



Photo by Matt Hildreth

She's Underway: CVN 78 Departs for Sea Trials

Gerald R. Ford (CVN 78) departed Newport News Shipbuilding to embark on builder's sea trials Saturday, April 8. The trials represent the first time the carrier has gone underway using her own power. Builder's sea trials provide an opportunity for shipbuilders, *Ford's* crew and U.S. Navy personnel to test systems, components and compartments at sea. The trials will include high-speed runs and a demonstration of the carrier's other capabilities.

Named for the 38th President of the United States, CVN 78 is the first ship in the *Ford*-class and features an enhanced flight deck with increased aircraft sortie rates, improved weapons movement, a redesigned island, a new nuclear power plant, electromagnetic catapults and growth margin for future technologies and reduced manning.

Download the NNS to Go app to view a photo slideshow of CVN 78 embarking on builder's trials or visit HII social media pages using **#FordCVN78**.

USS *Thresher*. Never to be Forgotten

Monday, April 10, marks the 54th anniversary of the tragic sinking of the submarine USS *Thresher*. Although *Thresher* was not built by NNS, its somber anniversary is a time for all employees to reflect on the importance of quality and the consequences of a mistake. Shipbuilders are encouraged to take this time think about how to ensure the first-time quality of all NNS products.



Employee Ticket Information

Newport News Shipbuilding will christen *Indiana* (SSN 789) on Saturday, April 29. The Communications Division has a limited number of tickets to the event to distribute to employees. Two tickets will be given to employees who request tickets on a first-come, first-served basis. NNS employees interested in tickets should contact **Yasmine Robinson** (O29) at 380-2428. *Employees selected to receive tickets will be notified the week of April 17 via email or by phone regarding ticket pickup dates.*

A live webcast of the ceremony will also be available beginning at 11 a.m. Additional details will be available in *Currents*, on the NNS to Go app and on HII social media pages in the coming weeks.

Employees Participate in National Walking Day

On April 5, more than 100 shipbuilders gathered outside of The Apprentice School, in front of the *Dorothy* and in the North Yard to celebrate National Walking Day. In honor of the day, the company encouraged its employees to take time during their lunch break to get outside and walk.

Vice President of Quality **Ron Murray** kicked off the group walk outside of The Apprentice School, X18 Trades Director **Gary Fuller** kicked off the walk in front of the *Dorothy*, and CVN 79 Program Director **Geoff Hummel** lead employees along a walking path near Dry Dock 12. Many other company leaders also came out to show their support and participate in the lunchtime walk.

"Personally I'm an outdoors person, whether it's walking, running or hiking," said Murray. "The benefits of walking every day can clear your mind, and generally keep you fit."

Interactive Health representatives were available at each location to hand out



NNS employees participate in National Walking Day April 5. Photo by Ashley Major

giveaways. Representatives distributed bags to participants that included a bottled water, health related literature, and information about health offerings available to employees.

Software Development Analyst **Keith Boettner** (T55) participated in Wednesday's walk. "It was a beautiful day for a walk" he said. "I have few coworkers in my building that walk on a regular basis, which encourages me to do the same. Every time I make the decision to take time away from the work to get some fresh air and exercise, I always feel more energetic during the remainder of the day."

HII Showcases Innovation at Sea Air Space Expo

Just a few miles from the heart of Capitol Hill, Huntington Ingalls Industries made a strong impression as a leader in innovation at the annual Sea Air Space Expo (SAS), emphasizing initiatives that are laying the foundation for the company's future. Thousands of visitors, ranging from industry peers to top Navy leadership, visited the booth to see the HII's innovative efforts.

Outside the main exhibit hall, Newport News Shipbuilding debuted its new Digital Shipbuilding Mobile Experience (MX). Attendees were given an interactive tour showcasing how the 53-foot mobile trailer will be used for training and recruiting the next-generation shipbuilder. Inside, attendees experienced how shipbuilders will learn to use digital tools like Visual Work Instructions and Visual Build Management, concluding with an interactive HoloLens demonstration.

