Shipbuilders Prepare for Washington Christening

This week, shipbuilders around the yard will continue final preparations for Washington's (SSN 787) Christening Ceremony on Saturday, March 5.

Sheet Metal Shipbuilder Arlene Quinn (X32) and other shipbuilders working in the company’s Sail Loft Shop have been working around the clock to complete Washington’s bow flag that will be placed over the submarine’s bow unit during the christening ceremony. “The pressure is on, but the final product is worth it,” said Quinn. “Everything has to be just so... because the flag is so big, everyone will see it.”

The Communications Division is currently in the process of distributing tickets to employees who requested tickets to the event. Employees who did not get tickets to the event, can watch a live webcast of the ceremony at www.washingtonchristening.com beginning at 11 a.m. During the ceremony, Ship’s Sponsor Elisabeth Mabus, daughter of Secretary of the Navy Ray Mabus, will perform the traditional honor of breaking a bottle of American sparkling wine across the ship’s bow during the christening ceremony. Use #SSN787 on Twitter and Instagram to follow the event and congratulate the shipbuilders. Watch a highlights video on Yardnet of employees in the Sail Loft sewing Washington’s bow flag.
VCS Shipbuilders Complete Final Habitability Module for Block III Contract

The Virginia-Class Submarine (VCS) Program completed the habitability module for Delaware (SSN 791) on Feb. 12. It was the final habitability module for the Block III contract. Newport News Shipbuilding builds all the habitability modules for both NNS and General Dynamics Electric Boat submarines, and are the largest modules built in the Covered Modular Assembly Facility (CMAF).

“This module had a lot of details and systems on it. You had to pay attention to what you were doing and coordinate with many departments. This has been one of the safest places I have ever worked and the quality of work was excellent,” said Jacob Puttock (X42).

As a sign of continued dedication and commitment to quality, the CMAF craftsmen and VCS leadership team signed a large printed certificate that reads, “I attest to the quality of the workmanship utilized to build this module. May my workmanship serve the crews and the country well.”

Corey Johnson (X33) said, “This is where the Navy lives and eats, this is their home. I like to go home to a house with nice painted walls, and I want them to have the same thing. It gives me great pride to do that for them.”

Mike Atkins (X18) said, “It was a group effort. Everyone did a good job of knowing their job and making safety a priority.”

This was the 18th VCS habitability module built by NNS craftsmen and craftswomen, all of which were on schedule.

“The teamwork was great. If someone got done early and saw someone else still working, they would pitch in and help. We all have different personalities but when you put them all together it makes for a great team,” said Moriah Hardisty (X33).

The CMAF team plans to build on its successes. They have started construction of Vermont (SSN 792) the first habitability module for the Block IV contract.

What do these Locations have in Common?

- Backside of Bldg. 86 in 1917
- The Mariners’ Museum beginning in 1969
- Outside of Bldg. 520 in the late 1990s
- Beside Bldg. 86 in 2009 to present day

Each of these locations have one thing in common, they have been homes of The Huntington Memorial “rock,” a monument with a long history at Newport News Shipbuilding.

The “rock” bearing the engraved words of Collis P. Huntington, the shipyard’s founder, was originally unveiled behind the Main Office (currently Bldg. 86) on Jan. 1, 1917. The “rock” was then relocated to The Mariners’ Museum in 1969 and then placed outside of building 520 in the late 1990s. In 2009, the rock was moved throughout the yard during the “Quality Rock Tour,” which consisted of employee town hall meetings to discuss the importance of quality in all company work. Following the tour, the “rock” returned home to its current location beside Bldg. 86.

The plaque on the monument which reads “We shall build good ships here; at a profit if we can, at a loss if we must, but always good ships” was attributed to Collis P. Huntington and rumors say he “borrowed” the inscription from a bourbon distillery. Nonetheless, this monument continues to be a visible reminder of our commitment to quality at NNS.

NNS is Platinum Sponsor of SWE Mid-Atlantic Conference

The Society of Women Engineers (SWE) held its annual Mid-Atlantic Regional Conference at the Oyster Point Marriott Feb. 19-21. The conference allowed more than 400 women engineers from 60 universities and 13 professional SWE sections to connect with corporate and academic engineering communities within the Mid-Atlantic Region. During the conference, attendees were given opportunities for networking, professional development, leadership training, lecture presentations, workshops, panel discussions, career fair, and keynote speakers.

