



# The NEW YOU

February 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## From The Desk of Dr. D



I'm writing this as I sit by the pool in Key West (KW) in my shorts and no shirt but don't hate me because I'm giving you all of my secret places for hotels, eating, drinking and visiting this month. I was really depressed the beginning of this year (with my big birthday and the long hard cold winter coming)

but now I'm feeling pretty good because I survived my 60th and April 1st is only 2 months away! And I celebrated my 60th with a private chef in KW. He whipped up a 7 course all fish and seafood menu for friends of Laura's and mine. We missed seeing **Helen & David Rees** from Milford who was visiting.

**Family, Friends, and Staff:** Ilsa and Claire got all A's in their courses so Dad is happy. John is still working like crazy at Jack's Oyster House. Hope visited from California over Christmas and I'm going to see her end of this month while going to a vein conference near Palm Springs. We are welcoming our new practice manager Kristy Aton from Binghamton to take a big load off of my shoulders.

### Dr D's Guide to Key West:

**How to Get there:** Do not under any circumstances be tempted to fly into Ft Lauderdale or Miami and drive down! (Or worse yet take a shuttle.) The 4 to 5-hour drive down is boring and long and fraught with danger on the two-lane highway. You do NOT need a car in KW and the parking is terrible. Fly into KW airport (from Albany or Syracuse or NYC) and take the \$15 taxi to your hotel.



**How to get around:** Use Lyft to go more than a mile. The taxis like in any city are hard to find. You can rent a

scooter for \$35 per day or \$150 per week that will take you anywhere on the island but they are illegal on the highway to Stock Island. Bikes are good too.



**Where to Stay:** It's best to stay within walking distance to Old Town on the western side. The resorts on the southern and eastern part of the island are far too distant to visit where the action is in Old Town. We like **Angelina Guest House**, **The Orchid Key**, **The Southernmost House**, and **The Saint**. You can find great houses on VHBO.com too.



Louie's Backyard

**Where to Eat: Breakfast:** Best coffee and breakfast sandwich at **Cuban Queen**. Best Brunch at **Louie's Backyard**. **Banana Cafe**.

**Lunch: Key West Fish and Chips Food Truck** is at 629 Duval with the best fish tacos ever! **KeyWestFoodTours.com** for a 3-hour lunch visiting several places. Best grilled yellowtail snapper at **Antonia's**. Best funky outdoor dining at **Blue Heaven** but you'll have to wait in line. Best Cuban food and sandwich at **El Siboney**. Best Burger at **Frita's Cuban Burger Cafe**. **Hogfishbar.com** on Stock Island is great for straight from boat to marina fish- hard to find but worth it (and not to be confused with Hogs Breath on Duval)



Hogfishbar

**Dinner:** Amazing fish at **The Little Pearl**. Also great fish but now very corporate feel at **Seven Fishes**.



Small plates at **Santiago's Bodega**. Looks funky but great food at **B.O.'s Fish Wagon**. **Better Than Sex** for the best dessert ever! **Nine one five** for tapas. KW's version of Italian at **La Trattoria** and **Mangia Mangia**. **Flaming Buoy Fish Company**. **SaraBeth's** for their whole snapper that is bone free.

Bars I Like: **The Saint**. **Caroline's Other Side**. **The Grand Cafe** has a gorgeous little bar in the very back that no one seems to know about.



### What to Do: Books and Books bookstore.

**Red Barn Theater**. **Zazoo's Art Gallery**. **Fort Zachary State Park** [www.FloridaStateParks.org](http://www.FloridaStateParks.org).



Visit the **US Coast Guard ship Ingham** for only \$5.00. This is a ship that was commissioned in 1934 and was the most decorated ship in Navy history. **Comedy Key West** every Thursday and Friday for only \$15. Walk **Duval Street**. Visit the **Hemingway House**. Listen to music at **Green Parrot**. **Beach on southside of island**. Take a **Sunset Cruise** (SailSchoonerHindu.com is best). Watch the Sunset and the **Cat Man** on Sunset Pier. **Old House Tour**. **KWFoodWineFest.com**. Seafood Fest. Visit the old Seaport. Visit the City Cemetery ("I told



Tennessee Williams Museum

you I was sick" and pick up the free map). Take in a Drag Show at **La Te Da**. Music Fest at **Mile0fest.com**. Bus Tour or Train Tour of KW. Key West Wildlife Center. **Tennessee Williams Museum**.

