

Weoma Club NEWS

March 28, 1990

Pioneer Agenda Lists Millard Special Olympics

The Millard Special Olympics is searching for support for their program and have contacted the Cornhusker Chapter of the Telephone Pioneers for assistance.

The mission of Special Olympics is to provide year-round training and athletic competition in a variety of well coached olympic-type sports for all individuals with mental retardation by providing them with continuing opportunities to develop physical fitness skills, express courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other special olympians and the community.

Millard Special Olympics is a local program operating under the guidance and regulations of Nebraska Special Olympics, Inc. and the National Special Olympics organization. As a non-profit program they rely solely on our community for financial support and involvement to make the program a success.

They are relatively new, formed in May of 1988 by community volunteers who believe that the

mentally retarded youth in Millard should be given the opportunity to compete in an organized sports program. Special Olympics provides them with that opportunity.

Their program offers a variety of sports specially tailored to the ability of their special olympians. They currently have 21 athletes competing at both area and state level competition.

Their goal for the future is to expand the program so that all eligible youth in the district will be given the opportunity to know the feeling of success as well as failure through the spirit of Special Olympics athletic competition.

"The Cornhusker Chapter would like to be of help in supporting the local Millard Special Olympic program", said Bob Miller, Pioneer administrator for the Chapter.

Pioneers wanting to volunteer to assist in this program can contact the Pioneer office, extension 3167.

Weoma Mixed Golf League Wants You; Sign up Today

Now is the time to get into the "swing" of things. The Weoma Club Monday Mixed golf league is asking for individuals, couples or teams that may be interested to join the league. Play is tentatively scheduled to begin on April 23.

Contact Don Morris, extension 3611 and he will answer any questions you may have concerning the league.

The UNO Women's Walk is scheduled for April 21 at the UNO Track and Fieldhouse. Entrants get pledges for the amount of laps they can walk around the 1/4 mile track in one-half hour. If anyone is interested there is still time to enter and if you send in \$200 in pledges by April 13 you will be eligible for a drawing for two Continental Airline tickets.

Pledge forms are available in the Employees Mall or by contacting Judy Stroy, Dept. 583, extension 3674.

Zoo Membership Fee \$45 April 1; Buy now!

As of April 1, 1990 the fee for a membership to the Henry Doorly Zoo will increase to \$45. per year. The present cost is \$35. and you can still get your membership by contacting Kathy Fink, extension 3152.

Be a part of Omaha's finest attraction and enjoy all the privileges a membership offers. If you are a bargain hunter, this has got to be the "best deal in town". Beat the April 1 deadline and save \$10. and start enjoying what Henry Doorly Zoo has to offer.

JUNGLE FEVER
Catch it!

Weoma Club Sports

NOTE.

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

- Editor

(236, 566), Loren Wacker (212, 563), Frank Bogatz (560), Chet Sears (552), Bill Peters (212, 551), Jim Kajdasz (212)

WOMEN'S 450

Patty Griffin (489), Sandy Barnes (480), Kathy O'Dell (491), Linda McGuire (485), Marilyn Goodell (534), Cindy Hassler (534)

WEOMA CLUB FRIDAY MORNING MIXED LEAGUE

STANDINGS

	WON	LOST
STARS	134	82
SWEAT SHOP	128	88
UNCONSCIOUS	126	90
MISFITS	124	92
STRIKES	112	104
LATE COMERS	110	106
SHOULD A BEEN	108	108
WILD BUNCH	98	118
BALL BUSTERS	82	134
FLIPS FLOPS	58	158

WEOMA CLUB NITE OWLS MIXED LEAGUE

STANDINGS

	WON	LOST
NO GAS	138	70
DODGERS	128	80
YA BUTS	118	90
NITE CRAWLERS	117	91
ALL-MOST	115	93
FIVE NINES	114	94
EZ III	110	98
UP YOUR ALLEY	104	104
LADIES & THE TRAMP	104	104
HAVEN FUN	102	106
TWO HITS & A MISS	100	108
DILLIGAF	96	112
ROLLERS	92	116
2 BEERS & A MIX	82	126
BALL BUSTERS	78	130
ART'S KIDS	66	142