Newport News Shipbuilding served as a platinum sponsor for the conference and more than 20 NNS employees participated. NNS shipbuilders Jennifer Solomon (E01), Aylin Robertson (O63), Chandra McCulley-Hooker (O61), Jim Kelly (O40), Amanda Jaffeeux (E20), Susanne Leonard (E60), Britta Brown Zambrana (K93)
American Cancer Society Recognizes NNS for Pink Hard Hat Sales

The American Cancer Society (ACS) recognized Newport News Shipbuilding at an awards ceremony Jan. 28. During the evening event, NNS was awarded a “Certificate of Appreciation” for efforts from pink hard hat sales last year. X36 General Foreman Warren Doyle, who came up with the idea to sell the hard hats in toolrooms throughout the shipyard, accepted the certificate on behalf of the company.

“I was proud and humbled to receive the award for NNS,” said Doyle. “When we first began selling the pink hard hats back in 2014, they were a big hit – so much so that the first batch sold out in just two days. Everyone has been affected by cancer one way or another, so wearing a pink hard hat allows people to express themselves. Throughout the campaign, I have been overwhelmed with the support of all toolroom employees and shipbuilders for their willingness to help.”

Since hard hat sales began in August 2014, NNS has sold more than 10,000 pink hard hats and as a result, more than $54,000 has been donated to the American Cancer Society in support of breast cancer awareness and research.

Pink hard hats are still available for purchase ($10) in main toolrooms throughout the yard. For questions about pink hard hats, contact Warren Doyle at 688-0722.

HII Family Health Center to Open for Appointments March 1

Huntington Ingalls Industries’ Family Health Center will open its doors for appointments on Tuesday, March 1. Eligible employees and family are able to sign up for appointments via the HII Family Health Center scheduling system. Appointments can be scheduled by calling 327-4200, visiting www.myquadmedical.com/hii or by downloading QuadMed’s free mobile app.

Last week, the facility hosted center tours for employees and family who were interested in seeing the center prior to it opening.

Shipbuilders Display Paint Simulator at the General Assembly

Newport News Shipbuilding’s Trades Training and Government Relations teams partnered to host a display at the General Assembly Building in Richmond Feb. 15-19. In addition to talking to legislators, staff, and visitors about NNS, Trades Training set up the paint gun simulator to provide an interactive activity and emphasize the importance of training. NNS employees who led the display were Jim Morris (O26), Terrence Patrick (O26), and Dontrae Walls (O26).

“The NNS display at the General Assembly Building was a tremendous success,” said Tom Cosgrove, manager of Corporate Citizenship and Government Relations. “Actions by our state legislators impact NNS on a variety of issues like taxes, regulations, and workforce development making it important that delegates and senators from throughout the state are familiar with NNS and our needs. The paint gun simulator offered a unique draw that we used to increase awareness of NNS and our extensive training programs.”

In 2009, NNS entered into a partnership with the state and the City of Newport News on a series of training facility grants that provided critical funds towards the construction of the new Apprentice School. The display at the General Assembly Building recognized the final year of that five-year partnership.

Watch a highlights video on Yardnet featuring NNS’ paint simulator.
AROUND THE YARD

First Step to Allow Personal Camera-Enabled Devices in Shipyard

CONTINUED FROM PG 1

... that before this change can occur, every NNS employee will be required to complete mandatory annual training to learn how to identify authorized company photographers and videographers, and how to report unauthorized taking of photos and video. Rollout of the new training will begin Tuesday, March 1 and must be completed by March 25.

“We expect this plan to be implemented during the first half of this year,” Jenkins wrote. “Although these personal devices will be allowed onsite, photography will be strictly prohibited. Employees who are authorized to take photographs and record video may only do so with company-approved devices.”

Read the entire letter on Yardnet.

North Yard Parking Changes Delayed

The relocation of 500 parking spaces in the North Yard for the construction of the new Joint Manufacturing Assembly Facility (JMAF) is delayed until March 14. Please continue to check Currents for a new date when the parking changes will occur.

Want to Be Featured on HII’s Anniversary Website?

Huntington Ingalls Industries will celebrate its five-year anniversary on March 31. We’d like to know: What accomplishment from the last five years—either the company’s or your own—are you most proud of?

Submit responses to HII_Communications@hii-co.com by March 11. Selected responses will be featured on an anniversary website.