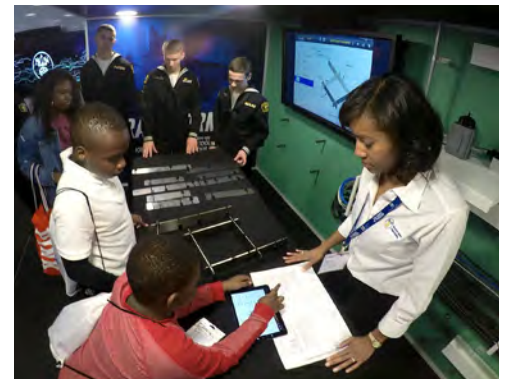
"I think the MX gives visitors an opportunity to really grasp what we're doing at the shipyard," said Sheet Metal Trades

Director **Chandra McCulley-Hooker**. "As the trailer comes back to NNS, I think we can do so much with it as a platform, for training our workforce and engaging them into the transformation."

In the main HII booth, NNS featured a large model of *John F. Kennedy* (CVN 79) and to-scale models of a *Virginia*-class and *Columbia*-class submarine. Guests were also given the opportunity to experience augmented reality and learn about additive manufacturing. The booth featured live 3-D printing in process and samples of 3-D printed metal parts – one of which weighs 50 pounds.

NNS also showcased its reality capture capabilities, otherwise known as laser scanning. Shipbuilders recently used laser scanning to perform the full ship check on USS *George Washington* (CVN 73) in preparation for its refueling and complex overhaul.

"We've implemented technology that is



Inside the Digital Shipbuilding Mobile Experience (MX), young attendees attempt to piece together a steel puzzle using a 3-D work instruction with Shipbuilder **Cenise Waites** at the Sea Air Space STEM event Sunday, April 2. Photo by Peter Stern

actually being used in our process and reducing cost in the overhaul program, as well as finding new uses in other programs," said Designer **Chris Bryans**, one of the presenters for Digital Reality Capture. "It's great to talk face to face with our customers and industry peers about the value that we're bringing."

Visit HII's social media pages using **#SAS2017** to view photos from the expo.

NNS 5K: 10 Years and Running

Since 2007, Radiation Safety Analyst **Franklin Sullivan** (E85) has combined work with exercise, by walking with coworkers each day at lunch. The daily habit encouraged Sullivan to become an active runner in 2008 when he signed up for the first annual NNS 5K. Today, 10 years later, Sullivan runs five days a week and is currently signed up to participate in the 10th annual NNS 5K on May 20. Communications interviewed Sullivan to ask him why he runs and what advice he has to encourage others to start running.

Why do you run?

After my basketball career ended, running became a great way for me to remain physically active and I simply just enjoy it. Running is my favorite form of exercise.

What motivates you to exercise?

I try and think about how I will feel if I don't run, as opposed to how good I feel after I have.

What are your running goals?

Overall, I want to improve my health and like many, even though I played sports when I was younger, life gets busy and it's hard to make time to stay active. I want to continue to run in 5K and 8K races, but my long term goal is to get up to a half marathon and eventually full marathons.



Franklin Sullivan (E85) stands in front of the Victory Arch. Photo by Matt Hildreth

What advice do you have for others?

My first piece of advice, is to find a great network of people to support you and who want to be active too. My co-workers in Department E85 have been instrumental for my success. My second piece of advice is to start with obtainable goals. Walking can lead to jogging, which will lead to running. But what is most important, is that you actually enjoy what you are doing.

Visit www.huntingtoningalls.com/5k to register. Participants who register by April 21 are guaranteed to receive a T-shirt.

Shipbuilders Steering the Way

Shipbuilders **Darius Chatman** (X11) and **Richard Junk** (X36) were presented with Level One Ethics Awards on Feb. 8 for their ethical behavior. **Ray Bagley**, vice president of Trades Operations, met with each of the shipbuilders to thank them for their actions.



