

CURRENTS

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A weekly publication of Newport News Shipbuilding



Stoller and NNN Merge to Create SN3

On Jan. 21, Huntington Ingalls Industries announced the creation of Stoller Newport News Nuclear (SN3), a full-service nuclear operations and environmental services company that will combine the expertise of the company's S.M. Stoller Corp. and Newport News Nuclear subsidiaries.

"Formation of SN3 is a logical next step in the post-acquisition process of fully integrating our people and capabilities to achieve our business goals," said **Pete Diakun**, vice president of Energy Programs. "This integration will enhance our market competitiveness while preserving the proud heritage of both the Stoller and Newport News Nuclear companies."

By combining strength and experience, SN3 will provide the Department of Energy and Department of Defense markets with a one-stop resource for nuclear operations and environmental services capabilities. Once the restructuring is complete, Newport News Nuclear will operate as a subsidiary of SN3.

Visit sn3.huntingtoningalls.com for more information on SN3.

Pictured: SN3 employees safely fill void spaces in containers at the Idaho CERCLA Disposal Facility (ICDF) at Idaho National Laboratory (INL) where low-level radioactive waste from the decommission work at the site was buried.

Blast and Coat Improves Material Flow

The Blast and Coat Facility held a ribbon cutting ceremony in December to kickoff a new material flow process. X33 Trade Director **Jim Coppa** and Superintendent **Wayne Boone**, along with Blast and Coat shipbuilders and representatives from Quality and Process Excellence attended the small event to celebrate the new process improvement initiative.

"The men and women here at the Blast and Coat Facility are always looking for new ways to make improvements to current processes," said Coppa. "This new and improved process really shows the personality of everyone here at the shop."

Coppa said that the new process will enable shipbuilders in the facility to move material in and out of the shop faster than ever before. "Prior to this new process, material was dropped off at the facility and shipbuilders had to physically go out and find the needed materials," he said. "Sometimes materials weren't in the location where they needed to be and unnecessary time was spent searching for items. With the new process, all material is color coded and dropped off in the lane with the matching color, so items are placed where they can easily be located."

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10 Things to Know About NNS' New Health Center

Newport News Shipbuilding's Family Health Center is expected to be complete this fall. Below are 10 things that all employees should know about the new facility.

- Services will be available to active, salaried employees and eligible dependents covered by the Anthem CDHP or PPO plan.
- There will be a \$15 co-pay per patient, per visit and will cover all services received during the visit (e.g. immunizations, on-site lab work and other services with the exception of prescriptive medications).

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Parking Closure: Lot on Washington Ave. Between 45th and 46th Streets

To prepare for construction on the Huntington Ingalls Industries' Family Health Center, the parking lot on Washington Ave. between 45th and 46th Streets will close at midnight on Feb. 20. After that time, no parking will be allowed at this location. **...SEE PG. 3**



Blast and Coat Improves Material Flow

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Christy Higgins (O07) added, “The color coded lanes also give the shop a visual of what material is waiting to be worked on and what material is ready to leave the facility. The material supervisor and production control supervisor communicate daily on the new process and now have visual cues of any barriers or constraints in the material flow.”

Blast and Coat shipbuilders believe this new process will positively affect all programs across the yard. “We hope to be able to move materials

in and out of the shop and get them into the hands of our customers as soon as possible,” said Boone. “Since we began using the process in December, we have seen much improvement in the material flow and metrics. We look forward to supporting our customers in 2015.”

Pictured: X33 Trade Director **Jim Coppa** (left) and Superintendent **Wayne Boone** (right) cut a ribbon to kick off the Blast and Coat Facility’s new material process flow. Photo by **John Whalen**



One City Marathon Runner: Margarita Doreste

Job Title: Administrative Generalist, Supply Chain Procurement

Age: 53

Running: Relay with husband, **Mario Doreste** (E04)

Classification: Average Runner (Former serious runner)

Training: Cross Training, Runs 25 miles per week

Biggest Race: 2001 Boston Marathon (3:33)

Favorite Courses in Hampton Roads: Noland Trail, and Newport News Park

Running Playlist: Classical, hymnal and Colombian music that reminds me of home.

Motivation: Health and fitness is very important to me and my family. My husband and I run as a couple. Running is where I find the most peace. It’s where I clear my mind. It is really therapeutic for me. I like to challenge myself and it’s very important to me to get out and do something physical.

