

CURRENTS

11 | 16 | 2015

A weekly publication of Newport News Shipbuilding



Officer David Bradley salutes Dave Orie, far left, and StacyAnne Schrier as they fold the American flag. Evan Meyer, background, pauses after playing taps on the trumpet as the flag was lowered. Photo by Chris Oxley

Employees Participate in Veterans Day Activities

In honor of Veterans Day, Newport News Shipbuilding and the Veterans Employee Resource Group (VERG) hosted several activities Nov. 11.

As shipbuilders arrived to work, VERG members handed out giveaways to veteran employees at the gates. Then at 7 a.m., a flag-raising ceremony was held just inside the 37th Street Gate at the flag pole in front of Bldg. 14. NNS veteran employees Officer **Arthur Artis** (O15), **Jerry Hashagen** (X70), **Anthony Caudill** (E88) and **Stephen Helmer** (X10) participated.

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During a tour of NNS, Elizabeth Sherwood-Randall, Deputy Secretary of the U.S. Department of Energy, greets military veterans and NNS employees Mia Tolson and Randy Dodson. Photo by Chris Oxley

U.S. Deputy Secretary of Energy Visits NNS

Dr. Elizabeth Sherwood-Randall, Deputy Secretary of the U.S. Department of Energy, visited Newport News Shipbuilding Nov. 10. She visited to learn about the shipyard's workforce development in the Hampton Roads region and to celebrate Veterans Day by recognizing employees who have served in the U.S. Military.

Sherwood-Randall was also given a windshield tour of the shipyard. One of the places she stopped was the Supplemental Modular Outfitting Facility (SMOF). There she had an opportunity to meet with *Virginia*-class submarine (VCS) employees.

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"The Great American Smokeout" is Thursday

Every third Thursday in November, the American Cancer Society sponsors, "The Great American Smokeout," to encourage smokers to give up smoking. This year's smokeout is Thursday, Nov. 19.

Employees who are ready to kick the habit are encouraged to check out the company's "Tobacco-free for Life" cessation program at **hiibenefits.com** or call 1-800-840-6100. The program provides one-on-one treatment sessions and is open to all employees, spouses and dependents over 18 years old who are enrolled in a HII health plan medical option. Watch a video on Yardnet or view the flier for additional information.



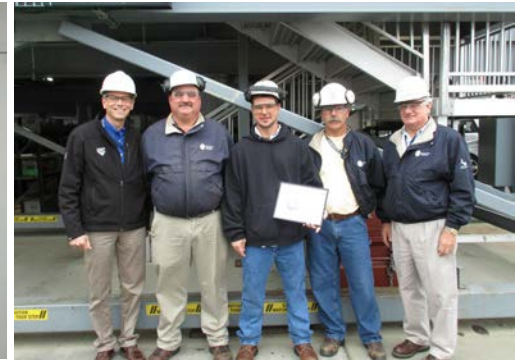
Q&PE and ISCVN Present Awards in Honor of Quality Month
... READ ON PG 2 & 3



E&D's Change Agent Team Holds Event in the MDC
... READ ON PG 3



SHIPs Network Members Participate in "Build Day"
... READ ON PG 4



ISCVN Quality Award Winners. Pictured (L to R): Chris Walke, Mike Cline, Danny Moretz, Derrick Williams, Chris Miner, vice president of ISCVN, Thomasina Wright and Marcus McCormick; Bob Braun is awarded certificate by Chris Miner, vice president of ISCVN, Dino Martin, general foreman, Mark Knight (X18), Keith Liakos, lead general foreman, and Richard Coleman, K71 program director.

In-Service Aircraft Carriers Presents Quality Award to Shipbuilders

In October, Newport News Shipbuilding's In-Service Aircraft Carrier (ISCVN) Division recognized shipbuilders who demonstrate the highest level of commitment to first-time quality in their daily work. The ISCVN Construction and Production leadership team selected **Derrick Williams** (X31) for the monthly award from the three weekly winners.

Recently, the division needed to get the "two plant" vibration monitoring system online to support the schedule aboard USS *Abraham Lincoln* (CVN 72). Williams was assigned to clean, inspect and repair a panel in 2 plant. He worked diligently to complete the work and get it turned over to Quality Inspection Department for certification. The panel passed certification with zero items.

ISCVN would also like to congratulate weekly winners **Bob Braun** (X71) and **Mark Knight** (X18). Braun recently led a significant effort to pull together data needed to submit the USS *Theodore Roosevelt*

(CVN 71) Request for Equitable Adjustment following the redelivery of the *Roosevelt*. Braun coordinated and consolidated the input from many sources to develop a schedule which provided O19, and ultimately the Navy customer, the impacts to the contract schedule that was a result of government induced growth work or delay.

Knight was one of the key welders to perform a complex Ship Alteration affecting valve canopies in the main coolant system on USS *George H.W. Bush* (CVN 77). This was a special qualification that required Knight to show proficiency during training at the welding school and also perform the work in a mock-up prior to welding on the aircraft carrier. Knight welded more than half of the canopies for both 1 and 2 plants on *Bush* with zero quality issues noted. This was an aggressive schedule that had to be performed during the ship's short availability at Norfolk Naval Shipyard.

