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A weekly publication of Newport News Shipbuilding

X36 Hosts Tool Demo Extravaganza

Last week, Waterfront Support Services (X36) hosted a tool demonstration extravaganza for trade employees inside the Covered Modular Outfitting Facility (CMOF).

Employees who attended the event were not only able to see a showcase of the state-of-the-art tools and equipment currently available at the shipyard, but they were also given a preview of what could be available in the future.

X36 attendants provided demonstrations of over 40 tools and equipment currently available at the shipyard. From cordless wet-dry vacuums to digital torque wrenches, employees learned about and tested each tool. Every item showcased by X36 was made available for checkout during the event.

"A lot of employees don't know about all of the new tools and equipment available in our tool rooms and this event gives us an opportunity to show them what we have and how they work," said X36 Foreman **Lee Holland**.

Additionally, 20 manufacturers and suppliers showcased cutting-edge tools and equipment that could be available at the shipyard in the future. While the tools and equipment featured by these manufacturers were not available for checkout, employees were encouraged to learn about each item and discuss the future benefits with their supervisors.

"It was great seeing all of the craftsmen and craftswomen so excited about the event," said Foreman **Talyr Janus** (X36). "Everyone felt welcome and enjoyed seeing the tools that we carry and hearing about future options."

Several other departments participated in the event. Safety (O27) offered a booth for safety glass fittings, while Facilities (O41) offered an ergonomic-themed booth with dollies, wagons and specialized lifting braces. Interactive Health was also on site to educate employees on the importance of healthy living.

NNS' Holiday Food Drive Concludes This Friday

Newport News Shipbuilding's annual Holiday Food Drive to benefit the Virginia Peninsula Foodbank (VPF) will conclude Friday, Dec. 16. **William McLaughlin** (E81), a supporter of NNS' annual



food drive, leads efforts within his division to raise awareness about the importance of giving each year. Over the last few years, McLaughlin and his co-workers have collected over two thirds of the total items donated towards the NNS Food Drive.

"What is the Power of One? What if every employee who did not contribute last year brought one can of food? What if every employee who did contribute brought just one more can of food? That would be the power of one united shipyard and could generate almost 18,000 additional pounds of food to help fight hunger in our communities," said McLaughlin (E81).

CONTINUED ON PG 2



NNS' Holiday Food Drive Concludes This Friday

CONTINUED FROM PG 2

To view a list of the supplies most needed during this year's drive, view the Distribution A Memo on MyNNS. Monetary donations by cash or check (checks made payable to the Virginia Peninsula Foodbank) can be delivered to **Judy Fundak** (K18) in Bldg. 520-1. Employees also have the option to make a monetary donation to the campaign by visiting www.hrfoodbank.org/shipyardfeeds. The Peninsula Foodbank will be able to provide four meals for every dollar donated. All monetary donations will be credited to the donor's department and must be received by 4 p.m. on Dec. 16. Monetary donations should not be sent through yard mail.



X11 employees who have supported 2016's "Fit to Fit" initiatives, along with representatives from Tidewater Physical Therapy, stand with Environmental Health and Safety Director **Dru Branche** (second to right in second row) and X11 Trade Director **Joe Sabol** (second row on the right). Photo by **Ashley Major**

X11 Leading the Way as Shipbuilder Strong

The X11 leadership team recently hosted an appreciation luncheon to recognize the department for being the first to achieve the "Shipbuilder Strong" qualification as part of its 2016 Fit to Fit initiatives. The program, managed by Tidewater Physical Therapy (TPT), has trained X11 shipfitters to be better conditioned to prevent injuries.

At the event, **Donna Abbott** (TPT) was presented with a certificate of appreciation and named an honorary shipfitter by the X11 leadership team.

"Over the last year, Donna and her team have partnered with our fitters to show them how to properly stretch and condition for specific jobs that they perform," said X11 Trade Director **Joe Sabol**. "We can't thank her and her team enough for their dedication and hard work in developing us to be 'Shipbuilder Strong.""

The X11 leadership team also recognized the 2016 "Fit to Fit" presenters for their continuous effort in helping shipfitters grow and improve in the areas of health, safety, knowledge, proficiency and engagement.

