



ON THE MOVE—Battley C, 94th Field Artillery, moves out to support the Fire Support Team Competition with

live fire, when they arrive at their next firing point. The battery fired many different kinds of missions in support

of the competition and for their own training. (Photo by Brian Farman)

# Combined arms exercise ends CSB 'zone' trip

by Brian Farman  
CSB Correspondent

The members of Combat Support Battalion continued with their training in Bergen Hohne through the rain and mud this week as they got ready to finish their "zone" training and prepared to come home.

The tankers of Company F, 40th Armor, were busy completing their qualification firing and section battle runs before moving out for the battalion field training exercise.

The 42nd Engineer Company, went through grueling squad ARTEPs by implacing minefields and highlighting the whole trip by live demolition training. The targets us-

ed for the demolition training were projects they had built over the last few weeks.

Battery C, 94th Field Artillery, finished their live firing by supporting the Fire Support Team Competition with many different types of missions.

The weekend found the engineers and tankers out in the field while Battery C took time for some maintenance.

Part of the engineers were out at Barbaradorf (a CIC village), perfecting their combat-in-cities techniques by setting up defensive positions in preparation for an attack by another part of their company.

The tankers spent the weekend in an exercise in which they fought against each other. Platoons were given an

operations order and they then were given time to move to their operations area and set up defenses. Using scouts and mechanized infantry from the 2nd Battalion that were in Bergen with CSB for training to supply intelligence to fight off the attackers.

After each battle the tankers were given a detailed debriefing in which they were told what was done right or wrong. They were then given new operation orders and the action began again.

This week the battalion did maintenance then went into a combined arms live fire exercise. After the exercise came clean-up, rail loading of vehicles and personnel for the move back to Berlin.

Today the train and convoys will be home.



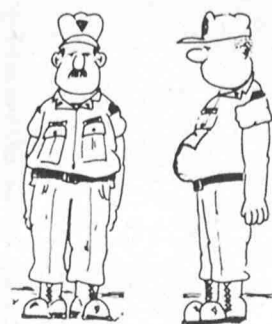
Something  
new

Page 4



First primary is Feb. 28

Register



Is this you,  
see . . .

Page 8

# Breakfast

Court, government of-  
other leaders from across the  
es.  
the inauguration of the  
ast, the idea of men in positions of  
responsibility meeting together privately  
and without publicity has spread to every  
state, hundreds of cities, and to  
parliaments and congresses on every con-  
tinent.

In today's military the breakfast has  
been enlarged as a time for leaders as  
well as soldiers of all ranks and religions  
to meet for reflection.

Chaplain (Col.) Conrad Loftus,  
brigade staff chaplain, said, "The Na-  
tional Prayer Breakfast is an annual  
testimony to the fact that our nation is  
indeed established on the precepts of  
justice and liberty under God. This event  
highlights an enduring portion of our na-  
tional heritage, our need for fully  
developed mental, physical, moral and  
spiritual foundation upon which to relate  
every circumstance of command."

The Command Prayer Breakfast for  
the American community in Berlin will  
be held at 7 a.m. on Friday. Everyone is  
invited to attend and the price is \$1.  
Tickets are available from any chaplain  
or by calling any of the brigade's three  
chapels.

# Proclamation

Whereas, the foundation of America's greatness  
of its families; and

Whereas, the family is established on the marriage  
between father and mother; and

Whereas, there is an urgent need to reverse the present trend of  
separation and divorce that is sweeping the country; and

Whereas, marriage should be viewed as a life-long commitment  
between husband and wife, filled with mutual respect and open  
communications; and

Whereas, it is our hope that the institution of marriage once  
again be recognized as the basis of American society;

Now therefore, I, Brig. Gen. Leroy Suddath, Jr., commander  
of the American Military Community of West Berlin, Ger-  
many, do hereby proclaim February 12, 1984 as "World Mar-  
riage Day" in the American Military Community of West  
Berlin, Germany, and call upon military personnel and their  
family members to support efforts to promote the permanence  
and stability of marriage.

*Leroy Suddath, Jr.*

ship of  
the moral and  
which the nation  
was founded.

In 1952, members of the senate and  
house prayer groups established with  
President Eisenhower the first Presiden-  
tial Prayer Breakfast. The breakfast has  
taken place each year since then.

Governors of over 45 states have join-  
ed with the president to hold a Govern-  
ors' Prayer Breakfast in their own state  
capitals.

Each year, soon after Congress con-  
venes, men in leadership positions from  
various aspects of our national life meet  
together for discussion and prayer on the  
occasion of the annual Prayer Breakfast.

The Breakfast normally is attended by  
the president, the vice president, the  
cabinet, members of the United States  
Senate and House of Representatives,

## We believe in marriage day

Americans living in Berlin and other  
places in Europe will be joining many  
thousands of couples, families and  
public officials in the United States and  
throughout the world by observing  
February 12, 1984 as "World Marriage  
Day."

To celebrate this event, the Berlin  
Marriage Encounter Group is sponsoring  
a marriage liturgy at 5 p.m. tomorrow at  
the American Community Chapel for  
couples of all denominations.

The marriage liturgy will consist of a  
Catholic mass which couples will repeat  
their marriage vows. Festivities after the  
liturgy include a candlelight potluck din-  
ner.

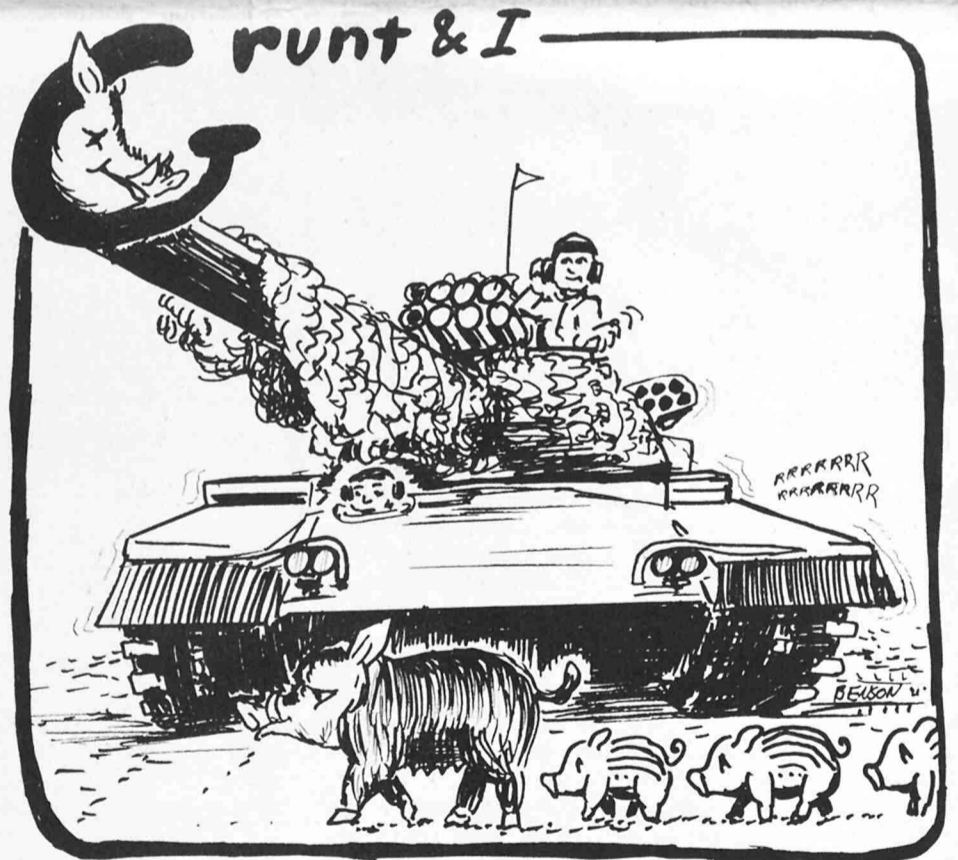
Worldwide Marriage Encounter, the  
largest pro-marriage organization in the

world is sponsoring this event. "World  
Marriage Day" provides the opportunity  
for a community to declare its support  
for and belief in the institution of mar-  
riage. It will let people know that having  
a successful marriage is not only possi-  
ble, but a very rewarding and achievable  
experience.

Worldwide Marriage Encounter fosters  
stronger marriages by teaching increased  
communication techniques during a 44-  
hour weekend experience.

Almost two million people throughout  
the world have participated in such  
weekends.

Maj. and Mrs. Bill Pyrek, are the con-  
tact couple in Berlin for Marriage En-  
counter. You can contact them at 826-  
2898.



U.S. Commander, Berlin ..... Maj. Gen. J. G. Boatner  
Commander, Berlin Brigade ..... Brig. Gen. Leroy N. Suddath, Jr.  
Public Affairs Officer ..... Lt. Col. Robert E. Ahrens  
Command Information Officer ..... 2nd Lt. William H. Kirkland

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# Bouncing a check can cause you many problems

by Alice Deaver  
Check Control Office

Sp4 Tommy J. arrived in Berlin from Fort Ord, Calif., four months ago with his wife and their two children. He



I got no problems balancing my checkbook!

would be soon be promoted to sergeant and had a promising career ahead of him.

Tommy opened a checking account at the bank and chose the check-to-bank option for his pay. He had never had any problems with his checking account except for one returned check written six months ago to the Fort Ord Exchange.

However, that was all behind him now and everything was going fine. Then Tommy took a chance.

