

# CURRENTS

9 | 10 | 2018

A weekly publication of Newport News Shipbuilding



Christine Mitchell and Stephen Riddick put the finishing touches on the bow flag for *Delaware* (SSN 791). Photo by John Whalen

## NNS to Christen *Delaware* if Weather Permits

Newport News Shipbuilding is planning to christen *Delaware* (SSN 791), the 18th Virginia-class submarine, on Saturday, Sept. 15. However, officials are keeping a close eye on forecasts for Hurricane Florence.

During the christening ceremony, Ship's Sponsor Dr. Jill Biden – wife of former Vice President Joe Biden – will perform the traditional honor of breaking a bottle of American sparkling wine across the submarine's bow.

**Christine Mitchell** (X32), **Jessica Barber** (X32) and **Arthur Petty** (X32) are among the shipbuilders in the Sail Loft Shop who worked on the huge flag that will cover the submarine's bow unit during the ceremony. "This is actually something you can show your family and friends," Barber said of the bow flag. "Since most of our work is classified, it's nice to have something they can see and take pictures of."

Mitchell said she is proud to support the sailors who will serve on *Delaware*. "I'm sure it makes them happy to see the things that we've done to make the submarine look nice during the christening," she said.

### Ceremony Information

The ceremony is scheduled to begin at 10 a.m. and will be broadcast live on the Huntington Ingalls Industries Facebook page and at [nns.huntingtoningalls.com/delaware-christening](http://nns.huntingtoningalls.com/delaware-christening). Use #SSN791 on social media to follow the event and congratulate shipbuilders. Officials will decide whether or not to postpone the christening ceremony Tuesday, Sept. 11. If the ceremony is postponed, ticket holders will be notified.



## HURRICANE FLORENCE

### Prepare for Severe Weather Threat

There is a possibility that Hurricane Florence will impact the region this week. Shipbuilders are reminded to call the Newport News Shipbuilding Employee Information Phone Line at 1-877-871-2058 or check the NNS to Go app for information regarding the status of shipyard operations during inclement weather.

In addition to the phone line, employees are reminded of other NNS communication channels, including company email, social media (HII Facebook and Twitter pages and NNS President Jennifer Boykin's Facebook page), NNS websites and SEND WORD NOW.

For information about how to prepare for storms and to review evacuation routes in Virginia, visit [www.KnowYourZoneVA.org](http://www.KnowYourZoneVA.org).

### Record Year for School Tools Drive

During the 2018 Newport News Shipbuilding School Tools Drive, employees donated more than 24,500 school supplies for students living in Peninsula and South Hampton Roads communities.

"Hundreds of less fortunate students throughout Hampton Roads returned to school this year with a smile and a backpack filled with tools for success, thanks to NNS shipbuilders," said Community Relations Representative **Judy Fundak** (K18). "This year's school supplies collection was the largest on record and will make a definite difference during the school year for many children in need. Our shipbuilders continue to keep the 'caring and sharing' alive and validate the certainty that they are the best."

CONTINUED ON PG 2

## Working Together to Find Solutions

Newport News Shipbuilding is bustling with new construction, overhaul and fleet support work. However, it doesn't come without growing pains. When shipbuilders from several departments noticed a backlog in non-destructive testing of components and assemblies, they worked together to find ways to work more efficiently.

“We were able to come together quickly. Everybody was thinking about the overall mission, and not just their department's role,” said O38 Chief Inspection Supervisor **Ralph Motley Jr.** “We're working together to change the way we do business.”

