

The Spirit Of 97th

April 1, 2014

www.97thtranscobeachmasters.wordpress.com

Vol. 3 Issue 4



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Time for Spring Cleaning

By: Amanda Alley

That time of year. It's now getting warm enough to open the doors and windows for fresh air, and clean out all the junk. Spring has a way of energizing our circuits. We seem to want to do more. We had such a cold winter, and normally have a hot summer so spring and fall seem to be our most productive time frames. This is not true for everyone, but for a good portion it is.

We all need to make ourselves lists of what we want to get done and accomplish. This will help keep us on track to reach our primary goals. I have inserted an article into this newsletter about Spring Cleaning. It has some great tips on cleaning away allergens. This is great information since allergy season has started. I hope you will enjoy the article, and that the information will be helpful to you.

With April showers bringing May flowers, it's time to plant. Get some flowers or veggies started. Make it a family project to. Kids will love to see the plants grow.

This is also a great time to get outside and fill your lungs with fresh air. We have many parks here, and most contain trails for biking and walking/running. They also have play areas for the kids. This will be a good way of getting the kids active as well.

Have fun with the Spring weather, and remember to stay active and be healthy.

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Company News and Announcements

Featured Soldier

PV2 Berini

She was born in Framingham, Massachusetts on December 15, 1994. PV2 Berini enlisted in the Army on January 2, 2013. She completed Basic Combat training at Fort Sill, Oklahoma and completed Advanced Individual training at Fort Eustis, Virginia. Upon completion of Advanced Individual training, she was awarded the MOS 88L, Watercraft Engineer.

Her assignments include 97th Transportation Company, Fort Eustis, Virginia. She is assigned to the USAV Chickahominy (LCU-2011) as a Junior Engineman.

Her military and civilian educations include Basic Combat training, Advanced Individual training, and a High School Diploma from Nipmuc Regional High School in 2013.

Her awards and decorations include the Army Service Ribbon, and the National Defense Service Medal.

Her short term goal is enrolling in college to pursue an Associate's Degree, and is also working towards attending WLC. Her long term goal is to become a commissioned officer through the Green to Gold Active Duty Option Program.



Congratulations On Your Promotion!

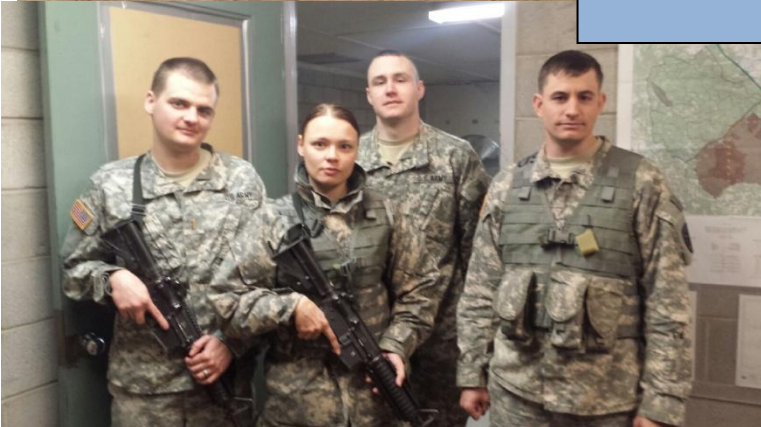
PV2 Berni, Brooke	PV2 Comer, David
SSG Harris, Jason	PV2 Jordan, Allison
SSG McCartney, Michael	SGT Provienc, Philip
SGT Reffi, Ryan	PV2 Pumpp, Noah
PFC Sann, Kevin	CW4 Shappard, Russel



