

July 2004

Bavarian-American

Monthly

Happy Birthday America!



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



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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.

Our Apologies

IT'S GOOD TO BE BACK HOME

255th Medical Detachment

Page 8, June 2004 issue.

There was an error in information by naming the incorrect medical detachment. We apologize for the inaccuracy. Welcome Home!

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100th ASG COMMUNITY CALENDAR

1-31 July

Flag Football C & U/L Registration Graf/Vilseck Sports

2-4 July

U/L Invitational Softball Tournament 409th BSB Sports

12-15 July

U/L Softball League Championships 409th BSB Sports

12-16 July

Welcome to Bavaria Vilseck ACS
U/L Softball Playoffs Hohenfels Sports

26-30 July

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

27-29 July

FRG/FRL Leadership Trg' Vilseck ACS/9 a.m.-4 p.m.

27-30 July

Flag Football Officials Cert' Hohenfels Sports

1, Thursday

Sign Up for Destination Unknown Vilseck ACS
Sign Up for Discover Your Neighborhood Vilseck ACS
Transitional Compensation Hohenfels ACS

5, Monday

Transitional Compensation Hohenfels ACS/1-2:30 p.m.

6, Tuesday

Emergency Placement Trg' Hohenfels ACS/4-7 p.m.

7, Wednesday

New Discussions Group Hohenfels ACS/10-11 a.m.
Soccer Coach Registration YS/5:30-6:30 p.m.

8, Thursday

English as a 2nd Language Hohenfels ACS/2-3 p.m.

9, Friday

Italian Cultural Morning Graf Library/10 a.m. - noon

12, Monday

Domestic Violence Awareness Hohenfels ACS/1-2:30 p.m.

13, Tuesday

Emergency Placement Trg' Hohenfels ACS/4-7 p.m.

14, Wednesday

Basic Computer Skills Hohenfels ACS/9-11 a.m.

19, Monday

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

20, Tuesday

Emergency Placement Trg' Hohenfels ACS/4-7 p.m.

21, Wednesday

Understanding Investments Hohenfels ACS/5-7 p.m.
Soccer Coach Registration Hohenfels YS/5:30-6:30 p.m.

22, Thursday

Money Management Hohenfels ACS/5-7 p.m.
English as a 2nd Language Hohenfels ACS/2-3 p.m.

23, Friday

100th ASG U/L Softball Championships Graf Sports

24, Saturday

Checkbook Maintenance Hohenfels ACS/10 a.m.-noon
Credit & Budgeting Hohenfels ACS/1-3 p.m.

27, Tuesday

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

29, Thursday

Pregnancy & Labor Class Hohenfels ACS/2-5 p.m.

30, Friday

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

For all on going activities, please call the facilities.



Annual National Night Out in the 100th ASG

SNAP & Town Watch Celebrate

- Denise Anderson, SNAP Coordinator

The National Association of Town Watch is celebrating its 21st Annual National Night Out this year, and the Safe Neighborhood Awareness Programs (SNAP) in the 100th ASG plan to participate.

In Hohenfels, neighborhoods will join the effort on Thursday, Aug. 5. In Graf and Vilseck, National Night Out will be conducted on Aug. 18 and 20, respectively.

The National Association of Town Watch and the Safe Neighborhood Awareness Program are year-round community-building campaigns designed to:

- Heighten crime-prevention awareness;
- Generate support for, and participation in, local anti-crime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and are watching out.

Along with the traditional outside lights and front-porch vigils, all three communities within the 100th ASG will conduct community cook-outs.

In Hohenfels, community members are asked to support the National Night Out initiative on Aug. 5 by spending time with their neighbors, local national police and military police. A cook-out will kick off at 4 p.m. Aug. 5 at the Sportsplatz. Food will be available for a small fee. A clown will make an appearance as will a face painter. There will also be a jumping castle for the kids. Music will be provided by AFN radio. The youngsters will not only have games to play, but will be awarded prizes. The local fire



Photo by Denise Anderson

Amberg Polizei pose with DARE's McGruff at last year's event.

department, polizei, and military police will each give a little demonstration.

From 4-7 p.m. on Aug. 18 and 20, residents in neighborhoods throughout the 409th BSB are asked to spend the late afternoon with neighbors, MPs and the German police. The events will take place on the Graf Parade Field on Aug. 18 and on Vilseck's Little Mike on Aug. 20. Each event will feature a variety of activities such as cookouts, MP/Polizei displays, racing games for the children, large blow-up slide, face painting, ACS and Red Cross info booth, DARE's McGruff, a fire truck display, and a SNAP sign-up desk. Balloon animals for the children, safety office displays and child I.D. kits will be available as well.

Last year, 33.3 million people in 9,850 communities from all 50 states, military bases worldwide, U.S. territories and Canadian cities participated in the event. National Night Out 2002 was the largest ever, celebrating a stronger, safer America.

BOSS Program Earns High Honors

- PFC James Cameron Hall, BOSS president

The Hohenfels BOSS program has taken a hard stance against butts this year.

Those of us who live here, and those brave enough to venture this far south, will soon see the countryside of Hohenfels dotted with butt cans - decorative cans where smokers can deposit their cigarette "butts" once they've finished smoking.

The first one went up outside the Lane 17 Bowling Center earlier this year. Twenty-five more just like it will soon be in place.

This community-service project is just one of the many reasons why the Hohenfels BOSS program can put "AWARD-WINNING" in front of its name.

That's right: the Hohenfels BOSS program has been awarded the USAREUR Best Installation, Small Category Award and the USAREUR Best Event, Small Category Award. This was achieved by a small but highly motivated community team consisting of BOSS Adviser Joanne Love, BOSS President PFC James Cameron Hall of Bravo Company 1-4, Vice President SSgt Ashleigh Brown of 7th Weather Squadron United States Air Force, and SPC Mitch Miller of the Vipers.

From consistently high community involvement to the tackling of tough quality-of-life issues, BOSS is more than just parties and trips, although we do that as well. The BOSS program at Hohenfels continually proves itself to be a high-quality, well-rounded, contributing member of our community. It is the BOSS program's goal to get single service members involved. If your needs aren't being met, talk to your company representative and encourage him or her to take a more active role in the BOSS program. We encourage you to get involved.

Be selfish and make the BOSS program work for you! For more information on BOSS, call Hall at 466-4545.



The Hohenfels BOSS team shows off their awards. Clockwise from top left: BOSS Adviser Joanne Love, SPC Mitch Miller, SSgt Ashleigh Brown, and PFC James Cameron Hall, BOSS president.

Your Library

Check out what they have to offer!

- Graf Library Staff

La Dolce Vita:

A Grafenwöhr Library Cultural Morning, from 10 a.m. to noon July 9



Are you tired of your old dishes? Not anymore! Travel with ITR to Nove, the most dynamic center for the production of ceramic art in Italy. View hand-painted ceramics as they feature European elegance with a touch of Italian country style. Nove is romantically situated in Umbria, one of Italy's smallest regions, right next to the famous region of Tuscany. The many Umbrian hills, mountains and beautiful river valleys provide you with medieval characteristics that will take you back to the mysticism and mysteries of the Dark Ages. Let us provide

you with a great overview of Italy, including her colorful history, the origins of her language, as well as her limitless cultural venues and sightseeing attractions. Come and study vital phrases and expressions with a native Italian speaker in a highly effective language course. This simple program is the best way to learn just enough Italian to get you through anything you'll run into, whether you're traveling for a quick shopping trip or an extensive Italian vacation. So come and join the fun today!

Bavaria, Land of the Brewers!

Grafenwoehr Library Beer Academy, from 6 p.m. to closing, July 22

Bavaria, land of beer makers and connoisseurs, accounts for half of the world's major beer styles. Bavarian beer is one of the finest tasting beers you can drink. Bavarian purity law limits beer to only four ingredients: water, grain, hops and yeast. The standard light beer, such as when you order a "Helles" in a restaurant, will most likely be a pint. Depending on the brewer, it can be quite refreshing. Mixed with a cold Sprite, this beer creates the world famous Radler. Pilsner has a more bitter, less malty taste. Take a closer look at the time-consuming process of serving a crowned Pilsner: you will see your glass filled with foam only, waiting to settle. It can take a good quarter of an hour for the foam to turn into the golden liquid. The Bavarian Dark beer is (against popular beliefs) not the most powerful in terms of alcohol content. It is basically a lager, bottom-brewed beer containing toasted

malt. Weizen means wheat, often called a Weiss beer (white), and is served in a tall and elegant half-liter glass. Beware of the light character of the Hefeweiss beer; it is the strongest in alcohol. While some will serve the Weiss beer with a slice of lemon, do not put one in your Hefeweiss beer. Hefeweiss beer comes only in bottles; a professional will wet the glass and pour the bottle at a steep angle. With the foam that remains at the bottom of the bottle he will collect the yeast with a swirling action and add it to the beer. Bock is a term used for a stronger beer - Doppelbock meaning double alcohol content. Fasting monks found an ingenious way of compensating for the lack of food; they started brewing these very strong beers. March and October are the two most prominent seasons for brewing these special beers. We would like to invite you to the Grafenwöhr Beer Academy at the library to learn more about the smoky Rauch beers and the special sign houses, called Kommune. This evening full of fun will supply you with expert knowledge about beer-brewing traditions, secrets of the trade, and plenty of inside information about Bavarian beers to write home about. Please note this is only an informational evening!

Summer Reading Program:

"Nature and the World Around Us"

Caterpillars, bugs, butterflies, birds, rabbits, frogs and toads are just a few of nature's creatures that are about to step off their pages and enter the imaginary world of our 409th BSB children this summer. Learn all you can about plants, trees, ponds, lakes, mountains and wildflowers with your local library system. There is adventure under every leaf and imaginative characters crawl throughout our libraries.

The 409th BSB library system is hosting a five-week Summer Reading Program called "Nature and the World around Us" in Grafenwöhr and Vilseck. Children from Grafenwöhr can join the fun in Vilseck and vice versa. It's designed to encourage reading for fun, and maintain and improve reading skills throughout the summer vacation. The program is incentive based, meaning that children count the number of books they've read. Those numbers then correspond to prizes for recognition markers throughout the program. To top everything, three readers will receive prizes and the other readers will receive little giveaways as they come to the program. In addition, we will have a recognition ceremony at the end to award the prizes and certificates.

