



nawas international travel service, inc.

1101 COLORADO BOULEVARD, LOS ANGELES, CALIFORNIA 90041

RECEIPT

REFERENCE NO. LA/94/301/0819
ISRAEL & EGYPT 1994
BERKELEY ELLIOTT

DATE: July 19, 1994

This is to certify that we hold to the credit of:

Charles Montgomery

The sum of \$ 1,241.00 Being payment of: Payment on Tour

Thank you, Lesley Malinoski
Sales/Operations

nawas international travel service, inc.

BOOK SCHEDULE	CAL	NY	PAR	ISR
DAY BEFORE FLIGHT	9 X	M	6	7
FEAST DAY	10 X	1	7	8
GET TO BE EARLY	11 X	2	8	9
	M X	3	9	10
	1 X	4	10	11
	2 X	5	11	N
	3 X	6	N	1
1ST "DAY" OF FLIGHT	4 X	7	1	2
2 MEAL FAST DAY	5	8	2	3
ARISE EARLY	6	9	3	4
	7	10	4	5
LITE BFST (PROTEIN)	8	11	5	6
	9	N	6	7
	10 10:45 am	1	7	8
	11 DEP LA	2	8	9
LITE LUNCH (PROTEIN)	N	3	9	10
X	1	4	10	11
X (SLEEP OR REST:	2	5	11	M
X (NAP DURING	3	6 6:55 pm	M	1
X (PLANE CHANGE	4	7 ARR NY	1	2
X (IN NEW YORK	5	8 8:35 pm	2	3
X	6	9 DEP NY	3	4
X	7	10	4	5
X	8	11	5	6
2ND "DAY" OF FLIGHT	9 X	M	6	7
ACTIVITY - COFFEE!	10 X	1	7	8
BIG BFST (PROTEIN)	11 X	2	8	9
	M X	3	9	10
NO NAPS	1 X	4	10 ARR P	11
	2 X	5	11	N
	3 X	6	N DEP P	1
BIG LUNCH (PROTEIN)	4 X	7	1	2
	5 X	8	2	3
NO NAPS	6	9	3	4 5:10 pm
	7	10	4	5 ARR IS
BIG DINNER (CARBO)	8	11	5	6
	9	N	6	7
	10	1	7	8
BED EARLY	11	2	8	9 X
	N	3	9	10 X
	1	4	10	11 X
	2	5	11	M X
	3	6	M	1 X
	4	7	1	2 X
	5	8	2	3 X
	6	9	3	4 X
	7	10	4	5 X
MORNING	8	11	5	6
AFTER	9 X	M	6	7
FLIGHT	10 X	1	7	8

