

## Life and Technology Clock

Saturday 08:00 to 09:00 - EST or EDT when applicable

08:00 to 09:00	Cmd	Description	Satellite 102 & 104
:00:00	-	LOCAL News Theme window	
:00:08	-	<b>News – refer to the separate news schedule</b>	
:07:00	-	Show starts on theme	
:15:00	1	LOCAL 3:10 commercial break window	
:24:00	1	LOCAL 3:10 commercial break window	
:29:55	4	LOCAL 0:05 news credit	
:30:00	-	LOCAL News Theme window	
:30:08	-	<b>News – refer to the separate news schedule</b>	
:37:00	-	Show resume on theme	
:45:00	1	LOCAL 3:20 commercial break window	
:54:00	1	LOCAL 3:10 commercial break window	
:59:50	4	LOCAL 0:05 news credit	

We recommend scheduling one additional break in each hour; reset breaks at top of hour.