The 409th BSB library system has been running the reading program for several years now, and it is very popular with the kids. The program is targeted for children ages 5-12. Throughout the five weeks, the children will pick and read books on their own. To make things more exciting, the 409th BSB libraries have created a schedule to celebrate various topics throughout the program. So come and join the fun with your 409th BSB library system. The Summer Reading Program started in both libraries on June 21. Come and see your local library about registering your child today! For more information, call Grafenwöhr at 475-1740 or the Vilseck library at 476-1740.

Putting on a good show!

The Soldier Show and the Missoula Children's Theatre came to the 100th ASG

Soldier Show - Andrew Snoddy

Memorial Day 2004 was truly a memorable one for members of the Grafenwöhr, Hohenfels and Vilseck communities. On this day, we were treated to one of the most professional and entertaining concerts one could imagine: the "2004 U.S. Army Soldiers Show." More than 1,200 community members and friends thoroughly enjoyed the two performances presented in the Grafenwöhr Tower Theater by these talented service members. This was evidenced by the thundering rounds of applause and standing ovations the audiences gave the performers during and after each performance. The U.S. Army Soldier Show is a high-energy, MTV-style, 90-minute live musical review showcasing the talents of active-duty soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. And perform they did, from classic R&B to rock to gospel to country and western, their performance touched on every musical genre and provided outstanding entertainment for the entire family.

Missoula Children's Theatre - Neville Paschall

The Missoula Children's Theatre Company returned to the 100th ASG in May to perform Red Riding Hood. Performances were conducted in both Vilseck (at the Vilseck High School MPR) on May 29 and in Hohenfels (at the Community Activities Center) on May 22. About 52 students from all grades participated in each production.

In Hohenfels, rehearsals were conducted May 17-22. In Vilseck, they took place May 25-29.

About 360 people attended the performances on Saturday, May 22, in Hohenfels and on May 29, in Vilseck.

The students put on a great performance, with their acting skills and professionalism shining through.

Missoula Children's Theatre is a non-profit organization based in Missoula, Montana. Each year, nearly 55,000 cast members across the globe will take to the stage to the delight and applause of their families, friends, community, neighbors and teachers! The residency in Vilseck was made possible by Armed Forces Entertainment with help from MWR and the Vilseck Bavarian Arts Guild.

Top two photos:

Talented service members of the Soldiers Show, perform at the Tower Theater in Grafenwoehr.

Bottom two photos:

Students from the 100th ASG put on a splendid performance at the Vilseck High School and the Hohenfels Community Activities Center.



Photos by Neville Paschall



Photo by Ariana Young

Family Focus

Not the Old Shoppette, but a Convenience Store of Sorts

- Maria Yost

"It's where the old Shoppette used to be," everyone keeps telling me. But ever since my arrival in Vilseck in December 2001, I have only known one Shoppette. Building 273 was just a vacant building void of life, then later, the IACS registration office. But in February 2004, a ray of sunshine came through the gloomy Vilseck clouds as Building 273 was christened the Family Readiness Group (FRG) Resource Center. Brought to life with fresh paint, computers and a play area for children, the new FRG Resource Center replaces all previous family resource centers in the 409th BSB. The main goal of the new center is to provide families of deployed soldiers opportunities to communicate with soldiers downrange. In addition, the FRG Resource Center provides a meeting place for FRGs and a place for the community to hold classes.

The resource center is equipped with computers and DSN telephones specifically for communicating with soldiers in Iraq. It also has web-cams for sending live images to loved ones. In the future, the FRG resource center is hoping to have video teleconference (VTC) equipment to provide an additional option for keeping in touch with soldiers. Another nice touch is the children's play area that has a variety of books and toys to entertain the children while spouses utilize the equipment. Lastly, the FRGRC is open 24 hours a day, seven days a week and is staffed by 3rd BDE personnel who are happy to assist family members with the computers and other equipment.

Personal enrichment classes are another bonus found at the FRG resource center. These classes are drop-in classes geared to the interests of family members of deployed soldiers. No pre-registration is required. The subjects cover a broad spectrum, including crafting, traveling and creative parenting. The classes require no commitment and last no longer than one hour, so they offer a convenient way of obtaining personal enrichment, meeting new people and combating boredom. In addition, the classes are instructed in a fun, lighthearted manner. Parents can bring their children to the classes where they can play with other children and have fun in the play area. Drop-in classes are offered from 9:30-10:30 a. m. Monday-Thursday. Upcoming classes include:

- July 5: Playing with Baby/Toddlers Learn interactive games and songs for the child age birth to three. Games and songs help develop vocabulary and other skills children need to grow into happy and healthy individuals.
- July 6: And then to the Commissary Follow on to Fun Shopping! Fun Savings! An outing to the commissary and a fun test for your shopping skills.
- July 7: Ready! Set! R&R! Making the most of your R&R without breaking the bank!
- July 8: "So why should I volunteer?" Why volunteer? Where do you volunteer? What are the benefits of volunteering? Determine what you want to do and find your niche.
- July 9: Summer Fun! It's only the beginning of July - What do I do with the kids for the rest of the summer? Tips on places to take your kids within an easy commute.
- July 19: Crafts and Stories for Babies/Toddlers Simple craft ideas suitable for children from 18 months to four years. Learn story-telling techniques guaranteed to keep your toddler's attention.
- July 20: Anti-Procrastination Day Get the stress out - JUST DO IT! Ideas to get you started and to get you finished
- July 21: Jeopardy Financial Style! Financial difficulties because there are certain terms you do not understand? POS, APR, ADB, ATM, APY, NSF, OD: are these just letters in alphabet soup? Grace period, prepayment penalties, early payoffs without rebates: are these terms that make your head spin? If so, come and join us for an hour of fun as contestants compete to question the answers Jeopardy!-style, and learn what these terms mean and can do for you.
- July 22: Arts and Crafts: Rag and Button Flowers Scrap fabric, buttons, and wire will make a floral bouquet.
- July 23: German Culture: Planning the Romantic Getaway! Learn a little German and plan a romantic getaway for you and your spouse during R&R - or just learn how to plan a weekend away with the kids!

Army Family Action Plan (AFAP)

Voicing issues that affect the quality of life in our community

The 100th ASG Army Family Action Plan Conference is quickly approaching. The conference, which includes the Vilseck, Grafenwoehr, and Hohenfels communities, is scheduled for Oct. 25-28, 2004.

What is AFAP? AFAP is a conference designed to voice issues that affect quality of life within the community and to recommend viable solutions to those issues. This grassroots process is not limited to affecting change within the 100th ASG communities.

Members of the communities identify issues that affect Army quality of life through Issue Sheets and Issue Boxes located in various facilities within the 100th ASG from July through October 2004. These issues are then collected by the AFAP Program Manager and prioritized at the conference by delegates (members of the communities). Approximately 90percent of AFAP issues

are worked at the local level where they help improve and enhance Army communities. Appropriate issues that cannot be resolved at the local level will then be forwarded to Installation Management Agency (IMA) and/or Headquarters Department of the Army (HQDA) for possible resolution. Some issues may require the inception of new programs, changes to Army policy, or legislative changes.

Members of the community are invited to apply to become a FRTI. These are: a Facilitator leads the work group; a Recorder records ideas on visual aid; a Transcriber functions as secretary and an Issue support person identifies similar issues raised in the past.

If you have any questions or would like to volunteer with AFAP, please contact the 100th ASG Program Manager, Michelle McLaughlin, at DSN: 476-3275/2650, CIV: 09662-83-3273/2650 or email: michelle.mclaughlin@cmtymail.100asg.army.mil.

REPSITE CARE "Gift of Time"

Providing short-term, temporary care for people with disabilities

- Cheryl Carter

Caring for a child or an adult with a disability has a major impact on life. It's a process of continuous, lifelong adjustment. Adjustment is characterized by periods of stress, and feelings of loss, which can be overwhelming, shutting out almost all other feelings. Coping with the uncertainty of disability may interfere with the family's ability to provide support to each other and to other family members.

Over the years, there has been a growing awareness that adjustment to disabilities can influence all family members. This awareness has generated interest and has led to the development of support services for families to assist them throughout the lifelong adjustment process. Within the diversity of family support services, families consistently have identified respite care as a priority need.

"Respite" refers to short-term, temporary care provided to people with disabilities. This allows families to take a break from the daily routine of caregiving.

Respite Care is one of the many benefits that are

provided to families who are enrolled in the Exceptional Family Member Program (EFMP). The EFMP is a mandatory enrollment program for soldiers who have family members with special educational or medical needs. It works with other military and civilian agencies to provide comprehensive and coordinated medical, housing, community support, and personal services to families with special needs. Respite is available to give family members time to temporarily relieve the stress they may experience while providing extra care for persons with disabilities. This, in turn, can help prevent abuse and neglect, and supports family unity. Care is provided on an hourly, daily or weekly basis. Care may be provided in the caregiver's home or the respite user's home.

The Exceptional Family Member program is seeking dependable, caring, and motivated individuals with a desire to provide respite care for families with disabilities. We provide nine hours of free training. If you are interested, please contact the Exceptional Family Member Program manager, Cheryl Carter, at DSN 466-2083/4860.

FINANCES

Credit: The Good, the Bad and the Ugly

Submitted by Amy Bernath, Hohenfels ACS Financial Readiness

**Q: “Debt is always a bad thing.”
True or false?**

A: False. Credit can be an extremely valuable tool for us, if it's managed and used responsibly. When it's abused, however, it can get downright ugly.

So what are the guidelines? When is tapping into your credit resources acceptable and responsible behavior? Per Paul Richard, executive director of the Institute of Consumer Financial Education, there are some very specific criteria for determining when using credit can be a good thing.

- § A home mortgage
- § Automobile
- § The purchase of an item that will long outlast the period of debt incurred to buy it, and also serves to lower other costs. Example: using credit to

install storm windows and insulation in your home, which in turn lowers heating and cooling costs.

- § When the purchase is a necessity and not a luxury.
- § When it costs no more money to charge.
- § When it helps your income tax return.
- § When you may need protection on a repair or a purchase (auto, appliances, mail order).

