Cancer program focuses on exercise, nutrition

By Angela Moniot

Since 2009, South Lake Tahoe resident Rick Robinson has been battling cancer. He traveled more than an hour to Truckee for chemotherapy, and 45 minutes down the hill to Carson City for radiation treatments.

While being treated in Truckee, Robinson learned of Tahoe Forest's cancer wellness program that focused on exercise, yoga, and nutrition. Seeing the program's benefits, Robinson knew a similar program would benefit cancer patients on the South Shore.



Physical therapist Kelly Skelly assesses Rick Robinson's balance. Photo/Provided

Robinson was inspired to partner with Barton Health's director of Rehabilitation & Sports Medicine, Alan Barichievich, to help create Barton's Cancer Wellness Program. As Robinson puts it, "I was a guinea pig of sorts," as he helped pioneer the program now available to cancer patients in South Lake Tahoe.

Funded by the Barton Foundation, the free program is designed to help community members undergoing, or who have undergone, cancer treatment. Patients reach an improved state of wellness through guided exercise, yoga, meditation, and nutrition.

"When you are undergoing treatment, there are times when it is very difficult to motivate yourself to get up and move," Robinson explains. "That is why having this program is so fantastic. I know that it has kept me stronger and has helped fight my battle better."

Today, Robinson continues to ride his bike, take occasional hikes, and enjoy life to the fullest.

Kelly Skelly, a physical therapist with Barton Rehabilitation & Sports Medicine, leads the "Exercise for Energy" classes – a series of supervised exercise classes that incorporate strength training, stretching, breathing, balance, cardio, and wellness education.

"Exercise has been shown to improve not only a person's ability to complete activities of daily living, but it also can help with decreasing pain and cancer-related fatigue," Skelly explains. "I try to make the exercise class fun and as individualized to a person's goals as possible."

In addition to exercise, the program includes free yoga classes. Health benefits from yoga include relaxation and stress reduction. Yoga also helps improve the quality of life.

"Yoga provides a peace of mind and a way of helping you to relax versus the more physical aspects of the exercise for energy program," Robinson states.

The program also offers free nutrition classes, which include

nutritional advice, cooking tips, and recipes. Led by Barton Health's registered dietitians, patients learn how a healthy, well-balanced diet plays a key role in overall health during cancer treatments, throughout recovery, and into long-term survivorship.

A physician referral is required to participate in Barton's Cancer Wellness Program. As with any wellness program, it is important to consult your physician to determine if the program is right for you. If you experience abnormal symptoms associated with the program, please discontinue the wellness program and contact your physician immediately.

Interested in the Cancer Wellness Program? Call 530.543.5896 or go online.

Angela Moniot is Barton Health's marketing specialist.

Weather may cause King Fire to surge



Smoke from the King Fire on Sept. 21 lingered in the Lake Tahoe Basin all day. Photo/Kathryn Reed

Updated 1:25pm:

Crews are gaining on the massive King Fire in the Eldorado

National Forest that officials say was started by an arsonist Sept.13, however the change is weather could hamper efforts. It is at 18 percent containment, with 87,592 acres charred.

For Monday the most significant activity is expected to be on the north portion of the fire. Officials warn the fire may become active again with the predicted return of higher temperatures and lower humidity. The spread is expected to be predominantly toward the northeast due to the southwest wind. The southwest winds are expected to increase through Wednesday. Moisture is in the forecast for later in the week.

Officials will not estimate when they expect full containment.

Thirty-two structures have been reduced to ash, including 10 houses.

More than 2,800 people are still not able to return home. The Camino Seventh-day Adventist Church is open as an evacuation center.

There will be two community meetings tonight at 7, one at Golden Sierra High School in Garden Valley and the other at the evacuation center.

There will be a status update on the King Fire provided during the Sept. 23 6pm Truckee Town Council meeting. Speaking will be:

- Bill Seline deputy chief, Truckee Fire Protection District
- Troy Adamson battalion chief, CalFire
- Gretchen Bennitt executive director, Northern Sierra Air Quality Management District
- Ken Cutler public health director, Nevada County
- Joanne Roubique district ranger, USFS.

The presentation will be on TTCTV Cable Channel 18, or at this link on a computer. This format is not available on iPads and

iPhones.

