

Board from page 1A

Her knowledge on issues specific to the Farmington district tends to reflect that.

In terms of cutting costs, there's not a lot of fat in the Farmington budget, Schultz said. She bases her assumption by comparing the district with others in the area like Detroit.

Schultz favors schools of choice like Highmeadow Common Campus, and the lottery that is used when applicants outnumber openings. She doesn't endorse the district's sibling priority policy, though.

What she doesn't know about Farmington, 30-plus years teaching in the public schools makes up for it, she said.

"I think I know quite a bit

Raise from page 1A

field will be graded in similar areas: Board relations, strategic planning process, collaborative initiatives excellence and equity in instructional delivery and student achievement, community involvement, and employee relations.

Another goal is dealing with the import of new funding reali-

ties on district programs. Farmington expects to receive a 1.3-percent increase in per-pupil spending from the state.

Less-than-inflationary increases in state aid will have a long-term detrimental impact on district programs, school officials said.

She's wary of charter schools. "I don't think they have a proven track record," she said.

She supports a return to teaching basic skills: Reading, writing and math.

The mention of outcomes based education brings a puzzled look on her face. "What is that?" she asked.

She's not worried about the MEAP, especially in Farmington.

"I think our students score higher than the national average on that MEAP," she said. "I'm not too concerned about that..."

Her assessment on her chances in the June 10 election are not as optimistic. This is her first run for elective office.

"They would say I'm a former teacher and I'm a newcomer to Farmington on top of that," she said.

Police target seat belt use

Law enforcement agencies across the state, including the Farmington Hills Police Department, will be working to ensure Michigan motorists are "Safe & Sober" this summer by taking part in a series of enforcement waves targeting safety belt use and drunk driving.

Although safety belt use has steadily increased through diligent education and enforcement efforts, a third of motorists fail to buckle up.

A 1995 survey conducted by the University of Michigan Transportation Research Institute put safety belt use at 68.8 percent, up slightly from 68.1 percent in 1994.

"We know that wearing a safety belt and driving sober are two of the best things you can do for your health," said Chief William

Dwyer. "Buckling up dramatically reduces your chances of injury or death in the event of a serious crash."

"In fact, people with air bags are advised to always buckle up because air bags are designed to work together with safety belts. Air bags deploy at 200 mph and people need to be in the right position when that happens - not up against the dashboard."

Michigan is adopting a national model for traffic enforcement, called Selective Traffic Enforcement Programs, or STEPS. "Michigan Safe & Sober" will target three time periods for highly visible enforcement.

Traffic officers will be emphasizing safety belt violators May

19 to June 2 and again Aug. 26 to Sept. 8, which includes Memorial Day and Labor Day weekends. Drunk driving will be the focus of enforcement efforts June 27 to July 7, which encompasses the Fourth of July holiday.

Stricter drunk driving laws, including a provision that now makes it illegal for drivers under 21 to get behind the wheel with virtually any alcohol in their system, have helped reduce alcohol-related fatalities.

Even with decreases, 37.4 percent of Michigan's fatalities were alcohol related in 1994.

Every law enforcement agency in the state has been invited to take part in "Michigan Safe & Sober."

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Methotrexate is a drug physicians use if you have rheumatoid arthritis but do not achieve satisfactory results with non-steroidal medications such as aspirin. Methotrexate can impair the bone marrow's ability to make white cells, red cells, and platelets; the drug can injure the liver. The medicine must be used with caution in women ages 15-45 as infertility and spontaneous abortion are side effects. Nausea and vomiting can accompany use of methotrexate. Like many drugs used to treat rheumatoid arthritis, Methotrexate often loses its efficacy within one to five years of use.

Since the medication has so many side effects, why use it at all? The reason for its popularity is that methotrexate's rate of success is high, and administration is easy.

You take from 3-7 tablets one day a week. Though side effects are serious, actual practice indicates that liver problems are rare, and that you can minimize nausea by taking the medicine with food and spreading the total dose over a 24 hour period. Monthly monitoring by laboratory tests is effective in spotting potential hazard; if you are otherwise stable, you can have your blood drawn and leave without the expense and time of a full office visit.

**Physical Therapy & Sports Medicine**  
by Richard W. Miller, PT, ATC, M.S.

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