



The NEW YOU

March 2019
Binghamton Edition

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

From The Desk of Dr. D

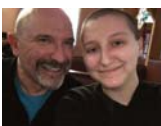


It's official: I'm a Bobblehead now. And not just one but two completely different ones given to me for my birthday. The better one was from our new back office marketeer, Erica. I'm writing the March newsletter the day before

I leave for my vein conference in Palm Springs, California, followed by a quick trip to see daughter **Hope** in San Francisco. More details and pics in the April issue. The groundhog called it correctly because it is starting to feel like spring even with the snow. Our two huge chickens in the backyard are still covered with snow and for some reason don't seem to be able to lay any eggs! Last month's guide to Key West was a huge hit with friends traveling there this winter, who said it gave them lots of useful tips. We were wrapping up the office plans for March when out of the blue I read that it was Barbie's 60th Birthday on March 9th so I changed everything and we will be celebrating it with a great party. There was some grumbling about the changes but hey, you only turn 60 once! And she's 2 months younger than I am. **See page 8 for details.**



Family and Friends: Everyone seems to be doing well save for a few aches and pains and minor hiccups. For those of you who don't know, my children are Ilsa, Claire, Hope, Eleanor, John, Moriah, and Eric Jr. **Claire** got a job at a veterinarian's hospital in Albany and loves it! I hope she's not taking on too much again!



Ilsa is still doing great at ESF in Syracuse and got a 4.0 so Dad's happy. Her hair is still shorter than mine!



I don't know about you but I love **St Patrick's Day and Parade Day** in Binghamton especially. I don't like the drunken louts who spoil it for everyone else but I try to attend every year. The best place to park yourself I've found is right at the very beginning of the parade at the corner of Pine and Fayette St. I just met the woman who is very instrumental in the **Ancient Order of the Hibernians** and she told me that their club at 148 Main St in Binghamton is open to all on Parade Day. **Hope to see you there!**

The Catskill Orchestra Symphony in Oneonta is having its annual **Cabaret Concert** on Saturday March 9th. Three guest conductors battle it out to raise the most money for the symphony. The brave souls are: Libby Cudmore, Cindy Donaldson, and Al Rubin. There was talk of asking me to do it but I'd die if I took on one more thing right now. Tickets, donations and more details at **CatskillSymphony.net**.

We are making it even easier to contact us! **You can now TEXT us** at our main phone numbers for the **Oneonta (431-2525)** and **Binghamton (201-1100)** offices. Just text us your questions and appointment requests/changes at the number listed and we'll get right back to you. If you contact us after 5pm, we'll text you back the next day! **Give it a try!**

ThermiVA is Considered the Best Nonsurgical Treatment for Women with Wetting or Overactive Bladder, or Vaginal Dryness. We've known this since we introduced it to Upstate NY 3 years ago.



Now it has now been voted "**Most Worth It Treatment**" for 2019 by women who have actually had the procedure on **realself.com**. Go to **NYSVC.com/ThermiVA** for more details. Women: If you want to stop wetting or overactive bladder or help pelvic dryness, then call or text for our book all about ThermiVA. If you're ready to act now, then Call or Text for your **Complimentary** Consult with our nurses who've experienced ThermiVA themselves!

Barbie's 60th Birthday Party!



The original Barbie Doll debuted in March of 1959 wearing chic, striped swimwear. This black and white ensemble, paired with a red lip and the perfect ponytail, became an instant classic. No matter how you feel about her, Barbie has touched the hearts and imaginations of girls all over the world.

We are celebrating by having our very own **Barbie's 60th Birthday Party** on **Wednesday, March 27th from 4 pm to 7 pm**. We're having snacks, cake, wine, demonstrations, fun, and the reps from Botox, Restylane, Dysport, Radiesse, Cutera, InstiLift, and more will be visiting. It will be held at both offices in Oneonta and Binghamton at the same time. You can meet with my laser nurses and staff to discuss anything you'd like. Just like at my 60th Birthday month, **you get the presents!** This is the **ONLY** time of the year that we have across the board **special pricing** for **ALL** of the services and products we offer. We're releasing the special pricing details and prizes on **Wednesday, March 13th** by email and on our website at **NYSVC.com/events**. Remember the more you invest in yourself, the more you save **AND** we'll have special bonuses too.