SPLITS-

Mitch Scott (6-7-10), Linda Selix (5-6), Kathy O'Dell (5-7, 3-7), Sandy Barnes (3-10, 5-8-10), Dennis McNulty (2-4-10), Deacon Morris (5-6-10), Linda Huenniger (4-5), Patty Griffin (5-10)

WEOMA CLUB FRIDAY AFTERNOON MIXED LEAGUE

STANDINGS

	WON	LOST
TEN PINS	121	79
HELP	120	80
ACES	114	86
WE BAD	111	89
GEMS	108	92
WE TRY	104	96
JET'S	89	111
ROSES & THORNS	82	118
VIKINGS	77	123
WILD BUNCH	74	126

200 GAMES & 500 SERIES-

Ruth Young (537), Wally Petersen (202-201-565), Dale Wineinger (239-211-625), Earl Miles (214-516), Tom Pallas (204-534), Sue Odell (500), Jerry Odell (546), Ed Dergan (202-552), Nancy Carbonell (549), Tom Blasing (213-544), Marion Panowicz (200), Al Pickering (560).

SPLITS-

Bev Wilson (5-7), Jane Belmudez (6-7-10), Gene Bowman (5-8-10), Nancy Carbonell (4-7-10) (7-10).

Racquetball

DIVISION II

STANDINGS

	WON	LOST	% WON
CURLEY, Mike	44	13	77.2
CANAL, Luis	38	13	74.5
WARD, Cecil	42	18	70.0
KAHLER, Gary	30	27	52.6
HUNT, Jeff	28	29	49.1
GRABENBAUER, Jim	22	29	43.1
TRUE, Phil	15	42	26.3
JOHNSON, Bill	0	48	0.0

DIVISION III

STANDINGS

	WON	LOST	% WON
WELKER, Jesse	49	5	90.74
PETERSON, Jim	41	13	75.93
MAUCH, Scott	40	14	74.07
COMMONS, Mike	32	22	59.26
PEREZ, Paul	31	23	57.41
SCHAFFER, Steve	22	32	40.74
LUDWIG, Bob	22	32	40.74
RUNNELS, Rich	21	33	38.89
HAZUKA, John	8	46	14.81
WINDHOLZ, Rick	4	50	7.41

Bowling

WORKS SERVICE LEAGUE

STANDINGS

	WON	LOST
WESTERN BOWL	125	71
BROADWAY BOWL	123	73
HIGGINS TROPHIES	122	74
THE NEW COTTNER STREET	118	78
W.E.R.M. ENTERPRISES	115	81
ERASER HEADS	108	88
A.C.I.	106	90
JESTERS	106	90
TOP GUN II	99	97
COHEN AND KELLY'S	95	101
JUST PLAIN LUCKY	92	104
OMALO'S	87	109
JETS	83	113
JUST IN TIME	68	128
SABRES	68	128
THE EASY GOERS	55	141

HIGH GAMES & SERIES-

Dave Chonis (237-227, 645), Dennis Glesmann (254-214, 639), Darrell Seaton (245-219, 638), Gary Reese (259, 630), Steve Bothwell (605), Marvin Seaton (233, 596), Kevin Pluta (213, 585), Dick Kusmierski (234, 581), George Stock (214-212, 575), Gino Betti (570), Robert Simmons (569), Ken Mass

MEN'S 200 GAMES-

Bob Waniska (204), Art Dickens (209), Timm O'Connor (212), Dave Hochstein (215, 209), Lauren Throenor (213, 206), Otis Knutson (201), Norb Totosz (212), Dan Moran (267), Don Horvath (202), Rusty Findeis (212), Mike Fager (218), Don Huenniger (212), John Moore (209, 200)

WOMEN'S 170

Cindy Hassler (227), Marilyn Goodell (175, 178, 181), Linda McGuire (174), Shirley Barnes (179), Kathy O'Dell (171, 180), Sandy Barnes (184), Helen Solomon (189), Patty Griffin (188, 190)

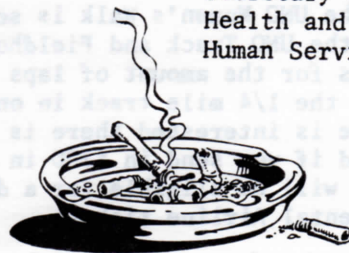
MEN'S 500

John Moore (577), Don Huenniger (525), Dennis McNulty (527), Don Horvath (518), Rusty Findeis (505), Mike Fager (547), Deacon Morris (527), Otis Knutson (571), Dan Kovar (553), Norb Totosz (540), Dan Moran (584), Lauren Troener (581), Mick McGuire (527), Dave Hochstein (608), Tim O'Connor (564), Bob Waniska (549), Art Dickens (511), Rich Griffin (504), Nate Jackson (504), Tim Klimiuk (516), Bob Jones (510)

"Cigarettes: The only product legally available on the market that when used for its intended purpose is known to cause death."