Ray Bagley, vice president of Trades Operations, attended the recognition event, presented each person with a challenge coin, and congratulated the department on it's achievements.

"It is vital to incorporate simple exercises into daily routines, designate time to exercise on a daily basis, and strive to improve our overall health," he said. "I challenge each of you to continue to help other trades focus on the importance of being healthy and exercising, with a focus on all waterfront trades becoming 'Shipbuilder Strong.""

REMINDER

W-2 Name and Address Verification

In order to prepare for the upcoming tax season, Newport News Shipbuilding's Employment Office would like to remind employees of the following:

- Employees should review their name and address on their pay stubs for accuracy. W-2's will be mailed to the address that appears on the check stub. The first and last name printed on the stub should appear exactly as it does on the employee's social security card.
- Address changes must be submitted to the U.S. Postal Service prior to submission to NNS' Employment Office. Address changes should be submitted via form NN 9-1 and can be submitted through the Human Resources website on MyNNS, by faxing to 688-1837, mailing to HRIS Department O13 in Bldg. 500-2, or by dropping off to NNS' Employment Office in Bldg. 500-1.
- Name changes can be submitted through NNS' Employment Office by calling 380-4878 for additional instructions and required documentation.
- Any address and/or name changes must be submitted by Jan. 6, 2017, to be reflected on 2016 W-2's.
- Employees who claimed exempt for the 2016 tax year must submit a new W-4 card no later than Feb. 15, 2017. Failure to submit a new card will result in withholding at single with zero exemptions.

Check Out New "Hot Shots"

"Hot Shots" is a collection of photos taken by staff photographers each month at Newport News Shipbuilding. Check out the latest edition on the NNS website.



Pictured Right: Machine caught off guard by its portrait. Photo by **Ashley Major**

Video Message from Mike Petters: "The Work You Do is Critical to Our Nation and to the World."

Watch a year-end video message on MyNNS from HII President and CEO **Mike Petters**.



WiSE Members Volunteer at Achievable Dream's Tennis Ball

On Saturday, Nov. 19, 11 members of the Women in Shipbuilding Enterprise (WiSE) employee resource group (ERG) volunteered at the annual Achievable Dream Tennis Ball held at the Hampton Roads Convention Center. WiSE members manned the silent auction area where items were up for bid to support the Achievable Dream's social, academic and morale education (SAME) curriculum.

Pictured Above: WiSE members at Achievable Dream's Tennis Ball on Nov. 19. Pictured (L to R): **Cassandra** Williams (X88), **Cenise Waites** (X57), **Terri Mason** (E07), **Heather Smith** (X75), **Tracey Arzu** (O69), **Brenda Meekins** (O26), **Tonia Smith** (X59), **Tatayanna Cox-Taylor** (X51), **Cynthia Allen-Whyte** (X51) and **Heather Rugnetta** (E86). Not Pictured: **Britta Brown-Zambrana** (K93). Photo courtesy of WiSE



WiSE members and NNS employees pictured in front of the gifts donated to Newport News CASA children this year. Photo by **John Whalen**

WiSE Assist Local Children Through "Secret Santa" Gift Giving Efforts

Women in Shipbuilding Enterprise (WiSE) sponsored more than 50 Court Appointed Special Advocate (CASA) children this year. Newport News CASA volunteers work with local abused and neglected children who are under the court's supervision. The children, ages 3 months to 17 years old, often have nothing to call their own as they are moved from place to place.

"I am overwhelmed with gratitude knowing that at this company, not only do we build great ships, but we have truly amazing people," said **Krysti Filer** (O20). "Until these children have a safe, loving and permanent home, it means so much to me, knowing that they can count on us to provide them with gifts that they would not otherwise receive."

The WiSE leadership team thanks all employees and departments who came together to support this year's initiative.

Visit the WiSE website on MyNNS for information on how you can get involved in upcoming events.



Now Available for Android Users*

Experience Newport News Shipbuilding in the palm of your hands.

News Photos and Videos Careers Shipyard Operations Employee Resources Discounts Special Events and More...