Pictured (L to R): Rodney Thomas, general foreman, Darius Chatman, Ray Bagley, vice president of Trades Operations. Photo by Matt Hildreth

Chatman was recognized for noticing that a contractor entered through the shipyard's gates by piggy-backing off him through the turnstile. Chatman immediately notified his management team who then notified Security. Within 15-30 minutes Security identified the contractor and resolved the situation.



Pictured (L to R): Ray Bagley, vice president of Trades Operations, Richard Junk and Rickie Joyner, foreman. Photo by Matt Hildreth

Junk was recognized for notifying his foreman of small air bubbles in a puddle of water around the south rail of a crane that spans Dry Dock 10 and 11. When Facilities came out to evaluate the situation, they discovered that the water was coming from a broken pipe below the ground, which fed to nearby fire hydrants. If the problem had gone unnoticed, the situation could have affected firefighting capabilities in the area.

Want to nominate an employee for an On-the-Spot Ethics Award?

If so, visit the EEO, Ethics and Compliance website or contact **Catrina Hagwood** (O18) at 688-1907.

Annual Enrollment: April 24 - May 5

Annual enrollment is an opportunity for employees to enroll, update dependents and make changes to current elections. This year, all non-represented employees will be reset to "tobacco user" during Annual Enrollment. **These employees must take action to change their tobacco use status. Non-tobacco users who do not change their status will pay the standard medical insurance rate beginning July 1, which is \$660 more annually.** For questions, visit www.hiibenefits.com or contact the Huntington Ingalls Benefits Center (HIBC) at 1-877-216-3222. Employees are invited to attend Annual Enrollment sessions throughout the shipyard to learn how you can reset your tobacco status and take advantage of new benefit offerings.

- **April 12** (12-1 p.m.): Old Apprentice School (B14)
- **April 14** (7-8 a.m.): Bldg. 520-6
- **April 14** (4:30-5:30 p.m.): Bldg. 520-6
- **April 19** (7-8 a.m.): Bldg. 520-6
- **April 19** (12-1 p.m.): VASCIC (2 West)
- **April 20** (12-1 p.m.): Old Apprentice School (B14)
- **April 24** (12-1 p.m.): VASCIC (2 West)
- **April 16** (4:30-5:30 p.m.): Bldg. 520-6

No charge will be provided. For lunchtime sessions, attendees are encouraged to bring their own lunch.

DATEBOOK

APRIL 12

L.E.A.R.N. will host an after work presentation on "Digital Disruption" with Vice President and Chief Information Officer **Bharat Amin** from 4:30 p.m. to 6 p.m. at VASCIC. The event is open to all employees by reservation. To RSVP or for more information, visit the L.E.A.R.N. website or contact **Tanika Davis** (O24) at 688-7916.

APRIL 13

The company is a sponsor of "Tastefully Yours," the peninsula's premier food tasting event, at the Hampton Roads Convention Center from 6 p.m. to 9:30 p.m. View the flier or visit www.hrfoodbank.org for more information. Contact **Abra McCollum** (T52) at 380-2935 for questions.

APRIL 13 & 27

The "Spear and Gear" Toastmasters Club will hold a meeting from 11:30 a.m. to 12:30 p.m. at The Apprentice School (second floor conference room). The event is open to all employees and no RSVP is required. The event will provide a forum for employees to learn how to become more effective communicators and leaders. Contact **Jason Paquette** (E83) at 534-2770 for questions.

APRIL 15

Huntington Ingalls Industries plans to award up to 100 scholarships this year to children of HII employees. Parents of children enrolled in a two or four year college program or a pre-kindergarten school readiness program should apply for the **2017-2018 scholarship by April 15**. For more information about both of the scholarship opportunities, visit the HII Scholarship Fund website.

APRIL 19

Join the Performance Coaches as they teach you how to increase your influence. Sessions are open to all employees and will be offered for all shifts. Walk-ins are welcome. View the flier for additional information. Employees are required to flex their time as a charge will not be provided. RSVP by April 18 by calling 688-2761 or 380-4748 or emailing CoachingPrograms@hii-nns.com.

