

# Sunday Viewing

06/03/79

2:00 P.M.

- ④ ⑨ - MOVIE: 'All in a Night's Work' A look at what happens when the founder of a one-man publishing empire is found dead with a strange smile on his face. Dean Martin, Shirley MacLain, Cliff Robertson. 1961
- ⑤ ⑫ - Idaho Open Pro-Am Racquetball
- ⑬ ⑤⑧ - Nova: The Long Walk of Fred Young Today's program looks at nuclear physicist Dr. Frederick Young, a Navajo who, as a child, walked barefoot and slept under the stars. (60 min.)

3:00 P.M.

- ⑫ - MOVIE: 'Mildred Pierce' Ambitious woman gives her all for her selfish daughter; then both fall in love with the same man. Joan Crawford, Ann Blyth, Eve Arden. 1945
- ⑬ ⑤⑧ - Here's to Your Health
- ② ③ - W.W. II: G.I. Diary
- ⑤ ⑫ - Time Exposure
- ⑦ - International Diving Meet Professional and Olympic champs compete in this International Diving Meet and Water Festival. (60 min.)
- ⑪ ⑮ - NBA Championship
- ⑬ ⑤⑧ - Royal Heritage: Victoria The life of Queen Victoria, her family and the growth of her empire are profiled in this program. (60 min.)

4:00 P.M.

- ④ ⑨ - Walker Cup Golf Match Highlights of match play between the best British and American amateur golfers are presented from Gullane, Scotland.
- ⑤ ⑫ - The Cousteau Odyssey This film documents both the research and results of exploration into the legendary Mediterranean sea. (60 min.)
- ⑥ - MOVIE: 'Never Steal Anything Small' A small stevedores' local boss wants to become boss of waterfront and will let nothing stand in his way. James Cagney, Roger Smith, Shirley Jones. 1959
- ⑧ ⑬ - SportsWorld Today's program will feature the Professional Bowler's Association Doubles Classis from San Jose, California. (90 min.)

4:30 P.M.

- ④ ⑨ - Wide World of Sports
- ⑦ - The Osmonds
- ⑬ ⑤⑧ - Victory Garden

5:00 P.M.

- ⑤ ⑫ - Firing Line
- ⑫ - MOVIE: 'Four for Texas' Two men fight until a crooked banker comes up with a dastardly scheme which forces them to unite for the common cause. Frank Sinatra, Dean Martin, Anita Ekberg, Ursula Andress. 1963
- ⑬ ⑤⑧ - Run, America, Run

5:30 P.M.

- ⑦ - MOVIE: 'The Outlaw Josey Wales' An ex-Confederate soldier seeks vengeance when his family and home are destroyed. Clint Eastwood, Chief Dan George, Sondra Locke. 1976
- ⑧ ⑬ - Racers
- ⑬ ⑤⑧ - Wall Street Week

6:00 P.M.

- ② ③ ⑧ ⑫ - News
- ④ ⑨ - ABC News
- ⑤ ⑫ - Advocates
- ⑥ - Championship Wrestling
- ⑦ ⑫ - Movie Cont'd
- ⑧ ⑬ - Contact
- ⑪ ⑮ - National Geographic
- ⑬ ⑤⑧ - NC People

6:30 P.M.

- ② ③ - Square Off
- ④ ⑨ - Sunday in Carolina
- ⑧ ⑬ - CBS News
- ⑧ ⑬ - NBC News
- ⑬ ⑤⑧ - Book Beat

7:00 P.M.

- ② ③ ⑧ ⑫ - 60 Minutes
- ④ ⑨ - MOVIE: 'Lassie: The New Beginning' When an old woman is stricken while traveling with her grandchildren, Lassie comes to the rescue. John Reilly, David Wayne, Jeanette Nolan. 1978



Tony Brown  
...Show host

- ⑤ ⑫ - Nova: The Long Walk of Fred Young Today's program looks at nuclear physicist Dr. Frederick Young, a Navajo who, as a child, walked barefoot and slept under the stars. (60 min.)
- ⑥ - Major League Baseball: New York at Atlanta The New York Mets play the Atlanta Braves at Atlanta-Fulton County Stadium.
- ⑧ ⑬ - Wonderful World of Disney 'The Tiger Walks' First of 2 parts. A small town sheriff tries to capture an escaped circus tiger. Starring Brian Keith, Pamela Franklin and Vera Miles. (R) (60 min.)
- ⑪ ⑮ - Sonic Super Hour
- ⑬ ⑤⑧ - You the Deaf

7:30 P.M.

- ⑫ - Jerry Falwell
- ⑬ ⑤⑧ - All About TV

8:00 P.M.

- ② ③ ⑧ ⑫ - All in the Family Edith applies for a bank loan and discovers there are different rules for men and women. (R)
- ⑤ ⑫ ⑬ ⑤⑧ - A Place to Be This program celebrates the diversity of talent which created the new East Building of the National Gallery of Art in Washington, D.C. (60 min.)
- ⑦ - MOVIE: 'High Anxiety' A hilarious spoof of psychiatrists and those who need them. Mel Brooks, Madeline Kahn. 1978
- ⑧ ⑬ - 'Time Machine' A computer wizard invents a device to transport himself back through time. Starring John Beck, Andrew Duggan and Rosemary De Camp. (R) (60 min.)
- ⑪ ⑮ - 700 Club

8:30 P.M.

