



Bob Neal (R) and Paul Hornung host *Football Saturday* On TBS, a live, hour-long program every Saturday at 8 p.m. on WTBS, the Super Station.

# Health-Wise

LET'S LIVE LONGER

Allan R. Magie, Ph.D., M.P.H.

Let's live longer. Almost everyone will agree to that. Even though life does bring some disappointments, most people want more time to enjoy the good things life offers.

A recent study of Americans who lived longer than most may give us some clues as to what you can do now to have more time later to do the things you enjoy.

- Be able to take life as it comes. Adapt yourself to life's changes and challenges. Don't rush ahead on tasks you are not physically or emotionally equipped to handle. Don't attempt to do at 70 what you could do at 20. Aging changes abilities—be willing to accept your body's limitations.

- Don't retire. Keep working, if only on volunteer jobs. Be involved in something productive. Take up creative tasks—painting, writing, music. Reaching 65—or any other man-made limit—does not mean you are no longer useful to society. In fact, studies indicate that those in their 60's and 70's may be extremely useful to business, government, and social services.

- Eat and drink wisely. Abstain from the use of alcohol and tobacco. Maintain a lean body weight. That's not the



same as skinny. It means little or no extra fat. You've heard "it's the lean horse that runs the long race!"

- Avoid stress. That may sound difficult, but it doesn't have to be. It's not a job, a person, or any outside factor that causes stress. It's a person's inability to adjust that produces problems. When you discover things that make you feel uncomfortable, avoid them. Learn to accommodate to stressful situations you can't avoid. You'll be happier.

- Develop outside interests. That means caring for others and feeling you are important and needed by others. Give yourself to specific projects—volunteer organizations, churches, relief projects. You will find it satisfying.

In summary, be optimistic. Be positive. Look for the brightest side. Live an abundant, long life!

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## 1 Thursday Evening

October 30, 1980

|       | WFMY<br>CH. 2<br>Cable 2         | WPTF<br>CH. 28<br>Cable 3      | WTVD<br>CH. 11<br>Cable 6        | WUNC<br>CH. 4<br>Cable 9         | WTTG<br>CH. 5<br>Cable 10    | WRAL<br>CH. 5<br>Cable 12   | WTBS<br>CH. 17<br>Cable 13         | WGHP<br>CH. 8                                      |
|-------|----------------------------------|--------------------------------|----------------------------------|----------------------------------|------------------------------|-----------------------------|------------------------------------|--|
| 7:00  | Face The Music P.M. Magazine     | Carol Burnett What's Happening | Family Feud Tic Tac Dough        | MacNeil/Lehrer Woods & Water     | Welcome Back Kotter M.A.S.H. | Sanford & Son P.M. Magazine | All In The Family Sanford & Son    | Joker's Wild Tic Tac Dough                         |
| 7:15  | White Shadow                     | Games People Play              | White Shadow                     | All Creatures Great & Small      | Starsky & Hutch              | Mork & Mindy Angie          | Atlanta Hawks vs. N.Y. Knicks      | Halloween Grinch Night Hal'ween That Wasn't Almost |
| 7:30  | White Shadow                     | Games People Play              | White Shadow                     | All Creatures Great & Small      | Starsky & Hutch              | Mork & Mindy Angie          | Atlanta Hawks vs. N.Y. Knicks      | Halloween Grinch Night Hal'ween That Wasn't Almost |