NEW
AUG 10

THURS
AUGUST 11

10:45 am

DEP LA

N

1

2

3

4

5

6

7

8

9

10

11

M

1

2

3

4

5

6

7

8

9

10

11

N

1

2

3

4

5

6

7

8

9

10

11

M

1

2

3

4

5

6



FEAST 2000-3000 CALORIES / DAY
FAST 800-1000 CAL / DAY

MON AUG 8 STOP CAFFEINE
FEAST BED EARLY

TUE AUG 9 UP EARLY
FAST BED EARLY

WED AUG 10 UP EARLY
FEAST BED EARLY

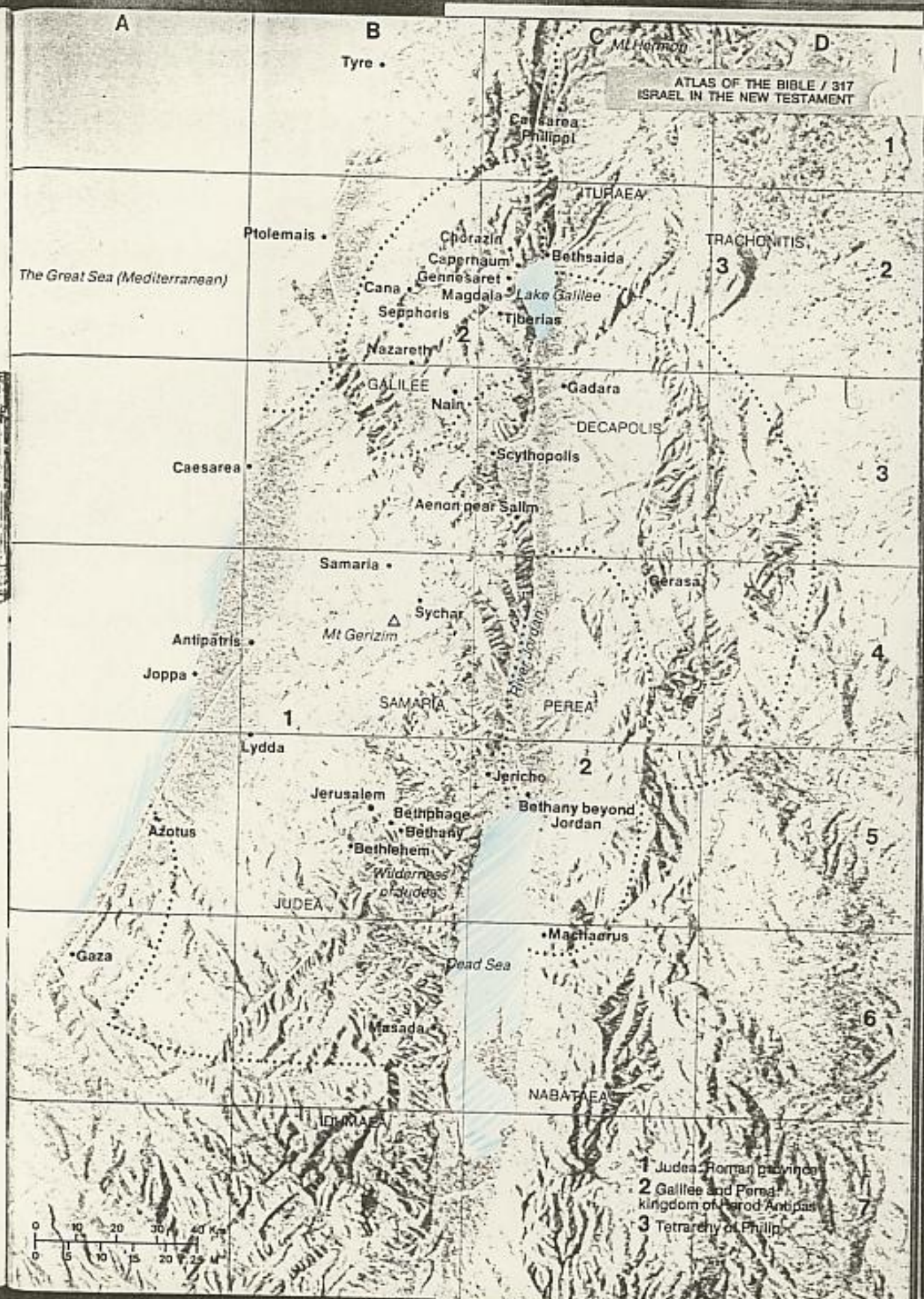
THURS AUG 11 UP EARLY
FAST DRINK WATER DURING FLIGHT
@ 6:00 PM OT ① 1-2 CUPS BLK COFFEE
② SBT WATCH TO DESTIN TIME
③ SLEEP (YES, ~~SLEEP~~ AFTER ALL THAT COFFEE -
AT LEAST REST, EYE SHADES,
PILLOW, BLANKET) IF CHANGING PLANE, BE A ZOMBIE

FRI AUG 12 1/2 DON'T OVERSLEEP
1/2 HR BEFORE BEST D TIME
GET ACTIVE
BIG BFST W/ 1-2 CUPS
BET 6-7:30 D.T.

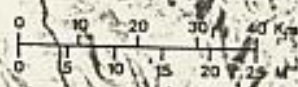
FEAST DAY!
DON'T NAP TODAY!
BED BY 10 PM D.T.
DISCIPLINE - YOU'LL BE BUZZING
MEETING EVERYONE - SETTLING IN HOTEL
MIDDAY ORIGIN TIME BUT SLEEP