APRIL 20

The "Spear and Gear" Toastmasters Club will hold a meeting from 4:30 p.m. to 5:30 p.m. at The Apprentice School (second floor conference room). The event is open to all employees and no RSVP is required. The event will provide a forum for employees to learn how to become more effective communicators and leaders. Contact **Jason Paquette** (E83) at 534-2770 for questions.

APRIL 20

Participate in NNS' Earth Day volunteer event at Christopher Newport Park on Thursday, April 20. Volunteers will spread mulch around trees and shrubs and cleanup the park. The event is family-friendly. Employees interested in volunteering should complete a volunteer form on the Earth Day website. Forms should be submitted to **Ebony Webb** (O27) in Bldg. 79-1 by April 17.

APRIL 21

The Apprentice Alumni Association (AAA) will host the annual Apprentice Alumni 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). Contact **Fred Peedle** (E51) at 688-6682 or visit www.nnaprentice.com/alumni/news.htm for more information.

APRIL 29

The Richmond International Raceway is offering NNS employees discounted tickets to the race on Saturday, April 29. View the flier on MyNNS.

MAY 6

Come out and watch the 10th Annual SNAME Boat Design Competition at Lake Maury. The event opens at 9:30 a.m. and the christening of the boats will occur at 10 a.m. Boat races and awards will follow. No RSVP needed. For more information, contact **Jennifer Ryan** (O22) at 380-3150.

MAY 20

Newport News Shipbuilding's Submarine Program will hold its annual Golf Classic at Cypress Creek Golf Course. The tournament is a four-person, captain's-choice format. For more information, contact **Johnny Mintz** (X67) at 880-8965.

MAY 20

The Contracts and Pricing (O19) Department is supporting a community event to help find a cure for type one diabetes (T1D). The Hampton Roads chapter JDRF (formerly the Juvenile Diabetes Research Foundation) will host a golf tournament at Sleepy Hole golf course. Tee time will be 1:00 p.m. shot gun start with a four person-captains choice format. The cost is \$75 per person. Price includes green fees, cart, unlimited range balls and post tournament dinner. Contact **Steve Speight** (O19) at 380-7381 for more information.

2017 HOLIDAY AND SHUTDOWN SCHEDULE

Read the Distribution A Memo on MyNNS to view this year's scheduled holidays and paid time off (PTO)/annual leave holiday shutdown schedule.

SEEKING LEADERS

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

Job Title	Req Number	Dept.	Location
Construction Supervisor	16444BR	X82	Newport News
Construction Supervisor	16368BR	X09	Ballston Spa, NY
Foreman	17225BR	X42	Newport News
Foreman	17165BR	X09	Ballston Spa, NY
Foreman	17303BR	X82/X33	Newport News
Foreman	17304BR	X82	Newport News
Manager, Cyber Assurance Group	16944BR	T51	Newport News
Manager, EEO and Diversity 2	14244BR	O18	Newport News
Manager Test Engineering 2	17276BR	E82	Newport News
Manager Test Inspection 2	16075BR	O96	Ballston Spa, NY
SOX Info Technology Manager 3	16837BR	T52	Newport News
Supervisor Material Handling 1	17270BR	O53	Newport News

Editor: Lauren Shuck

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

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

To submit a story or classified ad, visit nns.huntingtoningalls.com/currents. For classified ads, the deadline for submissions is 4 p.m. each Thursday for publication the following week.

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Shipbuilders Prepare for USS *George Washington* (CVN 73) Refueling and Complex Overhaul

USS *George Washington* (CVN 73) won't arrive at Newport News Shipbuilding for its mid-life Refueling and Complex Overhaul (RCOH) until August 2017, but shipbuilders are already busy planning for the four years of work to come. Although this is the company's sixth RCOH, this one will be a little different from her sister ships.

USS *George Washington* was stationed at Yokosuka Naval Base in Japan, and was there in 2011 when an earthquake struck off the coast of Honshu. As you may recall, the earthquake damaged the Fukushima Daiichi Nuclear Plant, resulting in the spread of contamination to the environment.

