



HII Family Health Center Celebrates Grand Opening

On Saturday, March 19, more than 300 Newport News Shipbuilding employees and family members attended the HII Family Health Center's grand opening event, which included self-guided tours of the facility, cooking demonstrations, music, games and prize giveaways.

Bill Bell, vice president of Human Resources and Administration, welcomed guests. "The health and well-being of employees and their families at Newport News Shipbuilding is and has been a priority," he said. "We continue to launch healthy campaigns like the NNS 5K, Take an Hour, Relay for Life teams, the American Heart Association's Heart Walk

and others to promote healthy behaviors in the workforce. It makes sense then that the next step in our journey together in good health is to build and open a new HII Family Health Center."

Sue Buettner, president, QuadMed also provided remarks. "It is a great honor for QuadMed to be here. You are the greatest shipbuilders in the world and QuadMed is proud and honored to be selected to be able to take care of each one of you and build personal relationships with you, which is essential to great quality health care," she said.

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NNS Sponsors 2016 *FIRST* Robotics Competition

Newport News Shipbuilding sponsored the 2016 *FIRST* (For Inspiration and Recognition of Science and Technology) Robotics Competition Stronghold at Churchland High School in Portsmouth March 19-20. The two-day event marked the organization's first annual competition, which is designed to simulate real-world engineering and design challenges, in Virginia's southeastern region.

"It's inspiring to see these high school students come together and build these robots and compete," said **Jennifer Boykin**, vice president of Engineering and Design, who served as competition's key note speaker.

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Undersea Solutions Group Vice President **Ross Lindman** shows Rep. Gwen Graham the interior of an underwater vehicle at USG's facilities in Panama City Beach, Florida. Photo by Matt Harringer

Representative Gwen Graham Visits USG

On March 10, Rep. Gwen Graham, D-Fla., who represents Florida's second congressional district, visited Undersea Solutions Group for a tour of the facility.

Graham met with USG's engineers to learn about their current work with underwater vehicles, including *Proteus*, a dual-mode underwater vehicle designed to deliver large payloads at distances of hundreds of miles in either manned or unmanned modes. *Proteus* is currently completing a simulated 30-day mission in USG's outdoor test tank. Graham also received an update on USG's overhaul and modernization of an Egyptian Navy submersible.

"Undersea Solutions Group provides our military a vital service that will continue to grow as our Navy incorporates more manned and unmanned undersea vehicles in its missions," Graham said. "I'm proud to see these specialized, technologically advanced vehicles designed and built in north Florida. I appreciate the opportunity to tour USG's facilities and meet with its employees to learn more about undersea vehicles and their capabilities."

Ross Lindman, vice president of Operations, said, "It has been a privilege to host Representative Graham to show her the innovative work we are doing at USG."

CVN 79 Team Implements Component Insulation Process Improvement

The insulation team (X91) working on aircraft carrier *John F. Kennedy* (CVN 79) recently made process improvements to the component insulation process. Before the improvement, insulation would arrive to Newport News Shipbuilding in extremely large rolls that would have to be transported by forklifts, cut into smaller pieces and bagged before delivery to the job site.

"The process was very labor-intensive and material would need to be moved several times before being installed," said Foreman **Kenny McBurney**. "The team came up with a new process that would permit the vendor to deliver the material in smaller sizes so that the material could be sent directly to the jobsite from the warehouse."

In addition to reducing the size of the material, Insulator **Brian Hoffstatter** (X33) submitted an Opportunity for Improvement (OFI) to improve the process of mixing the cement that



Insulator **Brian Hoffstatter** (X33) pours cement powder into the new cement mixer. Photo by John Whalen

secures the insulation to the components. "The original mixing process was done by hand using a mud pan and a mortar-hoe," said Hoffstatter. "My idea was to incorporate an automatic cement mixer into our process."

Hoffstatter's OFI was approved. "Now we can mix two bags of cement in less time than it took to mix one by hand," he said. "In addition to speeding up the process, it is also more ergonomically-friendly on our body. You're never going to take out the physical part of our job, but you can make it easier."

McBurney said he is extremely proud of the team. "They put their minds together to make the process easier and more efficient for everyone involved," he said. "In addition to saving us a lot of time, these changes will also reduce the possibility of injuries."

HII Family Health Center Celebrates Grand Opening

CONTINUED FROM PG 1

Following remarks, guests were able to tour the facility. As they visited each area of the health center, they received stamps inside of a passport. After visiting each area, they were entered into a drawing for a chance to win gift cards, FitBits or an Apple Watch.

Gerard Ragland, X87 production planner, attended the event. "It was very informative, very nice," he said. "I am definitely going to take advantage of it for me and my family. I like the \$15 fee and having it right across the street. It is very affordable and will save me time. I can come

right over after work and pick up a prescription. The company has been focused on safety first and this is another way to promote that."

