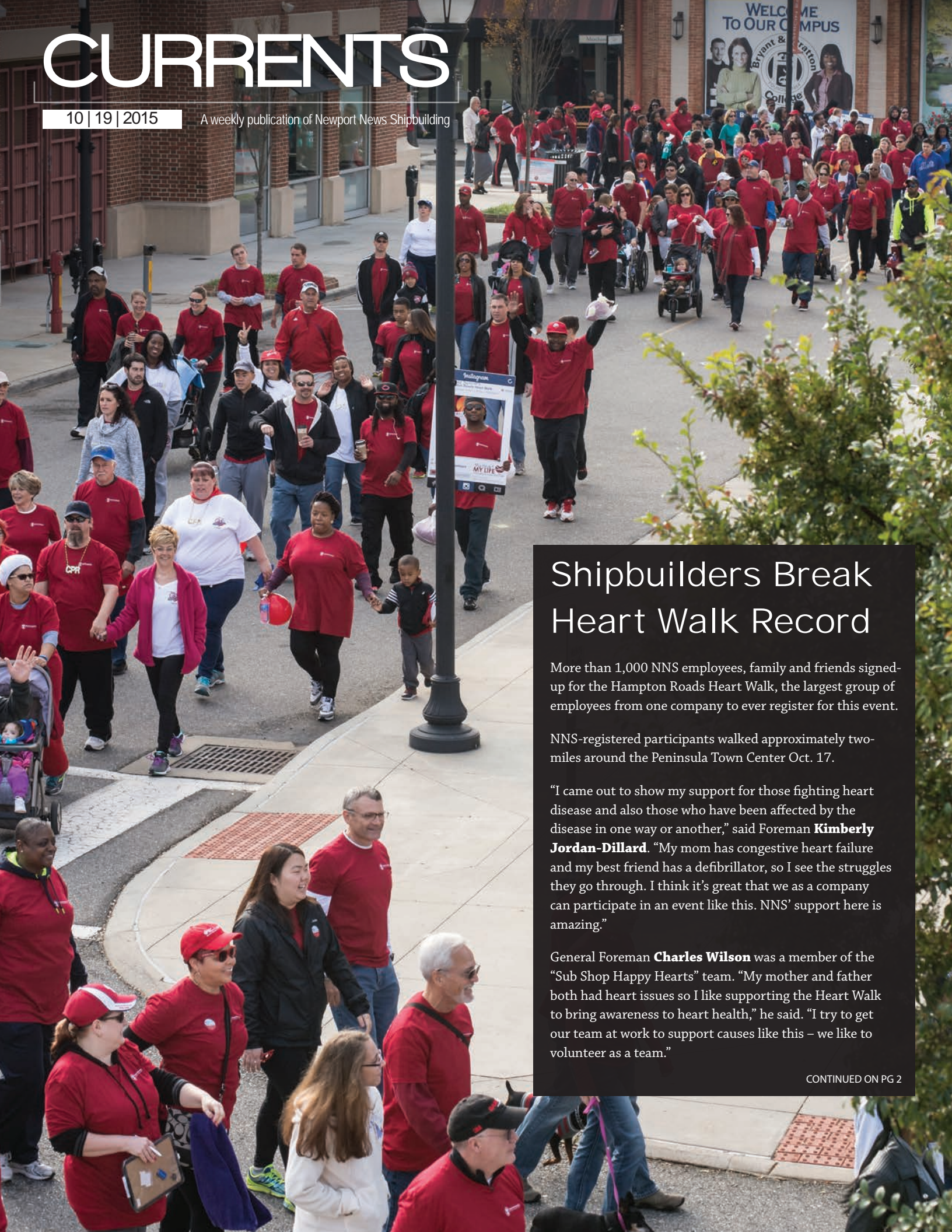


CURRENTS

10 | 19 | 2015

A weekly publication of Newport News Shipbuilding



Shipbuilders Break Heart Walk Record

More than 1,000 NNS employees, family and friends signed-up for the Hampton Roads Heart Walk, the largest group of employees from one company to ever register for this event.

NNS-registered participants walked approximately two-miles around the Peninsula Town Center Oct. 17.

"I came out to show my support for those fighting heart disease and also those who have been affected by the disease in one way or another," said Foreman **Kimberly Jordan-Dillard**. "My mom has congestive heart failure and my best friend has a defibrillator, so I see the struggles they go through. I think it's great that we as a company can participate in an event like this. NNS' support here is amazing."

General Foreman **Charles Wilson** was a member of the "Sub Shop Happy Hearts" team. "My mother and father both had heart issues so I like supporting the Heart Walk to bring awareness to heart health," he said. "I try to get our team at work to support causes like this - we like to volunteer as a team."

CONTINUED ON PG 2

Shipbuilders Attend After-Work Leadercast

Last week, more than 30 employees attended a leadership development opportunity sponsored by the company's Management Development Center (MDC), O25 Performance Coaching Program and In-Service Carrier (ISCVN) leadership. The after-work session was held three times on Wednesday, Oct. 14 to accommodate employees on each shift.

