

## Garden Clinic Clocks

Saturday & Sunday 0600 to 0800 – EST or EDT when applicable

| 0600 to 0700        | Command | Description – Satellite Channel 102                                 |
|---------------------|---------|---|
| :00:00              | -       | LOCAL News Theme Window   |
| :00:08              | -       | <b>News – refer to separate News Schedule for relevant commands</b> |
| :07:00              | -       | Show starts/resume on theme   |
| :15:00              | 1       | LOCAL 2:40 Commercial Break Window                                  |
| :25:00              | 1       | LOCAL 3:10 Commercial Break Window                                  |
| :35:00              | 1       | LOCAL 3:10 Commercial Break Window                                  |
| :45:00              | 1       | LOCAL 3:10 Commercial Break Window                                  |
| :55:00              | 1       | LOCAL 2:40 Commercial Break Window                                  |
| :59:50              | 4       | LOCAL 0:05 News Credit  |
| <b>0700 to 0800</b> |         |   |
| :00:00              | -       | LOCAL News Theme Window   |
| :00:08              | -       | <b>News – refer to separate News Schedule for relevant commands</b> |
| :07:00              | -       | Show resumes 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.