# Reminder:



We will be <u>exclusively</u> using the new Student Absence Form designed to enhance our ability to accurately track and manage student attendance at the beginning of the 2nd Semester.

To use the form, you'll first have to create an account.

https://ucpsapps.ucps.k12.nc.us/absence/index.php?val=high

This initiative is part of our ongoing effort to ensure every student receives the support they need to succeed academically.

# Remember to follow us on social media:

Follow us on Facebook: ParkwoodHSNC

Follow us on Twitter: @ParkwoodHSNC

Follow us on Instagram: @ParkwoodHSNC



# PWHS Calendar

	·				
Monday 03/31	Tuesday 04/01	Wednesday 04/02	Thursday 04/03	Friday 04/04	Saturday 04/05
4:00 Men's Tennis vs Queens Grant 5:30	4:00 Men's Tennis vs Monroe 4:30 Men's	6:00 JV Baseball vs Providence Day	PTSO Jersey Mlke's Night (Waxhaw and Wesley Chapel)	7:00 You're A Good Man, Charlie Brown in PWHS Auditorium	7:00 You're A Good Man, Charlie Brown in PWHS Auditorium
Women's Lacrosse @ Sun Valley 7:30 Men's	Volleyball vs Providence 3:45 Men's	1:00 Track & Field- UCPS Championship @ Cuthbertson	3:45 Men's Golf @ Stonebridge vs West Stanly	PTSO Jersey Mlke's Night (Waxhaw and Wesley	
Lacrosse @ Sun Valley	Golf @ Twin Valley vs Anson 4:30/ 7:00 Baseball @	5:00 Softball @ Butler	4:30 Men's Volleyball vs Union Academy 6:00	Chapel) 4:30/ 7:00 Baseball vs West Stanly	
	West Stanly 6:00 Softball @		Women's Soccer vs Forest Hills	5:30 Softball vs Weddington	
	Anson 6:00		4:00 Men's Tennis @ West Stanly		
	Women's Soccer @ CATA		5:30/7:00 Women's/ Men's LAX @ MRHS		

#### Remember to follow us on social media:

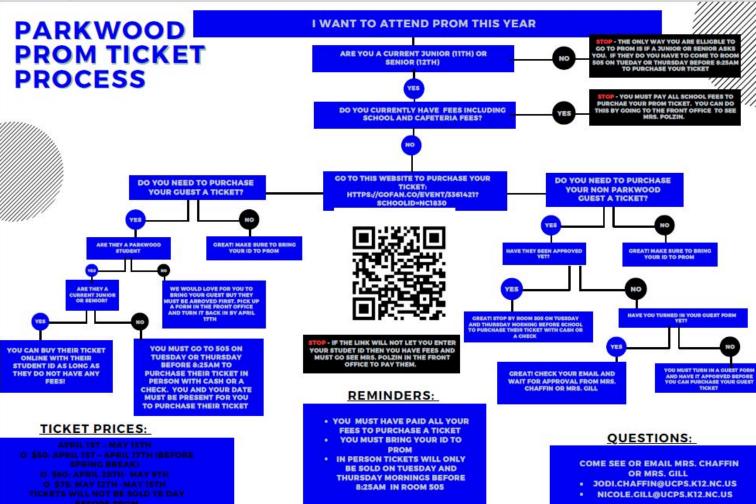
Follow us on Facebook: ParkwoodHSNC

Follow us on Twitter: @ParkwoodHSNC

Follow us on Instagram: @ParkwoodHSNC



#### **Parkwood Prom Ticket Process**



Prom is Saturday May 17th from 8pm-11pm

April 1st Start Selling Tickets at 8:00am (Online through Go Fan like Homecoming/Athletic tickets)

We will sell tickets for 6 weeks

April 1st – May 15th

- \* \$50: April 1st April 17th (Before Spring Break)
- \* \$60: April 28th- May 9th
- \* \$75: May 12th -May 15th

We will NOT sell tickets the day before Prom

MUST HAVE PAID ALL YOUR FEES TO PURCHASE A TICKET

The only tickets we will sell in person are for students who are bringing an Outside Parkwood Guest and Students who are bringing guests that are in 9th or 10th grade.

In order to purchase your outside guest ticket, they must have been approved.

In order to purchase a ticket for an underclassman both the 9th/10th grader and the date must be present.