On Tuesday, three days before payday, he wrote a check to the Berlin Exchange for speakers for his stereo. Although he knew his pay would not be deposited in his account until payday, he took a chance that the check he had written would not reach the bank before his pay did.

On the same day he wrote his check, it was deposited at the bank. Tommy did not know the PX made its deposits to the

local bank located across the parking lot.

On Wednesday, two days before payday, the bank notified him that his check to the PX had been returned due to insufficient funds and that there would be a service charge of \$10. He didn't worry because he thought the PX would send his check through the bank a second time and by then his pay would be there.

Two weeks later Tommy got a letter from Munich (the main office of AAFES Europe) telling him that his check was returned and that he must make restitution and pay a service charge of \$15. The Berlin Check Control Office received a copy of this notification on the same day. The Check Control Office had also received Tommy's records from his previous duty station.

He still wasn't worried. He would send a money order to Munich and pay for the dishonored check and chances were that things would work out.

Three days after the Check Control Office received the notification from

AAFES, a letter was sent to Tommy with copies furnished to his unit's command sergeant major and first sergeant. The letter informed him that his check cashing privileges at all military facilities had been suspended for one year, that he must have his ID card overstamped to reflect this suspension, he must attend a three hour block of instruction on checkbook maintenance and that his name would appear on the Berlin Community Dishonored Check List.

Tommy's unit commander called him into his office. Now he was worried! He received an Article 15, which cost him a stripe, had to pay a total of \$25 in service charges and had his spotless career marred all because he took a chance.

Before you take a chance, count the cost. Don't take chances with your checking account. For information on the checkbook maintenance course and general information on checking accounts, contact the Check Control Office at 819-6678.

## briefly

### Clearing housing

Leaving soon and still haven't received your orders?

Don't let this stop you from coming to the Housing Office to begin your final out-processing. They will arrange your pre-termination inspection 60 days in advance of your departure.

This procedure provides the Engineer Office sufficient time to schedule any in-between occupancy work that may be needed.

The Housing Office is open 7:30 a.m. to 3 p.m., Monday through Friday. For more information call 819-6670 or 819-6707.

### Catalytic converters

A problem exists concerning returning automobile owners who mistakenly think they can get clearance for operation of their cars in the U.S. by buying used catalytic converters from junkyards, according to the U.S. Customs Office.

The Environmental Protection Agency response is clear:

"EPA requires that a replacement catalyst installed on a vehicle returning from overseas be the catalyst originally installed on the vehicle and removed before export from the U.S. or a new original equipment part or the equivalent. A used part or a part that was designed for another model vehicle does not comply with our requirements."

Many car owners on their way to Europe participate in the Department of Defense "Retrofit" program, in which they have the original catalytic converter removed in the U.S. and re-installed it when they return to the U.S.

The misunderstanding over trying to buy used catalytics occurs with those owners who elected not to participate in the retrofit program.

Those who try to clear their cars without the original catalytic or a new one, will find that their cars will be admitted only after the owner purchases a bond.

### USMA prep school

Applications are now being accepted for the United States Military Academy Preparatory School, class of 1984-1985 which will begin in August.

Applicants must meet the following requirements:

●A citizen of the United States or become a citizen prior to entering the Military Academy at West Point.

●At least 17 and not over 21 years of age on July 1 of the year he/she enters the preparatory school.

●Unmarried and have no legal obligation to support a child or children.

●Be in good health, have no disqualifying physical defects and have distant vision correctable to 20-20!

●A high school graduate or the equivalent, with a solid academic background. Ideally, applicants should have four years of English and four years of college preparatory mathematics. An individual with obvious leadership potential, but with weaker academic background should not be discouraged from applying, since many other factors are considered.

●Applicants should be highly recommended by their commanders, counselors and teachers.

Applications should be completed and mailed as soon as possible to meet the May 1 deadline. Final selections for USMA Prep School class entering in 1984 will be made in June. AR 351-12 contains specific details on what is needed.

For more information contact Capt. David Niekerk, USMAPS candidate advisory officer, at 309-5358 or write to:

Commandant U.S. Military Academy Preparatory School

Attn: DAPS-AD-A

Fort Monmouth, New Jersey 07703



I didn't know the line was that long

### Why wait in lines?

If you hate payday lines at the bank, John Nemetz, manager of the American Express community banking facility has the following suggestions for you.

Open a "Sure-pay" or "Direct Deposit" account at the financial institution of your choice. But don't forget a convenience account at the community banking facility, because,

If you are a local account holder you can order an Express Teller card for both you and your spouse giving you 24 hour access to your funds through the network of 57 Express Tellers throughout Germany, England and Holland.

They can also take care of recurring DM bills automatically, and they also have automatic savings and loan repayment plans available.

You can also use the "Quick Deposit" service for check deposits or the Express Teller for both cash and checks.

Always remember that standing in payday lines is your choice, not a necessity.

### Voting news

Officers attending advanced level schools that start after Sept. 30, 1984, must now remain in the Army for at least a year according to personnel management officials.

The Army's Deputy Chief of Staff for Personnel approved the service obligations to make mid-level training more cost effective.

**Specific obligations include:**

●A one-year obligation for attending an officer advanced course starting Oct. 1, 1984 or later, with the obligation effective upon graduation or release from the course.

●A two-year obligation for officers attending the Judge Advocate General's graduate course.

●A three-year obligation for officers entering the Astronaut Candidate program after July 1984.

●These service obligations will be included in Army Regulation 350-100.

### AAFES extends sale

AAFES Headquarters has extended indefinitely the 10 percent reduction on all items in the European section of Exchange Catalog '84.

The 10 percent price discount has been extended because of the improved dollar-to-deutsch mark exchange rate.

To get the discount, customers simply deduct 10 percent (or multiply by .9) from the sell price of any item in the catalog's European section (not shipping or handling fees).

# 2nd Bn. soldiers receive Triad medals

by Roger Lund  
2nd Battalion Correspondent

In a ceremony held Tuesday at McNair Barracks, Brig. Gen. Leroy N. Suddath presented 76 members of 2nd Battalion coins indicating their achievements in the Triad.

The first in the Berlin Brigade to receive the gold coin symbolizing the maximum score in all three events was 1st Sgt. Rick Vernon of Headquarters and Headquarters Company. In presenting the award, Suddath remarked that it was "the first presentation to a soldier, non-commissioned officer, a member of the chain of command, a first sergeant, who has won all three."

Lt. Col. Jouni Keravuori, battalion commander, remarked that "appropriately the one who earned it first was not a 11 Bravo but was a 76 Yankee. It shows that it's everyone's business." Keravuori commented further that "discipline, determination and professionalism are necessary in order to be recognized by the Triad standards."

Suddath observed that the coins are presented to those who "achieved the standard of excellence." The Triad demonstrates the two main objectives of the Army in Berlin. The first is to deter war by presenting a "positive image of professionals, pride, and a resolve to accomplish our mission." Secondly, "we train people to carry out the mission to defend the city." (Photo by Stephen Abe)



# 4th Battalion cook wins USAREUR, heads for all-Army

by Michael Mayer  
4th Battalion Correspondent

Sp4 Robert Gates of Headquarters and Headquarters Company, 4th Battalion, is an outstanding soldier and cook. This is exemplified by his many accomplishments which have distinguished him from his peers.

Gates is from Oakland, Calif., and has spent 27 months in the Army. He came to the Berlin Brigade in April, 1982 and was assigned to 4th Battalion where he has remained since then.

His list of achievements is long and impressive. For example, he competed in February, 1983 at Stuttgart at the 1st annual USAREUR Culinary Competition where he won second place. Winning second place was a proud moment for Gates, and to accomplish this he prepared a dish which included skinning

a turkey, taking all the meat off the bird, working with the meat until he was able to make it into a paste, and garnishing the meat with a white sauce where he made a picture on top of the meat.

Following this competition, Gates went in March, 1983 to Fort Lee, Va., for the annual All-Army competition where he won second place in a contest that tested the quality of cooking prepared for 25 soldiers in a field environment. Then in October, 1983, Gates went to Karlsruhe, West Germany for the 2nd Annual USAREUR culinary arts competition. His efforts there earned him first place honors for a skill called sugar painting.

Gates painted with sugar a still life of the church on the Ku'damm as it looked at the turn of the century. Furthermore,

he won third place honors in a competition entitled "Cold Lunch for Two," which included setting a table and, obviously, preparing a cold lunch for two. Because of his work during this competition, he is once more going to Fort Lee later this month to compete in the all-Army competition.

Cooking is almost a tradition in Gates' family. Gates' uncle is a chef and was the one who sparked his interest in cooking. One year Gates accompanied his uncle to a culinary arts competition in Chicago which really inspired and interested him. Somehow, he felt that he could do as well or better than many of the people competing there and began to look for a way to prove it.

"If one really wants to learn how to cook," explains Gates, "he should strive

to attend the various schools that can train you to be a cook. One thing that the Army has really taught me well is the necessity for cleanliness and sanitation, which is very important."

"One of the occupational hazards," he went on, "unfortunately, of being a chef is that it can take hours to prepare a meal, but only about 30 minutes for the customers to devour the meal. Therefore, at least for me, a great deal of the satisfaction that I receive from being a cook comes from inside myself. I enjoy creating things with food, doing ice carvings and exotic salads, etc. Also I enjoy seeing the final product. Unfortunately, being a cook is one of the most thankless jobs in the Army, but I enjoy my job and have a lot of fun doing it."



