



Strike up the band

The Farmington Hills Parks and Recreation Department is presenting an open-air concert performed by the Farmington Community band at 7:30 p.m.

July 19 in the parking lot of Oakland Community College's Orchard Ridge campus. The school is between Orchard Lake Road and Farmington Road.

Bring your lawn chair, picnic baskets and listen to the music.

Math skills tougher

Testing reexamined

Walled Lake students should take more mathematics classes and pass a mathematics competency exam before graduating, the Walled Lake school board decided last week.

A team of Walled Lake mathematics teachers who reviewed the present mathematics curriculum recommended to the board that high school graduation requirements be changed to include a minimum of two credits of mathematics.

The teams also said sophomores taking the Michigan Education Assessment Program (MEAP) mathematics test should score at least 75 percent, or be required to take a one-semester basic mathematics class during their junior year.

The board approved both recommendations from the curriculum review committee. Secondary Education Director Don Chalke said Walled Lake graduation requirements in past years have included three credits, total, in mathematics and science. After taking one mathematics course and one science class, the third credit could be in either mathematics or science, depend-

ing on the student's preference, Chalke said.

THE NEW REQUIREMENT for two mathematics credits will be effective with the freshman class of 1984-85, although freshmen next year will be advised to elect a minimum of two mathematics classes.

Next year, a team of science teachers will study the present science requirements, and it is likely the team will recommend a minimum of two science credits beginning with the freshman class of 1984-85 as well, Chalke said.

Next year's freshman class will be subject to the new competency test requirement in their sophomore year. "The MEAP testing has always been done in the sophomore year. But this is the first time it will be used as a minimum competency test," Chalke said. "All students will have to be at a certain level of competency to exit the math program."

SOPHOMORES WILL have two chances to meet the minimum 75-percent achievement on the MEAP mathe-

matics test. The test is first administered in the fall, and the makeup test will be given in the spring.

Students who fail to achieve a score of 75 percent either in the fall or spring must take a basic mathematics class and receive a passing grade in this class before gaining certification for graduation.

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THE FATIGUE OF ARTHRITIS
— PART ONE

Everyone is aware of the ache associated with arthritis; not as well recognized is the fatigue that accompanies the pain.

This fatigue is the result of strain placed on muscles, tendons and ligaments, as these tissues compensate for the work the joint is not able to undertake. Because the joint and muscle system works as a unit, the fatigue can be felt throughout the body. For example, take the effect upon the person caused by having an inflamed knee: more than walking is impaired. When a person moves, the whole body is involved in a rhythmic response. If that harmonious gait is disturbed, then shoulder and back areas are under strain as much as the knee and hips.

Fatigue can build up and make itself known suddenly, that is why you can feel tired even though the joints don't ache. You aren't suffering from depression. What has happened is that accumulated fatigue has become too great for your body to contain.

What can be done when fatigue occurs? In next week's column I will discuss this question.

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