



# The NEW YOU

June 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## Natural Good Looks and Healthy Legs: Our Specialty!

### From The Desk of Dr. D



May is ending with the same cold wet weather of last summer but **June** is coming with fresh veggies, warmth, and sun - we can only hope! I was able to open my camp in the Poconos so it's up and running and the new golf cart to toddle around is fun. I got new glasses after 5 years of the old ones so now I can see again! My 3 day weekends are giving peace and serenity since I cut back to four day work weeks. I saw the great play **God of Carnage** put on by Bigger Boat Productions in Oneonta - you must see it if you can sometimes. Make sure you take some summer trips by checking out some of the locations I talk about on page 6.



Speaking of trips - I attended my **30th Temple Medical School Reunion in Philadelphia** last month. I didn't think I'd enjoy it at first but had a blast with old school mates. Unfortunately, only 15 of us attended out of a class of 200. The event was held at the **Barnes Foundation** which is the largest private collection of fine art in the US. The art was amazing but the food was terrible so a bunch of us went to a high-end Italian restaurant to get a real meal afterward. Everyone in my class was talking about retirement! I guess if you don't like what you're doing anymore, you want to get out of it (Don't worry, I'm too young to retire!)

It was fun spending time in Philly again after so many years. My fabulous hotel overlooked City Hall so I had the perfect view of the statue of **William Penn** on the very top of the roof. Philadelphia has an amazing farmers market

called the **Reading Terminal Market** with over 100 stands of produce, oysters, cheese steaks, homemade cheese, bread, meat, chicken, etc. It was fun to see the **Amish** too. Of course, I did a little shopping on Chestnut Street too. I stopped in at **Brooks Brothers** and bought a gorgeous cotton blue sweater. I also got some shirts but sadly they didn't have my size in pink. As many of you know, pink is my favorite color (there are at least 20 pink shirts in my closet right now) and Brooks has the best shade of pink available in shirts. Better luck next time.



**Family:** I picked up **Ilsa** from ESF in Syracuse to take her home to Albany for the summer, thinking it would be a quick pick up and drop off. But nooooo....It took an hour and a half to pack her up and take all her stuff down 2 flights in her dorm to fill up my large SUV. Then the long drive to Albany with the car so full she had to have her box of succulents on her lap. She didn't even know she had that much stuff! It's possible that she'll be working with her sister **Claire** and brother **John** at Jack's Oyster House in Albany over the summer. **Claire** got great grades in her spring semester for Arizona State University and is taking summer school courses too in order to finish by next year. **John** is planning his trip to San Francisco to see **Hope** who has just texted me she's looking for a new apartment and is taking surf lessons. She's embracing the California lifestyle. My wife **Laura** is in **Sicily** as I write this for a 10-day food tour with Ric Orlando of **New World Bistro** in Albany. Laura says this is her best Mother's Day gift ever! She did have a scare - her suitcase went missing, presumed stolen, but was found intact after 24 hours. My **mother's** farm is just days from being finally being sold all due to my brother's efforts: Yay **Bret!**

**The Office:** we are expanding with new staff in almost all of the offices. Look for the completely redone parking lots in the Binghamton and Norwich offices and sealing of the parking lots in the Oneonta and Walton offices. A new marquee sign is being installed in Oneonta while the Walton office sign was run down so that's being redone. **VIP** members this summer

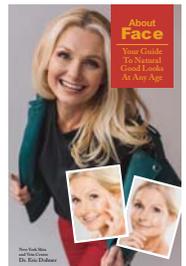
are receiving **FREE** sunglasses, coffee cups, and reusable water bottles. Text **Denise** at **607/431-2525** on how to become a VIP member before all of the seats are taken.

**Father's Day** is this month and we know dads are not nearly as interested in their appearance as they should be. So ladies, take the bull by the horns and make him an appointment to talk about some of our services to take care of issues that secretly bother you and would make him feel good about himself! See page 5 for laser hair removal for his **hairy back or shave bumps**, skin rejuvenation for those **big blood vessels on his face or nose**, **laser tattoo removal** to take his ex-wife's name off his nether parts, problems in the ahem, bedroom, with **GainsWave**, and more.