You must register by calling our **24/7 Registration Hotline** at **607/353-1800** or TEXT your name and email and any guests to **607/431-2525** OR email **Info@NYSVC.com** with the same info.

While this event is **FREE** we ask that you bring a **new, unwrapped toy for boys or girls age 3 to 12** to benefit the families of **Family Services Association in Oneonta** and **RISE Women's Shelter in Binghamton**. **See page 8 for more details.**



"Beauty has as many meanings as man has moods. Beauty is the symbol of symbols. Beauty reveals everything because it expresses nothing. When it shows us itself, it shows us the whole fiery-coloured world".

- **Oscar Wilde**,
Irish poet and playwright

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St. Patrick's Parades Around The Area and Across The State Albany Sat 16 Binghamton Sat 2 Buffalo Sun 17 Delhi Sat 23 NYC Sat 16 Rochester Sat 16 Scranton Sat 9 Syracuse Sat 16						
						
						
						
						

Address/links to events: Watters Theatre/Anderson Center: Binghamton University (www.binghamton.edu/anderson-center/) - SUNY Broome: Binghamton, NY (www.sunybroome.edu/) - Magic City Music Hall: Binghamton, NY (www.themagiccitymusicall.com/) - The Forum Theatre: Binghamton, NY (www.broomearenaforum.com/) - Endicott Performing Arts Center (EPAC): Endicott, NY (www.endicottarts.com/) - Goodwill Theatre: Johnson City, NY (www.goodwilltheatre.net/) - DoubleTree Hotel: Binghamton, NY (www.doubletree3.hilton.com/) - KNOW Theatre: Binghamton, NY (www.knowtheatre.org/) - Binghamton Theater Organ Society: Binghamton, NY (www.binghamontos.org/) - Anthony Brunelli Fine Art: 186 State St, Binghamton, NY (www.anthonymbunelli.com/) - Chenango River Theater: 991 NY-12, Greene, NY (www.chenangorivertheatre.org/) - Doug's Fish Fry: (www.DougsFishFry.com/) - Tioga Downs Casino Nichols - St. Anthony of Padua Church, 306 Odell Avenue, Endicott, NY - Greek Festival: (www.annunciationvestal.ny.goarch.org/grecian-festival/) - NY Faerie Festival: Ouaquaga NY (www.nyfaeriefest.com/) - NYS State Fairgrounds, Syracuse (www.nysfair.org/event/2016-empire-brewfest/)

NEW YORK SKIN & VEIN CENTER - 75 Pennsylvania Ave., (Next to BGH) Binghamton, NY 13903 - (607) 286-0694
also at 6 Country Club Rd., Oneonta, New York 13820 - (607) 286-0061 and 157 East Main St., Norwich NY - (607) 286-0695
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.



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

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.



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

Upcoming Events:

March

Barbie's 60th Birthday Bash

Wednesday March 27th

April: Let's Start with Skin:

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



We Get Mail!:

Dear Dr. Dohner,

I just wanted to write and let you know we especially enjoyed your recent February Newsletter, it just so happens we were searching for information on Key West and your letter delivered it right to our mailbox!

Now that we have retired and have more time to travel, Key West is on the list. I haven't been in 30 years and have no idea how it changed and getting tips from someone we know and trust is helpful. Also, I personally enjoyed the Hulu show info while still stuck here in cold NY.

Dr. D happy belated and remember you're only as old as you feel. I hope you and Laura have a great vacation.

Thanks again,
Gina C.



