



Yoga Sessions Prepare Apprentice Athletes

Recently, over 35 athletes from The Apprentice School attended yoga sessions to improve their strength and mental focus to reduce their chances of injury while playing sports.

“Everybody can benefit from yoga, not just women,” said Interactive Health Senior Program Coordinator **Brady Goggin** (O28). “Yoga is a great addition to the demanding and repetitive practice regimen that the athletes go through during peak season and offseason.”

Interactive Health Yoga Instructor and X33 Rigger **Maurice Flegler** worked with athletes for five weeks as a part of their pre-season conditioning.

“It’s been rewarding working with the athletes because they are eager to try something new, and it has been fun watching them challenge their physical abilities through yoga,” said Flegler.

Newport News Shipbuilding offers all employees free yoga classes with Flegler, as well as other exercise classes, at the Midtown Community Center in Newport News, each week Monday through Thursday from 4:30 p.m. to 5:30 pm. Visit Interactive Health’s fitness website to see the complete schedule and to learn more about the Interactive Health Instructors at NNS. For additional questions, contact **Brady Goggin** (O28) at 380-7646.

Weapons Elevator Installation Improvement Team Recognized

In May, an advanced weapons elevator (AWE) team successfully completed a functional, half-scale prototype of a new weapons elevator machinery mounting system concept to be used on *Ford*-class carriers.

Initially, the concept from Outside Machinist Apprentice **Ricky Gilliam** (M53) was presented to a group during a brainstorming session. The group immediately recognized the cost savings potential, and within weeks, a diverse team made up of engineers, planners and trades representatives was established and funded with a research and development charter from department E30.

The team used 3-D printing machines to successfully complete a half-scale mock-up of the foundation and working prototype...

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The Community Congratulates NNS on 130 Years

Visit the 130th Anniversary website to watch new congratulatory video messages from President and CEO of Bayport Credit Union George Dudley Jr., Virginia House of Delegates Gordon Helsel Jr. and President and Provost of Eastern Virginia Medical School Dr. Richard Homan. New videos are added to the website each week.



Weapons Elevator Installation Improvement Team Front Row (L to R): **Jordan Wallmeyer** (X43), **Ricky Gilliam** (M53), **Thomas Swanson** (E24), **Trey Taylor** (X43/X82), **Clifton Edwards** (X43), **John Vrooman** (E30), **Leslie White** (X43), **Perry Barber Jr.** (X43), **Allen Robins** (X43). Second Row (L to R): **Johnny Weaver** (X43), **Jeff Oliver** (E24), **Michael Reaves** (O22), **Noland Flowers** (X43), **Gregory Himes** (X43), **Darrin Lilly** (X43), **Christopher Davis** (X43), **Israel Phoenix** (X43). Photo by John Whalen

Weapons Elevator Installation Improvement Team Recognized

CONTINUED FROM PG 1

...machinery mounting system for the new weapons elevator.

“The efforts of our AWE team have been the model of diversity and collaboration,” said X43 General Foreman **Cliff Edwards**. “The effort that this team continues to demonstrate is a testament to their dedication to overcome barriers and reach into the future of our business.”

The new weapons elevator machinery mounting system concept is expected to be presented to the Navy in the coming months and has potential to benefit machinery installation processes for not only the *Ford*-class, but also *Virginia*-class and Ohio Replacement submarines.

Build Clean: EVERYONE is Responsible.

Newport News Shipbuilding’s “Build Clean” Program was adopted to ensure piping systems, components and tanks are kept clean during each step of construction and overhaul. “Build Clean” means that the interior of every part of each system is cleaned before introduction into the production process and subsequently maintained until system turnover to the customer. X42 and X43 personnel are qualified and authorized to clean and maintain these systems to the required cleanliness standards.

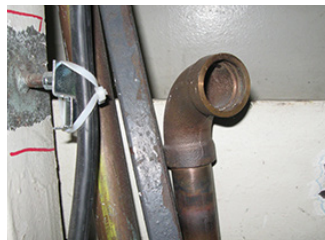
Piping systems, components and tanks are protected using foreign material exclusion devices (FMEDs). FMEDs consist of internal plugs, external caps, discs, or blanks, and they are most often installed using approved sealing tape. Under normal conditions, FMEDs remain in place until they are intentionally removed by authorized personnel. However, on occasion FMEDs are inadvertently removed, dislodged or damaged. When this happens, it is very important that loss of cleanliness control be reestablished as soon as possible. This is why every shipbuilder is responsible to keep a watchful eye out for missing, damaged or dislodged FMEDs and to notify an X42 or X43 foreman in the area if they see a cleanliness problem such as the examples shown below.



