

August 2004

Bavarian-American

Monthly

Camp
Adventure

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





100TH ASG
Commander COL Richard G. Jung

409th BSB
Commander LTC Joseph P. Moore

282nd BSB
Commander LTC David M. Witty

100th ASG MWR Activities
Acting Director Freddie L. Giddens

409th BSB MWR Activities
Acting Director Freddie L. Giddens

282nd BSB MWR Activities
Director Glenn Pietras

Marketing & Advertising Division
Graphics
Marjie Castile
Sue Bluhm

Advertising
Kesha Keaton

Account Executive
Heidi Fedak

Publisher
MWR Activities
Freddie L. Giddens

COVER PHOTO

Lyle Lipe, Camp Adventure Counselor gets to know a participant

Photo by Sue Bluhm

For information about this publication and advertising information:

DSN: 475-8656/8654/8655
CIV: 09641-83-8656/8654/8655
DSN: 466-4023
CIV: 09472-83-4023.

Our mailing address is:
100th ASG, Marketing-Advertising
Building #531, rooms 211 and 214.

Our E-mail address is:
100asgmarketing@graf.eur.army.mil
409th BSB & 282nd BSB web pages:
<https://www.100thasg.mwr.army.mil>

This magazine is now on-line.
Follow the above web page to either Graf/Vilseck or Hohenfels link and then to Bavarian-American on-line.

We welcome suggestions and ideas.
Information contained in this periodical was correct at the time of printing.

Check with local activities for possible changes.

The appearance of advertising in this publication does not constitute DOD, Army or Federal Government endorsement.

24



Photo by Sue Bluhm

30



Photo by SFC Holloway

39



Photo by Valentine Donohoe

THIS ISSUE

4-6	AAFES Movie Schedule
	Community
8	Community Calendar
9	Fourth of July
10	Libraries
12	SNAP
13	Hourly Care
	Families
14	Family Focus
15	FRG Spotlight
16	ACS
17	FCC
	Child/Youth Services
18	Summer Camp
19	World Book Contest
20	Keystone Club
21	Summer Trips
22	Character Counts
23	Chillin' in the Hood
	Dining/Entertainment
27	Tower View & Great Escape
29	Battle of the Bands
	Free Time
30	BOSS Car Show
32	Designated Driver
35	Free Time Calendar
	Women's Equality Month
36	Bowling
37	ITR
39	ODR
41	AOVE
42	County Guide
	Sports & Fitness
43	Heat Safety During Workouts
45	Tournaments: Soccer & Softball
46	Fitness Calendar
47	Mountain Bike Race

FEATURE

24-25	Camp Adventure
-------	----------------

COUNTY GUIDE

40	Neukirchen
	- Rolling Hills, Green Forests and Vertical Rock Formations

100th ASG Community Calendar

2-13 Aug

Men & Women's C/L Basketball Sign-up G/V Sports

9-13 Aug

100th ASG Flag Football Officials Clinic Sports

11-14 Aug

Flag Football Officials Certification Hohenfels Sports

14-15 Aug

Flag Football Tournament G/V Sports
Power Lifting Competition Vilseck Sports

23-27 Aug

Newcomers Orientation Hohenfels ACS/8:30 a.m.

2, Monday

Common Sense Parenting Vilseck ACS/9-11 a.m.
Life After Divorce For Parents Hohenfels ACS/1-2:30 p.m.

3, Tuesday

New Direction Discussion Hohenfels ACS/10-11 a.m.
Effective Discipline Hohenfels ACS/1-2:30 p.m.
YS Soccer Coach Certification Hohenfels YS/6-9 p.m.

4, Wednesday

Common Sense Parenting Vilseck ACS/9-11 a.m.

5, Thursday

Education For Soccer Coaches Hohenfels YS/6-9 p.m.

9, Monday

Self-Esteem For Kids Hohenfels ACS/1-2:30 p.m.

10, Tuesday

Transitional Compensation Hohenfels ACS/1-2:30 p.m.
Education For Soccer Coaches Hohenfels YS/6-9 p.m.

11, Wednesday

Common Sense Parenting Vilseck ACS/9-11 a.m.

12, Thursday

Education For Soccer Coaches Hohenfels YS/6-9 p.m.

14, Saturday

Back to School Shopping Graf CDC/9 a.m.-1 p.m.
Checkbook Maintenance Hohenfels ACS/10 a.m.-Noon
Credit & Budgeting Hohenfels ACS/1-3 p.m.

17, Tuesday

U/L Flag Football Season Starts G/V Sports
Domestic Violence Awareness Hohenfels ACS/1-2:30 p.m.
Money Management Hohenfels ACS/2:30-4:30 p.m.

18, Wednesday

Common Sense Parenting Vilseck ACS/9-11 a.m.
Understanding Insurance Hohenfels ACS/5-7 p.m.

23, Monday

Common Sense Parenting Vilseck ACS/9-11 a.m.

24, Tuesday

Thrift Savings Plan Hohenfels ACS/5-6 p.m.

25, Wednesday

Understanding Investments Hohenfels ACS/5-7 p.m.

For all on going events, please contact the facilities.

2004 Chrysler 100th ASG Mountain Bike Race

12 September, Vilseck

For more information, call
Grafenwoehr 475-7402 Hohenfels 466-2060 Vilseck 476-2563

TATONKA Jack Wolfskin Columbia Sportswear Company HELLY HANSEN Exchange

Independence Day Celebrations

- Sue Bluhm and Heidi Fedak

The 100th ASG celebrated the Fourth of July in style this year. All three communities had something for everyone.

Vilseck kicked off its Independence Day celebration at Little Mike Lake with a "Hip-Hop Hurray, Happy Birthday U.S.A" fest.

D.J Hollywood knocked out the tunes and kept the party atmosphere kicking, as more and more families arrived.

Most of the kids kicked off their shoes and headed for the inflatable slide. That was definitely a hit with all of them.

The Camp Adventure counselors showed off their artistic talents in the face-painting department. Butterflies, Spiderman, pirates and Old Glory were the choices of the day.

Even the adults couldn't resist the fun. They were zooming around on the go-carts and wrestling each other in sumo outfits. Some even braved the dunk tank as the kids took aim.

Now, it's not the Fourth of July without barbecue. The grill was fired up, and the hot dogs and burgers were great! To top it off, there was a big piece of watermelon to dive into.

The party wasn't just confined to Vilseck, though. Grafenwoehr and Hohenfels had a grand time, too.

The Grafenwoehr Bowling and Entertainment Center had the grill working overtime on the back patio while the D.J kept the music playing. At 6 p.m. Just Country took center stage and kept everyone entertained until it was time for the amazing firework display.

In Hohenfels, the party kicked off at 3 p.m. with free food prepared by the Great Escape. They offered the traditional fare of hamburgers and hot dogs as well as barbecue chicken and ribs. Potato salad, macaroni salad and baked beans completed the selection.

Attendees also had a chance to test their skills in a variety of contests, from pie-eating to hub-cap hurling. Meanwhile, the children enjoyed a magic show, a jumping castle, face-painting and more courtesy of Child and Youth Services and the Great Fabellini.

Everyone had a chance to win some awesome prizes courtesy of Service Credit Union, Exchange New Car Sales and Community Bank. The lucky winners were:

- Brittony Merriweather, Remote-controlled truck from ENCS
- Maxwell Corsetto, Remote-controlled truck from ENCS
- Bryan Bartlett, Remote-controlled truck from ENCS
- Trey Martin, Remote-controlled truck from ENCS
- Natalie Sudduth, Remote-controlled truck from ENCS
- Amy Corsetto, \$50 savings bond from Service Credit Union
- Kerry Dyer, \$50 savings bond from Service Credit Union
- Paul Arnett, \$50 savings bond from Community Bank

The festivities continued throughout the afternoon. At 6 p.m., Cripple Creek took the stage, entertaining the crowds until the fireworks started blazing around 10:30 p.m.

MWR FOR ALL OF YOUR LIFE



Photo by Alice Adler



Photo by Sue Bluhm



Photo by Sue Bluhm



Photo by Heidi Fedak

Your Library

- Graf Library Staff

Election Year 2004: Federal Voting Assistance Program

Yes, it is that time again when American citizens at home and abroad will have to select whom they would like in political office. If you're a first-time voter or you just need additional information on how to register to vote absentee, this is the program for you! The 409th BSB Library invited the 100th ASG Voting Assistance Officer, Sieglinde Schedl, to hold voting workshops in both libraries. The Department of Defense Voting Assistance Program is part of the Federal Voting Assistance Program. This program provides assistance to about 1.4 million military members, 1.3 million eligible dependents, and 200,000 federal civilian employees outside the United States. The overall mission of the Federal Voting Assistance program is to assist soldiers, sailors, airman, Marines, DOD civilians and other eligible individuals in requesting information about the election, registration, and absentee ballots. All it takes to vote is for an individual to be a U.S. citizen, 18 years or older. Schedl will assist you with your application for an absentee ballot, or she can answer your questions about the upcoming election. So come and visit your local library for this special workshop!

Grafenwoehr Library, Aug. 10 from 4 to 6 p.m.
Vilseck Library, Aug. 12 from 4 to 6 p.m.

TIPS TO HELP ENSURE YOUR ABSENTEE VOTE IS COUNTED:

1. Start by contacting your Unit/Embassy/Organization Voting Assistance Officer for help in absentee registration and voting.
2. Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process.
3. Ensure that you have applied for your absentee ballot using the hard copy or on-line versions of the FPCA.
4. Make sure your local election official has your current mailing address.
5. Sign and date all election materials.
6. Fulfill your state's witness/notary requirements (if required).
7. Ensure that your ballot or FPCA is postmarked.
8. Register to vote and request your ballot in a timely manner not later than September.
9. VOTE mail your ballot no later than Oct. 15, 2004.
10. Use the Federal Write-In Absentee Ballot if you are overseas and your state absentee ballot does not arrive in time to be mailed back by the state's deadline.



Children's Car Safety Seats: A Free Check-Up At Your Library

In Germany it is mandatory to use a car seat for children under the age of 12 years old or 150 centimeters tall. So if you just moved to Europe or you recently purchased a used car seat in your local Thrift Shop, be sure to plan for this free car-seat safety inspection. A recent nationwide study found that car seats, when correctly installed and used, are extremely effective in saving children's lives by reducing the risk of death by as much as 71 percent for infants. Even though most parents understand the need for using a car seat for their children, many accidents occur by using defective car seats. You can prevent unnecessary injuries by simply having your child's car seat inspected by an expert today! SSG Jimmie Taylor from the Vilseck MP Station will check your child's car seat for proper installation, age/size appropriateness, and to see if the seat was recalled or damaged in a crash. Free Child Safety Car Seat Check-Up is scheduled for: Grafenwoehr Library, Aug. 24 from 2 to 6 p.m. Vilseck Library, Aug. 26 from 2 to 6 p.m.

Grafenwoehr Library Cultural Morning: A Portrait Of Poland

No other European country has had as checkered a history as Poland. Situated in the heart of Europe, it always has been both a bridge and a front line between Eastern and Western Europe. Eager to join the NATO alliance in 1999, today Poland is taking an active role in supplying a peacekeeping force to Iraq. Would you like to learn more about our European neighbor and ally? Come and join the fun at the Grafenwoehr Library! Learn all you can about traveling to Poland. Once more, we will partner with Grafenwoehr ITR to learn about their upcoming Boleslawiec pottery shopping trip. Unique styles as well as high-level functionality are what make these traditional Polish stoneware pieces so desirable. This distinctive glazing and firing procedure, called the Brunzlauer process, makes the pottery microwave and dishwasher safe. The spring patterns have deep-navy swirls encircling yellow centers, and the deep-navy-colored flowers with green leaves set the décor. This memorable event takes place on Aug. 6 from 10 a.m. to noon. For more information, stop by or call the Grafenwoehr Library at 475-1740.

- Kate Nichols, Hohenfels Librarian

Why read?

Many great philosophers, theologians, and cartoon characters have commented on this simple question.

"Far off places, daring swordfights, magic spells, a prince in disguise!!" Bell, from Disney's *Beauty and the Beast* and an avid reader, loved the thrill of the story. She longed for adventure and enchantment. Books created this world for her; they allowed her to stretch her imagination and be different characters and live in different times. Granted, Bell later lived the fairy tale and had to move in with a real beast, but who doesn't need a change every once in a while?

Reading does not have to be about just fairy tales and magic; there are many different genres of books, including romance, historical fiction, westerns, science fiction, non-fiction and even text books. Books give readers insight into new cultures, surroundings, issues, and themselves. Readers quickly develop critical thinking skills and vivid imaginations. Movies will no longer be limited to television; a reader will be able to see them in his or her mind. Stories will take life, and images will dance across your eyes.

It is especially important to cultivate a love of reading in children. Reading will increase their knowledge and develop their imaginations. Becoming a knight, king, queen, fireman, police officer, or even a librarian is within their grasp. They can be anything their mind wants and

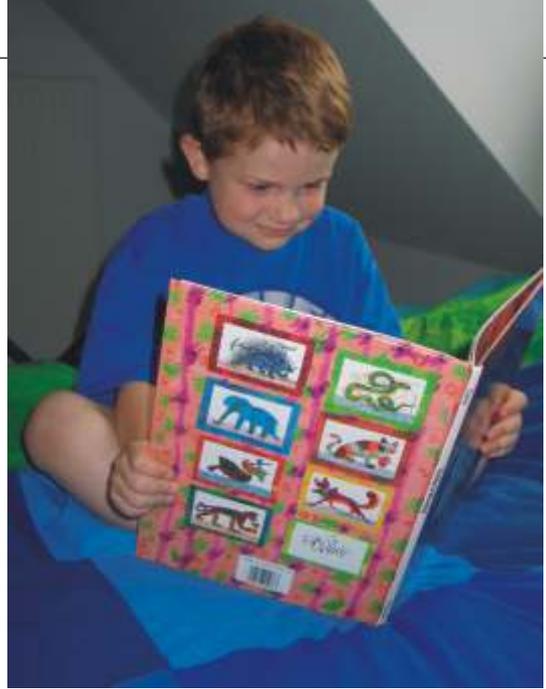


Photo by Sue Bluhm

go anywhere their heart desires. The world will be an open book of adventure and exploration, but readers will not stop at books. Children will long to try new things and visit new lands. No occupation will be out of their reach or dream too big to conquer. Reading opens up opportunities and lifelong adventures.