CMSD Recognized for Air Pollution Efforts

Continental Maritime of San Diego (CMSD) was awarded the Blue Sky Award by San Diego County's Air Pollution Control District (APCD) for its initiatives to reduce air pollution Nov. 12. The APCD annually recognizes one small, one medium and one large business or organization for their efforts in improving air quality. CMSD was nominated by the Industrial Environmental Association in the medium-sized business category.

Dewey Youngerman, CMSD's Environmental Health and Safety manager, said, "This year the Air Pollution Control District and the Industrial Environmental Association looked at CMSD's 29 years of

environmental history, millions of pounds of greenhouse gas reductions and our sustainability initiatives to make a public statement that we are doing the right things for the industry and the community."

Earlier this year, CMSD purchased two point-of-use electric steam boilers that eliminate 84,000 pounds of greenhouse gases annually. Since 1986, the subsidiary that operates under NNS, has made equipment upgrades and pursued new sustainability initiatives to remove more than 13 million pounds of greenhouse gases each year.

NNS Engineer Recognized at Society of Hispanic Professional Engineers Conference

Lauren Hamburg, augmented reality engineer, was recognized as the "Star of Today" at the 2015 Society of Hispanic Professional Engineers conference at the Baltimore Convention Center Nov. 11-15. The award recognizes mid-level engineers who have demonstrated outstanding technical excellence and act as role models with a commitment to mentoring and community service.

Hamburg joined Newport News in 2009 and is currently a member of the company's augmented reality team. Prior to this role, she performed radiological emergency planning support for USS *George Washington* (CVN 73) in Yokosuka, Japan, and was a member of the test engineering department, responsible for integrating systems on *Gerald R. Ford* (CVN 78).



"Lauren has made many noteworthy accomplishments in her career so far and is a truly outstanding engineer," said **Patrick Ryan**, engineering manager. "She has demonstrated the leadership, intelligence and integrity to accomplish anything, but what sets her apart to me is her enthusiasm. Her energy spills over into everyone she works with and everything she works on, whether it is a meticulous engineering study, leading a team to accomplish something never before done, or working with students on their dreams. When I think of what a Star of Today must be, I can think of nobody that shines as brightly as Lauren, and I congratulate her on this deserving award."

AROUND THE YARD

Employees Encouraged to Take the Financial Wellness Survey

HII is interested in developing a comprehensive financial wellness program as part of their commitment to overall employee wellness. The goal of the program will be to provide information that supports employees in their understanding of financial planning, so that they feel empowered to engage proactively in creating their own sustainable financial future. The survey has ten questions that will help HII determine what topics interest employees the most. Employees can take the survey at www.surveymonkey.com/r/WB9VMDX until Nov. 30 at. All submitted responses are confidential.

L.E.A.R.N. and SHIPs Network to Co-Host After Work Presentation

L.E.A.R.N. and SHIPs Network will co-host an after-work presentation by HII President and CEO **Mike Petters** on Thursday, Dec. 17 from 4:30 to 6 p.m. in the Virginia Advanced Shipbuilding and Carrier Integration Center (VASCIC) auditorium. Prizes and refreshments will follow the presentation. The event is open to all employees. Visit the L.E.A.R.N. website to sign up.

LX Upgrade is Coming Soon

An upgrade to Newport News Shipbuilding's learning management system, the Learning Exchange, is coming soon. Below are important dates regarding the upgrade:

- Dec. 21: No new web-based content will be added to the system after this date.
- LX blackout: Jan. 19 (4 p.m.) - Jan. 25 (7 a.m.)
- Jan. 25: "Go-live" date for new system.

Visit the LX Upgrade webpage for additional information about the upgrade.



Pictured (L to R): Process Engineering Manager Dave Conley, Q&PE Director Gary Zimak, Vice President of Q&PE Ron Murray, Third Place Winner Earl Brewer (O39), Test Inspection Supervisor Donna Blankenship, Second Place Winner Jeaneen Rosales (O03), Q&PE Director Tom Chamberlain, First Place Winner Charmaine Smith (O38), Test Inspection Manager Glenn Grasso, Quality Assurance Manager Sean Coons, Engineering Manager Rudie Simpson, Quality Assurance Manager Sean Lynch. Photo by Chris Oxley

Q&PE Recognizes Quality Month Essay Contest Winners

In October, the Quality and Process Excellence (Q&PE) Division hosted an essay contest in honor of Quality Month for division employees. The essay topic was "What does quality mean to me?" A total of 22 entries were submitted.

To recognize the contest winners, the division held an awards presentation on Monday, Nov. 9. First place went to **Charmaine Smith** (O38), second place to **Jeaneen Rosales** (O03) and third place to **Earl Brewer** (O39). Each winner was presented with a certificate, coin and Newport News Shipbuilding merchandise.

