



Education Is Power

By THOMAS E. WILSON, PH.D

The article for this week deals more with the worthy use of leisure time than with the problems of education.

Have you ever heard of the old farmer's dismal philosophy of life? It goes something like this: 'I eat to get the strength to work hard, to earn money, to have enough to eat.'

This exaggerated picture may seem particularly remote to the young reader. He/she probably has enough time left after studying, chores, meals, and sleep to do some of the things he/she likes to do and just generally to have fun. But the question one must ask himself/herself is: "Do I really get the most enjoyment and satisfaction from my free hours?"

Psychiatrists, who are physicians concerned with human behavior, believe that the constructive use of leisure time is important to our health and well-being.

What does recreation do for us? Well used leisure time, like a good tonic, affects every aspect of our lives by answering our many needs — physical, social, and emotional.

Every one of us has basic desires and drives — whether we are aware of them or not — that we long to express and fulfill. These drives play a large part in the make-up of our personalities. But unfortunately, the restrictions and demands of our lives make it difficult to express them. And that's where recreation comes in. It serves as an outlet for our emotional and creative desires by leading them into productive, satisfying, and socially approved channels — into hobbies, crafts, and social activities.

It is in our leisure time that we have the best chance to do what we want to do — to express strong emotions through various kinds of activities, to overcome a sense of inadequacy, to create useful or beautiful things, to soak up information about events and people. Having had our way with leisure time activities, we can return refreshed to the demanding and often frustrating life to which we must adjust in the 1980's.

Leisure and recreation are so important in building a satisfactory life, that it should be well planned as every other aspect of one's life.

There is a great difference between leisure and recreation. Leisure is merely free time. It can be spent telephoning, gossiping, or simply loafing. Recreation is something else. It is the constructive way in which people use their leisure. It is recreation when we do something in which we develop skills, meet new people, or learn new things. Hobbies, sports, handicrafts, and other forms of amusement come under the heading of recreation. And they usually provide satisfactory ways for a person to renew the energy spent in routine activities.

Getting an education can sometimes seem very laborious. No matter how much we desire to study and make good grades, we must remember that in order to do our best work in school, whether an elementary school, a high school, or a college or university, we must set aside some time for leisure and some time for recreation. Without the worthy use of both leisure and recreation we may become an emotional, physical, and social cripple.

ACS Offers Free Smoking Clinic

Help kick the habit during the American Cancer Society's GREAT AMERICAN SMOKEOUT by attending a FREE Quit Smoking Clinic, Sunday, November 14th - November 18th at 7:30 p.m. at the Seventh Day Adventist Church (8001 W. Oakley).

The American Cancer Society and the Seventh Day Adventist Church co-sponsor this very successful program. For more information, call 454-4244.

THE GREAT AMERICAN SMOKEOUT
Nov. 18, 1982

Ceremonies To Honor Merit Scholarship Semifinalists

The Clark County School District Superintendent of Schools, Bob Wentz, will officiate at ceremonies honoring Clark County's 1982 National Merit Scholarship Semifinalists and their parents on November 17 at the Education Center Board Room at 4 p.m.

The Superintendent's Ceremony is one component of a week-long observance of National Education Week, November 15-19.

The outstanding academic performance of exemplary youths representing CCSD high schools and Bishop Gorman High School will be applauded by top educators, administrators and community members.

A reception will follow.



What Black Americans should know about cancer.

Every American needs to know about cancer. It's a disease that has an impact on most of us in some way.

However, the cancer rates among the Black population in America have been steadily increasing in the past 20 years, with Black males having the highest rate of any group for some cancers.

What does this mean to Black Americans? Simply, it means paying special attention to health and getting to a doctor immediately when something is wrong with your body.

Early detection and prompt treatment do make a difference. With early detection many forms of cancer can be controlled and even cured.

We'll send you information about ways you can help prevent cancer and about early detection and treatment. For a free copy of "What Black Americans Should Know About Cancer" call the Cancer Information Service, free, at 1-800-638-6694 (in Maryland 1-800-492-1444).

National Cancer Institute, U.S. Dept. of Health and Human Services.

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