All community members are invited to visit their local libraries and experience the magic. It is never too late or too early to become a lifelong learner and reader. Just remember that there is a world of untapped experiences waiting for you; all you have to do is reach out and open it.

Safe Neighborhood Awareness Program

- Denise Anderson

Increasing readiness and improving force protection is a primary mission for any commander, and it tasks the limited resource of military manpower. Soldiers are constantly being deployed and re-deployed in our communities. To be successful, one must use creativity as well as all assets and resources available. One such creative approach is introducing SNAP into all housing areas.

The Safe Neighborhood Awareness Program (SNAP) aims to improve the situational awareness of USAREUR personnel and to supplement force-protection and crime-prevention efforts. It is based on the concept that if you know your neighbors you will be better able to identify suspicious situations.

Being a SNAP volunteer helps us protect ourselves against terrorist and criminal threats and deters illegal acts throughout USAREUR. SNAP is a community-based volunteer program that mirrors the traditional "Neighborhood Watch" in many ways and is operated in coordination with the Provost Marshal Office. Because of the growing threat to the interests of the United States, both at home and abroad, we do not want to wait for an incident to improve our readiness. Rather, we want to improve our readiness now to decrease the chances of an incident ever happening.

In practice, criminals will go for the weak, unprotected, soft target. The old adage of "why hunt for a tiger when there are plenty of sheep around" is a guiding principle for criminals and terrorists when determining what the next target will be. The support of residents has the effect of strengthening our communities by adding scores of eyes and ears to our force protection efforts. While SNAP is not a replacement of force-protection measures already in place, it could help thwart any terrorist or criminal actions before they happen while at the same time providing a method of community involvement.

SNAP has been in the 409th and 282D BSB communities for almost two years, and we have volunteer SNAP observers in most of our housing areas. The primary mission for SNAP is to certify as many volunteers as possible within the community. The intent of which is to increase safety awareness. To become a certified SNAP volunteer, you must attend a 45-minute SNAP class. Once completed, you'll receive a SNAP certificate of training signed by the BSB Commander and the Provost Marshal. The SNAP class can be given at the MP Station, or the BSB SNAP Coordinator can come to your neighborhood to give you the class. Anyone interested can call Denise Anderson at the Grafenwoehr MP Station at 09641-83-7656 or DSN 475-7656 or 1511-425-0254 or talk to Joshua Rocha at the Hohenfels MP station at 09472-83-1580 or DSN 466-1580.



Photo by Carrie Shult

Taylor Anderson has her face painted as a snow tiger at last year's National Night Out in Grafenwoehr.

Celebrating its second annual National Night Out

The 409th BSB Safe Neighborhood Awareness Program (SNAP) is celebrating its second annual National Night Out. SNAP is a year-long anti-crime program designed to heighten crime-prevention awareness; strengthen neighborhood spirit and police-community partnerships; as well as to send a message to would-be criminals that the 409th BSB neighborhoods are organized and are watching out.

A big part of National Night Out is the traditional outside lights and frontporch vigils. On these two nights we encourage residents of the 409th BSB to turn on any outside lights that they can, primarily the front and back porch lights. This is a huge step residents can take to deter criminal acts within their neighborhood. A would-be criminal is more apt to attempt to enter a home without any lights on; this also helps the Military Police when they're patrolling the neighborhoods.

In honor of National Night Out, the 409th BSB will hold a community cook-out on Grafenwoehr on Aug. 18 and on Vilseck on Aug. 20. Each event will begin at 4 p.m. and will conclude at 7 p.m. National Night Out on Grafenwoehr will be held on the parade field in front of the Headquarters building and at Little Mike Lake in Vilseck. During the cook-outs, there will be a large blow-up slide for the children to play on; potato-sack and three-legged races; identi-kid kits will be available to parents; DARE's McGruff will attend; the Safety Office will conduct a seatbelt demonstration; there will be a live broadcast by AFN and several emergency vehicles will be on display as well. SNAP will distribute SNAP brochures and have a SNAP volunteer sign up-sheet available to allow interested neighbors to sign up. Communities from all 50 states, military bases worldwide, U.S. territories and Canadian cities participate every year.

In Hohenfels, the National Night Out celebration will take place on Aug. 5. Residents are encouraged to spend time with their neighbors, local national police and military police. A cook-out will kick off at 4 p.m. at the Sportsplatz. Food will be available for a small fee. The event will include fun for children as well as adults.

Hourly care we can all share

Providing a quality program for our communities

- Child Youth Services

Hourly care is offered at Child Development Centers (CDC's), Family Child Care Homes (FCC's) and School Age Services (SAS's) in the 100th ASG. Hourly care is designed to provide a service to families who do not need childcare on a regular basis. To access hourly care, parents can register at the CLEOS office in Hohenfels (Building 96) or Vilseck. Central Registration (Building 224) services are also available at the Grafenwoehr SAS (Building 508). When the child is registered with CYS and parent orientation is complete, reservations can be made at the facility up to 30 days in advance.

Hourly care in Hohenfels is available at the Child Development Center Annex from 8 a.m. to 12 p.m. daily. The Infant Toddler Hourly Room can accommodate between eight and 14 children, depending on the ages of children. The Preschool Hourly room can accommodate 10 preschoolers. Hourly services are also available in the afternoon (on a space available basis) at the Hohenfels CDC, Building 111.

Hourly care provides the same high quality programs and individual attention as our full-day classrooms. Our CYS staff and FCC providers are trained in health, safety, child development and developmentally appropriate curriculum.

For reservations at the Hohenfels CDC Annex, call 466-4041 or 4042 (09472-83-4041). To reserve afternoon care at the Hohenfels CDC, call on the day that care is needed to 466-4706/07 (09472-83-4706/07).

For more information about hourly care in the 409th BSB, call the Vilseck Central Registration office at 476-2760 (09662-83 2760).



Photo by Mary Cooper

Hourly care we can all share

Providing a quality program for our communities

- Child Youth Services

Hourly care is offered at Child Development Centers (CDC's), Family Child Care Homes (FCC's) and School Age Services (SAS's) in the 100th ASG. Hourly care is designed to provide a service to families who do not need childcare on a regular basis. To access hourly care, parents can register at the CLEOS office in Hohenfels (Building 96) or Vilseck. Central Registration (Building 224) services are also available at the Grafenwoehr SAS (Building 508). When the child is registered with CYS and parent orientation is complete, reservations can be made at the facility up to 30 days in advance.

Hourly care in Hohenfels is available at the Child Development Center Annex from 8 a.m. to 12 p.m. daily. The Infant Toddler Hourly Room can accommodate between eight and 14 children, depending on the ages of children. The Preschool Hourly room can accommodate 10 preschoolers. Hourly services are also available in the afternoon (on a space available basis) at the Hohenfels CDC, Building 111.

Hourly care provides the same high quality programs and individual attention as our full-day classrooms. Our CYS staff and FCC providers are trained in health, safety, child development and developmentally appropriate curriculum.

For reservations at the Hohenfels CDC Annex, call 466-4041 or 4042 (09472-83-4041). To reserve afternoon care at the Hohenfels CDC, call on the day that care is needed to 466-4706/07 (09472-83-4706/07).

For more information about hourly care in the 409th BSB, call the Vilseck Central Registration office at 476-2760 (09662-83 2760).



Photo by Mary Cooper

In It For The Long Haul

Why Am I Here?

- Christina Reese

Do you ever feel like giving up? I mean throwing your hands up in the air and saying, "Forget it! I don't want to do this any longer! It is just too difficult. Plus, it continues to hurt more than I thought it would."

Well, for the week prior to me sitting down to write this article, I wanted to do just that. I wanted to throw myself onto the ground kicking and screaming like a 2-year-old that this was just not fair. We are not even halfway through the deployment, and I was wondering how in the world I would make it at least another seven months, if not longer. I haven't heard anything from my husband for two weeks, and there are important things that I NEED to talk to him about. I am angry and frustrated and sad. I feel like no one cares or even remembers that I'm around. I wanted to give up. . . Then I remembered.

As you may, or may not, have noticed, I didn't have an article in the July issue of the Bavarian American. I was on a "break" in the States, where I was repeatedly asked how in the world I could do what I was doing. How could I spend a whole year apart from my husband? Family members simply could not grasp the concept. Well, my answer to them was repeatedly, "I manage with a lot of faith and even more love."

Faith and love were my first thoughts because it's the faith that keeps me from losing my mind and the love that pulls me through. First, I'll tell you about the faith. I have faith that what is happening in my life is supposed to be happening in my life. I have faith that my husband will come home to me eventually. I also have faith in myself that I am strong enough to endure whatever is thrown in my direction.

As for the love, I am filled with so much love for the man I married just three years ago that I cannot imagine voluntarily giving it up. When I look at wedding pictures, I am reminded that I made a commitment for the bad times as well as the good times. And, in the span of a lifetime, a year is really not so long. I am not willing to sacrifice my marriage or throw away the greatest love of my life just because I cannot be in his physical presence for a year.

This brings me to a quote. I hope that I do not offend anyone by referencing a higher deity, but it is one of my favorite quotes for 2004 and I simply HAVE to share it:

"I know God will not give me anything I can't handle.
I just wish that He didn't trust me so much."

Mother Teresa

Have you ever felt like this? Personally, I feel as if I live this quote on a continuous basis. I keep VERY busy in hopes that the year will go by quickly, and I think of Mother Teresa's words daily. Ultimately, I have made the choice to work, go to school, and participate in my company FRG, but if I shouldn't be doing it all, would I have been given the ability to? If my husband and I could not handle being apart for a year, would I have been given the choice to become a soldier's wife? And, given the choice, if someone knew that I couldn't handle it, I certainly hope they wouldn't have let me say, "I do."

This deployment is not easy. As we continually push on month after month, it saddens and infuriates me when I hear that a spouse has filed for divorce because they have found someone else or that they have been seen cheating. Sure, the loneliness is pretty bad some days, but eventually it passes and I start to feel better. Then, I feel bad, and then better, and then bad, and then better . . . so, are you seeing the pattern? From what I am hearing from other wives, it's pretty normal. If it got too bad, I would go talk to a counselor or a chaplain.

As we approach the half way point of Operation Iraqi Freedom, I hope you take a moment to remember why you are here. I know that I have. And, I am quite certain that I am here because of love, and I will stay because I have faith.

Add Some Sunshine to Your Life

Making the most of your time in the 100th ASG

- Maria Yost

As July fades into August, we trade the longest days of the year for the hottest days of the year. Without air conditioning, the heat can be almost unbearable. As the dog days of summer descend upon the 100th ASG, I will be heading to an even hotter place, Fort Hood, Texas. How different things were when I first arrived in here in December 2001. The weather became progressively colder as we made our journey toward Germany. We started off with a warm and sunny December day at Fort Knox, Kentucky. When we stopped in to visit family in Pennsylvania, the temperature dropped 10 degrees to 45 degrees Fahrenheit. And I thought I was really cold, until we got off the plane in Frankfurt, Germany, where it was another 10 degrees colder at 35 degrees. When we finally got to Vilseck, we were greeted by snow and freezing temperatures. By the end of the week, we were surrounded by 10 inches of snow. My reluctance to venture out into the cold made me a prisoner of my small room at the Krystall Inn. Finally, a little sunshine entered my life when I attended the 409th BSB ACS Welcome to Bavaria seminar.

This time of year brings many new members into the 409th BSB. You can turn to Army Community Service (ACS) to help you get situated and get to know the local community. For starters, the ACS Lending Closet will provide loans of various household items such as pots and pans, silverware and dishes while you are waiting for your household goods to arrive. When you stop in to visit the lending closet, why not check out the many other programs that can help with your transition? You can also obtain a Welcome Packet upon arrival in the 100th ASG. This will give you information about various community resources.

The Welcome to Bavaria program will acquaint you with the community, teach you some German and familiarize you with various local sites, shopping areas and restaurants. It also provides a great way to meet others who are also new to the area.

I still remember all of the people I met in the Welcome to Bavaria class. Those first friendly faces started to really make me feel at home. I also fondly remember going on an outing to the Gasthof Hammer for lunch. It was bitter cold outside, and I was comforted by a hot bowl of garlic soup and enjoyable conversation. The Hammer's garlic soup still remains one of my favorites to this day! If you are new to the 409th BSB, I highly encourage you to attend this one-week seminar. The benefits are well worth the time spent.

Of course, you can't experience all of the wonderful things that Bavaria has to offer in one week. That's why the Relocation program provides monthly Discover Your

Neighborhood trips. The goal of Discover Your Neighborhood is to give individuals an opportunity to explore many local sites with the assistance of an ACS staff member. I was amazed at how much there is to do in this area. This summer, Discover Your Neighborhood is offering family trips so you can learn about the many things you can do with your children in our local area. Some of the trips scheduled for August include:

- Exploring a local mine (age 5 and up)
- Visiting forest animals in their natural environment (stroller friendly, ages birth-?)
- Kindertag in Bodenmais (ages 5 and up)

Another special service offered to spouses of deployed service members is Destination Unknown. On the second Tuesday of every month, ACS will whisk you away to a secret location where you can enjoy a day out with other spouses. Most of these trips are free of charge, although some have minimal entrance fees.