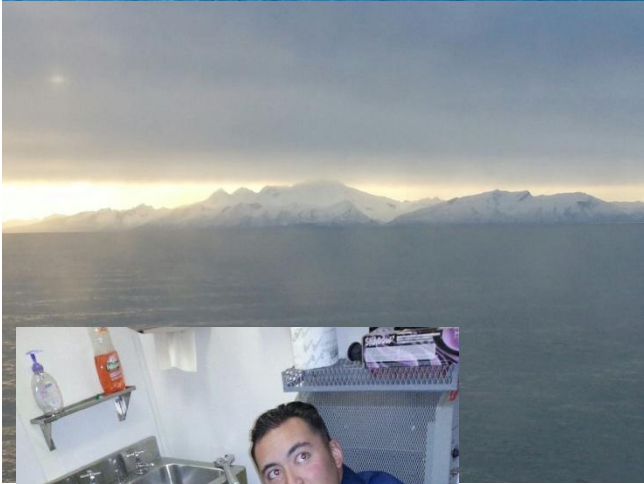
Goose Creek in Charleston
LCU 2004



Field March



The HHC TBX, 73rd TC, 97th TC and 558th are currently deployed in full support of the Joint Logistics Over-The-Shore operations in Anchorage, Alaska. More pictures will come in the next newsletter. You can also see more on the 10th Transportation Battalion Facebook page at <https://www.facebook.com/pages/10th-Transportation-Battalion-Waterborne/143674535673249?ref=hl> There are a lot of breathtaking photos from our crew out in Alaska and too many to share in one newsletter.



Helpful Article(s)

Spring-clean allergens away

Allergy sufferers know that the arrival of spring also means the start of sneezing, wheezing and other seasonal symptoms; according to the [American Academy of Allergy, Asthma, & Immunology](#), more than 35 million people are affected by seasonal allergies. Aside from reaching for meds, you can also find some relief through your annual spring-cleaning routine. “A thorough once-over of your home helps control both indoor and seasonal allergens,” says Sakina Bajowala, MD, Board-Certified Allergist & Immunologist with DuKane Allergy Asthma Associates in St. Charles, Illinois. “You won’t completely eliminate allergens, but there are many ways to reduce exposure for you and your family.” Here, a few tips to help you tidy your way to an allergen-reduced home.

1. Avoid bringing the outdoors in.

“Know your triggers and, to keep offending allergens outside, don't open windows on days when the pollen count is elevated,” recommends Andy Nish, MD, an allergist with the Allergy and Asthma

Care Center in [Gainesville, Georgia](#). (Go to [aaaai.org/nab](#) to find out the current pollen and mold levels in your area.) If you've spent time outdoors, launder your clothes and shampoo your hair to avoid carrying around allergens or transferring them to indoor surfaces such as sofas and bedding. According to Dr. Nish, allergens that are tracked indoors can stay potent enough to cause symptoms for a few days.

2. Use a vacuum with a high-efficiency particulate air (HEPA) filter.

Though taking your vacuum to the rug seems like an efficient way to zap allergens, irritants like dust mites and pet dander can easily be released back into the room while you clean. To prevent this, use a vacuum with a HEPA filter, which traps allergens, at least once a week (this handheld version will do the trick if you're not ready to replace your full-size model). And “if you're the allergy sufferer, wear a dust mask when vacuuming so you're not inhaling allergens,” advises Dr. Nish.

3. Wash bedding every week.

Dust mites are the most common trigger of indoor allergy and asthma symptoms, and they thrive on soft surfaces, which means your greatest exposure to them is through your mattress. To help decrease susceptibility, wash bedding weekly in hot (130°F) water and dry on a hot cycle. If your comforters can't be laundered, cover them with a washable duvet cover to keep them out of allergens' reach. Encase mattresses, box springs and pillows in allergen-proof covers. Luna's mattress protectors are waterproof, but still allow for air circulation, and are completely noiseless so you won't hear any rustling while you sleep

4. Clean drapes and upholstery.

Because allergens cling to soft surfaces, it's essential to wash, dry-clean or vacuum drapes, as well as vacuum sofas and chairs to remove lingering allergens, and wash or dry-clean throw rugs. “Vertical blinds or roller shades are less likely to accumulate dust than drapes, so use them whenever possible,” says Dr. Bajowala. When renovating rooms in the future, skip wall-to-wall carpeting and opt for hard floors such as hardwood, tile or sheet vinyl, which are



easier to clean and don't harbor allergens.

