



# The NEW YOU

February 2018

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## From The Desk of Dr. D



**Family:** Not much happening with my kids right now. No one except the oldest, Eric Jr (30), is in college right now but this fall I'll probably have 2 or 3 returning. **My Mom's Christmas package** always consists of a shoofly pie, pecan tarts, opera fudge, Lebanon baloney (regular flavor not sweet) and a long letter written on scraps of paper in a near indecipherable language that only the Pennsylvania Dutch can read. The only change this year was that the package was broken into by either a very hungry caterpillar or a squirrel!



We spent **New Year's Eve weekend** in Jim Thorpe PA at the Parsonage House Bed and Breakfast. The food they served was to die for - have you ever had a 3 course breakfast?! The NYE dinner was 7 courses and all the visitors dressed up and then trekked off to the Opera House right across the street for a party. It was a lot of fun!



**Key West: We made our semi-annual trek to KW in January for my birthday (59!!)**

and Laura's KW literary seminar. We stayed at the **Orchid Key Hotel** again which is our favorite. The tiny enclosed tiki bar features "Gin and Juice" which is Hendricks Cucumber Gin & grape fruit juice: delicious!



**The Food in KW is amazing!** We ate at **BO's Fish Wagon** which is NOT a wagon or truck but a weird restaurant with NO walls. It's covered with dollars and license plates and has the freshest fish in KW. We also ate at **Seven Fishes** which sadly moved from its former location in a tiny neighborhood to a gigantic metal and plaster building and promptly lost all of its charm. With time to kill (Laura was at her seminar) I also spent an afternoon at the KW Seafood Fest where I watched as a Black Fin Tuna was filleted right in front of me and then got to taste raw tuna poke... yum!



**In KW chickens** are everywhere and are the theme of many an artist's work. One of my favorite artists is **Jim Sherrington** (I own several pieces of his) an while we were there Laura bought me another of his prints for my birthday so now have a little shrine to KW chickens in our Oneonta house (see photo).



**Entertainment: The Oscars** are happening in March this year instead of February due to the Winter Olympics. We have had an Oscar party in the past. If you are interested in attending one this year as a benefit for a local charity, then email me at [info@nysvc.com](mailto:info@nysvc.com) and if there is enough interest, I'll set up a party!



**What I'm reading:** I have a stack of books sitting on my bedside and I intend to have **them all** read by the end of the month. My current favorite is **Win Bigly** by Scott Adams - all about persuasion. I'm thinking of learning hypnosis because to this book. Watch out if you're clucking like a chicken in the office!



**What I'm Wearing:** Tennis Clothes! I'm back to tennis after a month hiatus and I'm loving it. After playing for the first time in a month, I didn't feel like I got hit by a truck!

**What I'm Doing For Valentine's Day:** We're going to the Bassett Valentine's Soiree on Saturday February 17th. Look for the items we've donated for the silent auction. **Go to FriendsOfBassett.org for details.**



## This Month's Dinner Party

is all about **Luscious Lips!** We'll talk about more than just your lips though: mouth, cheeks, jawline, neck and ears too! As always you'll learn all your options for restoring your natural good looks. We'll have a nice dinner and wine and prizes too. **The parties are happening on Thursday February 22 at the Binghamton office and Tuesday February 27th in Oneonta.** Both start at 6pm and you must **RSVP by calling our 24/7 registration hotline at 353-1800 or emailing INFO@NYSVC.com** with your name and cell number and any guests.



# FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Get Glowing Smooth Skin this Month with a ZO Stimulation Peel!</b>            Formulated by Dr. Obagi of Beverly Hills  <b>This is the Perfect "Lunchtime" Peel with No Downtime!</b>            This revolutionary spa peel stimulates cell turnover, reducing fine lines and wrinkles, and improves overall skin tone, texture &amp; clarity without downtime.  <b>ONLY \$19 (Save \$56!)</b>  <b>Call (607) 286-0061 NOW for Your Appointment!</b></p>				<p>1</p>  <p><b>NATIONAL FREEDOM DAY</b></p>	<p>2</p> <p>Ground Hog Day</p>  <p>Don't Drive Angry</p>	<p>3</p> <p>Snow Tubing at Glimmerglass State Park</p> 
<p>4</p> <p><b>HOW TO CELEBRATE</b>  <i>Stuffed</i> MUSHROOM DAY</p> 	<p>5</p> <p>National Weatherman's Day</p> 	<p>6</p> <p>National Chopsticks Day</p> 	<p>7</p> <p>sign up</p> <p>GIVE US YOUR EMAIL ADDRESS TO GET  <b>Exclusive Email Offers</b>            info@NYSVC.com</p>	<p>8</p> <p>Boy Scout Day</p> 	<p>9</p> 	<p>10</p> <p>Focused Tasting at The Cider Mill: Dip Your Own Strawberries            Fly Creek Cider Mill</p> 
<p>11</p> <p>Don't Cry over Spilled Milk Day</p> 	<p>12</p> <p>Abraham Lincoln's Birthday</p> 	<p>13</p> <p>Broadway in Binghamton Presents: The Forum Binghamton NY</p> 	<p>14</p> <p>Happy Valentine's Day</p> 	<p>15</p> <p>Susan B. Anthony's Birthday</p> 	<p>16</p> <p>Happy Chinese New Year            Year of the dog</p> 	<p>17</p> <p>Random Acts Of Kindness Day</p> 
<p>18</p> <p>FEBRUARY 18TH IS NATIONAL DRINK  <i>Wine</i> DAY</p> 	<p>19</p> <p>President's Day</p> 	<p>20</p> <p>National Hoodie Day</p> 	<p>21</p> <p>GUARANTEED SATISFACTION GUARANTEED  <b>EVERY DAY!</b></p> 	<p>22</p> <p>Broadway in Binghamton: Magician Adam Trent The Forum</p> 	<p>23</p> <p>Tennis Day</p> 	<p>24</p> <p>The Brain Cloud Otesaga Resort Hotel Cooperstown</p> 
<p>25</p>  <p><b>Find Us On Facebook</b></p>	<p>26</p> <p>National Pistachio Day</p> 	<p>27</p>  <p>Dr D's Dinner "Luscious Lips" Workshop</p>	<p>28</p> <p>National Tooth Fairy Day</p> 	<p><b>Want to Learn More About Lip and Face Restoration</b>  <b>But Can't or Don't Want to Attend Our Dinner Party?</b>            The First 3 Women to Call will Receive a Complimentary Consult with Lisa Nunez RN, our Injection Nurse.  <b>Call (607) 286-0061 NOW for Your Appointment!</b></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)

**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**

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

- Tighten Turkey Neck, Batwings & Belly with ThermiTight
- ThermiVA for Bladder Control and Dryness
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- 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
- Fungal Toenail Laser
- Medical Dermatology: Acne, Rashes, Moles, Warts
- Laser Hair Removal
- Microdermabrasion, Facials
- Smooth Wrinkles, Crow's Feet Smoker's Lines with CO2 Laser
- Radiesse: Restore Cheekbones
- Wrinkle Fillers: Restylane, Juvéderm, 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

## 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: [NewYorkSkinandVein](https://www.facebook.com/NewYorkSkinandVein)  
 Visit our website at [www.NYSVC.com](http://www.NYSVC.com)



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

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.

## Upcoming Events You Won't Want To Miss!

- This Month:** **Luscious Lips Dinner Party**  
 Thur Feb 22 in Binghamton and Tues Feb 27 in Oneonta  
 6pm-8pm
- March:** **Let's Start with Skin Dinner Party**  
 Thur Mar 22 in Binghamton and Tues Mar 27 in Oneonta
- April:** **The Comedy of Joanne Callahan and Friends**  
 Saturday April 7th at 730pm

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 D

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).



