



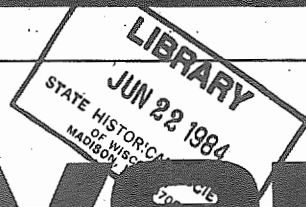
3/6 soldiers show their feelings on the latest Brigade run.

berlin observer

Vol. 40, No. 13

U.S. Command, Berlin

March 30, 1984



Free intratheater mail starts Monday

The Intratheater Delivery Service (ITDS) will be implemented on April 2.

This system, which permits personal letters to travel from one APO to another in the same theater, postage-free, has long been sought by European Commanders.

Benefits to authorized military post office users are that personal correspondence to friends stationed in the same geographical area, personal correspondence to AAFES, local banks, vehicle registry, credit unions and other organizations, can now be sent postage free.

Personal correspondence is defined as post cards, letters, flats (larger envelopes normally used to send photographs) and audio cassettes weighing twelve ounces or less which are sent by an individual.

Both the mailer and addressee must be eligible to use the military postal system.

This service provides for postage-free personal letters for all correspondence remaining in the military postal system within the same geographical area. This means that personal correspondence originating in the European Theater at a military post office must be addressed to another post office within the same geographical area as determined by the first two digits of the zip code. In the case of Europe, both sender and addressee must have an APO number beginning with "09."

When addressing correspondence which qualifies for the service, the "NY" designation should be omitted from "APO NY." Letters should read "APO," followed by the five digit zip

code of destination. The mailer must also provide a complete return address and write "MPS" in the upper right hand corner of the envelope where a stamp would normally be placed.

Personal correspondence qualifying for this service can be deposited in any military mail drop box or entered into the system at any MPO. Under no circumstances should it be placed in a Bundes Post depository.

Official correspondence, correspondence sent by a business, or public activity, including not-for-profit public service organizations, are not eligible for this service; however, personal correspondence from individuals to these

organizations are eligible.

An important restriction is that correspondence addressed to individuals who have been reassigned to the United States or outside the Theater must be returned to sender. However, correspondence to individuals who have been reassigned within the Theater will be forwarded.

Additionally, no claims will be entertained by the military postal service for loss, miscarriage or negligent transmission of correspondence sent postage free. Patrons requesting Certified, Insured or Registry services will be required to pay full postage to receive these services.

(Postal Group Europe)

'Bear Pit' opened

by Damon Elder
4th Battalion Correspondent

The newest addition to the McNair Assault Course was officially opened during a ribbon cutting ceremony and demonstration last Friday.

Brig. Gen. Leroy N. Suddath Jr., brigade commander, presided at the ceremony, which included the posting of a brass placard crediting the construction of the Combatives Pit to Company B, 4th Battalion, in cooperation with the Directorate of Engineering and Housing and the 42nd Engineer Company.

The Combatives Pit, commonly known as the "Bear Pit," is a roof covered, circular pit measuring eight meters in diameter and three feet in depth. The walls of the pit are lined with sand bags. The floor is filled to a depth of almost a foot with sawdust.

As part of the opening ceremony, soldiers from 1st Platoon, Company B conducted a "Bear Pit" exercise. Two eight-man teams faced each other across

the pit and received instructions on the rules from SFC William Ramey, one of five referees controlling the event.

"There will be no kicking," instructed Ramey. "Also no punching, biting, gouging, choke holds or throwing of sawdust into the face of an opposing team member.

"The object of this exercise," he continued, "is to remove all members of the opposing team from the pit within three minutes. At the end of three minutes, the team with the most members still in the pit will be declared the winner of that round. The contest will be the best two out of three rounds."

After the exercise was concluded and a winning team declared, both spectators and participants took some time to evaluate the exercise and comment on some possible improvements in tactics.

As a tool for teaching a winning attitude, the "Bear Pit" rated very high in the opinions of both participants and spectators.

PFC SUSIE SMITH
HHC 42ND SIG BN
APO 09020

MPS

PFC MARK SIMPSON
HHC BERLIN BRIGADE
APO 09742

1. Return address from an individual with an APO (09xxx)
2. Addressed to either an individual, business firm or organization with an APO
3. "MP" written in place of stamp in upper right hand corner

Command changes announced

Department of the Army has announced that Maj. Gen. James G. Boatner, U.S. Commander, Berlin, has been selected to be Deputy Chief of Staff, Personnel, Force Development and Training for the Army Materiel Development and Readiness Command in Washington. Maj. Gen. John Mitchell, currently serving in the Office of the Deputy Chief of Staff, Personnel, U.S. Army, has been chosen to replace him in June.

Brigade Commander, Brig. Gen. Leroy N. Suddath, Jr., has been named as the commander of the First Special Operations Command at Ft. Bragg. Brig. Gen. William S. Carpenter, presently Assistant Division Commander, 9th Division, Ft. Lewis, Washington, has been named to succeed him.

No specific date has been released for the change in the Brigade Command.

letters

Dear Editor,

It's time to make a stand and shed that aura of Army Aviators. It's been said that pilots are aviators in disguise and vice versa, and it remains true today.

Shedding the mystic of aviation seems to be as difficult as determining who shall enter the Army's newest branch, Aviation. It appears that the Army's hierarchy is having a difficult time deciding whether warrant officer aviators should wear the branch insignia.

The sole purpose of this letter is to have every aviator commissioned and warrant alike, write to the Aviation Commander, Fort Rucker, Ala. and voice your opinion concerning who should wear the branch insignia.

It is my understanding and opinion that my fellow non-rated warrant officers are displeased with the possibility that the branch insignia will be worn by all branch members.

I have tremendous respect for my fellow warrant officers and especially those in other career fields than

aviation. And it is easy to assume that all warrant fields are similar in one way or another, yet they all differ from aviation in one primary way.

We, Army warrant officer aviators are the foundation, the building blocks, the structure and the sum and substance of any Army aviation decision. We are the major and the active doers.

Let me explain and try to compare. A warrant officer para-legal is knowledgeable of law, he prepares briefs and an assortment of other important legal documents, but he does not stand in front of the judge and jury and try the case; every time a helicopter or airplane lifts off the ground, an aviator stands the trial of proficiency and competence.

Warrant officers that perform as medical assistants, do exactly that, they assist the doctor, the doctor does the surgery; it's the pilot at the controls that selects the type of approach he wants and then flies the aircraft down to minimums.

Maintenance warrant officers manage shops with sophisticated equipment and numerous and various skilled soldiers. The task is honorable and truly essential, when a work order is completed the paperwork is finalized, signed and returned to the operator with the equipment. During every flight, a sophisticated machine is tested, flown returned to earth and signed off by an aviator. The helicopter or airplane operator is also the qualified maintenance officer, mission specialist, ex-

perimental project officer and daily user. Maybe not all in one, but every task can be and is accomplished by a warrant officer aviator.

The numbers of warrant officer specialties are too numerous to list here and compare with the aviator, but similar results will continue to surface.

Army aviators can specialize not only in maintaining and repairing weapon systems and identifying engineering design faults, but he also fires that same system in combat. He specializes in oral and written communication and every year, at least once, he explains to an instructor pilot or instrument flight examiner the rules, procedures and techniques of many programs that make Army aviation today.

The aviation warrant officer is a skilled tactician as well, not only does he provide front line intelligence information, but he evaluates that information and commits himself and other aviators in the destruction of the enemy.

A major difference between the warrant officer aviator and his fellow warrants is that he is not only in a support/service role, he is a combat soldier on a daily basis. The wearing of the branch insignia does not separate the aviation senior warrant officer from other senior warrant officers, it unconditionally identifies the flying warrant officer to the rest of the United States military.

Jeffery L. Drolshagen



Reader says goodbye to Berlin and the C-E Division

To all of our dear friends of the Berlin Military Community,

I would like to thank all of the members of the Military Community in Berlin for the enjoyable year my wife and I have had while living and working here in Berlin.

I give special thanks to the top notch members of the Communications-Electronic Division and the Telecommunication Center people with whom I have worked during the past year. The respect and courtesy which they have extended to me makes them, in my heart, second to none.

My wife would like to thank all those with whom she had the pleasure of working with at the Main Exchange. She found her employment there both pleasant and very rewarding.

We leave Berlin and our many new friends with sorrow and unavoidable regret. We say to you Danke Schön and Auf Wiedersehen.

Robert A. and Pamela May Barnes



Last Minute To Mail...



*Caring Army People
Helping Army People*

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 1st Lt. William H. Kirkland

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EDITORIAL STAFF

Editor SSGT. Michael Gelfand
 Staff writer Sp5 Doris Flack
 Staff writer Sp4 Tom Jackson
 Cultural events Helga Hafendorn

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KNOWLEDGE IS REAL POWER!

National Library Week
April 8 to 14

use your library

American Library Association

Knowledge is the dynamo that powers personal achievement in careers, school, sports or any pursuit, say American libraries.

That's why the U.S. Army Berlin Library System is joining libraries throughout the world to remind you that "Knowledge is Real Power" during the 27th annual National Library Week, April 8-14.

"Libraries have always made information readily available to their communities," says Joseph T. Chicarella, library director here. "Now that we have entered the 'Information Age,' people are discovering that to get ahead it is even more important to be well-informed and have access to current news.

"A perfect example is our Olympic athletes. They know that being well-informed about their events and keeping up-to-date on new techniques is as important as their physical abilities. You can be sure they and their coaches made good use of information resources dur-

ing their training," adds Chicarella.

During National Library Week, take time to visit your Berlin Army Libraries and see for yourself what a variety of resources are there for you. Special events planned for your enjoyment include the American Art Guild exhibit on view all week long at the Main Library; a community Open House April 8 from noon until 6 p.m. at the Main Library, with music by the Berlin Brigade Band's West Side Combo beginning at 4 p.m.; a Meet the Author evening with Lt. Col. Stuart Herrington, author of *Silence Was A Weapon and Peace With Honor?*, on April 11 at 7 p.m. in the Main Library and other special Library Week events at the Main, Andrews, McNair and Hospital libraries. All week long, in all four libraries, sign up for end-of-week prize drawings.

Plan to celebrate National Library Week by getting to know your Berlin Army Libraries and their multi-media information resources.

briefly

Volksfest display

The Volksfest Office is attempting to create a historical display of previous Volksfest memorabilia (badges, posters and photographs).

Posters for the years 1962, '63, '66 through '71 and 1975 are needed to complete the poster display. Anyone having these items and desiring to contribute to this historical display may do so by contacting Ms. Hiltz at the Volksfest Office, 819-7340 or 819-7371.

Numerous photographs of previous Volksfests have been located, however, personnel in some of these cannot be identified.

Anyone who thinks they can assist us in identifying these people may do so by stopping by the Volksfest Office in Rm. 1104, Bldg. 2, Clay Headquarters. Any assistance would be greatly appreciated.

PDO sale

The Property Disposal Office will hold a retail sale of surplus government property on April 11, from 9 a.m. to 1 p.m.

Among the items offered are bicycles, hand tools, household appliances, books, roll-away beds, furniture, and typewriters.

The sale is open to all U.S. ID card holders on a first-come, first-served basis with no previewing.

All property purchases must be paid for in U.S. cash and removed on the day of the sale. For more information call PDO at 819-3174 or 819-3191.

Schoolbus safety

Transportation Division has some safety tips and rules for schoolbus riders and their parents.

Recently a child ran, slipped, fell and had his foot run over by a schoolbus while trying to be the first one on the bus. Fortunately, the child did not suffer any serious injury.

However, the next incident might not be so lucky for the individual. Children must be aware of safety when they are around schoolbuses.

The following is a list of rules to help parents inform their children of safety around the buses:

- Students should stand on the sidewalk while the bus is pulling up.
- They should form a line and not go past the sidewalk until the bus comes to a full stop.
- Do not crowd or push when the bus nears the stop.
- Accidents have happened because children stand on the curb waiting for the bus. This is much too close. Some children try to outrun the bus and they can easily slip and fall on to the street.
- Students will sit in their seats while the bus is in motion.
- Do not stand up or walk in the aisle because the bus may make a sudden stop.

It is very important that the driver have total concentration when he is driving. So students riding in the bus will not make unnecessary noise, throw objects, or start fights. This could cause the driver to have an accident and endanger the lives of all the children.

- No attempts to leave the bus should be made until the bus has come to a complete stop.

- After getting off the bus, students should wait until the bus has departed from the stop before crossing the street.

In January a group of volunteer women from the Düppel housing area began riding the schoolbuses to act as monitors to control student misbehavior. These women, led by Mrs. Sally Embree, are also teaching students about safety and expected behaviour on the school bus. These bus monitors are an aid to the driver and have the authority to maintain discipline on the buses.