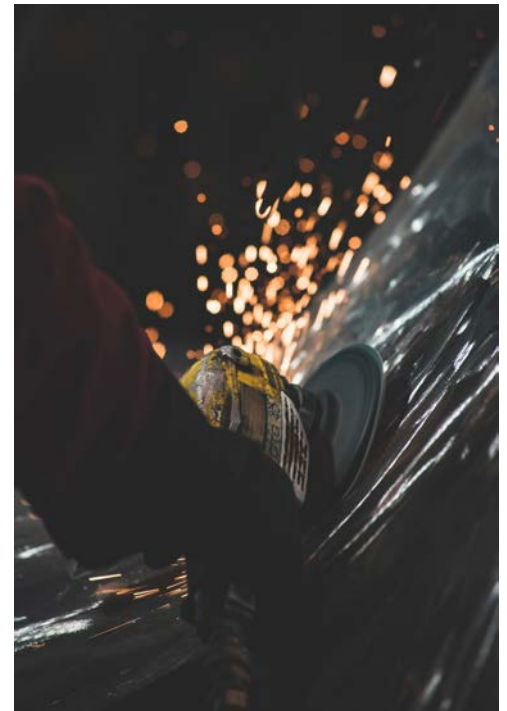
Motley said the current process only allows inspectors on his team to inspect welds in one 8-inch area at a time. However, the Foundry and the Machine Shop both employ multidirectional machines, technology that speeds up the process by supporting inspections of much larger areas at a time.

The different departments came together to initiate pilots that allowed O38 inspectors to use Foundry and Machine Shop equipment to inspect Virginia Payload Tube (VPT) covers and Nucleonics Lab Decks (NLD), respectively.

“Our company is large and spreads over many acres. We sometimes learn ways or find equipment that significantly improves how we execute our processes, and it's important that we continually collaborate with each other to spread our lessons learned to other areas and to other work,” said Machine Shop Superintendent **Joey Perry.** “This will ensure we all can learn and perform to our best ever.”

Motley said the pilots helped establish new processes for VPT and NLD inspections, and more pilots are on the way for other assembly inspections. The return on investment – from this inspection process and other advancements in recent years – is clear.

“Take the VPT covers, for instance. What used to take six months now takes a half day. That's pretty impressive, and we achieved it by thinking outside the box,” Motley said. “We're trying to rinse and repeat on other assemblies.”



Alverse Stringfield grinds steel in the Covered Modular Assembly Facility. Photo by Ashley Cowan

## Check Out September Hot Shots

Hot Shots is a collection of photos taken around Newport News Shipbuilding by staff photographers. View the September edition on MyNNS or on the NNS to Go app.

## Record Year for NNS' School Tools Drive

CONTINUED FROM PG 1

Shipbuilders donated school supplies such as pencils, pens, paper, notebooks and backpacks through box collections and online giving. This year's drive included a partnership with VersAbility Resources – a local nonprofit organization that employs hundreds of people with disabilities. The supplies were taken to VersAbility's Hampton warehouse where employees sorted, counted and packaged donations from shipbuilders.

“Our employees love it,” said VersAbility Production Manager Ashley Brown. “They're happy to give back any way they can, and they are some of the hardest workers you will ever meet.”

Donated school supplies are being



VersAbility Resources employees Krystle Person, from left, and Arentha Alston are handed a box of school supply donations by shipbuilder Lynn Vance (K45). Photo by John Whalen

distributed via social services agencies in Newport News, Hampton and York/Poquoson, as well as local Boys & Girls Clubs and ForKids in Norfolk.

## NAVSEA Security Evaluation Postponed

Newport News Shipbuilding was scheduled to undergo a NAVSEA 08 Security Evaluation this week, Sept. 10-14. However, due to the potential for inclement weather, the evaluation has been postponed. The new date for the security evaluation will be communicated when it is available. For more information, contact **Steven Stern** (O15) at 688-0172.

## Sharepoint Training Revamp

Process Standardization and Integration (X57) and Technical Skills Development (O35) are working to revamp Sharepoint Training at NNS. Visit the Technical Skills Development website to learn more about training opportunities and to register.





