

berlin observer

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U.S. Command, Berlin

June 4, 1984

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2/6 shows their best for State Dept. visitors

The 2nd Battalion served as host to several members from the Berlin State Department Mission recently as they received a first hand look at the battalion's personnel, equipment and facilities.

Col. Fank Adams, deputy brigade commander, and Lt. Col. Jouni Keravuori, battalion commander, welcomed the U.S. Ambassador in East Berlin, Rozanne L. Rideway, Mr. Nelson Ledsky, U.S. minister, Mr. MARK C. LISSFELT, political advisor, Brig. Gen. Leroy N. Suddath, brigade commander, also attended the briefing and presentations.

In a briefing held at the Berlin Brigade Museum, Keravuori spoke of the role of an infantry battalion especially the important part it plays in the city of Berlin. Maj. John Greathouse, battalion executive officer, informed the diplomatic representatives on the structure of an infantry battalion and the role of the executive officer within it.

Staff officers and senior noncommissioned officers briefed the guests on their particular sections which include administration, intelligence, training and operations, and logistics. The State Department visitors listened to the remarks made concerning the professional background of the soldiers, the educational level of the "Guardians," the quality of the soldiers found within the brigade, and the demanding training they undergo in order to carry out their mission in Berlin.

After the briefing, the foreign service officers departed to the Guardian Dining Facility where they ate lunch with members of the battalion.

With the noon meal completed, Berlin's diplomats were given the opportunity to further examine the infantry battalion. Equipment used by the bat-

talion and related support activities was displayed to the diplomatic guests.

Members of Combat Support Company demonstrated their capabilities as the visitors viewed the heavy mortar platoon, anti-aircraft missile section, TOW missile equipment, and the scout platoon.

Soldiers from Battery C, 94th Field

Artillery, and 40th Armor explained the equipment used by their respective units. Company C's mortar and infantry platoons gave the guests a chance to closely see the equipment and weapons used by a modern rifle company. Furthermore support elements from Headquarters and Headquarters Company displayed

vehicles and equipment used by medical, mess, communication and maintenance section.

After a tour of Company A's barracks, the battalion's guests departed McNair Barracks with a better understanding of the military and its capabilities in Berlin.



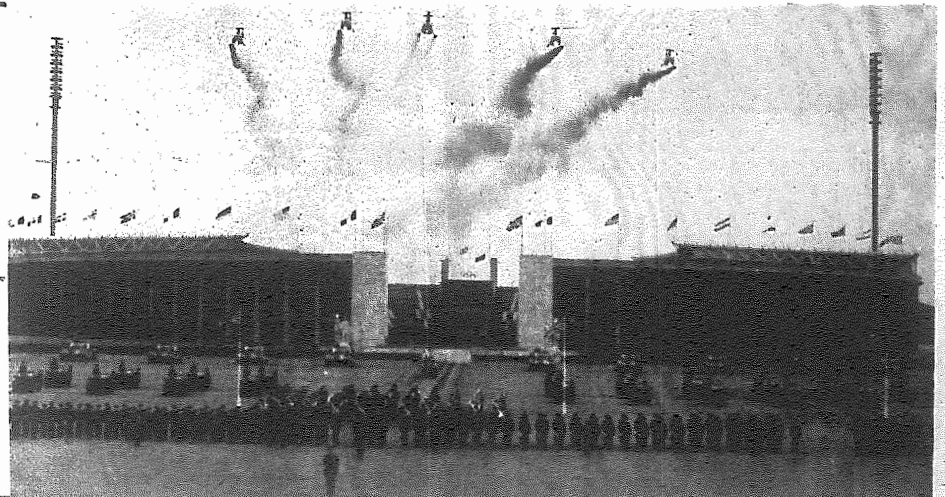
2nd Battalion soldiers explain their jobs their relatives during an orientation held to members of the State Department and recently. (Photo by Roger Lund)

Birthday parade

Friday our British Allies celebrated the official birthday of their Queen, Elizabeth II, on the Maifeld at Olympic Stadium.

The ceremony, considered their most important on the year had elements of all the British units in Berlin involved, plus some from out of the city. With five bands, four for the parade and one to serenade the audience before the ceremony the spectators got to see the best of everything in a parade.

Sir Jack Taylor, British ambassador the West Germany took the salute from the marching units. (Photo by Ian Lloyd-Graham)



editorial

'Sure-Pay' is coming - are you ready?

"Sure-Pay" or "Direct Deposit" will soon become the standard way of paying all soldiers, according to plans recently announced by Army finance officials.

Under the sure-pay plan, a soldier's net pay goes directly to an account in a financial organization of the soldier's choice.

Conversion of pay accounts for officers and the three senior enlisted grades is scheduled to begin July 1. On that date, local unit commanders will begin conducting special personal financial management training designed to prepare soldiers.

Soldiers in pay grades E-6 and below will be phased into the program as they complete training and establish accounts with appropriate financial organizations —

such as banks, credit unions and savings and loan associations.

Officials emphasize that the conversion will affect only those soldiers serving in permanent duty assignments.

Commanders will have the authority to waive sure-pay for some soldiers. These include those soldiers in need of further training in managing a checking account, and soldiers stationed where there are no U.S. financial facilities or those with religious objections.

The Sergeant Major of the Army has recommended the program as a means of improving deployment readiness.

Officials acknowledge sudden deployment can create

difficulties for those whose checks normally go to their unit or to a designated mailing address. This means the paycheck heads in one direction, while the soldier goes in another. The result: delayed pay, which can lower morale as well as create financial difficulties.

While the program's primary thrust aims at improved readiness. Officials note that family members also should benefit. Unannounced deployment seldom permits family members time to arrange finances. But surepay and a joint account assure the family's uninterrupted access to funds.

The Observer asked 42 soldiers and family members about this new program, 38 responded in the affirmative. Below are six of those answers.

What do you think of the Sure-Pay system?



Sp4 Latonya Bolden, Signal Support Company, I think it's for me, it's great. I don't have any problems with it, I can always get my money when I need it.



Sp4 Kenneth B. Miller, G-3, I like it, I've got it and I guess it saves the Army money, so I guess it's alright.



Sp4 Jaclyn Yazgurre, Headquarters and Service Company, CSB, I think it's the best thing the Army has. I think everyone in the Army should have it.



Sp4 Barry Hinson, Headquarters Company, Brigade. It's a good program. I don't mind putting all my money in the bank, but there are a few problems, The Army should increase the allotments so more could be done with them.



Mrs. Joyce Redmond, Family member, It's good you don't have to carry around alot of cash. If you need your money just go to the bank or PX and get what you need.



Sp5 Rodney Fao, MSAD, I think it's an excellent idea. I've had it for seven years now, it's the best way to go.

| | |
|-----------------------------------|----------------------------------|
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| Commander, Berlin Brigade | Brig. Gen. Leroy N. Suddath, Jr. |
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briefly

Red Cross help

The American Red Cross is in desperate need of volunteers to act as liaison for hospital patients who need to be transferred or make appointments with German clinics and hospitals.

These positions require a good working knowledge of the German language.

For more information please contact the Chairman of Volunteers, J. Arrol at 819-6437 or 819-6459.

Summer jobs

Dependent youths who missed the May 25 deadline for the submission of their applications for the 1984 Summer Hire Program can still submit their applications.

Any applications received after the May 25 deadline will be placed on a waiting list by the date the application was received, but will not be included in the lottery.

Applicants placed on the waiting list will be informed by the Civilian Personnel Division about their assignment to possible vacancies.

Parade buses

The Transportation Division has announced the bus schedule for the Allied Forces Day Parade. It is as follows:

| Depart | Time |
|------------------|----------------|
| Andrews Barracks | 12:55 p.m. |
| Sundgauer | 1 p.m. |
| Düppel | 1—1:15 p.m. |
| Truman Plaza | 1:10—1:25 p.m. |
| Pueckler | 1:20 p.m. |
| Park Manor | 1:30 p.m. |

Buses will return to pickup points after completion of parade.

