



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

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URL: <http://kscbulletin.ksc.nasa.gov/>

DEADLINE FOR OFFICIAL/UNOFFICIAL/PERSONAL NOTICES IS WEDNESDAY, 9 A.M.

OFFICIAL

FLAGS AT HALF STAFF: The flags of the United States flew at half staff at the Kennedy Space Center on October 22, 2004, in honor of Mr. Eddie Lee Williams, a Janitorial Lead and Clean Room Specialist for Yang Enterprises. Mr. Williams died on October 15 and his funeral was October 22.

ATTENTION ALL CIVIL SERVICE EMPLOYEES REPRESENTED BY AFGE LOCAL 2498: Employees represented by AFGE Local 2498 are advised of their right to union representation at any examination of them, in the unit, by a representative of the employer, in connection with an investigation if: (1) The employee reasonably believes that the examination may result in disciplinary action against the employee, and (2) the employee requests representation. This right is conferred by Section 7114 (a) (2) (B) and (3) of Chapter 71, Title 5, U.S.C., and is also contained in Article 4, Section 2, of the Negotiated Agreement. Under Article 5, Section 3, of the Agreement, the Union also has the right to be represented at any formal discussion between representatives of the employer and unit employees, or their representatives, concerning grievances, personnel policies or practices, or conditions of employment. (BA-B)

ENVIRONMENTAL & ENERGY AWARENESS PLANNING MEETING: November 4 the Environmental & Energy Awareness Team is ready to plan the 2005 activities for next year's EEAW in celebration of Earth Day. If you would like to participate in the planning activities, join the team on November 4, at 10:00 am. in the O&C building/room 1055. Your help and new ideas will make next years event another success! If you cannot make the meeting and would like to participate in the planning activities, call John Ryan at 867-8413 or Barbara Naylor at 867-8452. POC: Environmental & Energy Awareness Group/TA-C3/867-8413/867-8452. (TA-C3)

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 7:00 am to 5:00 pm, and the Launch Area Clinic is open Monday-Friday 7:00 am to 3:00 pm. Hours other than those, call 911 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)

EAP TODAY: A 12-minute Employee Assistance Program Orientation Video can be viewed on KSC/CCAFS Channel 60 every Tuesday at 11 am. If you have any questions after viewing the video, or if you do not have access to the video and would like the EAP to visit your site, please call the Comprehensive Health Services, OHF, 867-7398. (TA-C2)

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 am to 4:00 pm. Appointments may be made by calling 867-7398. (TA-C2)

OCCUPATIONAL MEDICINE PATIENT SERVICES PROGRAMS: All employees are reminded that nonoccupational-related information obtained from medical treatments, physical examinations, Health Education Program screenings, and mental, emotional, and substance abuse counseling through the Employee Assistance Program is PRIVATE, STRICTLY CONFIDENTIAL, AND SUBJECT TO THE PRIVACY ACT. (TA-C2)

KSC FITNESS CENTER: A new [Group Fitness Class Schedule](#) has begun as of October 11th and will run through December 31st. In addition to our usual aerobic, resistance training, yoga, and Pilates classes, we are also offering a couple of new classes this quarter including [Karate](#) and [Yogalates](#). The Karate class covers practical applications of techniques from several martial arts styles. The Yogalates class combines the techniques from both the ancient studies of yoga, as well as the more modern concepts of Pilates. New schedules and class descriptions are available at both the O&C and OSB facilities. **COME JOIN THE FUN! WE LOOK FORWARD TO SEEING YOU!** (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)

WEEKLY NUTRITION TIP: A guide to choosing healthy meals away from home

You can eat out and eat healthy, too. Many restaurants offer delicious low-fat, low-cholesterol meals. Eating less fat (especially less saturated fat) and less cholesterol is important for your health. That’s because a diet high in saturated fat raises blood cholesterol. High blood cholesterol is a major risk factor for heart attack and stroke.

- Fried, basted, braised, au gratin, crispy, escalloped, pan-fried, sautéed, stewed or stuffed foods are high in fat. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you’re not sure about a certain dish, ask your server how it’s prepared.
- Even if dishes low in saturated fat and cholesterol aren’t on the menu, you may still be able to get a healthy meal, because many restaurants will prepare foods to order. If you’re not sure about a particular restaurant, phone before you go.
- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus, in a tomato base, or in soy or teriyaki sauce. Steer clear of these.