- 1) Karma Chameleon/Culture Club
- 2) Joanna/Kool & The Gang
- 3) Runnin' With The Night/Lionel Richie
- 4) That's All/Genesis
- 5) Think Of Laura/Christopher Cross
- 6) Pink Houses/John Cougar Mellencamp
- 7) Jump/Van Halen
- 8) I Still Can't Get Over Lovin' You/Ray Parker Jr.
- 9) Let The Music Play/Shannon
- 10) An Innocent Man/Billy Joel

# Schultz lives 'dog's life' in Army

by Doris Flack

SSgt. Schultz brings a whole new meaning to the phrase "it's a dog's life." Even though he holds the rank of staff sergeant, he is a dog — part German shepherd, part wolf, according to his handler.

Schultz, along with handler Sgt. Dennis Fullerton, arrived in the command last week to mark a first for the brigade — the only bomb detection team to be assigned to the Provost Marshal's Physical Security section.

Fullerton and the dog have been together 14 months. They trained together at the military dog training facility at Lackland Air Force Base in San Antonio, Texas, where Schultz went through the canine version of basic and advanced individual training.

According to Fullerton, all military dogs undergo patrol training, but not all go on to bomb or narcotics detection. During patrol training, the dogs learn to attack on command and stop the attack on command, says Fullerton. "They are trained to protect the handler. If he feels I'm threatened, he'll attack," says Fullerton. "He also responds aggressively to gunfire.

"Out of every 1,000 dogs that begin training only about 300-400 complete the course," claims Fullerton. He and Schultz, to become a team, had to be certified together. For Schultz, that means being accurate in ordnance detection 95 percent of the time and for Fullerton the ability to handle the dog.

Before arriving in Berlin, the team spent a year at Fort Sill, Okla. Since bomb detection isn't always a full-time occupation, the team was used for patrol duties, among other things.

"We can do anything a regular MP unit can do," says Fullerton. "The dog moves seven to eight times faster than a person, his senses of smell and sight are

many times greater and he is much more effective in the dark."

In addition to patrol duties, Schultz and Fullerton can be used for building searches (to clear buildings of people) and if the need arises to search for lost kids. With a ground speed of 35 miles per hour, he can cover an area much quicker than a person, points out Fullerton.

The team has also on occasion put on public relations-type demonstrations.

Like all soldiers, Schultz has to maintain his proficiency. His SQTs come every time he moves to another duty station. He and Fullerton must be certified by the commanding officer of their gaining unit and a score of less than 95 percent for Schultz is a no-go.

To maintain his basic patrol skills, he and Fullerton train at least four hours per week. Add to that another four or five hours a week spent on bomb detection training.

But it's not all training and sniffing for Schultz, he also has a requirement to stay physically fit. For canines, PT is playing frisbee or fetch. In addition to keeping Schultz in top shape "games build rapport between the handler and the dog," says Fullerton.

Dogs have been used in the military since World War II. In that war, they were used as ammo carriers, scouts and messengers. They have proven to be very valuable in time of war. One dog on a patrol in Vietnam, having been shot at least three times, was able to drag his wounded handler to safety and alert their unit they were being attacked. He was one of only two canines to receive the Medal of Honor.

The dogs are not trained to kill, according to Fullerton, but to bite and rip. Which poses a problem for the dog and his handler when on patrol duty. Many children think it's alright to come up and

pet the animal, says Fullerton. But the dog is attack trained and the child could be hurt.

Being the first dog assigned to the brigade has posed a few problems. According to Fullerton, a decision hasn't

been made yet concerning whether the dog will attend the School of Standards. But Schultz isn't worried about it, he's happy riding around in his new military van. It's easy to spot — it has signs posted saying 'military working dog.'



*DON'T BE DECEIVED — Those big brown eyes may look sad, but you could*

*end up hurt trying to pet him. (Photos by Doris Flack)*



*PLAY TIME — In addition to playing frisbee and fetch, Schultz really enjoys*

*having his belly rubbed by handler Sgt. Dennis Fullerton.*



*ENOUGH ALREADY — SSgt. Albert Wadley, Physical Security section, plays*

*attacker so Schultz can get in some patrol training.*

# sports

## Lady Bears continue winning streak

by Jeanne Pollock  
MSAD correspondent

Berlin's Lady Bears met the Stuttgart All Stars this weekend, and were not impressed.

Despite brilliant play by Stuttgart's Deborah Tatnon and Chris Oglesby on Staruday, the ladies followed high scorer Denise Ayers (28 points) and firmly controlled the game from start to finish. The final score, 64-56, more than justified Berlin's confidence.

The picture didn't change on Sunday, when once again the All Stars, despite a hard fight, had to concede defeat by three points when the final whistle blew with a score of 62-59.

The men's team didn't fare as well. With Jerry Bracket racking up 25 points, and Steve Hunter 23 points on Saturday, the Stuttgart All Stars should have been intimidated when the score read 29-26 for Berlin with only five minutes left in the first half.

But the All Stars pushed hard and the halftime score of Berlin 40, Stuttgart 43, gave them new incentive in the second half. The final score saw Berlin seven points down and read Stuttgart 92, Berlin 85.

On Sunday, the Bears were out for blood. Roderick Riley and Chris Drayton with 25 points and 21 points respectively stormed the Stuttgart defense and Berlin broke at halftime five points ahead. In the second half, they never let go, and the final score had the Bears romping home with a 14 point lead to finish 88 to Stuttgart's 74.

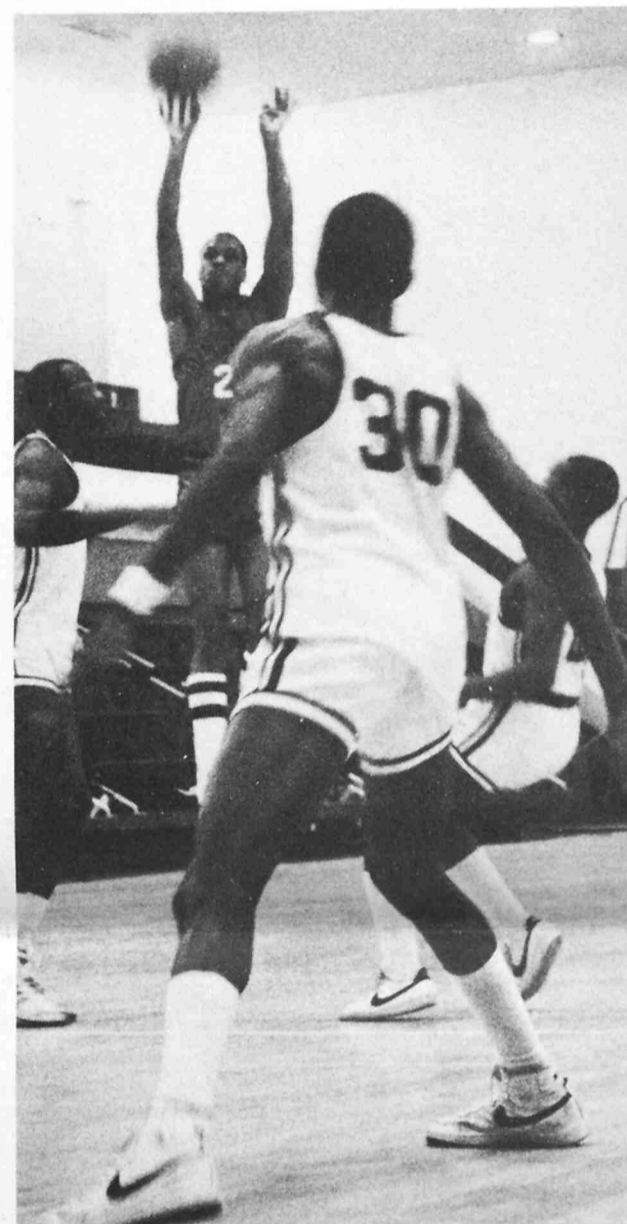
Next weekend both teams go on the road to Wiesbaden. Records now read Berlin Bears 18 and 12, and the ladies 14 and 9.

The USAREUR Men's Positional Basketball Tournament is scheduled to take place at the Sports Center 9-11 March four commands will be involved. Berlin, 26th Support Group, 7th ATC and SETAF. Game times will be announced.



*FAKE LEFT, PASS RIGHT.* Smooth moves like Janice Miller's fake and pass to Carolyn Murphy (No. 30) have

put the Lady Bears out in front in their last four games.



*A LONG JUMPER* by Berlin's Roderick Riley helped the men's team defeat the Stuttgart All Stars in Sunday's game. (Photos by Tom Jackson)

## —sport shorts—

### Tennis meet

The Berlin American Tennis Club team, captained by Larry Henly, edged out the Berliner Bank team 2-1 last weekend to take the 14th annual Berlin Cup Tennis Tournament. Twenty teams participated in the tourney hosted by Tempelhof Central Airport and played in their bubble.

Among the groups represented at the tourney were a team of British officers, a British Airways team and a Berlin parliament team as well as a team of Berlin VIPs. According to organizer Lutz Bormann, the event promotes and strengthens German-American friendship.

### Sign up, slim down

Beginners Aerobics and Water Slimnastics start again on Monday March 13, at the Berlin Brigade pool. Classes will take place Mondays from 6 to 7 p.m. and Wednesday from 7 to 8 p.m. Cost for ten lessons is \$20.

Sign up at the sports office 819-7181 or come along to the first lesson.

Dancersize for intermediate and advanced level students will start on Feb. 20 at the BB Sports Center. Classes are scheduled for Monday and Wednesday from 5 to 6 p.m. Cost for 10 sessions is \$20. Sign up at the sports office, 819-7181, or come to the first session at the Sports Center.