Louis Sullivan

Secretary of Health and Human Services



Best St. Pat's Day Float

Guess who won the Governor's Cup in the annual St. Patrick's Day Parade in Downtown Omaha this year? The Fenians, that's who.

And guiding the float through the route was none other than Frank Kennedy of Dept. 084-1--he drove the truck pulling the display. Kennedy helped to build the float, being a member of the Fenians.

Who are the Fenians, you ask? The local group by that name consists of about 15 members who are dedicated to researching and teaching folks about Irish folklore.

They named their group after an Irish political organization that pressured England for land reform during the 1800s.

TENNIS



SIGN UP NOW FOR THE WEOMA CLUB TENNIS LEAGUES YOU ARE INTERESTED PLAYING IN AND RETURN THE FORM BELOW AND THE FEES TO ONE OF THE OFFICERS LISTED. EMPLOYEES, SPOUSES AND IMMEDIATE FAMILIES ARE ELIGIBLE BUT, YOU MUST BE FAMILIAR WITH THE GAME!

YOUR WOMA CLUB MEMBERSHIP FEE WILL BE \$3.00 PER PERSON PER CATEGORY UNLESS OTHERWISE INDICATED. SHEETS MUST BE COMPLETED AND RETURNED BY APRIL 7 SO SCHEDULES CAN BE PLANNED.

*ONE \$3.00 ENTRY FEE IS REQUIRED IN EACH OF THESE LEAGUES. HOWEVER, IF YOU ARE PLAYING IN THE WOMEN'S LADDER OR MEN'S LADDER, YOU WOULD NOT PAY AN ADDITIONAL \$3.00 IN THOSE LEAGUES. (MEN'S DOUBLES AND WOMEN'S DOUBLES ARE PLAYED ON A ROTATION BASIS, PARTNERS ARE NOT NECESSARY).

RETURN SHEETS AND MONEY TO ONE OF THE FOLLOWING:

BONNIE STUTO, DEPT. 553, x3649; JUDY TYLER, DEPT. 521, x3043; GENE STUTO, DEPT. 572, x3258; SHARON SWINGHOLM, DEPT. 572, x3258

NAME _____ DEPT. _____

EXT. _____ SHIFT _____ HOME PHONE _____

Please check categories you wish to play in:

MIXED DOUBLES _____ *WOMEN'S DOUBLES _____ SUB _____

WOMEN'S ADVANCED LEAGUE _____ WOMEN'S LADDER _____

WOMEN'S INTERMEDIATE LEAGUE _____ MEN'S LADDER _____

*MEN'S DOUBLES _____ SUB _____

Ladies Golf League



Teams are now forming for the Ladies Golf League. The season starts on Tuesday, May 1, 1990. You can form your own team or be assigned to a team. Until there are eight teams established, teams are limited to a minimum of four people and a maximum of five. Please fill in the form below and return with a \$5 per person fee to Carla McKnight, Dept. 503, extension 4927 by April 9, 1990. Questions can be directed to any of the league officers: Linda Fuksa, president (ext. 3412), Bonnie Spencer, vice-president (ext. 3589), Evie Winters, safety (extension 3871) and Carla McKnight, secretary, (ext. 4927).

New golfers need to play a round of golf at Cedar Hills prior to the start of the league. Cedar Hills has agreed to "set aside" April 17 and 24 for AT&T golfers to establish a handicap but only if you call and reserve a tee time in the very near future.

In addition, Charlotte Pfeffer, ext. 3537, has some information on group or individual golf lessons with Mike at Tiburon Golf Club. Group sessions will be taught with 5-10 people and will include four lessons. Each lesson costs \$5 plus a bucket of balls. Individual lessons are \$15 per 1/2-hour or five lessons for \$60. Contact Charlotte if interested.