An example of a damaged FMED



An example of a dislodged FMED



An example of a missing FMED

Workers' Compensation Phone Scam

The Virginia Workers' Compensation Commission recently sent out a press release about a telephone scam, operating within the state of Kentucky, that targets injured workers. Since Kentucky and Virginia share a state line, it is recommended that those involved in the workers' compensation process, particularly those in southwest Virginia, remain vigilant.

According to reports, the caller, claiming to represent the “Workers' Compensation Appeals Board,” advises individuals that they have been granted workers' compensation benefits, which will be available once a certain “tax” or “fee” has been collected. In the state of Virginia, workers' compensation beneficiaries are not contacted in this manner. There are no taxes or fees that must be paid in order to receive workers' compensation wage benefits.

Chairman Wesley G. Marshall advises Virginians to be on alert for potentially fraudulent calls. “Never provide payment or sensitive data on a call that you did not initiate,” he said. “I encourage Virginians to stay cautious as we all play an important role in safeguarding our own personal information.”

Individuals receiving such calls may contact the Virginia Workers' Compensation Commission at 877-644-2566 and

Questions@workcomp.virginia.gov.

NNS Referral Bonus Program for Engineering Positions

Newport News Shipbuilding Talent Acquisition (O20) is actively hiring for numerous entry-level and senior engineering positions. The entry-level positions provide opportunities for college graduates from an Accreditation Board for Engineering and Technology (ABET) accredited school with civil/structural, electrical or mechanical engineering programs.

Employees are encouraged to refer qualified candidates, and successful referrals could result in a monetary award. NNS will offer a new \$1,000 award for electrical engineer level 1 and 2 positions, and will continue to offer \$2,000 - \$3,000 for experienced level 3, 4 and 5 engineering positions in a variety of disciplines.

For additional details, including instructions on how to refer a qualified candidate, visit www.huntingtoningalls.com/careers/refer

The Apprentice School Reaches Milestone With Professional Development Program

On May 7, The Apprentice School reached a new milestone when the first cohort of nine marine engineer apprentices graduated from Old Dominion University with bachelor of science degrees in Engineering through the Newport News Shipbuilding Professional Development Program (PDP).

The PDP has gained national attention by applying a traditional apprenticeship model to achieve outcomes that include extensive hands-on learning and work experiences in engineering at NNS, coupled with an academic component, for a bachelor of science degree in engineering from ODU. The program provides apprentices with the essential technical knowledge and work experience that they need to be successful.

Angel Counts (E63), who recently earned her degree in electrical engineering, initially attended ODU for only one year after high school. She then returned to the University as an apprentice through the PDP partnership and has excelled as an electrical engineering student.

“I have a really high drive to be successful,” Counts said. “I studied as much as possible, and learned everything I could from the teaching assistants.”

Currently, the program has 26 apprentices who work full-time at NNS while also attending



Initial cohort for The Apprentice School's Professional Development Program pictured (L to R): **Brandon Weiler** (O41), **David Lamb** (E44), **Patrick Boston** (E26), **Eric Ollenberger** (E44), **Angel Counts** (E63), **Ryan Riddle** (E86), **Jarrold Griffith** (E84), **Christopher Spencer** (E65), and **Brenden Frazier** (E73). Photo by John Whalen

classes at ODU. The PDP partnership between NNS and ODU that began in 2013 has been so successful that other apprenticeships are now being considered.

Alicia Uzzle (O22), manager of academics with The Apprentice School, said she is proud of the Professional Development Program and the apprentices' hard work.

“Our apprentices are full-time shipbuilders who are taking courses in one of the most academically challenging programs in higher education,” Uzzle said. “The Apprentice School and ODU have had a longstanding relationship, so this achievement further complements the partnership that has been established.”

The first three marine engineer apprentices, **Jarrold Griffith** (E84), **Brandon Weiler** (O41) and **David Lamb** (E44), recently graduated from the PDP on June 13. The remaining six apprentices will complete their marine engineer apprenticeship in the next six to eight months.

Note: Newport News Shipbuilding would like to remind employees that it is always the CPR trained/certified person's choice as to whether or not to perform CPR.

