



# The NEW YOU

October 2018  
Binghamton Edition

INSIDER TIPS FOR A HAPPY, HEALTHY AND GLAMOROUS LIFE

## From The Desk of Dr. D



I consider **October** to be one of the best months of the year: harvest, Halloween, leaves turning colors, still nice weather. So this month I plan to enjoy the outdoors and play **tennis** as much as possible before the cold weather comes...

Fortunately, my shoulder has been holding up well after the **prolotherapy I had** (to help with a rotator cuff tear). Turn to page 5 for more information about the procedure.

We have been busier than a one-armed paper hanger these past few months! I've been seeing a lot of dermatology and varicose vein clients since the word has gotten out about us. If you're having a hard time getting an appointment and you really really need to be seen, call **Denise at 286-0061** and she'll fit you in!

If you pay attention to the **medical news** you'll have seen all the recent studies coming out that goes against what we've been told for decades:

**Wine and Chocolate** are now considered the keys to long life. **Drinking Tequila** can help you lose weight. **Fish oil** has now been shown not to reduce the risk of heart attacks after all. **Eating after 9 pm** increases your risk of prostate and breast cancer. **Cosmetic procedures** boost mental well being (but you know that, right?). 10% of adults are deficient in **Vit B12 and folate**. **Drinking alcohol** (in moderation) is the key to living past 90-year-old. The recommendations for **Vit D supplements** are way too low. **Cholesterol-lowering statins** for healthy people over 70 are useless, and **aspirin** for healthy people cause more problems than they prevent! WOW!

**Family and Friends:** My mom gave me a large box of old photos I took in the 70's and 80's and dam if I didn't find some of my brother **Bret** when

he was 8 years old. I had a lot of fun showing them to his new girlfriend: she said it was the first time she ever saw him with hair! (FYI: If you are in the Allentown PA area, there is a great seafood restaurant there called **Youell's Oyster House** where Bret and I ate last month).

Some of the pics were from my trip to **Alaska** to help build a dormitory for a church in 1975 - I had hair then too!

**Claire** got a good grade on her first online college test and is working a lot at Jack's Oyster House in Albany. She is finally taking possession of my old car since her old beater died. **John** also got a job at Jack's (with Claire's help). He is now an Assistant Manager working full-time and getting great reviews. I am trying to arrange to see **Hope** in November in California but hate that flight to the west coast; for some reason the



time wrecks havoc with my body. **Ilsa** is loving her first year at ESF in Syracuse; I go up to see her twice a month for dinner and a run to the grocery store. My **Laura** turns 57 this month and will probably celebrate at a bullseye pistol shooting competition!

**Deb Bartlett** is retiring this month from my Walton location after working for me since 1994! The party will be a big blowout I'm sure. We have a new nurse.



**Local goings-on's:** If you missed the **Catskill Area Hospice** event at the end of August I feel bad for you because both the food and **ZZ Top** were great! I had my late model new car detailed by **Protection Auto Detailing** on Upper Front St in Binghamton and they

did a fantastic job. The best part is that they pick up and deliver your car so you don't have to do that yourself. **Hacienda**, the Mexican restaurant on Old Vestal Avenue in Binghamton, got their liquor license so you can now have a Margarita with their excellent salsa. If you like to dress up in formal gowns and you're too old for prom, then consider attending the fabulous **Fox Gala** in Oneonta on



Sat November 2nd. You can get tickets by calling the Foundation office at 431-5472.

**Halloween:** It's supposedly the biggest adult holiday of the year and if you've ever been to **Fantasy Fest in Key West** then you would agree. My memories of Halloween center around a certain trick or treat blowout when I was 9 years old in Jonestown Penna walking around the neighborhood with friends of the same age (back when you could do that). We filled two large grocery bags in a red pull behind wagon and dumped all of the candy on my bed and feasted on it for weeks! Start thinking about what you're going to do for Halloween now since it seems like the local places get sold out quite early - **bside ballroom** in Oneonta has a great party on Saturday, Oct 27th and I hear that **Bistro 163** in Binghamton is planning on hosting their 1st Annual Halloween Party Friday, Oct 26th.

**And don't miss my Patient Appreciation "No Tricks Just Treats" Party with special guests - it promises to be so much fun you'll be "howling" on Wednesday, Oct 24rd (Oneonta) and Thursday 25th Oct (Binghamton).**

## Quote of the Month

"Magic is really very simple, all you've got to do is want something and then let yourself have it."

- Aggie Cromwell, Halloweentown



**Reading: What a Way to Make a Living** by Lyman Wood (he was the guy who came up with the "Have More Plan" for backyard gardening)

**Eating:** See page 4 for my version of "The King's Stew" guaranteed to keep you warm this winter. Back to Pinot Noirs for the fall.