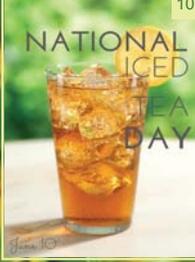
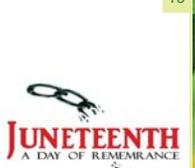
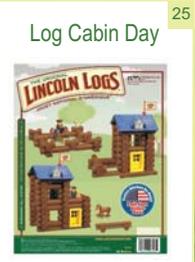
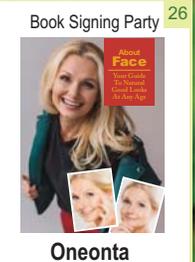
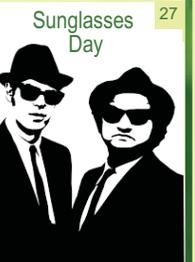
We have a New **Massage Therapist**, **Sherri McCabe**, working in the Binghamton Office. You can make an appointment online at **SherriLMT.com**. She has very reasonable fees, weekend appointments, and is accepting No Fault too! Call her at **(607) 240-8759**.

I am pleased to report that **Nicole**, our ultrasound tech in Oneonta had an "uneventful delivery" of her second baby, **Troy**. I am sending her a card that says: "Everyone's Baby is Ugly, Except for Yours!" She's hopefully returning in July to take the pressure of our other US tech, **Ashley**. Thanks for filling in **Ashley!**

Yes, my new Book "**About Face**" is at the printers and we're having a **Book Signing Party** on **Thursday, June 27th** in **Binghamton & Wednesday, June 26th** in **Oneonta**. Both start at 6 pm and we'll have hors d' oeuvres, wine, drinks, and fun. If all goes according to plan, we will have a special guest as well, but I don't want to jinx it so "Mum's the Word!" RSVP Now by calling our 24/7 Registration Hotline at **607/353-1800** or send your name/ cell/guests names via email to **Info@NYSVC.com** or Text the same info to **607/431-2525**.



# June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h2>Did You Hear?</h2> <h3>Dr D Has Written His 4th Book And There's Going To Be A Release Party!</h3>			<p>Join us as we help Dr D celebrate his latest book "About Face" at a Book Signing Party on <b>Wednesday, June 26th</b> 6 Country Club Road, Oneonta - Starts at 6pm</p>		<p>1</p> <p>Oneonta Pride Fest Neahwa Park</p> 
<p>2</p>  <p>National Donut Day</p>	<p>3</p> <p>CFDA Awards (Excellence in Fashion)</p> 	<p>4</p> <p>Hug Your Cat Day</p> 	<p>5</p> 	<p>6</p> <p>National Yo-Yo Day</p> 	<p>7</p> <p>Reunion Weekend</p> 	<p>8</p> <p>The Mopar Cams and Woodshed Prophets</p> 
<p>9</p> 	<p>10</p> <p>NATIONAL ICED TEA DAY</p> 	<p>11</p> <p>sign up</p> <p>GIVE US YOUR EMAIL ADDRESS TO GET <b>Exclusive Email Offers</b></p> <p>info@NYSVC.com</p>	<p>12</p>  <p>Red Rose Day</p>	<p>13</p> <p>Music at the Mansion Sal Salvaggio and Matt Downey Wilber Mansion</p>	<p>14</p> <p>Rock n' Reel Film Series The 80's</p> 	<p>15</p> <p>Blues Express Milford</p> 
<p>16</p> <p>Happy Father's Day</p>	<p>17</p>  <p>Find Us On Facebook</p>	<p>18</p>  <p>NY GOAT YOGA GILBERTSVILLE FARM HORSE</p> <p>Glamping Retreat</p>	<p>19</p>  <p>JUNETEENTH A DAY OF REMEMBRANCE</p>	<p>20</p>  <p>JUNE 20 WORLD REFUGEE DAY</p>	<p>21</p> <p>Brewery Ommegang 2019 Summer Concert Death Cab for Cutie Cooperstown</p> 	<p>22</p> <p>Sona Jobarteth An Evening of West African Kora Music</p> 
<p>23</p> <p>National Pink Day</p> 	<p>24</p> <p>Swim a Lap Day</p> 	<p>25</p> <p>Log Cabin Day</p> 	<p>26</p> <p>Book Signing Party</p>  <p>Oneonta</p>	<p>27</p> <p>Sunglasses Day</p> 	<p>28</p> <p>Rock n' Reel Film Series</p> 	<p>29</p> <p>Camera Day</p> 
						<p>30</p>

