



National Aeronautics and Space Administration, John F. Kennedy Space Center

No. 04-36 - September 17, 2004

Published weekly under the provisions of KMI 1590.2. Submit items to KSC Bulletin on KSC Form 7-121. All notices contained herein must comply with the nondiscriminatory principles of the Federal Equal Opportunity Program. Advertised items must be available without regard to race, color, religion, sex, age, national origin, or disability. URL: <http://kscbulletin.ksc.nasa.gov/>

Deadline for Official/Unofficial/Personal notices - Wednesday, 9 a.m.

OFFICIAL

FLORIDA DISABILITY MENTORING DAY: NASA Civil Service and Contractor employees are encouraged to *get involved* in Florida Disability Mentoring Day (FDMD) at KSC on October 20, 2004. It provides students with disabilities the opportunity to spend one-day with the KSC/CCAFS Family. Employees are matched with students, take students to their work sites, and provide a day long enriching experience for the student. This experience allows students to learn firsthand about different types of careers, make the connection between school and work, and target career paths. This is a great way for the KSC/CCAFS Family to gain an understanding of what students with disabilities have to offer, identify potential recruiting targets and demonstrate community and professional leadership. Thank you for your Interest in participating in Florida's Disability Mentoring Day at KSC. Contact Ms. Cassandra Black no later than October 1, 2004 email: cassandra.d.black@nasa.gov. For additional questions, please call Ms. Cassandra Black at 321-867-3358 or Mrs. Jennifer Skaja at 321-730-5301 ext 1135. (XA)

DISCRIMINATION COMPLAINTS: Whenever a KSC employee or applicant for employment believes they have been discriminated against, the employee **must contact an EEO Counselor within 45 calendar days** of the incident giving rise to the complaint. EEO Counselors are trained to inform you of your rights, answer your questions, and can do limited fact finding into your allegations. An informative Equal Employment Opportunity Program poster with counselor's identities and further complaint information is on all KSC Official Bulletin Boards. About Discrimination (Your Rights) is available on the Equal Opportunity Office website a www.ksc.nasa.gov/nasa-only/eo/discrimination.html. For further information, contact the KSC EO Program Office at 867-9165. (AJ)

INSPECTOR GENERAL: The Office of Criminal Investigations (OCI) is the investigative arm of the NASA Inspector General (IG). The OCI is an independent entity and reports directly to Robert Cobb, the NASA IG, in Washington D.C. The primary mission of this component is to conduct criminal and civil investigations of reported or suspected fraudulent acts by employees, contractors, and others relating to the administration of NASA contracts and programs. Although emphasis is placed on major procurement fraud, (particularly allegations of defective/substandard parts, mischarging, kickbacks, bid rigging, and research fraud), investigations are also conducted of theft, conflict of interest, environmental and hazardous waste violations, health care fraud, and computer related crimes. OCI also provides fraud briefings for Government and contractor employees that are designed to highlight potential risks concerning fraud and related matters. Suspected violations can be reported by calling 867-4714 locally, the toll free Hotline at 1-800-424-9183, or by writing NASA Inspector General, P. O. Box 23089, L'Enfant Plaza Station, Washington, D.C. 20024. The OIG Cyber-Hotline can be accessed at www.hq.nasa.gov/office/oig/hq. (OIG)

OIG: The Office of the Inspector General is the focal point within NASA for conducting audits and investigations to promote economy and efficiency and to prevent and detect fraud and abuse in NASA programs and operations. The OIG receives and investigates complaints or information about inefficiencies, mismanagement, or gross waste of funds; possible violations of law, rules, or regulations by NASA employees, contractors, or others; or substantial and specific danger to the public health and safety. The Inspector General will not disclose the identity of a person who provides such information without that person's permission, unless the Inspector General determines that disclosure is unavoidable during the course of investigation. NASA employees are protected by law from reprisal for making complaints or disclosing information to the Inspector General. At Kennedy Space Center, call: 867-4714, or call toll free: 1-800-424-9183, 24-hour answering service, or write: NASA Inspector General, P.O. Box 23089, L'Enfant Plaza Station, Washington, DC 20024. (OIG)

FEDERAL EMPLOYEE HEALTH BENEFITS FOR MILITARY RETIREES: CHAMPUS coverage for military retirees is automatically transferred from CHAMPUS to Medicare coverage upon attaining the Medicare eligibility, at age 65. Employees have 31 days from the date of loss of CHAMPUS to enroll in a Federal Employees Health Benefit (FEHB) plan. Military retirees who are thinking about retiring from civilian service before reaching Medicare eligibility are reminded: to have FEHB coverage as retiree, an employee must be enrolled at the time of retirement; to insure coverage, they should enroll in an FEHB plan that takes effect before the retirement date elected. To keep FEHB after retirement, employees must be enrolled for at least 5 years; and coverage under CHAMPUS counts towards eligibility to carry FEHB into retirement. Questions regarding health benefits should be referred to Kathleen Ellis (867-2002), or Lisa Fowler (867-1883), Benefits Team, Personnel Office, Headquarters Building, Room 2506. (BA-B)

