

Sneaky robber hits eatery

Farmington Hills police believe that the robber of Kyoto Garden snuck in behind an employee coming to work Thursday to avoid setting off an alarm.

The robber was described as black, about 6 feet tall, with a stocky build, dressed in a royal blue sweatshirt, dark blue shorts and black and white tennis shoes. He surprised the 26-year-old employee after she had arrived for work at Kyoto Garden Japanese Steakhouse, on Haggerty Road, about 9 a.m.

The man pulled a small, chrome-plated pistol on the woman and ordered her to open the safe. She told him there was no safe, but did lead him to an office where an undisclosed amount of money was kept in a filing cabinet. He ordered her to lay face down on the floor while he took money out of the cabinet.

"Something unusual was the way the man wore the sweatshirt," said Hills detective Kathy Tiano. "He had it on backwards, with the hood pulled up over his face and eye holes cut into it."

The woman saw only the closely cut back of the man's head.

After taking the money, the robber locked the woman in a freezer. Because of a safety latch, she was able to get out of the freezer and call police.

"It's possible that he stayed in the restaurant all night, but it's not likely," Tiano said.

The woman did not see a car or which exit the man used to escape.

Anyone with information should call the Farmington Hills police at 474-6181.

POLICE/FIRE CALLS

Listed below are some of the Farmington area police incidents, fire calls and court cases reported during the past week.

■ BREAK-INS
A \$400 stereo was stolen from a yellow 1969 Ford Mustang parked at the Muirwood Apartments on Woodridge in Farmington Hills Aug. 12-13. The passenger window was damaged in the break-in.
A Sony CD Discman worth \$290 was stolen from a gray 1986 Chevy Camaro parked at the Old Orchard Theatre on Orchard Lake in Farmington Hills during a break-in that caused \$300 in damage to the driver's side window.
An AM/FM stereo radio worth \$300 was stolen from a 1993 white Chevy Cavalier parked at the Kmart on Orchard Lake in Farmington Hills Aug. 23 causing \$200 in damage to the passenger door lock.
Jewelry worth \$36,250 was stolen from an apartment in the Muirwood Apartments on Conifer in Farmington Hills Aug. 26.

■ THEFT
A tallgate with chrome trim worth \$700 was stolen from a maroon 1992 Ford Ranger pickup at the Windemere Apartments on Jefferson in Farmington Hills Aug. 24.
A Hitachi 8mm video camera worth \$1,200 was stolen from a 1987 Isuzu hatchback parked at Kmart on Orchard Lake in Farmington Hills Aug. 24.
An Alpine stereo system worth \$850 was stolen from a red 1992 Chevy pickup parked at the Muirwood Apartments on Woodridge in Farmington Hills Aug. 22-23.
Jewelry worth \$303.33 was stolen from an apartment at the Muirwood Apartments on Conifer in Farmington Hills Aug. 22-24.
A necklace worth \$250 and two bracelets worth \$200 were stolen from the Muirwood Apartments on Woodridge Circle in Farmington Hills Aug. 23.
Men's clothing worth \$674 and a portable cellular telephone worth \$400 were stolen from a 1991 Toyota Celica parked at the Kmart on Orchard Lake in Farmington Hills Aug. 24.
A boy's 24-inch, 12-speed, orange mountain bike with "guts" on the frame, worth \$250, was stolen from the Perry Drugs on 12 Mile in Farmington Hills Aug. 25.
A \$300 cellular telephone and a \$35 garage door opener were stolen from a 1993 Buick Regal parked on Sheddowlin in Farmington Hills Aug. 24-25.
Jewelry worth \$3,300 was stolen from the Muirwood Apartments on Grandview in Farmington Hills between July 14 and Aug. 25.
A set of Spalding golf clubs worth \$510 was stolen from a garage at a residence on Westmeath in Farmington Hills Aug. 24-25.
A radio worth \$200 was stolen from a 1979 Mazda XR-7 parked at the Macaroni Grill on Northwestern Highway in Farmington Hills Aug. 25.
Jewelry worth \$376 was stolen from the Muirwood Apartments on North Lake View in Farmington Hills Aug. 1-26.
A purse worth \$100 containing a \$100 wallet, \$25 in cash, credit cards and a \$1,500 was stolen from Bo Rie's Salon on Orchard Lake in Farmington Hills Aug. 26.
A \$350 Craftsman lawn mower was stolen from a garage at a residence on Middlebelt in Farmington Hills Aug. 23.