Outlook: I think clearer and better because I’m fit. I’m more alert.

Work Application: My cross training work includes biking, running and gym workouts. Staying active helps me to be more focused at work. I’m a better employee because of it.

Company Involvement: I think it’s great that the shipyard is sponsoring the One City Marathon. It brings great awareness to the community. It is such a big and important connection. The camaraderie of running with others is priceless!

Advice: Sustainability is very important, so you have to be realistic. Don’t set expectations you can’t meet. Be very realistic and start slow. Also, get a good pair of running shoes.

The first ever Newport News One City Marathon is March 15. For more information or to sign up for the marathon, relay, 8K or fun run, visit www.onecitymarathon.com. Employees can also now sign up to volunteer for the event.

AROUND THE YARD

NAVSEA Audit of PCU *John Warner* (SSN 785)

Naval Sea Systems Command (NAVSEA) will conduct their Phase II SUBSAFE Certification Audit and Fly-By-Wire Ship Control System Certification Audit of PCU *John Warner* (SSN 785) the week of Feb. 9. This is one of the last major milestones in the process of submarine certification – one that will provide NAVSEA the opportunity to examine records and the ship to validate the SUBSAFE and FBW SCS material condition. The certification process will provide confidence that the ship will be ready to commence Fast Cruise and Sea Trials in March. For more information, contact NNS SUBSAFE Program Manager **Sean Coons** at 688-1595.



RadCon Instructors Complete Facilitation 101 Course

Eighteen RCT instructors recently completed Facilitation 101, conducted by Process Excellence Facilitation Jan. 6-7.

Facilitation is a core skill for individuals who lead meetings, coordinate teams or manage projects. Facilitation 101 teaches participants how to create buy-in, setup group goals and solve complex problems amongst groups. The course also teaches students how to remain neutral, accommodate different work styles, build consensus, manage difficult audiences and overcome any fears of facilitating.

Congratulations to the following graduates: **George Barrett** (E85), **John Browder** (E85), **Joseph Burgess** (E85), **Michael Chapman** (E85), **Darnell Chever** (E85), **Thomas Fischer** (E85), **Denis Geary** (E85), **Jason Greene** (E85), **Amy Hartsell** (E85), **Christopher Higginbotham** (E85), **Rodney Jones** (E85), **Stephen Madre** (E85), **Preston Patterson** (E85), **Harvey Peters** (E85), **Ronald Reavis** (E85), **Jason Sebring** (E85), **Christopher Vest** (E85), **Mark Zekauskas** (E85).



Thirty-Six Foreman Recognized for Completing FQS

On Jan. 9, the Management Development Center hosted a small ceremony to recognize the 36 foremen who, through coaching and mentoring from their general foremen, completed all of the requirements of the Foreman's Qualification Standards (FQS) in 2014. **Ken Mahler**, vice president of Navy Programs, **Ray Bagley**, vice president of Trades Operations, **Bill Bell**, vice president of Human Resources and Administration, and numerous directors, superintendents, and general foremen attended the event to congratulate the foremen.

New foremen are enrolled in FQS during the Enhancing Personal Leadership for New Supervisors course, while experienced foremen are enrolled at the discretion of their general foremen. Today, more than 280 foremen are enrolled in the program and since its inception in 2012, a total of 57 foremen have completed the program.

Visit the Leadership Development website for more information about FQS.

Pictured: NNS foreman that completed all requirements of the Foreman's Qualification Standards. Photo by **Chris Oxley**

Trade Operations Holds T-Shirt Design Contest

Trade Operations is conducting a T-Shirt Design Contest themed, "Let's Glide with Shipyard Pride." The contest is open to all Newport News Shipbuilding employees. Designs must be original and incorporate shipyard pride or unity themes and must be completed on personal time. Submissions are being accepted through Feb. 27.

Employees interested in submitting a design can view the contest flier on Yardnet for additional information. Entries can be submitted electronically via email or via mail to **Cameron T. Harihan** (X36) in Bldg. 264-2. The top five submissions will be sent to a graphic artist and posted for public voting.

Voting will take place March 23-27 and the winner will be announced in April.

The winner will receive a FREE T-shirt with their featured design. All NNS employees will be able to purchase a T-shirt following contest's completion.

Parking Closure cont.