**Audubon House Tour**. **Tropic Cinema** for offbeat movies.

**Misc Resources:** Best pharmacy at CVC on Duval St for stuff you forgot.

**Go at Your Own Risk:** Hog's Breath Bar. Garden of Eden. Sloppy Joes. Any of the scam artist makeup shops on Duval. The week between Christmas and NYE is "Hell Week" in KW because the hotels are 100% filled and rates start at \$600. Only for the Non-Faint of Heart (but it's FUN): **Fantasy Fest in October**.

**"I stare at your lips and fall in love with the way they form what you say."**  
— Tyler Knott Gregson, Poet

**"Nothing had ever felt so young as her lips."**  
— F. Scott Fitzgerald, Author

# February

We GUARANTEE that you'll find our Laser Hair Removal to be the Most Comfortable and Effective You've Ever Had OR Your Money Back!

ATTN: Women Who Want a Smooth Hair-Free Vacation Body...

## GET RID OF HAIR & STUBBLE FOREVER WITHOUT PAIN

If you're Sick and Tired of Shaving, Waxing, Plucking, OR HATE the PAIN of the Lasers You've Tried in the Past that Never Really Worked then You MUST try our Pain-Free Hair Removal Laser, the Excel HR!!

### February Special - Here's What You Get:

1. Laser Consultation
2. Laser Hair Removal Treatment on a small area to See & Feel What Our MODERN Laser Will Do for You!
3. ZO Skin Cleanser by Dr. Obagi
4. \$50 Off any Laser Treatment Package!

6 Country Club Rd Oneonta - Call 286-0061 NOW

All This for Only \$49 (Value \$300)

Expires Wednesday March 2nd at 9pm



Ground Hog Day



Don't Drive Angry

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Super Bowl Sunday 	4 GUARANTEED SATISFACTION GUARANTEED	5 Chinese New Year: Year of the Pig 	6 Motown Piano 	7 National Wave To Your Neighbor Day 	8 Laugh and Get Rich Day! 	9 Chenango Arts Council Norwich 
10 GRAMMY AWARDS 	11 International Day of Women and Girls in Science 	12 Abraham Lincoln's Birthday 	13 sign up GIVE US YOUR EMAIL ADDRESS TO GET Exclusive Email Offers info@NYSVC.com	14 Happy Valentine's Day 	15 Dance Flurry Saratoga 	16 Basset's Valentine's Day Soiree 
17 17 February is Random Acts of Kindness Day 	18 President's Day 	19 George Washington's Birthday 	20 WORLD DAY of SOCIAL JUSTICE	21 Introduce a Girl to Engineering Day 	22 National Margarita Day 	23 National Tootsie Roll Day 
24 OSCARs 	25 Find Us On Facebook 	26 WORLD SPAY DAY 	27 National Pink Shirt Day BULLYING STOPS HERE! TOGETHER WE CAN MAKE A DIFFERENCE	28 National Chili Day 		

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.

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.

**We Get Mail!:**



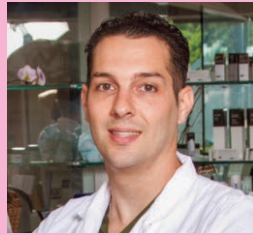
I saw Dr. Dohners ad in the paper. I came to the office with leg cramps, restless legs, sore hip, and leg pain. Dr. Dohner did an in office procedure to fix my veins. I did not require any medication post op. The procedure went well.  
- P. D



**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
- Medical Weight Loss
- 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
- Microdermabrasion, Facials
- 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

## Upcoming Events:

### February: Luscious Lips

Our Valentines Present to You!  
See page 8 for details.

### March

**Patient Appreciation Party "Disco Divas"**  
Relive the Youth in the '70s  
Wednesday March 20th

### April: Let's Start with Skin:

Our very popular guide to getting gorgeous smooth clear skin (Date TBD)

### May: Mommy Makeover (Date TBD)

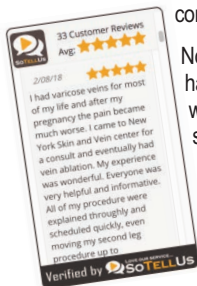
### June: Menopause Madness (Date TBD)

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.