**Watching:** Watched an interesting documentary on Netflix about Argentinian barbeque called **Todo Sobre El Asado (Everything about Barbeque)**. Still enjoying The Ministry of Time on Netflix as well. Can't wait for the new

Project Runway on Bravo.

**Wearing:** Back to long sleeves and sweaters soon.

# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 World Vegetarian Day 	2 Name Your Car Day <i>My Mother the Car</i> 	3  The Forum Binghamton	4 National Golf Day 	<i>First Fridays</i> Art Walk 	6 Just a Matter of Time EPAC 
7 Steven Nanni 	8 Jazz Sessions 	9 National Fire Prevention Day (Check Your Smoke Detectors) 	10 National Angel Food Cake Day 	11  Find Us On Facebook	12 BU Theatre Dept Presents: The Revolutionists 	13  The Arena Binghamton
14 Tri-Cities Opera The Forum Binghamton <i>Madama Butterfly</i> 	15 White Cane Safety Day 	16 Bosses Day! 	17 National Pasta Day 	18 Jeff Dunham The Arena Binghamton 	19 Lucky Stiff Clocktower Theatre Endicott 	20 Binghamton Philharmonic presents: "Psycho" Film Screening with live Score The Forum
21 National Pumpkin Cheesecake Day 	22 Jazz Sessions 	23 Tv Talk Show Host Day 	24 Chinese Warriors of Peking Anderson Center BU 	25 Patient Appreciation Day <b>Halloween Party</b>	26 Lucas Bohn's Lesson Plans To Late Night 	27 Black Feathers 
28 National Mother-in-Law's Day 	29 National Frankenstein Day 	30 HAPPY NATIONAL CANDY CORN DAY! 	31 Halloween BOO! 	<b>You are Invited to the Spookiest Halloween Costume Party Ever: DR. D'S CLIENT APPRECIATION DAY PARTY!</b> See page 8 for more information		

Address/links to events: Watters Theatre/Anderson Center: Binghamton University ([www.binghamton.edu/anderson-center/](http://www.binghamton.edu/anderson-center/)) - SUNY Broome: Binghamton, NY ([www.sunybroome.edu](http://www.sunybroome.edu)) - 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)) - Endicott Performing Arts Center (EPAC): Endicott, NY ([www.endicottarts.com](http://www.endicottarts.com)) - Goodwill Theatre: Johnson City, NY ([www.goodwilltheatre.net](http://www.goodwilltheatre.net)) - DoubleTree Hotel: Binghamton, NY ([www.doubletree3.hilton.com](http://www.doubletree3.hilton.com)) - KNOW Theatre: Binghamton, NY ([www.knowtheatre.org](http://www.knowtheatre.org)) - Binghamton Theater Organ Society: Binghamton, NY ([www.binghamtontos.org](http://www.binghamtontos.org)) - Anthony Brunelli Fine Art: 186 State St, Binghamton, NY ([www.anthonymbunelli.com](http://www.anthonymbunelli.com)) - Chenango River Theater: 991 NY-12, Greene, NY ([www.chenangorivertheatre.org](http://www.chenangorivertheatre.org)) - Doug's Fish Fry: ([www.DougsFishFry.com](http://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](http://www.annunciationvestal.ny.goarch.org/grecian-festival)) - NY Faerie Festival: Ouaquaga NY ([www.nyfaeriefest.com](http://www.nyfaeriefest.com)) - NYS State Fairgrounds, Syracuse ([www.nysfair.org/event/2016-empire-brewfest/](http://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](mailto:info@NYSVC.com) - [www.NYSVC.com](http://www.NYSVC.com)

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

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- ThermiVA for Bladder Control and Dryness
- Medical Weight Loss
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- 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, Juvéderm, LYFT
- Restore Your Complexion with ZO
- Rid Your Legs of Spider Veins
- Varicose Veins Treatment: In-Office Awake Surgery
- Exilis Lunchtime Face Lift and Tummy Tuck
- Bellafill - the 5 Year Filler
- Laser Tattoo Removal
- Vanquish Full Body Fat Melting

### Contact Us:

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



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



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Physician Assistant  
in Dermatology



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



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

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

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

## Upcoming Events

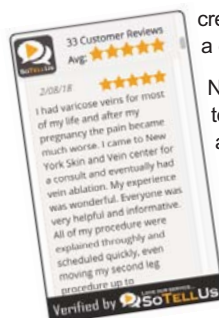
**This Month:** Patient Appreciation Day will be a **Halloween Party with a Very Special Celebrity Guest!**  
 Wednesday, Oct 24 Oneonta  
 Thursday, Oct 25 Binghamton