PEER Program cohorts 6 and 7 are pictured with Lucas Hicks and Jessica Gomez. Photos by Ashley Cowan



## PEER Program Holds Graduation Ceremony for Cohorts 6 and 7

Newport News Shipbuilding's Professional Enhancement and Enrichment Rotation (PEER) Program held a graduation ceremony for 30 employees in Cohorts 6 and 7 on June 6. The event marked the completion of a two-year journey for the graduates and included family members, friends and mentors.

Engineering Director **Jessica Gomez** was mistress of ceremonies for the event, themed "Forward Thinking." **Lucas Hicks**, vice president of the *John F. Kennedy* (CVN 79) Program, was the keynote speaker, and advised graduates to be the best at what they do in every step of their careers. Using his own career progression as an example, Hicks described how he turned challenges into growth opportunities while utilizing a broad network of professional contacts to proactively manage his path forward.

PEER Program Manager **Gary Figg** expressed pride in being associated with the program's growing legacy and applauded the graduates' individual and collective accomplishments.

NNS President **Jennifer Boykin** and **Susan Jacobs**, vice president of Human Resources and Administration, also provided words of encouragement for the graduates.

View more photos from the graduation ceremony on MyNNS. See the PEER Program website for nomination forms and for upcoming lunch and learn and open house sessions. The PEER Program is available to all salaried individual contributors at NNS.

## HII Insider Trading Policy Reminder

The Business Management Division reminds shipbuilders of Huntington Ingalls Industries' policy on insider trading. The policy states that federal securities laws prohibit trading of a public company's stock or other securities (such as bonds or stock options) while in possession of material non-public information.

This restriction includes increasing or decreasing an HII stock position in retirement or 401(k) accounts. Material non-public information is defined as any information not available to the general public that could affect the price of the security and that a reasonable investor would consider important in deciding to purchase, sell or hold securities of the company in question. Insider trading can result in substantial civil and criminal penalties, including civil fines of up to three times the profit gained or loss avoided and a criminal fine of up to \$5 million. Individuals may also face a jail sentence of up to 20 years.

For more details, including information on transactions that are not subject to insider trading restrictions, read the Corporate Policy A11 – Insider Trading. For questions about the policy or whether you possess material nonpublic information, contact the Law Department (O16) prior to executing any HII stock transaction.

## On the Spot Ethics Awards Announced

The following shipbuilders were recently honored with Level Two On-the-Spot Ethics Awards: **Nytle Henry** (X57), **Natasha Jones** (X33), **Cedrick Short** (T51), **Rocky Jones** (X73), **Justin True** (X11), **Elbert Riddick** (X33) and **Raymond Raquipiso** (E16).

To nominate a fellow employee, submit form C-941 to the Ethics Office, Dept. O18.

## Show Pride on Newport News Day

Shipbuilders are invited to celebrate Newport News Day on Friday, Sept. 21. The Pride In What We Do team encourages shipbuilders to unite by wearing blue shirts and gathering at The Rock at 12:10 p.m. for a group photo.

Shipbuilders who participate have a chance to win a \$50 gift card to the NNS Spear & Gear company store, as well as goodie bags filled with NNS products. Newport News Day will occur the third Friday of every month, and group photos will be taken at different locations across the shipyard.

For questions, contact **Adam Krininger** (X84) at 380-4286. Watch a shipbuilder pride video on MyNNS.

## DATEBOOK

### SEPTEMBER 10

The Contracts and Pricing Division will host a Submarine Cost Estimating Info Session from noon until 12:30 p.m. in the Supplemental Modular Outfitting Facility (Second Floor Conference Room). The Contracts and Pricing team will present information about their work, discuss their role in the shipbuilding process and share career opportunities in cost estimating. To apply for a position in cost estimating, visit [www.buildyourcareer.com](http://www.buildyourcareer.com) and search for positions in the "Current Employees" portal.

### SEPTEMBER 13

The "Spear and Gear" Toastmasters Club will host a meeting from 4:30 to 5:30 p.m. at The Apprentice School (Bldg. 1919, Room 247). 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.