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

Dr D's (Almost) Authentic Irish Colcannon Recipe

This St Patrick's Day forget the corned beef and cabbage and serve your guests Colcannon (pronounced COL-Cannon) instead! Simple and hearty, this authentic Irish dish calls for nothing more than greens mixed with hot, floury mashed potato. Although the original recipe calls for kale, I confess I really dislike the taste so I use spinach instead. It's a great dish for Sunday Brunch with the family (serve with rashers of crispy bacon)



Ingredients:

4 lbs potatoes (russets are best)
1 bunch of curly kale
1 cup milk (or cream)
1 stick (4oz) butter, divided into three parts
4-5 scallions (green onions), chopped
Salt and pepper
Fresh Parsley or chives

Traditionally, "charms" would be mixed into the Colcannon (depending which the diner came across was seen as a portent for their future). A button meant that the male diner would remain a bachelor, a thimble meant a young lady would remain a spinster (at least for another year), a ring suggested marriage and a coin was thought to bring wealth. In parts of Ireland, hopeful lasses filled their socks with colcannon and hung them from the handle of the cottage door (the belief being that the Colcannon would bring their future husband to the door). As your doctor, I discourage such practices (it's really hard to get spuds out of wool!) but I do suggest you serve up a helping of colcannon because for sure (at least on St Patrick's Day) there's a little Irish in all of us!

Directions:

1. Peel the potatoes, add salt and put them in a pot to boil.
2. While the potatoes are cooking add a dab of butter to a frying pan and wilt the spinach down (few minutes) IF using kale: tear from the stems and put into a large saucepan. cover with boiling water and keep at a slow rolling boil until the kale is just wilted and has turned a darker green. This can take 3-5 minutes, depending on the kale. Don't let it overcook - if anything it should be slightly undercooked. When the kale is cooked, drain it well, squeeze to get any excess moisture out, then return to the saucepan.
3. Add one-third of the butter to your greens and cover. Leave it to one side.
4. When the potatoes are soft, drain the water and return the potatoes to the saucepan.
5. Add the milk to the saucepan, along with a third of the butter and the chopped scallions (if you are using them). Allow the milk to warm but not boil - it is about right when the butter has fully melted and the pot is starting to steam.
6. Mash the potatoes thoroughly into the butter mixture.
7. Mix the spinach (or kale) thoroughly through the mashed potato. If you want to be completely authentic now is the time to your parchment paper wrapped charms to your Colcannon.
8. Before serving, season with a little salt and sprinkle with fresh parsley or chives. Most importantly, make a well in the center of the mound of potato and put the last third of the butter in there to melt.



Every year around St Patrick's Day our local tv station used to show **The Quiet Man** with John Wayne and Maureen O'Hara - and I never missed a chance to watch it! Set in 1920's Ireland John Wayne plays the part of former boxer Sean Thornton (an Irish- American from Pittsburgh) Sean - after accidentally killing a man in the boxing ring - decides to travel to Innisfree, Ireland to reclaim his family's farm and find peace of mind. Expecting to enjoy a quiet life he meets and falls in love with the fiery Mary Kate Danaher (Maureen O'Hara) who has other plans. If you've never seen the movie, make of point of doing so this month. In the meantime, enjoy this cocktail as my tribute to the flame-haired beauty.

Dr D's "Maureen O'Hara" Cocktail (serves 1)

Ingredients:

2 oz Irish whiskey
1 oz Baileys Irish Cream
½ oz creme de menthe
1 Andes Mint, shaved into curls

Directions:

Shake whiskey, Bailey's, and creme de menthe over ice; strain and pour into a martini glass. Sprinkle with Andes Mint shavings and enjoy!



What's in Season: Even though Winter is over, there is the bumper crop of Spring produce to look forward to this month:

Apples, Avocado, Bananas, Artichokes, Pineapple, Lemons, Oranges, Grapefruit, Asparagus, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Garlic, Green Peas, Kale, Leeks, Lettuce, Onions, Parsnips, Potatoes, Rutabagas, Spinach, Sweet Potatoes, Swiss Chard

Dr D Reveals The Secret To “Chronologically Advancing” With Style

(Because We Have to Get Older But We Don't Have To Look It!)

As you all know I turned 60 back in January and Barbie is turning the same age this month. People keep telling me I don't look my age (yeah right!) but it got me thinking about how the world looks at “aging”. It was once firmly believed that a “woman of a certain age” was no longer attractive - who thought that one up? (Probably some fashion designer) And if I had a dollar for every woman who has ever told me that she felt invisible after 45 ... Well, ladies, I am here to tell you that there is **no reason why you can't look fabulous at fifty and beyond**. Just look at these lovely ladies who have redefined “aging” and proven time after time that you can still be sexy at 50, 60 and well beyond; all you need is attitude - and a little help.



