

Study Shows Workaholic's Behavior Can Ruin Lives, Is Same As Addiction

CHARLOTTESVILLE, Va. (AP)—Workaholic behavior can ruin lives as surely as any other compulsive activity and can be just as destructive as drug and alcohol addiction, an admitted former workaholic says.

"People use work like an addict would to blunt their feelings or get high off of it," John O. Neikirk said recently at Mountain Wood, a private treatment center for alcohol and other drug addiction.

Neikirk spoke to about 50 health

care and counseling professionals at a workshop titled "Workaholism: The Pain that People Appear." Neikirk, associate director of Conifer Park Treatment Center in Scotia, N.Y., has interviewed 300 to 400 self-assessed workaholics for a soon-to-be-published book of the same name.

Years ago, Neikirk said, his desire to blunt emotions through work was so strong that he left his screaming wife's side to call his office when she was in labor delivering their first child. The nursing staff was appalled.

He was ashamed, "and my wife had a few things to say about it, as you can imagine," he recalled.

He defines workaholics as not just the guy who makes \$300,000 a year, works 90-hour weeks and is darned proud of it, but also anyone who is involved in compulsive activity all the time whether it's paid work, housework, yardwork or woodwork.

"I feel like I'm a human doing, not a human being," he quoted one of his

subjects.

Neikirk, who holds a master's degree in social work, listed a few red flags for workaholism: Do you get more excited about work than about anything else? Are you more interested in talking about work than anything else? Do you take total responsibility for the outcome of your work? Has your family given up expecting you on time? Do you procrastinate or get disorganized so you can get an adrenaline high when you get the job done?

And he told workaholic anecdotes: One man hid a work file in a carefully folded beach towel on a family vacation; another spread work all over his king-sized bed and, when his wife teased, "Any room in there for me?" he replied, "Can't you see I'm busy?"

"A hard worker has support and nurturance in areas that don't have anything to do with work," he said. The workaholic may find comfort only in work, not in the physical, emotional and social relationships of everyday life.

Durham Co. Manager Takes Post

(AP) Durham County Manager Jack Bond has accepted a top-level management position in city government in Washington, D.C.

Bond said he officially accepted the post of city administrator-deputy mayor for operations for the nation's capital city during a meeting last Thursday night with mayor-elect Sharon Pratt-Dixon.

All city operating agencies, with the exception of finance and the corporation council, will report to the

mayor through Bond.

There are more than 40,000 city employees in Washington.

During the month of January, Bond says he will begin the transition and will officially resign from the Durham County manager's post in late January.

William Bell, chairman of the Durham County Commissioners, said last Friday he isn't surprised at Bond's selection for the post.

"I'm more surprised that we've

been able to keep him as long as we have," Bell said. "He's a capable manager and well respected in his profession. He will be missed." Bond has been county manager in Durham since 1984.

Prior to joining Durham County government as county manager, Bond worked as deputy county administrator of Hillsborough County, Fla.; city manager of Petersburg, Va.; and assistant city manager in Miami.

Chicago Cites Six Cab Drivers For Racism

CHICAGO, Ill. (AP)—Six taxi drivers were charged with refusing to pick up blacks after the cabbies denied service to Chicago investigators, officials said.

Chicago's Department of Consumer Services sent four black investigators to try to hail cabs during downtown's busy traffic hours last month, spokeswoman Connie Buscemi said.

"We received some complaints and decided to find out for ourselves," she said.

The investigators were denied ser-

vice six of 31 times, Buscemi said.

City law prohibits cab drivers from refusing service to anyone. Buscemi said the department believes the investigators were turned down because of their race.

Three of the cited drivers work for

Checker Taxi Co., Inc. Checker Vice President Robert Collins declined to comment on the charges last week.

One driver works for Yellow Cab Co. and the other two for different independent firms.

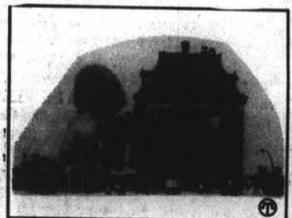


WINNING THE CONTEST—Ms. Angie Carey, 22 of Raleigh, recently won "The Lady in Red" contest at Tremors Night Club located on Hodges Street. She was the recipient of \$500.00. Ms. Carey is pictured above with Louis Cade. (Photo by J. C. Sanders)

Pointers For Parents

Role Play With Toys Helps Children Express Feelings

American families typically move at least once during their children's elementary school years. Unfortunately, most children are not usually asked for their opinion about a move. Psychologists suggest that parents should, however, encourage children to ask questions and express their concerns about moving.



A doll house helps a child act out feelings.

One way parents can encourage this is to let little ones create dramas that resemble everyday life. With a doll house, for example, children are able to express how they feel about moving. Many experts feel that Playmobil's Victorian Doll House is well suited to this type of play activity.

Children can help Vicky, the little girl character in the Victorian-themed "Good Old Days" play set move into her new room and decorate it. They can also help her explore her new house and meet new friends from the neighborhood. Children can control the pace at which Vicky does this, which is very important at a time when it seems they have no control over their lives.

Even a child who is not moving can delight in "moving" back to the

There are four state capitals named after Presidents: Jackson, Miss.; Lincoln, Neb.; Jefferson City, Mo.; and Madison, Wis.

"good old days" with Playmobil's doll house setting.

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