

Announcements

WEDDING



Mr. and Mrs. Daniel Holbrook

On Saturday, September 27, Miss June Worster, daughter of Winston and Tina Carter of Amherst was married to Mr. Daniel Holbrook. The groom is the son of David Holbrook of Brookline and Debbie Holbrook of New Boston.

The double ring ceremony was performed by Frederick Gray Jr. Justice of the Peace at The Hampton Beach State Park.

The bride was given in marriage by Winston Carter, her step-father.

The maid of honor was Katherine Shirey. Other bridal attendants were Jaimee Carter and Jesse Carter, nieces of the bride. The flower girl was Nicole Stevens niece of bride and the ring bearer was Dylan Stevens.

Ushers were Derek Hugger, Adam Dziki, and Christopher Medico, friends of the groom.

A reception was held at The Hampton beach state park

Please send Engagement and Wedding announcements (forms available at www.amherstcitizen.com) to Editor:

The Amherst Citizen, PO Box 291, Amherst, NH 03031.

Also, enclose a S.A.S.E. for return of color or B&W photos.

Health Notes

Dr. Birnbaum Earns Award for Radiation Safety Article

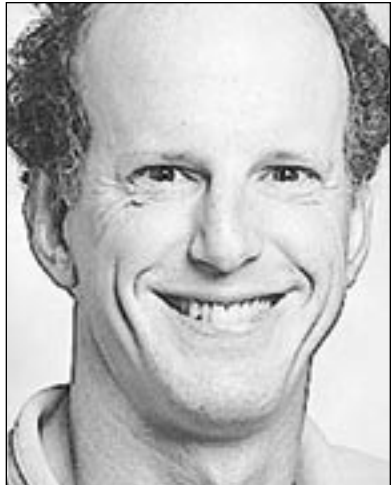
NASHUA — Radiologist Steven Birnbaum, MD of Associated Radiologists PA in Nashua, was recently honored for his article on radiation safety in the Journal of the American College of Radiology (JACR). The article, "Radiation Safety in the Era of Helical CT: A Patient-Based Protection Program Currently in Place in Two Community Hospitals in New Hampshire," was selected by the JACR editorial Board as the best article published in the Journal in the Clinical Practice category for 2008. Dr. Birnbaum is affiliated with Southern New Hampshire Medical Center.

"I am very pleased with this recognition," says Dr. Birnbaum. "But while I put the words together, the real heroes of this effort are the CT technologists as well as Doug Maybury and Greg Herr, department supervisors, who have diligently and enthusiastically helped me put this program in place."

Concerned about radiation exposure to CT scans among patients, Dr. Birnbaum has been in the forefront nationally to educate patients, insurance companies, and the medical community about the long-term risks of repeated exposure to radiation from CT scans, particularly for those under age 40.

He initiated a Patient Protection Program at Southern New Hampshire Medical Center and at Parkland Medical Center in Derry, which was detailed in the published article. He is also one of 20 members nationwide serving on the American College of Radiology's Blue Ribbon Panel on Radiation Dose in Medicine.

According to Dr. Birnbaum, Computerized Axial Tomography or



Radiologist Steven Birnbaum, MD

CAT scans, first introduced nearly 30 years ago, have saved many lives, but frequent exposure to the radiation they utilize may pose a health risk to some patients.

"Today's CT scans are a superb diagnostic tool," says Birnbaum, "They give excellent image quality at the lowest possible x-ray dose. Yet the test still exposes patients to larger radiation doses than conventional x-rays."

Southern New Hampshire Medical Center's Patient Protection Program, the first of its kind in the region and probably the nation, is designed to educate patients and doctors about the potential effects of multiple CT scans. "There is no immediate danger to the patient," explains Birnbaum. "But we want to let doctors and patients know that repeated exposure to radiation could result in long-term health problems, particularly the risk of cancer."

Please let our advertisers know that you saw their ad in *The Amherst Citizen*

WEDDING



Mr. James Howley and Dr. Lisa Willis Howley

Dr. Lisa Berchem Willis and Mr. James Patrick Howley, of Denver, CO, were united in marriage on July 5 in Steamboat Springs, CO. The ceremony was held at St. Paul's Episcopal Church, with the Reverend David Henderson serving as celebrant.

The bride is the daughter of Ann and Jim Willis of Amherst. The groom is the son of Ellen and the late James Patrick Howley of Good Thunder, MN.

The bride was given in marriage by her father. Serving as matron and maids of honor were the bride's three sisters, Gayle Willis Hagler, of Durham, NC; Allison Willis, of New York City; and Suzanne Willis, of Amherst. Also attending the bride were the groom's two sisters, Julie Howley Almich, Gaylord, MN and Jackie Howley Buerman, Seattle, WA.

