

It's official: Panera Bread is coming to Farmington

Panera Bread officially is coming to Farmington. The planning commission's unanimous approval Aug. 10 opened the door for the national bakery-cafe. Panera officials hope to open a 3,700-square-foot facility on the southeast corner of Grand River and Whittaker, perhaps by the end of this year. "I think the (planning) board is excited to see this kind of development," said Margaret Stirling-Hamilton, chairwoman of the

Farmington Planning Commission. "It's a unique development for Farmington and it will add a much-needed component to the mix." Concurring was Bill Richards, Farmington assistant city manager. "They're a quality, national retailer," Richards said. "We think they'll be a good addition to downtown. We've heard a favorable response from those people who have gone there."

PLANNING COMMISSION

More importantly, Richards continued, the Panera project will be "clearly, a real nice aesthetic improvement to that area." And making sure the business melds nicely with the surrounding business and residential

community was one reason the planning commission, on July 13, asked property owner Steve Kalabat and architect Serra & Associates to make some slight revisions to the site plan. Those changes were introduced Monday night, to the planning commission's unanimous approval, Stirling-Hamilton said. The exterior color scheme will feature burgundy awnings, and a blend of beige and olive green on

the outer walls. The doors "The way it was described was subdued, earth tones," Stirling-Hamilton said. Another key alteration was eliminating one of two access points into the parking lot off of Grand River. "At the last planning commission meeting concerns were raised about having two access points so close together," she explained. "So Panera's architect redid the site plan so there's

more flow." Besides the Grand River entrance, the business will have a driveway off of Whittaker. Other changes include: lowering parking lot light poles from 20 to 16 feet; screening a trash bin; and providing irrigation in planting areas. Panera will take over the location after two existing buildings are torn down, Richards said. Kalabat could not be reached for comment.

Move from page A1

Thursday, Goss pointed at where wall lockers in the fire barn were ripped out the previous day. Lined on the floor by that empty wall were plastic bags stuffed with shredded police records, now on microfilm. The department will maintain a presence at city hall throughout the six-month course of the project; there will be a temporary office for the dispatchers; public safety records will stay on file for pursuit; two detectives will be on duty there; the computerized management Information System, CLEMIS, will still be based at city hall. "It's the guts of our information system," Goss said. Tasks done by CLEMIS include data about warrants, criminal history and vehicle licenses and reg-

istrations. Criminals, meanwhile, will be housed at the Farmington Hills Police Department during the project. As of late last week, carpentry work was being done on the makeshift dispatchers' space. One particularly difficult job will be untangling and moving a ball of electronic wiring 20 feet across the hall, up one wall, through the ceiling and down on the other side, Goss explained. "This stuff is old," he said. "We're worried some of it might break when we move it." One plus about the project is police officers and firefighters will only be moving a short distance from the existing station. They will work out of what had been a training room at the north end of the DPS building.

"I think it'll be more disruptive to the administrators in the department than to the officers," said Goss, half-joking. He noted that weight training equipment would have to be removed from a room at the DPS facility, in order to be used as an office by the command shift officer. Goss noted several reasons why the project needed to be done. One is liability. "Watch yourself!" said Goss, opening the door where criminals entered the old facility—at the bottom of a narrow, steep doorwell. "These steps will be gone. Prisoners who are drunk will come in on ramps instead of steps." The criminal lockup also will be revamped, and not for comfort. Cement slabs where criminals sleep off alcohol-induced stupors will be much lower to

the floor, both to prevent injury and protect the city from lawsuits. But the renovations—which will not expand the existing architectural footprint—aren't being done for the benefit of lawbreakers. Plenty of improvements will make the work environment much better, and healthier, for public safety personnel. Goss said there will be a more efficient, wide open use of office space, improving concepts of departmental communication and teamwork. "We'll even have a conference room." There will be upgrades to the heating, air conditioning and ventilation systems. But asbestos will also be removed from the to-be-gutted facility before anything else is done, Goss explained, in order to bring it up to state code.

Death from page A1

found was some 60-80 feet from his trailer in the parking lot that faces Middlebob. The doors were not unlocked, but there was no key in the ignition, according to police. A resident alerted police after neighbors had complained for several days about a strong odor in the area, as well as signs around the car. "People thought it was an animal or something," Nebus said.

With the intense heat and humidity during the week prior to discovery of the body, the degree of decomposition is not considered unusual, Nebus said. It was immediately unknown how long the man lived at trailer court. "Nobody seems to know much about him," Nebus said, adding it's believed he lived alone. "But there was no obvious evidence of a crime at his trailer."

Woman found dead

Farmington Hills police are investigating the death of a 42-year-old woman who was found by her boyfriend in her Muirwood apartment early Friday morning. "There were no signs of violence," said Sgt. Tim Swanson. "We expect toxicology to give us some answers. It will take several weeks." The Oakland County Medical Examiner performed an autopsy on Debra Simpson Friday but a cause of death has yet to be determined. Simpson, who was believed to be a quadriplegic, was found dead in her bedroom by her boyfriend—a gate guard at the

apartment complex at Grand River and Drake—with whom she shared the apartment about 6 a.m. Friday, Swanson said. Simpson was found in her nightgown on the floor next to her bed. "It appears she died sometime during the evening," Swanson said.

■ 'There were no signs of violence. We don't expect homicide. We expect toxicology to give us some answers.'
Sgt. Tim Swanson—Hills police

Arthritis Today

JOSEPH J. WEISS, M.D. RHEUMATOLOGY
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Livonia, Michigan 48152
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MYOFASCIAL PAIN

Myofascial pain syndrome is a rheumatologic condition that is both constantly around us and at the same time, either overlooked or misunderstood. The "myo" part comes from the medical observation that the patient's aching is muscular in origin. The muscle groups usually involved include the muscles of the jaw, the trapezius and related muscles of the shoulder, and the quadriceps and hamstrings of the leg. The term "fascia" refers to the covering over muscles and tendons that is like a layer of saran wrap used to protect food. The correct behind myofascial pain is that the pain occurs because of irritation between muscles (and tendons) with the overlying fascia. Myofascial pain, has similarities with fibromyalgia, and with chronic fatigue syndrome. In all three conditions, the aching is muscular in origin, the aching is not understood, and therapy that consistently gives relief, is not at hand. However, for myofascial pain syndrome, what seems to help is moderate activity such as walking, done in the morning. It appears that if the myofascial surface warms up early, then irritation later in the day keeps to a minimum. A good night's sleep also helps. For that reason, many physicians treat with a small dose of amibn, halcion, or elavil at bedtime. The condition can dominate your life for months then all but leave. It may upset you, but it does not cripple you.

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Dentistry in the 90s

by Horbert M. Gardner, D.D.S.

OF PRIMARY CONCERN

Like all the other "first" that attend a very young child's development, the anticipated event of a baby's first tooth eruption can expect a first tooth to appear at about seven months. However, the time range of a first eruption extends all the way from 3 months to 14 months. Typically, the four middle teeth on top and bottom (central incisors) show up first, followed by the neighboring lateral incisors, the canines, and then the pointed teeth (canines). Each set (teeth tend to come in pairs) appears at about 4- to 6-month intervals. Again, however, there is tremendous variation in tooth eruption. Regardless of the pattern that develops, parents can expect their children to produce 20 primary teeth by age 2½.

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