100 children star in Nardin Park's holiday celebration The sound of 100 children's voices mind us of the true meaning of will fill the air at 4 p.m. Sunday, Dec. 10 in Nardin Park Methodist Church. The talented

Church.
""Let The Children Sing" from 4year-olds through sixth graders.
- The second program in Nardin.
Park's Music Series, this festive celchration will combine two musical
plays, along with some original piec-

is:

The Genesis Choir, composed of 45-year-olds, will be singing six songs,
interspersed with narration by the
flev, David Penniman, four of these
pieces were written by Melvin
Rookus, minister of must can Nardin
Park, especially for this occasion.
The children will be taking a special
role to play at this happiest time of
year.

Rookus, minister of music at Nardin Park, especially for this occasion. The children will be taking a special role to play at this happiest time of year.

"The Best Gift of All" tells the "Friske For Jesus Birthday." Also chive of the in-keeper's son, Aided by the animals of the stable present at Jesus birth, young Dany learns lhat even he has a preclous gift to give the newborn babe. The first-third graders of the Cherub Choir re-

Otani is also a member of both the

mind us of the true meaning of Christmas.

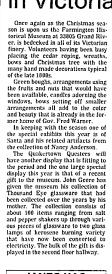
The talented members of the Westey Singers, composed of fourth-seventh graders, transport the audience to the Tyrollian Alps to tell the story of the ereation of the beloved earol, "Silent Night." A musical play that is humorous as well as touching. The Birth of a Carol" captures the Joy and warmth of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

For the finale of the program all

in Victorian finery STAFFERS SUGGEST that guests

Museum dressed up

When Ronald Reagan was thrown from a horse recently newspaper accounts said that the 78-year-old former president suffered miner injunce of the recent of the recent for th





Read him every Monday

STAFFERS SUGGEST that guests note the plates with the folded over square corners, find one of the gobiets that has the reflected light behind it and note the Thousand Eyes that can be seen.

Thousand Eye glass was made predominantly by two concerns in the Pittsburgh, P.a., area in 1872 and for two or three years after that. It is of the pressed glass type and comes in five colors. The collection is a very valued gift to the museum. The museum will be open to the public on Sunday, Dec. 10 and 20. Senday, Dec. 10 and 21, and Wednesday Dec. 13 and 20. Senday, Dec. 10, 24-30 p.m. the Carlbook of Chareh-Printington will present their third annual bell ringing concert in the everyday parlor. Then on Sunday, Dec. 17. Mary Lou Battley will present a hammered dulcimer concert 24-p.m.

On the front porch of the museum is a one horse sleigh. Repainted for the holidays by members of Farmington Artists Club.

experience a fracture. Three-in-ten will break a hip, and of these only 50 percent will recover normal func-tion. The rest will undergo pain, dis-ability, and loss of independence. 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 meno-

Osteoperosis

New hope for battling the 'silent disease'

mass in the 20 years following mempause.

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, arrest-ed and improved. "Preventing excessive bone loss is the only way of reducing the risk of fracture in wornen over 50," Conley said. According to Dr. William Conley, director of the American Osteoposis Institute, the eause 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

reducing the 133X OI racture in women over 50," Conley said.

WIHLE MOST people tend to think of bone as a fixed substance, country to the control of the co

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, howev-er, mandates careful monitoring. In any event, estrogen is more effective in prevention of bone loss than in

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, sodi-missed and biphosphonate are considered experimental therapies and lack approval from the Food and Drug Administration," reports Conley, "flowever, calcitonin does have FDA approval."

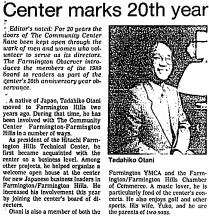
have FDA approval."

IN A RECENT study, a group of patients treated with calcitonin showed a 2 percent increase of bone mass. The hormone producers 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 as small disadvantage when weighed against the hormone's benefits. Whatever therapy is chosen, Conley views it as part of a total effort simed at educating women to understand and take control of their own reatment. Counseling in deter modification, exercise, calcium and vitamin hatake, and judiclosu use of analgesies also are part of that pre-

min intake, and judicious use of an algestes 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." Con-

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



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.