### Ice hockey

Anyone interested in playing ice hockey this year, should contact Harry Hanson at 819-6765 as soon as possible. Hanson, organizer and prospective coach for a Berlin ice hockey team, has arranged ice time at the Neukölln Ice Stadium on February 20, from 6:30 to 8:30 p.m. "Many people have expressed interest in starting a team," Hanson said, "and we finally managed to arrange some ice time for tryouts and basic practice. I hope anyone interested in becoming involved in the sport will contact me quickly."

### B-ball tourney

USAB Basketball Tournament 1984, will be the main subject of discussion at the A & R NCO Organizational Meeting scheduled to take place on Feb. 17 at 1 p.m. in the MSAD Sports Branch Conference Room Bldg. 2, Clay Headquarters. All A & R NCO's are asked to bring the names of their top two teams to the meeting, when the drawing will be held.

The tournament will consist of the two top teams from each unit in a double elimination contest at the BB Sports Center from Feb. 20 through 24. Game times and teams involved will be announced at a later date.

The over 30 Basketball Tournament scheduled to begin Feb. 27, will also be discussed at the meeting, as will the upcoming volleyball season and USAB racquetball.

### Roadrunners

The Berlin Road Runners will hold their monthly business meeting on Tuesday, in the ACS Conference Room at 7 p.m. For information contact Roger Graham, 813-8733.

# events

## Thrift Shop News

Volunteers are desperately needed at the Thrift Shop. On Feb. 17 there will be a new volunteer orientation at the Thrift Shop from 10:30 a.m. - 12:30 p.m., to include a light lunch. Please come and find out what you can do for your community and what benefits you can get as a volunteer. Please call 831-3648 if you plan to attend.

February is 2nd Battalion month. The consignee from 2/6 with the most consignments will win a dinner for two. Consignments taken Monday, Tuesday, and the third Saturday 10 a.m. - noon.

Now is the time to set up an appointment to have furniture or heavy items you want sold at the Thrift Shop picked up on Feb. 18. Military or DoD accounts can take advantage of this service by calling 831-3648.

## Education Assistance

Financial assistance is available to help children of service members attain their educational goals. For further information on the AER Education Assistance Program, contact the AER office at Community Life Branch, Bldg. 4, Room 212, Clay HQ, or call 819-6556. The deadline for receipt of the complete application at national headquarters in CONUS is March 1, 1984.

## Limited AG services

Due to scheduled SQT training, the AG Division will be providing limited services from 3:30 - 4:30 p.m. each Friday through March 2. SQT training will also be conducted 3:30 - 4:30 p.m. March 7.

## ads

### For sale

**Sansui 7000 amplifier/tuner**—\$75; Akai GX-280D reel to reel tape recorder—\$75; Garrard SL95B turntable—\$40. Call 831-3769 after 6 p.m. weekdays.

**Whirlpool washing-machine**, in good condition. 110 volts, 50 cycles. \$50. Call 784-7963.

**Remington Typewriter DM 150**,—(English), also evening dress, long, size 7 (German 36) DM 80,—. Call 802-4276.

**Minolta SRT101 35 mm SLR camera** with 58 mm lens, 85-205 mm zoom lens, and Vivitar flash. Sold as package for \$185. Call 831-3611.

**Color TV**, 110 volt only. Excellent condition. \$150 or best offer. Call 831-3611.

One male and two female **Guinea Pigs**. \$3 each. Call 813-6239.

**Sears Kenmore sewing machine**. Does stretch and zig-zag stitches, also has 29 decorative cams. In excellent condition. \$200. Call 813-6239.

**Ten speed women's 23" bicycle** in good condition. Blue color. Asking price \$60. Call 801-4213.

**1975 Audi 100 CoupeS**. Has a newly re-worked engine. Automatic, Sunroof, tilt steering wheel, bucket seats. Getting short—must sell. Asking \$1,400 or DM equivalent but will consider all offer. Call 811-7852.

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

**1976 Toyota liftback**. Needs some body repair. Engine, brakes and tires in good condition. If interested call 813-8744.

**1975 Buick Skyhawk**, excellent condition, snow tires/summer tires, 6 cyl, auto trans, power brakes, AM/FM/stereo 8-track player, \$1,600 or best offer, will take deposit and hold car. Call 802-5340 evenings.

**Tiara dinner glass china set**, serves 12 people, punch bowl that matches, unbreakable stained glass in amber color. \$275. Call 802-5340 evenings.

**250 liter fish tank** with several fish included, has two filtering systems, will include with tank all accessories and food for upkeep of the tank and fish, excellent condition, \$275. Call 802-5340 evenings.

**Turtle tank** with three turtles, food and rocks included, \$10. Call 802-5340 evenings.

**1973 VW camper van**. Stove, sink and ice box with attachable tent, mounted snow tires. \$1,500. Also zig-zag sewing machine with cabinet. 110 volt. \$75. Call 802-5316.

**1975 BMW 520**, good condition, \$1,900. Call 813-3331.

### Wanted

**Stud Service** for Cocker Spaniel, prefer black or cark coloring. Call 824-6889 anytime.

**Used mandolin**. Call 813-6392.

### Miscellaneous

**Apartment and stairwell cleaning**, have references. Call Richard 213-2575.

**Fulltime babysitting in my home**. Call 802-5765.

**Will babysit in my home**. Call 802-7470.

### Found

I'm an affectionate, gentle, healthy black and white kitten, about four months old, without a home. I was found in the area of 638 Strasse and Lissabonallee in Düppel. Would someone like to adopt me? Please call 801-3875.

## lunches

JFK School has the following menu for the week beginning Feb. 13:

**Monday** — Meat ball, noodles, tomato sauce and yogurt.

**Tuesday** — Turkey cutlet (filled with ham and cheese), Brussels sprouts and mashed potatoes.

**Wednesday** — Pork with sauerkraut, dumpling and canned fruit.

**Thursday** — Asparagus soup, three potato pancakes with sugar, and apple sauce.

**Friday** — Pork with sauce, rice and ice cream.

TAR and BAH schools have the following menu for the week beginning Feb. 13:

**Monday** — Green Bean Onion Salad, Italian meat sauce, macaroni, fruit cocktail, milk, bread and butter.

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

**Wednesday** — Salad, burrito, rice, gravy, apple sauce, milk, bread and butter.

**Thursday** — Salad, Hungarian goulash, mashed potatoes, glazed carrots, pears, juice, bread and butter.

**Friday** — Cole slaw, Fish-wich, tartar sauce, potatoe chips, peaches and chocolate milk.

## A W C news

The AWC will hold a Crystal Bingo Coffee Thursday, 9:30 a.m. at the Harnack House. Come and win some crystal! For reservations call (A-M) 801-7595, and (N-Z) 826-3451 no later than Monday.

## Boy Scout news

Scout roundtable will be at the Scout Hut on Beeskowdam at 7:30 p.m., Feb. 13. All individuals assigned to advancement responsibilities in the packs and troops are asked to attend. A program on advancement will be presented especially for their benefit. All units need to have their advancement chairperson attend. For more information call 811-8137.

## La Leche League meeting

Mothers who wish to breastfeed their babies will find encouragement and information at the Berlin La Leche League. The next meeting is Monday at 7:30 p.m. at the Children's Center. Nursing babies are welcome.

## Treasure Chest

The Treasure Chest at TCA carries many antiques such as clocks, furnishings and curio items. There are also new items such as "smokers."

This shop is a community welfare organization sponsored by both the Tempelhof Officer's wives and the Silverwings' Women Club.

The hours of the Treasure Chest are: 10:30 a.m. to 2:30 p.m. Monday & Wednesday, 2:00 p.m. to 6:00 p.m. on Fridays.

The shop is located on Eagle Square at Gate 14 on TCA.

For a special appointment you may call 819-5278 or 811-8166. Consignments are welcome.

## Dart tournament

TCA Dart Tournament, Feb. 18, at 11 p.m. at the Skyriders Rec Center-TCA. Open to military and civilians (British, French, Ln's Germans). Pre-registration is required. Trophies for first four places. Refreshments will be available. For more information call Brian at 819-5172/5387 or Biggi at 819-5395/5203.

## Auto classes

Internal Combustion Engines and Shop Practices and Safety will be offered by Central Texas College beginning on Feb. 13 through March 24. These are command-sponsored courses and your only cost may be a \$15 matriculation fee. Class size is limited, so sign up now. For more information, call CTC at 819-3649 or 3651.

## Language classes

G3 Education Branch is offering free foreign language classes from Feb. 27-April 20, 1984 in beginning and intermediate German and beginning French. Classes meet twice weekly from 6 - 8:30 p.m. at McNair Education Center and the Andrews Language Lab. For registration or more information, please call 819-6605.

## Family orientation

Newly arrived family members, here is your opportunity to become involved and learn essential information about the Berlin community. Attend the Family Orientation Program on Feb. 17, at 8 a.m. at the Harnack House. Free child care is provided at the Children's Center (please call 819-6270 for child care reservations) along with a special free lunch and a tour of West Berlin. Why not spend an interesting and enjoyable day with us and the new members of your community? For further information call Army Community Service at 819-6500.

## Girl Scout news

The monthly meeting of the Girl Scout leaders will be held on Monday at 10 a.m. The location will be on 52 Auf dem Grat at the Girl Scout Hut.

For more information contact Mrs. Marge Angeny at 813-8540 after 5 p.m.