AROUND THE YARD

Did you know?

All time charging is either direct or indirect.



Direct charging is used when the work is directly identified with or benefits a specific project or job. An example of direct charging would be pulling cable on CVN 79.

Indirect charging, known as overhead, is used for work that is NOT directly identified with or benefiting a specific project or job. An example of indirect charging would be taking a business conduct training course.

Understanding the differences between direct and indirect charging helps the company ensure that employees are recording their time accurately.

"Did You Know" articles are part of an ongoing series intended to educate, highlight and reinforce NNS' commitment to company-wide timely and accurate time recording.

World Arts Celebration is Saturday

Newport News Shipbuilding is a sponsor of this year's World Arts Celebration from 4 p.m. to 9 p.m. on Saturday, July 16. The family-friendly event will take place at City Center at Oyster Point Fountain Plaza in Newport News. International food vendors, free children's activities, exhibits and entertainment from more than 30 cultures around the world will be present. The festival promotes learning, acceptance and diversity and serves as a reminder of how so many cultures have positively impacted American living. For additional information, call 926-1400 or visit www.nnparks.com.



HII Health Center Wellness Beacon

The HII Family Health Center will hold a Wellness Beacon session July 14 with a focus on preventing pain naturally. Employees must be eligible to use the health center to attend. For additional details, view the flier on Yardnet. To reserve a seat, call 327-4200 or email HIINWellness@quadmedical.

New Project Management Organization Kickoff Meeting Reminder

The Project Management Institute at Newport News Shipbuilding (PMI-NNS)  organization is hosting a kickoff meeting on July 19 from 11:30 a.m. to 1:00 p.m. in VASCIC. The topic of the meeting will be "What is Project Management?" presented by Vice President of Integrated Planning and Production Control **Brian Fields**, executive sponsor for PMI-NNS.

No charge will be provided for the meeting and employees must attend on their own time. To RSVP, visit the PMI-NNS SharePoint site on Yardnet. For additional questions, email PMI_NNS@hii-nns.com.

Volunteers Needed for HOLA ERG

The Hispanic Outreach and Leadership Alliance (HOLA) employee resource group is looking for planning committee volunteers for Hispanic Heritage Month celebrations, Sept. 15 through Oct. 15. Volunteers will be responsible for organizing activities to include a main celebration event on Sept. 22. This is a developmental opportunity to work in a cross-functional team environment and gain experience in leadership, project planning and project scheduling. Membership is not required. If interested in participating, contact HOLA's Vice Chair **Joey Meléndez** (E47) at 688-1255 by July 15.



On Friday, June 17, the Hispanic Outreach and Leadership Alliance (HOLA) employee resource group partnered with Talent Acquisition (O20) to host a Bowl-A-Rama for 2016 NNS summer interns. Close to 20 interns participated in the event for an opportunity to have fun and network.



Inclusion + Diversity

While we continue to seek stories that showcase each of our unique personality traits, we are also looking for people to share stories of being or feeling excluded based on age, race, gender or other cultural differences. Shipbuilders interested in sharing their stories should contact **Jeremy Bustin** (O29) at 380-4384.

The ad on the next page is part of an ongoing series of print communications in support of the Inclusion and Diversity initiative at Newport News Shipbuilding. Learn more about Adrienne's story in the Inclusion and Diversity video.

I am not a

Dumb Blonde.

About Face

Rethink what you think.

“Blonde jokes and stereotypes are all over the place. I don't like when someone discredits me or underestimates my intelligence. I have been instrumental in the development of many innovative processes here at the shipyard. I've learned not to put people into boxes based on their color, their race, or their nationality. I've learned to judge people on their character, their values and contributions.”

Adrienne Soule



Inclusion +
Diversity



Newport News Shipbuilding
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DATEBOOK

JULY 11

The Washington Avenue bridge replacement project will begin on July 11. During this timeframe, the security department O15 will adjust operational hours at the 37th Street traffic gate to accommodate additional vehicular traffic which would normally enter the facility through the Railroad West entrance.

The 37th Street traffic will open for incoming traffic during the weekdays from 4 a.m. to 10 p.m. and on the weekends from 6 a.m. to 2 p.m. All other traffic gates will remain the same. These adjusted hours will remain in effect for the duration of the project which is expected to last approximately 18 months.

