
New Hampshire	Feb. 28
Vermont	Mar. 6
Massachusetts	Mar. 13
Alabama	Mar. 13
Florida	Mar. 13
Georgia	Mar. 13
Alaska	Mar. 13
Puerto Rico	Mar. 18
Illinois	Mar. 20
Connecticut	Mar. 27
New York	Apr. 3
Louisiana	Apr. 7
Pennsylvania	Apr. 24

(may advance to Apr. 10)

Each unit has a voting officer and below are the major unit voting officers. If you have questions these are the people to ask.

Unit	Name
Brigade	CWO 2 Michael Gosnell
USBER	Mr. P. Isaacson
TCA	1st Lt. Robin Whitney
FSB	Maj. Frank Seminski
MEDDAC	Capt. Olan L. Wesley
2/6	2nd Lt. David L. McCormack
3/6	1st Lt. Raymond R. DeRosa
4/6	1st Lt. Rodney M. Poole
CSB	Capt. Robert J. Breitenbach
Signal	Capt. Jennie Benson
Support	
HHC BBde	1st Lt. Stuart Whalers
287th MP	2nd Lt. Rickey W. Bell

The right to vote can be exercised by all United States citizens in every corner of the World.

All members of the military and their eligible spouses and dependents and all other U.S. citizens overseas are able to vote under the Federal Voting Assistance Act (FVAA) or the Overseas Citizens Voting Rights Act (OCCRA).

The actual procedures to vote absentee vary from state to state. This article will try to answer the most frequently asked questions concerning absentee voting. Each unit has a voting officer and specific questions should be asked of your voting officer.

General Information

Can I vote absentee?

Basically all U.S. citizens 18 years or older who are or will be residing outside the United States during the election period are eligible to vote absentee in any Federal election. In addition, all members of the Armed Forces, their

spouses and dependents who are U.S. citizens, may also vote.

What is a federal election?

A "Federal Election" is any general, special or primary election held solely or in part for the purpose of selecting, nominating or electing any candidate for the office of President, Vice President, Presidential elector, Member of the United States Senate, Member of the United States House of Representatives, Delegate from the District of Columbia, Resident Commissioner of the Commonwealth of Puerto Rico, Delegate from Guam or Delegate from the Virgin Islands.

I would like to vote but don't know how, where can I find assistance?

Specific information on applying for absentee registration and a ballot is contained in the "Voting Assistance Guide." This guide is available from your unit's Voting Assistance Officer or from the Brigade Voting Officer, CWO 2 Michael Cosnell, chief personnel actions, Adjutant General's Office.

How do I apply for an absentee ballot?

The Federal Post Card Application (FPCA) is the most convenient method accepted by all states as either an application for registration forms or for registration or as an application for an absentee ballot.

FPCAs are available from the same sources as those listed for the guide. You may also send a written request for a ballot to your county or town clerk.

Do I have to be registered to vote absentee?

Registration requirements vary from state to state. Many states will allow the voter to simultaneously register and request an absentee ballot by submitting a single FPCA.

However, other states may require the

use of two separate FPCA forms; one to register, and a second FPCA to request an absentee ballot.

Where do I send my FPCA?

Chapter three of the Guide outlines absentee voting procedures for each state. In your state of residence and under the heading of "Where to Apply" you will find a list of addresses for county and local election officials.

When is the best time to apply for an absentee ballot?

Generally, FPCAs requesting a ballot only should be received by election officials at least 30 days before the date of an election. This should allow election officials ample time to process the request and mail a ballot.

If you are applying for both registration and an absentee ballot, the FPCA may have to be mailed earlier. Consult your unit voting officer for further information on state deadlines. The Observer will also run them as the information is received.

When should I receive my ballot?

The majority of states, under normal circumstances, begin mailing ballots to voters between 20 to 30 days prior to an election. If you have not received your ballot within 10 to 12 days before the election, contact your local election officials or see your voting officer for help.

Always excite and return your absentee ballot regardless of when you receive it. Sometimes court decisions will require the counting of ballots voted by election day, but received late.

Must I submit a separate application for each election?

In most states you will need to submit a separate FPCA for each election. Some states will accept a single FPCA for all ballots issued during an election year.

When in doubt send a separate application for each election.

If I required to have my FPCA or ballot notarized, how do I do it?

Generally, election materials may be witnessed to and sworn before a notary, Commissioned officer, Embassy or Consular officer or other official authorized to administer oaths.

Several states do not require notarization of the FPCA or ballot. Therefore, you must consult your unit voting officer or check the information put out by your home state to determine the requirements. In all instances you must sign the FPCA.

When returning an FPCA or other election material to my state, do I have to pay postage?

Generally, all election related materials are mailed postage paid from any APO mail facility.

Where can I find information on state and local issues while overseas?

You may consider subscribing to a hometown newspaper or relying on friends and relatives for information on state and local issues. Also, the League of Women Voters with regional offices located throughout the country publishes information of this sort.

Their main office is: 1730 M Street, N.W. Washington, D.C. 20036.

Where to I obtain information on issues and positions taken by candidates?

In addition to reading the Stars and Stripes and news magazines, both the Democratic and Republican Parties maintain overseas offices and have information pertaining to candidates and issues. They can be contacted by writing:

Democrats Abroad
157 Route du Grand Lancy
1213 Onex, Geneva
Switzerland

Republicans Abroad
310 First Street, S.E.
Washington, D.C. 20003
Military Information

What is my "legal state of residence?"

As used in reference to voting, your "legal state of residence" is the state in which you last resided prior to entering military service or the state in which you last resided prior to entering military service or the state which you have since claimed as your legal residence.

Even if you no longer maintain formal ties such as property ownership to that residence, the address is needed to place you in a proper voting district or ward.

Therefore, be sure to enter the complete address of that residence, including street or rural route and number, when completing the residence section of the FPCA.

My family members are not in the military, can they also vote absentee?

The law entitles both the eligible spouse and dependents of a military member to vote absentee. Spouses and dependents are considered to be in the same category of absentee voter as military members and generally should follow the same procedures.

Dependents of military members residing overseas, who are U.S. citizens and who have never resided within the U.S., may usually claim their parents' legal state of residence as their own.