SAT AUG 13 AND ~~THE~~ ~~WEEK~~
FOLLOWING UP EARLY - DON'T OVERSLEEP

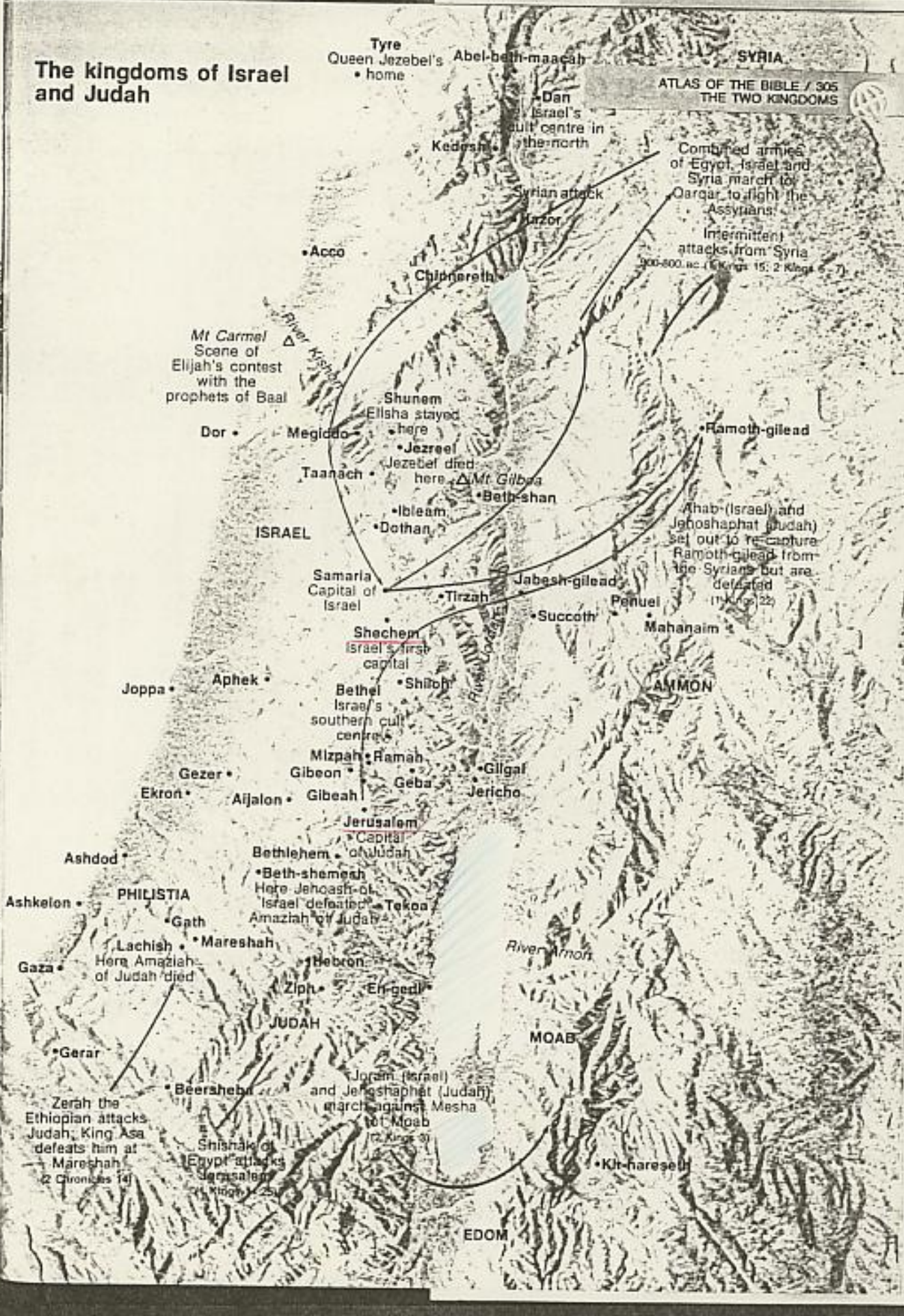
DISCONTINUE FEAST-FAST / EAT MODERATELY
CONTINUE PROTEIN BFTS - PROTEIN LUNCH - CARBO DINNERS
RESUME YOUR REGULAR CAFFEINE + MEAL SCHEDULE



- 1 Judea (Roman province)
- 2 Galilee and Perea (kingdom of Herod Antipas)
- 3 Tetrarchy of Philip