JULY 14

Career Pathways is looking for women in STEM-related careers who are interested in mentoring young ladies at middle schools in the Hampton Roads area. If interested in supporting the Girls with Engineering Minds in Shipbuilding (GEMS) Program, sponsored by Vice President of Engineering and Design **Jennifer Boykin**, join us for an informational meeting on July 14, from 3 p.m. to 4 p.m. in Bldg. 907, Room 224. To sign up for the meeting in advance or for more information, contact **Pierrette Swan** (K18) at 688-2201.

JULY 16

The African American Shipbuilding Association (AASA), Hispanic Outreach and Leadership Alliance (HOLA), Veterans Employee Resource Group (VERG) and Women in Shipbuilding Enterprises (WiSE) are hosting a joint employee resource group family cookout on July 16, from noon to 4 p.m. at Sleepy Hole Park in Suffolk. The park is located at 4616 Sleepy Hole Road and the event will be held in shelters 6 and 7. Join the employee resource groups for an afternoon of food, music and games. The event is FREE and open to all NNS employees and their families.

JULY 20

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

JULY 20

The Management Development Center (MDC) along with leaders from the In-Service Aircraft Carrier Program and the Performance Coaching Program, will host a Leadercast event on July 20 at the Consolidated Refueling Facility (CRF) in Bldg 1841, 3rd floor, conference room one. The topic is Organizational Vision: Depth Before Height and will feature a Leadercast video of Sportscaster James Brown from the 2016 Leadercast event. Sessions are open to all employees and will be offered to accommodate all shifts. No charge will be provided and employees must attend on their own time. To RSVP, email CoachingPrograms@hii-nns.com or call 688-2761 or 380-4748 no later than July 19. For more information view the flier 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 Prod Plan & Scheduling 2	13391BR	X87	Newport News



Cover Photo: Apprentices participate in a five week yoga session at the old apprentice school gym led by Interactive Health Yoga Instructor and X33 Rigger **Marice Flegler**. Photo by **John Whalen**

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Currents@hii-nns.com
(757) 688-2843

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

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

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NNS SAFETY REPORT

* Compared to figures from June 2015



EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

OTTER BOX SALE - 1 Phone 6 Otter Box 30, Galaxy S5 Otter Box w/clip-on 30, 1 phone 4S Otter Box 15, Call (757) 329-6761

55" TV - Vizio LCD TV for sale. Good condition, \$400 OBO (757) 813-1984

PIONEER 50" TV - PDP-5071HD PureVision Plasma TV with Pioneer Soundbar, remote & manual, Like New, \$449 OBO, (757) 636-6324

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

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

BLACKBERRY BOLD - 9930 Non-camera touchscreen, refurbished, great condition. Sprint and unlocked. (757) 285-1145

FENDER AMP - Fender FM25 DSP Electric Guitar Amp. Rarely used. \$75 (757) 268-1080

PHONE CASE - OtterBox Defender Series for Verizon LG G2 Phone \$20 & Ultra Slim Card Case for iPhone6 \$10 still in box (757) 868-6900



AUTO

2005 CL65 AMG - \$22k OBO. V12 BiTurbo, 91K miles. Warranty good until 104k or 10/2017 \$180K+ MSRP (757) 597-5083

SHORT BED CHEVY - 1990 Chevy pick-up 5.7 350 motor pwr windows & locks, new wide tires w/ rally wheels. (757) 752-0725

1989 CORVETTE - Coupe, Jasper engine, approx. 30,000 miles, needs body work. \$4500 OBO, runs great (757) 880-3987

MUSTANG WHEELS - 2002 Mustang Aluminum Mag Rims and Pirelli Eagle Tires, very low mileage. Bought 2015 (757) 880-3987

Auto cont.

