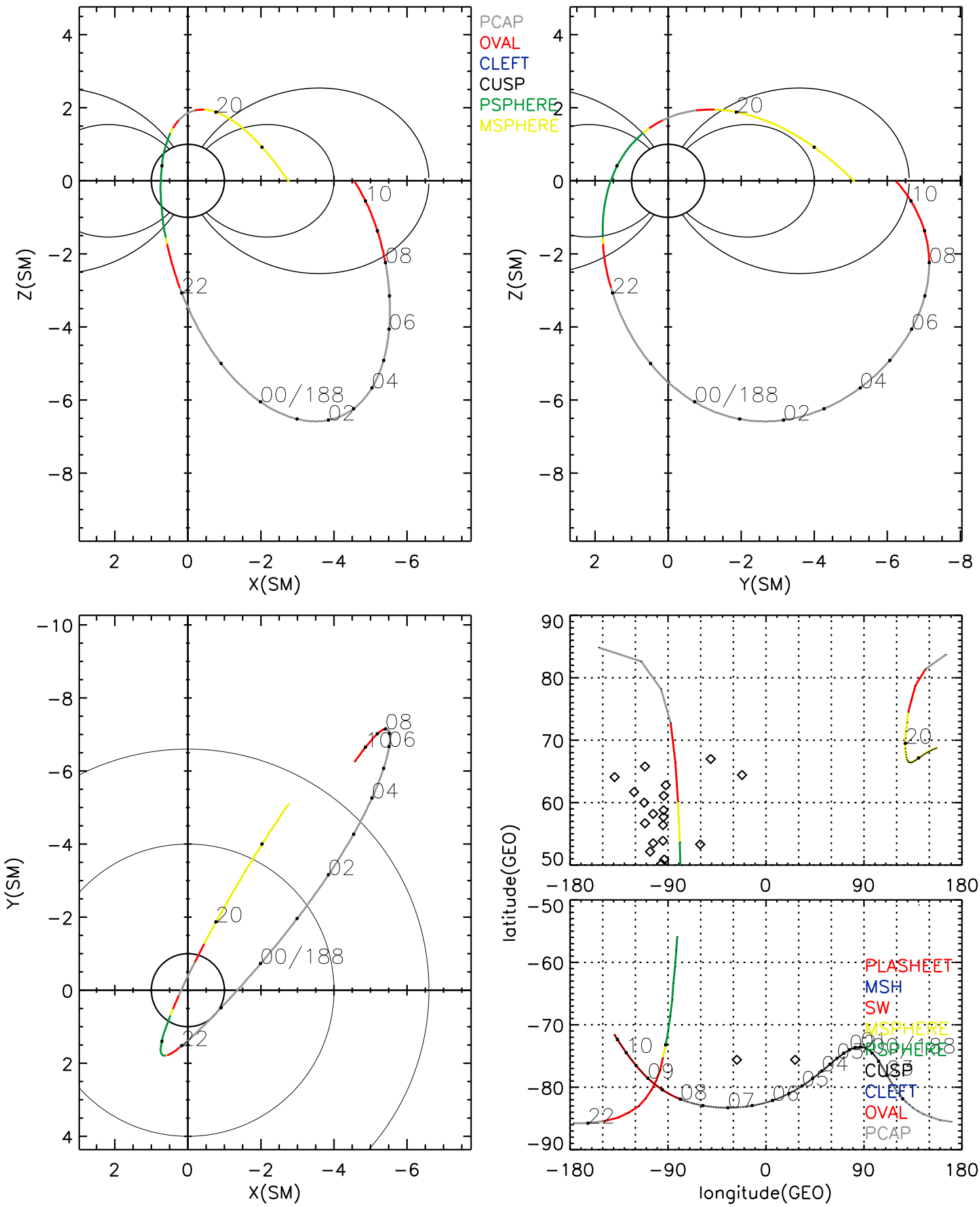POLAR orbit 2004 187 (07/05) 18:09 UT to 2004 188 (07/06) 10:42 UT