Watch a highlights video of the event on [Yardnet](#).

Pictured on front page (L to R): Following remarks, Bill Bell, NNS vice president of Human Resources; Councilwoman Sandra Cherry; James Miller (O19); Regina Miller (E85); their daughter Jayden Miller; Sue Buettner, president, QuadMed; Rich McClelland, Health Center supervisor, and Rob Coleman, vice mayor, City of Newport News, unveiled the facility's new welcome sign.

NNS Welder Recognized by *Bush's* Commanding Officer

On Feb. 12, Welding Technician **Joe Strickland** (O37) received the Avenger Award from the commanding officer of USS *George H.W. Bush* (CVN 77). The award was presented to Strickland in appreciation for his outstanding efforts on the CVN 77 Aircraft Elevator Hitch Girder Project.

In January, Strickland performed work on the aircraft carrier while it was docked at the Norfolk Naval Shipyard. During the project, he was asked to provide insight into resolving the aluminum welding challenges on *Bush's* aircraft elevator hitch girders. Strickland reviewed Ultrasonic Testing (UT) inspection reports, analyzed weld defects, observed welding work and provided improvement suggestions to NNS welders. The project was completed successfully on Jan. 29.

"Joe's level of dedication to both Welding Engineering and NNS is visible every day regardless of what he is working on," said **Jackie Philips**, Welding Engineering manager. "He takes pride in his work and holds himself accountable for results. Joe is always thinking about and acting on ways to be more efficient and improve processes for production."



Welding Technician **Joe Strickland** is awarded the Avenger Award from Capt. Will Pennington, USS *George H.W. Bush* (CVN 77) commanding officer.



John Shifflett, Newport News Shipbuilding director of Leadership and Development teaches leadership training at the Savannah River Site March 7-11.

MDC Holds Leadership Training at Savannah River Site

Newport News Shipbuilding's Management Development Center (MDC) employees, **Darlene Chisholm**, manager of Organizational Development, and **John Shifflett**, director of Leadership and Organization Development, conducted leadership training sessions at the Savannah River Site throughout the week of March 7.

Sessions were focused on "Re-Thinking Accountability" and "Creating a Performance Culture" around the concept of operations principles which guide work at the site. The sessions used examples from the film "Apollo 13" and a case study of the Columbia space shuttle disaster to illustrate how workplace leaders can help create a more engaging and productive work environment. Class participants included leaders from the Defense Nuclear Facilities Safety Board, the Department of Energy, Savannah River Nuclear Laboratory, and Savannah River Nuclear Solutions.

Shifflett said, "Participants were very enthusiastic about the sessions and commented that they are on target for their operations."

NNS Sponsors 2016 *FIRST* Robotics Competition

CONTINUED FROM PG 1

... "This competition helps spark a passion for STEM and offers students invaluable experience working together on hard problems as a team."

This year's theme was a castle tower defense game, where teams of three competed with robots to cross defenses and shoot boulders through goals in the opposing tower to earn points.

Of the 34 robotics teams involved, 14 local high school teams from throughout southeastern Virginia participated. More than 20 NNS employees participated as volunteers. Sixteen served as team mentors and two served as judges for the competition.

NNS Employees **Rick Burgos** (O22) and **Frank DeBrouse** (X57) mentored a team from Heritage High School. "The whole experience was a roller coaster of emotions for us," said Burgos. "From successfully competing in our first competition to watching our robot sit motionless at one point. In the end, we were very excited about our performance and we ultimately received the Rookie Inspiration Award for perseverance. The work of the past three months paid off as the team came together when it mattered most."

Leah Colvin (E04), engineering manager of Modeling and Simulation, participated in the event as a volunteer. "I enjoyed sharing with the students how we're applying technologies like virtual reality and augmented reality in the shipbuilding industry. It was impressive that so many of them already have experience with engineering and software programming, and many students were already interested in pursuing engineering-related degrees and maybe one day pursuing a career at Newport News Shipbuilding," she said.

Visit the *FIRST* Robotics website on Yardnet or contact **Chris Brown** (O35) at 688-7897 to see how you can get involved or for additional information.

Pictured on front page: Students and NNS mentors work on a robot at the *FIRST* robotics competition Saturday, March 19. Photo by **Matt Hildreth**

AROUND THE YARD

Final Week of Training for Employee Personal Camera-Enabled Devices

Newport News Shipbuilding Security and Emergency Management sent a letter to all employees Feb. 29 regarding training that would support a new company security plan to allow employees and visitors to bring personal camera-enabled devices inside the shipyard. Rollout of the new training began March 1 and must be completed by Friday, March 25.

Until an official announcement is made, the current policy of prohibiting personal camera-enabled devices has not changed. Employees and visitors may not currently bring personal camera-enabled devices of any type inside NNS facilities. As soon as this policy changes, employees and visitors will be notified.