Connection speeds vary based on cellular service and/or wifi connection *Coming to the Apple App Store January 2017 Learn more by watching this <u>video</u>

AROUND THE YARD

HII Insider Threat Program

Huntington **Ingalls Industries** is in the process of standing up a corporate-wide



Insider Threat Program (ITP), which will establish and maintain a program to protect our company and our employees from security risks within our own organization. The following Command Media documents have been published:

- CC 3: HII Insider Threat Working Group
- CP J3: Insider Threat Program
- CO J117: Insider Threat Program

To learn more, visit http://www.hii-homeport. com/security/insiderthreat.stm.

SEEKING LEADERS

MyTime – Did You Know?

If managers, supervisors or foremen experience difficulties in processing time for their employees in MyTime, it may be due to errors or unresolved issues with their time from the previous pay period.



All time in the previous pay period should show as approved and transferred, indicated with an "A" for approved and a "T" for transferred. It is good practice at the beginning of a new pay period to do a final review of the prior pay period to ensure all time has been processed, approved and transferred.

For additional information on timekeeping, visit the Timekeeping Central website on MyNNS.

> Visit www.buildyourcareer.com for more information on how you can build your career with Newport News Shipbuilding.

Job Title	Requisition Number	Dept.	Location
Const. Supervisor	15429BR	X82	Newport News
Const. Supervisor (PSA)	15402BR	X82	Newport News
Const. Supervisor (PSA-2nd Shift)	15403BR	X82	Newport News
Const. Supervisor (PSA-3rd Shift)	15404BR	X82	Newport News
Foreman	15430BR	X82/X18	Newport News
Mgr Communications 3	15397BR	N355	Newport News
Mgr Engineering 2	15280BR	E68	Newport News
Mgr Engineering 2- KSO	15456BR	E91	New York
Mgr Occ Health Safety 3	15467BR	O27	Newport News
Mgr Supply Chain Procurement 3	14692BR	O51	Newport News
Mgr. Engineering 2	15504BR	X51	Newport News

Access Center Closing for Maintenance

The Access Center in Bldg. 625 will be closed for quarterly maintenance 11:30 a.m. - 1:30 p.m. on Friday, Dec. 16. For questions, contact Jay Stefanick (O15) at 688-0894.

Interactive Health Offers New Year Challenge

Interactive Health at Newport News Shipbuilding will be offering a new "Power Up" Program to kick start the new year. The six-week program is a physical activity challenge



that will run Jan. 9 - Feb. 13, 2017. Employees will team up with an Interactive Health coach to focus on weekly Tabata routines to get fit and tone. Coaches will provide teams with weekly motivation and track the teams' results. All participants who successfully complete the "Power Up" Program will have a chance to win an Apple Sport Watch.

To register, visit the Interactive Health website on MyNNS or email InteractiveHealth@hii-nns.com.

Editor: Christy Higgins

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.

Get News. Give Feedback. Follow Huntington Ingalls Industries on:





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 John's story in the Inclusion and Diversity video.

I'm not a **PRODUCTOEN ENVIRONMENT**

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About Face Rethink what you think.

"Growing up in downtown Newport News, I heard all the labels. 'He stays in the hood.' 'He's never going to be anybody.' 'He's probably going to try to rob somebody.' We might not have the best of things. Our situation may not be the best. But I can rise above. I can be better. I can show someone I am not what you think. The more you get to know a person, you'll see that stereotypes start disappearing because everybody is different."

John Witherspoon

Inclusion + Diversity



Newport News Shipbuilding



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DATEBOOK

DECEMBER 17

The Veterans Employee Resource Group (VERG) will be participating in "Wreaths Across America" at the Hampton National Cemetery on Saturday, Dec. 17 from 8 a.m. to noon. All employees are invited to attend. Volunteers will assist with wreath preparation and staging. A wreath laying ceremony will begin at noon. View the flier on Yardnet for additional information. For questions, contact **Beth Hoss** (E89) at 688-4140.

DECEMBER 20

The "Spear and Gear" Toastmasters Club will host a meeting from 4:30 p.m. to 5:30 p.m. in the second floor conference room of The Apprentice School (Bldg. 812). The event is open to all Newport News Shipbuilding employees and no RSVP is required. The event will provide a forum for employees to learn how to become more effective communicators and leaders. For more information, contact **Jason Paquette** (E83) at 534-2770.