To purchase a ticket in person you must go to room 505 with Mrs. Chaffin (cash or check) on Tuesday and Thursdays before 8:25am in 505, starting April 1st

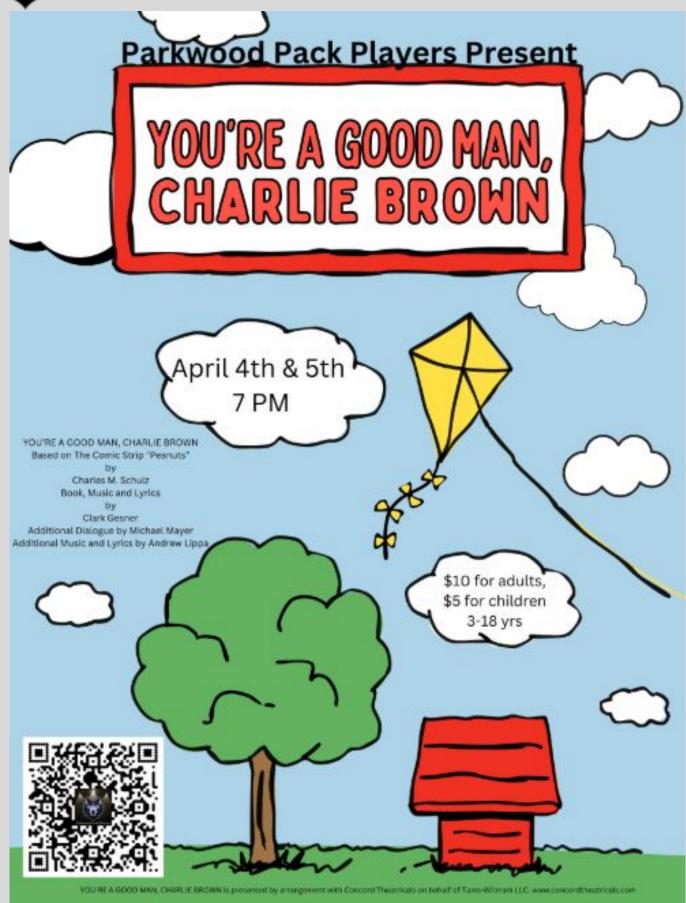
Outside guest forms will be available on March 24th and be due back by April 17th before Spring Break.

NO tickets will be SOLD on May 16th

You MUST bring an ID to Prom



# Parkwood Pack Players- 4/4 and 4/5





#### **PTSO Information**

The PWHS PTSO uses our monthly <u>newsletter</u> and social media as our primary sources of communication. Please make sure you are following us on Facebook at <u>Parkwood HS PTSO</u> and on Instagram at <u>Parkwood PTSO</u> to stay up to date on all the latest events and information.

#### **GENERAL PTSO UPDATES:**

- **LAST CHANCE:** Nominations for the 25-26 PTSO Executive Board close at midnight on Monday, 3/31; open positions include President, Vice President and Secretary. If interested, please send an email to parkwoodptso@gmail.com. Voting will take place during the May PTSO meeting on 5/7.
  - Send an email to parkwoodptso@gmail.com if you are interested in serving in one of the additional open positions for the 25-26 school year:
    - Senior Committee Chair
    - Social Media Chair
  - We are ALWAYS looking for Committee Chairs; if you are interested in getting more involved with the PTSO next year, simply email parkwoodptso@gmail.com and we will find a spot for you!

#### **SENIOR UPDATES:**

- SENIOR SCHOLARSHIP APPLICATION NOW AVAILABLE! Parkwood PTSO is proud to offer two \$750 scholarships to graduating seniors whose families are members of the Parkwood High School PTSO. To be eligible, seniors must be in good standing with the school, have plans to attend a trade school, 2-year or 4-year college/university after graduation, have a PTSO Family Membership and have completed this application no later than Tuesday, April 30, 2025.
  - o Seniors click here to apply: 2024-2025 PWHS PTSO Education Scholarship Application
  - o Join the PTSO by clicking <a href="here">here</a> to purchase a \$10 family membership
- The next PTSO sponsored Senior Treat will be on Thursday, 4/17!!
  - REMINDER: to receive the PTSO sponsored Senior Treat, you <u>must</u> purchase a PTSO Senior Package (minimum purchase of White Package \$30; order your Senior Package <u>here</u>); PTSO Senior Packages will be available for purchase through the end of Spring Break. It's not too late to recognize your Senior by purchasing a PTSO Senior Package by sales end 4/30 order now while supplies last!