"This is the first year we've held an essay contest in honor of Quality Month," said **Ron Murray**, vice president of Quality and Process Excellence. "All the essays we received had a great message and the winning essays definitely epitomized what we are focused on here at Newport News Shipbuilding."

E&D's Change Agent Team Holds Event in the MDC

On Oct. 29, the Engineering and Design's (E&D) Change Agent team presented a "Leading with Strengths" event held in the Management Development Center of Bldg. 903. During the event, 11 leaders from across the company discussed their success and how their top five talents, as identified by the Clifton StrengthsFinder® assessment, play a significant role in both their personal and professional life. Participants were then able to rotate and interact with five of the eleven "Leader Models" of their choice.

"Leaders often find themselves aligned on what needs to be done, but not always on how to



Tim Sweitzer, Engineering director, one of the 11 leaders who participated in the event, speaks with participants.

do it," said **Jennifer Boykin**, vice president of Engineering and Design. "Appreciating the different strengths that others bring can make a big difference toward team success."



VP Rob Hogan Featured in AME's Fourth Quarter Magazine

Rob Hogan, vice president of Manufacturing and Supply Chain Management, was featured in the Association for Manufacturing Engineering (AME) fourth quarter magazine. In the write-up, Hogan answers questions about his career and current position at Newport News Shipbuilding. AME Southeast Region Director **Kimberlee Humphrey** (O51) said, "We appreciate Rob's continued support for AME and his dedication to encouraging young individuals to pursue manufacturing as a career opportunity." Employees interested in joining AME should contact Kimberlee at 380-7129.

U.S. Deputy Secretary of Energy Visits NNS

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The visit concluded with a round-table discussion that included experts from education, business, military and workforce development. The broad topics discussed during the round table included: the state of workforce development in Hampton Roads, talent pipeline, business education partnerships, and military transition to the workforce.

“It was very fitting for Dr. Elizabeth Sherwood-Randall to visit the VCS program because it supports not only the veterans but all those instrumental into building exceptional ships,” said Machinist **Mia Tolson** (X43). “As a Navy veteran, I was honored to meet Dr. Randall and continue to be proud of being a part of the VCS program.”



Pictured (L to R): Everett Jordan, director of Education at The Apprentice School, Jeffrica Key, manager of Career Pathways, Dr. Elizabeth Sherwood-Randall, Deputy Secretary of the U.S. Department of Energy, Bill Bell, vice president of Human Resources and Administration, and Ray Bagley, vice president of Trades Operations. Pete Diakun, vice president of Energy Programs, was also in attendance, but not pictured. Photo by Chris Oxley

SHIPs Network Helps to Build NNS' Habitat for Humanity House

Members, family and friends of SHIPs Network spent time Saturday, Nov. 7 helping to construct the company's 13th Habitat for Humanity House in Newport News.

“Helping others in the community and building relationSHIPs is part of the organization's mission,” said SHIPs Lead **Michael Nyberg**. “Volunteering was fun and exciting at the same time. The subject matter experts were excellent at teaching us how to accomplish various tasks around the build. It was also really nice to get to know the other volunteers and working together to help this great cause.”

NNS' Employee Resource Groups (ERGs) will host a joint “build day” on Saturday, Nov. 21. All employees are invited to participate. For additional information, contact any of the ERG leads or visit their websites on Yardnet.



Pictured (L to R): Michael Nyberg (X10), Tina Howell (O44), Bradley Gault (E45), Sharessse Davis (T51), Johnny Frisco (E24) and Calvin Boyd Jr. (X10).



Giving Back to the Community One Haircut at a Time

As a member of the Apprentice Jaycees, **Nathaniel Henry** has spent much of his spare time giving back to the community. Recently, Henry found another way to give back by providing haircuts to individuals that are in need of barber services.

“When I heard the Jaycees was an organization rooted in community service, I jumped at the opportunity to lend a helping hand,” said Henry. “There's nothing more fulfilling than meeting the needs of the community. The Soup Kitchen at St. Paul's Episcopal Church is a Jaycee staple that involves serving food to those less fortunate. As I became involved, I asked the Jaycees if I could set up a mini barbershop to collaborate with the Soup Kitchen and they welcomed my idea. If there's one thing that makes a man feel like a “million bucks” it's a fresh haircut, so I am grateful that the Jaycees allowed me to use and share my gifts and talents to support their cause and invest in the local community.”

Employees interested in joining the Apprentice Jaycees and Nathaniel Henry as they make a difference in the community, are welcome come to come to St. Paul's Episcopal Church in Newport News at 8:30 a.m. on the third Sunday or at 4:30 p.m. on the fourth Friday of every month. Contact **Sean Brady** at 615-2187 or via email for additional information.

NOVEMBER 17

The Spear and Gear Toastmasters will hold a meeting from 4:30 pm to 5:30 p.m. at The Apprentice School (B812 -2 conference room). RSVP to Donna Graves (E25) at 688-6204 or Rose Brodie (K75) at 534-3382.