### SEPTEMBER 14

Attend a "Bring Your Own Lunch and Learn" Leadercast Coaching Moment featuring the James Brown video "Organizational Vision: Depth Before Height" from noon until 1 p.m. in Bldg. 903-1 (Conference Room 129A). The video will be followed by a discussion. Brown is a three-time Emmy award-winning network broadcaster, host of NFL Today and a special correspondent for CBS News and "60 Minutes." No charge will be provided. Attendance must be on employee's own time. For more information, contact **Sunny Harvat** (O25) at 380-4879.

### SEPTEMBER 18

The Veterans Employee Resource Group (VERG) is hosting a birthday celebration for the U.S. Air Force from noon until 12:30 at Applebee's (Bldg. 227). For more information, contact **Adam Krininger** (X84) at 380-4286.

## NNS SAFETY REPORT

Compared to figures from August 2017

Year-to-Date Injuries

**704 (up 12%)**

Year-to-Date Injuries with Days  
Away, Restricted or Transferred

**507 (up 23%)**

Safety Improvements

**1,098 (17% above goal)**

### SEPTEMBER 19

The Operations Quality of Life Health and Financial Wellness Group will host its last "Fun at the Park" event from 2 until 5:30 p.m. in the HII Family Health Center parking lot. Enjoy games, giveaways, healthy snacks, music and register for a chance to win a YETI cooler.

### SEPTEMBER 25

Attend an upcoming "Bling on a Budget" class from SmartPath. Classes are offered from 6 until 6:45 a.m. in Bldg. 1744-6 (Operations Conference Room), noon until 1 p.m. in the Old Apprentice School (Bldg. 14, Third Floor Conference Room) and 4:30 until 5:30 p.m. in the VASCIC auditorium. Email [BeWell@hii-co.com](mailto:BeWell@hii-co.com) to register for your preferred class time or ask your foreman to register you. **Registration is required. Management-approved PTO/flex is also required during scheduled work hours.**

### SEPTEMBER 27

Attend the Benefits, Resources, Free Things and More Expo from 2:30 until 5:30 p.m. in Bldg. 520-6 (James River Room) to learn about resources available to shipbuilders. Representatives will be on hand to answer questions about company benefits. SmartPath and Enterprise Rideshare representatives will give presentations. For more information, contact **Adam Krininger** (X84) at 380-4286.

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### OCTOBER 5

The In-Service Carrier Program will host its 15th Annual Aircraft Carrier Invitational Golf Tournament at Ford's Colony Country Club. The event is a four-man Captain's Choice format starting at 1 p.m. with registration beginning at 11 a.m. The cost of \$500 per team includes golf, driving range, welcome gifts and dinner. Proceeds from the event will benefit the USO. Contact **Bruce Roberts** (K69) at 380-4964 to register.

### OCTOBER 6

The Peninsula Engineers Council will hold a joint society meeting of all engineering groups in Hampton Roads and Richmond from 5:30 until 8:30 p.m. at Revolution Golf Grill in Williamsburg. The speakers will be technology historians John Quarstein and Nathan Vernon Madison. All engineers and guests are welcome. An RSVP link will be provided at [www.va-pec.org](http://www.va-pec.org) or Eventbrite. Contact **Dave Conley** (O31) at 688-0250 for more information.

### OCTOBER 10

The Hispanic Outreach Leadership Alliance (HOLA) Employee Resource Group will host a Hispanic Heritage Month celebration from 4:30 to 6 p.m. in the VASCIC auditorium. Richard Montañez, PepsiCo's vice president of Multicultural Sales and Community Promotions, will be the keynote speaker. Montañez is recognized as the creator of the Flamin' Hot line of products, including Flamin' Hot Cheetos. The event is open to all HII employees. Contact **Sam Byrne** (E14) at 688-2096 or **Marisol Liceaga** (E83) at 688-2285 for additional information.