If you have any questions about the PTSO, please feel free to send us an email at parkwoodptso@gmail.com. Thank you for supporting the Parkwood High School PTSO!



# PTSO Senior Package

# CLASS OF 2025 SENIOR PACKAGES

# Black level package



\$100

enior Wolf Pock Yard Sign

- -Senior Class T-Shirt
- -Senior Class Hoodie
- -Senior water bottle
- -Senior Class Lanyard

 -Family PTSO Membership (required to be eligible for PTSO Scholarships)

-Includes participation for all special senior events

## Blue level package

\$60

-Senior Wolf Pack Yard Sign

-Senior Class T-Shirt

-Senior Class Lanyard

-Family PTSO Membership (required to be eligible for PTSO Scholarships)

-Includes participation for all special senior events

## white level package

\$30

-Senior Class T-Shirt
-Family PTSO Membership (required to be eligible for PTSO Scholarships)
-Includes participation for all special senior events





A Senior package purchase is required to participate in PTSO sponsored events!

(Minimum white package)

# **Paying for College**

# **COLLEGE READY SERIES**

Paying for College

Serie de Preparación Universitaria Pagando la Universidad



Thursday, April 3, 2025 5:30 - 6:30 p.m. Main Library Jueves, 3 de abril de 2025 5:30 - 6:30 p.m. Biblioteca Principal Monroe





Scanto Save Your Spot Escanea para guardar tu lugar









## **Scholarship Opportunity**

Waxhaw Woman's Club



#### Waxhaw Woman's Club 2025 Scholarship Program

The Waxhaw Woman's Club announces the 2025 Waxhaw Woman's Club Scholarship Award Program. Under the program, a scholarship of up to \$8,000 will be awarded to a young woman from the senior class of a Union County, NC public high school.

#### Program Guidelines & Priorities:

- \* Applicant should be a young woman from the senior class of a Union County, NC public school. Candidate should demonstrate leadership skills and a commitment to service to the community.
- \* Applicants must use the official application form. Applications must be typed.
- \* Applicants must plan to attend an accredited technical, vocational, or trade training program, a two (2)-year community college or a four (4)-year college or university.
- \* Applicants must have the endorsement of their Guidance Counselor on their application attesting they are qualified for this scholarship program.
- \* Completed applications must be postmarked by April 4th, 2025. Late or incomplete applications will not be accepted. Applications MUST be sent to the P.O. Box. Hand-delivered applications WILL NOT BE ACCEPTED.

Mail one copy of a completed and typed application package to: (This includes application with signoff by Guidance Counselor, essays, transcripts, and letters of recommendation)

WWC Scholarship Committee c/o Waxhaw Woman's Club P.O. Box 457 Waxhaw, NC 28173

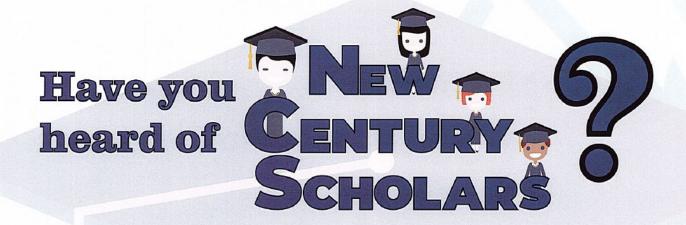
\* Scholarship funds will be disbursed during the month of August 2025—directly to the school, college, or university, not the student. The scholarship funds will be issued to the college or university upon receiving a certificate of enrollment for the fall semester, which includes the Student ID number and Financial Aid Office address.

The applications will be reviewed by the Scholarship Committee and top applicants will need to participate in a personal interview on May 9th, in the early afternoon or evening. All applicants will be notified of award status via email no later than May 1, 2024. Please check your "Spam" folders. Awardee will receive a formal letter in the mail. The scholarship will be awarded May 20th, 2025 during a dinner meeting of the Waxhaw Woman's Club. A formal invitation will be sent and the scholarship winner should plan to attend.