Read the entire letter on Yardnet.

ERGs Host Expo March 22

Newport News Shipbuilding Employee Resource Group's (ERG) will host an expo from 2-5 p.m. in the James River Room (Bldg 520-6). The event is open to all employees. For questions, contact **Xavier Beale** (O18) at 534-1992. View the flier for additional information.

Sign Up for Your FREE Health Screening Today

All Newport News Shipbuilding employees are eligible for a FREE health screening in April. Learn your current health status and receive your total cholesterol, HDL, blood sugar, blood pressure, and body composition measurements in 20 minutes. While fasting for this event is not required, employees that do fast will receive additional results including LDL and triglycerides. Results are 100 percent confidential. Participants that complete the full health screening will receive a tote bag and a snack.

View the flier or the Interactive Health website on Yardnet for dates, locations and instructions on how to sign up. Appointments are not necessary, but strongly encouraged to reduce the wait time. As a reminder, there is no time charge for this program, employees must participate on their own time.

Contact **Becky Johnson** (O28) via email or at 380-7380 for additional information.

Virginia Arts Festival FREE Tickets Available

Newport News Shipbuilding is offering free tickets for a variety of Virginia Arts Festival shows in April, May and June. Employees can enter into a monthly drawing for two tickets per employee. Employees interested in tickets should send an email to Currents@hii-nns.com for a chance to win.

Earth Day 2016

Mark your calendar! Environmental Health and Safety (EH&S) will host its annual Earth Day event from 3:30-5 p.m. Thursday, April 21. For more information view the frequently asked questions on Yardnet.

Dependant Verification Reminder

Dependent verification begins this month for employees and dependents on Huntington Ingalls Industries medical benefits and runs through June 17. Employees who need to verify dependents will receive a letter in the mail identifying who needs to be verified. Failure to verify dependents will result in the cancellation of benefits July 1. For additional information about dependent verification, visit the HII Benefits website at www.hiibenefits.com or contact the HII Benefits Center (HIBC) at 1-877-216-3222.



Pictured (L to R); **Tom Doberneck** (E26), design engineering manager, **Dianna Lettieri** (E26), February "WISE Woman" Award Winner, **Carolyn Pittman**, vice president and controller.

WISE Presents February "WISE Woman" Award

Women in Shipbuilding Enterprise (WiSE) presented **Dianna Lettieri** (E26) with the February "WISE Woman" Award for commendable and sustained performance in her daily job. WiSE presents this award to a member each month. Award winners will be published in Currents on a quarterly basis. To submit a nomination for the WiSE Woman award visit the WiSE Yardnet website.

Registration for the NNS 5K is Underway

Newport News Shipbuilding will hold its annual NNS 5K at 9 a.m. on Saturday, May 21. The family-friendly run/walk event will begin and end at Victory Landing Park (next to VASCIC). All NNS employees and subsidiaries are invited to participate. Cost is \$12 for adults and \$7 for children (12 and under). All participants who register by April 22 will be guaranteed to receive a T-shirt for their participation.

Visit www.huntingtoningalls.com/5k to register or for additional information about the event.

Gerald R. Ford (CVN 78) Ship Store In Lobby of Bldg. 902 March 29-30

Gerald R. Ford's (CVN 78) Ship Store will be in the lobby of Bldg. 902 (by the elevators) from 11:30 a.m. to 1 p.m. March 29-30. CVN 78 merchandise will include: T-shirts, polo shirts, cups, coffee mugs, and the ship's coin. All transactions must be cash only. As a reminder, employees should visit the store on their own time. Contact **Patti Emmons** (E49) at 688-7360 for more information.

Annual Tornado Preparedness Day March 22

Tuesday, March 22 is Tornado Preparedness Day in Virginia. At 9:45 a.m. on that day all National Weather Service offices serving Virginia will issue a tornado drill warning.

Coincident with the statewide drill at 9:45 a.m. on March 22 and again at 6:45 p.m. for second shift, NNS will sound the shipyard whistle for three 30-second blasts at 30-second intervals and activate the electronic Send Word Now notification system for text and email messages only. Five minutes after the drill is initiated, the one minute "all clear" whistle will be sounded and this will conclude the drill. View the Distribution A memo for more information.

Richmond International Raceway April 23-24

Richmond International Raceway is offering Newport News Shipbuilding employees a special offer April 23-24. General admission tickets are available for \$20 and reserved Old Dominion Grandstand tickets for \$40. Children 12 and under will be admitted free. View the flier for more information.

DATEBOOK

MARCH 24

Women in Shipbuilding Enterprise (WiSE) will celebrate its annual Women's History Month event on March 24 from 4:30 to 6:00 p.m. in the VASCIC Auditorium. This year's national theme is "Working to Form a More Perfect Union: Honoring Women in Public Service and Government." The guest speaker is the Honorable Nancy Rodrigues, Virginia's Secretary of Administration. Employees interested in volunteering should contact **Cynthia Allen-Whyte** (X51) at 688-2636 or via email.

