MMM CM/NEWS January 16, 1990

Institute Thanks Pioneers



A large 'thank you' card, drawn by a 3-year old at the Child Saving Institute, was presented to the Cornhusker Chapter. The drawing was reproduced on coffee mugs. The Pioneer volunteers built a slide, gazebo and deck at the Institute and also assembled playground equipment. Dick Winter, chapter president, accepts the gifts from Donna Turbach-Davis, executive director, at a ceremony in the Pioneer meeting room.

Cold Weather, Warm Hearts



Brenda Richard, Dept. 581-4, portrays the Christmas spirit as she and 600 other Telephone Pioneers and friends gave of their time to ring bells for the Salvation Army Tree of Lights campaign. More of the story on page 3.

"Walkin' Works' Program Attracts 72 Employees

You may have noticed the map on display in the hallway near the cafeteria entitled "Walkin' Works" during October, November and December. The





Ken

goal of the 11-week program was to promote continued exercise as winter embarked.

With cold weather and shorter days it is easy to find excuses for not exercising. Participants

in the program exercised, logged their daily aerobic mileage, and at the end of each week a conversion was applied to total weekly mileage and participant numbers were advanced accordingly across the map.

The goal was to reach Denver or Kansas City in converted aerobic miles in an eleven week period. Seventy-two employees signed up and 62 regularly turned in mileage. The total actual areobic miles logged for the group was 10,052 miles. The individual average total actual miles logged were 162.12, 14.73 miles per week and 2.10 miles per day. These averages are for the entire group.

Triathlete and marathon runner Ken Deman logged the greatest actual total mileage, 981 actual aerobic miles in 11 weeks. His activities included running, swimming and biking. During the 11-week period he ran two marathons - the Omaha Marathon and the Minneapolis Marathon.

Julie Micklavzina logged the greatest number of actual aerobic miles for the ladies, 524, during the 11 weeks. Number two and three males, Jerry Cartwright and Darrell Suddeth, logged a total of 424 and 419 total miles respectively. Cartwright's weekly average was 38.5 while Darrell's was 38.09.

The number two and three women were Bonnie Hampton with 394 actual miles (35.8 weekly average) and Jane Bohline, 323 actual miles (29.36 weekly average). Those in number two and three spots, both male and female, walked all of their miles.

(continued on page 3)

WEOMA CLUB SPORTS

NOTE:

League Secretaries are asked to turn in score results each week to the Weoma Club.

- Editor

Racquetball

DIVISION II

STANDINGS

	WON	LOST	% WON
CANAL, Luis	25	5	83.3
WARD, Cecil	26	7	78.8
CURLEY, Mike	22	11	66.7
KAHLER, Gary	- 15	15	50.0
GRABENBAUER, Jim	12	15	44.4
HUNT, Jeff	12	18	40.0
TRUE, Phil	8	22	26.7
JOHNSON, Bill	0	27	0.0
DIVISION III			
STANDIN	GS		
	WON	LOST	% WON
WELKER, Jesse	24	0	100.0
PETERSON, Jim	17	4	81.0
MAUCH, Scott	18	9	66.7
PEREZ, Paul	16	8	66.7
COMMONS, Mike	17	10	62.9
LUDWIG, Bob	12	15	44.4
SCHAFER, Steve	9	15	37.5
RUNNELS, Rich	7	15	29.2
HAZUKA, John	4	23	14.8
WINDHOLZ, Rick	2	25	7.4

Volleyball

Results December 21-

KINKS 4 games to 1 over Smurfs VIC'S TEAM 3 games to 2 over P.G.D.'s JOE'S TEAM 5 games to 0 over Spikers

FIRST ROUND STANDINGS

	WON	LOST
KINKS	30	10
SMURFS	28	12
P.G.D.'S	23	17
VIC'S TEAM	15	15
JOE'S TEAM	14	16
SPIKERS	10	30

Bowling

WEOMA CLUB FRIDAY MORNING MIXED LEAGUE

STANDINGS

	WON	LOST
UNCONSCIOUS	88	48
MISFITS	84	52
SWEAT SHOP	82	54
LATE COMERS	80	56
STARS	74	62
SHOULD A BEEN	66	70
STRIKES	62	74
BALL BUSTERS	58	78
WILD BUNCH	58	78
FLIPS FLOPS	28	108

High Scores-

Perry vogel (551), Bob Roh (545), Ed Betzer (533), Bob Goodwin (231-522), Gene Chleboun (503), Deacon Morris (207-501), Alta Morris (176, 184, 488)

Previous Week's High Scores-Jim Plevniak (224-551), Mac McManis (203-546), Alta Morris (171, 197-526), Gail Torson (225, 172-521), Bob Goodwin (511), Jesse Welker (510), Bob Roh (501), Lee Ayala (179,172-494), Jeanine Krogmann (170).

