

June 2004

Bavarian-American

Monthly

Motorcycle Safety

SERVING THE COMMUNITIES OF THE 100TH ASG
GRAFENWOEHR, HOHENFELS & VILSECK





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Check with local activities
for possible changes.

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Photo by Sue Bluhm

It's Good to be **Back Home!**

- Sue Bluhm

Task Force 1-63 Armor
Rear Detachment 3rd Brigade of the
1st Infantry Division
615th MP Company
94th Engineer Battalion
18th Corps Support Battalion
71st Medical Detachment
72nd Medical Detachment
317th Maintenance Detachment
561st Medical Company

The weather may have been gloomy, but spirits weren't.

After all, there was plenty to smile about at the Community Welcome Home Celebration in Vilseck May 7. About 1,000 soldiers, family members and friends

braved the cold and steady downpour to attend the celebration, honoring a job well done and the safe return of many soldiers from "Operation Iraqi Freedom."

Commanders praised their troops for the outstanding job they did downrange, all the while remembering those in the community who are still deployed and paying tribute to those fallen comrades who will never return.

Nobody was forgotten, especially not the Family Readiness Groups (FRG). Their support of the soldiers and their families was second to none, officials said.

When the speeches ended, the party started! The smell from the grill made mouths water. Burgers, hotdogs and all the trimmings were there for the taking, and there was plenty to go around.

With live music, a jumping castle, face painting and a clown, everyone was kept entertained throughout the afternoon.

Thanks to everyone who helped support this outstanding event:

MWR
409th BSB
GACC
DECA Vilseck
AAFES
Vilseck ODR
Graf & Vilseck DFAC
94th Engineers
DPW
BSB S-3 Cpt. Gornowisc

COMMUNITY SUPPORT

7-9 June

Basic German Hohenfels ACS/4-7 p.m.(CAC)

14-18 June

Newcomers Orientation Hohenfels ACS/8:30 a.m.(CAC)

2, Wednesday

New Directions Hohenfels ACS/10-11 a.m.
Common Sense Parenting Vilseck ACS/11 a.m.-1 p.m.
Mommy & Me Vilseck ACS/10 a.m.-noon

3, Thursday

Basic English Hohenfels ACS/11:30 a.m.-1:30 p.m.
Fighting Fair Hohenfels ACS/1-2:30 p.m.
Smooth Move Hohenfels ACS/2-3 p.m.
Stress/Childbirth Class Graf ACS/3:30-5 p.m.

7, Monday

Power & Control Hohenfels ACS/1-2:30 p.m.
Common Sense Parenting Vilseck ACS/11 a.m.-1 p.m.

8, Tuesday

Checkbook Maintenance Hohenfels ACS/1-3 p.m.
Anger Management Hohenfels ACS/1-2:30 p.m.
Credit & Budgeting Hohenfels ACS/3-5 p.m.

9, Wednesday

Czech Cultural Morning Graf Library/10 a.m.-noon
Common Sense Parenting Vilseck ACS/11 a.m.-1 p.m.

10, Thursday

Stress Management Hohenfels ACS/1-2:30 p.m.
Breastfeeding Basics Vilseck ACS/10 a.m.-noon
Stress/Childbirth Class Graf ACS/3:30-5 p.m.

14, Monday

Common Sense parenting Vilseck ACS/11 a.m.-1 p.m.

15, Tuesday

New Directions Hohenfels ACS/10-11 a.m.
Money Management Hohenfels ACS/3-5 p.m.

16, Wednesday

Basic Computers Skills Hohenfels ACS/9-11 a.m.
Mommy & Me Vilseck ACS/10 a.m.-noon
AFTB Family Fun in the Sun Vilseck ACS/10 a.m.-3 p.m.

17, Thursday

Stress/Childbirth Class Graf ACS/3:30-5 p.m.

22, Tuesday

Understanding Insurance Hohenfels ACS/3-5 p.m.
Thrift Savings Plan Hohenfels ACS/5:30-6:30 p.m.

23, Wednesday

Federal Resume Writing Hohenfels ACS/9-11 a.m.

24, Thursday

Basic English Hohenfels ACS/11:30 a.m.-1:30 p.m.

25, Friday

Sponsorship Training Vilseck ACS/10-11:30 a.m.
(by request only)

29, Tuesday

Understanding Investments Hohenfels ACS/3-5 p.m.

Tuesdays

Play Mornings Graf ACS/10-11:30 a.m.
Mom & Kids Morning Vilseck LBC/8 a.m.-Noon
ESL Level 1 Vilseck ACS/9:30-11:30 a.m.

Wednesdays

German For Newcomers Graf Library/5:30-6:30 p.m.
Storytime Vilseck Library/10 a.m.
Storytime Graf Library/9:30 a.m.
Pre-School Story Hour Hohenfels Library/9:30 a.m.

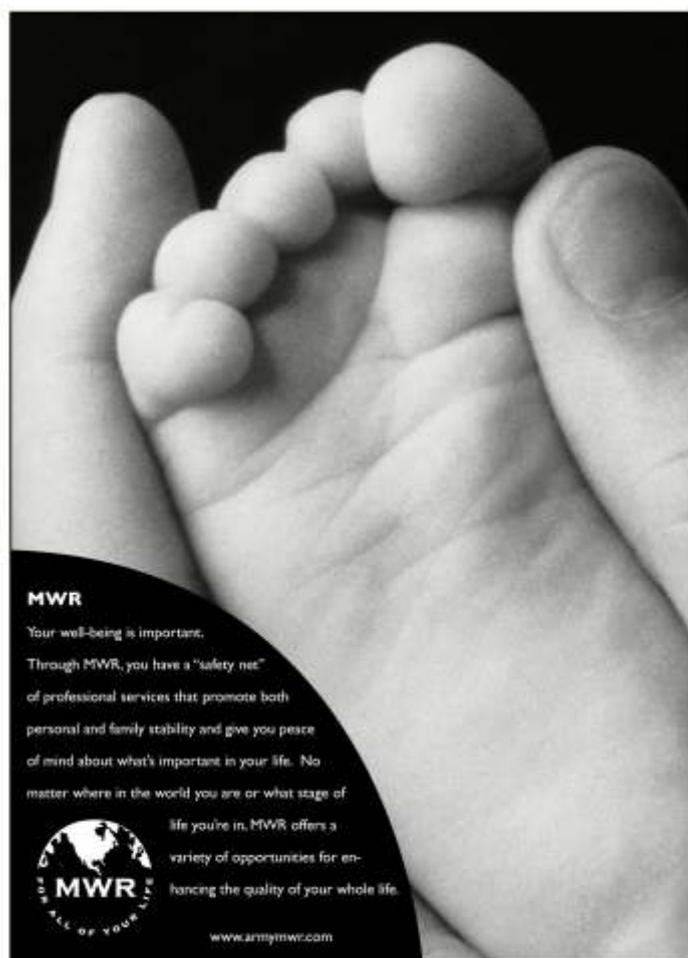
Thursdays

Play Morning Vilseck ACS/9:30-11 a.m.
Basic Car Maintenance Vilseck Auto Skills Ctr

Fridays

ESL Level 1 Vilseck ACS/9:30-11:30 a.m.

For all ongoing events, please call the facilities.



Does Your FRG

Keep You Healthy?

- Christina Reese



An Epiphany in the Car

So, I was driving down the road, Mary J. Blige was in the CD player, and I was on my way home from my unit's April FRG meeting when ... BLAM! ... I have an epiphany. This feeling hits me; my Family Readiness Group (FRG) serves a very important function in my life. I walked into the meeting on the particular evening mentioned, after recently hearing of a mission that our soldiers were on to an unknown location for up to 90 days. I do not have the capability to watch CNN (or anything else that I would need a satellite to receive) but I sure was reading plenty about what was happening in the *Stars and Stripes* and also on the internet.

But, let me start from the beginning, the weeks prior to my epiphany.

As I had gone about my day-to-day life, I had been feeling as if I were going crazy. I was having trouble sleeping at night. I wondered how I would carry on if my husband should make the ultimate sacrifice. I wondered how I would react if I saw a car pull into my driveway and men in green uniforms got out. I would randomly break down in tears and then wonder how cooking macaroni and cheese could be sad. These were things that an insane person thinks and does, right?

As I alluded to earlier, I walked into my April FRG meeting heavy-hearted. There had been notification of one combat-related death earlier in the week, and the first order of business was a notification that there was another casualty within the unit. Next was the announcement that the soldiers were heading into Al Najaf, and from what I had read, this is not a city where I wanted my husband to be.

As I sat, observed, and listened, throughout my FRG meeting, I overheard conversation after conversation between wives regarding every one of the fears that I had been having along with a few others thrown in here and there. As I sat in this room full of ladies, it struck me that all of these wives had the same fears that I was having. It occurred to me that the FRG idea, although not perfect, is a wonderful thing. Plus, it helped me realize that what I was feeling is normal, and I don't belong in an insane asylum.

Before this particular night, I believed that all the support I needed was coming from family and friends. I had lots of support from people stateside. I get e-mail and telephone calls constantly. Until the evening of April 13, I felt that my FRG meeting was more or less a place to get the latest information on what was going on in my husband's unit. That's it.

On April 13, the thought that the FRG was just for information got thrown out the window and left far behind as I zoomed down the road at 60 mph. I felt myself drawn like a magnet to a refrigerator door; there was a bond created on this evening that would resist if I tried to remove it. I was able to connect with these women in a way that I had never done in the past. I felt a special bond with the ladies in my FRG. Most of their husbands were at the same exact location as mine. They had the same mission. They faced the same danger. These wives had the same fears. My close friends within other areas of the 3rd Brigade didn't have as much in common with me when it came to what I was going through. Those who participate in the FRG are truly in this deployment together.

This overly mushy, gushy feeling was a passing thing and later in the month I began to wonder what changes and makes spouses not want to participate in their FRG. It seems so helpful and important to me. I have seen an increase in the number of participants at my own FRG meeting since the deployment in February and wondered if that would remain the same once the soldiers returned.

I can see how a decrease in participation happens; a wife no longer has the need to get information about what her husband is doing once he is back at home with her. I guess I just don't completely understand why spouses choose not to participate when their soldiers return. Sure, the time spent together is important, but why not spend an hour per month at a meeting together (not always the most fun choice) and connect to the bigger picture. After all, spouses don't always remember to give us the details on what is going on at work. So, as you speed down the autobahn of life, give yourself a chance to pull into a Rastplatz every now and then to take a look at where you're heading. Take comfort in the members of your FRG; they just may know where you are coming from.

Keep Cool this Summer in Local Swimming Pools

Many outdoor swimming pools around the training area encourage you to swim, splash or just sunbathe!

Four outdoor swimming pools around the training area offer great possibilities to enjoy some leisure time with your family, or relax after a hard-working day, whether you're alone or with friends.