Applications may be downloaded from the Waxhaw Woman's Club website at: http://www.waxhawwomansclub.org

# **New Century Scholars Deadline 4/1**

# Looking for money for college?



https://bit.ly/2025NCSApp









# **UNC Charlotte Virtual Open House**

# UNIVERSITY OF NORTH CAROLINA CHARLOTTE

CATO COLLEGE OF EDUCATION



# VIRTUAL OPEN HOUSE

UNDERGRADUATE AND GRADUATE CERTIFICATE IN TEACHING PROGRAMS

REGISTER HERE



5:00-5:45

- learn about our diverse programs
- hear our admissions requirements
- discover scholarship and career opportunities
- ask questions about your program(s) of interests

APRIL 10th





MASTERS AND
GRADUATE CERTIFICATE
(NON-TEACHING
LICENSE) PROGRAMS

REGISTER HERE



6:00-6:45







# Senior Information

#### **Cap & Gown Information:**

Cap & Gown Distribution will be on April 16<sup>th</sup> during 1<sup>st</sup> block at school



If you have not yet ordered you can at this link:
 https://www.jostens.com/apps/store/catalogBrowse/1051536/PARKWOOD
 -HIGH-SCHOOL/Graduation/2677877773/CATALOG\_REPOSITORY/
 (scroll to bottom just to order cap & gown)

#### **Community College & Trade Schools:**





- Planning on attend a Community College or Trade School now is the time to get your application submitted. Click this link on how to apply:
   <a href="https://docs.google.com/document/d/1Pzfhkntvi4uTBWcAXtvMFsQG\_z6V0d0evoGDA">https://docs.google.com/document/d/1Pzfhkntvi4uTBWcAXtvMFsQG\_z6V0d0evoGDA</a>
  - https://docs.google.com/document/d/1Pzfhkntyi4uTBWcAXtvMFsQG\_z6V0d0evoGDAG19hik/edit?usp=sharing
- Students who need assistance should fill out this link and a counselor will assist you: <u>https://bit.ly/PWCollegeAppAssistance25</u>





# INYEST in Jour FUTURE



YOUR FUTURE STARTS HERE Apply for open scholarships.





TMCF.ORG





## **Union County Job Fair**

# FIELD TRIP ALERT!

Looking for a Job after graduation??

Sign up to attend!

Space is limited!

# UNION COUNTY JOB FAIR

Tuesday, April 29th 9:30AM - 1:00PM

Union County Agricultural & Conference Center 3230-D Presson Road, Monroe, NC 28112



Must be logged into your google account Priority given to Seniors!

See Ms. Sebastian for any questions

- Connect with Local Employers
- Discover Staffing Agencies
- Translators will be Available On-site
- Business Attire Recommended

Need a resume or help to prepare for the job fair? South Piedmont Community College offers tuition-waived classes for individuals who are unemployed or underemployed.

IN PARTNERSHIP WITH:







CENTRALINA
Workforce Development
Board

#### CONTACT:

Kristi Phifer 704-290-5216 kphifer@spcc.edu





# PARKWOOD GOLF TOURNAMENT

SATURDAY MAY 3RD 2025
9AM SHOTGUN START
MONROE COUNTRY CLUB

Thank you to our event sponsor!



- \$360 PER GROUP OF 4
- · SIGN UP AT

WWW.PARKWOODATHLETICZONE.COM (CLICK PARKWOOD GOLF TOURNAMENT AT TOP OF THE PAGE)





# Louisiana Robinson Scholarship

We invite you to apply to our

# LOUISIANA ROBINSON SCHOLARSHIP



SCAN TO APPLY







#### Free Sports Physicals



Saturday, May 31, 2025 • 8 a.m. to 2 p.m.

Atrium Health Musculoskeletal Institute Orthopedics & Sports Medicine 6050 W. Highway 74, Indian Trail, NC 28079

Each student-athlete will receive the following free services from our team of expert providers:

- · Review of medical history
- · General wellness sports screening for North and South Carolina
- · Electrocardiogram (ECG) This is a heart screening for sudden cardiac death to detect health risks before they become issues
- · Echocardiogram (ECHO) to be scheduled if needed
- · Orthopedic screening (musculoskeletal exam)
- Vision exam
- Registered Dietitian
- · Hands-Only CPR training

Please register using the link or QR code between March 1 and May 10:

#### REGISTER HERE



 For registration questions, please email hocday@ atriumhealth.org

#### **Atrium Health** Musculoskeletal Institute

Please note:

The exam is a screening for school sports-not a complete physicaland does not replace the need for an annual physical with your doctor.