The air quality monitors Lake Tahoe Unified School District was using last week are not working, however the air quality on the South Shore is good Sept. 22. The same cannot be said for Grass Valley, Auburn and Foresthill. The National Weather Service in Reno has issued a dense smoke advisory until 5pm Sept. 22 for the Lake Tahoe Basin and Reno areas. Expect smoke in these areas for the better part of the week.

Schools continue to be disrupted because of the fire. On Monday all Foresthill schools, Colfax Elementary and Colfax High school, and two schools in Placer Hills Union School District are closed.

The Eldorado National Forest has expanded its closure area because of the fire. The boundary begins at the intersection of Highway 50 and Wrights Lake Road, then continues north along Wrights Lake Road to its intersection with the Pacific Ranger District boundary, then continues east along the Pacific Ranger District boundary to the Eldorado National Forest boundary, then continues northwest, west and south along the Eldorado National Forest boundary to its intersection with Meadowbrook Road, then continues southwest along Meadowbrook Road to its intersection with Highway 193, then continues south along Highway 193 to its intersection with Rock Creek Road, then continues east along Rock Creek Road to its intersection with Mosquito Road, then continues south along Mosquito Road to its intersection with Union Ridge Road, then continues southeast along Union Ridge Road to its intersection with Carson Road, then continues east 2.2 miles along Carson Road to its intersection with Highway 50, then continues east along Highway 50 back to the starting point.

Highway 50 going west is down to one lane from Riverton to Pollock Pines.

There remains no fire threat to the Lake Tahoe Basin from the

King Fire nor are there any evacuations in the basin.

- Lake Tahoe News staff report

Brown signs bills promoting bike paths

By Patrick McGreevy and Melanie Mason, Los Angeles Times

Gov. Jerry Brown on Saturday signed into law two measures aimed at helping cities and counties expand and improve bike paths and trails, including one allowing voters to consider whether to increase some fees to pay for the work.

Local agencies, including cities and park districts, could place proposals on the ballot that, with a two-thirds vote from local residents, would impose a motor vehicle registration surcharge of up to \$5 in those districts, with the proceeds going to developing and maintaining bikeway networks.

Sen. Mark DeSaulnier, D-Concord, said his bill will allow communities to provide a transportation alternative to driving cars on congested streets. He cited a study that found the more bike lanes provided per square mile in a city, the more commuters took bikes rather than cars.

"Upgrading bike infrastructure will help public safety, the environment and the quality of life in cities across California," DeSaulnier said of SB 1183.

Brown also agreed to give local governments more flexibility

in designing bikeways.

Read the whole story

\$70 mil. grant for biofuels plant near Reno

By AP

SPARKS – A California-based biofuel company building a plant east of Reno has been awarded a \$70 million grant from the U.S. Department of Defense to help speed delivery of its hightech process that converts household garbage into jet fuel.

Sen. Harry Reid, D-Nev., said the grant announced Friday is in addition to a \$105 million loan guarantee U.S. Agriculture Secretary Tom Vilsack confirmed Sept. 4 for Fulcrum Sierra BioFuels.

Company CEO E. James Macias said construction will begin by the end of the year at the same Tahoe-Reno Industrial Park where Tesla Motors has broken ground for its Gigafactory to manufacture electric car batteries just south of Interstate 80 about 15 miles east of Sparks.

The biofuels plant is expected to produce more than 10 million gallons per year of advanced biofuels while diverting over 200,000 tons of garbage from landfills by 2016. Biofuels contain energy, or biomass, that is produced through plants and related material.

Macias said the new fuel is domestic, renewable and competitively priced. He said Sierra BioFuels will reduce greenhouse gas emissions by more than 80 percent compared to traditional petroleum.

The Nevada plant will be the first of more than a dozen that the Pleasanton, Calif.-based Fulcrum has under development throughout North America that will produce hundreds of millions of gallons of advanced biofuels annually, Macias said.

"We are very pleased to be part of this very important Department of Defense program," Macias said in a statement Friday.

Reid said the project will create hundreds of engineering, construction and operation jobs in Nevada.

"Clean energy must be a component of our national security strategy and this investment in Nevada will help to reduce our nation's dependence on foreign sources of energy," the Senate majority leader said. "This investment will help put America on the leading edge of clean biofuels production, and it's great for Nevada's economy."