We'd like to introduce the outdoor swimming pools and their special features:

Swimming pool Hirschau - Duenenbad



Deep blue swimming pool surrounded by a huge white sand hill. White sandy beach, children's playground, sunbathing area, kiosk, wading pool, tempered basin and slides. Entry: adults (from 16 years): 2 Euro; teenager (6-15

years): 1.50 Euro; children (5 & under): free of charge. Open: every day 10 a.m.-8 p.m.

Swimming Pool in Schnaittenbach

It's a natural pool (no chemical additives are added, and the water is very clean) with slide, wading pool, sand-playground, sunbathing area and kiosk. Follow the sign "Naturbad" to find this very nice outdoor swimming pool. It's an ideal place for children.

Swimming pool in Vilseck

A nice outdoor swimming pool with a slide, a sunbathing area, a kiosk and a wading pool. Entry: adults (from 16 years): 2 Euro; teenagers (6-15 years): 1 Euro; children (5 & under): free of charge, 6-7 a.m. Open: every day 9 a.m.-8 p.m. During bad weather, 9-10 a.m.



Swimming pool in Freudenberg

A swimming pool with a slide, wading pool, beach volleyball court, and sunbathing area. Entry: adults (from 18 years) 3 Euro; teenager (7-17 years) 1.50 Euro; children (6 & under): free



Volksmarching

People of all ages meet to participate in the international Volksmarch. Depending on your mood and your physical condition, you can choose from 5 km, 10 km or 20 km distances. Of course, the marching will not end without a traditional Brotzeit (refreshment).

Start: Individual sign-up between 6-11 a.m. at the Josefshaus at Hirschau.

Grafenwoehr Library offers

Antiquing & a Virtual Tour

Let's Talk Road Show!

Most of us have watched "Antiques Road Show" at one point or another. What makes this show so interesting is the fact that people like to know what their newly acquired treasures from flea markets, garage sales and estate sales are worth. Those experienced in finding good buys know what is hidden under a thick layer of tarnish. However, most of us don't know much when it comes to spotting potential treasures among the ordinary.

So where can you expand your knowledge of antiques or learn how to distinguish the real thing from a good reproduction? Only at your Grafenwoehr Library! Can you recognize what materials and styles indicate authenticity, or do you know what reference guides experts use and where can you find them for yourself?

We feature an introductory television program on antiques, including a general introduction to antiques and an extensive look at French and English styles. This 90-minute show, created by the famous Sotheby's auction house, will give you the tools to turn your next weekend into an adventure where wonderful, unexpected treasures may await you.

Afterward, join us and our hobby flea marketers as we talk about your special finds. For this, we invite you to bring your riches to the Grafenwoehr Library to have an informal discussion about your treasures. Tell us your item's history and where you found it. Let's search through our new international antique guides to find out if you discovered that priceless piece of European history. So come and join the fun with the staff of the Grafenwöhr Library on June 3 from 6 p.m. until closing.

Also learn about ITR's trip to Metz, the most beautiful city in Lorraine. Metz was the wealthiest independent city-state in France during the Middle Ages. Virtually the entire city is built out of a dark yellow stone, locally called "pierre de jaumont." Enjoy the third largest cathedral in France, the giant "Cathédrale St-Etienne" with 60,000 square feet of stained glass windows, many of them created by Marc Chagall. Later, on the outskirts of town, you can experience that special bargain-hunter feeling by visiting the "marché aux puces," one of France's largest flea markets. You will find an incredible range of unique items and museum-quality pieces on sale, including paintings, glasses, crystal, chairs, tables, flatware, china, silverware, dolls, teddy bears, jewelry, etc.

Another wayside stop during this special ITR trip for flea marketers is the great Belgian town of Tongren. Tracing its history back to pre-Roman times, Tongren is the oldest city in Belgium. Enjoy a great Belgian breakfast before joining the crowds of antiquers for an unforgettable experience of knick-knacks and interior decorating items like your new antique Art Deco living room set or your next Baroque armchair. Did you fall in love with a Jacobin dining room? No problem! Most vendors will ship throughout Europe. Come and join the fun and get onto MWR's Band Wagon to far away places.



Dobry Den Czech Republic!

"Matiëka Praha," little mother Prague, as the Czech people compassionately call their capitol, is one of the most beautiful cities in Europe. Positioned in the middle of the gentle landscape of a Bohemian plateau, Prague emerges from five historical towns.

Virtually undamaged by the blazes of WWII, the compact medieval center of Prague provides a fairy-tale appearance for all visitors. The maze of cobbled lanes, its ancient courtyards, the dark passages and the numerous churches supply a formidable background for the 1,100-year-old castle.

Take a make-believe city tour with the Grafenwoehr ITR team and engage in a round-table discussion about the Prague castle. Learn all you can about ITR's upcoming overnight trip to the Czech Republic and Prague. Be on the verge of contemporary history as you learn about this European country.

In 1999, the Czech Republic became part of NATO. On May 1, 2004, the European Union expanded to 25 member countries, a momentous achievement for the Czech Republic as she attained unification after 50 years of division.

Join the staff of the Grafenwoehr Library for one of their award-winning quick language courses. In this simple and effective format, we will cover Czech greetings and polite expressions. So where can you learn all this in one morning? Only at your Grafenwoehr Library! Come and join the fun from 10 a.m.-noon on June 18.

Kicking off the

- Kate Nichols, Hohenfels Librarian

Summer Reading Program

Once upon a time in a town called Hohenfels, many children came to their local library for summer reading. But this was no ordinary summer reading program; this was the summer reading program of the century! And you'll be able to participate!

There will be adventure, excitement, mystery, and intrigue. Children will be amazed and astounded at the creativity on display. The children will travel to the library weekly and sit on the edge of their seats, never missing a word. For those of you who doubt the power of the book, read on and become enchanted.

The journey will begin July 7, when children will strive to join the winners' circle. Children should arrive at the glass gates of exploration and be ready to travel the world and beyond. All children must come armed with imagination, excitement, and wonder. These are required items and will be checked for at the door. Other necessary items are fun, laughter, and delight.

On Wednesday mornings starting at 9:30 a.m., the Pre-school Story Book Players will continue their dramatic productions. Beginner readers will follow at 11 a.m. The advanced readers, ages 8-10, will take off for far-away lands at 3:30 p.m. Parents, just a note, these age ranges are guidelines; if your child belongs in a different section, please let us know! For the more mature summer readers, the Youth Book Club is available. The group meets the last Tuesday of the month at 3:30 p.m. All are welcome and encouraged to participate.

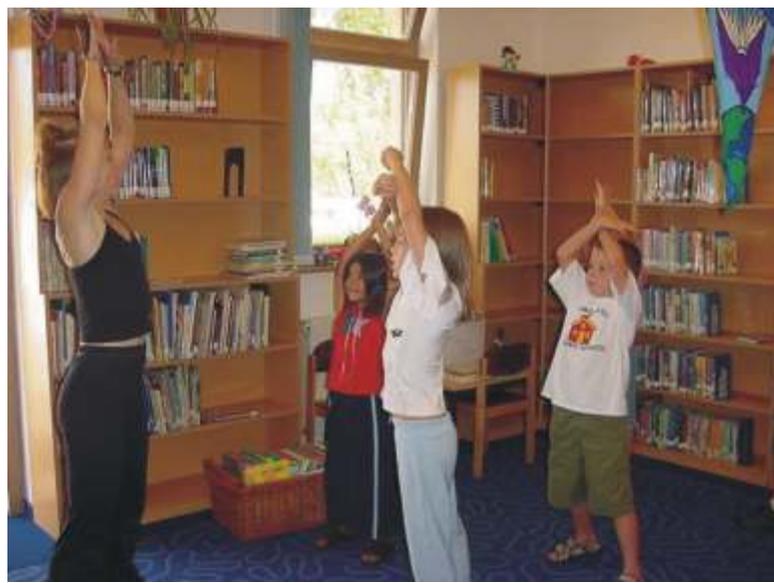
Participants will experience a number of journeys. They will soar through the cosmos and experience the power of the stars and moons. Traveling back in time, they will romp with the dinosaurs and walk with the Egyptians. Nemo will be found, and fish will float through the air; heroes will be discovered, and hands will become intertwined. But this is only the beginning of the journey; there is far more to come. All children need to do is be ready to have fun. Dr. Seuss I am not, but this I can tell: the adventures ahead are going to be swell! (I told you I wasn't Dr. Seuss!)

For more information, please call the Hohenfels Library at 466-1740.

Hohenfels children participate in "Fitness Day" at the Turnbull Library. Fitness will be one of the themes presented during this year's summer reading program, which kicks off July 7.



Photos by Kate Nichols



To celebrate National Poetry Month, the Hohenfels Library conducted a post-wide, youth poetry contest. The library was inundated with entries. Here's a complete list of participants followed by the winning works! Winners were awarded movie passes, water-bottle coolers and T-shirts. Congratulations, Hohenfels wordsmiths!

Age Range 5-9

Kristina Bone
Victoria Bone
Clayton Bovee
David Lee Brown
Jeremy Caldwell-Fabregas
Clara Cushing
Matthew De La Rosa
Jordyn Grulkowski
Justin McFarlane
Caine Pacheco
Meggie Rodman
Virginia Stoll

Age Range 10-15

Sarah Carter
Sandra Chirunga
Christen
(last name not included on entry)
Alex Elliot
Alysha Gaskins
Jessica Grazier
Natascha Kilbane
Caroline Land
Christen Noble
Dana Parks
Vanessa Turner

Age Range 16-19

Catie Godfrey
Kevin Lamont Gaudine

Celebrity Judges

Heidi Fedak, Marketing Account Executive
PFC Cameron Hall, BOSS president
Peter Shallish, Chief of Recreation

National Poetry Competition

"I Made a Mistake"

By Larissa Gooden (Winner Age Range 5-9)

I went upstairs to make my bed
I made a mistake and bumped my head.

I went downstairs to butter my toast
I made a mistake and buttered my nose.

"My Brother Niklas"

By Alex Elliot (Winner Age Range 10-15)

Niklas had a bag of Gummibears
Now there is sticky stuff everywhere
Sticky stuff in his crazy hair
Sticky stuff on his chair
On my mother and on the other brother
Sticky stuff on his mouth
Sticky stuff on the couch
Sticky stuff on the rug
He gave me a hug
3 feet tall sticky Niky ate them all
20 months old sticky Niky broke the mold
Sticky Niky is one of a kind
He is my small ... sticky brother of mine

"Fairy Tales"

By Catie Godfrey (Winner Age Range 16-19)

Adventures and fantasy the places where stories begin
Introducing the hero and what trouble he's in
Where does it take place this story of yours?
In a castle, a pirate ship, wherever your mind should sore
Is it adventure and fantasy all mixed up with an assort of things?
Where swords should talk and harps should sing
Does the hero save his one true love?
Retaking the castle with pushes and shoves
Do mighty weapons clash between hero and foe?
Does he win in the end with one final blow?
Is there a happily ever after and a ride to the sunset
Or does it continue on not quite finished yet
It's your choice how you would write you fairy tale
My advice is this, just tell your story and tell it well.