- ② ③ ⑧ ⑫ - One Day at a Time Ann's faced with the ultimate challenge in her P.R. career. (R)
- ⑪ ⑮ - Leroy Jenkins
- ⑫ - 700 Club
- ② ③ ⑧ ⑫ - Alice Mel faces a turkey shortage when he cooks Thanksgiving dinner for some orphans. (R)
- ④ ⑨ - MOVIE: 'Salvage' A hotshot junkman builds a rocket so that he can recover space equipment from the moon. Andy Griffith, Joel Higgins, Trish Stewart. 1979
- ⑤ ⑫ ⑬ ⑤⑧ - Masterpiece Theatre: Lillie Part 13. The death of King Edward brings Lillie bitter-sweet memories, but her dauntless nature carries her on. (60 min.)
- ⑪ ⑮ - Jimmy Swaggart

9:00 P.M.

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- ⑪ ⑮ - Jimmy Swaggart
- ② ③ ⑧ ⑫ - 33rd Annual Tony Awards Jane Alexander, Henry Fonda and Liv Ullmann co-host the annual presentation of the American Theatre Wing's Antoinette Perry (Tony) Awards from the Shubert Theatre, New York City. (90 min.)
- ⑥ - Dagnet
- ⑦ - MOVIE: 'The Betsy' A fictional automotive dynasty is portrayed as a decadent family with plenty of skeletons in their closet. Lawrence Olivier, Robert Duvall, Katherine Ross. 1977
- ⑪ ⑮ - Rise and Be Healed

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- ② ③ ⑧ ⑫ - 10:00 P.M.
- ⑥ ⑬ - Previn and the Pittsburgh
- ⑥ - Between the Wars

- ⑧ ⑬ - NBC News Special
- ⑪ ⑮ - Jerry Falwell
- ⑫ - Town Hall
- ⑬ ⑤⑧ - Upstairs, Downstairs

10:30 P.M.

- ⑥ - Ruff House
- ⑫ - Morris Cerullo

11:00 P.M.

- ② ③ ④ ⑦ ⑧ ⑨ ⑩ ⑬ ⑮ - News
- ⑤ ⑫ ⑬ ⑤⑧ - Sign Off
- ⑥ - Open Up
- ⑪ ⑮ - Ruff House
- ⑫ - Hour of Prayer

11:15 P.M.

- ② ③ ⑦ ⑩ - CBS News
- ⑫ - 11:30 P.M.

11:30 P.M.

- ② ③ - Tony Brown's Journal
- ④ ⑨ - Morris Cerullo
- ⑦ ⑩ - MOVIE: 'Play It as It Lays' An intimate portrait of a washed-up film star, the disillusion she must face in her marriage and motherhood, and the adultery she thrives on. Tuesday Weld, Anthony Perkins. 1972
- ⑧ ⑬ - WCT Challenge Cup Tennis
- ⑪ ⑮ - Praise the Lord Club
- ⑫ - Dr. David Epley

12:00 A.M.

- ② ③ - MOVIE: 'Lawman' A New Mexico marshal finds himself in a hostile community when he goes to a nearby town to take back seven prisoners for an accidental killing. Burt Lancaster, Robert Ryan, Lee J. Cobb, Sheree North. 1971
- ④ ⑨ - Tony and Susan Alamo
- ⑦ - MOVIE: 'Golden Rendezvous' A ship laden with gold and its innocent passengers are the object of highjackers armed with a nuclear weapon. Richard Harris, David Janssen. 1977
- ⑫ - Ernest Angley

12:30 A.M.

- ④ ⑨ - Arthur Smith
- ⑥ - Baseball Replay: New York at Atlanta The New York Mets play the Atlanta Braves at Atlanta-Fulton County Stadium in a game televised earlier tonight.

1:00 A.M.

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## Sizes Of Eggs

The sizes of eggs are based on the minimum weight per dozen. Extra large must be 27 ounces per dozen; large, 24 ounces; and medium, 21 ounces.

## Refrigerator

If you are planning to remodel your kitchen, install the refrigerator in the coldest part of the room - it will need less energy to operate.

## A Black Perspective

# You & Your Health



Brenda Kennedy BSN

## Thyroid Disorders

The two main thyroid disorders are caused by either greater than normal or less than normal activity of the thyroid gland.

Hypothyroidism means less than normal activity. The thyroid gland is located in the neck and is one of the necessary organs of the endocrine system. Other organs in the endocrine system are the pituitary gland, parathyroid glands, parts of the pancreas, adrenal glands, and ovaries or testicles.

Signs of decreased thyroid function includes chilliness, decreased sweating, decreased appetite, chest pain, weight gain or extreme thinness, slow heart rate, nervousness, constipation, sleepiness or sleeplessness, decreased tolerance to medications and anemia. It is not unusual for a person with hypothyroidism to have several of the symptoms.

Laboratory studies are done to determine how much replacement therapy is needed. Treatment is to replace in the body that amount of thyroid substance needed for efficient body function. Medicines must be fitted to the person's own particular needs.

Hyperthyroidism is a greater than normal activity of the thyroid gland. Its cause is unknown, but it frequently begins during periods of stress.

Signs and symptoms include increased sweating, warm moist skin, weight loss, rapid heart rate, diarrhea, nausea, increased frequency of urination, bulging of the eyes, headaches and enlargement of the

thyroid. The disorder is confirmed by laboratory tests.

There are several methods to treat hyperthyroidism: (1) Drugs to decrease thyroid activity (2) Radioactive iodine (I 131) (3) Surgery (4) Drugs to decrease activity given for a time followed by radioactive iodine or surgery. If drug therapy is the method of treatment, follow the instructions on your prescription carefully.

Seventy-five percent of the adults treated with hyperthyroidism can be treated effectively with radioactive iodine. Less time and money are spent and the result is as good as that obtained by a surgical operation in most people. Surgery is the treatment of choice, especially for goiters, enlargement of the thyroid gland.

There are no restrictions on activity or diet for either hypo or hyperthyroidism.

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