NOVEMBER 18

Join HOLA (Hispanic Outreach Leadership Alliance) for a "Speed Mentoring" session on Nov. 18 from 4:30-6 p.m. in Bldg. 520-6 (Huntington Room). The event is open to all employees. Mentoring sessions will occur in 10-minute intervals with attendees moving from one mentor to another. View the flier for additional information. Contact Pete Padilla at 688-5806 for questions.

NOVEMBER 18

Join the International Council on Systems Engineering, Hampton Roads Area Chapter (INCOSE-HRA) to welcome President of INCOSE **David Long**. Long will speak on "Building for Tomorrow: Towards 21st Century Systems Engineering." The event will be held at Reed Integration in Suffolk and is open to all NNS employees and guests. Cost \$10. RSVP to **Ben Hudson** at bjhudsonINCOSE@gmail.com or 359-1131.

NOVEMBER 21

The Progressive Club will host its fourth outing of the year at the Knights of Columbus in Newport News starting at 4:30 p.m. The cost for members' first guest is \$20, each additional guest is \$25. Notify your club rep by Nov. 11 if you plan to attend. Any salaried employee interested in attending this outing as a trial membership or joining the club should visit the Progressive Club website for more information.

NOVEMBER 21

Newport News Shipbuilding Employee Resource Groups (ERGs) will host a joint "Build Day" for the company's 13th Habitat for Humanity House from 10 a.m. to 2 p.m. on Saturday, Nov. 21. The house is located at 13 Shoe Lane in Newport News. All employees are welcome to participate, however, each participant must read and sign Habitat for Humanity's new waiver requirements. Access and sign the form on Yardnet or print the form and bring it with you to the job site. Hard hats and safety glasses will be provided. Although not required, attendees are also encouraged to bring a tool belt, hammer, pencil and ruler. Contact ERG leads for additional information.



Pictured (L to R): Anthony Caudill, Stephen Helmer and Jerry Hashagen salute the American Flag as Officer Arthur Artis raises the flag on the pole during the Veterans Day Flag-Raising Ceremony. Photo by Ricky Thompson; Even Meyer plays "Taps" as the flag was lowered during the afternoon ceremony. Photo by Chris Oxley

Veterans Day cont.

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...**Sally Krystyn** (O22) then led the attendees in the Pledge of Allegiance.

NNS' Veterans Employee Resource Group (VERG) hosted a Veterans Day Luncheon in the James River Room of Bldg. 520. VERG Chair **Marcia Downing** (O36) and **Brian Fields**, vice president of Integrated Planning and Production Control and executive sponsor of VERG, welcomed participants to the lunch.

"I'm not a veteran, but I come from a military family and service means a lot to me," said Fields. "Newport News Shipbuilding employs 2,990 veterans – many are in this room today. On this Veterans Day, we celebrate you and thank you for your service."

Joe Caden III then led a ceremony for the "Missing Man Table," where he explained the significance of each item placed on the table including the six chairs – five for each branch of the armed services (Army, Navy, Marine Corps, Air Force, and Coast Guard) and a sixth place setting reminiscent of the civilians who died during service alongside the armed forces or missing during armed conflict.

The day concluded with a flag lowering-ceremony. Employees who participated in the ceremony included Officer **David Bradley** (O15), **StacyAnne Schrier** (O53), **Dave Orie** (E81), and **Evan Meyer** (E83) who played taps on the trumpet.

Watch a highlights video of the flag ceremonies on Yardnet or view photos below.

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
Manager Administration 3	11328BR	HII-Corp: N358	Newport News
Supervisor Test Inspection 1	11150BR	O96	KSO - New York
Manager Radiation Safety 1	11154BR	E91	KSO - New York

EMPLOYEE CLASSIFIEDS



AUDIO/VIDEO

BLACKBERRY BOLD 9930 - non-camera, touchscreen, Verizon, Sprint & unlocked, refurbished, good cond, \$65, charger, cases 5-10; (757) 285-1145

XBOX LIVE - 12-month subscription. Code can be emailed immediately after payment is made. Text (757) 594-5857

TV - Admiral 'Solarcolor' console tv, 27" screen, 1978 manuf. great cabinet for repurposing, nice condition. \$10 (757) 599-1960

PHOTO BOOTH - State of the Art PB, Dept Holiday parties being planned, this is a favorite. Packages as low as \$150. (757) 359-0292

GOPRO HERO 3+ - black. Too much to list, bag/mounts/mem. Card over \$1,000 invested, \$500 obo (757) 813-1797

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

DJ - Elegant and fun weddings! Dance floor lighting included. Call (757) 356-1166



AUTO

07 DODGE 4X4 - Laramie Pkg, Grey Color, Loaded options, Garage Kept, 43K Low Miles, \$21,900 (757) 868-6900

08 ACURA TSX - 70k miles, silver, auto, heated leather seats, tinted windows car is clean. 15,000 or trade for mazdaspeed (757) 372-2319

2002 TACOMA 4WD - 02 Toyota Tacoma 4WD SR5 extra cab, 4cyl, 5spd, cold AC, 184K adult miles, runs LN. Bergundy w/gold shell. \$8,000 (757) 810-9052

