

Sunday Viewing

05/06/79



Tony Brown

3:30 P.M.

2 3 - Jacques Cousteau
4 9 - American Sportsman
13 58 - Royal Heritage: The Stuarts Restored As founder of the royal Society and the Royal Observatory, Charles II had a great influence on the beginnings of yachting in Britain and the development of the British Navy. (60 min.)

4:00 P.M.

7 - MOVIE: 'Nickelodeon' A hapless lawyer becomes a low budget director during the early movie days and tries to make a star of an alligator wrestler. Ryan O'Neal, Burt Reynolds. 1976
11 18 - MOVIE: 'The Man Who Loved Cat Dancing' A disillusioned ex-cavalry officer escaping the memory of the slaying of his Indian wife, becomes involved with a woman who is trying to flee the clutches of her weak-spirited husband. Burt Reynolds, Sarah Miles, George Hamilton, Lee J. Cobb. 1973.

4:30 P.M.

2 3 - MOVIE: 'Rise and Fall of the Third Reich' Part 2
4 9 - Wide World of Sports
6 - Rat Patrol
8 36 - SportsWorld Today's show features the UCLA Invitational Track and Field Competition and the 'Fittest of them All Contest. (90 min.)
13 58 - Victory Garden

5:00 P.M.

5 12 - Firing Line
6 - Maverick
12 - MOVIE: 'Chisum' The successful owner of a vast cattle ranch, locks horns with a powerful and unscrupulous businessman who is determined to dominate the entire region. John Wayne, Forrest Tucker, Christopher George, Ben Johnson. 1970
13 58 - Once Upon a Classic 'Pinocchio.' Part 3. After Pinocchio is released from jail, he begins school and studies hard but finds that good grades don't necessarily make him popular.

5:30 P.M.

2 3 - W.W. II: G.I. Diary
13 58 - Wall Street Week
2 3 8 36 - News
4 9 - ABC News
5 12 - Advocates
6 - Championship Wrestling

7 - MOVIE: 'The Manitou' A demonic Indian spirit is about to be born again in this tale of occultism and spiritual hell on earth. Tony Curtis, Stella Stevens, Burgess Meredith. 1978

7 10 - Contact
11 12 18 - Movie Cont'd
13 58 - NC People

6:30 P.M.

2 3 - Carolina Camera
4 9 - Sunday in Carolina
7 10 - CBS News
8 36 - NBC News
11 18 - Untamed World
13 58 - Book Beat

7:00 P.M.

2 3 7 10 - 60 Minutes
4 9 - Osmond Family Show Tonight's guests include the Boys Town Choir, Andrea McArdle, Adam Rich, Cathy Rigby, the Utah All-Stars, Small-Stars and Mini-Stars. (60 min.)
5 12 - Nova: Still Waters A placid beaver pond is the setting for this wildlife drama. (60 min.)
6 - Star Trek

8 36 - Wonderful World of Disney 'The Parent Trap.' A pair of long-separated twins reunite and conspire to get their still-feuding divorced parents back together again. Starring Haley Mills, Brian Keith and Maureen O'Hara. (2 hrs.)

11 18 - Sonic Super Hour
12 - Hogan's Heroes
13 58 - You the Deaf

7:30 P.M.

12 - Old Time Gospel Hour
13 58 - All About TV

8:00 P.M.

2 3 7 10 - All in the Family It's a special holiday when the Bunker clan is re-united. (R)

4 9 - Fantasy Island Tattoo is kidnapped and held for ransom; and two orphaned children get the chance to choose ideal parents. Guest starring Michael Anderson Jr., Billy Barty, Kimberly Beck, Beth Brickell, Red Buttons, Juliet Mills, Mary Ann Mobley and Regis Philbin. (60 min.)
5 13 42 58 - Close to Home This program documents the drama of a small town caught in the cross currents generated by a teachers' strike, school board recall election and Proposition 13 fever. (60 min.)

6 - MOVIE: 'Batman' Arch-villains of the underworld; the Catwoman, the Joker, the Penguin and the Riddler join forces to dispose of Batman and Robin. Adam West, Burt Ward, Cesar Romero. 1966

7 - MOVIE: 'Eyes of Laura Mars' A successful young fashion photographer whose work often centers around violent scenes finds foul play creeping into her secure life. Faye Dunaway, Gary Lee Jones. 1977

11 18 - To Be Announced
2 3 7 10 - One Day at a Time Tables turn when Ann decides to ask out an attractive man. (R)

8:30 P.M.

11 18 - Leroy Jenkins
12 - 700 Club

9:00 P.M.

2 3 7 10 - Alice Alice invites Mel to dinner and he practically moves in. (R)
4 9 - 'Ike' Part 3
5 13 42 58 - Masterpiece Theatre: Lillie Part 9. Lillie is cheered everywhere she goes in America, but a disaster clouds the opening of her play in New York. (60 min.)

8 36 - MOVIE: 'The Poseidon Adventure' The passengers and crew are trapped aboard a capsized ocean liner following a New Year's Eve catastrophe. Gene Hackman, Ernest Borgnine, Red Buttons. 1972

11 18 - Jimmy Swaggart
9:30 P.M.

2 3 7 10 - Stockard Channing
11 18 - Rise and Be Healed

10:00 P.M.

2 3 7 10 - Mary Tyler Moore Hour Mary's guest drives everyone crazy after she's elected to the board of the Actor's League. Guest starring Nancy Walker. (60 min.)
5 12 - Previn and the Pittsburgh

6 - Ruff House
7 - MOVIE: 'Gable and Lombard' Two of Hollywood's top stars of the '30's fight the powerful studio bosses' attempts to control their private lives. James Brolin, Jill Clayburgh, Red Buttons. 1976

11 18 - Old Time Gospel Hour
12 - Town Hall
13 58 - Advocates

10:30 P.M.

