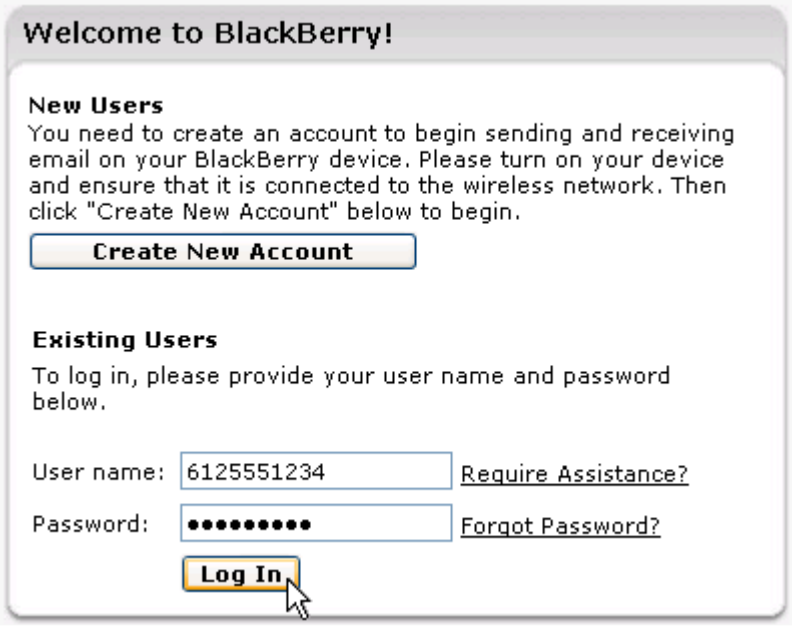
Dealing with Blackberry Internet Service's Ludicrous Server Timeout Policy

The work-around

Step 1) Go to your respective Blackberry Internet Service login site and enter your login. This is *not* your normal email login and applies only to this site.
Verizon: https://bis.na.blackberry.com/html?brand=vzw
AT&T: https://bis.na.blackberry.com/html?brand=mycingular
Sprint: http://bis.na.blackberry.com/html?brand=sprint



Step 2) Click the crossed out check mark to reactivate your email account.

Step 3) If successful, you will get a pop up congratulating you on your now functioning BIS email account and the cross out should disappear.

And you're done. Click here to logout.