DECEMBER 23-JANUARY 2

Busch Gardens is offering an exclusive Christmas Town discount to Newport News Shipbuilding employees, their families and friends. Tickets can be purchased for \$23 in advance for admission any single day during shutdown, Dec. 23 – Jan. 2 (excluding Dec. 25). Tickets are available online at buschgardens.com/BGWNNSB using your MYID or by showing your NNS badge at the 37th Street or 50th Street Bayport Credit Union branches. For additional questions, contact **Kimberly Zayakosky** (O29) at 380-4460.

Note: The NNS discount is not available at the Busch Gardens gate. Tickets must be purchased in advance.



Dominion and Newport News Shipbuilding build classroom at An Achievable Dream

About two dozen volunteers from Newport News Shipbuilding and Dominion Virginia Power teamed up on Monday, Dec. 5 to build a new outdoor classroom for students of An Achievable Dream Middle and High School. They constructed a platform, podium and several benches that will offer teachers and students a change of scenery and more engaging learning experiences.

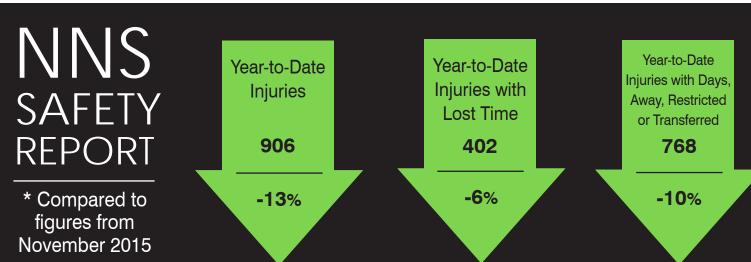
"It's a way of giving back whatever you can do to help the community and bridge the gap," said **Regina McLean** (O22). "It's a privilege."

While it was the first time shipbuilders constructed an outdoor classroom, Dominion has been building several around the state and wanted to partner with the shipyard.

"NNS and Dominion are two of the largest corporate citizens in our region," said **Tom Cosgrove**, manager of Corporate Citizenship and Government Relations. "It's great to see the two companies working together collaboratively for the good of the community. We hope to see students benefit from this outdoor learning space for many years to come." Photo by **John Whalen**



Pictured on front page: Waterfront Support Services (X36) hosted a tool demonstration extravaganza inside the Covered Modular Outfitting Facility (CMOF) Dec. 5-9. Note: Environmental Health and Safety (O27) issued a hard hat variance for the week's event. Photo by Chris Oxley



EMPLOYEE CLASSIFIEDS 🏦 🚠 🍞 Q 💆 🚺 🖵 📭 👐

AUDIO/VIDEO

For Sale- 30" Sylvania HDTV \$150/OBO Text (757) 871-7603	Toyo 2015 Call
Computer Repair- PC/Laptop, Repair Services, Virus Removal, Install Operating Systems. \$85 + Parts. (757) 329-6761	2007 Blue sadd lights
Netgear Router for sale- Night Hawk 1920 Router, speed up your network. \$100.00 Call (757) 329-6761	Pro 20" Boss \$2k
Αυτο	1998 SUV- inside
Motorcycle- '03 H-D Dyna Wideglide, 55Kmi, windshield, saddle bags, luggage rack, mini-ape bars, silver. GC. \$5,975. (757) 390-6693	for Truck Track powe
2010 Toyota Corolla LE- 83K miles, blue, brand new tires and brakes, well maintained and great MPG, \$6,500. (757) 357-4168	wind 2002 8 pa Heat \$2,00
22" Chrome rims/tires- Set of 22" chrome rims w/tires, 5X120 pattern, on 265/35/35 tires, came off '10 Camaro SS. \$950 OBO. (252) 548-8060 454 SS truck- Black 1990 Chevy	2007 Silve Origi Bed
Runs, drive and looks very good, all new brakes (drum/rotors pads/shoes) 115,000m \$7,500. (757) 870-2897	07 H <7 r soft see
2003 Mercedes SLK32 AMG- New 2 seat convertible. Silver supercharged 3.2L V6 @350hp. Runs great. \$12.5k. (412) 327-5766	Taun cove
Tires 2 Bridgestone Dueler- H/L 400 tires P245-55-R19. Fit 08-13 Toyota Highlander Sport/Limited. VGC. \$50 for the pair obo. (757) 291-5297	2010 seats mech interi
1999 Corvette- 70,096 miles, Nassau Blue, LS1, 6 Speed Man, Z06 rims, Garage Kept, No Trades, \$13,500. (757) 826-9394	2008 grey, timin text
1996 Tacoma- Ext Cab 2.4L w5- spd man trans 225k mi. PW, PL, Toyota bedliner & cap. Well maintained. \$4,000. (757) 876-4208	Grea Luxu Prem Miles
2013 Sonata Limited- 81K miles, excellent condition, new tires/brakes, navigation, upgraded sound with dynamat \$12k obo. (757) 604-7027	1,000 2 Hol sizes tunne