MARCH 26

Get your rear in gear for the NNS 5K run/walk by joining "Team Fight OBO" at the Matteson Trail in Hampton. The team is hosting an event in support of fellow shipbuilder Chris Owenby as he wages a battle against colorectal cancer. For more information, contact **Rhonda King** (O43) at 688-8969 or via email.

MARCH 30

The Hampton Roads Sections of IEEE (Institute of Electrical and Electronics Engineers) will host SoutheastCon 2016 at the Marriott Norfolk Waterside Hotel March 30 - April 3. Technical presentations and student competitions to include the renowned R3 IEEE Student Robotics Competition. Spectator passes are available. Visit www.sites.ieee.org/southeastcon2016 for additional information.

MARCH 30

The Management Development Center (MDC), Performance Coaches and In-Service Aircraft Carrier Program (ISCVN) Leadership program will host a "Coaching Moment" with Dr. Henry Cloud. For more information view the event flier. RSVPs must be received by Tuesday, March 29. Call O25 at 688-2761 or 380-4748, or send an email to CoachingPrograms@hii-nns.com to RSVP.

APRIL 6

NNS will organize a group walk in honor of National Walking Day on April 6. Walkers will meet in front of The Apprentice School (Building 812) at noon. All employees are invited to participate.

APRIL 14

NNS is a sponsor of this year's "Tastefully Yours" event on April 14. The tasting event will be held at the Hampton Roads Convention Center and will feature dozens of the Peninsula's finest restaurants. All proceeds will benefit the Virginia Peninsula Foodbank. For ticket information, contact **Abra McCollum** (T52) at 380-2935 or visit www.hrfoodbank.org from a home computer.

APRIL 22

Apprentice Alumni Association will host its annual Spring Golf Tournament at Williamsburg National Golf Club. The cost is \$75 per golfer and the price includes: green fee, 18-hole cart fee, tournament prizes, food and unlimited range balls (one hour prior to start). For more information, contact **Fred Peedle** (E51) at 688-6682 or visit: www.nnapprentice.com/alumni/news.htm.

APRIL 23

The Progressive Club will hold their second event of the year at 4:30 p.m. on April 23. The event will be held at Knights of Columbus in Newport News. Members should contact their club representative if they plan to attend. Non-members interested in attending should contact **Kenny McBurney** (X91) at 380-3659 or **Buddy Eagle** (X70) at 688-3850. All guest or trail membership may attend at a cost of \$15 to be paid in advance or at the event. You must be salaried or retired salaried employee to participate in a trail membership.

APRIL 25

The Apprentice School is applying for reaffirmation of accreditation with the Commission of the Council on Occupational Education. Persons wishing to make comments should write to the Executive Director of the Commission, Council on Occupational Education, 7840 Roswell Road, Building 300, Suite 325, Atlanta, Georgia 30350, or submit comments through the Council's web site www.council.org.

MAY 7

Newport News Shipbuilding Employee Resource Groups (ERGs): the African American Shipbuilders Association (AASA), SHIPs Network, Women in Shipbuilding Enterprise (WiSE), Hispanic Outreach and Leadership alliance (HOLA), and the Veterans Employee Resource Group (VERG) will be teaming for this year's Relay for Life event in Newport News from 3 p.m. to 11:30 p.m. Saturday, May 7. The ERGs are looking for employees to join their team. Go to www.relayforlife.org to join the "NNS-ERG" team or to donate. Contact **Christina Chapman** (E73) at 534-2654.

MAY 21

Mark your calendar. The 9th Annual NNS 5K Fun Walk/Run is scheduled for Saturday, May 21 at 9 a.m. at Victory Landing Park (next to VASCIC). Registration is currently ongoing. Visit the website to register.

SEEKING LEADERS

Visit www.buildyourcareer.com for more information on how you can build your career with Newport News Shipbuilding.

Job Title	Requisition Number	Dept.	Location
Mgr Product Planning & Sch 3	12293BR	X87	Newport News
Mgr Engineering 2	11243BR	E91	Newport News
Mgr Product Planning & Sch 2	12020BR	X87	Newport News
Mgr Product Planning & Sch 2	12286BR	X87	Newport News
Mgr Engineering 2	12461BR	E86	Newport News
Mgr Test Inspect 2	12447BR	X67	Newport News

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Currents@hii-nns.com
(757) 380-4622

Currents is published every Monday for employees of Newport News Shipbuilding. Visit the archives.

To submit a story, visit nns.huntingtoningalls.com/currents. The deadline for submissions is COB Wednesday for publication the following week.

EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

BLACKBERRY BOLD - 9930 Non camera touchscreen great condition refurbished Verizon Sprint and unlocked \$60 charger \$5 case (757) 285-1145

IPAD AIR - Ipad Air(Sprint)- Unopened box, Wifi & Sprint 4G/LTE, 16GB, 9.7" display, 5MP camera; 1080p HD. \$370 (757) 344-4283

PA AMPLIFIER - Peavey 2000W PA amplifier w/ hard roller case. Ideal for church, bingo, social hall. \$350, or \$325 w/o case (757) 813-1781

NINTENDO DS - Original Style DS. Plays all DS games with charger and case. \$25 Call/Text. (757) 897-3246

DJ - customized playlists suited for any event, lighting effects & photography (757) 869-1876

AUTO

04 JEEP RUBICON - 110,282 miles, MINT Black, Hard&Soft Tops, \$4000 in new upgrades lift/gears/32 tires/sound/tow etc \$15,500 obo (757) 812-1233

TAIL GATE - Stromberg Carlson vented fifth wheel tailgate fits many trucks yrs 97-07, \$90 (757) 746-9239

2005 YAMAHA R1 - Raven, 4800 Miles, Like New, Must See \$7000 OBO Call/Text (716) 597-8759

HARLEY DAVIDSON - '06 Wideglide. Dragonfly paint scheme. Lots of chrome. V&H pipes/Lojack/Power Commander. Call for pics. \$8000 (757) 256-8124

99 CADILLAC - Clean Deville, Power Window/Locks, Cruise Ctrl, Lthr heated, seats, cold AC, \$3,150 OBO (757) 342-6977

VAN - 2000, Chrysler Town and Country, LXi. Excellent Condition, Well Maintained, New Inspection, Asking 3500 (757) 851-0470

TOYOTA SIENNA - 2004 Sienna, 3.3 V-6, Tow Package, Excellent Condition. \$5,500 (757) 888-2545

Auto cont.

2005 Z71 TAHOE - 170,000, 6-DISC, DVD, Sun Roof, White w/grey interior, GC. \$7000 (804) 725-9680

HARLEY DAVIDSON - 02' Fatboy excellent cond. 18,000 miles. Must see to appreciate lots of extras. Text for pics. Make offer. Must sell. (757) 592-1100

YOUTH HELMET - Small motorcycle 1/2 helmet made by Skid Row. DOT approved, Like New, worn only a handful of times. \$50 obo (757) 812-1233

SERVICE MANUAL - New Official Harley 100th Anniversary Sportster & Sportster Models service manual. \$150 value; \$60 obo (757) 812-1233

91-95 MR2 PARTS - Misc MR2 Turbo parts (intercooler, leather seats, intake, etc.) Call for parts list. Car had 100,000 miles. (757) 812-1233

07 HARLEY DLUX - Custom candy teal blue, chromed-out, <7 miles, like new, 12k OBO, HD soft tail (757) 365-1521

DODGE AVENGER - 2010 4 cylinder 78+ miles good cond asking 8,500 OBO (619) 646-7390

TRUCK CAP - Grey fiberglass cap, windows on all sides. Excellent condition. Fits F150 supercab. Asking \$350. Have pics (757) 897-9758

DODGE DURANGO 2004 - Durango SXT, approx. 168K miles (mostly hwy), V8, clean, good condition, asking \$4750 (757) 951-3660

97 FORD TAURUS - Must sale Immediately! Good work car. Silver, 4-door sedan GL, many parts have been replaced, \$1500 OBO. (228) 383-1026

JEEP ACCESSORY - Hard Top hoist like new. Hoist top off w/just one person, \$350 obo (no longer jeep owner) Buying new \$500+ (757) 236-0789

MOPED 2013 - 2013 DAIX MOPED, red & white, runs excellent, new battery, \$500 firm (757) 310-4769

96 FORD EXPLORER - 235K mls, Black, A.T. reg serviced, 2500 o.b.o. Runs great!! great work truck or first truck. no mech. issues (757) 846-0801

Auto cont.

HARLEY DAVIDSON - 04 Low Rider. New shocks; Fwd controls; Hwy pegs; Quik detach backrest & windshield & more. 26 k mi. \$7,000. (757) 879-5126

ALTIMA SEDAN V6 - FAST Clean 07 Altima 3.5 M/T gray, 145k, carfax, G/C, inspection, good AC/heat, sunroof, \$6000 OBO text (757) 869-4842

2006 CHEVY TAHO - Z71, 4WD, DVD, Bermuda Blue with Gray interior, Looks and runs great. \$7500. (757) 890-0441

TRAILER HITCH - 12,000 lb. Reese Weight Distributing Hitch. Includes hitch, 2-5/8" ball, two bars, and two trailer brackets. (803) 842-9896