\* Photo and video will be taken at each event and used for marketing purposes.

Click here to **LEARN MORE** 

or visit atriumhealth.org/heart-of-a-champion





# FAFSA information for Seniors

#### **SENIORS – Financial Aid For College**

#### The 2025-2026 FAFSA - Free Application for Federal Student Aid is now open

Create your account at <u>StudentAid.gov</u> - takes 1 to 3 days to process account registration. If you have an account log in.

- Assists students with apply for community college, trade schools, and 4-year universities.
- Types of aid students may be eligible for:
  - Grants free money, does not have to be paid back
  - Loans borrowed money, must be paid back
  - Work Study provides a job paid by the student aid program
- Apply in Senior year for 2025-2026 through <a href="https://studentaid.gov/">https://studentaid.gov/</a>.
- Parents who need assistance with FAFSA can sign up for virtual evening help at: <a href="https://calendly.com/collegereadinessucps">https://calendly.com/collegereadinessucps</a>
- CFNC FAFSA support: <a href="https://www.cfnc.org/pay-for-college/fafsa-assistance/">https://www.cfnc.org/pay-for-college/fafsa-assistance/</a>
- Students who need assistance should fill out this link and a counselor will assist you: https://bit.ly/PWCollegeAppAssistance25

**Have these documents on hand.** Here are the main things students need to complete the FAFSA. (For a full list of items needed, <u>here's an easy, printable checklist</u>).

- Recommend parent & student are together when completing FAFSA form.
- Photo or copy of Social Security Card or Green Card (if applicable)
- 2023 Federal Tax Forms
- Personal email address

https://www.cfnc.org/pay-for-college/apply-for-financial-aid/ is a great resource to assist with FAFSA.

If you have questions please reach out to your student's counselor.



## **Local Scholarship Information**

#### Seniors, it is time to be applying for scholarships. Where to look:

- Website of all the colleges you are applying to
- Were your parents work, bank and community groups they are involved with
- Free search engines that can be found on our scholarship webpage: https://www.ucps.k12.nc.us/Page/4819
- Wolf Pack Scholarship Opportunities list This list in order by deadline date and is updated regularly with scholarships as we become aware of them.

#### Seniors going into the NURSING field, this opportunity may be for YOU!

To qualify for the scholarship, candidates must have:

GPA of 3.5 or higher

Accepted by a college/university with the major in nursing (please attach acceptance letter).

Submit a typed essay of no more than 250 words: Explaining the reason for choosing to major in nursing, and how this scholarship will impact your nursing journey.

Students who meet the criteria and are interested in applying for the scholarship can apply directly through the <u>form</u> and E-Mail application to: Wendy Nielsen by <u>April 1, 2025</u>.

<u>SENIOR SCHOLARSHIP APPLICATION NOW AVAILABLE!</u> Parkwood PTSO is proud to offer two \$750 scholarships to graduating seniors whose families are members of the Parkwood High School PTSO. To be eligible, seniors must be in good standing with the school, have plans to attend a trade school, 2-year or 4-year college/university after graduation, have a PTSO Family Membership and have completed this application no later than <u>Tuesday</u>, April 30, 2025.

- o Seniors click here to apply: 2024-2025 PWHS PTSO Education Scholarship Application
- o Join the PTSO by clicking here to purchase a \$10 family membership

#### **Union County Antique Tractor & Power Club**

Please see your counselor to get the requirements and application to apply to this local scholarship.

deadline: April 1, 2025

#### **Union County Education Foundation**

Two college scholarship opportunities (\$3,000 & \$1,500) for UCPS Seniors who plan to major in education. We want to invest in your future, supporting and encouraging you on your journey to becoming an educator. All applicants of our college scholarship create a two-minute surprise video tribute to a UCPS teacher.

UCPS seniors should:

- 1) Select a teacher who has had a profound influence on you.
- 2) Brainstorm a creative way to pay tribute to the teacher in video format. Videos that are creative, funny, or meaningful get the attention of the judges.
- 3) Begin shooting your video! Make sure it is under two minutes. More video tips are listed here.
- 4) Keep your video a secret from your teacher.
- 5) Brush up your resume, have your recommendation letter ready, and get a PDF of your transcript.