NASA SCIENTIFIC AND TECHNICAL INFORMATION: The NASA STI Program Home Page on the World Wide Web is accessible at URL <http://www.sti.nasa.gov>. The NASA STI Program provides ready access to over three million aerospace and related citations. This service is run by the NASA Center for AeroSpace Information (CASI) for the lead NASA Center, Langley Research Center. (TA-E1)

RIDESHARING PROGRAM: If you are interested in joining an existing car/van pools or forming a new one, contact the Space Coast Commuter Assistance (SCCA) at 952-4563, ext. 301, or www.ridescat.com. Click on the "Space Coast Commuter Assistance" tab, then "carpool matching" or "vanpool matching." Fill out the "information Request Form" online, and submit it. The information provided on the form will be fed into a computer which matches people by residential areas and compatibility of work hours. SCCA will mail the submitter a list of potential car/van poolers. (TA-E1)

GRAPHICS/PUBLICATIONS: Before you begin any work for publication, consult the JBOSC Graphics Department. According to the print shop, approximately three jobs per week have to be reworked because of problems with alignments, reductions, and postscript formats. By consulting with JBOSC Graphics first, you will eliminate wasted time and effort to rework your project. Graphics will ensure your artwork is produced efficiently and is suitable for reproduction. Graphics has electronic transfer capability, a proven method for first quality prints directly from the original, compared to low density reproductions from copied artwork. For information, call 867-3838. For your convenience, JBOSC Graphics has two additional offices located in the O&C Building, Room 1152, 867-7419; and, in the OSB Building, Room 6204, 861-3814. (TA-E1)

RAILROAD SAFETY AT KSC: In an effort to increase SAFETY awareness at KSC, employees are reminded that TRAINS HAVE THE RIGHT-OF-WAY AT ALL RAILROAD CROSSINGS. This includes pedestrian walkways. (TA-E1)

KSC LIBRARY—REQUEST FOR LIBRARY CIRCULATION MATERIAL: KSC employees are required to submit KSC Form 16-19 to request library materials. A written, work-related justification and the signature of the organization's Library Materials Coordinator (LMC) are also required. The Library will not process and submit invoices for payment for materials personally ordered by employees directly from publishers or vendors. (TA-E1)

KSC LIBRARY NEW BOOKS: The following new books are available for loan from the KSC Library. If you need any information, please call 867-3600, visit the Library in HQ, Room 1301, or e-mail to KSCLibrary@jbosc.ksc.nasa.gov

Basics of Spectroscopy, #581527

Biologically Inspired Intelligent Robots, #581485

Digital Shearography: Theory & Application of Digital Speckle Pattern Shearing Interferometry, #581535

Electronic Image Display: Equipment Selection and Operation, #581543

Electro-Optical Imaging System Performance, #581501

Fourier-Transform Spectroscopy Instrumentation Engineering, #581493

Satellite Communications for the Nonspecialist, #581519

To search the Library's on-line catalog go to: <http://nasagalaxie.larc.nasa.gov/> For questions, call 867-3600 or <mailto:KSCLibrary@jbosc.ksc.nasa.gov> (TA-E1)

CCAFS VEHICLE FUELING STATION: The CCAFS Vehicle Fueling Station will be closed from 8 p.m. Saturday to 8 a.m. Sunday on the third Saturday of every month to conduct environmental testing. Refer questions to Mr. Ed Carver, 45CES/CEV, 494-9272. (TA-G)

LOST AND FOUND: SGS Security Services is the focal point for Lost and Found and is in possession of numerous items found on KSC. These items can be claimed upon proper identification by contacting SGS Security Investigations Office at 861-5149. Items not claimed after 90 days will be turned over to the KSC Property Disposal Officer. (TA-G)

REPORTING EMERGENCIES: To report any emergency on KSC, whether it is fire, security, or medical related, (including possible hazardous commodity exposure); dial 9-1-1 or 867-7911 from a cell phone. For walk-in type first-aid treatment, the Occupational Health Facility is open Monday - Friday from 7 a.m. to 5 p.m., and the Launch Area Clinic is open Monday-Friday 7 a.m. to 3 p.m. Hours other than those, call 9-1-1 for emergencies and/or first aid type treatment. **After normal working hours, the non-emergency medical related assistance will be coordinated through the 9-1-1 operators.** (TA-G)

EMPLOYEE ASSISTANCE PROGRAM: All employees are reminded that the Employee Assistance Program offers free, confidential counseling to all Kennedy Space Center and Cape Canaveral Air Force Station employees. Appointments are necessary to ensure adequate time. This program is available Monday through Friday, 7:30 a.m. to 4:00 p.m. Appointments may be made by calling 867-7398. (TA-C2)

