

Avoid Procrastination

We've all procrastinated at some point in our lives. A habitual procrastinator



faces a crisis when he fears that his work will never be good enough, is afraid he'll miss a deadline, can't decide what to do first, or is faced with an unexpected "I need it right away" project.

Here are a few suggestions to help break the procrastination habit:

1. Begin. Force yourself to begin the project. It's the hardest part, but once you do, you're on your way.
2. Do one thing at a time. Don't start several projects at once. Do the hardest things first. This makes the easier tasks a reward.
3. Put your number one priority "front and center" on your list for the following morning.
4. Decide when your mind is the clearest . . . morning, afternoon, or evening. Use your best time of day for planning when you're more inclined to have a clearer perspective.
5. Delegate those tasks that others can do. This allows you to do the more important tasks that only you can do.
6. Don't strive for perfection the first time around. You can make improvements and revisions later. The important thing is to start.

FCC ON OBSCENITY



The FCC on Nov 24, reaffirmed three April rulings that called for strict enforcement of the criminal code's prohibition of obscene broadcasts. The

Commission wished to make clear that the broadcast of obscene programming is a criminal offense, and that such broadcasts are banned from the airwaves at all times of the day. According to the FCC, obscene speech is not protected by the

First Amendment, and may not be broadcast at any time. The FCC will use the following definition of obscene material in accordance with a US Supreme Court opinion:

- (1) An average person, applying contemporary community standards, must find that the material, as a whole, appeals to the prurient interest;
 - (2) The material must depict or describe, in a patently offensive way as measured by contemporary community standards, sexual or excretory conduct; and
 - (3) The material, taken as a whole, must lack serious literary, artistic, political, or scientific value. (Miller v. California, 413 U.S. 15 (1973)).
- According to the Commission, its action last April demonstrated that it enforce limitations against indecent broadcasts. Although under present constraints it may not prohibit indecent programming totally, it can prohibit the airing of such broadcasts at a time of day when there is a reasonable risk that children may be in the audience. Under existing Supreme Court precedent, however, non-obscene broadcasts, even though sexually explicit, may not be banned altogether, but are subject to reasonable channeling constraints in order to restrict the ability of children to see them. the broadcast of this type of program would be possible after midnight and until 6 a.m.
- In light of this, the Commission emphasized that obscene programming could never be broadcast and that indecent programming could not be legally broadcast before midnight, as the bulk of complaints it received were regarding indecent broadcasts aired prior to that time.

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73, Herb