Any adults interested in acting as bus monitors should contact Mrs. Donna Morse, Community Life Branch, G-1, at 819-6556. Volunteers are needed for the Sundgauer and Düppel housing areas.

Keep safety in mind when around the schoolbuses. Parents should make sure their children understand and follow these rules.



Hold it! You can't take that, it's part of Ireland's heritage.

Customs news

If you are considering buying items made of gold over here, the 42nd MP Group (Customs) and the U.S. Customs Service have these tips that could save you time and money when you clear Customs on your return to the U.S.

- Gold coins and gold bullion may be imported duty free

- Gold jewelry may be dutiable depending on the country of origin

- All items made of gold, no matter if it is dutiable or duty free must be declared on your Customs Form (CF 6059-8).

Another tip to remember when purchasing items made of gold outside the U.S.; U.S. Customs cooperates with

a number of other nations by guarding against the illegal importation of items that are part of those nation's cultural heritage.

Many such items were made of gold, and all such items — no matter what they are made of, are subject to seizure.

If you are considering purchasing antiques or items made of gold while over here, make sure the items that caught your eye are not part of your host nation's past history.

Remember to protect yourself, buy only from reputable dealers. A telephone call to the Embassy or Consulate of the nation or nations you plan to visit inquiring about the local cultural and heritage protection laws may save you both time and money when you clear customs on the way home.

For more information, contact the 42nd MP Group (Customs) at 819-3522.

New letter policy

The Military Personnel Center has recently announced a policy change in regards to filing of letters of appreciation and commendation in the Official Military Personnel File.

The change which is already in effect says that basic correspondence pertaining to letters of appreciation and commendation will now only be filed in the OPMF under the following conditions.

- When the letter or message is signed by an individual outside of the published rating scheme.

- Letter or message is addressed to the member or when the member is mentioned in the basic correspondence.

- A statement appears in the body of the correspondence authorizing it to be filed in the member's personnel records.

These policy changes will apply to those letters presently in the system and not yet filed regardless of the date of origin.

Policy with regard to the filing letters of appreciation and commendation in the Military Personnel Records packet has not changed.

1946th correction

Two weeks ago we ran a briefly about veterans of the airlift. Well, we had the wrong information. Below is the correct info.

The 1946th Communications Squadron is hosting the thirty-fifth Anniversary Reunion for personnel who served with the 1946th Airways and Air Communications Service Squadron during the Berlin Airlift.

The reunion is being held May 8-15 and includes a variety of scheduled activities, the highlight of which will be a formal dinner on May 13th.

Anyone interested in attending the reunion should contact Mr. Erhard E. Fischer at 819-5164.

Clowning around

TAG kids don white face and costumes to entertain

by Doris Flack

Every kid dreams about running away from home to join the circus. For the talented and gifted children of Thomas A. Roberts and Berlin American High schools though, it wasn't necessary to leave home to learn about becoming a clown.

As part of the TAG program at both schools, the students have been studying the art of clowning for the last few months with the help of a Ringling Brothers Clown College graduate, John Drury alias Bonker. Friday, their studies paid off in a 30-minute production entitled "Clowning Around," which they performed for classmates and parents.

Melanie Johnson, a 7th grade TAG student, volunteered to write the script. She credits other TAG kids with some ideas for the play, which took very little time to write, she claims. The production was aided by background noises created by 7th grader Tim Brandt on his home computer.

Most of the clowns in the play were from the elementary school, but the junior high and high school kids constructed most of the props and ran the video equipment to document the production. Cory Sanborn, also a 7th grade TAG student, did most of the filming, aided by Melanie and high school TAG teacher Betty Rowlands.

An edited 10-minute documentary video of the play and rehearsals will be entered in the DoDDS regional media contest. The theme for this year's contest is "Broadening Your Horizons," which fell in well with the TAG project, according to Ida Lee Rebowsky, elementary school TAG teacher.

The talented and gifted program is a relatively new innovation in the Department of Defense schools. To be eligible for the program, children must score 98 percent on standardized reading and math tests as well as the I.Q. test.

Scores on standardized tests are not the only barometer for determining whether a child is gifted or

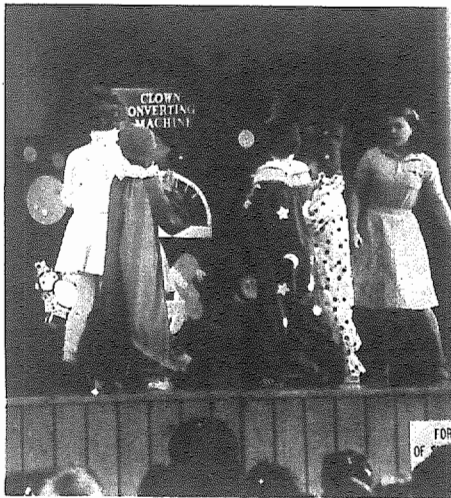
not, according to Rebowsky. The programs here rely on teacher and parent input as well, she says.

The program here is still in the experimental stages, says Rebowsky, and has no set curriculum. The object of the program though is to expand the child's horizons through diversity. Some of that diversity has included guest speakers (an engineer and social worker) and field trips to museums and symphonies. The field trips are preceded by classes on the subject.

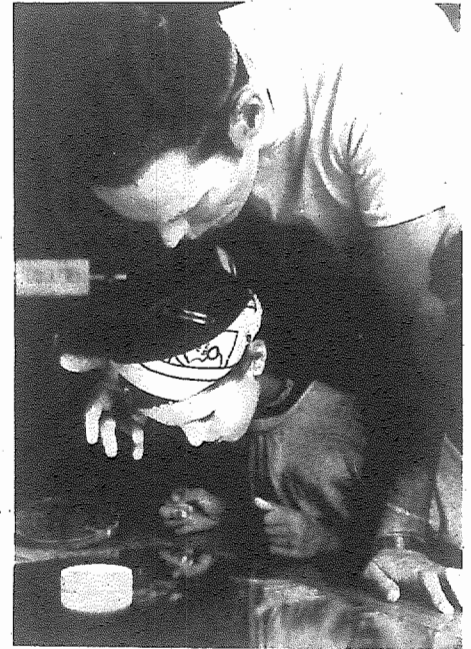
At the junior high and high school level, the program also includes helping the students plan for the future through the academic offerings at the school as well as meeting with their other teachers. "If they only do the

basic requirements of the course, they don't grow," says Rowlands.

During their months of clown training, the children learned that to be a clown is to give. And perhaps, more importantly, adds Rebowsky, they learned to be more sensitive to other peoples' needs.



THE CLOWN CONVERTING machine turns all the students into clowns, but has no effect on the teacher. (Photo by Doris Flack)



WITH A LITTLE HELP from Bonker, one TAG clown gets her make-up on. Bonker gave all the kids pointers on being a clown. (Photo by Tom Jackson)



MIRROR, MIRROR on the desk helps these four soon-to-be clowns get their white face on correctly. (Photo by Tom Jackson)



TRUE CLOWN SPIRIT is what these clowns are showing, before they can be changed back into students. (Photo by Doris Flack)

steppin' out

by Doris Flack and Helga Haftendorn

The best bet in entertainment this weekend has to be the MSAD Theater Center's production of *Godspell*.

The show is a rock musical based on the gospel according to St. Matthew. It has been an international long-running hit and is the story of Jesus and his disciples, told in one musical number after another.

Performances are tonight, tomorrow and Sunday at 7:30 p.m. at the Andrews Barracks Theater Center. Admission is free, but get there early, it's first-come, first-seated.

Weekend happenings

Off-Line opens tonight and runs through Tuesday at the Ku'damm Karree, 207 Kurfürstendamm between Uhland and Kneesebeck Strasse. It's an avant-garde fashion show complete with live music. The runway shows are daily at 5, 8 and 10 p.m. with an entrance charge of DM 9. Tango, samba, rock and avant-garde music can be heard at 6 and 11 p.m. For more information, call 786-1009.

The Berliner Schmuckbörse or Berlin Jewel Exchange is being held this weekend at the Funkturm Exhibition Grounds. Precious stones, gold and silver jewelry, sea and conch shells, coral and minerals will be on display and for sale tomorrow and Sunday. The exchange is in Hall 14B, with entrance across from the ICC, and is open both days from 10 a.m. until 6 p.m. Admission is DM 8 for adults and DM 3 for students. You can get there by underground to Kaiserdamm or Theodor-Heuss-Platz.

The Umbrella Jazzmen and Jazz-Company Berlin will give a concert at the Fontane Haus tomorrow at 7 p.m. Fontane Haus is located at 142c Wilhelmsruher Damm and bus 62 will get you there. For more information, call 4192-2151.

Theater des Westens is hosting *Klassik zum Frühstück* Sunday at 9 a.m. Soprano Pilar Lorengar will sing, accompanied by the Berlin Philharmonic Orchestra under the direction of Jesus Lopez Cobo. The program consists of works by Monteverdi, Beethoven, Haydn, Kapsberger, Mozart, Castello, Arriaga and more. The theater is located at 12 Kantstrasse and the U-Bahn to Zoologischer Garten will get you there.

Classic dance from India will be performed at the Akademie der Künste Sunday. Sonia Mansingh will showcase the ancient Indian forms of dance, *Bhratanatyam* and *Odisi*, at 8 p.m. Admission ranges from DM 10 to DM 12. The academy is located at 10 Hanseatenweg and you can take the underground to Hansaplatz or bus 16 to get there.

The Hochschule der Künste hosts two concerts Sunday. At 3:30 p.m., das sinfonie orchester Berlin presents a Johann Strauss concert and at 7:30 p.m. another performance entitled *100 Jahre Berliner Liedertafel* will showcase folk and opera music. The school is located at 33 Hardenbergstrasse and the underground to Zoologischer Garten or Ernst-Reuter-Platz will get you there.

During the week

A band from England, *Max Collie Rhythm Aces*, performs at Joe am Ku'damm Tuesday at 9 p.m. This Joe's is located at 225 Kurfürstendamm and to get there take the underground to the Zoo Bahnhof.

Symphonisches im Rock? F.O.X. and Ensemble der Gruppe Neue Musik Berlin answer that question Wednesday when they perform music by Wilhelm Dieter Siebert, whose work combines the symphonic with rock. The show is at the Akademie der Künste at 6 p.m.

The Tahiti Ballet Ovehi, complete with 30 dancers, singers and musicians, will give a guest performance at the Hochschule der Künste. The magic of the South Pacific is brought to you at 8 p.m. Thursday.

Amerika Haus presents live jazz with the Big Band Cooperation and special guest star Andy Anderson. Compositions by Count Basie, Rob McConnell, Maynard Ferguson and Duke Ellington, among others, is on the program. The show is April 6 at 8 p.m. Amerika Haus is located at 22-24 Hardenbergstrasse and admission is DM 5.

The Royal Shakespeare Company will give guest performances of *Much Ado About Nothing* at the Schiller Theater April 8 through 11. The theater is located at 110 Bismarckstrasse. Tickets for the April 9, 10 and 11 shows are still available and range in price from DM 7 to DM 45. All performances are at 8 p.m.

The Oscar Peterson Trio, with special guests Niels-Henning, Orsted Pedersen and Martin Drew, will perform at the Philharmonie April 10 at 8 p.m.



Godspell at Andrews Theater Center this weekend

New shows shower AFN viewers in April

by Mark White
Chief, AFN Programming

April will shower you with a flood of new series, movies, news (including the election race), sports and one of the biggest television events of the year, *The Academy Awards*.

Vietnam: A TV History, a six-year project from conception to completion, carefully analyzes the costs and consequences of the American presence in Vietnam. The series provides a detailed visual and oral account of the war which changed a generation and continues to color American thinking on many foreign policy issues.

Actor Jack Klugman returns for the eighth season as that hard-hitting medical examiner, Quincy. His job is to determine the cause of death, accidental or criminal.

Another popular show, *The Jeffersons*, returns with humor provided by Isabel Sanford, Sherman Hemsley,

Roxie Roker, Franklin Cover and Marla Gibbs.

One Day At A Time is back on the tube. The show centers on Ann Romano, a middle-aged divorcee whose transition from housewife to working mother is complicated by two hyper-active teenage daughters.

Prize-winning author James Michener returns to Hawaii to retrace the history of the islands from their origins as a submerged volcano to its statehood in 1959.

Great Performances is a critically acclaimed series presenting teleplays with universal themes. The hour-long premiere presents John Cheever's *The Sorrows of Gin*, set in the affluent suburb of Shady Hill. Poor little Amy Lawton must compete with tennis and cocktail parties for her parents' attention.