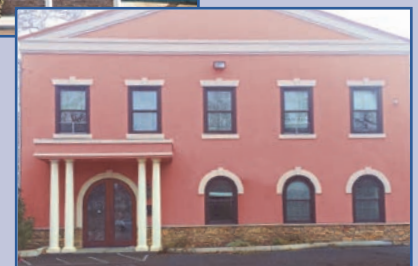
P.S. Every month I try to rise to the mammoth challenge of making a "medical newsletter" a great read. If I've failed in your eyes to do that, you can unsubscribe by sending an email to [INFO@NYSVC.com](mailto:INFO@NYSVC.com).



6 Country Club 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](https://www.facebook.com/NewYorkSkinandVeinCenter) - Visit our website at [www.NYSVC.com](http://www.NYSVC.com)**

# Comfort Food For Wintery Days

February in Upstate New York calls for warm sweaters and hot soup so this month I'm sharing one of my favorite winter comfort food recipes with you. Here is my version of Avgolemono, a traditional Greek soup which I like to serve with lots of hot buttered toast. Simple and delicious, this soup is sure to become one of your families go-to dishes. Enjoy!



## Dr D's Lemon Chicken Soup serves 4

### Ingredients:

4 c. chicken broth  
1/4 c. orzo  
1 large egg  
(I prefer organic pasture raised eggs)

2 egg yolks  
1 lemon, grated for zest and juiced  
Kosher salt  
Freshly ground black pepper  
Grilled lemon slices (optional)

### Directions:

Bring chicken broth to a boil in a medium saucepan over medium-high heat.

Add orzo and boil until al dente, 6 to 8 minutes.

While orzo cooks, whisk together egg, egg yolks, lemon zest, and lemon juice in a bowl until foamy and pale yellow.

When orzo is cooked, pour 1/2 cup of hot stock into egg mixture in a slow, steady stream, whisking constantly.

Lower heat to medium-low and slowly pour the egg-soup mixture back into the saucepan, whisking constantly.

Simmer gently, stirring frequently, until thin enough to coat the back of a wooden spoon, 8 to 10 minutes.

Season with salt and pepper. Garnish with grilled lemon slices and serve immediately with lashings of hot buttered toast.

**This Valentine's Day show your love with this sexy cocktail comprising of tequila, honey, and heart-healthy pomegranate juice. It's divine!**



## LOVE OF A LIFETHYME (serves 1)

### Ingredients

1 oz Hornito's Tequila (or Don Julio)  
1/2 oz lemon juice (about half a fresh lemon)  
1/4 oz pomegranate juice  
1/4 oz honey syrup (equal parts honey and hot water)  
Sprig of Fresh thyme  
2 dashes Peychaud's bitters\*  
Top off with Prosecco

## How To Make Perfectly Grilled Lemon Slices (serves 1)

Grilling lemons helps release their juices. And, as a bonus prize for your effort, they look really cool as garnishes too. When you can't pop them on the grill (because it's snowing outside!) try my quick frying pan method to impart better flavor to your cocktails and special dinners. All you need are lemons, extra virgin olive oil and fine sea salt (you might read that salt is optional when grilling lemons - it's not!) So, now that you have your ingredients how do you "grill" your winter lemons? Follow my 4 easy peasy steps to perfectly grilled lemons:

1. Heat a frying pan over medium-high heat.
2. Rinse lemons and pat dry. To release extra juice, roll them firmly over a hard surface.
3. Cut the lemons in half crosswise. Pop out and discard any visible seeds. Brush the cut sides with a little olive oil and sprinkle with fine sea salt.
4. Set the lemons cut-side-down in the frying pan\*. Cook until the lemons are heated through and charred on the cut side (about 3 mins).



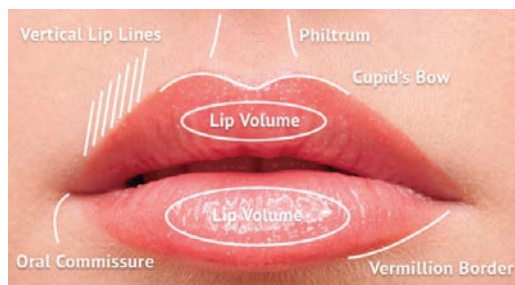
Dr's Note: It's best to cook the lemons without moving them so they char nicely, but feel free to adjust them if the heat seems uneven because you want them to char evenly.