Dolly Parton (73) has been sexy since I was in high school and she shows no signs of slowing down! To remain as wrinkle free as Dolly you're going to need to “relax”. **Botox, Dysport and Xeomin** are FDA approved (meaning they're safe) wrinkle relaxers which work by putting the facial muscles “to sleep”. This includes those deep lines between your brows and the creases

on your forehead and your crows feet. Treatments are quick and painless (you will feel a slight pinch) and you'll see a noticeable difference in just a few days. Results last for 3 months or more.

Betty White still has gorgeous skin at 97. If you were naturally gifted with a beautiful complexion - congratulations! For the rest of us, there are many options including our Vacation Peel (also known as the Blue Peel because initially, you'll leave the office looking like a Smurf). This amazing in-office peel takes off the top layer of old dead discolored leathery skin. You will need to take a week off work for this procedure (and usually around Day 4 you'll hate me) but by Day 7 to 10 you will have clear, smooth and blemish free skin. The results are so incredible that it's not unusual for patients to look 10 years younger. Give me a week and I'll give you back a decade!



Maybe you don't need a Vacation peel but you're concerned about those little broken veins on your cheeks and nose? Or maybe you're dismayed that you developing brown spots or that your skin somehow has started to look “muddy” or it's lost its glow? There's where laser resurfacing coming in. Less intrusive than a Vacation Peel, the results can still be impressive. Ask for a consultation to determine which course of treatment is right for you.



As we “have more birthdays” even those of you with fabulous skin will need help to keep it that way. So, for ALL my patients, I strongly recommend using physician created **ZO Skin Health Care Creams** daily. Ask which products are right for your skin at your next appointment.

Sharon Stone, 60 has great cheeks and a firm jawline and neck. If your face has lost its volume (which begins around the age of 30), we can restore your normal feminine facial curves with the fillers: Restylane, Radiesse, Sculptra, and Bellafill. We help you decide which one is right for you at your consult.



Loose skin around your jawline and neck can be tightened up with a single 45-minute procedure called ThermiTight. This uses radiofrequency energy to tighten the skin and grow collagen to restore the youthful curves and tight neck. Call or text for more information now.



Designer Iris Apfel may be 97 but she can still rock red lipstick - can you? Lip fillers such as **Restylane Refyne** can give you back your luscious natural lips and smooth out those annoying vertical lip lines which cause lipstick bleed. The biggest fear women have about lip restoration is that the lips will be big and gross and noticeable. This is the furthest

thing from the truth. We don't make big lips: Our mantra is **Natural Good Looks, Our Specialty!**

At 67, **Jane Seymour** still has a beautiful head of hair which she proudly wears as long and as silky as it ever was! Hair is great - on your head - but when you start seeing those stray chin hairs it's time to do something about them! **Laser hair removal** is fast safe and painless with our new state of



the art, Excel HR laser. Call or text and ask about our introductory **\$49 Hair Removal Special** so you'll know exactly how the laser works and feels.

If (like me) you're not as “follically fortunate” as Ms. Seymour, there is now a new treatment available for women who are suffering from thinning hair. **PRP or platelet-rich plasma** uses the growth factors in your own blood to stimulate hair growth. It really works! Call or text for your free consult now.

Actress **Jane Fonda (81)** has recently found an entirely new generation of fans with her top-rated Netflix show “Frankie and Grace”. Still as lovely as she ever was, her zest for life and good health has never wavered. Four years ago she told a reporter from The Guardian, “I'm very youthful. I have passion. I have curiosity. I've always had a lot of energy.” She also admits to having had plastic surgery which she claims took 10 years off her appearance. If going under the knife is more than you want to do, then consider **InstiLiftThreads**. These are absorbable threads that lift the cheeks and jawline in a painless 30-minute procedure with only a weekend of recovery. They last up to 2 years and look natural.



