

CURRENTS

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A weekly publication of Newport News Shipbuilding



SN3 Shares Expertise at Global Waste Management Conference

Stoller Newport News Nuclear (SN3) participated in the Waste Management Symposia 2015 on March 15-19 at the Phoenix Convention Center. SN3 representatives assisted with eight presentations covering a variety of topics from groundwater remediation to assessment of defense-related uranium mines. The annual conference provides a global forum for discussing and seeking cost-effective and environmentally responsible solutions to the safe management and disposition of radioactive waste and materials.

“The Waste Management Symposia provides an excellent opportunity for our employees to present papers, attend technical sessions and interact with other industry leaders,” said SN3 President **Nick Lombardo**. “We have supported the conference for decades and look forward to participating every year.”

Visit sn3.huntingtonalls.com for additional information on SN3.

Safety is Our Lifestyle

Eleven *Virginia*-class submarine (VCS) shipbuilders were recently recognized by their foreman for working safe and promoting safety in the workplace.

The crew’s Foreman **Patti Richardson** praised the team for their efforts. “The majority of this crew has been at the shipyard for less than three years,” she said. “Each one of them is up to the challenge of working in one of the most challenging work environments here at Newport News Shipbuilding. They take safety very seriously and because of it, they have been able to remain safe for more than two years.”

To recognize the crew, General Foreman **Edmond Braxton Jr.** presented each crew member with a safety T-shirt.

Shaina Baker (X33), insulator and painter, has been at NNS for 13 months. “Before we begin work each day, we have a safety discussion and then perform our shift checks to ensure everything is safe before we start work,” she

said. “If something doesn’t look right, we don’t begin work until it’s corrected.”

Baker also said that the crew likes to think of themselves as family. “We look out for each other,” she said. “That’s played a large part in our team’s overall success.”

Crew member **Harry Irvin** (X33), insulator, has been at NNS for 14 months. “Everyone’s goal is to go home to their family the same way they came into work,” he said. “So we work really hard to ensure that happens. We also have a really good foreman and leadership team that looks out for us and cares about us. Ms. Richardson stresses safety each and every day. So for us, safety is on our mind every minute of every day – it’s our lifestyle.”

Front row (L to R): **Clarence Rountree**, **Beth Tilton**, **Shaina Baker**, **Lonnell Lilly**, X33 Foreman **Patti Richardson**. Back row (L to R): **Ryan Blackburn**, **Harry Irvin**, **As Saboor**, **Mareo Williams**, **Terrence Johnson**, **Gio Puente**. Not pictured: **Daniel Misenheimer**. Photo by **John Whalen**

Aramark Opens NNS’ First Micromarket

Newport News Shipbuilding’s Food Services vendor, Aramark, has opened its first micromarket at the shipyard.

“NNS Food Service Operations wanted to upgrade the breakroom experience for employees,” said **Dwain Jenkins Sr.**, Food...

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Summer Protection Tips

The summer season is almost here and with it comes heat, humidity and longer days. Spending more time outside can potentially put you at more risk. Don’t be an easy target for criminal activity – remember to be aware of your surroundings at all times. On p. 8, read tips from NNS’ Security and Emergency Management Department.



Shipbuilders Mentor Students During FIRST Robotics Competition. ... READ ON PG 2



Join HealthWaves for a Walk on National Walking Day - April 1 ... READ ON PG 2



USS *Abraham Lincoln* Surpasses Two-Year RCOH Milestone. ... READ ON PG 3



Shipbuilders Mentor Students During FIRST's Regional Robotics Competition

Newport News Shipbuilding employees mentored to high school students interested in becoming leaders in Science, Technology, Engineering and Math (STEM) during the regional FIRST Robotics Competition at Virginia Commonwealth University's Sigel Center in Richmond March 20-21.

Teams can have more than 25 students involved in: marketing, design, manufacturing, programming, media and safety. Students learn skills through manufacturing their robots to include manufacturing, milling, lathe, cutting, measuring, safety, design, prototyping and programming.

During the competition, 64 high school robotics teams from Maryland, South Carolina, Virginia, Brazil and the Netherlands competed under strict rules to design, program and build robots to perform specific tasks.

"I was very impressed with the entertainment aspect of the event, the sports-like level of competition and the innovative robots these amazing students designed and built," said **Ray Montgomery**, who was involved in judging the students' creations and problem solving techniques. "I'm glad I was involved."

Visit the FIRST Robotics Competition website for more information. For additional questions, send an email to Robotics_CareerPathways@hii-nns.com or contact **Chris Brown** (O35) at 688-7897.