WEOMA CLUB NITE OWLS LEAGUE

STANDINGS

	WON	LOST
DODGERS	86	42
UP YOUR ALLEY	82	46
FIVE NINES	76	52
NO GAS	74	54
NITE CRAWLERS	70	58
HAVEN FUN	70	58
YA BUTS	68	59
TWO HITS & A MISS	64	64
E Z III	64	64
ALL MOST	62	66
LADIES & A TRAMP	62	66
BALL BUSTERS	58	70
ROLLERS	54	74
DILLIGAF	52	76
2 BEERS & A MIX	48	80
ART'S KIDS	38	90

WOMEN'S 450-Jessie Knutson (493), Alta Morris

WOMEN'S 170-Jessie Knutson (179)

MEN'S 200-

Bill Deegan (201, 202), Lauren Throener (225), Dennis McNulty (213), Mick McGuire (212), Dave Hochstein (203), Don Huenniger (233, 211), Dale Kreick (200, 217).

MEN'S 500-

John Moore (536), Pete Peterson (553), Bill Deegan (586), Steve O'Dell (543), Lauren Throener (517), Chuck Schultz (531), Don Horvath (500), Dennis McNulty (581), Mick McGuire (557), Dave Hochstein (563), Norb Totosz (515), Bill Placek (536), Perry Vogel (534), Don Huenniger (600), Otis Knutson (515), Dale Kreick (582).

SPLITS-

Stan Puchalski (2-10), Linda McGuire (3-10), Mick McGuire (3-9-10), Bill Placek (5-8-10), Sandy Barnes (3-10).

WORKS SERVICE LEAGUE

STANDINGS

	WON	LOST
BROADWAY BOWL	79	47
WESTERN BOWL	79	47
HIGGINS TROPHIES	76	50
THE NEW COTTNER STREET	73	53
COHEN & KELLY'S	73	53
W.E.R.M. ENTERPRISES	71	55
ERASER HEADS	71	55
JESTERS	68	58
A.C.I.	64	62

TOP GUN II	63	63
OMALO'S	58	68
JETS	55	71
JUST PLAIN LUCKY	54	72
JUST IN TIME	54	72
SABRES	50	76
THE EASY GOERS	22	104

HIGH GAMES, SERIES-Dick Nightser (214, 222-637), Tom Pluta (246-595), Dick Kusmierski (589) Gene Stuto (227-586), Gary Reese (243-586), Art Clausen (217-579), John Francavilla (211-574), Mike Fager (227-570), John Symonsbergen (237-567) Chet Sears (212-564), Tim Ward (555), Bob Simmons (213-554), Dick Runnels (224-553), Marvin Seaton (215).

Previous Week's High Games & Series-Jim Kajdasz (243, 223-666), Ken Mass (243, 213-663), Chet Sears (246-631) Kevin Pluta (219, 211-631), Art Clausen (223, 222-625), Dave Chonis (223-614), George Stock (584), Steve Bothwell (213-581), John Francavilla (573), Darrell Seaton (215-566), Bob Richling (562), Frank Bogatz (555), Dick Nightser (554), Loren Wacker (551), Jerry Kucinski (225),

12-26-'89-

-20-'89Steve Bothwell (215-600), Rich Novak (597), Art Clausen (219-587), Dave Chonis (216-573), Archer Witherell (234-571), Gino Betti (560), George Brown (212-558), John Symonsbergen (553), Gene Stuto (552), Dennis Glessman (551), Fred Tirschman (215) Kevin Pluta (211).



DON'T FORGET

to pick up your Magic Kingdom Club card and Membership Guide

TODAY!

Contact:

THE PIONEER OFFICE



Magic Kingdom Club®

Bell Ringers Break Record

Remember the "cool" weather we Midlanders experienced in December, with the wind chill index hovering around the -70 degree range? Those were the days when some 600 Telephone Pioneers and friends volunteered to ring bells for the Salva-

tion Army Tree of Lights.