K&N INTAKE - K&N Intake for sale with restore kit. Off 2003 GMC Yukon. \$125 text (757) 681-1278

KENWOOD DVD - Kenwood Double DIN DVD player. Runs great. Bluetooth mic, back up cam included. \$200. Text (757) 681-1278

24" RIMS - 24" Giovanni rims. 6lug of Yukon. Some pitting. \$400. Text (757) 681-1278

'11 TACOMA - 4Door Pre-Runner V6 auto Short Bed, +116k miles. \$19,000 (757) 775-6964

07 HARLEY DLUX - Chromed-out, <7 miles, like new, 12k OBO, HD soft tail (757) 365-9694

2001 TACOMA 4X4 - Extcab, Supercharged, 158K, 3.4L, 5Speed, SR5, TRD-Offroad, Elocker, 3in lift on 33s, \$9.8 (757) 329-6326

S10 RACETRUCK - 87, Runs high 8s n 1/4m. Small block 363ci, 2stages of nos, turbo 350 trans, 9in rear 410 gears. 13.5 (804) 815-4674

2007 CHRYSLER - Sebring, 110K, Black, 2-new tires, fair condition, needs a little work, runs good. \$2,800. Text for pictures. (330) 383-2559

1985 K10 DOOR - Passenger door w/ power window, exc. condition, no rust, comes with glass and door handle. \$150 (757) 268-5667

YFZ 450 AXLE - 2005 yfz450 stock axle, excellent condition, no bends. \$75 (757) 268-5667

2014 ACURA RDX - 43K mil, fully loaded, tech pkg, exc. cnd. All weather mats, wood trim int., leather int., roof rk, \$26,500 (757) 768-2198

2009 CUSTOM HD - FatBob 96ci/6 Spd, 1800miles, VH pipes, SE Hi-Vel Air Flo, Cust SeAt, NeAr new. Many extras \$8,950 (757) 812-5550

1970 CHEVY NOVA - L31 "Vortec" V8, 5-speed manual, 2dr, restored w/ upgrades, factory A/C, current inspection, \$17,000 (757) 620-2709

CAR FOR SALE - 94 Pontiac Sunfire runs good, has body damage, 156k miles, \$1,000 OBO. Good work vehicle (757) 355-0460

Auto cont.

'03 JETTA - Car does not run. Good for parts. Asking \$300. Must be able to tow. Text preferred. (757) 719-0557

08 CHEVY MALIBU - 148K miles. Clean. New Inspection. 20in rims, Tint. Text for pics. \$6000, (757) 660-2080

BOAT & MARINE SUPPLY

GLASTRON GT - 16.6 bowrider evinrude etec 90 hp less 100 hrs excellent cond. \$12,500 trailer included (757) 876-9439

JON BOAT - Grumman 12 ft. Jon Boat w/trailer and 10 HP Honda BF100 Engine w/gas tank and trolling motor. \$1,100 OBO (757) 570-3569

BALBOA SAILBOAT - 1971, 20' Fiberglass Sail with 4HP Suzuki outboard w/ bilge pump and batt, w/ trailer. \$600 (804) 366-6014



COMPUTERS

COMPUTER REPAIR - PC/Laptop Repair, Remove Viruses, Install programs, \$85/ Parts (757) 329-6761



HOBBIES

GET FIT - Fitness challenge, male & female, all levels welcome. Online fitness coach. (757) 218-7177

B-BALL TRAINING - Play like you're 1st but train like you're 2nd. Basketball training for all ages. (757) 650-8456

GOLF CLUBS - Full set with bag and snoods for the woods. \$150 (757) 602-3348

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

ROLAND V-DRUMS - TD-11k Model, 5-piece electronic drum kit, lightly used, DW-1000 kick pedal included. \$750. Text. (757) 813-7795

MEMORABILIA - Eddie Murphy 1986 19 pg program book tour "Pieces of my Mind" signed by Eddie Murphy \$70 call (757) 812-9763

Hobbies cont.

DOLLS - 2 leather face Folk-art dolls, signed by C. Mossier, NY \$80 call (757) 812-9763

CALLAWAY DRIVER - XR adjustable driver w/project X regular flex shaft. Excellent condition. \$125 (757) 593-0508

GOLF CLUBS - Taylor Made R-7 XD irons. 5 thru A wedge. New grips. \$75.00 (757) 593-0508

CAMPER - 19Ft StarCraft Camper w/ slide out sleep 4, 7500 lbs w/sway bar, propane hook-up, lots of storage \$5500 OBO (757) 329-3328

FURNISHINGS & APPLIANCES

KEURIG VUE-V600 - Like new. \$50 OBO. Good working conditions. Retail for \$120 (443) 880-3949

DUET WSHR PARTS - All parts for Duet washer - Model GHW9150PW4 - less drum. Washer clean. New pump 2015. (804) 725-6538

FURNITURE - Two leather Recliners and matching love-seat. (757) 813-1984

GLASS TV STAND - 2-tier glass shelves & wooden structure TV stand. Great Condition. \$100 obo. Text for Pics (757) 880-4969

