

# TUESDAY

	2 KPRC	3 KBTX	6 KCEN	7 KTBC	8 KUHT	11 KHOU	13 KTRK	15 KAMU	24 KVUE	36 KTVV	39 KHTV	HBO	CBN	CINE MAX	GALA	MOV
Midwest Community	2	5	6	7	8	11	13	12	9	7	10	4				
7:00	Bret Maverick	Happy Days Laverne & Shirley	Bret Maverick	Book Of Lists	Business Report Bilingual Education	Book Of Lists	Happy Days Laverne & Shirley	15 Magazine School Zone	Happy Days Laverne & Shirley	Bret Maverick	Charlie's Angels	Movie: "The Outlaw Josey"	National Geographic Special	Late Show		
7:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	Movie: "My"
7:30	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
7:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
8:00	Flamingo Road	Three's Company Too Close For Comfort	Flamingo Road	CBS Movie: "Portrait Of A Showgirl"	Saudi Arabia	CBS Movie: "Portrait Of A Showgirl"	Three's Company Too Close For Comfort	American Playhouse "My Palikari"	Three's Company Too Close For Comfort	Flamingo Road	Movie: "The Power"	Wales	700 Club	Movie: "Stevie"	La Gata	Bodyguard
8:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
8:30	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
8:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
9:00	George Burns' 100th Birthday Party	Hart To Hart	George Burns' 100th Birthday Party	"	American Playhouse "Too Close Contentment"	"	Hart To Hart	"	Hart To Hart	George Burns' 100th Birthday Party	"	Movie: "The Four"	Sing Out America	"	Comentando Estrenos	Movie: "The"
9:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
9:30	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
9:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
10:00	News	News	News	News	"	News	News	Dick Cavett News	News	News	INN News	Seasons	Nashville R.F.D. Another Life	Movie: "The Man Who Fell To Earth"	Movie: "La Senora Muerte"	Four Seasons
10:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
10:30	Tonight	ABC News Nightline	Tonight	All In The Family	American Playhouse	Alice	ABC News Nightline	"	ABC News Nightline	Tonight	Benny Hill	"	"	"	"	"
10:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
11:00	"	Fantasy Island	"	Alice	"My Palikari"	McCloud	Bonanza	PBS Latenight	Fantasy Island	"	Twilight Zone	Movie: "The Last Chase"	Burns & Allen Jack Benny	"	"	"
11:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
11:30	David Letterman	"	David Letterman	McCloud	"	"	"	"	"	David Letterman	Kojak	"	"	"	"	Movie: "Smokey"
11:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
12:00	"	"	"	"	"	"	Fantasy Island	"	Alfred Hitchcock	"	"	"	Married Joan My Little Margie	Movie: "Penelope"	"El Trinquetero"	And The Bandit II
12:15	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"
12:30	News	"	News	"	"	"	"	"	"	News	"	"	"	"	"	"
12:45	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"	"

## Tennis players should stretch to get in swing

United Press International

LOS ANGELES — For those picking up their tennis game after a winter hiatus, tennis star Harold Solomon has a warning: "Don't try to do too much too soon."

"You've got to ease your way back into it."

For starters, get some exercise, says Solomon, who took time out from a tight schedule on the Volvo Grand Prix circuit to pass along his advice to the weekend player.

"Ride a stationary or regular bicycle to get the legs in shape and build up cardio-vascular endurance."

"Jumping rope is something just about everyone can do. Start with two minutes. Build up a minute a day to 10."

But Solomon, of Fort Lauderdale, Fla., says, "I'm not a real proponent of running long distances."

Sprinting's okay. But he says, "Long distance is rough on the back and pelvic area — too much

pounding. The less you do, the better. I'm not doing any myself anymore."

A lot of people who play develop lower back problems. He suggests the best conditioner for them is swimming.

Solomon, 30, a Rice University graduate who cracked the top five ranking on the ATP computer in 1980, believes as strongly in stretching before playing as he disbelieves in jogging.

"You have to do a lot of stretching also. We try to do a minimum of 20 minutes before and after playing to loosen everything. And we're probably less prone than the average player to injury."

"If more people would put more time into stretching there would be fewer hurt elbows and shoulders and pulled leg muscles."

Should this apply to the weekend player?

"Well," he says, "try to do as much as you can."

Finally on the court, Solomon says it's still not time to start playing. Warm up.

Far preferable to an annual effort to get in shape, he says, is to stay in shape.

"In the long run, it's a lot easier."

## Tuesday Specials

MORNING

9:00 **13** THE JEFFERSON AWARDS The ceremony honoring those local citizens who have worked for the public good without prior recognition is highlighted.

EVENING

7:00 **CBN NATIONAL GEOGRAPHIC SPECIAL** "Australia: The Timeless Land" On a 2000-mile trek through the Outback, the hardy men carving a living from the hostile land are profiled.

9:00 **2 6 36** GEORGE BURNS' 100TH BIRTHDAY PARTY Goldie Hawn, Andy Gibb, Milton Berle, Steve Martin and Johnny Carson

are among the stars who join George Burns for an early celebration of the entertainer's 100th birthday. (R)

## Tuesday Movies

MORNING

11:30 **CBN** ★½ "Girl In The Woods" (1957) Forrest Tucker, Barton MacLane. Woodsmen lead dangerous lives which affect the women who love them.

AFTERNOON

3:00 **13** ★★ "Viva Knievel" (1977) Evel Knievel, Lauren Hutton. A stunt motorcyclist plans to set a new world's record in spite of sabotage efforts by crooks.

3:30 **CBN** ★★½ "T-Men" (1947) Dennis O'Keefe, June Lockhart. Treasury Department investigators track down a counterfeiting gang.

EVENING

8:00 **7 11** "Portrait Of A Showgirl" (Premiere) Lesley Ann Warren, Rita Moreno. Three Las Vegas dancers deal with problems on and off the stage.

**39** ★★½ "The Power" (1968) George Hamilton, Suzanne Pleshette. A mysterious power attempts to control the minds of the scientists in a space laboratory.

1:45 **13** ★★★ "Moby Dick" (1956) Gregory Peck, Richard Basehart. Based on the novel by Herman Melville. The captain of the whaler "Pequod" becomes caught up in a bloodthirsty quest for vengeance against an elusive white whale.

2:00 **39** ★★½ "A Taste Of Honey" (1962) Dora Bryan, Rita Tushingham. After a young, sensitive British girl has an affair with a black sailor, she struggles to accept the fact that she is pregnant.

3:45 **13** ★★½ "Requiem For A Heavyweight" (1962) Anthony Quinn, Jackie Gleason. An employment counselor tries to help a washed-up boxer land a job.

4:00 **39** ★★ "Screamer" (1974) Pamela Franklin, Jim Norton. An American assaulted while visiting abroad locates her attacker and plots revenge.



Stella Stevens plays Lute-Mae Sanders, the casino and bordello manager, who gets arrested for murder on "Flamingo Road," Tuesday on NBC.

**"2 FOR 1"**

**NIGHT!**  
6:00-9:00 p.m.

**SUNDAY**

Free Admission with Cowboy Hat!!!

**GRAHAM CENTRAL STATION**

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