Title: Tips for Eating Out

Source: American Heart Association

Website: <http://www.americanheart.org/presenter.jhtml?identifier=531> (TA-C2)

INFLUENZA VACCINE TEMPORARILY UNAVAILABLE: Medical has dispensed its initial supply of available flu vaccine. (TA-C2)

HEALTH EDUCATION AND WELLNESS PROGRAM (HEWP): The KSC/CCAFS Health Education and Wellness Program (HEWP) is starting a Women’s Health Program consisting of monthly women’s health topics and issues. Since **October is Breast Cancer Awareness month** we will kick off the program with a focus on breast cancer this month.

Come by the OHF for educational materials and information on breast cancer prevention, mammography site information, and self-breast exams for yourself or others.

We would appreciate your input on other topics you would like addressed in the Women’s Health Program. Please contact Heather Torbett at 867-4566; email Heather.Torbett@jbosc.ksc.nasa.gov or Kris Calderon, 867-3414; e-mail Kristine.Calderon@jbosc.ksc.nasa.gov (TA-C2)

**** REMAINING CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE**:** 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, December 8 th	OHF	7:00-8:00 am
Thursday, December 9 th	LAC (MFF)	7:00-8:00 am
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://ksbcoc-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)

COLORECTAL CANCER SCREENING: Small amounts of blood in your stool, which can be detected with hemocult slides, can be an indication of colorectal cancer. Hemocult 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)

KSC LIBRARY ARCHIVES: KNDP 2240.1 establishes the KSC Library Archives. Supervisors are responsible to make files available to the KSC Library Archivist and to notify the Library Archivist prior to retiring or destroying documents or other materials which may be of enduring historical value. Of particular historical importance may be photographs, audio recordings, minutes of meetings, letters, memorandums for record, policy letters, directives, studies, special reports, maps, biographies, organization charts, and statistical tables. For information, call 867-2407. (TA-E1)

KSC LIBRARY: You may obtain copies of the following specification in HQ Room 1124, by sending a request to mail code Library-D, calling 867-3613, or emailing <mailto:KSCLibrary@jbosc.ksc.nasa.gov>.

JSC-SL-E-0002, Book 1, Change 109, 10/14/04 "Specification Electromagnetic Interference Characteristics, Requirements for Equipment"
Book 1: "Hardware Prior to February 11, 1993"

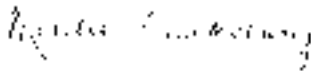
This specification can also be found at: <http://sspweb.jsc.nasa.gov/webdata/pdcweb/subdocs.htm> (TA-E1)

KSC LIBRARY: You may obtain copies of the following specification in HQ Room 1124, by sending a request to mail code Library-D, calling 867-3613, or emailing <mailto:KSCLibrary@jbosc.ksc.nasa.gov>.

JSC-NSTS-07636, Change 30, 10/14/04 "Space shuttle lightning protection, test and analysis requirements"

This specification can also be found at: <http://sspweb.jsc.nasa.gov/webdata/pdcweb/subdocs.htm> (TA-E1)

AUTHENTICATED:



Marilee Tewksbury, Center Services (TA-E1)



**GREAT WALLS OF FIRE!
KNOW WHERE YOUR EXTINGUISHER AND EXITS ARE.**

UNOFFICIAL

CAFETERIA MENU FOR WEEK OF NOVEMBER 1-5

Monday	Tuesday	Wednesday	Thursday	Friday
Soup: Navy Bean Soup Carb Conscious Combo Shepherd's Pie and Sautéed Zucchini & Yellow Squash Blue Plate Special Open Faced Turkey w/ Dressing, Mashed Potatoes, & 16 oz. Beverage, \$4.00	Soup: Smoked Sausage & Chicken Chowder Carb Conscious Combo Three Cheese Chicken Bake and Green Beans w/Red Pepper Strips Blue Plate Special Salisbury Steak w/Gravy, Mashed Potatoes, Vegetable of the day & 16 oz. Beverage, \$4.00	Soup: Knickerbocker Bean Soup Carb Conscious Combo Sausage, Beef & Cabbage Goulash & Mushroom Casserole Blue Plate Special Southern Fried Chicken, Garlic Potatoes, Vegetable of the Day & 16 oz. Beverage, \$4.00	Soup: Cream of Potato Soup Carb Conscious Combo Chicken Ham Bake and Steamed Broccoli Blue Plate Special Veal Parmesan w/ Spaghetti Marinara, Garlic Bread & 16 oz. Beverage, \$4.00	Soup: Seafood Bisque Carb Conscious Combo Broccoli Chicken Casserole and Baked Spinach Blue Plate Special Fried Cat Fish, French Fries, Vegetable of the Day & 16 oz. Beverage, \$4.00

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.

