Health-Wise

DIAGNOSIS: WORKAHOLIC

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The expression is good for a laugh: "All work and no play makes Jack a dull boy." But have you ever stopped to think that the warning is worth considering seriously?

We are an achievement-oriented society. "Keeping up with the Joneses" is more than just a cliche. In order to achieve a position, reach a goal, or obtain material rewards we often push ourselves relentlessly. Working from dawn to dusk becomes routine. Relationships are neglected. Communication breaks down. We lose touch with the real meaning of life.

Of course we tend to associate the workaholic image with the harried executive who seldom is home when his children are awake—he is up before dawn, gulps down a quick breakfast, gives his wife a hurried kiss, and rushes off to another busy day.

But what about you? You don't even have to be employed—much less be an executive—to qualify as a workaholic.

Being a workaholic means you feel you must be accomplishing something every moment of the day. Ask yourself: Do you try to accomplish two things at the same time—like talking on the telephone while cooking, shuffling through mail, or paying the bills? Do you check for the mail even before it's due? Do you find yourself going out of the house while your spouse is coming in? Do you leave the car motor running while stopping by a friend's house? Do you take care of business calls when you're supposedly relaxing with your family? Are you always making lists and revising them? Is a visit to the office more important than a family outing?

Yes to any of these could mean trouble. You may need to learn to relax and make yourself accessible to family and friends. You'll feel a lot better as your total health improves—the physical, the mental, as well as the social dimensions.

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Marla Gibbs To Appear In Commercial

Marla Gibbs, well-known to us all for her role as Florence on the long-running television hit, **The Jeffersons,** has added yet another credit to her impressive career.

Recently voted by American television viewers across the country as one of television's most popular stars in a nationwide poll conducted by Marketing Evaluations Company, Ms. Gibbs is now appearing on screen as spokeswoman for Texize for its Pine Power® cleaner disinfectant. Because of her popularity and the values of honesty and self-reliance she stands for, she was chosen to be one of the first black women celebrities to star in a commercial, once again pioneering a road for black women to follow.

Chicago-born, Ms. Gibbs always wanted to be a singer. Before realizing her dream of entering show business in 1972, she worked at various jobs — as a switchboard operator for Detroit's black-owned Gotham Hotel, and for a time as a reservations clerk for United Airlines.

After moving to Southern California with her family — daughter Angela and sons Jordan and Dorian — Marla began taking acting lessons at a Watts workshop in 1971. She appeared professionally first in a film, "Sweet Jesus, Preacher Man." Ms. Gibbs' hard work paid off rather quickly. Her big break came in 1972 when she was chosen to play Florence, everyone's favorite maid, in **The Jeffersons.**

The versatile Ms. Gibbs has been able to combine her acting career and off-screen role as a mother of three and be a business woman too. She owns a successful printing business and hopes to open a jazz club and start a recording studio soon.

After having accomplished so much in such a short period of time, Ms. Gibbs feels now she'll be able to fulfill her original childhood ambition to be a singer since she's developed enough self-confidence as an actress.

Always looking toward the future and advancement, she sees TV as a new horizon for blacks. That's why she values the experience of working on a high-rated television series and in Pine Power television commercials that appear on all three networks. She feels it is very important for viewers to let stations know what they like and complain about programs they don't enjoy. Ms. Gibbs' on-target protrayal of Florence is obviously what TV viewers like!

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Monday Evening

January 25, 1981

		WFMY CH. 2 Cable 2	WPTF CH. 28 Cable 3	WTVD CH. 11 Cable 6	WUNC CH. 4 Cable 9	WTTG CH. 5 Cable 10	WRAL CH. 5 Cable 12	WTBS CH. 17 Cable 13	WGHP CH. 8
7	00	CBS News	Family Feud	Jeffersons	MacNeil/	Welcomeback	Good Times	Carol	Entertain
	15	"	"	"	Lehrer	Kotter	"	Burnett	Tonight
	30	P. M.	Muppet	M.A.S.H.	N.C.People	M.A.S.H.	P. M.	Sanford &	Tic Tac
	45	Magazine	Show	"	"	"	Magazine	Son	Dough
8	00	Mr. Merlin	Little	Mr. Merlin	Ten Who	Villanova	That's	TBS Movie:	That's
	15	"	House	"	Dared	vs.	Incredible	"Midnight	Incredible
	30	Pvt.	"	Pvt.	"	Georgetown	"	Lace"	"
	45	Benjamin	"	Benjamin	"	"	"	"	"
9	00	M.A.S.H.	Movie:	M.A.S.H.	Great	"	American	"	American
	15	"	"	"	Perfor-	"	Music	"	Music
	30	House Calls	"	"	mances	"	Awards	"	Awards
	45	"	"	"	"	"	"	"	"
10	00	Lou Grant	"	Lou Grant	Bernstein/	News	"	"	"
	15	"	"	"	Beethoven	"	"	TBS News	"
	30	"	"	"	"	"	"	"	"
	45	"	"	"	"	"		"	"
11	00	News 2	News	News	Twilight	M.A.S.H.	News	All In The	News
	15	"	"	"	Zone	"	"	Family	"
	30	Quincy/	Tonight	Charlie's	Dick Cavett	Odd Couple	Nightline	TBS Theatre:	Nightline
	45	Banacek	"	Angels	"	"	"	"Ba[illegible]	"
12	00	"	"	"		Perry Mason	Late Movie:	From	TV8 Movie:
	15	"	"	"		"	"Thieves"	Eternity"	"The
	30	"	Tomorrow	Rockford		"	"	"	Devil's
	45	"	"	"		"	"	"	Web"