There's no need to ever feel “invisible” or “unattractive” just because you've passed a few “milestone birthdays.” You've built careers, raised families and changed the world! **Now it's time for YOU!**

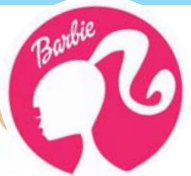
If you'd like to learn more about any of these treatments, call or text us at **607/431-2525 Oneonta** or **607/201-1100 Binghamton** for a FREE consultation. We normally charge \$100 for a consult but if you mention “**Aging with Style**” to the receptionist, she will waive the fee. Offer good till **Friday, March 29th at 5 pm**.



What do Dr Dohner and Barbie have in common (other than they both own white lab coats)? **They both turned 60 this year!** Yes, beautiful Barbie has reached a milestone birthday and she's as gorgeous as ever! Beloved by many, Barbie has become an American icon, but what do we really know about her?



Although we think of Barbie as an "All American Girl" you might be surprised to learn that her physical appearance was actually inspired by a German doll named **Bild Lilli** - a **comic book call girl!** She was not definitely not "child friendly". Back in 1952 the only place you could purchase a Lilli doll was as an "adult novelty" in bars and tobacco shops. Fortunately, the Barbie we know and love today has a less "seedy" past.



Born in Wisconsin on March 9th, 1959 the brain-child of creator **Ruth Handler**, Barbie was named after Ruth's daughter Barbara. Ruth was to say later that she was inspired to create Barbie's ever-changing costumes when she saw her daughter playing dress up with paper dolls.

From Homemaker to Career Girl (*she has had over 150 careers*) Barbie has been successful at every stage of her life



though at times she also created controversy - who can forget when a very unwed Barbie became a mother or that time she got the "tramp stamp" butterfly tattoo (don't worry Barbie, Dr D can remove that quickly and painlessly now).

Barbie was originally marketed as a "Teenage Fashion Model" and Mattel knew that they had a winner on their hands when 350,000 dolls were sold during the first year. And sales haven't slowed since! In fact, every 3 seconds, a Barbie is sold somewhere in the world.



Although Barbie has changed her hair color over the years, little girls (and adult collectors) still prefer Blonde Barbie.



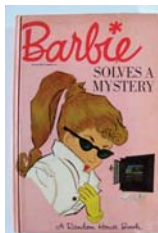
Vote for Barbie!
Barbie has run for President in every election since 1992

Barbie isn't afraid to "get work done". Even she needs a little 'freshening up' now and then. Starting in 1971 when she had her eyes done (she used to look at you with a coy sideways glance but now she looks straight ahead) and then again in 1977 when she got her "lips done" revealing a beautiful, natural-looking smile (Did Dr D do the work, we want to know?).



Although Barbie's shape has been subject to much criticism over the years (experts say that the chances of anyone having a true "Barbie shape" is 1 in 100,000 - not including that Russian woman who convinced cosmetic surgeons to turn her into a life-sized Barbie), we can reveal that her bathroom scale (back in '65) showed that she weighed a relatively healthy 110 lbs given her age at the time.

The course of true love hasn't run smoothly for Barbie and Ken, the world's most famous doll couple fell out of love back in 2004 only to reunite on Valentine's Day 2011 when Barbie publicly proclaimed that her heart "beats only for Ken" FYI: Ken was actually named for Kenneth Handler (the son of Ruth Handler) which actually makes Ken and Barbie brother and sister - but that's



a little too Jerry Springer so let's just let that pass into history shall we?

In the 1960s Random House Publishing releases a series of Barbie books which addressed many of the questions you may have about Barbie's past including the names of her parents George and Margaret Roberts and that Barbie has a middle name: **Millicent**.

Barbie has seven

siblings: **Skipper** was born in 1964 and quickly followed by the twins, **Todd** and **Tutti**, in 1965, **Stacie** came along in 1990 and was followed four years later by **Kelly**. **Krissy** was born in 1998 and then came **Chelsea** in 2011. For you math wizards out there let's break this down. Assuming that Barbie's mother, Margaret, was 23 when Barbie was born in 1959 that makes her 28 when Skipper was born, and 29 when she gave birth to the twins. At 54 she delivered Stacie and at 58 Kelly. At 62, when she should have been thinking about retiring to Florida, Krissy was born and a very tired Margaret gave birth to her youngest child at age 75. Phew, and you thought being a grandma was tough!



