



Livestream *Schedule*

MON

THE WEEK AHEAD

News, traffic, weather & sports,
so you can plan your week!

10 AM | 4 PM

TUES

LOCAL GOVERNMENT

County Executive Ed Day, Town
Supervisors, Rockland Chambers

3 PM TO 5 PM

WED

AM ROCKLAND

With Mike & Tom in the morning!
Interviews w/ interesting people!

8 AM TO 10 AM

FRI

THE WEEK IN REVIEW

Live report of important stories
that happened during the week.

10 AM | 4 PM

For more information:
rocklandnews.com/live