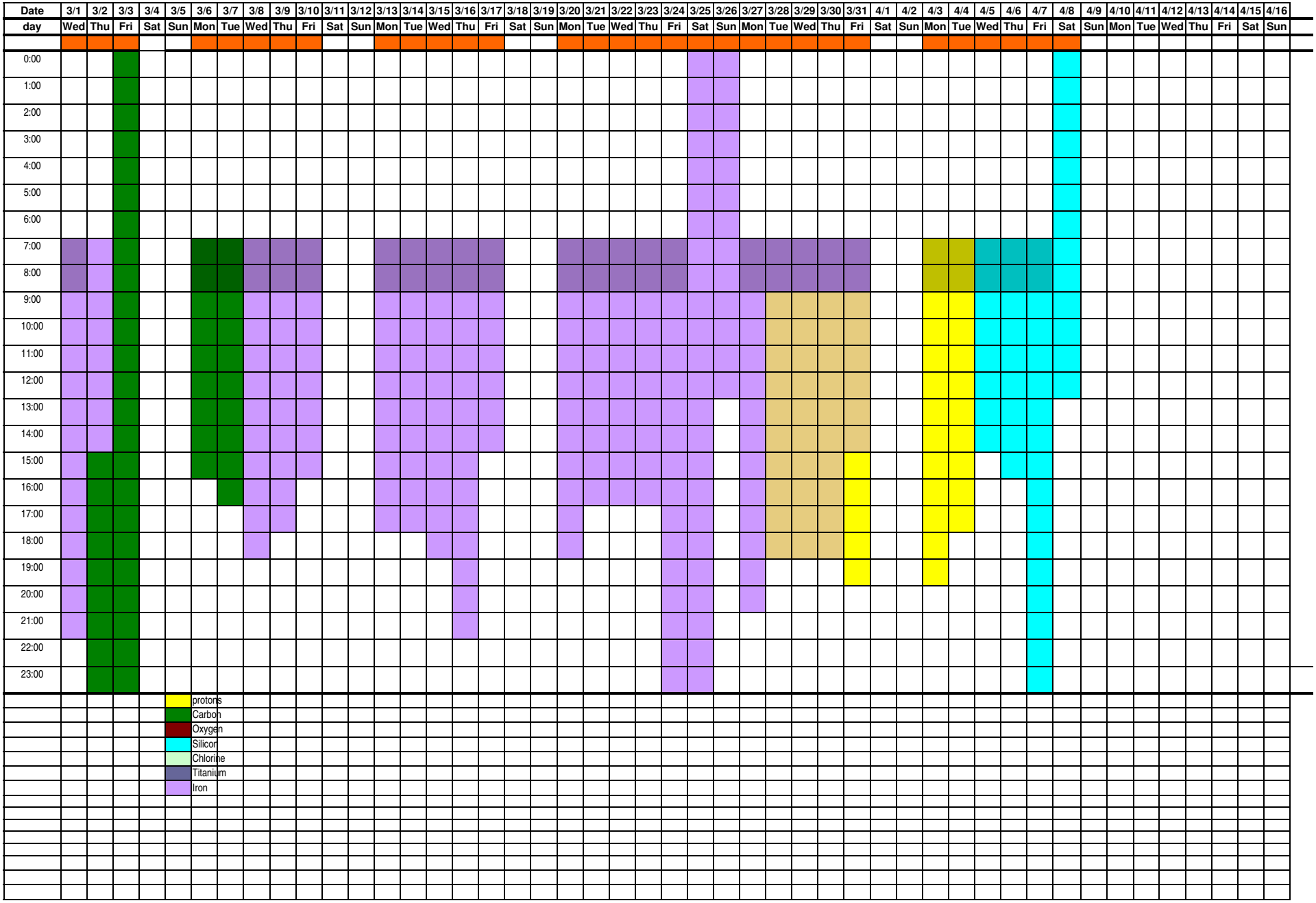NSRL-7 Ion Schedule (as of August 9th 2005)