Vampires host Saint Barbara's Day Ball

- Capt Sean P. Wilson

On May 7, 2004, the Vampire Observer Controller team from the Combat Maneuver Training Center, Hohenfels, Germany, held its annual Saint Barbara's Day Ball at St. Michael's Pfarrheim in Burglengenfeld. The festivities commenced at 7 p.m. and lasted well into the evening as some 200 people attended this year's celebration. The event celebrates the induction of new members into the Order of Saint Barbara and awards deserving military spouses the Molly Pitcher Award.

The Order of Saint Barbara is an honorary military society of the U.S. Field Artillery. Both U.S. Marine and Army field artillery along with their military and civilian supporters are eligible for membership. The order is managed by the U.S. Field Artillery Association, and two levels of recognition exist. The most distinguished level is the Ancient Order of Saint Barbara, and those who are selected for this honor have achieved long-term, exceptional service to the field artillery surpassing even their brethren in the Honorable Order of Saint Barbara. The order links field artillerymen of the past and present in a brotherhood of professionalism, selfless service and sacrifice symbolized by Saint Barbara

According to legend, Saint Barbara was the extremely beautiful daughter of a wealthy heathen named Dioscorus, who lived near Nicomedia in Asia Minor. Because of her singular beauty and fearful that she be demanded in marriage and taken away from him, he jealously shut her up in a tower to protect her from the outside world.

Shortly before embarking on a journey, he commissioned a sumptuous bathhouse to be built for her, approving the design before he departed. Barbara had heard of the teachings of Christ, and while her father was gone spent much time in contemplation. From the windows of her tower she looked out upon the surrounding countryside and marveled at the growing things: the trees, the animals and the people. She decided that all of these must be part of a master plan, and that the idols of wood and stone worshipped by her parents must be condemned as false. Gradually she came to accept the Christian faith. As her belief became firm, she directed that the builders redesign the bathhouse her father had planned, adding another window so that the three windows might symbolize the Holy Trinity.

When her father returned, he was enraged at the changes and infuriated when Barbara acknowledged that she was a Christian. He dragged her before the prefect of the province, who decreed that she be tortured and put to death by beheading. Dioscorus himself carried out the death sentence. On his way home he was struck by lightning and his body consumed.

Saint Barbara lived and died about the year 300 A.D. She was venerated as early as the seventh century. The legend of the lightning bolt which struck down her persecutor caused her to be regarded as the patron saint in time of danger from thunderstorms, fires and sudden death.

When gunpowder made its appearance in the Western world, Saint Barbara was invoked for aid against

accidents resulting from explosions -- since some of the earlier artillery pieces often blew up instead of firing their projectile, Saint Barbara became the patroness of the artillerymen.

This year's inductees into the Honorable Order of Saint Barbara are:

COL Kelly F. Fisk, COL Donald M. Macwillie, SFC Kenneth Stone, SFC Riggs Peoples, SFC Mario Ornelas, SSG Brian Brown, MSG David B. Robinson, Herr Christian Kirchberger, Herr Norman Mueller, Herr Hubertus Soeder, Herr Markus Raedge

The Molly Pitcher award is given to Army spouses who have long supported the military and recognizes the sacrifices and devotion they have exemplified. The award takes its name from the real life heroine, May Hays McCauly for her actions at the Battle on Monmouth in June 1778.

Molly Pitcher's fame began two years after the signing of the Declaration of Independence by the American colonies. The fight for independence had yet to take a favorable turn toward the Colonials. As the war continued, June 28, 1778, proved to be another day of fighting with stories of bravery.

Monmouth rocked with musket and gun fire. The colonial cannon line under General Stirling aimed the barrels of its guns straight down on the British Redcoats as they attempted to cross a causeway. Stirling's left-wing cannons bought time for General Washington to take command and regroup General Lee's scattered forces. The gun line met the demands of the mission.

The heat of June 1778 soared to 96 degrees as the guns barked at the British. The cannon barrels smoked, and men fell from heatstroke. In the heat, a woman walked back and forth from a well (or possibly a nearby creek) carrying water to the hot men and smoldering guns. Her husband manned one of the valuable cannons. They were making a difference by holding the causeway.

As American men fell from wounds and heat, the woman's bucket of water (or "pitcher") became precious. The men among the cannons began to call her Molly Pitcher. A large woman, she reportedly carried wounded men away from the line to shade trees as she made her trip back to the well.

During one of her many returns to the line, she saw her husband fall. A Colonial officer ordered his gun moved to the rear to make room on the line; he had no one left to man it. But Molly Pitcher stepped forward to keep her husband's gun roaring - every cannon was important.

As if she had been trained for the task, Molly kept the cannon booming. The artillerymen around her noticed her swift, accurate action in keeping the gun firing. No longer were they asking for water from her; she had become one of them - a gunner.

This year's recipients of the Molly Pitcher Award are:

Mrs. Nancy Scarr, Mrs. Patricia Sligh, Mrs. Angela Brown, Mrs. Kristin Williams, Mrs. Monica Ornelas

Our very own Picasso's

- Heidi Fedak

Austin Strachan is a child divided.

One side of him is blue; the other, green.

But it's nothing to worry about. Strachan doesn't suffer from some dreadful disease or terrible illness, just a bout of extreme creativity.

Strachan was one of several children who participated in a recent exhibit at the Hohenfels Turnbull Library. With the help of Kindervillage teacher Ursula Orr, Strachan painted a portrait that mimicked those by famous Cubism founder Pablo Picasso. Much like Picasso's 1972 work, Strachan's "Self Portrait" was a colorfully abstract representation of himself.

"We explained simple portrait drawing," Orr said. "They picked an aspect of themselves they wanted to highlight - their ears or their eyes. That was something they changed in their portrait."

For Strachan, it was his skin. For Kevron Sippo, it was his ears.

"I put one ear on top," Sippo said of his work, "and one ear on the bottom."

Although Picasso's actual works weren't on display, they very well could have been. The vibrant hues and odd shapes that decorated the gallery's walls were strikingly reminiscent of the famous artist's simple style.

Yet the pieces were all produced by students of Orr, Cynthia Zentner and Joe Lane - teachers with the CYS program in Hohenfels.

Zentner said it's important for children who are bombarded by a multitude of rules they must follow to be able to let loose and have fun. Projects like this one allow them to do just that.

"You need to have things for them to do that allow them to feel that sense of freedom," she said. "We need to provide opportunities for them to feel like children ... and develop skills in the process."

Throughout the artistic journey, the children learned to explore their creativity and stretch their boundaries. They discovered that if they followed their instincts, they could successfully navigate in an artist's world.

"Children have a natural desire and ability to be creative," Orr said. "The problem is that they get to a certain point, and they don't want to go any further. They're embarrassed about what they create and frustrated that they can't get the results they're seeking."

That wasn't the case this time. Students delved right in and learned the techniques they need to successfully overcome any artistic hurdles.

First, they spent time learning about the famous artists who served as their mentors, exploring the lives and works of Picasso and Van Gogh through a series of children's books Orr provided. With Orr, Zentner and Lane leading the way, they learned the proper technique for holding a brush, stamping and making paper. Younger students made monsters from paper or experimented with texture and dimension. Others dabbled in water colors. All of them learned something from the experience.

"They learned the techniques to use so they don't hit that frustration level," Orr said.

And yet they still had plenty of fun with it, as did the teachers - all of whom are somewhat artistically inclined themselves.

"I believe my job is to prepare (the children) for the next level, to do activities that help them learn and have fun - learn through play," Zentner said. "(And art) is something that I enjoy. It's kind of been my hobby that I touch in and out of. It stems from music, actually. I have creative roots there."

But the teachers definitely didn't hog the limelight. The children were involved in every aspect of the process - from creating the works to displaying them at the library. No hand was too small to hold a brush, squeeze some glue or hang a picture.

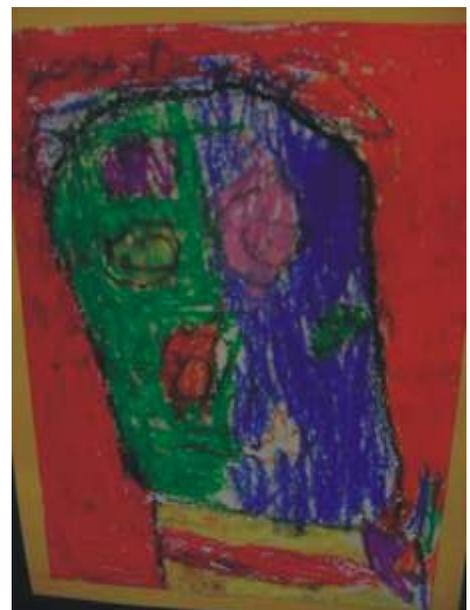
Hopefully, this won't be the last time that the local children's talent will be on display.

"I think it's great," Zentner said of the works. "I think they should do more of that. It's an incentive for kids to feel like part of the community."

Said Orr, "I think it's great for the community to see what the children are doing and what they're capable of. People under-estimate what they can do. I see so much confidence in the kids now."



Photos by Heidi Fedak



Summer Camp

Summer Camp Time Arrives Again

- Joann Valenzuela

It's time again ... school will soon be out and that means "Summer Camp 2004" will be kicking off in full force on June 14!

We are excited at the opportunity to once again provide stimulating and challenging programs for all school-age children attending camp. Various skills will be learned, such as arts and crafts techniques, team-building opportunities, self-help skills, socialization, cooperative play, and most of all, the ability abounds for new friendships to be made and experiences shared!

In order to sign up for Summer Camp, children must be registered at the Central Registration Office (Bldg. 96) or already be an active participant in the School-Age Program. If you need information about registering your child/ren, please call DSN 466-2078 or



School Age Services students in Hohenfels enjoy summer camp

CIV 09472-83-2078.

At this time, reservations for Summer Camp can be made at the School Age Services Program (Bldg. 112). We do ask that parents do this in person since permission slips will need to be signed. There are 10 weeks of camp, and each Thursday of the week there is a scheduled field trip off the Hohenfels post and out into the German economy. Parents will have no additional costs to shoulder once payments are made for the summer sessions they want their children to attend. Additionally, all food is included in this payment. Parents are always welcome to join us on the field trips and have a little FUN as well! For info on Summer Camp 2004, call 466-2822.

We look forward to Summer Camp 2004 and hope everyone joins the fun!!!

Photography Contest

ImageMakers National Photography Contest

- Brenda Braswell, Hohenfels School Age Services

It's springtime!!! Time for taking pictures of family and friends and vacation spots... and having fun! And that's just what Hohenfels youth have been doing!