Handicap, motorcycle and reserved parking will be relocated to the adjacent employee decal lots between 46th and 48th Streets. Employees parking in reserved spaces will be contacted. Contact **Ann Willis** (O67) at 688-3094 for questions.

To mitigate the loss of these spaces, beginning Feb. 23, NNS will add a 15-passenger van that will continuously loop between Hicens North (63rd St. and Warwick Blvd.) parking area between 5 a.m. and 6 p.m. Monday through Friday with stops on Washington Ave. at 43rd and 50th Streets.

Parking and bus service inside the shipyard is available in the North Yard.

All other shuttle services will remain the same. View the NNS shuttle schedule on the Yardnet Parking website. Contact **John Gies** (O45) at 688-4440 or 746-4774 for questions regarding the park and ride information. NNS will continue to monitor demand throughout the day and determine an appropriate level of service and will add resources as needed.

DATEBOOK

JANUARY 29

NNS' Talent Acquisition will host an informational session at 2:30 p.m. and 4:30 p.m. in Bldg. 520-6 (James River Room) regarding career opportunities available at the Knolls Atomic Power Laboratory Kesselring Site (KSO) in West Milton, New York. Human Resources representatives and current employees from KSO will be in attendance to answer questions about these opportunities. Registration is not required, however employees must use personal time or flex with management approval to attend. Visit the HR Operations and Talent Acquisition website on Yardnet for more information about the informational session.

JANUARY 29

The "Spear and Gear" Toastmasters Club will meet from 11:30 p.m. to 12:30 p.m. in Bldg. 903-2 (room 203). Guests are always welcome. Contact **Rose Brodie** (K75) at 688-3382 or **Donna Graves** (E08) at 688-6204 for more information.

FEBRUARY 2

The Apprentice School is starting a Bass Club. An interest meeting will be held from 4-5 p.m. on Feb. 2 at The Apprentice School (2nd floor conference room). For additional information or contact **Rob Uzzle** (X59) at 688-7132 or 619-5759.

FEBRUARY 5

Women in Shipbuilding Enterprise (WiSE), African American Shipbuilders Association (AASA), Hispanic Outreach Leadership Alliance (HOLA) and Veterans Employee Resource Group (VERG) are sponsoring a "Go Red for Women" event from 4-5:30 p.m. at VASCIC. The event will feature members of the Bon Secours Medical Team, HealthWaves and the American Red Cross' International Spokesperson. Contact **Britta Brown Zambrana** (O05) at 688-2786 for more information.

FEBRUARY 12

The African American Shipbuilders Association (AASA) will host its annual Black History Celebration from 4:30-6:30 p.m. in Bldg. 520-6 (James River Room). Special guest speaker will be **Michael S. Smith**, Hill corporate vice president, corporate development, Nuclear and Environmental Services, Business Planning and Growth. The event is FREE and open to all shipbuilders.

FEBRUARY 17

Beginning Feb. 17, Old Dominion University's College of Continuing Education will be offering a 12-week PMP prep course from 8 a.m. to 10 a.m. The offering is approved for Newport News Shipbuilding tuition reimbursement. For more information, contact **Nita Scarlett** (O35) at 688-5599 or via email.

FEBRUARY 20

The Apprentice Alumni Association will host its annual banquet at 7 p.m. at the Marriot Newport News at City Center. The Class of 1965 will be honored. Social time starts at 5:30 p.m. Tickets are \$40 and are available from AAA delegates or officers and from **Judy Hester** at 688-2512 at The Apprentice School. For more information, visit www.nnapprentice.com/alumni/news.htm. Send an email to Alumni@nnapprentice.com for questions.

DEVELOPMENTAL OPPORTUNITIES

Visit the O44 website on Yardnet or contact **Kimberly McCrum** (O44) at 380-4706 or **Tina Howell** (O44) at 380-7898 for additional information.

NNS Health Center

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- The family health center will not replace NNS' Health Clinic in the yard. The clinic will continue to offer the same level of occupational medical services and personal return-to-work evaluations.
- Use of the center is optional for eligible employees; they will not be required to use the center.
- The center is not intended to replace existing relationships between medical providers and employees or their dependents.
- The center will operate as a primary care practice, with extended hours and convenient access, including Saturdays and will provide an option for acute/urgent care needs.
- Services offered will include: annual physicals and preventive screenings, adult and pediatric immunizations, treatment of illnesses and non-occupational injuries, health and wellness education coaching, X-ray services, pharmacy services, laboratory services, physical rehabilitation services.
- The staff at the center will include a team of physicians, pharmacists, physical therapists, wellness coaches and health educators.
- The center will be operated independently by QuadMed. HII will not have access to any private medical records or treatment details.
- The family health center will not be able to answer medical insurance benefit questions. Questions should be directed to HII Benefits Center at 1-877-216-3222.