NAME _____ DEPT. _____

EXTENTION _____ *AMT. PAID _____

_____ ASSIGN ME TO A TEAM

_____ FORMING MY OWN TEAM

TEAM NAME _____

TEAM CAPTAIN _____

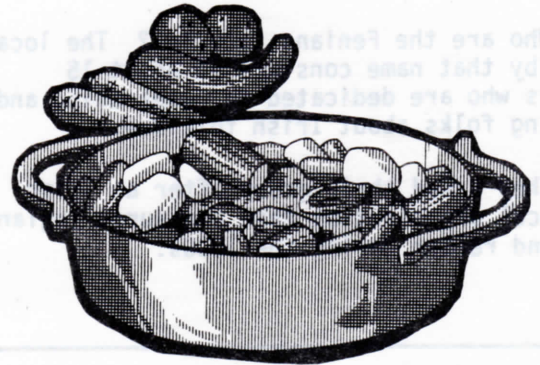
TEAM MEMBERS (include name, dept. and extension) _____

* Include \$5.00 per person for league fees.

Nutrition Tips!

You can do a lot to encourage good eating habits by paying attention to the ways you prepare foods for yourself and your family. Tips for modifying recipes provide ways to reduce fat, sugars, and sodium and to increase fiber and lower calories in the foods you prepare.

Experiment by making some changes in the traditional recipes your family likes. Give your family time to adjust to new flavors and textures.



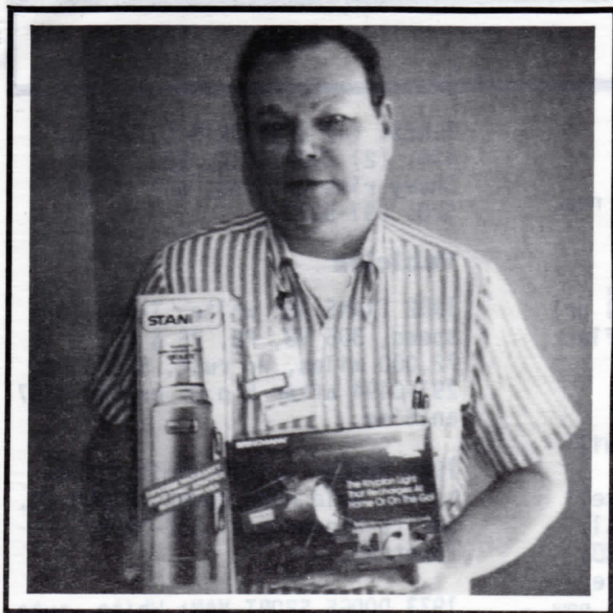
Modification

1. Remove fat from meats, skin from poultry before preparing.
2. Broil, roast, or bake on a rack to allow fat to drip into a pan.
3. Skim fat from stews and soups (refrigerate and let fat congeal on top, or place in freezer for 20 minutes).
4. Instead of frying in oil, use no-stick pans or vegetable oil sprays, or stir-fry in water instead of oil. Limit batter-fried foods.
5. Substitute plain low-fat yogurt for sour cream or mayonnaise in dips and dressings.
6. Substitute skim milk for whole milk in baking and sauces.
7. Substitute 2 egg whites for 1 whole egg in baking.
8. Substitute skim milk-based white sauce* for cream sauces or canned soups in casseroles.
9. Use fresh, frozen, or no-salt-added canned vegetables to thicken casseroles and soups. Try grating, chopping, or puréeing them.
10. Reduce fat in recipes.**
11. For seasoning, use herbs, spices, vinegar, fruit juices, flavoring extracts, fruit peel, or chopped vegetables rather than salt, seasoned salts, MSG, or soy sauce.
12. Cook cereal, vegetables, rice, or pasta in unsalted water. Try seasoning with spices and herbs instead.
13. Reduce salt in recipes to one half or less.
14. Reduce sugar in recipes by up to one third.**
15. Substitute whole wheat flour for part of the enriched white flour in recipes.** 1 cup whole wheat flour = 1 cup enriched white flour.