Chris Miner, vice president of ISCVN, kicked off the 4 p.m. session. "Being here today shows that you're committed to investing in your own development and growth," Miner told attendees. "Every day, every one of us has an opportunity to lead and I challenge you to think about the ways in which you can be a better leader both here at work and at home."

During the session, participants watched a webcast featuring Aja Brown, the mayor of the City of Compton, California. Brown discussed how she was able to convince a community disrupted by violence to come together. By getting community groups to sit down and talk about their differences, Brown was able to reduce the city's crime rate by 78 percent during her first year as mayor.

"Listening to Aja was very inspiring," said **Will Sears**. "When she became mayor, she came in with a different approach and leadership style than the leaders before her – she thought outside the box."



More than 30 employees attended the after work leadercast on Wednesday, Oct. 14. Photos by John Whalen

April Barnes thought it was great how Brown was able to get various community groups to meet and discuss their issues instead of acting out violently. "Getting buy-in from the community was crucial for Brown," she said. "Being a new foreman myself, I understand that in order to get results, team buy-in is absolutely critical. It's important that everyone knows the big picture and comes together to work towards a common goal."

Sears added, "When you bring people together and they share their positive and negative opinions it makes for a good outcome – similar to a battery that needs both positive and negative power to make it work."

Thomas Hayes said that he left the session inspired. "When I walk out of this room I'm going to set my future goals on a much larger scale, collaborate with others more and give those who don't speak up often a chance to have their opinions heard."

The next Leadercast event will be held on Wednesday, Nov. 11. View flier for additional information.

Shipbuilders Break Heart Walk Record

CONTINUED FROM PG 1

Mike Miller (X75), participated as a member of the largest NNS team, "The Love Trotters" with 227 walkers. "I walk at lunch all the time," he said. "I typically get around 8,000 steps in before I go home from work each day. I smoked for 22 years and I have sleep apnea, so I try to stay fit. Events like the Heart Walk that promote good health are very important to me."

This year, NNS employees raised more than \$14,000 in donations to support the American Heart Association. Watch a highlights video of the walk on Yardnet.

Cover photo: Participants walk around Peninsula Town Center during Heart Walk event Oct. 17. Photo by **John Whalen**

Engineers Attend SNAME Dinner

Newport News Shipbuilding engineers attended the Society of Naval Architects and Marine Engineers (SNAME) dinner on Oct. 1 where guest speaker Martin Blount spoke about performance design and its role in naval architecture. The international organization focuses on the advancement of maritime and ocean engineering and offers growth and leadership opportunities to its members.

"SNAME provides me an opportunity to learn and grow both as a leader and an engineer," said Test Engineering Manager **John Edwards**. "My work at the shipyard is relatively focused. SNAME allows me to remain a well-rounded engineer."

SNAME members attend dinner at Hampton Yacht Club after work on Oct. 1. Photo by **John Whalen**





Coordinators for this year's 2015-16 United Way Campaign at Newport News Shipbuilding. Photo by John Whalen

NNS' United Way Campaign Set to Begin Thursday

Newport News Shipbuilding's campaign to benefit the United Way (UW) of the Virginia Peninsula will run Thursday, Oct. 22 through Friday, Nov. 6. This year's theme is "Shipbuilders Carrying Ocean Deep Compassion."

NNS Campaign Co-chairs **Cassie Burks** (O26) and **Rob Spitzer** (K70), pictured on the right, held a training session for departmental coordinators Monday, Oct. 19 in Bldg. 520. During the meeting, Spitzer went over coordinator roles and responsibilities and answered questions from attendees.



"Coordinators are the life of this campaign," said Burks. "These men and women are the face of the United Way in our company and we rely on

them to educate employees about the organization and the role they play in our local community."

The goal for this year's campaign is \$1.5M. Employees who donate will have the option to select a specific organization within the UW to give money to or to let the UW select the organization, where funds are most needed. Those who donate more than \$150 will receive a "SmartCard," which includes deals and discounts at businesses and restaurants in the Hampton Roads area.

The Enrollment Guide can be found on Yardnet. Turn to p. 5 to view this year's poster. Departmental coordinators will be showing a video about the campaign and communicating additional information this week. General inquiries about the campaign should be sent to UnitedWay2015@hii-nns.com.

Congratulations to Facilitation 101 Graduates

Fourteen shipbuilders completed the Facilitation 101 course Oct. 15. The course teaches the necessary tools for anyone who leads meetings, coordinates teams and committees and/or manages a project.

Congratulations to the following employees: **Christopher Dohse** (E82), **Alex Thomas** (E82), **Craig Minson** (X59), **Donna Bloberger** (X73), **Elizabeth Flora** (O09), **Eric Drummond Sr.** (O09), **Gary Artybridge Jr.** (E85), **Jessica Joy** (O06), **Kimberly Godwin** (O09), **Leigh Powell** (O51), **Phyllis Evans** (E81), **Serita Jackson** (X73), **Sherry Maclay** (O57) and **Yasmine Robinson** (O09).