Read a complete list of Q&A regarding NNS' family health center on Yardnet.

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 Engineering 2	9139BR	E74	NNS
Mgr Occupational Health & Safety	9299BR	O27	NNS
Mgr Engineering 3	9146BR	E74	NNS
Mgr Administration 3	9111BR	X70	NNS
Mgr Programs 3	9318BR	X80	NNS
Mgr Programs 3	9317BR	X80	NNS
Mgr Radiation Safety 1	9321BR	E91	KSO - NY

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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.



USS NIMITZ ARRIVES PIERSIDE AT NAVAL BASE KITSAP BREMERTON

On Jan. 13, USS *Nimitz* (CVN 68) arrived pierside at Naval Base Kitsap Bremerton. *Nimitz* is undergoing a planned incremental availability at Puget Sound Naval Shipyard and Intermediate Maintenance Facility where the ship will receive scheduled maintenance and upgrades. U.S. Navy photo

EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

iPHONE 5S - Brand New Mint Condition, Black, Verizon w/ charger & headphones \$275 (757) 813-0708

DJ - Professional Wedding DJ/MC. Book your event today with HamptonRoadsDJ at (757) 621-0464

DJ - Guaranteed to rock it and I won't break your pockets. DJ for all occasions. (757) 632-9929

DJ - Experienced and light on the wallet. Weddings and other occasions (757) 870-9359

AUTO

04 TOYOTA VAN - Sienna XLE, Good Condition, Gray, Leather, Power Everything, New Tires, 107K miles, \$8,000. (757) 650-4544

05 - Honda Civic Coupe, Silver, 150k, Current inspection, New brakes, Very good cond. \$5,200 (757) 561-7073

265/65R17 TIRES - Set of (4), BF Goodrich Long Trail T/A, 265/65R17 - \$125. Pls. lv msg. (757) 898-5027

03 TACOMA - Garage kept extended cab SR5, 4X4, V6, AT, AC, PW, PD. 160k miles runs and looks good \$12,750 (757) 876-3319

02 HARLEY FOR SALE - Fat boy excellent condition. 12K, 1 owner, recent insp, runs great. 9,000 OBO (804) 436-5537

YOKOHAMA AT - 4 AT tires 265/65/r17 great tread left. pics avail leave msg/txt \$400 obo (757) 633-7505

FJR ACCESSORIES - Custom tail rack, expandable trunk & Corbin passenger backrest fit any gen 2 FJR, blue matches '06 & '12 \$250 (757) 717-4062

95 HARLEY FXD - Conv, 1340CC 30K miles, many extras GC. \$6,000 obo (757) 596-9349

TOYOTA TACOMA - 1998, 147k miles, 4WD, 2.7L I4, 5 speed, SR5, A/C, dark red extracab. \$4,500 (757) 717-4062

Auto cont.

11 MAXIMA - 2011 Nissan Maxima 3.5S Black exterior/interior, Great Condition, Pwr Sunroof, CD, 77K Miles. \$14,999. (757) 645-4545

99 FORD F-150 - Great Hunting Truck, runs well. Brand new battery, 8' ext bed std cab. Rough body, engine is good. \$1500 obo (757) 817-5886

BBC 454 ENGINE - Complete turn key Chevrolet engine. carb to oilpan, fan to flexplate. Not for your daily driver. (757) 871-3378

DODGE ENGINE - dodge 3.5L V6 fits 05-10 charger 300 and magnums. new water pump timinh belt complete engine call/text (804) 815-9493

RV - 2013 Thor ACE Class A motor home. Model 30.1 with 2 slides. 6,000 miles. \$58,000. Excellent condition. (757) 596-2192

01 CHEVY MALIBU - 75K mi, 4dr sedan, V6, AT Gold, Fully loaded, Well maintained EC, clean interior w/ fabric seats \$3,300 (757) 903-8031