For most of us, credit cards are the major culprits that lure us down the path to impulse buying and overspending. When used responsibly, however, they too can be extremely valuable tools and should not be totally discounted from your financial picture.

How are credit cards a good thing?

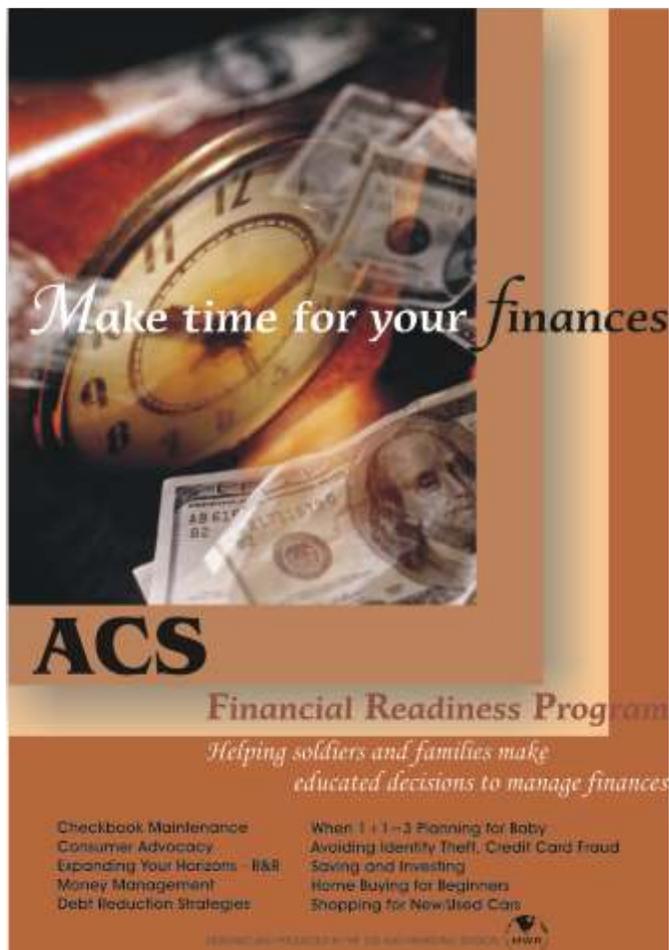
- § Good identification (required for cashing checks and most car rentals)
- § Safe substitute for cash
- § Automatic record keeping
- § Consolidating many purchases into one payment
- § Saving money when you can take advantage of a good sale
- § Shopping by mail, phone, or e-shopping
- § Providing leverage against the merchant when a problem arises. (Your dispute/claim may get more prompt attention when the merchant knows your payment can be delayed or disputed.)

So what makes credit cards bad and ugly things?

- § When we give in to the temptation to overuse them and overspend.
- § When we use them to buy nonessential items. (Do you need it, or do you just want it?)
- § When our impulse spending increases.
- § When our payments are late or only partially made.
- § When we fall into the “minimum monthly payment” trap, instead of paying off as much of the balance as we can each month.

Credit can be your valuable ally or it can be your worst enemy. You make that decision every time you sign a loan agreement or pull out your credit card. Think about it.

(For more information about credit, budgeting, and money management, check out the Hohenfels Financial Readiness workshop offered monthly at ACS, Bldg 317.



Character Counts

Taking Responsibility

- Brenda Braswell

"What does it mean to be responsible for something?"

That's one of the questions being asked of the children in Hohenfels' Child & Youth Services (CYS). On this day, one 8-year-old readily replied that "Being responsible is like being in charge....It means I have a job to take care of something."

Responsibility is one of the six pillars of character that are being incorporated into CYS programming. The other pillars are respect, trustworthiness, fairness, caring and citizenship. These pillars of character are taken from a new program called Character Counts, which is being introduced throughout all Army CYS programs and is currently being rolled out in Hohenfels.

The Army concerns itself not just with its troops but also with the success of their families. Character education is a cornerstone of that commitment and tradition. For example, the Army has worked for many years with the Boys and Girls Club and 4-H Club to bring character-building activities to children's programs on posts around the world.

Now the Army CYS has formally partnered with Character Counts, one of the most widely-adopted character education frameworks in the United States. Army CYS and Character Counts are natural partners. Both groups know that parents have the frontline responsibility for teaching values to their children, and both believe that all organizations in the community play a vital supporting role.

The Army promotes the Core Values of loyalty, duty, respect, selfless service, honor, integrity, and

personal courage. Character Counts promotes six values called "pillars of character." These two sets of values are highly complementary and, in fact, can be expressed in tandem. The six pillars have been described as a means of "operationalizing" the Army Core Values.

Trustworthiness (Honesty, Integrity, Promise-Keeping, and Loyalty)
 Respect - Honor (Valuing self, others, tradition and country)
 Responsibility - Duty (In the Sense of Accountability)
 Fairness Honor (Upholding what is right and just)
 Caring Selfless service (Placing the Good of Others before Self)
 Citizenship Duty (Obedience to Established Rules and Law)
 Selfless Service (Placing the good of others before self)
 Personal Courage (Seeking the common good)

The method used to teach the pillars of character is TEAM. Specifically, adults are encouraged to:

- TEACH values within the context of one of the pillars. For example, talk about honesty within the context of trustworthiness. (In this way, a common language is developed to reinforce character development.)
- ENSURE that young people think about and use the pillars every day.
- ADVOCATE why it is important to show character.
- MODEL the tenets of good character.

Character Counts is an effort to focus on shared values. It is a long-term, community-based strategy to permanently reinforce the importance of character to our children.

Andre' Terry, Chief-CYS, described the program's objective like this: "When you come to Hohenfels, you ought to be able to know that good character is what we stand for. Everyone should be able to talk about it. If that's true, then our children will see that character isn't just something we stress sometimes, but instead it's the way we live, the way we are, what we value."

CDC Graduation

But Learning Never Ends!

- Heidi Fedak

From left to right: Emme Corson, Hannah Bagdasarian, Molly Dixon and Emma Cushing pose for post-graduation pictures.



Instead of playing the typical "Pomp and Circumstance," the graduating class of 2004 sang "The Wheels on the Bus ..."

And instead of listening to a guest speaker offer advice for the future, they performed a skit. The lesson

learned? Monkeys shouldn't jump on beds.

They crafted their own mortarboards and served gummy bears at the reception.

With plenty of pride and a handful of humor, members of the 2004 part-day pre-school class at the Hohenfels Child Development Center capped a milestone year June 7, when they became the first ever part-day pre-school class to graduate.

The class was the first of its kind offered in Hohenfels.

"We've worked really hard, and we're really proud," Teacher Ursula Orr said of the pint-sized graduates.

A packed auditorium of parents, friends, family and teachers, cameras flashing and camcorders whirring, watched the 15 children (one was on emergency leave) graduate last month in the Community Activities Center.

"School is over; summer's here, but learning never ends," the kids sang at the end of the 45-minute ceremony.

They then donned their construction-paper mortarboards and walked across the stage to receive their "diplomas."

Child Development Center Paints Up a Storm!

Children Decorate the Community Bank

- Tony Adams, CDC Assistant Director

The Hohenfels Community Bank and the Child Development Center Part-time/Hourly Preschool Room at the Annex joined hands on Friday, March 26, in a community bank project. Guided by CDC Director Precilla Tolbert along with Mr. Joe and Ms. Cynthia (Room Lead), the 3- to 4-year old children painted a child-sized wooden picnic table for our neighbor bank.

The children were creatively dressed in large Hefty trash bags with their arms protruding out and plastic surgeon gloves on to discourage wild paint drops. After Mr. Tony, CDC assistant director, gave a quick class on how to work the brush, one child in particular took this to heart and tried to paint the bank floor where Mr. Tony had shown them the method. When the first excited child, Christina, placed the large trash bag over her head, she anxiously exclaimed in the middle of the bank, "Look, I'm wearing a circus dress."

Although wary of the trash bags and oversized surgical gloves, most of the children quickly became task-oriented in discovering their artistic talents. The enchanted children charismatically practiced art, various shapes and lines, and experimented with red, blue, and yellow and other unidentifiable colors they mixed while painting.

Hunter, one of the strongest and biggest boys, took the longest strokes on top while Marius performed most of the dirty work underneath the table. Madison and Jessica made it a point to experiment with art, colors, and painting their numbers. Finally, others were meticulous with their work—they were careful and exact with colors, shapes, and the project itself.

Bank Manager Ruth Keaton personally thanked the children for their multi-talented efforts with a pack of gummy bears. Visitors to the Hohenfels Community Bank can now enjoy the multi-colored picnic table and aesthetically pleasing artwork in the lobby area.



FCC

What is Family Child Care?

- James Solomon, Hohenfels FCC Director



Photo by James Solomon

Michelle Chewning, a professional Family Child Care Provider in Velburg, keeps Ingrid Kenen and A.J. Bursik busy with various arts and crafts projects.

Let me step back and talk a little about what Family Child Care, or FCC, is. An FCC home offers you and your children a loving, small-group, in-home learning environment that most children thrive in and is a valuable alternative to the traditional day-care setting, such as the Child Development Centers (CDC). Still, FCC suffers from a misconception in our communities.

The misconception is that many people believe that the FCC providers are "babysitters," and the children in their care do not receive professional care or the developmental benefits that children receive in the CDCs. The truth is: Family Child Care Providers are childcare professionals who are trained and certified in age-appropriate, developmental practices.

The training required to be a provider is basically as rigorous as and identical to the training received by the program assistants (teachers) in the CDC. The training consists of 13 learning modules in accordance with Army Regulation 608-10. These modules include the subjects of child growth and development, child guidance, nutrition, business practices and running a small business, communications, safety, parent and public relations, infant care, age-appropriate learning centers and care for special needs children.

This training is conducted over an 18-month period after the provider has undergone 40 hours of initial training. In this initial training, the prospective providers learn about setting up a child-safe home, fire prevention, the administering of medication, childhood diseases, contracts, child-abuse prevention, proper food handling, appropriate CYS operating procedures, First Aid and CPR and are initially certified to open their FCC home by the BSB Commander.

