Employee News

Employee Promotions

**Todd Drake, Fire**— has been promoted to Fire Captain (Shift) effective April 9. His previous position was Firefighter (Shift).

Register to Attend the Next City Manager's City Update

All City employees are invited to join City Manager Jeff Pomeranz for his May 30 City Update event. This is your opportunity to visit with the City Manager and hear Jeff discuss City topics and answer questions submitted by you and other employees.

Thursday, May 30  
8:00 to 9:30 a.m.  
Downtown Library  
Breakfast: 8:00 to 8:30 a.m. Beems Auditorium  
Presentation and Questions: 8:30 to 9:30 a.m.  
Whipple Auditorium

All City employees are invited and encouraged to attend. The use of flex time will not be required.

Space is limited, so please RSVP to Citymanager@cedar-rapids.org to reserve your seat. A response is required by Friday, May 24 to help us plan for breakfast.

Do you have a City related question you would like addressed by Jeff? Submit your questions to citymanager@cedar-rapids.org. Jeff will address as many questions as possible at the event.

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**Employment Opportunities**

*Here is a link to view and print all job postings.*

If you have questions about any of the employment opportunities, please contact Katie Meyer, x 5138.
City Manager and Director Updates

**Opioid Town Hall and Resource Fair**

The Eastern Iowa Heroin Initiative is sponsoring a Opioid Town Hall Meeting and Resource Fair on Thursday, April 18 from 4:00-7:00 p.m. at the Cedar Rapids Public Library. The Resource Fair will be held from 4:00-5:00 p.m. in Beems Auditorium. The Opioid Town Hall Meeting will be held from 5:00-7:00 p.m. in Whipple Auditorium.

The Opioid Town Hall Meeting and Resource Fair is part of the Police Department’s commitment to preventing opioid abuse through a partnership with the United States Attorney’s Office for the Northern District of Iowa. Lindsay Schrader, a Cedar Rapids police officer, coordinates the Eastern Iowa Heroin Initiative, which focuses on heroin prevention, prescription pill abuse education, and Community Resources United to Stop Heroin (CRUSH).

The Resource Fair, which is co-sponsored by the Area Substance Abuse Council (ASAC), will feature over 20 local community resources who are working together to combat opioid issues. Free naloxone training will be provided by ASAC.

The Opioid Town Hall will include a focused discussion on the national opioid epidemic and discuss how it relates to issues in Eastern Iowa. The Town Hall will also evaluate the progress of the Eastern Iowa Heroin Initiative since its inception in 2015.

**City Flag Redesign**

The City Council Development Committee recently expressed interest in staff undertaking a process to create a new City flag, incorporating citizen input and ideas throughout the process.

In order to design a flag that incorporates the ideas of Cedar Rapids residents, we have developed a general timeline for the process, incorporating multiple opportunities for citizen engagement. This information will be presented at the upcoming Development Committee meeting.

- **June 1, 2019** – Kick off event at Resident Appreciation Day/Farmers Market
- **June – November 2019** – Community Engagement
- **November 2019 – March 2020** - Professional designers take input and ideas from community to create 4-6 final designs, determined by community committee of artists/stakeholders

- **March – May** – Community voting on final designs
- **June 2020** – Flag unveiling at 2020 Resident Appreciation day

The flag is meant to be a symbol of pride for the community. How it is used will also be driven by our residents. The City organization will continue to use the Tree of Five Seasons as our logo and official brand.

**Cedar Rapids Earns Walk Friendly Designation – Hosts Walk Audit Event April 30**

The City of Cedar Rapids has been recognized with a Walk Friendly Bronze Designation by the Walk Friendly Communities program. Cedar Rapids is the only community in Iowa to have this distinction, and one of only four communities across the country to receive a designation for this round. A Walk Friendly Community is a city or town that has shown a commitment to improving and sustaining walkability and pedestrian safety through comprehensive programs, plans, and policies. Communities apply to the program to receive recognition in the form of a Bronze, Silver, or Platinum designation. Cedar Rapids was recognized for its momentum with current plans and programs, including the forthcoming Pedestrian Master Plan, ADA efforts, Healthiest State Walk held annually, adoption of new pedestrian-friendly zoning code, and various infrastructure improvements that are pedestrian and walk friendly. A formal announcement will come April 16.

