

100 children star in Nardin Park's holiday celebration

The sound of 100 children's voices will fill the air at 4 p.m. Sunday, Dec. 10 in Nardin Park Methodist Church.

"Let The Children Sing" from 4-year-olds through sixth graders.

The second program in Nardin Park's Music Series, this festive celebration will combine two musical pieces, along with some original pieces.

The Genesis Choir, composed of 4-5-year-olds, will be singing six songs, interspersed with narration by the Rev. David Pennington, four of these pieces were written by Melvin Rookus, minister of music at Nardin Park, especially for this occasion. The children will be taking a special trip to the play at this happiest time of year.

"The Best Gift of All" tells the Christmas story from the perspective of the inn-keeper's son. Aided by the animals of the stable present at Jesus' birth, young Danny learns that even he has a precious gift to give the newborn babe. The first-third graders of the Cherub Choir re-

mind us of the true meaning of Christmas.

The talented members of the Wesley Singers, composed of fourth-seventh graders, transport the audience to the Tyrolean Alps to tell the story of the creation of the beloved carol, "Silent Night." A musical play that is humorous as well as touching, "The Birth of a Carol" captures the joy and warmth of the season. Joining with the three children's choirs will be the Morning Bells and the Nardin Park Singers, the church's two adult handbell choirs. They will set the tone for the day with festive songs of the season.

For the finale of the program all 100 children, organ, handbells, Orff instruments, and congregation will join in the premiere performance of "Praise For Jesus' Birthday." Also written by Rookus specifically for this holiday celebration, it promises to make the season come alive for all in attendance.

Nardin Park is at 29887 11 Mile. There is no admission charge.

Center marks 20th year

Editor's noted: For 20 years the doors of The Community Center have been kept open through the work of men and women who volunteer to serve as its directors. The Farmington Observer introduces the members of the 1989 board to readers as part of the center's 20th anniversary year observance.

A native of Japan, Tadahiko Otani moved to Farmington Hills two years ago. During that time, he has been involved with The Community Center Farmington-Farmington Hills in a number of ways.

As president of the Hittachi Farmington Hills Technical Center, he first became acquainted with the center on a business level. Among other projects, he helped organize a welcome open house at the center for new Japanese business leaders in Farmington/Farmington Hills. He increased his involvement this year by joining the center's board of directors. Otani is also a member of both the



Tadahiko Otani

Farmington YMCA and the Farmington/Farmington Hills Chamber of Commerce. A music lover, he is particularly fond of the center's concerts. He also enjoys golf and other sports. His wife, Yuko, and he are the parents of two sons.

Osteoporosis

New hope for battling the 'silent disease'

When Ronald Reagan was thrown from a horse recently newspaper accounts said that the 78-year-old former president "suffered minor injuries," with no broken bones. President Reagan was fortunate. If he had been a woman, the story could have been different.

That is because as they grow older women are more likely to break bones than men. Women over 45 account for 1 million fractures annually. Of women over 65, one fourth will

experience a fracture. Three-in-ten will break a hip, and of these only 50 percent will recover normal function. The rest will undergo pain, disability, and loss of independence.

According to Dr. William Conley, director of the American Osteoporosis Institute, the cause of this tendency to fracture is Postmenopausal Osteoporosis, or PMO. Called the "silent disease" because it is often without symptoms until fracture occurs, PMO results from loss of bone

mass. Older women experience this loss six times more rapidly than men. In fact, says Conley, a woman can lose up to 70 percent of her bone mass in the 20 years following menopause.

The good news is that management of bone loss has improved dramatically in recent years. As a result of new technology and therapy, low bone mass can be diagnosed, arrested and improved. "Preventing excessive bone loss is the only way of reducing the risk of fracture in women over 50," Conley said.

WHILE MOST people tend to think of bone as a fixed substance, actually it is in a constant state of flux between formation and resorption. Until the age of 35, the result is increase in bone strength. After 35 more bone is removed than formed. Acceleration of this process in women after menopause increases risk of fracture and of the collapse of vertebra that causes loss in height, resulting in "dowager's hump."

Women who lose bone mass most rapidly tend to be Caucasian or Oriental, small-boned and slender. A sedentary lifestyle, low calcium intake, and excessive use of tobacco or alcohol increase the chances of bone loss. Some medications (corticosteroid-like drugs) and medical disorders such as an overactive thyroid may also play a part.

Conley's Farmington Hills clinic is one of the few facilities in the U.S. to make use of relatively new technology called "Dual Energy X-Ray Absorptiometry" (DEXA) to measure bone mass. With one-tenth the radiation of a chest x-ray, this scanning technique can predict the patient's risk of fracture, thus facilitate preventive treatment.

Once bone loss is established, there are several options for treatment. Women can benefit from use of estrogen, often in combination

with progesterone. The hormone's side effects in some patients, however, mandates careful monitoring. In any event, estrogen is more effective in prevention of bone loss than in bone mass replacement.

Bone can be replaced by fluoride, biphosphonate and calcitonin. "All three have the capacity to both inhibit bone loss and increase bone mass. But at the present time, sodium fluoride and biphosphonate are considered experimental therapies and lack approval from the Food and Drug Administration," reports Conley. "However, calcitonin does have FDA approval."

IN A RECENT study, a group of patients treated with calcitonin showed a 2 percent increase of bone mass. The hormone produces normal bone and has few side effects. At present, it can only be taken by injection, a fact that may trouble some patients. However women with diagnosed cases of PMO consider this a small disadvantage when weighed against the hormone's benefits.

Whatever therapy is chosen, Conley views it as part of a total effort aimed at educating women to understand and take control of their own treatment. Counseling in diet modification, exercise, calcium and vitamin intake, and judicious use of analgesics also are part of that program.

"Thanks to the advances in the diagnosis and treatment of PMO, the mature woman can take steps to minimize her risk of fracture. Having done so, she can look to the future with enthusiasm rather than fear, agreeing with the poet Browning that 'The best is yet to be,'" Conley said.

American Osteoporosis Institute is a non-profit corporation. It's principal mission is the diagnosis and treatment of osteoporosis. The phone number is 473-7000.

Museum dressed up in Victorian finery

Once again as the Christmas season is upon us the Farmington Historical Museum at 33805 Grand River, is bedecked in all of its Victorian finery. Volunteers having been busy placing the cedar roping, wreaths, bows and Christmas tree with the many hand made decorations typical of the late 1800s.

Green boughs, arrangements using the fruits and nuts that would have been available, candles adorning the windows, bows setting off smaller arrangements all add to the color and beauty that is already in the fortunes of Gov. Fred Warner.

In keeping with the season one of the special exhibits this year is of Santa and his related artifacts from the collection of Nancy Anderson.

The Quakerstown Quakers will have another display that is fitting to the period and the one large special display this year is that of a recent gift to the museum. John Geere has given the museum his collection of Thousand Eye glassware that had been collected over the years by his mother. The collection consists of about 100 items ranging from salt and pepper shakers up through various pieces of glassware to two glass lamps of kerosene burning variety that have now been converted to electricity. The bulk of the gift is displayed in the second floor hallway.

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