The kingdoms of Israel and Judah



Israel in the Old Testament



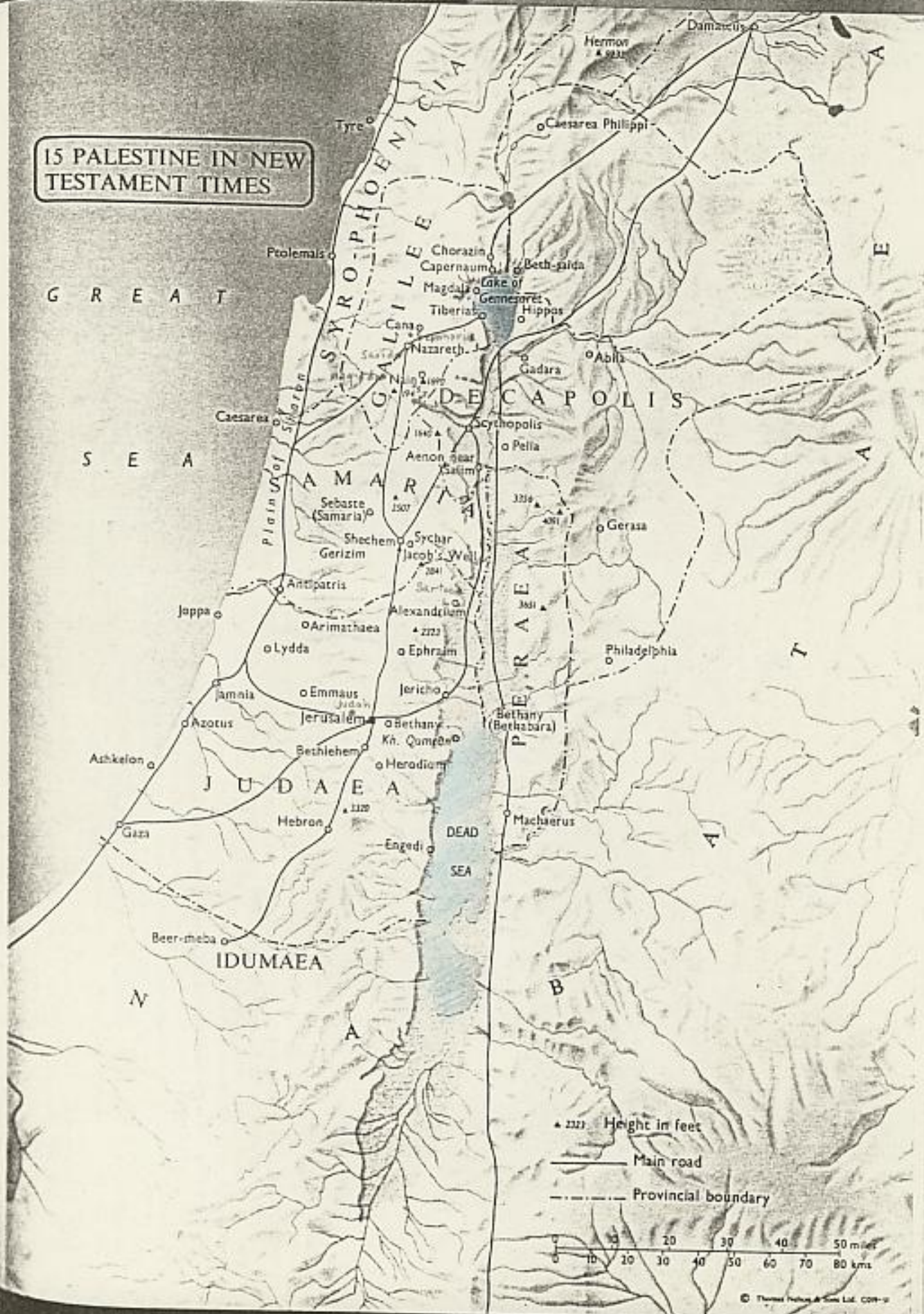
er into
eir
to God
ary
f these
rah
ah and

aids

Lehi
On used
ocine to
nter the
stices
nah.
re of
son's
his wife



15 PALESTINE IN NEW TESTAMENT TIMES



dead could
8), Israel's
(Is 8:19),
a doctrine
which men
were con-
could vind-
(1922). In
beginnings
resurrec-
righteous
y. Belief
although
In late
ut Sheol:
compart-
have gone
e suffered
ctrine on

the light of
the corrup-
Death and
the abode
L. Dives
arus rests
expresses
to the
n the end
judgment
J. Br.

ary of the
en identi-
) was a

ATTAN, 5.
f David's
ned with
Saphat);
aphatias),
Ezr 2:7.
). 4. A
ly, 1 Ch
g should
emporary
to joined
prince, 1

nderings,
en Jebel

62).—A

c Shuph-

ed Ezra
3:7 (AV
erebias)

and RV
'e').
d in the
; RSV
method
c alph.
no part
of later
X. Cf
McC.

the Oriental
point expedi-
ns, together
d *Samaria
he Palestine
cavations at
h School of
excavated at
ome Expedi-
reat deal to
and biblical
he Archaeo-
results were
rk was also
is: Hellenis-
sader. The
136 while he
reak of the
age in the
one remar-
riod: that of
of *Beth-
3. Mazar on
d the Israel

ulent years
rael in 1948
l, but in the
new state a
the *Dead

irst decade
ere conce-
quities and
ly of single
of develop-
ompt treat-
took place,
ll *Qasileh,
ar on behalf
excavations
2, 1955) by
of Antiqui-
0, 1963) by
ES and the