Serving as best man was Joel Howley, brother of the groom, of Mapleton, MN. Groomsmen included Aaron Buerman, brother in law of the groom, Seattle, WA; Ryan Bair, Mapleton, MN; Michael Magner, Denver, CO; and Jason Kregel, Good Thunder, MN. Ushers were Scott Brown, Elkins, NH; and cousins of the groom, Sam Howley, Eagle Lake, MN; and Dan Howley, Minneapolis, MN.

The bride's cousins, Michael and Maryann McCullough, of Southborough, MA, served as acolytes for the ceremony. Allison Willis, accompanied on piano by Gayle Hagler, served as vocalist.

The wedding reception was held at the Thunderhead Lodge of Steamboat Springs. Guests traveled to and from the Lodge, situated at an altitude of 9080 feet, on the Silver Bullet Gondola.

Following the reception, the couple took their honeymoon in the Fiji Islands. They now reside in Denver, CO.

The bride graduated from Souhegan High School, Amherst in 1995, and the College of William and Mary, Williamsburg, VA, in 1999. She attended Eastern Virginia Medical School, Norfolk, VA, receiving her M.D., and then completed a three-year pediatric residency at The Children's Hospital of Denver, an affiliate of the University of Colorado Health Sciences Center. Dr. Howley is now in the final year of a three-year pediatric cardiology fellowship at The Children's Hospital of Denver.

Mr. Howley graduated from Maple River High School, Mapleton, MN. He received a B.S. in electrical engineering from Minnesota State University, Mankato, MN. He is employed as a product marketing manager for LSI Corporation, of Longmont, CO.

Girls Incorporated of New Hampshire Honors Claudie Mahar of St. Joseph Hospital

NASHUA, NH- On Sunday, October 26, Claudie Mahar, VP of Hospital Services at St. Joseph Hospital, was honored at the 4th Annual Girls Incorporated of New Hampshire's Women of Achievement Awards Brunch as a Woman of Achievement. A Woman of Achievement is someone who achieves her personal best. Cathy Duffy, CEO of Girls Incorporated of New Hampshire said,

"It is important for women to be celebrated and recognized for who they are, as much as for what they've accomplished and for them to realize how important it is that they mentor today's girls to achieve their personal best, whatever their avocation."

St. Joseph Hospital congratulations Claudie Mahar for receiving this wonderful honor!

Homeopathic Healthcare Now Open in Amherst

Homeopathic health care provider, Holly M. Manoogian, recently opened an office at the Amherst Family Chiropractic Wellness Center. The Center is under the direction of Dr. Paul H. Gasch and is located at 89 Rt. 101A in Amherst near Wal-Mart. Manoogian has office hours on Mondays, Tuesdays, and some Wednesdays in Amherst and she practices in her Wolfeboro office on other days. Call Manoogian at 651-8256 to make an office appointment or to speak with her on the phone for a free 10-minute consultation to learn more about how homeopathy would work for a particular health concern.

Manoogian is a nationally certified Classical Homeopath and she has practiced for over ten years in the Lakes Region and in Peterborough. She was trained in a three-year program at the New England School of Homeopathy. She completed her clinical internship in Bombay, India and continues post-graduate education with internationally known homeopathic practitioners and medical doctors. She holds a master's degree in biology and teaching and worked for twenty years as the co-director of a mentoring and outdoor adventure program for adolescents. She is the founder and director of a homeopathic clinic for children that struggle with emo-

tional and behavioral problems.

Homeopathic treatment is entirely individualized. A homeopath works to understand the "whole picture" by listening carefully to the signs and symptoms described by the patient. In an initial visit, the homeopath will take a careful and thorough history, asking questions about all aspects of the patient's health. Manoogian says that this initial appointment will last 90 minutes to two hours. The homeopath helps the patient return to a state of well being by understanding the complexity, sequence, and contributing factors of illness rather than by diagnosing a particular disease. Therefore, the homeopath focuses on understanding the core imbalances that precede the illness rather than on diagnosing a disease. The goal, then, is to help the patient attain a level of health that includes not only symptomatic relief, but also a sense of well-being and resilience. The homeopathic remedy works hand-in-hand with the body's natural response to illness to stimulate the healing process.

To learn more about homeopathy or to set up an appointment, contact Manoogian at 651-8256. A free 10-minute consultation is offered to anyone wishing to learn if homeopathy can help with a particular health concern.

