

**Ida's
Notebook**
by
Ida Risser



Our daughter and her family recently spent a few days with us. Her boys are three years old and four months old. Not only did the people come from Texas but so did all the equipment and toys needed to keep the children happy. We do still have our crib and so that is set up whenever a young grandchild visits.

The occasion for the visit was my husband's 80th birthday. His three brothers were all able to come also and join us for a meal at a local restaurant. Not all of our children could come but they telephoned him to express their wishes.

So, we had an opportunity to share our bountiful crop of asparagus. I also pulled rhubarb for whoever could use some. There is still a lot to be frozen for next winter. And, I must do more baking and use some.

We've been given several hanging baskets to put on the front porch. The bought ones are

prettier than the ones that I had hung there so mine will move to the back porch. This spring I've been able to keep flowers on the kitchen table everyday and I was given a bought bouquet for the dining room when Bible Study is here on Wednesday.

The other week we went to a local shopping mall for a few items. What a job to find the right department for an electric clock and for a battery-operated pencil sharpener. You should wear comfortable shoes when you enter the large stores today as you must walk and walk. Despite everything that they have; there are a few things that we could not find. I needed corners for pictures to be put in a scrapbook and we had to go to a specialty store at another shopping center.

No wonder I prefer to stay at home and do without rather than compete with the traffic on the roads and in the stores.

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If you interested in participating in a research study or in booking Emkey as a guest speaker, call the Bone Research Center at (610) 378-6553, for more details. Several different studies are conducted and the details are thoroughly explained. Participants of the study can drop out at any time.

Emkey said that The Bone Center is one of a few centers in the world that does the research. Many people are unaware that the Reading area has been the site of major research for breakthrough drugs such as Fosamax, which was approved for release in 1995. Studies show that using Fosamax results in a 50 percent reduction in fractures. In addition patients using Fosamax did not lose any height compared to large losses in the control group.

"It's a great opportunity for women. Their health care is carefully monitored. It costs nothing and it's an opportunity for women to contribute research that is beneficial to the health of their daughters and granddaughters," Emkey said of research participants.

Bone Research Helps Fight Silent Disease



Pat Purcell of the Bone Research Center explains research methods to a prospective participant. Health care is carefully monitored in the volunteers who participate in clinical studies of new drugs to stop the devastating effects of osteoporosis.



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