Address/links to events: bside ballroom: Clinton Plaza, Oneonta ([www.bsideballroom.com](http://www.bsideballroom.com)) - Turning Stone: Verona, NY ([www.turningstone.com](http://www.turningstone.com)) - Foothills Performing Arts Center: Oneonta, NY ([www.foothillspac.org](http://www.foothillspac.org)) - Proctors: Schenectady, NY ([www.proctors.org](http://www.proctors.org)) - Otesaga Hotel: Cooperstown, NY ([www.otesaga.com](http://www.otesaga.com)) - Anderson Center: Binghamton University ([www.binghamton.edu/anderson-center/](http://www.binghamton.edu/anderson-center/)) - SUNY Broome Ice Center: Binghamton, NY ([www.sunybroome.edu/web/campus-life/ice-center](http://www.sunybroome.edu/web/campus-life/ice-center)) - CANO Gallery: at the Wilber Mansion, Oneonta ([www.canoneonta.org](http://www.canoneonta.org)) - Hunt Union Ballroom - SUNY Oneonta: Oneonta, NY ([www.oneonta.edu](http://www.oneonta.edu)) - West Kortright Centre: East Meredith, NY ([www.westkc.org](http://www.westkc.org)) - Magic City Music Hall: Binghamton, NY ([www.themagiccitymusicall.com](http://www.themagiccitymusicall.com)) - The Forum Theatre: Binghamton, NY ([www.broomearenaforum.com](http://www.broomearenaforum.com)) - Oneonta Theatre: 47 Chestnut St, Oneonta, NY ([oneontatheatre.com](http://oneontatheatre.com)) - Brewery Ommegang: 656 Co Hwy 33, Cooperstown, NY ([www.ommegang.com](http://www.ommegang.com)) - NY Faerie Festival: Ouaquaga NY ([www.nyfaeriefest.com](http://www.nyfaeriefest.com)) - The Blarney Stone Pub Norwich, NY - Oneonta Outlaws Baseball ([www.OneontaOutLaws.com](http://www.OneontaOutLaws.com)) - [www.stagecoachrun.com](http://www.stagecoachrun.com) - Studio O: 50 Dietz St. Oneonta, NY 13820

**NEW YORK SKIN & VEIN CENTER: 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 also at 157 East Main St, Norwich, NY - (607) 286-0695, 6 Franklin Rd, Walton, NY - (607) 865-5800, 150 Broad St, Hamilton, NY - (315) 750-1470 and 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694 info@nysvc.com - www.nysvc.com**

# Who We Are. What We Do. Where To Find Us.

## Natural Good Looks and Healthy Legs: Our Specialty!

Originally known as Oneonta Laser Derm, New York Skin and Vein Center was founded in 2001 by Dr. Dohner, who is the area's only board certified varicose vein specialist (ABVLM). Originally located at 41-45 Dietz St in Oneonta as Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 5 locations with 3 dermatology PA's and NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

**Why Do I Write This Newsletter to You Every Month?** The New You is a monthly conversation about life as it looks from the helm of New York Skin and Vein Center. I believe in strong relationships; and this newsletter is my way of showing you who we are.

Some of you I see often, some of you come in every three months and few of you only once every few years - so we can go a long time without seeing you. And lot can happen in a year or two! This newsletter is my way of keeping in touch. The purpose of creating an open dialogue between us so that you can get to know who we are as a company.

Nothing makes me happier than when I get mail. I'm interested in what you have to say and enjoy responding to your comments. So send your thoughts, wishes and questions to me, Dr Dohner, at [INFO@NYSVC.com](mailto:INFO@NYSVC.com) and I will be sure to respond right away.



**Dr. Eric Dohner, M.D.**



**Stan Anderson, RPA-C**  
Physician Assistant  
in Dermatology



**Michael Weinberg, RPA-C**  
Physician Assistant  
in Dermatology



**Anne St. Pierre, NP**  
Nurse Practitioner  
in Dermatology



### We Have the Solution for Anything Your Face or Body Needs

- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
- Acne & Acne Scar Treatments
- Excel V Laser for Rosacea, Facial Veins, Brown Spots
- Wrinkle Relaxers: Botox, Dysport, Xeomin
- Don't Just Fill Wrinkles - Look Younger with Sculptra
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- Microneedling
- Instilift Weekend Facelift
- Fungal Toenail Laser
- Medical Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Smooth Wrinkles, Crow's Feet Smoker's Lines with CO2 Laser
- Radiesse: Restore Cheekbones
- Wrinkle Fillers: Restylane, Juvederm, LYFT
- Restore Your Complexion with ZO
- Rid Your Legs of Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Tummy Tuck
- Bellafill - the 5 Year Filler
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting

**P.S.** Every month I try to rise to the mammoth challenge of making a "medical newsletter" a great read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to [INFO@NYSVC.com](mailto:INFO@NYSVC.com).