In addition to these classes and trips, Army Community Service offers many ways to improve your life and connect with others in the community. The International Spouses Group is geared toward foreign-born spouses and provides a great way to learn about the community and meet people from your culture as well as others. Some of the services offered by the International Spouse Group include newcomer orientations, translator bank, English as a Second Language (ESL), and a monthly meeting. Monthly meetings include fun events, such as sight-seeing, cooking fun, family outings, recreational activities and guest speakers. Free child care is available.

As you see, the Relocation Program offers many things to assist with transition. Beyond that, Army Community Service has many other programs, such as Army Family Team Building, Employment Readiness, Financial Readiness and the Installation Volunteer Program to help military members and their families find the many opportunities that await them in this area. During my time in the 409th BSB, I have had many rich and wonderful experiences. As I reflect upon those experiences, I reluctantly prepare to move on to my next adventure. I encourage you to take some time to get out of the house (or the Krystall Inn) and discover how to make the most of your time in the 100th ASG. Just as the summer fades into fall, the time will go by fast, so enjoy the culture and experiences that you may not find anywhere else.

Contact your local ACS
Grafenwoehr 475-8371, Hohenfels 466-4860,
Vilseck 476-2650

Couples and Money:

Planning Together or Pulling Apart?

- Amy Bernath, Financial Readiness Program Educator,
Hohenfels ACS

Money. Our parents told us it can't buy us happiness. The Beatles told us it can't buy us love. The Bible tells us it won't get us into Heaven. So where does it get us? All too often, into arguments with our loved ones.

Sixty percent of couples surveyed by the Consumer Credit Counseling Service (CCCS) said they fight about money, and most marriage counselors report that money is the one thing that people argue about most in marriage (Stanley & Markman, 1997). Further, the American Academy of Matrimonial Lawyers cites financial problems among the top five causes of divorce. So what's going on here? What is it about money that turns partner against partner, husband against wife?

Many couples believe that a larger income would end their arguments about money. But financial counselors say that this is rarely true, because most couples don't fight about how much money they have; they fight because they have different expectations about what to do with their income. The arguments occur because couples haven't clearly spelled out their expectations about spending or saving. Instead, each member of the couple simply assumes that the other shares his views on the subject.

That's why it's important to bring your feelings out into the open. Talking frankly about your differences can keep disagreements from turning into major battles. Here are some topics for discussion:

- Your overall money beliefs. Your attitudes toward money, usually formed in childhood, control how you act with money. One of the most common causes of tension in a relationship is when one person is a "spender" and the other is a "saver." Discussing this major difference may help you reach compromises that keep the tension to a minimum.

- Your financial goals. Schedule a major money meeting at least once a year to discuss your short-range, medium-range, and long-range financial goals. Decide together what your biggest priority as a couple will be for the year and beyond, then agree on a plan for achieving what matters most to you. Put it in writing! Draft a budget that provides a day-to-day money management plan for achieving your goals. It may be beneficial to hold brief weekly meetings to see how your spending and savings plans are going.

- Your individual responsibilities. In many relationships, one person assumes the responsibility for tasks such as paying bills and balancing the checkbook. In others, both take turns or divide up the regular financial tasks. The specific approach you choose isn't as important as making

sure that you discuss how you'll handle these responsibilities. And be flexible. If dividing up the responsibilities one way doesn't work, be open to shuffling them around.

While it's critical that couples have these discussions, equally important is how you have these discussions. Setting some basic guidelines and using some common-sense communication skills can greatly increase your chance for productive, successful discussions about money.

- Stop blaming. Does it really matter WHO ran up the credit-card bills? Stop pointing fingers, or you'll never move forward. The issue at hand is how to fix the problem. Focus on the present and the future, not the past.

- Be kind. While it's always important to be truthful, it is just as important to be sure that the words you're using aren't disrespectful or mean.

- Use neutral turf. If you find that tempers get heated during money discussions, consider holding them in a quiet, neutral place where you'd be less likely to raise your voice or react inappropriately: a coffee bar or other public place.

- Watch those non-verbals! Only about 40 percent of communication involves actual words. Studies show that 60 percent or more is conveyed through nonverbal communication: tone of voice, eye movement, body language. Avoid pointing, waving your finger, or turning your back on your partner in the middle of a discussion. And be very aware of a sarcastic or shrill tone of voice.

- Dig deeper than your wallet. The argument may seem to be about money, but could, in reality, be triggered by other factors like your expectations of one another and how you communicate those expectations. Ask yourself honestly, "What is this really about?"

If you'd like advice on managing your money, you can turn to your ACS Financial Readiness Program for workshops, training, and assistance with setting up a budget, spending plan, and debt-elimination strategy. In addition, the ACS Family Advocacy Program offers workshops and training in the areas of communication skills, anger management, and fighting fair.

Call Hohenfels ACS at DSN 466-4860 for details.
Sources: www.armyonesource.com, www.cccsatl.org,
www.msmoney.com

Family Child Care - Parent & Provider Relationship

What Parents and Providers Expect From Each Other

- Jim Solomon, FCC Director, Hohenfels

There is an old saying that "It takes a village to raise a child," and it is as true as ever in today's stress-filled world where both parents work and children are in care.

Parents and providers must form a team to give a child the tools she/he needs to succeed in life. When a child is in care, neither partner can do it alone; however, when parents and providers form a team, a close family relationship forms between all to benefit the child.

Parents must keep in mind that even if a close relationship or friendship develops, family childcare is the provider's business and a professional relationship should be maintained for fees, policies, hours of operation and all business-related discussions. Maintaining a professional businesslike attitude ensures both the parent and the provider have clear expectations of each other.

Parents who want the best for their children should expect the following from the Family Child Care provider:

- Open and frequent communication about their child's development
- Open door to the provider's home during business hours
- A safe, trusting, stimulating environment that says yes to children and allows them to explore, question, investigate, and make choices
- Willingness to work with parents on behavior issues, such as toilet training, food habits, manners, attachment separation, etc.
- Celebration of cultural differences; teaching children differences are good and not to be feared
- Non-judgmental attitude toward parents' work schedule, family customs, or parenting style
- Written statements of policies regarding payments, childcare philosophy, illness, child drop-off and pick-up procedures, etc.
- Advanced written notification of changes to schedules, daily, weekly, monthly, such as field trips, provider



Dalton Mantz enjoys the new play kitchen set in his FCC playroom.

intentions of going on vacation, substitute provider, etc.

In turn, providers should expect the following from parents to benefit the children's development:

- Agreements about expectations in scheduling, payment and late fees and parents' vacation time
- A willingness to listen and ask questions when misunderstandings arise
- Open and constructive communications
- Willingness to discuss their child's needs, successes and behavior issues
- Ample notice if there is a change in care
- Fulfill agreed drop-off and pick-up times
- Honor payment dates and bring supplies as promised
- Honesty when a child is sick to avoid spreading illness throughout the facility

When both provider and parents share respect and make an honest effort to work together, all benefit, but most importantly the child.

If you're interested in becoming a Family Child Care provider or learning more about the FCC program, call Rita Roberts at the 409th BSB FCC office DSN 476-2783 or Jim Solomon at the 282nd FCC office DSN 466-2157.

Having a summer time blast

at CYS Summer Camp

- Marcie Bennett

The Vilseck MS/Teen Center is winding up summer camp on Aug. 13. Although many youth have returned to the States for the summer, the remaining youth of Vilseck made CYS Summer Camp a blast. The summer brought many unfamiliar youth together to build self-esteem, courage, trust, and friendship. During the remainder of the month, the following trips remain: 4th...Train Ride to Regensburg, 11th...Sinsheim Museum, and 28th...Holiday Park. On the 14th Teen's Night Out continues at Yesterday's.

The Keystone Club will host its National Project, Let's Just Play, at the highschool fields from noon-5 p.m. on Saturday, August 21st. This community event was organized and planned by our highschool youth to expose youth to a variety of sporting events and activities. Some of the events you can look forward to are: Three-On-Three Basketball tournament for middle school and high school youth, basketball competition for parents, three point and free throw shoot out, soccer...penalty kicks and dribbling, football drills and short running events. For more information, please contact the Teen Center at 476-3144.



Photo by Marcie Bennett

Xavier and Marissa get ready to tackle the ropes course at Hochseilgarten.

AAFES World Book Contest

"Things I like in Grafenwoehr or Vilseck"

- Tori Salzer

I began SAS four months ago. It started out fun, but then it got a little harder, but I do have to admit that all in all, it's quite fun. I mean, we have fun groups, and we have a variety of SAS counselors; we go on many different field trips, and they're so fun.

Like for 2004 spring break, we went to the Würzburg PX and Imax theater; we also went to the Munich museum, but the best place was Geiselwind. We had lots of fun there with Ms. Stacy, who was a SAS sub; she took me, Michael and Ashley on pretty much all of the rides. We went on the boomerang, T-Rex tower, space rides and a lot of other rides. My point of this is that SAS gives us many opportunities to roam or see many parts of Germany, to see the beautiful sights and try all the new things they do not have in America any more. But there is one thing wrong with SAS; we need more computers, new books, and more counselors. But most kids love it here. And we also do many arts and crafts. All I am trying to say is if you do not have a job and you are over 18 and you love kids, well, then you should probably get a job here and everyone will probably love you very, very much, and you would probably love us, too!!



Steve Vojtecky, seen here on the left and Matt Mennona, AAFES general manager, oversee the delivery of the World Book encyclopedias to School Age Services.

This was the winning essay written by Tori Salzer from Vilseck School Age Services. AAFES sponsored the children's essay contest on "Things I like in Grafenwöhr or Vilseck." The prize was a set of brand new World Book encyclopedias for the child's sponsoring agency. Tori is the daughter of SGT Travis Holiday (A Company, 201st FSB) and Ann Holiday. Mr. Matt Mennona, AAFES general manager, presented the books to SAS on June 30. (Young Ms. Salzer is on vacation to the States for the summer). The SAS kids were delighted to get the books.

"Setting the pace for the rest of the Army"

Hohenfels Keystone Club Achieves Gold-Level Status

- Heidi Fedak

If Keystone-ing were an Olympic sport, the members of the Hohenfels Tiger Keystone Club would be standing on the center podium, gold medals draped around their necks, and the Star Spangled Banner blaring in the background.

That's because the Hohenfels club recently achieved Gold-Level status, becoming the first club in U.S. Army history to achieve that honor.

The club celebrated the accomplishment during a community-wide ceremony at the Hohenfels Teen Center on July 12.

"You guys are setting the pace for the rest of the Army," said Ingrid Osewalt, the chief of the Center of Expertise for Youth Programs. "You're role models for the rest of the Youth Centers in the world, and for that, I commend you."

With just four members, the Hohenfels club proved that size really doesn't matter, but hard work, dedication and commitment do.

"Once again, Hohenfels has shown that we're small but produce great things," said the club's adviser, Helen Noble. "The work my 'Keystoners' have put into this club and community makes me very proud to be

their adviser. They work hard and are dedicated to making a difference."

The club earned gold-level status by being a nationally chartered Keystone Club for the past four years, doing a national Keystone project every chartered year, attending two national Keystone conferences in the United States, serving as organizing committee for the first European Regional Keystone Conference and performing numerous community service projects. Such projects included organizing a Thanksgiving food drive for a nearby orphanage and conducting a community-wide diversity day at School Age Services.

The gold-level recognition comes only four years after the Hohenfels club got its start.

"Congratulations for what you've done," LTC David M. Witty, commander, 282nd BSB, told the four teens as well as about 50 people gathered for the ceremony. "It's really great what you've accomplished. It shows you have a lot of initiative and drive."

Col. Richard M. Jung, commander, 100th ASG, joined Witty in congratulating the teens.

"Being first at anything is always hooah," Jung said. "Being the first in the Army is hooah hooah. I'm just bursting at the seams. This is absolutely awesome."

Jung then asked each of the teens to explain why they had pushed so hard to earn this recognition.

"We wanted to show everybody that even though we are one of the smaller communities, we can make a big difference," said Antonio Burton.

Jose Velez agreed.

"Size doesn't matter as long as you put your mind to it," Velez said.

For Ray Noble, the answer struck a little closer to home. A timid teen just four years ago, Noble is now a public speaking pro, demonstrating his prowess during the Monday afternoon ceremony.

For Christen Noble, being a member of the Keystone Club meant being a role model for other teens. "It's just fun being out in the community, seeing other people and showing other teens what they can do," Noble said.

But they couldn't do it alone. The Keystone members also thanked the Hohenfels Community and Spouses Club as well as the Veterans of Foreign Wars for their monetary support. The financial boost helped them attend the Keystone conferences in the United States.

Each of the teens received coins and certificates of appreciation from the 100th ASG and 282D BSB commanders. Helen Noble, meanwhile, received the same, along with a heavy dose of admiration.

"She has been a role model, leader, mother and friend to the students in the center," Dianely Heredia, a Center of Expertise Associate with the Community and Family Support Center, said of Helen Noble. "For that, I applaud you."



Photo by Heidi Fedak

From left: Ray Noble, Christen Noble, Adviser Helen Noble, Jose Velez and Antonio Burton.



Photo by Heidi Fedak

LTC David M. Witty, commander, 282nd BSB, congratulates Jose Velez, a member of the Hohenfels Tiger Keystone Club.

Fun for Some - Work for Others!

