



The NEW YOU

July 2019

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

Natural Good Looks and Healthy Legs: Our Specialty!

From The Desk of Dr. D



What's up with this weather! At least I've been able to harvest basil and leaf lettuce from my patio garden in **Jim Thorpe** and don't have to worry about watering the plants. I'm still getting used to only working 4 days per week but my **tennis** game is going well, thank you, losing very few sets and my shoulder is holding up well too. Fourth of July makes for an interesting holiday depending on when it falls in the week.



This year we'll be in **Jim Thorpe** again and see the fireworks there but driving back for the **Stagecoach Art Run** in Treadwell then an afternoon interactive rendition of **A Streetcar Named Desire** in a distillery in Albany. Busy!

Last month, I spent almost a week in **Cleveland** at a business conference I attend every year. A lot of good information was imparted so expect even bigger things out of us in the coming months! The leader of the conference owns **Dean Martin's Rolls Royce** and had it there for pictures.



While there I took a Lyft to downtown and met **Laura** at **SocietyCleveland.com** for cocktails. The best one was **The Last Word** with gin, Chartreuse, maraschino liqueur and lime juice. I could have had 3 of them! After cocktails we headed to **RedTheSteakHouse.com** for an excellent 40 day aged prime cowboy steak so big that fed both of us. The restaurant was filled with young people so it was very noisy but fun. Taking a **Lyft** is so much better than taxis nowadays with cleaner, non-smelly cars AND since you can see the map, you know you're not getting "taken for a ride." I gave up on Uber because I was ripped off last year by them.

We drove to **Cleveland** so that **Laura** could have the SUV while there. She helped her sister move their mother into an assisted living facility in the **Akron** area while I was at my course in **Cleveland**. I helped move boxes for an evening and wow, what a lot of stuff! But I did get 2 sets of **Dick Francis** books out of the deal. On the drive back from **Cleveland** we stopped at **Findley Lake** in Western NY and ate at **Peek'n Peak Ski and Golf Resort** because of the signs (pknpk.com) but the food was not great. (The marketing got to me!) I listened to another **Jack Reacher** book on tape in the car but didn't get through it all.



Family Happenings: The **Kreiser Family Reunion** (my mother's side of the family) in **Virginia** was a hoot! My mother and nephew **Casey** were

there. I placed second in the croquet tournament and spent \$75 in the fundraising auction to win my mother's **World Famous Black-raspberry Pie**. Father's Day was with **Claire, Ilsa** and **Laura** at my favorite **Albany** restaurant, **New World Bistro**. **Ilsa** is still looking for a job so I told her not to worry as I have lots for her to do at the office if nothing else comes up. I think she's avoiding my job offers because it means living in **Oneonta** instead of downtown **Albany** near her cool sisters! **Laura** is finishing up the online course she's been teaching for **SUCO** and will be teaching another one on campus in **July**. **John** had a great visit with **Hope** in **California** but has decided that **CA** is not for him. **Hope** found a bigger apartment with a garage closer to **San Francisco** and is in **Banff National Park, Canada** as I write this. She is quite the outdoorsy adventurous one! **Dave Matthews Band** is coming to **SPAC** in **Saratoga** and we have tickets to take **Claire** and **John** for her birthday (22!) this month.



And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.

F. Scott Fitzgerald, The Great Gatsby

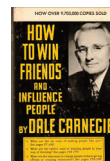
Around the Offices: The new driveways at the **Binghamton** and **Norwich** offices are officially done and they were not cheap but hopefully I'll be dead before I have to pay for those again. We have a new large sign coming to the **Oneonta** office to direct you to the **MAIN ENTRANCE** of the building AND PUT MY NAME IN LIGHTS! **Nicole** our ultrasound tech is returning to work this month from maternity leave and **Ashley**, the other **US** tech, and I are very happy about that!



What I'm Reading:

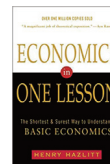
All Told: My Art and Life Among Athletes, Playboys, Bunnies, and Provocateurs by **Leroy Newiman**.