6 - WTCG Presents
12 - Morris Cerullo

11:00 P.M.

2 3 4 9 10 - News
5 12 18 - Sign Off
11 18 - Ruff House
12 - Hour of Prayer

11:15 P.M.

2 3 7 10 - CBS News
11:30 P.M.
2 3 - Tony Brown's Journal

12:00 P.M.

2 3 7 10 - Face the Nation
4 9 - Issues and Answers
5 12 - Sesame Street
11 18 - MOVIE: 'Kettles In The Ozarks' While visiting pa's brother in the Ozarks, ma manages to round up a gang of bootleggers and gets brother in law married to his fiancée of 20 years. Marjorie Main, Arthur Hunnicutt, Una Merkel, Ted de Corsia. 1956.

13 58 - No Programs
12:30 P.M.

2 3 - Fred Kirby's Roundup
4 9 - Bill Dance Outdoors
7 10 - Virgil Ward

1:00 P.M.

2 3 - MOVIE: 'The Great Race' A storybook hero and a villain who futilely tries to best him, are rivals in an auto race that spans three continents. Jack Lemmon, Tony Curtis, Natalie Wood. 1965

4 9 - Virgil Ward
5 12 - Wash. Week in Review
7 8 10 36 - Racers

12 - MOVIE: 'Delicate Delinquent' Rookie policeman's troubles with delinquent teenagers make his life miserable. Jerry Lewis, Martha Hyer, Darren McGavin. 1957

1:15 P.M.

6 - Love, American Style
1:30 P.M.

4 9 - Next Step Beyond
5 12 - Wall Street Week
6 - Dragnet
7 10 - Car and Track
8 36 - Meet the Press
13 58 - Another Voice

2:00 P.M.

4 9 - MOVIE: 'The Daughters of Joshua Cabe' In a scheme to keep his land in spite of a new homesteading law, this fur trapper recruits a thief, a pickpocket and a prostitute to portray his daughters. Buddy Ebsen, Karen Valentine, Sandra Dee, Lesley Warren. 1972

5 12 - Being Human
6 - Warmup

7 - MOVIE: 'Scalpel' A mad plastic surgeon remakes a go-go dancer into the image of his runaway daughter to steal her inheritance. Robert Lansing, Judith Chapman. 1977

7 10 - MOVIE: 'Spartacus' During the height of the 'games' popularity in Rome a gladiator rebel escapes from slavery and with an army of slaves challenges the awesome might of Imperial Rome. Kirk Douglas, Laurence Olivier, Jean Simmons, Tony Curtis, Charles Laughton, Peter Ustinov. 1960

8 36 - Outdoors
11 18 - MOVIE: 'Girl Happy' Rusty, the leader of a hot musical combo, has the assignment of keeping an eye on the daring daughter of a tough Chicago nightclub owner. Elvis Presley, Shelley Fabares. 1965

13 58 - Your Weekly Weaver

2:15 P.M.

6 - Major League Baseball: Atlanta at Chicago The Atlanta Braves play the Chicago Cubs at Wrigley Field.

2:30 P.M.

8 36 - Houston Open Final round play in this PGA tournament will be broadcast from the Woodland Hills Country Club, Houston, Texas. (2 hrs.)
13 58 - Footsteps

3:00 P.M.

5 12 - Evening at Pops Special America's beloved Maestro, Arthur Fiedler, celebrates his 50th anniversary as conductor of the Boston Pops Orchestra by leading a concert featuring some of the most famous titles from the Pops repertoire. (2 hrs.)

12 - MOVIE: 'Wuthering Heights' A young aristocrat falls in love with a boy who works in her father's stables. Laurence Olivier, Merle Oberon, David Niven. 1939
13 58 - Turnabout

A Black Perspective

You & Your Health



-Brenda Kennedy BSN

How Important Is Your Diet?

How important is your diet? All of us have heard the expression, "You are what you eat." Well, there could be no expression that carries more truth. Not only does what you eat make you what you are but it often determines your health status. The proper diet may make the difference between illness and good health.

First of all, overeating is one of the largest dietary problems today. It is estimated that 20 to 50 percent of the population of the United States is overweight. Black women in particular are severely affected by obesity. Overweight or obesity causes certain strains on the body; the heart has to work harder to pump the blood, the muscles and bones are put under stress trying to accommodate the extra weight, etc. These are problems that arise from obesity itself, not even considering yet what the effects of obesity have on certain illnesses such as diabetes, high blood pressure, and so on.

Another problem is simply not eating the proper foods. Most of us know about the basic four food groups and nutritional requirements, but this is not always used as a guide. There are certain diets for the purpose of weight reduction that may leave out an entire food group or even two groups. Remember there are some foods from these groups that are exceptionally important. This is why there are persons who become very ill after trying to adhere to a certain diet. Some particular nutrients, vitamins or electrolytes have probably been left out of the diet.

Before beginning these "special" diets that are available around every corner, check with your physician to make sure that this "special diet" is going to meet your own special needs. With illnesses such as diabetes, hypertension, ulcers, etc. there are certain diets that are required to prevent complications of the illnesses.

Remember too, that your nutritional requirements or needs may change. The requirements for an active teenage girl are different from that of the same girl as she becomes a less active age of sixty. They may change with age, level of activity or body condition. For example, this same teenage girl will also have special nutritional needs as a pregnant young woman.

For Black people in general, we have a very high incidence of high blood pressure and heart disease, with the incidence being higher in some families. Keep this in mind even in a state of good health and be especially conscious of the salt and cholesterol in your diet.



BANK SPONSORED
Government Guaranteed

Loans For Business

\$35,000 - \$550,000

Terms 5-20 Years

Call 536-8475