Walk Friendly Communities is a national recognition program developed to encourage cities and towns across the United States to develop and support walking environments with an emphasis on safety, mobility, access, and comfort. To learn more: [http://walkfriendly.org/communities/](http://walkfriendly.org/communities/)

**Walk Audit April 30**: City staff are participating in an action plan to increase walking and walkability in Cedar Rapids. As part of these efforts, a Walk Audit event is scheduled for Tuesday, April 30, at 8:30 a.m. which will encompass routes in the Kingston Village District and around Roosevelt Middle School. The audit will allow a technical expert from Wellmark to facilitate the walks, as well as offer a presentation beforehand and a debrief after the walks. Invited stakeholders include representatives from: Cedar Rapids Economic Alliance, AARP, Roosevelt Middle School, Wellbeing Advisory Committee, Public Health, Neighborhood Associations, Linn County Trails Association, and a local Kingston Village business.

Please RSVP to Stephanie Schrader if you plan to walk: sschrader@cedar-rapids.org.
I’m Glad You Asked!

A recent question was...

“How can we build our team?”

Don’t over think it! Team building is anything you do as a team that strengthens relationships and communication. It could be a training session on a technical topic. It could be a facilitated discussion on MBTI or Ideal Team Player. It could be sharing a few stories together. It could be a few people going to lunch together, a potluck or a chat by the water fountain.

Don’t over think it! Find out what your team members enjoy and create an opportunity to enjoy it together. If you need a more structured approach to achieve a specific outcome, take a look at the team building tool kit. [http://cms.revize.com/revize/cedarrapidsintranet/document_library/organizational_health.php#outer-557sub-1082](http://cms.revize.com/revize/cedarrapidsintranet/document_library/organizational_health.php#outer-557sub-1082)

Last week, the City Hall Events Committee strengthened our City Hall team by reaching into our Cedar Rapids senior community by hosting a concert by the Ding A Lings from Garnett Place Retirement Community and celebrating National Licorice Day. Thanks for modeling the way Police Department!

For more information on Organizational Health contact Sue Sager, Organizational Development Manager at s.sager@cedar-rapids.org or 319-286-5267

Thought for the week from the Positive Impact Test in How Full is Your Bucket? by Tom Rath and Donald O. Clifton:

In the last week, I have listened to someone talk through his or her goals?
Employee Training Opportunities

Ideal Team Player
Have you ever wondered why teamwork seems so natural and easy to some people? This session focuses on the three virtues that combine to make an ideal team player (humble, hungry and smart). We will discuss strategies to enhance these virtues and serve our citizens.

TUESDAY, APRIL 16
11:00 – noon
CSC – Five Seasons
PeopleSoft Code: CM0501
Session: 0001

THURSDAY, APRIL 18
11:00 – noon
City Hall – Training Room
PeopleSoft Code: CM0501
Session: 0002

Innovation and Process Improvement
How do innovative ideas become a reality? This session will focus on how you can promote a culture that supports innovation and process improvement. Creating a culture of innovation is critical for continued organizational growth.

TUESDAY, APRIL 23
1:00 – 2:00
City Hall – Training Room
PeopleSoft Code: CM0590
Session: 0001

THURSDAY, APRIL 25
11:00 – noon
CSC – Five Seasons
PeopleSoft Code: CM0590
Session: 0002

Employee Engagement
What is employee engagement and why is it important? Employee engagement is the extent to which employees feel passionate about their jobs and put their best effort into their work. Learn about three factors that promote employee engagement from Patrick Lencioni’s book *The Truth about Employee Engagement*.

TUESDAY, MAY 21
11:00 – noon
City Hall Training Room
PeopleSoft Code: CM0503
Session: 0001

WEDNESDAY, MAY 22
11:00 – noon
CSC – Five Seasons
PeopleSoft Code: CM0503
Session: 0002

Informal Influencer
How can you make a positive impact on your team members and the city organizational culture? This program combines several Organizational Health programs including: Ideal Team Player, 5 Dysfunctions of a Team, Myers-Briggs Type Indicator and Leveraging Your Sphere of Influence.