Effect

- Reduces fat
- Reduces fat
- Reduces fat
- Reduces fat
- Reduces fat and cholesterol
- Reduces fat and cholesterol
- Reduces fat and cholesterol
- Reduces fat and sodium
- Reduces calories and sodium.
- Reduces fat
- Reduces sodium
- Reduces sodium
- Reduces sodium
- Reduces added sugars
- Increases fiber and nutrients from whole grains

Safety Awareness Contest



Thomas Cerny, Dept. 084-1, won a 1-qt. Stanley unbreakable thermos and a Brinkman rechargeable lantern. He answered a question correctly to win in the AT&T Safety Awareness contest. Tom told us he will use his gifts when he goes camping.

SAFETY TRIVIA

BY SHIRLEY

About lung cancer:

1. What is the typical age of a male lung cancer patient?
2. Is there a greater risk of dying from lung cancer for these smokers than for men who have never smoked?
3. What is the age of the high risk woman smoker?
4. If a woman has been smoking one or more packs of cigarettes a day for 20 years and began smoking before age 20, what is the risk compared to a woman who never smoked?
5. Of pipe, cigar and cigarette smokers, which is the most likely to get cancer?

ANSWERS

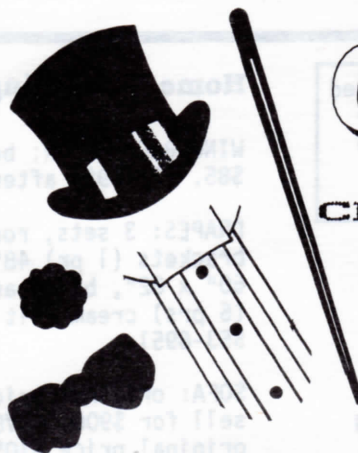
1. Between the ages of 60 to 69.
2. Yes. 15 to 20 times greater.
3. Between the ages of 55 and 64.
4. About 5 times greater.
5. Cigarette smokers. Pipe and cigarette smokers are more likely to get lung cancer; however, cigarette smokers have 3 to 5 times the risk of developing mouth and esophageal cancers as do nonsmokers.

Puttin' On The

GLITZ

CROWN HALL

APRIL 7



TICKETS GO ON SALE MONDAY - MARCH 26th

Reserved seating by date of purchase....

Earlier you buy - the better the seat....

1990 TICKET SELLERS

June Christensen	Reproduction Department Ext. 3103 First Shift - 20 Building
Cindy Jarrett	Hi Bay Ext. 3127 Second Shift - 30 Building
Norma Korff	Engineering Department Ext. 3801 First Shift - 20 Building
Karen Meneely	Cable Building Ext. 4909 First Shift
Pat Patterson	Injection Molding Department Ext. 3474 Second Shift - 20 Building
Ethel Payton	Insulate Area Ext. 3727 First Shift - 30 Building
Joyce Schaben	Injection Molding Office Ext. 3203 First Shift - 30 Building

In gratitude

I want to express a hearty thanks to all my friends for helping make my retirement coffee a happy day and also, for all the nice gifts. It is all much appreciated.

Myron (Bud) Widger

NEWS LINE

1-800 2ATT-NOW

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.

For Sale

Pets

MEXICAN CHIHUAHUA: AKC papers, house broken, all shots, Fawn color, male, 1 year old, asking \$75. 455-9577.

CHOW PUPPY: 6 mo old, has papers, had puppy shots, \$150 or best offer. 342-1828.

Recreational

PICKUP CAMPER: All Star cab-over, w/furnace, icebox, stove, porta potty, sleeps 4 (with table conversion), asking \$750. 895-0481 after 4:30 p.m.

1961 DODGE STEP VAN: converted camper, 8 windows, 110 wiring, air conditioner, built-in sink, 2 burner range and icebox, folding door on Porta-Pot room, carpeted floord, 2 swivel seats, sleeps 4, clean, road ready, runs good, \$1300 or best offer. 333-0211.

1974 BOAT MOTOR: 15 HP Johnson, electric start, mint condition, first \$500. Greenwood, Ne. 789-5330.

PICKUP SHELL: for full size GMC or Chevy, pass thru window and screens, \$65 or best offer. 733-2748.

Sports Equipment

GOLF BAG: Hot-Z Vinyl, 2 yrs old, original cost \$138. Julius Boros' irons and three Royal Woods, all excellent condition, \$125. 443-5308 evenings.

WOOLRICH HUNTING OUTFIT: jacket size 40, pants size 36, \$40. 496-0492 after 4 p.m.