Check Out the Black History Month Feature on the AASA Website

The African American Shipbuilders Association (AASA) has posted a Black History Month feature to their website spotlighting two famous African American individuals – Sissieretta Jones, who was an opera singer, and Shirley Chisholm, who was the first black woman to win a seat in the U.S. House of Representatives. Visit the AASA website to learn more about these two individuals or to view photos from the Black History Month Celebration as well as a copy of the slides presented at the event.

Join WiSE for a Lunch and Learn in Honor of Women’s History Month

Join Women in Shipbuilding Enterprise (WiSE) from NNS and Ingalls Shipbuilding for a Video Teleconference Lunch and Learn celebrating Women’s History Month. The event will be held on March 10 from noon to 1 p.m. at VASCIC (2 West Dining Room) and will be themed, “Writing Women Back into History.” Hill Vice President and General Counsel Kellye Walker will be the guest speaker. Contact NNS’ WISE Chair Britta Zambrana (K93) at 688-2786 to RSVP.

March is National Nutrition Month, Reduce Your Salt Intake

March is National Nutrition Month. Are you trying to cut back on salt in your diet? High intakes of sodium have been linked to high blood pressure and cardiovascular disease. Sign up for the virtual “Slash the Salt” Program with registered dietitian Gabrielle Willis (O28) on the Interactive Health Yardnet website or call 534-4568 for details. This 3-week program begins March 7 and will teach you about hidden salt in foods, decrease the amount of salt you eat, and increase your use of healthy herbs and spices. Participants will also learn how to track their daily salt intake and cut out added salt for good.

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.
Protect Yourself from Crime

Do

• Trust your instincts and remain alert – if a situation seems “wrong,” pay attention.

• If you know you’re going to be working late, try to park your vehicle closer to your building or exit gate.

• Let someone know when you’re leaving and inform them when you arrive at your destination.

• If possible, park in well-lighted areas with good visibility and close to walkways, stores and other people.

• When out walking at night or before daylight, try to have a friend walk with you for company and comfort.

• If you must walk alone to your vehicle and feel uncomfortable, call the NNS Security Command Center at 380-4031. If available, an officer will patrol the vicinity of your destination.

• If you have a car problem while at work, stay inside and call for help. Wait inside your locked car until assistance arrives. For non-emergencies, call a roadside service provider or NNS Security at 380-4031.

• Always lock your car, even if it’s in your own driveway.

• Program emergency numbers into your cell phone and be prepared to use them if necessary. Be aware of your surroundings at all times. If you think someone is following you, switch directions or cross the street.

Don’t

• Walk or jog when the streets are dark or deserted.

• Display cash or anything that invites unwanted attention such as cell phones, hand-held electronics or expensive jewelry and clothing.

• Be distracted when using mobile devices outdoors.

• Leave your vehicle running when it’s unattended.

• Give strangers a ride for any reason or let them into your car.

• Indicate where you live to a person you don’t know.

• Give up your life. If you are robbed or assaulted, immediately call 911 and report the crime to the police or *911 or 380-2222 for NNS Security. Try to describe the attacker accurately. Your actions can help prevent someone else from becoming a victim.

• Engage in conversation if confronted on the street, politely decline and keep as much distance from the person as possible.

• If a stranger knocks on your door, don’t let them enter your residence. If they will not leave your property, call 911 -- no exceptions!

NNS Installs New Emergency Call Boxes

In an effort to keep employees safe, Newport News Shipbuilding’s Security and Emergency Management Department (O15) has recently installed five emergency call boxes in NNS parking lots. Employees who find themselves in an emergency situation and need to notify emergency personnel quickly should push the red button on the box to communicate with NNS Security immediately. At that time, the individual can continue pressing the red button to tell officials about the situation. Each blue box has instructions on how to use the emergency call system. The boxes are at the following locations:

- 38th St. and 45th St. between Huntington Ave. and Warwick Blvd. parking lot.
- Hidens Parking Lot
- NNS Shuttle Stops:
  - 65th St.
  - 67th St.
  - 68th St.

Dept. O15 would also like to remind employees to be aware of their surroundings at all times. View the list of “Security Do’s and Don’ts” listed to the right of this article.
DATEBOOK

MARCH 4
The Apprentice Alumni Association will host its annual banquet at 7 p.m. at the Marriott Newport News at City Center. The Class of 1966 will be honored. Social time starts at 5:30 p.m. Tickets are $40 and are available from AAA delegates or officers and from Sally Krystyn at 380-3438.