| 7:45  | White Shadow                     | Games People Play              | White Shadow                     | All Creatures Great & Small      | Starsky & Hutch              | Mork & Mindy Angie          | Atlanta Hawks vs. N.Y. Knicks      | Halloween Grinch Night Hal'ween That Wasn't Almost |
| 8:00  | CBS Movie: "Rape & Marriage-The" | Movie: "Damien-Omen II"        | CBS Movie: "Rape & Marriage-The" | Sneak Previews Woodwright's Shop | Merv Griffin                 | Barney Miller It's A Living |                                    | Barney Miller It's A Living                        |
| 8:15  | Rideout Case                     |                                | Rideout Case                     | Tinker, Tailor, Soldier,         | News                         | 20/20                       | TBS News                           | 20/20  |
| 8:30  | Rideout Case                     |                                | Rideout Case                     | Tinker, Tailor, Soldier,         | News                         | 20/20                       | TBS News                           | 20/20  |
| 8:45  | Rideout Case                     |                                | Rideout Case                     | Tinker, Tailor, Soldier,         | News                         | 20/20                       | TBS News                           | 20/20  |
| 9:00  | News                             | News                           | News                             |                                  | M.A.S.H.                     | News                        | Love, Am. St. Movie 17: "Midnight" | News   |
| 9:15  | Jeffersons/McMillan              | Tonight                        | Mary Tyler Moore                 |                                  | Odd Couple                   | Nightline Charlie's         |                                    | Nightline Charlie's                                |
| 9:30  | Jeffersons/McMillan              | Tonight                        | Mary Tyler Moore                 |                                  | Odd Couple                   | Nightline Charlie's         |                                    | Nightline Charlie's                                |
| 9:45  | Jeffersons/McMillan              | Tonight                        | Mary Tyler Moore                 |                                  | Odd Couple                   | Nightline Charlie's         |                                    | Nightline Charlie's                                |
| 10:00 | & Wife                           |                                | Jim Rockford                     |                                  | Hee Haw                      | Angels/Police Women         | Lace                               | Angels/Police Women                                |
| 10:15 | & Wife                           |                                | Jim Rockford                     |                                  | Hee Haw                      | Angels/Police Women         | Lace                               | Angels/Police Women                                |
| 10:30 | & Wife                           |                                | Jim Rockford                     |                                  | Hee Haw                      | Angels/Police Women         | Lace                               | Angels/Police Women                                |
| 10:45 | & Wife                           |                                | Jim Rockford                     |                                  | Hee Haw                      | Angels/Police Women         | Lace                               | Angels/Police Women                                |