Home Entertainment

TV: (1) black & white, (1) color, make offer. 895-3258.

ENTERTAINMENT BOOK SHELF: large, \$50. 733-6627 after 4 p.m.

Home Furnishings

WING BACK CHAIR: beautiful, new, \$85. 731-9985 after 5 p.m.

DRAPES: 3 sets, rods, hooks, brackets (1 pr) 48" x 82" (1 pr) 60" x 82", beige and brown fleck, (6 prs) cream knit shears. 553-6951.

SOFA: original price \$1150 will sell for \$900. LOVE SEAT: original price \$1050, will sell for \$800. EASY CHAIR original price \$580 will sell for \$380. SWIVEL ROCKER: original price \$490 will sell for \$340, all new, Scotchgard treated, neutral colors. 731-3424.

Appliances

DISHWASHER: portable, \$75. POWER HUMIDIFIER, make offer. 895-3258.

Lawn & Garden

SNOW BLOWER: Jacobsen Sno-Burst, \$50, 330-4018 after 4:30.

DROP SPREADER: Scott's, excellent condition, \$25. 333-7166.

AMF LAWN & GARDEN TRACTOR: parts (new and reasonable). 331-5691.

TRACTOR: Sears, 11 HP w/mower and snow blade. 391-5796.

Real Estate

MOBILE HOME: 1987 14' x 60' Skyline-Royal Manor, 2 bedrooms, 1 bath with garden tub, central air, 8' x 10' shed, newer 6' x 10' deck, downtown Millard location. 895-4898 after 4 p.m.

LAKE FRONT HOME: completely furnished, 25 min. west of Omaha, \$39,900. 895-3258.

Parts & Accessories

RIMS: (4) 4 hole Datsun, \$5 each, 330-4018 after 4:30 p.m.

HUBCAPS: (4) 14" Datsun, \$5 each, 330-4018 after 4:30 p.m..

Tires

TIRES: (2) Michelin 195/60 R15, 1,300 miles. 334-8075.

TIRES: (4) BFG 10R15 L.T. M/S, \$30. (2) 215-75R15, \$20. (3) Chevy rims w/tires, all three \$20. 551-5073.

Vehicles

1982 TRANS AM: white, T-top, 4 speed, 305 V8, PB, PS & AC, 72,000 miles, no rust, \$3600.00. 291-0494 after 5 p.m. or 331-8367 anytime.

1985 HONDA: GL1200 limited, low miles, Gold Wing cover, \$7000.00. See to appreciate. 332-3498 (Gretna).

1973 DODGE SPORT VAN: White, auto 318 V8, 20,000 miles on rebuilt engine, \$150. 291-0494 after 5 p.m.

1988 CHEVROLET BERETTA: V6, loaded, like new \$8500.00. 339-4364.

1959 PONTIAC: 4 door sedan, Catalina, 59,147 actual miles, V8 automatic, radio. 331-6212 between 4:30 p.m. and 10 p.m.

1983 OLDSMOBILE FIRENZA: two door hatchback, two-tone blue, 5 speed overdrive, 27 mpg city, 39 highway, AM/FM cassette stereo, power steering/brakes, air, velour interior, new front tires & battery, rear window defogger kit, front wheel drive, 80,000 miles, excellent shape, no dents, no rust, \$2,500 or make offer. 734-6669.

1984 NISSAN PULSAR: 5 speed, air, AM/FM cassette, sunroof, rear defogger, nose mask, excellent condition, original owner, \$3800. 359-2851.

Miscellaneous

SINK: double, cast iron, w/rim, gold colored, good condition, \$30. 333-7166

CHAIN SAW - 015 Stihl, \$130. 895-3258.

WEIGHT SET W/BENCH: make offer. 895-3258.

WOODEN DOORS: (2) 1 - 30" x 80" and 1 - 24" x 80", 553-6951.

(continued next page)

SHRINE CIRCUS

April 18-22

Omaha Civic Auditorium



PIONEER NIGHTS

Wednesday, Thursday - Apr. 18, 19
7:30 P.M.

Friday, Saturday - Apr. 20, 21
8:00 P.M.

Omaha Civic Auditorium

REG. PRICE	PIONEER PRICE
\$7	\$6
Per Person	Per Person

RIDE THE ELEPHANT FOR ONLY

\$3 PER PERSON!