6 Country Club Road, Oneonta



75 Pennsylvania Ave., Binghamton

# Dr D's Valentine's Day Dinner Menu For 2

This sexy recipe might seem complex but it's really very simple and sure to wow your Valentine. The original recipe calls for an incredible amount of garlic but (though I love garlic as much as the next man) over the years I have cut the amount I use to a "kissable" rate. Feel free to add a clove or two more if both you and your love are fans of *Allium sativum* (fancy word for garlic!)



## Rack of Lamb With Ratatouille

(serves 4)

### Ingredients:

1 rack of lamb, with 8-10 ribs  
(tell the butcher you want  
French trimmed)

### Marinade For Lamb

4 cloves of garlic  
crushed or minced  
4 tbsp of olive oil  
salt  
black pepper, freshly ground

### Ingredients for Ratatouille:

4 large ripe tomatoes  
1 large eggplant,  
cut into ½" wide cubes  
2 red peppers,  
sliced lengthways  
and cut into 2cm squares  
2 red onions, chopped  
3 zucchini, diced into ½" cubes  
2 bay leaves  
6 sprigs of fresh thyme  
3 sprigs of rosemary  
6 sage leaves  
8 garlic cloves  
1 tbsp of balsamic vinegar  
extra virgin olive oil  
2 tbsp of superfine sugar\*  
water, salt  
black pepper, freshly ground

**Directions:** Marinate the rack of lamb, cover with cling film and leave to rest for 4 hours or overnight in the fridge.

**To Prepare Ratatouille:** Preheat the oven to 176°F. Blanch the tomatoes for few seconds in boiling salted water to take the skin off, then plunge the tomatoes in cold water. Cut the tomatoes into quarters, remove the core and pulp using a small sharp knife.

Place the tomato flesh in a bowl with the olive oil, salt, freshly ground pepper and 1 tbsp of superfine sugar. Stir well.

Spread the tomatoes on a baking tray and add 3 sprigs of thyme, 1 bay leaf and 2 cloves garlic - slightly crushed open. Cook the tomatoes in the oven at 176°F for 2 hours. Once cooked, remove the garlic cloves and herbs and cut the tomatoes in half.

Sauté the cubes of eggplant in a pan over a medium heat with olive oil, 3 chopped cloves of garlic, sage leaves and salt and pepper. Stop cooking when they are tender and cover with a lid to keep them moist. Remove the sage and set aside.

Cook the peppers over a medium heat in a sauté pan with the chopped onions, balsamic vinegar, a dash of water, 1 tbsp of superfine sugar, 2 tbsp of olive oil, rosemary and salt and pepper until soft. Remove from the heat and allow to cool in the pan with the lid on. Set aside.

Dice the zucchini into ¼" cubes and sauté in a pan over a medium heat with 3 cloves of peeled and chopped garlic, 2 tablespoons olive oil, 3 sprigs of chopped thyme, salt and pepper. Cook gently until lightly colored and soft. Allow to cool in the pan with a lid on and set aside.

**To Cook Rack of Lamb:** Remove the lamb from the marinade and preheat the oven to 356°F. On a cast iron saute pan, place the lamb skin-side down and seal until it starts to crisp. Sear with care on all sides before placing the lamb on a roasting tray, covering with the remaining marinade.

Finish in the oven for about 10 minutes to achieve a medium-rare finish. To check the temperature of the lamb, simply stick a small knife into the flesh, then put it carefully on your lips. If it is warm then the meat is pink and ready. Strain the pan juices and set aside the lamb to rest for 4-5 minutes.

Combine all of the ratatouille vegetables in a large saucepan and reheat gently until warm.

Arrange ratatouille on plates and place the pieces of lamb on top. Drizzle with the strained pan juices and serve to your Valentine!



## Bellini Cocktail

(serves 1)

This simple, yummy cocktail was created in that cradle of romance - Venice, Italy! Combining peaches and prosecco, what's not to love?