NNS Employees (L to R): **Chris Brown** (O35), **Julia Thompson** (E71), **Ray Montgomery** (E01), **Kevin Bond** (O22), and **Phil Stephens** (E25).



WEDNESDAY IS NATIONAL WALKING DAY

Join HealthWaves at 12:05 p.m. on Wednesday, April 1 in front of the new Apprentice School (Bldg. 812) for a lunchtime walk. Water and a healthy snack will be given to all walkers. Registration is NOT required to participate.

"The walk is a good opportunity for employees to take a break and get some exercise," said **Becky Johnson**, director of HealthWaves. "We encourage all employees to come out for the walk."

Following National Walking Day, HealthWaves will sponsor a four-week walking challenge. Employees are encouraged to sign-up as an individual or with a team to log minutes walked each day during the challenge. Send an email to HealthWaves@hii-nns.com with questions about the walking challenge.

Photo by **Chris Oxley**

NEW! Panoramic Poster of Shipyard

A new panoramic poster of Newport News Shipbuilding is available to all employees. The image on the poster shows shipbuilders moving the submarine unit *Illinois* (SSN 786) to the sea shuttle June 24, 2014. To the far left of the image, USS *Abraham Lincoln* (CVN 72) is docked in Dry Dock 11 and to the far right, USS *Enterprise* (CVN 65) and *Gerald R. Ford* (CVN 78) are visible. Shipbuilders can pick up a free copy of the poster outside of the Communications Office in Bldg. 520-1. Employees are asked to only take one copy. Photo by **Chris Oxley**



USS *Abraham Lincoln* Surpasses Two-Year RCOH Milestone

March 28 marked two years since USS *Abraham Lincoln's* (CVN 72) arrival at Newport News Shipbuilding for its refueling and complex overhaul (RCOH).

On Saturday, Capt. Ron Ravelo, CVN 72 commanding officer, said, "During the remaining portion of our RCOH we will push forward with rebuilding and testing of equipment in order to return USS *Abraham Lincoln* to the fleet in 2016 as a fully operational warship. Earlier this week we held our fifth Integrated Project Team Development meeting,

which brought together leaders from both USS *Abraham Lincoln*, Newport News Shipbuilding, and Supervisor of Shipbuilding to discuss the way forward through the remainder of our RCOH. Successfully accomplishing RCOH requires a unique cooperation between the shipyard and ship; this day-long conference allowed us to further develop the team skills required to achieve our goal. As we continue into our third year, we will see the enhancement of more than 80 percent of our spaces; from the top of the island superstructure to the lowest

decks in our engineering spaces. As we bring March to a close and move beyond our two-year anniversary of RCOH let's all draw inspiration from words spoken by our ship's namesake, President Abraham Lincoln who said, 'Always bear in mind that your own resolution to succeed is more important than any one thing and by all means don't say 'If I can', say 'I will.'"

Visit nns.huntingtoningalls.com/videos to watch a timelapse video of *Lincoln's* arrival to NNS on March 28, 2013.

NNS to Host Benefits Sessions Focused on New Health Center

Last month, Huntington Ingalls Industries broke ground on its the new Family Health Center for Newport News Shipbuilding. The center is expected to open in the fourth quarter of 2015.

Once the center is open, non-represented NNS employees and dependents who are covered by Anthem's PPO or CDHP health plans will be eligible to use the center.

To familiarize employees with the Health Center's offerings, Benefits will host a series of employee sessions specifically focused on the new center. The sessions will occur during lunch breaks on each shift and will last one hour. Attendees must receive pre-approval from their supervisor to flex the last 30 minutes of the session.

The first sessions will be held from 7 to 8 a.m.,

12 to 1 p.m. and 2 to 3 a.m. on April 8 and April 9.

Participants are required to register via the Learning Exchange (LX) prior to attending. LX will have conference room and additional information on for each session.

A list of Family Health Center FAQs is available on Yardnet.

Aramark Opens NNS' First Micromarket

CONTINUED FROM PG 1

... Service coordinator. "The self-service store is located on the first floor of Bldg. 902 and is open to all employees 24-hours, 7-days a week."

Mike Atkins, Vending manager, said that the purpose of the market is to provide a variety of healthy snack, meal and drink options for employees to purchase at their own convenience. "Some of our most popular items in the store include granola bars, cereal, fresh fruit, sandwiches, salads, popcorn, baked chips and frozen meals," he said. "We encourage employees to look for signs in the store with a list of our monthly specials – it's a great way for employees to eat healthy and save money."