**November:** Enjoy Thanksgiving with your family!

**December:** 3rd Annual Christmas Cocktail Party (with a musical guest)



**We Get Mail!** The staff is excellent, very helpful with scheduling, and provide a calm environment for procedures. Dr. Dohner explained the procedure and aftercare, did a wonderful job. - I. B



**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 Road, Oneonta



75 Pennsylvania Ave., Binghamton

# Winter is Coming!

Ever since they announced the release date for the final season of Games of Thrones (April 2019) many people have been binge-watching to catch up on previously missed episodes. And boy, do they do a lot of eating and drinking in that show! To fully embrace the viewing experience I felt inspired to make this delicious fish stew I found on a food blog. I've made a few changes to the original recipe (which I think makes it even better) Here is my version of

## The Kings Stew (serves 2)



Photo credit: The Inn at the Crossroads

### Ingredients:

1.5 oz thick cut bacon, diced	1 cup dry vermouth
1 lb potatoes, chopped into 1/2" cubes	1 cup heavy cream
1 yellow onion, finely diced	12 oz can evaporated milk
1 1/2 lb white fish (I used halibut, haddock, and cod), cut into 1" chunks	2 tsp salt
2 cups water	1 tsp pepper
	1/2-1 cup crab meat
	A dozen mussels

**Fish Broth:** Place 1/2 lb fish (about 1 fillet) in a large pot with 2 cups of cold water. Bring to boil and simmer for 10 minutes.

Fry up the bacon over medium heat until the edges begin to turn crispy and brown, add the diced potato. Cook 5 minutes over medium-high, stirring frequently. Add to fish broth. Add vermouth.

Add the remaining cubed fish to the pot. Let bubble for about 10 minutes on medium-high.

Add heavy cream, evaporated milk, salt & pepper, crab meat, and whole mussels (in the shell) to the broth mix. Bring to just under a boil, then reduce to medium-low, cover, and simmer about an hour.

To serve, ladle into bowls and garnish with additional pepper. To really round out the meal, serve it with crusty fresh bread and salted butter.

**And now for the cocktail.** "But Dr D!" I hear you cry, "There were no cocktails in Game of Thrones" Well you're right of course but there are times when wine just won't do (as is the case here). The high cream content of my King's Stew would be curdled by wine so instead (because I'm playing the role of King here) I offer you:

## The Perfect Rob Roy (serves 1)

2 oz Scotch Whisky  
1/2 oz Dry Vermouth  
1/2 oz Sweet Vermouth  
2 dashes Angostura Bitters  
1 cherry  
Twist Lemon

### Instructions

Fill mixing glass with ice cubes. Add all ingredients. Stir and strain into martini glass. Garnish with a cherry and lemon twist.



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

Beans, Beets, Broccoli, Brussels Sprout  
Cabbage, Carrots, Cauliflower, Celery, Corn  
Eggplant, Fennel, Kale, Leeks, Onions  
Parsnips, Peas, Potatoes, Pumpkins, Spinach  
Squash, Turnips, Apples, Grapes, Pears  
Raspberries



# How A Simple Injection Got Me Back In The Game

A few years ago I damaged my shoulder rotator cuff while working out in the gym doing pulldowns. Then it got worse playing tennis. The pain got so bad that I couldn't even serve overhand (and boy did I look silly serving underhand). Eventually, the pain increased until I had trouble sleeping, lifting and carrying - even turning the steering wheel in my car caused me to wince! After a lot of research, I decided to try Prolotherapy and I am pleased to say that it worked beautifully! In just a few short weeks after seeing Dr. John Finkenstadt in Syracuse, my shoulder had healed. I was able to return to serving overhand and sleeping on that shoulder without pain! My shoulder has been pain-free ever since, though my tennis still needs work!

## What is Prolotherapy?

Prolotherapy has been used successfully since 500 B.C. when Roman soldiers were treated with hot branding irons to help fuse the torn ligaments in the shoulder joint. Thankfully, today's treatment for shoulder injury is way less painful!

Today, although still considered an alternative treatment for insurance purposes, Prolotherapy involves a medication being injected into the soft tissue around an injured joint. This injection jump starts and stimulates the body's own natural healing process. The medications used are a type of irritant (most use concentrated sugar water) and a numbing agent. Because Prolotherapy is not a surgical treatment it can be given in any medical office setting and there is little downtime and performed with local anesthesia.

## Can I Benefit From Prolotherapy?

As with any procedure, you need to be examined in order to determine the correct course of treatment but there is strong evidence that Prolotherapy injections are useful in the treatment of all tendon and ligament injuries including those affecting: neck, shoulder, elbows, wrists, fingers, mid back, lumbar spine, hips, knees, ankles, and toes. Prolotherapy is also useful for people with chronic conditions, such as degenerative disc disease or arthritis.