May 2 & 23 8:00—noon

ENROLL THROUGH PEOPLESOFT:
1. Log-in to PeopleSoft (access through CR@Work)
2. Click on “Self-Service” > “Learning & Development” > “Request Training Enrollment” > “Search by Course number”
3. Enter the course number: See above
4. Click “Search”
5. View all available sessions and click on the session you would like to attend and click “continue”
City of Cedar Rapids
Wellness Program Incentive Requirements

Program Offerings

<table>
<thead>
<tr>
<th>Eligible Population</th>
<th>Incentive</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefit Eligible Employees</td>
<td>2020 Health Plan with Wellness Rate — <strong>SAVE $$$$</strong></td>
<td>• Complete the annual risk analysis steps</td>
</tr>
<tr>
<td>All benefit eligible employees are</td>
<td>Discounted healthplan premiums are available when you</td>
<td>• Engage in coaching if invited</td>
</tr>
<tr>
<td>invited to participate regardless of</td>
<td>participate in the Wellness Program</td>
<td></td>
</tr>
<tr>
<td>participation in the health plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covered Spouses</td>
<td>$200 Cash Card</td>
<td>• Complete the annual risk analysis steps</td>
</tr>
<tr>
<td>Must be enrolled in the Health Plan</td>
<td>Mailed to the spouse after completed requirements</td>
<td></td>
</tr>
</tbody>
</table>

Program Requirement Details

**Annual Risk Analysis**

1. **Online Health Risk Assessment — Due 5/31/2019**
2. **Health Screening — Due 5/31/2019**
   a. From the wellness portal, participants can select one of the following screening options:
      i. Screening Event at a City of Cedar Rapids or Health Solutions location
      ii. Health Form from a Medical Provider
      iii. Lab Corp Location
      iv. Weland Labs Location (Weland only completes lab draws, biometrics must be submitted separately)
3. **Understand Your Health Risk Assessment — Due 7/1/2019**
   a. Attend a seminar on site or view a video on your wellness portal to understand your results and the resources available to help you maintain or improve your well-being

**Required Coaching Programs**

1. **High Risk Participants with uncontrolled chronic conditions or critical clinical value:** Based on national standards
   a. Engage in monthly coaching sessions which may include follow up with a medical provider as directed. Care Team includes a Health Coach and Clinical Pharmacist
2. **Moderate Risk Participants identified with high clinical value:** Based on national standards or Metabolic Syndrome
   a. Engage in monthly coaching sessions or Health Transition University (if eligible). Options will be reviewed in detail at your Understand Your Health Risk Assessment session. Care Team includes a Health Coach

**Additional Resources**

All employees and covered spouses are invited to participate in ongoing programs offered from the City of Cedar Rapids Wellness Ambassadors. Earn prizes for participating in events each quarter. Learn more by completing your Understand Your Health Risk Assessment session!

Alternatives for completing the incentive requirements are available upon request.
Visit the Resources section on your Health Solutions wellness portal to learn more.

Health Solutions Custom Care
888-362-5920 or info@hais-rx.com
2019 Health Screenings

The City of Cedar Rapids provides all employees and covered spouses the benefit of a comprehensive wellness program. Employees covered by the Company's medical plan must complete the following steps to receive an insurance premium discount for the 2020 medical plan:

How To Get Started...

Register your Wellness Portal Account
- Visit [www.myhealthwithhhi.com/CityCR](http://www.myhealthwithhhi.com/CityCR)
- Click ‘Register’ in the Register Here box
  - Read the Terms and Conditions and click ‘Accept’
  - Fill out the required information
    - Company: CityCR
    - Member ID:
      - Employees: Employee ID Number
      - Spouses: Employee ID followed by your date of birth in the format –YYYYMMDD
    - Gender, DOB, and Email
  - Click ‘Register’
  - Set Username, Password, and click ‘Sign In’

From your wellness portal...

Complete the online Health Risk Assessment Questionnaire
- From the Home Screen, click on ‘Start’ in the Health Risk Assessment tile.
- Complete all the questions, click the ‘Next’ button to move forward.
- Once all questions are complete, click the ‘submit’ button in the lower right corner.