To purchase items, employees must use the self-checkout machine located in the store. The machine does not accept cash, so employees must pay by credit card or use their 'vibe' card. All employees are eligible to receive a 'vibe' card FREE of charge. The card enables employees to put money on the card to use for spending in the store and also gain reward points from their purchases. The 'vibe' card can also be used at other Aramark micromarket locations such as hotels and airports.

To get a 'vibe' card, send an email to NNSCustomerService@aramark.com. Suggestions to improve the market can also be sent to this email address.

Mike Goeller (E07) grabs a sandwich from one of the refrigerators in Bldg. 902's micromarket. Photo by **Chris Oxley**



AROUND THE YARD

NNS-ERG Relay for Life Team Looking for Team Members

Newport News Shipbuilding's Employee Resource Groups (ERGs) have joined together to form the Relay for Life team, "NNS-ERG In the Fight." This year's Relay for Life event will be held from 5-10:30 p.m. at Todd Stadium in Newport News May 2. All shipbuilders are welcome to join the team. Visit www.relayforlife.org for additional information or to register. For questions, contact **Christina Chapman** (E73) at 534-2652.

IT Releases SharePoint-based ShareCenter



The Information Technology (IT) Division has released its new SharePoint-based IT ShareCenter. The interactive website will feature a bi-weekly communication with a message from the Chief Information Officer **Bharat Amin**, recognition, a poll and IT news.

Employees can submit questions to the CIO, offer suggestions for improvement, nominate peers for recognition, or participate on discussion boards. The site will be open to all employees and represents the launch of IT's new vision – "To Be A Differentiating Force."

1Q15 EIA Drawing Winners Announced

On March 19, Newport News Shipbuilding recognized the accomplishments of 136 shipbuilders as first quarter Excellence in Action (EIA) Honorees. Sharing in the celebration, **Chris Amos**, director of Nuclear Propulsion Engineering Support, **Dave Batdorf**, X31 Electrical Trades director, and **Ron Murray**, vice president of Quality and Process Excellence, thanked shipbuilders for their contributions along with and who recognize the honorees and their accomplishments. The ceremony concluded with a random drawing where six honorees won \$250 each. For a list of 1Q15 EIA Honorees or to view 1Q15 EIA team photos, visit the EIA website on Yardnet.



NNS shipbuilders spread mulch during last year's Earth Day Cleanup event. Photo by **Chris Oxley**

EH&S to Host Earth Day Cleanup and Children's Coloring Contest

This year, Newport News Shipbuilding will celebrate Earth Day by volunteering to cleanup and spread mulch around the trees and shrubs of Christopher Newport Park in downtown Newport News (across from VASCIC). This is just one of the ways NNS participates in community involvement with the City of Newport News. Volunteers will meet at the park, next to the cul-de-sac on 26th Street (off West Avenue) at 3:30 p.m. April 22.

Employees who participate in the Earth Day cleanup will receive a 2015 Earth Day T-shirt, reusable bag, and certificate of participation. Interested in participating? Complete a volunteer form on the Earth Day Yardnet website. Forms are due on April 17 and can be submitted electronically or mailed to **Ebony Webb** (O27) in Bldg. 79-1.

The 2015 Earth Day Coloring Contest is open to all children (ages 4-16) of NNS employees. Visit the Earth Day Yardnet website to download and print the coloring picture. The entry form can also be found on the Earth Day website and must be filled out entirely for your child's artwork to be entered into the contest. Send all entries to **Ebony Webb** (O27) at 4101 Washington Avenue, Newport News, VA 23607, Department O27, Building 79-1. All winners will receive a 2015 Earth Day T-shirt and reusable bag. Artwork and entry forms must be postmarked/received by April 24, 2015.

Have You Visited the Professional Engineer CoP Website?

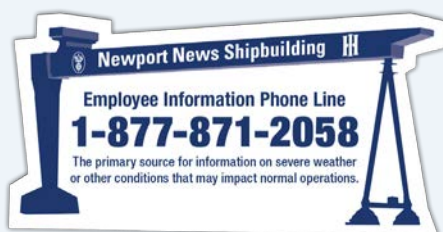
Newport News Shipbuilding is committed to supporting those who have elected to become licensed Professional Engineers (PEs). This Community of Practice (CoP) is to support those who have chosen to become licensed PEs and provide information and encouragement to aid unlicensed engineers to become licensed.

Visit the PE CoP website on Yardnet for additional information.

Are You Interested in a HRT "GoPass365?"

Newport News Shipbuilding is continuing its Hampton Roads Transit "GoPass365" Program again this year.