# Dr D Offers More Than Just Lip Service!

Did you know that Valentine's Day is the second most popular day of the year for proposals? (The first being Christmas Day which sounds like double dipping on the gift giving if you ask me!) So all you singles out there, with Valentine's Day fast approaching, are your lips ready to say "YES!"? And for you married folks - are your lips still as lovely as the day he proposed? If the answer is "NO!" you're not alone.

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 could benefit from a little "filling out". Once an involved treatment available only to the rich and famous, lip augmentation is now

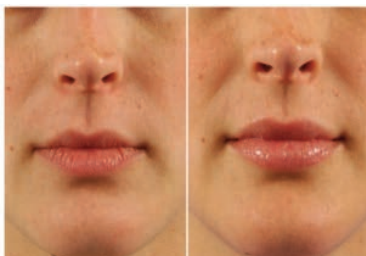
simpler and more natural looking than ever before. Where horror stories used to abound about lip surgeries gone hideously wrong (think Meg Ryan's now infamous and permanent "fat lips" the results of which ruined her career), today's sophisticated fillers are quick, easy, safe and very natural looking!

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 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 physician's 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 Lip Augmentation 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 I 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 lip liner 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.

## I'm Confused About Which Filler I Need

Many patients come into the office feeling apprehensive about which is the right filler for them. We use FDA approved all natural Restylane Silk and Restylane Refyne dermal fillers so you don't have to worry too much about which filler you want - we will use the one that is right for your lips.



The most important thing you need to know is that NOBODY leaves my office with scary fish lips! I specialize in only natural looks, so rest assured that your lips will be perfectly proportioned and will enhance your face. (There are other fillers like VOLBELLA but they cost almost twice as much due to the fact that there is less product in the syringe.)

## What Can I Expect at My Appointment

When you arrive for your appointment you will be given ice packs to help desensitize your lips. Although most patients tolerate lip filler treatments well, if you are nervous we can also give you novocaine (just like the dentist does) to completely numb your lips. Once your lips are ready we use a special technique to push the filler along the lip edges creating a firmer natural lip line. Once the line is perfect, I begin moving the filler into the lip itself, massaging to create a smooth, natural-looking fullness. Although this technique takes a little longer than simply injecting fillers into the lip the results from my specialized technique are



far superior. After treatment, your lips will feel a little bit big and sore for a day or so but soon they will settle down and you're going to have gorgeous kissable lips. So whether you're saying "I will" for

the first time, planning to renew your vows or just want a lovely, more youthful smile, call for an appointment to find out how we can give you back your fuller lips past the initial "nick".

**Call Now to Get the Lips that Say I Do and Get Complimentary Wrinkle Relaxer or a Laser Genesis Facial in the Month of February Only. Call (607) 286-0061 NOW! (See Page 8 for Details.)**



# Things To Do When It's Too Cold To Be Outside

## Or Dr D's Guide To Beating Cabin Fever

Whoa, winter finally found us and baby, it's cold outside! When the weather keeps you from doing the things you like to do, why not curl up with a hot drink (or a cocktail - we don't judge) wrap yourself in a snuggly blanket, and...

### Binge Watching a Great Show



#### Hulu Killing Eve DRAMA

**What:** When slightly nerdy and highly intelligent Eve joined the British's MI5, she expected to be chasing bad guys and solving International espionage cases - at the very least - but instead she spends her days confined to an office. Villanelle is also bored with her life only she's a very talented female assassin with a taste for the finer things in life.

These two women should never cross paths but when they do it quickly evolves into an obsession neither woman expected - or can control.

**Why:** Fast-paced, well-written story with strong highly believable female characters. What more do you need?

### Netflix



#### Good Girls Drama

**What:** Three friends with real problems have come to the end of their tether. Downtrodden broke and beyond desperate they hatch a plan to rob their local grocery store. But getting away with it is just the beginning of the story.

**Why:** It's easy to identify with these women who are just trying to hold on to their lives and their sanity. Ok, this show has been made many times before but even if the concept isn't fresh the writing is. Gather your own BFF's and make a girls night out of this show. Bring tissues and chocolate to go with the wine because it's going to get emotional!

### Read A Great Book

#### Good Omens (Fantasy/Comedy)

**What:** Armageddon is here. The "Four Horse Persons" of the Apocalypse are gathering, the world's last two remaining witch-finders are getting ready to fight the forces of evil, armed with nothing but sewing needles and frogs are falling out of the sky. The end of the world is indeed nigh except that prissy bookstore owning angel, Aziraphale, and fun-loving (debaucherous) demon, Crowley - having lived on earth through millenniums - rather like their lifestyles thank you very much! The last thing they want is to return to Heaven and Hell (respectively). So they hatch a plan. All they need to do to stop the rapture is to find and kill the Antichrist which would be easy except that the Chattering Order of Nuns seems to have misplaced the child...