MASSAGE THERAPY FOR ALL SPACEPORT EMPLOYEES: Tuesday - Friday, 10:00 am - 4:00 pm (hours can be flexible). 30 minute massage only \$20.00 until December 31, 2004. Gift certificates are available. Call Valerie Jaramillo, LMT #19362 at 867-4762 or email JaramVS@kscems.ksc.nasa.gov. (TA-C2)

2004 KSC INTERCENTER WALK / RUN: Due to Hurricane Frances, the KSC Fitness Centers INTERCENTER WALK/RUN has been **POSTPONED** until **TUESDAY, SEPTEMBER 21ST, 2004 at 5pm** at the Shuttle Landing Facility. The KSC Fitness Centers will be sponsoring the Intercenter Walk/Run on Tuesday, September 21ST at the Shuttle Landing Facility. The 2 mile walk or run; 5k run and 10k run are **FREE** for all spaceport employees. Stop by either Fitness Center by September 17th to pre-register. Late registration takes place at the race. **T-shirts are still available to order at any NASA exchange store. The order deadline is Wednesday, September 15TH at noon** for t-shirts to be delivered before the race. If you have any questions please call Debra Orringer at 7-7829 or email. (TA-C2)

KSC FITNESS CENTER NUTRITION TIP BUILDING A BETTER PYRAMID: A new food guide pyramid has been proposed by nutrition experts from the Harvard School of Public Health based on the latest scientific evidence on health and diet. It incorporates daily exercise and weight control as the foundation of the pyramid. In addition to the influence that both of these can have on an individual's chances of staying healthy, they also can affect how and what an individual chooses to eat. Other components of the new pyramid are listed below.

Whole Grains (at most meals)

The main source of energy utilized by the body is carbohydrates. Whole grains include the outer (bran) and inner (germ) layers, as well as energy-rich starch. Since whole grains take longer to digest than processed carbohydrates (white flour products), blood sugar and insulin levels are kept from rising and falling too quickly. This may help to prevent the development of **Type II Diabetes (adult onset diabetes)**.

Examples: brown rice, oatmeal, whole-wheat bread, and whole wheat pasta

Plant Oils

These heart healthy fats can help to improve cholesterol levels, as well as protect the heart from potentially deadly rhythm problems.

Examples: peanut, olive, corn, & other vegetable oils, and fatty fish (salmon)

Vegetables (in abundance) and Fruits (2 to 3 times)

A diet rich in these can help to lower blood pressure, protect against a variety of cancers, decrease the chances of having a heart attack or stroke, help to avoid intestinal problems, and guard against vision impairments.

Fish, Poultry, and Eggs (0 to 2 times)

These are all important sources of protein.

Nuts and Legumes (1 to 3 times)

Not only are these good sources of protein, they are also good sources of minerals, vitamins, and fiber.

Examples of legumes: beans

Dairy or Calcium Supplement (1 to 2 times)

In order to build bone and keep it strong, it takes exercise, vitamin D, calcium, and other things. If choosing dairy products, opt for low-fat or no-fat ones

Red Meat and Butter (Use Sparingly)

These are placed at the top of the pyramid because they are high in saturated fats. Try switching to poultry or fish a few times a week, which can help to improve cholesterol levels. Try olive oil instead of butter.

White Rice, White Bread, Potatoes, Pasta, and Sweets (Use Sparingly)

These used to be on the bottom of the pyramid, but now they are on the top. The reason is that they cause very rapid increases in blood sugar that can lead to weight gain, heart disease, Type II Diabetes, and other chronic disorders. .

Source: <http://www.hsph.harvard.edu/nutritionsource/pyramids.html> **mailto:** lssc14kscems.ksc.nasa.gov (TA-C2)

KSC/CCAFS HEALTH EDUCATION & WELLNESS PROGRAM SEPTEMBER 2004 ENVIRONMENTAL HEALTH PROMOTION:

The month of September is dedicated to environmental health promotion. Two important topics chosen to be highlighted during this month are indoor air quality and hearing loss prevention. In the last several years, a growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than outdoor air. Since some research has found that we spend up to 90% of our time indoors, indoor air quality can have a significant impact on health. With regard to noise, repeated exposures to loud noise can lead to permanent, incurable hearing loss or tinnitus. Controlling noise from the workplace and the home whenever possible and using hearing protectors is critical for hearing loss prevention. This month's information packet contains information addressing both of these important environmental health issues. The packet will be posted on the HEWP website: <http://sgs.ksc.nasa.gov/sgs/sites/other/chs/omehs/occmcd/home/index.cfm?page=hew>

Hardcopies of the packet will also be available at all medical and fitness facilities. If you or your department/organization would like to be added to the monthly packet hardcopy distribution list, please call Kris Calderon at 867-3414. (TA-C2)