Auto cont.

ta truck and trailer- Red,'90 ta SC pickup - \$1,800, 16' trailer -\$2,000 OBO. or text. (757) 771-3246 Honda VTX-R- 20k miles. w/pin striping, windshield, llebags, luggage rack, driving s. EC. \$4,999. (757) 897-8060

Comp- 35/13.5r20 tires on chrome wheels, Putco Big Bars, 6" liftkit Chevy 1500 or sell sep. (757) 354-0642

Dodge Durango SLT 4WD White, V8 Magnum, GC and out, 140k mi, text photos. (757) 818-1488

k for Sale- 2005 Ford Sport Truck, ext shape, red ext, windows/seat/sunroof/rear er ow/etc. V6. (757) 865-0466 GMC Safari Van-SLE 2wd V6 Auto ssenger. 188K miles. Front/Rear & AC. VGC. 11/17 inspection. obo. (757) 291-5297 00 Nissan Frontier SE- King Cab, Excellent Condition, 56K inal Miles, Tow Hitch, New Brakes, Liner \$13,500. (716) 597-8759 Harley Deluxe--- Chromed-out, miles, like new, 12k OBO, HD tail. Custom PT Job, must

to appreciate. (757) 365-9694 o Cover- Tauno Pro tri fold 6' bed r for Tacoma. Great shape, easy nd off \$100 firm. (757) 570-0705

BMW 528i- Luxury heated s/steering/mirrors. No cosmetic/ hanical issues. 62k mi. Clean ior/title. (757) 641-2885

Volvo S60 2.5T- 133K miles, tan leather int, good condition, belt recently replaced, for pics, \$5K. (757) 846-5016

t Project Car- Gold 03 Accord. Edition. Heated Seats. rv Sound. VTEC V6.220K nium Needs Transmission. (757) 376-2126 0 obo.

lley Carbs- DBL pumpers unsure but they are in the 700's tuned for tunnel ram. \$100 ea. (757) 968-2406

BOAT & MARINE SUPPLY

Boat for Sale- 26 ft. Galaxy. with cubie. Inboard Motor. Fully overhauled with trailer. Asking \$6K obo. Call (757) 353-5746

Boatw/trailerforsale-14' john boat with trailer, lots of accessories text for pics. asking \$1,000 OBO. (757) 567-1290

03 Prosports 2550 WA w/ 225HP- Yamaha 4 stroke 578Hrs Aluminum LED Tandem Trailer Portapotti Bimini Top Sink FF VHF all GC \$19K obo. (757) 763-9076

FREE

Holiday Light Show- Animated light display synchronized to music @ 108 Sheffield Way in NN. Foodbank donations welcome.. (757) 329-5826

Free Furniture- Leather Love Seat, Chair and Ottoman. Pictures upon request. Text 757.652.0198 images. 652-0198 (757) for

FURNISHINGS & APPLIANCES

Lifestyle Solution Bedroom Set- New 8pc Queen Bed Set- Hd & ft boards. rails, dresser, mirror, 2 nightstands and chest. \$2,000/OBO. (757) 285-3497

(3) Bar Stools for Sale- 3 bar stools, 30 in. seat height, pewter hammered style metal w/ dark oak seat. pics available. (252) 619-8338

Kids Furniture- Kid's Captain bed w/ drawer's underneath: Oak wood w/ blue trimming for sale. \$250 negotiable. (757) 602-3465