Tickets will be sold March 29th thru April 13th in the Pioneer Office-- see Clara Hendricks or Bob Miller; or contact Marti Lenz on X3791.

Pioneer

EASTER FOOD DRIVE

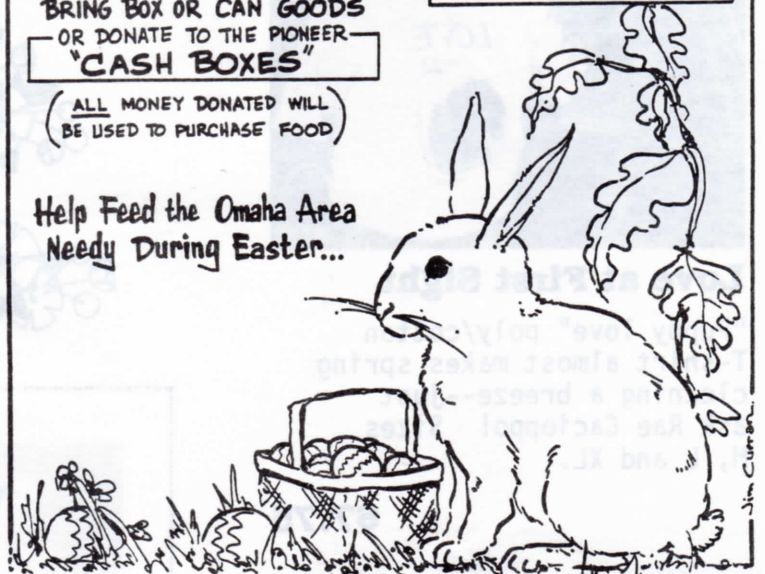
APRIL 2-6

for the
OMAHA AREA FOOD BANK

BRING BOX OR CAN GOODS
OR DONATE TO THE PIONEER
"CASH BOXES"

(ALL MONEY DONATED WILL
BE USED TO PURCHASE FOOD)

Help Feed the Omaha Area
Needy During Easter...



C.B.'S: (1) General Electric 40 channel w/antenna, \$65. (1) Motorola 40 channel w/antenna, \$55. 572-6083.

BICYCLE: Schwinn 3 wheel, 3 speed, electric assist motor, good condition, \$250. 625-2436.

PICKUP TOOL BOX: metal x/locks, \$40. 551-5073.

SCHOOL CHALK BOARD: 4' x 6', green, \$75. 330-1852.

COMPUTER: Lazer 128, Citizen 1200 printer, Taxan 12" monitor, all 2 yrs old and in excellent condition, some software, \$600 or best offer. 443-5308 evenings.

COMPUTER: Commodore 64, disk drive, printer, monitor, joysticks, Geos, excellent condition, 1 yr old, lots of software, \$700. 895-7141.

ENCYCLOPEDIAS: set of "World Book", perfect condition, also includes set of "Book of Knowledge" \$100. 733-6627 after 4 p.m.

Classified Ads

The Pioneer Porch



Love at First Sight

"Puppy love" poly/cotton T-shirt almost makes spring cleaning a breeze--just ask Rae Cacioppo! Sizes M, L and XL.

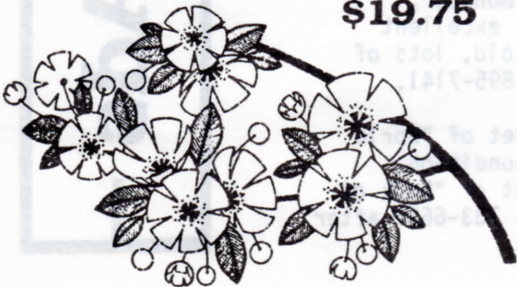
\$7.75



Chill Chaser

All Anthonie's all set to brave spring's sometimes brisk winds in this snap-front nylon windbreaker with AT&T logo. Assorted colors--S to XL.

\$19.75



Welcome
S.P.R.I.N.G.!



Wascally Wabbits

Does Elmer Fudd know about these two? Bunny in a basket...

\$10.50

Roller derby bunny...

\$9



You Light Up My Life

Never buy flashlight batteries again! Flashlight plugs into any outlet, lights up when power fails.

\$16

STORE HOURS

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

10:50 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.