USS *George Washington* was located 150 miles from the nuclear plant and received very low level contamination to specific areas of the ship. Trained personnel have decontaminated accessible areas, some inaccessible areas, and replaced many of the components since the event. Navy crews have continued to live and work aboard the ship as normal.

The carrier arrived at Naval Station Norfolk in early 2016 where it's currently undergoing preparations for its RCOH, including minor clean-up to remove residual low level contamination from the 2011 Fukushima event. Once the ship arrives in Newport News, some components of the ship that have been previously inaccessible and

closed off will be opened. Low levels of contamination may remain within some components that were operating at the time of the event, such as electrical motors, and these components will be handled appropriately by specifically trained workers.

"This ship has been continually monitored since the Fukushima event to ensure the safety of Navy sailors and shipyard workers," said **Chris Miner**, vice president of In-Service Aircraft Carrier Programs. "Any low level contamination in these inaccessible components pose no health risks and are similar to the levels of radiation found in the general environment, such as rocks and soil. Out of caution and to ensure the safety of our shipbuilders, we have established new working processes and procedures to monitor the equipment or systems that may have any remaining low level contamination, and to continually verify the conditions remain controlled."

A team of NNS shipbuilders has been trained to support the ongoing clean up efforts, and they are currently performing this work in Norfolk and will continue to do so in Newport News.

Additional Fukushima General Awareness Training will be published in *Currents* and discussed in "Take 5" crew talks in the coming weeks. Turn to the back of this insert to view the training.

Fukushima General Awareness Training

APRIL 2017

Fukushima Fallout Control Areas

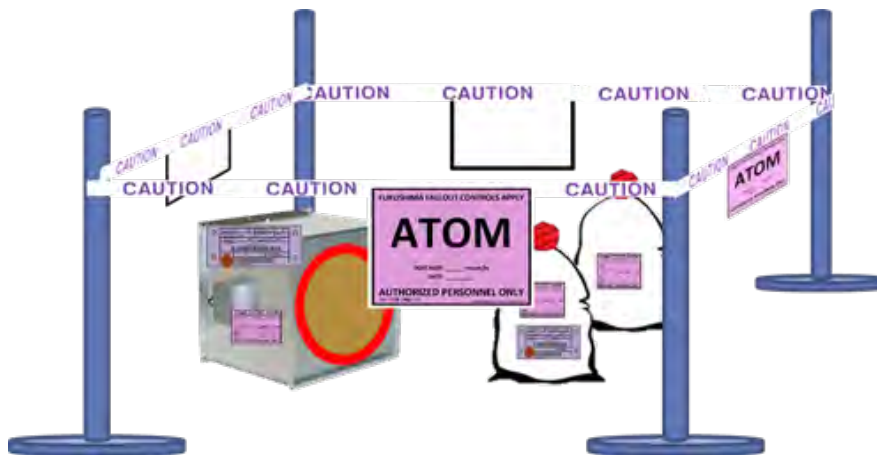
Part of the Fukushima Remediation Project is to make sure any remaining low level particles are removed. When work occurs on systems of the ship where radioactive particles from the Fukushima accident are thought to be present, the area will be controlled as a "Fukushima Fallout Control Area." Purple ATOM tags and white caution tape will be used to designate Fukushima Fallout related work and material storage areas. *Do not enter into these areas.*



Fallout Waste Areas

Any waste associated with fallout work will be stored in an area designated with a purple ATOM tag and white caution tape. *Do not enter into these areas.*

Material packaged as waste will be placed in clear plastic bags and sealed with red tape. A purple ATOM tag will be placed on the bag to identify it as "Fukushima Fallout Waste."