MARCH 10
The L.E.A.R.N. Program is back and proud to host its first event of 2016. Tom Johnston, vice president of Contracts and Pricing, will be speaking on Thursday, March 10 from 4:30 p.m. to 6 p.m. in the James River Room (Bldg. 520-6). The event is open to all employees and by reservation only. Sign up on L.E.A.R.N. website. Prizes and refreshments will follow the presentation.

MARCH 10
The Spear and Gear Toastmasters will hold a meeting from 11:30 a.m. to 12:30 p.m. at The Apprentice School (Bldg. 812 - 2 conference room). Parking is located on the top floor of Bldg.901 parking garage. Contact Donna Graves (X57) at 688-6204 or Rose Brodie (K75) at 534-3382.

MARCH 10
The Apprentice Schoo’s Bass Club will host a final preseason meeting from 4 p.m. to 5:30 p.m. at Smoke BBQ in Newport News. During the meeting, the club will vote on new members, collect dues and address any concerns before the start of the season on April 9. The club is open to all NNS, NNI and AMSEC employees and retirees. For more information, contact Rob Uzzle (X59) at 688-7132.

MARCH 9-20
FIRST Robotics Competition titled “FIRST Chesapeake District Hampton Roads Event - Sponsored by Newport News Shipbuilding” will be held at Churchland High School March 19 and 20 from 8 a.m. to 7 p.m. each day. Admission is free, bring the family. For more information or contact Chris Brown (O35) at 688-7897.

MARCH 16
The International Compliance Office will hold “Annual Export Training- Basic” on March 16 from 9-10 a.m. and 1-2 p.m. in Bldg. 520-6 (Huntington Room). Register via the Learning Exchange (LX). Contact Sarah Williams (O19) at 380-3599.

APRIL 1
The Progressive Club will host an “April Food’s Day” Golf Tournament on April 1 at Sleepy Hole Golf Course in Smithfield. There will be a shotgun start at 1 p.m. Cost is $75 per participant or $300 per team. Awards will be presented at the dinner following the tournament. Contact Kenny McBurney (X91) at 380-3659 for questions. Registration deadline is March 18.

MARCH 22
The ERG’s will host an expo from 2-5 p.m. in the James River Room (Bldg 520-6). The event is open to all employees. Additional information about the event will be featured in future Currents publications. For questions, contact Xavier Beale (O18) at 554-1992.

MARCH 24
On March 24 from 4:30 to 6:00 p.m. in the VASCIC Auditorium, WISE will celebrate its annual Women’s History Month. This year’s national theme is “Working to Form a More Perfect Union: Honoring Women in Public Service and Government.” This year’s guest speaker is the Honorable Nancy Rodrigues, Virginia’s Secretary of Administration. Contact Cynthia Allen-Whyte (X51) at 688-2636.

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 running/walking in the Get Your Rear in Gear 5K Run/Walk 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.

SEEKING LEADERS

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

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<thead>
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<th>Job Title</th>
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REMEMBER:

100% Accountability 0 Excuses

If not ME, WHO?
If not NOW, WHEN?

100% Integrity
February 29, 2016

Dear Shipbuilders:

The company has been working on a new security plan to allow employees and visitors to bring personal camera-enabled devices inside the shipyard. We expect this plan to be implemented during the first half of this year. Although these personal devices will be allowed on site, photography will still be strictly prohibited. Employees who are authorized to take photographs and record video may only do so with company-approved devices.

Before this change can happen, every NNS employee will be required to complete mandatory annual training to learn how to identify authorized company photographers and videographers, and how to report unauthorized taking of photos and video. Rollout of the new training begins Tuesday, March 1 and must be completed by March 25. Employees with computer access will automatically be registered through the Learning Exchange (LX). Training for employees without computer access will be conducted by their supervisors.

As a reminder, 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. Completion of this training is the first step in the process. We need everyone’s full cooperation to make this happen.

Thank you for your focus and support.