KSC DANCE CLUB - BEGINNER LATIN DANCE LESSONS: The KSC Dance Club is offering beginner Latin dance lessons starting Tuesday, November 2, 2004, at KARS 1 and will run for four weeks. Classes will be held from 5:00 - 6:30 pm and the cost is \$60 per person or \$110 per couple. The class is limited to 20 students. Must have a KARS card. Please contact Ms. Lee Furis at 454-9303.

KSC DANCE CLUB - INTERMEDIATE LATIN DANCE LESSONS: The KSC Dance Club is offering intermediate Latin dance lessons starting Tuesday, November 2, 2004, at KARS 1 and will run for four weeks. Classes will be held from 6:30 - 8:00 pm and the cost is \$60 per person or \$110 per couple. The class is limited to 20 students. Must have a KARS card. Please contact Ms. Lee Furis at 454-9303.

NASA EXCHANGE: Today is the last day to come to the NASA Exchange sponsored book fair in the HQ Cafeteria. The hours are from 9:00 am until 3:00 pm. This is the last chance to get that special gift before the holidays at a great price! Log on to the NASA Exchange web site at <http://nasaexchange.ksc.nasa.gov> and go to our calendar section for more information. We also have Halloween, Thanksgiving and Christmas merchandise in our stores but they are going fast!

KSC EXCHANGE--HAIR SHOPS: The hair shops specialize in styles for men and women. Stylebooks are available for your use. Come in to the HQ building (room 1251 (7-7077) from 8:00 am until 3:30 pm and see Sharon or Janet! We are also in the OSB building (room 1118 (1-3026) from 8:00 am until 4:00 pm and see Fred or Rocky!

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.*
2000 Chrysler Sebring JXI convertible, \$10,175; 2001 Mitsubishi Galant ES, 4-door, \$7,100; Chevy Silverado 1500, 1/2 ton, V-8, \$16,500, call 455-9400, extension 1122. See pictures at www.kscfcu.org

FLORIDA INSTITUTE OF TECHNOLOGY: Rated one of "America's Best National Universities" by U.S. News & World Report. FL Tech's School of Management offers the MBA, the MBA with concentration in Acquisition and Contract Management, MBA with concentration in Accounting Track, and the MS in Engineering Management. Contact Sharon Anderson sanderso@fit.edu for additional information. Applications are being accepted for **Spring 2005** semester, which begins **January 10, 2005** for the School of Management located at Kennedy Space Center and Patrick Air Force Base. The School of Extended Graduate Studies offers the MS degree in Computer Information Systems, which does not require a GRE, thesis or comprehensive exam. Also offered are MS degrees in Computer Science, Software Engineering, Space Systems and Space Systems Management. Evening classes are held at the School of Extended Graduate Studies located at the Kennedy Space Center, Patrick Air Force Base and Palm Bay. Apply now for **Spring 2005** semester. Contact Claire Maliszewski cmalisze@fit.edu for additional information.

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!

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.

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.

UNIVERSITY OF MIAMI: (Cape Canaveral Programs) The University of Miami will begin accepting applications for the Master of Science in Management of Technology (MSMOT) and Master of Science in Industrial Engineering (MSIE) starting spring 2005. Both programs will be taught in Cape Canaveral. 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 offering a seminar at its Merritt Island Campus entitled "Recognizing and Preventing Unethical Business Conduct." The seminar, which will meet in three 4-hour sessions - 5:30 pm to 9:30 pm on November 5 and 8:00 am to 12:00 pm on November 6 and 13 - can be taken for graduate credit or may be audited for \$100. Participants will examine current topics in the areas of law, regulatory controls and ethics with the objective of recognizing and dealing with ethical and legal issues in their own organizations. For more information or to sign up for this seminar, email Carol Marx at marxc@webster.edu or call 449-4506.

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.

WEBSTER UNIVERSITY: Webster University will once again begin accepting applications for the Master of Arts in Computer Resources and Information Management 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. Please pass this information along to a friend or co-worker who may also be interested. For further information about Webster University, go to our website at www.webster.edu/spacecoast or call 321-449-4500.



