

Life and Technology Clocks

Saturday 0800 to 0900 – EST or EDT when applicable

0800 to 0900	Command	Description – Satellite Channels 102 & 104
:00:00	-	LOCAL News Theme Window
:00:08	-	News – refer to separate News Schedule
:07:00	-	Show starts on theme
:15:00	1	LOCAL 2:40 Commercial Break Window
:25:00	1	LOCAL 3:20 Commercial Break Window
:35:00	1	LOCAL 3:10 Commercial Break Window
:45:00	1	LOCAL 3:20 Commercial Break Window
:55:00	1	LOCAL 2:40 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.