

# Tuesday Viewing

10/30/79



This is Godmother the Witch (with the voice of "Saturday Night Live" star Gilda Radner), who practices her witchcraft after leaving the unemployment ranks to help two youngsters on "Witch's Night Out," Tuesday, Oct. 30, on NBC.

(Stations reserve the right to make last-minute changes.)

## 9:00 A.M.

3 2 - Phil Donahue Young comedienne joins veteran stand-up comic Phyllis Diller to discuss the obstacles they face in the male-dominated comedy business.

## 10:00 A.M.

6 - MOVIE: 'Caprice' A woman in the cosmetics business becomes an industrial spy while searching out a narcotics ring which had her father killed. Doris Day, Richard Harris, Ray Walston. 1967

9 4 - Merv Griffin Today's guests included Durk Pearson and Shelly Hack. Where the show is aired for 90 minutes Dr. Richard Selzer and Dr. Zion Yu will be included.

## 12:30 P.M.

6 - MOVIE: 'Johnny Belinda' A deaf-mute girl is raped by a bully and bewildered by the problems she must now face. Jane Wyman, Charles Bickford, Lew Ayers. 1948

## 6:00 P.M.

3 2 7 10 9 4 - News  
6 - Carol Burnett and Friends  
7 - MOVIE: 'California Suite' Vignettes of several couples spending the weekend in a resort hotel create a series of comedy sketches about human nature. Maggie Smith, Alan Alda, Richard Pryor. 1978

12 - Good Times  
18 11 - I Love Lucy  
36 8 - Hogan's Heroes  
42 5 - Introduction to Business  
58 13 - Making It Count

## 6:30 P.M.

6 - Bob Newhart  
7 10 - CBS News  
9 4 - ABC News  
12 - Sanford and Son  
18 11 - Dick Van Dyke  
36 8 - NBC News  
42 5 - Over Easy  
58 13 - Engineering Review

## 7:00 P.M.

3 2 - CBS News  
6 - Sanford and Son  
7 10 9 4 - Dating Game  
12 - All in the Family  
18 11 - Good Times  
36 8 - News  
42 5 - Japan Today  
58 13 - Consumer Survival Kit

## 7:30 P.M.

3 2 - P.M. Magazine  
6 - All in the Family  
7 10 - Hollywood Squares  
9 4 - Newlywed Game  
12 - Carol Burnett and Friends

18 11 - Gomer Pyle

36 8 - Family Feud

42 5 58 13 - MacNeil-Lehrer Rept.

## 8:00 P.M.

3 2 - Muppets

6 - MOVIE: 'Body and Soul' A boxing champ gets mixed up with crooks. John Garfield, Lilli Palmer, William Conrad. 1947

7 10 - CBS Reports 'The Baby Makers.' Tonight's program presents an in depth report on the recent developments in the field of artificial reproduction. (60 min.)

7 - MOVIE: 'Fedora' Hollywood's most beautiful movie queen retires to complete seclusion. William Holden, Marthe Keller, Michael York. 1979

9 4 - Happy Days

12 - It Takes a Thief

18 11 - MOVIE: 'Diary of Anne Frank' Liberated Jewish refugee returns to hidden third floor of Amsterdam factory where he finds the diary kept by his younger daughter during their years in hiding from the Nazis. Story unfolds of what took place till the time of their discovery and arrest. Joseph Schildkraut, Millie Perkins, Shelley Winters, Diane Baker. 1959

36 8 - Casper Halloween Casper finds that Hairy Scarey's mean practical jokes are being blamed on him.

42 5 58 13 - Nova: Race for Gold This film examines the role of science and technology in the development of Olympic athletes. (60 min.)

## 8:30 P.M.

3 2 - Happy Days Again

9 4 - Angie

36 8 - Witch's Night Out A liberated and unemployed witch's magic wand falls into the hands of Rotten and Malicious, with the voice of Gilda Radner.

## 9:00 P.M.

3 2 7 10 - MOVIE: 'One on One' A basketball star clashes head on with love while battling the college athletic establishment. Robby Benson, Annette O'Toole, Gail Strickland. 1977

9 4 - Three's Company

12 - MOVIE: 'The Tall Men' Two brothers arrive in Montana with robbery in mind. Instead, they go into partnership with their intended victim. Clark Gable, Robert Ryan, Jane Russell. 1955

36 8 - MOVIE: 'Freedom Road' Part 2

42 5 58 13 - World: F-16: Sales of the Century The politics behind the selling of the F-16 fighter jet to NATO are examined. (80 min.)

## 9:30 P.M.

9 4 - Taxi Bobby and Tony vie for the affections of the same young lady.

## 10:00 P.M.

6 - Six Wives of Henry VIII

7 - On Location: Billy Crystal Billy Crystal performs in his own zany nightclub routine.