1 ½ oz peach puree  
4 oz Prosecco  
Fresh peach slice

Add the peach purée to a Champagne flute and fill with prosecco. Garnish with peach slices.

### To Make a Peach Puree

2 Ripe Peaches, seeded and diced\*  
1 Tbs Freshly Squeezed Lemon  
1 tsp Sugar

Place the peaches, lemon juice, and sugar in the bowl of a food processor fitted with a steel blade and process until smooth. Press the mixture through a sieve and discard the peach solids in the sieve. Refrigerate.

\*These days most fruits can be found year round but if you are struggling to find peaches, substitute frozen peaches instead. Or, for a delightful play on the traditional try fresh pears instead.

# Spotlight On.... Dating!

Everyday women come into my office and lament about how hard it is to find love. Often they ask me where they can find their perfect partner! I want to say right off the bat here, I am not an expert! Yes, I'm a man and that (sort of) means that I have (some) insight into what goes on in the minds of men but again - no expert! At various times in my life, I have tried to impart my "wisdom" to the women in my life (I do have 5 daughters). Usually they ignore me but it's February and that means Valentines Day so I'm going to share what I know (and you can take it or leave it)

## 10 Things About Dating That You You Should Know

### 1. Get Off Line!

You will never find your love when there are so many choices out there. Cancel your subscription and join clubs/groups and associations of people with whom you have shared interests.

### 2. Like Attracts Like!

If you are happy you are more likely to attract people into your life who are positive. Now, this isn't always the case (misery loving company and all that) but mostly, happy people pull other contented people toward them.

### 3. Focus on the positive

Noone is perfect! Don't ignore warning signs but don't dwell on the minor negative aspects or pretty soon those negatives will kill the positive things in the relationship

### 4. Seek Companionship and Not Romance

Yes, that goes against every romance novel you have ever read but successful relationships are based on trust, kindness and a healthy dose of humor. Although it seems romantic at first, someone who sweeps you off your feet indicates a control freak, and you aren't going to like where the relationship goes! Look for someone who gives as well as takes, who seeks your opinion and considers it, who cares about what you want, too.

### 5. All The Good Men Are Not Taken!

Half the adult population in the U.S. is single so statistically there have to be "good single men" out there. Men get divorced for the same reasons women do; they grew apart from their wives, their wives cheated or circumstances just changed. Some men had their heart broken earlier in life but have healed and are now ready to date again. There are lots of good reasons why men in their 40's, 50's and 60's are single and looking for a woman like you.

### 6. It's Not True That Love Will Show Up If You Just Stop Looking For It

We've all heard this from well meaning friends and family but the truth is that you have to put yourself out there in order to meet people. Yes, dating can be rough and from time to time you may reach a point when you feel that it is too exhausting and just too much effort. But know this - every date you go on brings you one step closer to finding the right person who is right for you. Not every date is going to work out but at least you'll have some funny stories to share on your next date...

### 7. It Takes a Strong Woman To Let a Man Open The Door

Times have changed! When I was a young medical student it was expected that I would open the car door for my date. I expected to pay for dinner (within the budget of my meager pay) and I was happy to do it. Today's women are taking the world by storm, you are stronger and wiser than any generation before but we men are simple creatures and we like opening the door for you - please let us (it means so much)

### 8. Listen To What They Are Saying

Most people will tell you everything you need to know about them within the first hour of conversation. If you meet a man and he tells you that he isn't looking to settle down BELIEVE HIM! He won't change just because you want him to. But if a man is telling you that he is tired of dating it probably means he is looking for something more substantial. If he talks about all the younger women he's been dating recently he is probably not ready for a relationship. If he always seems to be off on some new adventure he is most likely not serious about becoming part of a couple. If the words he is speaking don't match up with his actions BEWARE!