Employees interested in future training sessions can enroll in the Learning Exchange (LX) or direct any questions to **Cynthia Allen-Whyte** (O07) at 688-2636.

OCTOBER 22

The L.E.A.R.N. Program is hosting an after work presentation with **Bharat Amin**, vice president and CIO. Amin will discuss digital and mobile disruption on Thursday, Oct. 22 from 4:30 p.m. – 6 p.m. in Bldg. 520-6 (James River Room). The event is open to all employees and by reservation only. Sign up on the L.E.A.R.N. Yardnet website.

OCTOBER 24

Join the Apprentice School Student Association on Oct. 24 for a team building activity at Newport News Park. This event is open to all current apprentices. There are two sessions: 8:30 a.m. to noon and 12:30 p.m. to 4 p.m. View the flier for more information.

OCTOBER 24

Newport News Shipbuilding's Sub Golf Classic at Cypress Creek Golf Club. Cost is \$80 per player. Contact Johnny Mintz (X67) at 880-8965.

OCTOBER 30

In-Service Carriers 12th Annual Aircraft Carrier Invitational Golf Tournament has been rescheduled to Oct. 30. The tournament will be held at Ford's Colony Country Club and will be played in a 4-man captain's choice format starting at 1 p.m. (registration begins at 11 a.m.). Contact **Bruce Roberts** at 380-4964 to register.

NOVEMBER 1

The Apprentice School Bass Club will host a bass tournament from 7 a.m. to 3 p.m. at the Chickahominy Riverfront Park (Rt. 5 Bridge) on Nov. 1. The tournament is open to all NNS employees and retirees. For more information, view the flier or contact **Rob Uzzle** (X59) at 344-5140 or **Scott Whitmore** (X82) at 897-5119.

NOVEMBER 7

Eleven Local High School teams will be competing in a FIRST Robotics Competition at Menchville High School from 9 a.m. to 5 p.m. Several NNS employees serve as mentors for these local teams. For more information about this event, how to attend, and the mentors involved, contact Chris Brown (O35) at 688-7897.

NOVEMBER 7

The Apprentice Alumni Association will host the Annual Apprentice Alumni Oyster Roast at Knights of Columbus in Newport News. Tickets are available through any AAA delegate, officers and **Liz Moriarty** (O22) at The A-School at 688-2513. Tickets are \$30. Visit: www.nnappprentice.com/alumni/news.htm for information.

NOVEMBER 8

The fourth annual Apprentice School Student Association's Veterans Day Golf Classic will be held Nov. 8 at Cypress Creek Golf Club. Cost is \$60 per golfer. Registration deadline is Oct. 30. Contact Charlene Barrington (X06/X87) at 688-5379 or Tierra Jones (X32) at 380-778.

NOVEMBER 11

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

AROUND THE YARD

NNS License Plates Shipped

The Virginia Department of Motor Vehicles (DMV) started shipping pre-ordered Newport News Shipbuilding license plates last week. There is a small delay for large trucks (7,050 pounds or more). The plates will be available online and at the DMV starting on Nov. 3. For questions about pre-orders, contact **Jeremy Bustin** (O29) at 380-4384.

Are You a Veteran? Do You Have a Veteran ID Card?

Veterans Day is Wednesday, Nov. 11. Historically, businesses in Hampton Roads offer great discounts to veterans. To be eligible, you must have a form of ID that identifies you as a veteran. Information on how you can get a form of ID that identifies you as a veteran is available on the Veterans Employee Resource Group (VERG) webpage.

Congratulations On-the-Spot Ethics Award Winners

Listed below are the most recent winners of the Ethics On-the-Spot Award. The purpose of the program is for employees to recognize other employees who demonstrate ownership of company values and high standards of ethical behavior in their every day work activities.

Congratulations to the following: **Jesi Cash** (E57), **Rhonda Pulley** (X32), **Keith Dudney** (M40), **Ron Johnson** (X74), **Matthew Wright** (X10), **Matthew Connelly** (X36), **Sylvia Nicholson** (O46), **Angela Fields** (O46), **Milton Lunsford** (O46) and **Shannon Mason** (O46).

Tell a Friend About Teledoc

Have you or a loved one tried Teledoc and want to share your good experience? HII Benefits are looking for testimonials from satisfied customers. These testimonials will be used to help promote the service with your co-workers. Send your testimonial by email to **BeWell@hii-co.com** or call 380-3363.

Who Should HR Call in an Emergency?

If you are involved in an emergency situation at HII, the company may need to notify your designated emergency point-of-contact.