## USC graduate program

Put a little calss in your nightlife! Start your graduate degree now with the University of Southern California. Registration for the next term begins Monday at the Clay Headquarters Education Center. For information on the master of science in systems management, call 819-6794.

## Learn to square dance

Join the fun! Learn to square dance with the Berlin Dancing Bears. They will hold an Open House at the Children's Center tomorrow at 8 p.m. Lessons are available. You will be ready for dancing with any group by the spring. Come and see what square dancing is all about.

For more information, call Joe or Dottie Loscocco, 802-5226 (evenings).

## BAHS PTSA

Wednesday's meeting of the Berlin American High School PTSA will be Principal's Night — an opportunity for parents to discover what really goes on at the High School. The evening will begin with a brief business meeting in the school cafeteria at 7 p.m.

## Commodore 64 meeting

The members of the Commodore 64 Berlin Users Group invite all prospective members to join them at their monthly general membership meeting at the TAR Cafeteria on Feb. 17 at 7 p.m. For more information call Steve after 6 p.m. at 824-7826.

## Allied Coffee Morning

The Allied Coffee Morning will be held 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" are held on alternate Tuesdays at rotating locations and offer an opportunity for wives from the Allied communities in Berlin to meet and to get to know one another better. Please join with us in the celebrating Valentine's Day through friendship with our British and French counterparts. If you would like to attend, call 813-8581 (after 4 p.m. daily) for further information.

## Refunder's meeting

The nex refunder's meeting will be held Monday from 11 a.m. to 1 p.m. at Apt. 2, 1 Lloyd G. Wells Strasse in Düppel. In addition to normal trading of coupons and refund forms, there will be a potluck salad luncheon. For more information, call 801-5488.

## ACS shopping tour

Shop at Wilmersdorfer Platz with Army Community Service Escort Service. We will be leaving ACS at 10 a.m. Feb. 17, and will return by 2 p.m. You will need DM 4 for travel. Sorry, no children. ACS is located below the bank at Truman Plaza. For more information call 819-6500.

## 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.

## Young Gifted and Black

Two performances of "Young Gifted and Black," a portrait of Lorraine Hansberry, will be presented at All American Recreation Center in February. The first performance will be Saturday at 7 p.m. followed by a disco. The second performance will be held on Sunday at 2 p.m. A reception with the cast and crew will follow the Sunday afternoon performance. For further information and reservations for either performance call 819-3254.

## PWOC news

The PWOC will hold their February meeting at the American Community Chapel Tuesday morning at 9:30 a.m. Mary Wake, guest speaker from Würzburg, her topic, "The Christian Woman in the 20th Century." Child care is provided, and all ladies are invited to join in this time of Christian fellowship.

On Tuesday evening at 6:30 p.m. the PWOC and their husbands will celebrate Valentine's Day with a "Dutch treat" sweetheart banquet at Pressler Restaurant, 56 Königssallee. Chaplain Henry Wake from Würzburg will be the guest speaker. A special invitation is extended to ladies who are normally unable to attend the monthly morning meetings. For reservations and additional information please telephone Nancy Kamen at 813-8905 no later than Sunday.

## CCC job opening

City Colleges of Chicago is seeking a qualified instructor of their upcoming Introduction to Library Procedures class. Applicant should preferably hold a master's degree in library science. Professional library and teaching experience is preferred. For more information contact CCC at Clay Education Center or telephone 819-7235.

City Colleges of Chicago position available: Field Registrar/Coordinator, base pay \$11,768. Requirements include at least two years of college and two years of college administration and/or business experience, must be willing to travel and organize training for a wide area. For more information call CCC at 819-7235. Closing date for applications is Feb. 17.

## Breastfeeding class

Did you know preparation for breastfeeding should be started at the beginning of your third trimester? Learn what breastfeeding will be like and what you can do to prepare for nursing your baby. The Community Health Nurse will be conducting a Breastfeeding Class on Feb. 17 between 10 a.m. and noon in the Hospital Lounge, U.S. Army Hospital, Berlin. All interested personnel are warmly welcomed. For more information, contact Jo Paetzold, 819-4171/4178.

## Art auction

The Tempelhof Officers' Wives Club is sponsoring their 7th annual Art Auction with Vladimir Arts on Feb. 17 at the Flughafen Restaurant. You can preview the art from 6 to 8 p.m. while enjoying free wine and cheese. Auction begins at 8 p.m. A Mongolian Barbecue will be served from 5:30—8 p.m. The cost for this will be \$35 per ounce.

## Youth Activities

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

All preteens and teens give a special Valentine to your special friend, make him or her a Valentine's card at the YA. The preteens can come by today at 3 p.m. and the teens can come by on Tuesday at 4 p.m. to make their card.

There will be a special Valentine's bingo for preteens on Monday at 3 p.m. Come on by and win your sweetheart a prize.

Preteens every Tuesday at the YA we will be having story hour at 3 p.m. Come on over and hear your favorite story.

Piano lessons are now being offered at the YA. The cost per student is only \$27.50 for 12 lessons. Registration began Feb. 6 and will end Feb. 24 at the administration office from 8:30 a.m. to 5 p.m., Monday through Friday. There are spaces for 20 students. Classes will start Feb. 27 and are open to all YA members.

## Be crafty

The McNair Photo Center is looking for all those people who purchased cameras for Christmas and really are not quite sure how to use them. A basic 35 mm camera technique class will instruct you in all the fundamentals of photography. For more information about this class taking place Tuesday evenings, Feb. 14—March 20, at a cost of \$25. Call 819-3484.

Learn to solarize black and white prints by exposing them to white light. The McNair Photo Center will show you how on Wednesday from 6:30—8:30 p.m. For more information call the Photo Center at 819-3484.

## Recreation Center fun

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

The Hi-Lite Rec Center features bingo every Monday evening at 7 p.m.

A macrame workshop will be conducted at the Hi-Lite Rec Center on Feb. 14 and 15 from 1 to 5 p.m. The two day class covers the basics in macrame. To register, call the Hi-Lite. Tie a heart with your lover on Valentine's Day!

A scrabble Tournament at the Hi-Lite Recreation Center: Sunday at 3 p.m. Out wit your opponents in a game of skill and chance. Prize awarded to the winner. Bring your scrabble board. Call Hi-Lite to sign up.

"The New You for 1984" is a four day beauty workshop presented by the Hi-Lite Recreation Center during the week of Feb. 13 through 16. Learn the secrets of natural beauty aids, make-up techniques, hair styling and accessorizing for an overall beautiful you. The class will be taught by Maureen Whitehouse, a former Miss America runner-up and New York fashion model. Fee is \$24 for the entire workshop, or \$6 per session. For detailed course descriptions and registration information call the Hi-Lite Recreation Center.

Hi-Lite Recreation Center presents "Shakey Spades Pizza Parlor" tonight at 7 p.m. Create your own pizza and pop it in our pizza oven, then, while you wait, join the friendly staff for a challenging game of spades.

Bring your valentine to the "Roaring 20's Sweetheart Ball" Feb. 17 at 8 p.m. at the Hi-Lite Recreation Center.

# calendar

## Deutsche Staatsoper — 7 Unter den Linden —

Feb. 10 — **Ballet: Sleeping Beauty** at 7 p.m.  
 Feb. 11 — **Fra Diavolo** at 7 p.m.  
 Feb. 12 — **Palestrina** at 5 p.m.  
 Feb. 13 — **Cebballo Zyklus D 4** at 8 p.m.  
 Feb. 14 — **Closed**  
 Feb. 15 — **Die Entführung aus dem Serail** at 7:30 p.m.  
 Feb. 16 — **Don Pasquale** 7:30 p.m.  
 Feb. 17 — **Die Hochzeit des Figaro** at 7 p.m.  
 Feb. 18 — **Ballet: Swan Lake** at 7 p.m.  
 Feb. 19 — **Lohengrin** at 6 p.m.  
 Feb. 20 — **Closed**  
 Feb. 21 — **Così fan tutte** (in Italian) at 7:30 p.m.  
 Feb. 22 — **Ballet: Sleeping Beauty** at 7:30 p.m.  
 Feb. 23 — **Arabella** at 7:30 p.m.  
 Feb. 24 — **DDR Music Day**. Opening concert at 7 p.m. followed by Akademie der Künste: Der Verwandlung at 10 p.m.  
 Feb. 25 — **Tannhäuser** at 6:30 p.m.  
 Feb. 26 — **Die wundersame Schusterfrau** at 7 p.m.  
 Feb. 27 — **DDR Music Day**. Leipzig Radio Symphony Orchestra plays at 7 p.m.  
 Feb. 28 — **DDR Music Day**. Dresdner Philharmony plays at 7 p.m.

## Berlin Club happenings

Tonight — **Harnack House**— R 'n' R Band The Mavericks from 8 p.m. to midnight  
**Checkpoint NCO Club** — 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 Kid from 9 p.m. to 2 a.m.

Tomorrow — **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 The Loner from 9 p.m. to 2 a.m.  
**Friendship Lounge** — 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.  
**Starlight NCO Club** — Dual Disco from 8 p.m. to 1 a.m.

Mon. — **Friendship Pub** — C&W DJ The Gambler from 8 p.m. to midnight.  
 Tue. — **Gator NCO Club** — Valentine's Sweetheart Dance with C&W Band Railroad and DJ The Gambler  
**Starlight Grove** — C&W DJ The Farmer from 8 p.m. to midnight.  
**Friendship Pub** — R&R DJ Rockpile from 8 p.m. to midnight

Wed. — **Checkpoint NCO Club** — Disco DJ Spiderman from 9 p.m. to 1 a.m. and four male Go-Go dancers from 9:30 p.m. to 11 p.m.  
**Starlight Grove** — DJ Rock and Roll Kid from 8 p.m. to midnight  
**Friendship Pub** — Disco DJ Master Blaster from 8:30 p.m. to 1:30 a.m.