Recently, some Hohenfels youths' photos were packed up and shipped off to Japan for a regional photography competition in conjunction with the Boys and Girls Club's "ImageMakers National Photography Contest."

Sponsored by the Circuit City Foundation, the contest is part of a comprehensive initiative to encourage artistic skills and creativity in the medium of photography.

As a participant in the ImageMakers National Photography Contest, Hohenfels' youth submitted photography in three age divisions and two categories, including color process and digital. Judging was based on participants' age and skill as well as the artistic sensibility expressed in their photos.

Hohenfels had 10 individuals submit samples of their skills in photography. The winners, selected by judges from the Hohenfels Library, were as follows:

- Shelby Lamprides, age group 9 or younger

- Jimmy Calhoun, age group 10-12
- Alex Cruz, age group 16 -18.

Should these youths' entries win in the region-wide contest, then their photos will be sent to the United States for final judging. In that final competition, 44 national winners will be named. Their photography will be displayed in a traveling exhibition and at special Boys and Girls Club events throughout the year.

"By introducing our School-Age Services children to photography, we are giving them a priceless opportunity to express themselves in new and creative ways," said JoAnn Valenzuela, youth coordinator at Hohenfels.

Kay Berube, director of the Hohenfels Teen Center, agreed.

"Competitions like this one provide cultural enrichment and also help our teens to develop creative thinking to last a lifetime," she added.

The three entrants are excited about their chances for placing in the regional competition. But they haven't lost sight of the real contest objective -- to encourage individual skill and creativity.

Shelby Lamprides explained it this way, "Whatever happens, I'm glad I entered (the contest). Making pictures of my friends was the best part, and I got to use the camera all by myself!"

Teens Keep Busy in the 100th ASG



Left to right: Sarah Copeland, Alishea Buckley and Kirstyn Brower. Top left: Advisor Andrea "AJ" Espinoza



Torch Club Summit 2004



New Keystone members



Members of the Hohenfels Keystone Club have fun with their adviser, Helen Noble, during the recent Keystone Conference in Willingen, Germany.

First Keystone Conference

- Jose Veléz, Hohenfels Teen Center

The first Keystone Conference in Willingen, Germany, was an amazing success, to say the least. Some 140 teen leaders from around Europe gathered together in beautiful Willingen to participate in this year's event. Lots of planning and creativity meant there were plenty of programs to stimulate participants' energy; and boy, did they ever! From learning sessions to awesome group activities, this weekend event was jam packed with all a teen could want. There were games and fun activities as well as sessions created to teach these leaders teamwork and enhance what they already knew about leadership. From my personal viewpoint, this conference has helped Keystone Clubs throughout Europe improve their motivation and their commitment to community service. I had fun in all of the activities I participated in as well as the classes on broken homes that Ray Noble and I helped teach.

What's been going on in the Vilseck Middle School / Teen Center?

On April 23-25, the Keystone Club headed to Willingen for the annual Keystone Conference to join other members across Europe. The members are: Courtney Fulton, Jules Allen, Brandon Allen, Tianna Jones, Danekia Freeman, and James Christian and advisers Virgil "Doug" Bauer and Travies Mims. With the conference under their belt, the members are working on the annual national project.

After the Torch Club members recovered from their Torch Club summit in February, they held seasonal elections and wound up nominating Alishea Buckley as president, Jamal Grant as vice president, Tyler Gattis as treasurer, and Morgan Hendrix as secretary. These youth are also working on their annual national project!

CYS Summer Camp Begins June 14

CYS summer camp (middle school) begins June 14 and ends Aug. 13. All youth interested in attending have to sign up at their local Central Registration the week prior to attending. There is a lot of fun in store, and seats are limited, so do not ponder too long or you'll miss out. We will visit amusement parks, museums and movies, dive into some water sports, go-kart, barbecue, and much, much more. For brochures and additional information, contact your Teen Center (DSN: 476-3144) or Central Registration (DSN: 476-2760).

On June 18, the Falcon's Nest Bowling Club will take on Graf Teen Center in the third annual bowling competition, where we have taken first in both meetings. The competition is great fun. If you would like to join the bowling club, come out on Thursdays from 4-5 p.m.

Child & Youth Events Calendar

22 June -2 July

Tue, Wed, Thu

Kids Camp Vilseck Arts & Crafts/1-2:30 p.m.

11-13 June

YS Baseball Championship Hohenfels YS

18-20 June

Army Europe Jr. Baseball Champ' Vilseck YS
@ Vilseck

Jr. Softball Championship YS
@ Landstuhl

3, Thursday

Clay Pot Crafts Graf Arts & Crafts/1-3:30 p.m.

Kids' Newcomers Hohenfels ACS/3:30-5:30 p.m.

5, Saturday

Skate-Boarding Comp' Graf Teen Ctr/2 p.m.

10, Thursday

End of School Bash Hohenfels Teens

11, Friday

School Out Party/BBQ

Basketball Competition Graf Teen Ctr/4 p.m.

12, Saturday

Junior Clinic Vilseck Golf Course/3 p.m.

Six Flags Belgium Hohenfels Teens

14, Monday

Summer Camp Starts All Teen Ctr's

16, Wednesday

Geiselwind Trip Vilseck Teen Ctr

18, Friday

Italian Culture Graf Teen Ctr/4 p.m.

Falcon's Nest v Graf Teen Ctr Bowling

23, Wednesday

Rothenburg Sight Seeing

& Shopping Trip Graf Teen Ctr

Swim Trip Hohenfels Teens

26, Saturday

Warner Brothers Trip Vilseck Teen Ctr

"Celebrate Summer" Graf CDC/9 a.m.-1 p.m.

Junior Clinic Vilseck Golf Club/3 p.m.

Westbad Hohenfels Teens

30, Wednesday

Nurnberg Zoo Trip Vilseck Teen Ctr



Students in the 100th ASG took to the streets for Spring Break this year.

Middle and high-school students from the Grafenwöhr and the Vilseck military communities got their early Easter wish. During the summer months, many of the students were able to visit Six Flags, Heide Park, Plech, and Geiselwind, but it had been more than two years since both groups were able to visit their "dream park" - Euro Disney near Paris, France. Staff from both youth centers wanted to make this year's Spring Break an unforgettable one and made plans months in advance to ensure that the students would really have something fantastic to do during their break. Although the trip was long, it was well worth it.

Hohenfels Teen Services took the same route, visiting Paris, France. The Spring Break trip was packed full of fun! The teens had a great time as they visited numerous sites: the Eiffel Tower, the Arc De Triumph, and Painter's Square. A total of 30 teens attended the trip, along with three staff members and two chaperones. Teen Services has even more trips planned for this summer, including: Six Flags in Belgium, Prague, Rothenburg, Würzburg, and many more! For more information on these trips, call the Hohenfels Teen Center at 466-4492.

For all ongoing events, please call the facilities.

**Hohenfels
4th of July
Extravaganza**
at the
Great Escape 3 p.m.

Food, Fun, Give-Aways, Community Information,
Sumo Wrestling, Jumping Castle, Face-Painting
and Lots More!

Don't miss the awesome fireworks show!

For more information, please call
Hohenfels MWR Marketing, 466-4023 / 09472-83-4023

- 3 & 10 June**
Create a Cornice Vilseck Arts & Crafts/11 a.m.-2 p.m.
- 3, 10 & 17 June**
T-Shirt Quilt Class Graf Arts & Crafts/6-8 p.m.
- 14-20 June**
Fishing Course @ Vilseck ODR Graf ODR/7-9 p.m.
- 2, Wednesday**
100th ASG U/L Skeet & Trap Graf Sports
- 3, Thursday**
Thursday Night Scramble Vilseck Golf Club
- 5, Saturday**
Stand For Children Day
Parade & Fair Hohenfels CYS/10 a.m.
Dog Fight (H) Vilseck Golf Club
- 9, Wednesday**
Quilting Class Hohenfels Arts & Crafts/6-8:30 p.m.
- 10, Thursday**
Thursday Night Scramble Vilseck Golf Club
- 12, Saturday**
BOSS Trip Nuremberg Hohenfels BOSS
- 13, Sunday**
Fishing Event @ Sand Holes, Graf Graf ODR/5:30-10:30 a.m.
- 16, Wednesday**
Quilting Class Hohenfels Arts & Crafts/6-8:30 p.m.
- 17, Thursday**
Throw Pillows Vilseck Arts & Crafts/5-7 p.m.
- 20, Sunday**
Stableeford (H) Vilseck Golf Club
- 21, Monday**
409th BSB Open Vilseck Golf Club
- 23, Wednesday**
Binding & Stippling Hohenfels Arts & Crafts/6-8:30 p.m.
- 24, Thursday**
Thursday Night Scramble Vilseck Golf Club
- 25, Friday**
Polish Pottery Wreath Graf Arts & Crafts/1-2:30 p.m.
Mighty Moe Bingo Hohenfels CAC/6-9:30 p.m.
- 28, Monday**
Community Book Club Hohenfels Library

4th of July

Come celebrate
Independence Day!
at the
Grafenwoehr
Bowling & Entertainment
Center

Kids Bowl Free
(when accompanied by a parent)
1100-1800

Bowling Games
1100-2200

BBQ on the patio
1400-2200

DJ/Variety Music
1400-1800

C&W Band "Just Country"
1800-2230

Fireworks
2230

MWR
FOR ALL OF YOUR

For all ongoing events, please call the facilities.

IT'S ALL ABOUT THE FIRST BALL!

STRIKE SHOT TOURNAMENT

\$15 Entry Fee
Cash Payouts based on number of entries



Vilseck Bowling Center
11 June at 7 p.m.
476-2576

DESIGNED AND CREATED BY THE 100TH ASG MARKETING DIVISION

100th ASG Bowling Centers and Enjoy Tours special!

Bowling centers in the 100th ASG have teamed up with Enjoy Tours to bring a little joy to your life! Stop by one of the three bowling centers in Graf, Vilseck and Hohenfels, and you could win a FREE over-night trip or express trip from Enjoy Tours. Each center will give away two trips (one of each kind) per month. To find out more, call your local Bowling Center.

Congratulations to the April winners from the Vilseck Bowling Center!

Express Tour Winner
Joshua Boone
Overnight Trip Winner
Ashley Brozek



1 April - 1 August

Bowling Bucks Hohenfels Lane 17

1 June - 31 August

Summer Bowling Club Graf/Vilseck Bowling Ctr

20 June

Father & Kid Tournament Vilseck Bowling Ctr/10:45 a.m.

Until 21 June

Nascar Promotion - Scratch & Win! Hohenfels Lane 17

Monday - Friday

Duty Bowl Special Hohenfels Lane 17/11a.m.-2 p.m.
Midnight Madness Graf Bowling Ctr/11-midnight

Sundays

Family Day Graf Bowling Ctr/11 a.m.-7 p.m.
Family Day Vilseck Bowling Ctr/11 a.m.-6 p.m.
80's Night Vilseck Bowling Ctr/6-9:30 p.m.
Family Day Hohenfels Lane 17/11 a.m.-11 p.m.