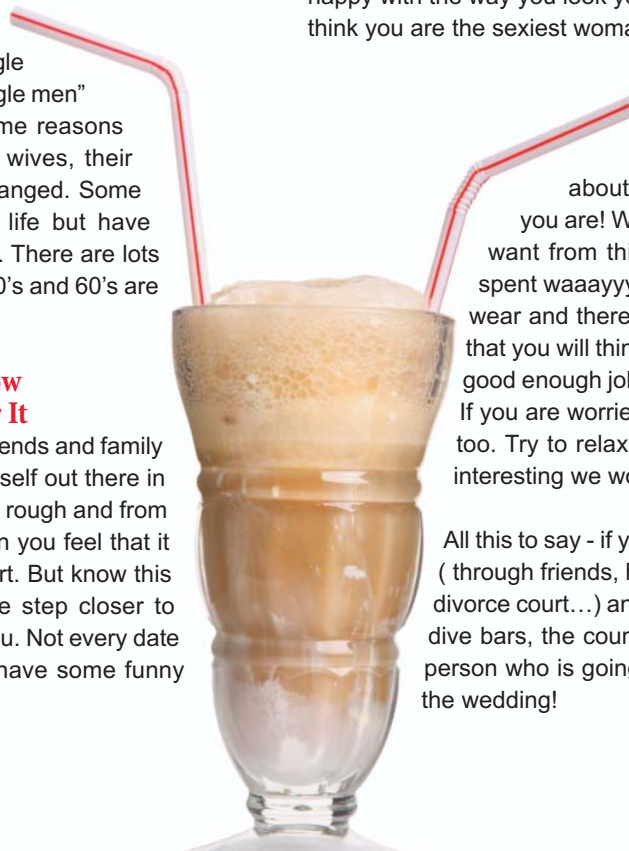
### 9. Confidence is Sexy!

You don't need to look like a supermodel just be comfortable in your own body. Take good care of yourself: eat healthy, exercise regularly, make sure you get enough sleep and of course, attend my informative workshops to learn how to keep your natural good looks (and reverse the signs of aging and sun damage). If you are happy with the way you look you can bet your bottom dollar he will think you are the sexiest woman alive

### 10. Men Get Nervous Too!

On behalf of men everywhere I am willing to tell you the truth about dating - we are just as terrified as you are! We have absolutely not idea what you want from this coffee date/lunch/dinner and we spent waaayyy too long trying to figure out what to wear and there we should take you. And we worry that you will think we are overweight or don't have a good enough job and a million and one other things. If you are worried about it, chances are your date is too. Try to relax and have fun, if we didn't find you interesting we wouldn't be sitting with you.

All this to say - if you look for love in all the right places ( through friends, hobby groups, church, associations, divorce court...) and forget the negative places (online, dive bars, the county jail..) you will find that wonderful person who is going to make you happier. Invite me to the wedding!





# How To Get The Luscious Lips You've Always Wanted Without Ending Up Looking Like a Fish

A recent study of people aged 30 to 80, showed that people judge how young you are based on the extent that your mouth stands out from your face. So basically, by making your lips more natural and full you can shave years off your appearance.

**Lip augmentation** is one of the most googled non-permanent, minimally invasive cosmetic treatments worldwide! This is because, as early as your 30's many women begin to see a thinning of their lips and by 40 every mouth I see would benefit from a little "filling out".

Once an involved treatment available only to the rich and famous, lip augmentation is now simpler and more natural looking than ever before. Where horror stories used to abound about lip surgeries gone hideously wrong (think Meg Ryan's now infamous and permanent "fat lips" the results of which ruined her career), today's sophisticated fillers are quick, easy, safe and very natural looking!