Our FCC providers are trained to implement developmentally age-appropriate practices in their home curriculum. Developmental programming and curriculum is based on the premise that children learn through play and develop in predictable ages and stages. The rate at which each child passes through these stages, however, differs from child to child. A developmental home environment allows the individual child to develop at his/her own rate and provides experiences and opportunities to explore, manipulate and discover, thereby developing those skills needed for independent learning.

After the providers complete the required 18 month training and become fully certified, many choose to continue their personal development as Early Childcare educators. Many providers have, or are in the process of earning, a Child Development Associate's (CDA) or are pursuing National Association for Family Child Care (NAFCC) accreditation. In addition, many providers are enrolled in Early Childhood Education (ECE) courses in pursuit of an ECE college degree.

So as you can see, FCC Providers are child-care professionals who offer our community a very valuable asset: loving, safe, dependable, consistent, age- and developmentally appropriate childcare.

If you have any questions, or are interested in becoming an FCC provider, please contact your FCC director, either Rita Roberts at 476-2783 for Graf and Vilseck or Jim Solomon at 466-2157 for Hohenfels. It's the only job that loves you back!

Supporting Soldiers & Families While Building a Career

Jobs at Child & Youth Services

- Anita Payne-Landgraf

I walked into the preschool room, still half-asleep, at 6 a.m. Kyesha and Julia were already at the art table, pressing and shaping colorful mounds of Play-Doh. Julia left her chair to run to me, arms flying wide open. She gave me a big hug and then began to jabber enthusiastically about her new shoes. Trey and Christopher pushed their way to me, both with much to tell about the road they were building in the block corner.

"Ms. Katie, Ms. Katie," Jasmine sang. "Please sit at my table for breakfast!"

I joined the group around the table and settled in with a bowl of cereal. Watching their faces, I thought about how important my job is at the CDC. It's much more than just "babysitting." I'm making a difference in the lives of these children. Many of them have parents who are deployed. Their lives are affected by the stress around them. As a CDC employee, I provide a predictable routine for the children; teach them how to get along in a group, and practice basic preschool skills.

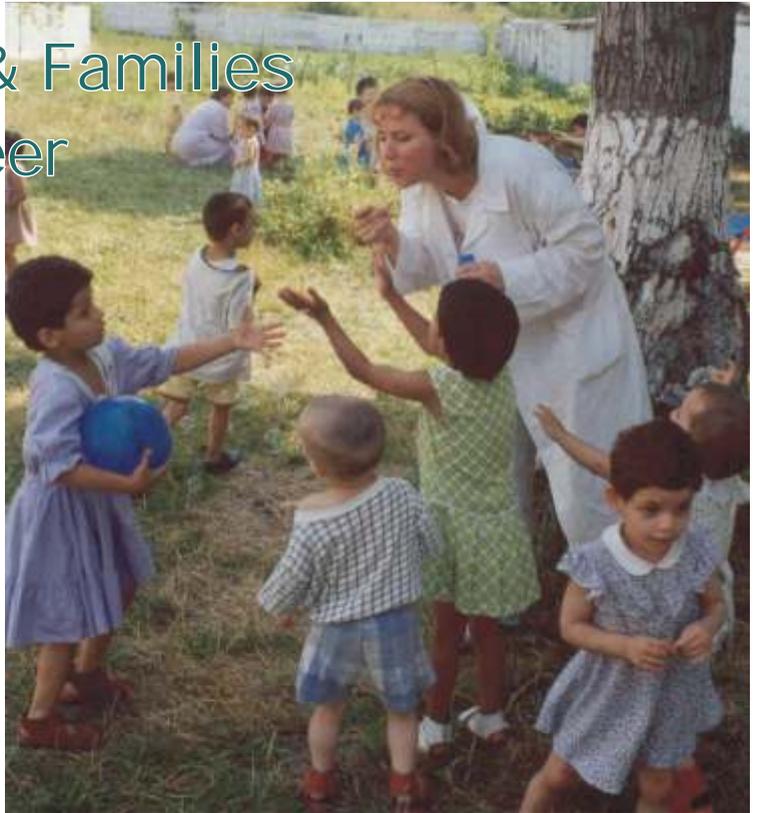
Ms. Katie is right. Working in Child and Youth Services programs does make a difference for children and it supports our soldiers and their families. Families depend on consistent, quality care and programs for their children and youth to relieve some of the stress of balancing work and family life.

CYS is hiring now. If working with young children is not your thing, CYS has job opportunities in our School Age and Teen Centers as well as in some of our support services areas. Or, if you want to work at home, consider becoming a Family Child Care Provider. Whatever your interest in child and youth programming, CYS has a place for you!

One of the many benefits offered by CYS is career progression through competency development. Employees complete an 18-month self-paced training course designed to develop essential skills for working with children and youth. Completion of each set of competencies leads to promotions and salary increases. In addition to the competency course, CYS pays for college courses related to the job (subject to availability of funds). So, working for CYS is more than just a job; it is preparation for a career in care and education.

Another benefit that attracts employees to CYS is a 20 percent discount on childcare fees for the employees' children. Having your own children at work with you is a benefit in itself!

Consider a career with Child and Youth Services. For more information, contact your local NAF personnel office or the CYS coordinator in your community.



Child & Youth Services' July Events

COMING EVENTS

5 Jul-6 Aug	Flag Football Camp	Hohenfels YS
6-9 July	Bowling Camp	Hohenfels Lane 17
12-16 July	Tennis Camp	Hohenfels YS
	Bowling Camp	Hohenfels Lane 17
13-14 July	Teen Sponsorship Prog.	Hohenfels Teen Ctr
13-16 July	Soccer Camp	Hohenfels YS
13, 14, 15 July	Art Camp	Graf Arts/Crafts
19-23 July	Golf & Soccer Camp	Hohenfels YS
19-23 July	Racquetball Camp	Hohenfels YS
20 July-20 Aug	YS Soccer Fall Registration	Hohenfels YS
26-30 July	Basketball/Volleyball/Soccer Camp	Hohenfels YS

JULY EVENTS

1	Summer Hire Training	Hohenfels CAC
2	Junior Golf Clinic	Vilseck Golf Club
2	Kids Patriotic Stained Glass	Graf Arts/Crafts
3	Ping Pong Competition	Graf Teen Ctr
7	Craft Class	Graf Arts/Crafts
7	Swim Trip	Hohenfels Teen Ctr
7	Summer Reading Program	Hohenfels Library
8	Summer Hire Training	Hohenfels CAC
10	Teen Trip to Prague	Hohenfels Teen Ctr
14	Palm Beach Swimming	Vilseck/Graf Teen Ctr
14	Summer Reading	Hohenfels Library
16	Summer Movie Night	Vilseck CDC
16	Cultural Celebration	Graf Teen Ctr
16	Kids Craft Class	Vilseck Arts/Crafts
17	Foam Buddies	Vilseck Arts/Crafts
21	Summer Reading	Hohenfels Library
21	Donau River Boat & Falcon Show	Graf Teen Ctr
21	Swim Trip	Hohenfels Teen Ctr
22	Summer Hire Training	Hohenfels CAC
24	Junior Golf Clinic	Vilseck Golf Club
24	Teen Ropes Course	Hohenfels Teen Ctr
26	Horseback Riding	Graf Teen Ctr
28	Schloss Thurn Amusement Park	Vilseck Teen Ctr
28	Summer Reading	Hohenfels Library
29	Pizza Magic	Graf Arts/Crafts
30	Pizza Magic	Vilseck Arts/Crafts

Summer Camp in the 100th ASG

Calling All Children in Graf, Hohenfels and Vilseck!



Photo by Hilda Rose

GRAFENWOEHR SUMMER CAMP

JUNE 24 - AUG. 13, 8 a.m.-1 p.m.

6-8th graders, including youth entering the 6th grade

Phone: 475-7411

Camp Daily Events:

Climbing Wall, Adventure Games, Hiking, Water Safety, Canoeing, Go-Carting, Camping, Orienteering, Fishing Theory & Practical, Caving, River Run, Low Ropes Initiative, Rafting, Rapelling, Adventure Race and Picnic & Awards

Special Events:

Skateboarding Competition, School Out Party and BBQ, Basketball Competition, Teen Dance, Cultural Celebrations and Ping Pong Competition

Summer Trips:

Geiselwind Amusement Park, Rothenburg, Warner Brothers Movie World, Nuernberg Zoo and Nuernberg Castle and Shopping, Palm Beach Swimming, Danube River Boat Ride & Falcon Show, Europa Park, Schloss Turn Amusement Park, Train Ride, Sinsheim Museum, Bayreuth Sightseeing & Shopping, Hof Snake Farm & Flossenbuerg and Holiday Park Amusement Park

HOHENFELS SUMMER CAMP

JUNE 14 - AUG. 20, 8 a.m.-4 p.m.

Ages 6-12 years - must have completed first grade to participate. Monday - Friday. Phone: 466-2221

Special Events:

Camp Adventure songs, arts and crafts, food experiences, outdoor sports, Basic Aid Training Certification, preparing care packages, making banners, gardening, gymnastics and tumbling, pottery and much, much more.

Summer Trips:

Geiselwind	July 1
Parsberg Outdoor Pool	July 8
Atlantis Schwimmbad	July 15
Bayern Park	July 22
Palm Beach	July 29
Volksmarch	Aug. 5
Pullman City	Aug. 12
Parsberg Outdoor Pool	Aug. 19

Daily Events:

Every Friday we will have barbecue-style lunches. Parents are always welcome to join us in our feast.

VILSECK SUMMER CAMP

JUNE 14 - AUG. 13, 8 a.m.-1 p.m.

6-8th graders, including youth entering the 6th grade

Phone: 476-3144/3575

Camp Daily Events:

Outdoor Pool, Shopping, Bowling, Go-Karting, Castle Hike, Movie & Popcorn, Little Switzerland Castle, Mt. Biking, Indoor Pool, Rock Climbing, Sledding, Paintball, Sandhill, Ropes Course, Horseback Riding, Raft Race, Canoe Class & Trip, Scavenger Hunt, Paddle Boat & BBQ

Events open to ALL CYS youth:

Nuernberg Castle & Shopping	July 7
Palm Beach	July 14
Geiselwind Amusement Park	July 16
Boat Ride & Falcon Show	July 21
Rothenburg Museum	July 23
Schloss Thurn Amusement Park	July 28
Nuernberg Zoo	July 30
Regensburg Train Ride	Aug. 4
Sinsheim Museum	Aug. 11

Soldiers of the 255th Medical Detachment (stationed out of Graf) hold an Iraqi Freedom Banner presented to them by the 109th Area Support Medical Battalion (ASMB) National Guard from Iowa.