Sincerely,

Derek Jenkins
Director, Security and Emergency Management
EMPLOYEE CLASSIFIEDS

AUTO


08 HD SPORTSTER - Great shape, garage kept. Only 8300 miles! Many upgrades. Comes w/stock items. $5100. Txt for pics. (757) 945-6788

DODGE DURANGO - 2004 Dodge Durango SXT, approx. 168k miles (mostly Hwy). V8, clean, good condition, asking $4750 (757) 861-3680

05 FRONTIER 4X4 - Great condition inside and out. NISMO King Cab. 80k miles. Tow package/Soft Toneau bed cover. Clean Carfax (757) 525-0618

06 HONDA CIVIC - blue civic approx. 133k mi. great condition. 5400 OBO. (703) 999-8113

6-SPD V6 SEDAN - FAST Clean 07 Altima 3.5 M/T gray, 145k, carfax, G/C, new inspection, good AC/heat, sunroof, $7000 (757) 969-4612

TRUCK SHELL - almost brand new shell for s10/ranger, bought for college but never used, asking 100 OBO txt4pics (757) 897-1621

RV FOR SALE - 1996 Winnebago Warrior motorhome, 30 ft, self-contained, sleeps 6. Price $12,500 (757) 810-7151

BOAT & MARINE

1996 BAYLINER - 19.5 feet, I/O, Bimini Top, Dual batteries, Hummingbird w/GPS/etc, Bimini Top, $4,500/obo (757) 870-6120

2007 HONDA VAN - Rear A/C, DVD system, Leather, Seats 8, 90k mi, new tires, Roof Rack, Tow Pkg, Silver. $6000 (757) 217-8155

ALCOA RIMMS - Set of 235/185/R16 8 lug ALCOA Aluminum rims. Scuffed on outer rims from curb. Both for $100.00 (757) 888-5161

99 CADILLAC DEV - Maroon, White Leather Int, Heated Seats, AM/FM/CASS, Power Wind, Locks & Seats, Cold AC, 73k (757) 876-2962

81-87 GM TRUCK - Parts: lots of parts for square body gm trucks. Call for parts and prices. (757) 268-5667

HARLEY DAVIDSON - 04 Low Rider. New shocks, Fwd controls; HwY pegs; Custom seat, backrest & windshield & more. 26 k mi. $7000 (757) 879-5126

96 FORD EXPLORER - 235K mls, Daily driver, 2,500 OBO, black 2dr sport A.T. (757) 344-8019

06 - GMC SIERRA - site, 2006 GMC Sierra, Ext Cab, 4.3L V6, 138,000 miles. Good condition. 6.995, neg. Must sell. (757) 876-4860

07 HARLEY DLUX - Custom candy teal blue, chromed-out, <7 miles, like new, $25k. (757) 867-9200

00 VOLVO S80 - Silver, A/T, leather heated seats, new battery, turbo V6, sunroof, 220,000 mostly highway miles, GC, $2,500. (757) 663-9625

HARLEY DAVIDSON - 02 Fatboy 18,000 mi garage kept since new. Lots of chrome and extras. Vance & Hines pipes EC. $9,500 OBO. (757) 592-1100

00 VOLVO S90 - Silver, A/T, leather heated seats, new battery, turbo V6, sunroof, 220,000 mostly highway miles, GC, $2,500. (757) 663-9625

HARLEY DAVIDSON - '09 Heritage Softail Blue/Silver/Chromed out. V&H pipes, leather bags, GC. Make an offer (703) 731-4830

2013 BRZ - 12" sub, 200 wt amp, fcl spkr, Invidia Catback, minor cosmetic issues, take over loan (757) 202-9701

LIVE MUSIC

ROCK 'N' ROLL - 6-10pm, May 6-8 Free. Featuring the Knockdowns, the Swinging Doors, and the Last Band Standing. Available beginning of May. Must see! (757) 897-3549

HOBBIES

SURFBOARD - 5'10 Limited edition Monster Energy Drink, brand new with fins, $275 (757) 875-6977


REAL ESTATE

3BR TOWNHOUSE - 3BDRM/2Full bath in NN. Available beginning of May. Must see. (757) 999-5361

HOUSE FOR RENT - 2,100 sq ft with 3 BR and 2 full baths. Located in Hilton area of Newport News. $1,250 per month (757) 876-9061

LAKE GASTON - 47 Acre waterfront lot. Lake Gaston, N.C. $119,900 (757) 872-9899

TOWNHOUSE 4 RENT - 3Bdrm/2bath must see! Available in May, large eat in kitchen and dining rm and living rm and patio. $1325 (732) 998-5361
Real Estate cont.