Did you know that Barbie has her own Star on the Hollywood Boulevard Walk of Fame? It's true! In 2002, Fashionista and (now feminist) Barbie was immortalized in cement with the assistance of her namesake Barbara Handler.



Barbie has known her "bestie" Christie, since 1968 when the girls met at a Civil Rights March (ok, we made that bit up - but it's a nice idea isn't it?)



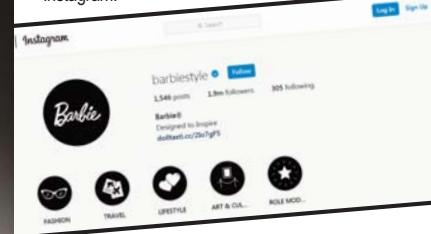
Barbie has an English cousin named Francie Fairchild (but they haven't seen much of each other since the whole Brexit thing....)



Designers LOVE Barbie!
She has been outfitted by over 70 top designers including Bill Blass, Dior, Ralph Lauren, Anne Klein, and Burbury!



Barbiestyle has 1.9 million followers on Instagram.



The Luck of the Irish!

Ireland's mythical leprechauns have become iconic all over the world. But there's so much more to Irish myths and legends than just mischievous sprites who hide their gold at the rainbow's end. Here are a pair of fine tales that you might never have heard of before.

The Salmon of Knowledge

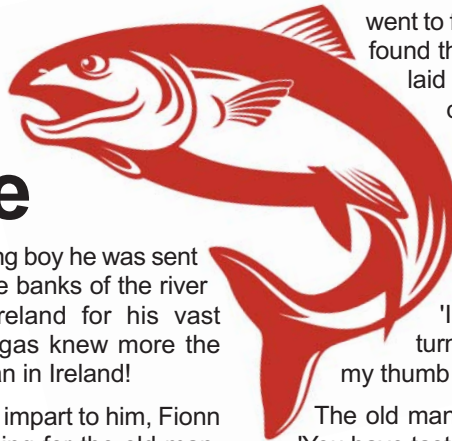
When Fionn (Finn) mac Cumhaill, was a young boy he was sent to live with Finnegas a poet who lived on the banks of the river Boyne who was renowned throughout Ireland for his vast knowledge. Indeed, it was said that Finnegas knew more the world and all its inhabitants than another man in Ireland!

In exchange for the wisdom Finnegas would impart to him, Fionn helped about the house, cooking and cleaning for the old man. However, despite Finnegas' vast knowledge, even he didn't know everything and there were times when even he was unable to answer the boy's questions.

Is there a way to know everything?' Fionn asked. This was a question that Finnegas himself had once asked and it was the reason why he now lived next to the river Boyne - for it was believed that in the dark pool where the hazel trees overhung the water lived the Salmon of Knowledge And, according to prophecy, the one who would eat the Salmon would gain all that knowledge for themselves.

Finnegas had been living on the edge of the river for many years, attempting to catch and eat the Salmon in order to gain its wisdom but had always been unsuccessful. One day, not long after Fionn came to study under him, Finnegas went fishing and finally caught the Salmon.

Returning to shore, he told the boy to cook the fish warning the boy that whatever he did, he must not eat a single bit of it. The boy agreed and set about cooking the salmon while the old man



went to fetch more firewood. Upon his return, Finnegas found the salmon laid out and ready to eat. But as he laid the wood down he thought he saw something different about the child, it was as if the light of wisdom now shone in Fionn's eyes.

The old man demanded to know if Fionn had eaten any of the salmon.

'I have not!' Fionn replied.

'Have you tasted its skin?' Finnegas asked.

'I have not!' Fionn insisted, 'but when I was turning it on the spit I burned my fingers, so I put my thumb into my mouth to ease the pain.'

