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Farmington doctor assists Gladiators

You've seen them on TV — The American Gladiators, who smash, pound and dominate the amateur athletes who eppose them, on the Sunday morning program.

But though they are the epitome of physical conditioning and make it look so easy as they sudule all who dare challenge them, the Gladiators can't doit it all by themselves. Sometimes they need a little being a form of a trainington chiropractor Dr. Brian Nocella was there to give it Sunday when the Gladiators made a tour stop in Detroit.

Nocella volunteered to straighten out the Gladiators when they bisted they lace qualified local challengers in the Gladiators when they brief they lace qualified local challengers in the gradient of the control of the c

"YOU ALWAYS want to take care of someone famous. Not that they're tremendously famous, but it was a chance to meet someone who has a different profession and needed

care."

The Gladiators have a trainer who travels with them, but the skills of a chiropractor are not regularly avail-

able.
Nocella, a Red Wings season ticket holder, learned of the Gladlators' Detroit appearance when he received a filer in the mail and saw an opportunity to get involved.
He called Los Angeles where the Gladlators are based and do most of



Brian Nocolla adj neck of a Gladiator.

their filming and finally located the

their Illinding and finally located the group in Idaho.
"One of the Gladiators heard the mean of the Gladiators heard the phone and said 'Yes, we want this, guy," said Nocella, a practicing chiropractor for seven years with an office on Grand River.
"They were thrilled: that I was there for them. When I told them offil the red tape I went through, they were even more thrilled. I wall they were even more thrilled. I wall that the wall that the said is the said of the control of the

"I JUST DIDN'T know how big they are," he said. "They were much easier to adjust because they're so well defined. There's no fat on them. When I checked for a muscle group attached to the spine, it was right there. "They know the value of chiropractic care, because they're so

in tune with their bodies. It's like doing a tune-up on a car. Afterward, you have everything working and firing great, and it allows the body to work 100 percent."

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Nocella, who made his services available to the Gladiators before and after the competition, sat on the players' bench and watched in the meantime. But occasionally he was needed during the event, especially after the powerball segment.

"Every'now and then I got a tap on the shoulder, and one of them would say 'I'm ready,' "Nocella said. 'The difference (between the Gladiators and his regular patients) is they have other people trying to inflict damage on them. You're body reacts to it, and it's kinda nice to get you back in the."

Nocella said he was quickly accepted and made to feel welcome by the Gladiators, who were not as friendly toward the challengers.

"One of the competitiors entered the room, and one of the Gladiators asked. "What are you doing here?" You're not supposed to here, Gret out of here," Nocella said. "They're a close-knit group, and I don't think they wanted anybody to come in their circle."

Nocella has worked with athletes in his regular, practice — "everything I from power. Hitters to marathon runners" — and treating the Gladiators was no different from what he does to help his every-day patients.

"IN MY PRACTICE, I have large

"IN MY PRACTICE, I have large people, too," he said. "There's no dif-ference because of a person's physi-cal stature. It's all technique and how you move it."



Farmington chiropractor Dr. Brian Nocelia works on the spine of Steve Henneberry, better known as Tower of the American Gladiators.

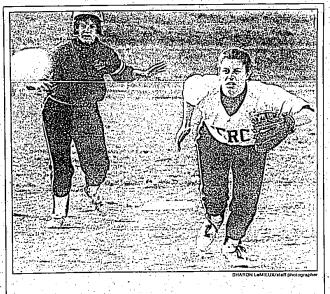
Gibson's hat trick keys win

Farmington achieved an Impressive early-season victory in girls soccer Monday, with a 3-1 victory over visiting Livonia Churchill. Senior Sue Gibson scored all three goals for the Falcons, who led 3-0 at halltime against the perennial Western Lakes Activities Association power.

power.
The victory improved Farmington's record to 1-1 in the WLAA and overall. The Chargers were 1-2-1 aft-

ton's record to 1-1 in the WLAA and overall. The Chargers were 1-2-1 afterward.
Kim Popyk had two assists and Michelle Lorent one for the Paleons, who were outston 12-9 by Churchill.
Sarah Green played the first halt in goal for Farmington and Jessies Gullot the second like in the second half, and they pressured our goal the entire half." Farmington coach Cathy Kansman said.
"We tried to feed the ball from the backfield and work up (in the first half), and it seemed to work well. We went to the ball with much more intensity in the first half and that paid off.
"We'd like to get as many victories as we can, and the most important thing with every game we play is to work toward improvement." Kansman added.
NORTH FARMINGTON recorded

NORTH FARMINGTON recorded its first win Monday as freshman Ali Lord scored five goals in the team's 7-0 defeat of host Walled Lake Cen-



Softball scene

Farmington Hills Morcy third baseman Aria-

Hawks edge division rivals

Senior Mike Pesci tossed a three-tier, struck out nine and also ayed a key role offensively Mon-ay as host Farmington Hills Harri-n beat Plymouth Canton at home,

2-1.
The Hawks are undefeated in

The Hawas are three games. Pesci delivered an RBI single in the first inning to score Dan Hight, and he also started a raily in the sixth inning that broke a 1-1 tie.

Pesci singled to start the sixth and stole second base. Keye Smith, in-serted as a pinch runner for Pesci, stole third base and then came home for the winning run on Tom Dona-grandi's two-out single.

baseball

Harrison collected seven hits as Pescl and Donagrandi led the way with two each.

Canton's only run came in the third inning. Mark Shankowski be-gan the Inning with a wilk and was sacrificed to second base by Brad Paskievitch. After a Canton batter fanned, Ben Hendricks aingled to secore Shankowski from second base and tie the score at 1-1.

N. FARMINGTON 12, STEVEN-SON 2: Mark Temple pitched a two-hitter and also delivered a two-run double Monday to lead host North Farmington to a Western Lakes Ac-tivities Association win over Livonia

The game was called after live innings because of the mercy rule. The Raiders scored live runs in both the first and third innings. Jon Sturtz was 1-for-4 with two runs, scored and four RBI. Stevenson's only runs off Temple were unearned and came in the fourth inning on three walks and an