Made of **Hyaluronic Acid (or HA)**, a substance that's found naturally in the body, fillers like **Juvederm** and **Restylane** can be used to plump lip volume, restore "fullness" to cheeks for a more youthful look, and get rid of those ugly vertical lines around your lips

HA is an important beauty ingredient because it is able to hold up to 1,000 times its own weight in water (which is why you'll find it in many high end skincare products). In a cream, HA can only do so much



Actress Meg Ryan was barely recognizable after surgery changed her once pretty pout into lopsided fish lips.

because it can't penetrate the outer layers of your skin to reach a depth where it can have an instant and noticeable impact - and that's where the needle comes in!

Because HA is something that our body naturally produces, it produces a realistic natural effect. Once injected into the skin it lasts about a year. It isn't permanent; making lip augmentation a very low risk procedure. However, like all procedures there are minor risks involved. There is for instance a minimal chance that lip bumps or bruising may occur at the site of the injections but we perform lots of these procedures every month and are highly skilled at reducing the risk of either happening. And, in the highly unlikely scenario that something were to go wrong there is an antidote. So, even if you've had disappointing results at another physicians office, we can reduce the damage (and later make your lips

lovely again) with just a simple dissolving injection. Immediately after treatment your lips might look a little red and be more swollen than the final results but this soon subsides and within a few days your lips will look and feel completely natural.

**Does it hurt?** Most women (and yes I've treated men's lips too) say it feels like a pinch and then pressure. The HA's are mixed with novacaine so are very well tolerated. If you want we can always numb up your mouth with novacaine like the dentist does to make it absolutely discomfort free!

Patients often tell me that their family and friends don't even guess that they have had lip augmentation. Instead colleagues and friends tell them that they look 'refreshed', 'healthy' and 'glowy'. Many tell me that friends have complimented them on how lovely their new lipstick is - never guessing why their lips suddenly looked so good! When it comes to lips a little 'tweak' can have a huge impact!

## Am You a Candidate For Lip Fillers?



The average age of women who seek my help for thinning lips is 40 years old . Many women say that their lips began to change slowly, at first it was barely noticeable and their lipstick didn't look as

good as it used to. Then they began to see that richer shades no longer looked attractive as lip volume thins out more. Finally, their lips seemed to "recede" into their face until there was no longer a defining lip line (and no amount of lipliner could hide the fact that their lips had thinned). Finally, fine lines appear around their mouth causing unattractive lipstick bleeding. We can help at any stage of lipstick lines and thinning of the lips but it is easier at an earlier stage of course.

If you have started to see your lips get thin or other wrinkles starting, then now is the time to talk. Join me at my **February Dinner Party "Luscious Lips"** on **Thursday February 22nd** in our **Binghamton Office** or **Tuesday 27th February** in **Oneonta** to find out more about these safe and effective injectables.

Want To See an Actual Treatment? Watch **LIVE DEMONSTRATIONS** at the party and enjoy a delicious three course meal but you must **RSVP NOW** because these events fill up fast! See Page 8 for full details! Call our **24/7 Registration Hotline 353-1800** to sign up OR email **INFO@NYSVC.com** with your name, cell number and any guest's names too!



# Reinvent Your Style

By the very nature of what I do I spend my days surrounded by women and one of the things I hear a lot is that many women over 45 just don't love their look anymore. I'm often asked for my thoughts (as a man) on what would look best on their changing bodies. Yikes! I might be an expert on natural good looks but I leave the fashion to others! However, because you asked I sent my staff looking and here's what they came back with. As a man (and you did ask) I have to say that I like all of these looks. It's always a pleasure to see a woman of any age embracing her personal style. The sexiest thing a woman can wear is self confidence!