The Education of a Value Investor by Guy Spier.

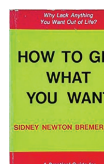


Rereading **How to Win Friends & Influence People** by **Dale Carnegie**.

Just ordered copies of **How to Get What You Want** by **Sidney Bremer**



Economics in One Lesson: The Shortest and Surest Way to Understand Basic Economics by **Henry Hazlitt** for all of the kids.



The release party for my new book **"About Face: The Smart Woman's Guide to Natural Good Looks"** has had to be postponed due to problems with the printer.

The new dates are **Wednesday, September 25** in **Oneonta** and **Thursday, September 26th** in **Binghamton**. So mark your calendars because we'll have a **special guest** you don't want to miss!

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Chicken Wing Day 	2 World UFO Day 	3 Stan Fox Trio 	4 Independence Day Festival Neahwa Park Oneonta 	5 The Taming of the Shrew at The Fennimore FENIMORE ART MUSEUM	6 Mohsen Namjoo The West Kortright Center East Meredith 
7 THE 24TH ANNU STAGE COACH RUN ART FESTIVAL TREADWELL & FRANKLIN, NEW YORK SAT & SUN JULY 6 & 7, 2019 12AM - 5PM BOTH DAYS	8 National Video Game Day 	9 National Sugar Cookie Day 	10 The Taming of the Shrew at The Fennimore FENIMORE ART MUSEUM	11  WORLD POPULATION DAY	12 Broadway Revealed: Behind the Theater Curtain Exhibit  HARTWICK COLLEGE EST. 1787	13 Epic Outdoor Dance Party with Ryan Scott and His Band 
14 Songbird Sessions: Arm of the Sea; City That Drinks From the Mountain Sky 	15 International Hug Your Kids Day 	16 Fresh Spinach Day 	17 The Taming of the Shrew at The Fennimore FENIMORE ART MUSEUM	18 International Caviar Day 	19 National Daiquiri Day 	20 Kopernik Portable Planetarium Huntington Memorial Library Oneonta 
21 National Junk Food Day 	22 All you need is Hammock days	23 National Vanilla Ice-Cream Day 	24 Floating Palaces of the Hudson at The Fennimore FENIMORE ART MUSEUM	25 100+ Women Who Care Fundraiser 	26 The Taming of the Shrew at The Fennimore FENIMORE ART MUSEUM	27 Adult STEAM: Weather Lamp Workshop 
28 Parents Day 	29 National Lasagna Day 	30 Mother/Daughter All Inclusive Farm Luxe Retreat Gilbertsville Farmhouse, South New Berlin	31 Otsego County Fair County Fairgrounds Morris 			

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



Dr. Eric Dohner, M.D.



Stan Anderson, RPA-C
Physician Assistant
in Dermatology



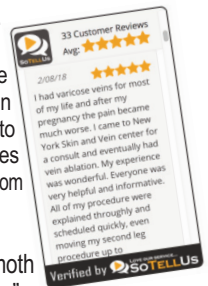
Michael Weinberg, RPA-C
Physician Assistant
in Dermatology



Anne St. Pierre, NP
Nurse Practitioner
in Dermatology

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 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.

Upcoming Events:

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

Dr. D's Book About Face: The Smart Woman's Guide to Natural Good Looks Release Party Postponed to Wed Sept 25 in Oneonta and Thur Sept 26th Binghamton with a Special Guest You Don't Want to Miss!

September: The New You Dinner Party

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

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

We Get Mail!:

Dear Dr. Dohner, I had trouble with my legs for years. Dr Dohner did leg surgery with a laser. No pain at all, I can't believe how good I feel. Don't suffer with pain see Dr Dohner. — **Jim A**

We Love This Product! SUNSCREEN + PRIMER SPF 30

Why We Love It: Non-greasy, quick drying sunscreen with a sheer matte finish offering broad-spectrum protection against UVA AND UVB AND HIGH ENERGY LIGHT. Natural melanin shields skin from aging effects of high-energy visible (HEV) light. A universal tint and a silky matte finish help reduce the appearance of skin imperfections. Can be used alone or worn under makeup for a more even, long-lasting application. Oxybenzone free. ZOX12® Engineered with our exclusive 12-hour, time-release ZOX complex.