Human Resources is encouraging all employees to complete and/or update their emergency contact information (Form: NN 9-1 (rev. 9)), which is available on Forms Viewer or by clicking the Emergency Contact Update link on the HR Yardnet website. Employees may also go to the receptionist's desk in Bldg. 500-1 to obtain a paper form.

Human Resources' record system (SAP) will be updated with this emergency contact information you provide. It will be secure and only used by Human Resources management.



Sailors Celebrate U.S. Navy's Birthday

On Oct. 13, the U.S. Navy celebrated its 240th birthday. Pictured above: *Gerald R. Ford* (CVN 78) Commanding Officer, Capt. John F. Meier, right, Dental Officer Capt. Matthew McNally, left, and youngest crew member Hull Technician Fireman Apprentice Michael Watts cut a celebratory cake during *Ford's* observance of the birthday. Meier spoke about naval heritage during the event and presented the command's first ball caps to the youngest and oldest members of the crew. U.S. Navy photo

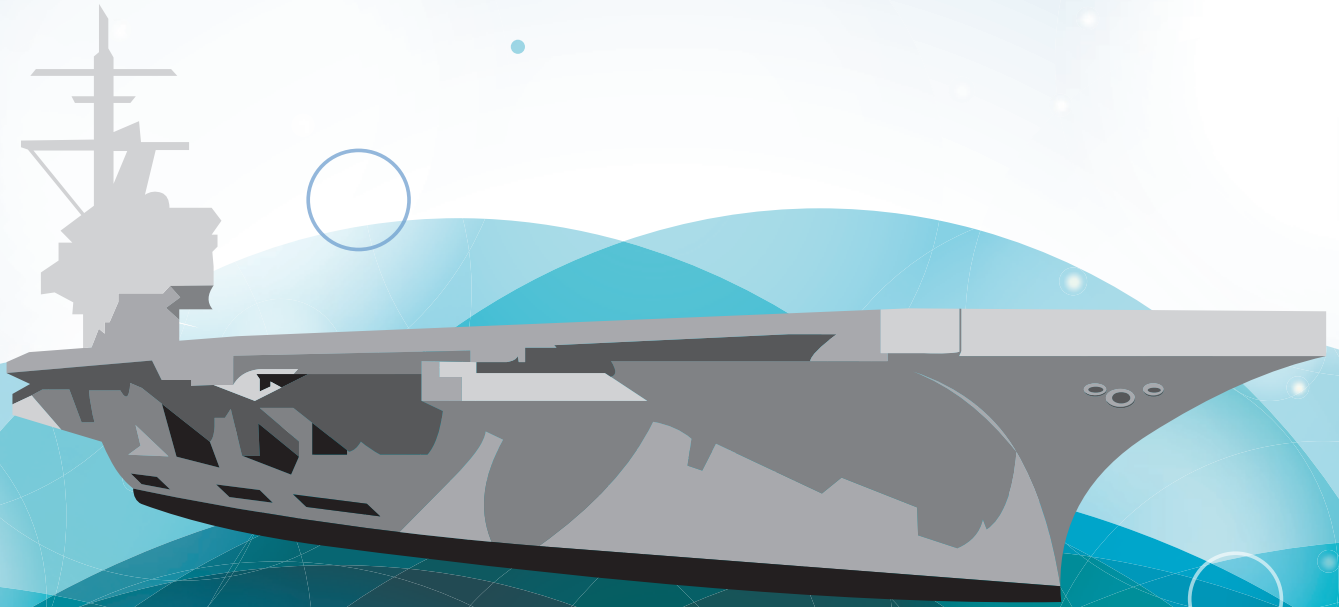
Editor: Lauren Shuck
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Currents is published every Monday for employees of Newport News Shipbuilding. Visit the archives.

To submit a story, visit nns.huntingtoningalls.com/currents.

October 22 - November 6



Shipbuilders
Carrying 
Ocean Deep
Compassion

"Giving the United Way"



Newport News Shipbuilding
A Division of Huntington Ingalls Industries

EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

STEREO - component style stereo w/ disc changer, w/ speakers no case or wires but works. \$50 obo txt for photo (757) 725-1282

40" TV - Toshiba LCD, 1080p, \$150 (757) 775-2022

TV'S - 50" Sony great condition with remote \$200 and 24" RCA \$50 or both for \$225 for more info (757) 864-0559

32" TV - Vizio LCD, 720p, \$100 (757) 775-2022

ARCADE GAME - 1982 desk model "Spiders" An Entex Arcade Video Game in Box Model #906083 \$80. (757) 812-9763

TV/BLURAY 3D - 1 Visio 21" flat, 780p TV. 1 LG 3D bluray player wire streaming w/ remote. Both \$150 txt (757) 285-9432

SAMSUNG TV - 50" Samsung plasma TV 720p res. great cond, 2 hdmi hook ups plus component hookups \$250. (757) 725-1282

BLACKBERRY BOLD 9930 - non-camera, touchscreen, Verizon, Sprint & unlocked, Good condi, refurb, \$65 (757) 285-1145