Congrats

43rd Chemical Detachment

To Sergeant

Charles E. Harrison Vinson A. Marsh

To Specialist Four

Brian L. Potter Kevin M. Wright

Berlin DENTAC

Army Commendation Medal

James J. Strahan

Army Achievement Medal

Judy K. Clouse
Kathleen P. Ferry

Tawnya L. Martin

Field Station Berlin

To First Lieutenant

Sheila G. Scott

To Staff Sergeant

Scott D. Currie
John S. Cieslak

Kenneth D. Pomeroy
Michael A. Vermyile

To Sergeant

Gregory F. Barnes
Mark W. Bottorff
Carl M. Duncan
Dexter W. Eichison
Timothy R. Leavitt
William F. Lewis

Mark A. Miller
Robert K. Milner
Roberto Munoz
Walter Norwood III
Elizabeth M. Scott
Christopher J. Stephens

To Specialist Five

Edwin S. Womack

To Specialist Four

Wilford E. Bishop
Stephen A. Bridges
Steven M. Butler
Steven H. Code
Todd C. Comstock
Christopher J. Fraser
Kimberly S. Frederick
Richard M. Foster, Jr.
Terry L. Hardy
Suzanne L. McClellan

Linda Neff
David G. Nie
Donald J. Origer
Jorge L. Sanchez
Stephanie M. Scannell
Julie M. Sinclair
Cheryl L. Sumner
Timmy L. Thornton
Cynthia L. Trigg

-steppin' out

by Mike Gelfand

If you like jazz, tonight and every Friday night through July 15, there will be "Jazz in the Garden" at the Nationalgalerie, located on 50 Potsdamer Strasse.

Tonight will be Percussion Total, Abdullah Ibrahim — Dollar Band, Africa '84, and next week someone a little more known to us, the Max Roach Quartet, also there will be Asia Orchestra and Fujikawa Yoshiaki East. These are open-air concerts beginning at 6 p.m. If the weather is bad they will be held in the Quartier Latin.

Tickets are DM14 and are still available, they can be purchased at the Truman Plaza Ticket Office, located in the American Express Travel Office or at any downtown ticket agency.

If you want some fun this weekend, try Steglitz Week,

this volksfest has rides, food, games and is just the ticket for fun.

Its located in Steglitz Park at the corner of Bake Strasse and Ostpreussen Strasse, near Andrews Barracks. Buses 86, 11, 17, 53 or 84 go right by it.

Concert news

This week will be the big one, "Forever Young" with Bob Dylan, Joan Baez and for some the top attraction, Santana. Wednesday evening the Waldbühne will be packed, but I've been told there are still some tickets left. So if you want to see this one try ITT quick.

If you can get off early, Monday afternoon at 4 p.m. Kajagoogoo will be playing in the Sommergarten of the Funkturm Exhibition Grounds.

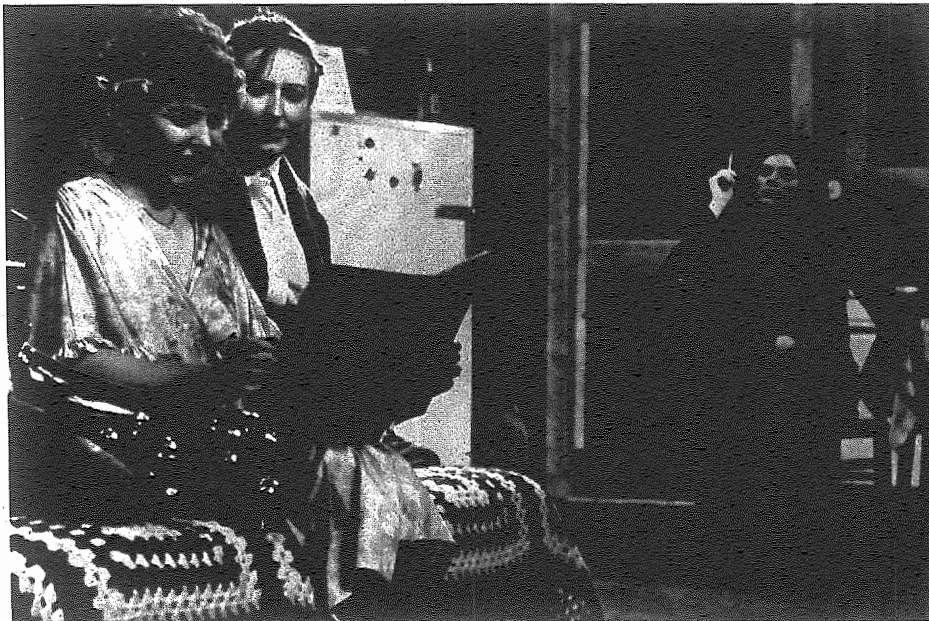
Some of the other concert coming up are: Johnny Winter and band are at the Sommergarten, June 17, Yes will be in concert at the Waldbühne on June 18, and looking ahead in July will be Andre Heller's Fire Theater, July 12, Neil Diamond and on July 18, Stevie Wonder will be in the Waldbühne.

Also coming in July will be Mike Oldfield of Tubular Bells fame, Peter Maffay and China Crisis.

A sure bet for some good entertainment this weekend or next is at the Andrews Theater Center.

Tonight, tomorrow and Sunday at 7:30 p.m. they will be presenting, "Crimes of the Heart." This weekend is the dinner theatre and there may be some tickets left. For more information call 819-3550.

Next week the play will also be presented on Friday, Saturday and Sunday at 7:30 p.m.



Debra Lucas (l) and Laurel David look through a scrapbook while Kathleen Welker looks on during rehearsal for the play "Crimes of the Heart" which starts

tonight at the Andrews Theater Center. (Photo by Tom Farr)



- 1) Time After Time Cyndi Lauper
- 2) Oh, Sherrie Steve Perry
- 3) The Reflex Duran Duran
- 4) Sister Christian Night Ranger
- 5) The Heart of Rock 'n' Roll Huey Lewis & the News
- 6) Self Control Laura Branigan
- 7) Jump Pointer Sisters
- 8) I'll Wait Van Halen
- 9) It's a Miracle Culture Club
- 10) Eyes Without a Face Billy Idol

502nd Infantry: at Bastogne

Editor's note: Last week the history of the 502nd Regiment from the activation to Operation Market-Garden in Holland was covered. This week the unit's battle at Bastogne is covered.

by Mike Gelfand

After Operation Market-Garden, the regiment went to rest in France. It was now late Nov. and the troops were expecting a quiet Christmas.

Camp Mourmelon, the rest area, was 20 miles from Reims. The major job was the overhauling of weapons, vehicles and equipment. A number of reinforcements were received and the battalions set up training companies to give these new men a week or ten days of indoctrination.

On Dec. 16, the Germans launched their greatest offensive of the war in the west. Achieving a considerable success in their first attacks they broke through the Allied lines, penetrated 65 miles into Allied territory, halted the Allied offensive then going on, and threatened the entire front in the west. The failure of this German drive was due in part to the American resistance at St. Vith and Bastogne.

We will not cover the actions and reasons for the battle. We would have to write much more than we have space for.

Bastogne was the headquarters for the U.S. VIII Corps. The corps mission was to defend an 88 mile front, from Losheim, Germany, north to a point where the Our River crosses the Franco-German border. Generally parallel to the German frontier.

The country, the Ardennes, has rugged hills; there are high plateaus, deep-cut valleys and a restricted road net. That road net was the key to the whole battle.

The attack

The enemy facing the VIII Corps was estimated at four divisions. On the morning of Dec. 16, the corps front which had been quiet since early Sept. suddenly flared up. For more than a month the enemy had been concentrating 25 divisions. Against these units were four divisions, two battle tested, the 4th and 28th Infantry, a green division that had only been in Europe for about two weeks and on the line for only four days, the 106th, and part of the 9th Armored Division, also green.

To give an idea of the force used by the enemy, against the 28th division they used two armored divisions, three infantry and one parachute division.