The pilot for the adventure

drama, *Tales of the Gold Monkey*, will be seen this month with the series following the next week. The South Seas adventure, set in the 1930s, centers around a gold monkey that everyone wants to own.

David Hasselhoff and "Kitt" premiere in *Night Rider* this month. The show deals with a man given a second chance at life and a car that can do just about anything. Together they go after criminals beyond the reach of the law.

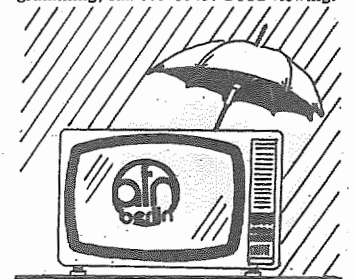
Among the series returning to AFN this month are: *Hill Street Blues*, *Newhart*, *Benson*, 9 to 5 and *Fonz and Happy Days*.

Movies to look for include *Father Murphy* and *Ned Kelly*. *Father Murphy* is the story of an 1870s frontiersman who runs afoul of a greedy town boss when he turns the table on a crooked roulette wheel. It stars Merlin Olsen, Moses Gunn and Timothy Gibbons. The movie is

followed the next week by a series of the same name.

Ned Kelly is a western starring Mick Jagger. Released in 1970, it is the story of Australia's outlaw folk hero of the 1870s.

Check local listings for exact times and dates. If you have a comment about programming, call 819-6145. Good viewing.



sports

BAHS varsity boys beat rivals

The Berlin American High School Varsity Boys Soccer Team punched in a last minute goal to defeat their arch-rivals from Hanau 4-3, Saturday at the high school fields.

The boys junior varsity and the girls teams did not fare as well however. The boys JV team was edged out 2-1 and the girls varsity lost a tough defensive struggle 2-0 to Munich while the girls JV team gave up a 3-1 decision, also to Munich.

Craig Mahek's third goal of the day, with less than a minute to play, capped off the boys varsity team triumph. On the girls teams Kathy and Wendy Wurzbarger and Peggy Van Gorder were credited by coach Ray Babineau for providing a tough defense on the varsity team. Julie Davis scored the JV girls goal with an assist by Bonnie Eschrich.

It was very much a grudge match when the boys varsity team took to the field against Hanau. Last year the Hanau team had bumped Berlin out of the playoffs before going on to become the European AA champions, said coach Phillip Schmolli.

Additionally, the boys varsity team started on Saturday minus a key player, Tom Moore. Moore, a senior who broke a leg in last weekend's opener against Nürnberg, was a shoo-in for the coaches choice, All-European team this year, said Schmolli.

Despite the sidelining of a key player and several less serious injuries, the team closed ranks and kept Hanau in the red throughout most of the game.

Mahek scored first with an assist from Doug Magruder about 12 minutes into the game. A few minutes later, Magruder took advantage of the Hanau

goalie's fumble and blasted in the loose ball to put Berlin ahead 2-0. Hanau responded with their first goal just before halftime.

Late in the second half, Mahek again scored with an assist from Magruder, but Hanau soon retaliated with two quick goals to tie it up 3-3 in the closing minutes.

Berlin, however, refused to accept defeat and after putting on a fine defensive show, ripped downfield where Mahek kicked in the winning goal.



INTERCEPTING an offensive play by Hanau, Pete Murphy breaks up one of the visitors' unsuccessful scoring drives. (Photos by Tom Jackson)



SCORING THREAT Tom Neitzert maneuvers the ball into Hanau territory.

German Sports Medal

Nobody who takes pride in setting personal goals in athletic skills ought to leave Germany without first earning the German Sports Medal. Testing for the five-event medal is now underway and will continue throughout the summer at Andrews Barracks.

The German Sports Medal is an award presented by the German Sports Association in recognition of superior and versatile athletic accomplishment. It is a much sought after and highly prized possession among the German people and it has a history dating back to 1913.

Not only are American soldiers and their family members eligible to participate, but they are highly encouraged to do so. The command here has an official regulation (USCOB/USAB regulation 28-9) prescribing policies and procedures for U.S. Forces members participation and every soldier who attains the medal earns points that go toward his battalion's total for the annual Commander's Sports Trophy.

To earn the medal an individual must

complete his or her choice of one of the requirements in each of the five designated categories. These cover running, throwing, swimming and bicycling events and must be completed within one calendar year.

With the exception of group-one, the 200-meter swim, the individual is given a choice of the event that best suits their particular strengths in the four other groups. For instance, in group-two, men and women can do either the high-jump or the long jump. In the running events, group-three, women can choose one of the four runs that range from a 50-meter dash for the speedsters to the 1,000-meter run for the distance runners. Men can choose one of four running events ranging from 50-400 meters.

Slingball and a baseball throw for women and the stonethrow and weightlifting for men, as well as the shotput and a 100-meter swim for both, are the choices in group four.

Group-five is a mixed category with

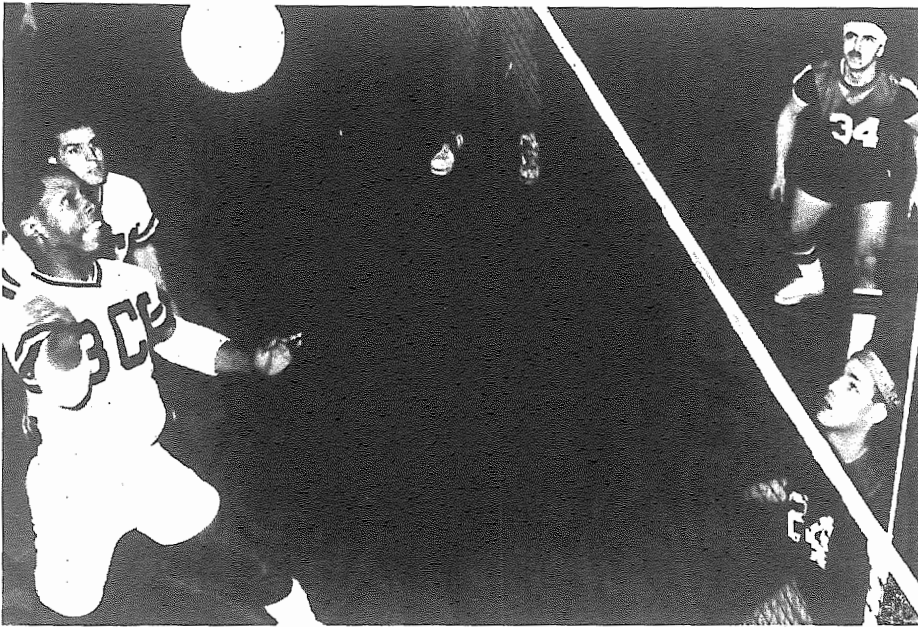
bicycling walking and distance swimming for both sexes.

In each category time and distance standards are set according to age and sex.

This variety in the choice of events insures that everyone, the skinny and the stout-the rabbit and the tortise so to speak, can work towards these goals on an equal footing. There are even categories for children and teenagers making the German Sports Medal an excellent family activity.

Military personnel who want to try for the medal should contact their unit A and R NCO and family members and civilians should first contact Tom Kearney at the MSAD Sports Office, tel., 819-6768. Also groups of 15 or more should contact the MSAD Sports Office before going to the testing.

The swimming test will be held at Andrews Pool every Tuesday and Thursday, from 10-11:30 a.m. The track events will be tested at Yankee Stadium, Andrews Barracks every Monday at 1 p.m.



Will he spike it or bite it?

It's a well-known fact that wolves bare their teeth when on the attack, but as an infantry volleyball technique the dental health threat is relatively new. Nevertheless, 4th Battalion saw plenty of action this week as their various companies battled for supremacy at McNair Gym. Shown here, Company B (in white) slugs it out with Combat Support Company. For complete results, check next week's Observer. (Photo by Tom Jackson)

Protective eyewear available at hospital

Officials at the U.S. Army Hospital here have noted an increase in eye injuries due to certain types of racquet sports and to prevent such injuries a special sports frame has been made available for purchase through the optometry clinic.

Designed for added protective strength, the frames have straps instead of plastic temples for security. They can be ordered without an appointment if there is a doctor's eye prescription in your medical records.

The fashion type of eyeglass frame provides little eye protection if the eye is struck.

If you don't wear glasses, MSAD provides protective

goggles at the gymnasiums free of charge, or you can buy your own at the Main Exchange or a local sporting goods store.

The small cost of eye protection can almost eliminate needless suffering and permanent damages resulting from eye injuries. The benefits far outweigh the inconvenience of wearing eye protection.

In the last three years there were more than 11,000 eye injuries from racket sports in the U.S. Many of these were serious, including lens dislocation, orbital fracture, internal bleeding, retinal detachment and corneal scarring.

Players can reduce the possibility of eye injury by wearing protective devices and by developing strategies to avoid being hit or hitting their opponent.

In racketball, don't look back to see the ball. Reaction times are short due to the size of the court. In tennis, injuries sometimes occur during warm up when more than one ball is in the court. Also firing off a shot in anger or frustration can and has caused injuries.

Play smart and play to win. You won't be worth much with only one eye so get good eye protection and use it.

— sport shorts —

Marathon in Berlin

Marathon runners take note. The 25km de Berlin will begin April 29, at 9:30 a.m. at the Olympic Stadium. The run is sponsored by the French military government of Berlin and is open to all nationalities, military and civilian. Registration is free for all military and their families. Deadline for sign-up is April 16. Contact your unit A and R NCO or call the MSAD Sports Office at 819-6168.

Run for life

With the weather warming up there's no better time than now to get into the Run For Your Life program. The program is open to all active duty military, DoD civilians and family members of both. Record keeping is done on an honor basis and you run what you can when you can. Before starting, each participant must fill out an application and those over 40 years old must turn in a physical examination with the application. Patches and certificates are awarded at 50, 100, 150, 200, 300, 500, 800, 1,000, 2,500, 7,500, and 10,000 miles. For more in-

formation military members can contact their A and R NCO; civilians and family members can contact the MSAD Sports Office.

Golf tourney

On Sunday the first golf tournament of the season will be held at the Berlin Golf Course. Entries are limited to about 120 persons and the slots are filling up fast. The tournament will be a four person scramble and is open to everyone who has an established handicap at the club. Deadline for sign up is noon on Saturday. The new world-wide changes in golfing rules will be in effect. For more information on this and registration call 819-6533.

YA sports

A teen jog will take place April 7, from 1-3 p.m. starting at the Youth Activities building. Also, teenagers interested in getting into shape for the upcoming YA baseball and softball travel league programs can register at the YA until April 13. Those who register by then will be eligible to participate in the YA spring training sessions from April 16 to May 5. For more information on these and other YA sports call 819-6768.

Ladies golf

The Berlin Women's Golf Association invites all ladies interested in playing or learning how to play golf this summer to come out to the U.S. Golf and Country Club Tuesday, at 7 p.m. for a meeting. Coffee will be served. For more information call Ann Hanson at 832-6648.

Turkey shoot

A Turkey Shoot sponsored by the Reserve Officers Association will be held April 14 from 9 a.m. until 3 p.m. at Rose Range. The shoot is open to the entire U.S. community. Cost is \$2 per line and one turkey winner per line. The Rod and Gun Club will be open for refreshments.



calendar

Today we have printed the Philharmonie April program. Please clip and save.