## Friday Evening

October 31, 1980

|       | WFMY<br>CH. 2<br>Cable 2     | WPTF<br>CH. 28<br>Cable 3                 | WTVD<br>CH. 11<br>Cable 6      | WUNC<br>CH. 4<br>Cable 9         | WTTG<br>CH. 5<br>Cable 10    | WRAL<br>CH. 5<br>Cable 12   | WTBS<br>CH. 17<br>Cable 13      | WGHP<br>CH. 8              |
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| 7:00  | Face The Music P.M. Magazine | Carol Burnett What's Happening            | Family Feud M.A.S.H.           | MacNeil/Lehrer This Old House    | Welcome Back Kotter M.A.S.H. | Sanford & Son P.M. Magazine | All In The Family Sanford & Son | Joker's Wild Tic Tac Dough |
| 7:15  | Dukes Of Hazzard             | Devil & Daniel Mouse Kukla, Fran, & Ollie | Devil Of Hazzard               | Washington Week Wall Street Week | Starsky & Hutch              | Benson                      | Atlanta Hawks vs. Philadelphia  | Benson                     |
| 7:30  | Dukes Of Hazzard             | Devil & Daniel Mouse Kukla, Fran, & Ollie | Devil Of Hazzard               | Washington Week Wall Street Week | Starsky & Hutch              | Benson                      | Atlanta Hawks vs. Philadelphia  | Benson                     |
| 7:45  | Dukes Of Hazzard             | Devil & Daniel Mouse Kukla, Fran, & Ollie | Devil Of Hazzard               | Washington Week Wall Street Week | Starsky & Hutch              | Benson                      | Atlanta Hawks vs. Philadelphia  | Benson                     |
| 8:00  | Dallas                       | Movie: "Let's Scare Jessica"              | Dallas                         | Bill Moyers' Journal             | Merv Griffin                 | All-Holmes Championship     |                                 | All-Holmes Championship    |
| 8:15  | Dallas                       | Movie: "Let's Scare Jessica"              | Dallas                         | Bill Moyers' Journal             | Merv Griffin                 | All-Holmes Championship     |                                 | All-Holmes Championship    |
| 8:30  | Dallas                       | Movie: "Let's Scare Jessica"              | Dallas                         | Bill Moyers' Journal             | Merv Griffin                 | All-Holmes Championship     |                                 | All-Holmes Championship    |
| 8:45  | Dallas                       | Movie: "Let's Scare Jessica"              | Dallas                         | Bill Moyers' Journal             | Merv Griffin                 | All-Holmes Championship     |                                 | All-Holmes Championship    |
| 9:00  |                              | To Death                                  |                                | Cosmos                           | News                         |                             | TBS News                        |                            |
| 9:15  |                              | To Death                                  |                                | Cosmos                           | News                         |                             | TBS News                        |                            |
| 9:30  |                              | To Death                                  |                                | Cosmos                           | News                         |                             | TBS News                        |                            |
| 9:45  |                              | To Death                                  |                                | Cosmos                           | News                         |                             | TBS News                        |                            |
| 10:00 | News                         | News                                      | News                           | Soundstage                       | M.A.S.H.                     | News                        | Night Gallery Movie 17:         | News                       |
| 10:15 | News                         | News                                      | News                           | Soundstage                       | M.A.S.H.                     | News                        | Night Gallery Movie 17:         | News                       |
| 10:30 | News                         | News                                      | News                           | Soundstage                       | M.A.S.H.                     | News                        | Night Gallery Movie 17:         | News                       |
| 10:45 | News                         | News                                      | News                           | Soundstage                       | M.A.S.H.                     | News                        | Night Gallery Movie 17:         | News                       |
| 11:00 | Movie: "Grand"               | Tonight                                   | Mary Tyler Moore               |                                  | Odd Couple                   | Dance Fever                 |                                 | Wrestling                  |
| 11:15 | Movie: "Grand"               | Tonight                                   | Mary Tyler Moore               |                                  | Odd Couple                   | Dance Fever                 |                                 | Wrestling                  |
| 11:30 | Movie: "Grand"               | Tonight                                   | Mary Tyler Moore               |                                  | Odd Couple                   | Dance Fever                 |                                 | Wrestling                  |
| 11:45 | Movie: "Grand"               | Tonight                                   | Mary Tyler Moore               |                                  | Odd Couple                   | Dance Fever                 |                                 | Wrestling                  |
| 12:00 | Theft Auto                   | Midnight Special                          | Movie: "All In A Night's Work" |                                  | Perry Mason                  | Halloween Special           | "Don't Look In The Basement"    | Movie:                     |
| 12:15 | Theft Auto                   | Midnight Special                          | Movie: "All In A Night's Work" |                                  | Perry Mason                  | Halloween Special           | "Don't Look In The Basement"    | Movie:                     |
| 12:30 | Theft Auto                   | Midnight Special                          | Movie: "All In A Night's Work" |                                  | Perry Mason                  | Halloween Special           | "Don't Look In The Basement"    | Movie:                     |
| 12:45 | Theft Auto                   | Midnight Special                          | Movie: "All In A Night's Work" |                                  | Perry Mason                  | Halloween Special           | "Don't Look In The Basement"    | Movie:                     |

## Helps Shrink Swelling Of Hemorrhoidal Tissues

caused by inflammation

Doctors have found a medication that in many cases gives prompt, temporary relief for hours from pain and burning itch in hemorrhoidal tissues, then helps shrink swelling of these tissues caused by inflammation. The name: *Preparation H*. No prescription is needed. Preparation H. Ointment and suppositories. Use only as directed.

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(2) Tell us WHEN (date) you will be at your new address.

(3) PRINT your new address, including apartment numbers (if applicable). If your new street is "East", "West", "North" or "South", be sure to let us know that, too! If you are moving to one of those cities which uses NE, SE, NW, SW, be sure to include it.

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