Reid said the Obama administration first announced in 2011 that the U.S. Departments of Defense, Agriculture, and Energy would partner with the private sector to produce advanced drop-in aviation and marine biofuels to power military and commercial transportation.

Company officials estimated earlier the \$120 million plant will create more than 50 full-time and 450 temporary jobs.

Tahoe Tails – Adoptable Pets

in South Lake Tahoe



Cooper

Cooper is a 6-year-old Labrador mix, about 55 pounds, who has lived with other dogs and children.

Cooper is blind, so he would do best in a home with another dog, preferably a mid-sized female. He is a nice boy who is a bit confused at being in the shelter. He loves to go for walks and play fetch with his favorite toy.

Cooper is neutered, microchipped, tested for heartworm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes.

Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530.573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go online.

– Karen Kuentz

Exec chef at Lake Tahoe Hard Rock a STHS grad

By Kathryn Reed

Jonathan Snyder, who is no stranger to Tahoe or the culinary world, is eager to transform the food scene on the South Shore.

He has been tapped to be the executive chef at Lake Tahoe Hard Rock hotel-casino.

Snyder is a 1991 graduate of South Tahoe High School. He moved to the area as a kid when his parents bought what was the Dory's Oar in South Lake Tahoe. His wife, Michelle, is also a grad of STHS. Having twin 4-year-olds – a boy and girl – played a role in their decision to return to Tahoe from Las Vegas.



Jonathan Snyder is executive chef of Hard Rock Lake Tahoe. Photo/Provided

"We want to give our kids the same type of upbringing my wife and I had," Snyder said. The family has been vacationing in the basin at least annually. Hiking, biking and skiing are how they like to enjoy the outdoors.

When Snyder left Tahoe he went to the Culinary Institute of America in New York. He spent eight years as executive chef at the Prime Steakhouse at Bellagio in Las Vegas, two years as assistant corporate chef for Pure Management Group, $2\frac{1}{2}$ years as chef at Rare 120 at the Hard Rock Hotel Las Vegas, 16 months as executive sous chef for the Manchester Grand Hyatt San Diego, and nearly two years as executive chef at House of Blues/Foundation Room in Vegas.

As executive chef of Lake Tahoe Hard Rock, Snyder will oversee all the food and beverage operations. There will be four restaurants, with three having a bar in them. Then there will be two or three standalone bars. Plus, there will be the pool bar.

Specifics of what the restaurant concepts will be are being kept under wraps. There will be one that is more upscale, one that is open 24 hours, one serving breakfast, and something on the casual side. Snyder said one restaurant – he wouldn't say which one – will have a similar concept to what exists at the Vegas Hard Rock.

"One will be a lot more fun, not as formal. It will be a really cool spot that people will enjoy. I think a lot of locals will enjoy that spot," Snyder said.

He added that the Stateline property, including dining establishments, is going to have a Tahoe feel.

"Warner Hospitality is the managing partner. They had some concepts in mind, but as far as the menus go, that has pretty much been put in my hands," Snyder told *Lake Tahoe News*.

Tastings are under way and will be ongoing through the fall to finalize the menus.

While the official word is the hotel-casino that is being transformed in Stateline at what was the Horizon will be ready during the 2014-15 ski season, there is talk of a December opening.

Snyder is doing research to find out where to get the best locally/regionally sourced food. He is in talks with the Tahoe Lobster Company to possibly have a crayfish dish made with the crustaceans pulled from Lake Tahoe.

While menus will change, restaurants will also have signature dishes that will be a mainstay.

"To me a big part of being a chef, being a restaurant operator, is staying current with trends and staying current with seasons, and being able to change and adapt," Snyder said.

He doesn't flinch at the prospect of having to cater to special diets — be it vegetarian or gluten free. Snyder said with all the food allergies out there it's important for chefs to be able cook for everyone.

When it comes time for adult beverages, locally sourced ingredients will be considered for stocking the bars, too.

"It is like being a chef behind the bar, especially with the different juices, flavors and garnishes," Snyder said.

Specialty cocktails, wine and beer lists are being finalized. This may include wines from El Dorado and Amador counties, but definitely Sonoma and Napa counties.