Mondays

Mixed League Graf Bowling Ctr/7 p.m.

Tuesdays

Ladies Night, Cosmic Graf Bowling Ctr/7 p.m.-Midnight
50 Cent Games Hohenfels Lane 17/8:30 p.m.
Mixed Leagues Hohenfels Lane 17/6-8:30 p.m.

Wednesdays

80 Cents Night Graf Bowling Ctr/6-12 p.m.
Special Vilseck Bowling Ctr/11a.m.-9:30 p.m.
Women's League Vilseck Bowling Ctr/6:30 p.m.

Thursdays

Bargain Basement Graf Bowling Ctr/6-Midnight
Mixed League Vilseck Bowling Ctr

Fridays

Extreme Bowling Hohenfels Lane 17/8 p.m.-12 a.m.
Men's League Graf Bowling Ctr/7 p.m.
Red Pin Night Graf Bowling Ctr/7 p.m.-1 a.m.
BOSS Night Vilseck Bowling Ctr/6-10:30 p.m.

Saturdays

Cosmic/Disco Graf Bowling Ctr/7 p.m.-1 a.m.
YABA Youth League Vilseck Bowling Ctr/5 p.m.
Cosmic/Disco Bowl Vilseck Bowling Ctr/8 p.m.
Extreme Bowling Hohenfels Lane 17/8 p.m.-Midnight

June 10
Frequent Bowler Appreciation Night!
at
Hohenfels Lane 17
5-8 p.m.
Prizes, food, discounts and fun!



For more information, call 466-4611
DESIGNED AND PRODUCED BY THE 100TH ASG MARKETING DIVISION

Tower View Restaurant & Conference Center

Mongolian Barbecue



Photo by Sue Bluhm

Ed, one of the cooks of the Tower View, prepares lunch.

Mongolian Barbecue

June 4

5-8 p.m.

At the Tower View Restaurant & Conference Center there will be elaborate buffet-style table laden with many food choices from thinly sliced beef, pork, chicken breast and popcorn shrimp, freshly cut vegetables, such as green onion, cabbage, spinach, carrots, broccoli, cauliflower, mushrooms, bean sprouts, bamboo shoots, garbanzo beans, pineapple chunks, mixed nuts and more.

Dining patrons can choose one or all of these delicious selections. These ingredients are then handed to a chef, who quickly prepares your food by quick grilling.

Mongolian Barbeque is a unique dish with three steps:

1. Fill a plate with your choice(s) of meats and/or vegetables and pour your favorite sauce(s).
2. Please present your plate to cashier for weighing (\$0.85 per ounce) and paying.
3. Once cooked, we serve over steamed rice and bring it to you.

Remember – you are in control of the ingredients and flavor of your plate, more sauce = more flavor

Genghis Kahn's Invasion

This simple and effective way of cooking was introduced into the Chinese culture during the Genghis Kahn Invasion in 1211 A.D. It was later know throughout the tribes as Mongolian Barbecue. The addition of vegetables and other ingredients were not part of the original method of cooking, and was strictly a modern day Chinese innovation, added many years later.

Come join us for our lunch specials!

We also serve a variety of great sandwiches, a soup of the day and a salad bar. Served 11:30 a.m. to 1:30 p.m.

June Lunch Specials

Tue., Jan. 2	Pasta Primavera grilled Italian sausage, garlic broccoli, cauliflower, mushrooms, carrots, green onions - over penne noodles, parmesan cheese, garlic toast
Wed., June 3	BBQ Chicken potato salad, baked beans, dessert
Thu., June 4	Chicken Salad sliced tomatoes, pineapple, watermelon, apple slices, cottage cheese
Fri., June 5	Catfish & Popcorn Shrimp parsley-boiled potatoes, hush puppies, vegetable
Mon. June 7	Rib-Eye Steak baked potato, vegetable
Tue., June 8	Ravioli carbonara sauce
Wed., June 9	Bavarian Schnitzel home-fried potatoes with onions & caraway seeds, vegetable
Thu., June 10	Bulgogi steamed rice, carrot salad
Fri., June 11	Flounder & Popcorn Shrimp potato salad, hush puppies, vegetable
Mon., June 14	Grilled Chicken Breast noodle salad, vegetable
Tue., June 15	Goulash steamed rice
Wed., June 16	Lasagna garlic toast
Thu., June 17	Sloppy Joes noodle salad
Fri., June 18	Pollack & Popcorn Shrimp parsley-boiled potatoes, hush puppies, vegetable
Mon., June 21	Rouladen and Gravy potato dumpling, vegetable
Tue., June 22	Curry Wurst French fries
Wed., June 23	Gyros pilaf, tzatziki
Thu., June 24	BBQ Ribs potato salad, baked beans
Fri., June 25	Grilled Brook Trout baked potato, sour cream, butter, vegetable
Mon., June 28	Sweet & Sour Chicken steamed rice, fortune cookie
Tue., June 29	Creamy Chicken Enchiladas Spanish rice, jalapenos, sour cream, salsa sauce
Wed., June 30	Grilled Pork Chop grilled onions, home-fried potatoes, vegetable

Great Escape

If you've been counting carbs and paying heed to protein, then you'll want to check out the Great Escape.

On May 20, the Great Escape Restaurant unveiled a new menu featuring items from the popular Atkins diet, which cuts carbohydrates and piles on the proteins.

Featured dishes include:

- Beef burgers with feta and tomato
(Carbs: 4 grams; Net Carbs: 3 grams)
- Curry chicken salad with cucumbers
(Carbs: 2 grams; Net Carbs: 1.5 grams)
- Tuna with ginger and soy sauce
(Carbs: 2.5 grams; Net Carbs: 2 grams)
- Walnut coleslaw with deviled eggs on the side
(Carbs: 7 grams; Net Carbs: 5 grams)
- Peppers stuffed with walnut tuna salad
(Carbs: 9 grams; Net Carbs: 6.5 grams)

Side dishes will include:

- Walnut coleslaw
(Carbs: 6 grams; Net Carbs: 4 grams)
- Curried stuffed eggs
(Carbs: 1 gram; Net Carbs: 1 gram)
- Walnut tuna salad
(Carbs: 9 grams; Net Carbs: 6.5 grams)

If you're still a fan of traditional fare, check out their wraps:

- Chicken
 - Chicken with walnuts and green onions
 - Beef taco
 - And vegetarian
- Wraps come with a small salad and cost just \$6.95.

Hohenfels



Photo by Sue Bluhm

Mark your calendars now for a lobster dinner on June 18! The menu for the evening will feature lobster with steak, baked potato, salad, string beans, tea, lemonade and strawberry shortcake. The cost is \$22.50 per person. Reservations are required by June 17. The children's menu will be fried chicken or Salisbury steak and all the sides for just \$6.50. The event gets under way at 4:30 and continues until 7 p.m.

Remember, the Great Escape will be open for lunch from 11 a.m. to 1:30 p.m. Tuesday, Wednesday and Friday. Stop by and grab your Annabuns beginning at 11 a.m. Tuesday, Wednesday and Friday. Sam's Rib Shack is open for take-out from 4:30-6:30 p.m. Friday. For more information, call the Great Escape at 466-2000.

Glasgow's Legacy

*Caring for kids
carries on*

- Sue Bluhm



No one can call these guys fair-weather riders!

Despite ominous rain clouds moving in, the German Chapter of the Military Veterans Motorcycle Club (MVMC) and friends hit the autobahn for the 10th annual Jay Glasgow Toy Run.

Jay Glasgow, an avid bike enthusiast, sadly lost his battle with cancer in 2000, but not before making a world of difference to the children at the Erlangen Cancer Hospital near Nürnberg.

Every May, bikers from all over Germany and farther descend upon Erlangen, bringing with them boxes of donated toys for the children at the hospital.

This year, with lights flashing and horns blaring, hundreds of bikers in one big rolling procession, coasted down the main street of Erlangen to the children's hospital. As they pulled into the parking area, the riders were greeted by loud cheers, applause and smiles.

Toys were piled high onto a large table, and monetary donations from various bike clubs were graciously given. The donations go toward making some of the children's ultimate wishes come true.

After the opening ceremony, a single candle was lit and balloons released in fond memory of Jay Glasgow.

Then all the fun really began! Each child teamed up with a biker buddy and spent the rest of the afternoon playing games and having a blast. Many of the bikers headed upstairs to visit with the children unable to attend the festivities down below. They went from room to room making many friends along the way.

There were lots of smiles, laughter and a few tears. All in all, it was a wonderful and very emotionally charged day.

The MVMC here in Grafenwöhr, would like to thank everyone who kindly donated a new toy. They're especially appreciative of the 100th ASG soldiers and their families.

Thank you!



MVMC Germany - NOMADS



TSP: It's NOT Your Basic Savings Account

- Amy Bernath, Hohenfels Financial Readiness Program

It's open season for enrollment in the federal government's version of a 401k: the Thrift Savings Plan (TSP). Don't let the name fool you, however. TSP is not a savings account, in the traditional sense. It is an employer-sponsored retirement account. What's the difference? Taxes, time, and rate of return.

Taxes. Money you put into your TSP account is both tax deferred and tax sheltered. Your contribution comes off the top of your pay before federal and, in most cases, state income taxes are withheld. Once it's in your TSP account, it remains untaxed until you draw the money out as do any profits generated within your account. The immediate benefit: less taxes and more take-home pay.

For example, if you earn \$30,000 per year, are in the 15 percent tax bracket, and contribute 5 percent each month (or \$1,500 per year) to your TSP account, you will save \$225 in federal taxes. If you had simply put that \$1,500 in a regular savings account, you would have still owed \$225 in taxes.

The long-term benefit of tax-deferred contributions stem from the anticipation that, when you retire and begin withdrawing funds from your TSP account, your income (and hence your tax bracket) will be lower, so you will pay lower taxes.

Time. Remember TSP is a retirement plan. Money you deposit into your account is dedicated specifically to your retirement years. And what are the retirement years? According to the federal government, our retirement years are from the ages 59 ½ until 70 ½. The rules that regulate tax-deferred retirement accounts mandate that we can only withdraw money from these accounts between those magic ages. If you withdraw before you are 59 ½, you are subject to a 10 percent penalty fee, plus all federal taxes due on the amount withdrawn. If you don't begin withdrawing by the time you are 70 ½, you could face penalties of 50 percent.

A basic savings account has no such access restrictions. You can generally withdraw your funds at any time.

Rates of return. A basic passbook savings account will generally earn a fixed rate of return, somewhere between 1 percent and 3 percent.