968) by Y.
new era of
avation the
pists, all of
ew Univer-
s a training
as followed
oni and R.
ES; and at
Department

so done by
being the
Miss Kath-
School of
(1961-8) by
he Hebrew

ARCHAEOLOGY OF THE HOLY LAND

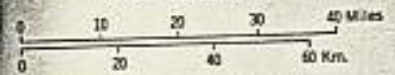
KEY TO NUMERALS ON MAP

- | | |
|----------------------------|------------------------|
| 1. Dan | 44. Tel Aviv |
| 2. Kedesh | 45. Jaffa |
| 3. Eynan | 46. Azor |
| 4. Achzib | 47. Shiloh (Tel) |
| 5. Hazor | 48. Modiim |
| 6. Nahariya | 49. Ai |
| 7. Hayonim Cave | 50. Jericho Herodian |
| 8. Acco | 51. Jericho |
| 9. Safad | 52. Yavneh |
| 10. Chorazin | 53. Gezer |
| 11. Capernaum | 54. Sha'alabim |
| 12. Wadi Amud | 55. Batash (Tel) |
| 13. Tabgha
(Heptapegon) | 56. Tuleilat Ghassul |
| 14. Shikmona | 57. Ramat Rahel |
| 15. Abu Hawam (Tell) | 58. Qumran Khirbet |
| 16. Shema Khirbet | 59. Herodian |
| 17. Sepphoris | 60. Ashkelon |
| 18. En Gev | 61. Murabba'at |
| 19. Sussita (Hippus) | 62. Gath (Tell) |
| 20. Megadim (Tel) | 63. Lachish |
| 21. Wadi Oren | 64. Gaza |
| 22. Beth Shearim | 65. Beit Mirsim (Tell) |
| 23. Japhia | 66. Susiya |
| 24. Qedumin Cave | 67. En-Gedi |
| 25. Beth Yerah | 68. Nahal Hever |
| 26. Ubeidiya | 69. Eshtemoa |
| 27. Shaar Hagolan | 70. Masada |
| 28. Kokhav ha-Yarden | 71. Arad |
| 29. Meggido | 72. Deir el-Balah |
| 30. Jokneam | 73. Maon |
| 31. Munhata | 74. Rafiah |
| 32. Athlit | 75. Beer-Sheba |
| 33. Dor | 76. Beer-Sheba (Tel) |
| 34. Caesarea | 77. Bir es-Safadi |
| 35. Taanach | 78. Malhata (Tell) |
| 36. Beth Hashita | 79. En Boqeq |
| 37. Beth Shean | 80. Rehoboth |
| 38. Zeror (Tel) | 81. Elusa |
| 39. Shechem | 82. Aroer (Tell) |
| 40. Qasileh (Tell) | 83. Mampsis |
| 41. Grisa (Tell) | 84. Sobota |
| 42. Bene Berak | 85. Oboda |
| 43. Aphek (Tel) | 86. Kadesh-Barnea |
| | 87. Timnah |



Excavations in the Holy Land

PALESTINE IN THE TIME OF CHRIST



- Capitals
- Roads
- Roman province of Syria
- Under Pontius Pilate, Procurator (former) Ethnarchy of Archelaus
- Tetrarchy of Philip
- Tetrarchy of Lycaonia
- Decapolis and Aetolia under protection of governor of Syria
- Tetrarchy of Antioch
- Cities of Decapolis federation
- Cities of Salome, Herod's sister: water to Livid