Thu. — **Gator NCO Club** — Ladies Night with C&W DJ The Farmer

from 8:30 p.m. to midnight  
**Starlight Grove** — Disco DJ Florida Player from from 8 p.m. to midnight

**Friendship Pub** — DJ Rock and Roll Kid from 8 p.m. to midnight

Fri. — **Harnack House** — Rock-Funk-Reggae Band Cherokee from 8 p.m. to midnight  
**Checkpoint NCO Club** — C&W Band Country Squires from 9 p.m. to 2 a.m.  
**Gator NCO Club** — C&W DJ The Gambler from 8:30 p.m. to 2:30 a.m.  
**Starlight Grove** — R & R Band Godzilla from 9 p.m. to 1 a.m. and DJ Rock and Roll Kid from 9 p.m. to 2 a.m.  
**Friendship Pub** — Disco DJ Spiderman from 9 p.m. to 2 a.m.

## Club news

Bring your sweetheart to the Gator NCO Club on Valentine's Day and enjoy country and western music. Live music will come from the band Railroad and DJ Gambler will fill with your favorite country tunes. Don't miss the Sweetheart Dance at the Gator Feb. 14.

It's Fasching season again and the Friendship Pub has a rock 'n' roll party in store for you. On Feb. 25 live music with Godzilla will grace the Friendship stage. Door prizes will be awarded for the best costume and champagne will be raffled as well. Cover charge is \$3. Start thinking about Fasching now and check out the Friendship Feb. 25 for a great rock 'n' roll party.

# on the screen

Feb. 10 — Feb. 17

## Outpost — Clayallee (6524)

Fri. **Strange Brew** (PG) at 7:30 p.m.  
 Sat. **Forever Young, Forever Free** (G) at 2 p.m.  
 Sat. **Never Say Never Agagain** (PG) at 6:30 p.m.  
 Sun. **Never Say Never Agagain** (PG) at 2 and 7:30 p.m.  
 Mon. Same show as above, at 7:30 p.m.  
 Tue. **All The Marbles** (R) at 7:30 p.m.  
 Wed. Same show as above.  
 Thu. **The Star Chamber** (R) at 7:30 p.m.  
 Fri. Same show as above.

## Columbia — Tempelhof (5522)

Fri. **Under Fire** (R) at 7:30 p.m.  
 Sat. **The Amateur** (R) at 7:30 p.m.  
 Sun. **Strange Brew** (PG) at 7:30 p.m.  
 Mon. Same show as above.  
 Tue. **Never Say Never Agagain** (PG) at 7:30 p.m.

Wed. Same show as above.  
 Thu. Same show as above.  
 Fri. Same show as above.

## Coliseum — McNair Brks. (3131)

Fri. **The Year of Living Dangerously** (PG) at 7:30 p.m.  
 Sat. **Yellowbeard** (PG) 7:30 p.m.  
 Sun. **Under Fire** (R) at 2:30 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. **The Amateur** (R) at 7:30 p.m.  
 Thu. **Strange Brew** (PG) at 7:30 p.m.  
 Fri. Same show as above.

## Andrews — Barracks (3538)

Fri. **Risky Business** (R) at 6:30 p.m.

Sat. **Cathy's Curse** (R) at 6:30 p.m.  
 Sun. **The Year of Living Dangerously** (PG) at 6:30 p.m.  
 Mon. Same show as above.  
 Tue. **Yellowbeard** (PG) at 6:30 p.m.  
 Wed. **Under Fire** (R) at 6:30 p.m.  
 Thu. Same show as above.  
 Fri. Same show as above.

## Jerboa — located on Theodor-Heuss-Platz

Fri. **Meat Balls** (R) at 7:30 p.m. and **Fast Times** (X) at 9 p.m.  
 Sat. **Man From Nowhere** (G) at 10 a.m.  
 Sat. **Meat Balls** (R) at 7:30 p.m. and **Fast Times** (X) at 9 p.m.  
 Sun. **Spring Break** (R) at 7:30 p.m.  
 Mon. Same show as above.  
 Tue. **Death Wish II** (X) at 7:30 p.m.  
 Wed. **The Amateur** (R) at 7:30 p.m.  
 Thu. — closed —  
 Fri. **Man With The Deadly Lens** (R) at 7:30 p.m.

## Astra — RAF Gatow compound

Fri. **War Games** (PG) at 7:30 p.m.  
 Sat. **Sky Pirates** (G), at 2 p.m.  
 Sat. **War Games** (PG) at 7:30 p.m.  
 Sun. **Man with the Deadly Lens** (R) at 7:30 p.m.  
 Mon. Same show as above.  
 Tue. **Arthur** (R) at 7:30 p.m.  
 Wed. — closed —  
 Thu. **The Entity** (X) at 7:30 p.m.  
 Fri. **National Lampoon's Vacation** (R) at 7:30 p.m.

**Movies in English downtown — Admission varies from DM 3 to DM 12**

## Kuli — 201 Kurfürstendamm

Fri.—Fri. **Never Say Never Agagain** at 2:30, 5:15, 8, and 10:45 p.m.

# afn tv

— Program is subject to change —

Feb. 10 — Feb. 17

7:00 CNN Sports  
 7:30 Just For Kids  
 8:50 Animated Classics  
 9:40 Stand-By  
 10:35 Moving Right Along  
 11:05 New Olympic Boxing  
 12:00 CNN News Headlines  
 12:30 Hee Haw  
 1:30 Entertainment This Week  
 2:10 1st Camera  
 3:05 Roll Of Thunder Hear My Cry, Part I  
 4:00 World Week In Review  
 4:30 Solid Gold  
 5:20 Yes You Can  
 5:45 EUCOM Rept  
 6:00 CNN Headline News  
 6:30 Alex Haley: His search for roots  
 6:45 Three's Company  
 7:15 Matt Houston  
 8:05 Flamingo Road  
 9:00 ABC Olympic Coverage  
 11:00 Saturday Late Movie: "Look Back in Anger"  
 12:40 Saturday Night Live  
 2:00 ABC Olympic Coverage  
 5:00 NCAA Basketball: BYU vs Georgetown (same day coverage)  
**Sunday**  
 6:00 ABC World News  
 6:30 Firing Line  
 7:00 CNN Headline News  
 7:30 World Report  
 7:55 Nashville Gospel Show  
 8:20 At Home With The Bible  
 8:50 Tell A Vision  
 9:20 Music And The Spoken Word  
 9:45 Yes, You Can  
 10:10 National Geographic  
 11:10 We're Moving  
 11:35 That Nashville Music  
 12:00 CNN Headline News

12:30 Face The Nation  
 1:00 Meet the press  
 1:30 Athletes Action  
 1:50 Computer program  
 2:15 Fall Guy  
 3:05 Trapper John M.D.  
 4:00 CBS Sunday Morning  
 5:30 Muppets  
 6:00 CNN Headline News  
 6:30 Happy Days, Again  
 7:00 60 Minutes  
 7:55 Fall Guy  
 8:00 ABC Olympic Coverage  
 10:30 Sunday Late Movie: "Topkapi"

**Monday**  
 6:00 CNN Headline News  
 6:30 This Week With David Brinkley  
 7:30 Sesame Street  
 8:30 M\*A\*S\*H  
 8:55 St. Elsewhere  
 10:00 Coffee Break Theater: "Smile Jenny, You're Dead" (R)  
 11:35 Richard Simmons  
 12:00 CNN Headline News  
 12:30 Donahue  
 1:20 General Hospital  
 2:10 Ryan's Hope  
 2:35 Portrait of a Legend  
 3:00 Just For Kids  
 4:00 Today Show  
 6:00 CNN Headline News  
 6:30 Sports  
 6:45 Berlin Tonight  
 7:05 Family Feud and Kids Say The Darndest Things  
 7:30 Real People  
 8:25 Berlin P.M.  
 8:30 Mork and Mindy  
 9:00 Knot's Landing  
 10:00 CNN Headline News

10:30 Monday Late Show: "Make Me An Offer"  
 1:00 Insight

**Tuesday**  
 6:00 ABC World News  
 6:30 CNN Sports  
 7:00 NBC Nightly News  
 7:30 Sesame Street  
 8:30 Fall Guy  
 9:20 Love, Sidney (R)  
 9:50 Trapper John, M.D. (R)  
 10:40 Mevc Show  
 11:30 Biography — Joseph McCarthy  
 12:00 CNN Headline News  
 12:30 Donahue  
 1:20 General Hospital  
 2:10 Ryan's Hope  
 2:35 Information Special: Germany  
 3:00 Just For Kids  
 4:00 Today Show  
 6:00 CNN Headline News  
 6:30 Sports  
 6:45 Berlin Tonight  
 7:05 Family Feud and Kids Say The Darndest Things  
 7:30 Enos  
 8:25 Berlin P.M.  
 8:30 Amanda  
 9:00 The "A" Team  
 10:00 CNN Headline News  
 10:30 Filthy Rich  
 11:00 Sports (to be announced)  
 Tonight Show (following sports)

**Wednesday**  
 6:00 ABC World News  
 6:30 CNN Sports  
 7:00 CNN Headline News  
 7:30 Sesame Street  
 8:30 Happy Days, again  
 9:00 Enos  
 9:50 Coffee Break Theater: "Make Me An Offer"