TSP is comprised of five separate funds, each of which involves different types of securities and different rates of return. Further, the rates fluctuate based on the bond and stock index that each of the TSP funds tracks. Bottom line: TSP rates of return substantially outdistance basic savings accounts. Over the past 10 years, the funds have averaged as follows:

G Fund	F Fund	C Fund	S Fund	I Fund
6.04%	6.95%	10.99%	9.70%	4.32%

What's so significant about the rate of return? In the short term, maybe not too much. In the long term, however, it's critical. For example, if you deposited \$4,000 into a basic savings account with a 2 percent rate of return, it will take 36 years to double its value to \$8,000. If you were able to get 8 percent return on that same \$4,000, its value would double every 9 years -- and, after the same 36 years, it would be worth \$64,000. That's significant.

Financial planners agree that tax-deferred, employer-sponsored retirement plans like the TSP are excellent means of saving and "growing wealth" for those golden retirement years. The tax benefits, the potential for compounding your money over time, and the "out of sight/out of mind" aspect of tucking the money away before you have a chance to spend it elsewhere are an outstanding combination that lay the groundwork for a comfortable retirement. The secret, however, is to leave it alone and let it work for you. The money invested in TSP is not for a new car in five years, not for new furniture when you get back to the States in a couple of years, not for next year's vacation in Greece. Money saved for those purposes belongs in savings accounts, money market accounts, and certificates of deposit. It does not belong in TSP.

For more information concerning TSP and other investments, check out the Hohenfels ACS Financial Readiness Program workshops: TSP: An Overview and Understanding Investments. Call DSN 466-4860 or 09172-83-4860 for class dates and times. Source-www.tsp.gov

Lessons Learned

&

Wisdom Shared

- Editorial by Amy Holland,
Editor/Publisher, Friction Zone magazine.
Reprinted with permission from Friction Zone.



Motorcycle Safety Training in Grafenwoehr.

Photo by SFC Holloway

I love going to motorcycle races. Each year I look forward to making the trek to Laguna Seca in the summer to see both AMA and World Superbike racing.

Apparently, I'm not alone. A record-breaking crowd of about 91,000 enjoyed the races the weekend of July 6 - 8, 2001.

Besides watching the races, I enjoy meeting up with friends I haven't seen in a while. It's nice to catch up on what's been happening in their lives while sharing the bond of being racing fans.

One not so nice thing about going to the races is watching a racer crash, although it's something to be expected. After all, the racers ride hard and push both themselves and their machines to the limit. If they do crash, at least they're wearing some of the best protective gear available to help minimize the chance of injury. It's really amazing to watch a racer crash then immediately jump up and try to get back in the race. How many times have you seen a street rider crash and do the same thing? Not very often. But, of course, a street rider isn't out there to win, and he usually collides with something else while crashing. Racetracks have runoff room and tire walls, hay bales, or air fences to help protect riders from hitting solid objects.

Although street bike riders don't ride as fast or hard as racers, why do so many of them wear minimal protective gear? By minimal protective gear I mean a helmet and clothes (because you can't walk around nude in public). I have seen riders wear as little as a pair of shorts, tennis shoes, and a helmet. I used to be one of those riders (except I also wore a T-shirt)!

At a minimum, I now wear boots that cover the ankles, jeans, a motorcycle jacket with padding, full-fingered gloves, and a helmet. But after what I saw on the last day of racing, I think I'm a little under-dressed. I was

watching Turn 11, which is a tight left-hander that leads to the straightaway and the start/finish line. Turn 11 is not a high-speed turn, but they sure get on the gas as they exit the turn in anticipation of the straightaway where they can reach speeds in excess of 140 mph.

The night before the races, a group of other race fans and I walked the track with Ducati racer Doug Polen. He said he walks every track before he rides it, so he can note any irregularities that may affect his riding. As we walked through Turn 11, Doug said it's a first-gear turn, which means they can't be going extremely fast maybe 50 mph at the most.

During the races on July 8, one rider came through Turn 11 and the back end of his bike got loose and swung around so he was sideways as he exited the turn. The back wheel must have suddenly found traction because in an instant the rider was flying through the air. If memory serves me, he landed on his right side, did a barrel roll, then jumped to his feet and ran off the track to avoid being hit by the other riders.

Highsides happen when the rear wheel skids and the back end of the bike starts to slide sideways. If the rear wheel stops skidding (i.e., it regains traction), the bike snaps so that the rear wheel is once again in line with the front wheel. If the snapping action is hard enough, the rider will be thrown from the bike. As I always said, we do not recommend this as a way to dismount a motorcycle.

You don't realize how violent a highside is until you see one in person. I had seen highsides many times on television, but they never affected me like the one I saw that Sunday. To see someone hit the ground with such force is a scary sight. I was amazed at the rider's ability and presence of mind to immediately get up and out of harm's way.

I don't know what type of injuries that rider sustained, but I'll bet my motorcycle they would have been a lot worse had he been wearing just jeans and a T-shirt. You don't have to be a racer to highside - it can happen at just about any speed. If it happens to you, how well do you think you'll come through it? When you ride, do you do everything you can to protect yourself, or do you rely on your luck I mean "skill" and think it won't happen? Of course, it's best to never know what, where, or when something is going to happen to you.

But you should always be prepared for the worst. One way to prepare is by wearing good protective gear. No, it's not guaranteed to save your life, but it may help lessen any injuries you get if you crash. You can bet that when I crashed in 1994 while wearing shorts, I wished I had been wearing something that provided more protection. I've never heard of anyone crashing then complaining afterwards that they were wearing too much protective gear. Another way to prepare is to enroll in motorcycle skills classes and keep practicing what you learn long after the class is over.

Enjoy riding safely.



Experience the sights and sounds of
Prague

2-5 July 2004



**Stay in a 3 Star Hotel w/breakfast,
with tours of the city of Prague,
Prague Castle and the Old Jewish
Quarters all included!**



Extra excursions include:

**Milnik Castle
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historical wine cellar**

**Bohemian Evening
with dinner**

**2hr River Cruise
through Prague with buffet**

Let ITR Take You There!

**For more information, call
476-2360 or 475-7402**



Walk on Woodland Paintball

June 6
(Behind vehicle inspection)
10 a.m. Cost: \$7 field fee (with your own equipment), \$15 (with equipment rental)

AOVE Beer and Baroque Tour

June 12
Call ODR for more information.

Hiking Tour in the Bavarian Alps

June 18-20
\$159/person. Join us on an early season easy hiking tour on the "Ross Stein to Tegernsee Hut" and a sightseeing tour on Sunday. Includes transportation and two overnights with breakfast.
Departs Vilseck 4 p.m.

White-Water Rafting Trip to Austria

June 25-27
\$129/person. Join us on a white-water rafting trip to Austria.
Departs Graf 3: 30 p.m., Vilseck 4 p.m.

Three-man Woodland Paintball Tournament

July 3
Entry fee: \$30 per team.

Basic Kayak Class with Trip to Garmisch

July 12, 14, 16-18
\$130/person. Learn how to kayak and challenge the rapids of the Loisach River. July 12 is introduction and theory. July 14 practice on a lake. July 16-18 we will go to Garmisch and check out the white water on the Loisach River.
Includes kayak instruction, transportation, camping fee and gear.

White-Water Rafting Trip to Austria

July 16-18
\$129/person. Join us on a white-water rafting trip to Austria.
Departs Graf 3:30 p.m., Vilseck 4 p.m.

For more information about our ODR trips contact:

ODR Graf, Bldg 600, 475-7402
ODR Hohenfels, Bldg H-15, 466-2060
ODR Vilseck, Bldg 2236, 476-2563

Mountain Bike Ride

Every Thursday Graf and Vilseck ODR will organize an evening mountain-bike tour to different local bike trails. The cost of \$5 per person includes transportation and a guided tour. Departs Graf 4 p.m., Vilseck 4:30 p.m.

For a one-time payment of \$75, a customer will get a season membership through Sept. 30, 2004, and receive the following service:

- Free maintenance and service for the bikes for one season - repair parts are not included!
- Free maintenance classes if requested.
- Free admission to all Thursday evening rides.
- 10 percent discount on selected overnight bike trips.

SCUBA

Scuba Classes

PADI Open Water Diver Course
\$239/person. Includes theory, pool instruction, four open water dives, manual, "C" card, air and equipment. Courses start:
June 3, July 12 and Aug. 3

Weekend courses for groups upon request! Two weekends, Fri 6 p.m. - Sun 6 p.m. A minimum of four people (and a maximum of six) is required.

Scuba Trip to Leipzig

July 4 and 5
Enjoy diving in a clear lake with lots of fish.
\$169/\$179 (own/rental equipment), includes transportation, two overnights in a three-star hotel with breakfast, six tank dives and diving permit. Advanced Course for \$109 or dry-suit course for \$59 available.
Sign up by June 18
Departs Vilseck 8 a.m.

Scuba Trip to Croatia

Sept. 2-6
Join us on a trip to Pula, a beautiful old town on the "Istrian Peninsula" in Croatia, and dive the clear water of the Adriatic Sea.
\$409/person. Includes transportation, three overnights with breakfast and dinner in a three-star beach hotel, diving permit, five boat dives, half-price scuba equipment.
→ Wreck-, night-, and cavern diving only for advanced divers.
→ Advanced OWD course available for an additional fee of \$119.
Non-divers are welcome - \$249/person.
Sign up by Aug. 15!



June Trips from Graf and Vilseck ITR

Sibyllenbad Spa Trip

June 1

\$5/person plus spa fees. Enjoy a day away from demands. We can schedule appointments for you, or you can relax by the water. Departs Vilseck 8:30 a.m., Graf 9 a.m.

Karlovy Vary, Czech Republic (Passport required)

June 5

\$20/person. Shop this lovely Czech town for crystal, porcelain, amber and more. Departs Vilseck 6:30 a.m., Graf 7 a.m.

Prague Day Trip and City Tour (Passport required)

June 6

\$35/person. The jewel of Czech cities! City tour included. Departs Vilseck 4:30 a.m., Graf 5 a.m.

Shopping Day Trip

June 8

\$10/person. Let us take you to a different shopping area monthly! Destinations TBD. Departs Vilseck 8:30 a.m., Graf 9 a.m.

Trip to Casino Bellevue (Passport required)

June 11

\$20/person. Eat a great meal and enjoy the facilities. Departs Vilseck 5:30 p.m., Graf 6 p.m.

Berlin Day Trip

June 12

\$45/person. After a three-hour city tour, enjoy the city at your leisure. Departs Vilseck 4 a.m., Graf 4:30 a.m.

Legoland Trip

June 13

\$25/person. This does not include park entry. Departs Vilseck 6:30 a.m., Graf 7 a.m.

Hiking Day

June 15

\$10/person. Join us and you can see the area while getting a little exercise. Destinations TBD. Departs Vilseck 8:30 a.m., Graf 9 a.m.