EARLY MINISTRY OF JESUS



prelight
 morning of the flight
 breakfast destination time

Z = Sleep
 M = Methylated Xanthines

ue = up early
 ! = no nap
 r = reset watch

BLD = bfst, lun, din
 B+ = feast
 B- = fast

e2			e4			e6			e8			e10			ew12			w10			w8			w6			w4			w2			no flight														
*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt	*	Ot	Dt									
			no xx	3		feast	3		feast	3		feast	3		feast	3		feast	3		feast	3		feast	3		feast	3		no xx	3																
no xx	2		2			fast	2		fast	2		fast	2		fast	2		fast	2		fast	2		fast	2		fast	2		no xx	2																
fast	1		feast	1		feast	1		feast	1		feast	1		no snack			feast	1		ok snack			ok snack			ok snack			fast	1		fast	1													
Md	2		Md	4		Md	6		Md	8		Md	**		Md	Nn		Md	2		Md	4		Md	6		Md	8		Md	**		Md	Md													
1	3		1	5		1	7		1	9		1	**		1	1		1	3		1	5		1	7		1	9		1	**		1	1		1	1		1	1		1	1		1	1	
2	4		2	6		2	8		2	**		2	Nn		2	2		2	4		2	6		2	8		2	**		2	Md		2	2		2	2		2	2		2	2		2	2	
3	5		3	7		3	9		3	**		3	1		3	3		3	5		3	7		3	9		3	**		3	1		3	3		3	3		3	3		3	3		3	3	
4	6		4	8		4	**		4	Nn		4	2		4	4		4	6		4	8		4	**		4	Md		4	2		4	4		4	4		4	4		4	4		4	4	
5	7		ue	5	9	ue/	5	**	ue/	5	1	ue	5	3	z	5	5	5	7		5	9		5	**		5	1		5	3		5	5		5	5		5	5		5	5				
6	8		B-	6	**	B-	6	Nn	B-	6	2	B-	6	4	z	6	6	6	8		6	**		6	Md		6	2		6	4		6	6		6	6		6	6		6	6				
7	9		7	**		7	1		7	3		7	5		XX	7	7	7	9		7	**		7	1		7	3		XX	7	5	B	7	7	7	7		7	7		7	7				
8	**		8	Nn		8	2		8	4		8	6		XX	8	8	8	**		8	Md		8	2		XX	8	4	6	8	8	8	8		8	8		8	8		8	8				
9	**		9	1		9	3		9	5		9	7		XX	9	9	9	**		9	1		XX	9	3	9	5	XX	9	7	9	9	9		9	9		9	9		9	9				
**	Nn		**	2		L-	**	4	L-	**	6	L-	**	8	z	**	**	z	**	**	z	**	**	z	**	**	z	**	**	r	**	6	r	**	8	**	**		**	**		**	**				
**	1		L-	**	3	**	5		**	7		u	**	9	B-	**	**	B-	**	1	XX	**	3	XX	**	5	B	**	7	B	**	9		**	**		**	**		**	**		**	**			
Nn	2		Nn	4		Nn	6		Nn	8		Nn	**		Nn	Md		z	Nn	2	B-	Nn	4	B-	Nn	6	z	Nn	8	z	Nn	**	L	Nn	Nn		Nn	Nn		Nn	Nn		Nn	Nn			
1	3		1	5		1	7		1	9		1	**		1	1		z	1	3	z	1	5	z	1	7	z	1	9	z	1	**	1	1		1	1		1	1		1	1				
2	4		2	6		2	8		2	**		2	Md	L?	z	2	2	z	2	4	z	2	6	z	2	8	z	2	**	z	2	Nn	2	2		2	2		2	2		2	2				
3	5		3	7		3	9		3	**		3	1		z	3	1	z	3	3	z	3	5	z	3	7	z	3	**	L+	3	1	z	3	3	z	3		z	3		z	3				
4	6		4	8		D-	4	**	D?	4	Md	z	4	2	z	4	4	z	4	6	z	4	8	z	4	**	L+	4	Nn	z	4	2	z	4	4	z	4		z	4		z	4				