Philharmonie

- April 1 — Symphonisches Orchestra Berlin under the direction of Robert Wolf presents works by von Weber, Mozart, and Max Reger at 4 p.m.
- April 1 — Studio-Chor Berlin and the Hungarian Symphony, Budapest presents "Opera International" under the direction of Eddy Rhein at 8 p.m.
- April 2 — Montreal Symphony Orchestra under the direction of Charles Dutoit presents music by Ravel, Chopin and Stravinsky at 8 p.m.
- April 3 — Berlin Philharmonic Orchestra under the direction of Lorin Maazel presents works by van Beethoven and Berlioz at 8 p.m.
- April 4 — Berlin Philharmonic Orchestra presents same program as above at 8 p.m.
- April 5 — RIAS presents: Radio-Symphonic-Orchestra Berlin under the direction of Osamu Sasaki with works by Mozart, Francaix, Tchaikovsky and R. Strauss. Program begins at 8 p.m.
- April 6 — Amadeus-Quartet presents Haydn, Mozart and Beethoven at 8 p.m.
- April 7 — das sinfonie orchester berlin presents works by Schubert, Mendelssohn and Brahms at 8 p.m.
- April 8 — Choir of the St. Hedwig's Cathedral together with the Domkapelle Berlin presents J.S. Bach's Matthäus-Passion under the direction of Roland Bader. Curtain time is 8 p.m.
- April 10 — Oscar Peterson-Trio at 8 p.m.
- April 13 — Festival Tango Argentino '84 at 8 p.m.
- April 14 — das sinfonie orchester berlin presents a Tchaikovsky program at 8 p.m.
- April 15 — Berliner Oratorien-Chor, together with the Symphonisches

- Orchester Berlin presents J.S. Bach's Matthäus-Passion under the direction of Gert Sell at 7 p.m.
- April 19 — Symphonisches Orchester Berlin and the Sing-Akademie zu Berlin under the direction of Hans Hilsdorf present J.S. Bach's Matthäus-Passion at 7 p.m.
- April 20 — Symphonisches Orchester Berlin and the Sing-Akademie zu Berlin present same program as above at 7 p.m.
- April 21 — das sinfonie orchester berlin presents works by Gluck, Haydn and Mozart at 8 p.m.
- April 22 — das sinfonie orchester berlin presents operetta melodies at 4 p.m.
- April 22 — Radio-Symphonic-Orchestra Berlin under the direction of Jesus Lopez Cobos presents works by J. Brahms and A. Dvorak at 8 p.m.
- April 23 — Radio-Symphonic-Orchestra Berlin presents same program as above, at 8 p.m.
- April 26 — Ella Fitzgerald and her Trio with Joe Pass, at 8 p.m.
- April 27 — Berlin Philharmonic Orchestra under the direction of Riccardo Muti presents works by Mozart and Mahler at 8 p.m.
- April 28 — Berlin Philharmonic Orchestra presents same program as above, at 7 p.m.
- April 29 — das sinfonie orchester berlin presents a Beethoven program at 8 p.m.
- April 30 — Symphonisches Orchester Berlin under the direction of Lutz Herbig presents works by F. Schubert and A. Dvorak at 8 p.m.

Berlin Club happenings

- Tonight — Harnack House — Variety Band "Sun Explosion" from 8 p.m. to midnight
- Checkpoint NCO Club — Country and Western Band "Railroad" from 9 p.m. to 1 a.m., and Country and Western DJ The Marshal 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 — DJ R'n'R Kid from 9 p.m. to 2 a.m., and R'n'R Band "Sneakers" from 10 to 11 p.m. and midnight to 1 a.m.
- Friendship Pub — Disco with DJ Florida Player from 9 p.m. to 2 a.m., and Disco with DJ Secret Weapon from 10 p.m. to 2 a.m.
- Tomorrow — Checkpoint NCO Club — Rhythm-Jazz-Blues-Band "Guitar Crusher" from 9 p.m. to 2 a.m., and 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 a.m.
- Starlight Grove — Country and Western Band "Railroad" from 9 p.m. to 1 a.m., and Country and Western DJ The Lonzer from 9 p.m. to 2 a.m.
- Friendship Pub — DJ R'n'R Kid from 9 p.m. to 2 a.m., and R'n'R Band "Godzilla" from 9 p.m. to 1 a.m.
- Sun. — Checkpoint NCO Club — Disco with DJ Master Blaster 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 with DJ Spiderman 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 The Marshall from 8 p.m. to midnight
- Friendship Pub — R'n'R DJ Rockpile from 8 p.m. to midnight
- Wed. — Checkpoint NCO Club — Disco with DJ Spiderman from 9 p.m. to 1 a.m., and four male Go-Go Dancers from 9:30 p.m. to midnight
- Starlight Grove — DJ Rock 'n' Roll Kid from 8 p.m. to midnight
- Friendship Pub — Disco with DJ Master Blaster from 8:30 p.m. to 12:30 a.m.
- Thu. — Gator NCO Club — Country and Western DJ The Gambler from 8 p.m. to midnight
- Starlight Grove — Disco with DJ Master Blaster from 8 p.m. to midnight
- Friendship Pub — DJ Rock 'n' Roll Kid from 8 p.m. to midnight

on the screen

March 30 — April 5

Outpost — Clayallee (6524)

- Fri. Lone Wolf McQuade (PG) at 7:30 p.m.
- Sat. Special Matinee: Digby — The Biggest Dog In The World (G) at 2 p.m.
- Sat. To Be Or Not To Be (PG) at 6:30 and 8:45 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. The Boal (R) at 7:30 p.m.
- Wed. Same show as above, at 7:30 p.m.
- Thu. Beyond The Limit (R) at 7:30 p.m.

Columbia — Tempelhof (5522)

- Fri. Uncommon Valor (R) at 7:30 p.m.
- Sat. The Entity (R) at 7:30 p.m.
- Sun. Lone Wolf McQuade (PG) at 7:30 p.m.
- Mon. Same show as above, at 7:30 p.m.
- Tue. To Be Or Not To Be (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.

Coliseum — McNair Brks. (3131)

- Fri. Wargames (PG) at 7:30 p.m.
- Sat. Same show as above, at 7:30 p.m.
- Sun. Uncommon Valor (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 Entity (R) at 7:30 p.m.
- Thu. Lone Wolf McQuade (PG) at 7:30 p.m.

Andrews — Barracks (3538)

- Fri. Scarface (R) at 6:30 p.m.
- Sat. Loin' II (R) at 6:30 p.m.
- Sun. Same show as above, at 6:30 p.m.
- Mon. Wargames (PG) at 6:30 p.m.
- Tue. Same show as above, at 6:30 p.m.
- Wed. Uncommon Valor (R) at 6:30 p.m.
- Thu. Same show as above, 6:30 p.m.

Jerboa — located on Theodor-Heuss-Platz

- Fri. Revenge Of The Ninja (X) at 7:30 p.m.

Sat. Children's Matinee: Hide And Seek (G) at 10 a.m.

Sat. Revenge Of The Ninja (X) at 7:30 p.m.

Sun. An Officer And A Gentleman (R) at 7:30 p.m.

Mon. Same show as above, at 7:30 p.m.

Tue. Monty Python's Life Of Brian (R) at 7:30 p.m.

Wed. Any Which Way You Can (R) at 7:30 p.m.

Thu. — closed —

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

Arsenal — 25 Welterstrasse

Fri. Cluny Brown at 6 p.m. and Engel at 8 p.m.

Sat. The Lady in Ermine at 6 p.m., Desire and Ninotchka at 10:15 p.m.

Sun. Desire at 6 p.m. and Heaven Can Wait at 10:15 p.m.

Kid — 54 Kantstrasse

Fri.—Thu. The Atomic Cafe at 7, 9 and 11 p.m.

Schlüter — 17 Schlüterstrasse

Sat. Dead Men Don't Wear Plaid at 8:30 p.m.

Tues. Harold and Maude at 8:30 p.m.

Wed. Dead Men Don't Wear Plaid at 8:30 p.m.

Thalia 2 — 71 Kaiser-Wilhelm-Strasse

Fri. King Creole at 5:45 p.m., The Third Man at 7:45 p.m., and Topaz at 9:45 p.m.

Sat. G.I. Blues at 7:45 p.m., Second Chorus at 7:45 p.m., and three television shows by Hitchcock at 9:45 p.m.

Sun. Elvis in Concert at 5:45 p.m., Fantasia at 7:45 p.m., and Family Plot at 9:45 p.m.

Mon. Flaming Star at 5:45 p.m., The Pyx at 7:45 p.m. and The Treasure of the Sierra Madre at 9:45 p.m.

Tue. Rebel Without A Cause at 5:45 p.m., Casablanca at 7:45 p.m., and M*A*S*H at 9:45 p.m.

Wed. The Stones in the Park at 5:45 p.m., and Kramer versus Kramer at 7:45 p.m., and Desire at 9:45 p.m.

Thu. Beatles at Shea Stadium at 5:45 p.m. and Tg Have and Have Not at 9:45 p.m.

-afn tv- Program is subject to change

March 30 — April 6

Friday

- 6:00 NBC Nightly News
- 6:30 CNN Sports
- 7:00 ABC World News
- 7:30 Just for Kids — Animated Classics and Cartoons
- 8:25 Taxi
- 8:50 Dynasty
- 9:45 Coffee Break Theater: "Somewhere In The Night"
- 11:55 Weekend Movie View
- 12:00 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital (A)
- 2:10 Ryan's Hope (A)
- 2:30 Ebony Jet Celebrity Showcase
- 3:00 Just for Kids — Sesame Street
- 4:00 Freeman Report
- 5:00 The Today Show
- 6:00 CNN Headline News
- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:25 Weekend Movie View
- 7:30 Chips
- 8:20 Berlin P.M.
- 8:30 Love, Sidney
- 9:00 St. Elsewhere (A)
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 M*A*S*H, Pt. 1 of 2
- 10:55 Friday Late Show: "Attack On Terror," Pt. 2 of 2
- 12:35 The Tonight Show
- Saturday
- 6:00 NBC Nightly News
- 6:30 CNN Sports
- 7:00 ABC World News Tonight

- 7:30 Voyage to the Bottom of the Sea
- 8:20 Plastic Man/Cartoons
- 8:50 What's New Mr. Magoo
- 9:15 Starvengers
- 9:35 Super 7
- 10:00 Trollkins
- 10:25 Moving Right Along
- 10:55 New Olympic Boxing
- 11:50 Berlin P.M.
- 12:00 CNN Headline News
- 12:30 Hee Haw
- 1:20 MV 3
- 2:05 First Camera
- 2:30 Those Amazing Animals
- 4:10 Solid Gold
- 5:00 Washington Week In Review
- 5:30 Three's Company
- 6:00 CNN Headline News
- 6:30 Entertainment This Week
- 7:20 Matt Houston
- 8:15 Flamingo Road
- 9:10 Saturday Late Show: Astronaut
- 10:30 LIVE NCAA Basketball Semi-finals: Virginia/Houston game 2: Georgetown/Kentucky
- Sunday
- 6:00 CNN Headline News
- 6:30 Firing Line
- 7:30 Newsfront
- 7:55 Nashville Gospel Show
- 8:15 Hour of Power
- 9:05 Christopher Close up
- 9:35 Just for Kids: Flintstones/Jason of Star Command/Cartoons
- 10:35 National Geographic That Nashville Music
- 12:00 CNN Headline News
- 12:30 Face the Nation
- 12:55 Sunday Matinee: "The Hideaways"
- 2:40 Computer program

- 3:05 Meet the Press
- 3:30 Seven Brides for Seven Brothers
- 4:20 Paper Chase
- 5:05 Trapper John M.D.
- 6:00 CNN Headline News
- 6:30 Muppets
- 6:55 Sixty Minutes
- 7:45 Please Please Please LIVE final round of the Tournament Players Golf
- after golf
- Sunday late Show: "The Corsican Brothers" FBI
- Monday
- 6:00 CNN Headline News
- 6:30 This Week With David Brinkley
- 7:30 Sesame Street
- 8:30 Love Sidney
- 9:00 St. Elsewhere (A)
- 10:00 Coffee Break Theater: "The Corsican Brothers"
- 11:55 Movie View
- 12:00 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital (A)
- 2:10 Ryan's Hope (A)
- 2:30 Gimme A Break
- 3:00 Just For Kids — Plastic Man, Cartoons, Mr. Roger's Neighborhood
- 4:00 Cross Fire
- 4:30 Inside Business
- 5:00 The Today Show
- 6:00 CNN Headline News
- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:30 Variety Special — No. 1 Country
- 8:20 Berlin P.M.
- 8:30 Mork and Mindy
- 9:00 Knot's Landing (A)
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 NCAA Women's Basketball Championships tape delay

- after game: Monday Late Show: "Child Under A Leaf"
- Tuesday
- 6:00 ABC World News
- 6:30 CNN Sports Tonight
- 7:00 NBC Nightly News
- 7:30 Sesame Street
- 8:30 Mork and Mindy
- 9:00 Trapper John M.D.
- 9:50 Flamingo Road
- 10:40 Merv Griffin
- 11:30 Biography — Dwight D. Eisenhower
- 11:50 Berlin P.M.
- 12:00 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital
- 2:10 Ryan's Hope (A)
- 3:00 Half-Hour Into Special
- 3:00 Just for Kids — Stanley's Smogless Steamer, Cartoons, Road Runner
- 4:00 Freeman Report
- 5:00 The Today Show
- 6:00 CNN Headline News
- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:30 Enos
- 8:20 Gasthaus
- 8:30 Benson
- 9:00 The A Team
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 Amanda
- 10:55 NCAA Men's Basketball Champions same day coverage sign off
- Wednesday
- 6:00 ABC World News
- 6:30 CNN Sports
- 7:00 NBC Nightly News
- 7:30 Just For Kids — Mr. Roger's Neighborhood
- 8:30 Benson
- 9:00 Knot's Landing