****ENVIRONMENTAL HEALTH PROMOTION TABLE**:** The monthly health education table will be set up at the Logistics cafeteria on September 16th from 11 AM to 1 PM where HEWP staff will display environmental health promotion models and devices and distribute information. (TA-C2)

NEW CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE: A new CVD schedule has been set for the remainder of 2004**

Due to lack of clinical space remaining in the former Cape Area Clinic (CAC), CVD screenings will no longer be offered at the CCAFS. To accommodate this change, screenings will be offered for a 2-hour time period on those months previously scheduled for the CAC. The new schedule is as follows:

Date	Place	Time
Wednesday, October 13 th	OHF	7-8 a.m.
Thursday, October 14 th	LAC (MFF)	7-8 a.m.
Wednesday, November 17 th	OHF	7-9 a.m. (2 hrs)
Wednesday, December 8 th	OHF	7-8 a.m.
Thursday, December 9 th	LAC (MFF)	7-8 a.m.

OHF – Occupational Health Facility (M6-495, Industrial Area @ KSC)

LAC (MFF) – KSC Launch Area Clinic (Multi-Functional Facility @ KSC)

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded from the SGS home page/forms: <http://kscboc-forms/KSCForms2/ref/KSC28-1010.itr>. This form can be filled out on-line and then printed. Please print each page separately. You must fast for 12 hours prior to coming to the screening (nothing but water). (TA-C2)

SEPTEMBER'S VISION SCREENING SCHEDULE: No appointment is necessary. Visit the OHF during these times and ask for a vision screening.

Tuesday September 28 11AM-1PM OHF (TA-C2)

COLORECTAL CANCER SCREENING: Small amounts of blood in your stool, which can be detected with hemoccult slides, can be an indication of colorectal cancer. Hemoccult slides and instructions are available at all medical facilities during hours of operation. (TA-C2)

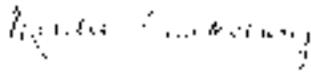
WORKSITE LECTURES: Work-site lectures on any health subject and requests for health information or counseling are available upon request to Kris Calderon, phone: 867-3414, e-mail: Kristine.Calderon@jbosc.ksc.nasa.gov. (TA-C2)

STRESS MANAGEMENT WORKSHOP: Any employee group can request delivery (at any time of the year, during the workday) of a newly developed, interactive workshop designed to teach employees how to handle stress at their workplace and in their lives. The workshop can be condensed to 30 minutes or extended to more than an hour for optimizing coping and relaxation skills. Example of topics and skills covered in this workshop can include:

- Identifying stress triggers
- Learning about the body's response to stress
- Learning "Portable" relaxation techniques
- Stress perception

Kris Calderon, PhD, CHES, BCIAC, KSC/CCAFS Health Education Administrator will be offering this workshop. Kris is certified in biofeedback and has used relaxation training for stress management in her teaching, service, and research. If interested, please contact her at 867-3414 or e-mail at Kristine.Calderon@jbosc.ksc.nasa.gov for more information. The workshop can be delivered in any worksite setting. (TA-C2)

AUTHENTICATED:



Marilee Tewksbury, Center Services (TA-E1)

STORING GASOLINE CAN BE A HIGHLY EXPLOSIVE VENTURE.



UNOFFICIAL

CAFETERIA MENU FOR WEEK OF September 20-24

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup: Chicken & Rice Soup</p> <p>Carb Conscious Combo Creamy Ham & Fauxtato (Mock Potatoes) Casserole and Country Style Yellow Squash</p> <p>Blue Plate Special Open Faced Turkey, w/ Dressing, Mashed Potatoes, & 16 oz. Beverage, \$4.00</p>	<p>Soup: Vegetable Beef Soup</p> <p>Carb Conscious Combo Cilantro Chicken and Green Beans with Red Pepper Strips</p> <p>Blue Plate Special Salisbury Steak w/Gravy, Mashed Potatoes, Vegetable of the day & 16 oz. Beverage, \$4.00</p>	<p>Soup: Split Pea w/Ham Soup</p> <p>Carb Conscious Combo El Dorado Casserole and Sauteed Zucchini</p> <p>Blue Plate Special Southern Fried Chicken, Garlic Potatoes, Vegetable of the Day & 16 oz. Beverage, \$4.00</p>	<p>Soup: Black Beans & Rice Soup</p> <p>Carb Conscious Combo Carbless Salisbury Steak & Twice Baked Fauxtatoes (Mock Potatoes)</p> <p>Blue Plate Special Chicken Pot Pie w/Biscuit Topping, White Rice, Vegetable of the Day & 16 oz. Beverage, \$4.00</p>	<p>Soup: Cream of Tomato Soup</p> <p>Carb Conscious Combo Baked Salmon in Cream & Broccoli w/Herbed Mushrooms</p> <p>Blue Plate Special Fried Cat Fish, French Fries, Vegetable of the Day & 16 oz. Beverage, \$4.00</p>

Assorted vegetables, salads, desserts, and beverages available daily. Soup: bowl \$1.40/cup \$0.80. Each day a "Price Value Meal" or "Grill Price Value" is available and will be posted in each cafeteria. La Pomadora: A variety of Pizza, Stromboli, Calzone or Pasta is available daily.