Our troops were forced to pull back, everywhere the withdrawal was four to six miles. At one point the enemy was within 11 miles of Bastogne and that was in the first two days of the attack.

Into action

On the morning of Dec. 17, the entire reserve of the Allied Forces was made up of just two divisions, the 82nd and 101st. They were alerted and it was decided to move them toward the Bastogne area because of the road net radiating out of it.

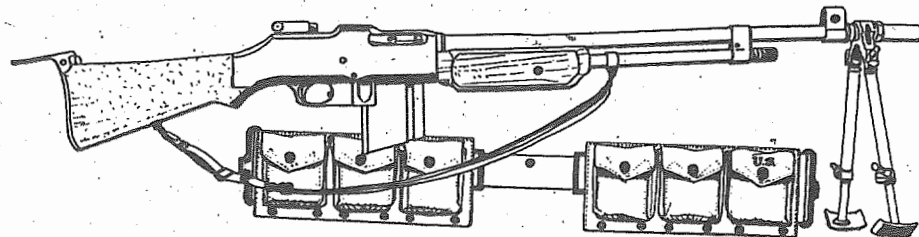
When the 101st arrived in Bastogne they set up a perimeter. The 502nd was given the northwestern side. Immediately patrols were sent out. By the 19th the force was in place and reports started coming in about enemy troops on all sides.

Local battles were fought on all sides and the 502nd got down to a more or less static defense with active patrolling to keep in touch with the enemy when they were not attacking.

It was on the night of Dec. 20, when the word went out Bastogne was surrounded and the forces there were on their own.

While the 101st was the major single force in the town and made up the majority of the defending forces there were also parts of two armored divisions the Reserve Command of the 9th and Combat Command B, of the 10th this force was about another 3,000 men with most of the tanks and heavy guns needed to stop the enemy tanks.

The average soldier of an airborne division, was a light infantryman. He carried all of his equipment on his back and even the division artillery was light when compared to a regular infantry division.



The M1918A2 Browning Automatic Rifle (BAR) and associated magazine belt were a weighty load made worthwhile by its firepower, even though the 1918 design included great numbers of tiny cranky parts. It gave the

airborne soldiers a weapon for covering and effective blanketing fire. Some were used in the single shot mode as long range snipers rifles.

To add to the force inside the perimeter, there was also the 705th Tank Destroyer Battalion and other small units and remnants of units broken in the attack.

Supplies were low and the snow had started coming down around the 20th and the men were cold and wet. But they, did not feel they were cut off and surrounded. They remained mobile and mentally able to promote all of the tactical advantages of the interior position, and as one battalion commander of the 502nd said, "We knew we could beat anyone sent against us. We had the feeling that we were here with a mission and nothing the enemy could send against us would stop us carrying it out."

First battles

Holding back enemy attacks the 502nd fought small fights with units of the attacking forces for the first few days. On Dec. 23, a German build up against the unit started, but before a major fight could get under way

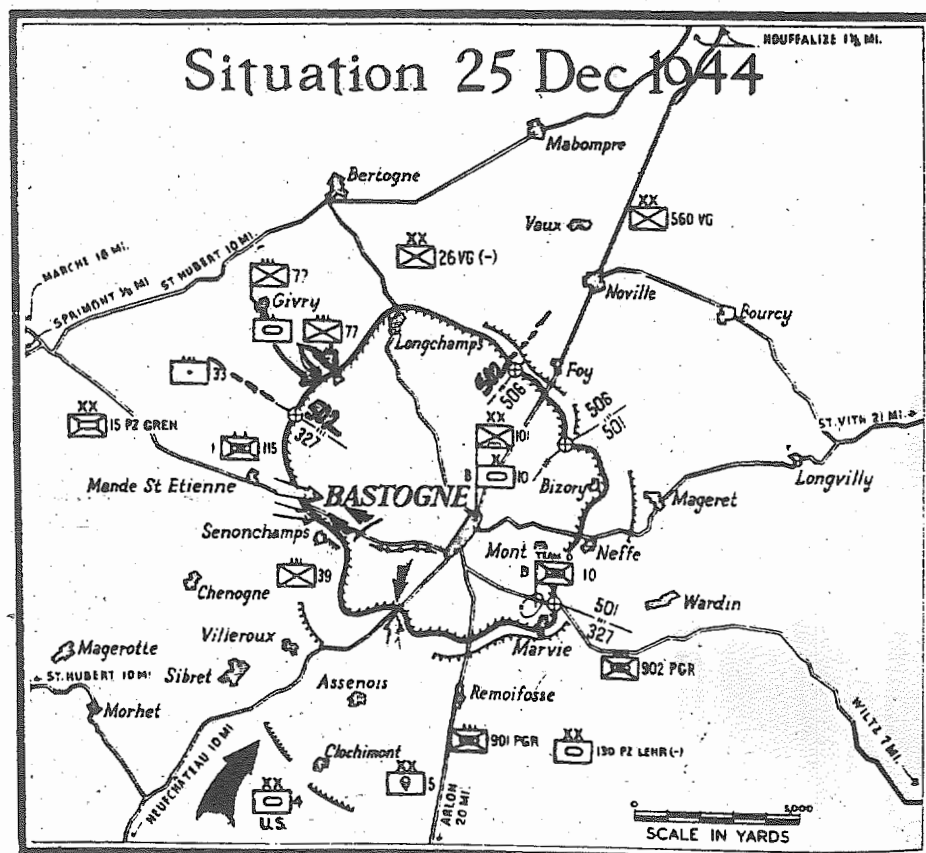
some of our fighter bombers shot up the attacking forces.

Some of the fighting done by the 502nd was saving an outpost before it could be overrun. The 3rd Battalion with four tank destroyers moved out to bring in the troops in the town of Noville just in front of the lines.

The battalion moved against the German forces, as they moved out they started taking fire but kept moving and forced the German forces to pull back and the soldiers in Noville to join up with the 502nd troopers. While that battle was going on the 1st Battalion, 502nd was also moving forward and giving battle to draw off enemy forces from the Noville force.

Tough fight

Christmas day found the 502nd in their hardest battle. Company A, 1st Battalion, were almost overrun, Germans in large numbers were attacking and the company



was fighting hand-to-hand against them. Then as light came the S-2 of the 1st Battalion ran into the regimental headquarters telling them that seven enemy tanks and lots of infantry was attacking on their left. They were striking toward the ground where the 502nd and 327th joined hands.

Clerks, radio operators, runners, cooks and the chaplains collected under the regimental S-1, Capt. James C. Stone. Stone moved out his new force and took firing positions close to the road facing the enemy advance. Maj. Douglas T. Davidson, 502nd surgeon, had run to the temporary hospital and rallied his patients, handed them rifles and led them out against the tanks.

As the German advance came forward one company of the regiment came under fire. The guns of seven German tanks were firing into the company. There were about 15 to 20 German infantrymen on each tank firing toward the Americans. But the ground fog was bad and their fire was erratic.

Capt. George Cody, the company commander, turned his men around and told them to fall back into the woods behind them. Without any part of its line breaking into a general dash for the rear, the company fell back to the shelter of the trees and there took up positions and opened fire on the tanks with machine guns, bazookas and rifles. Despite the surprise of the German assault, this movement was carried out with little loss and no disorder.

Then swiftly, there was a complete turning of the situation as the company's first volleys from its new position took toll of the German infantry clinging to the tanks. Dead and wounded pitched from the vehicles into the snow. As if with the purpose of saving their infantry, the tanks veered away from the company and went off to their left.

Then two tank destroyers in the woods behind the company went into action. Three of the tanks were hit and knocked out by their fire. One was stopped by a bazooka round from the company. A fifth tank was hit and stopped by a rocket from Capt. Stone's group from the headquarters. The infantry riding the tanks were cut to pieces by bullet fire. As the battle quieted down there were 67 German dead and 35 prisoners, many of them wounded in the area around the tanks. One tank did break through and was hit by both bazooka fire and anti-tank gun fire.