Overnight Shopping Trip Flea Market in Metz, France

June 18-21

\$220/person or \$235/person (single room). Trip will include transportation (bus with trailer), one overnight in Maastricht. Departs: Vilseck at 1 a.m. and Graf at 1:30 a.m. June 18. Returns night of June 20 (or early morning on June 21).

Poland Trip (Passport required)

June 19

\$45/person. Departs Vilseck at midnight, Graf 12:30 a.m.

German National Museum

June 20

\$20/person. Departs Vilseck 6:30 a.m., Graf 7 a.m.

Görlitz

June 20

\$35/person. This town on the Polish border is full of history and charm! Departs Vilseck 4:30 a.m., Graf 5 a.m.

Salzburg, Austria

June 26

See the catacombs; enjoy the cathedrals or take a Sound of Music tour all in the town of Mozart's birth. Departs Vilseck 4:30 a.m., Graf 5 a.m.

Three-Castle Trip

June 27

\$35/person. Neuschwanstein, Hohenschwangau und Linderhof are three of Ludwig's historic castles. On this trip, we will take you to all three! Castle entry fees not included. Departs Vilseck 4 a.m., Graf 4:30 a.m.

Family Hiking Day

June 27

\$10/person. We will take you to a family-friendly destination for a Sunday outdoors. Departs Vilseck 7 a.m., Graf 7:30 a.m.

June Trips from Hohenfels ITR

Karlovy Vary, Czech Republic (Passport required)

June 5

\$40/person. Shop this lovely Czech town for crystal, porcelain, amber and more. Departs Hohenfels 6 a.m.

Europapark

June 19

\$60 per person. Departs Hohenfels 4 a.m.

Poland

June 26

Buy your Polish pottery direct from the source! Cost is \$55 for one seat, \$85 for two (second seat can be used for comfort/packages only). Departs Hohenfels 11:30 p.m.

Plan ahead... 4th of July trips!

Prague Overnight Trip

July 2-5

\$240/adult, \$120/child (4-13). This annual trip is one of our most popular!!! Many extra events will be offered for the participants along with more time to enjoy the city.

Schloss Thurn

July 3

\$20/person. Don't know where to take the kids this summer? Enjoy an amusement park with us driving! Entrance is not included. Departs Vilseck 6:30 a.m., Graf 7 a.m.

Kaltenberg Medieval Festival and Joust

July 4

\$20/person. Have a great day at this yearly event! Festival expense not included. Departs Vilseck 7:30 a.m., Graf 8 a.m.

For more information about ITR trips, contact:

Graf ITR, Bldg. 600, 475-7402

Hohenfels ITR, Bldg 40, 466-2225

Vilseck ITR, Bldg. 607, 476-2360

It's Summer Time

Dive Into Dollars

- Maria Yost and Mary Cron



Financial Management with Army Community Service

Every year around Memorial Day, swimming pools open for the summer. I always look forward to getting out my swimming gear, sitting in the sun, and cooling off in the local pool. The nice thing about Germany is that most schwimmbads have pools of various sizes and depths for swimmers with different skill levels. Similarly, the ACS Financial Readiness program offers classes to help you stay afloat while learning good money-management techniques before plunging into the deep end of the pool without a life jacket.

If you are ready to get your feet wet, wade into the Checkbook Maintenance class and learn the basics of checkbook management. Start practicing your strokes to maintain the balance of your register. Learn how to navigate the channels of bank-statement reconciliation so you do not get in over your head, or flounder against the current. You will discover how to tread through dollar deluges in Basic Money Management. If you would prefer some private lessons, our financial readiness lifeguards can provide

you with Individual Financial Advice to help you keep your finances afloat.

When you go to the pool with little children, especially babies, you need to be prepared with all of the little extras like swim diapers, nose plugs, and floaties. This takes extra planning just as your financial game plan does when preparing for a new arrival. You can learn exactly what you need with *When 1 + 1 = 3: Financial Planning for Baby*.

If you've jumped into water that's too deep, you don't have to drown in a sea of debt find out how to keep your head above water in the Debt Reduction class.

Perhaps you are ready to dive into the deep pool of investing. Before you take the plunge into unknown waters, learn techniques to help you steer through the Wall Street waves with Basic Investing. Already swimming with the big fish? Splash on over to the Investment Roundtable, a free-style discussion group where you can compare investment strategies and share investing tips, or just ask questions.

So whatever your current skill level, don't avoid the beach because of fear of the water. Sign up for an ACS financial readiness class and learn how to go with the flow. Soon your tide will come in.

Illschwang

An Idyllic Valley



Nestled in an idyllic valley beneath the wooded hills of the Oberpfälzer Jura, 13 kilometers from the district center in Amberg, rests the small town of Illschwang with its historic center and wonderful half-timbered houses, with ornate floral decorations. It is surrounded by a range of wooded hills with many rocks and cliffs where the visitor can relax and enjoy the fresh air amidst the quiet atmosphere of the natural forests. On his way the visitor is confronted with unspoiled nature and a wide range of plants and fauna. The nature-lover can take delight in the rare orchids found here and in the wealth and splendour of the vegetation.

The Saint Vitus Church

The first documented mention of Illschwang was in 1086. For almost 700 years, the fate of the town was closely connected with the monastery in Reichenbach on the Regen River. In the 12th century, monks from the monastery built the church dedicated to St. Vitus (St Veit) with its characteristic Roman tower. Even today, this is the symbol of Illschwang, and together with the small chapels in Frankenhof and Goetzendorf is one of the last churches in the Oberpfalz where the building is shared by both the Catholic and the Protestant congregations.

Illschwang - an award-winning village

Following the successful reallocation of agricultural land and a complete renovation of the village, Illschwang and its infrastructure have been thoroughly renewed and reformed. The old center consists of an ensemble of successfully restored buildings of architectural interest. For these special achievements, which were actively supported by the villagers themselves, Illschwang received considerable publicity, when it was awarded the "Europa Nostra-Preis" in 1990. In addition, an international jury

selected it as the winner of the "First European Prize for Village Renovation" in 1992.

Its village image is made more attractive by the presence of so many fields, trees and gardens. One special feature here is the hop garden and shrubbery, as well as the hop barn, where there is a small museum to illustrate the history of the village renovation.

There are walking routes through the extensive fields and woodlands of the Jura landscape, but these are equally attractive for horse-riding or cycling or what about a trip in a horse-drawn carriage? One popular destination is the "Hainsburg," an area of woodland which served as a refuge in prehistoric times, or the "Osterloch" (Easter cave), a large cave about 40 meters long, or the "Teufelskanzlel" (devil's chancel), which, according to the legend, witnessed the encounter of the devil with St. Willibald, the missionary who converted the inhabitants of Illschwang to Christianity.

Hospitality, good Bavarian cooking and local specialities

The idyllic village inns have a warm and friendly atmosphere, and the beer gardens ensure the fulfillment of every wish of the many guests, who come here in the summer months and especially to take part in the local "Kirwa" (village festival) celebrations. Here is list of the highlights for this month:

June 10	Gourmet Week Landgasthaus 'Weisses Ross'-Illschwang
June 13-14	Kirwa-Illschwang
June 10	Garden Festival-Gasthaus Reiff-Pesensricht
June 12-14	Kirwa Festival/Maypole /Traditional Dancing-Illschwang
June 19	Midsummer Celebration-Illschwang

Fun for all in the open-air swimming Pool

In the summer, the open-air swimming pool on the south side (nearest pool to the Autobahn A6 Nuremberg Amberg!) attracts many visitors. It is heated and offers many enjoyable hours to young and old for swimming, diving, sliding into the water or just having fun!

The open-air pool in Illschwang provides all of this and much more as well:

- Happy carefree hours
- A well-stocked kiosk with something for everyone
- A choice of activities for children: slide, diving board, paddling pool, playground and large area for relaxing and sunbathing
- Open daily from 9 a.m.

The people of Illschwang extend a warm welcome to all visitors!



MWR...

For all or your life.

MWR has a new look ... and a new attitude to go with it.

- Heidi Fedak

After two years of research and development, the U.S. Army Community and Family Support Center (more or less, the MWR headquarters) has opted to revamp the style and slogan that represents MWR to the public.

Gone is the half-circle globe (and the multitude of slogans that went with it.)

The new logo is round and features a globe perched atop a slogan that befits just what MWR is and does.

Drum roll, please.

The new slogan is "MWR ... For all of Your Life."

The intent of the new logo and slogan is to bring the MWR family of services under one umbrella. Toward that end, MWR has taken a page from the books of Nike, General Electric and McDonald's leaders in terms of branding their products. Who can't identify the companies behind these slogans: "Just Do It," "We Bring Good Things to Life," "I'm Lovin' It"?

The hope is that the same type of branding philosophy will work for MWR, that using one slogan and one logo will make it clear to Army MWR users as well as the public at large just what MWR involves. If all MWR services (from recreational activities, to services that support families, to business operations, to programs for children and youth) have a uniform look and feel, then it will be clear to patrons as well as the public that MWR covers a wide range of services and activities. We will be able to "brand" MWR as the resource to turn to no matter what you need.

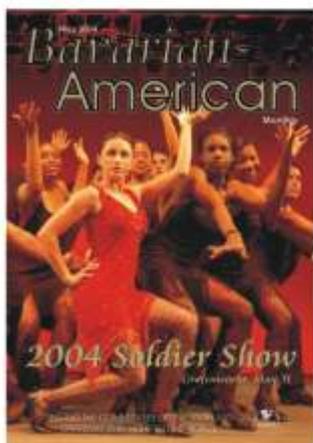
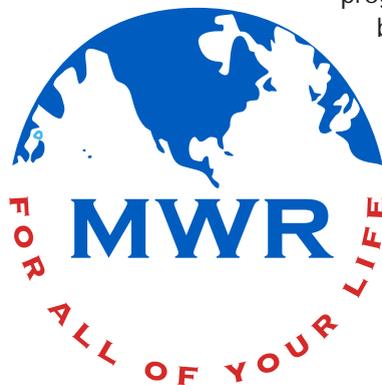
And that's an important concept to pursue, especially since initial research indicated that MWR customers had "a murky understanding, or even awareness, of MWR," according to an article written by Laurie Gibson, a member of the CFSC marketing communications division. "Few knew that individual programs had a broader perspective within the boundaries of a comprehensive Army commitment. And few were aware of the MWR planned system of programs and services that the Army funds because it cares about its people."

At the center of Army MWR's brand identity is "MWR for all of your life," a slogan to catch every audience's attention, whether young or old, soldier or civilian, spouse or retiree. This one short phrase works together with a concise mission statement and an easy-to-remember "provider's promise" to reflect each employee's commitment to serving customers," according to Gibson.

Here in the 100th ASG, the new slogan will be phased in slowly. It'll appear (and has already appeared) on posters first. Then, as we replace existing materials, such as hats, T-shirts, stationery and more, we'll use the new logo. It's too cost-prohibitive to replace all existing materials with the new logo in one fell swoop; however, the goal is that within two years, you our customers will only see one logo, one look, one slogan.