Select Your Screening Option and Complete Next Steps

<table>
<thead>
<tr>
<th>Onsite Screening</th>
<th>Health Form</th>
<th>Weland or LabCorp Screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onsite screenings are available at various City locations. Schedule through your wellness portal or call Health Solutions. Please sign up a week in advance.</td>
<td>Download a health form for your medical provider to submit in lieu of completing a screening. Health Form data must be new from the last 12 months.</td>
<td>Arrange a screening at a Weland or LabCorp location near you! Find locations and forms in your wellness portal. <strong>NOTE:</strong> Weland labs only completes lab draws, biometrics must be submitted separately.</td>
</tr>
</tbody>
</table>

If you have issues accessing your personal wellness portal, contact Customer Care directly at 888-362-5920 or by email at info@hhi-ix.com.
2019 Health Screenings

The City of Cedar Rapids provides all employees and covered spouses the benefit of a comprehensive wellness program. Employees covered by the Company’s medical plan must complete a screening to receive an insurance premium discount for the 2020 medical plan.

DEADLINE EXTENDED to May 31, 2019

Attend an onsite screening from the dates below or visit your wellness portal for other screening options.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date:</th>
<th>Time:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire Department - Barta Classroom</td>
<td>4/12/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Health Solutions Office</td>
<td>4/13/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Police Department - Barta Classroom</td>
<td>4/18/2019</td>
<td>6:30am &amp; 4:00pm</td>
</tr>
<tr>
<td>Police Department - Barta Classroom</td>
<td>4/24/2019</td>
<td>6:30am &amp; 7:00pm</td>
</tr>
<tr>
<td>CSC - Time Check Hall</td>
<td>4/25/2019</td>
<td>6:30am</td>
</tr>
<tr>
<td>Health Solutions Office</td>
<td>4/30/2019</td>
<td>7:30am</td>
</tr>
<tr>
<td>Health Solutions Office (call to schedule)</td>
<td>5/17/2019</td>
<td>7:00am</td>
</tr>
<tr>
<td>CSC - Five Seasons Conference RM</td>
<td>5/23/2019</td>
<td>6:30am</td>
</tr>
</tbody>
</table>

*Nothing to eat or drink, besides water, for 10-12 hours prior to your appointment. Please drink plenty of water and take medications that do not need to be taken with food.*

Not Signed Up?

Visit your wellness portal: www.MyHealthyWithHSl.com/CityCR or contact Health Solutions at 888-362-5920 (toll free).

Benefit eligible employees could earn a premium discount and spouses a $200 giftcard for completing all program steps.

If you have questions regarding the health and wellness program, please contact Health Solutions at 888-362-5920 (toll free) or info@hsi-rx.com
Understand Your Health Risk Assessment Sessions

Once you have completed your Health Risk Assessment questionnaire and your health screening results have been processed, complete an Understand Your Health Risk Assessment session!

Your next step to earn the wellness rate for the 2020 health plan is to Understand Your Health Risk Assessment by attending a seminar onsite or by viewing a video on your wellness portal. The objective of this step is to review your screening results and to discuss the wellness resources available to you throughout the year. This replaces the consultation sessions, face to face or telephonic meetings, that have taken place in the past.

Choose one option to complete your Understand Your Health Risk Assessment session!

Complete by Attending a Session Onsite
This option is for those who prefer a group setting and the ability to ask questions. The facilitator will not review individuals' personal results in this group setting.

HOW TO COMPLETE:
- Attend an onsite session & sign-in with the facilitator
- If possible, download your Health Risk Assessment Report online and bring a copy or access it on your mobile device during the session to follow along

To view your Health Risk Assessment report:
- Access your wellness portal at www.myhealthwithhsi.com/citycr
- In the Health Risk Assessment tile, click Report

To print your report with lab results:
- After opening your Report, select “Print” from the left-hand menu and select which report you would like to print
  - **Member Report** – a detailed copy of your report, including helpful tips
  - **Provider report** – intended for your medical provider, this is a summary of your report including lab and biometric results

Complete by Watching the Video Online
This option is for those who prefer the flexibility of completing this session on their own via the online video. You may also attend an onsite session if preferred. NOTE: Dates referenced in video may not align with new deadlines. Refer to your wellness portal for program deadlines.

