



Dr. Sol Cogan of HealthQuest Chiropractic Centers checks on a Lions player at a recent home game in Detroit.

## Lions get a little help from local HealthQuest

BY PAUL R. PACE  
STAFF WRITER

The Detroit Lions have chosen Farmington-based HealthQuest as their official provider of chiropractic services.

The company is one of the largest chiropractic organizations in the country and is Michigan's leading chiropractic organization with 11 offices that handle more than 100,000 office visits a year, said owner Dr. Sol Cogan.

In this new assignment, HealthQuest Chiropractic doctors join the team of medical doctors and trainers responsible for treating and managing the care of the team.

HealthQuest doctors are present at all Lions practices and all home and away games.

Cogan said athletics and the benefits of chiropractic care is something he experienced firsthand.

"I had a wrestling injury in high school," he said. "Every doctor I saw said I could not compete anymore."

As a last resort, he went to a chiropractor, he said. "It not only helped me to compete, but since then I've run a bunch of marathons," he said.

"I've always been into sports and we're the largest practice in Michigan," Cogan said of the collaboration with the football

team. "I figured we could help them and they decided they wanted to work with an organization like ours."

Cogan said most professional football teams use chiropractors.

"We help them with any pain or problems, especially to the spine or shoulders," he said. "Most athletes, when their spine is in better alignment, it moves better."

The HealthQuest organization has local offices in Farmington, Rochester Hills, Livonia, Southfield, Troy and Taylor.

Call them at (877) 99QUEST (78378).

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## Join in Northwestern's 'food fight'

'Northwestern Highway businesses in Farmington Hills, Southfield and West Bloomfield are engaging in a "food fight" against hunger.

The food-raising competition, sponsored by Merrill Lynch, involves Northwestern Highway businesses between 12 and 14 Mile roads. Cash donations brought in to the locations will benefit the Food Bank of Oakland County.

What makes this a "food fight" is that each participating business, categorized by number of employees, competes within that group to collect the most donations. Collections are also welcome from anyone shopping or doing business in the area. The Food Fight runs through Friday, Nov. 8. Collection barrels can be

found at the following Farmington Hills, Southfield and West Bloomfield locations:

■ Buddy's Pizza, 31646 Northwestern

■ Intelligent Chicken, 32431 Northwestern

■ Brookfield Sundries & Deli, 31600 Northwestern

■ Great Lakes Reit, 32255 Northwestern

■ Linda Darian, DDS, 31390 Northwestern

■ Merrill Lynch, 32255 Northwestern, #260

■ Vineyard Café & Nibbles, 32418 Northwestern

■ Cronin's Party Store, 29476 Northwestern, Southfield

■ Darakjian Jewelers, 29333 Northwestern, Southfield

■ Franklin Racquet, 29350 Northwestern, Southfield

■ Guitar Center, 29555 Northwestern, Southfield

■ Little Daddy's Parthenon, 29649 Northwestern, Southfield

■ Exclusive Fitness, 33026 Northwestern, West Bloomfield

■ Prudential Securities, 7031 Orchard Lake Rd., #101, West Bloomfield

The Northwestern Highway event was inspired by the annual Troy Food Fight on Big Beaver, which has collected more than 1 million pounds of food since its 1995 inception. All donated food is distributed to more than 73,000 people monthly through FROC.

To register as a participant, contact the Food Bank of Oakland County at (248) 332-1473.

## Band takes first place at Durand

BY DIANE HANSON  
CORRESPONDENT

Finishing off their Michigan competition season at the Durand Invitational Oct. 26, the Harrison Marching Band once again captured the Flight III first-place trophy for the performance of their show "Gazabo Dances." Earning a score of 76.6, they also netted caption awards for Best Marching and Best General Effect.

Other Observer-area bands at the competition included Redford Thurston, Flight IIII second place, 74.6; and in Flight II West Bloomfield, second, 70.60; and Westland John Glenn, third, 68.15.

"They did a nice job," said Harrison Director Peggy Babcock of her 82 performers. "They marched in a very clean show and the color guard had an absolutely fantastic performance."

Senior trombonist Dan Rumbell was also pleased with his band's Saturday performance. "I think it went pretty well," he said. "Style-wise, our show is a lot like last year's. I think it is one of the best shows Harrison has done."

This year's show musically and visually depicts the change of seasons and the second movement, "October" is a favorite of many of the performers, including Rumbell. "It is a nice piece of music in

general and when we put it on the field with all the color, it is really beautiful," he said.

"This show is good music," said Alex Sobolev, a senior percussionist. "It is probably the most sophisticated music we've played in my four years with the band. Each of the shows has gotten more physical and more musical. They kind of evolve. That means we have to work harder to get even better."

The band will be performing at Harrison's Band-O-Rama concert at 7:30 p.m. in the school's auditorium on Nov. 6 before heading off to the Bands of America Grand National Championships at the RCA Dome in Indianapolis Nov. 14-16.

## Falcons show championship style in season

BY DIANE HANSON  
CORRESPONDENT

For the Farmington Falcon Marching Band, it's all about doing your best and improving with each successive performance.

And that's exactly what they achieved at the Huron Valley Invitational at Lakeland High School in White Lake on Saturday.

"The kids performed really, really well," said Farmington Director Norman Logan. "They were really happy with their performance and with their score."

The 100 Farmington marchers took Flight II fifth

place with a score of 68.35 for their jazzy performance, "Cuban Fire," a lively and colorful eight-minute production. The score reflected a more than 10-point jump from the previous week's 58.25 at the John Glenn Invitational in Westland.

"The best part about that was that the band just simply didn't give up," noted Logan. "They were as classy as they could be right to the end of the season. I was really proud of them. That's what we believe being a championship band is all about - doing your best and having your last performance be your best performance."

Even though they won't be

going to the state contest this year, Saturday's performance wasn't the last folks will hear from their hometown champions. The band will be featured at Band-O-Rama on Friday, Nov. 8 at the Farmington High School auditorium. The entire music program including the vocal department will be performing.

"It is a thank you for the people in the community," said Logan. Those who participated in Tag Days received a ticket for free admission to the extravaganza. The event begins at 7:30 p.m. and tickets will also be available at the door - \$3 for adults, \$2 for seniors and students.

## SONIC raids day care center/drug house

Farmington Hills police officers participated in a recent drug raid at a Detroit home that apparently served double duty - child care center by day and a drug trafficking base by night.

The Hills police officers raided the house late Friday, Nov. 1 as part of the South Oakland

Narcotics Intelligence Consortium, which also includes officers from West Bloomfield, Novi and the Oakland County Sheriff's Department.

Seized during the raid was a 1/2 pound of marijuana, a scale and plastic baggies, which had

been concealed in ceiling tiles at the northwest Detroit home on Anchester, according to Chuck Nebus, Hills assistant police chief.

"There was a day care center running out of the basement of the home," he said.

The Michigan Department of Consumer & Industry Services' Bureau of Family Services Friday issued a suspension order and notice of intent to revoke the day care's license. The business, called Wayne County Family Day Care, and its proprietor were ordered to

stop providing child care effective 6 p.m. Thursday, Oct. 31.

Further, the owner, who has not been arrested or charged with any crime, has been ordered not to operate any other child care centers, according to the CIS. Wayne County Family Day Care had been officially registered for six children since Feb. 21.

The investigation by SONIC and by Detroit police and Wayne County Sheriff's deputies continues.

- By Heather Needham

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