FURNITURE - Couch \$250, 2 end tables \$60 each, 2 Center table \$70 w/flower, Dryer \$230, Sofa table \$100 and 1 cash & carry (757) 749-6317

CABINET - Ethan Allen Royal Charter oak computer/TV/Armoire/center 37W x 80H \$275. Call (757) 812-9763

ORNATE BED - 1890's bed, marble top dresser w/candle stands, mirror, marble top chest of drawers \$1900 call (757) 812-9763

DINING SET - Dark Cherry American Drew dining set. Table w/leaf, 6 padded chairs, lighted china cabinet. EC. \$900 (757) 268-1080

CAPTAINS BED - Full size Captains Bed w/4 bottom drawer insert. \$550 (757) 329-3328



HOUSE FOR SALE - 2052 sq ft. Ranch, Smithfield, Va. One acre lot. 3 Bdrm. 2 baths. 2 carports. (757) 685-1182

HOUSE FOR RENT - Hampton 3br/2ba. Quiet cul-de-sac. W/D hook up. Central AC, gas heat. New carpet /paint. 1125 mo+dep (757) 771-3250

TOWNHOME 4 SALE - Coventry end unit, 2 bdrm, 2.5 ba, new flrs, 1 car gar, 2 car drwvy, 6ft fence on water no flood insurance 195K (757) 846-8357

TOWNHOME 4 RENT - Near Ft. Eustis. 3 bdrm, 2.5 bath, 1 car garage. Washer/dryer hook-up. Text (757) 750-7858

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

HOME 4 SALE - Suffolk, VA, 1 1/2 Acres, 3bd/2ba, DR, DN, L, KIT, LDY, DK/PH, 190K (757) 809-1759

DUPLEX FOR RENT - Two bedroom, \$775/month w/ \$775 deposit. Garage, fridge, gas stove & heat, no utilities, (757) 503-2960

BEACH HOUSE - 3 Bdrm, 1-1/2 Bth on Beach Rd, Kitty Hawk, \$950/ \$100 Dep, Beautiful Ocean View, Outdoor shower (757) 846-1036

ROOM FOR RENT - 5 miles from shipyard in Carrollton. Eagle Harbor \$650 Util incl. Priv Bath, Furnished pet friendly no smoking (757) 375-3696

2.3 ACRE LOT - Gates Co NC 1/2 mile from VA line, wooded lot on private road. 400' road front lined w/ river birch trees. (757) 377-0303

HOUSE FOR RENT - Denbigh 3BR, 2BA house. Nice area, large MBR/BA, fenced yard, garage, screened porch. \$1200/mo. (757) 719-6138

HOME FOR SALE - 3bd 2 bth Lakeside Dr near Mariners Museum. 1600sf New roof, screen prch. \$220k (757) 268-4900

HOME FOR RENT - 3 bdrm 1-1/2 bath, on lake, in Cul-de-sac, Burnetts Mill, Suffolk. 1,050/mnth+depst refs req. (757) 618-6007



PERSONAL TRAINER - Newport News / 23601 area, affordable personal training sessions. (757) 927-4941

Real Estate cont.

24' DIA POOL - above ground pool. Used as demo pool. New liner & ladder(still in box). \$1700 (757) 380-3413

HOME IMPROVE - Garage, Deck, Remodel, Additions, Siding/windows. Licensed/Bond. (757) 570-4350

SAINT LEO MATH - Never used MyMathLab Plus Student Access Code. \$75, 40% Off (757) 329-2361

EXERCISE EQUIPM - Ellipticals, bikes, treadmills, walkers, power station kettle bell set weight bench (757) 589-7248

ITEMS - Microwaves, 4 patio set chair, carpet shampooer, EVOLU, oven, air purifier, Lawnmower (757) 589-7248

LAUNDRY DETERGE - 5 Gal. Bucket \$35. Liquid H.E. Food sealer vac. \$85 water cooler \$65, Toro lawn mower \$225 (757) 589-7248

ROWING MACHINE - cool air fan, trac distance speed calories, timer, seated pull core, like new \$250, small one \$75 (757) 589-7248

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

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

LAWN CARE - Mowing, edging, etc. (NN, Hampt., York. Area (757) 535-9279

LANDSCAPING - design and install, create an inviting yard (757) 535-9279

GENERATOR - North Star 2700 generator 20amp, powered by Honda, EC, quiet, very reliable, first pull start \$250 (757) 618-6015