5. Dust forgotten surfaces.

Because dust can cause symptoms in some people, it's important to remember to clean out-of-the-way areas. Use a damp microfiber cloth to trap dust as you wipe down flat surfaces that rarely get cleaned, such as baseboards, door jambs, air duct vents, ceiling fan blades and Venetian blinds (discover an easy way to clean dust-covered slats here). Vacuum underneath the stove and fridge to suck up crumbs that attract insects, which in turn produce allergens like cockroach droppings. And whenever possible, ditch clutter—it's much easier to clean if you don't have to dust around piles of paperwork and oodles of knickknacks.

6. Keep tabs on humidity levels.

To keep allergens that grow in damp areas, such as mold, under control, maintain proper household humidity, says Dr. Nish. A humidistat, a gauge that measures humidity and that can be found at most local home improvement stores (we like this one, from Lowe's), helps you monitor how much moisture is in the air. Indoor humidity levels should be kept below 50 percent. Use dehumidifiers in damp areas such as basements, and empty and clean the holding tank regularly. Run the air conditioning in humid weather to remove moisture from the air, and replace the air filter monthly (it helps trap some allergens). Repair leaking roofs or drippy pipes, as chronic leaks give mold a foothold.

7. Avoid harsh chemicals.

“Many patients with allergies are sensitive to chemicals and strong fragrances,” says Dr. Bajowala. “Whenever possible, use cleaning products that are unscented or contain only natural ingredients.” Or make your own all-purpose cleaning solution by combining one half cup distilled vinegar and two teaspoons of borax powder in half a gallon of water. Use this eco-friendly solution to wipe down surfaces and then let air-dry.

8. Clean up after pets.

Pet dander may be elevated in certain parts of your home after a long winter spent indoors. If you have pet allergies, vacuum your pet's sleeping quarters well, wash your pet and pet's bedding frequently, and speak to your vet about a well-balanced diet for your animal, because a healthy pet may shed less dander

Army Community Services (ACS)



**1-2-3
MAGIC**

**A Positive Discipline
Technique Program
For Parents of
Children 2 to 12
Years of Age.**

0900 -1200
4, 11, 18, 25 April 2014

Location
Family Advocacy Program
213 Calhoun Street
Ft. Eustis, Virginia 23604



To sign up call: 757-878-0807



Junior League of Hampton Roads

Peninsula Town Center | May 17, 2014 | 10:00a.m.-3:00p.m. | Tickets \$5 | www.JLHR.org

April 2014 CALENDAR OF EVENTS

***MASTERWORKS OF AMERICAN IMPRESSIONISM**

Peninsula Fine Arts Center

Continuing through April 20

Including works by Mary Cassatt, John Singer Sargent and Childe Hassam, from the collection of the Reading Public Museum in Pennsylvania.

***SELECTIONS FROM THE BOSTON SCHOOL**

Peninsula Fine Arts Center

Continuing through April 20

Selections from The Boston School, a group of painters working in turn-of-the-century New England.

***BEGUILED BY THE WILD EXHIBIT**

Virginia Living Museum

Continuing through April 27

Need description

***THURSDAY EVENING SEMINAR SERIES: THE HUMMERS ARE COMING**

Virginia Living Museum

April 1; 6 p.m.

Get ready for Hummingbird season. Hummingbirds have amazing adaptations and can perform feats of unbelievable acrobatics. Explore the world of hummingbirds found in Virginia, the United States, Central and South America in this presentation filled with incredible facts, feeding suggestions, favorite plants and feeder ideas. Bring your own hummer stories too as we share the wonder of these remarkable little birds. 757-595-9135, www.thevlm.org.