KENWOOD STEREO - Component style stereo 5 disc changer with remote stand and speakers. \$250 obo (757) 725-1282

DJ - customized playlist & lighting for your wedding, party or event. (757) 621-0464

DJ - customized playlists suited for any event, lighting effects & photography (757) 869-1876

PHOTOBOOTH - Holidays are coming! Open or Closed photobooths, customized boarders and text. (757) 621-0464

DJ - Guaranteed to rock it and I wont break your pocket. DJ/MC for every occasion. (757) 632-9929

TV/DVD PLAYER - 1 Visio 21" flat screen 780p TV. 1 sony DVD player with wire internet. both for \$120. Txt (757) 285-9432



AUTO

CAMPER SHELL - fits chev s10 and ford ranger 300 obo, brand new, couldn't take to college text 4pic (757) 897-1621

00 LINCOLN LS - Blck int/ext, lther seats, wood trim, updated radio. New insp + tires. 131K miles. \$3,700; (540) 320-2285

Auto cont.

BAJA MINI BIKE - great condition runs excellent title in hand/pics available/call or text \$400 firm. Great gift (540) 505-1643

4 SPD TRANNY - mustang manual, Drove smooth & nice upon removal. From 83 5.0 Gt. Has behllhousing. \$150 (757) 749-3146

2010 MAZDA3 - Blue, sedan, automatic, 72k miles. Bluetooth. Clean, safe, reliable and fun. \$10,300 OBO (757) 752-0083

MOPED - 2013 Daix, Good Condition - Red & White \$750 Txt for pics (757) 310-4769

04 CHEVY 2500 - HD Silverado LS Edition. 2wd Gas. Original owner 74,000 mi. Air ride 5th wheel hitch, \$13,450 (757) 705-4180

97 ACURA 3.2 TL - \$2,000 or OBO many new parts, tires, rad, alt, brakes, American wheels can text pictures (757) 877-6741

05 HONDA VTX 1300R - 19K miles, \$2,300. Call (757) 279-0052

2010 CHEVY 1500 - Silverado crew cab 1500LT in excellent condition.\$20K! Blue ext./grey int. 68k miles. (757) 814-9393

BAJA MINI - great condition runs excellent have title/pics available call or text \$400 firm. Great present (540) 505-1643

86 NISSAN 300ZX - White, automatic, T-tops, very good condition, well maintained. \$5,850 (757) 613-1728

MC HANDLEBARS - 1-in dia. chrome buckhorn style handlebars of an '01 HD Fatboy w/ hardware. \$40. (757) 672-8256

CLEAN CAR - 00 Chevy Cavalier - 4 door w/grey interior. Nice clean reliable car for student or work. \$2,000; (757) 218-9422

04 H-D - H-D LowRider, NEW Tires, NEW Shocks, Quik Detach SissyBar, WindShield, 26k miles, Always garage kept, (757) 879-5126

AUDI - '97 black A6 Quattro, 49K orig. miles. Heated leather dual power seats, sunroof, loaded, clean. \$2,700 obo. (757) 502-9181

02 HONDA CIVIC - 2dr EX, Automatic, sunroof, Good cond, reliable, well maintained, 176k miles, 35 mpg. \$3,500 (757) 334-0526

07 HARLEY DLUX - Deluxe custom candy teal blue chromed out, <7 miles, like new, 12K obo, HD Soft Tail (757) 365-9694

MC WINDSHIELD - 23" removable motorcycle windshield off an '01 HD Fatboy w/ hardware. Will fit any Fatboy 1990-2015. EC \$250. (757) 672-8256

Auto cont.

CAMPER - 2015 Shadow Cruiser, 22.5 ft., 1 slide, \$19,000 obo (757) 618-0721

81-87 GM TRUCK - Doors \$225 pair. Fenders \$150 pair. mirrors \$50. Hooker headers \$75. lots of misc parts. (757) 268-5667

HUNTER'S CAMPER - 22.5'-queen bed, dinette area turns into bed, shower separate from toilet. EC. Clean. Ready to go. \$19,000 OBO (757) 618-0721

12 SEQUOIA - Super clean black 2012 Toyota Sequoia SR5 4WD. No mechanical or cosmetic issues. 78,000 miles. \$28,000 obo (757) 778-5636

95 MERCURY COUGAR - New tires, shocks & struts. \$1500 obo (757) 272-5396

BOAT & MARINE SUPPLY

JOHN BOAT - 14' Alum. 53" Width New Trailer & Battery New Minn-Kota Trolling Motor, text for pic \$850 firm (757) 310-4769

KAYAK - 10' Pelican-RAMX Total Fishing, Beige \$250 Txt for pics (757) 310-4769

FISHING POLE - Penn Sargus on 7' Okuma Reflexions w/20 lb power pro - \$100; (757) 303-1677

FISHING POLE - 7' Shimano Teramar heavy action - \$75. (757) 303-1677

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

HOBBIES

GOLF CLUBS - Left Handed clubs, Cobra & Taylor Made. Misc set, irons & Hybrid - \$25 (757) 593-0508

ODYSSEY PUTTER - Center Shaft, 2 Ball Putter, Used twice, Brand New, \$150 OBO. (757) 604-3386

7' POOL TABLE - 7' Slate pool table with prof. ball return, rack, balls, sticks, etc. \$375 obo. Ready to move. (757) 749-3146

CRASH AHEAD - The Real Crash by Peter Schiff, The Great Crash Ahead & Aftershock by Harry Dent, \$12 ea (757) 812-9763

Hobbies cont.