- 10:00 Coffee Break Theater: "Child Under A Leaf"
- 11:30 People's Court
- 11:55 Travel Log
- 12:30 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital (A)
- 2:10 Ryan's Hope (A)
- 2:30 Rat Patrol
- 3:00 Just For Kids — Sesame Street
- 4:00 Freeman Report
- 5:00 The Today Show
- 6:00 CNN Headline News
- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:30 Laverne and Shirley
- 8:00 Berlin PM
- 8:10 Movie of the Week: "Coming Out Of The Ice" (A)
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 Wayne and Shuster
- 10:55 Scene Of The Crime
- 12:30 Sounds Good
- 12:55 The Tonight Show
- Thursday
- 6:00 ABC World News
- 6:30 CNN Sports
- 7:00 NBC Nightly News
- 7:30 Sesame Street
- 8:30 Laverne and Shirley
- 9:00 Amanda
- 9:30 The A Team
- 10:30 Nova
- 11:30 Challengers
- 11:50 Berlin P.M.
- 12:00 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital (A)
- 2:10 Ryan's Hope (A)
- 2:30 Wild Kingdom
- 3:00 Just for Kids — Ski-Boy, Cartoons, Pac Man
- 4:00 Freeman Report
- 5:00 The Today Show
- 6:00 CNN Headline News

- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:30 Greatest American Hero
- 8:20 Gasthaus
- 8:30 Taxi
- 9:00 Dynasty
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 Short Story Theater
- 10:55 Friday Late Show: "Father Figure"
- 12:30 The Tonight Show
- Friday
- 6:00 ABC Nightly News
- 6:30 CNN Sports
- 7:00 ABC Nightly News
- 7:30 Animated Classics
- 8:25 Taxi
- 8:50 Dynasty
- 9:50 Coffee Break Theater: "Father Figure"
- 11:30 Comedy Shop
- 11:55 Weekend Movie View
- 12:00 CNN Headline News
- 12:30 Donahue
- 1:20 General Hospital (A)
- 2:10 Ryan's Hope (A)
- 2:30 Ebony Jet Celebrity Showcase
- 3:00 Just for Kids — Sesame Street
- 4:00 Freeman Report
- 5:00 The Today Show
- 6:00 CNN Headline News
- 6:30 Sports
- 6:45 Berlin Tonight
- 7:05 Family Feud
- 7:30 Chips
- 8:20 Berlin P.M.
- 8:30 Love, Sidney
- 9:00 St. Elsewhere (A)
- 9:55 Berlin Briefs
- 10:00 CNN Headline News
- 10:30 Magnum PI
- 11:20 MASH
- 11:50 Friday Late Show: "Equinox"
- 1:10 The Tonight Show

events

ads

For sale
1979 Toyota Celica 2000XT Liftback, automatic, blue metallic, one owner since new. Extras include Blaupunkt radio/cassette player, rear seat belts, rear fog lamp. Full German specifications. Good condition, 58,000 miles. Genuine reason for sale, DM\$ 3,900 o.n.o. Call 309-4124.

Canon 35-70 14 zoom lens, excellent condition, two used 185SR-13 Bridgestone tires, mounted, \$80. Call 251-5650 after 5 p.m.

1976 AMC Hornet, two-door hatchback, automatic, power steering, six-cylinder, stereo/cassette, \$700. Also German tile coffee table, 52x28 in., \$90; German 26-inch color TV, AFN b/w, \$190. Call 801-2430 after 6 p.m.

Kelvinator freezer, white, lift top, 235-pound storage capacity, 40" L, 30" W, 38" H, approximately 12 cu. ft., \$115, including transformer. Vanity, seven drawers with mirror, \$40. Call 813-6973.

1977 Volvo 264GL, sun roof, AM/FM cassette with four speakers, Michelin radials, American specifications. Call 802-6885 after 5 p.m.

Tent - Sear's Best, like new, 10'x14', \$200. Coleman stove for \$10. Ice chest and jug, \$10, and two sleeping bags, \$20 each. Call 813-8678.

1977 BMW 525, four-door, automatic, sun roof, metallic silver, AM/FM with cassette, new tires, mechanically sound, interior perfect. Call 813-6541 after 6 p.m.

1981 Dodge Van, in excellent condition. Six-cylinder, PS and PB, standard, AM/AF stereo cassette radio, DM21,000 or 5 equivalent. Call 831-3149.

PCS Sale - tomorrow from 9 a.m. to 4 p.m. at 5b Taylor Strasse. Sale will be in the backyard, unless weather prevents. For sale are drapes, bedspreads, children's clothing, kitchen appliances, and lots of miscellaneous. Everything must go.

PCS Sale - tomorrow from 9 a.m. to 3 p.m. at 67 Lindenthaler Allee, No. 67. For sale are books, toys, clothes, German shrank and many more useful items.

Mini Flea Market will be held tomorrow from 9 a.m. to 4 p.m. Many items for sale, including antique sewing machine, antique crystal, silver items, old coins, ladies clothing, shoes, and several plants. Also shadow boxes and knick knacks. Come by 148A Sundgauer Strasse early for best selections. Everything must go.

Two pair of new splittish jump boots, size 9, 546 a pair. Two sets of BDU's, \$75 total. Also assorted military equipment. Call 24-9098 ask for David.

1976 Monte Carlo, in good condition, new tires, AM/FM stereo with cassette. Price is negotiable. Call 813-6592 after 5 p.m.

1982 Pontiac/Grand Prix, standard features, PS, PB, AM/FM stereo. Needs minor repair, has a three-year remaining warranty on major parts. Assume balance with approved credit, approximately \$6,500. For further information, call 802-5798.

Porsche 944, American specs., built July 83, red, black leather, positraction, sport suspension, leather sport steering wheel, alarm, AM/FM cassette, 7,000 miles, \$25,000. Call 813-8678.

Three sets of sheer draperies, 350cm, 420cm and 300cm wide and 233cm long, \$15 per set; moss green hallway runner, three yards long and 40" wide \$5. Large rubber tire, philendron and assorted smaller plants. Call 832-4898 before 7:30 a.m. and after 6:30 p.m. daily.

1980 Chevy Diesel Impala station wagon, automatic, power steering, power brakes, AC, new tires, \$3,600. Call 831-3699 after 6 p.m.

VW Bug, under 50,000 miles, \$675. VIC 1525 graphic printer, \$250. Video game cartridges, Atari and VIC. Call 813-8525.

Three-Family Basement Sale - tomorrow from 9 a.m. to 3 p.m. at 3, Steward Strasse, next to YA. Lots of baby clothes, newborn through toddler, stroller cart (new) and baby walker. Also electronic Pacman game. Some 220-volt items and 750-watt transformer. Call 813-8617.

1981 Honda 250 street bike, outstanding condition, only 1,900 km's, extras, \$750 or DM equivalent. Call evenings or weekends 801-3161.

1976 Mercedes 280s, sport autobahn car-cruise in style. May be exported to USA with safety modifications value in US over \$10,000. Has electrical sun roof, new cassette stereo radio, power antenna, new tires, mag wheels. Dark-green metallic, \$3,995. Call evenings or weekends 801-3161.

Sears Lady Kenmore dishwasher, 110-volt, \$75. Call 831-3707 after 10 a.m.

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26" Console RCA Victor color TV, excellent condition, \$300. AEG super model vacuum cleaner, 220-volt, 1000-watt, DM150. Call 831-3679 after 5 p.m.

lunches

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Monday - Potato soup, sausage, roll, and orange.

Tuesday - Turkey in curry sauce, rice, cabbage salad and cookies.

Wednesday - Pizza and apple.

Thursday - Pork with sauce, curry rice and ice cream.

Friday -

TAR and BAH schools have the following menu for the week beginning April 2:

Monday - Salad, meat sauce, spaghetti, buttered corn, fruit cocktail, milk, bread and butter.

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Wednesday - Salad, burritos, buttered rice, gravy, peaches, juice, bread and butter.

Thursday - Salad, corn dog, baked beans, chocolate milk, bread and butter.

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Basement Sale - at 9 E.C. Ditz Strasse in Düppel, tomorrow from 9 a.m. to noon. Items for sale include: bikes, books, footlockers, ladies and boys clothing, toys, wicker, kitchen items, baked goods and much more. Call 801-2294.

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From Russia with Love

Everyone who went to Leningrad and Moscow with American Express in February is invited to a "Return to Russia Party" on April 10 at 7 p.m. in the Harnack House, Humboldt Room. Bring your photos, slides, enamel boxes, stories and families. For more information, contact Mike at 813-6526.

ITT Tours

Don't be a slow poke - book early on ITT's tour to Garmisch. Buy your round-trip transportation with \$20, plus a \$15 coupon book good at AFRC activities. There is lots to do from touring to athletic activities, or just breathe the mountain air and relax. Tour dates are April 10-16.

Tulip time in Holland is just around the corner and ITT is giving you advance notice. Last year's tours were sold out by popular demand, so we are offering the Blooming Tours again. Keukenhof Estates, the miniature village of Madurodam, a tulip nursery, Dutch cheese farm and Delft blue china factory are just some of the places you can visit. For more information on these tours call ITT at 819-6523.

Hi-Lite is looking for string players

The Hi-Lite Recreation Center is looking for string players for a string quartet, or small chamber ensemble. Needed are violinists, violists, and cellists. Call 819-3554.

Installation Commissary Council Meeting

The quarterly meeting of the Installation Commissary Council will be held in the Main Conference Room, Building 1, Clay Headquarters on Thursday, beginning at 10 a.m. The purpose of the meeting is to provide positive, substantive suggestions which will enhance the commissary operation for the benefit of the American community. Members of the community are invited to attend.

Doctoral Program for Berlin

Dean Charles Brown, of University of Southern California's Los Angeles Campus, will be visiting Berlin on Wednesday to answer questions concerning USC's EdD Doctoral Program proposed for the Berlin Command. For more information, call 819-6991 or 819-6919.

Youth Activities

Youth Activities is sponsoring a Preteen Dance on April 6 from 6:30 to 9:30 p.m. with DJ Secret Weapon. Come on out and bring your YA card and \$1, and enjoy good company, good food and disco the evening away.

ACS Escort Service

Want to learn your way around? Join Army Community Service Escort Service on a trip to Ikea, the furniture store that features "break-down" furniture and much more. We will leave ACS at 10 a.m. on Monday and return by 2 p.m. You will need DM4 for U-Bahn tickets. Sorry, no children under 13 years of age. For more information, call ACS at 819-6500, or come by our office, located below the bank at Truman Plaza.

Color Negatives Orientation

Do you feel ready to make the big jump from black and white photography to color photography? The McNair Photo Center will offer an orientation about color negatives on April 8 at 1 p.m. For further information, call 819-3484.

Employment opportunity

An Aide to Protocol Assistant: Requirements are languages - German, English and good working knowledge of French, and basic secretarial skills with knowledge of word processing, filing. All interested applicants may obtain an application form from the American Personnel Office, U.S. Mission at Clay Headquarters, Building 2, Room 1036. American family members will be given preference.

BAHS PTSA Nominating Committee

The BAHS PTSA Nominating Committee is drawing up a proposed slate of officers for next year's Executive Board. Persons interested in serving as a PTSA officer are asked to contact Sandy Doty at 819-7626 or 831-3743 before the election on April 18.

Art Guild

The American Art Guild's monthly meeting will feature a program on wood carving on Monday at 7:30 p.m. in the TAR cafeteria. All community members who have an interest in art are invited to attend. The Art Guild has a new exhibition of members' works at the hospital and at the Truman Plaza Bank.

European Rodeo Cowboy Association

The Berlin Rodeo Team will meet at 3 p.m. on Sunday at the Gator NCO Club at McNair Barracks. All members and those interested in seeing what we are all about, or who would like to join, are cordially invited to attend. ERCA is open to all ranks and civilians.

Spring and Summer Fashion Show

The Hi-Lite Recreation Center will sponsor a Spring and Summer Fashion Show at the Starlight Grove Club on April 14 at 8 p.m. The show will feature selections from the latest line of clothing from Wertheim Stiglitz and the Main Exchange Truman Plaza PX. Disco dancing will commence immediately following the performance. There is no cover charge, and door prizes will be given. For further information, call the Hi-Lite Recreation Center at 819-3554 between 1 and 8 p.m.