6 Country Club Rd,
Oneonta

**Two
of Our
Locations**



75 Pennsylvania Ave.,
Binghamton

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
Facebook: **NewYorkSkinandVeinCenter** - Visit our website at www.NYSVC.com

Summer days are made for grilling and what could be better than my Delicious Grilled Fish Tacos. Easy to make and a refreshing change from burgers, your guests will love them!



Delicious Grilled Fish Tacos (Serves 4)

Ingredients:

2 cups chopped white onion, divided
3/4 cup chopped fresh cilantro, divided
1/4 cup olive oil
5 tablespoons fresh orange juice

Juice of 1/2 lime
2 garlic cloves, minced
1 teaspoon dried oregano
1 lb white fish
Coarse kosher salt
1 cup mayonnaise

1 tablespoon milk
8 corn tortillas
2 avocados, sliced
1/2 small head of cabbage, cored, thinly sliced
Salsa Verde

Directions:

Stir 1 cup onion, 1/4 cup cilantro, oil, 3 tablespoons lime juice, orange juice, garlic, and oregano. Sprinkle fish with coarse salt and pepper.

Spread half of onion mixture over bottom of 11x7x2-inch glass baking dish and place fish on top.

Spoon remaining onion mixture over fish. Cover and chill for 30 minutes, then turn fish; cover and chill for another 30 minutes.

Whisk mayonnaise, milk, and remaining 2 tbsp lime juice in small bowl.

Grill fish 3 to 5 minutes per side, remove from grill and chop coarsely.

Grill tortillas until slightly charred, about 10 seconds per side.

Assemble tacos and top with onion, cilantro, avocado slices, cabbage, Salsa Verde, and lime wedges.

Tequila goes great with tacos but instead of the usual margarita why not enjoy my tasty California cocktail instead?

Dr D's California Dreamin' Cocktail (Serves 1)

Ingredients:

3 oz Anejo Tequila
.75 tsp maple syrup
4 dashes Orange Bitters

Directions: Add all ingredients to mixing glass, add large ice, and stir thoroughly. Taste for balance and strain into a martini glass. Garnish and serve.



Tequila gets a bad rap. For most of us, it brings back college memories of shots with salt and lime, or that sickeningly sweet Margarita mix your neighbor pulls out at every bbq. But in the words of the late great Aretha Franklin, tequila deserves some R-E-S-P-E-C-T. Blue agave plant (the only plant used to make tequila, takes 12 years to grow to maturity and (unlike grape vines which continue to produce) that plant can only be used to produce tequila one time (yep, a new plant for every batch of tequila).

Añejo is wood aged in "seasoned" barrels (previously used to hold whiskey) for between one to three years, Wood aging softens the tequila making it even more delicious and perfect for sipping and savoring (don't let your neighbor near this bottle!)



1800 Anejo Tequila 750ml \$42

This delightful añejo is aged for over a year in French oak barrels. Unapologetically smooth, with notes of vanilla and caramel from the barrel. This tequila is not saccharine sweet at all; it offers up a relaxingly balanced flavor.

Casamigos Anejo Tequila 750ml \$60



This is the tequila that George Clooney created. I'd like to say that you get an evening with Clooney with every bottle purchased but alas, that would be a lie. But you will get a teasingly delicate añejo which is roasted for 72 hours and then wood-aged for 14 months. It has delicious notes of cocoa and pepper on the nose with some caramel and sweetness on the palate, all drying out with a subtly spicy oak finish. And this is why (although not inexpensive), this complex añejo gets my vote.