SPACEPORT ROCKETRY ASSOCIATION: SRA will hold its monthly high power sport rocket launch this Saturday, September 18, from 11:00 AM to 4:00 PM at its Palm Bay launch site. Current FAA waiver allows for flights to 10,000 ft. AGL. On-site vendors will have a large selection of rocket kits and motors available for purchase. See a full scale flying model of a NASA Astrobee D sounding rocket on static display. The website at <http://www.spaceportrocketry.org> will give a list of club officers to contact for directions to the launch site. Additionally, after 7:00 AM on the morning of the launch, the latest launch status is given by recorded message at 772-564-9361 (useful information if the weather appears marginal).

SUPPORTING AMERICAN TROOPS: Employees of SGS Information Management (I. M.) Directorate have mailed 77 packages for military troops in Iran/Afghanistan since April. SGS President **Bill Sample** encourages all employees to join the I. M. effort. **Space Gateway Support, LLC** is paying for the cost of the postage. If you have a friend or relative serving abroad and want to include them in this project, contact Joy Antonucci, I. M. Directorate secretary, at 867-7660 or Elaine Brabaw, JITSO Security Office, at 867-7003 with the official mailing address. To learn more about the program and to view criteria, go to the **www.anysoldier.US**. Web site or view the I. M. Homepage for details.

NASA SKI WEEK 14: NASA Ski Week 14 will be an 8 day/7 night trip to Park City, Utah on Feb. 5 - 12, 2005. The trip is open to all NASA & Contractor employees, their families & friends. The price starts at \$1226 per person (double occupancy) to \$1139 (quad occupancy) and includes round trip air fare from Orlando to Salt Lake City, bus from Salt Lake City to Park City, 4 of 6 day lift pass (5th and 6th days available), 7 nights lodging at the Shadow Ridge Lodge condos (ski in/ski out), welcome party, Banquet with entertainment, and Souvenirs. The standard room has two queen beds. The Shadow Ridge Lodge has hotel rooms, 1BR and 2BR condo options. Non-ski options and child prices are also available. There are three ski areas: Park City, Deer Valley, and the Canyons available to ski. These mountains contain many slopes from beginner to expert (no snowboarding at Deer Valley). Other available activities include: Sleigh Ride Dinners, Snowshoe trips, snowmobiles, Dog sled rides, and shopping in the town of Park City. For further information or applications, contact: Richard Miller (KSC Trip Leader) at 861-3961 or **Richard.L.Miller-1@nasa.gov**

BEGINNER BALLROOM DANCE LESSONS: The KSC Dance Club is offering beginner ballroom dance lessons starting Thursday, September 16, 2004, at KARS 1 and will run for 10 weeks. Classes will be held from 5:30 - 7:00 p.m. and the cost is \$30 per person. The class is limited to 20 students. Must have a KARS card. Please contact Mae at 452-3151 or Frank at 452-5889.

INTERMEDIATE BALLROOM DANCE LESSONS: The KSC Dance Club is offering intermediate ballroom dance lessons starting Thursday, September 16, 2004, at KARS 1 and will run for 10 weeks. Classes will be held from 7:00 - 8:00 p.m. and the cost is \$30 per person. The class is limited to 20 students. Must have a KARS card. Please contact Mae at 452-3151 or Frank at 452-5889.

NASA EXCHANGE: Hope everybody made it through Frances with little or no damage! Just a reminder, the O&C and SSPF stores have new operating hours. The new hours are from 8:00 AM until 4:00 PM. New items are trickling in to our stores so stop by your nearest NASA Exchange store and check them out. Quantities are limited so you better hurry .

KSC EXCHANGE--HAIR SHOPS: Need a "hair repair"? Visit us in the HQ Building, room 1251 (7-7077), or come to the OSB Building, room 1118 (1-3026). We also do military cuts, flat tops, beard trims and much more. Call ahead for an appointment.

KSC EXCHANGE- CITGO GAS STATION: Pay at the pump is open 24 hours, 7 days a week, for gas and diesel. CITGO and all major credit cards accepted. For information, call 453-1254.

KENNEDY SPACE CENTER FEDERAL CREDIT UNION REPOS: Repos located at the Merritt Island office. *ALL REPOS 2.99% APR.* 1998 Honda Civic DX, 5-speed, \$3,995; 1999 Chevy S10, 5-speed, \$6,225; 1999 Isuzu Rodeo LS, V6, \$7,500; 1999 Chevy Tahoe, A/T, Pwr, AM/FM/CD, \$13,500; 2001 Subaru Impreza, 2-door, 4 cyl, all wheel drive, \$10,075, call 455-9400, extension 1122. See pictures at **www.kscfcu.org**.