99 CADILLAC - Clean, Deville, Tan AM/FM Cass. Power Wind/Locks, Cruise Ctrl, Leather heated seats, Cold AC, minor nicks \$350 (757) 342-6977

05 KAWNINJA636 - Garage kept, cosmetically sound and all out fun bike. 19k mil. \$3,000 (757) 240-3700

07 VW RABBIT - Bagged mk5, full Magnaflow system, Alphon Benz wheels, perfor. headers, 86K, \$8,000, EC, txt 4 pics (757) 344-2833

2010 MAZDA 3 - Blue Sedan in excellent shapes 72k miles, automatic, bluetooth. Fun, reliable, and practical. \$8,900 OBO. (757) 452-0083

Auto cont.

EXHAUST - 03/04 Cobra Magnaflow Catback Exhaust system. Good shape. Sounds Great. \$200 (757) 749-3146

ATV - CAN-AM DS-250, 4 wheels, 2WD, auto, water cooled, looks & runs good, great for trails or hunting, \$1,200 (757) 238-2358

HEADERS - 1979-1993 Mustang 5.0 Longtube headers. \$125 (757) 749-3146

DURAMAX 2500HD - 2009 GMC SLT loaded, 63,800 miles 4dr black, tan lthr inter. 4x4. 6in lift 35's. Allison trans \$38,000 obo (757) 268-5667

02 HONDA CIVIC EX - 4DR, MT, 188k mi. Good shape and drives well. New front tires & struts. Avg 34 mpg. \$3,500 obo (757) 793-0654

70 VW BUG - Good to excellent cond inside & out! Low mileage on rebuilt engine. Downsizing. \$6,500 obro. (757) 593-2019

EXHAUST PIPES - 2 sets of pipes from 2006 650-Yamaha V-star \$50 each. Also, new set from 2009 950-Yamaha V-star \$100. (757) 692-9197

2000 DAKOTA SPORT - Quadcab 125,000 mi, runs great good condition brand new tires on rear price reduced \$3,500 obo (757) 291-8046

1983 CAMARO SS - 305 CID, Black, great shape, low miles, T-tops, new stereo & spkrs, tint, lots of new items. Best offer (517) 281-6953

AVS VENTVISORS - New, 4pc, Smoke color for 01-07 Chevy Silverado Crew Cab \$40. Also, New black taillgate cap \$30. (757) 851-4862

2009 VSTAR 1300 - 1300 cruiser, ex condition. Aftermarket dual pipes. Posting under Kelly BB. \$5,600 (757) 268-4900

1972 FORD LTD - Conv. red ext./white int. new top /boot cover, tires, trans rebuilt, runs great, garage kept 8K (757) 869-9031

04 NISSAN TITAN - Titan SE King Cab truck Off Road Pkg. Garage kept, pwr everything, tow pkg, well-maintained 103K miles \$9,000. (757) 868-6900

RIMS - 17" Gunmetal 4 lug mustang Rims. Staggered. Rears have deeper machined lip. Look great. \$400 (757) 749-3146

95 MERCURY COUGAR - new tires, shocks and structs. \$1,500 obo (757) 272-5396

99 CADILLAC DEV - Maroon with White Leather Int, AM/FM/CASS, Power Wind, Locks & Seats, Cold AC, 74K. \$3,750 OBO. Text for Pics (757) 876-2962

Auto cont.

HUB CAPS - 1966 Mustang Standard 14" Wheel Covers. Set of 4 in nice condition. \$60 (not spinners) (757) 652-2348

HARLEY DAVIDSON - 04 Low Rider. New tires & rear shocks. HW pegs- Fwd Controls-Removable windshield & back rest. 26 kmi. \$7,200 (757) 879-5126

01 NISSAN SENTRA - Runs great. Cold A/C, newer tires. Asking \$3,000. 129,000 miles. (757) 303-0961

02 SILVERADO LT - Selling fully loaded Silverado Ext Cab LT. 99,800 miles. Protech Bed, Asking \$11,000. Truck in Great Shape. (757) 303-0961

1994 NISSAN P/U - 2x4, Xtra cab, 5spd, TONS of new parts, timing chain, wheel bearing, headgasket, etc. Too many to list (757) 813-1797

TRAILER - Enclosed trailer prefer older model. (757) 620-4472

1977 CJ-5 JEEP - original 304 V8 engine runs well, soft top and doors, misc. parts/ accessories, partially restored \$4,000 obo (757) 630-3692

1977 CJ-5 JEEP - V8 304 runs well, comes with soft top, doors, misc. parts, accessories. Partially restored. \$4,000 (OBO) (757) 630-3692

1992 CADILLAC - Brougham, Maroon int/ext lthr, new insp, well maint, garage kept, pics on req, \$4,200. 92,000 miles. (757) 869-9031