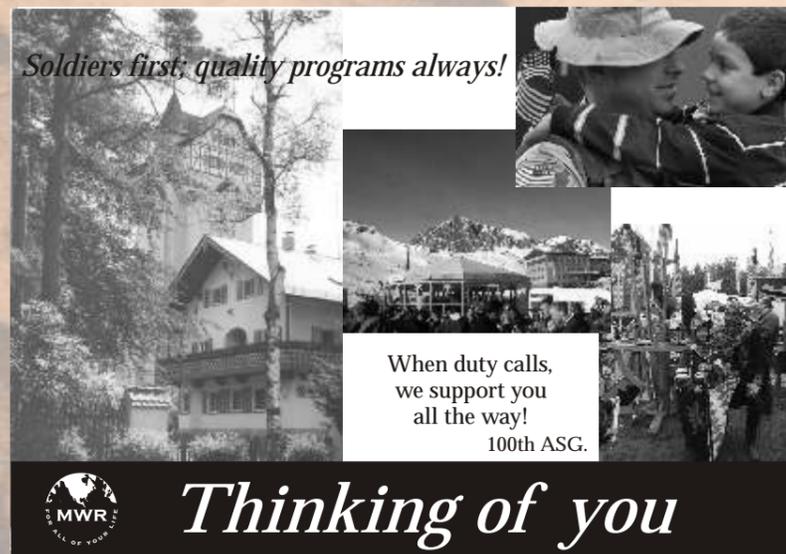


Photos courtesy of CPT. Darryl A. Forest.

Postcards to Iraq

Sometimes, the smallest items have the greatest impact.

- Heidi Fedak



That was definitely the case in May, when the 100th ASG libraries launched, "Postcards to Iraq."

From May 3-7, hundreds of miniature missives made their way from the libraries in Hohenfels, Grafenwöhr and Vilseck into the hands of 100th ASG soldiers deployed down-range.

The idea was the brainchild of Hohenfels Librarian Kate Nichols, who stumbled onto the idea while flipping through the MWR Business Manager's Calendar.

"It said it was National Postcard Week," she said. "I thought it would be a great time to get messages to soldiers that we miss them and

to express to them how much support and love there is from the 100th ASG."

With the help of 100th ASG Marketing, the idea expanded to include the libraries in Vilseck and Grafenwöhr as well.

"I thought it was a good idea," said Ron van Gemert, the Vilseck librarian. "It was a different way to support the troops and let the community feel involved in it also."

Aumüller Printing in Regensburg agreed to donate 1,000 postcards that the Marketing Office designed. The front of the card includes images from the 100th ASG communities and a simple, but important, message: "When duty calls, we support you all the way! 100th ASG." And then, "Thinking of you."

The messages on the reverse side, however, are no less important.

The cards may have started out blank, but within days, community members let their creativity and support show, filling the tiny cards with pictures, prayers and patriotic sayings.

"We had a great response," said Conny Camerer, the Grafenwöhr librarian. "I thought it was a fantastic idea to do this, because it's great support for people down range. I think it should not just be an annual event; it should be done several times throughout the year." Each library handled the promotion in its own way. While Grafenwöhr and Vilseck patrons were encouraged to write to someone they knew, Hohenfels patrons were guided to write to "Any Soldier," so that everyone in the region could get some mail from home.

All three communities were more than happy to oblige.

"We had kids; we had family members; we had soldiers who filled them out," Nichols said. "We had everyone come in from civilians to family members to soldiers, young and old. Everyone came and showed their support."

Messages ran the gamut:

"What's up, soldier? How's life treating you down range? I could only imagine how tough it's got to be down there. Constantly looking over your shoulder. I can't thank you enough for what you're doing fighting and defending for our freedom. Be on the look-out and come home in one piece. Best wishes, and I pray for you and your family."

"We are so proud of what you are doing and what you stand for to the people of Iraq...FREEDOM! Stay safe and return home soon."

Even the children seemed to know the importance of their task and the soldiers' mission:

"Hi. My name is Damion, I am six. I like soldiers. Thanks for saving our country. You are the best. From Damion."

"Hi. I hope you come home safely. I hope you get lots of sleep. Sincerely Allyson"

Said Nichols, "I think that the community response

was outstanding. I think that people really bonded together, came out and showed their support for the soldiers in Iraq. I'm especially proud of the school's involvement and how the kids drew pictures and really sent good messages down to the soldiers, things that are really going to make them aware that there's a lot of love here for them."

While this is the first time the libraries have sent postcards down range, it's not the first time they've supported deployed soldiers. Each month, the libraries send book kits to contacts in the field. Kits are filled with paperback books from a variety of genres.

It's all in a day's work for the three 100th ASG libraries, said van Gemert.

"The library is really a prominent aspect of the community that everybody can be involved with," he said. "We feel like we're supporting the family members while the troops are away. This is just another aspect of community support, which is what the library is all about. We're here for the troops and the family members."



Ensuring that the drinking water is safe. SGT Zach Delabastide (255th) shows coalition soldiers from Mongolia how to correctly purify a water trailer.



Their last day in Iraq! Soldiers of the 255th Medical Detachment pose for a final photo before preparing to fly out that evening from Balad Airfield, Iraq.



Thinking of you

Breakfast, Lunch and Dinner in the 100th ASG

Texas Barbecue and Open-air Extravaganza Featured!

TOWER VIEW RESTAURANT

- Kathy Heater

July Lunch Specials

July 1	Grilled teriyaki chicken breast
July 2	Seasoned and breaded cod
July 6	Bulgogi
July 7	Barbecue ribs
July 8	Bavarian Schnitzel
July 9	Catfish
July 12	Grilled pork steak
July 13	Beef Rouladen
July 14	Curry Wurst
July 15	Sweet & sour chicken
July 16	Flounder & popcorn shrimp
July 19	Hamburger steak
July 20	Gyros - garlic sauce
July 21	Oven-baked spareribs
July 22	Schnitzel
July 23	Stuffed flounder
July 26	Breaded chicken breast
July 27	Stuffed bell pepper with tomato sauce
July 28	Turkey breast stir-fry
July 29	Grilled pork chop

Texas Barbecue 5- 8 p.m. July 2

Come and enjoy Barbecue Texas-style on July 2. Dinner includes: Barbecued ribs and chicken, potato salad, cole slaw, baked beans, corn bread and assorted pies a la mode. Iced tea, lemonade and coffee are included. Cost: \$12 per person

*NOTE: Reservations are required. If less than 50 reservations are taken, this event will be cancelled.

Catering Office

Monday-Friday, 9 a.m.-4 p.m.
Closed: Saturday, Sunday and American Holidays

Antiques Sales

Monday-Friday, 9 a.m.-4 p.m.
Closed: Saturday, Sunday and American Holidays

DPP Program

In order to make it easier for our customers, the Tower View Restaurant & Conference Center offers a DPP Program similar to that of AAFES. For any item or combination of items over \$200, you may pay one-third down of the total price and take the item home with you. The remaining balance will be paid in three equal payments over the next three consecutive months. You can start enjoying your beautiful antique today!

Catering Services

We provide formal/informal conferences and events: Receptions, Buffets, Formal/Informal Seated Meals, Welcome/Farewell Teas/Coffees, Themed Parties, Military Balls, Hail & Farewells, Birthday Parties, Off-Site Catering and much more. We have seating accommodations for 230 people. We can accommodate up to 450 patrons for receptions. Stop by the Tower View Restaurant & Conference Center today and pick up a catering guide.

Breakfast and Lunch are served

Come to the Tower View and enjoy a quick get-away for breakfast or lunch. The relaxing atmosphere is just the touch 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 (civilian) 09641-83-6200.

Breakfast Mon-Fri 6:30- 9 a.m.
Lunch Mon-Fri 11:30 a.m.-1:30 p.m.
Closed: Sat, Sun and American Holidays

GREAT ESCAPE

Open-air Extravaganza

-Heidi Fedak

Summer has definitely arrived.

And one need look no further than the Great Escape for proof.

The Great Escape will officially launch its summer of fun on Sunday, July 4, with an amazing open-air extravaganza.

The event, which will take place in and around the Great Escape, will feature a top-of-the-line variety band, a dunking booth, give-aways, prizes, food, tug-of-war, a pie-eating contest, sack races and more. A brilliant fireworks display will cap off the day's festivities.

Grill Party Lunches

The fun will continue on July 16, 23 and 30 with grill party lunches. The menu includes steak, fish or pork, squash or zucchini fresh from the grill as well as baked potatoes, rice pilaf and string beans as sides. Grill party lunches kick off at 11 a.m.

Summer Special

Also, every Friday throughout the summer, the Great Escape will offer Root-beer floats (\$2.75), mini banana splits (\$3) and milk shakes (\$3).

For more information, please call the Great Escape at 466-2000.

25th Anniversary

**BATTLE
OF
BANDS**

**STARS
OF
TOMORROW**

QUALIFYING CONTESTS AND TALENT SHOW

Qualifying winners will advance to the Army Europe 25th Anniversary competition in Illesheim, August 21-22. Army Europe winners qualify to participate in the All-Army competition.

DATE JULY 10, 2004

TIME
3 P.M.