28 Youngsters Enjoy Their Visit to the Nuernberg Zoo

- Tony Adams, Hohenfels CDC

The Hohenfels Child Development Center recently visited the Nuernberg Zoo.

Twenty-eight 3 through 6 year-olds participated in the fun and excitement. Six parents spent real family time with their children.

The providers, along with CYS management, including Andre Terry, CYS chief; Precilla Tolbert, CDC director; and Tony Adams, assistant director, were simply proud of the children that day.

Ms. Tolbert said that "the children carried themselves well." Four groups made their way through the zoo. The young 3 year-olds, struggling to see everything in the time allotted, snuck onto a zoo train ride to outpace the older groups.

The dolphin show was a pleasant experience for everyone, especially when the dolphins talked non-stop, just to get another fish treat. They had good music and sound incorporated into the show.

The CDC has an additional field trip scheduled in August. The trip will be an age-appropriate theme park for children ages 3 to 6.



Children from the Hohenfels Child Development Center enjoy a day at the Nuernberg Zoo recently.

CYS Initiative Supports Professionalism of Staff

Each morning at military installations in the United States and around the world, millions of young children are dropped off at some form of group care. On average, most young children spend 10 to 12 hours each day in some form of group care. There are approximately 11,050 children registered for care in 100th ASG Child and Youth Services programs.

Research shows that children's development thrives in a quality childcare setting with responsive staff who are adequately trained and supported. Research has also proven that when a program delivers quality and developmentally appropriate activities that meet the needs of both the children and their parents, the outcome has a meaningful and lasting positive impact on the lives of these families.

With this in mind, LTC Moore has approved the following Child & Youth Services initiative to support and foster professional excellence through training and

development and recognition of achievements.

From August until October of this year, both Vilseck and Grafenwoehr Child and Youth Services Programs will close for a full day of professional development and recognition. Staff will be trained in areas such as communication, teambuilding, professionalism and ethics as well as complete portions of their required installation trainings such as Fire Suppression Safety, Identifying and Reporting Child Abuse and First Aid and CPR.

The following are dates that each facility will be closed to children and families for Professional Training Day:

- ▶ Vilseck CDC Aug. 9, 2004
- ▶ Grafenwoehr CDC Sept. 3, 2004
- ▶ SAS/Teen/Youth Sports Oct. 8, 2004

For more information, please contact Charlotte Hogan, Acting Chief of Child & Youth Services at 475-3796.

Character Counts in Children's & Youth Sports

Sportsmanship vs. Gamesmanship

- Brenda Braswell, Training & Program Specialist, Hohenfels

The crack of the bat, the splash of the water and the swoosh of the soccer ball ... all sounds of exciting sports events. Because "character counts" in the 100th ASG's Children and Youth Services organizations, it is important that we encourage sportsmanship instead of gamesmanship.

Sportsmanship vs. Gamesmanship

We asked some teens in the 100th ASG what the difference is between these two words.

One teen answered this way: "Gamesmanship means doing whatever it takes to win, including bending the rules, to gain a competitive advantage."

Teens pointed to many examples from professional and collegiate sports that illustrated gamesmanship like the infamous corked bat, frequent NCAA violations, and academic fraud.

Other teens cited examples of athletes who encouraged sportsmanship which, they declared, was "placing the most emphasis on the way that a game is being played."

For example, the Illinois high school quarterback who asked to have his name stricken from the record book when he discovered that the coaches had mutually agreed to let him successfully pass the football for the state record. Because he did not make the passes on his own merit, the quarterback did not want the recognition. Another example cited was that of Luz Long, the German athlete who shared his secret with Jesse Owens on how not to foul on the long jump line. (Jesse Owens went on to win the Gold Medal and Luz Long, the Silver Medal in the 1936 Olympics.)

Our teens and CYS understand ... Sportsmanship means giving 100 percent to the game while holding on to a commitment to integrity, respectfulness and fair play.

Good character is necessary to successfully and honorably meet the challenges faced in sports and life. Here are some quick tips (excerpted from the www.charactercounts.org Web site) for helping young people develop sportsmanship and trustworthiness:

Integrity - Teach children that sports are meaningless without honesty. The point of an athletic contest isn't winning, but winning with honor.

Encourage them to stand up for their beliefs...To follow their conscience...To have the courage to do what is right and to try new things even when it is hard or costly ... To build and guard their reputation.

Honesty - Teach children to be sincere, forthright and candid.

Reliability - To keep their promises ...To honor their word and commitments ...To be dependable ... To do what they're supposed to do.

Loyalty - Teach children what it means to be a good friend...and how important it is to stand by their

teammates (as well as their family, friends, school and country).

Character and Reputation

Character and Reputation ... Our reputation is what other people think we are. Character is what we really are.

Michael Josephson, Josephson Institute of Ethics

AUGUST YOUTH CALENDAR

through Aug. 13	Summer Camp, 8 a.m., Graf SAS
through Aug. 20	Summer Camp, 8 a.m., Hohenfels SAS
Wednesdays	Beginner Summer Reading (5-7 yrs), 11 a.m., Hohenfels Library
Wednesdays	Advanced Summer Reading (8-10 yrs), 3:30 p.m., Hohenfels Library
Fridays	Swimming at Graf pool, 1-3 p.m., Graf Teen Ctr.
2	Registration for part-day Pre-School, Hohenfels CYS
2-6	Basketball Sports Camp (10-12 yrs), 9 a.m., Hohenfels SAS
2-6	Tennis Sports Camp (11-15 yrs), 9 a.m., Hohenfels YS
2-27	Flag Football Sports Camp (8-12 yrs), 1 p.m., Hohenfels Sports
3-6	Bowling Sports Camp (10-12 yrs), 10 a.m., Hohenfels YS
4	Swim Trip, Hohenfels Teen Ctr.
4	Train Ride to Regensburg Mall, 8 a.m., Graf Teen Ctr.
5	Volksmarch, Hohenfels SAS
5	Hip-Hop T-Shirt (8+ yrs), 1 p.m., Graf A&C
7	Basketball Competition, 2 p.m., Graf Teen Ctr.
9-13	Golf Sports Camp (10-12 yrs), 10 a.m., Hohenfels YS
9-13	Racquetball Sports Camp (11-15 yrs), 10 a.m., Hohls YS
9	Cheerleading Camp (3-7 yrs), 5 p.m., Hohenfels YS
10-13	Soccer Sports Camp (6-8 yrs), 3 p.m., Hohenfels YS
11	Teen Sponsorship Program, Hohenfels Teen Ctr.
11	Sinsheim Museum, 8 a.m., Graf Teen Ctr.
11	Weave a Basket (9-11 yrs), 2 p.m., Graf A&C
13	Summer Scrap Booking (7+ yrs), noon, Vilseck A&C
14	Teen Trip to Berlin, Hohenfels Teen Ctr.
14	Teen Trip to Wuerzburg, Hohenfels Teen Ctr.
14	Teen Dance, Vilseck Yesterday's, 8 p.m., Graf Teen Ctr.
14	Back to School Shopping, Graf CDC
16	Bayreuth Sightseeing & Shopping, noon, Graf Teen Ctr.
17-20	Soccer Sports Camp (9-11 yrs), 3 p.m., Hohenfels YS
18	Hof Snake Farm & Flossenburg stop, Graf Teen Ctr.
18	Kids Crocheting (7+ yrs), noon, Vilseck A&C
19	Bostal See Teen Camping Trip, Hohenfels Teen Ctr.
20	Cultural Celebration, 4 p.m., Graf Teen Ctr.
20	Junior Golf Clinic, 3 p.m., Vilseck Golf Club
20-22	Screen Printing for Teens (12-16 yrs), 3 p.m., Graf A&C
23	Local Sightseeing & Shopping, noon, Graf Teen Ctr.
23-27	Volleyball Sports Camp (11-15 yrs), 9 a.m. Hohenfels YS
24-27	Soccer Sports Camp (12-15 yrs), 3 p.m., Hohenfels YS
25	Shopping Trip, Hohenfels Teen Ctr.
27	Junior Golf Championship, 3 p.m., Vilseck Golf Club
28	Seventh Grade Lock-In, Hohenfels Teen Ctr.
28	Holiday Park Trip, 5 a.m., Graf Teen Ctr.

German-American Kids Enjoy "Chillin' In the Hood"

Students Learn Different Language & Customs

- Brianna Billings and Aaron Brandt

We are two students from Camp Adventure at the University of Northern Iowa here in Germany working with children for the summer. Shortly after arrival, we were informed that we would be assisting with a program called Chillin'. Coming into this experience, we had no clue what the program Chillin' was all about. We learned through past experience that Chillin' is a program designed to join forces between German and American children. It was then up to us to gather what resources we could to make this program a continual success.

The biggest challenge that we faced and overcame was the language barrier. It is very difficult to explain the rules of a game, an activity, or even just converse with them if we don't speak their language. To overcome this, we used many gestures and attempted to explain ourselves by demonstrating what we wanted. Luckily, there was another means of communication: many of the children there spoke both English and German. During the two hours of Chillin', the two of us attempted to play baseball, Frisbee, tag, bean-bag toss, and various hand-ball activities.

We found out that baseball and football are not common activities in German culture, so they had a lot



Children are enjoying their Chillin' day in the Hood.

of fun learning and playing these. The children were very hesitant to play baseball, because they didn't know how. That was different for us, since none of them even knew how to hold the baseball bat. When attempting to play football, we were also faced with the cultural challenges of understanding the game. One simple way to help teach them was to draw a hand on the football to show them exactly where their hand should be located when throwing it.

The first day of Chillin' was a fun-filled day and to wrap it all up, we were even invited to attend our first Brotzeit. The whole experience was very extreme for us in that the food was all very different than what we are used to. It is too bad that we never had an opportunity like this when we were younger.

We are proud to be able to be a part of Chillin'.

Camp Adventure Counselors Are Building America's Future

Learning About the Military and Visiting Europe - Part of Their Adventure

- Heidi Fedak



Camp Adventure in the 100th ASG is the highlight of every summer for counselors and youth alike. Counselors have an opportunity to experience new cultures and different countries while earning summer money. Learning about the military is a unique by-product of their activities in Grafenwoehr, Hohenfels and Vilseck. Counselors return to their stateside employment or university work with a valuable sense of the lives of those of us who live here.

The University of Northern Iowa's Camp Adventure Youth Services program provides an extraordinary opportunity for university and college-age students to participate in a worthwhile and valuable service learning experience in this not-for-profit, educational organization. The program provides a wide array of opportunities to serve children and youth, integrate theory with practice, develop new knowledge and skills and competencies.

Camp Adventure Youth Services program is noted for its dynamism, zest, energy, and enthusiasm, as well as commitment to quality and excellence.



Photo by Sue Bluhm

Used to be, Sarah Smith woke up to the sound of a blaring alarm clock. These days, it's a little bit different. Now, Smith usually rises to the sounds of helicopters slicing through the air or boots marching past her bedroom window. It's all part of Smith's new life as a 21-year-old college student spending the summer in Hohenfels as part of the Camp Adventure program. Smith is one of two counselors at the 282nd Base Support Battalion and one of eight on duty in the 1000th ASG.

The summer program sends camp counselors from colleges throughout the United States to Youth Services activities in the States and Germany. They perform skits, write songs and develop programs to entertain children throughout the 10 weeks of summer.

They're all here for one reason: to help build America's future.

"I wanted to do this, so that I can make a difference in children's lives," said Lyle Lipe, a student at Washington State University spending his summer in Grafenwoehr.

Although they learn a lot about working with children before they arrive (they work in teams developing skits, songs and activities), they're left to their own devices when it comes to the military.

"I was pretty much clueless when I came here," said Holly Niese, a 21-year-old University of Toledo student majoring in physical therapy and Smith's roommate.

Despite that, the students quickly learn what it takes to make a soldier tick: duty, honor, country along with strong doses of flexibility and dedication. The same holds true for their families.

"I have learned that the military life is hard because

there are a lot of separations," said Cari Peck, a student at the University of Oregon and one of three counselors working in Grafenwoehr. "It takes flexibility and dedication. The military is difficult and challenging."

Annie Sullivan, a fellow Graf counselor, agreed. "I learned that the military is very disciplined, resulting in long hours and obvious hard work," said Sullivan, a student at the University of Northern Iowa, Camp Adventure's World Headquarters. "That has created some of the strongest men and women I have ever seen physically as well as emotionally."

The soldiers aren't the only ones putting in extra hours. All eight students have been toiling with teens, tweens and tots as part of the program. They've realized that although they don't don the Army's green uniform, they, too, can make a difference in the lives of soldiers and their families.

"Even civilians can help support our country in time of need," said Brian Pauly, a University of Iowa student working in Vilseck.

During the 10 weeks, the counselors learned just as much about themselves as they have about the children.

For example, Niese discovered that it takes time to get teen-agers to open up and talk.

"It comes with getting to know them," she said. Smith, a student at Bowling Green State University in Ohio, discovered that working with children is a bigger challenge than she anticipated.

"It's definitely not what I expected," Smith, a future psychologist, said. "It's very challenging with the kids. Basically, it's all about what the kids want to do and keeping the kids happy. It's challenging, but it's not that hard to get used to."

Collin Brooks, a student at Oregon State University who's spending his summer in Vilseck, has gained practical career tips that he expects to use when he becomes a teacher.

"I have gained patience and experience that I will be able to use for the rest of my life with children," he said.

Pauly echoed that sentiment.

"I have gained positive ways to interact with children and my peers," he said.

Although they all came for different reasons, they're leaving with common experiences and some amazing memories.

All of them have been able to travel during their European stint. Paris, France, tops the list of vacation destinations with Pauly, Sullivan, Smith and Niese all making stops there during their stay. The students have also visited Munich, Nuernberg, Salzburg, Amberg, Heidelberg, and Italy.