APARTMENT - Looking for small apartment or room to rent in Poquoson. (757) 970-8169

WANTED

FIREWOOD - Split - 6' X 12' Trailer Load $135, Generous 1/2 Load $75, Will deliver. PLS (757) 897-4737

ICIAL HANGAR - Van coming through King West Point New Kent/ Norge-Croaker commuter lot (540) 907-5811

PETS

LAWN MOWER - Un-wanted push mower, parts. Running or broken will pick up for free. PLS (757) 897-4737

GARAGE TREASURE - Trash to treasure. Looking for old, tools, tools, etc. that are in your way will pick up, Leave msg or txt (757) 897-4737

VANPOOL RIDERS - Van leaves from Ahoskie NC on third shift. Going thru Suffolk VA. (252) 532-2501

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

MISCELLANEOUS cont.

32’ EXT LADDER - Werner Model D1332-2 Type 1, working load 250#. LNC, $200 (757) 877-9347

A/C SERVICE - It’s that time again to schedule your cleaning and tune up or change that old system for a new efficient one. (757) 771-3441

WEDDING SET - Engagement ring and band set. Paid $10k for set, White gold, Princess Cut diamonds. 1 1/2 total carat. $3500obo (757) 528-5160

CLEANING - I clean homes on the peninsula. Call for details and free estimates. (757) 604-7788

RV FOR SALE - 1966 Winnebago Warrior motorhome, 30 foot, self-contained, sleeps 6. Price $12,500.00 (757) 810-7151

JEWELRY - 1 pr diamond-studded earrings (0.7 kt ea), appraised at $8k, selling for $4.5k! (757) 769-1540

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

HEATING OIL - Heating oil located in ground and above ground tanks. You pump and haul, $1.50 gallon. Located in Poquoson. (757) 870-8168

LAWNMOWER - Good condition electric lawnmower, uses plug in cord. Perfect for small yards. $75. Text (757) 206-7265

AVS VENTVISORS - New AVS Ventvisors, 4pc Smoke, for 2001-07 Chevy Silverado Crew Cab $35. New Tailgate Black Cap $25. (757) 851-4682

RESUME HELP - Are you looking to advance your career? Do you need a professional resume? (757) 327-2212


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

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

PARTY SUPPLIES - Wedding Decor - Misc. wedding glassware, Candle cylinders, vases, etc. (757) 342-8021

KEEP EM OUT! - Expert pest management, termite/termite bonds, moisture control, sand, poly & crawl space repair. (757) 873-4999

TOTAL GYM - Total Gym Exercise equipment, paid $2,000 new asking $100.00 OBO (757) 377-1029

GAS LOGS - 36” Heatilator B-Vent gas log insert. Like new. Model # NB4236. 17,000-25,000 BTU (757) 968-5161

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

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

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

IMPROVEMENTS - Handyman Plus (757) 561-0075

EXERCISE EQUIPM - Ellipticals $50-225 & exercise bikes $40-$250 3 treadmills $140, 245 $275. 4 connected waiting rm chairs $150 (757) 589-7248

LAUNDRY DETERG - 5 GAL. Bucket $35. 400 loads. Last 4-6 mo. Liquid. H.E. formulated works great. (757) 589-7248

ITEMS - Microwaves $45, weight bench $75, patio table 4-chairs $85, smart glasses $50. NewWsh Oven $75,42IN Samsung $250 (757) 589-7248

CHILD CARE - M-F , 6-6 6wks-up, CPR & First Aid certified. 1st shift hours available. (757) 810-5115

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

GARAGE TREASURE - Trash to treasure. Looking for old, tools, shelves etc. that are in your way will pick up, Leave msg or txt (757) 897-4737

VANPOOL RIDERS - Van comes through King William West Point New Kent/ Norge-Croaker commuter lot (540) 907-5811

VARA RIDERS - Van leaves from Ahoskie NC on third shift, Going thru Suffolk VA. (252) 532-2501

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

RIDERS NEEDED - Commuter van from Va Beach to NNS M-F,1stshift. Leaves Diamond Springs Rd to all gates at NNS. (757) 450-6740

XBOX 360 - XBOX 360 with 2 controllers and 160GB minimal storage for under $100. (757) 417-5662

WASHER & DRYER - Broken washers & dryers, 27”” high, 33”” wide, 160GB minimal storage for under $100. (757) 417-5662

laWNOLaYER - Un-wanted push mower, parts. Running or broken will pick up for free. PLS (757) 897-4737

VAN RIDERS - Van leaving from Poquoson. (757) 870-8168

APARTMENT - Looking for small apartment or room to rent in Poquoson. (757) 970-8169

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