Dining Room - Cherry wood table w/leaf, 6 chairs, and china cabinet. Very good condition. 876-0457 \$750 neg. (757)

Kitchen Set - Round glass top table, w/4 chairs, very good condition. \$300. (757) 876-0457

Living Room - Sofa, chair, coffee table, end tables and lamps. Very good condition, \$500 neg. (757) 876-0457

Furn. and Appl. cont.			
Kitchen Table + Chairs- High kitchen table and four chairs, like new, dark wood, asking \$100. (845) 392-7285			
Black bunk bed- bottom half is futon/ bed. It must be taken apart, txt for pics, asking \$100. (845) 392-7285			
Black Leather Couch- Black Leather reclining couch for sale, bought 4 months ago. TXT for pics, asking \$500. (845) 392-7285			
For Sale- Solid Pine Book Cases & Armor. \$1,500/OBO, retail \$2,500. Text for pics, serious inquires plz. (757) 871-7603			
Dinning Room Set- 8-pc set Dinning 1-table, 5 chairs, 1-serving and 1-corner table \$800 (757) 532-7859			
Living Room End Table Funiture- 4-pc end tables w coffee table wall serving Table. 500.00 Like new, craigslist post 5898256694. (757) 532-7859			
Living Room Funiture- 3 PC Living Room set 750 New Couch with 2 Chairs See craigslist post 5898198322. (757) 532-7859			
Stainless Steel Refrigerator- Kenmore Elite side by side stainless steel refrigerator. \$350.00. Text for images. (757) 871-5814			
Barbershop/Salon Items- 6 black stations, 2 brown stations, 1 black salon sinks. \$50.00 ea. (757) 696-969			
Entertainment Armoire- Honey pine finish, doors, adjustable shelves. 72"H x 36"W x 20"D. \$100. (757) 818-1488			
HOBBIES			
Soda Pop Bottle collection 400-plus			

Soda Pop Bottle collection 400-plus with painted labels; 1960s & 1970s. Mostly Coca-Cola & Pepsi; wooden crates included. \$100. (757) 599-1960

Yamaha Drum Set - Stage custom comes with double base pedal and seat. \$300 (757) 826-9394

Guitar Classes- Jim Hendrix "No reason to get excited, the TV can't explode." 1:1 Midtown NN flxbl sched Call/text. (757) 528-7017