07 HARLEY DLUX - Deluxe custom candy teal blue chromed out, <7 miles, like new, 12K obo, HD Soft Tail (757) 365-1521

2010 CHEVY 1500 - LT in excellent condition. \$18,000! Blue ext./grey int. 68,000 miles. Mega cab! (757) 814-9393

06 KAWASAKI 650R - sport bike red frame silver fairings only 15k miles 6 speed everything works runs perfect \$3,000 obo trades (757) 372-2913



COMPUTERS

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

HOBBIES

WOOD WORK TABLE - Heavy duty, assembled work table with full length shelf. 40"h x 36"w x 93"l. Ideal for hobby/project. \$240/obo (757) 870-4926

GUITAR - Epiphone LP Special II Les Paul Electric Guitar. Rarely played and comes with a hard case. Asking \$200. (757) 287-0595

GUITAR CLASSES - The notes 'B F A D' spell three different chords. Weird, right? 1-on-1 (Midtown NN) Wk/bi-wk sched Call/text (757) 528-7017

MICKY MANTLE - 1962 Mickey Mantle "Yankee Slugger" Book includes pics & batting history chart \$15. (757) 812-9763

MOUNTAIN BIKE - Raleigh USA Tangent Altimetric Series; 4130 Chrome Moly frame; Shimano Deore LX derailleur; no rims/tires \$50 (757) 599-1960

WEIGHT BENCH - Weider Pro 575 weight bench system, Olympic Bar w/ 320lbs of weight. Good Condition. \$350 OBO (757) 220-9278

GOLF CLUB SET - TM driver and 3 wood (S flex) Bridgestone irons 4-PW with 52, 56, 58 degree wedges & Odyssey putter \$650 OBO (757) 870-4625

TREK ROAD BIKE - 1.2 Model mens road bike 54mm frame. Good for riders 5'8 to 5'11. Lollipop pedals, speedometer w/ pump \$650 OBO (757) 870-4625

TIPPMAN A5 - two tippman a5 paint ball markers w/ E trigger \$150 for both. (757) 647-0121

GUITAR HERO - New Guitar Hero Live for Xbox 1. one guitar and game disc. only played a couple times. \$60 (757) 751-3230

GOLF - Ping G-25 3 Hybrid Regular flex. \$150 Brand new. Won in a raffle and am left handed. Retail Value \$200 (757) 687-9403

4-PERSON TENT - Eddie Bauer tent. used once. all parts. 4 people comfortably. Mesh sides with colapsable cover. send txt \$100 (804) 725-6800

FURNISHINGS & APPLIANCES

DISHWASHER - Black Kitchen aid Dishwasher. Works great. \$80 (757) 749-3146

Furnishings & Appliances cont.

WASHER & DRYER - Whirlpool Set. 6-years old. Clean, Good operating condition. Dryer Timer does not work. Will Deliver. \$250; (757) 897-6875

POKER TABLE - New poker table with collapsible legs for easy storage. Pickup only. Will need truck or SUV to fit ~ 5'x5' (703) 501-4255

TODDLER BED - Like new toddler sleigh bed. Mattress & Frozen bedding included. \$100. Text for pics. (757) 768-6459

CABINET - Ethan Allen Royal Charter Collection oak wall unit w/pocket doors & many compartments \$350. (757) 812-9763

BABY CRIB - Graco Pack-N-Play portable crib w/ zip-up carry bag \$20. (757) 812-9763

3-SEAT COUCH - Dark brown/black. Very comfortable, barely used & in excellent condition. No scratches/cuts. Txt for pics \$250 (607) 621-9589

FILE CABINET - 2 dark wood tone file cabinets. Approx. 24 x 48. Great condition. Sturdy. (757) 871-3682

FUTON - Chrome Futon with 8" Black Mattress, Good Condition. \$75 OBO (757) 220-9278

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

W/D - White Whirlpool top loader; heavy duty-super capacity; want to sell as set. \$200/set. Located in Denbigh. (757) 342-8021

PATIO TABLE SET - Hampton Bay tinted glass top table with 4 chairs. will seat 6. Charcoal grey. Send txt for pix. \$150. Neg. (804) 725-6800

GRAND PIANO - Gulbransen Baby Grand Piano. \$1,300 obo. Good condition, dark stained wood, ivory keys. Located in Va Beach (757) 647-8859

SHOP HEATER - 100,000 BTU Propane Heater. Recently serviced and works great! Send txt for pix. \$75 (804) 725-6800

TWIN BED - Top of Laguna(Haynes) bunk bed- black wood-solid. Mattress included. Pics via text. \$100 neg You p/u. (757) 274-1267

FURNITURE - China Cabinet Wall unit Ex. condition \$150. Complete LR set Ex. condition \$300. Pic avail. (757) 685-8111

ANTIQUE CURIO - 3 shelves. Est. to be 50+ years old. Cherry wood. \$75 OBO. Text for pics. (757) 871-3682

DRYER MAYTAG - Maytag Dryer (White) Works great. \$45. No texting. (757) 813-1486



REAL ESTATE

HOUSE FOR RENT - 1,200 sqft. Located in historic Phoebus. All appliances. Updated. New everything. 809 E Mercury Blvd \$1,100/mo (757) 532-7669