5	7		D-	5	9	5	**		5	1		z	5	3	z	5	5	!!!	5	7	z	5	9	L-	5	**	z	5	1	z	5	3	z	5	5	z	5		z	5		z	5				
6	8		6	**		6	Md		6	2		z	6	4	z	6	6	B	6	8	z	6	**	z	6	Nn	z	6	2	z	6	4	D	6	6	z	6	6	z	6	6	z	6	6			
7	9		7	**		7	1		7	3		z	7	5	u!!	7	7	z	7	9	z	7	**	z	7	1	z	7	3	z	7	5	z	7	7	z	7	7	z	7	7	z	7	7			
8	**		8	Md		8	2		8	4		z	8	6	B	**	8	z	8	**	L+	8	Nn	z	8	2	z	8	4	D	8	6	z	8	6	z	8	6	z	8	6						
9	**		9	1		9	3		9	5		u!!	9	7	z	**	9	z	9	**	z	9	1	z	9	3	D	9	5	z	9	7	z	9	9	z	9	9	z	9	9						
**	Md		**	2		z	**	4	z	**	6	z	**	8	z	Md	**	L+	**	Nn	z	**	2	z	**	4	z	**	6	z	**	8	z	**	**	z	**	**	z	**	**						
**	1		z	**	3	u!!	**	7	B	**	9	z	1	**	z	1	**	z	**	1	z	**	3	D	**	5	z	**	7	z	**	9	z	**	**	z	**	**	z	**	**						
Md	2		Md	4		Md	6		Md	**		z	2	Nn	z	2	Nn	z	Md	2	z	Md	4	z	Md	6	sn	Md	8	z	Md	**	z	Md	Md		Md	Md		Md	Md						
1	3		1	5		ue	1	7	B	1	9	z	1	**	L+	3	1	z	1	3	z	1	5	z	1	7	z	1	9	z	1	**	z	1	1	z	1	1	z	1	1	z	1	1			
2	4		2	6		!!!	2	8	z	2	**	z	2	Nn	z	2	Nn	z	2	4	z	2	6	z	2	8	z	2	**	z	2	Md	z	2	2	z	2	2	z	2	2						
3	5		ue	3	7	B	3	9	z	3	**	L+	3	1	z	3	1	z	3	5	z	3	7	z	3	9	z	3	**	z	3	1	z	3	3	z	3	3	z	3	3						
4	6		!!!	4	8	z	4	**	z	4	Nn	z	4	2	z	4	4	D	4	6	z	4	8	z	4	**	z	4	Md	z	4	2	z	4	4	z	4	4	z	4	4						
ue	5	7	B	5	9	z	5	**	L+	5	1	z	5	3	z	5	5	z	5	7	z	5	9	z	5	**	z	5	1	z	5	3	z	5	5	z	5	5									
!!!	6	8	z	6	**	z	6	Nn	z	6	2	z	6	4	z	6	6	z	6	8	z	6	**	z	6	Md	z	6	2	z	6	4	!!!	6	6	z	6	6									
B\$	7	9	z	7	**	L+	7	1	z	7	3	z	7	5	z	7	7	z	7	9	z	7	**	z	7	1	z	7	3	z	7	5	B	7	7	z	7	7									
8	**		8	Nn		8	2		8	4		z	8	6	D	**	8	z	8	**	z	8	Md	z	8	2	z	8	4	z	8	6	z	8	6	z	8	6	z	8	6						
9	**		L+	9	1	z	9	3	z	9	5	z	9	7	z	**	9	z	9	**	z	9	1	z	9	3	z	9	5	z	9	7	z	9	9	z	9	9									
**	Nn		**	2		z	**	4	z	**	6	D	**	8	z	Nn	**	z	**	Md	z	**	2	z	**	4	z	**	6	z	**	8	z	**	**	z	**	**									
**	1		z	**	3	z	**	5	z	**	7	z	**	9	z	1	**	z	**	1	z	**	3	z	**	5	z	**	7	z	**	9	z	**	**	z	**	**									
Nn	2		Nn	4		D	Nn	6	z	Nn	8	z	Nn	**	z	2	Md	z	Nn	2	z	Nn	4	B	Nn	6	z	Nn	8	z	Nn	**	L	Nn	Nn		Nn	Nn									
1	3		1	5		z	1	7	z	1	9	z	1	**	z	3	1	z	1	3	z	1	5	z	1	7	z	1	9	z	1	**	z	1	1	z	1	1	z	1	1						
2	4		2	6		D	2	8	z	2	**	z	2	Md	z	2	4	z	2	6	z	2	8	z	2	**	z	2	Nn	z	2	2	z	2	2	z	2	2	z	2	2						
3	5		z	3	7	z	3	9	z	3	**	z	3	1	z	3	3	z	3	5	z	3	7	z	3	9	z	3	**	z	3	1	z	3	3	z	3	3									
4	6		D	4	8	z	4	**	z	4	Md	z	4	2	z	4	4	z	4	6	z	4	8	z	4	**	z	4	Nn	z	4	2	z	4	4	z	4	4									
5	7																																														

