



External tank 119 returns to Michoud on Pegasus barge

NASA telescopes changing concepts of the universe

▲ **Shuttle Update:** External tank #119, which is expected to be used in the next shuttle mission, departed KSC Tuesday (below) aboard the Pegasus barge for the Michoud Assembly Facility in Louisiana. NASA's solid rocket booster retrieval ship *Freedom Star* will tow it to the Gulf of Mexico-Mississippi River outlet on its 900-mile journey. It's expected to arrive in four or five days.



▲ **NASA Science:** Two of NASA's Great Observatories, the Spitzer and Hubble Space Telescopes, have teamed up to "weigh" the stars in several distant galaxies. One of these galaxies, among the most distant ever seen, appears to be unusually massive and mature for its place in the young universe. This came as a surprise to astronomers. The earliest galaxies in the universe are commonly thought to have been much smaller associations of stars that gradually merged to build large galaxies like our Milky Way. To read more about it, go to <http://www.nasa.gov/centers/jpl/ne>

[ws/spitzer-20050927.html](http://www.nasa.gov/centers/jpl/ne/ws/spitzer-20050927.html).

■ **KSC Fitness Center Group Exercise Classes** — A new schedule of group fitness classes will begin Oct. 3 and run through Dec. 30. In addition to the usual classes, the Fitness Centers are also offering *Pilates Burn*, *BOSU Blast Off*, and *Cardio Step Kick*. A fat-burning workout, *Pilates Burn* is guaranteed to heat you up and melt away those pounds! Start on your feet with a warm-up, progressing to easy-to-follow footwork. Then strengthen and stretch with Pilates sculpting moves on the mat.

Get ready for takeoff with *BOSU Blast Off*, an intense cardio workout, incorporating aerobic conditioning drills. This class will help to improve your coordination and agility.

Kick it up a notch with an infused workout, *Cardio Step Kick*! This class will focus on boxing and kickboxing techniques and aerobic conditioning both on and off the step. Learn how to do upper cuts, jabs, front kicks, knee strikes, and other self-defense skills designed for muscular and cardiovascular fitness. You will step, box and kick your way to a new body!

New schedules and class descriptions are available at both the O&C and OSB facilities!

■ **Education Opportunity** — Embry-Riddle Aeronautical University will hold an **open house** at

Barry University on S.R. 3 and S.R. 520 on Merritt Island **Oct. 5** and at 2112 Sarno Rd. in Melbourne **Oct. 6**. Both sessions are from 3:30 to 7:30 p.m. and feature Dr. Wayne Harsha, chairman of the Master of Science in Technical Management (MSTM) Program. Interested candidates, potential students and alumni are welcome to meet with Harsha for an overview of the MSTM program aimed at mid-level technicians and supervisors. It emphasizes communication, decision and managerial skills obtained through teamwork. The program is based on using a laptop computer.

The university's Space Coast Center also offers certificate, undergraduate and graduate degree programs relating to the areas of safety, aerospace and management. The university offers five terms per year in a classroom setting and monthly online courses. The next term begins Oct. 18. Class-rooms are located at Patrick AFB in Melbourne, and at the OSB II Building on KSC. To learn more about the programs, please call Jan Bridgham, 321-783-5020, visit the classroom at 1020 Central Ave., Suite G, Patrick AFB, send e-mail to space.coast.center@erau.edu, or go to <http://www.embryriddle.edu/spacecoast>.

■ **Did You Know?** Rosh Hashanah begins at sundown on Monday.