PLACE
HOHENFELS CAC

CONTACT
100TH ASG SPORT & REC
475-6167 / 7163 / 7576



47th Annual
German-American
Grafenwoehr



Volkstfest

30 July - 1 August, Grafenwoehr

FRIDAY, JULY 30 11 am-1 am

Opening Ceremonies	11 am
Spielmannszug der Freiwilligen Feuerwehr Graf	11 am-12:30 pm
Trachtenkapelle Ehenbachtaler, Schaittenbach	11 am-2 pm
Family Day	3-6 pm
Stadtkapelle Eschenbach	6 pm-midnight
Trio Washington, R&B/Soul/Variety-MWR tent	7 pm-midnight

SATURDAY, JULY 31 11 am-1 am

Stadtkapelle Graf	12:30-5:30 pm
MWR Car Stereo contest	2 pm
Elvis Memories & Rock & Roll	5:45-6:45 pm
Blaskapelle Diessfurt	7 pm-midnight
Checkpoint, Variety-MWR tent	7 pm-midnight

SUNDAY, AUGUST 1 11 am-midnight

Harley Davidson Motorcycle Display	11 am
Blaskapelle Oberwildenau	noon-5:30 pm
MWR Car Stereo contest	3 pm
Red Star Baton Twirling Team	3 pm
Just Country, C&W-MWR tent	6-11 pm
Weidener Musikanten	6:30-11 pm

SPECIAL EVENTS

FAMILY DAY	Half prices on Carnival Rides & more
AFN RADIO LIVE BROADCAST	
FREE SHUTTLE BUS	Graf-Vilseck area
DANCE STEPS, KARAOKE	MWR area
NHRA "OPERATION STREET LEGAL" DISPLAY	
MILITARY VEHICLE STATIC DISPLAY	
GERMAN & AMERICAN FOODS	



For additional information: DSN 476-3435 or CIV 09662-83-3435 Fax: 09662-8997

FREE TIME CALENDAR

1, 8 & 15 July

Coffee & Cream Throw Quilt Graf Arts & Crafts

2-25 July

Christmas in July Sale Hohenfels Arts & Crafts

30 July-1 August

47th Annual G-A Volksfest Camp Kasserine, Graf

3, Saturday

Blow Out Sale Graf/Vilseck Arts & Crafts
Independence Day Fun Run Hohenfels Sports
Garage Sale Hohenfels CAC/10 a.m.-5 p.m.



Sunday

Happy Birthday USA Fest Little Mike, Vilseck/1-4 p.m.
4th of July Bash Graf B & E Ctr/11 a.m.-10:30 p.m.
Independence Day Extravaganza Hohenfels GE

6, Tuesday

Battle of the Bands Entries Due 100th ASG Recreation

9, Friday

Italian Cultural Morning Graf Library/10 a.m.- Noon
Dave Attell Performance Hohenfels Great Escape

10, Saturday

3rd Annual Summer Slam (H) Vilseck Golf Club
409th BSB Fun Run Vilseck Sports
100th ASG Battle of the Bands Contest Hohenfels CAC

21, Wednesday

Quilting Class Hohenfels Arts & Crafts/6-8:30 p.m.
Story Theatre Auditions Hohenfels CAC/6 p.m.

22, Thursday

Thursday Night Scramble Vilseck Golf Club
Beer Academy Graf Library/6 p.m.

25, Sunday

Handicap Tournament Vilseck Golf Club/1 p.m.

28, Wednesday

Diva Day! Photo shoots Graf Arts & Crafts/9 a.m.-6 p.m.

29, Thursday

Thursday Night Scramble Vilseck Golf Club

For all on going events, please contact the facilities.

MWR FOR ALL OF YOUR LIFE

Army Europe
2004 **Golf**
Championships
July 20 - 22
Heidelberg Golf Course
in Otfersheim, Germany

Men's and Women's 54-hole championship play

Championships awarded to the top three in the Men's Open Division, Men's Senior Division, and Women's Division.

Open to all MWR Cardholders. Must be 18 years or older. Entry fee is \$55 per golfer. Registration information available at www.mwrgermany.com for more information call CIV 06202-54093.

MWR

BOWLING

1 April - 1 August
Bowling Bucks Hohenfels Lane 17

1 June - 31 August
Summer Bowling Club Graf/Vilseck Bowling Ctr

12 July
Twilight Zone Tournamnet Graf Bowling Ctr

16 July
Modern Rock Party Vilseck Bowling Ctr

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

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

Mondays
Mixed League Graf Bowling Ctr/7 p.m.

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

Wednesdays
80 Cents Night Graf Bowling Ctr/6-12 p.m.
Special Vilseck Bowling Ctr/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

For all on going events, please contact the facilities.



ITR...

Let Us Take You There!

ITR Trips from Graf and Vilseck

Prague Overnight Trip

July 2-5

This annual trip is one of our most popular! Many extra events will be offered including more time to enjoy the city.

\$240/adult, \$120/child

Schloss Thurn

July 3

Don't know where to take the kids this summer? Let us take you and them to an amusement park! Entrance is not included.

\$20/person

Departs: Vilseck 6:30 a.m., Graf 7 a.m.

Kaltenberg Medieval Festival and Joust

July 4, July 11 and July 18

Have a great day at this yearly event! Festival expense is not included.

\$20/person

Departs: Vilseck 7:30 a.m., Graf 8 a.m.



Sibyllenbad Spa

July 6

Spouse deployed? Take a day off! Spa fees not included.
\$5/person

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Marienbad - Casino Bellevue (passport required)

July 9

Come to Marienbad and have a night out.

\$20/person

Departs: Vilseck 5:30 p.m., Graf 6 p.m.

Berlin Day Trip and City Tour

July 10

NOTE: Berlin Trip is subject to the Love Parade.

If the Love Parade happens, date may be changed or the trip cancelled. Please ask before signing up.

\$45/person

Departs: Vilseck 3 a.m., Graf 3:30 a.m.

Shopping Day Trip

July 17

\$10/person

Departs: Vilseck 8:30 a.m., Graf 9 a.m.

Polish Pottery Shopping (passport required)

Shop for your pottery at the factory.

\$45/person

Departs: Vilseck midnight, Graf 12:30 a.m.

Warner Bros Movie World Express Tour

July 24

Come to the park without the expense of a hotel or the hassle of driving yourself! Trip does not include park entry.

\$45/person

Departs: Vilseck 3:30 a.m., Graf 4 a.m.

Chiemsee Castle

Summer is a great time to see the castle located on an island in Herrenchiemsee. Walk among the grounds and enjoy the scenery. Castle entry is not included.

\$35/person

Departs: Vilseck 4 a.m., Graf 4:30 a.m.

Shopping Trip to Nove, Italy

July 30-31

This is the home of Capodimonte and other fine Italian porcelain. Shop factory direct.

\$65/person

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

Hohenfels Trips

Berchtesgaden/Eagle's Nest

July 17

\$45

Departs: 5 a.m.

Two-Castle Tour

July 24

Visit Hohenschwangau and the famous Neuschwanstein.

\$45/person

Departs: 5 a.m.

MWR Outdoor Rec...

Has your summer covered



Photos by Brian Jansma, Sue Bluhm & Jim Dicks

Summer has officially arrived, bringing with it a bounty of outdoor activities for you and your family to enjoy. No matter what summer treat you decide to tackle, MWR has you covered. Hit the white water (or stay afloat) with kayaking lessons. Dive under the waves with SCUBA diving. Test your balance (and your communication skills) with an afternoon of adventure on the ropes course. Or hut hop your way through the mountains surrounding Königsee. No matter what, no matter where, MWR will be there!

KAYAKING:

Basic Kayak Class with Trip to Garmisch

July 12, 14, 16-18

Learn how to Kayak and challenge the rapids of the Loisach River.

July 12 Introduction and theory

July 14 Practice on a lake

July 16-18 Trip to Garmisch to check out the white water on the Loisach River.

Cost is \$130/person, which includes Kayak instructions, transportation, camping fee and gear.

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.

HIGH ROPES ADVENTURE TRAINING (GRAF ODR):

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.

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

Italy Adventure Trip

July 9-11

Come with us to Brixen and hike the "Plose Mountain" on Saturday. Then enjoy the vineyards of Brixen on Sunday.

Cost is \$159/person, which includes breakfast and lift pass.

Departs Vilseck 4 p.m. Minimum participation: 7

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 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

PAINTBALL:

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

Three-man Woodland Paintball Tournament

July 3

Entry fee is \$30 per team.

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

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, white-fish and all types of trout.

Annual Permit (2 Rods) - \$80

Children's Annual Permit - \$50

LN Annual Permit (must be employed on post) - 125 Euro

Day Permit - \$10

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:

July 11

Thumbach Stream (Graf) 5:30-10:30 a.m.

Aug. 8

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

Sept. 12

Sand Holes (Graf) 6-11 a.m.

Oct. 17

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

Deep Sea Fishing Trip: Location and destination TBA!

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.

2004 dates are:

July 30

Aug. 27

Sept. 24

Oct. 29

SCUBA:

PADI Open Water Diver Course

Cost is \$239/person, which includes theory, pool instructions, four open-water dives, manual "C" card, air and equipment.

Class dates:

July 12 & Aug. 3

(Weekend course for groups on request.) Min/max participants 4/6.

PADI Advanced Course

Cost is \$209/person, which includes six open-water dives in five specialties (dry suit-, deep-, navigation-, night- and scooter diving) with breakfast, transportation, "C" card, patch, manual and equipment. Dates will be announced.

PADI Rescue Diver Course

Cost is \$199/person, which includes theory, pool instruction, open water dives, manual, "C" card, patch and equipment. Course dates on request.

PADI Dive Master & Assistant Instructor Course

Cost is \$350/person. Course dates on request.

Other PADI Specialty Courses

Enriched Air Diver, \$89

Equipment Specialist, \$69

Deep Diver, \$79

Night Diver, \$79

Navigation Specialist, \$79

Dry Suit Diver, \$89

Boat Diver, \$49 (Trip only)

High Altitude diver, \$49 (Trip only)

Wreck Diver, \$69 (Trip only)

Multi-Level Diver, \$89

Search and Recovery, \$89

Scooter Diver, \$89

Note: There will be a non-refundable surcharge of \$50 for any sign-ups in SCUBA classes or trips.

SCUBA Trips

Local Dive Trip to Lake Steinberg

continued from page 37

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

Scuba Trip to Leipzig
 July 2-4
 Enjoy diving in a clear lake with lots of fish. Cost is \$169/\$179 (own/rental equipment), which includes transportation, two overnights in a three-star hotel with breakfast, six tank dives and diving permit.
 Advanced course available for \$109 or Dry Suit Course for \$59
 Departs Vilseck 8 a.m.

Scuba Trip to Croatia
 Sept. 2-6
 Join us on a trip to Pula - A beautiful old town on the "Istrian Peninsula" in Croatia and dive the clear water of the Adriatic Sea. Cost is \$409/per 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).
 Advanced OWD Course available for an additional fee of \$119. Non-divers are welcome for \$249.
 Departs Vilseck at 10 p.m.
 Sign up by Aug. 15!