FOR SALE - 2002 Honda Accord 4 Door Auto Air Cond Sun Roof Fair Cond Asking \$1600. (757) 784-6128

BOAT & MARINE SUPPLY

9 FT LAKE BOAT - 9 Ft Lake Boat w/swivel seats and 45# Minn Kota Trolling Motor. Can be transported in a PU truck. \$700 757-870-9181

86 BAYLINER - 19.5 feet, I/O, Bimini Top, Dual batteries, Hummingbird w/GPS/etc, Bimini Top, Nice Boat, \$3,800/obo (757) 870-6120

05 BAJA - Baja Outlaw 20'Inbd/Outbd,5.0L Aluminum Tandem Axle Trailer, Low Hours. Asking 15,000 (252) 332-9898

2006 STRINGRAY - 2006 Stringray 250CR, Approximately 100 hours in fresh water, large cabin, GPS and depth sounder, \$25,000 OBO (757) 620-0480

1989 Willcraft 22ft - Inboard Motor, Very Low Hours, Large Cabin with Walk Around. \$6,000 OBO (757) 353-5746

FISHING KAYAK - 10' Fishing Kayak KAYAK, PELICAN/RAM X, PADDLES & PRESERVER, \$250 (757) 310-4769

COMPUTERS

FLOPPY DISKS - Tired of looking at those disk stacked up? Let me transfer your home disk files to an external hard drive. Text (757) 329-5645

Computers cont.

MAC BOOK PRO - 13.3, I5, Microsoft Office, EC. \$400 (804) 725-9680

COMPUTER REPAIR - PC/Laptop Repair/upgrades, Get Windows 10 added to your PC \$85+ parts (757) 329-6761

HOBBIES

GUITAR CLASSES - 'Now The Time Has Come...' The Chambers Brothers say, Sign Up! 1-on-1 (Midtown NN) Wk/bi-wk sched Call/text (757) 528-7017

DJ - Looking for a professional yet vibrant DJ for your upcoming event? Contact me today for a memorable event. (757) 706-6096

SURFBOARD - 5'10 Limited edition Monster Energy Drink, BRAND NEW with fins, great deal, \$250 (757) 342-6977

MOUNTAIN BIKE - Mongoose D60R: New tires, grips, handle bar, seat, seat post. Full susp., snap in pedals. \$100 Leave message. (757) 374-9603

SURFBOARD - Custom 6'10" epoxy quad fin, In The Eye surfboard, excellent condition, pic's available, \$400. (757) 870-6272

DRUM SET - Rockwood drum set can send pics. 250.00 call or text (757) 232-1299

GOLF CLUBS - Daiwa Hi-Trac Irons: Numbers 2, 3, 4, 5, 6, 8, 9, 10. Graphite shafts. Great starter set. Excellent cond. \$35 (757) 599-1960

GUITAR - 1973 Handmade Yairi Classical Acoustic Guitar in great shape. \$275. Call/Text (757) 897-3246

FREE

HORSE MANURE - Freedom Farm has free horse manure and free loading. Located just across the JRB in Carrollton. Call for info (757) 846-8183

FREE - Old metal swing set in yard; you disassemble and haul away. Not anchored in concrete. (757) 342-8021

FURNISHINGS & APPLIANCES

KITCHEN - Appliances all white, Boech dishwasher, GE Electric Range, Whirlpool REFR with ICE & Water Disp GC, \$700 (757) 220-9278

GLASS COOK TOP - G.E. Profile 30" cook top. Great Condition. Touch Controls. \$100. Leave message for pictures. (757) 374-9603

GRAND PIANO - Gulbransen Baby Grand Piano. Appraised at \$1,500. Make an offer. Dark wood/Ivory keys. Good Condition. (757) 647-8859

WOOD STOVE - Large Kraft wood stove with blower \$750 (757) 630-6462

BABY CRIB - Dark wood, sleigh style with matching changing table. Good cond. \$150 (757) 871-5272

CHIMNEY CAP - Single Flue, Stainless Steel, Screened, VGC, Fits 8" x 8" liner, \$40, Leave Message (757) 810-8746

MAYTAG - Electric Clothes Dryer, 6Cu Ft Capacity, GC \$85.00, Leave Message (757) 810-8746

REAL ESTATE

TOWNHOUSE SALE - Beautiful 3 bedroom 1 1/2 bath townhouse for sale in the Churchland section of Portsmouth. Selling for \$112,000 (757) 751-3311

ROOM FOR RENT - Room 4 rent off. Hampton \$500/month with utilities split. (804) 854-3741

ROOM FOR RENT - \$550 monthly all inclusive. Clean Quiet House in Denbigh's Windsor Great Park. Room furnished upon request. (757) 812-1233

HOUSE FOR RENT - 3 Bedroom 2 Bath Ranch in cul-de-sac for rent in Newport News. Hidden, quiet, kid friendly neighborhood. (757) 604-2272

LAND FOR SALE - 3 lots, each 10 acres, Gates, N.C., just across state line, septic approved. (757) 334-5526

HOUSE FOR RENT - 3 bedroom, 1-1/2 bath, family room, kitchen, central air/heat, washer/dryer hookup. Rent \$850/mo. (757) 344-6190

Real Estate cont.