The seventh tank of the group was captured intact and troopers of the 502nd used its main gun to fire on other advancing Germans.

While this battle was going on other German forces were attacking other parts of the 502nd line. But the regiment held firm and the attacks were repulsed, with heavy losses for the attackers.

The regiment counted 17 tanks destroyed and about 120 prisoners by the end of the day. Throughout the fighting the wire maintenance men had kept on working to keep the telephone lines open only stopping to fight off German troops attacking them.

Christmas day ended with Lt. Col. Chappuis, the regimental commander and Lt. Col. Cassidy, the 1st Battalion commander sitting down to a Christmas meal of a can of sardines and a box of crackers.

Assessment

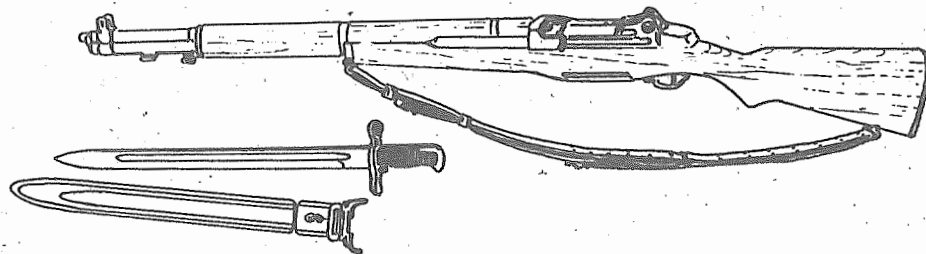
The 12th Army Group made an official estimate on the fighting around Bastogne.

Preoccupation with the key positions of Bastogne dominated enemy strategy to such an extent that it cost him the advantage of the initiative. The German High Command evidently considered further extension to the west or north as both logistically unsound without possession of Bastogne, as that town overlooks the main roads and concentration areas of the spearheads.

By the end of the month, the all-out effort in the north had become temporarily defensive; in the west there was a limited withdrawal, and the array of German forces around Bastogne clearly exposed the enemy's anxiety over that position. Until the Bastogne situation is resolved one way or another no change in strategy can be expected.

Men versus tanks

On Jan. 3, came one of the most violent fights in the 502nd's history. In the command post of the 502nd a phone rang. Sgt. Lawrence J. Silva was calling in from the out post line, "I hear something." A few minutes later he called back, "I can see 14 tanks." Then there were 18, then 20. Then more. Finally his voice came over



The M-1 Garand, the only semi-automatic rifle widely issued by a belligerent power in WW II, despite the minor annoyance of loading en bloc 8-round clips

the phone: "I can't tell you any more. There's a tank right over me. I'm lying flat on my stomach."

As the German attack progressed, they seemed to have an abundance of tanks. They had enough tanks to use them to shoot or root out individual riflemen. The troopers were forced to stay down in their holes because of the tanks. But there was one man who could not. He was Warren Cobbit, a medic in the regiment. All through the afternoon during the attack he moved about in the open picking up and bringing in wounded. To many of the soldiers he was the real hero of Bastogne.

A German force made up 14 tanks and a large follow-up body of infantry struck the 1st Battalion lines. For the 502nd it was the bloodiest fighting since the causeway at Carentan. Company F, was moving up to reinforce the line and got caught in the open by the German tanks. The company lost 47 men and they were already understrength. Another company lost 48 men and the two companies were broken up between the rest of the unit.

The attack lasted three hours, and everything the rest of the garrison could send was used to try to stop the Germans. During those three long hours the men of the 502nd held their positions, risking the fire of the tanks to knock out the following infantry. Using bazookas and grenades and in one case a can of burning gasoline the men of the 502nd stopped the German attack. By that evening the attack was stopped and the regimental lines were intact. With only the weapons in their hands and

through the top of the action, it won undying fame and admiration as a rugged and dependable killing tool. The bayonet shown is the standard one issued during the war.

help from some 57 mm guns attached to the regiment some 26 tanks were knocked out.

End of the battle

After the lines quieted, the 2nd Battalion was pulled out to form a reserve. They were involved in more fights and took some heavy losses. But the last of the German attacks were turned back.

While the fighting continued, the German attacks stopped and on the 14th the Bastogne garrison went on the attack. Even though there was more hard fighting, Bastogne was relieved and men and supplies were moving into the city.

With the resupply of the garrison and with new units coming in, the role of the 502nd was finished. As the unit was relieved from the line and got ready to leave Bastogne, another battle honor was added to regiment.

It had cost them, the regiment had sustained 773 casualties in the month-long fight.

In the 1920s and '30s thousands of Americans had toured the World War I Battlefields, following the popular "Muirhead's Guide to Belgium and the Western Front." Muirhead had described Bastogne only as "an ancient town in the dreariest part of the Ardennes." The dreariness none of the departing soldiers would dispute or deny; but Bastogne, in the years to come, they knew would be more than the name of an ancient town. They and their dead and their valor had seen to that.

Next week Alsace through peacetime to Vietnam.



Lt. Gen. George S. Patton, Jr., Third Army commander, talks with Brig. Gen. Anthony C. McAuliffe (I), acting commander of the 101st Airborne Division, and Lt. Col. Steve Chappuis, commander 502nd Infantry

regiment after awarding them both the Distinguished Service Crosses for their actions at Bastogne. (U.S. Army photo taken at Bastogne, Jan. 1945)

sports

Fastpitch team romps in tourney

Berlin Brigade's fastpitch softball team romped through a 13 team tournament and captured first place, winning six of their seven games Saturday and Sunday in Darmstadt.

The Brigade men racked up 65 hits and 61 runs in the tournament and beat heavily favored Würzburg 3-2 in the final "if" game.

Batting power on the offense and seamless fielding on the defense was a key factor in Berlin's victories. The top three sluggers for the brigade hit near or at a .500 average. William Feaster got 11 hits for 23 turns at bat, Greg Nixon scored 10 for 21 and Steve Mahlstedt hit 9 for 18.

Berlin started the tournament with a powerful 12-2

win in five innings over North Frankfurt, but suffered their only defeat in the second game, giving up a narrow 1-2 loss to Würzburg.

Following that defeat, Berlin went on to demolish Göttingen 12-2 in six innings, Eschborn 11-5 and Nürnberg 12-4. In their second encounter, the Berliners shut out their rivals from Würzburg 10-0 with Mahlstedt pitching for the brigade.

That put both teams into a winner-take-all, "if," game where both teams clamped down in a furiously defensive match. Tied 1-1 in the fifth inning, Berlin managed to pull ahead with runs from Mahlstedt and Fabian Suarez and the game ended 3-2 in Berlin's favor.

Mahlstedt, the brigade's pitcher, attributed the tour-

namment victory to greater practice participation and the recruiting and talent scouting they have been doing among the company level teams.

For the season, the team has now won 10 games and lost three. This weekend they play away at Ashborn. Their first home game will be July 14-15 in a double-header against Heidelberg followed by a six-team tournament to be played here August 4-5.

Berlin Scoreboard

Women's softball

The "Avengers" continued their winning ways in the local women's softball league by beating the Army Community Services team 11-1 and edging past MEDDAC 12-10 last week.

In a narrow 8-7 game, the Field Station Berlin women won over the Roadrunners. The All-Stars poured on the hits for a 17-7 victory over ACS. MEDDAC won over HHC, Berlin Brigade 14-6. HHC however, beat FSB 11-4 and the Roadrunners beat ACS 9-7.

Games will continue to be played every Wednesday at 6 p.m. and Sunday at 1 p.m. at Andrews Field.

Brigade women's softball

The Berlin Brigade Women's softball team ran into tough opposition over the weekend, giving up four games out of four to the Frankfurt women in Frankfurt.

In the first game Saturday, the Berlin women managed three runs to Frankfurt's seven but after that the Frankfurt women found their stride and knocked in 18 runs to Berlin's eight in the second game.

Sunday's point spread remained wide with the high scoring Frankfurt women winning 11-1 and 15-4.