EMBRY-RIDDLE AERONAUTICAL UNIVERSITY: Embry-Riddle Aeronautical University's Space Coast Center offers certificate, undergraduate, and graduate degree programs relating to the areas of safety, aerospace, and management. We offer five terms per year in a classroom setting and monthly on-line courses. Classrooms are located at PAFB and in Melbourne, Titusville and at KSC, Complex H. We are planning a Master of Science in Technical Management (MSTM) cluster to be held at Barry University on Merritt Island and have 15 of the 20 students needed. To learn more about our programs, please call Jan Bridgham, (321) 783-5020, visit us at 1020 Central Ave, Suite G, PAFB, FL 32925, **mailto:space.coast.center@erau.edu** or click **www.embryriddle.edu/spacecoast**.

BREVARD COMMUNITY COLLEGE'S INSTITUTE FOR BUSINESS TRAINING & COMMUNITY EDUCATION: Brevard Community College's Institute for Business Training & Community Education has developed a menu of non-credit accelerated computer training classes especially with your needs in mind. The classes are specifically designed to assist you in day-to-day operations of various computer software packages and to equip you with the knowledge and skills for career enrichment and/or advancement. Courses include A+ Certification, Linux Red Hat, MCSE/MCSA, CCNA/CCNP, Website Development, DreamweaverMX, MS SQL DBA, E-Commerce, Network Security, TCP/IP, UNIX/Linux, Internet Safety/Security, XML Series, and more. Visit **www.bcctraining.com** for all of our course listings or call us at 433-7510 if you are interested in a customized course. You'll learn in a friendly environment that will leave you wanting more computer skills!

UNIVERSITY OF MIAMI: (Cape Canaveral Program) - CALLING ALL ENGINEERS. The University of Miami will begin accepting applications for the Master of Science in Industrial Engineering (MSIE). Applicants can start the program - fall (October/November) 2004. Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to **augusto@miami.edu**.

WEBSTER UNIVERSITY: Webster University is currently accepting applications for the Master of Arts in Counseling degree. If you are interested in pursuing this degree, send an email to Carol A. Marx at **mailto:marxc@webster.edu** with your name, address, and phone number or call at 449-4506. Classes begin in January 2005. This is a limited access program; other programs are also available at the Merritt Island campus. For further information about Webster University, go to our website at **www.webster.edu/spacecoast** or call 321-449-4506.



KSC Recycles

PERSONAL

GARAGE SALE

Yard Sale: September 18, 345 Orion Ct., Merritt Island, Diana Shores, crafts, entertainment center, full bed, camping tools, 453-5482.

REAL ESTATE FOR SALE

House: Titusville, 3bd/2ba/2 car garage or game room, privacy fence, 12x16 wood utility shed, tile floors, \$125,000, 794-1375.

House: Titusville, 3bd/2ba/2 car, cbs/brick, 1330 sq.ft. .31 acre, new kitchen/baths/floors/paint/roof, screen porch, \$129,900, 536-8467.

House: Titusville, 3bd/2ba/2 car, split plan, stone fireplace, 3/4+ acre country setting, near shopping & schools, \$172,000, 268-9159.

Townhouse: Cape Canaveral, 2bd/2.5ba, laundry room, garage, gardens, no condo/assoc fee, 1/2 block to beach, \$259,900, 868-6314/720-7810.

AUTOMOBILES AND RV'S FOR SALE

1985 Ford F-150, 4x4, 300cu., good bed, fenders, hood, good running gear for hunting or parting out, no title, \$600, 652-0538.

1986 Suburban, 3/4 ton, all power, A/C, lots of extras, \$3900, 636-5732.

1988 Pontiac Firebird, needs new head gasket, excellent interior, tires like new, 170K miles, \$350/BO, Steve, 725-6382.

1988 Isuzu Trooper 4x4, good condition, 4cyl., new tires, brakes, paint, seat covers, 5-speed, towing package, 177,800 miles, \$2300, 386-235-4489.

1989 Buick Century, whole or parts, \$400/BO, 459-1090.

1989 Thunderbird, 3.8L, A/T, 214K miles, new paint, A/C, exhaust, radiator, Michelins, transmission, Jasper motor @130K miles, \$2900/BO, 223-3932.

1993 Mazda Miata convertible, white, 115K miles, 30 mpg, new top, good condition, cold A/C, runs well, \$3900, 636-0464.

1993 GMC Safari van, SLE, 4.3L, V6, 137K miles, AM/FM/cassette, 4 Captains chairs, good condition, \$3800, David, 268-5669.