TWNHOME 4 SALE - 2BD/2.5BA, 3 car driveway, corner lot with fenced in patio. Western Branch Chesapeake area. \$170K (757) 822-0027

WATERFRONT HOME - Seaford area updated home 3br 2 full baths, New kitchen granite tops 1692sq ft. Boat lift and dock \$355k (757) 877-1377

HOUSE FOR SALE - Three bdr 2 bath Brick Ranch in Suffolk 23434. New windows New 4 Ton Ac unit 25 X 25 Detached workshop 1 acre (757) 647-0121

WATERFRONT HOME - 3Br 2Ba 1,248 sqft Waterfront Home, Seaford, Large back deck, \$1200/mo (757) 880-3636

T/H IN HAMPTON - 3br/1.5 ba, 5 ceiling fans, freshly painted, newer carpet, w/d, 1300 sf, Magruder Commons, Rdy 4/16, \$1,150 (757) 572-7062

BEACH HOUSE - 3 Bedroom 1 1/2 Bath Beach House on beach in Kitty Hawk NC \$950 + \$100 Deposit Beautiful Ocean View (757) 846-1036

MISCELLANEOUS

DJ - Elegant and Fun Weddings! Dance floor lighting included. Call (757) 356-1166

HANDYMAN - Call for a free estimate on your home repair and building needs. (757) 256-8131

MAKE-UP ARTIST - Services incl: Bridal, Proms, & More! Will travel. (757) 325-5353

LAWNCARE - Leaf/Debris Removal, Aerate/Seed, Lawn Care & Maintenance. Early Bird Specials, Military and Senior Discount (757) 556-2032

TIMESHARE - Rent a Timeshare instead of a hotel on your next vacation. Available year round (757) 309-6542

HELPING HANDS - General home cleaning. Free Estimates. One time or special occasion cleaning welcomed. Licensed & Insured. (757) 371-3904

PEST KILLERS - Expert pest management, Termite/Bonds, Moisture Control including sand/poly/Crawl Space Repairs. SY discount! (757) 873-4999

Miscellaneous cont.

A/C SERVICE - A/C not cold anymore or looking to replace it. Give me a call I can help with both. Great spring prices. (757) 771-3441

LAWN CARE - Mow/Edge/Landscape/Mulch/Bush trim/Leaf & Debris Removal/Weed Ctrl/Fertilize/1X or weekly/Detail Oriented (757) 871-4589

CHANGING TABLE - Infant changing table EC used very little. Paid \$ 160 & some change new. asking \$80. Text for pictures. (757) 592-1100

POOL TABLE - Pool table and accessories - 3 cues, extension, cue table and chalk. \$200.00 Firm. You must move. 757-262-928

VT HOKIE DINNER - Hokie Club Dinner 4/11(6pm) at NN Point Plaza; (757) 877-7397

GOLF TOURNAMENT - Hokie Club Open Golf Tourney May 3rd at Williamsburg National; Cost: \$85 More Info: (757) 877-7397

CERAMIC WATCH - White ceramic chronograph Mens/ladies by Bulova rose gold trim, never worn, org \$150 asking \$70 (757) 510-3459

JANITORIAL - carpet cleaning, power washing, stripping, waxing floors, office cleaning (757) 503-0934

TRAINER - Fully supervised private training fitness programs; all levels; in NN. (757) 930-3372

GETTING MARRIED - Misc. wedding glass décor. Candle cylinders, vases, etc. Too much to list. Call for prices. (757) 342-8021

HEAT PUMP - FREE tune-up, inspec + REBATE for Dom. Power cust. with Heat Pump. Call Bob. (757) 286-2368

GUTTER CLEANING - We clean gutters by hand, bag the debris, flush your down spouts and brighten outside Licensed and Insured. (757) 810-5115

HOUSE WASHING - House, Roof and Concrete Cleaning. Most of our methods are used with less than 500PSI. Licensed and Insured. (757) 810-5115

TILE - Specializing in custom masterbaths and all other tile applications call 757-232-1299 lic. & Insured (757) 232-1299

ITEMS - Microwaves \$45, weight bench \$75 patio table 4 chair \$85 smart glove \$50 NUwave oven \$75 convection oven \$50 (757) 589-7248

Miscellaneous cont.