PERSONAL

CARPOOLS

Join Vanpool: New Smyrna to the VAB/OSB, 1st shift, 861-4302.

Join Carpool: Cypress Springs/Waterford Lakes Area, to KSC Hqs, Clf, O&C, Space Station area, 7:30 am to 4:00 pm, Edwin, 904-382-6202, after 4:00 pm.

Ride needed: Palm Bay to Pad-A or Pad-B, 7:00 to 3:30, Swanson, 861-6359/722-9084.

Ride needed: Van/Car Pool from East Orlando, Red Bug/Tuscawilla, to HQ, 7:00 am to 7:30 am, 3:00 pm to 3:30 pm, Dolores, 867-8526.

GARAGE SALE

Estate Sale: October 29-30, 8:00 am-2:00 pm, 3016 Coventry Court, Cocoa, off 524, furniture, clothes, household items, 639-2955.

Estate Sale: October 30, 9:00 am-2:00 pm, 109 St George Rd., W. Melb, off 192, take Hollywood Blvd to Frank La, furniture, pictures, clothing & more, 537-5794.

Garage Sale: October 30, 8:00 am-12:00 pm, 1415 N. Sykes Creek Pkwy., Merritt Island, 459-1090.

Garage Sale: October 30, 8:00 am-2:00 pm, 1235 Old Parsonage Road, Merritt Island, 452-1048.

Garage Sale: October 29-30, 8:00 am-2:00 pm, 2635 Hutchison Place, Titusville, furniture, household items, 385-3183.

Garage Sale: October 30, 8:00 am-3:00 pm, Viera, Heron's Landing, Viera Blvd. between Murrell & US1, 504-9554.

Moving Sale: October 30, 8:00 am-?, 4724 Doreen Rd., Pt. St. John, clothes, electronics, perfume, purses, knick knacks, furniture, more, 633-1625.

Yard Sale: October 30, 7:00 am-12:00 pm, 320 S. Range Road, Cocoa, off SR520, between I-95 and Clearlake Road, 632-0949.

REAL ESTATE FOR SALE

House: Orlando, 2003 Ryland Elm, 2 miles from UCF, 30 minutes from downtown, gated community, 407-658-0444.

House: Titusville, Windover Farms, 3bd/2ba, 2 car garage, 1800+ under air, fireplace, 1yr+ new roof, A/C, private 1 acre, \$220,000, 544-3027.

Lot: Great Outdoors, RV lot and 5th. wheel w/attached Florida room, \$65,000/all, 268-9593.

AUTOMOBILES AND RV'S FOR SALE

1974 AMC Javelin, 304 cid, 4bbl, headers, restored in 2001, extra 3:53 Positrac rear end, other extras, some minor rust, \$5000/firm, 452-5538.

1977 Jeep CJ5 304, V8, excellent shape, \$2500/BO, Bob, 501-9653.

1982 BMW 528E, many new parts, runs great, dependable, \$1200, Tony, 454-9565/917-8133.

1983 Chevrolet 3/4 ton pickup, 300 miles on new engine, new tires, new shocks, \$2800, 633-4169/794-6929.

1987 Volkswagen Cabriolet convertible, CA15 model, good condition, \$1500/BO, 868-3498.

1987 Chevy panel truck, \$2500, 631-6363.

1987 Chevy Suburban 350, A/T, 4wd, looks and runs good, needs brakes, 1500/BO, 433-3166.

1989 Honda Accord DX, P/S, P/B, A/C cool, 230K miles, good condition, \$1500, 452-6386.

1989 23.5' Jayco travel trailer, self contained, electric/propane, sleeps four, A/C, stove w/oven, microwave, freezer/fridge, excellent shape, \$6000/BO, 749-3796.

1990 Jeep Wrangler, 4x4 6 cyl, manual transmission, soft top, very good condition, \$3800, 639-1041/863-5182.

1993 Bronco, XLT package, full size, 4x4, A/C, A/T, very good condition, \$4000/BO, 638-3944.

1993 Ford Probe GT, white w/gray interior, 5-speed, 137K miles, nice exterior, clean interior, tires very good, cold, A/C, runs good, \$1000, 259-1007.

1993 Ford Bronco XLT 4x4, excellent condition, \$5000, 269-7210.

1994 Ford E-350 super duty 15+ passenger van, new rebuild transmission, tires, A/C, very good condition, will pull anything, \$3500, Nick, 385-1881.