Espolon Bourbon Barrel Finished Anejo Tequila 750ml \$28

This bourbon-barrel finished añejo, has notes of caramel, wood, dried fruits, and chocolate. And, at under \$30 bucks it's affordable enough to take to your next bbq.

What's in Season: Even though Winter is over, there is the bumper crop of Summer produce to look forward to this month:
Garlic, chard, carrot, cucumber, chicory, onion, bean, green bean, broad bean, courgette flower, lettuce, early potato, aubergine, nettle, tomato, pepper, pea, rhubarb, radish, rocket, courgette, apricot, black cherry, watermelon, cherry, carnelian, fig, melon, mulberry, loquat, pear, plum, peach, nectarine, raspberry, currant, gooseberry.

How To Protect Your Skin (and Hair) From Sun Damage This Summer

Now that warm days are finally here (can you believe all the rain we're having?) many of us will be heading outside for long days at the beach or lake. Don't leave your skin and hair unprotected! This year follow our expert advice and make this your safest, most gorgeous, summer ever!

Did you know that you can buy clothing with UPF protection? This gorgeous outfit will keep you sun safe and looking good:



Women's Lauren Wide Brim Fedora UPF 50+
\$69.50

Kaenon Lina Sunglasses
UPF 100 \$179

Women's Oceanside Tunic Dress UPF 50+
\$98
www.coolibar.com

Dr D's Sunburn Emergency Kit

Aloe Vera - its anti-inflammatory properties soothe sunburned skin. Keep a bottle of aloe vera gel in your beach bag and apply when needed.

Hyaluronic Acid Serum - a facial serum which contains hyaluronic acid such as **ZO Restoracalm** will help the skin heal faster. A natural hydrator, hyaluronic acid adds moisture and plumpness to dry, sunburned skin.

Baking Soda - to regain your skin's pH balance make a cold compress of baking soda mixed with water and apply to sunburned skin for 15 minutes. Don't have baking soda? Use cold green tea instead.

Organic Greek Yogurt - a great anti-inflammatory which can be used to soothe and moisturize sunburned skin. Simply apply the yogurt to your face and body like a mask and rinse after 15 minutes.

White Vinegar - composed of acetic acid so it can help relieve pain and inflammation, and act as an antiseptic to prevent infection.

Avoiding Beach Hair

According to local stylist, John Thompson (US Salon Front St Binghamton), if you don't protect your hair, the sun can actually

shift your hair color and also change your hair texture by drying it out. John says that for brunettes the sun can bring unwanted warmth to the hair and blondes don't fair any better as the sun can make the color fade faster and create serious dryness.

Even if you don't color your hair you still need to protect it from the summer sun. As John explained, "Uncolored hair still breaks down from sun, chlorine, and salt. The hair cuticle (the outermost part of the hair) becomes damaged, creating a rough, dull outside on your hair which then doesn't reflect light and shine."

Because it acts as a barrier between our skin and the sun's rays, our hair can get damaged if not properly protected. This summer treat your hair right! John recommends these super affordable hair products (and wearing a big hat):

How To Prevent Sunburn:

Skin damage can occur in as few as 10 minutes on a UV index day of 8 or higher. Check your phone's app to get the UV levels in your location or download either the EPA's **SunWiseUV** index app or **UVLens**.

Make sure that your sunscreen is marked as full or broad spectrum and choose an SPF of at least 30.

Use about an ounce of lotion and rub it all over your body 30 minutes before heading out. If you are going swimming be sure to apply sunscreen before you put on your swimwear. outdoors. You will need to reapply every two hours. A family on vacation should use a bottle of sunscreen a week.

Show your true (or not so true) colors this summer with **Color Care Color Protect Locking Spray** by Paul Mitchell \$14 www.ulta.com



Specifically engineered to combat fading, this is a must have product for sunny days. Be sure to spritz your locks before heading outdoors.