LaVonne Meisinger works one of her seven 2-hour shifts.

In spite of busy holiday schedules many people worked double, triple or more 2-hour shifts. Over 3,600 hours were logged by the Pioneer bell ringers and the result was outstanding - \$16,290. raised!

LaVonne Meisinger was one of the most enthusiastic volunteers, signing up for seven different 2-hour shifts.

Pioneer co-chairmen Jerry Fitzgerald and Harvey Palmer sincerely thank everyone who had a part in this outstanding effort.



Bill and Joyce Ossler dress the part for the season.



"Don't worry, be happy!"
Linda Cashoili (1.) and
Joanie Behler.



The snow crunched under the feet of Jim Mc Callum (1.) and Larry Tremayne.

"Walkin' Works' Program

(continued from page 1)

Each aerobic mile reflects approximately 100 calories. The group burned approximately 3,015,500 calories during the 11 weeks which could have resulted in a potential weight loss of 861 pounds of fat for the group.

The following were participants in the 'Walkin' Works" program:

Delores Sirian Richard Barry Rachel Hartley Marilee Mullin Marge Bruno Judy Stroy Nancy Griswold Sharon Reimers Larry Nelson Jane Bohline Marcia Grothe Pat Hartung Lucy Strode Gladys Aldrich Bev Cavanaugh Jerry Cartwright Shirley Dwyer Cees Eastbery Jim Williams Ken Deman Vickie Luther Marie Pope

Ann Drebot Carol Bloomer Jerry Engel Lisa Grabenbauer Wayne Langerman Jackie Myhrberg Cass Perry Besse Hampton Darrell Suddeth Caonnie Hagge Regina Fuksa Carolyn Hodges Don Palmer Joni Hinkle Laureen Nielsen Marilyn Boston Joyce Badders Linda Metzler Gerri Dibble Joanne Callaway Butch Ott Al Ott

Lois Story Sheryl Schuler Mary Alice Wagner Myrtle Mapes Rosemary Jans Julie Micklavzina Phil True Betty Petratis Bob Koster Darleen Gleeman Barb Getzchman Mike Leaf Linda Giebler Sparky Bruning Carolyn Allen Pam Raabe Dick Maxwell Robert Russell Paul Bracken Diana West Eloise Klosky Gordon Van Fosson

The Cornhusker Chapter Presents... An Evening at the Market Isiday, Januaky 26, 1990

The Firelicuse dinner theatre

11th & Jackson St.

Start Your Evening with Dinnet or a Cocktail at One of the Many Old Market Reslawants followed by



Steel Magnolia's" at the Firehouse

Pioneers (Portners \$13.50 ca. Guests

Choose the Dinner ! Show Package at

HARRIGAN'S Restauront

Down Stairs from the Theater

with Selection of Eight Entree's

DINNERS

CURRIED CHICKEN

LEMON AND HERBAL CHICKEN

CHICKEN PARMESAN

BBQ BEEF RIBS

SHRIMP PASTA

FRESH FISH OF THE DAY

TERIYAKI KEBAB

PRIME RIB \$2.95 extra

Pachage Price: \$19. ea. Pioneers & Partners. \$22. ea. Guests (INCLUDES GRATUITY)

Tichets Go On Sale Wednesday, Jan. 10 & 17 - Hiday, Jan. 12 & 19 11:00 am-12:30 pm. Main Cafeteria 2no & 3rd Shift - Pioneer Office

FOR COMPLETE INFORMATION CALL THE PIONEER OFFICE x3617

-Dack-to-the-Dasics-

Nearly a century ago AK-SAR-Ben's organizers sought the opportunity to make a contribution to the spirit of our area. Thanks to people like you and many thousands of members of AK-SAR-BEN, the region has developed agribusiness over the past century until we have become a significant part of the world's "bread basket".

Now AK-SAR-BEN is returning to it's origins with \$10 memberships. Again the cause is the same: to fund programs that contribute to our future. Your membership dollars will finance programs which help our youth, support civic betterment, and encourage agricultural development. At the same time, you will receive member discounts to Rodeo, Ice Capades, River City Roundup events, and valuable Thoroughbred racing coupons.

AK-SAR-BEN's remarkable tradition continues, and you are invited to become part of it in 1990. Memberships will be available in the main cafeteria the week of <u>January 22 - 26</u> at the following times:

Third Shift

7:00 a.m. - 8:30 a.m.