Snyder said he is looking forward to launching Lake Tahoe Hard Rock from scratch. He's had experience opening restaurants, though he said it's not easy to make sure all the moving parts fall into place.

It will take a team to make it work. He expects to hire between 40 and 50 cooks, and another 50 who will be

servers/bartenders and other front-back of house staff.

Notes:

• The hotel's career center opens Sept. 22 at 50 Highway 50, Stateline. The property will hire more than 500 employees for hotel, gaming, restaurant and entertainment positions. For more info, go online and click on the "Careers" tab to view all available positions.

Opinion: EDC CAO – arrogance or incompetence?

By Larry Weitzman

As the investigation grows, it becomes apparent that the chief administrative officer, her assistant and most of the office are in trouble. A Board of Supervisors meeting on Sept. 9 revealed a new scandal could be happening and it involves a simple snowplow.

It seems the CAO's office can't even buy equipment without messing it up. The equipment is necessary for clearing roads north of Emerald Bay to the Placer County line and serves about 2,000 property owners.



Larry Weitzman

This problem started more than a year ago when an item appeared on the BOS consent calendar Sept. 10, 2013, for the purchase of two John Deere Motor Graders (snowplows) for a zone of benefit in the Lake Tahoe Basin from the low bidder, Pape Machinery of Sacramento. Funding was to come from a special assessment placed on the benefitting lands owners who live in the zone of benefit. They pay a \$50 a year parcel tax, totaling about \$100,000 annually. This was not even a general fund item.

While the BOS approved this item on the consent calendar, the approval perhaps was a bit unclear. The approval said it was for a one-time purchase of two John Deere motor graders for approximately \$814,000, but it had a provision for lease financing of the snowplows as well.

Pape finished the delivery of the two snowplows in about May of this year. The first one appears to have been paid for with cash, but the second one has not been paid for, although EDC has had possession for four months. The Community Development Agency was handling this transaction could have paid for it, but for some unknown reason they wanted to change the deal to an operational lease according to the hearing paperwork of the Sept. 9, 2014, meeting that has been continued to Sept. 23.

In the meantime, Pape Machinery is out a \$407,000 snowplow and has not been paid. To summarize a series of emails from Pape and El Dorado County, it appears that EDC has not been telling the truth to Pape. They are getting the run around from EDC officials and Pape is threatening repossession. Imagine an EDC official fibbing to a vendor.

In attempting to get the original documents from the September 2013 BOS meeting from the BOS website, they have mysteriously disappeared. Of all the agenda items from said date, only item No. 16, 13-0778, the consent item to buy these snowplows, is missing. Is this the beginning of a cover up?

For reasons unknown, the CAO, CDA wanted to change the deal according to the Sept. 9 agenda. Using the consent calendar and hoping no member of the public or BOS wanted an open public hearing, the CAO, CDA asked to waive the bidding requirements required by law and requested permission to enter into a new, different and probably more expensive operational lease. Because the CAO, CDA wants to change the deal it requires a new bidding process by law. This simple purchase of two needed snowplows has turned into a nightmare for Pape and the residents of the affected Lake Tahoe area. This problem developed long before Steve Pedretti became the CDA director.

At this point nothing should be approved until the whole truth of who in the CAO's office messed this otherwise simple deal up and why. Although every item with respect to this transaction was requested via the California Public Records Act over 10 days ago by this writer, nothing has been received.

Terri Daly, the CAO, is well aware of her office's mistakes, whether intentional or negligent. I have the purchase order and receipt document for snowplow No. 1, which she personally signed among other documents I otherwise have obtained through other sources. What else smells bad is the use of the consent calendar to slide mistakes by the public and the BOS. Daly used the exact same procedure to hang Amador County on a \$20 million unnecessary lease obligation, which Amador will pay \$1.5 million annually for another 14 years.

But this example of incompetence and/or arrogance is just

scratching the surface. The CAO is directly responsible for most of the upcoming budget deficits of about \$20 million annually that are now projected over the next four years. Can you say \$80 million dollars upside down? That will wipe out the surplus in the general fund of \$54 million built up by Auditor Joe Harn over the last 21 years, a budget surplus that started as a small deficit when he became auditor. Harn also was able to retire an additional \$22 million in bond indebtedness over the same period. As of this date, the county has no bond indebtedness.