### Upcoming Events:

This summer you'll see us at **Tricities Opera**, in the Binghamton Press, on radio and TV, and keep reading the newsletter!

**September: The New You Dinner Party**

**October: See Us at RISE 40th Celebration October 18th**



### We Get Mail!:

Dear Dr. Dohner, I had a wonderful experience with Elizabeth. She was professional, helpful and answered all of my questions. The procedure she performed was so much more tolerable because she explained everything every step of the way so it took the worrying out of it! Very happy with the results so far! — **A. Aton**

### We Love This Product!

#### West Coast Bio-Topical Progesterone Creme

**Why We Love It:** This pleasant smelling, 100% soy free cream is made from phytoestrogens - estrogen-like chemicals found in plants. Studies have shown that phytoestrogens have potential health benefits such as: reducing the incidences of breast cancer, cardiovascular disease, protecting against osteoporosis and reducing menopausal symptoms. Our in-office tests showed a noticeable reduction in the occurrence of hot flashes and less "dryness" Available at all New York Skin & Vein Center locations.



6 Country Club Rd,  
Oneonta

75 Pennsylvania Ave.,  
Binghamton



**Two  
of Our  
Locations**

Contact Us: **Oneonta: (607) 286-0061 - Norwich: (607) 286-0695 - Walton: (607) 865-5800**  
**Hamilton: (315) 750-1470- Binghamton: (607) 286-0694 - Email at: [Info@nysvc.com](mailto:Info@nysvc.com)**  
Facebook: **NewYorkSkinandVeinCenter** - Visit our website at [www.NYSVC.com](http://www.NYSVC.com)

# 3 Fantastic BBQ Sides Your Dad Will Love



This Father's Day while Dad mans the grill why not surprise him with some exciting new side dishes to accompany his steak. My simple yet delicious sides are so quick to prepare that you'll have plenty of time to hang with pops as he barbeques.

First up is my version of **Elote** (*e-low-tay*) also known as Mexican street corn. Everyone is going to love this side dish - from Grandpa to your little kids.

**Ingredients:**

8 ears of corn, husks removed	1 teaspoon cayenne powder	1 lime cut into wedges
1 teaspoon chili powder	½ cup mayonnaise	olive oil for brushing
	¾ cup crumbled cotija cheese (find at Aldi)	

**Directions:** Build a charcoal or gas fire in your grill and bring it to medium-high heat. Brush grill grate with oil.

Grill corn, turning occasionally until slightly charred and cooked through about 10 minutes.

While corn grills, combine chili and cayenne powder.

Brushed each grilled ear of corn with mayonnaise, sprinkle with cheese and chili mixture, and finish with a squeeze of lime.

Serve immediately. (Serves 4)

## Watermelon Salad (Serves 4)

When I was first introduced to this recipe I admit I was a little skeptical - I was wrong! This side dish is everything you want at a BBQ. Tangy and tasty, your dad will love it!

**Ingredients:**

1/2 cup chopped red onion	rind removed, seeds removed, chopped into 1-inch cubes, about 8 cups
1/2 cup lime juice (4-6 limes, depending on how big and juicy the limes are)	1/2 cup crumbled feta cheese
A quarter of a medium-sized watermelon,	1/4 cup fresh mint leaves, thinly sliced
	1/2 cup fresh parsley leaves, chopped

**Directions:** Soak the chopped red onion in the lime juice while you are preparing the other ingredients, about 10-15 minutes.

Gently combine all ingredients into a large serving bowl and serve immediately.



Every family has at least one vegetarian (even mine!) but even your heartiest meat eater will chow down on this hearty pasta salad.

## Dr D's Manly Vegetable Salad (Serves 6)

**Ingredients:**

12 oz farfalle or rotelli, cooked al dente	3 cups chopped broccoli florets	3 cloves garlic, peeled and minced
2-3 tablespoons olive oil	1 orange bell pepper and 1 red bell pepper, cored and diced into bite sized pieces	Salt and pepper to taste
1 zucchini, cut into bite-size pieces	1 cup cherry tomatoes, halved	1/2 small red onion, thinly sliced
		1/2 cup white balsamic vinaigrette
		Fresh grated Parmesan cheese

**Directions:** Heat 1 tbsp olive oil in a large saute pan over medium heat. Add zucchini and broccoli florets and saute for 3 minutes, stirring occasionally.

