```java
public class Main {
    public static void main (String[] args) {
        Counter c = new Counter ();
            IncThread ithread = new IncThread (c);
            DecThread dthread = new DecThread (c);
            ithread.start ();
            dthread.start ();
    }
}

class Counter {
        private int count;
        public Counter () { count = 0; }
        public void increment () { count++; }
        public void decrement () { count--; }
        public int getValue () { return count; }
}

class IncThread extends Thread {
    private Counter c;
    public IncThread (Counter p_c) { c = p_c; }
    public void run () {
        int i = 0;
        while (i++ < 100) {
            c.increment ();
            System.err.println ("Running inc thread: " + currentThread () + " / Value: " + c.getValue ());
            try {
                Thread.sleep(1000);
            } catch (InterruptedException ie) { ; }
        }
    }
}

class DecThread extends Thread {
    private Counter c;
    public DecThread (Counter p_c) { c = p_c; }
    public void run () {
        int j = 0;
        while (j++ < 100) {
            c.decrement ();
            System.err.println ("Running dec thread: " + currentThread () + " / Value: " + c.getValue ());
            try {
                Thread.sleep(1000);
            } catch (InterruptedException ie) { ; }
        }
    }
}
```