1994 Isuzu Trooper 4x4, 145K miles, V6, Pirelli all terrain tires, 4whl disk brakes w/ABS, Reese hitch, no rust, see at KMart on SR50, \$3800/BO, 385-1246.

1994 Chevy S10, V6 Vortec, A/T, A/C, runs great, 459-1796.

1995 Jeep Wrangler Rio Grand, 4cyl, 31" tires, custom bumpers, tow pkg, runs good, may need clutch, \$3900/BO, 298-5695.

1995 Mustang GT convertible, 5.0L, 5-speed, white/white, new top, new Goodrich G Force Clean, 452-4385.

1996 Chevy Silverado Extended Cab, black, A/T, P/S, P/B, A/C, sound system, tinted, well maintained, \$7000, 639-2702.

1996 Fleetwood 24' Class C motor home, Chevy 350, light oak interior, awning, cover, beautiful coach, \$15,000, Mike, 632-4484.

1997 Scamper popup camper, king/queen beds, A/C heat pump, 3 burner stove, refrigerator, water/electric hookup, excellent condition, \$4200, 386-453-6011.

1997 Oldsmobile Aurora, loaded, sunroof, new tires, spark plugs, wires, 105K miles, \$4500, 268-0258.

1997 Cougar XR-7, V8, red, power sunroof, spoiler, alarm system, CD, good condition, 108K miles, \$3750, 759-6774.

1998 Camaro, 3.8L, 200hp, V6, A/C, CD, T-tops, 47K miles, very clean, very sharp, \$7700/BO, Bob, 631-6006/232-7920.

1999 Ford Mustang SVT Cobra convertible, 5-speed, 61K miles, black, power everything, leather, Mach 460 sound, spoiler, \$15,500, 633-3073.

1999 Honda Accord LX, 18" chrome rims, power everything, 105K miles, premium sound upgrades, Sony MP3 CD, looks & runs great, \$9500, 632-1725.

2000 Ford Windstar SE, quad seats w/leather interior, P/S, cold A/C, metallic blue, excellent condition, \$9000, Rob, 452-4468.

2000 Ford Mustang GT, highly modified, stroked, supercharged, 500hp, lots of extras, BO, Brandon, 302-6822.

2002 F-150 Extended Cab, black, new tires, need to sell, \$15,900/BO, 636-0504.

2002 VW Jetta GLS, immaculate condition, 1.8 turbo, Tiptronic transmission, loaded, black w/leather interior, extended warranty, 30K miles, \$14,900, 242-1949.

2004 Chrysler Sebring Touring, 4-door, 11K miles, loaded, non-smoker, very clean, \$12,900/firm, Bobby, 269-1843.

HOUSEHOLD FURNISHINGS FOR SALE

Queen size mattress, boxsprings & frame, good condition, \$50, 268-5300.

2 entertainment centers, will fit a 27" TV, glass doors covering components, hidden storage for audio/video media, \$30/each, 986-8304.

Queen white wash wicker headboard, \$100, 784-3506.

Bunk bed, black tubular metal, twin mattress top, futon bottom, futon converts to full size bed, less than 2 years old, \$115, 454-9006.

2 antique mahogany dressers, one w/mirror, perfect condition, \$150/both, Shawn, 720-9512.

Queen size bookcase headboard, \$40/BO; single child's bed frame w/headboard, \$30/BO, Jeff, 264-9515.

Rattan couch and 2 chairs, \$300, 636-1215.

Glass dining room table, w/glass base, \$295/BO; assorted heavy glass table tops and accessories; chest of drawers, white, \$65, 783-4818.

6 piece patio set w/umbrella and base holder, glass top table, hunter green w/green/tan cushions, chaise lounge recliner, excell. condition, \$400/BO, 452-2020.