First Shift

11:00 a.m. - 12:30 p.m.

Second Shift

7:00 p.m. - 8:30 p.m.

Memberships may be purchased with Visa, Master Card or American Express, or you may make out a check payable to AK-SAR-BEN.

Ice Capades

Ak-Sar-Ben members may purchase two tickets for the price of one plus \$3. Children's tickets (maximum of 3 per membership) \$3 each. Ticket prices are \$12 rinkside, \$9 reserved, and \$4 reserved.

Savings to Ak-Sar-Ben member family of five in \$9 reserved seat section:

\$24

Omaha Racers Basketball

Two tickets to Feb. 21 and 28, 1990 games reduced \$3 for Ak-Sar-Ben members. Ticket prices are \$8 and \$6.

Savings per Ak-Sar-Ben membership for two games:

\$12

Ak-Sar-Ben World Championship

Rodeo

Buy one ticket at regular price, then order remainder for just \$3 each. Ticket prices are \$9 and \$8 reserved.

Savings for Ak-Sar-Ben member family of five in \$8 reserved seats:

\$20

Omaha Lancers Hockey

The Omaha Lancers offer \$5 tickets to Jan. 7, Jan. 31 and Feb. 14 games for just \$3.50.

Savings for Ak-Sar-Ben member family of five to three games:

\$22.50

River City Roundup

Special admission benefits for two to five days of River City Roundup events, including admission to many entertaining

events across the metropolitan area—price includes a pancake feed at Ak-Sar-Ben!

Savings per Ak-Sar-Ben membership:

\$2

Thoroughbred Races

A free Clubhouse table for four at the Ak-Sar-Ben Thoroughbred races once a month in May, June, July, and August.

Savings for Ak-Sar-Ben member:

\$96

Safety Awareness Contest Bloodmobile

The first winner in 1990 in the new Safety Awareness Contest was James Nixon, Dept. 581-3. The question that Jim answered correctly was: "Where are the sound waves carried by the ear?" Jim had not received the January Fact Sheet but was still able to answer the question.





Jim Nixon Bill Sloup

He drew envelope No. 28 and received a \$50. gift certificate to Service Merchandise. The fact sheets should be available to all employees the first week of each month. Congratulations to Jim and good luck to all employees in 1990.

William Sloup, Dept. 583-6, is the second winner in the Safety Awareness Contest. Bill's question was: "What are Decibles?" Bill answered correctly - a measurement of sound. Bill selected envelope No. 26 which was an 11 piece Corning vision cookware. Bill and his wife bought a set of the cookware for a Christmas present for their daughter who lives in Dallas. His wife said that she sure could use a set of cookware like that. Congratulations, Bill!

Final Reminder-

As the World Changes

Do you have relatives or friends living in the Communist bloc countries or in Panama? Have you heard from them concerning the tumultuous changes that are taking place there? What are their hopes -- what are their fears?

Linda Ryan would like to hear from you for the purpose of writing a story for the Westerner. And if you know a retired Works employee who maintains contact with people in these countries, please pass along that information, too. You can reach her in the public relations office, Ext. 3795.

The Red Cross Bloodmobile will be making the first scheduled visit at the Omaha Works for 1990 on February 8 and 9. The appointment sheets will be sent out in the company mail as well as appearing in the Weoma Club News.

Please sign-up and help out.

Basketball

Five-on-five basketball will start soon. Team captains should contact John Spencer at x3727

Thank You Note

A very special "Thank You" to second shift employees and all others involved in the beautiful suprise retirement party on Friday, December 15. It was truly a surprise and certainly leaves a warm spot in my heart for the tremendous participation it took to do it.

Also, special thanks for the monetary gift and all the individual gifts I received. I will miss you all and certainly I will never forget

> Betty Petratis 2nd Shift Nurse

DON'T TAKE



SAFETY TRIVIA

by Shirley

Trivia about "Beware the Night"-

- 1. At 60 mph, your car needs about (a) 300 ft., (b) 360 ft., (c) 275 ft. to come to a full stop.
- 2. Your headlights, at best, can light up the road ahead for what distance?
- What percent of all crashes occur between midnight and dawn?
- 4. Your chances of dying in a traffic accident at night are (a) 1, (b) 2, or (c) 3 times greater at night than during daylight hours.
- When should you turn your lights on for night driving?