And Leslie Bixel, a student at Western Oregon University working in Vilseck, is leaving with something even greater than memories and souvenirs.

"This has given me a sense of pride for my country," Bixel said.



Photo by Marcie Bennett

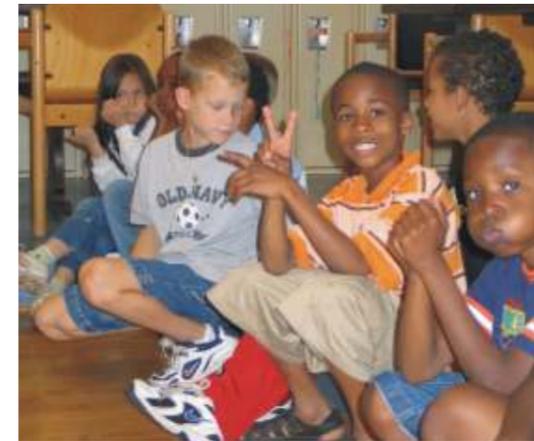


Photo by Sue Bluhm



Photo by Michael Fugate



Photo by Sue Bluhm



Photo by Sue Bluhm

South Beach Diet Specials Are Yours for Lunch

August Menus Will Help You Lose Weight

- Kathy Heater

Tower View Restaurant and Conference Center August Special Lunches

Introducing the South Beach Diet Specials Recipes have been taken from the "The South Beach Diet Book" by Arthur Agatston, M.D. The South Beach Diet is not low-carb nor is it low-fat. The South Beach Diet teaches you to rely on the right carbs without the bad carbs and bad fats. As a result, the author promises you that you will get healthy and lose weight - somewhere between 8 and 13 pounds in two weeks. Get with the program!

South Beach Shrimp Salad \$6.50

Salad consists of salad shrimp, chopped green and red bell peppers, artichoke hearts, pimiento-stuffed olives, mixed greens, hard-cooked eggs and tomatoes tossed in extra-virgin olive oil, wine vinegar, Dijon mustard, salt and ground black pepper.

Nutrition at a Glance - Per serving: 376 calories, 22 g protein, 15 g carbohydrates, 17 g fat, 2 g saturated fats, 710 mg sodium, 71 mg cholesterol, 6 g fiber.

Greek Salad with Grilled Chicken Breast \$6.50

Salad consists of a peeled, seeded and sliced cucumber, chopped tomato, sliced red onion and feta cheese tossed in extra-virgin olive oil, lemon juice, salt and oregano.

Nutrition at a Glance - Per serving: 501 calories, 22 g protein, 25 g carbohydrates, 38 g fat, 10 g saturated fats, 2300 mg sodium, 30 mg cholesterol, 6 g fiber.

Couscous Salad with Spicy Yogurt Dressing \$6.50

Salad consists of couscous, raisins, chickpeas, chopped red and green bell peppers, fresh cilantro, scallions and lemon tossed in a spicy yogurt dressing.

Nutrition at a Glance - Per serving: 393 calories, 12 g protein, 69 g carbohydrates, 9 g fat, 1 g saturated fats, 31 mg sodium, 1 mg cholesterol, 8 g fiber.



Tuna, Cucumber, and Red Pepper Salad with Lemony Dill Dressing \$6.50

Nutrition at a Glance - Per serving: 282 calories, 24 g protein, 9 g carbohydrates, 17 g fat, 3 g saturated fats, 640 mg sodium, 39 mg cholesterol, 2 g fiber.

Salad Nicoise \$6.50

Salad consists of green beans, tomato wedges, green bell pepper, cucumber, anchovies, black olives, tuna, water chestnuts, hard-cooked eggs and mixed greens tossed in extra-virgin olive oil, white wine vinegar, garlic, salt, pepper and parsley.

Nutrition at a Glance - Per serving: 405 calories, 26 g protein, 14 g carbohydrates, 27 g fat, 5 g saturated fats, 1010 mg sodium, 240 mg cholesterol, 4 g fiber.

Come to the Tower View for breakfast or lunch and enjoy a quick get-away. The relaxing atmosphere is just the touch you need to regenerate you for the rest of the day. Lunch offers a hearty special of the day, a variety of great sandwiches, a soup of the day and a salad bar. Call ahead for take-out orders. DSN 475-6200 or Civ 09641-83-6200.

Breakfast	Monday-Friday, 6:30- 9 a.m.
Lunch	Monday-Friday, 11:30 a.m.-1:30 p.m.
	Saturday & Sunday, Closed
	American Holidays, Closed



Sports Bar Atmosphere and Game Zone

Hohenfels Great Escape's New Direction

- Jamie Shallish, Manager, Great Escape

The Great Escape is getting an overhaul.

During a grand opening celebration on Sept. 10, the facility will re-open as The Zone, featuring a sports-bar atmosphere and game-zone environment. New electronic games and nearly a dozen new televisions will be installed, converting the restaurant/club into an incredible new environment!

Beginning Friday, Sept. 10, The Zone will be open from 4-9 p.m. Thursday and Friday, 2-11 p.m. Saturday, and 1 to 6 p.m. Sunday. Until Sept. 10, the Great Escape will be open from 11 a.m. to 2 p.m. Fridays for grill party lunches and from 4:30 to 6:30 p.m. for dinner.

Once The Zone opens, private parties as well as on- and off-site catering will still be available for everyone.

Also, the world famous Sam's Rib Shack is open in Albertshof, and all of those menu items will also be available at The Zone. Care for catfish, fried chicken or BBQ ribs? Come to The Zone. Our sides are potato salad, greens, dirty rice, corn on the cob, cornbread and pasta salad. Don't care for meat? Well, we make a beautiful chef's salad, Atkins' salad or try our vegetarian wraps. Take-out orders are always welcome. Drop by on Fridays for our Grill Parties from 11 a.m. to 2 p.m.

The Zone will be here for all your needs, whether it's a family outing or a get-together with your co-workers. Fun and entertainment are waiting for you at The Zone. For all of you who are new, we look forward to meeting and serving you. Welcome to Hohenfels! Please come see our new programs and what we have for you.

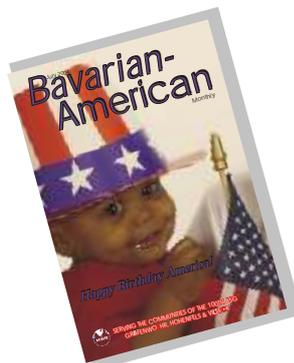
For more information, please call The Zone at 466-2000.

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



"Busted Amber" Wins!

100th ASG Battle of the Bands

- Heidi Fedak

Despite its title, there was nothing wrong with this band.

In fact, "Busted Amber" was anything but, taking top honors at the 100th ASG Battle of the Bands competition in Hohenfels July 10.

The three-member band trounced two others to be named the top talent in the 100th ASG.

Busted Amber comprises PFC James Cameron Hall, lead singer; PFC Aaron Vascimini, bass; and PFC Jed Martin, drums.

The group had been together just two months before taking the stage for their three-song set during the July 10 competition.

"It's awesome," Hall said of the group's win. "The band worked really, really hard. We played the same three songs for three hours straight and then we would take a break. It was a very structured practice. We didn't let ourselves waiver. We practiced the same three songs over, and over, and over."

With Busted Amber taking the top spot, Black Box 60 was forced into second place with Shadowbox sliding into third. Blank Dice, the only youth band to enter the competition, took first place in the youth category.

It was an odd twist of fate that brought Busted Amber together. Vascimini, a Viper, and Martin, who works in Grafenwoehr, met through Martin's wife, also a Viper. They started practicing together at the Community Activities Center. Pretty soon, artistic differences erupted, and the group was left without a lead singer. That's when Hall, who works at the CAC as the Hohenfels BOSS president, stepped in.



"Cameron brought out his guitar and just started jamming," Vascimini said. "Cameron has a really good voice, and since I play bass, we kind of put down our guitars and took our respective spots in Busted Amber."

Hall performed equally well in the Stars of Tomorrow Competition where he took first place for instrumental solo (guitar) and second place for solo self-accompanied.

"It's amazing," Hall said. "Each time before I win, it just seems so odd, so weird that I got it. It just doesn't seem possible that I'm getting recognition for something I created with the help of my band. In my head, it's just something I'm doing for my hobby. It's pretty exciting."

Jamie Shallish, who took first place for both female vocal solo and a duet with Ralph Samuel, echoed Hall's sentiments.

"Actually, it was a tremendous surprise," said Shallish of her fourth Stars of Tomorrow win in as many years. "I thought three years in a row was good, but four was amazing."

Both Hall and Shallish are self-taught performers, who've never taken a professional lesson. Shallish, who is the manager of the Great Escape in Hohenfels, has been singing for the past 40 years. Hall, meanwhile, is relatively new to the music scene. He started playing guitar in 2000.

The first and second place winners in both competitions will head to the U.S. Army Europe competition set for July 21-22 in Ansbach.

August 21, 2004

1000-1700 hrs

Gasthof Zum Hirschen

Markplatz 4

Vilseck

To reserve your spot or
for more information about

Creative Memories

contact:

Kerry Casey at 0160 9145 4168

Robin Fowler at 09664 953 420

Do you have supplies that you don't use?
Bring them along to swap with others
or to donate to a local Girl Scout troop



Car Show & Block Party

- Tammy Weightman

If you missed the B.O.S.S. Car Show and Block Party on June 19 in front of Yesterday's Club in Vilseck, you missed June's most talked about event. More than 40 vehicles registered for the Car Display Competition, and 26 of the participants were bold enough to enter the "Sound Off" competition. Thanks to numerous supporters and donations, many participants walked away winners. Prizes included a Kenwood Car stereo, one \$50 and five \$20 gift certificates plus an array of coupons.

B.O.S.S would like to say "Thank you" to all the community members, B.O.S.S representatives, MWR and the following for donations: AAFES Power Zone, Tumbleweed Restaurant, Detail Plus, Auto Crafts, Bowling Center, Cybernet Cafe and ODR.



Inobe
www.inobe.com

Date	Aug 4	Aug 5
Time	2000	1930
Place	Vilseck Yesterday's Club	Hohenfels Great Escape

CDs Available at:
www.cdstore.com
www.cdstreet.com
www.twoerrecords.com

MWR AVE

Tournament

Softball

409th BSB Sports
3-5 September, 2004
Grafenwoehr, Germany

12 Team Limit
\$200 Entry Fee
Sign-Up Deadline
20 Aug

MWR

Col. Grafenwoehr Field House DSN: 475-8361/6426
Vilseck Sports Office DSN: 476-2998/2214

Arrive Alive!

Assign a Designated Driver

- Steve Vojtecky, School Liaison Officer

I was a police officer for quite awhile and had far too much experience with traffic accident investigation, driving while intoxicated arrests and death notification. Every cop has lots of DUI (driving under the influence) stories. Here are a couple of mine.

One of my first experiences in patrol was going to a fatal accident involving a young lady who died when her truck, traveling at 83 mph, crashed into an oncoming semi traveling at about 65 mph. As you can imagine, the results were devastating. The truck speedometer was crushed at a reading of 83 mph; the truck was compacted to about half its original length.

My investigation of what happened showed she had left work, spent most of the evening drinking and then headed home to her two children. She made a lot of bad choices that night, but her fatal error was when she went to drink, she had made no plan to get home. She gave no thought to calling a friend, taking a cab, or using a designated driver. Her fatal decision was not planning the way home first. The problem with making this decision is that after drinking, a good decision is hard to make. The alcohol affects everyone immediately; the first thing affected is judgement. So it is best to decide before drinking, what to do to get home. Designate a driver; call a cab or a friend; sleep over ... anything but driving.

As a patrol sergeant for about three years, my job was to respond to all fatal accidents, make sure the investigation was going well, and make the death notification. I made many death notifications. Most of the accidents involved drinking. In all cases, the drivers made decisions about getting home after they had started drinking. Those fatal decisions meant they never got home. They decided at the end of the night what should have been decided at the start. They forfeited their lives and the lives of others.

My favorite DUI story. At about 1 a.m. on a Friday night, a car speeds by me. I get behind it and pull the car over. There are five young males in the vehicle. I approach the car; the driver rolls down the window. A strong odor of alcohol floats out the window. Driver says, "It's okay; I'm the designated driver." As it turned out, he was right; it was okay. I had him get out of the vehicle. I gave him some field sobriety tests. Very quickly it was obvious he was the sober driver. Everyone else in the car was very happy and very drunk and wearing their seat belts. I didn't even issue a speeding ticket. I wished them well. They went home safe. I went home happy.

Not sure you guessed it, but the five males were from a nearby military base. They drank responsibly and planned the way home at the start of the evening. My wish is that you all will plan your way home at the start of the night. Drive Safely, Plan Ahead, Wear Seat Belts, Slow Down, Be Careful Out There. Arrive Alive!!

Free Time Calendar

30 Jul-1 Aug
German/American Volksfest Graf/11 a.m.-Midnight

4, 11 & 25 Aug
9 Patch Paw TableRunner Graf Arts & Crafts/10 a.m.-Noon

12-13 Aug
Summer Fun G/V ACS/7:30 a.m.-5 p.m.

13-15 Aug
Downtime Days Vilseck LBC

4, Wednesday
Inobe - AFE Free Show Vilseck Yesterday's Club/8 p.m.