Hairdresser's Invisible Oil Heat & UV Protective Primer Bumble and bumble \$28

www.sephora.com



This do-it-all UV protection primer doubles as a leave-in conditioner. No more crunchy beach hair! Suitable for all hair types.

Hot Toddy Heat & UV Protectant Lotion From Drybar \$26
www.sephora.com

This product offers total protection from the elements, controlling frizz while adding a little shine. Use Hot Toddy Heat & UV Protectant Lotion on wet hair before blow-drying.



5 Beach-Worthy Books To Pack This Summer

Whether you're heading off on vacation or just planning on spending long days in the yard. This summer, why not pick up that book everyone's been talking about, revisit an old favorite or discover a great new writer. From gritty true stories of love and desire in the 21st Century to a fantastic tale of demons and angels that begins in the Garden of Eden, my warm weather reading suggestions will help transport you from the ordinary all summer long ...

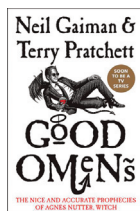
Fleishman Is In Trouble: *Taffy Brodesser-Akner*



Recently separated, Toby Fleishman is suddenly, somehow-and at 41 and as short as ever-surrounded by women who want him. This has made a big change for Toby (after 13 miserable years of marriage) and he likes it! He settles quickly into his new life (Manhattan doctor by day, single dad every other weekend) his ex-wife suddenly disappears. Is Rachel on some weird vision quest or having a nervous breakdown, Toby doesn't know because she isn't answering his texts or calls.

Is his ex just angry at him? Is she punishing him? As Toby desperately searches for her while juggling his job and parenting two quickly unraveling children, he is forced to come to terms with the real reasons his marriage fell apart, and to ask if the story he has been telling himself all this time is true.

Why Read It: This book is *Sex in The City* from a man's perspective. Although the prose can feel a bit dense at times (it is told from several perspectives which is confusing at first) this is a great book for a long flight.



Good Omens: *Neil Gaiman and Terry Pratchett*

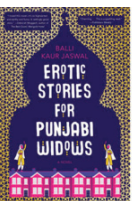
According to the Nice and Accurate Prophecies of Agnes Nutter, Witch - the world's only totally reliable guide to the future, written in 1655, before she exploded - the world will end on a Saturday. Next Saturday, in fact. Just after tea...

People have been predicting the end of the world almost from its very beginning, so it's only natural to be sceptical when a new date is set for Judgement Day. This time though, the armies of Good and Evil really do appear to be amassing. The four Bikers of the Apocalypse are hitting the road. But one fast-living demon and a somewhat fussy angel - would rather prefer that the Rapture not happen thank you very much!

Oh, and someone seems to have misplaced the baby Antichrist...

Why Read It: This hilarious and cleverly written book has been a firm favorite of mine for years. Now a BBC TV show starring David Tennant (he's brilliant as Crowley) you should definitely read the book before watching the show to fully understand the nuances of the story.

Erotic Tales for Punjabi Widows: *Balli Kaur Jaswal*



Nikki lives in cosmopolitan West London, where she tends bar at the local pub. The daughter of Indian immigrants, she's spent most of her twenty- four years distancing herself from the traditional Sikh community of her childhood, preferring a more Western lifestyle. After her father's sudden death the family finds themselves financially stressed, so Nikki, a law school dropout, impulsively takes a job teaching "creative writing" at a community center in the heart of London's close-knit Punjabi community.

Because of a miscommunication, the very proper Sikh widows who show up are expecting to learn basic English literacy, not the art of short-story writing. But when one of the widows finds the book of sexy stories Nikki bought for a friend as a joke, she shares it with the class and Nikki realizes that beneath their white widow dupattas, her students have a wealth of fantasies and memories. Eager to liberate these modest women, she decides to teach them how to express their untold stories, unleashing creativity and a deadly secret.

Why Read It: How often are older women portrayed as sexual beings? Although Nikki initially feels annoyed that she has been tricked into teaching a basic literacy class she quickly realizes that these downtrodden, socially exiled women still have much to give to society. And she will soon discover that they are also hiding a dangerous and terrifying truth.