no xx	
feast	3
fast	2
feast	1
no snack	
z	Md 8
z	1 9
z	2 10
z	3 11
z	4 Nn
ue	5 1
B-	6 2
	7 3
	8 4
	9 5
L-	10 6
	11 7
	Nn 8
	1 9
	2 10
	3 11
D?	4 Mc
	5 1
XX	6 2
r	7 3
z	8 4
z	9 5
z	10 6
u!!	11 7
XX	Md 8
B	1 9
!	2 10
!	3 11
!	4 Nn
L+	5 1
!	6 2
!	7 3
!	8 4
!	9 5
!	10 6
!	11 7
D	Nn 8
!	1 9
z	2 10
z	3 11
z	4 Mc

<< BOOK SCHEDULE

MODIFIED PROGRAM		ca	ca	ny	p	is	is
		tru	let	tru	tru	let	tru
		Md	1	4	7	7	8
x		1	2	5	8	8	9
x		2	3	6	9	9	10
>		3	4	7	10	10	11
x		4	5	8	11	11	Nn
x		5	6	9	Nn	Nn	1
AUG 11	up early	6	7	10	1	1	2
	lite protein bfst	7	8	11	2	2	3
		8	9	Nn	3	3	4
		9	10	1	4	4	5
		10	11	2	5	5	6
	lite protein lunch	11	Nn	3	6	6	7
		Nn	1	4	7	7	8
		1	2	5	8	8	9
		2	3	6	9	9	10
	lite carbo D (or skip)	3	4	7	10	10	11
		4	5	8	11	11	Md
	@ 1-2 cups coffee at 6+pm ot	5	6	9	Md	Md	1
z		6	7	10	1	1	2
z		7	8	11	2	2	3
z		8	9	Md	3	3	4
z		9	10	1	4	4	5
z		10	11	2	5	5	6
z	don't oversleep; half hr !!!	11	Md	3	6	6	7
	@ big bfst w/ 1-2 cups	Md	1	4	7	7	8
	betw 6:00 - 7:30 dt AUG 12	1	2	5	8	8	9
!		2	3	6	9	9	10
!		3	4	7	10	10	11
!		4	5	8	11	11	Nn
!	big protein lunch	5	6	9	Nn	Nn	1
!		6	7	10	1	1	2
!		7	8	11	2	2	3
!		8	9	Nn	3	3	4
!		9	10	1	4	4	5
!	CARBS	10	11	2	5	5	6
!	big protein dinner	11	Nn	3	6	6	7
!		Nn	1	4	7	7	8
!	bed by 10 pm dt	1	2	5	8	8	9
z		2	3	6	9	9	10
z		3	4	7	10	10	11
z		4	5	8	11	11	Md

Modified 8-east
CA forward 1 hr
NY & Paris, local
Israel back 1 hr

preflight
morning of flight
bfst destin. time

WEEKS BEFORE FLIGHT: NORMAL SLEEP SCHEDULE: 9 PM TO 6 AM

SEVERAL DAYS BEFORE FLIGHT: BED AND ARISE EARLY: 6 PM TO 3 AM

DAY OF FLIGHT: SLEEP 3 PM TO 3 AM, CALIFORNIA TIME

(MIDNIGHT TO NOON, ISRAELI TIME)

SEVERAL DAYS AFTER FLIGHT: SLEEP MIDNITE TO 9 AM ISRAELI TIME

MAINTAIN LATE HOURS DURING VACATION: SLEEP MIDNIGHT TO 8 AM

SEVERAL DAYS BEFORE RETURN: VERY LATE HOURS: SLEEP 2 AM TO 10 AM

DAY OF RETURN: STAY UP ALL NIGHT, SLEEP IMMEDIATELY ON PLANE FOR 10 HOURS

(5 AM TO 3 PM TEL AVIV TIME, 7 PM TO 5 AM CALIFORNIA TIME)

SEVERAL DAYS AFTER RETURN, BED AND RISE EARLY, 6 PM TO 3 AM

WEEKS AFTER RETURN, RESUME NORMAL SLEEP SCHEDULE: 9 PM TO 6 AM

S L E E P T I M E

LOS ANGELES normal adjust adjust normal ISRAEL/EGYPT

		normal	adjust	adjust	normal	ISRAEL/EGYPT
THUR, AUG	9 AM					6 PM
LAX 10:45 A	12 NOON				X	9 PM
	3 PM			X	X	12 Midnite
	6 PM		X	X	X	3 AM
	9 PM	X	X	X	X	6 AM
	12 Midnite	X	X	X		9 AM
	3 AM	X	X			12 NOON
	6 AM	X				3 PM
	9 AM					6 PM
	12 NOON				X	9 PM
	3 PM			X	X	12 Midnite
DURING	6 PM			X	X	3 AM
VACATION	9 PM	X		X	X	6 AM
	12 Midnite	X		X		9 AM
	3 AM	X				12 NOON
	6 AM	X				3 PM
	9 AM					6 PM
	12 NOON				X	9 PM
	3 PM			X	X	12 Midnite
	6 PM		X	X	X	3 AM
	9 PM	X	X	X	X	6 AM
	12 Midnite	X	X	X		9 AM
DAY OF	3 AM	X	X			12 NOON
RETURN	6 AM	X				3 PM
	9 AM					6 PM
	12 NOON				X	9 PM
	3 PM				X	12 Midnite
LAX 6:50 P	6 PM		X		X	3 AM
	9 PM	X	X		X	6 AM
	12 Midnite	X	X			9 AM
	3 AM	X	X			12 NOON
	6 AM	X				3 PM
	9 AM					6 PM
	12 NOON				X	9 PM
	3 PM				X	12 Midnite
SEVERAL	6 PM		X		X	3 AM
DAYS	9 PM	X	X		X	6 AM
AFTER	12 Midnite	X	X			9 AM
RETURN	3 AM	X	X			12 NOON
	6 AM	X				3 PM

THU AUG 11
TEL AVIV 5:10 PM

TEL AVIV 5:05 AM