9 4 - Hart to Hart

42 5 - Soundstage: Gordon Lightfoot (Season Premiere) Gordon Lightfoot opens the sixth season of Soundstage. (60 min.)

58 13 - The Scarlet Letter Conclusion. As the minister preaches his final sermon, he reaches a terrible decision—one that spells disaster for them all. (60 min.)

## 11:00 P.M.

3 2 7 10 9 4 36 8 - News

7 - MOVIE: 'Who'll Stop the Rain' A Vietnam veteran tries to pull off a big drug deal to save his ruined life. Nick Nolte, Tuesday Weld, Michael Moriarty. 1978

12 - Benny Hill Show

18 11 - Gong Show

42 5 58 13 - Dick Cavett First of 2 parts. Today's guest is Joseph Wambaugh.

## 11:30 P.M.

3 2 7 10 - Barnaby Jones An embezzler kills the man who discovers his crime. Guest starring Bradford Dillman. (R) (60 min.)

6 - MOVIE: 'Strawberry Blonde' A man is sent to prison for a crime he did not commit and upon release finds that his girl has married. James Cagney, Rita Hayworth, Olivia De Havilland. 1941

9 4 - Barney Miller A rich man shoplifting and a pedestrian hit by a flying toilet seat are Barney's problems on election night. (R)

12 - Second City TV

18 11 - Praise the Lord Club

36 8 - Best of Carson Johnny's guests include Tony Bennett, Bess Armstrong, David Horowitz and Bob Specs. (R) (90 min.)

42 5 - Sign Off

58 13 - Captioned ABC News

## 12:00 A.M.

9 4 - MOVIE: 'Rosemary's Baby II' A chilling suspense that traces the growth to adulthood of the half human/half demon child. Ruth Gordon, Ray Milland, Patty Duke Astin. 1976

12 - PTL Club

58 13 - Sign Off

## 12:30 A.M.

3 2 7 10 - MOVIE: 'A Love Affair: The Eleanor and Lou Gehrig Story' Drama about the great New York Yankees' first baseman and the woman whose love and devotion sustained him in his battle against an incurable disease. Blythe Danner, Edward Hermann, Patricia Neal. 1977

## 1:00 A.M.

36 8 - Tomorrow

## 1:30 A.M.

6 - MOVIE: 'Smoky' A wild black stallion escapes after trampling a wrangler's brother who had been beating him spitefully. Fess Parker, Diana Hyland, Katy Jurado. 1966

## 2:15 A.M.

36 8 - MOVIE: 'Battle Hell' Moving documentary-style film of the exploits of a very famous English fighting ship and her crew. Richard Todd, William Hartnell, Akim Tamiroff. 1956

## 3:30 A.M.

6 - MOVIE: 'Johnny Angel' A merchant marine captain unravels the mystery of his father's murder at sea when he commanded a freighter. George Raft, Claire Trevor, Signe Hasso. 1945

## 4:00 A.M.

36 8 - MOVIE: 'Three Stripes in the Sun' A sergeant, stationed in Japan after the war, hates the people until he falls in love with a Japanese girl. Aldo Ray, Phil Carey, Dick York. 1955

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## A Black Perspective

# You & Your Health



Brenda Kennedy BSN

## Diabetes And Weight Control

For many illnesses and disorders diet and weight control play a major role. This is the beginning of a series of articles concerning the importance of weight control and diets in controlling, preventing and even curing certain disorders. There are some illnesses that we all know that are more prevalent or found more frequently among blacks. Many of these illnesses can be controlled by weight or diet control. Some of these include; diabetes, high blood pressure or hypertension, peptic ulcer disease, etc. So one can see how important it is to become aware of specific diets that may be suggested for certain disorders.

We already know that diabetes is a chronic condition - meaning that it usually persists for a long period of time, usually throughout life. Diabetes is characterized by abnormally high levels of glucose or sugar in the blood and urine. There is an absolute or relative lack of insulin in the body. Insulin is essential for the metabolism or break-down of carbohydrates or sugars and starches. If there is a lack of insulin the carbohydrates can not be broken down and the body can't use them properly. Therefore sugar is spilled into the urine and blood in various quantities.

There have been studies to

show that persons with problems with obesity are found to have the occurrence of diabetes more frequently.

Most persons with diabetes have been placed on diets with restrictions on calories, for instance, 1600 calorie ADA diet (American Dietetic Association). This means that the patient can only have 1600 calories per 24 hours. That also means that there should be less sugar since the patient is placed on lower calories. Not only does this help by decreasing sugar but also for the purpose of keeping down your weight.

It has been found that for many cases of mild diabetes, there needs to be no type of medical treatment. For these persons, insulin or oral agents to lower blood sugar is not always needed if they only adhere to diets. For many people who are overweight, if they would lose weight, it would decrease the amount of insulin needed to breakdown the sugars and starches present.

So one can see how important dietary control can be and even more important how weight control can lessen many health and medical problems.

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