Three Women: *Lisa Taddeo*

Over an eight year period, journalist Lisa Taddeo embedded herself into the lives of three regular women as they dealt with relationships, marriage, and longing. The result is a deeply moving nonfiction window into the desires of women...

Lina is a homemaker whose marriage has lost its passion. She spends her days cooking and cleaning for a man who feels disgusted by kissing. Depressed, she reconnects with an old flame on Facebook and embarks on an affair that quickly becomes all-consuming

Maggie is a young woman whose life came apart when she fell in love with her married English teacher. Then he abruptly ended the relationship leaving Maggie broken with no degree, no career, and feeling that she has nothing to live for. The trial that ensues almost destroys her small community.

Sloane is a successful business owner and happily married to a man who has unusual intimacy needs. Sloane agrees to his demands then something happens that forces her to confront the uneven power dynamic that fuels their marriage.

Why Read It? This brutally honest book looks at how real women live and love in modern America. You know these women. Maybe you are one of them. A must read.



The Good Liar: *Nicholas Searle*

Roy is a small time con man looking for a last score. When he meets Betty a wealthy widow online, he can't believe his luck - everything about Betty suggests she's an easy mark. He's confident that he can swindle her out of her fortune. But when Roy moves into Betty's home long hidden secrets are forced into the light

Why Read It? This stunning and suspenseful story interweaves the present with the past. As we learn that some things can never be forgotten...

Spotlight On...

Entrepreneur and Philanthropist Kristen Harding

Kristen Harding grew up in Endicott, the daughter of a high school English teacher (Joseph Polka) she was instilled early in life with a sense of community.

"It was important to my parents that we kids (Kristen, sister **Gale** and brother **Joe**) did community service. My first work experience was as a candy striper at Wilson Hospital. I did that until I was 15 when I needed to get a paying job in order to save for college. But I never really gave up my volunteer work.



Kristen with Husband Patrick

After graduating from college Kristen found work as an Assistant Manager at a shoe store in the Oakdale Mall. "It was the 80's so the whole world felt young; we were having so much fun. But then the store abruptly closed I found myself with bright purple hair

looking for work! I decided to do some temping until I figured out what I was going to do next - and the hair dye faded! That was when I met former District Attorney Patrick Monserrate."

"By then **JP** (short for Judge Pat) had become a Broome County Court Judge. When I showed up for my interview my bright purple hair made

him laugh. He still tells people that he hired me just to shake things up a bit in the office." She laughs, "Other secretaries would wander into the office just to get a look at my hair. I was not who you'd expect to see in a Judge's chambers!"

But JP saw so much more than just a temporary employee with shocking hair. Within a few weeks Kristen had proven herself indispensable and that temp job turned into a working relationship which has lasted three decades.

Through happy times (JP becoming a Supreme Court Justice) and sad (the sudden death of Kristen's mother) the two friends have supported each other. Kristne says of JP. "He's been a father to me since my own died when I was 27. He's an exceptional man, someone who truly believes in truth and justice."

In 2002 JP decided to move to Albany but he still maintained an office in Binghamton which Kristen ran for him. When he retired a year later, Kristen went to work as a Jury Analyst in the Jury Commissioner's office - until a medical condition made her rethink her lifestyle. It was then that she revisited an idea which had been in the back of her mind ever since JP retired. Together they would create an alternative dispute resolution company, offering people the opportunity to settle their disputes outside the courtroom.

"Mediation offers people a less stressful, less expensive option to resolve their legal differences," Kristen explains. "We meet with clients, lawyers and insurance companies to try to come to a mutually agreeable settlement. Mostly we mediate

accident cases but we also handle divorces". Their business, Pendente Lite, is extremely busy. Kristen taps her calendar, "We are in demand from Rochester to NYC so I'm on the road - a lot!"