11:30 People's Court  
 12:00 CNN Headline News  
 12:30 Donahue  
 1:20 General Hospital (A)  
 2:10 Ryan's Hope (A)  
 2:35 Rat Patrol  
 3:00 Just for Kids — Sesame Street  
 4:00 Today Show  
 6:00 CNN Headline News  
 6:30 Sports  
 6:45 Berlin Tonight  
 7:05 Family Feud and Kids say the Darndest Things  
 7:25 Laverne and Shirley  
 8:55 Berlin P.M.  
 8:00 Movie of the Week: "Room At The Top"  
 10:00 CNN Headlines News  
 10:30 Wayne and Shuster  
 11:00 Showcase Theater  
 00:15 Sounds Good  
 00:45 Tonight Show

**Thursday**  
 6:00 ABC World News  
 6:30 CNN Sports  
 7:00 CNN Headline News  
 7:30 Sesame Street  
 8:30 Danguard Ace  
 9:00 Mork and Mindy  
 9:30 The "A" Team  
 10:30 Nova  
 11:30 Challengers (series starts)  
 12:00 CNN Headline News  
 12:30 Donahue  
 1:20 General Hospital (A)  
 2:10 Ryan's Hope (A)  
 2:35 Wild Kingdom  
 3:00 Just for Kids  
 4:00 Today Show  
 6:00 CNN Headline News  
 6:30 Sports  
 6:45 Berlin Tonight  
 7:05 Family Feud and Kids say the Darndest Things

7:30 Greatest American Hero  
 8:25 Berlin P.M.  
 8:30 Private Benjamin  
 9:00 Dynasty  
 10:00 CNN Headline News  
 10:30 Taxi  
 11:00 Thursday Late Show: "Johnny We Hardly Knew You"  
 00:30 Tonight Show

**Friday**  
 6:00 ABC World News  
 6:30 CNN Sports  
 7:00 NBC Nightly News  
 7:30 Animated Classics  
 8:20 Laverne and Shirley  
 8:50 Greatest American Hero  
 9:45 Kartoan Karnival  
 10:00 Coffee Break Theater: "Johnny, We hardly Knew You"  
 11:30 Ebony-Jet Celebrity Showcase  
 12:00 CNN Headline News  
 12:30 Donahue  
 1:20 General Hospital (A)  
 2:10 Ryan's Hope (A)  
 2:35 Whacky World of Jonathan Winters  
 3:00 Just for Kids —  
 4:00 Today Show  
 6:00 CNN Headline News  
 6:30 Sports  
 6:45 Berlin Tonight  
 7:05 Family Feud and Kids say the Darndest Things  
 7:30 CHIPS  
 8:25 Berlin P.M.  
 8:30 Love, Sidney  
 9:00 St. Elsewhere  
 10:00 CNN Headline News  
 10:30 M\*A\*S\*H.  
 11:00 Friday Late Show: (Adult)  
 12:40 Tonight Show

# Boxing: Clark, Robinson, Johnson to compete in Sweden

by Tom Jackson

Three of the brigade's best boxers were selected this week to compete with the United States Army Europe team in an upcoming international boxing meet.

Sanford Robinson, Gary Johnson and Maurice Clark will put on the gloves Feb. 16-19 in Kristianstad, Sweden and attempt, once again, to add a few more cups to an already overcrowded trophy case.

Meet officials may take a second look at the scales when Clark, a lightweight weighs in at his expected 132 lbs. For all his conditioning he may just be the stoutest test looking lightweight around.

"I wouldn't have made this weight if it hadn't been for the wall runs I do with my platoon," said Clark. As an 11B team leader in Company A, 2nd Battalion, Clark, along with his platoon, runs 12 to 14 miles along the Berlin Wall every Saturday.

## Rugby opens

The "Yanks" played their first game of the spring rugby season Saturday, giving up a 14-0 loss to Berlin's top-rated Prince of Wales Own Regiment.

Yanks team captain Tom Koballa however said the British team was definitely the toughest opponent they should face in the season and added that his team held up well and that the prospects for a winning season looked bright.

In Saturday's game, held at the Olympic Stadium, the Yanks held back PWO. for most of the first half. Just before the halftime break however, PWO. scored two quick four-point "tries" and one two-point conversion to give them a 10-0 lead.

In the second half, the Yanks threatened several times but were unable to put any final touches on an attack. PWO. lived up to their title as the cities best and drove in a final try to end the game 14-0.

This weekend the Yanks will take on PWO. II and the Stadium II teams on Saturday and Sunday. Both matches will be held at the Olympic Stadium at 2 p.m.

## MSAD states facilities policy

It has become essential that the Morale Support Activities Division publish the rules governing the use of Berlin Brigade sports facilities once more.

These areas are high use facilities and due to overcrowding at the Sports Center, the pool, the tennis bubble, Andrews pool, and Andrews and McNair gymnasiums, regulations governing the use of the facilities will be strictly enforced.

Use of all sports facilities is governed by USAREUR Regulation 600-700 and USCOB/USAB Supplement 1.

Category one personnel have priority in all MSAD sports facilities. This includes active duty military, DOD civilians, family members from both and military retirees. Each category one person may sign in one guest to the facilities. Guests using sports facilities must be accompanied at all times by their sponsor.

Individual Logistics Support is granted to certain groups which operate in the best interests of the U.S. Army Berlin. LS individuals or groups must have in their possession proper identification.

Lockers will be assigned to category one personnel only, and 80 percent of all permanently assigned lockers will be assigned to active duty military personnel. All permanently assigned lockers will be revalidated every six months.

Identification will be presented at the entrance to the facility, and will be checked against a list of barred individuals.

Other restrictions: Children under 10 years of age may not use the gymnasium facilities. No one under 14 years of age may use the weight rooms.

A native of Hamlet, N.C., Clark has boxed for seven years and has won 78 of his 84 bouts. He took the silver cup in the All Army competition held in Augsburg in 1983, won the USAREUR championships in 1982 and the Hawaiian Golden Gloves in 1980.

The upcoming matches in Sweden will give Clark a much desired opportunity to even the score with the current Scandinavian champ who delt him a rare defeat last year.

"It felt great to be selected and to get another chance to prove myself," said Clark. "I'm working on picking precise shots, working from the body up to the head."

If any advice might be given to Johnson's opponents, it might be for them to get a pair of arm extenders. As a light-heavyweight, standing at a lean, but wide-shouldered 6'2 1/2", Johnson has a reach that would give many heavyweights trouble.

The San Diego, Calif. native currently weighs 178 lbs and said that that is his best fighting weight. He is a relative newcomer to boxing with 2 and a half years of experience in which time he has won the 1983 Seattle Golden Gloves, the 1982 USAREUR championship and runner-up in the All Army competition.

Thus far, he has won 37 of his 41 fights.

Johnson is also an infantryman, working in supply in Headquarters and Headquarters Company, 3rd Battalion. He said he felt honored to be selected and that he is greatly looking forward to the international competition.

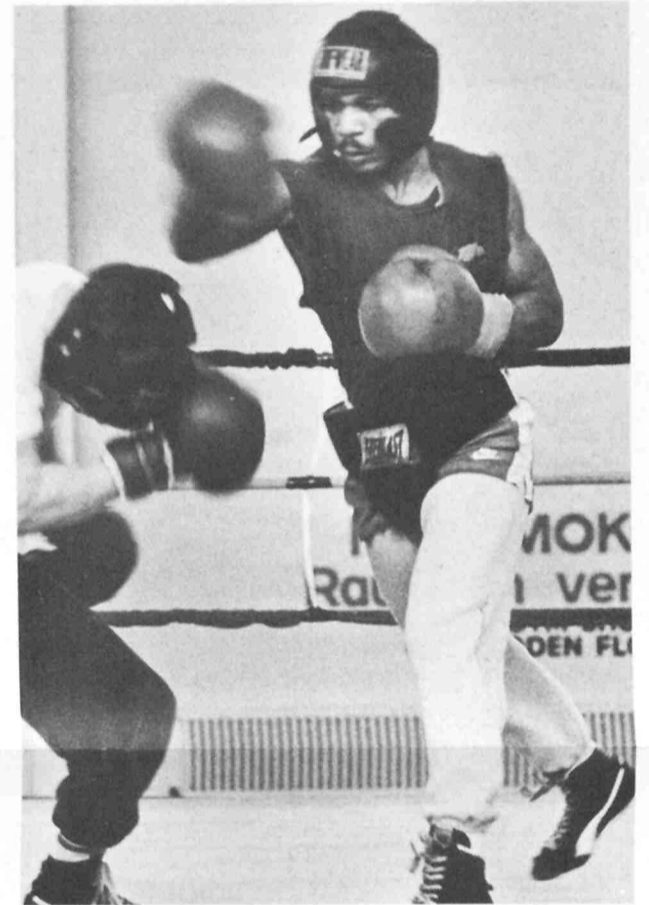
At a current 206 lbs, Robinson, the brigade's leading heavyweight, said he plans to slim down to 201 lbs by running about 10 miles a day before the competition opens.

With five years of experience as a boxer, Robinson has won 97 matches and lost only six. In 1982 he won the All Army championships in Fort Bliss, Texas, as a heavyweight and two months ago in Copenhagen he fought an array of boxers from 15 countries losing only to the champ from Holland.

Assigned to Headquarters and Headquarters Company, Berlin Brigade, Robinson works as a physical activities specialist. The Deberry, Texas, native has developed a methodical boxing style using a low tight,

hands-up defense that widens out from a series of short choppy hooks and uppercuts gradually extending into full length jabs.