	Misc. Cont.	Misc. Cont.
MISCELLANEOUS	Helping Hands- General home cleaning. Free estimates. Special	\$5 Samsung Galaxy J3 Case-have 2 \$5 Samsung Galaxy J3 cases available.
Exercise equipment- Maxi Climber stair climber, and LifeSpan spin stationary cycle. Like new. \$100 each.	occasion cleaning welcomed. Licensed & insured. (757) 371-3904	Text for pictures. (757) 438-8752
Can text photos. (757) 818-1488 Treadmill For Sale- Pro-Form 765i	Laundry detergent - 5 gallon bucket of liquid H.E formulated \$35 last 5 to 6 months, air	Welding Machine with Shield and Cart- Like new. Includes Lincoln mig welding machine, shield and cart. Asking \$500 (757) 353-5746
treadmill, used, good condition. \$150 OBO. Text for more info. Must pick up. (757) 739-1974	purifiers \$35 to 65 (757) 218-2946	Electric Black and Decker Edger-Runs
Groceries + Delivery Service- Ches/	Items- Microwaves \$35 and up, Patio sets \$145 and up, Carpet shampooers \$55 to 75, vacuums	great. Asking \$50. Call (757) 353-5746 Rotor Tiller-Yard Machines 5-Horse
Portsmouth area + add errands for extra fee. great for elderly or people on the go. Call. (757) 750-7036	\$38 and up. (757) 218-2946 Exercise Equipment - Ellipticals	Power. Runs like Gas powered. Asking \$300. Call (757) 353-5746
Dept 56 Collectible Houses- Porcelain Dept. 56 houses. Many	\$50 to 250. Exercise bikes \$45 to 150, Treadmills \$135 to 299, Row machines \$225 to 699. (757) 218-2946	Boat Motor- Mercury Alpha One Boat Motor for \$300. Inboard/ Outboard Drive with stainless
pcs. Great for train layouts. Call for prices and info. (757) 873-0961	Sportscraft Foosball Table- very good condition \$100.00. (757) 812-1526	steel prop. Call (757) 353-5746
Child Care- 3mths-4yrs located in Hampton 6am- 6pm Free	Makeup Artist- Services	Electric Boat Motor- Asking \$250. 40 Thrust. Paid \$600. Call (757) 353-5746.
registration only 100 weekly pickup on 35th. (757) 553-2003	incl: Bridal, Proms, & More! Will travel. (757) 325-5353	PETS
Fitness Equipment- Procam 300 Treadmill for sale - like new 3 years old. \$175.00. Pickup. (757) 876-5278	Mobile Mechanic ASE Certified- I come to you. Flexible hours. Affordable prices. (757) 352-0622	Black and White Kitten- very friendly, playful, vet checked, 4 months old. (757) 692-9197
Harvard Air Hockey table- like new 80" for \$100. (757) 817-6369	Lawn Care- Affordable lawn care to include cutting, edging, leaf removal, flower beds & more. Call Jerry. (757) 713-0660	REAL ESTATE
Sole E25 elliptical for sale- like new E25 brand elliptical for sale for \$400. (757) 817-6369	Vegetables- Collard Greens for	House for rent in Hayes- 3BR/2BA/
Split Oak Firewood- Cord \$150.00. You pick up. Call for smaller	\$15 per bushel, Sweet Potatoes Reds for \$20 per bushel, Whites for \$22 per bushel. (757) 254-8272	LR, Sunrm, Pool, Garage, 2 acres, Deck, Fireplace, \$1,450/ mo. Call Vickie. (757) 634-8106
quantities or delivery. (757) 715-5460	Local Honey- Fresh from the hives in Suffolk, Great for allergies,	Room for rent - \$550 Includes your own mini frig, cable and WiFi in
Exercise Equipment- Pro FOrm XP Exercise Bike Programmable \$125.00. (757) 570-8727	unfiltered, unpasteurized \$12 per 1lb jar Text. (757) 617-2827	room. Home includes off street parking. Norfolk. (757) 779-6472
Exercise Equipment- Nordictrack Fit Treadmill Programmable \$200.00. (757) 570-8727	Copper Wire- Copper Wire. Large and small spools. AWG or Standard 500/500sp.\$40/\$20ea.(757)696-0969	Nice 1,540 sqf Home- 3 minutes from NNSY 5 BR, large dinning&livn rooms, large kit and bathroom. Remodeled in 2011, \$125K neg. (757) 870-2897
Exercise Equipment- Schwinn Drifter Beach Cruiser Bike All White, Brand New \$100.00. (757) 570-8727	Woman Steel Toe Shoes for Sale- Size 5. Asking \$50.00 or best offer Call or text (252) 312-8793	4BDR/3BA For Rent in Foxhill- Near Gosnold Park, minutes from NNS or LAFB. Large garage, deck & driveway. 2,100 sq ft

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Real Estate Cont.

Apartment- Wshr and Dryer, 2BR/2BA. All Utilities included except electric, zipcode 23602. Nice area. Rent \$849. (757) 729-1145 Weekly Roomate- Working OT/ commuting? Don't drive, rent a room 3-5 days/\$150. W/D, Kitchen/WiFi/ cable.12 mins away. (757) 240-1856 Home for Sale- 3 br 1 bth new appl, cabinets & flr. priv fenced yard shed w/pwr, great first home, Farmington area. (757) 532-5690 3BR/1BA Home for Rent- Off Back River Road in Safe Fox Hill. 5-10 min from NNS, LAFB. Double Garage, W/D incl. \$1,300/Month. (757) 390-8341 House for Rent near LangleyAFB-3 BR, 1 BA House for rent. Back River Rd in Hpt. 5 min fr Langley AFB. Double garage & W/D. \$1,300/month (757) 329-2361 WANTED

Van Riders wanted- HRT Van from VA Beach to NNS daily, 1st shift. Leave Diamond Springs Rd. to all gates NNS. Call (757) 450-6740

Van Riders- Van leaving from Belvidere Nc, Chowan, Gates County and down town Suffolk to NNS 1st shift. (252) 619-3117