TOY TRAIN TRACK - Lionel & Atlas "0" gauge train track. Straight & curved track. Many types of switches. (757) 873-0961

GUITAR CLASSES - Have your kids asked you to play a song for them yet? I can help. 1-on-1 (Midtown NN) Wk/bi-wk sched Call/ tex (757) 528-7017

SURFBOARD - 6'-8" Broken Barriers surf Board, fins and leash included - \$125 (757) 303-1677

FURNISHINGS & APPLIANCES

GRAND PIANO - Gulbransen Baby Grand Piano. \$1,300 OBO. Dark Walnut Stain. Super scale with ivory keys. Will send pics (757) 647-8859

DESK - Modern Style glass/metal desk - \$100 (757) 593-0508

TWIN BEDS - Two Twin Beds with good mattresses. Crate Style - \$250. Antique Style - \$150. (757) 593-0508

ENTERTAIN CTR - 36" wide x78" tall Ethan Allen solid oak unit w/pocket doors & many compartments \$350 (757) 812-9763

DINING ROOM SET - Mahogany table, 6 chairs (1 captain), 2 corner cabs, buffet. EC. All for \$600 or sell separately. Text for pics. (757) 681-0727

GLASS TABLES - Glass/Metal Coffee Table & TV Stand HVY DTY \$75 each or OBO. Call/Test for pictures (757) 880-1363

ELECTRIC STOVE - Whirlpool stove, beige w/black glass oven door, 30x30" Clean. EC. \$100 OBO (757) 618-0721

WOODWORK TABLE - Woodwork Table assembled heavy duty 1 piece with full length shelf. 93"lx36"wx40"h. Pic available \$300/obo. (787) 870-4926

GE WASHER - White GE washing machine. Works great. \$100; (757) 749-3146

LIFT RECLINER - \$500 Orig. \$760 Perfect for elderly/handicapped Dk Brown Vinyl Like New, Text for pics (757) 561-8601

FURNITURE - China Cabinet, Ex condition asking \$150. Complete LR set, Ex condition. asking \$300. (757) 685-8111

3-SEAT COUCH - Dark brown faux leather. Excellent condition. No scratches/cuts. Very comfortable. txt for pic & details \$275 (607) 621-9589

Furnishings & Appliances cont.

POOL TABLE - 6' Red Slate pool table with prof. ball return. Includes rack, balls, sticks. \$375 obo. (757) 749-3146

WHITE FRIDGE - White Good working refrigerator. Freezer works great. Perfect for garage. \$100; (757) 749-3146

KITCHEN TABLE - Handcrafted Tom Seely solid oak table. Excellent cond. 68"x42" extends to 92". 6 chairs, 2 leaves \$350 obo (757) 677-6529

BED SET - King Size; full length dresser; mirror w/2 piers + connector head lamp; no bedframe. Lt wood color; \$250. (757) 342-8021

POOL TABLE - 9'3 PC 1" slate pool table, leather drop pockets, balls, racks & accessories. \$800 obo. (757) 880-8965

DR TABLE SET - Long wooden table & chairs, used but good quality, w/ matching chairs. \$125 OBO (757) 812-4282

SAMSUNG - XL Silver HE Front Loading Washer & Dryer. 8yrs old, runs great! Call/text for pics. \$300 obo (757) 268-1882

STOVE - Whirlpool, beige w/black glass oven door. 30"x30" Clean. \$100 OBO (757) 618-0721

WOOD STOVE - Large deluxe kraft wood stove, excellent shape cost \$2,000 asking \$750 (757) 539-4440

WASHER & DRYER - Electric by Admiral. Energy efficient. Less than 25 washes on each. Top load washer & front load dryer \$550 (607) 621-9589

KENMORE WASHER - great condition \$100 obo, can deliver free (757) 452-8830

7' POOL TABLE - red slate top pool table with ball return. Good shape. Balls, sticks & rack. \$450 (757) 749-3146

CRYSTAL SET - Oneida Crystal, Juilliard lg table bowl, small bowl & 2 candle holders in box \$40 for all. (757) 812-9763

QUEEN MATTRESS - Queen Mattress & Boxspring, 1 yr old, \$250 (804) 815-7639

LOST & FOUND

KEYS - Lost set of work keys have bld 60 stamped on one key (757) 642-0833

REAL ESTATE

ROOM FOR RENT - 30 year old professional, quiet established Hampton neighborhood. Kitchen privs. 10 min from yard. \$125/wk (540) 834-8638

Real Estate cont.