Stir in the remaining oil, then add the bell peppers, tomatoes, garlic, and salt and pepper to taste. Saute 4-5 minutes, until the vegetables are cooked but still crisp. Stir in the red onion and saute 1 minute more

Add vegetables to the pasta, drizzle with the vinaigrette and toss until evenly coated. Top with extra Parmesan

Serve immediately, or refrigerate for up to 3 days.

## 3 Beers Dad Will Love | If your Dad prefers beer to wine or cocktails, he will love these three brews



### Ithaca Flower Power

This locally made India Pale Ale is thirst-quenching, tasty and made with 100% NYS hops



### Heater Allen Pils

With its grainy and floral aroma and somewhat spicy/hoppy flavor, this beer is sure to become Dad's new favorite.



### Cigar City Xenu Cream Lager

This smooth, easy to drink golden lager is perfect for drinking on warm summer days. Not too heavy it has a light aroma of honey and corn.

# 8 Secrets He's Hiding From You And What You Can Do About It

Ok, this article might not be sexy but it is important! Just like women many of us men secretly fear that we aren't looking our best. Once thought to be a girly thing for men, it is now common for men to seek solutions to their face and body issues. On any given day I see men who tell me that they hate their acne scars, old/outdated/ awful tattoos, or their hairy backs, not to mention those painful shave bumps! I tell them "Great skin is not just for women - we want to look good too you know!"

If your man has been feeling "less than spiffy" lately, don't worry, we have a whole host of treatments that are guaranteed to him feel better about his looks - and maybe even take off a few years. He'll love his new look and you get to benefit too! YAY!

## 1. More Than Just Hair On His Chinny Chin Chin



As men get older we develop hair in places we'd rather not have it. Why not give him the gift of a smooth hairless back and shoulders, banish those painful shaving bumps, and get

rid of those long hairs sticking out of his ears. **Excel HR** is the newest hair removal laser and is safe for all skin types and colors! This laser gives a fast and comfortable treatment. So don't let him get burnt with inferior lasers at some storefront mall spa. Get him hair-free and ready for the pool now.

## 2. And speaking of Double Chins

If his neck is beginning to sag, **Kybella**, a safe injectable, can give him back his chiseled features. Fat deposits under the chin are the second biggest concern for men. But in just a few treatments, Kybella can tighten his jawline permanently. That's right - when the fat is gone it's GONE for good! He could be looking like Batman in just a few weeks. Bring your favorite superhero in for a chin profile assessment and you'll be his Wonder Woman.



## 3. Tattoo Removal



Love him but not that tattoo? If your man has a tatt that belongs to the time before you met him or he has a tattoo that didn't quite turn out the way he wanted? The **Enlighten™**

Laser can erase the mistake quickly and effectively. It's safe for all skin tones and can remove almost all ink colors. Tell him to call **New York Skin & Vein Center** at (607) 286-0061 for an Enlighten appointment (and you can both finally be rid of this ex!).

## 4. Let's Face It

Acne, pimples, and blackheads are not just a feminine issue. Men with oily skin also suffer from blocked pores, orange peel skin, and breakouts. Now that it's no longer considered "unmanly" for a man to take care of himself, it's time to introduce him to **ZO Skincare**. Developed by an LA dermatologist, ZO offers unscented, easy to use products designed to stop outbreaks and scrub away dead skin cells leaving his face smooth and caressable. We have a great starter kit that is easy to use too.



## 5. Out Damned Spot

Has he developed brown or red spots or those ugly broken veins on his nose? Then he needs **Excel V Skin Rejuvenation** - the most advanced laser available. Ideal for treating redness, brown spots, sun spots and other discolorations which can appear on the face or body, Excel V is most commonly used to treat rosacea, facial veins, and acne scarring. It is just what he needs to repair skin damage caused by sun and aging.

## 6. A Wrinkle In Time (It's time for them to go!)

Remember how young he looked when you first met? Over time he has probably developed some deep frown lines on his forehead (aka Caveman brow) which can give him the appearance of always looking grumpy. **Botox** is not just for women! Many men (including some famous actors) now include "Bro-Tox" in their skincare routine. As with women, Botox can be used to smooth out unwanted wrinkles, raise a drooping brow and ease crows feet.



## 7. Yearly Skin Examination

One of the biggest causes of skin cancer, wrinkles and aging is sun damage. Chances are he spends a lot of time outdoors playing sports or working in the yard so it's important that he receives a yearly skin examination to check for skin cancer. This exam is covered by most insurances so call now!

