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The Apple Dumpling Gang Rides Again

SHOWTIMES
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Bruce Dohner explains chiropractic (continued)

[continued from back page]
"People are not willing to assume the responsibility for their own health: that is the biggest problem in my practice. They're too sedentary, they don't get enough exercise, they're overweight. Those things lead to

more stress on the spinal column and thus more problems. Preventive maintenance is the answer. I don't get many calls saying 'I'm feeling fine, but I'd like you to check me out to make sure.' I wish I did: then I could help them prevent so many of these problems.

"I wish people would learn to utilize the health care professionals in their area. It can be fatal to assume that the definition of health is simply the removal of symptoms. The trend seems to be reversing though. People do seem to be becoming more aware of their bodies in a whole sense."

Does the structure of the American health care system allow an individual to choose the appropriate health care method from among all its sophisticated technological branches? And do doctors of all types

freely refer patients to specialty areas for treatment?

Dr. Dohner answers: "It is a basic premise of chiropractic that many factors may lead to any given disease. If I feel that a patient needs a type of medical treatment I can't provide, I refer him elsewhere, usually to an orthopedist, because those are the kinds of problems I see most. It would be nice if the health care system worked cooperatively. That's a sore point with me: medical doctors say we don't refer, but we do refer—openly. Sometimes they don't refer even in their own ranks. But hopefully we'll be recognized more as a useful branch of medicine. It looks like we're beginning to gain the respect we deserve at last."

The educational background requirements for chiropractors is impressive: a minimum of two years in college with a basically pre-medicine major and an emphasis on the need for courses in psychology; then four years in an accredited chiropractic college, with more anatomy and physiology and x-ray analysis, and less pathology, than medical school.

"I graduated from Manheim Central High School," Bruce Dohner says, "I attended Lock Haven State and Franklin and Marshall College and graduated from Sherman Chiropractic College in South Carolina." There are approximately 20,000 doctors of chiropractic in the U.S. and there has been a 77% increase in utilization of chiropractic in the 10-year period of 1964-1974. "It's an open field: there's been quite an increase in the need for chiropractors," Dr. Dohner states. "Four or five more chiropractic colleges have started just in the past couple of years."

And what about Bruce Dohner, 27-year-old private citizen, father of an eight-year-old daughter, native of Manheim? How and why did he choose to be a chiropractor? "I became interested in chiropractic as a career by being a chiropractic patient," he says. "I had a severe health problem as a child and, after going the medical doctor route and after three years of not getting any better, I started with a chiropractor and my condition improved fast."

Has Bruce Dohner followed his own advice and formulated his own preventive maintenance program? Resoundingly yes. He's trim and healthy. His office bulletin board shouts the praises of a good diet. He lifts weights regularly, a holdover from his high school wrestling days. He eats right, even chiding me gently about sugar in my coffee: "Have you ever tried honey?" And he runs three miles three or four times a week, on a course near his home on Ciderpress Road north of Manheim.

Bruce Dohner is clearly an intelligent, medically educated, health-oriented chiropractic practitioner, and he obviously and enthusiastically likes to use the tenets of the "natural health care" his profession promotes. He maintains, with a disarming grin, that his practice of chiropractic depends "almost not at all" on his psychological influence on his patients (commonly known as "bedside manner"). "They're sceptical about chiropractic," he says, "until they get better." He stops and smiles. "Then they trust me!"

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For additional information, phone us at 684-2551 or 684-2552.

Marietta Senior League to meet Wednesday, Sept. 5th, 12:30 p.m.

The Marietta Senior League will hold their regular monthly meeting in the Community House on Wednesday, September 5th, at 12:30 o'clock.

Please note the change of day and time. It will be a covered dish

luncheon served promptly at 12:30 o'clock. Each member is asked to bring a covered dish, and their own place settings: plates, cups, silverware, etc.

The luncheon will be followed by a business meeting.

The program for the afternoon will be a white elephant auction. Each one should bring one or more items for sale. Also, come prepared to buy some of the items on sale.

—Elsie McCloskey
Secretary

Adrian Hohenwarter, E-town Sr., top pianist at Liberace Foundation

Adrian Hohenwarter, 16, a senior at Elizabethtown Area High School, was one of the top five pianists in the Liberace Foundation contest held in the North Mall, York. Adrian competed in the open age group.

He will compete again on

September 4th, getting a chance at a \$300 prize. The winner of that competition will receive a medal from Liberace in Hershey during his annual concert there.

Last year Adrian won a gold certificate from Liberace.

Adrian also plays violin,

and banjo. He likes all forms of music, from classical to popular.

Adrian will play at a recital with Sally Kibler and Heide Csallner on August 30th, at 7:30, at the Lancaster County Historical Society. The recital is free and open to the public.

Columbia YMCA to start Co-ed Volleyball on Tuesday, Sept. 18

The Columbia YMCA will be starting their Co-ed Volleyball on Tuesday, September 18, 1979 and will meet to play every Tuesday and Thursday from 6:30 PM

to 10PM.

Any individuals wishing to join or form teams for the Mixed Volleyball League should contact either Cheryl Lewis or Valerie McEwen at 684-4323 or come in to the Y

Office, 329 Chestnut St., Columbia (located in American Legion Building). Fall registration will be open from September 3rd thru 12th from 9AM to 5PM.

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