***First Thursdays**

The Mariners' Museum

April 3; 5:30 p.m.

Meet up with friends after work and join us at The Mariners' Museum for First Thursdays! First Thursdays is a free social event featuring live music, a 50/50 raffle and food & beverages for purchase. As an added bonus, there will also be a select gallery or exhibition open during each event at no charge. For more information, please visit [www. MarinersMuseum.org](http://www.MarinersMuseum.org) or call (757)596-2222.

***BOAT HOUSE OPENS FOR SEASON**

The Mariners' Museum

April 4

The boathouse is now open! Whether a die-hard fisherman or just in need of a relaxing day, visit us and start creating your own memories of Lake Maury today. Various boats are available for rental, and visitors can bring their own kayaks and canoes with annual or daily passes. The boathouse is open Friday - Sunday through September 28, 2014.

***Chris-Craft Seminar**

The Mariners' Museum

April 4 and 5

Chris-Craft enthusiasts will meet for two days to socialize, learn more about their boats, and enjoy the Museum and Museum Library. For more information on the seminar, call (757) 596-2222.

***PARK DAY VOLUNTEER EVENT**

Newport News Park

April 5; 10 a.m. to noon

Newport News Park is looking for volunteers to help spruce things up a bit! Join groups across the country for a national effort called Park Day. 13560 Jefferson Avenue, 757-886-7912.

***ANNUAL CIVIL WAR REENACTMENT**

Endview Plantation

April 5 and 6; 10 a.m. to 4 p.m.

See the sights and sounds of a Civil War battle as hundreds of reenactors converge on Endview to reenact battles fought during the Civil War. See talks, demonstrations, battles and camp life. Admission: \$7 per person/ Under 7 free. House tours at a reduced price.

***BIRD WALKS**

Newport News Park

April 6; 7 a.m.

Join members of the Hampton Roads Bird Club for some early morning birding! Meet at Picnic Area 1 and be prepared to car pool to different areas of the park. Beginners are welcome. Binoculars and field guides recommended. 13560 Jefferson Avenue, 757-886-7916, www.nnparks.com.

***ON SCREEN/IN PERSON FILM SERIES: UNITED IN ANGER/DIRECTOR, JIM HUBBARD**

Ferguson Center for the Arts

April 8; 7 p.m.

United in Anger: A History of ACT UP combines archival footage and remarkably insightful interviews from the ACT UP (AIDS Coalition to Unleash Power) Oral History Project to explore how a small group of men and women of all races and classes came together to change the world and save each other's lives. The film takes the viewer through the planning and execution of a dozen major actions that forced the U.S. government and mainstream media to deal with the AIDS crisis. Join the filmmaker and an assembled panel of experts for a screening of the film, followed by a discussion. 1 University Place, 757-594-8752, www.fergusoncenter.org.

***STORY AND A WALK**

Newport News Park

April 9; 10 a.m.

For pre-school children and their caregivers. We'll share a story at the Discovery Center and then take a short walk. Don't forget to dress for the weather! 13560 Jefferson Avenue, 757-886-7916, www.nnparks.com.

***ARCHERY SAFETY**

Newport News Park

April 13;

A park ranger will present this one-hour class to teach general archery safety tips and discuss rules and regulations specific to Newport News Park. Call 757-888-3333 for program times and to register for this class.

***BATTLE OF DAM NO. 1 WALKING TOUR**

Newport News Park

April 16; 5 p.m.

Walk the hallowed grounds of the Union Army's only assault on General John Magruder's Warwick River lines. Tour begins at the Discovery Center parking lot.

***DISTINGUISHED SPEAKER SERIES: DORIS KEARNS GOODWIN**

Ferguson Center for the Arts

April 17; 7:30 p.m.