RENT - Lovely 1300 sq ft Townhouse. 2 BR, 2.5 BA. Private gated community by the JRB minutes from NNS. \$985/ mo. (757) 723-0863

LAND FOR SALE - 1.3 Acres in York Co. city water & sewer avail., 5 min. frn I-64, 5 min. frn YKT. BCH, \$65,000 (757) 218-7418

CONDO FOR SALE - 2br/2.5ba, 1476 sq ft. Meridian Parkside in NN, all appliances included, garage, pool, clubhouse. \$174,000 (757) 592-0824

CONDO FOR RENT - 2BR/2BA Condo in Bridgewater/Eagle Harbor Carrollton. Pond view, pool, patio, washer/dryer. Available now. (518) 416-5358

FOR RENT - 5 Bedroom, 2.5 bath brick colonial 2002 SF Fenced, Double car garage; 114 Gwynn Circle, NN; \$1,595/month (757) 675-9954

FOR RENT - Trailer for rent in mobile home park in Smithfield. 2 bedroom. Deck. 30-min to NNS. Call for other info. (757) 812-2719

HOUSE RENTER - \$1,395/mo.; 4BR/2.5 BA 2-story on cul-de-sac; sunroom; 186 Abbey Ct, NN; near Menchville HS; (757) 873-2111

HOUSE FOR RENT - 5BR/2BTH, Hampton home, 10-mins from NNS. Large yard, garage, laundry room nice area. Well kept. \$1,300/Month. (757) 535-7552

HOUSE FOR RENT - Newport News-34th St. 2 BR/1BA house. \$600/month. Avail 12/1. Fenced in yard. 5-mins to NNS. (757) 871-3682

ROOM FOR RENT - beautiful 2,200 sqft home \$600/mo includes all utilities/internet/ access to new wash/dry. Plenty of space (440) 567-2178

PETS

ROTTWEILER - Well-trained 7-month old, Loves kids & performing tricks. Cage, food, bowl, & leash. \$350. (757) 344-2315

PET SITTING - Dog walking in downtown Norfolk/Ghent and pet sitting anywhere! Call for more info! (830) 965-5620

FISH TANK - Free, 100 gal hexagonal tank (with stand) only. On Southside available for pick up. (757) 577-2483

TRAVEL CRATE - Small pet travel crate, 14-in high X 21-in long. Great for small dog, puppy or cat. \$35. (757) 672-8256



MISCELLANEOUS

ELLIPTICAL - Yowza CardioCore Elliptical. Great Condition. Must Sell \$300 obo (757) 746-0766

FIREWOOD 4 SALE - Variety of Firewood not fully seasoned but at a discount, call (757) 968-0052

TREADMILL - 2013 Livestrong, like new, barely used. collapsible, wheels, incline, speakers, lots of options & features. Text/ call for pics, \$800 OBO. (661) 487-9422

BOWFLEX XTREME2 - good shape with new cables, fully assembled and stored indoors. text/call for pics. \$500 obo (661) 487-9422

WINE CHARMS - OBX Shell Wine Charm set 5 piece w/gift box for gifting. Choose color scheme. Call/text for pic/order (757) 236-0789

WINE COOLER - Wine fridge U-line, ULN-15WWC-00, white, 34" tall & 15" wide & 22" deep. Retail \$1,200. Selling for \$450 (757) 310-4769

NUWAVE OVEN PRO - Black, like new. Must see to appreciate. Downsizing. \$75 obro (757) 593-2019

MAKEUP ARTIST - MUA with high quality products, who services Hampton Roads area. Makeup for all events, discount avail. (757) 784-3216

LANYARDS - Breakaway. choose your favorite color, sports team themed or favorite color w/accents. (757) 236-0789

CHICAGO BEARS - Signed NFL Authenticated Urlacher jersey (w/papers) in NFL Bears monogram frame \$600 call or text for photo (757) 236-0789

ICON JACKET - Mens X-LG ICON leather riding jacket \$200 (ORIG 500) for picture call or text (757) 236-0789

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

BOOK OF PRINTS - Currier & Ives book of prints "Print Makers to the American People" by Harry Peters 1942 \$90 (757) 812-9763

MC JACKET - Mens X-LG ICON leather riding jacket \$200 (ORIG \$500) for picture call or text (757) 236-0789

VEGETABLES - Thanksgiving Collard Greens & Sweet potatoes. Cut within 24 Hrs, Greens \$1/LB or \$15/Bushel. Leave message. (757) 254-8272

MEMORY BRACELET - Various colors and options to choose from under \$20. Great for Gifts. Call/text for photos (757) 236-0789

Miscellaneous cont.