Tennis Club Meeting

The Berlin American Tennis Club will hold a general membership meeting on Thursday from 7 to 9 p.m. in the Harnack House. In addition to election of new officers, topics for discussion include the opening of the renovated Harnack House courts, and schedule of activities for the coming summer season. All members and prospective members are invited to attend.

Recreation Center fun

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

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.

Well-known card player Sam Spade challenges you to play spades at the All American Recreation Center every Monday at 7 p.m.

Shape up now for summer. The Hi-Lite Recreation Center sponsors on-going Aerobic Classes for all levels of physical fitness on Monday, Wednesday, and Friday from 9 to 10 a.m., and 5 to 6 p.m. The classes include warm-up, strength training, cardio-vascular training, and cool down.

The next Aerobics Class in Düppel begins on Tuesday. Classes meet at 9 and 10 a.m. on Tuesdays and Thursdays. For further information and sign-up, call the All American Recreation Center.

Free knitting classes continue at the All American Recreation Center every Tuesday and Friday at 7:30 p.m. If you would like to learn a fun craft that will save you money, come out and let Mr. and Mrs. Frye teach you how to knit.

Calling all Bid Whist players! The All American Recreation Center will be playing Bid Whist on April 8, at 11 a.m.

The Hi-Lite Recreation Center will sponsor a Chess Tournament on April 15 at 2 p.m. Winner of the tournament is eligible for the USAREUR Finals in Giessen on May 8. Registration for the tournament is being taken now at the Hi-Lite Recreation Center. Cut-off date is April 13, at 1 p.m.

ARMAF

The Association of Retired Members of the Armed Forces (ARMAF) will hold its monthly meeting on Tuesday at 7 p.m. at the Harnack House. All members and prospective members are encouraged to attend.

NCO Wives Club

The NCO Wives Club will hold its monthly meeting on Tuesday at 7:30 p.m. at the Children's Center. Special elections and the constitution amendments are on the agenda. The doors open at 7 p.m. Call 826-1186, if you would like more information.

Tempelhof Officers' Wives Club

The TOWC is having its April Silver Function for members only on Wednesday at 7 p.m. It will be held at 15A Klopstock Strasse. For further information call 801-4802. No reservations needed. Anyone interested in becoming a member may join before the Wednesday function.

Berlin Area Wargamers

A Wargame Demonstration will be held at the Sky Rider Recreation Center, Tempelhof Central Airport, from 4 to 10 p.m. on April 6. Exhibits will cover one of the fastest growing adult hobbies today, including ancient and Napoleonic miniature figure wargaming, diplomacy, and civil war and modern boardgames. Sponsored by the Berlin Area Wargamers. For more information, contact Capt. Richard J. Kane at 819-3240 or 819-3245, or Mr. Peter Owen at 822-7788. All are welcome regardless of experience.

Turkey Shoot

A Turkey Shoot sponsored by the Reserve Officers Association will be held on April 14 from 9 a.m. until approximately 3 p.m. at Rose Range. This Turkey Shoot is open to the entire community with \$2 per line and one turkey winner per line. The Road and Gun Club will be open for refreshments.

Vegetarian diets — another way to good nutrition

by Karen Johnson
Chief Hospital Food Service Division

Many people have decided not to include animal products in their diets, either specific ones or all of them. Each person probably has a slightly different reason for choosing a diet without various animal products. These reasons vary from religious reasons to purely economical reasons. But are these diets nutritious? It depends.

The nutritional adequacy of vegetarian diets depend on which and how many animal foods are eliminated and how much planning goes into each day's meals. Vegetarian diets can be as nutritionally adequate as diets including meat if they are well planned.

There are several different kinds of vegetarian diets, ranging from diets that exclude one or two animal foods to diets that exclude all animal foods. Each type has areas that require specific attention.

The least restricted type of vegetarian diet is the lacto-ovo vegetarian diet. This diet includes dairy products and eggs. Nutritional composition is quite similar to the conventional diet of most people. There is one difference. Instead of using meat, fish or poultry as protein sources, dairy products and eggs are used along with legumes, nuts and other vegetables and grains.

Because vegetables and grains provide most of the

protein and calories, these foods must be consumed in larger quantities than in a usual diet. The lacto-ovo vegetarian diet is nutritionally adequate if care is taken to ensure that a protein food from the milk group or an egg is included with each meal.

The next group of vegetarian diets is more restricted in animal products. The diet may include milk products or eggs but not both. This diet automatically increases the importance of including one or two of the protein foods with each meal. This group of diets are likely to have nutritional gaps in vitamin and mineral content unless planned carefully. If milk products are deleted, obtaining enough calcium and riboflavin is difficult unless adequate amounts of dark green leafy vegetables are consumed. If eggs are deleted, obtaining enough readily available iron may be difficult.

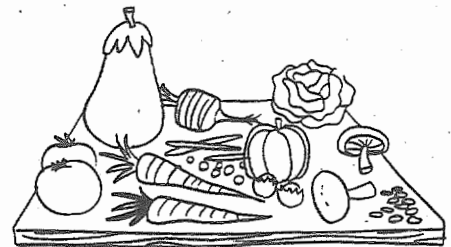
The most restricted vegetarian diets (vegan) do not include any animal products. These diets depend solely on vegetables and legumes to supply the protein required for health. It is possible to do, however, careful planning is essential.

Most vegetable proteins do not contain a complete set of the building blocks called amino acids. Complete proteins, those containing adequate amino acids, can be obtained from vegetables and grains, when vegetables and grains that have deficiencies in different amino acids are eaten in the same meals. This is called using complementary proteins.

A general rule is to have a grain and a legume or a legume and a seed at each meal. The strict vegetarian diet does not supply any vitamin B-12 unless fortified soy milk or a vitamin supplement are used. Care must be taken to include plenty of green leafy vegetables to meet the calcium and riboflavin requirements.

Any vegetarian diet can be nutritionally adequate if there is sufficient care in planning the meals. However, diets that delete any group that is left (grains, vegetables or fruits) will not be nutritionally adequate and may cause serious nutritionally related problems.

When choosing a vegetarian diet, not that it is ad-

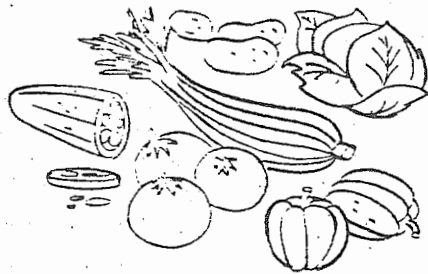


visible for children to follow a vegetarian diet that includes some dairy products due to their smaller appetites and relatively high protein and calcium requirements.

If you would like to know more about vegetarian diets, a good reference is *Diet for a Small Planet* by Frances Moore Lanza.

DAILY VEGETARIAN FOOD GUIDE

	Lacto-ovo Vegetarian	Vegan
Protein Group	eggs (4/week), legumes, nuts, soy, 2 or more servings	legumes and nuts 2 or more servings
Milk Group	milk, yogurt, cheese 2 or more servings	fortified soybean milk 2 or more servings
Bread & Cereal	whole grain breads and cereals 6 or more servings	whole grain breads & cereal 3-5 servings 1 serving seeds and 3 additional slices of bread
Fruit and Vegetable Group	fruit, 3 or more servings vegetables, 3 or more servings 1 vitamin C source daily 1 dark green leafy or deep yellow fruit or vegetable 3-4 times/week	fruit, 4 or more servings vegetables, 4 or more servings 1 vitamin C source daily 2 or more servings of dark green leafy vegetables daily



church services

Regular Worship Services

American Community Chapel
46 Hüttenweg — Tel: 6761
McNair Chapel — McNair Barracks — Tel: 3181/3168
Andrews Chapel — Andrews Barracks — Tel: 3440/3337
Hospital Chapel — U.S. Army Hospital
Tempelhof Chapel — Tempelhof Central Airport — Tel: 5317/5126

Protestant Services

Worship Service	American Community Chapel (Hüttenweg)	Sun. — 10:30 a.m.
	McNair Barracks Chapel	Sun. — 6:30 p.m.
Worship Service	Andrews Barracks Chapel	Sun. — 10:30 a.m.
Sunday School	Tempelhof Central Airport Chapel	Sun. — 10 a.m.
Worship Service	Tempelhof, TCA Chapel	Sun. — 11 a.m.
	Tempelhof, TCA Chapel	Sun. — 6 p.m.

Catholic Services

Mass	American Community Chapel	Sat. — 5 p.m.
Folk Mass	American Community Chapel	Sun. — 9 a.m.
Mass	American Community Chapel	Sun. — noon
Daily Mass	American Community Chapel	Tue.-Fri. — 12:05 p.m.
Mass	Andrews Barracks Chapel	Sun. — 9:30 a.m. & noon
Mass	McNair Barracks Chapel	Sun. — 9:30 a.m.
Mass	U.S. Army Hospital	Sun. 11 a.m.
Mass	Tempelhof, TCA Chapel	Sat. 5 p.m. & Sun. 9 a.m.
Mass	Tempelhof, TCA Chapel	Mon.—Thu. — noon

Catholic Confessions

Confessions	American Community Chapel	Sat. — 4—4:45 p.m.
Confessions	At McNair and Andrews Chapels before all Masses on Sundays.	

Jewish Services

Sabbath Service	American Community Chapel	Fri. — 8 p.m.
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Religious Education

Prot. Sunday School	Thomas A. Roberts Elementary School	Sun. — 9 a.m.
Cath.-CCD Classes	Thomas A. Roberts Elementary School	Sun. — 10:15 a.m.
Jewish Sabbath School	American Community Chapel	Fri. — 8 p.m.

Youth Group Meetings

Jr. High Youth	American Community Chapel	Sun. — 4 p.m.
Club Beyond	American Community Chapel	Thur. — 7 p.m.
(Senior High Youth)		

Denominational Services

Intra Faith	American Community Chapel	Sun. — 1:30 p.m.
Assembly of God	Andrews Barracks Chapel	Sun. — 7 p.m.
Pentecostal Servicemen's Fellowship	McNair Barracks Chapel	Sun. — 5 p.m.
Episcopal Service	Andrews Barracks Chapel	Sun. — 5 p.m.
Church of God in Christ	Andrews Barracks Chapel	Sun. — 1 p.m.
Services in English Language	Berlin Baptist Church Rothenburgstrasse 13, Steglitz	Sun. — 11:30 a.m.
Services in English Language	Berlin Christian Fellowship (Berlin Christian Churches and Church of Christ) Kreuznacher Strasse 7, Berlin 33	Sun. — 10:30 a.m.
Services in English Language	Fellowship Bible Church Bergmannstrasse 22, Berlin 61 (Kreuzberg)	Sun. — 10 a.m.
Services in English Language	The American Lutheran Church in Berlin Dorfkirche, Zehlendorf/ Clayallee/corner Potsdamer Strasse.	Sun. — 11:15 a.m.
Services in English Language	The Church of Jesus Christ of Latter Day Saints (Mormon), Pacelliallee 23, Berlin 33	Sun. — 9 a.m.
Services in English Language	Berlin Church of Christ, Forststrasse 25, Berlin 41 (Steglitz)	Sun. — 11 a.m. 6 p.m. Thur. — 7 p.m.

Dial-A-Prayer — Tel: 3600

Counseling

(Personal or marital)
Appointments for counseling may be arranged by visiting or calling your chaplain.

events

ads

For sale

1979 Toyota Celica 2000XT Liftback, automatic, blue metallic, one owner since new. Extras include Blaupunkt radio/cassette player, rear seat belts, rear fog lamp. Full German specifications. Good condition, 58,000 miles. Genuine reason for sale, DM5,800 o.n.o. Call 309-4124.

Canon 35-70 f4 zoom lens, excellent condition, two used 185SR-13 Bridgestone tires, mounted, \$80. Call 251-5650 after 5 p.m.

1976 AMC Hornet, two-door hatchback, automatic, power steering, six-cylinder, stereo/cassette, \$700. Also German lift coffee table, 52x28 in., \$90; German 26-inch color TV, AFN b/w, \$190. Call 801-2430 after 6 p.m.

Kelvinator freezer, white, lift top, 235-pound storage capacity, 40" L, 30" W, 38" H, approximately 12 cu. ft., \$115, including transformer. Vanity, seven drawers with mirror, \$40. Call 813-6973.

'77 Volvo 264GL, sun roof, AM/FM cassette with four speakers, Michelin radials, American specifications. Call 802-6885 after 5 p.m.

Tent - Sear's Best, like new, 10'x14', \$200. Colcman stove for \$10. Ice chest and jug, \$10, and two sleeping bags, \$20 each. Call 813-8678.