TOWNHOUSE FSBO - 2 Towne Square Dr., NN- \$83,500 2BR/3BA. Quiet community w/ easy access to NNS. (757) 897-6953

RENTAL - 4BR/2.5 BA 2-sty on cul-de-sac; sunroom; call for price/avail soon; nice yard; near Menchville HS. (757) 342-8021

LAND FOR SALE - 3 parcels, 10 acres each, septic approved, Gates, N.C. just across state line (757) 334-5526

RENTAL - 4BR, 2.5BA, end unit Townhouse, 1,500 sqft, No Pets, \$1050/mo. Located in Denbrook Station (757) 952-7083

HOUSE FOR SALE - 5BR, 2.5BA, 2940SF, Fully Updated, Pool, Hot Tub, Porch, Deck, Fence, York County (Seaford) Schools, \$359k (757) 272-3851

HOUSE FOR SALE - located in shore park N.News 121 skipper court 1866 sqft. 4BD 3BT 232K lots of upgrades! (757) 846-0801

TOWNHOME - 3 Bed/2BA detached townhouse with large deck, wonderful neighborhood in Kiln Creek. \$1,350 (937) 430-8868

FOR RENT - Western Branch. 2BR/2Ba. Updated! Washer, dryer, plasma TV & security cameras. Security alarm optional \$1100; (757) 650-8880

HOME FOR RENT - 3 bedrooms, 2.5 baths, \$1,300/mo. (757) 240-0637

RENT - Room for rent, mini fridge, Wi-Fi, furn,laundry 5 min to yard. \$125 per week, all utilities included. (757) 218-9331

TRAILER 4 RENT - Trailer for rent in mobile home park in Smithfield. 2 bedroom. Deck. Call for other info. (757) 812-2719

PETS

PETS - Olde english bulldogs 6 weeks tails docked wormed parents on premise 6 boys 2 girls; (757) 969-2447

MISCELLANEOUS

SPORTS BOOK - 1962 Mickey Mantle "Yankee Slugger" Book includes pictures & batting history chart \$15. (757) 812-9763

CRYSTAL SET - Oneida Crystal, Juilliard lg table bowl, small bowl & 2 candle holders in box \$40 for all. (757) 812-9763

AB CRUNCHER - Abdominal cruncher lounge. Hardly used. Excellent condition. \$30 (757) 672-8256

Miscellaneous cont.

BOWFLEX XTREME2 - In great shape, new cables, assembled and ready for pick up (Chesapeake). Text/call for pics/info, \$600 OBO. (661) 487-9422

EXERCISE BIKE - Schwinn Airdyne, Good condition New - \$900 Asking - \$250 Text for picture (757) 310-4769

FIREWOOD - Seasoned Split - \$125 TR Load (6' X 12') Don't wait until it's cold. Will Deliver / Custom Lengths (757) 310-4769

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

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

ROOFING/SIDING - Roof repairs and exterior renovations (757) 581-0075

CARPET CLEANING - Deep Clean Carpet Care(3)Room Special. (757) 867-3478

AVS VENTVISOR - New Ventvisors, 4pc, Smoke Color, for 01-07 Chevy Silverado Crew Cab \$40. Also, New black tailgate cap \$30. (757) 851-4862

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

WEDDING DÉCOR - Misc. wedding glassware. Candle cylinders, vases, etc. Call for prices. (757) 342-8021

HANDYMAN - For any home upgrade/repair.small or big. Call/text (757) 753-5961

HELPING HANDS - General home cleaning. Free Estimates. One time or special occasion cleaning welcomed. Licensed & Insured. (757) 812-2719

CLEANING - amazing detail. Free estimates. Residential/Offices/Turn-overs/Restorations. (757) 719-0774

SAY NO TO BUGS - Professional pest management. Also moisture control and crawl space repairs. We do it all! (757) 873-4999

RESUME HELP - Need a Resume? Professional & inexpensive (757) 327-2212

NEED BRAIDS? - Get hair braided by professionals. Call for pricing. (757) 827-3282

RAVENS TICKETS - NFL 2 Tix 20 Yardline, Ravens vs Chargers, Jags, Rams, Chiefs; \$120 ea, must buy both. (757) 715-5460

LAUNDRY DETERGENT - 5 GAL. Bucket \$35. 400+loads. Last 4-6 mo. Liquid H.E. formulated works great. Sweet potatoes half bushel \$15 (757) 589-7248

WOOD STOVE - Squire wood burning fireplace insert stove with blower great condition \$375 (757) 826-9600

Miscellaneous cont.