### OCTOBER 20 & NOVEMBER 3

Newport News Shipbuilding is a sponsor of the Hampton Roads Heart Walk. The Peninsula walk is Oct. 20 at Peninsula Town Center in Hampton, and the Southside walk is Nov. 3 at Mount Trashmore in Virginia Beach. Register at [www.HamptonRoadsHeartWalk.org](http://www.HamptonRoadsHeartWalk.org) or become an NNS team lead. For more information, visit the NNS Heart Walk website on MyNNS or contact **Amy McDonald** (X71) at 688-6489.

### OCTOBER 21

The Mariners Club is hosting its annual fall golf tournament at Kingsmill's River Course. Start the day with a breakfast buffet at 7:30 a.m. Tee-off is at 9:30 a.m. For additional information, see the flier or contact **Femi Audifferen** (X76) at 688-3843.

### OCTOBER 27

Join fellow shipbuilders at the Leukemia & Lymphoma Society's Light The Night Walk from 5 until 9 p.m. at the MacArthur Center Green in Norfolk. The walk supports blood cancer treatment research that saves lives. To donate, visit [pages.lightthenight.org/va/hroads18/huntingtoningallsindustries](http://pages.lightthenight.org/va/hroads18/huntingtoningallsindustries). For more information, contact **Eric Olsen** (X22) at 688-1868.

## SEEKING SHIPBUILDERS

Visit [www.buildyourcareer.com](http://www.buildyourcareer.com) to search for the latest NNS job openings.

Job Title	Req Number	Dept.	Location
iDS Columbia Project Lead Engineer 2	23917BR	K07	Newport News
IT Systems Engineer 3	25085BR	T56	Newport News

Employees are encouraged to use the "Current HII Employees" portal to apply. The company continues to offer cash bonus awards for referrals to select positions, visit [www.huntingtoningalls.com/careers/refer-a-friend](http://www.huntingtoningalls.com/careers/refer-a-friend) for more information.

## EMPLOYEE CLASSIFIEDS



## AUDIO/VIDEO

Crown XLS1000 Stereo Amplifier - 2 channel amp for PA or home. 215W x2 8 ohms, 350W x2 4 ohms. RCA+XLR inputs. Text for pics. \$150. (757) 869-4842

Yamaha AX-596 Amplifier - Natural Sound Stereo integrated amp w/ remote, 100wpc into 8 ohms. Works great. Text for pics. \$150. (757) 869-4842

## AUTO

1997 Jeep Wrangler TJ - 4WD, 63K miles, garaged, 6 cylinder 4.0L, Auto, AC, soft top, plus Bimitei & Safari tops. EC. \$8,500. (757) 541-3561

2006 Cadillac Escalade EXT - All-wheel drive, 74K miles. Excellent condition. 20-inch wheels. Metallic white. \$14,900. (757) 541-3561

2009 HD Softail Classic - Excellent condition, 8/19 insp, 28k miles, VH pipes, heated grips, garage kept. \$9,500. (757) 310-3273

Motorcycle Seat - Stock pleather double (2-person) motorcycle seat for a 2014 H-D street glide, black, EC. \$175. (757) 672-8256

1984 Chevy Silverado - 4.3v6 3/4 ton. Clean body. Starts and drives. Possibly needs a motor. \$900 OBO. (757) 753-8936

1996 Chevy Work Truck - 5-speed, needs motor. Clean body. \$500 OBO. (757) 753-8936

Harley Davidson 1995 Softail Custom - Black, runs great, ready to ride. Price drop. \$4,100. (757) 298-1733

2006 Harley Dyna Low Rider - <9k mi, pearl white, mid controls, spoke rims, new inspection, garage kept. Text for pics. \$6,500 OBO. (757) 618-0721