If fallout material is found outside of the designated waste areas, take the following actions:

1. **Stay with the material (Do Not Handle)**
2. **Contact:**
 - Your supervisor
 - Quarterdeck at 445-2277

EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

Boom Box- Hitachi CX-W300 Multi band radio, cassette, CD player, 120/240 volt for overseas or D batteries \$15. (757) 812-9763

Electronic Table Game- Vintage Entex "Spiders" Video Arcade Game from 1982 in Box \$55. (757) 812-9763

DJ- 10 years, custom playlist for any event, lighting effects and photo. (757) 869-1876

Computer repairs/upgrades- Virus removals, data transfers, OS installation, software/hardware installation, troubleshooting. (757) 645-5608

DVD Head Set- Wireless head set and remote for town and country new never been used \$50 new \$100 call (757) 864-0559

Computer- PC/Laptop, Repair Services, Virus Removal, Install Operating Systems. \$85 + Parts. (757) 329-6761

AUTO

2001 Lexus GS 300 Wrecked - Parts vehicle. Front bumper and radiator wrecked - engine and body parts in good shape. \$600. (757) 810-4518

2005 Volvo - S60 Tan 145k miles \$3,800. (757) 812-9763

Four Eagle RS-A Tires P-245/50R20- \$30.00 each. (757) 537-4101

2009 F150 Lariat Supercrew- Red Ext, Blk Lthr Int, 5.4L V8, 4WD, Loaded, Tonneau Cvr, LineX, Garage Kept, EC, 123K miles, \$22K. (757) 880-5580

1996 Pontiac Sunfire- About 79K miles. Four door, FWD, Auto, ABS, A/C. Poor paint job, but runs well. Good yard car. \$1,350. (757) 822-3166

Auto cont.

2006 Honda Element- Silver, 149K miles, MT, Jan. inspection. Well maintained. \$6K OBO. (757) 582-7703

Good Year Wrangler A/T w/ Kevlar- 255/65R17 29" tires fits 17" wheels with only 10K miles, rated for 60K, \$500 OBO txt for pics. (757) 846-3919

20" Rims and Tires for Sale- Ultra Platinum, 245/35zr20-clean and tires like new, \$750 OBO, call/text for pics. (757) 344-8026

2002 4-Runner- Sport edition. New timing belt, brakes, rotors, tires. Clean interior. 199K miles runs great. \$4,500. (804) 815-6710

1991 Supra- 154K mi 60K on motor. New radiator, brakes, new timing belt, spare motor. Needs paint. \$3.2K. (804) 815-6710

2007 Harley Deluxe- Chromed-out, <7 miles, like new, 12K OBO, HD soft tail. Custom PT Job, must see to appreciate. (757) 365-9694

2006 H-D Sportster 883R- 5017 miles, garage kept, clean title, carbureted, clubman bars, two kinds of seats, \$4,500 OBO. (757) 810-3668

2011 Toyota Tacoma Prerunner - Crewcab SR5 pkg, 4.0 6cyl. engine, tow pkg, hard matching tonneau cover, silver, 42K miles, \$18.K. (757) 653-7150

1997 Jeep Wrangler TJ Sport- 4.0L, A/C, 64K miles, two tops. \$11K (757) 809-8321

BOAT & MARINE SUPPLY

J/24 24' Sailboat - Salt Life- 1979 performance with original deck layout. Great to learn- cruise-day sail- race. \$3,100. (757) 810-4518

1989 Jet Ski- Kawasaki 650SX Jet ski. Excellent Condition \$1,600. Call for picture. (919) 630-5553

Boat and Marine. cont.

1994 SeaDoo XP- \$1,500 with aluminum trailer (757) 809-8321



FREE

Free Two Car Garage- 20 x 40 Wood Frame 2 Car Garage Hampton near Big Bethel HS just take down and remove. (804) 815-4175

Horse Manure- Manure and loading. Located just across the JRB in Carrollton. (757) 592-1100

Free Firewood - Cut pine firewood. You split and haul away. (757) 873-0961

FURNISHINGS & APPLIANCES

Four pc. King Bedroom Set, includes 2 night stands, Armoire and King Size postal bed; L-shape chaise. (757) 354-9568

Stickley Bedroom Set - Cherry 3pc, Queen Canopy bed, triple 10 drawer dresser, mirror and Armoire \$3,200. (757) 812-9763

Night Stand- Marble top night stand wooden antique base on iron casters, book shelf, hand carved pulls \$295. (757) 812-9763

Glass Kitchen Jars- Three cracker barrel canisters vintage with wooden handles a 12" and two 14" \$30. (757) 812-9763

Decorative Trees - 7-1/2 ft. decorative ambiance tree with designer ceramic pot \$60. (757) 812-9763

Dishwasher- Kenmore beige for \$75. Works great and in good shape. (757) 817-4443

Drafting Table- Solid Wood, possibly maple. \$150 OBO. (757) 810-9338

Antique Pump Organ- Beautiful and plays well. Comes with a needlepoint stool. \$250 OBO. (757) 810-9338

Furn. and Appl. cont.