1977 BMW 525, four-door, automatic, sun roof, metallic silver, AM/FM with cassette, new tires, mechanically sound, interior perfect. Call 813-6541 after 6 p.m.

1981 Dodge Van, in excellent condition. Six-cylinder, PS and PB, standard, AM/AF stereo cassette radio, DM21,000 or 5 equivalent. Call 831-3149.

PCS Sale - tomorrow from 9 a.m. to 4 p.m. at 5b Taylor Strasse. Sale will be in the backyard, unless weather prevents. For sale are drapes, bedspreads, children's clothing, kitchen appliances, and lots of miscellaneous. Everything must go.

PCS Sale - tomorrow from 9 a.m. to 3 p.m. at 67 Lindenthaler Allee, No. 67. For sale are books, toys, clothes, German shrank and many more useful items.

Mint Flea Market will be held tomorrow from 9 a.m. to 4 p.m. Many items for sale, including antique sewing machine, antique crystal, silver items, old coins, ladies clothing, shoes, and several plants. Also shadow boxes and knick knacks. Come by 148A Sundgauer Strasse early for best selections. Everything must go.

Two pair of new spitshined jump boots, size 9, \$46 a pair. Two sets of BDU's, \$75 total. Assorted other military equipment. Call 24-9098 ask for David.

1976 Monte Carlo, in good condition, new tires, AM/FM stereo with cassette. Price is negotiable. Call 813-6592 after 5 p.m.

1982 Pontiac/Grand Prix, standard features, PS, PB, AM/FM stereo. Needs minor repair, has a three-year remaining warranty on major parts. Assume balance with approved credit, approximately \$6,500. For further information, call 802-5798.

Porsche 944, American specs., built July 83, red, black leather, positraction, sport suspension, leather sport steering wheel, alarm, AM/FM cassette, 7,000 miles, \$25,000. Call 813-8678.

Three sets of sheer draperies, 350cm, 420cm and 300cm wide and 233cm long, \$15 per set; moss green hallway runner, three yards long and 40" wide \$3. Large rubber tree, philodendron and assorted smaller plants. Call 832-4898 before 7:30 a.m. and after 6:30 p.m. daily.

1980 Chevy Diesel Impala station wagon, automatic, power steering, power brakes, AC, new tires, \$3,600. Call 831-3699 after 6 p.m.

VW Bug, under 50,000 miles, \$675. VIC 1525 graphic printer, \$250. Video game cartridges, Atari and VIC. Call 813-8525.

Three-Family Basement Sale - tomorrow from 9 a.m. to 3 p.m. at 3, Steward Strasse, next to YA. Lots of baby clothes, newborn through toddler. Stroller carseat (new) and baby walker. Also electronic Pacman game. Some 220-volt items and 750-watt transformer. Call 813-8617.

1981 Honda 250 street bike, outstanding condition, only 1,900 km's, extras, \$750 or DM equivalent. Call evenings or weekends 801-3161.

1976 Mercedes 280s, super autobahn car-cruise in style. May be exported to USA with safety modifications value in US over \$10,000. Has electrical sun roof, new cassette stereo radio, power antenna, new tires, mag wheels. Dark-green metallic, \$3,995. Call evenings or weekends 801-3161.

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Please watch requirements and deadline!

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The Berlin American High School Band presents "A Farewell Serenade to Winter" concert. Come and listen to your favorite styles of music and afterwards enjoy a brief reception in the cafeteria. This gala event will be taking place at 7:30 p.m. on Monday in the High School gym. For more information, call Mrs. Seink at 819-6326.

From Russia with Love

Everyone who went to Leningrad and Moscow with American Express in February is invited to a "Return to Russia Party" on April 10 at 7 p.m. in the Harnack House, Humboldt Rooning. Bring your photos, slides, enamel boxes, stories and families. For more information, contact Mike at 813-6526.

ITT Tours

Don't be a slow poke - book early on ITT's tour to Garmisch. Buy your round-trip transportation with \$20, plus a \$15 coupon book good at AFRC activities. There is lots to do from touring to athletic activities, or just breathe the mountain air and relax. Tour dates are April 10-16.

Tulip time in Holland is just around the corner and ITT is giving you advance notice. Last year's tours were sold out by popular demand, so we are offering the Bloomin' Tours again. Keukenhof Estates, the miniature village of Madurodam, a tulip nursery, Dutch cheese farm and Delft blue china factory are just some of the places you can visit. For more information on these tours call ITT at 819-6523.

Hi-Lite is looking for string players

The Hi-Lite Recreation Center is looking for string players for a string quartet, or small chamber ensemble. Needed are violinists, violists, and cellists. Call 819-3554.

Installation Commissary Council Meeting

The quarterly meeting of the Installation Commissary Council will be held in the Main Conference Room, Building 1, Clay Headquarters on Thursday, beginning at 10 a.m. The purpose of the meeting is to provide positive, substantive suggestions which will enhance the commissary operation for the benefit of the American community. Members of the community are invited to attend.

Doctoral Program for Berlin

Dean Charles Brown, of University of Southern California's Los Angeles Campus, will be visiting Berlin on Wednesday to answer questions concerning USC's EdD Doctoral Program proposed for the Berlin Command. For more information, call 819-6991 or 819-6919.

Youth Activities

Youth Activities is sponsoring a Preen Dance on April 6 from 6:30 to 9:30 p.m. with DJ Secret Weapon. Come on out and bring your YA card and \$1, and enjoy good company, good food and disco the evening away.

ACS Escort Service

Want to learn your way around? Join Army Community Service Escort Service on a trip to Ikea, the furniture store that features "break-down" furniture and much more. We will leave ACS at 10 a.m. on Monday and return by 2 p.m. You will need DM4 for U-Bahn tickets. Sorry, no children under 13 years of age. For more information, call ACS at 819-6500, or come by our office, located below the bank at Truman Plaza.

Color Negatives Orientation

Do you feel ready to make the big jump from black and white photography to color photography? The McNair Photo Center will offer an orientation about color negatives on April 8 at 1 p.m. For further information, call 819-3484.

Employment opportunity

An Aide to Protocol Assistant: Requirements are languages - German, English and good working knowledge of French, and basic secretarial skills with knowledge of word processing, filing. All interested applicants may obtain an application form from the American Personnel Office, U.S. Mission at Clay Headquarters, Building 2, Room 1036. American family members will be given preference.

BAHS PTSA Nominating Committee

The BAHS PTSA Nominating Committee is drawing up a proposed slate of officers for next year's Executive Board. Persons interested in serving as a PTSA officer are asked to contact Sandy Doty at 819-7626 or 831-3743 before the election on April 18.

Art Guild

The American Art Guild's monthly meeting will feature a program on wood carving on Monday at 7:30 p.m. in the TAR cafeteria. All community members who have an interest in art are invited to attend. The Art Guild has a new exhibition of members' works at the hospital and at the Truman Plaza Bank.

European Rodeo Cowboy Association

The Berlin Rodeo Team will meet at 3 p.m. on Sunday at the Gator NCO Club at McNair Barracks. All members and those interested in seeing what we are all about, or who would like to join, are cordially invited to attend. ERCA is open to all ranks and civilians.

Spring and Summer Fashion Show

The Hi-Lite Recreation Center will sponsor a Spring and Summer Fashion Show at the Starlight Grove Club on April 14 at 8 p.m. The show will feature selections from the latest line of clothing from Wertheim Stelglitz and the Main Exchange Truman Plaza PX. Disco dancing will commence immediately following the performance. There is no cover charge, and door prizes will be given. For further information, call the Hi-Lite Recreation Center at 819-3554 between 1 and 8 p.m.

Tennis Club Meeting

The Berlin American Tennis Club will hold a general membership meeting on Thursday from 7 to 9 p.m. in the Harnack House. In addition to election of new officers, topics for discussion include the opening of the renovated Harnack House courts, and schedule of activities for the coming summer season. All members and prospective members are invited to attend.

Recreation Center fun

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

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. Well-known card player Sam Spade challenges you to play spades at the All American Recreation Center every Monday at 7 p.m.

Shape up now for summer. The Hi-Lite Recreation Center sponsors on-going Aerobic Classes for all levels of physical fitness on Monday, Wednesday, and Friday from 9 to 10 a.m., and 5 to 6 p.m. The classes include warm-up, strength training, cardio-vascular training, and cool down.

The next Aerobics Class in Düppel begins on Tuesday. Classes meet at 9 and 10 a.m. on Tuesdays and Thursdays. For further information and sign-up, call the All American Recreation Center.

Free knitting classes continue at the All American Recreation Center every Tuesday and Friday at 7:30 p.m. If you would like to learn a fun craft that will save you money, come out and let Mr. and Mrs. Prye teach you how to knit.

Calling all Bid Whist players! The All American Recreation Center will be playing Bid Whist on April 8, at 11 a.m.

The Hi-Lite Recreation Center will sponsor a Chess Tournament on April 5 at 2 p.m. Winner of the tournament is eligible for the USAREUR Finals in Giessen on May 8. Registration for the tournament is being taken now at the Hi-Lite Recreation Center. Cut-off date is April 13, at 1 p.m.

ARMAF

The Association of Retired Members of the Armed Forces (ARMAF) will hold its monthly meeting on Tuesday at 7 p.m. at the Harnack House. All members and prospective members are encouraged to attend.

NCO Wives Club

The NCO Wives Club will hold its monthly business meeting on Tuesday at 7:30 p.m. at the Children's Center. Special elections and the constitution amendments are on the agenda. The doors open at 7 p.m. Call 826-1186, if you would like more information.

Tempelhof Officers' Wives Club

The TOWC is having its April Silver Function for members only on Wednesday at 7 p.m. It will be held at ISA Klopstock Strasse. For further information call 801-4802. No reservations needed. Anyone interested in becoming a member may join before the Wednesday function.

Berlin Area Wargamers

A Wargame Demonstration will be held at the Skyriider Recreation Center, Tempelhof Central Airport, from 4 to 10 p.m. on April 6. Exhibits will cover one of the fastest growing adult hobbies today, including ancient and Napoleonic miniature figure wargaming, diplomacy, and civil war and modern boardgames. Sponsored by the Berlin Area Wargamers. For more information, contact Capt. Richard J. Kane at 819-3240 or 819-3246, or Mr. Peter Owen at 822-7788. All are welcome regardless of experience.

Turkey Shoot

A Turkey Shoot sponsored by the Reserve Officers Association will be held on April 14 from 9 a.m. until approximately 3 p.m. at Rose Range. This Turkey Shoot is open to the entire community with \$2 per line and one turkey winner per line. The Road and Gun Club will be open for refreshments.

Vegetarian diets — another way to good nutrition

by Karen Johnson
Chief Hospital Food Service Division

Many people have decided not to include animal products in their diets, either specific ones or all of them. Each person probably has a slightly different reason for choosing a diet without various animal products. These reasons vary from religious reasons to purely economical reasons. But are these diets nutritious? It depends.

The nutritional adequacy of vegetarian diets depend on which and how many animal foods are eliminated and how much planning goes into each day's meals. Vegetarian diets can be as nutritionally adequate as diets including meat if they are well planned.

There are several different kinds of vegetarian diets, ranging from diets that exclude one or two animal foods to diets that exclude all animal foods. Each type has areas that require specific attention.

The least restricted type of vegetarian diet is the lacto-ovo vegetarian diet. This diet includes dairy products and eggs. Nutritional composition is quite similar to the conventional diet of most people. There is one difference. Instead of using meat, fish or poultry as protein sources, dairy products and eggs are used along with legumes, nuts and other vegetables and grains.

Because vegetables and grains provide most of the

protein and calories, these foods must be consumed in larger quantities than in a usual diet. The lacto-ovo vegetarian diet is nutritionally adequate if care is taken to ensure that a protein food from the milk group or an egg is included with each meal.

The next group of vegetarian diets is more restricted in animal products. The diet may include milk products or eggs but not both. This diet automatically increases the importance of including one or two of the protein foods with each meal. This group of diets are likely to have nutritional gaps in vitamin and mineral content unless planned carefully. If milk products are deleted, obtaining enough calcium and riboflavin is difficult unless adequate amounts of dark green leafy vegetables are consumed. If eggs are deleted, obtaining enough readily available iron may be difficult.

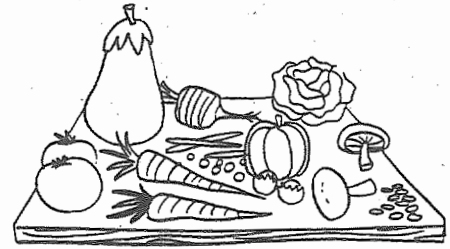
The most restricted vegetarian diets (vegan) do not include any animal products. These diets depend solely on vegetables and legumes to supply the protein required for health. It is possible to do, however, careful planning is essential.