Since that General Fund peaked on June 30, 2013, it has already decreased by about \$9 million to have an ending balance of about \$45 million on June 30, 2014. The yearend county budget of June 30, 2015, appears to have a zero deficit (a zero balance created by using more of that General Fund cash balance), but in the next four years as projected by the CAO's chief financial analyst, Laura Schwartz, the budget shows a total deficit of \$60 million, but that assumes a \$20 million savings from the implementation of the multi-million dollar Fenix accounting system. Many experts in the county think the \$20 million benefit from Fenix is a pipe dream as the CAO has yet to develop any work paper showing where and how this money will be saved.

So how did these deficits materialize? In the last three years the county at our CAO Terri Daly's recommendation added about 170 employees at an average salary and benefits of about \$80,000 a year. On top of that, Daly recommended that all county employees except sheriff's deputies (they have their own system of compensation increases) get a 15 percent raise over three years starting at the beginning of 2014. That's one way to buy loyalty. According to our county auditor and per the CFA's own budget projections, the county's salary and benefit expense will increase by about \$14 million, which just about equals next year's deficit. This is typical of big government bureaucrats. But wait, there is more. When our new and very perceptive Supervisor Shiva Frentzen asked the CFA what benefit did we get from all these new employees, Schwartz replied that we have a new senior day care center. I was advised that this new center employs about two people. So where were all these new people absorbed?

Yes, you guessed it; the CAO's office received the majority of this new staff. I don't care how many new analysts they have, they are doing a lousy job. As said before in the Balancing Act, if Daly is doing such a good job, why does she need two press/PR officers to brag about all her "good" work? The bottom line is that for all these new employees, the county service levels are about the same.

But wait there is more. There is a pattern here. As mentioned above, Daly as the former CAO of Amador County saddled them with a \$20 million lease obligation over the next 14 years which they didn't need that has become an albatross. Daly did it through the consent calendar. And if that doesn't worry you, Daly wants the new sheriff's HQ to be acquired in a manner similar to the HHS lease in Amador, the most expensive way to do it. More on that in a later Balancing Act.

Daly hired Assistant CAO Kim Kerr, telling everyone what a lucky find. Kerr was about to get fired as city manager of the city of Ione. In a nutshell, Kerr took Ione in just four years from a positive fund balance of \$8 million to a negative balance of about \$1 million. The grand jury called her incompetent or words to that effect. She didn't even reconcile the city of Ione's bank account for over two years. And so what did Daly do? Hire her and gave her a \$10,000 raise in doing so. Now Kerr is making over \$160,000 a year, plus benefits.

I am not done yet. Daly claimed in hiring our newest HR Director Pam Knorr that the top of the salary schedule was "only" \$132K plus benefits and Knorr wouldn't take the job without more money. Reports from some of the employees of Alpine County where the unemployed Knorr was the previous CAO were less than glowing. But that didn't matter and Daly talked the then BOS into giving her about \$160K a year plus benefits plus the coming raises.

Daly's excuse for all this unnecessary hiring? "We are just back at pre-recession levels." Hey, I got news for Daly, most people will tell you we are still in a recession. County revenues are going up a lot slower than inflation. Just last week at a bank (in El Dorado County), I asked the teller (making about \$12/hour) when did he finish college? He said he graduated CSUS recently with a degree in accounting and couldn't get a job. Ask him if we are still in a recession.

Even our new county counsel was hired in at the highest pay step. Hey, what does Daly care, the money is OPM (other people's money) to her.

But there appears to be no recession if you work for El Dorado County. Ask an analyst who makes \$110K plus benefits in the CAO's office.

Since corporate America went through the recession and many are still in it, there were massive layoffs. Many corporations found that productivity remained high and profits rose (why do you think the stock market is at 17,000? Corporations do better for their stockholders when they become leaner by trimming the fat.

When a corporate executive's company loses money year after year, they get fired. You don't give them a raise. Most of top management is removed. When a football, baseball or basketball team becomes a consistent loser year after year, sometimes just a bad losing streak within a season, do the players get fired? No, it's bye-bye head coach, assistant head coach and/or manager. How many new coaches have the Sacramento Kings gone through in the last few years. The coaches make a huge difference with respect to a team's performance. The citizens of El Dorado county are the stockholders. They deserve better. If the CAO were an elected position, there would have already been a recall. But it's up to our BOS, who have the power to hire and fire the CAO, to take this county in a new, more fiscally responsible direction. The bleeding needs to stop now before exsanguination kills us.