Scuba Trip to the Red Sea
 Oct. 4-11
 Come with us on a SCUBA and beach trip to Egypt and dive in the gorgeous, colorful Red Sea, one of the most famous dive sites in the world.
 Cost is \$1,199/person, which includes transportation to Munich, flight to Egypt, seven nights in an all-inclusive three-star beach hotel, 10 boat dives and half-priced diving equipment. Non-divers are welcome for \$999 per person.
 Sign up by Aug. 1!

Do not forget to check out our skin and SCUBA diving equipment, which can be rented on a daily basis.

WHITE-WATER RAFTING:

White Water Rafting Trip to Austria
 July 16-18
 Join us on a white-water rafting trip to Austria.
 Cost is \$129/person. Minimum participation: 7.
 Departs: Graf 3:30 p.m., Vilseck 4 p.m.

CANOEING:

Canoe Trip to Wiesent River
 Cost is \$25/person, which includes transportation, equipment and hot dog barbecue. Half price for juniors, ages 6-14.
 Departs Graf 7:30 a.m., Vilseck 8 a.m.

LAKES:

Graf
 Dickhaeuter Lake- Camping, pavilions, large area for events
 Heid Pond- Party Cabin and sand volleyball court
 Thumbach Stream
 Rod and Gun Lakes
 Sandholes
 L Lake
 Vilseck
 Big Mike Lake Travel camp, RV and tent camping, pavilion, cabins (see below)

Little Mike Fishing, pavilions, playground, skating ramp, sand volleyball court, basketball court and restrooms
 Logsdon Park Playground, pavilion and restrooms.

VILSECK ODR CABINS	DAY	WEEK
2 bedroom cabin	\$60	\$300
3 bedroom cabin	\$70	\$350
Pavilions	\$30	
Campground, tent	\$7	
Party room at ODR (per night)		\$60 (Bldg. 2236)
Campground, RV	\$10	

For cabins and party room rental, a \$50 security deposit is required in addition to the rental fee. Deposit will be returned if no discrepancies are found.

Other services that ODR offers:

Camping Equipment rental:
 Backpacks, camping chairs, camping kit, cook stove, cook set, lantern, sleeping bags, water jugs, ice chests, tables, canopies with side walls, BBQ grills etc.

Game Sets:
 Badminton, Baseball/Softball, different sporting balls, horseshoe set, volleyball set, softball gloves or bats, tug-o-war rope.

Water Sports Equipment:
 Canoe, life jacket, john boat, kayak, windsurfer, wet suit, rubber rafts and much more.

Skin and SCUBA Diving Equipment:
 Mask, snorkel, booties, gloves, diver's knife, wet suit, tanks, weights, belts and much more.

Repair Service:
 Ski maintenance, bike maintenance

Hours:

Graf: Monday, Tuesday, Thursday, Friday 11 a.m.-6 p.m.
 Closed on Wednesday, Saturday, Sunday and American Holidays.

Hohenfels: Monday, Tuesday, Thursday and Friday: 12:30-5:30 p.m. Closed on Wednesday, Saturday, Sunday and American Holidays.

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

Graf ODR
 Bldg. 600
 Tel: 475-7402 or 09641-83-7402

Hohenfels ODR
 Bldg. Bldg. H-15
 Tel: 466-2060 or 06472-83-2060

Vilseck ODR
 Bldg. 2236
 Tel: 476-2563 or 09662-83-2563

Hirschau - Town of the White Earth



Monte Kaolino Makes Hirschau Unique!



Because of the many kaolin deposits here, Hirschau, which is situated directly on B14 from Nuremburg to Prague, is known as the town with the white sand.

The main attraction is Monte Kaolino (otherwise known as the kaolin mountain)!

This can be seen from miles away and makes Hirschau quite unique. Monte Kaolino - a man-made white monster - has become a real Eldorado for non-serious sports enthusiasts and is the venue for the world championships in sand-boarding as well as downhill and big-foot skiing. You can rent skis, go up on the lift and ski down the 220-meter long piste with its bends and tricky parts, wearing only a bathing suit or bikini!

You can experience a magnificent panoramic view from the 550-meter high platform on the Monte Kaolino, which can also be reached by going up the climbing path. A heated swimming pool with dunes, sandy beach and sunbathing field awaits you at the mountain base.

In addition to the Monte Kaolino, Hirschau offers visitors a street market typical for this area. The most popular and best-known subject for photographs of the center of Hirschau is the view from the east to the old town hall and the Catholic parish church, which both visually and physically dominate the secular and the religious aspects of the town. The final phase of building the town hall ended around 1500.

The historical town hall, with a roof unique to the Bavarian Oberpfalz, together with the parish church presents the visitor with a typical street market. With numerous shops and businesses on either side, Hirschau retains its market square character even today. But Hirschau has more to offer than just "action," as you can see from the events calendar for July. Just take a look and be tempted!

Events in July 2004:

- Thu-Sun, July 1-4 . . . World Championship Sand-boarding
- Sat, July 3 Folk Music Evening, Gasthof Welch garden
- Sat-Sun, July 3-4 Village Festival and "Hour" Race
- Sat-Mon, July 3-5 Kirwa/Kirchweihe Traditional Festival, Burgstall
- Sun, July 4 Garden Party
- Sun, July 4 "Hoffest" Summer Fete, Gasthof Welch
- Sat-Mon, July 10-12 Kirwa/Kirschweihe, Burgstall
- Sun, July 11 Town Swimming Championships
- Sun, July 11 Chicken Barbecue Party
- Sat, July 17 Big-foot Championship, Monte Kaolino
- Sun, July 18 Angling Club Party, Muehlweiher
- Sun, July 18 4th Summer Grand Prix
- Fri-Sun, July 23-25. Sand Skiing European Championship
- Sun, July 25 Family Fete, Josefshaus
- Sun, July 25 Guided tour of the town
- Fri-Sat, July 30-31 Art Event 2004

Gaesteinformation:

Rathausplatz 1
 92242 Hirschau
 Tel. 0 96 22 / 81-0
 Fax: 0 96 22 / 81-81
 E-Mail: stadt@hirschau.de
 Internet: www.hirschau.de

Freibad/Campingplatz "

Monte Kaolino"
 Tel. 0 96 22/ 24 46
 Fax: 0 96 22 / 19 00 18
 E-Mail: hirschau@campingmonte.de



ARMY EUROPE 10-MILER

July 17 - Grafenwöhr, Germany

ARMY 10-MILER QUALIFICATION RUN

Registration: 6:30-8:30 - Race: 9 a.m.

- Top eight female and top eight male active duty competitors will qualify for the Army 10-Miler, Oct. 24 in Washington D.C.
- Categories: Men and Women (military and civilian)
- Open to US ID Cardholders only.
- Register online at <https://www.100thasg.mwr.army.mil/srd/>

Call DSN 370-8243/7944, Civ. 0622-157-8243/7944,
Grafenwöhr Sports office at DSN 475-8207/1400 or
visit www.mwr-europe.com for details.



Youth Baseball-Softball Season Finishes in the 100th ASG

Championships Began on May 22nd

- Jerry Mayhew, Hohenfels YS Director
- Harry Lige, 100th ASG Sports Specialist

Youth Sports completed yet another successful baseball/softball season with the 100th ASG Championship in Vilseck. All teams played well in the weekend tournament, which was held May 22-23.

The 100th ASG 2004 Youth Services (YS) Baseball/Softball season kicked off Saturday, April 17, in Vilseck. Opening remarks were provided by LTC Joseph P. Moore, 409th BSB commander, while the invocation was done by (CPT) Denise Hagler, Chaplain, 409th BSB. The 7th Army Training Command provided a color guard. The season opened with 11 Bantam teams and three Junior teams. The program consisted of eight Bantam baseball teams, three Bantam girls softball teams, one Vilseck and one Hohenfels Junior baseball team, and one Hohenfels Junior girls softball team.

The season continued on Saturday, April 24, in Grafenwoehr. Eight Bantam baseball teams competed. The Vilseck (Falcons) Junior team traveled to play the Katterbach Junior team. The Hohenfels (Rockies) Junior team traveled to Wuerzburg to play the top two Junior teams. The Hohenfels (Army Brats) Junior girls softball team traveled to Schweinfurt to play the Schweinfurt Junior girls team.

Play continued on Saturday, May 1, at Hohenfels. Six Bantam teams competed. The Hohenfels (Army Brats) won two games against the two Vilseck Bantam girls softball teams. The Vilseck (Falcons) Junior baseball team traveled to Schweinfurt to play the top Schweinfurt Junior team. The Hohenfels (Rockies) Junior baseball team hosted the Schweinfurt junior team at Hohenfels and won the game.

After play was cancelled May 8 due to rain, the season continued on Saturday, May 15, in Grafenwoehr. Eight Bantam teams competed. The Hohenfels Junior (Army Brats) Girls softball team played the Wuerzburg team in Hohenfels.

On Saturday, May 22, the 100th ASG 2004 YS Sports Bantam/Junior Baseball & Softball Championships began. Games were played at the Vilseck Big Mike Baseball and Military Sports Softball Complexes.

Harry Lige, the sports specialist in the 100th ASG Sports & Recreation Division, coordinated the opening ceremony, which included opening remarks by 100th ASG CSM James E. Van Patten III. Chaplain (CPT) Denise Hagler provided the invocation. A recorded version of the national anthem concluded the opening ceremony.

The Hohenfels teams fought hard to stay in the tournament. During the first game, the HTA Rangers defeated the VTA Cardinals 16-1, winning their first round. In the second round on Sunday, they faced the GTA Indians.



Mike Porter (Asst. Coach), Anthony Armstrong, Trey Martin, Keathon Ranson, Brandon Merriweather, Randy Taylor, Jeremy Crook, Raiko Perez, Casey Fittz, Robert Taylor (Coach). Sergeous Anikin-Dick, Thomas Welch, Chris Elliott, Mothobi Chirunga, Josh Walz, Aaron Felton.