Antique Drafting Table- Solid Oak with stool. \$250 OBO. (757) 810-9338

Trundle Daybed- White Twin size trundle daybed for sale. Bed has been broken down for easy pickup. \$150. (757) 537-5659

VT Hokie Club Golf Classic- 4-Person Captains Choice at The Woods Course Kingsmill Resort, Cost: \$100 per person. Apr. 24 at 9 am. (757) 874-6027

Redskins Helmet- signed by Stephen Davis with HTRR inscription and JSA auth. Text for pics. \$85. (757) 813-1994

William Shatner Signature- Star Trek Phaser signed by William Shatner. In original box and auth. by JSA. Text for pics. \$250. (757) 813-1994

Brett Favre Signed 18 x 24 Photo- GB Packers Brett Favre signed 18 x 24 photo with signing and authentication. Text four pics. \$150. (757) 813-1994

Gulf Clubs- Ladies Gulf Clubs, full set/bag/accessories. Very good condition. (757) 810-0200

Guitar Classes - 1:1 Midtown NN treble & bass clef, notation reading call/txt:rates, class times, flexible scheduling. (757) 528-7017

Omega Planet Ocean Seamaster- Omega timepiece steel w/ black face and 45.5mm bezel. Box and cards incl. Pics available. \$3,800. (757) 705-5235

Bicycle Trailer/Stroller- Burley Bicycle Trailer and enclosed jogging stroller with two seats. \$300 (757) 809-8321

EMPLOYEE CLASSIFIEDS



 LOST & FOUND

Found- "Lift Master" Garage door opener by 37th street credit union parking lot. Call (757) 380-3501

Found Ladies Prescription Glasses- (dark green with beads on handles) on roadway by B86 on 03-02-17. Contact (757) 534-3182.

MISCELLANEOUS

Jacket and Boots- Black size 12 front hidden zipper \$55 and leather ankle boots size 9 side zipper like new \$10. (757) 812-9763

Bushhogging or Field Cutting- Overgrown fields or pastures with brush, head high weeds etc? (757) 810-9052

Fresh Farm Eggs- \$2.50/dozen Text (757) 768-7496

Childcare- M-F, 1st/2nd shift available, FT/PT, CPR and First Aid Certified, smoke and pet free, Foxhill area. (757) 869-1876

Items- Walkers \$35 to \$45, Hedge trimmers and weed eaters \$40 Nuwave oven \$75, Mini freezer \$99, Real mower \$75. (757) 218-2946

Laundry Detergent - 5 gallon bucket liquid laundry detergent H.E formulated last 4 to 6 months \$35. (757) 218-2946

Exercise Equipment - Build home gym Treadmills, Ellipticals Exer. bikes Row machines high end or average equip at low price. (757) 218-2946

Items- Microwaves \$35 and up, Patio sets \$85 and up, Carpet shampooers \$65 and up, Vac. and air Pur \$45 and up. (757) 218-2946

Lawn Care- Cleanups, tree trimming, mulch, landscape design. Great price. Gloucester area. Licensed and Insured. (757) 525-0259

Misc. cont.