HOW TO COMPLETE:
- Access your wellness portal at www.myhealthwithhsi.com/citycr
- View the “Understand Your Health Risk Assessment Video” tile (see sample below)
- Select “More” to find the online video
- Select “Record” for the video link and to record your completion

If you have questions regarding the health and wellness program, please contact Customer Care at info@hsi-ix.com or 888-362-5920
Understand Your Health Risk Assessment Sessions

Attend an Understand Your Health Risk Assessment session to learn how to interpret your results and discuss the wellness resources that are available.

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 4/3</td>
<td>WPC (Water Pollution Control) Operations &amp; Maintenance Lunch Room</td>
<td>7:15am</td>
</tr>
<tr>
<td>Tues 4/9</td>
<td>City Hall Training Room (Basement)</td>
<td>8:30am</td>
</tr>
<tr>
<td>Wed 4/10</td>
<td>Water Department Stephen J Cook Memorial Conf Rm North</td>
<td>7:30am</td>
</tr>
<tr>
<td>Tues 4/16</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>7:15am</td>
</tr>
<tr>
<td>Tues 5/14</td>
<td>Police Roll Call/Community Room First Floor</td>
<td>8:00am</td>
</tr>
<tr>
<td>Tues 5/14</td>
<td>Police Roll Call/Community Room First Floor</td>
<td>4:00pm</td>
</tr>
<tr>
<td>Wed 5/15</td>
<td>City Hall Training Room (Basement)</td>
<td>3:00pm</td>
</tr>
<tr>
<td>Tues 5/22</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>3:00pm</td>
</tr>
<tr>
<td>Wed 5/29</td>
<td>CSC (City Services Center) Time Check Hall</td>
<td>7:15am</td>
</tr>
</tbody>
</table>

Sessions are scheduled for 30 minutes.

Please remember to download your report and bring a copy or ensure you can access it on your mobile device during the session.
Spring has Sprung…Spring Clean your diet with Whole30!

Are your energy levels inconsistent or non-existent?
Are you having a hard time losing weight no matter how hard you try?
Do you have some sort of condition—like skin issues, digestive ailments, seasonal allergies, or chronic pain—that medication isn’t helping?

These symptoms are often directly related to the foods you eat (even the “healthy” stuff). So how do you know if these foods are affecting you?

Strip them from your diet completely. For 30 full days eliminate the most common craving-inducing, blood sugar disrupting, gut-damaging, inflammatory food groups. Think of it like a cleanse for your body. Push the reset button and learn how foods you’ve been eating are actually affecting your day-to-day life and long-term health.

What are the rules?

**DO:** Eat real food! Moderate portions of meat, seafood, and eggs; lots of vegetables; some fruit; plenty of natural fats, herbs, species, and seasonings. Eat foods with very few ingredients, or better yet, no ingredients at all because that means they’re whole and unprocessed.

**Don’t consume added sugar, real or artificial.** Read your labels, companies sneak sugar into products in ways you might not recognize.

**No alcohol, in any form, not even for cooking.**

**Don’t eat grains.** No wheat, rye, barley, oats, corn, rice, millet, bulgur, etc. Again, read your labels.

**Don’t eat legumes.** This includes beans of all kinds, no peanut butter, and all forms of soy.

**Final Rule:** Do not step on the scale or take any body measurements during the 30 days. This journey is about so much more than weight loss and to focus solely on that will leave you overlooking all the other dramatic, lifelong benefits. (We do suggest you weigh yourself before and after to see the more tangible results of your efforts.)

www.whole30.com

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**TRY ME**

Whole30 Sweet Potato Chili

**Ingredients:**
- 2 Tbsp Olive Oil
- ½ cup diced celery
- ½ cup chopped red onion
- 2 minced garlic cloves
- 1 lb grass-fed ground turkey
- 2 tsp red pepper flakes
- 2 tsp ground cumin
- 2 tsp paprika
- ½ tsp ground coriander
- ¼ cup chopped red bell pepper
- 2 ½ cups sliced mushrooms
- 2 ½ cups sliced sweet potato
- 2 ½ cups sliced butternut squash
- 2 cups diced tomato w/ juice
- 1 cup tomato sauce – no sugar
- 1 cup chicken broth