In the third game, the VTA Cubs played the HTA Highlanders, who were fighting to stay alive. The game between the VTA Cubs and the HTA Highlanders was a dead-heat with the VTA Cubs ahead by two runs. The HTA Highlanders came up to bat with one run, making the score 2-1. In the fourth inning, the VTA Cubs were ahead by three runs, which made the game 5-3. Errors made by the HTA Highlanders put the game out of reach for them, and the VTA Cubs won by 9-5, which sent the HTA Highlanders into the losers' bracket to meet the HTA Rockies.

During the fourth game, the HTA Rockies, which did not have enough players, forfeited to the VTA Astros, but they played the game anyway just for the experience. In game five, the HTA Rockies forfeited to the HTA Highlanders, although they still played the game. The HTA Rockies were eliminated from the tournament, and the Highlanders advanced.

On Sunday, May 23, the HTA Rangers met the GTA Indians in the second round of the winners' bracket in a close but hard-fought game. Despite fighting to come back, the HTA Rangers lost 8-5. This put the Rangers in the losers' bracket, with one win, one loss and another game to go.

In that game, the HTA Rangers played the HTA Highlanders. With one HTA team already eliminated, only those two teams remained to fight it out for the semi-finals slot on Sunday afternoon. The game started slowly, with each team checking out the other's strategy. Although these teams had played each other early in the season, it was still a close game. The HTA Rangers took a two-run lead, staying composed. But errors by the Rangers allowed the HTA Highlanders to come alive and score, putting the game at 3-2. The game continued to be neck-and-neck with a fourth-inning score of HTA Highlanders 7/HTA Rangers 6. The Highlanders widened their lead during the fifth inning and just continued slamming the Rangers from there. The game ended with the Highlanders in the lead, 12-7. With one win and two losses, the Rangers were eliminated from the tournament. The HTA Highlanders advanced to the ASG finals June 5-6.

As for the Bantam girls, what can we say about them that has not already been proven during the regular season?

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The HTA Hotshots went into the tournament with heads held high and motivated to play and come out champions. The VTA Cardinals and VTA Angels were no contest for our HTA Hotshots, who took the tournament and championship in back-to-back games: VTA Angels 1-HTA Hotshots 14 (first game); HTA Hotshots 15-VTA Cardinals 3 (second game); and the championship game with HTA Hotshots 10-VTA Cardinals 4. With this, our Bantam girls softball team won the 100th ASG Girls Softball Championship.

The Junior Boys were awesome with their playing skills in the best of three games of the tournament. The HTA Rockies Junior boys played five innings against the VTA Falcons with a 0-9 score. With assertiveness and great play, the HTA Rockies were able to come back and win their first game in the last two innings with a score of 12-10. This game was very competitive, and I could tell just how badly both teams wanted to win. Later that afternoon, the HTA Rockies had to play another game because the championship would be determined by the best two out of three. The VTA Falcons could not do anything in the second round against the HTA Rockies; the junior Hohenfels boys shut out the VTA Falcons by 11-0, becoming the 100th ASG champions. They moved

on to the U.S. Forces Championship June 11-13 in Vilseck. The HTA Junior boys were undefeated during the regular season and tournament.

The Hohenfels CYS sports branch is proud of all the coaches who have developed championship teams over the past year and half that I have been sports director. All coaches have given their best effort and dedicated themselves to developing teams and getting them into the championship. The coaches have encouraged these youth to become champions regardless of winning or losing. Youth Sports is proud of our coaches and youth who gave it their best during the 2004 Baseball/Softball season.

We want to sincerely thank all the coaches and parents for a job well done during the baseball/softball season.

The 100th ASG is looking forward to large numbers of girls participating in the 2005 Bantam Girls Softball program. Throughout the Bantam and Junior Baseball/Softball season, parents and spectators turned out weekly to support their teams and community. Thanks to parents, coaches, sport officials and YS staff for supporting the 2004 Youth Services 100th ASG Bantam and Junior Baseball and Softball program.

Graf Hosted Fourth Mountain Bike Race

Winners Announced

- Tammy Weightman,
100th ASG Sports & Recreation

On Saturday, May 15, the fourth race in an 11-event series of the 2004 U.S. Forces Mountain Bike Championship Series was conducted in Grafenwoehr, Germany. More than 80 riders participated in this event. The location of the race (the former racetrack by Eschenbach) required bikers to use all of their technical skills to overpower the course. This was the second event in the 100th ASG's four-event series. The 100th ASG Mountain Bike Challenge is part of the U.S. Forces Mountain Bike Series.

Team trophies were awarded to following companies:
Champion Team - HHC 1/63rd AR, Vilseck
Runner-Up Team - HHC CMTC, Hohenfels
Third Place Team - HHC 1/4 INF, Hohenfels

Winners of the first Mountain Bike Challenge in Vilseck were:
Champion - HSC 94th Engineer
Runner-Up Team - HHC 1/4 INF
Third Place Team - B Co 1/4 INF

Mark your calendars for more Mountain Bike Fun on Sunday, Sept. 19, in Vilseck.



Photo by Tammy Weightman



2004 100th ASG
**Mountain
Bike**
Race
12 September, Vilseck



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

Students & Teachers Compete in Basketball Fundraiser

Dedication - The Real Victory

- David Dinges, Grafenwoehr Elementary School Teacher



Cheerleaders Lead the Excitement!

Photo by Maria Maxwell

With 30 seconds left on the clock and a lot of smiles and hard breathing, the students were up by four points. They were tireless and their excitement endless. The teachers appeared ready to accept the outcome. Then, out of nowhere, some unexpected fast breaks by the last team of parents and teachers tied the score. A time out was called with six seconds left in the game, and the students huddled together. I, along with so many fans, cheered for the students. What was going to happen? With two seconds left, the teachers managed a 2-point lead, but a foul was called giving the students an opportunity to tie the game. You could have heard a pin drop. The first shot bounced out; the second scored, and the game ended. The teachers had won by 1 point, 54-53. But points did not decide this game. This was a game about dedication, motivation and having fun. Everyone came out a winner.

On Thursday, May 6, at the Field House in Grafenwoehr, students and teachers played against each other for the first time. As the event organizer, my vision was for the Grafenwoehr community to come together and share a fun game of basketball, sportsmanship and appreciation for each other as teachers, parents and students. I had organized a similar event when I taught in Japan, and the students loved it. So when I brought this idea to my students here at Graf Elementary, they jumped at the thought of being able to play against their teachers. Visions of basketball (and winning) danced in their heads! The players included 4th-6th grade students, teachers and guest parents, which only added to the excitement! In order to participate, all students had to maintain a clean disciplinary record. For several months, students dedicated themselves to staying on the team. The students and teachers were not the only ones to notice their dedication.

Parents often remarked on the effectiveness of this game as an incentive for their child.

The cheerleaders were just as excited and motivated. They provided a superb half-time show. Mrs. Dinges and several parent volunteers guided the cheerleaders through many months of hard work and fun cheers. The entire community came together for our children. Mr. Parker and Mr. Tolbert officiated the game; Mrs. Pace and Mrs. Peterson ran the scoreboard; Mr. Durham and his staff set up the facility; Mrs. Shell and several teachers ran the concession stand, and Mrs. Tolbert coordinated with AAFES and the commissary. AAFES provided coupons, while the commissary donated some items for our concession stand. We are a community dedicated to our children!

This fundraiser drew quite a crowd to support the "caught being good" initiative at Grafenwoehr Elementary School. "Caught being good" is an incentive program designed to reward students for showing unsolicited acts of kindness. Student names are placed in a drawing each week to receive a prize, because they were caught being good. The event was able to raise more than \$240 for the students. Thank you all!

The teachers vs. students game was such a success that several community members have asked me to hold this event more than once a year. I'm planning two games in November and May in the coming school year. Students are already planning their winning strategies. Watch out, Teachers! In the end, I'd like to say that everything we do should be for our children and their happiness. I'm just grateful for this chance to be able to bring everyone together.

FITNESS CALENDAR



JULY	YOGA	SPINNING	AEROBICS	BODY ROCK	KICK BOXING	RESISTA-B	POWER LUNCH	OPERAT'N GET FIT
MONDAYS	<ul style="list-style-type: none"> ■ V-1530 (2-3) 	<ul style="list-style-type: none"> ■ G-1145 ■ G-1745 ■ V-1145/1745 ■ H-1200 	<ul style="list-style-type: none"> ■ V-1645 	<ul style="list-style-type: none"> ■ H-1700 	<ul style="list-style-type: none"> ■ V-0900 	<ul style="list-style-type: none"> ■ V-1100 		
TUESDAYS	<ul style="list-style-type: none"> ■ H-1730 	<ul style="list-style-type: none"> ■ V-0645 	<ul style="list-style-type: none"> ■ V-1645 ■ G-1730 		<ul style="list-style-type: none"> ■ G-1145 ■ V-1800 	<ul style="list-style-type: none"> ■ V-1100 	<ul style="list-style-type: none"> ■ H-1200 	
WEDNESDAYS		<ul style="list-style-type: none"> ■ G-1700 ■ H-1200 ■ V-630/1145 ■ V-1745 	<ul style="list-style-type: none"> ■ V-1645 ■ G-1145 	<ul style="list-style-type: none"> ■ H-1700 	<ul style="list-style-type: none"> ■ V-0900 			
THURSDAYS		<ul style="list-style-type: none"> ■ H-1600 ■ V-1000(1&2) 	<ul style="list-style-type: none"> ■ G-1730 		<ul style="list-style-type: none"> ■ G-1230 ■ V-1700 	<ul style="list-style-type: none"> ■ V-1100 	<ul style="list-style-type: none"> ■ H-1200 	
FRIDAYS		<ul style="list-style-type: none"> ■ G-1145 ■ G-1730 ■ V-1200 		<ul style="list-style-type: none"> ■ H-1700 	<ul style="list-style-type: none"> ■ V-0900 (2,4,5) 			<ul style="list-style-type: none"> ■ V-1800 (1&3)

G=GRAF FIELD HOUSE H=HOHENFELS POST GYM V=HILLTOP GYM
 NOTE: (WEEK)
 All sports events and fitness classes subject to change or cancellation

CALL ABOUT:
 MASSAGE
 PERSONAL TRAINERS
 KARATE

No classes on July 5 for
 U.S. Holiday