HOUSEHOLD FURNISHINGS FOR SALE (Continued)

Desk w/hutch, excellent condition, \$50, 269-7620.
Ashley's loft bunk bed, like new, desk, pull out bed, 5 drawers and bookshelf, BO, 863-2426.
Toddler bed w/mattress, Scooby Doo bedding, \$75; girls twin bed frame/headboard, solid wood, \$100; full size French provincial bed frame, \$20, 267-6429.
Solid oak entertainment cabinet, 36" TV opening w/doors, \$850/BO, 779-2543.
Full King Koil bed set and frame, guestroom bed, like new, \$100, Elda, 454-4544.
Traditional loveseat, green/white w/coordinating fringed throw pillows, good cond., \$125; microsuede green overstuffed loveseat, chair & ottoman, \$60, 750-2100.
Octagonal dining table, 95x42w, cream formica w/oak trim, 6 oak ladder back chairs, \$500/BO, 632-0949.
Four poster king waterbed w/6 drawers, \$50; dresser w/mirror, \$20; large black smoke lacquer entertainment center, 4 pieces, \$500, 638-8751.
Formal dining room set, 10 piece, cherrywood, \$500; queen waterbed set, 8 piece w/massager, \$500, 433-3166.
Bar stools, \$60/pr, 459-3768.
King size waterbed, heirloom quality, all solid med. contemp. oak, deep six drawers w/mirrored lighted headboard, new condition, \$500, 725-3270.
Office furniture including desks, chairs, metal cabinets, more, 267-3773, after 6:00 pm.
Cherry dining room set, 6 chairs w/matching china cabinet, \$1000; formica full bedroom set, \$300; cherry wall unit, \$750, 693-8875.
Antique oak high back chair, \$20, 254-0078.
Office chair, high-back, oak w/blue fabric, very good condition, \$25/BO, email for photo, bptucker@bellsouth.net, 385-0982.
Twin Beds, Craftamatic single bed, sofa, w/rattan sides, coffee table, china cabinet, roll top desk, more, call for prices, 267-6385.
Full size mattress/box springs, \$50; chest drawers, \$25; 2 lamps, \$30; BO, 636-2696.
Wrought iron glass top table/w 4 chairs and 4 Ice Cream chairs, \$500, 868-3498.



APPLIANCES FOR SALE

Kenmore washer & dryer, good condition, \$100, 268-5300.
Kenmore 4.4 cu.ft., white mini refrigerator, never used, stored inside, has freezer, drawers, and shelves, lots of room, paid \$210, sell \$140/BO, Mike, 636-1730.
GE Nautilus built-in dishwasher, never used, \$125, Fazio, 407-384-6139.
GE refrigerator, 25cu.ft., w/icemaker, \$75, 433-3166.
JennAire stove top, drop in grill w/two burners, gas, new, 30"x21.5", \$850 new, sell \$500, Rob, 452-4468.
Small upright freezer, 3 years old, \$100, 725-3270.

MOTORCYCLES & EQUIPMENT FOR SALE

1987 Yamaha 125cc 4 wheeler, reverse, 4-cycle, OK condition, \$800/BO, Mark, 268-3273.
1997 Yamaha RT100, helmet, 2 sets riding pants & manual, \$800; electric scooter, w/seat, lights, storage compartment, like new, \$95, 452-8468/917-5328.
1999 Yamaha outboard, 15hp, like new, very low hours, \$1299/BO, 783-4818.
1999 Harley Davidson Sportster, 1200s lowered, Vance & Hines staggered shots, forward controls, colbalt blue, 3K miles, \$7000/BO, 452-4385.
2000 Suzuki GS500E, like new, great beginner bike, new Joe Rocket jacket, gloves, helmet, \$2500/all, 543-4918.
2003 Honda Shadow Spirit 750, 2K miles, excellent condition, \$4000, Kristy, 386-290-8999.
2004 Yamaha Grizzly 660 w/28" outlaw tires, rims and 2" lift kit, 270 miles, 544-8238.



BOATS & EQUIPMENT FOR SALE

10' Kayak, Perception Dancer, for child/small adult, w/paddle, \$100, 264-1764.
14.5' Seadoo Sportster jetboat, looks great, runs great, new galvanized trailer, must sell, can email pics, Steve, 407-658-0444.
15'9" Gheenoe, good 4hp Mercury, MinnKota trolling motor, battery, trailer, pedestal seats, pictures via email, \$1200, Mike, 264-3288.
16' 2000 Carolina Skiff, 40hp 4 stroke Susuki, 2 live wells, MinnKota trolling motor, galvanized trailer, many extras, \$5300, 639-2775.
16' Aquasport center console, Evinrude 50, trailer, nice, \$4950, 268-9593.
16' 1984 HobyCat w/trailer, \$750, 917-3528.
17' 1996 Aquasport, CC, 115 ocean runner, galvanized trailer, extras, fast boat, \$4200, Rick, 795-8507.
17.5' 1987 Bayliner, 125hp Force outboard motor w/trailer, runs good, \$950/firm, 268-2245.
18' 1998 Stingray, 135hp I/O, galvanized trailer, full canvas, lots of extras, all excellent condition, \$8500/BO, 626-3401.
18' 1997 Monterey Bowrider, 190hp, trailer, excellent condition, \$9500, 407-366-5742.
20' Wellcraft V20, w/OMC C-drive O/B, trailer, new depth finder, compass & divetank holders, well maintained, \$4900/BO, Dave, 632-8879.
24' Harris Flotebote Pontoon, dual batteries, CD, stereo, Johnson 40hp, runs great, boat needs new decking, \$3000/BO, John, 258-1367.
Mistral Equipe and Mistral Taloa windsurfers w/new rigs and sails, includes new harnesses, accessories, \$350/each, \$600/both, 783-4818.
MinnKota Marine, model Mag-36, electric outboard motor, 5-speed, 36lbs thrust, \$85, Henry, 453-7897.

MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE

Color Scanner, Agfa Studioscan LLSI, flatbed, legal size, hi-rez, scsi connector, \$50; Roland GR-09 guitar synth, expanded voices, \$400, 264-1306.
Public Address gear, Mackie 1402 VLZ pro mixer, Mackie M-1400i pro power amp, DOD 430 EQ, rack mount case, excellent condition, \$700, 637-3317.
Sony 400 watt digital home theater system w/6 surround sound speakers, AM/FM receiver and DVD, less than 1 year old, \$400/BO, Ron, 452-2020.
32" Sony WEGA flat screen TV, \$650, 779-2543.
Kimball & Sons Upright Antique Circa 1913 piano, very ornate, needs some work, \$200/BO, 632-0949.
Sony LCD flat panel monitor, 15", SDM-S51, excellent condition, TFT active matrix, 1024x768 resolution, have pictures, \$150/BO, 407-761-5075.
2 JL audio 12W6 V2 dual voice coil 12" subwoofer, retail \$450/each, asking \$200/each, Mark, 269-9982/478-319-0583.

MISCELLANEOUS

Odyssey White Hot Putter, liquid golf, sells for \$130, brand new, never used, \$60, 264-0402, after 5:00 pm.
Sunquest tanning bed, 3 years old, w/lotions, cleaners, pillow, enclosed, excellent condition, have all documents, \$850/BO, Bobby, 383-9404.
Truck topper, fiberglass hightop for full size short box pickup, like new, \$200, 480-0808.
Hedman truck headers for Chrysler 318/360, brand new, \$100, Kirby, 720-1309.

MISCELLANEOUS (Continued)