For more information about the program, view the GoPass365 flier on Yardnet. Employees who are interested in the pass should complete the interest form and return it to **Ann Willis** (O67) in Bldg. 78-1 by June 26. For questions, contact Ann Willis at 688-3094 or via email.



NEW! Employee Phone Line Magnet in *Yardlines*

Look for the new Employee Information Phone Line magnet in the March issue of *Yardlines* (p. 9).

5K Have You Registered for the NNS 5K?

Registration is now open for the 8th Annual NNS 5K Fun Run/Walk. All Newport News Shipbuilding employees and its subsidiaries can participate in the family-friendly event, which will be held on Saturday, May 2 at 9 a.m. at Victory Landing Park (next to VASCIC). Cost is \$12 for adults and \$7 for children (12 and under). **All participants who register by April 8 will be guaranteed to receive a T-shirt for their participation.** To register or for additional event information, visit the NNS 5K website at www.huntingtoningalls.com/5k.

HealthWaves is also looking for volunteers to assist during the event as well as with set-up and clean-up. Employees interested in participating as a volunteer should contact **Brady Goggin** (O28) at 380-7646 or via email.



NNS Employees to Receive Virginia Arts Festival Discount

Newport News Shipbuilding Talent Acquisition is a Gold Sponsor for the Virginia Arts Festival (VAF) this year. NNS Employees can use the code "CORP" to receive a 15 percent discount on any of the VAF performances that allow for a discount. Visit www.vafest.org for additional information or to purchase tickets. For questions, contact **Jessica Hegeman** (O20) at 380-2669.

Interested in Employee Development Opportunities?

Visit the O44 Yardnet website for information about the courses available. Contact **Kimberly McCrum** (O44) at 380-4706 or **Tina Howell** (O44) at 380-7898 for questions.

DATEBOOK

APRIL 2

NNS is a sponsor of this year's "Tastefully Yours" event on April 2. 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 9

Apprentice Alumni Association will host a baseball social at War Memorial Stadium at 4:30 p.m. The event is free and open to all active alumni and their families. Come out and show your support for the Builders. RSVP to **Ryan Scott** 688-3769 or via email.

APRIL 9

Hispanic Outreach and Leadership Alliance (HOLA) will sponsor an after work engagement event themed, "More Than Just Gallup" from 4:30 p.m. to 6 p.m. in Bldg. 520-6 (Forrestal Room) on April 9. **Bill McHenry**, Organizational Development manager, will be the guest speaker and will speak about what he has learned about engagement and its impact on business.

APRIL 14

The International Compliance Office will hold Annual Export Training-Basic from 9-10 a.m. and 1-2 p.m. in Bldg. 520-6 (James River Room). Register via the Learning Exchange (LX) or contact **Sarah Williams** (O19) at 380-3599.

APRIL 24

Apprentice Alumni Association 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 (Chicken, BBQ, etc.) and unlimited range balls (1 hour prior to start). Contact **Fred Peedle** (E51) at 688-6682 or visit www.nnaprentice.com/alumni/news.htm for more information.

MAY 2

Sign-up for the 8th Annual NNS 5K Fun Walk/Run. Newport News Shipbuilding employees and its subsidiaries can participate in the family-friendly event, which will be held on Saturday, May 2 at 9 a.m. at Victory Landing Park (next to VASCIC). Visit www.huntingtoningalls.com/5k to register or for additional event information

MAY 6

The International Compliance Office will hold Annual Export Training-Basic from 9-10 a.m. and 1-2 p.m. in the VASCIC auditorium. Register via the Learning Exchange (LX) or contact **Sarah Williams** (O19) at 380-3599.

MAY 13

Information Session for George Washington University Master of Science in Systems Engineering or Engineering Management. Will be held from 12 to 12:45 p.m. at The Apprentice School (Bldg. 812) in the Apprentice Alumni room (room 180). To RSVP, email cohort@gwu.edu by May 11. If you have questions, contact **Rex Parker** (O35) at 688-7224 or **Jennifer McClain** (O35) 688-8439.

