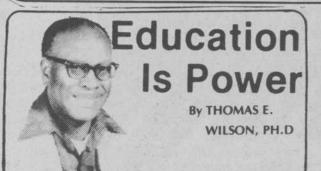
Education



Vocational-technical education or academic education? This question seems to be lurking in the minds of many of our young people today.

Whether to get an academic education or a vocational-technical one has to be an individual decision. However, there are pros and cons on either side of the question.

An adequate academic education requires at least four years of college education with the possibility that several more years of study will be required to enter certain professions such as law, medicine, or education. These and some of the other professions require that one must continue study in order to keep up with new trends in his or her chosen profession. The pay in the above named professions is usually adequate for one interested in making a fairly comfortable living. Working conditions are usually especially good, since most of the work in the professions are done on the inside in air-conditioned rooms.

The chief disadvantage of chosing an academic field for one's education is that of the amount of time required to complete the training necessary for success in a chosen professional field.

On the other hand, a vocational-technical education usually does not require the amount of time necessary to securing an academic education. Most technical education courses last from six months to two years, with a certificate or diploma that enables one to work in his/her chosen vocational-technical field.

Vocational-technical training classes are usually intense and require concentrated effort on the part of the trainee. The time factor is usually the cause of the intensity of the training programs.

Usually more intelligence is required to succeed in an academically oriented program than in a vocational-technical program. However, this is not always the case, because many vocationaltechnical courses require a great deal of intelligen-

May we restate that whether to go into a

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Norman Collins U.S. National Award Winner

The United States Achievement Academy announced today that Norman Andrew Collins has been named a 1983 United States National Award winner in English. This award is a prestigious honor very few students can ever hope to attain. In fact, the Academy recognizes less than 10% of all American high school students.

Norman Collins, who attends Brinley Jr. High School was nominated for this National Award by Mr. Gary Sassenberg, an English teacher at the school. Norman will appear in the United States Achievement Academy Official Yearbook, pub-

lished nationally.

The Academy selects USAA winners upon the exclusive recommendation of teachers, coaches, counselors or other school sponsors and upon the Standards of Selection set forth by the Academy. The criteria for selection are a student's academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit, dependability, and recommendation from a teacher or director.

Norman Collins is the son of Edward and Lula Collins. The grandparents are Sam and Virginia Collins of Las Vegas and James Allen of North Las Vegas.

COMPUTER DIET ANALYSIS AVAILABLE

eat?

The Cooperative Extension Service computer can help Southern Nevadans find out how their daily food intake stacks up against the Recommended Daily Allowances, (RDA).

About 600 people from Las Vegas, Logandale, Moapa Valley, and Overton used the computer analysis during the recent Southern Nevada Health Fair, according to Ellen Schuster, Nutritionist for the Clark County Cooperative Extension Service.

Participants completed a food diary that

Just how well do you listed all the foods they ate during a 24 hour period and estimated their dally activity levels.

> The computer analyzed the data and printed out information including a bar graph showing the percentage of the R.D.A. consumed at each meal and for the day for several essential nutrients.

> The print-out also listed foods that are high in the nutrients found lacking in the diet and computed sodium and potassium levels.

> If your group or club is interested in the computerized diet analysis. contact Ms. Schuster at 731-3130.

LVMPD OFFERS WOMEN'S SELF PROTECTION PROGRAM

Rape is one of the most painful and upsetting things that can happen to a woman. Because of this the Las Vegas Metropolitan Police Department wants to share its knowledge of self protection for women, with women.

ALthough there is no guaranteed way for a woman to protect herself there are many steps she can take to prevent most sexual assaults.

The Las Vegas Metropolitan Police Department's Crime Prevention Bureau is offering a women's self protection program. The program, approximately 1 1/2 hours long, will include literature, a movie, and a discussion/

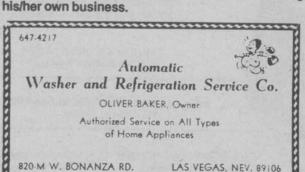
demonstration of basic self defense tactics.

The classes will be held on Wednesday, July, 13, 1983, the Police Sub-Station located at Atlantic and St. Louis. One class will be from 2:00 PM to 4:00 PM and the second class will be from 7:00 PM to 9:00 PM. Also, a second set of classes will be held on

Wednesday, July 27, 1983, at the same location and times.

For reservations for the course, please call the Crime Prevention Bureau at 386-3507 or 386-3508, Monday through Friday, 8:00 AM to 4:00 PM. The course is for women twelve years of age and older and is free to the public.

vocational-technical or academically oriented educational program is an individual decision. If time is a pressing factor vocational training may be the best solution to the problem of what kind of educational program to follow. There is a broad choice in this area: computer science, air conditioning and/or heating, carpentry, plumbing, electrician, etc. Workers in these areas are usually well paid, often equalling or even exceeding the "professional areas". They often offer a type of independence if one is inclined toward owning



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YOUR LEGAL **QUESTIONS - please!**

By Attorney Herb Lewis

Do you have any legal questions? If you do, the Las Vegas SENTINEL-VOICE can get the answers for you at no charge through the help of Attorney Herb Lewis. All you need to do is to write this paper with your legal question and address your letter to Atty. Herb Lewis. LAS VEGAS SENTINEL-VOICE, 1201 SOUTH EASTERN AVENUE, LAS VEGAS. NEVADA 89104. Your answers will be published in a subsequent issue of this paper. Do not use the phone for your questions. They must be submitted in writing. Remember, there is no charge for this service. The series will begin in next week's issue.

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