Bumper pool table w/accessories, \$100/BO, 453-3609.
Deluxe aluminum topper for full-size short bed truck, 73"X83", w/sliding windows, charcoal, \$300, Dennis, 427-8209.
4 P215X65 Bridgestone tires w/Chrysler chrome 16 spoke constellation wheels, excellent condition, 3K miles, \$400/BO, Ron, 452-2020.
HealthRyder by Life Styler exercise machine, excellent condition, \$30, Kendrick, 639-7022.
3hp table saw, 16" band saw, 6" jointer, 9" radial saw, 2hp dust collector, 12" planer, 24" belt sander, misc., hand tools, 386-407-9626.
1997 Ford Taurus engine, 3.0L, V6, ran great before removal, \$250/BO, 662-2029.
Coleman Powermate generator, 4000 watts, \$225, 407-678-8130.
Culligan Gold Series all digital water softener w/KDF to remove chlorine, like new, meter or time regeneration, new \$2200, sell \$1500/BO, Mike, 636-1730.
Large airline dog shipping kennel, \$40, 631-3132, before 2:00 pm.
Golf cart, electric, chrome wheels, new paint, radio, headlights, good condition, Kenny, 676-5836.
Surfboard, 7'6" Surftech-Al Merrick, Epoxy, tri-fin, very light, maneuverable, like new, includes boardbag, \$400, 452-5538.
Disc brake conversion for 70-76 MOPAR A-body, \$210; duster grill, tail lights, dash, trunk. 904 transmission, \$200, 268-4438.
HP racing cold air intake system w/cone shape air filter, intake tubing & hardware, never used, fits 95-99 Chevy Cavalier 2.2 or 2.4, \$40/BO, David, 636-6344.
2 Dressage saddles, black, 17", like new, \$200/each, 459-2946.
Craftsman routers, 1 older model, 1hp, industrial, \$35; 1 newer, 1-1/2hp, \$50, both in good condition, Lou, 431-9047.
Cain Fall, 1/2 ton Cyclone, like new, \$35/BO, 453-5149.
12' 6" Tapco aluminum break, good working condition, \$400/firm, 213-0550.
Storage shed, pre-fabricated wood, 8'x8' and over 8' tall, shingled roof, double doors, excellent condition, \$400, 504-9850.
12" sliding compound miter saw, like new in original box, used on one project, \$150, 459-0554, evenings.
4 16" Mustang Pony wheels w/Goodyear Eagle 225-50X16, tires approximately 90% tread remaining, \$450, 383-1955.
2 new tires, P225/60R16, paid \$80/each, sell \$40/each, Linda, 784-2358, evenings.
Cardiofit low impact total body motion w/calorie counter, distance, speed monitor, like new, \$50; heavy duty walker w/wheels, adjustable, \$50, 631-3459.
2 wrought iron gates, 54"w x 60"h, can be adjusted in/out 2", good shape, \$65, Bob, 454-4660.
Fisher Price kitchen, \$25; 2 Century carseats, \$40; Hedstrom pink/white horse, like new, \$35; Playhut basketball w/balls, \$20, 268-4766.
4 tickets to The Nutcracker, Orange County Convention Center, Saturday, December 18, 2:00 pm, \$85, 480-1067.
Ladies skibib w/jacket, size 1, fuchsia, \$25; 10x10x6 dog kennel, \$50; rain cover for golfcart, \$40; ladies med, black leather fringe short jacket, \$100, 267-6568.
700' TV cable, \$35, 459-3768.
Four wheeler tires, 8 total, sizes 25x8x12, 25x10x12, like new, \$100/four, 633-4169.
Golf clubs, Taylor-made, bubble 2 driver 9.5 and Callaway war bird driver 6.5, both excellent condition, \$65/each, 986-6171.
3 Freespirit Trailwind bikes, 26" wheels, 16-speed, paid \$100/each, sell \$50/each, \$125/all, 799-5571.
Queen size quilt/sham set, excellent condition, \$20; white aluminum screen porch door w/closer; 36" x 80"; \$15, 254-0078.
Gilson 16hp lawn tractor, no mower deck, runs good, \$100/BO, 633-4587.
Tonka fire rescue truck, 3' long, \$10; Little Tikes construction table, \$20, 386-423-4988.
Heavy duty 5x10 utility trailer w/loading ramp, 2 years old, single axle, 15" tires, great for motorcycles or landscaping equipment, \$550, 752-0488.
Snowboard Morrow 150cm, yellow, \$55/firm; 154cm bag \$20, excellent condition, 453-9690.
4 Nissan wheels and tires off 2003 Nissan 4x4, like brand new, \$450, 446-4194.
Troy-Bilt 5550 watt generator and cables, extended run, used 2 hours, \$625, 636-2696.
Lots of toys, games and stuffed animals, very good condition, 631-3398.
Craftsman riding mower, 15.5 turbo cooled, 6-speed, 42" cut, \$650, 868-3498.
Snow skis, 180cm, bindings, poles; women's size 8 ski boots, \$60, Ed, 452-0099.

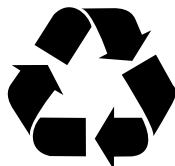


MISCELLANEOUS WANTED

Used adult tricycle, 750-2011.
Large crock, 25 gallon or larger, 951-7227.
Drum set and an electric guitar, 452-8468/917-5328.
Day bed in good condition, 264-5950.
Acreage or large lot to build house on in Mims area or north of Mims, Tony, 454-9565/917-8133.
Santa suit, reasonable, Carol, 432-6273.
Child's dirtbike/trailbike, 50cc, good running condition; adult dirtbike/trailbike, 125-250cc, Rob, 223-2174.
Large dog cage, TJ, 632-6380.

FOR SALE OR TRADE

1995 Honda Passport LX, 4wd, very clean, 22" black spinners, 3-12" woofers, TV, flowmaster, K&N, neons, keyless, hwy mi, \$5000 or trade, 593-2053.
Ben Hogan Apex Plus 3-PW, GW, SW, Ben Hogan 9.5" tour staff bag, all in great condition, will sacrifice for \$550/BO, will consider trade, 298-1471.
32cc gas scooter for electric w/12" wheels, Mark, 268-3273.



KSC Recycles