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 Prod Planning & Scheduling 2	9756BR	E91	Ballston Spa, NY

Editor: Lauren Ward

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

KEYBOARD - Yamaha S-90 keyboard/synth with sus. Pedal, stand, & seat. \$1,200 (919) 761-0142

PLAYSTATION 3 - PS3, controller charger & 2 controllers & games (757) 593-3557

DJ - customized playlists, lighting effects & photography (757) 869-1876

DJ - Professional MC & DJ. Dance lighting included. (757) 356-1166

DJS - Professional MC & DJ with lighting. (757) 621-0464

AUTO

70 VW BUG - Auto stick shift, restored inside and out, antique white, pop-out rear windows, \$6995 obo (757) 868-8050

1999 VW JETTA - red, neuspeed exhaust & intake, leather seats, sunroof, power options, \$2K obo (757) 342-9509

JEEP ACCESSORIES - MOPAR Freedom Top Storage Bag For 07-15 Wrangler part no. 82210325AD. \$50 (757) 236-0789

MOTORCYCLE - Victory 8Ball, less than 2K miles, Garage kept, extras added, serious inquires \$9,995 OBO (757) 236-0789

TIRES - Good tires 7/8ths tread left fit a 13" wheel. \$100 obo (757) 377-2049

08 HONDA ELEMENT LX - 120,600 miles. 4WD. New Stereo. Roof Racks. W/ Warranty. \$10k obo, pic (443) 812-3696

06 HARLEY FLSTC - Black, Samson Exhaust, 57,XXX K, Title in Hand, KBB \$10,690, \$8,400 (757) 279-8246

99 YAMAHA 600 - Streetbike, runs good. 10k miles comes w/cover. \$2,350 obo (757) 968-6985

13 SUBURBAN LTZ - fully loaded. 45K. White, DVD players, GPS, Sunroof and tons of other options. (757) 968-2552

02 VW PASSAT - Good cond. 150,000mi. 1.8 gas turbo, auto, heated leather seats, sun roof, monsoon stereo. \$3,900 before 8pm (757) 369-3535

91 MAZDA B2200 - blk 5-Spd Std Shift std bed/liner fair cond \$1,800. (757) 673-4336

TRAILER HITCH - New Curt Trailer Hitch w/ Hardware fits 1980-2001 Dodge Ram 1500 (757) 897-0298

Auto cont.

FORD COMP CAM - FF292H10 comp cam for a 429-460 ford. Brand New in the box \$100. (757) 218-4296

VORTEC HEADS - Brand New in the box complete 350. \$550. (757) 218-4296

WHEELS - Ford Mustang - Original Torque Thrust Wheels 17 X 9, 5 lug with original center caps. \$375 (757) 329-1789

97 SATURN - 4-Dr, SL-1, 205K mi - other than minor cosmetics, & headliner starting to go, it works well. (757) 599-1242

12 KAWASAKI KLX 140 - \$1,900. Call to schedule a viewing. Located in James City County. (757) 566-1849

07 G35 COUPE - Infiniti g35 2 dr. Automatic. 92k miles. Runs & drives great. Engine needs no work. \$9,200 (757) 570-2527

THULE CARGO BOX - Thule Sonic Cargo box carrier for vehicles. \$200 o.b.o. Almost new cond. used a few tm (757) 362-7134

11 VICTORY - 8-ball, black on black, many extras, 7500 miles, garage kept, \$8K. Text for pics. (757) 232-0864

75 CHEVY STINGRAY - White Exterior, T-Tops, Hard&Vinyl, 86,000 mi on original engine. 350cu, AC, AT. (757) 564-0681

93 COROLLA - Cold AC. Decent interior (no head liner) \$2,000 obo (757) 373-1579

98 ESCORT ZX2 - 5-speed, 116,078 mi. Runs great, Int/ext in good condition. Small radiator leak. \$2,500 obo (757) 338-4439

04 CONCORD - 165k mi, power everything great cond, pics avail \$2,900 (757) 897-7710

00 SUZUKI GSX-R 600 - 12,000 mi, New Paint (Nassu Blue), \$2,800. (757) 826-9394

99 ACURA 3.0CL - 186K miles, auto, A/C, PWR, Fair Cond, Current insp, \$1,200, in VB, Call after 5pm (757) 721-0554

2015 SUZUKI DRZ400S - Only 126 miles. Carrying trailer hitch. \$6,000. (724) 557-3341

06 HD ELECTRA GLIDE - Loaded, ex cond. 71000 mi. \$5,000 firm (757) 484-4254

WINDOWS - Ford Mustang - Original Quarter Glass windows for a 1990 LX. \$80 pair. (757) 329-1789

SCOOTER - 2014, 50CC, No license reqd, less than 300 mi, ex mileage, make offer (757) 359-0292

LUGGAGE RACK - Cobra, was used on Suzuki M109, \$40 for pic (757) 236-0789

97 JEEP 4X4 - Grand Cherokee, 8cyl., 141K orig. m, CD player, cruise control, power windows \$3,500.(nego.) (757) 334-3518

Auto cont.

