

FIREFIIGHTERS

(Continued from Page 5) hire.

At this point, we will share information to assist in your preparation for any upcoming firefighter examinations.

More times than not, you will find the firefighter entry-level examinations to be multiple choice. With this type of exam, Rule of Thumb is to spend not more than one minute per question, however, this can vary depending upon how difficult the question.

You want to answer all questions even if it means guessing because there is no penalty for incorrect answer.

In your preparation, you should spend time reading, because reading comprehension is a large part of the test. I would purchase or check out the library books entitled Firefighter and Air Force Entrance Examination by ARCO. Why so pertinent? Well, they both have sample examinations which can be taken to give an indication of whether or not you grasp or comprehend the information you have read. Finally, the night before the written examination, get a good nights rest, also eat breakfast, preferably a lite one. You'll be surprised how much energy that will be burned while taking the test. Relax and work at a steady pace.

Now that you've passed the written, you must now take the physical agility test. You actually should have already began your physical agility training regiment prior to taking the written examination. Nevertheless, if by chance you have not, start now. If you don't train, regardless of your present state of fitness, you probable won't do as well as those individuals who have been training.

Remember, it's you against everyone else, so develop your program to help you get that competitive edge. Your program should include: (1) Warmup (Flexibility Stretching), (2) Strength & Muscular Endurance (Pullups & Pushups), (3) Aerobic (Running, Cycling, Swimming), and (4) Cool Down (Walking, Stretching). This should be done at least four times per week spending a minimum of 45 minutes each day. This program was suggested by Consultant Lawrence A. Golding, Ph.D., for the Las Vegas Fire Department. Finally, if you know you're going to compete, start now on physical conditioning.

Last but not least, particu-

larly in light of the fact that it makes up 40% of your overall grade, let's address the oral examination. Occasionally candidates take this phase far too lightly. Speaking to three or four people is easy to do. Let me

caution you, if you do not prepare, you will more than likely be considerably nervous. Here are some hints that should help your overall performance. First of all, start by developing a written Bio of yourself to include work his-

tory, education, etc. First impressions are everlasting, in other words, dress appropriate, (i.e., shoes shined, clothes clean, hair cut or styled.) When introduced, a firm handshake and eye contact is important. When

answering questions, speak clearly and confidently. Use good posture (sit up in your seat.) If asked, at the end if you would like to say anything is closing, take advantage of the opportunity. (Briefly cover items that

you may have forgotten to stress earlier in the interview.)

So you want to be a firefighter, so do 1500 other individuals. Therefore, you need to start now if you truly plan to be competitive.

EGYPTOLOGIST/AUTHOR

(Continued from Page 9)

(i.e. artifacts, status of gods and goddesses, ancient ruins and other remnants of African Culture) that have not been defaced or stolen by robbers to wipe out the rich history of the ancient Nile civilization.

"You know, those of you who call yourself Masons and Eastern stars etc... If you haven't been to Luxor and observed the historical remnants, you're a fraud." he said.

Dr. Ben talked of how the Trinitarian doctrine was stolen from African worship and how the monotheistic doctrine of Judaism and Islam began with the ancient Africans.

On Thursday, April 2, 1992 Dr. Ben lectured that morning to the students at Vo-Tech High School. He showed slides and discussed areas such as remnants inside the pyramids, the sphinx, Hall of Luxor, and past dynasties of Egypt.

African history was so thoroughly manipulated and changed in Americans history books that according to Sexton, students were taught that Egypt was not a part of African continent, but part of the Middle East.

"When I was in school, I always thought that Egypt was not a part of Africa, but a part of the Middle East. I was also under the impression that Cleopatra was white," she said.

The students at Vo-Tech were awestruck at the slide presentation that displayed graphic photographs of Africa's rich past.

Dr. Ben fielded questions from the students after presenting a series of his personal collection of slides.

(See EGYPTOLOGIST/AUTHOR, Page 17)



Las Vegas City Councilman Frank Hawkins (L) awards Dr. Ben-Jochannon a key to the city, as members of the Cultural Awareness Society, Al Gourrier (2nd from left) and Sharon Sexton (R) look on. Photo by Savoy-LVS/Voice

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Jr. Kappa Leaguer's Victor McCraney (L) of William Orr Jr. High and Marcello Sawyer of Mabel Hoggard 6th Grade Center were recently awarded \$100.00 each by Larry Weekly, group coordinator of the Jr. Kappa League, for receiving straight "A's" on their report cards. It pays to study. Photo by Savoy/LV-Voice

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