2005 GMC Canyon Crew Cab - 3.5L w/258K miles (all hwy). New inspection, bed cover, tow pkg. LF fender damage. \$2,300. Text (757) 504-6729

## Auto cont.

2015 Kia Forte5 SX - Red, black int, A/T, 1.4L turbo, 38 mpg., hatchback, back-up camera, Bluetooth, 13,600 mi. EC. \$14k. (757) 663-9626

## BOAT &amp; MARINE SUPPLY

Bass Tracker Boat - 1990 boat. Motor rebuilt 1987. 17 ft w/40HP Evinrude, tuned & ready, trailer incl. Text for pics. \$2,800. (757) 817-6292

Grady White - 226 Seafarer with 200HP salt water series engine with trailer. Excellent condition. \$20,000. (757) 652-8919

## FURNISHINGS &amp; APPLIANCES

Hanging Wooden Wine Rack - With chalkboard. Holds three wine bottles and two glasses. Text for pictures. \$50. (757) 504-6032

Custom Wood Baby Gates - Prices vary depending on size. Text for info. (757) 504-6032

Refrigerator - White, side-by-side with water and ice dispenser. Works great. \$350 OBO. Works great. Call after 3 p.m. (757) 274-3839

Ethan Allen Sofa - Abstract navys/teals, like new, non-smoker, picture to match. \$350 OBO. Text for pics. (757) 817-6292

Dining/Kitchens Chairs - Six tealish green, whole chair covered in material, comfortable, non-smoker. \$10 each. Text for pics. (757) 817-6292

Roomba Vacuum - Roomba Model 570 vacuum w/charging base and 1 sentry. Works great. \$150. (757) 813-1781

Natuzzi Sofa & Love Seat - Leather 72" sofa & 48" loveseat. Two years old & in excellent condition. \$1,000 OBO. (757) 570-0705

## REAL ESTATE

House for Sale - 3 BR/2 BA, 1,300 SF, shed/patio. New kitchen, lighting, paint, carpet. Colony Pines-NN. \$217.9K. Text (757) 897-2570

Room for Rent - \$125 per week with all utilities included. Close to shipyard. (757) 298-1043

NN Townhome for Sale 2BR/2.5BA - 1,300 sq. ft., att. 1-car garage, end unit, 10 years old, pool/clubhouse, I-64/Jefferson. <15 min to NNS. \$179,900. (757) 508-0786

Apartment for Rent - 2BR, 2BA, \$700/month. 7004B Warwick Blvd., close to NNS. Text to see. (757) 817-6292

Home for Sale in Surry, Va. - 3 bed, 2 bath, open floor plan, new maple kitchen cabinets, eat-in kitchen. 2.2 acres. (757) 620-4472

Edgehill Home for Rent - 3BR/2BA. 1,340SF home & garage. 1/2 acre & big shed. Great community. \$1,500/mo. (757) 876-7888

5BR/1.5BA House for Sale in NN - Menchville area, spacious w/ great features. Sunroom, fenced yard, large shed. Quiet street. \$220k. (919) 356-8427

We Buy Houses - Any condition, any location, any situation (757) 529-6803

## MISCELLANEOUS

VT Football Tickets - I have 4 season tickets on 25 yl, and won't be using all for each game. Call/text for availability. (757) 593-2426

Cleaning - Home cleaning for any occasion. Call for estimates. (757) 750-6262

House Cleaning - Home & move out cleaning Free estimates. Special occasion. Licensed & insured. (757) 975-1546

Items - Microwaves, \$35 & up. Weed eater, hedge trimmers, blower, \$35. Hot air cooker, \$65. Vacuums, \$35 & up. (757) 218-2946

## Miscellaneous cont.

Heating/AC Service - Repair, replace, tune-up. Licensed & insured. 30 yrs exp. Quality work, great prices. Same-day service. (757) 525-0259

BMX Bike - Kink GAP XL BMX bike. 21-inch frame. Shadow rear rim, 20x2.30 tires. 2 years old, not raced, \$150. (757) 268-1080