GOOD TIRES - 4 Tires 7/8 life left Epic Tour Radial LL700 P185/70R13 \$100 for all 4 obo (757) 377-2049

BOAT & MARINE SUPPLY

CAROLINA SKIFF - CC 1655 SemiV w/ Lg frt dk, Lg drybx, lghts, rd hldr, trlr w/new wheels/tires, 50HP Merc for parts. \$2,800 ob (757) 335-3372

BOAT GAS TANK - Two 20 gal Boat side tanks (Dim. 4X19X78"). \$50 each. (757) 784-6128

BOAT - Grady White 226 Seafare W/A 200HP Yamaha salt water series engine, EZ load trailer, extras, \$20,000 (757) 652-8919

95 BAYLINER - '95 bayliner 18.5' 120hp OB W/ Trailer. Not used in 2 seasons, ran fine then. Needs int work. \$2,500 OBO. (757) 373-1579

20'SHAMROCK '83 - Cuddy, T-top, trailer. Newly rebuilt 351 inboard w/ < 15 hrs. \$10,500 obo. (757) 369-3535

COMPUTERS

COMPUTER REPAIR - A+ Certified, confidential, fast turnaround, 2nd shift for pickup/dropoff, will beat prices on repair! (757) 585-0487

COMPUTER REPAIR - PC/Laptop Repair, virus removal, program reinstalls, etc. \$85 + parts (757) 329-6761

HOBBIES

GOLF TOURNAMENT - June 6. Four man. Call for details. (757) 438-0243

USED NIKE IRONS - Used set of Nike Pro Combo irons 3-PW. Stiff shafts w/ new Winn Wrap midsize grips. 3 iron has mark. \$175ob (757) 402-9864

5K FUN RUN - July 4th at 8 AM at Beaverdam Park. (757) 256-0051

GUITAR CLASSES - 1-on-1 (Midtown NN) Wk/bi-wk sched. (757) 528-7017

YOUTH SAILING - >14 learn to sail & navigate sailboats w/ Sea Scouts at Ft. Monroe. Open House 7pm 4/14 (757) 550-1610

Hobbies cont.

GOLF CLUBS - Wilson - Sam Snead Young Champ set: putter / irons 3,5,7,9 / 2 drivers. \$25 (757) 599-1960

CONGAS - Toca Player, Blue Stained Wood, w/ stand \$225 OBO. Exc. Condition Can txt photos (757) 870-9109

SCHWINN CARRIER - Schwinn bike Trailblazer trailer for children. Great cond. \$125 obo. Pic avail (757) 362-7134

FURNISHINGS & APPLIANCES

GAS DRYER - Gas dryer for sale. Excellent cond, white. (757) 592-2727

SOFA BED - Perfect condition \$175. call for more info (757) 595-2172

PIANO - Winter Piano for Sale \$225.00. Call for more information (757) 595-2172

ARMOIRE - Brown Armoire \$80. Call for viewing. (757) 595-2172

GENERATOR - Generac 5550 Watt Gas Generator \$350. (757) 595-2172

BD SUIT - 2-dressers, 1 nightstand, mirror, & headboard & frame. like new queen mattress (757) 751-7355

MATTRESS - Memory foam toddler bed or crib mattress. \$90 for it or obo. (757) 236-9017

LIVING ROOM SET - Sofa, Loveseat, & Chair w/ Ottoman. Floral design. \$850 obo Text for pics. (757) 813-6029

FOR SALE - Storage unit w/lot of great deals. To sell per ea.: s/s fridge w/ice/water dis.; dryer/ ent. cntr. Text 4 pi (757) 602-6964

FURNITURE - China Cabinet, Excellent condition. \$300. Complete Living Rm furniture. Ex. condition. (757) 685-8111

MICROWAVE- \$45, Mini Refrigerator (\$65), Ionic Air Purifier \$45, old fashion popcorn popper \$35, juicers \$50 (757) 589-7248

FURNITURE - Antique dresser \$300, hardwood desk/shelves \$200 (757) 759-2549

REFRIGERATOR - Black, Used in garage. \$75 obo. Text (757) 813-6029

ANTIQUE PIANO - Antique Piano \$800 OBO. Text for pics. (757) 813-6029

DINETTE SET 72" X 44" Glass & metal frame, w/ 6 chairs & 4 matching bar stools. \$900 (757) 329-1789

Furnishings & Appliances cont.