■ BREAK-INS
CDs worth \$800, an AM/FM stereo cassette worth \$650, an amplifier worth \$350, an equalizer worth \$200 and speakers worth \$90 were stolen from a 1992 gray Nissan Pathfinder parked at the Muirwood Apartments on North Grandview Court in Farmington Hills Aug. 23-25. The car sustained \$500 in damage from the break-in.
A portable telephone was stolen from a green 1993 Ford Taurus parked on Shenandoah in Farmington Hills Aug. 24-25. The driver's window was broken causing \$250 in damage.
A 20-inch RCA color TV worth \$300, a GE microwave oven worth \$200, a 10-speed mens bike worth \$250, an Epson printer worth \$300 and a Sony tape deck worth \$300 were among items stolen from a residence on Springhill in Farmington Hills Aug. 23.

■ AUTO THEFT
A black and gray 1993 Jeep worth \$22,000 was stolen from the Botsford Place Terrace Apartments on Botsford Drive in Farmington Hills Aug. 23-24.
A 1992 white GMC Jimmy worth \$15,000 was stolen from the Citation Club Apartments on Citation Place in Farmington Hills Aug. 25.
An attempted theft of a green 1993 GMC Jimmy caused \$600 in damage to the driver's window, the passenger's door lock and the steering column Aug. 24-25.
An attempted theft of a red 1993 Chevy Blazer parked on Country Circle in Farmington Hills Aug. 25 caused \$600 in damage to a lock and the ignition.

■ VANDALISM
Nineteen mailboxes on Millbrook in Farmington Hills were vandalized Aug. 26, causing \$500 in damage.
The rear window of a maroon 1986 Chevy parked on Green Willow in Farmington Hills was broken causing \$260 in damage.
The antenna was broken, quarter panels were dented, the rearview mirror was pulled off and the turn signal switch was broken causing \$500 in damage to a 1977 gray Lincoln Mark V parked at the Marathon gas station on Nine Mile in Farmington Hills Aug. 24-26.
A BB gun shot through the rear windshield of a 1985 white Oldsmobile parked on Pipers Lane in Farmington Hills caused \$500 in damage Aug. 24-25.
A \$400 extension light was torn down from the Taco Bell on 10 Mile in Farmington Hills Aug. 26.
A piece of concrete was thrown through the rear window of a 1993 Ford Club wagon parked on Fiddler's Green in Farmington Hills Aug. 24-25 causing \$1,000 in damage.
An air filtration system at the Copper Creek Condominiums on Hickory Drive in Farmington Hills was filled with tar causing \$11,000 in damage Aug. 24-25.
The passenger side quarter panel of a red 1969 Ford Escort parked on Lytle in Farmington Hills Aug. 26 was kicked in causing \$800 in damage.

Writers group calls for manuscripts

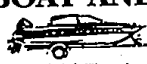
Oct. 1 is the deadline set by the Division of Continuing Education and Detroit Women Writers for submission of manuscripts to be professionally critiqued at Oakland University's 32nd Annual Writers' Conference, Oct. 16-18, on campus near Rochester.


Oct. 1 also is the deadline for poets seeking critiques.

To qualify for individual manuscript or poetry evaluation from 1-5 p.m. Friday, Oct. 15, entries must adhere to specific requirements and the author must be registered for the Writers' Conference.

Also scheduled are manuscript workshop sessions from 1 to 5 p.m. on October 15. Session categories include fiction, romance, screenplays, mysteries, short stories, children's fiction, nonfiction and young children.

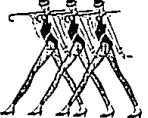
For a brochure detailing manuscript and poetry requirements, fees and conference sessions, call the Continuing Education office, (313) 370-3120, 8 a.m. to 5 p.m. weekdays.


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ARTHRITIS & FATIGUE
Arthritis drags you down. It impairs your stride and causes strain when you arise from a chair or commute and when, with difficulty, you get in and out of a car.
You have few strategies to overcome your joint limitations. Exercising to "strengthen" joints is never a consideration. There is no conditioning that can improve the stamina of a joint just as there is no way to ride a bike so that piling up miles on the road will increase the tread.
The effect of arthritis on sleep compounds the feeling of fatigue. Resting is important, but the irony is that arthritic joints need frequent movement, otherwise they stiffen and ache. During sleep your body responds to this need. Unfortunately, when you have arthritis, such moves initiate pain penetrating enough to awaken you. Sleep so interrupted does not readily return.
You are denied the restful rest that is the body's first defense against undue fatigue.
The physician's response is not to order further blood tests or more x-ray procedures in search of a reason for your exhaustion. Instead, he will review how you might obtain additional rest or change treatment without substantial risk.
An unrecognized chronic fatigue syndrome does not bring on arthritis, rather it is the arthritis itself that causes continuing fatigue.

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