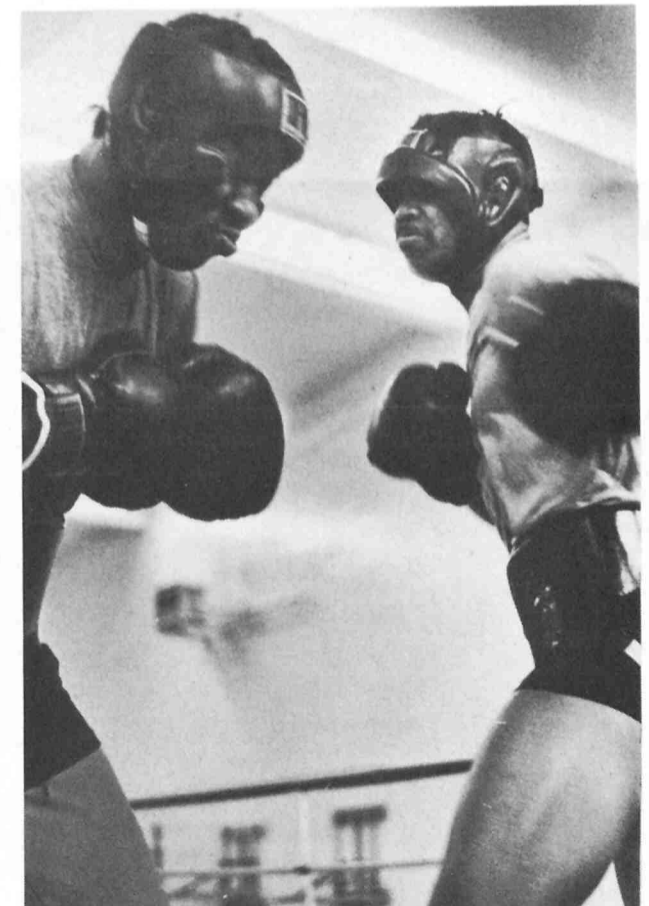
The Kristianstad Invitational boxing tournament will include a ten-man USAREUR boxing team and interservice and AAU medalists competing against Swedish ringmen.



MAURICE CLARK, Berlin Brigade's reigning lightweight boxer, whips a hard right at a sparring partner.



SANFORD ROBINSON, the brigade's heavyweight, coils up for the attack against sparring partner Gary Johnson.



GARY JOHNSON, a light heavyweight, attempts to turn Sanford Robinson, his sparring partner, inside with a long left hook. (Photos by Tom Jackson)

# Changing your eating habits helps shed pounds

Did someone say you're fat?  
"Ha!" you say.

Maybe they've noticed you're bigger than you used to be. Perhaps your clothes are getting a little tight. Do you wear the same size you did when you finished school?

As you get older, and less active, the gradual change in your life will produce gradual weight gain. Just half a pound a month makes a big difference over a couple of years.

You don't need a doctor or a dietitian to determine if fat is starting to creep up on you. Any one of the following tests can tell you if you are headed down "fat alley."

## Weight tests

The mirror test is a great way to get right to the heart of the matter. Stand nude in front of a full-length mirror. Look yourself over. If you look fat, you probably are. Folds and flaps and "love handles" around the waist are sure signs that you are losing the bulge battle.

The belt test is a little less subjective.



Wrap a belt around the bottom of your rib cage, then try to slip it down past your waist without making the belt bigger. If it slips down, you've passed. If it doesn't, it is probably time to consider losing weight.

"Pinch an inch" is another common fat measurement. Grab a fat fold at your waist or have a friend grab one on your back, right over your shoulder blade. If the pinch is more than one inch thick, there is definitely an excess of fat.

Another test is the ruler test. Lie on your back and place a ruler on your stomach with one end resting on your sternum (between your ribs) and the other on your abdomen. If the adominal end is higher than the sternum end, the diagnosis is clear — belly bulge.

All these techniques will determine if you have excess body fat. However, the most commonly used method is a weight and height table. These tables are useful tools for quickly and easily screening individuals who may be overly fat. But there are some problems in relying solely on height-weight tables.

Our bodies are made up primarily of bone, water, muscle and fat. All four have weight which will register on a scale. People who are heavily muscled will register more weight than average individuals. In some cases the well-muscled individuals will weigh more and actually have less fat.

The recently revised Army Regulation 600-9, the Army Weight Control Program, is designed to help identify those individuals who are over-weight but not overly "fat." Unlike the "overly fat" people these individuals will not be placed on the weight control program.

## Overeating

Mostly, excess fat comes from eating. For almost every one of us, our excess

body fat comes from overeating more calories than we burn up.

Our accumulation of fat means that over the past years we have gradually increased the amount of food we eat every day, reduced our daily activity, or both.

Most of us do not realize this is occurring. It is a very gradual change. It creeps up on us, just like the fat.

Some people who have gained weight have not adjusted their eating or activity patterns as they got older. Over a period of several years, small changes can make a big difference.

An average 12-ounce can of regular soft drink provides about 145 calories, all of which are from sugar. The person who has a "two-can-a-day" habit takes in 290 calories a day just from the sugar in the soda. That is the calorie equivalent of one pound every 12 days, or 30 pounds a year.

Other common drinks that include sugar are iced tea and coffee. Drinking sweetened tea and coffee is a habit that can be changed.

## Remedies

If going "cold turkey," drinking plain tea or coffee, is unacceptable to you, then reduce the amount of sugar by half. Drink it with one teaspoon of sugar instead of two.

Examine your diet to reduce high fat foods, particularly those foods to which you may add fat or those that are cooked in fat like french fries, doughnuts, chips and fried chicken. Most of us probably would not be willing to give up fried chicken; but by reducing the number of times each year we eat fried chicken, we can reduce extra fat calories. Instead of having fried chicken, substitute barbecued, baked or stewed chicken.

Reducing your intake of foods containing large amounts of fat and sugar is



an excellent way to reduce total calorie intake. Cakes, pies, pastries and cookies are usually high in fat and sugar.

Changing your eating habits does not mean eliminating sweets and fats entirely. It does mean putting them in their proper place by saving them for special occasions. This may mean having fresh fruit for dessert or a snack more often.

We often consume excess calories just because they are available. We frequently eat snacks while reading, playing cards or watching television. We're not hungry, but food is there, and the habit is there.

You can reduce your total calorie intake by becoming more conscious of when and why you eat. Once you identify these habits you can change them either by substituting another activity for eating, or by eating food that is lower in fat or sugar.

**Editor note:** This article was adapted from a release by the Army Surgeon General's Office.

# Nutrition — important for physical training

by Karen Johnson  
Chief Hospital Food Service Division

Whether you are an amateur athlete or a professional, your nutrition is important to your overall efficiency and performance in your chosen sport.

There are many theories on what the perfect diet for an athlete is and what it should be composed of. Some groups advocate high protein intake. There is also much discussion about water balance and how it should be maintained.

Individual athletes are interested in anything that will improve performance so a claim about the impact of certain foods on efficiency is likely to catch many people's attention. The athlete needs to be aware that many of the claims made for special products or regimens may not help and some may be rather dangerous.

Most experts agree that the best diet for an athlete is a diet that contains 50-55 percent of calories from carbohydrate, 10-20 percent from protein, and 30-35 percent from fat and meets the calorie requirements of the individual. The best indicator of meeting calorie requirements is a person's weight.

Weight loss is an indication that calorie needs are not being met and is not desirable unless the weight loss is intentional due to obesity.

Athletes can use the food group as a guide to the foods to eat daily to ensure adequate carbohydrate, protein, fat, vitamins and minerals. These groups are fruits and vegetables, breads and grain products, meat and protein foods, and milk and dairy products.

Consuming several servings from each group daily in

quantities sufficient to meet calorie needs should ensure the correct amounts of nutrients are available for the body to perform required tasks.

What about the protein content, isn't 10-20 percent of total calories a bit low? No, probably not for most individuals. Experts agree that adult athletes probably only require 1 gram of protein per kilogram of body weight even if they are training regularly. Actually, the body will only use the protein it really needs for building, the rest will be used for energy. High protein intake will also increase the amount of work the kidneys must do to get rid of the waste products.

Most athletes can meet their protein needs by consuming 2 or 3 cups of milk and 2 or 3 moderate meat or protein food servings per day. Meeting protein needs is rather easy and most people go over without even trying. Water needs are sometimes more difficult to meet.

Maintaining water balance is extremely important to performance and essential for staying alive. Water loss of 4-5 percent of body weight effects performance and is something to be concerned about. For most athletes, thirst is an adequate mechanism for water balance.

Individuals who participate in lengthy physical competition in hot climates, such as marathon runs, need to pay special attention to water needs because thirst mechanisms may not be enough to maintain sufficient fluids.

At this point in time, water seems to be as good for maintaining water balance as the many commercial products on the market. The water gets into the system as quickly as the commercial products and usually the amounts of electrolytes and sugar provided in the com-

mercial products do not contribute significantly to the athletes intake of those substance.

Usually, electrolytes can be provided in sufficient quantity in the food the athlete eats. It is recommended that sodium be replaced by the diet and not by adding salt to water.

More and more, it is becoming evident that athletes, like the general population, do best on a sensible diet that provides a variety of foods and sufficient water. It will probably always be tempting to try new diet theories that pop up. It is essential that the new diets be evaluated by the individual and that the individual ensures that the diet provides the quantity and quality of food needed to maintain health and performance.