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

HANDY MAN - We do all home repairs, painting, yard work & maintenance. Great prices, quality work! (757) 525-0259

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

TILE SERVICES - Specializing in custom masterbaths and other tile installations Lic.& Insured call (757) 232-1299

EXERCISE EQUIPM - Elliptical \$50-250 & Exercise bikes \$40- \$250 Treadmills \$145- \$250 ONE \$299 Also 2 rowers one \$225 & ONE \$95 (757) 589-7248

ITEMS - Hot dog roller \$35, large bug light \$45, Water cooler \$65, Air stepper \$65 Bissel automatic stain remover \$75 (757) 589-7248

GUITARS 4 SALE - Fender starcaster, Keith Urban electric and accoustic with electric pick ups. Peavey rock master. (757) 777-6056

LAWN EQUIPMENT - Thatcher, Aerator, & Lawn Sweeper all pull behind tractor type. Good condition. \$125 (757) 593-0508

A/C SERVICE - A/C fall maintenance & early-bird heat tune ups. Diagnostic \$50, Tune-up \$75. (757) 525-0259

ITEMS - Microwaves \$45, Olympic weight bench \$100, Olym chrome bar \$75, patio table 5-chairs \$120, smart glove \$50 (757) 589-7248

MAP - Large 36"x48" Picture frame w/ Peninsula map under glass \$20 (757) 812-9763

JUNK REMOVAL - Junk Removal you point and junk disappears. Free estimates licensed and insured. (757) 810-5115

CURRIER/IVES - Currier & Ives bk of prints "Print Makers to the American People" by Harry Peters 1942; \$90 (757) 812-9763

A/C SERVICE - Clean and tune up your heat pump and stay warm & toasty this winter. (757) 771-3441

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

HAIR CARE - professional, reasonably priced haircuts, color deep conditions, etc. Services available at my home or yours. (757) 359-8495



WANTED

VAN RIDERS - Van coming through Franklin, Windsor, Suffolk and Smithfield. 3rd shift (757) 653-8664

COMMUTER VAN - van from Va Beach to NNS daily 1st shift M-F. Leave Diamond Springs Rd to all gates at NNS. Call for more info. (757) 450-6740

FIREWOOD - Free Firewood? Help a family in need! (757) 346-8709

TUTOR - looking for a tutor for my 5-year old in school, but want some additional help call (757) 236-9017

RENTER - 4BR/2.5 BA 2-sty on cul-de-sac; sunroom; call for price/avail soon; nice yard; near Menchville HS. (757) 342-8021

FILING CABINET - Decent condition filing cabinet for home use. Call/text and will respond after 4pm. (757) 329-2361

Wanted cont.

RIDERS - Need a ride on third shift, leaving Ahoskie, NC. Going though Gates CO, Suffolk VA. (252) 532-2501

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

TEACHERS - Looking for loving, caring, part time teachers. (757) 508-9022

GUITAR CASE - Wanted-guitar case for 3/4 size (757) 685-3611

RIDERS NEEDED - Van leaving from Gloucester Courthouse - First Shift - 7AM till 3:30PM (804) 366-4016

2ND SHIFT RIDE - Second Shift Ride From Ahoskie to Newport news Shipyard Leave Ahoskie @ 12:55pm pickup in Winton, Gates County (252) 287-7395



COMPUTERS

COMP MONITOR - 17" Samsung and 15.9" hp monitor. \$20 each or 30 for the pair (757) 725-1282

COMPUTER REPAIR - PC/Laptop Repair, Have Windows 7 or 8 get Windows 10 while it's free. \$85+ parts (757) 329-6761



IN APPRECIATION

BCA T-SHIRTS - Thanks April Crawford (E83) for another year of doing a great job with Breast Cancer Awareness T-shirts!! (757) 880-1363

HAPPY BIRTHDAY! - It's a CELEBRATION- Oct 22nd- Happy Birthday, Victoria Claiborne- "THE CREW" (757) 270-5134

PROTECT YOURSELF FROM CRIME

The fall season is here and with it comes an end to daylight savings time for 2015. On Sunday, November 1st at 2:00 a.m. the clocks will turn back an hour. Your safety is of the utmost importance to us - so please use caution. Here are a few tips on staying safe from Security and Emergency Management (O15).

DO

Remember to always keep items secured and hidden from plain view inside your vehicle. It is always best to lock items in trunk when applicable.

Have a plan. Know what you would do if a certain situation arises.

Trust your instincts and remain alert – if a situation seems dangerous or threatening call 911 and report the crime to the Police or *911 or 380-2222 for NNS Security.

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. Always have your keys available.

When out walking at night or before daylight, try to have a friend walk with you for company and comfort. Remember, there is safety in numbers.

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

If you have a car problem while at work (e.g. won't start, has a flat tire, etc.), 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 vehicle, 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.

If you witness or are a victim of a crime, please report it immediately to NNS Security or the local police agency for that city.

DON'T

Walk or jog when the streets are dark or deserted.

Display cash or any inviting targets 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 vehicle.

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 Newport News Shipbuilding 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.

Open your door. 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!

