

Foot-stomping concert salutes American music

At 8 p.m. Friday and Saturday, May 6-7 the congregation of Nardin Park Methodist Church wraps up its music series with a foot stomping, star spangled salute to 150 years of American music. "Uniquely American" is the title of the show, and the theme is favorite American songs

ranging from the great George M. Cohan to a medley of Walt Disney classics.

Featured performers in this cabaret style concert are members of Nardin Park's vocal music department, choir, stage band, handbells

and barbershop quartet.

In addition to familiar show tunes, there will be a choral montage of tunes from the '20s, a sentimental journey through the '40s as well as best loved folk songs and ballads of Stephen Foster.

Tickets are \$6, \$3 for those age 17 and under, at the door. Light refreshments will be served.

Nardin Park Methodist Church is at 29887 11 Mile. Advance tickets can be ordered by calling the church, 476-8860.



Relatively Speaking

Bert Green and Janet Romans act out their roles as Greg and Ginny in the Farmington Players' production of "Relatively Speaking," staged weekends in the Players Barn through May 14. Tickets are \$5 and \$6, available by calling the box office, 645-6715.

Booklets on cocaine offered free of charge

Two new booklets on cocaine prepared by the National Institute on Drug Abuse can be obtained free of charge from Brighton Hospital, which specializes in substance abuse prevention and treatment.

"Cocaine/Crack: The Big Lie" provides information about the effects of cocaine and crack, a form of cocaine that has been chemically al-

tered so it can be smoked. The booklet summarizes the physical, psychological and behavioral effects of cocaine use and the special risks facing pregnant women who use the drug.

"When Cocaine Affects Someone You Love" is aimed at the family, friends and co-workers of the person who is using cocaine and suggests places to turn for help. The pam-

phlet notes it is easy to realize how cocaine can harm the user but is more difficult to see that the drug can also injure the user's family and friends, placing their homes, emotional lives, financial security and health and safety in jeopardy. Like alcohol abuse, cocaine abuse may affect the user's entire social network. Also included is a partial

list of other helpful publications available from Brighton Hospital.

To obtain free copies of these booklets, contact the Community Relations Department at 12851 East Grand River, Brighton 48116. The phone number on weekdays from 8:30 a.m. to 4:30 p.m. is 227-1211, ext. 276.

MEET ELMORE LEONARD

Saturday, May 7
2-3 PM

Please join us. Mr. Leonard will be signing his new book *Freaky Deaky* Published by Arbor House, \$18.95.

BORDERS BOOK SHOP

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Preventive measures can keep bones healthy

According to the National Osteoporosis Foundation, America's aging population, which is expected to double in the next 50 years, will significantly increase the number of people at risk for osteoporosis.

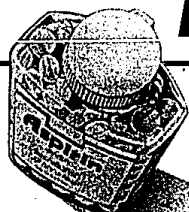
"The good news about osteoporosis is that there are simple preventive steps people can take to help keep their bones healthy," said Dr. Elmer J. Kozora, founder and medical director of the Women's Health and Wellness Centre in Farmington Hills. "These preventive measures

should begin early and continue throughout life to build a stronger future."

Prevention of osteoporosis is of paramount importance. America's fourth annual National Osteoporosis Prevention Week is May 8-14.

"It is an opportune time for more people to become aware and informed of this 'silent thief,' so named because large amounts of bone may be lost before any symptoms appear," Kozora said.

SOUND ADVICE.



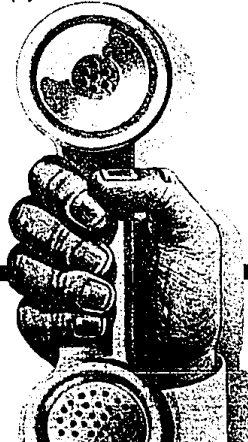
There are some very interesting ways you can find a doctor.

You can ask friends, relatives or co-workers for a recommendation. Since there are as many opinions as there are people, you may end up with a confusing collection of names and phone numbers. Without having the slightest idea of who the doctors are or where they're located.

You may also choose to open up your telephone book and, well - good luck.

Or you can call Providence Hospital's Physician Referral Service at 424-3999. It's quick, professional and personal.

When you call the Physician Referral Service, we'll help you find a doctor close to your home or where you work. We'll put you in touch with physicians specializing in all areas of medicine. And if you prefer a male or female doctor, we'll see to it your preference is met. Most importantly, when you call the Physician Referral Service, you'll be put in touch with physicians who have a strong affiliation with one of Michigan's leading hospitals - Providence. Save yourself from the time-consuming frustration of finding a doctor. Call Providence Hospital's Physician Referral Service at 424-3999 and get the sound, professional advice you need in finding a qualified physician.



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