Because Kristen travels so much she keeps a ZO Skincare kit in her purse. "I always travel with ZO. I love the face wash and the polish and I'm not leaving home without my Daily Power Defense! I have several ZO travel kits which I keep in each of my weekend bags because I once found myself far from home without my skincare and that can NEVER happen again!"

"As well as using ZO I have my lips restored with Restylane every year and I have regular Botox to keep my forehead smooth. I get my cheeks refilled with Radiesse (I've lost a little definition over the years) and I have the Excel V laser treatments to reduce redness. Due to my fair Polish skin I suffer from tiny broken veins on my cheeks and nose which I used to hide under heavy makeup but now (thanks to the treatments) I wear very little. I have been seeing Dr Dohner for treatments since 2014 and can honestly say I've never had better looking skin!"

(If you've attended our dinner parties you may have seen Kristen as she is often one of our demo patients. You can see her receiving Botox injections at NYSVC's youtube channel).

When asked if she thought others might consider it vain to have cosmetic procedures done Kristen shakes her (now) blonde head, "I don't consider it vain to take care of myself," she says. "It's important for professional women to maintain their appearance. It helps me feel more confident. I see it as routine maintenance not vanity"

Although Kristen's life is very busy she has found time over the years to sit on the board of STAP, work on hair and makeup for Tri-Cities Opera, "assist underprivileged women and children and most recently she rescued an emaciated Belgian Draft horse.

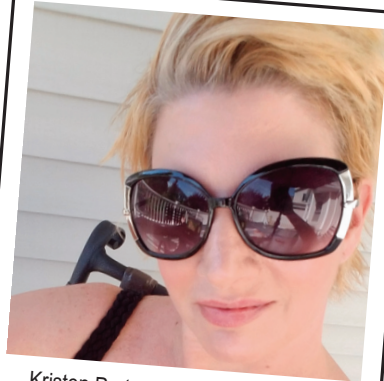
"When I saw his face I just knew that I had to save him. I didn't think about the cost. I saw an animal in need and that was it. When I bought he I wasn't even know where I was going to keep him" She laughs.

Fortunately, a friend offered to stable the horse although Kristen is responsible for his vet bills and upkeep. "Beverly Hills 90210 was my guilty pleasure in the early 90's and I just loved the character of Dylan. It seemed a fitting tribute to actor Luke Perry (who sadly passed away the same week Kristen adopted the dray) to name this beautiful horse after him."

When asked if this was going to be her last charitable donation (after all, horses are expensive to maintain) Kristen laughs and admits, "Probably not. There's always something that needs to be done. At the end of the day, it's not how much money we have but what we use it for. So I use mine to take care of myself and others - because that's how I was raised. And you know what they say - you can't take it with you!"



Kristen's daughter Meredith at STAP fundraiser "Hair Wars"



Kristen Protects Her Skin With ZO Oclipse Sunscreen + Primer SPF 30



Kristen With Her Rescued Horse Luke Perry



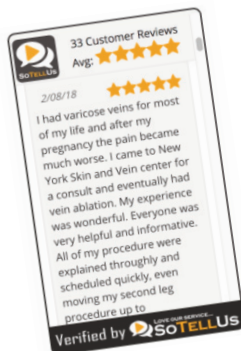
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Happy 4th of July!

- Great Things Are Happening In Our Area This Month
See Page 2 For Your Calendar of Events.
- Protect Your Skin From Sun Damage Find Out How on Page 5
- Try My "Better Than Burgers" Grilled Fish Tacos.
Find The Recipe On Page 4
- How To Protect Your Skin (and Hair) From Sun Damage
This Summer. On Page 5
- Looking For a Great Vacation Read? Our Summer Reading List Is
The Place To Begin. Check It Out On Page 6
- Patient of the Month, Kristen Harding, Tells Us Why She Believes
It's Important To Take Care of Yourself. Read What She Has To Say
On Page 7
- Dr D Been Busier Than Ever Of Late. Catch Up With Him On Page 1

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