## 8. Getting His Mojo Back

It's estimated that at least half of men over 40 suffer from erectile dysfunction which is why there are so many little blue pill ads. But what happens when the pills don't work? Until recently we only had injections or surgery but now we have GainsWave. This painless, non-invasive treatment uses acoustic waves to repair damaged blood vessels improving blood flow. GainsWave will improve his erections! This drug- and surgery-free procedure only takes 15 minutes and is the closest thing to a cure for ED. We offer discrete appointments that fit his schedule Call (607) 286-0061 for more information.



## All This To Say

Yes, men have (pretty much) the same issues as women - they just don't know what to do about them. But you do! **New York Skin and Vein Center** offers just what he needs to smooth his skin, control acne, and erase the signs of aging and (as you know) they are all relatively non-invasive and painless. So call (607) 286-0061 TODAY to make him an appointment. You'll both be happy that you did!

# Five Long Weekend Trips You Need To Take This Summer

Now that summer is finally here, the kids are out of school and the days are long and warm, you're probably ready for a vacation but if you're too busy to get away (I know I am) why not take a couple of long weekends instead and visit some of these great cities:



**Philadelphia:** What can I say about Philadelphia? Well, I went to Medical School there so I have a soft spot for the City of Brotherly Love but there's so much more to Philly than my Alma Mater **Temple University**. From **Boathouse Row** on the east bank of the Schuylkill River as you enter the city to the **Liberty Bell** to the **Reading Terminal Market** (great place to grab a bite), the museums and the Shops at Liberty Place whatever interests you can find it in Philly. You can even check out the very cell at **Eastern State Penitentiary** where Al Capone did his time (complete with oriental rug and writing desk!).

The traffic in Philly can be rough so park your car at your hotel and take the **PHLASH** (bus) around the city. With 20 stops you can hit pretty much every monument, museum, and place of interest for just five bucks a day! Find out more at [www.RidePhillyPHLASH.com](http://www.RidePhillyPHLASH.com).

If you can't find something to love about Philly (even if it's just the cheesesteaks) make an appointment because you should probably be seen! In the meantime see what's going on over the summer months at [www.visitphilly.com](http://www.visitphilly.com).

**New York City:** The city that never sleeps has so many amazing things to do that one weekend is never enough. From Broadway shows to fine dining to **Central Park** and enough museums to suit just about everyone you're bound to have the time of your life! NYC is essentially a "walking city" and it's so easy to get around due to the grid layout of the streets (except for the **West Village** which can get a bit confusing but it well worth a trip anyway) If you prefer, get a **MetroCard** and utilize the (now very safe) subway system.



Start your weekend with breakfast at a diner - any diner - you can't go wrong. Then head to Times Square to do a little shopping. Grab lunch at **Brazil Brazil** then head back to your hotel to rest up before hitting one of the shows currently showing on Broadway. Current favorites include: **Bat Out Of Hell – The Musical**, based on *Meat Loaf's* classic album. If you aren't sure which show to see check out [www.thebroadwaychannel.com](http://www.thebroadwaychannel.com) for all the latest and greatest. On your way back to your hotel buy a packet of hot roasted nuts from one of the many street vendors you will see (many of them are military veterans and welcome the business) What about Day 2? The Met of course! You can grab lunch there in the outdoor cafe and spend pretty much the rest of the day enjoying the many many distinguished artists whose works hang there. Find out why NYC is always hopping and save some money at [www.newyorkpass.com](http://www.newyorkpass.com).



**Montreal:** Longing to experience French culture but no time to fly to Paris? Then a long weekend in Montreal is just what the doctor ordered! The second-most populated municipality in Canada.

Montreal has a strong French influence with its historic structures like the **Notre-Dame Basilica**, which stands in Old Montreal, and the Parisian style cafes (Montreal is a foodie's paradise!) which line the

cobblestone streets. The city also plays host to a variety of festivals, including: **The Montreal International Jazz Festival**, which earned the Guinness World Record for the world's largest jazz festival in 2004.

Taking the kids? Check out the **Montreal Insectarium** or the **Barbie Expo** (yup, that's a museum dedicated all things Barbie doll). You were thinking more adult pass times? You're in luck! Montreal is all about romance. Book a room at **Hôtel Le Crystal Montréal**, and enjoy their rooftop jacuzzi then spend your days (and some of your nights) in **Mile End** a trendy cultural and culinary destination. And don't miss out on the incredible **PASSEPORT MONTRÉAL PACKAGE** which gives you 72 hours access to 28 attractions (inc museums and guided tours) as well unlimited public transportation for just \$113. Find details at [www.mtl.org/en/deals/passeport-montreal-package](http://www.mtl.org/en/deals/passeport-montreal-package).