05 TIBURON - black tiburon for sale 117k recently replaced clutch good tires good condition text for pics or offer \$4,2 (757) 218-9803

AUTO REPAIR - Quality Auto repair at affordable prices. Exp. in most makes & models. Save money for quality work. (757) 344-2833

09 NISSAN XTERRA - 4WD, 84L miles, rack, tow pkg, larger tires, linex coated plastics, upgraded radio, EC \$14,000 (757) 650-9329

COMPUTERS

NEW TABLET - New Samsung Galaxy Tab 3, only used twice. \$125 OBO. Text (757) 679-8962

iPAD AIR - Practically Brand New Apple Ipad Air. 16GB, WiFi with case \$250 obo. (757) 293-8194

COMPUTER REPAIR - PC/Laptop repair, Virus removal, Program reinstalls, etc. \$85+part (757) 329-6761

BOAT & MARINE SUPPLY

2011 MONTEREY - 19'-7 bow rider, 5.0L Volvo penta, 72hrs, trailer w/ brakes. Lots of extras, EC, asking \$31,500 pics avail (757) 870-9055

FREE ITEMS

55" TV - 55" TV - 55" Projection TV, works but needs internal speaker repair. Works great with audio tuner & external (248) 252-8066

HOBBIES

GOLF CLUBS - Wilson Dyna-Powered: irons 2 thru 9, pitching wedge, drivers 1, 2, & 4; needs regripping; good starter set; \$50 (757) 599-1960

TOOL - Topset 15" wood surfer/planer. Same as Grizzly model G1021. Call after 4 PM for details (757) 876-7466

GUITAR CLASSES - You've been meaning to start classes-write down my # right now! 1-on-1 (Midtown NN) Wk/bi-wk sched. (757) 528-7017

FURNISHINGS & APPLIANCES

DINETTE SET-72" X 44" Glass & metal frame, with 6 chairs & 4 matching bar stools. Reduced \$950 (757) 329-1789

COFFEE TABLE - Glass top and swirled iron legs. great condition \$85. Can deliver for fee. (757) 759-0618

CABINETS - Light maple finish, 3 wall/3 floor cabinets. Selling pieces or set with laminate counter/stainless sink: \$400 (757) 848-7748

8FT POOL TABLE - 8ft slate pool table. Comes w/balls, rack&cover. Needs refelting. Pd \$6000, asking \$600. Text for pics (757) 449-6771

Furnishings & Appliances cont.

WASHER & DRYER - Broken washers & dryers that are in your way. Will pick up for free. (757) 812-2719

FURNITURE - Sofa chair \$50, antique dresser \$300, hardwood kitchen table/6 chairs set \$200, hardwood desk/shelves \$200 (757) 759-2549

POOL TABLE - 8ft slate pool table. Comes w/balls, rack&cover. Needs refelting. Pd \$6000, asking \$600. Text for pics (757) 449-6771

MICROWAVE - (\$45), Mini Refrigerator (\$65), Ionic Air Purifier \$45 (old fashion popcorn popper \$35 (757) 589-7248

OAK FURNITURE - Oak roll-top computer desk, \$250; Oak triple dresser, \$400; king Oak Hdbd, \$175. after 5PM. (757) 369-4035

DINING RM TABLE - All wood dining room table. 3.5'x 5.5'. good condition. \$50 text for pics. (757) 602-9908

FUTON - Lightly used. Bought couple months ago for \$120. Black with grey frame. Selling for \$50. (757) 517-8967

REAL ESTATE

HOME FOR SALE - 3BR/1BA 1,074 sq ft, detached garage, rear deck, fenced back yard, all appliances, Hilton School District \$123K (757) 869-2550

CONDO FOR RENT - Denbigh area: 3bdm, 2bath; LR, DR, w/good storage & closet space. Privacy Fence & Patio. Ready Now. \$1,200/mo. (757) 930-1429

HOUSE FOR SALE - 224 Apple Ave. \$115k. 2Bed/1B, Gutted and remodeled (60k+ in upgades) everything is new! Granite & stainless. (757) 880-2948

APT FOR RENT - 1 Bdrm apt with loft in Port Norfolk. New and Nice! 20 Min to Shipyard. \$895/mth. Tenant pays Elec. Great Are (843) 475-5210

HOUSE FOR RENT - 3Br, 1Ba 1000 SqFt, Pine Grove, Hampton. AC, W/D Hookup, Lg yard, Off Street Pkg. \$950/Mo. (757) 577-4709

Real Estate cont.