**Why:** This book is funny! Seriously! Well written and paced, you

won't want to put it down for a moment. Tell the kids to order take out because Mom doesn't want to be disturbed until the final page has been devoured. If you simply cannot find the time to sit and read listen to this book on CD (I'm listening to the BBC version in my car right now - it's hilarious!) Or you can wait until it's available for viewing on Prime (early 2019) but I wouldn't wait - just saying.

#### The Death of Mrs. Westaway (Suspense/Mystery)

**What:** Harriet "Hal" Westaway is a struggling tarot card reader in a seedy English resort town. But life changes when she receives news of an unexpected inheritance. The catch is that Hal knows the inheritance can't possibly belong to her, but desperate for money she keeps quiet and takes on the role of the heiress.



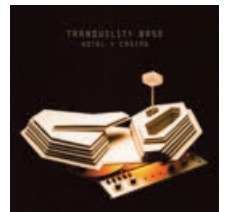
**Why:** Plot twists abound in this standout suspense novel - perfect for a winter's night before the fire.

### Listening To Some Incredible Music

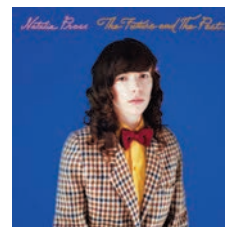
#### Arctic Monkeys Tranquility Hotel and Casino

**What:** Hard to explain really, the closest I can come to describing this album is that it's a mix of easy listening and pop. And it's good!

**Why:** Yes, this is THE band your kids have been listening to for a few years now but in mid-life, singer Alex Turner has finally found his voice - and the result is a sound that most of us can appreciate. Don't wave away this album without listening to at least two tracks (thank you YouTube) This album is going to become a classic. And you'll score "cool points" with the kids.



#### Natalie Prass: The Future and The Past



**What:** Reminiscent of late 80's UK pop, with its upbeat sound (a touch of soul and a pinch of show tunes). Prass' voice is at once familiar yet new - somewhere between Janet Jackson (at her best), 70's songstress Karen Carpenter and a touch of Sade.

**Why:** Definitely "feel good" music! It's great to listen to on long trips. You'll find yourself singing along to Sisters (an anthem for women everywhere) This is an album you'll find yourself playing over and over. Head over to Amazon to listen to a sample of each track. You won't be disappointed.



# These 8 Gorgeous Winter Sweaters Will Make You Happy That It's Cold Outside!



When the temperature plummets it's common to want to hide under the blankets and hope for an early spring but these cozy sweaters will help make your days feel warmer. From cuddly cardies to versatile sweaters, (and slouchy hats) we've got you covered!



**Free People Softly Structured Turtleneck Sweater.** This oversized, boxy sweater is guaranteed to keep you looking hot all winter long! Available in Dark Grey, Ivory, Mauve and Aqua. Sizes XS to L. [www.macys.com](http://www.macys.com) \$111.00.

**Free People Split Back Turtleneck Sweater in black**

\$68.00 [www.nordstrom.com](http://www.nordstrom.com). This gorgeously soft marled sweater has raglan sleeves, a fantastic high/low hem and a flyaway back that makes it perfect for layering.



as a crewneck) or flip the buttons from back to front and wear it as a cardigan. And the detached turtleneck can even be worn on its own as a scarf/snood. What's really great about this sweater is that it is American Made! Just \$159.00 in black or grey.

**The Karlotta Fine Gauge Sweater** in indigo blue (\$168) has an easy to wear curved hem and raglan sleeves but it's not just beautiful (and comfortable), it's made from ethically sourced spun wool. Check it out at [amourvert.com](http://amourvert.com).

**The Serene Cardigan** \$268.00 from Free People is the cuddly knit you've been looking for! Perfect atop your favorite t-shirt and jeans and available in three colors: Teddy (seen here) Oasis and Lavender. THIS will be your go-to cardigan all winter long! \$268.00 [www.freepeople.com](http://www.freepeople.com).