After Presidents Franklin D. Roosevelt and Abraham Lincoln, Doris Kearns Goodwin once again wields her magic on another larger-than-life president and a momentous and raucous American time period as she brings Theodore Roosevelt, the muckraking journalists and the Progressive Era to life in this new presentation. Her focus is on the broken friendship between Teddy Roosevelt and his chosen successor, William Howard Taft. Goodwin shares with audiences a time in our history that enlightened and changed the country, ushered in the modern age and produced some unforgettable men and women.

***EASTER BUNNY AND GREAT EGG HUNT**

Lee Hall Mansion

April 19; 10 a.m. to 11 a.m.

This special event is for children up to age 12. Bring the kids to Lee Hall for our eighth annual Easter Egg Hunt. The Easter Bunny will be on hand for games and photos ops. Experience the Antebellum South on the grounds of Richard D. Lee's mid-nineteenth century plantation home. A great family event! Admission is \$5.00 per child.

***STORY TIME**

Virginia Living Museum

April 19; 10 a.m.

Join museum volunteer Tede Johnson as she reads a different story each month with a corresponding live animal show. Recommended for ages two and above. Included in regular Museum admission.

***ARCHERY SAFETY**

Newport News Park

April 24;

A park ranger will present this one-hour class to teach general archery safety tips and discuss rules and regulations specific to Newport News Park. Call 757-888-3333 for program times and to register for this class

***MOMIX BOTANICA**

Ferguson Center for the Arts

April 24; 7:30 p.m.

MOMIX is a spectacular blend of physical theater, circus, athleticism and comedy. The company transports audiences from their everyday lives to a fantasy world through its trademark use of magical lighting and imagery to conjure up a world of surrealistic images using props, light, shadow, humor and the human body. Thrilling fans in more than 22 countries, MOMIX has been featured on stage, screen and television. In an endless search for another gravity, Artistic Director Moses Pendleton combines athletic dance, riveting music, outrageous costumes, inventive props and pure talent to create an entertaining multimedia experience.

Spring Lecture Series: Chris Metzler, Director, presents a screening of his documentary film, *Plagues & Pleasures on the Salton Sea

The Mariners' Museum

April 24; 7 p.m.

One of the premiere lecture series in Hampton Roads, The Mariners' Museum Lecture Series offers Museum members and Hampton Roads residents dynamic and memorable stories of mankind's relationship with the sea. This event is free and open to the public. Museum Members may make reservations online. For more information, please visit [www. MarinersMuseum.org](http://www.MarinersMuseum.org) or call (757)596-2222.

***THE SMITHSONIAN JAZZ MASTERWORKS ORCHESTRA PRESENTS A TRIBUTE TO ELLA FITZGERALD**

Ferguson Center for the Arts

April 25; 8 p.m.

The Smithsonian Jazz Masterworks Orchestra (SJMO) was founded in 1990 with an appropriation from the U.S. Congress in recognition of the importance of jazz in American culture and its status as a national treasure. The orchestra, led by Artistic and Musical Director Charlie Young, serves as the orchestra-in-residence at the National Museum of American History, Division of Cultural History. The orchestra recreates big-band jazz as its composers and arrangers intended it to be played, stripping away intervening changes and alterations. The SJMO has rediscovered old classics and more recently has begun premiering new works all in tribute to the great Ella Fitzgerald. Composed of musicians drawn from across the United States, the orchestra plays authentic and compelling performances of the music of Duke Ellington, Count Basie, Benny Goodman, Dizzy Gillespie and many other masters. Delores King Williams performs as vocalist. 1 Avenue of the Arts, 757-594-8752, www.fergusoncenter.org.

***COLOR ME RAD 5K**

City Center at Oyster Point

April 26; 9 a.m. to 1 p.m.

If you're allergic to the metric system, corn starch, or unbridled joy, you'd probably be more comfortable watching Matlock than at the starting blocks of this color-filled 5K. If you're itching for a great time, Color Me Rad is the run for you!

www.colormerad.com/race/newport-news

***NORTH ANNA AND COLD HARBOR CIVIL WAR VAN TOUR**

Lee Hall Mansion

April 26; 8 a.m. to 5 p.m.