Train don't strain for APRT

Is your PT test coming up soon? Twice a year now we are required to participate in the Army Physical Readiness Test (APRT). The primary purpose of the APRT is to measure the basic components of physical readiness, achieved by situps, pushups and a two mile run.

The most reasonable approach to training for the APRT is one that emphasizes gradual conditioning over a long period of time, especially for running. Therefore a conditioning program where running is used should be planned carefully and practiced patiently.

Consider the following suggestions when planning your training program.

1. Determine your current level of fitness and plan your training to match your present limitations. The only good fitness program is a long term program. No one will continue a program for very long if it involves pain or excessive fatigue. So avoid pain and excessive fatigue by running easy, especially when you first begin to get back into shape.

2. Cardiovascular training is a function more of the duration of exercise and less a function of the intensity of the exercise. Set intensity goals, time and distance, based on the total time of exercise. Training objectives should be only to maintain an aerobic level of exertion for 20-30 minutes, four to five times a week.

3. Start each session at a low intensity until a sweat is broken (warm up) and finish at a low intensity (warm down). Run easy, run long. Train don't strain.

4. Be aware of the dangers involved in training. Do not, under any circumstances, train in a rubber, vinyl or plastic suit. The water loss these products claim to achieve will only be gained back.

Don't train with boots, ankle weights, dumbbells, etc. The object is to run comfortably, not strain yourself.

Buy running shoes that have good shock absorbing construction and that have strong lateral support. This will prevent shin splints, runners knee and a variety of shock related injuries.

Run in a park, around the neighborhood or a bike path in preference to a track. This minimizes the boredom of running around in circles.

When running on a road, run facing traffic, give way to cars, wear reflective clothing in the dark and always assume that the traffic does not see you.

Set realistic goals and objectives that you want your training program to achieve. Measure your fitness progress over a training period (i.e., three four-week intervals). For example, fitness progress can be measured by the amount of time it takes to run a standard distance, or the number of consecutive pushups and situps completed in a given time frame. Move toward each goal one step at a time.

The most important rule is to get started now. Prepare early and keep prepared so when your semi-annual APRT comes due you will be aiming for that perfect 300 and a TRIAD coin to boot.

— sport shorts

Sailboat race

There will be a meeting Friday at 8 p.m. at the Wannsee Recreation Center to discuss the French 24-hour sailboat race. The race will be held June 9-10. For more information call Bill Brooks at 813-8523.

Roadrunners meeting

The Berlin Road Runners will hold their monthly business meeting on Tuesday in the ACS conference room at 7 p.m. Club members are encouraged to attend this meeting and bring a friend. For more information call Roger Graham at 813-8733, or 819-3581.

Slowpitch tryouts

Tryouts for the Brigade men's slowpitch softball team will be held at Andrews Field on June 23 at 11 a.m. Con-

tact your unit A and R representative or call 819-6768 for more information.

Practice for the Brigade women's slowpitch softball team take place every Wednesday at 8:30 p.m. at Andrews Field. For more information call SSgt. Baker at 819-4170.

USAB tennis meet

The USAB Tennis Championships are scheduled for July 5-8 at the Harnack House tennis courts. The championships are open to all U.S. military personnel.

Categories include singles and doubles contests in men's open, men's junior vet (35-44 years old), men's senior (45 years and up) and women's open.

Deadline for sign-up is June 29, close-of-business, at the MSAD Sports Office. For more information call 819-7181 or 819-6768.

Kentucky All-Stars

One of the biggest basketball events of the year will take place on June 15 when the Kentucky State High School All-Stars will play an exhibition match against the Berlin Brigade team at 7 p.m. in the Sports Center

Gym. The Brigade team is expected to give the All-Stars a tough game since the nucleus of Berlin's championship team is still in the city. Spectators are expected to turn out in force so come early to get a good seat.

Bear-A-Cuda Boosters

There will be a general membership meeting of the Bear-A-Cuda Booster Club on Tuesday. The meeting will be held at the Highlight Recreation Center, Andrews Barracks, and will start at 5 p.m. All parents with swimmers going on the end of the year trip are encouraged to attend.

Lunchtime aerobics

Shape up for the summer with lunchtime aerobics. Classes are going on now, every Tuesday and Thursday from 11 a.m. to 1 p.m. and are open to everyone. Call the MSAD Sports Office at 819-7181 for information, or if you can't call, just come to one of the sessions. All exercises are done in the privacy of racquetball court number three at the Sports Center Gym.

events

ads

For sale

Auto/Mechanic Special: 1976 Audi Fox station wagon, 100,000 miles, blown head gasket, car's condition generally good. \$300, firm. Call 6508 or 801-3954 after duty.

1977 Rabbit. US specs. Call 831-3664.

1982 Plymouth SE. Like new! 20,000 miles. As economical as VW. Extra set snow tires. Call 824-2156.

1975 Audi 80, standard transmission, runs well. \$300. PCS. Call 6361 and leave message for Joy.

'72 VW Beetle, clean, good-running. Asking \$550. Call 693-3811 between 6 and 10 p.m.

1982 Honda Sabre touring/sport motorcycle, model VF750S; water-cooled V-4 750cc engine, shaft drive, 4-into-1 pipe, red with factory red full fairing; eclipse tank and saddle bags, 2 helmets, cover; \$2,750 with 30-day mechanical warranty from owner; telephone 813-6588 home, 819-6040 office.

1977 VW, 2 door, excellent condition, low mileage, passed inspection DM 3,000 or equivalent. IKEA wood bunkbeds, plus mattresses, DM 150. Sylvania TV, color. German/American, 220 V, \$150. Call 771-5541.

'74 Mercedes 280. Rebuilt engine in '82-26,000 km. Radio/cassette, anti-theft alarm, \$1,500 or DM equivalent. Call 0372-482-4137 or drop a note to M.B. Collins, Box E, USBER APO 09742.

'76 Mercedes 280, perfect vacation car, excellent condition, just passed inspection with new tires. \$3,850. Call 831-3729 after 5 p.m.

1981 Ford Fairmont sedan excellent transportation — like new low mileage — 17,500; one owner. Extras: air-conditioning, power steering, AM/FM radio, bucket seats, radial tires; asking \$4,900. Call 813-6739.

Multi-family sale from 9 a.m. to 4 p.m. located at 7 Riplex Str. Cul-de-Sac near the Duck Pond Area off Lützelsteiner Strasse.

Garage sale: Star Wars, Star Trek, Tinker Toys, Lincoln Logs, Dinky Cars, child's Encyclopedia, etc. Also Olivetti electric typewriter, serving cart with food warmer top, 1600 W transformer. From 10 a.m. to 4 p.m. Saturday and Sunday. Tel. 824-2156.

12 x 15 ft Rust color carpet \$75, 9 x 12 ft. early American rug \$40, wine rack \$5, candle holder \$2.50, lazy-boy recliner-gold \$85, large set Correlle ware dishes \$30; air hockey \$10, assorted plants \$1 to \$5, ladies size 12: red ski pants and jacket \$15, 20 gal plastic trashcan \$2, bar-b-q grill with rotisserie \$10, plastic sled 3, 220 V blow dryer \$5, large Tonka dump truck \$3, boys 20" bike \$15. Call 801-2884.

Teak table (2 x 5 ft, 2 ft high), German TV, director's chair, wall mirror, tools, and stove (220 V). Call Scott 803-7138 (after 5 p.m.)

1976 BMW 320—good condition, with racing seats, sun roof, AM/FM stereo an cassette, \$2,800 or best offer. Moped \$350. Living room furniture, large couch, two chairs, Italian made, all over stuffed \$500. Call 801-3938 for more information.

Community Garage Sale, tomorrow from 10 a.m. to 5 p.m. The Community Garage Sale will be held at the All Purpose Court by building 6 and 8 on Charles H King Strasse in Düppel Housing Area. For further information, call 819-3254 after 1 p.m.

