



MEET THE LEADERS

2009 AIR SCHEDULE – WESTCHESTER COUNTY

Southern Westchester: CH 78

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| Monday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Tuesday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Wednesday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Thursday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Friday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Saturday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Sunday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |

So. Westchester (EBT): CH 68

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| Saturday | 6pm |
| Sunday | 8pm |

Yorktown, Ossining & Peekskill: CH 118

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| Monday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Tuesday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Wednesday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Thursday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Friday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Saturday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |
| Sunday | 9am, 10:30am, 12pm, 2pm, 4pm, 6pm, 8pm, 10pm, 12am |

Yonkers, Port Chester & Harrison: CH 18

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| Monday | 10:30am, 12pm, 12am |
| Tuesday | 9am, 10:30am, 12pm, 2pm, 12am |
| Wednesday | 9am, 10:30am, 12pm, 2pm, 12am |
| Thursday | 9am, 10:30am, 12pm, 2pm, 4pm |
| Friday | 9am, 10:30am, 12pm, 2pm, 12am |
| Saturday | 9am, 10:30am, 2pm, 4pm, 10pm, 12am |
| Sunday | 2pm, 12am |

Ms. Cathy MONTALDO
“Meet the Leaders” air dates:
Week of August 31 – September 6

**All schedules subject to change or pre-empted due to special programming*
Revised: March 30, 2009 CBM

NOTE: Your program will also air on *Local on Demand* for a month, beginning immediately after it airs on the schedule above.





LOCAL ON DEMAND ACCESS & INSTRUCTIONS

Step-by-step guide on how to access see your program on the Local On Demand Guide.

1. Press  or switch to Ch. 500

2. Select “On Demand” from the Menu



3. Select “Free On Demand” from the On Demand Menu



4. Select “Local On Demand” from the Free On Demand Menu



5. Select “Hudson Valley” from the Local On Demand Menu



6. Select your program choice from “Hudson Valley” Menu



7. Select “PLAY” to begin watching the program



8. Select “OK”



Your MTL selection will begin shortly



Remember: You have the option to Fast Forward, Rewind or Pause the program at your leisure. ENJOY!