5, Thursday
SNAP National Night Out Hohenfels
Inobe - AFE Free Show Hohenfels Great Escape/7:30 p.m.
Thursday Night Scramble Vilseck Golf Club

7, Saturday
Nuernberg Floh Market Graf Arts & Crafts/Libraries

10, Tuesday
Polish Pottery Wreath Vilseck Arts & Crafts/5-8 p.m.
Poland Cultural Morning Graf Library 10 a.m.-Noon
FRG Meeting Bingo Vilseck LBC

14, Saturday
Nuernberg Floh market Graf Arts & Crafts/Libraries

15, Sunday
Mega Bingo Vilseck LBC

18, Wednesday
SNAP National Night Out Graf
Basic Framing Hohenfels Arts & Crafts/1 p.m.

19, Thursday
Thursday Night Scramble Vilseck Golf Club

20, Friday
SNAP National Night Out Vilseck

21, Saturday
Handicap Tournament Vilseck Golf Club
Gourmet Italian Day Graf Arts & Crafts/10 a.m.-6 p.m.
Spades Tournament Vilseck LBC

22, Sunday
Nuernberg Floh Market Graf Arts & Crafts/Libraries

26, Thursday
Thursday Night Scramble Vilseck Golf Club
Community Health Fair Hohenfels CAC

27, Friday
Mighty Moe Bingo Hohenfels CAC/6:30 p.m.

29, Sunday
Mega Bingo Vilseck LBC
Neurnberg Floh Market Graf Arts & Crafts/Libraries

For all on going events, please contact the facilities.

MWR FOR ALL OF YOUR LIFE

2004 Women's Equality Day

Luncheon

Graf Tower View Restaurant

Guest Speaker: LTC Madeline T. Bondy
Provost Marshal, 100th ASG Grafenwoehr
Aug. 26, 11:30 a.m.-1 p.m.

Dress: BDU

Cost: \$10

Ticket Sales now through Aug. 18. EO

Contacts: 475-7215, 475-8038

In honor of Women's Equality Day, the 409th BSB Special Emphasis Program Committee is sponsoring a Rosie the Riveter "We Can Do It" Workshop. The workshop will be held immediately after the Women's Equality Day Luncheon in Graf on Aug. 26.

"We Can Do It" Workshop

Graf Tower View Restaurant

Aug. 26, 2-3 p.m.

The workshop will include senior leaders providing helpful tips and information on reaching your career goals. Topics of discussion will include:

Learning how to enhance your military and civilian center

Having a mentor "Who & How"

Balancing career and family

Educational opportunities

Getting on the "Fast Track to Success"

This is a professional forum to continue the advancement of women's rights and opportunity.

POC for this event is Ms. Flowers, 476-2368 or Marcia.flowers@us.army.mil;

Luncheon

Hohenfels Great Escape

Guest Speaker: CSM Teresa V. King,
Installation Management Agency, Europe
Region

Aug. 26, 11:30 a.m.-1 p.m.

Dress: BDU

Cost: To be announced

For more information or to make a reservation, contact Hohenfels EO/EEO at 466-4426/2440/4102.

Bowling

Grafenwoehr Bowling:

14 Aug
"Cosmic Sock Hop Party" 8 p.m.- Midnight
Best of '50s-'60s

15 Aug
40 Frame Game 10:45 a.m. Sign Up
Entry Fee \$15
Cash payouts based on entries

Special Note:

The Pro Shop in Vilseck will reopen Aug. 4 as a combined Bowling and Golf Pro Shop.

New hours are as follows:

Wed	11 a.m.-6 p.m.
Thu	3:30-6 p.m.
Fri	11 a.m.-6 p.m.
Sat	11 a.m.-4 p.m.

Vilseck Bowling:

7 Aug
"COSMIC Bumper Low Score T'ment" 7 p.m.
Entry Fee \$12. Cash Payouts based on entries
The lowest score wins, but the bumpers are up.

21 Aug
"70s Cosmic Party Night" 7 p.m.
Contest for the widest Bell Bottoms

27 Aug
"Adult Party" 11 p.m.- 2 a.m.

Hohenfels Bowling:

1-31 Aug
Every Friday 11 a.m.-1 p.m.
Frequent Bowlers bowl for free

Sign up for the Lane 17 Frequent Bowler card and earn discounts on every game you bowl as well as purchases at the Lane 17 Snack Bar (excluding alcoholic beverages). Frequent bowlers can also take advantage of the following:

- The first and third Thursday of each month: 5-7 p.m. Frequent Bowler Appreciation Time: All Frequent Bowlers Pay just 50 cents for games and receive complimentary upgrades on snack-bar purchases.
- Every Wednesday: All Frequent Bowler games count double (toward your next Frequent Bowler level)!

Also, anyone can earn Bowling Bucks. Stop by the Lane 17 Snack Bar. For each purchase of \$5, you earn one Bowling Buck worth \$5 in Bowling Buck Land! You can purchase items in Bowling Buck Land or save your bucks and use them during the auction in September. Keep an eye out for details.

Monday - Friday	Hohenfels Lane 17/11 a.m.-2 p.m.
Duty Bowl Special	Graf Bowling Ctr/11-midnight
Midnight Madness	
Sundays	
Family Day	Graf Bowling Ctr/11 a.m.-7 p.m.
Family Day	Vilseck Bowling Ctr/11 a.m.-6 p.m.
'80s 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 p.m.-Midnight
Special	Vilseck Bowling Ctr/11 a.m.-9:30 p.m.
Women's League	Vilseck Bowling Ctr/6:30 p.m.
Frequent Bowler Games Count Double	Hohenfels Lane 17
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

For more information, please call:

Grafenwoehr Bowling Ctr 475-6177

Hohenfels Lane 17 466-4611

Vilseck Bowling Ctr 476-2576

ITR Trips

ITR Trips from Graf and Vilseck

Playmobil Amusement Park

Aug. 1
Enjoy a day out with the whole family.
\$20/person (park entry fee not included)
Departs: Vilseck 7 a.m., Graf 7:30 a.m.

Sibyllenbad Spa

Aug. 3
Come and enjoy ladies' day at the spa. The spa offers a variety of treatments and activities.
\$5/person
Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Space Center Trip

Aug. 6-9
Let us take you to Bremen. This trip includes three overnights, breakfast, one-day entry to the new Space Center, one-day river boat cruise.
\$280/adult, \$200/child
Departs: Aug. 6 Vilseck 4 p.m., Graf 4:30 p.m.
See page 39 for more information!

Karlovy-Vary (Czech Republic Passport required)

Aug. 7
Visit the enchanting Czech city. Try the water, stroll along the river and shop till you drop.
\$20/person
Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Prague (Czech Republic Passport required)

Aug. 8
Our day trip to Czech's capital includes a city tour. Bring the camera for all of the great photo opportunities!
\$35/person
Departs: Vilseck 4:30 a.m., Graf 5 a.m.

Shopping Day Trip

Aug. 10
Spend the day at a local shopping area.
\$5/person
Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Berlin

Aug. 14
We will take you on a three-hour city tour to all the city's historic sites. Then you will be free to enjoy time on your own.
\$45/person
Departs: Vilseck 3 a.m., Graf 3:30 a.m.

German National Museum

Aug. 15
Come to this historic museum in Munich.
\$20/person
Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Hiking Day

Aug. 17
Want to burn calories while enjoying the German countryside? Let ODR lead you on a vigorous outing.
\$5/person
Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Poland (Passport required)

Aug. 21
This popular trip allows you to purchase famous Polish pottery at the factories!
\$45/person
Departs: Vilseck at midnight, Graf at 12:30 a.m.

Freizeitland-Geiselwind Amusement Park

Aug. 22
This traditional amusement park offers the family a day of rides and shows. Park entry fee not included.
\$20/person
Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Munich Zoo

Aug. 28
Great for the kids and enjoyable for adults, too! Zoo entry fee not included.
\$20/person
Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Three Castle Trip

Aug. 29
Trip includes a stop at the famous Neuschwanstein Castle. Participants can also see Hohenschwangau und Linderhof. Castle entry fee is not included.
\$35/person
Departs: Vilseck 4 a.m., Graf 4:30 a.m.

Family Hiking Day

Aug. 29
We'll take you to a child-friendly hiking destination for a day out.
\$10/person
Departs: Vilseck 7:30 a.m., Graf 8 a.m.

Hohenfels Trips

Italy

Aug. 7
Visit the hot Italian shopping spots.
\$100/person
Departs: Hohenfels Chapel parking lot, 9:30 p.m.

Europa Park

Aug. 14
Shrug off your cares and let your hair down at one of the area's best amusement parks.
\$60/person
Departs: Hohenfels Chapel parking lot at 4 a.m.

Dachau

Aug. 21
Tour a former concentration camp.
\$25/person
Departs: Hohenfels Chapel parking lot at 8 a.m.

Karlovy Vary

Aug. 28
Relax in the spa or tour the city. The choice is yours.
\$40/person
Departs: Hohenfels Chapel parking lot at 6 a.m.

For more information on ITR trips, call Graf 475-7402, Hohenfels 466-2060 or 466-2225, Vilseck 476-2360 or 2295.

Bon Giorno!

Come join us as we take a gourmet trip through Italy



*Tour a Balsamic vinegar
factory and olive grove.
Shop in Nove for porcelain.
Dine in style at a winery.
Explore the streets of Venice.
Visit the Il Rotondo Museum.*

3-6 September

For more information, call ITR at 475-7402 or 476-2360

DESIGNED & PRODUCED BY THE 100TH ASG MARKETING DIVISION

MWR Outdoor Rec

Experience Space Travel At Space Center Bremen

Lift off on the Space Shot, speed through the universe on a virtual reality roller coaster, encounter alien creatures in a simulator. When the gates opened for the Grand Opening in Space Center Bremen on 1 Feb. 12, 2004, a dream became reality. In Bremen, Europe's most important location for aeronautics and space travel, the Space Center is Europe's largest indoor adventure park hosting guests in more than 22,000 square meters with unique attractions and entertainment on the theme of space travel and adventure in the universe. Making its world premiere is Stargate SG-3000, where guests are immersed in the fascinating world of the TV series Stargate SG-1, experiencing a leap through the dimension gate in a high-tech simulator. Unique in Europe is Star Trek Borg Encounter, a realization of the successful TV series, Star Trek: Voyager. In this 4D action theatre, a fantastic adventure unfolds with special effects that can really be felt and are guaranteed to provide for goose bumps when the scary Borg are encountered. Other highlights at Space Center include the Ariane 4 carrier rocket, the Galaxie Express indoor roller coaster and Planet Quest, traveling to a strange new world. In the Cosmosphere, guests find themselves in a continuum of space and time, and on Moon Base One, they view the earth from the desolate landscape of the moon. Or, they can enjoy gigantic cinematic experiences in the IMAX Space Center Theater.



Lift off on the Space shot, speed through the universe on a virtual reality roller coaster...

SPACE CENTER

IM SPACE PARK BREMEN

6-9 Aug

For more information, contact
ITR
475-7402 or 476-2360

DESIGNED AND PRODUCED BY THE 100TH ASG MARKETING OFFICE



KAYAKING:

Kayak Tour on the Regen River

Aug. 28-29

Come with us on a two-day kayak excursion down the "Regen River."

Cost is \$100/person, which includes transportation, camping fee and gear.

HIKING:

Hiking Tour at Lake Königsee

Aug. 13-15

Hut-hopping tour through the gorgeous mountains near Lake Königsee. We hike to "Hohen Breit Mountain," stay in a mountain hut overnight and continue the next day to "Hoher Göll Mountain" before returning to the bus.

Cost is \$159 and includes transportation, two overnights with breakfast, and a guided tour.

Departs Vilseck at 4 p.m. Minimum participation: 6

Klettersteig Hiking

Aug. 21

Join us on a hiking and climbing excursion on a nearby Klettersteig and challenge your skills.

Cost is \$20/person, which includes transportation and a guided tour.

Departs Graf 9 a.m., Vilseck 9:30 a.m.

Lake Garda Hiking Weekend

Oct. 8-11

Come with us to Italy to hike "Monte Baldo" on Saturday and on a sightseeing tour around Lake Garda on Sunday.

Test the new wine and enjoy original Italian food.

Cost is \$189/person, which includes transportation, three overnights with breakfast and dinner, guided tours and a lift card.

Departs Graf at 10:30 a.m., Vilseck 11 a.m. Minimum participation: 6

Sign up by Oct. 1.

ROCK-CLIMBING:

We will set up our 40-foot climbing wall every Tuesday at the GTA ODR parking lot and every Wednesday at the Vilseck ODR parking lot.

MOUNTAIN BIKE RIDING

Every Thursday, we will organize an evening mountain bike tour to different local bike trails. We start at 4 p.m. in Graf and at 4:30 p.m. in Vilseck.

Cost is \$5/person, which includes transportation and a guided tour.

Bike Trip to Vienna

Aug. 6-9

Join us on a four-day bike tour along the "Danube River" from Passau to Vienna.

Cost is \$250/person, which includes transportation, three overnights, train fare and a guided tour.

Departs Graf at 5 a.m.

100th ASG Mountain Bike Race

Sept. 12 (see page 8)

Continued on page 40

Continued from page 39

PAINTBALL:

Paintball - Every Thursday morning "Sergeants Time" Paintball. Other dates are also available; contact ODR from more details.

Walk-on Woodland Paintball
(behind vehicle inspection in Graf)
Aug. 8, 10 a.m.

Cost is \$7 field fee (with own equipment), \$15 (with rented equipment)

100th ASG Woodland Paintball
Sept. 4 - Vilseck
Entry fee is \$30 per team.

FISHING:

Waters in the BSB

There are more than 14 lakes and streams in the 409th BSB area. These waters are stocked with a variety of fish including pike, walleye, eel, perch, catfish, carp, whitefish and all types of trout.

Fishing Course: Aug. 9-15

Why take the course? By German law, the class is required to receive a fishing license. The class will teach you the local and state regulations. Don't forget that people caught fishing without a license are fined and are subject to UCMJ.