**Let’s Cook!**

1. In a large oven pot, heat olive oil over medium-high heat.
2. Add celery, red onion and sauté for 3 minutes. Then, add garlic and sauté for 30 seconds longer.
3. Add ground turkey and cook, breaking up the turkey with a spoon until the turkey is cook through, about 5 minutes.
4. Add red bell pepper, cumin, paprika, coriander, salt and paper to taste. Mix everything well.
5. Stir mixture, cover with a lid and bring to a simmer. Cook the chili for 30 minutes.
6. Serve with fresh chopped cilantro, jalapeno, and avocado on top.
7. Refrigerate leftovers and heat up throughout the week!

For more information, contact Health Solutions at (888)352-5920
IMPAIRED DRIVING

IT'S NOT JUST ALCOHOL

When we think about impaired driving, we tend to think first about alcohol. While drinking and driving continues to plague our roadways with about 1/3rd of all fatal crashes involving alcohol, it is important to remember that impairment can take on many forms. Distraction, drowsiness, and the use of both legal and illegal substances can impact our ability to drive safely.

SIMPLE SOLUTIONS:

To limit your chances of being distracted while driving:
- Check email, texts and calls before getting behind the wheel
- Tell coworkers you will be driving so they are not tempted to call or text while you’re on the road
- Download a free app on your phone to eliminate texting while driving

To limit the effects of fatigue:
- Practice self-care; get plenty of sleep
- Know the signs of a sleep disorder and get tested if you believe you suffer from chronic sleep issues such as sleep apnea
- Let supervisors know if you are too tired to perform a safety-sensitive task or if you need more job rotation to reduce time-on-task fatigue

To limit the effects of medicines including opioids:
- Do not drive under the influence of any substance that could cause impairment, even if that substance has been legally prescribed
- Remember: if you feel different, you drive different; stay alert
- If you work in a safety-critical job, such as transportation, talk to your doctor about possible alternatives to opioids to treat your pain

OPIOIDS & LEGAL MEDICATIONS

Even when taken as prescribed, under the supervision of a doctor, many medications can cause impairment.

64% of American drivers mistakenly believe it is safe to drive while taking opioid pain medications

16% of drivers involved in fatal crashes in 2016 who tested positive for drugs had opioids in their systems

CONSIDER:

What medications do you take that may impair your judgement?
(Cold, flu, allergy, prescription, etc.)

How could these impact your ability to drive safe?
Featuring City employees highlighting programs and initiatives that impact our residents. Open to all employees in any department.

FEATURED TOPIC

Construction Junction

Residents are always interested in construction projects, and we can give you the full scoop so you’re ready with answers! Join the Public Works team as they highlight the results of the local option sales tax, as well as preview some of the major projects going on this construction season.

Thursday, April 25
12:00 – 1:00 pm
Time Check Hall,
City Services Center

RSVP by April 22

FREE LUNCH FROM JIMMY JOHNS!

Please RSVP to participate and reserve your lunch. RSVP by emailing citymanager@cedar-rapids.org
Please join us at the CSC this year to enjoy some food trucks! Vendors will be ready to serve at the scheduled time. They will stay until they run out of food, or run out of customers (which ever happens first!) In case of rain, trucks/vendors are invited to serve in the Large Vehicle Bay. If you have questions, please contact Mandee at m.beardsley@cedar-rapids.org, Amy at a.schirm@cedar-rapids.org or Nick at n.kariya@cedar-rapids.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Vendor</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs, 4/25</td>
<td>Road Rooster</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Wed, 5/8</td>
<td>El Gringo Loco</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Tues, 5/21</td>
<td>Keepin Up With the Jones's</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Thurs, 6/6</td>
<td>Comfort Food 154</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Tues, 6/18</td>
<td>El Gringo Loco</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Thurs, 7/11</td>
<td>Road Rooster</td>
<td>6:30am - 9 am</td>
</tr>
<tr>
<td>Tues, 7/30</td>
<td>Keepin Up With the Jones's</td>
<td>11am - 1 pm</td>
</tr>
<tr>
<td>Wed, 8/14</td>
<td>Comfort Food 154</td>
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