ANSWERS

turn on your lights, it is. if you are wondering whether it's dark enough to three times greater. 5. A good rule of thumb is I. (b) 360 ft. 2. 300 ft. 3. 30%. 4. (c)



Figal Reminder-

COOKING FOR A HEALTHY HEART CLASS

sent out in the company mail as well as appear

INSTRUCTOR: Kathy Blanke, Registered Dietician

Course Length: 4 Sessions

Pate: The Course will be offered January 24, 1990
through February 14, 1990; Wednesday evenings from 7:00 P.M.
to 8:00 P.M. Classes will last approximately one hour.

Location: All classes will be held at the Omaha Works in Training Room 1-C, Lower level of Building 20.

Course Description: This course is a cooking class designed to increase individual awareness of fat content in our diets and to provide individuals with information so they can make healthy alternative diet choices. The class will address the fat content in various food items, recipe modification, and label reading.

This course is offered to all employees, their spouses and immediate family members. A minimum of 15 participants are required to conduct the class, however class size will be limited to 25. Participants will be taken on a first come, first enrolled basis.

Fee: There will be a \$12.00 fee per family for the course. The fee is required for the dieticians services.

The cost of a comparable course in the city is as high as \$30.00

If you are interested in participating, please fill out the registration form below and return it to Marlene fetratis Sigler, Total Life Concept Department, Dept. 800, by January 22, 1990. If you have questions please call Marlene at extension 4920. The course fee will be collected at the first class. This course offering is designed for first and third shift employees. No one should attend during their working hours.

Interested second shift employees should also fill out the form below and return it to TLC. Once we have enough registrants to fill a class, arrangements will be made for a class during the day.

Name www.seed.cov.linesia.co.iii	Heard eros them concerning the twent- compes that are taking place there?
Nepartment Number	Work Ext.
Shift (circle) 1st 2nd (purpose of writing a story for the
Home Phone	



MILLARD A LEGION POST 374

4760 South 135th Street (Millard)

Cost/Person

\$10 Pioneers

\$12 Guests

Feb. 3

ATTITUBE ADJUSTMENT

DANCING & MINGLING

6:00 P.M. 7:00 P.M. 8:30 P.M.

-MIDNIGHT

Polish Sausage Au gratin Potatoes Chicken Roast Beef

Vegetable Salad Coffee

Tickets-

Vicki Fitzgerald x3912 Joe Boniauto x3768

Jerry Fitzgerald x4831 Shirley Barnes x3342

Harvey Palmer x3278 Linda Lloyd x3342

Al Myers(2nd) x3128

Co Chairs -

Bobbi Bishop x3727 or Karen Israelson x3727

Music by the Greg Spevak Orchestra

CLASSIFIED ADS

Advertisements must be submitted to the Weoma Club office absolutely no later than 7 a.m. on Wednesdays for the following weeks' issue.

Wanted

CHRYSLER STEEL WHEELS (4): 14", 6" wide. 895-5222.

NON-SMOKING WOMAN: to share home in Millard. 895-2239.

EARPIECE RECEIVER: for old crank type wall phone. 895-3360 after 4:00 p.m.

SECOND SHIFT BOWLERS: subs and permanent members for Wed. Midnight league. Contact Sandy Barnes, x4832.

For Sale

Pets

AKC COCKER SPANIELS: buff color, 6 wks. old, \$85. 292-0100 (Omaha) or 944-2331 (Ashland) after 4:30 p.m.

AKC COCKER SPANIEL: buff, male, 10 mos. old. 323-6111.

Sports Equipment

NIKE WRESTLING SHOES: men's size 12, worn only 2 wks., like new. 334-5963.

JUNIOR HIGH BASKETBALL UNIFORMS: 14 sets, S-M-L, orange w/white numbers, used one season, \$150 takes all. 443-5033. Wahoo.

Home Entertainment

POOL TABLE: 7', rack & cues, like new. 333-3414.

Home Furnishings

SOFA & CHAIR: rust, cream, cocoa, good condition, \$200. ROLL TOP DESK: single pedestal, \$50. 733-6627 after 4 p.m.

WATERBEDS: (2) king size, make offer. 346-2006.

BAR STOOLS (4): swivel, good condition, \$10.00 ea. 895-4033.

PATCHWORK LOVE SEAT SOFA: made real solid, first \$75 takes. 339-7653 after 4 p.m.