PCS sale — Samsonite luggage, 2 pieces, two 220 volt grinder pumps; grocery cart \$5; training wheels for bike, \$2; food grater, \$3; two snow sleds, \$1 each; toy box, \$2; slow cooker, \$5; dishes, \$5; plants; toys and games; boy's clothes 4, 5, 6; and girl's clothes 8, 10; snowsuit size 6, \$5. Call 802-9362 or yard sale June 9 at 33 Lloyd G1 Welts Str.

8 Foot brown vinyl couch, \$150; matching 6 foot love seat, \$125; coffee table, \$40; end tables \$25 each; Gerber 5 shelf unit, \$45; baby stroller, \$20; convection turbo-oven, 110 volt, \$70; baby walker, \$25. Call 813-6554.

Sheer curtains, custom-made for living room and dining room of duplex housing, \$50; 300 W transformer, \$8; 4-slice 220 V toaster, \$15. Call 826-1907.

ETS sale rocker, recliner, space heater, shoes, clothes, vacuum cleaner, tires and much more. Sat. and Sun., 69 Clauertr Strasse held in basement.

1978 Mazda GLC 2 dr. Hatchback \$1,000 or best offer. Call 4170 or 801-5225 after 5 p.m.

1974 Renault Station wagon, low mileage, new clutch, and tune-up. Runs great, \$500 or best offer. Call 4170 or 801-5225 after 5 p.m.

1981 Kawasaki Enduro 250cc. 3,600 km. \$800 or best offer. Call 4170 or 801-5225 after 5 p.m.

PCS Yard Sale tomorrow from 9 a.m. till 4 p.m. Ladies clothing sized 7/8 and shoes sized 5-5 1/2. Knick knacks, plants, old antique sewing machine, weight bench with weights, kitchen items, and a lot more. Come by 148 A Sundgauer Str.

Yard Sale: Tomorrow 9:30 a.m.—1 p.m., 73 Clauertr. Düppel Housing Area. Women's clothes like new size 5 and larger, womens shoes sized 6 1/2. Long rabbit fur coat size 5. Baby basinet and other items. 110 vacuum cleaner, 220 lamps, 220 heater, 110/220 iron, exercise bicycle, very large bed spread, misc. and much more.

Chest style freezer 220 volt, 9 cubic foot. Call 811-8177.

Clothing Schrank, white, wooden, measures 210 x 90 x 60 cm. Asking \$49. Call 813-8593.

2 single beds (110 x 200 cm) with storage compartment \$150 each. Call 852-3716 evenings.

SANYO 4-System TV 20" color (East, West, AFD) \$275; 220 V electric meat slicer \$25; 110 V 20" floor fan, 3-speed \$15; 220 V room humidifier \$35; also 1970 Mercedes-Benz 230.8 in fair condition, sold as is and available 7 July only \$400. Call 817-7184 after 5 p.m.

German bedroom set, bed with mattresses, one shrank, 2 night stands, dresser with mirror for DM 400. For more information call 741-6543.

Yard sale: 6 Families have toys, art and crafts, clothes, household items and just about everything else. 17 Lissabonallee, Sat. and Sun. from 9 a.m.—2 p.m.

Disco auto mixer — 220 volt with inputs for 2 turntables, mic & tape player, with all connections \$50, 220 V.5 outlet/extension box with on/off switch \$5. Sony AM/FM cassette player \$10, 220 V transformer \$5. Call 819-7101 after 5 p.m.

RIC equipment call 819-3403 for information.

Upright freezer \$150; GE Dryer \$50; GE washer \$25, Kenmore dishwasher, butcher block top \$25, Ammann microwave \$250, New room, redwood garden table w/2 benches, \$40, King size bed, 5 chrome frame chairs with linen covers \$100, \$25 each, BMW 1973 \$1,990, assorted plants, and a 24" Peugeot bike.

Wanted

VW Camper, '72 or older in very good condition, call 831-3664 after 5 p.m.

Camper or van to rent from June 15—25 for a family to travel to Oberammergau. Call 819-7626 until 3:30 p.m.; 831-3743 after 4 p.m.

Miscellaneous

Responsible adult would like to babysit one child, infant-4 years. Mon.-Fri., Düppel. 801-3241.

Scout News

Attention all Cub Scout and Boy Scout Leaders! June 11 is Roundtable night. Volkfest is tops on the agenda. All leaders must be there. Remember, June 11, 7:30 p.m. at the Scout Hut in the Four Seasons Compound.

For more information call Shirley Carlson 811-8137.

Refunders Meeting

Our next meeting will be at 19 E.C. Diltz Apt. 9, at 10 a.m. on Monday, June 11. For more information, phone 801-5488.

Bear-A-Cuda Boosters

There will be a general membership meeting of the Bear-A-Cuda Booster Club on 12 June. The meeting will be held at the Hightlight Recreation Center, Andrews Barracks, and will start at 5 p.m. All parents with swimmers going on the end of the year trip are encouraged to attend.

3/6 Enlisted wives

The monthly coffee for the 3/6 Enlisted Wives will be held on 12 June 84 at 7:30 p.m. at the TAR cafeteria. Come on out and get acquainted with the other wives and enjoy a Makeup Demonstration. For more information contact 813-6621.

Job Opportunity

CPD is seeking applicants for the temporary position (12 July to 17 August 84) of Secretary (Steno), GS-318-08. Duty location is Office of the US Commander, Berlin. Applicants should have previous experience as an executive secretary and possess excellent typing and stenographic skills. A SECRET clearance or as a minimum a current favorable NACI is required. Closing date is 18 June 84.

Interested individuals should contact CPD, US Program in Room 312, Building 4, Clay Compound for application forms and further information.

British Flower Club

Why not have an evening out with the Flower Club? Demonstrators come all the way from England to the regular monthly meetings. The next one is on Tuesday June 12 at 7.15 p.m. in St. George's Hall, Scottweg (to reach St. George's Hall, drive down Heerstrasse from Summit House NAAFI following the signs for the British Military Hospital. The Hall is situated behind the hospital in Scottweg). Entry costs DM5, which price includes coffee and biscuits. A glass of wine can also be bought for DM1, and the demonstration arrangements are raffled at the end.

Annual AUSA Formal

The Annual Association of the US Army Formal will be held at the Harnack House on 30 June 1984 starting at 1845 hours. This year's event will honor Berlin's outstanding soldiers and will feature MG Henry Hatch, AUSA European Department President as the guest speaker. Unit soldiers of the year and members of the SGT Morales Club will be the guests of the Berlin Chapter. A new addition this year will be the awarding of "Door Prizes" donated by AUSA corporate members to attendees. Tickets are available from unit representatives.

Holiday operating hours

All Berlin Community Banking Facilities (incl TCA) and Amexco Travel Agency will be closed. The Federal Credit Union and the Finance and Accounting Office will be open for business as usual.

Transit operating hours on Monday, 11 June: BBO, normal; Freight Section, closed; Household Goods Section, info only (no pickups/deliveries); Official Travel Office, normal; Driver Testing, closed; US Bus Lines, normal.

All Exchange facilities will be open on Monday, 11 June 1984, except the following:

Main Exchange Truman plaza, Four Seasons Store, Main Snack Stand, Garage and Parts Store. All concession activities (Barber & Beauty Shops, Tailor Shops, Optical Shop, Flower Shop and Gift Shop). Truman Plaza Pick-up Point.

Airborne

The Berlin Allied Airborne Association is looking for anyone that served for a year or more in an airborne unit.

The association will be holding it's Third Annual Summer Informal at the British "Inn on the Pool," July 6th at 8 p.m. Tickets are DM15 per person, wives and girlfriends are invited. There will be a disco, raffle and a display by the Corps of Drums of the 1st Battalion, Prince of Wales' Own Regiment of Yorkshire.

For more information contact Mike Gelfand at 819-6846.

Boston University Registration

Boston University offers two master's degrees in Berlin: a Master of Arts in Internat'l Relations and a Master of Science in Business Administration. Registration for the upcoming term begins June 25. Courses begin on July 3. Courses to be offered will be "Financial Management" and "Comparative Economic Modernization & Political Development".