LAUNDRY DETERG - 5 GAL. Bucket \$35. Liquid H.E. last 4 to 5 months works great Sweet potatoes half bushel \$15 watercooler \$65 (757) 589-7248

EXERCISE EQUIPM - Ellipticals, exercise bikes, treadmills, Rower machine, knee walker, 4 connected office waiting rm chairs (757) 589-7248

BOWFLEX XTL - Bowflex for sale. Comes with leg, bar, and handle attachments. Text for pics. 876-2497

ORGANIC BEEF - Check FB: "Soul Shine Farm Grass Fed Beef". (540) 255-1292

ALL YOU CAN EAT - Line Dance ,Shrimp and Crab Feast & Shop \$155 incl transport. Aug 6 6:30AM. \$50 dep due ASAP. (757) 508-3733

TILES INSTALLED - Floors, Backsplashes, Shower Walls. Over 15 years of Good Workmanship. (757) 752-7536

BABY ITEMS - Graco cradle swing \$50, pink Boppy pillow \$15, Evenflo infant carrier \$10, box of 0-3 mo girl clothes \$30 (757) 871-5272

AVS VENT VISORS - New AVS Ventvisors, 4pc, smoke color for 01-07 Chevy Silverado Crew Cab \$35. Also, new black tailgate cap \$25 (757) 851-4862

AUTISM JEWELRY - Autism awareness jewelry. Necklace and earring sets delivered in gift-box only \$18. For pic call or text. (757) 236-0789

MEMORY BRACELET - Heard of memory quilts? Let me make you a memory Bracelet out of buttons from your loved ones clothes. (757) 236-0789

LANYARDS-BEADED - Accessorize your lanyard. All are made to order. Pick your colors. \$15 closed and \$18 for magnetic breakaway. (757) 236-0789

JEEP ACCESSORY - MOPAR Hard Top Storage Case for 07-15 Wrangler part no. 82210325AD. Like new cond. \$40.00 (757) 236-0789

ICON JACKET - Men X-LG ICON leather motorcycle riding jacket \$200 (ORIG 500) for picture call or text (757) 236-0789

ANTIQUA SAFE - Early 1900s, Herring-Hall-Marvin, dbl dr combination. Ext 61Hx34Wx32D/Int 39Hx21Wx15D. VG cond. 1.5 tons \$500 (757) 599-1960

Miscellaneous cont.

RIDING MOWER - Toro Wheel Horse Riding Mower, 8HP 25TORO, 8HP 25" Cut, w/recycle bagger \$500 (757) 310-4769

BOOKS FOR SALE - Signed copies of Scourge of Byzantium on sale. Text or call for details. (757) 329-2831

LAWN CARE - Affordable lawn care to include cutting, edging, leaf removal, flower beds & more. Call to schedule app (757) 713-0660

PRESSURE WASH - Pressure Washing - Roofing, siding, decks, and more (757) 581-0075

WIRE SHELVING - New shelving - 12' L X 12" & 20" deep. Save \$\$ & improve the look of your home -call for prices- (757) 535-9279

Miscellaneous cont.

LANDSCAPING - Mowing, Gutters (cleaning & installation), Fences, Decks, etc. NN, Hampt., York. area (757) 535-9279

CHILDCARE - M-F, 1st/2nd shift available, FT/PT, CPR & First Aid Certified, low rates, smoke free, Foxhill area (757) 869-1876



55GAL FISH TANK - stand and all equipment. w/10 gallon tank for quarantine of new fish. Pick-up only \$300 obo (703) 501-4255

BIRDCAGE - Med-size white birdcage w/ food/water trays and wooden perches. 27"H x 19.5"W x 15"D. Pics avail. \$70 (757) 705-5235

Pets cont.

20G FISH TANK - 20g 'long' aquarium with stand and all equipment. Lots of other misc. filters and lights also available. \$40 (757) 793-0654

DOG WALKING - Dog walking in Ghent/Dwntwn Norfolk and dog sitting anywhere! (830) 965-5620



WASHER & DRYER - Broken washers & dryers that are in your way. Will pick up for free. (757) 617-0100

ROOMMATE WANTED - \$550 monthly all inclusive. Clean Quiet House in Denbigh's Windsor Great Park. Room furnished upon request. (757) 812-1233

Wanted cont.

VAN RIDERS - 2nd shift ride from Ahoskie to Newport news Shipyard, Leaves Ahoskie @ 12:55p.m. Pickup in Winton, Gates Co. (252) 287-7395

Wanted- Gently used clothes, shoes, homegoods, furniture etc. For non-profit. We can pick up , let us help u spring clean (757) 750-7036.

LAWN MOWER - Un-Wanted mowers broken or running will pick up for free. Also, small engine repair. Call or TXT. (757) 897-4737

VAN RIDERS - Van leaving from Belvidere NC to Chowan, Gates county (Hwy 32) thru Suffolk to NNS 1st shift (252) 619-3117

NNS SAFETY REPORT

* Compared to figures from February 2015