**Boston:** From **Fenway Park** to whale watching to history tours, there's so much to do in Boston! And this city is incredibly easy to get around - the Metro System is so simple to navigate that you'll be an expert by Day 2. But we're getting ahead of ourselves!



Bring comfortable shoes because you really ought to begin your three day trip with a quick history refresher The **Freedom Trail Walk** (the guides dress in period costume) is a two and a half mile and you get to see all those important landmarks you read about in middle school history. You're going to need a break after all that walking to head over to **Faneuil Hall/Quincy Marketplace** for the best lobster roll of your life! Enjoy a cocktail (or two) and it's time for a little shopping on **Newbury Street** in the Back Bay. Wow, you've gone so much done and it's only Day 1 Reward yourself on your productivity with dinner at **Union Oyster House** (one of the oldest restaurants in Boston) and over dessert you can plan Day 2 (museums? Maybe head to Salem for the day...) There's so much to do in and around Boston that three days will go by very quickly indeed! Check out [www.getyourguide/boston.com](http://www.getyourguide/boston.com) for all the latest happenings in this gorgeous city.

**Washington DC:** The Nation's Capital is a must do trip for any family.



Aside from the White House, The Lincoln Memorial and the Reflecting Pool, DC also home to The Vietnam Memorial Wall, The National Gallery, The Smithsonian and The National Zoo. For extra bonus points with the kids check the International Spy Museum where you can see all kinds of neat surveillance equipment (there's a great gift shop there too). Feeling hungry? Head over to **Matchbox**, a local chain that offers wood oven pizzas, burgers, salads and brunch on the weekends. Or **Busboys and Poets on 14th and V** which is both a bookstore and a restaurant (mostly meat on the menu but they have some good vegetarian options too). But the best (in my opinion) is **Good Stuff Eatery** on Pennsylvania Avenue; it's pretty low key (you order at the counter) but I think they might very well have the Best Burger in DC!

For more information on what to do in DC check out [www.washington.org](http://www.washington.org).

# 9 Great Gifts Father's Day Gifts For The Men In Your Life

This year forget the socks and the ties because we've searched the Interwebs to find the perfect present for your Dad this Father's Day. From cutting edge cufflinks to growlers, scotch to signature scents, no matter what kind of person your father is we've found the ideal gift for him.



Got a father who likes to cook or is he just always on the cutting edge? These Knife Cufflinks by Black Brown are hilarious and oh so much better than a tie! We think they're perfect for the businessman, foodie or culinary genius in your life. Or

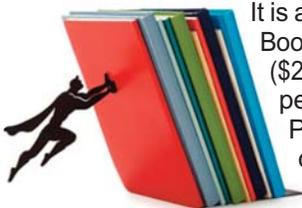
maybe Dad's just a sharp dresser? No matter, he will make a statement anywhere in these bad boys.

Available at [lordandtaylor.com](http://lordandtaylor.com) \$19.99.

If you give a man cufflinks, he's going to need a French Cuff Shirt and the **Brooks Brothers Traditional Relaxed-Fit Dress Shirt, Non-Iron Spread Collar French Cuff** (\$92) available in four colorways (including Dr D's signature pink) is the perfect dress shirt for any man. Treated to resist wrinkles, and the shirt features Brooks Brothers 6-Pleat Shirring at the French cuffs and pucker-free seams guaranteeing that no matter how tough Dad's day gets, he will always look cool and polished.



[www.brooksbrothers.com](http://www.brooksbrothers.com).



It is a bird? Is it a plane? No, it's the Hero Bookend from [www.uncommongoods.com](http://www.uncommongoods.com) (\$25). What better gift for your own personal hero than this fun bookend. Perfect for his home library or his office shelves.

Bring out his adventurous side with **Montblanc Explorer Eau de Parfum Spray**

The citrusy/musky notes are intoxicating and although we can't guarantee that dad will be climbing mountains after a spritz we are pretty confident that he'll be the best smelling father at Parents Day. \$98 exclusively at [www.macys.com](http://www.macys.com).



There's nothing sadder than warm flat beer but now Dad can enjoy ice cold beer anywhere with his very own Pressurized Craft Beer Growler. Perfect for carrying home from his favorite brewpub. Your siblings gifts won't come anywhere close to perfection after you give this to the old man on Father's Day because this might be THE perfect gift! And it's affordable at \$174 from [www.uncommongoods.com](http://www.uncommongoods.com).