Continue on the route of Grant's Overland Campaign with historian J. Michael Moore. The tour includes visits to Mt. Carmel, Ox Ford, Hanover Station, Cold Harbor, and Wilcox's Landing. All tours leave from Lee Hall Mansion. Plan to arrive at least 15 minutes early. Bring a bag lunch, drink, and small cooler. You will be walking a lot. Wear comfortable walking shoes. Sign up early; space is limited. The cost is \$50 per person. Payment due no later than **2 weeks** before tour. Payment guarantees your reservation. No refunds **1 week** prior to tour. Make checks payable to Lee Hall Mansion. Mail to: Lee Hall Mansion, 163 Yorktown Road, Newport News, VA 23603

***SUNDAY CROWNS**

Newsome House Museum & Cultural Center

April 26; 1 p.m. to 3 p.m.

Come and learn about the tradition of hats as a part of culture with historian, Drucilla Pair. Free. 2803 Oak Avenue, 757-247-2360,

www.newsomehouse.org.

***TREE I.D.**

Newport News Park

April 26; 3 p.m.

Take a leisurely walk with a park naturalist to learn how to identify some of the trees native to the Peninsula.

GAME PLAY

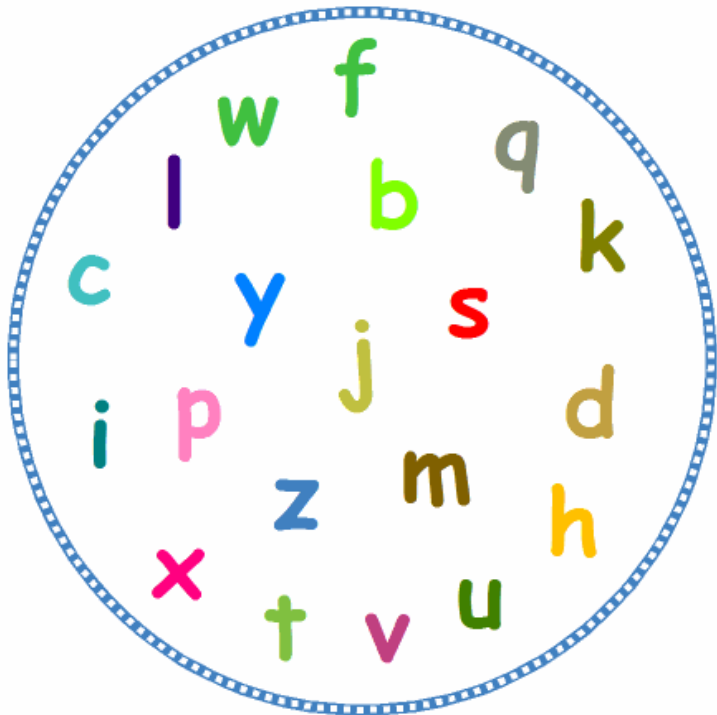
		1		7			5	
	7		4		2	9		
8								6
	4		5					
						1		8
		7		6				
					7	3		
9		5		8				1
	3		9				6	

Sudoku Medium Puzzle 4. Solution at:
http://www.puzzlechoice.com/pc/Sudoku_mp4s_olx.html

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2					6			
		5	8				2	
		9	1				6	
6					4			
						9		7
	5	6	7	1			8	
	2			3				
	7	4	6	2			3	

Sudoku Hard Puzzle 4. Solution at:
http://www.puzzlechoice.com/pc/Sudoku_hp4s_olx.html

GAME PLAY FOR KIDS



Find The Letters 04

Some letters of the alphabet are missing from the circle. Can you use the missing letters to find a fruit?

Solution at:

<http://www.puzzlechoice.com/kc/Letters04solx.html>