

Rinks from page A1

skating area.

However, the facility Anastos proposes is not event-oriented and there will be no bleachers.

His plan is required to have one parking spot for every 46-square foot of skating area. A hockey rink is 200-foot by 85-foot, meaning the double-rink facility would require more than 700 parking spots.

"That's what throws it out of whack," Anastos said.

Number of parking spots needed for a training facility is closer to 150, according to the proponent's estimates.

Suburban Hockey operates out of an office across Freeway Park Drive from the existing building that would be renovated to accommodate two rinks. The

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Jerrellyn Van Houten
—Hills planning commission

Part of the plan is to triple the amount of parking at Suburban Hockey's office building from 25 to approximately 75, Anastos said.

facility was previous used for tennis and indoor soccer.

Along with two rinks, the existing facility would be renovated to include eight dressing rooms, concession stand, pro shop, weight training and meeting areas as well as resource center.

Members of the Farmington Hills Hockey Association and Farmington Hills Figure Skating Club stated they're clamoring for more ice time and such a facility is in dire need.

Anastos said a training facility would complement the recently-built city ice arena on Eight Mile, which operates around the clock.

Some spots exist at the facility itself, though Total Soccer needed a variance to allow parking on the street, Anastos said.

"I think there is a good consensus of feeling on the commission that this is a business we would like to have in the city," said Jerrellyn Van Houten, a planning commission member. "He (Anastos) has made a good presentation as far as the need for it."

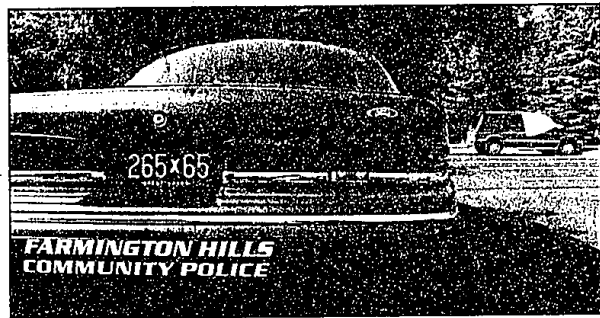
"The problem is the parking."

Ice skaters and hockey teams would rent time at the training area.

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Body found: Farmington Hills police wait for the Oakland County Medical Examiner to arrive after a body was discovered in a van parked off Haggerty.

Body found in apparent suicide

A Novi man, 32, was found dead — with an apparent self-inflicted gun shot wound — in a van parked in a lot behind 21800 Haggerty in Farmington Hills Thursday.

At 3:50 p.m., emergency technicians and police were called to the scene after a man noticed a strong odor coming from a vehicle that had been parked in the northeast corner of the lot for several days. A man was found dead in the driver's seat with a shotgun between his legs.

The person who called police said he saw the van parked in northeast corner of the lot July 20. That same day a missing person report was filed with Novi police, noting the man was having personal problems. A note was also found at the man's feet.

Police also found shotgun shells in the vehicle.

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Kwan Yee, M.D., is a graduate of Wayne State University School of Medicine in Detroit. He completed his residency in internal medicine at William Beaumont Hospital in Royal Oak.

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29275 Northwestern Hwy., Suite 200, Southfield (north of 12 Mile Rd.)

Mayberry from page A1

Herrington said. "We all tried to help each other deal with the grief."

"Shawn had tremendous heart. He was a relentless player. Football meant more to him than anything, and it's probably what kept him in school. He really had Hawk blood. He was liked by everyone on the team because of his toughness on the field."

Mayberry was also a member of the Harrison wrestling team and was an avid fisherman.

Shawn's mother asked for his football jersey No. 72 to be placed in his casket. All the players signed the shirt. He was to be buried in his varsity jacket.

Visitation was Friday and Saturday at Heenev-Sundquist Funeral Home and the Rev. James Wright was to conduct the funeral Mass at St. Alexan-

der Church. Burial was at Holy Sepulchre Cemetery in Southfield.

In addition to his mother Renita, he is survived by his father Michael; grandparents, Leon and Darlene Fulk, and grandmother Beverly Pemberton.

Every player will have a deal with the No. 72 on his helmet in the coming season.

Mayberry and his friends were swimming in 20-foot deep water, a parks official said. Water conditions were normal.

Drugs and alcohol were not believed to be involved, a Green Oaks Township police sergeant said.

"It just seems he got tired and got into trouble and went under water," said Joanne Strimatter, park manager.

His mother said he was in good physical condition.

"I don't know if he got tired or he got cramps," she said. "All I've heard is that he was swimming and he got a little bit tired and the kids thought he'd be OK. When they looked back, he'd gone under the water."

Memorial contributions to assist the family can be made in Shawn's name: Harrison High School, 29695 W. 12 Mile, Farmington Hills 48334. The Harrison Football Boosters have also started a Shawn Mayberry Memorial Fund. Contributions can be sent to P.O. Box 2773, Farmington Hills 48333.

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Published every Sunday and Thursday by Observer & Eccentric Newspapers, 805 E. Maple, Farmington, MI 48030-0810. Periodical postage paid at Farmington, MI 48030-0810. Postmaster: Send address changes to Observer & Eccentric, Newspapers 805 E. Maple, Farmington, MI 48030-0810. Telephone 844-1100.

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In patients with rheumatoid arthritis, the physician often faces an individual in distress, requiring at least a partial resolution to marked pain and impairment. That person may need to save a job, or must move to take a new position now before the opportunity ends. The person may be suffering physically from arthritis and emotionally from a family member, and looks to the physician to provide sufficient relief to allow the person to meet one or both problems.

The doctor feels the need to offer a treatment that works now. Such is the background for the use of steroids in rheumatoid arthritis.

Steroids are excellent anti-arthritis medications, acting on inflammation like water to fire. Sufficient water will extinguish flames, while steroids will, at best, suppress the inflammation that perpetuates joint pain. Furthermore, steroids have side effects on the body, particularly on bone, thinning it, making it susceptible to fracture. Finally, the long term success of bone protective counter measures such as estrogen and calcium supplements, in women taking steroid, is not yet determined.

In contrast, studies on the use of intra-articular injection steroids have relieved concerns over this procedure. Investigations found that frequent use of this approach has not led to osteoporosis of surrounding bone or accelerated degeneration of injected joints.

Definitive guidelines for the best way to use steroids in rheumatoid arthritis remains to be written. For now, decisions will come out of experience mixed with trial.

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