## The Middle Page

50-something Dallas-based blogger, Cathy Williamson, has nailed the art of casual, sophisticated style. Her blog, The Middle Page, documents her life, travels and daily fashion choices. There are links on her page to stores you probably know well (and a few you might not be familiar with); look for the "shop with me" button to discover exactly where she got that item you love so much. Clothing on this site range from "I can easily afford that" to "HOW MUCH?" but her style is easy to wear and you can easily reproduce it at stores like T.J. Maxx for a fraction of the price. <https://themiddlepage.com>



Copy Cathy's style with this oversized v neck sweater from [freepeople.com](http://freepeople.com) \$128

V-Neck Bell Sleeve Dress \$129 [anntaylor.com](http://anntaylor.com)



## Accidental Icon

Lyn Slater has a knack for showing off eye-catching, quirky pieces. The 63-year-old bloggers sleek, fashion-forward sense of style is an inspiration for any age. Lyn is proof that being comfortable with your personal style is chic. Creative, urban and always interesting, Lyn started Accidental Icon to speak to women just like her - women who weren't ready for grandma clothes and rocking chairs. Her style is thoughtful, smart and highly wearable at any age. Check out her blog at [www.accidentalicon.com](http://www.accidentalicon.com)



Black Tunic \$79 from [marcellamoda](http://marcellamoda.com) at [etsy.com](http://etsy.com)

Moto jackets never truly go out of style so you can afford to invest in a quality leather version. Pair with a long skirt (as Lyn often does), layer over dresses, or wear atop your favorite jeans for an upto the moment look that won't make your kids cringe.



Collection washed leather motorcycle jacket from [J.Crew.com](http://J.Crew.com) \$495



## Not Dead Yet

Over at Not Dead Yet, Patti Gibbons puts her own creative take on style as a 60-something. From sophisticated black to boho dresses and cute boots, Patti hasn't let passing 60 change her unique style - and neither should you! One of the places she likes to shop is [xiaolizi](http://xiaolizi.com) (at [etsy.com](http://etsy.com)) where clothes are individually priced at around \$80. Check it out if like Patti, you like to mix feminine with a touch of edginess.



Asymmetric dress by [xiaolizi](http://xiaolizi.com) at [etsy](http://etsy.com) \$59.00 [www.etsy.com/](http://www.etsy.com/)

Relaxed Top Coat. Black Turtleneck and Plaid Skirt all available from [J.Crew.com](http://J.Crew.com) from \$63



## Bag and a Beret

Vancouver-based blogger (<http://bagandaberet.blogspot.com/>) Melanie Kobayashi mixes vintage, fun prints, and plenty of colors to create an overall look that's all her own.

There's no hiding behind basic black for this vibrant 53 year old woman. Her blog is full of riotous color, bold choices and fun! Interesting in copying her style? As well as high end retailers like Diane von Furstenberg and Nordstrom's, don't be afraid to check out offbeat companies like [www.nastygal.com](http://www.nastygal.com) and [www.missguidedus.com](http://www.missguidedus.com) "But Dr D!" you're going to cry, "Most of these clothes are more suited to my 23 year old daughter!" I'm not suggesting that you leave the house looking like a sorority girl on spring break but take inspiration (and courage) from Melanie and mix it up a little (you can always return things you don't like)



Copy Melanie's style with this colorful dress Freya Floral Wrap Dress \$95 TopShop at Nordstrom [www.nordstrom.com](http://www.nordstrom.com)



Though not as long as Melanie's faux fur we think she would agree that this bright blue coat is purr-fect. Fur-Tune Teller Longline Coat \$101.00 from [Nastygal.com](http://Nastygal.com)

## Women shouldn't have to follow a set of rules once they reach a certain age

Patti Gibbons Fashion Blogger



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75 Pennsylvania Ave  
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To Find Out What's Happening In Your Area
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- Who Doesn't Want Kissable Lips? Discover How To  
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This month's Dinner Party is all about ...

# Luscious Lips!

We'll talk about more than just your lips though:  
mouth, cheeks, jawline, neck and ears too! As  
always you'll learn all your options for restoring  
your natural good looks. We'll have a nice dinner  
and wine and prizes too. The parties are happening  
on **Thursday February 22 at the Binghamton  
office** and **Tuesday February 27th in Oneonta.**  
**Both start at 6pm** and you must **RSVP** by calling  
our **24/7 registration hotline** at **353-1800** or  
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