For more information contact the field representatives in room 403K, Bldg. 4, on Clay Compound or call 810-6966.

Skyrider Flea Market

SKYRIDER FLEA MARKET, tomorrow from 1100-1600. Old and new items will be available. Large tables are \$4.00 and small are \$2.50. Weather permitting it will be held outdoors. Call 5167 for more information.

Womens Network News

Pediatric Question/Answer Evening on June 14, 1984 at 1900 hrs. in Rm 024 of the Children's Center. Bring all the questions you forget to ask. Capt. Cindy Howard, pediatrician and Capt. Debbie Nicholls, pediatric nurse practitioner will be on hand to discuss children's health.

STEP (Systematic Training For Effective Parenting) will begin on 7 June and meet at 1600-1700 hrs. in Rm. 024 of the Children's Center. The course is free and babysitting is funded by BWN. You must make your own child care reservation. The class will meet on June 21, 28, July 5, 12, as well. For more information, call 7272 M-W-F from 0900-1300 hrs.

The BWN is sponsoring a workshop on Communications-Interpersonal Relationships-Dealing With Conflict. SFC A-Amen will conduct the workshop from 0900-1130 hours in Rm. 024 of the Children's Center.

The BWN will have a Business and Professional Women's afternoon on 28 June at 1630 hours. Ms. Gail Williams-Pfister will be our guest speaker. Topic: "WOMEN AND BUSINESS"

The BWN is in need of HELPLINE Volunteers, call The Women's Resource Center (819-7272).

If you need to figure out your options, explore your feelings, become a part of the community Call the HELPLINE 819-7272.

AG closed

The AG Division will be closed at 1200 hours on 15 June 1984 due to the AG Picnic.

The AG Division includes Personnel Management (i.e. promotions, utilizations, reclassification and redeployment) (port calls), Personnel Actions (i.e. Customer Services, flag orders, awards and ID cards), Personnel Records including CPPF, Administrative Management Branch, Reenlistment, Postal and SIDPERS.

Emergency services will be provided by the AG on call.

ITT

Did you know that Berlin has the most canal bridges in Europe? ITT offers CANAL BOAT Tours on June 17th and 24th. Try something different on Sundays and enjoy more of the beauty of Berlin. For booking details call ITT at 819-6523.

Youth Activities

All teens that are interested in going to the "River Boat Disco" in Heidelberg on July 14th please register at the YA by June 13th. Registration fee will be \$2.00 and the dance will cost 20DM. For further information please call the YA at 6249.

There will be a preteen disco featuring DJ secret weapon tonight at the YA. All valid YA card holders are welcome to enjoy good music, refreshments and a chance to meet new friends. Admission will be \$1 and your YA card, so come on out and "Jam Jam Jam."

Come to the YA every Wednesday at 3:30 p.m. in June and practice your breakdancing or any other dance. Bring your own music (cassettes) and the YA will provide the music box and floor space. For further information please call the YA at 6249.

Celebrate the coming of summer with the YA "End of School" dance at the Wannase Recreation Center. The dance will be on June 15 from 8-11:30 p.m. The fee is \$1.00. For further information call 6249.

The YA is sponsoring two bicycle trips during June. These trips are on Saturday June 16th at 1300 and Saturday June 23rd at 1 p.m. All bicycles have to conform to German bicycle safety standards. Any youth under 12 must be accompanied by his or her parent. For more information please call the YA at 6249.

The YA is sponsoring weekly bowling for Teens (ages 13-19). The cost is .50cents per lane every Tuesday afternoon. Time 4-5:30 p.m. Meet at the YA where registration is required weekly.

Come register for the YA Talent Show on Sunday June 17th at 7 p.m. Registration is required by June 11. Come show your talent! For more information please call the YA at 6249.

The YA is sponsoring weekly bowling for Pretens (ages 10-12). The cost is 50cents per lane every Friday afternoon. Time will be from 3 to 4:30 p.m. Meet at the YA where registration is required weekly. Come on out in June and join the fun. For more information please call the YA at 6249.

The YA is celebrating "INTERNATIONAL PICNIC MONTH" with a picnic at the YA Saturday June 9th at 12:00. \$1.00 will be charged and registration is required by June 6th. For further information call the YA at 6249.

Once again it is time for YA Summer Day Camp. Registration will begin June 18. YA is offering five 1 week long sessions starting 16 July. All youth ages 6-12 with valid YA cards are eligible to participate. Registration fee for each session will be \$15 per child and can be done at the YA, Monday-Friday between the hours of 9-12 and 2-5. Each session is limited to 100 children. For more information contact the YA at 6249/6239.

Registration for YA Summer Day Camp will commence on June 18. The dates for each session as well as cut-off dates are listed below:

| | |
|---------------------------|--------------------------------------|
| Session I 16-20 July | cut off for registration is 12 July |
| Session II 23 27 July | cut off for registration is 19 July |
| Session III 30 July-3 Aug | cut off for registration is 26 July |
| Session IV 6-10 Aug | cut off for registration is 2 August |
| Session V 13-17 Aug | cut off for registration is 9 August |

If you wish to register children (6-12 yr olds) they must have a valid YA card and the fee is \$15.00 per child, per session.

For more information contact the YA at 6249/6239.

lunches

TAR and BAH'S Schools have the following menu for the week beginning June 11:

Monday — Salad, Italian meat sauce, spaghetti, apple sauce, milk, bread and butter.
 Tuesday — Lettuce, pickles, hamburger on bun, French fried potatoes, ice cream and milk.
 Wednesday — Salad, Hungarian goulash, mashed potatoes, pears, juice, bread and butter.
 From June 14 to August 26 closed.

JFK School has the following menu for the week beginning June 11:

Wednesday — 2 stuffed green peppers, curry-rice, chocolate-pudding with vanilla sauce.
 Thursday — 4 potato pancakes with sugar, applesauce.
 Friday — chicken in currysauce, rice, cabbage salad and cookies.

CSB's track and field trials select best for USAB meet

Soldiers in the Combat Support Battalion put their muscles to the test Friday in the battalion's annual track and field trials.

The trials were held to determine which soldiers will represent the battalion in the upcoming United States Army Berlin Track and Field Championships.

Friday's competition, said Maj. Roger Hewitt, battalion executive officer, was very keen. "The commanders and first sergeants made some very good

assessments in putting the right people in the right events."

As a result, the point totals per company were very close, he said. Headquarters and Service Company captured first, followed closely by the 42nd Engineers.

The trials were held in conjunction with a battalion organization day that capped off the rigorous athletic competition.

The USAB Track and Field Championships will begin at 8 a.m. on June 22 and 23. Medals will be awarded to first and second place winners in all events and the top men and women will represent the U.S. Army in the German Police Track and Field Meet on June 27. They will also represent the Berlin Brigade in the United States Army Europe Championships on June 28 and 29 at Würzburg.

The award ceremony and a meeting of all USAREUR qualifiers will take place at the end of the USAB meet on June 23.

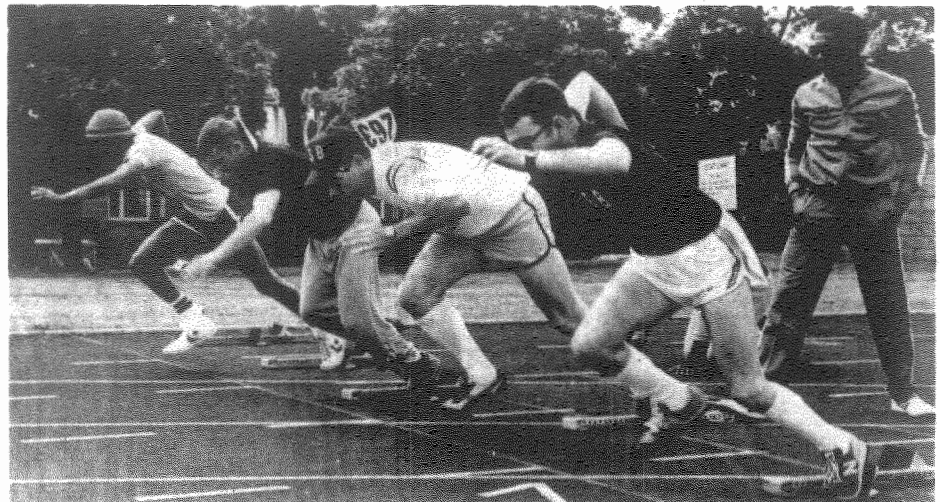
To sign up or get more information on the USAB Track and Field Championships contact your unit Activities and Recreation representative as soon as possible.