HANDYMAN - Free estimate, for all your upgrade/repair needs at an affordable price. call/text (757) 753-5961

MAKE-UP ARTIST - Certified Make-Up Artistry Services incl: Bridal, Prom, Special Events & More. Will travel (757) 325-5353

CLEANING - Amazing Detail Co. Free estimates. Residential/ Offices/ Turnovers/ Restorations. (757) 719-0774

TILE SERVICES - B & G Tile Specializing in custom masterbaths & other installations. Lic. & insured (757) 232-1299

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

ITEMS - Microwaves \$45, Olympic weight bench \$100, back pack blower \$150, patio table 5-chairs \$120, smart glove \$50 (757) 589-7248

ITEMS - refrid/freezer 4.3 cu ft still in box new \$85 total gym supra many attach \$150 food saver seal system \$100 (757) 589-7248

CREOSOTE PLANKS - Salvaged/ repurposed: two at 2x8x72 and one at 2x8x92. Good condition. Outdoor uses: bulkheads & piers. \$15 (757) 599-1960

ANTIQUE SAFE - Early 1900s, Herring-Hall-Marvin, dbl dr combination. Ext 61Hx34Wx32D/Int 39Hx21Wx15D. VG cond. 1.5 tons \$500; (757) 599-1960

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

CARPET CLEANING - "Deep Clean" 3rm carpet cleaning special. We also clean rugs and furniture. (757) 867-3478

CANCER RIBBONS - Ribbon themed jewelry in selected colors with \$2 of each one going to the cause of your choice. Call/text (757) 236-0789

VERA BRADLEY - Assorted Vera Bradley purses, great condition. Send text for pix and prices. Will sell separate or together. (804) 725-6800

GEORGE FOREMAN - Works great, tray included. \$10 call/text (757) 871-7517

VACUUM - PET name brand works well & has attachments, needs new belt Asking \$40. \$100 brand new. (757) 871-7517

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

LANYARDS - Breakaway. choose your choose your colors/sports team themed. Call/text (757) 236-0789

AB LOUNGE - Abdominal exercise lounge for doing crunches. Excellent condition. \$40. (757) 672-8256

Miscellaneous cont.

ROD ROOF RACK - Thule 885 Castaway lockable fishing rod roof rack. Incl. Mounting hardware & instructions. VGC. \$85 (757) 619-4341

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

WOODSTOVE - \$300 Excellent condition. Includes all chimney/flutes for install. Very clean; no cracks or dents. Fully functional. (757) 771-9574

CHICAGO BEARS - Signed NFL Authenticated Urlacher jersey (w/papers) in NFL Bears monogram frame \$600 call or text for photo (757) 236-0789

WINE CHARMS - Christmas Themed Wine Charms. Set of four only \$15 with gift box. (757) 236-0789

WORKOUT - Weider Pro 8900 home gym. Have the original instructions. Works great, Looks brand new. \$200 (757) 749-3146

FIREWOOD - Seasoned and Split Red and White Oak. Will deliver to Williamsburg area, or come pick up. \$90 per load. (757) 508-1603

Miscellaneous cont.

KEEP 'EM OUT! - expert pest management, Termite/Bonds, Moisture Control including sand/poly & Crawl Space Repairs. (757) 873-4999

LAWN/YARD CARE - Mow, Landscape Fertilize & Weed Control, Bushes trimmed, Yard/Gutters Cleaned, Remove Debris, Affordable/Dependable (757) 871-4589

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

A/C SERVICE - Check your heat exchanger for cracks and holes ,potential carbon-monoxide leak. Clean and tune your heat pump; (757) 771-3441

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

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

A/C SERVICE - A/C fall maintenance & early-bird heat tune ups. Diagnostic \$50, Tune-up \$75. Quality work; great rates! Mike (757) 525-0259

Miscellaneous cont.

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

ITEMS - Hot dog roller \$35, Water cooler \$65, Air stepper \$65 Bissel VAC POD automatic stain remover inver/table \$165 (757) 589-7248

6 CEMETARY LOTS - "Garden of the Sermon on the Mount" Peninsula Memorial Park, NN, Retail Price \$3,895, will sell for \$2,500 each (757) 969-8405

ORGANIC BEEF - Call for more information. (540) 255-1292

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

HOUSE CLEANING - \$20 oven cleaning & \$20 fridge cleaning. Call for more info. (757) 604-7788

REMODELING - Call for a free estimate on home remodeling, fence & deck building needs. (757) 256-8131

WANTED

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

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

KNITTING - Seeking someone to teach my daughter how to knit. (757) 214-4555

HELP WANTED - Need someone with exceptional organizational skills to help de-clutter house before staging for sale. (757) 771-0244

ROOMMATE WANTED - Roommate wanted to share rent and utilities in large family home in Smithfield, VA. Call after 7 p.m. (757) 240-7182

VAN RIDERS - VRIDE commuter van from VaBeach to NNS M-F 1st shift. Leave Diamond Springs Rd. to all gates NNS. (757) 450-6740



HII Family Health Center - Did You Know?

Any employee or dependent that is eligible to use the HII Family Health Center will be able to get prescriptions filled at the health center pharmacy or have lab work and X-rays performed even if the requests are ordered by a provider that is not at the health center. All eligible employees and dependents will also have access to the health center's diabetic educator, nutritionist and wellness coach at no cost.