HOUSE FOR RENT - Denbigh area of NN. 4BR/2BA/FP/Attach Garage. \$1000/Dep & \$1000/Per Mo. 13357 Warwick Springs Dr. (No Pets) (757) 874-7966

ROOM FOR RENT - To share 3bdrm home in Menchville area \$500 mth all util & wifi incld. Ser Inqry only (757) 715-9291

LAND FOR SALE - 50 ACRES Land Morgan County, KY 8 of the 50 acres are farm land with a stream and GREAT fishing! \$55,000 (757) 508-2781

HOME FOR SALE - Move-in Ready, 3BR/1BA near Langley. Completely Remodeled, Security System, 15 min from Shipyard. Only \$115K (757) 355-2007

MISCELLANEOUS

PROPANE GRILL - Propane grill in good conition with one burner for cooking \$50.00 (757) 603-5856

JORDAN RETRO 11 - Legend 11's (new shoes w/ receipt). White legend blue columbia sizes 10.5 & 11. \$350 OBO (804) 519-0056

NURSING SCRUBS - Nursing scrubs tops and bottoms \$15 (757) 603-5856

BOWFLEX - Spiraflex home gym-Good Condition-All accessories included. \$900. Negotiable. Leave message. (757) 325-8209

GEM STONE - Beautiful Genuine unique round solitaire aquamarine clear stone. Approx. 3.16 ct. t.w. \$495. Pics avail. ASF (757) 810-9171

ORGANIC BEEF - Beef - organically grown!! Check us out on FB: "Soul Shine Farm Grass Fed Beef" (540) 255-1292

HOT TUB - Condition: has new pump/motor and heater. Only heats to 80 degrees. \$450 (757) 846-6152

FITBIT FLEX - Like new Fitbit Flex, used less than 6 mos, includes all accessories plus extra wristbands \$70 (757) 528-5117

LESS THAN RETAIL - Household Health & Beauty products for sale. Baskets avail. (757) 637-0873

Miscellaneous cont.

BURIAL PLOTS - Two Burial Plots-Parklawn (757) 865-6439

FIREWOOD - For Sale-Hardwood split, truck load \$100.00. Round wood, truck load \$80.00. Delivery \$\$ (757) 870-0573

ROOM FOR RENT - Share a 2bd 2bth menchville area. all utilities included wifi, fios, etc. \$100/week call/text. (804) 815-9493

RESUME SERVICES - Be prepared for your next career move. Call or text for resume/job coaching. (757) 327-2212

WEDDING COORD - Engaged? Let me provide PEACE OF MIND with experienced Day-Of Wedding Coordinating --- Great for DIY brides. (804) 432-2830

HARLEY JACKETS - Women's Harley Davidson Leather Jackets \$175 ea. VANSO Women's Proper CSRX size 10 \$275 (757) 329-1789

ORIGAMI - Custom Origmai Collectables. Superheros, Furniture, Disney, just ask. Perfect for the desk. (757) 771-2350

SHOE DRIVE - Collecting gently used and new shoes for a shoe drive fundraiser. Adults+kids+men+women Call for pick-up (757) 434-6320

GROCERY SHOPPING - Give us your grocery list and we'll shop for you. (757) 713-0775

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

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

MAGICIAN/BALLOON ARTIST - Professional Magician for parties and events, family friendly! Shipyard discounts! (804) 815-4163

LAWN/YARD CARE - Yard clean-up, Leaf/Debris Removal, Clean Gutters, Mowing, Landscaping, Weed Control, Snow Removal (757) 871-4589

CHILDCARE - 15+yrs, Great rate and discounts Fun filled backyard, fun learning 2 slots to fill! (757) 947-4408

CLEANING - Need help cleaning your house? Based on size its \$75 or less! (757) 880-8519

Miscellaneous cont.