WASHER & DRYER - Washer & Dryer, extra large capacity, both work great! \$150 each or \$250 or both. Text for pics. (757) 813-6029



HOME - Remodeled 4BD/3BTH in shore park. Huge mstr w/ jetted tub! 121 Skipper Ct. 1866 sqft. 237k. (757) 846-0801

OBX RENTAL - 5BR/Oceanside/pool/spa/jacuzzi/internet/800ft to beach wkly \$995-\$3295 (757) 826-0740

CONDO FOR RENT - VA Beach 3bd 2.5bth hardwood flr, granite countertops. \$1,500 p/m. pool access (757) 718-2886

LAKE FRONT - .47 acre waterfront lot, Lake Gaston NC. Clearwater Subdivision Lot No. 1 \$199K (757) 672-9895

LAND - 50 acres White Oak, KY. 7 acres is farm land surrounded by stream. Rt. 460 to Rt. 1000. \$55,000 (757) 508-2781

HOME FOR SALE - 3BR/1BA 1,074 sq.ft., detached garage, rear deck, fenced backyard, \$123K (757) 869-2550

MOBILE HOME - 3BD/2BA laundry room, office, brick patio, lg-deck 12X10 shed, \$45,500 1216 sqft. Smithfield (757) 371-9568

HOUSE FOR SALE - House For Sale: Colony Pines (off Denbigh Blvd) 3BR/2.5BA. Call after 4pm (757) 719-0427

HOUSE - Meridian Parkside 3BR/3.5BA, 2-car garage, SS appliances, 2nd fl deck, washer/dryer/frig \$220K (757) 912-6308

FOR RENT - Trailer in Smithfield. 2 people maximum. Criminal background check required. \$700; (757) 812-2719

HOME - 2BD 1BA .26 lot, full privacy fenced bk yd near Marshall Ave, \$118K (757) 746-4611

EFFICIENCY APT - HW Floors, porch, Off-St park'g, near water/restaurants, \$800 incl util/cable/WIFI (757) 478-3427

RENTAL - 4 bed rm, 2 1/2 bth, liv rm, din rm, den w/fire pl, 2-car att gar, Menchville zone, pets w/dep, \$1,525/dep req (757) 508-1856

TOWNHOUSE RENTAL - Ouster Point area, 1,600 sq, 2 story, 3bed, 2.5 bath. pool. (757) 771-8774



UKC PITBULL - Male white/tan coat paperwork & shots, Great temperament & fun loving \$250 (757) 251-2690



FREE ITEMS

HORSE MANURE - Till in soil as a fertilizer. You load/bag. Hampton, Call (757) 846-4728



MISCELLANEOUS

SNOWBOARD - Burton Jussi Oksanen & Burton P1 bindings, \$300 obo (757) 291-6209

LAWNMOWER - John Deere SABER 13HP, 38" cut with Bagger, needs Battery \$50 OBO. (757) 272-6958

RACE FANS - NASCAR - Richmond (Toyota) 400 4/25/15. 4-tckts \$86/ea (860) 271-3370

JERSEY - Signed NFL Authenticated Urlacher jersey (w/papers) hung in NFL Bears monogram frame. \$600 obo (757) 236-0789

NERIUM? - 30-Day Money Back Guarantee. Let us help you with scars, fine lines and wrinkles. (757) 286-5030

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

CONCERT TIX! - Rascal Flatts/Scotty McCreery on 6/12 in VB. 2 Lawn seats, \$28/ticket. Text me! (757) 705-6803

ENGAGED? - Let me provide peace of mind with experienced Day-Of Wedding Coordinating. (804) 432-2830

TREE & LAWN - Free Est. Licensed/Insured. No job too small. (757) 570-0199

SEWING MACHINE - Used Singer Style Mate sewing machine in good condition with original attachments. \$75. (757) 810-0200

NEED A LOAN - Personal & consolidation loans. Quick, easy & w/ affordable payment! (757) 269-9146

RESUME SERVICES - We are eager to assist. (757) 327-2212

SLIDING SCREENS - 3ea, 36-3/4x78-1/2x1". Frame - good cond, screen -fair condition. \$15 ea (757) 870-0573

LEATHER JACKETS - 1 XXL Broncos, 1XL Patrots & 1XL 49NERS. All \$150/ea obo. Can provide pix. (757) 503-1523

TOW BAR - Tow bar still in box. Asking \$125 or OBO. Can provide pix. (847) 372-9808

CONCERT TIX! - Rascal Flatts/Scotty McCreery on 6/12 in VB. 2 Lawn seats, \$28/ticket. (757) 380-2830

SNEAKERS - mostly NIKE, mens size 10.5 and 11, gently used. Make offer. Txt for pics (757) 359-0292

Miscellaneous cont.