Mont Vernon

Saint Anselm Chapel Art Center



Sylvia Nicolas, Green Leaf, 2007, Stained glass

Sylvia Nicolas, Mont Vernon Sculptor

October 17- December 6, 2008

Gallery closed November 26 – December 1; re-opens Tuesday, December 2.

The Chapel Art Center announces an exhibition honoring the artistic legacy of sculptor, painter, and stained glass maker from Mont Vernon, Sylvia Nicolas. This exhibition will explore the major themes of her prolific career in each of her media. Sylvia Nicolas has had a major role in the artistic enrichment of Saint Anselm College, and the Chapel Art Center is most pleased to honor her life as a model of consummate artistic achievement. Saint Anselm College, 100 Saint Anselm Drive, Manchester. Phone: 641-7000.

Mont Vernon Gardeners Annual Meeting

On October 15, Mont Vernon Gardeners met for a wrap up meeting and planning session for 2009. A major topic of discussion was the new e-mail newsletter, "Breath of Fresh Air" which is designed to attract new members, be an educational resource and foster community interaction. Members overwhelmingly voted to support and contribute to this effort. Membership dues will now be a \$5 donation and will be used to support the cost of the newsletter. Discounts at participating businesses will continue to be honored with membership cards.

Special recognition was given to Jennifer Bernard for her hard work and determination in building and moving this group to accomplishment over the past several years. The group agreed to continue Jennifer's

promotion of the Daland Library's Spring Gala Plant Sale fundraiser.

The idea of a community organic garden in Mont Vernon was enthusiastically discussed and plans are being made to put together an exploratory committee. Members also expressed interest in meeting with gardening groups in neighboring communities in order to share experiences and foster new ideas. Updates and plans for public gardens in town were also reviewed.

Thanks to everyone who has participated this year. The Leadership Committee will be working hard to ensure that 2009 is an interesting year for Mont Vernon Gardeners. Stay up to date on what's happening and invite your friends to join the "Breath of Fresh Air" newsletter at montvernonfreshair@hughes.net.

MOMS Club of Milford / Mont Vernon

The MOMS Club of Milford / Mont Vernon meets every second Friday of each month at the Mont Vernon Congregational Church in Mont Vernon at 9:30am. This is a non-profit organization that supports at-home moms and their children that reside in the towns of Milford, Mont Vernon and Wilton. We

will be planning get togethers, playgroups, special activities and service and community projects. All activities are during the daytime except for a monthly mom's night out. Please contact Michelle Paquette, president @ momsclubofmilfordaree@yahoo.com for more information.

New Physician Joins Southern NH Radiology Consultants

BEDFORD – Michael D. Luck, MD, has joined Southern New Hampshire Radiology Consultants as a staff radiologist. Dr. Luck is certified by the American Board of Radiology in Diagnostic Radiology. He is a graduate of Harvard College and Boston University School of Medicine, and completed his internship at Boston Medical Center. Additionally, Dr. Luck conducted his residency at the Hospital of the University of Pennsylvania and his fellowship in Musculoskeletal Radiology also at the Hospital of the University of Pennsylvania.

Dr. Luck has honors and distinctions including Alpha Omega Alpha, Association of Pathology Chairs' Honor Society and the 20th Annual American Society for Bone and Mineral Research Conference.

"We are pleased to have Dr. Luck as a member of our practice," said Donald R. Logan, MD, the group's president. "With the addition of Dr. Luck, we now have three radiologists with fellowship training in musculoskeletal radiology – a specialty area with a high level of demand."

St. Joseph Hospital Uses da Vinci Robot for Minimally Invasive Procedures

NASHUA - St. Joseph Hospital is the first hospital in Nashua to bring the benefits of state-of-the-art surgical technology to patients.

The da Vinci(r) Robotic Surgical System, a technologic breakthrough providing surgeons superior 3D visualization, improved dexterity, and increased precision, is one of the newest technologies available for minimally invasive surgery. Patients undergoing surgery with the da Vinci currently report less pain, less blood loss, and less scarring than those undergoing conventional open surgery. In addition, reduced instances of infection, shorter hospital stays, faster recovery times, and quicker return to normal activities are also reported.

The da Vinci Robotic Surgical System expands the surgeon's capabili-

ties, providing a minimally invasive option for complex procedures. The system is operated by a surgeon sitting a few feet away from the patient at a console. Using a high-powered camera, the surgeon guides the arms of the robot that holds surgical tools which are inserted into the patient through small, keyhole-sized incisions. The da Vinci's highly accurate instruments allow the surgeon to move his own hands - and the robots - to conduct precise movements with extraordinary control and range of motion. The system provides a three-dimensional view of the surgery with magnification ten times that of the naked eye.

For more information about da Vinci surgery, call MedCall at (800) 210-9000.