Most vegetable proteins do not contain a complete set of the building blocks called amino acids. Complete proteins, those containing adequate amino acids, can be obtained from vegetables and grains when vegetables and grains that have deficiencies in different amino acids are eaten in the same meals. This is called using complementary proteins.

A general rule is to have a grain and a legume or a legume and a seed at each meal. The strict vegetarian diet does not supply any vitamin B-12 unless fortified soy milk or a vitamin supplement are used. Care must be taken to include plenty of green leafy vegetables to meet the calcium and riboflavin requirements.

Any vegetarian diet can be nutritionally adequate if there is sufficient care in planning the meals. However, diets that delete any group that is left (grains, vegetables or fruits) will not be nutritionally adequate and may cause serious nutritionally related problems.

When choosing a vegetarian diet, not that it is ad-

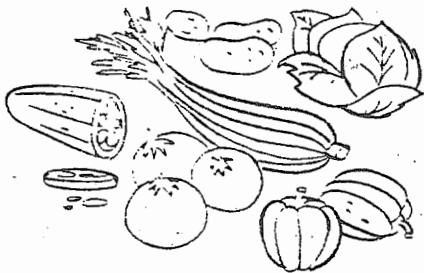


visable for children to follow a vegetarian diet that includes some dairy products due to their smaller appetites and relatively high protein and calcium requirements.

If you would like to know more about vegetarian diets, a good reference is *Diet for a Small Planet* by Frances Moore Lanza.

DAILY VEGETARIAN FOOD GUIDE

	Lacto-ovo Vegetarian	Vegan
Protein Group	eggs (4/week), legumes, nuts, soy. 2 or more servings	legumes and nuts 2 or more servings
Milk Group	milk, yogurt, cheese 2 or more servings	fortified soybean milk 2 or more servings
Bread & Cereal	whole grain breads and cereals 6 or more servings	whole grain breads & cereal 3-5 servings 1 serving seeds and 3 additional slices of bread
Fruit and Vegetable Group	fruit, 3 or more servings vegetables, 3 or more servings 1 vitamin C source daily 1 dark green leafy or deep yellow fruit or vegetable 3-4 times/week	fruit, 4 or more servings vegetables, 4 or more servings 1 vitamin C source daily 2 or more servings of dark green leafy vegetables daily



church services

Regular Worship Services

American Community Chapel
46 Hüttenweg — Tel: 6761
McNair Chapel — McNair Barracks — Tel: 3181/3168
Andrews Chapel — Andrews Barracks — Tel: 3440/3537
Hospital Chapel — U.S. Army Hospital
Tempelhof Chapel — Tempelhof Central Airport — Tel: 5317/5126

Protestant Services

Worship Service	American Community Chapel (Hüttenweg)	Sun. — 10:30 a.m.
Worship Service	McNair Barracks Chapel	Sun. — 6:30 p.m.
Sunday School	Andrews Barracks Chapel	Sun. — 10:30 a.m.
Worship Service	Tempelhof Central Airport Chapel	Sun. — 11 a.m.
	Tempelhof, TCA Chapel	Sun. — 6 p.m.

Catholic Services

Mass	American Community Chapel	Sat. — 5 p.m.
Folk Mass	American Community Chapel	Sun. — 9 a.m.
Daily Mass	American Community Chapel	Sun. — noon
Mass	American Community Chapel	Tue.-Fri. — 12:05 p.m.
Mass	Andrews Barracks Chapel	Sun. — 9:30 a.m. & noon
Mass	McNair Barracks Chapel	Sun. — 9:30 a.m.
Mass	U.S. Army Hospital	Sun. 11 a.m.
Mass	Tempelhof, TCA Chapel	Sat. 5 p.m. & Sun. 9 a.m.
Mass	Tempelhof, TCA Chapel	Mon.—Thu. — noon

Catholic Confessions

Confessions	American Community Chapel (Blessed Sacrament Chapel)	Sat. — 4 — 4:45 p.m.
Confessions	At McNair and Andrews Chapels before all Masses on Sundays.	

Jewish Services

Sabbath Service	American Community Chapel	Fri. — 8 p.m.
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Religious Education

Prot. Sunday School	Thomas A. Roberts Elementary School	Sun. — 9 a.m.
Cath. CCD Classes	Thomas A. Roberts Elementary School	Sun. — 10:15 a.m.
Jewish Sabbath School	American Community Chapel	Fri. — 8 p.m.

Youth Group Meetings

Jr. High Youth Club Beyond (Senior High Youth)	American Community Chapel	Sun. — 4 p.m.
	American Community Chapel	Thur. — 7 p.m.

Denominational Services

Intra Faith	American Community Chapel	Sun. — 1:30 p.m.
Assembly of God	Andrews Barracks Chapel	Sun. — 7 p.m.
Pentecostal Servicemen's Fellowship	McNair Barracks Chapel	Sun. — 5 p.m.
Episcopal Service	Andrews Barracks Chapel	Sun. — 5 p.m.
Church of God in Christ	Andrews Barracks Chapel	Sun. — 1 p.m.
Services in English Language	Berlin Baptist Church Rothenburgstrasse 13, Steglitz	Sun. — 11:30 a.m.
Services in English Language	Berlin Christian Fellowship (Berlin Christian Churches and Church of Christ) Kreuznacher Strasse 7, Berlin 33	Sun. — 10:30 a.m.
Services in English Language	Fellowship Bible Church Bergmannstrasse 22, Berlin 61 (Kreuzberg)	Sun. — 10 a.m.
Services in English Language	The American Lutheran Church in Berlin Dorfkirche, Zehlendorf Clayallee/corner Potsdamer Strasse,	Sun. — 11:15 a.m.
Services in English Language	The Church of Jesus Christ of Latter Day Saints (Mormon). Pacelliallee 23, Berlin 33	Sun. — 9 a.m.
Services in English Language	Berlin Church of Christ, Forststrasse 25, Berlin 41 (Steglitz)	Sun. — 11 a.m. 6 p.m. Thur. — 7 p.m.

Dial-A-Prayer — Tel: 3600

Counseling

(Personal or marital)
Appointments for counseling may be arranged by visiting or calling your chaplain.

concert news

In our never-ending struggle to bring you all the information concerning the city and what's happening in it, we have instituted a new column — concert news. This space will be used to give you a little background on musicians performing here and hopefully may introduce you to acts you may never have heard of, but play music you like.

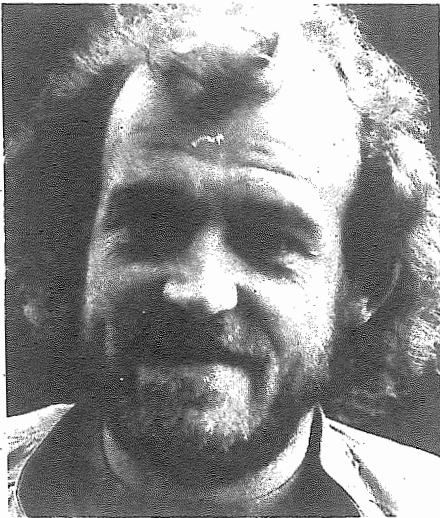
The Style Council

The Style Council will be in Berlin Sunday at the Metropol beginning at 8 p.m. The group was formed in 1983 by Paul Weller and Mick Talbot. Weller was lead singer and guitarist for The Jam and you've probably heard the keyboards of Talbot in groups like The Merton Parkas, Dexy's Midnight Runners and The Bureau, among others.

Their first single, "Speak like a Child" made it to number four on the British charts after its release in March, 1983. They spent most of '83 touring England and Europe, but took off December and January of this year to put together their debut album, *Cafe Bleu*. "My Everchanging Moods" is their latest 45.

Joe Cocker

The singer who has been called the white rock voice,



Joe Cocker

began his career in pubs around his native Sheffield, England. With a rough, emotional voice, he became well-known for his versions of blues and rock classics.

Cocker's biggest hit, undoubtedly, is his 1969 version of the Beatles' "With A Little Help From My Friends," on the hit list for 10 years and now a rock classic. His appearance at the Woodstock Festival made him a superstar. A mammoth tour of the USA followed in 1970, titled appropriately "Mad Dogs and Englishmen."

The tour and successive albums have brought Cocker much praise, but his concerts in the late '70s were not well-received. The problem — alcohol.

He has overcome that obstacle by working. His comeback album was released in 1982, "Sheffield Steel." In the fall of '82, he played to SRO houses all over Europe and his duet with Jennifer Warnes, "Up Where We Belong," had him back on the top 40.

In August of last year, a special Rockpalast television program broadcast live from the infamous Lorelei in West Germany, was aired all over Europe. He spent the first part of this year recording a new album and is currently on a 20 concert tour of Germany. You can see him Monday at the Eissporthalle at 8 p.m.

The warm up act for Cocker is a blues and rock band from Basel, Switzerland — Lazy Poker. They have opened for such acts as The Climax Blues Band, Paul Butterfield, Albert Collins and Jan Schaeffer. Their latest LP, "Dealin' with Feeling" is available in music stores around the city.

Milva

The Italian-born singer is probably best known for her renditions of Bertolt Brecht songs. She has recorded 15 albums, in German and Italian, since her career began in 1955.

Her latest album, *Unverkennbar or Unmistakable*, contains compositions by such diverse artists as Vangelis, Rod Stewart and Anton Dvorak.

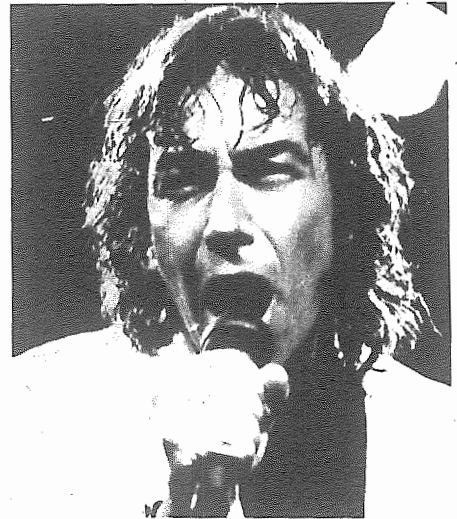
You can hear Milva at the ICC April 9 at 8 p.m. with guest star Astor Piazzolla, the king of tangos.

Eric Burdon

Another old-time rock'n'roller, Burdon's career began in 1962 when he and Alan Price formed The Animals. Two years later, they had their biggest hit, "House of the Rising Sun."

The Animals slowly disintegrated and Burdon staged his first comeback in 1970 with the group War. That alliance didn't last long and in 1971, the singer found himself collaborating with Jimmy Witherspoon on the album "Guilty."

His next comeback was in '79 when he toured Germany with Udo Lindenberg. It wasn't much of a comeback though. But in 1982, Burdon hit his stride in a



Eric Burdon

music film with Julie Carmen, appropriately titled *Comeback*. Since then, he has been touring and appeared on a special Rockpalast with Rory Gallagher and David Lindley.

His most current album is the soundtrack of his movie comeback, "Eric Burdon Band." You can hear him and his band April 11 at the Metropol starting at 8 p.m.

More concerts

All concerts begin at 8 p.m., unless otherwise noted.

Howard Jones appears at the Quartier Latin April 11 at 9 p.m. The Festival Tango Argentino '84 can be seen at the Philharmonie April 13. Nena is still tentatively scheduled to appear at the Eissporthalle April 16 at 7 p.m.

On April 17, Bel Ami performs at the Quartier Latin at 9 p.m. David Gilmour (from Pink Floyd) and band make a stop at the ICC April 18. Blancmange entertains at the Metropol April 27. And you can catch Stefan Waggershausen and band at the Hochschule der Künste April 29 at 6 p.m. Barclay James Harvest hits the Deutschlandhalle April 30.

For tickets, check with ITT first — they may save you some money.



- 1) **Somebody's Watching Me** / Rockwell
- 2) **Footloose** / Kenny Loggins
- 3) **Here Comes The Rain Again** / Eurythmics
- 4) **Automatic** / Pointer Sisters
- 5) **Adult Education** / Hall and Oates
- 6) **Got A Hold On Me** / Christine McVie
- 7) **Against All Odds** / Phil Collins
- 8) **Language of Love** / Dan Fogelberg
- 9) **Miss Me Blind** / Culture Club
- 10) **Hold Me Now** / Thompson Twins