1995 Ford F-150, regular cab, styleside, black, good condition, centerline mags, toolbox, \$5100, Van, 508-3946.

2000 Toyota Camry, 84K miles, loaded, garaged, \$8900/BO, Bruce, 544-4526.

2000 Mustang GT convertible, black/black, 53K miles, A/T, \$14,000/BO, 452-4385.

2001 Hundai Elantra, champagne, >16K miles, \$7500, Dave, 633-6589.

2001 Pontiac Grand Prix GT, loaded, great condition, \$11,700, 636-0464.

2003 Isuzu Rodeo, V6, \$16,500, Steele, 632-8443.

HOUSEHOLD FURNISHINGS FOR SALE

Simmons BeautyRest Marquee Plush king bed, 1year old, cost \$1300, sell \$500, 635-9716.

Daybed w/mattress, white frame, excellent condition, \$125/all, 385-0919.

Kincaid china cabinet, oak, glass upper half w/lights, excellent condition, \$150; dinnette set, \$100, 453-6237.

3 piece tan leather couch, love seat, rocker/recliner, brand new, must sell, paid \$2200, sell BO, Jack, 386-837-1843.

Sectional sofa, floral peach, w/end tables, \$150; glass dinette table w/4 black chairs, \$200; iron bunk bed, twin top, full futon bottom, \$150; 631-7828/431-8151.

Whitewash entertainment center, earth tone sleeper/sofa, coffee & end tables w/glass tops, antique lamp, good cond., will separate, \$350/all, 264-5950.

Dining room chairs, 6 high back, off white, \$30, 452-5657.

King sized bedroom set, 5 piece, light color, good condition, \$325, 449-9357.

Coffee table, wood and glass, \$30; 2 Director style chairs, natural wood finish, \$20/each, 783-6460.

Tropical style sofa w/matching glass topped coffee table & two end tables, good condition, \$100/all, 268-4163.

Glass merchandise display case, lighted, 4 drawers, \$295/BO; 4' x 4' white coffee table, \$25, 631-0588.

6 dining chairs, 2 arm and 4 side, w/woven seats, \$150; bronze steel coffee table w/glass top, 38" square, \$50, 305-269-7689.

APPLIANCES FOR SALE

13.4 cu.ft., upright freezer, great working condition, \$100/BO, 302-6002.

Dryer, old but works, \$30/BO, 956-9932.

Stand up freezer, \$30/BO; refrigerator, \$40/BO, neither are pretty, but both work fine, 407-538-5739.

Microwave, \$30; Champion juicer, \$75; Flame-Wave oven, \$75, 639-2955.

Refrigerator, almond color, \$40, 720-0771.

Maytag washer, heavy duty, 2 speed, extra capacity, \$70/BO, 633-9971.

18/20 cu.ft., chest freezer, good condition, \$65/BO, Terry, 636-9081.

21 cu.ft., Frigidaire refrigerator w/ice maker, top freezer, good condition, 5 years old, \$350, 635-9981.

Large toaster oven, \$5, 868-1895.



MOTORCYCLES & EQUIPMENT FOR SALE

1993 Kawasaki KLX 650cc dirt bike, good condition, \$1000/BO, 268-1254/544-9364.

1993 Suzuki GSX-R 750, good condition, red/white, \$3100, Van, 508-3946.

2000 Polaris Magnum 500 ATV, new brakes, front end & clutch, excellent shape, \$3500, Jeff, 639-3999/720-8310.

2001 Yamaha YZ125, great condition, low hours, over \$2500 in professional upgrades and extras, very fast, \$2300, 269-5406.

2003 Suzuki SV 650S, silver, full fairing, gel seat, Yoshi pipe, 7800 miles, \$5200, 363-6285.

BOATS & EQUIPMENT FOR SALE

14' canoe, yellow fiberglass and aluminum, \$200, 639-0960.

15' fiberglass Tri-Hull, 75hp Chrysler Force engine, needs work, galvanized trailer, good wheels/tires, \$395/BO, 631-0588.

16' Bowrider, 85hp Johnson, tilt trailer, \$900/BO; 10' aluminum V-hull, \$275, w/trailer, \$450/BO, 407-230-2399.

23' Aquarius sailboat, auto pilot, 15hp outboard, trailer, 2 sails, depth finder VHF, battery, \$3200/BO, Dave, 633-6589.

Boat trailer wheel/tire, 4.80X12 4 lugs, new, \$25, 269-4166.

1997 Yamaha GP1200 waverunner, 1996 Yamaha 760 waveblaster, 1997 Shorelander dbl trailer, low hrs, garage kept, \$6900/BO, 268-1254/544-9364.

MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE

Piano, 5 keys are weak, otherwise good condition, \$150, 652-0538.

Dell Inspiron 100 laptop notebook, 2.0 GHZ Celeron, 15" flatpanel, MS XP Home Edition, wireless adapter, carrying case, extras, 632-0949, after pm weekdays.

9 Casio CT-370 PCM electric KB w/stand, \$30, 264-5950.

Polk audio speakers, RT800i's floor, CS245i center, PSW202 sub, and RT5's book shelf, black, mint, \$650, will separate, 799-4468.