The old man's heart sank. 'That's enough!' he told Fionn, 'You have tasted the Salmon of Knowledge. The prophecy is fulfilled. You have gained all the knowledge of the world.'

He ordered Fionn to eat all of the Salmon but when the boy was finished, he admitted that he felt no wiser than before. Finnegas thought about this then suggested, 'If it was your thumb you first burned, then place it in your mouth.' Fionn did as Finnegas instructed and immediately all the knowledge of the world rushed into his head.

'You must go now! There is nothing more I can teach you,' Finnegas informed him, 'You are destined to become a wise poet, and great warrior and a leader of men.'

And so it came to pass that Fionn, with all the knowledge of the world, became one of the greatest warrior leaders that Ireland had ever known.

And this is why it is popularly believed that eating fish will increase your brain power... (but I'm still not eating salmon! - Dr D)

**"COOK IT, BUT
WHATEVER
YOU DO, YOU
MUST NOT
EAT A SINGLE
BIT OF IT!"**

Oisín and Niamh

Not only was Fionn mac Cumhaill a great leader, he was also the father of Oisín (O-Sheen) One day, while hunting, Oisín met a beautiful lady, Niamh (NEE-if) who was riding a magnificent white horse. She told him that she has come to Ireland to find the great warrior Oisín and bring him to her homeland, Tir Na nOg, The Land of Eternal Youth.

Oisín fell in love with Niamh and traveled with her to Tir Na nOg, where every year was like a hundred years on earth. In time, Oisín became homesick and decided to travel back to Ireland to visit his mother. Niamh doesn't want him to leave but she agrees to lend him her horse to ride back to his homeland (though the horse's name is long forgotten we shall call him Botox), but she warns Oisín, if his feet touch the ground, he will immediately become an old man. Oisín leaves for Ireland, where he discovers that in the

brief time he has been in Tir Na nOg, 300 years have passed on Earth, and that his family and all he knew are long gone.

As he rides forlornly around his village, Oisín comes across a group of elderly men attempting to move a big stone. He leans over to help push aside the rock, and the saddle breaks. Oisín hits the ground and instantly transforms into an old man. The horse returns to Tir Na nOg without its rider and Oisín never sees his beautiful Niamh again. The moral of this story: If you want to stay young looking don't fall off your Botox...

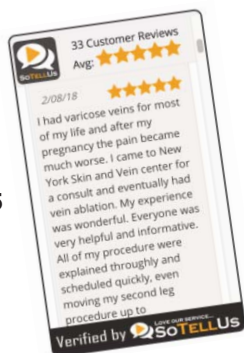




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Please Call Us at 607-286-0061 or email us at Info@NYSVC.com with
your name, address and email. We'll Get One in the Mail ASAP!



Barbie 60th Birthday Party!

The original Barbie Doll debuted in March of 1959 wearing chic, striped swimwear. This black and white ensemble, paired with a red lip and the perfect ponytail, became an instant classic. No matter how you feel about her, since her debut, Barbie has touched the hearts and imaginations of girls all over the world.

We are celebrating by having our very own **Barbie's 60th Birthday Party** on **Wednesday, March 27th from 4 pm to 7 pm**. We're having snacks, cake, wine, demonstrations, fun, and the reps from Botox, Restylane, Dysport, Radiesse, Cutera, InstiLift, and more will be visiting. It will be held at the office at **75 Pennsylvania office in Binghamton**. You can meet with my laser nurses and staff to discuss anything you'd like. Just like at my 60th Birthday month, **you get the presents!** This is the **ONLY** time of the year that we have across the board special pricing for **ALL** of the services and products we offer. We're releasing the **special pricing** details and prizes on **Wednesday, March 13th** by email and on our website at **NYSVC.com/events**. Remember the more you invest in yourself, the more you save **AND** we'll have special bonuses too.



You must register by calling our **24/7 Registration Hotline** at **607/353-1800** or **TEXT** your name and email and any guests to **607/201-1100** OR email Info@NYSVC.com with the same info.

While this event is **FREE** we ask that you bring a new unwrapped toy for boys or girls age 3 to 12 to benefit the families of **RISE in Binghamton**.