A/C Service- Tune ups , new systems , Lic. and Ins. Great spring prices, call today. offering shipyard discount. (757) 771-3441

General Home cleaning- Free estimates. Special occasion cleaning welcomed. Licensed and insured. (757) 371-3904

Professional Nanny - 18 yrs exp. CPR Cert. All ages. Light cleaning as well as other services. (757) 288-0212

TroyBilt Trimmer- New four cycle trimmer, started, but never used. \$100, text for pictures. (757) 561-3260


Pest Terminator Termite Swarm? Bug Wings? Free Inspections. Expert Pest/Termite/Moisture Control, Repairs/Poly. (757) 873-4999

Wedding/House Décor- Misc. wedding glassware. Candle cylinders, vases, etc. Too much to list. Call for prices (757) 532-8831

 PETS

Pair of Parakeets- Free to a good home. Must go together. Large cage and toys included. Text for pics. (757) 813-9305

English Bulldog Pup- Female 10 weeks old. CKC registered. UTD on shots and deworming. \$2,500 OBO (757) 602-8657

 REAL ESTATE

House for Sale- NN Colny Pines- 1,857 sqft, 4BR, 2.5Bth ,LR, DR,FR, KT, FnCd Yard, New Roof, Deck, Cnr Lt. Call for details. (757) 329-4404

Rent with Option to Buy- 3 bedrooms,1ba. Brick Ranch with carport, \$3,500 down and \$1,050 mo. 17 Tillerson Dr NN. (757) 675-9954

Real Estate cont.

\$850 Private House to Rent- Nice and new. Perfect for a single person or a couple. Available now. (757) 675-9954

Rooms for Rent- Located near Patrick Henry Mall. Super quiet neighborhood. \$500/month with utilities and free Wi-Fi call/txt. (757) 303-8123

OBX Rental- Kill Devil Hills, Soundside, 3 levels, 4BR, 2 BA, Crows Nest w Ocean View, Pool Table, \$1,295 weekly. (757) 375-0997

Lots For Sale- Two 1/2 acre lots for sale on tidal canal in Gloucester. Call for more details. (757) 641-4994. (757) 641-4994

House for Rent- - 34th Street - NN, 2 BR/1BA home on quiet block. Central Air. Backyard. \$675/mo. Avai. (757) 871-3682

For Rent- Aqua Lodge Floating Cottage. Take a vacation and enjoy the Water at Whitehouse Cove in Poquoson. (757) 298-1733

For Sale- Kiln Creek.2BR/2BA new Fixtures, Fresh Paint, new HVAC, new Water Heater. move in rdy.Golf close \$210K. (757) 298-1733

Condo for Rent- 3 BR/2.5 Bath, near Ft. Eustis, 1,400 sqft.\$995/month, Pics avail. New carpet/ Paint and Ac Unit. (757) 344-7046

OBX Rental - Nautical Bovine-4bdrm/2.5bath-Ocean Side-S, google "The Nautical Bovine." (609) 970-8240


Beach House for Rent - 3 Bdrm, 1-1/2 Bth on Beach Rd, Kitty Hawk, \$950/weekly \$100 Deposit. (757) 619-3903

TimeShare for Sale- Massanutten RCI prime time. Sleeps 12. \$2.9K OBO, must sell, Call (407)376-5024

TimeShare for Sale- Myrtle Beach ocean front. Sleeps six. RCI prime time. \$2.9K OBO Call 407-376-5024

Real Estate cont.

Condo for Rent-LPGA week May 15-21 in Williamsburg. Seven days in three bedroom. Sleeps 10, next to Water Country. (757) 357-3807

 WANTED

Patio Glass Doors Windows- Wanted Large Glass Store Front Windows or Patio Glass Sliding Doors, to Build Large Green House. (804) 815-4175

Need Tires- I am in need of two P265/65R17 tires. New or slightly used. Text if you are willing to sell. (757) 262-7398

Van Riders- HRT Van leaving Va Beach daily to NNS 1st shift. (757) 450-6740

Washer and Dryer- Broken that are in your way. Will pick up for free. (757) 617-0100

Vanpool Riders- Van comes through King William West Point New Kent Norge/Toana commuter lot. (540) 907-5811

Garden Tiller- Wanted gently used rear tine garden tiller.Text or send photo to (757) 870-8168

Queen Size Mattress - Want queen mattress and box spring under \$150, in good condition. (757) 776-6474

Football Players-Looking for women interested in playing full contact football in the HR area. Contact (757) 320-8011