HONDA GENERATOR - ES6500 Honda Generator with coolant system; ran for maintenance only; excellent condition - \$1,600 (757) 897-3503

EXERCISE EQUIPT - Ellipticals \$50-150 & exercise bikes \$40-150 Gym quality stair stepper \$299 & small stepper \$50 cal, dist (757) 589-7248

LEATHER JACKETS - XXL Denver Broncos, XL New England Patriots, & XL 49NERS. \$150.00 each OBO. All are in ex conditon. (757) 503-1523

SPIN BIKE - Spink bike \$199, Golds Gym, great condition & another Schwinn Evolution Spin Bike \$299. Great condition. (757) 589-7248

TILE - Specializing in custom masterbaths and other types of installations call (757) 232-1299

TIRES & WHEELS - Chrome wheels with tires 18". All wheels are in condition \$400 OBO. (757) 503-1523

NAIL GUN - Framing 28 degree Full Clip with carry case. Central Pneumatic Model 93760 - \$50 (757) 273-5625

FOOD DELIVERY - Hungry at work? Want Chipotle, Chick-fil-a, Panera Bread & more? We Deliver! Mon-Fri (757) 926-5519

LOCKETS!! - Valentines Day is just around the corner. Get your honey a locket! Jewelry makes her sweeter! (757) 871-7158

PAINTING - Call for your home painting needs. Will help with color selection and over 11yrs experience. (757) 298-1733

ENGAGEMENT RING - Valentines Day is around the corner. 1/2 carat Engagement Ring. Appraised at \$2,000. Make offer. (757) 812-2719

HELPING HANDS - General home cleaning. Free Estimates. One time cleaning welcomed. Move in & move outs. Licensed & Insured. (757) 371-3904

HANDYMAN - Call for a free estimate on fixing all of your home's problems. (757) 256-8131

PRESCHOOL - Christian preschool offers HHI/NNS discounts and waved registration. Loving learning environment. (757) 508-9022

PETS

BEAGLE - Beagle, 2 year old male very friendly. Free (757) 538-3107

GREAT DANE PUP - AKC, Sire/Dam onsite, 1 BLK male w/ white markings, 4 weeks old, will be UTD on shots, microchip, collar, etc (757) 272-3851

UKC PITBULLS - Last Call. Papers and shots done on these beautiful rednose razors! \$200 need a good home ASAP! (757) 251-2690

CORN SNAKES - Baby albino cornsnakes for sale and one young adult \$25 (757) 810-2895



WANTED

TEACHERS - Looking for part time Christian preschool teachers. Morning & afternoon ava (757) 508-9022

ROOMMATE WANTED - Share a 3bd 2 ba house menchville area. all utilites included wifi fios etc. call/text (804) 815-9493

VAN RIDERS - Van leaving from Belvidere,Chowan,Gates county(Hwy 32) to NNS 1St shift. (252) 619-3117

SEWING MACHINES - Donated portable sewing machines for free quilting class for Sr Citizens at the Smithfield YMCA. Will pick up (757) 365-4197

ROOMMATE WANTED - Roommate To share 3bdrm home in Menchville area \$500 mth all util & wifi incld. Ser Inqry only. (757) 715-9291

ROOMMATE WANTED - Roommate wanted to share 3bd 2 bth menchville area all utilities included wifi fios etc \$100/week Call/text (804) 815-9493

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

THE NEWPORT NEWS



PRESENTED BY

Newport News Shipbuilding
A Division of Huntington Ingalls Industries

3 Ways to Participate. Run. Cheer. Volunteer.

PRE-RACE SCHEDULE

HEALTH & WELLNESS EXPO

PRESENTED BY RIVERSIDE HEALTH SYSTEM

FRIDAY, MARCH 13 & **SATURDAY, MARCH 14**
FROM 12:00PM - 7:00PM & FROM 10:00AM - 5:00PM
AT THE NEWPORT NEWS MARIOTT AT CITY CENTER

FRIDAY NIGHT KICK-OFF

FRIDAY, MARCH 13 FROM 5:00PM - 8:00PM
AT DOWNING-GROSS CULTURAL ARTS CENTER

RACE DAY SCHEDULE

RACE EVENTS

NEWPORT NEWS ONE CITY MARATHON & MARATHON RELAY

START TIME: 7:00AM | START LOCATION: NEWPORT NEWS PARK

MARITIME 8K

START TIME: 7:45AM | START LOCATION: WEST AVE. & 24TH ST.

NAUTICAL MILE

START TIME: 10:00AM | START LOCATION: WEST AVE. & 24TH ST.

ONE CITY, ONE CELEBRATION

FROM 8:00AM - 4:00PM AT VICTORY LANDING PARK

MARCH 15, 2015

www.ONECITYMARATHON.COM