Events:

Aug. 8: Dickhaeuter Lake (Graf) 5:30-10:30 a.m.

Sep. 12: Sand Holes (Graf) 6-11 a.m.

Oct. 17: Annual Pike event at Big Mike Lake (Vilseck), 8 a.m.-3 p.m.

Kids' Fishing Program

In conjunction with the Graf Teen Center, the fishing coordinator hosts a youth fishing program. Anyone who is interested in participating must register at the Teen Center. The classes/events are offered the last Friday of each month. Participants in this program do not need equipment; ODR will provide it as needed.

Aug. 27

Sep. 24

Oct. 29

SCUBA Trips:

Local Dive Trip to Lake Steinberg
Evenings and weekends

Cost is \$20/person, which includes two tanks, equipment and transportation.

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.

Cost:

Divers: \$409/ person, which includes transportation, three overnights with breakfast and dinner in a three-star beach hotel, diving permit, five boat dives,

SCUBA equipment for half price ((Wreck, night, and cavern diving only for advanced divers).

Non-divers: \$249/person

Children 8-12: \$189/child

Departs Graf 9 p.m., Vilseck 9:30 p.m.

Sign up by Aug. 15!

Graf ODR

Monday, Tuesday, Thursday, Friday 11 a.m.-6 p.m.

Closed on Wednesday, Saturday, Sunday and American Holidays

Bldg. 600

Tel: 475-7402 or 09641-83-7402

Hohenfels ODR

Monday, Tuesday, Thursday and Friday: 12:30-5:30 p.m.

Wednesday, Saturday, Sunday and American Holidays:

Closed

Bldg. H-15

Tel: 466-2060 or 09472-83-2060

Vilseck ODR

Vilseck: Monday Friday 11 a.m.-5:30 p.m.

Bldg. 2236

Tel: 476-2563 or 09662-83-2563

HIGH ROPES ADVENTURE TRAINING (GRAF ODR):

What is the Ropes Course?

The Ropes Course (Hochseilgarten) is a series of elements used to help individuals and groups work better as a team, improve their communication skills within groups, and build confidence in individuals. The Ropes Course is designed and constructed to offer any combination of at least 25 elements, which can be divided into four groups:

- Initiative elements
- Low elements
- High elements
- Climbing towers

A high level of safety is ensured at all times. Facilitators will ensure the quests given match the capabilities of the group.

This type of training is unique and only offered at a few locations. Military units as well as civilian organizations or groups may use it.

The Ropes Course can be used for individuals and presents the same challenges as rock climbing. This programming option addresses the same objectives as the group initiatives:

- Enhancing self-esteem while promoting physical fitness
- Encouraging adventure, risk-taking and attempting the unusual
- Encouraging people to simply try their best
- Serving as a metaphor for discussing lessons learned (trust, communication, teamwork failure etc.).

Cost: \$500 per group of 10 (minimum); \$35 for each additional person.



AOVE

*Visit one of the numerous "Bergfests" and better understand a part of German Culture.
An event for the entire family!*

- Waltraud Lobenhofer, Dr. Klaus Zeitler, Kirsten Jahn

Most of the Bergfests are religious feasts with old traditions. They always take place at a church on a hill. The Bergfests mostly originate from pilgrimages. On certain days, such as holidays dedicated to the Virgin Mother Mary, people made a pilgrimage there for church services. Because of the large amount of people and the long distances they came, the believers needed to have some food and beverages.

Today, the Bergfests are still connected to religious traditions. A short church service initiates the Bergfest. There is no music and no entertainment, no carnival rides or other entertainment. Nevertheless, the Bergfests are still very popular for young and old people. You are able to relax and enjoy the delicious Bavarian culinary specialities outdoors in a beautiful meadow or in one of the fest tents. Because of its religious background, there is no specific entertainment for children. Still, kids of every age are very welcome.

Bring your friends along and enjoy the fest even more.

Aug. 1-2

Schnaittenbach

Buchbergfest

Aug. 7-15

Hahnbach

Frohnbergfest

(im Norden von Hahnbach; Richtung Sulzbach Rosenberg; not the B 299)

Sep. 5-12

Gebenbach

Mausbergfestwoche

(turn off the B299 towards Mausberg)

Sep. 11-19

Vilseck

Bergfest Pfarrei St. Ägidius, Kreuzberg

(between Schlicht and Hahnbach; north of Hohenzant)

Frohnberg



Boatride and Bergfest with ODR

Aug. 7, 9 a.m.

Charming landscape and intact nature are waiting for you, if you paddle on a small wooden flat boat, called a "Zille," along the Vils River. The boating to Kuemmersbuch takes about one hour. The tour continues by foot to the Frohnberg, where a traditional Bavarian Bergfest with bratwurst and beer awaits you. From there, a bus will take you back to Vilseck.

Maximum participation: 15 people

Costs: 10€

(including transportation back to your starting position)

Registration: ODR-Vilseck 476-2563

Rolling Hills, Green Forests & Vertical Rock Formations

Neukirchen bei Sulzbach-Rosenberg



To the west of our district is an area of particular attraction. Located between rolling hills that are covered with extensive forests broken up by steep vertical rock formations lies the village of Neukirchen.

Its history goes back in time to 500 B.C., although this, unfortunately, is not documented. There is a circular rampart round the "Hartenfels," which probably dates from this time, and the outlines of this can still be seen clearly today.

More is known about the 13th century when the market town of Neukirchen belonged to the lords of Rupprechtstein and was closely tied to their history. At that time, the main source of income was agriculture, by which the peasants were bound to pay tithes to their feudal lords or to the church. In Neukirchen there are still old houses and farms which bear witness to this age.

An important stage in the more recent history of the town was the construction of the rail link from Nuernberg to Fuerth im Wald, the so-called "Eastern" railway, in the years 1857-1859. During its construction, ochre, which was used in industry until the end of the '60s, was discovered. The railway line gained further significance when a branch line to Weiden was opened later. The station is an important junction which offers good links with the centres of Nuernberg, Weiden, Amberg and Regensburg and thereby guarantees mobility for both the inhabitants and visitors.

Today Neukirchen is a dynamic place. In addition to all categories of hotels and restaurants, there are all the basic facilities such as medical practices and ample opportunities for sport or shopping.

For nature lovers, there is much to enjoy. Whether as a walker on the "Zantberg" or as a cyclist travelling through the "Eiselbachtal," you will discover the countryside's unique charm. A warm welcome awaits you in one of the many restaurants and inns.

There are excellent opportunities for mountain biking and rock-climbing as well as for tennis, 10-pin bowling and shooting.

The limestone caves of the Osterhoehle are famous well beyond this region. You should certainly take time to

participate on a guided tour of this mysterious underground world. The pub situated in the forest also offers a shady beer garden where you can enjoy a typical Bavarian snack. The Osterhoehle (Easter cave) is open from Easter till the end of October, on weekends and on public holidays.

But this is not all. Throughout the year, there are many local events such as garden fetes or village festivals which we are sure you would enjoy taking part in. A popular example is the traditional village market during the autumn festival, which takes place on Sunday Oct. 10.

There is a lot to discover; a warm welcome awaits you!

Further information can be obtained at the local tourist office:

Tel: 09663 / 200024 or 09663 / 9130-0

Fax: 09663 / 200089 or 09663 / 9130-0

www.neukirchen-bei-sulzbach-rosenberg.de

AUGUST EVENTS

- July 21-Aug. 2 Village Festival in Holstein, Oberreinbach and Gaisheim
- Osterhoehle Cave Party
- Aug. 6 "Culture in the Castle" the Tourist Authority open-air event
- Aug. 7 "Kirwa" Festival with music in the courtyard of Holstein Castle
- Aug. 7 Sportsgrounds Open-day
- Aug. 15 Holstein Castle Festival
- Aug. 21-23 Fromberg Village Festival



Health and Fitness Tip of the Month

Exercising in Hot Weather

- Department of Health Promotion and Wellness, CHPPM-EUR
- Submitted by Carrie Shult

It's August, and a heat wave is on. You are used to exercising and enjoy your daily run, but the paper says that the heat index will be up today and to stay indoors during the elevated temperatures. What do you do?

When you are exercising, your body's muscles burn glucose as fuel. This fuel burning will cause your body temperature to rise while you are exercising. Your body will also increase the blood flow to the skin and begin sweating in response to this increased internal temperature.

The sweat cooling by evaporation is how your body tries to cool itself off. But if the amount of heat produced is MORE than the evaporation of sweat can handle, or the weather is humid, which means that the sweat evaporates more slowly, the body's internal (core) temperature will rise and thermal, or heat injury, can occur. This is more likely in hot weather, and extra caution is needed. Normally, a person who exercises and is in good condition can handle temperature ranges of 65 to 85 degrees, but as the temperature rises, special precautions need to be taken. Also, the more strenuous the activity, the greater the risk of heat-related problems. With hot, humid weather, thermal injury can begin to occur in 12 to 15 minutes after starting strenuous exercise (such as competitive sports, running, or biking up a hill).

How do you help your body stay cool enough when you are exercising in a hot climate or during the summer? The following ideas will help.

TIPS ON EXERCISING SAFELY IN HOT WEATHER

1. Work up gradually

It is important to acclimate your body gradually to higher temperatures. This means that you should take it easier and exercise for a shorter period of time when the weather is hot and humid. Cut back on your normal routine as the thermometer rises, and then gradually work back up to a longer workout over the next few weeks. Warm up in the shade, doing your stretches there, if possible. Over time, the body's core (internal) temperature will drop during exercise and the metabolic rate at rest will decrease as it acclimates to the heat. Your body will also learn to sweat more in response to exercise, helping to cool itself off. Try to exercise in the shade as much as possible by choosing shady, tree-lined streets for walking and jogging.

2. Time of day counts:

Do NOT exercise when the temperature and humidity are both high, since this increases the risk of hyperthermia. This means that when the outdoor temperature is above 90 degrees Fahrenheit and the humidity is above 75 percent you should exercise inside, such as at a mall or health club, or only during the coolest parts of the day, such as early morning or late

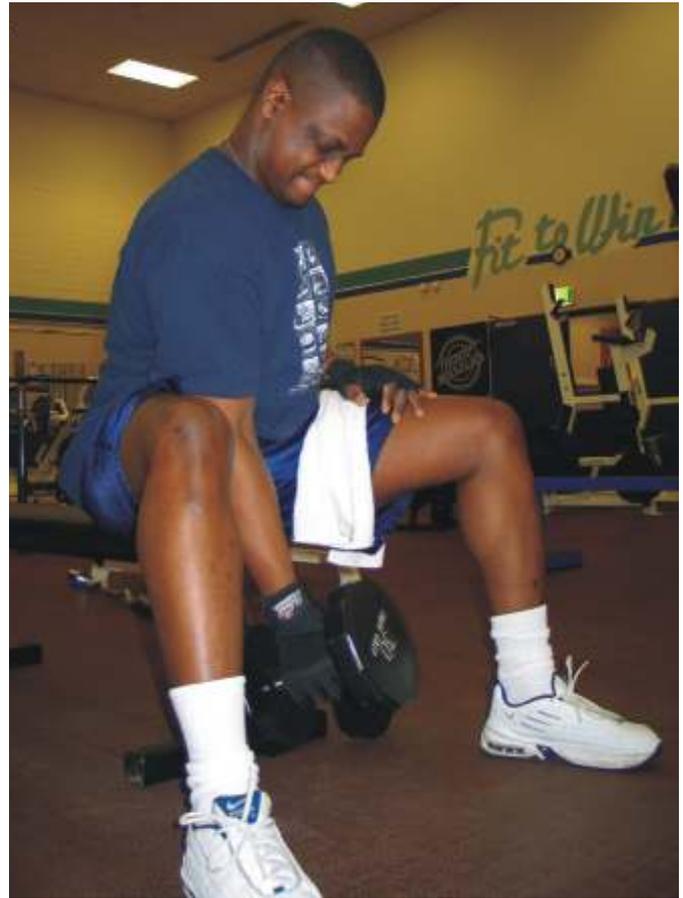


Photo by Sue Bluhm

evening. Avoid the hours of 10 a.m. to 2:30 p.m., when temperatures tend to soar. Listen to the heat indexes on the radio since they will also be a guide to how hot it feels to your body. A special caution: as a person ages, their ability to regulate body temperature decreases, and this precaution becomes doubly important.

3. Dress for the heat:

Minimal, loose-fitting clothing that is comfortable will help promote heat loss and evaporation. Light colors and clothing made of cotton or sweat-wicking fabrics are best. Avoid open-mesh jerseys and tank tops, since they will cause overexposure to the sun. A brimmed hat can help shade your face. And always use a good sunscreen product with an SPF of at least 15 (waterproof is best since you will be sweating) to prevent sunburn. A wet bandana or ice-pack scarf around the neck can also help with staying cool.

4. Drink up:

One of the biggest risks of exercise in hot weather is dehydration. For this reason, it is important to drink plenty of WATER while exercising. In hot weather, it is a good idea to drink plenty of water (two 8-ounce cups) an hour or two before starting to exercise. Follow this with another cup every 20 minutes during exercise and an additional cup or two within a half hour after exercising. The body can lose up to a quart of water an hour while exercising, so drink up, even if you don't feel thirsty. Your body needs the extra fluid.

continued on page 44

continued from page 43

If you are competing strenuously, or are exercising outdoors for more than 90 minutes, a fluid with 5 percent to 8 percent carbohydrate, and minimal electrolytes, such as Gatorade or PowerAde is okay. Avoid sodas, since they will tend to dehydrate you more (caffeine is a diuretic) and the fluid replacement is inadequate.