Icom R-3, radio/TV scanner, many accessories, \$350, Laubenheimer, 454-9389.

MISCELLANEOUS

Sun Quest tanning bed, in great condition, works great, \$400, Mike, 298-6011.

Scotts self propelled mower, \$30, 454-9417.

Grizzly 12 1/2" thickness planer, \$175; Grizzly 14" band saw, \$275; \$400/all, 6 months old, Bob, 407-402-4129.

Homelite straight shaft gas trimmer converted to weed tiger, 156 line, new, \$85; Hoover steam cleaner, like new, \$60, 267-8335.

Explorer jogging stroller, \$45; Graco stroller, \$35; Fisher Price bassinette, \$25; Lawn Boy commercial push mower, needs tune up, \$30, 453-6237.

Craftsman Eager-1 lawnmower, 5.0hp, 22" cut, self propelled, mulching, \$25, highchair, \$25; infant car seat, \$25, 452-5038.

Large dog crate, paid \$80, sell \$40/BO; 10'x10' chain-link kennel, paid \$220, sell \$80/BO, 407-538-5739.

Grandfather clock, 6' Emperor, moon dial, Westminster chimes, cherry, \$400, Hare, 269-1340.

Troy Built generator, 10hp, 5550 watt, used once, \$550, Jerry, 917-5148.

2 pair roller blades, \$15, size 7; 8' picnic table, redwood, \$60, 264-5950.

Snap On KRL 761 tool box, like new, stainless top, 54" wide x 24" deep, \$3800/BO, Jarod, 480-7189/631-7753.

Sportscraft Air Hockey game, 2'5"X5', 110 volt, \$20, Dan, 264-6356.

Hockey table, commercial size, stainless steel, \$600, 452-5657.

Approximately 70' of 4' high chain link fence w/gate, you remove, 449-9357.

Large antique steamer trunk, wood w/round top, \$100/BO, Jerri, 794-5659.

Two tickets to Denver/Tampa Bay on October 3rd, face value, \$131.70/all, 452-2866, before Monday, 427-7665, after Monday.

NASCAR Nextel Cup, Charlotte, Oct 16, 2 tickets, GM Grandstand, Sect F, Row 37, near finish line, face value, \$115/each, 268-3566.

Dana 60 open differential carrier w/4.10 ring and pinon gears, low miles, \$75; Sierra rabbit cage, paid \$125 new, \$50, 264-3266.

Total Gym 1100, many extras, model prior to 11000, mint condition, can be viewed at www.totalgym.com, \$550, 799-4468.

Total gym, paid \$1200, asking \$100, 720-0771.

24" girls bike, \$25; 20" girls bike, \$20, both/\$40, excellent condition, have gears, Juan, for photos, 727-1671.

Man's ring, 32-degree Mason w/1/2 carat diamond, \$750, Kunzweiler, 242-0472, after 5pm.

Homelite water pump, 9600 GPH, 2" centrifuge, Briggs & Stratton 5hp engine, inlet/outlet hoses included, used approx 6 times, \$350, 269-0977.

Volvo 240 series air filter, new, \$5; lower control arm bushings, \$20; Ford small block distributor, \$25; 1982 Ford truck factory shop manual set, \$25, 269-4984.

Golf clubs, Taylor 200 3 & 5 wd. Penley shafts (S) flex, \$75/ea/BO; Titleist 980F 3 wd. Grafaloy shaft (S) flex, \$100/BO, Eric, 267-8086.

Celestron C5 telescope, transport case and many eye pieces, \$400, Laubenheimer, 454-9389.

Auto body airtools., 12 pcs, board& DA, cutoff, o/s, chisel, sand paper more, Honeywell air compressor, 240 VAC 30A 175 PSI, \$750/all/BO, Dave, 633-6589.

Sears Craftsman 10" table saw w/extra carbide blade, \$75; garden seat/cart, w/wheels and storage; \$5, 8' pole saw/branch cutter combo, \$10, 868-1895.

800 watt 1200 peak inverter, \$45, 452-6302/223-3695.

Weight bench, wide w/leg att. Incline, \$25, Scott, 302-8595.

Truck topper, black fiberglass w/3 sliding windows, approx. 60" w x 76" l, great condition, \$300/BO, 639-5199.



MISCELLANEOUS WANTED

Dish Network or Direct TV antenna, Danny, 407-568-9009.

Front end loader attachment and/or box blade for 30-40hp Ford tractor, Robert, 784-5450.

Hoover Floormate floor cleaner; Princess House serving dish, round, or casserole dish, 264-2151.

Topper for 2004 Nissan Frontier 2 door King Cab; mechanical twin bed (ie. craftomatic) extra long, don't need mattress, 453-5184.

1/2 acre or larger lot w/mobile home or fixer upper in Mims to Edgewater area, 407-230-2399.



SECURITY AMBULANCE FIRE
911 or 7-7911