If your pop loves to listen to music or enjoys listening to audiobooks he's going to love a pair of these **Bose QC35 Noise Cancelling Headphones**. At \$349 a pair they might not be the cheapest you can

find but they are quite possibly the most comfortable headphones around. [www.amazon.com](http://www.amazon.com).

Sous vide cooking with immersion circulators combines two elements of cooking that all dads can appreciate: precision and simplicity. So whether your dad just needs to make dinner or he's a Top Chef in the making, he needs the **Anova precision cooker with bluetooth capability** just \$118. [www.amazon.com](http://www.amazon.com).



Smart home gadgets take a huge load off any father's mind so why not give your dad Amazon's puck-sized smart hub **The Echo Dot**. Not only will be able to use voice commands to complete common tasks like set the thermostat or turn off lights, but Dad can also check the weather, tell Alexa to play music, order supplies from Amazon, even "drop in" on his kids to say hi - all from the comfort of his armchair. Prices for Echo's keep dropping. Right now you can score an Echo Dot for just \$39.99 at [www.amazon.com](http://www.amazon.com).

**The Macallan Edition No.4** is an extremely limited batch of single malt and something he'll savor because of its rich palate of nutmeg, honey and orange zest leading to sweet oak, clove and vanilla with a smattering of wood spice to finish. Delicious! Available at [Kegnbottle.com](http://Kegnbottle.com) \$110.



I have long been a fan of Harry's and this handy travel kit didn't disappoint. Stuffed with TSA-sized products including Harry's signature Truman razor, blade travel cover, shave gel, post-shave balm, and body wash, the **Deluxe Travel Kit** is perfect for the dad on the go. Sensibly priced at just \$35 you can try a **ZO Phase 1 Kit** with

has all he needs to get started with travel sizes for only **\$124**.



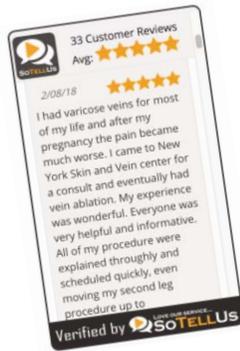
New York Skin & Vein Center  
6 Country Club Rd  
Oneonta NY 13820  
(607) 286-0061

Also at:  
157 East Main St  
Norwich NY 13815  
(607) 286-0695

6 Franklin Rd  
Walton NY 13856  
(607) 865-5800

150 Broad St  
Hamilton, NY 13346  
(315) 750-1470

75 Pennsylvania Ave  
(Next to BGH)  
Binghamton NY 13903  
(607) 286-0694



## It's June Already!

- Start Planning Your Weekend Trips With My Handy Guide On Page 6
- Best Father's Day Recipes EVER! See Page 4
- Turn To Page 1 To Find Out What Dr D Has Been Up To Lately
- Want To Get Dad Something Really Neat This Year? We Searched The Internet For The Gifts Every Man Wants. Turn To Page 7
- 8 Secrets He's Hiding From You And What You Can Do About It! Page 5
- Out What's Going On Around Town? Check Out The Calendar On Page 2

Good Friends Don't Let Their BFF Miss An Event  
Sign Up Your Bestie For My Newsletter TODAY!  
Please Call Us at 607-286-0061 or email us at  
Info@NYSVC.com with your name, address and email.  
We'll Get One in the Mail ASAP!

# Did You Hear?

## Dr D Has Written His 4th Book And There's Going To Be A Release Party!

Join us as we help Dr D celebrate his latest book  
"About Face"\* at a Book Signing Party on  
**Wednesday, June 26th**  
**6 Country Club Road, Oneonta - Starts at 6pm**

**This is going to be  
THE EVENT OF THE SEASON!**

(our parties are legendary so if you'd like to attend  
don't delay because seats ALWAYS fill up fast! )

We will have a special celebrity guest (details to be announced soon!), cocktails, hors d'oeuvres, giveaways, way too much fun and of course Dr D will be in attendance to sign advance copies of his book!

This event is **FREE** but you must **RSVP Now** by calling our 24/7 Registration Hotline at **607/353-1800** or send your name/cell/guests names via email to **Info@NYSVC.com** or Text the same info to **607/431-2525**.

\*All proceeds from the sale of Dr Dohner's book will be donated to local women's charities RISE in Broome County and Family Services of Otsego County.

### About Face

Your Guide  
To Natural  
Good Looks  
At Any Age



New York Skin  
and Vein Center  
Dr. Eric Dohner