**Portia Sweater in Magenta \$89 from [www.revolve.com](http://www.revolve.com).** Brighten up your day with this beautiful bell sleeved sweater. Fabulous over leggings, add a chunky necklace for more impact.

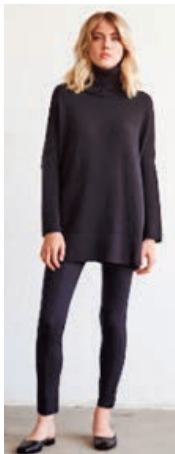
**Upstate Cardigan \$130 [www.anthropologie.com](http://www.anthropologie.com).**

The Upstate Cardigan is a delightful blend of neutral colors, it's perfect over jeans on the weekend, or a simple dress for the office. It's like the folks over at Anthropologie know us (and our winters!).



## Heading outdoors? You're going to need a hat! Try one of these warm winter beanies.

**This hat puts the fun in functional!** Stylish and warm this hat is available in a variety of colors (we love this soft purple) in a 50% wool and acrylic yarn. This hat is really affordable at just \$26.10. Grab one at [www.etsy.com/listing/662207811](http://www.etsy.com/listing/662207811).



**The Olive + Oak Reese Washed Navy Blue Cowl Neck Sweater** works equally as well with tailored pants for the office as it does a pair of jeans for Sunday brunch with the girls and at just \$45.00 you can afford a second mimosa [www.lulus.com](http://www.lulus.com).

**The Oversized Sweater from [www.vettacapsule.com](http://www.vettacapsule.com)** will be your go-to sweater all winter long! This ultra-soft ultra-versatile oversized sweater can be worn as a turtleneck (which buttons off so you can wear it



America is in love with the **Brook + Bay Slouchy Cable Knit Cuff Beanie** - and for good reason; this hat suits pretty much everyone! Chunky and relaxed it's sure to keep your head (and ears) warm this winter. Seen here in Mustard, it's available on [www.amazon.com](http://www.amazon.com) for \$9.95 in over a dozen colors.



Looking for something a little more fitted? You can't go wrong with the **Cairo Beanie** from [www.nakedcashmere.com](http://www.nakedcashmere.com) \*seen here in Clay) The beanie is everything chunky, ribbed and made from 100% pure cashmere. At \$60, we think it's worth every penny.





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

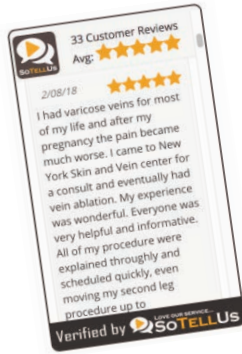
Also at:

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



## What's Inside This Issue?

- The Have Your Lips Lost Their Luster? Turn To Page 5 To Find Out How You Can Have Luscious Lips This Valentine's Day
- It's Too Cold To Go Outside! Check Out Or Winter Guide To The Best Indoor Entertainment Page 6
- Looking For A Little Comfort Food? Try Dr D's Recipe On Page 4
- Turn To Page 7 For Winter Fashion Ideas To Keep You Cosy 'Til Spring
- What's Happening Around Town? Find Out On Page 2
- Dr D Is Back From His Annual Trip To Key West And He Can't Wait To Tell You All About It! Find Out What He Did And Where He Went On Page 1

If You or Anyone You Know Would Like a Copy of This Newsletter, Please Call Us at **607-286-0061** or email us at [Info@NYSVC.com](mailto:Info@NYSVC.com) with your name, address and email.  
**We'll Get One in the Mail ASAP!**

Remember the First Time You Heard Those Three Little Words?

Remember How it Felt?

That Delicious Moment When Someone First Leaned in and Whispered in Your Ear...

**“You Look Amazing”**

We'll Give You That Feeling Every Time You Look in the Mirror!

This Month **Reward Yourself** with the Love & Attention You Deserve:

**Perk Up Your Lips and Restore Your Cheeks! Smooth Out Your Scowl Lines, Lipstick Lines, Crows Feet, or the Lines Around Your Mouth! Clear Up Your Complexion**

Receive a **Complimentary Botox Wrinkle Relaxer** or a **Laser Genesis Facial** (value \$360.00) with any Wrinkle Filler purchased including Restylane, Juvederm, Sculptra or Bellafill!

(They last longer than a box of chocolates and you won't gain any weight either!)

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**Call NOW 607-286-0061**

Offer good only in the month of February and cannot be combined with any other special, discount, previous purchase or offer.