And that's "MWR ... For All of Your life."

Laurie Gibson, CFSC Marketing and Communications, contributed to this report.



Advertise in the

Bavarian-American

Monthly

We can offer you Commercial Sponsorship ideas...
Lots of ways to promote your business to the military and civilian workers
within the 100th ASG footprint.

For more information call, Keshia Keaton at 09641-83-8656
or email: keshia.keaton@us.army.mil

Softball Season

In Full Swing - Dan Fraizer



Photo by Ken Durham

Left to right: Official-Michael Parker, HHC, 100th ASG; Catcher-Robert Nelson, OPGRP (HTA); Batter - DET 1-2 ASOS. Team consists of airmen From Graf and Vilseck.

Softball season has officially kicked off in the 409th BSB with the "Season Opener" Company-Level tournament. Thirteen teams from Grafenwoehr and Vilseck and one from Hohenfels battled each other and typical Bavarian weather in this three-day, double-elimination tournament.

Play began Friday evening, April 23, with the seeds being determined through a live drawing on AFN Bavaria Radio earlier in the week. In the opening round of games, HHC 1-63 soundly defeated 615th MP Company, 15-2. Bravo Company 94th Engineers beat 535th Engineers, 14-8, while the Dragons of Delta 3-58 Aviation edged out HSC 94th Engineers, 9-8. The next round of games showcased an 18-0 dismantling of Detachment 1-2 ASOS at the hands of Operations Group (OPGRP), the sole representatives from Hohenfels. The 7th Army NCO Academy handled Charlie Company 1-63 Armor, 14-1, and the 18th CSB pounded out 18 runs to only four from 529th Ordinance. In the nightcap, HHC 1-63 AR and D 3-58 AVN, the only two teams selected to pull double duty on the first night of the tournament, did away with 41st Transportation Company, 21-0, and 11th Transportation Company, 17-4, respectively.

Friday night's excellent play carried over for HHC 1-63 and D 3-58 AVN as they each won their first games on Saturday. HHC 1-63 defeated OPGRP (HTA), 19-7, and the Dragons played another one down to the wire, narrowly escaping with a 4-3 victory over 7A NCOA. For the rest of the competitors, Saturday became a day of catch up. The consolation bracket became very busy as teams fought for existence, as each game sent one team closer to the championship game, and another team home early. C 1-63 and DET 1-2 ASOS were the first two teams to feel the agony of defeat, departing Saturday morning, but they were not the last. As the dust settled that evening, only the Engineers from HSC 94th and Operations Group from Hohenfels were left standing in the consolation bracket. After a slugfest in which 30 men

crossed home plate and five balls cleared the outfield fence, the gentlemen from Hohenfels came out on top by a score of 18-12. Back in the winner's bracket, HHC 1-63 and D Co 3-58 faced off to decide who would advance to the championship game. While the Dragons had won two of their three victories by a one-run margin, the Tankers had been cruising, winning their three games by an average margin of victory of over 15 runs per game. This dominance continued as they rolled over their younger competitors, 20-7.

Sunday morning had Operations Group and D Co 3-58 not only battling themselves for a shot at HHC 1-63 in the championship game, but also a stiff wind blowing toward the infield. The age and experience the visitors from Hohenfels had over the Dragons was evident. Operations Group kept the ball low and in play for most of the game and moved runners around the bases. The young guns from D Co 3-58 didn't fare so well against the wind, earning 14 of their 21 outs by way of fly balls that just refused to carry. In the end, OPGRP (HTA) was victorious by a score 12-3 and had earned themselves a chance at redemption against the team that had sent them to the consolation bracket in the first place.

In the championship game, the team from Hohenfels came out swinging, racing to an 11-2 lead at the end of three innings and hitting two 3-run homeruns along the way. It seemed like the cold was affecting 1-63's bats for the first three innings. With two outs in the fourth, however, HHC 1-63 came alive, scoring nine runs and tying up the game at 11 apiece. In the top of the sixth inning with the score still knotted at 11, Operations Group pushed across three more runs to retake the lead, 14-11. HHC 1-63 had six more outs to come back, but could not against the tough defense from Hohenfels. In the bottom of the seventh inning with a runner on third, Operations Group turned a tough double play to end the inning, and the game.

Since this was a double elimination tournament, these same two teams faced off for a second and final "If" game. HHC 1-63 and OPGRP (HTA) swapped sides on the scoreboard, and this time it was HHC 1-63 batting first. They scored four runs in the top of the first on two poorly played fly balls. In the bottom half of the inning, Hohenfels also took advantage of poor defense by their counterparts. They found a chink in the armor and exploited it, sending 12 batters to the plate before HHC 1-63 was able to record an out. By the end of the inning, Hohenfels commanded a 12-4 lead on 10 singles, one double, one triple, and a two-run home run. For the rest of the game, the two teams traded run for run, but HHC 1-63 was not able to erase the first inning deficit. At the end of seven innings, Operations Group from Hohenfels took home the championship, 20-11. HHC 1-63 AR finished in second place, and D Co 3-58 AVN took home third-place honors. With the competition like this, we look forward to a very fun and exciting softball season.

FITNESS CALENDAR



Photo by Sue Bluhm

JUNE	YOGA	SPINNING	AEROBICS	BODY ROCK	KICK BOXING	RESISTA-B	POWER LUNCH	OPERATION GET FIT
MONDAYS	■ V-1530 (2-4)	■ G-1145 ■ G-1700 ■ V-1200/1745 ■ H-1200	■ V-1645	■ H-1700	■ V-0900(1-3) ■ V-1845 (2)			
TUESDAYS	■ H-1730	■ V-0645	■ V-1645 ■ G-1730		■ G-1145 ■ V-1800 (1-4)	■ V-1100	■ H-1200	
WEDNESDAYS		■ G-1145/1700 ■ H-1200 ■ V-0630/1145 ■ V-1745	■ V-1645	■ H-1700	■ V-0900 (1,3&4)	■ V-1845 (2)		
THURSDAYS	■ H-1130	■ H-1600 ■ V-1000(1&3)	■ G-1730		■ G-1230 ■ V-1700	■ H-1630 (3&4) ■ V-1100	■ H-1200	
FRIDAYS		■ G-1145 ■ G-1700 ■ V-1200(2&4)		■ V-0900(4) ■ H-1700	■ V-0900(4)	■ V-1700(2)		■ V-1800 (1&3)

G=GRAF FIELD HOUSE H=HOHENFELS POST GYM V=HILLTOP GYM

NOTE: (WEEK)

All sports events and fitness classes subject to change or cancellation

CALL ABOUT:

MASSAGE
PERSONAL TRAINERS
KARATE

POWER MIX - SATURDAY

JUNE 12, 1400, VILSECK
Step, Kickboxing & Floor Work

Hohenfels "Taps" Out

A Great Volksfest



Hohenfels kicked off the 100th ASG fest season in style with a "tapping" ceremony April 23.

The traditional ceremony, which featured local military leaders as well as German dignitaries, served as the official opening of the 10-day event that celebrates more than 50 years of German-American relations.

Standing side by side with the mayors of Schmidmuehlen and Hohenfels, LTC Mike Davis, the operations group commander, and LTC David Witty, the BSB commander, tapped the keg and officially opened the fest tent to revelers.

A Hohenfels tradition, this year's fest boasted a veritable buffet of German and American foods, a variety of rides and an astounding array of live music. A smattering of sporting events rounded out the mid-way menu.

Congratulations to the following people who placed in the sporting events:



Free Throw Competition under 12 yrs old: David Gonzales, First Place

Free Throw Competition 13 and older: Dominic Nelson, First Place

Table Tennis Championships 13 and older:
Gary Elias, First Place
Larry Toliver, Second Place
James Smith, Third Place

Table Tennis Championships under 12:
Brian Gallo, First Place
Nico Heider, Second Place
Voronika Gonzales, Third Place

Domino Tournament:
Calvin Clark, First Place
James Smith, Second Place
Gearvis Guice, Third Place

Horse Shoe Toss Tournament: Gearvis Guice, First Place

Dart Championships (301) & Cricket:
Michael Henning, (301) & (Cricket), First Place
Eric Sanders (Cricket), Second Place
Kenneth Lowery (301), Second Place



Photos by Gerry Arbios, 282nd BSB Public Affairs

Volunteers

Inspire by Example

When Rhonda Lambert was a new military bride, she arrived at her husband's duty station without a clue.

Fortunately, a volunteer stopped by and quickly welcomed Lambert into the military fold.

For Lambert, that chance meeting sparked a lifelong commitment to volunteering.

"That welcome made a tremendous impression on me," Lambert said. "It set me up for success. What I know now that I didn't know then was that she truly inspired by example."

Lambert, chairwoman of AWAG and a 22-year volunteering veteran, shared her story during the annual Volunteer Recognition Ceremony at Hohenfels. Conducted in the Great Escape, the ceremony recognized the volunteers' commitment to community. Similar ceremonies took place in Vilseck and Grafenwoehr. All of them celebrated the national theme of volunteers - Inspire by Example.

In Hohenfels alone, volunteers contributed more than 54,000 hours of their time to a variety of community organizations, saving the base support battalion some \$774,446.46 - a Hohenfels record.

"Not everyone has that heart of giving so unselfishly," said Lambert, who served as the event's guest speaker. "My hat is off to you today for all the work that you have done."

Hohenfels volunteers received crystal medallions as well as pins from the Army Volunteer Corps. Corporate sponsors provided additional goodies for the exceptional volunteers listed below:

- 2003 Volunteer of the Year Cris Isoin, Vilseck
 Christina Gonzalez, Grafenwoehr
 Laurie Santos, Hohenfels
- 2003 Family of the Year The West Family
- 2003 Military Volunteer of the Year LTC Paul Guelle, Hohenfels
- 2003 Youth of the Year Gabriella-Alexis Arguello
 LeAnn DuBose, Hohenfels
- 2003 Commander's Award for Public Service Janet West

A special thanks to the following sponsors for donating prizes to the volunteers:

- AAFES
- Holiday Park
- Community Bank
- Europapark
- Enjoy Tours
- Freizeitland Geiselwind

We appreciate your support!



Cris Isov, Vilseck Volunteer of the Year



Christina Gonzales, Graf Volunteer of the Year



The West Family, Family of the Year



Janet West, Commander's Award



Jutta Terry, Hohenfels IVC, hands a check to LTC David Witty, 282nd BSB Commander, representing in money, the service volunteers provided.



LeAnn DuBose (right) accepts \$50 Savings Bond from Ruth Keaton, Community Bank, Hohenfels.



Gabriella-Alexis Arguello, Graf/Vilseck Youth Volunteer of the Year



LeAnn DuBose, Hohenfels Youth Volunteer of the Year