Oh, and Terri Daly's salary? In a couple of years it will be over \$220,000 a year plus benefits.

Larry Weitzman is a resident of Rescue.

Even today books are banned in the U.S.

By Rebecca Hersher, NPR

Banned Books Week kicked off Sunday: Each year, the American Library Association takes this week to sponsor events all over the country to talk about the books that shock, offend, and generally make Americans uncomfortable.

Violence and curse words are two of the top three reasons books get banned in the U.S.

The third reason is sexual content. For example, the "Fifty Shades of Grey" series has been frequently banned from libraries for its explicit descriptions of intercourse.

But when it comes to kids, the bar for inappropriate sexual language is much lower. In 2013, the top banned book in America was the kid's story "Captain Underpants". It was most frequently challenged for potty language and toilet humor.

That's how a sex education book for children, titled "It's Perfectly Normal", became one of the most banned books of the past two decades. The book is meant to teach children 10 and over about sexual health, emotional health and relationships, and contains sections on puberty, pregnancy and sexual orientation.

Read the whole story

17% containment of King Fire



Smoke obscures the mountains in Lake Tahoe on Sept. 21. Photo/Kathryn Reed

Updated 8:45pm:

The massive King Fire that destroyed 10 single family residences and 22 other structures, mostly in the White Meadows area, is now 17 percent contained.

However, there are 12,000 single residences and 9,000 other minor structures that remain threatened by the blaze burning east of Pollock Pines. Nearly 3,000 people are still displaced.

With the spread of the 82,018-acre fire into Placer County in

the Tahoe National Forest, crews have closed off roads in the Foresthill area. Brush on Sunday was cleared from Soda Springs Road so it could serve as a containment line if need be.

Predictions are the southwest section near Swansboro could be contained Sunday night. Higher humidity levels overnight are expected to keep the forward movement to a minimum.

The main arm of the fire is largely burning north along the ridge between French Meadows and Hell Hole Reservoir. This is near the 2001 Star Fire.

More than 5,000 people are fighting the fire, including Lake Tahoe crews. Four people have been injured since the fire started Sept. 13. How the fire started has not been released, but Wayne Allen Huntsman of Pollock Pines has been charged with arson. He pleaded not guilty.

Smoke from the King Fire canceled the second annual Ironman Lake Tahoe on Sept. 21. Athletes were to have begun the swim at Kings Beach in the morning, with the bike ride in the Northstar-Martis Valley-Truckee areas and the run involving Squaw Valley. Organizers waited until the last-minute – so much so that the pros were in the water.

This is the second time in a matter of years that a major sporting event at Lake Tahoe had to be canceled. In May 2011 the Tour of California bike ride was snowed out at Lake Tahoe.

Smoke lingered in the air on the South Shore on Sept. 21.

Highway 50 is still down to one lane headed west between Riverton and Pollock Pines.

There are no evacuations in the Lake Tahoe Basin and officials say at this time there is no threat of the fire coming into basin. However, hikers and backpackers are urged to stay out of Desolation and Granite Chief wilderness areas while the fire is active. Areas of Eldorado National Forest near the fire are off-limits.

The Silver Fork Elementary School will open for classes Monday, as the evacuation has been lifted. Otter Creek Elementary School will remain closed; those students will attend classes at Georgetown School.

On Monday at 7pm community meetings are scheduled at Golden Sierra High School in Garden Valley and at the Seventh-day Adventist Church Camino. The latter is also the evacuation center.

- Lake Tahoe News staff report

S. Tahoe library looking for donations

South Lake Tahoe Friends of the Library are requesting donations of books and audio/visual materials for the November book sale.

Materials should be good condition and with a copyright date no earlier than 2004. Especially needed are recent children's books and children's DVDs, as well as recent materials in Spanish.

All donations are tax deductible, with receipts available from the front desk. All proceeds from the book sale go to Friends of the Library to help support various library programs and events for children and adults.

The South Lake Tahoe Branch Library is open Tuesday and Wednesday from 10am to 8pm, and Thursday thru Saturday 10am to 5pm.