PUSH MOWER - TORO-non self propelled push mulching only 21" mower. Older model, runs fine, mulches. \$70 (757) 810-9052

YARD BLOWER - WORX electric handheld 200 mph, blower/vac/leaf mulcher w/ bag. Barely used. \$30 cash firm (757) 810-9052

MARINE SERVICE - Mobile Marine Repair, licensed and insured. Cleaning, engine repair, brightwork, painting & more. (845) 750-4959

LAWN CARE - Very low prices 10% discount for new customers. Cutting, edging, trimming, planting, weeds and mulch. (757) 344-2315

Miscellaneous cont.

A/C SERVICE - service, clean and tune up systems. Great summer prices. (757) 771-3441

NEED BRAIDS - Get hair braided by the best licensed professional. (757) 827-3282

BUNK BEDS 4 SALE - Disassembled Light cherry wood (hardware included), all wood, plus mattress \$150. Pickup only. (561) 317-7506

STORM DOOR - Pella all glass storm door. Thirty-six inches wide. Can bring to shipyard. \$50 (757) 870-8168

PEST TERMINATOR - all pests. Termite Treatments/Bonds, Moisture Cont, Under house Repairs. (757) 873-4999

MUSIC - Church type piano \$250, organ \$150 or both \$300. 4 sale, great shape, 2 owners, pics avail. rdy 4 pic-up (757) 809-1759

ZEAL - Wellness supplement powder. \$50. (757) 971-8020

SCRAP TILE - Leftover tile from bath remodel. Various szs. Earth tones to dark gray/green. Exc cond, MSTA. Call (757) 971-8020

HELPING HANDS - Home cleaning. One time or special occasion. Licensed & Insured. (757) 371-3904

CHILDCARE - toddlers and preschoolers, affordable rates, meals incl., activities. Call (757) 865-7037

TICKETS - Redskins Tickets in August vs. the Bills and Jets. Two Tickets w/ parking pass, Section 105. Call (757) 870-9692

TANNING BED - Wolff Systems Sunvision 28/3F commercial tanning bed. Uses 220V. Works well. \$500 OBO. (757) 224-1677

UTILITY TRAILER - 7'x 16' Drive-on, 7,000lb gross wgt., tandem axle, hardwood deck, current insp. \$1,700 OBO (757) 715-5460

ROOFING - Need a new roof, just a repair or handyman work done. call (757) 778-7839

MOTORCYCLE - Woman motorcycle helmet, never dropped, size small, pads are changeable, \$200 (757) 814-1618

WEDDING DRESS - white beaded up top, size 12, has been bustled, \$150 (757) 814-1618

RIDING MOWER - 3in1 riding mower w/ bagger & mulcher. maintained. 42"cut, 17hp. new battery (757) 218-5439

Miscellaneous cont.

MOWING - Mowing of fields, large yards, pastures etc. in the Peninsula/ Gloucester/LOW area. (757) 810-9052

TRACTOR 4 HIRE - Bushhogging, overgrown area clearing, light grading, front end loader work etc. (757) 810-9052



DOG WALKING - Dog walking/boarding available in north Suffolk, Western Branch, & Norfolk. Call (830) 965-5620

BOSTON TERRIER - Female pure bred, In search of PB male BT to breed with. Pick of litter. Call (757) 650-4475

20 GAL TANK - Reptile Tank w/locking lid, stand, head pad, thermometers, water bowl, bedding, decorations. \$50 (703) 501-4255



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

PIANO - Former pianist beginning again but without a piano to play. Would love to give one a new home. Text or Call. (757) 763-9568

BEDS FOR KIDS - Looking for gently used bunk bed(s) and dresser(s) for children. Call (757) 503-0823

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

NANNY - In home caregiver for 8 month old girl and two large non-aggressive dogs. Must have ref. & background check. (757) 921-6800

LARGE HINGES - Seeking a pair of large gate hinges 12" or greater in length with a barrel width of at least 9". Text picture (757) 869-6312

FEMALE BULLDOG - In search of a female Ole English bulldog for breeding. Text (757) 746-4694

VAN RIDERS - leaving from Belvidere Nc, Chowan, Gates County (Hwy 32), down town Suffolk to NNS 1st shift (252) 619-3117