A hot weather hint: carrying a bottle of frozen water in a fanny pack is a good idea. It will supply you with cold water and will help keep you cool.

You will probably not need salt tablets unless you are on diuretics. In this case, consult with your medical doctor and follow his or her recommendations.

5. Know when to stop

It is important to know the signs of heat exhaustion and heat stroke. These can occur when your body can no longer cool itself and your internal body temperature begins rising. Listen to your body carefully when exercising in warmer weather. This is NOT the time to push on if the following symptoms occur:

- Weakness
- Dizziness
- Tiredness
- Nausea
- Headache
- No Sweating
- Increased Body Temperature

If you become nauseated or dizzy, rest immediately in the shade and drink plenty of fluids until you begin to feel better. If symptoms persist or worsen, get medical help immediately.

6. Watch out for heated pools

Heated pools can cause a person to become dehydrated and overheated during the summer. The water temperature should ideally be 75 to 78 degrees Fahrenheit (and no more than 80 degrees) for vigorous workouts. You will still be sweating on hot days, and it is important to drink plenty of fluids as advised above, and

listen carefully to your body.

8. Cool down afterwards

Be sure to stretch in the shade or a cool area afterwards, and drink fluids to help replace water loss during exercise. Do NOT take a hot bath or shower right after exercising, or go into a sauna, since the risk of fainting and heart attack are increased by the heat causing a suddenly lowered blood pressure.

SPECIAL PRECAUTIONS

If you are very underweight, overweight, pregnant, or an older adult, consult with your doctor. You should not go above a moderate intensity level (60 percent to 70 percent of predicted maximum heart rate) when exercising in the heat. Rest frequently and drink plenty of water before, during, and after exercise.

By following these recommendations, you can make your exercise sessions during the summer a safe and fun experience. With proper preparation and precautions, you can stay in shape even during the hot months without sacrificing your health.

Important note: If you are just beginning an exercise program, it is important to have a physical checkup and discuss an exercise plan with your medical doctor.

References:

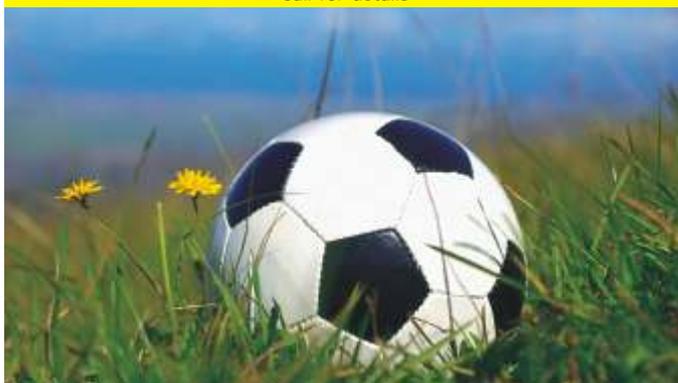
1. Core Curriculum for Diabetes Education, Chapter 9, "Exercise" (c. 1998)
2. Advocate Health Care web page: "Exercise Safely This Summer" Web: <http://www.advocatehealth.com/magazine/summer98/magazine/mag3.html>
3. Kaiser Permanente "Hot and cold weather exercise hints" from "Cardiovascular Exercise" c. 1996
4. IDEA (International Association of fitness professionals) web site: "Exercising in the Heat" <http://www.primusweb.com/fitnesspartner/library/activity/heat.htm>
Retrieved: 4 Aug 03 from http://ak.essortment.com/exercisinghotw_raop.htm

Youth Soccer Registration

Health Assessment & CYS Registration
must be valid through Nov. 15
Call Vilseck DSN 476-2760, Graf DSN 475-6161,
or Hohenfels DSN 466-2078 / 466-2488.

We also need Coaches!

The following certifications are required:
Aug. 3 – Certification for new coaches, 6 p.m.
Aug. 5, 10, 12 – Returning coaches, 6 p.m.
Aug. 16 - YS soccer coaches meeting, 6 p.m.
call for details



100TH ASG GOLF TOURNAMENT

Aug. 11, 2004

Koenigstein
Golf Course

Opening: 7:30 a.m.
Briefing: 7:45 a.m.
Shot Gun start: 8 a.m.
no greens fee

9-Hole Tournament

Only Active Duty Military
Must be assigned or
attached on competent
orders to the company
represented.



Part of the
Commanders Cup Program

Soccer and Softball Tournaments

Soccer Team Finishes Third in IMA-E Tournament

- Dan Fraizer, Sports Recreation Assistant

The 409th BSB hosted this year's IMA-E Community Level Soccer tournament, and our men's team represented very well, playing valiantly to walk away with the third-place team trophy.

After going 3-1 in round-robin play, the team from the 409th BSB entered the single elimination bracket as the fourth seed. In their first game, they were matched against Hohenfels, the team from the south side of the 100th ASG. Graf gave up a few goals late, but scored enough early as they won, 3-2.

In the second game, Graf matched up against the heavily favored team from Heidelberg. Graf came out firing first, scoring the first goal of the game from about 40 meters out midway through the first half. The only answer Heidelberg had for Graf in the first half came on a penalty kick, tying the score at 1-1 going into the half. Heidelberg was on the attack in the second half, scoring three more goals before Graf could answer with another of their own.

But it was too late, and Graf fell by a score of 4-2.



In the consolation game, Graf proved too much for a tired Kitzingen team, who had lost to Vicenza the game prior. Graf defeated Kitzingen, 2-0, for third-place honors. In a very exciting championship game, Heidelberg used a last-minute goal to defeat Vicenza, 2-1.

Congratulations to our boys from the 409th BSB!

A Repeat One-Two Punch at the Midnight Madness Tournament

- Dan Fraizer, Sports Recreation Assistant

Like Yoggi Berra once said, it was déjà vu all over again.

Repeating a one-two punch from the season-opener Softball Tournament more than a month ago, Operations Group from Hohenfels and HHC 1-63 Armor took first- and second-place honors, respectively, in the Midnight Madness Softball Tournament at the Vilseck Triplex, May 28-30.

Approximately 2,200 spectators came out to cheer on the 320 players from 16 teams that participated in the double-elimination, three-day tournament. Seeding for the tournament was decided by a round-robin format that lasted late into the first night of competition. Operations Group, which tallied 86 runs in only three round-robin games, continued to torch the field en route to the championship game with scores of 18-1, 20-0, 18-12, and 24-3.

In the championship game, however, HHC 1-63 was able to take the momentum from Operations Group by winning the game, 19-11, and forcing a second game. Operations Group regrouped and rearmed for the second and final game and left no doubt, defeating the Tankers from Vilseck, 31-17. 18th CSB from Grafenwoehr finished third, while HSC 94th ENG finished fourth. Eric England of Operations Group was named the tournament MVP.

In the individual competitions, Alex Ripley of

Operations Group took honors as the fastest base runner, while Gorge Carrero won the home-run contest with 10.



Serge Kearse (left), 409th BSB Sports Director congratulates SSG Carrero (right), of 529th ORD, on his 10 home runs.

FITNESS CALENDAR



Photo by Sue Bluhm

AUG	YOGA	SPINNING	AEROBICS	BODY ROCK	KICK BOXING	RESISTA-B	POWER LUNCH	SCHWINN SPINNING
MONDAYS	■ V-1530 (1-4)	■ G/V-1145(1-4) ■ G/V-1745(1-4) ■ V-1200/1745(5) ■ G-1145/1700(5) ■ H-1200	■ V-1645	■ H-1700	■ V-0900			■ G-1815
TUESDAYS	■ H-1730	■ V-0645	■ V-1645 ■ G-1730		■ G-1145 ■ V-1800	■ V-1100	■ H-1200	
WEDNESDAYS		■ G-1700 ■ H-1200 ■ V-630/1145 ■ V-1745	■ V-1645 ■ G-1145	■ H-1700	■ V-0900			■ G-1815
THURSDAYS		■ H-1600 ■ V-1000(1&2)	■ G-1730		■ G-1230 ■ V-1700	■ V-1100	■ H-1200	
FRIDAYS		■ G-1145 ■ G-1700(2,3,4) ■ V-1200(2&4) ■ G-1730(1)		■ H-1700	■ V-0900 (2&4)			

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 & KARATE
 PERSONAL TRAINERS

OPERATION GET FIT
 1st & 3rd Fridays
 Vilseck, 1800-2000

U.S. Forces Europe Mt. Bike Race

Hohenfels, Germany, on June 26, 2004

- Heidi Fedak

The "toughest course in Europe" lived up to its name.

On June 26, 81 riders attempted to tackle the 15- to 20-kilometer mountain bike course that wound through the woods of the Combat Maneuver Training Center in Hohenfels. Although most riders finished the race, about 10 admitted defeat and dropped out before completing the required number of rounds.

Jack Cartwright of Würzburg had the fastest time on the 20-kilometer trek, clocking in at just 74 minutes and 12 seconds to take the top spot in the active-duty male category. Kelly Lauderbaugh of Aviano slid into second place in the active-duty category with a time of 84.3.

HHC CMTC Hohenfels took home the Commander's Cup, while B Co ¼ INF rode away with the runner-up trophy.

Aaron Hutmacher was the lucky winner of a Jeep bike courtesy of Exchange New Car Sales. Christopher Asper also won a bike courtesy of JR Sports.

The race was part of the 11-event U.S. Forces Europe Chrysler Mountain Bike Series. See results below.



Photo by Heidi Fedak

282nd BSB CSM Mark Barbary congratulates 1LT Caroline Kim for her second-place finish in the active-duty women's category.

Golden Civilian Men

1. Ray Schulz, Heidelberg, 101.29.10

Masters Active Duty Men

1. Kevin Hawkins, Heidelberg, 88.33.24
2. Mark Dinardo, Aviano, 111.42.60
3. Bryan Schulte, Oberammergau, 112.3.06
4. Weldon Barrett, 115.31.08

Masters Civilian Men

1. Jay Danna, Hohenfels, 81.43.56
2. Daniel P. Hoeh, Hohenfels, 121.40.44
3. Dennis Latourelle, Darmstadt, 148.37.50

Open Active Duty Men

1. Jack Cartwright, Wuezberg, 74.12.96
2. Kelly Lauderbaugh, Aviano, 84.3.60
3. James Mazza, Vilseck, 88.3.30
4. MCKenna Miller, 95.20.46
5. Elting Russell, Aviano, 96.13.14
6. Steve Laird, Aviano, 96.23.58
7. Michael De La Mora, Hei'berg, 97.55.62
8. Cliff Oliver, Heidelberg, 98.22.86
9. Christopher Asper, Aviano, 99.26.88
10. Richard Henry, Spangdaheim, 100.37.68
11. Rosendo Henriquez, Illesheim, 100.43.68
12. Arajan Bedastani, 103.52.74
13. William Vargas, Spangdaheim, 106.33.06
14. Michael Crosland, Illesheim, 116.8.76
15. Aaron Hutmacher, 121.26.10

16. Mark Davino, Hohenfels, 128.0.24

17. Nicolas Lovell, Illesheim, 132.14.64

18. Justin Marker, Vicenza, 133.3.48

Open Civilian Men

1. Bryan Mayers, Spangdaheim, 84.9.06
 2. Zachary Hoeh, Hohenfels, 122.34.62
- ## Senior Active Duty Men
1. Jason Patton, Aviano, 82.33.30
 2. Leslie Handy, Aviano, 83.33.06
 3. Dave Gallagher, RheinMain, 83.33.72
 4. Frank A. Bettencourt, IV, Spangdaheim, 89.34.44
 5. Bryan Edmonds, Ramstein, 92.35.04
 6. Grady Shue, Heidelberg, 94.3.48
 7. Willie D. Roberts Jr., 99.24.78
 8. David Rodebush, Stuttgart, 103.13.32
 9. Brad Fischer, 107.53.70
 10. Jason Larson, Hohenfels, 108.50.64
 11. Duane Hennion, Bamberg, 110.0.42
 12. Patrick S. Altenburg, Hohenfels, 112.28.26
 13. Travis Wilson, Stuttgart, 115.58.38
 14. Russ Spear, Katterbach, 118.4.62
 15. Darris C. Richardson, Hohenfels, 120.7.80
 16. Joe Todd, Hohenfels, 122.35.10
 17. Guy Dwyer, Heidelberg, 130.41.04
 18. Christopher Stevens, Aviano, 144.19.08
- ## Senior Civilian Men
1. Thomas Hellmich, 80.18.60

2. Lewis Plotts, Vilseck, 90.50.34

3. Dennis Freasier, 102.36.66

4. Todd Somer, Stuttgart, 116.53.28

Masters Civilian Women

1. Julia Stretchko, Wuerzburg 110.8.10

Open - Active Duty Women

1. Katherine Freasier, Darmstadt, 84.2.40

2. Caroline Kim, Hohenfels, 106.4.56

Senior Civilian Women

1. Regine Cressler, Vilseck, 78.48.84

Bantam Boys

1. Sam Nilsson, Hohenfels, 6.5.16

2. Dylan Dwyer, 6.36.48

3. Josh Dickson, Heidelberg, 6.52.56

Bantam Girls

1. Amy Hoeh, Hohenfels, 7.9.96

Junior Girls

1. Chrissy Berke, Hohenfels, 6.15.24

Minor Boys

1. Lucas Cressler, 6.5.82

2. Michael Danna, 7.12.78

3. Kaleb Rodebush, 7.18.78

4. Houston Shue, 8.17.04

5. Grady Shue III, 8.59.10

Minor Girls

1. Sophia Cressler, 8.40.14

Commander's Cup Runner Up:

B. Co. ¼ INF

Commander's Cup Winner:

HHC CMTC Hohenfels