Items - Knee Scooter, \$115. Nu wave oven, \$75. Air fryer, \$65. Weight benches, \$55, \$59, \$65, \$99. Hedge trimmers, \$35. (757) 218-2946

Exercise Equipment - Treadmills, \$115 to \$399. Elliptical, \$85 to \$299. Exercise bikes, \$65 to \$220. Concept 2 Rower, \$799. (757) 218-2946

Brand New Makeup - Variety of makeup available at a discount price. Call for pic. (757) 771-6137

Exercise Equipment - Golds Gym Set, XRS50. Gently used. \$135. Call or text. (757) 876-4860

Heating & A/C - Service, repair, replacement. Licensed & insured. 30 yrs exp. Quality work, low prices. 7 days/wk. (757) 605-8643

Pest Terminator - Free inspections. Expert pest, termite, moisture control, under house repairs & poly installation. (757) 873-4999

3/4" Plywood - \$25 OBO/sheet. 33 sheets, clean, not warped or peeling, out of the weather. (757) 618-0721

A/C Service - Installations, service and tune ups September discounts. Call today (757) 771-3441

Affordable Childcare - State licensed, loving environment and enrolling now in Churchland. (757) 376-3374

Umbrella Stroller - Used once, compact & convenient, pink, call for pics, \$10. (757) 690-6999

Roofing and Siding - Roofing, siding, crawl space repairs. Honest and affordable. Ref. avail. Free est. Lic. and insured. (757) 641-0738

Home Cleaning - General home cleaning. Free estimates. Special occasion cleaning welcomed. Licensed & insured. (757) 371-3904



# EMPLOYEE CLASSIFIEDS



## MISCELLANEOUS

Gutter Cleaning - We clean gutters by hand, bag the debris, flush your down spouts. Licensed and insured. (757) 810-5115

House Washing - House, roof and concrete cleaning. Most of our methods are used with less than 500 PSI. Licensed. (757) 810-5115

Homemade Soaps and More - Soaps, body butter, sugar scrubs, bath bombs. Many fragrances, made locally. Text for more info. (774) 254-1736

Farm Jack - 54-inch farm jack originally from Tractor Supply. \$30. (757) 268-1080

Lawn Care - Mowing, trimming bushes & trees. Cleaning flower beds & yard cleanups. Great work at great prices. (757) 525-0259

### Miscellaneous cont.

Lawn Care - Mowing, edging, etc. (NN, Hampton, York area). (757) 535-9279

Honda Self-Propelled Mower - Quantum 22-inch cut in great condition with bagger. \$175 OBO. (757) 652-8919

Yard Core Aeration - Free quotes. Quality service at affordable prices. (757) 812-2913

## WANTED

Barber Shop - Licensed barbers and braiders needed. (757) 596-9600

Enterprise Commuter Van - Commuter Van from Va. Beach to NNS daily, 1st shift. Leaves from Diamond Springs Rd. \$35/wk. Text VANRIDE (757) 450-6740

### Wanted cont.

Washer & Dryer - Broken washers & dryers that you are no longer using and taking up space. Will pick up for free. (757) 617-0100

## PETS

American Bully Puppies Standard - 6 pups that are ready to go to their forever homes. (757) 968-3589

2 Bird Cages - 1 large cage, \$150 OBO. 1 medium cage, \$80 OBO. Assembled. Call for pics & dimensions. Leave message. (757) 409-8200

## HOBBIES

1:1 Guitar Classes - Midtown NN. Flexible scheduling. Read/play std notation, chords/theory. Call/text for rates, class times. (757) 528-7017

Bowflex Max Trainer - The M5 is a low impact high intensity exercise machine. \$800. Text (804) 298-6515



Shipbuilders in the Sail Loft Shop prepare the bow flag for Delaware (SSN 791). Photo by John Whalen