Check out the Teacher Tribute playlist on our YouTube channel for examples of other vibrant videos from previous college scholarship recipients.

Deadline: March 28, 2025

Apply here

https://ucedfoundation.org/index.php/grants-and-scholarships/senior-scholarship/

NC State Extension Master Gardener: Application deadline is April 1, 2025. The applicant must be a resident of Union County, North Carolina, must be a graduating senior attending school (public, charter, private, home, etc.) in Union County (NC), in good standing, with at least 3.0 GPA, and must be planning to attend a college or university and be majoring in botany, environmental studies, forestry, landscape architecture, horticulture, crop sciences, local foods, animal husbandry or related fields. This award will be based on academic standing, student personal statement and one teacher/counselor (or other non-family member) recommendation. Student statement should explain why the student deserves this scholarship, educational goals and what they plan to do with their degree. The statement can be less than 1 but no more than 2 pages in length. Teacher/counselor (or other non-family member) recommendation should include why the student is qualified for this scholarship. Paper recommendation should be submitted with the scholarship application in a sealed envelope by the application deadline. Emailed recommendation may be sent separately to the address below by the deadline. The NC Extension Master Gardener Volunteer Association of Union County Scholarship is in the amount of \$1,000. The winning applicant will receive a check from the UCEMGVA in time to register for fall classes. See your counselor for the scholarship application. If you have any additional questions, please contact either: Michael Luther <a href="mluther13@hotmail.com">mluther13@hotmail.com</a> 704-617-0553 or Tina Sagartz <a href="mailto:cgsagartz@carolina.rr.com">cgsagartz@carolina.rr.com</a> 336-414-6382

# **Summer Internship Program Opportunity**



# READY TO LEARN & EARN?

Hey Students! DIG IN to our summer internship program and gain real-world experience while preparing for your future!

Your path to a rewarding career,

# STARTS HERE!







#### **NC College Connect**



Your moment has arrived, and this is your opportunity to meet it head on. This simplified application process helps you avoid stressful applications and subjective essays.

Seniors—if you had a 2.8 weighted GPA at the end of your junior year, you're ready!

NC College Connect is a program that offers qualified students the opportunity for a simplified application process at select UNC System universities and their local North Carolina community college—as long as they meet state graduation requirements and UNC System course requirements.

# Imagine what your college future could be like at...

- Elizabeth City State University
- · Fayetteville State University
- University of North Carolina Asheville
- University of North Carolina at Greensboro
- University of North Carolina at Pembroke
- Winston-Salem State University
- Your local North Carolina community college



Visit NCCollegeConnect.org or scan the QR code to learn more about how to claim your spot.



#### Here's what you need to know.

- If you have a weighted GPA of 2.8 or above, you have the opportunity for a simplified application process to the participating NC colleges and universities.
- To claim your spot, you should scan the QR code on your letter (or the one below!) to visit NCCollegeConnect.org.
- There you will find a "Claim Your Spot" button that will take you to the NC College Connect portal if you are already logged into your CFNC account. (Tip: If you are not logged in, you will be asked to log in using your CFNC credentials or create a new CFNC account.)
- After logging in, you will see a list of colleges and universities where you can complete a simplified application for each institution.
- Once you've submitted your simplified application(s), the college(s) will contact you with more information about next steps.
- These simplified applications will have fees, possibly ranging from \$30 to \$75. Submit your simplified application during College Application Week (October 21–27, 2024) to avoid application fees for most participating institutions.

What are you waiting for?

Meet your momentum and explore
your options at NCCollegeConnect.org.







# **Career and College Promise Information**



# MEET WITH YOUR SPCC AREER COACH

MS. STURDIVANT

# MONDAYS AND THURSDAYS IN LIBRARY

EMAIL NOW TO MAKE AN APPOINTMENT:

CSTURDIVANT@SPCC.EDU



# PWHS Counseling Department

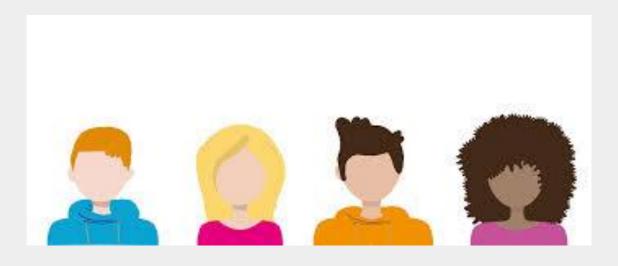
The focus of the PWHS Counseling Center is to provide students with support in their academic, career, and personal/social development. The counselors assist students with scheduling, course selection, career exploration, college and scholarship advising, coping with peer pressure and stress, developing time management skills and more. To make an appointment with your counselor complete the <a href="meeting request form">meeting request form</a>, stop by the counseling center, email or call 704-296-0154.