NO PAIN NO GAIN? Thomas Goss didn't actually hurt himself on this long jump try. He was just straining for the best distance.



OLD TIME ARTILLERY. Kerry King warms up for the javelin. (Photos by Tom Jackson.)



OUT OF THE BLOCKS and sporting some distinctive headgear are (l. to r.) Ernest Mitchell, William Morrison, Roger Hewitt, Charles Davidson and Barry Bankston competing in the senior's 100 meter trials.



FULL SPEED AHEAD. in the fast but grueling 400 meter sprint are (l. to r.) Gary Mack, Russell Johnston, Robert Singleton, Todd Mitchell and Johnny Hart.

Summer travel ideas

Editor's note: The Observer staff has gathered this travel information to help make your summer travel easier, faster and more enjoyable for you and your family.

How should you plan?

Select the places you want to visit. Decide on the right transportation. Read about the places in an encyclopedia. Then read about them in a travel book like "Let's go Europe," or "Europe on \$20 a day." These books have lots of hints on the site and suggest places to stay should you need a hotel or pension.

Many of these books are readily available at the library. You can check one out and carry it with you if you like. If you decide to go by train then buy an Ausländerbuch, it will show you all the train routes and time tables.

The International Youth Hostel Handbook, Europe and Mediterranean is your guide to where to stay. Search out on its map those places that will match your train travel, with a post card reserve a place in those hostels a week or two ahead.

Space-A?

Start your leave five days ahead and sign up so you will have a good place on the list. You can call Tempelhof operations for details. Ramstein is better than Rhein-Main in Frankfurt for hops to the states because the 70-seat C-5s that aren't booked fly out of there and soldiers on emergency leave and TDY almost always go through Rhein-Main.

Use the free bus from the RTO in Frankfurt to Rhein-Main around 8:30 a.m. and then take one of three free buses a day that go to Ramstein. Waiting time at Ramstein is about 1-2 days other than summer.

In the summer this may run 2-4 days. Consider a house/car trade with a family at Ramstein or Kaiserslautern. Many want to come to Berlin. Arrange car pickup for RTO or Rhein-Main PX parking lot. Leave your car at the Berlin RTO for them with Power of Attorney so they can go to the East.

For flights inside Europe-Rhein-Main is just fine. Flights leave almost every day to Spain, Greece or England. Getting to England is about a 1-2 day wait the year round. Returning to Berlin from Mildenhall, England is also possible on Thursdays.

Otherwise you can come back to Rhein-Main almost any day. A one- or two-day wait on that end is about right.

Use the three-day sign-in to get you up on the list by planning on signing in and on visiting things in the area. Don't plan on sitting in the terminal.

Trips to Spain may take a 3-5 day wait in the summer, but are 1-2 days during the rest of the year. Torrejon, at Madrid, has frequent flights; Rota on the coast has flights perhaps twice a week, but it has a beach and you can go to inexpensive Portugal via a local bus or train.

Trips to Greece can be a longer wait, 3-5 days, because most flights go through Spain on the way. Monday mornings at 6:30 a.m. is the best time to sign up for the "Eagle Flight" and gives you

the best chance. If you sign in on Sunday and show up Monday at 6:30 a.m. there is a very good chance you will go right out to Greece. This flight often has 50-70 empty seats on it.

The same plane returns Monday night from Greece and is again the best way out. Twice a week out of Greece you can go to Israel and twice a week to Crete — both are wonderful vacations.

If you start your adventure on Space-A out of Berlin, you don't pay the \$10 per person fee because the airport doesn't handle heavy traffic. Similarly, if you return to Berlin out of Israel or Crete there is no fee.

Trips that start at Rhein-Main, Mildenhall, Athens, Madrid and similar major ports have the \$10 fee. If you intend to make more than one hop to a place like Israel be sure to have that noted on the bottom right block on the Space-A form or you will have to pay another \$10 fee when you get on the second plane.

The Stars and Stripes Bookstore carries a good book on Space-A travel that can save you a lot of time and worry.

Transportation

Auto

Use your POV for trips with two or more in the local to 200-mile range. For four or more, longer trips, though more demanding, are still economical. You can consider camping.

Buy ADAC insurance for out of country travel with tow back coverage (under DM 100). The cost is 15 cents a mile on older cars and about 25 cents on a new car. For any long trips joining ADAC is a good bet.

Bus

A bus is the best buy within a given country for town to town travel, about 5 cents a mile. Multi-day passes are often not economical, check first. Best buy but less comfortable than trains for long inter-country trips (London to Frankfurt, under \$40).

Train

Single person trips, if the bus is not available, are about 12 cents a mile. Weekend trips out and back or day round trips are often 20-40 per cent off. Ask for Sonderfahrkarten.

With three or more you become a mini-group and can get a discount also. Eur-rail pass is the best buy for distant travel.

Much of Europe with Ireland (15 countries) is covered with free boat ferries to Sweden, Finland, Denmark, Greece and Ireland. If you average about 4 hours a day on the train (an 8 hours night jump every other day) the cost is about 10 cents a mile. If you sleep in your seat the cost can be thought as 6-8 cents a mile.

Passes can be bought for two weeks to two months and people over 26 must go first class. For one month it runs about \$410. Best buy on a pass is from the states, and you need to allow about three weeks for the mail back and forth.

Pick up an Ausländer Buch at the Bahnhof to show you all the train time

tables in Europe (DM 6). If under 26 years-old the Inter-rail Pass is available in Germany for 21 countries and is a super buy at \$180 got a month, second class.

Lodging

Hotels

Expensive, often uncomfortable - to be avoided. Price at \$10-40 per person a night.

Pensions

Hotel — like boarding houses that generally are off the main street and are in the \$8-15 price range.

Zimmer Frei

Rooms for rent in a private home are great. Pet the dog, talk to the family. It's like being at your aunt's. \$5-10 a night usually with breakfast. Great for a couple, not as flexible for a family with children. These are easy to find in medium size towns, ask at the train stations or a cab driver or policeman.

They are often found near the bahnhofs or at tourist sites. The very best of experiences is in little German towns and in Bavaria.

The Bed and Breakfast counterpart in England has to be approached more carefully. Usually a good breakfast, but the cost can be \$8-18 a night.

Hostel

Over 3,000 of these "bunk houses" exist in Europe. They vary from 20 room old mansions to 500 bed modern dor-

mitory like places, with four to eight beds to a room.

Other than in mid-summer a couple can have a room together. Family rooms are also available with four to 12 beds. Best to reserve ahead with a post card or phone call.

Buy your one year "family pass" for DM 18 at the office near the Olympic Stadium on Baernstrass. While there get a book with maps of all hostels in Europe (DM 9).

Bavaria is the only place in Europe where you must be under 26, a junior, to stay. The further north you go the more family groups and older people will be found in hostels.

Showers, game rooms, TV and kitchens were you can cook in are found in most hostels. Many hostels also serve low-cost hot meals.

Good people and clean facilities are almost everywhere. One caution, if you have children under six it is best to ask first if you can stay. For children under three it is real doubtful.

Camping

Hard to beat a hostel in price and convenience, but if you are a large family traveling by car this may be an alternative. Rent a tent from Rec Services or buy one.

If your car has the correct trailer hitch you may rent a trailer that sleeps 4-8 from Rec Services - for about \$25-35 a week. Most pay type camp sites have showers, but if you don't find that try a hostel every few days for the showers, cooking facilities and children's recreation.