EXERCISE EQIPMT - Elliptical \$50-250 & exercise bikes \$40- \$250 recumbent Gym quality stair stepper (757) 589-7248

FIREWOOD - Unseasoned hardwood split, truck load \$80.00. Round wood, truck load \$60.00. Delivery \$\$ (757) 870-0573

GYM EQUIPMENT 2 - 2(5lb) weight plates) curl bar, Elliptical (757) 593-3557

GYM EQUIPMENT - Weight bench, 7ft Olympic bar, clips, 4(45lb)weight plates, 2(25lb) weight plates, 2(10lb) weight plates (757) 593-3557

HANDYMAN - Licensed. For any type of home repairs/upgrades. (757) 753-5961

CLEANING - Spring is here, go outside and enjoy it! Let me do your cleaning! Prices start as low as \$75 (757) 880-8519

BRIDAL SET - Marquise cut 18K yellow gold Bridal Set, 1/4ct, H color, I-1 quality 1ct-tw- \$1,000 obo (757) 291-6209

WEIGHT MACHINE - Marcy Pro - five station weight machine with 300 lbs weight set for \$550 (757) 291-0419

HARLEY DAVIDSON - Woman's Harley Davidson Leather Jacket, Size Large. \$150 OBO. Text for pics. (757) 813-6029

BOWFLEX MACHINE - Bowflex with leg extension, DVD & instruction manual. Barely used. \$500. Text for pics. (757) 813-6029

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

HAIR TOOLS - Full set Gold-n-Hot hair tools w/electric oven. Used only 2 times on a mannequin. Make an offer. (757) 371-3904

SAY NO TO BUGS! - Get a jump on bugs this season! Call for info. (757) 873-4999

A/C SERVICE - Stop high energy bills. Offering 20 % till April 31 (757) 771-3441

LAWN CARE - Crepe Myrtle/Bush Trim/ Mulch Beds/Leaf/Debris Removal/Mow/ Weed Control/Fertilize/Landscape/Detail Oriented (757) 871-4589

ITEMS - Total Gym Supra. Incl attachment \$150, 19 flat screen TV w/ DVD \$85. Outdoor metal/glass table & chairs \$110 (757) 589-7248

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

HARLEY JACKETS - Women's Harley Davidson Leather Jackets \$175 ea. VANSON Women's Properf CSRX size Small \$275 (757) 329-1789

CHILDCARE - 15+yrs, Fun filled backyard, fun learning 95 a week, \$20 off 1st week, 2 slots to fill (757) 947-4408

TREE REMOVAL - Licensed and ins. Free estimate. Call for more info. (757) 592-6497

Miscellaneous cont.

TAX PREP - 4/15 is the last day to file your taxes. Prices start at \$35. (757) 869-4450

HOUSE WASHING - House washing & Roof cleaning. We use low pressure methods licensed and insured (757) 810-5115

MOTHER'S DAY - Mother's Day is coming. Get her a locket! (757) 871-7158

PHOTO BOOTH - Wedding, Graduation, Party, Nothing could make it better. (757) 359-0292

CHILDCARE - M-F 6AM-5:30 PM, FT-PT 20+ yrs exp. OY.PT, reasonable rates. (757) 249-2624



WANTED

CARS - Looking for used cars that can be donated to help the homeless travel to and from a job. (804) 815-3627

FOOTBALL REFS - Looking for people interested in officiating High School football on the Peninsula. Training starts in July. (757) 249-0221

CALCULATOR - Looking for working HP-41CV calculator (757) 572-5918

VOLUNTEERS - Poquoson Animal Welfare Sanctuary needs dedicated volunteers. (757) 868-1379

ROOMMATE - Smithfield 20 min drive master bed and bath all utilities included access to everything 150 a week (757) 871-3986

ROOMMATE - Residential (Hampton, Fox Hill), use of kitchen/laundry, wifi, \$500/mo. (757) 449-4799

ROOMMATE - to share home in quiet neighborhood. 600 month all utilities, wifi, satalite and use of w/d. Serious inq only (757) 667-1063

LOOKING TO RENT - Professional married couple, large well behaved dog. (757) 921-7226

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

VAN RIDERS - Van comes through King William, West Point & New Kent Counties 1st shift (540) 907-5811

SHOE DRIVE - Collecting gently used and new shoes for shoe drive. Pickup is available (757) 434-6320

BEACH HOUSE - Interested in Renting a "Beach House" with minimum 5BR's (Hampton Roads or NC) - July 30 - August 3. (757) 348-5352



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!