\$75. VELVET CHAIR & LOVE SEAT: rust/brown, asking \$125 for the set, all 3 like new. 322-6128.

SOFA SLEEPER: queen size with matching love seat, light blue, cream & rust, good condition, \$300. LEVELOR MINI BLINDS: light blue, (1) for double window, (1) for single window, \$20. SHEERS & RODS (light blue) for same windows, \$20. 733-6627.

Appliances

AIR KING POWER HUMIDIFIER: \$25. 895-3258.

HOT POINT MICROWAVE: above stove, has light & vent & instruction & new book on cooking, \$100. 731-7419 after 5 p.m.

Real Estate

HOUSE: 2-story, 3 bdrms., 3 sets of French doors, natural woodwork, fireplace, central air, 2 patio areas & more, asking \$50,500. 1050 So. 35th Ave. 342-6810.

HOUSE: 3 bdrm., 2-level Victorian w/full basement & huge garage w/workshop on 2-plus acres, 12 min. to AT&T. Completely furnished lakefront home, 25 min. to AT&T, \$35,000. 895-3258.

WEOMA WANT ADS WORK!

Parts & Accessories

TOPPER SHELL: 6'2" X 3'2", aluminum, good condition, came off Ford Ranger S. 895-2093.

Tires

ALL WEATHER TIRES (2): 155 X 13, \$15. ea. 895-3258.

TTRE (1): 185-14, excellent condition. 334-5963.

Vehicles

1981 FORD 1/2-TON: short box, 4-speed, PS, PF, shell, excellent condition; 79,200 mi. 895-3892 after 5 p.m.

1967 MUSTANG: red & black hardtop, 29,550 mi. on rebuilt 6cyl., PS, PB, AT, AC, \$1,500. 333-3009.

Misc.

APPLE IIC COMPUTER: monitor, printer, mouse, joystick & over \$350 worth of software, all in good shape, \$875. 895-3938, evenings.

AJAY EXERCISE MACHINE: like new, for stomach & lower back, \$75. or offer. AQUARIUM: 29 gal., new, never used, \$30. 332-4224 before 2:30 p.m.

FIREWOOD: pickup load, delivered \$65. Call Joe at 1-443-5898. Wahoo, NE.

Cancer Is Complex



For the latest cancer information from the National Cancer Institute's Cancer Information Service, write:

The National Cancer Institute Building 31, Room 10A24 Bethesda, Maryland 20892-3100 U.S.A.

Or Call: 1-800-4-CANCER* (1-800-422-6237)

Getting the Information Is Simple

THE PIONEER PORCH

Shop the Store Where Quality Costs You Less!

AM/ FM ELECTRONIC CLOCK RADIO Emerson AM/FM Stored Neadphones





VARIETY

2.55

12.



Combination Flashlight/LCD Alarm Clock.

Portable LCD alarm clock with built-in flashlight features easy-to-read, ³₄" high display, pop-out stand and snooze alarm. Perfect for the traveler. *Black*. 4¹4" x 2'4" x 5₈".

AUTOMATIC LIGHT

automatically go on when darkness eccurs

automatically go off when sufficient lite re-occurs

4.20



Stereo Headphones

14 50

AM/FM Headset Radio





"A Friend In Need -The Hug-A-Bear"

The second plate in the annual "Poople Who Care" series featuring the wonderful work of the Telephone Pioneers. Artist Mike Hagel has captured the warmth and tenderness that Telephone Pioneers share with others through their generous contributions of time and money in the making and/or procuring of teddy bears that are donated with love to agencies throughout the U.S. and Canada to ease the pain of trauma victims.

This is plate # //8 T in a split edition limited to 20,000 total plates

STORE

MONDAY

7:30 a.m. - 8:30 a.m. 10:30 a.m. - 12:30 p.m. 3:00 p.m. - 4:00 p.m.

WEDNESDAY

7:30 a.m. - 8:30 a.m. 10:30 a.m. - 12:30 p.m. 3:00 p.m. - 4:00 p.m.

THURSDAY

10:30 a.m. - 12:30 p.m. 7:00 p.m. - 8:30 p.m.

FRIDAY

3:30 a.m. - 5:00 a.m. 7:30 a.m. - 8:30 a.m. 10:30 a.m. - 12:30 p.m. 3:00 p.m. - 4:00 p.m.