#### **Counseling Staff**

- \* Mr. Troy Harris 9th Grade
- \* Ms. Stacey Sebastian 10th-12th (A-G)
- \* Mrs. Shari Davison 10th-12th (H-N)
- \* Mr. Adrian Atkinson- 10th 12th (O-Z)
- \* Ms. Ashlee Reynolds 9th-12th (Student Support)
- \* Mrs. Valerie Simmeth Career Development Coordinator
- \* Mrs. Shawn Johnston Counseling Center Administrative Assistant

#### **Additional Support**

- \* Mrs. Robyn Mobley School Social Worker
- \* Ms. Emily Harrell Mental Health Therapist





# PWHS Counseling Department

# Students! Sign up in SCOIR to visit with colleges

- Check in SCOIR to who is scheduled to visit our campus during the week and sign up to attend by the deadline to participate.
- Interested in playing sports in college?



Reach out to Mr. Harris who can help you make sure you are on track by using the <u>meeting request form</u>.



# **Seniors College Information**

Now is the time to start the application process for colleges. Below are links to information on the steps to applying. If you need help with College Applications reach out to your counselor by using the <a href="mailto:meeting request form">meeting request form</a> We are here to assist you.

**Steps for Applying to Four Year Colleges** 

**Steps for Applying to Community Colleges** 

# Requesting Transcripts and Recommendations for College Applications

- Students use SCOIR (access from the UCPS student high school start up page) to keep track of their applications and request transcripts.
- This link <a href="https://bit.ly/35jrLNu%C2%A0">https://bit.ly/35jrLNu%C2%A0</a> will show you how to add colleges, request transcripts and letters of recommendations from teachers.



# **College Readiness Series**



# 2024-2025 College Readiness Series

**● WELL SET OF STATE OF S** 

@ ucpscollegeprep

Scoir for Seniors	August 27, 2024	Webinar	
College Entrance Exams 101	September 17, 2024	Webinar	
Union County College Fair	October 13, 2024	CATA	
FAFSA Completion Support	November 7, 2024	Monroe branch of the Union County Library	
Getting Ready for College	November 16, 2024	Wingate University	
ACT/SAT Blitz	November 23, 2024	Location TBD	
High School Programs Expo	December 7, 2024	Union County Ag Center (hosted by CTE)	
ACT Blitz	February 1, 2025	Location TBD	
College Transition for Students with IEPs and 504s	February 4, 2025	Webinar	
Practice ACT Series	February 8, 2025 and March 1, 2025	Location TBD	
SAT Blitz	March 22, 2025	Location TBD	
Practice SAT Series	March 29, 2025 and April 12, 2025	Location TBD	
What Makes a Good College Essay?	May 13, 2025	Webinar	

For more information and to register, visit https://bit.ly/collegereadysessions.





With a new school year comes a need to make sure that we have the correct contact information for all our families. Please take a moment and verify in PowerSchool that the following are still correct:

- Contact Names
- Contact Numbers
- Contact Emails

Please contact <u>melinda.rivers@ucps.k12.nc.us</u> to update your information.

Keep in Mind- You will need to show your ID when coming to the school so please remember to bring it with you.



# **Ouick Links**

# PWHS Student Handbook UCPS BOE Student Handbook (includes attendance and dress code information) Parents' Bill of Rights

# Edulog for Bus Transportation Zone Parking Pass Info

 Student drivers: Students whose cars are on campus after the school day need to be mindful that they may need to move their cars - particularly if they part around the baseball field. This is to avoid damage caused by fly balls.

# Say Something Anonymous Reporting System

#### Chromebook issues:

- New students report to media center to collect new computer
- Broken computers/computer issues, see Mr. Gaither between 12:00 - 4:00