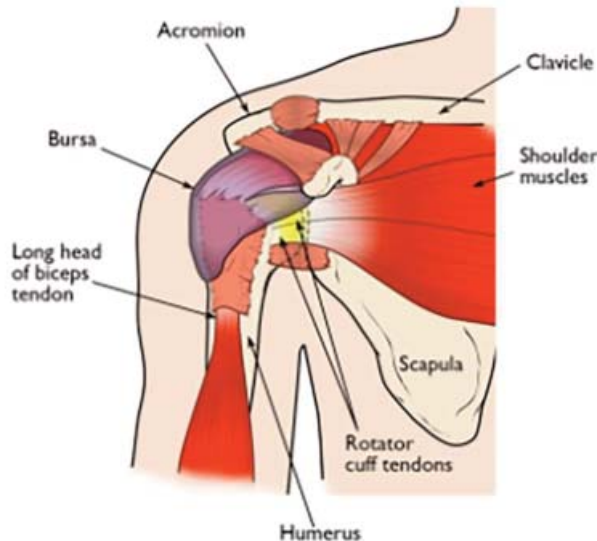
## Do The Treatments Hurt?

Having had the treatments myself I am not going to say that this procedure is pain-free but the numbing agent used makes the injections bearable. The most important part is that the reward of being pain-free and mobile far outweighed the "jab."

## What Should I Expect After Treatment?

After the injections, patients are encouraged to do regular flexibility and stretching exercises. However, they should not overstress the areas injected as this may prevent proper healing from taking place. Once sufficient healing has taken place (about a month), more strenuous exercise may begin under supervision, including strengthening and stabilization exercises. Occasionally, repeat injections may be needed if dysfunction (weakness, laxity, enthesopathy) persists.

The resultant strengthening of the tissue leads to an increase in stability, increase in function, and a decrease in pain. Dysfunctional joints affected by arthritis may be treated similarly, with an increase in function and a decrease in pain being noted in many cases.



## How Many Treatments Will I Need?

Prolotherapy usually requires several injections at the site of the pain or injury in order to be effective. Most patients require anywhere a minimum of 4 injections per session and will need to be treated anywhere from one to 4 sessions depending on the severity of your problem. (I needed 2 sessions about a month apart each to get to where I wanted to be and was able to restart tennis after only 6 days.) Because Prolotherapy injections must be precise (so that the medication is placed at the area or areas requiring repair) it is important to consult with a doctor who is experienced in Prolotherapy.

If you're plagued by chronic pain and are ready to do something about it, call my friend and colleague **Dr. John Finkenstadt in Syracuse at (315) 478-9710** for a consultation to discover if Prolotherapy can give you back your game too. Dr. F has 30 years experience in Prolotherapy and is a genuinely nice man who will tell you honestly if he can help you or not.

The initial consult and any x rays and ultrasounds are covered by insurance. The actual prolotherapy treatments are not covered by any insurance but are very reasonable compared to surgery, physical therapy, and the loss of doing those things you want to do!





# How To Set Up A Home Gym For Less Than \$150

If Your "Fat Day" Jeans Have Become Your Everyday Wear Don't Despair! Even after 60 practicing healthy eating and adding the right exercise to your day can help you shed excess weight. Did I just hear a groan? Yes, depending on where you live, a gym membership can cost over \$1000 a year. And yes, statistics show that most of us quit going the gym after the first few months citing lack of time as the main reason but before you give up (and simply buy bigger clothes) there is another option - create your own home gym. With just these 4 pieces of equipment, you can get an awesome workout for \$150 and it's easier to work out when the "gym" is right there (and no one is watching you) We've convinced you? Good! Let's get started!

## Jump Rope



Remember how much fun a jump rope was back in grade school? This exercise delivers a killer cardio workout you can do practically anywhere. Although you might have happy memories of spending hours outdoors with your ponytail bouncing in rhythm, don't expect to be able to complete a 30-minute routine right off the bat – jumping rope is hard work for pretty much anyone over 7! Start by using your jump rope for interval training (switching back and forth between a minute of jumping and a minute of rest for the ultimate workout) and before long you could be entertaining your grandkids with Double Dutch routines! **DYNAPRO Neon Jump Rope COST \$17.99 from Amazon**

## Kettlebells



Like dumbbells and medicine balls, kettlebells enable you to increase the weight you lift during exercises like squats, lunges, and shoulder presses, but they also provide you with a powerful cardiovascular workout when used to perform swinging exercises (and I have it on good authority that they are also great for holding down fabric when you quilt)

If you're not sure what to look for, Kettlebells are "weighted balls with handles". We found ours on Amazon (because we like to get things sent directly to us) but you can find them at Walmart, Target and TJ Maxx in an assortment of weights. Start with a 8lb kettlebell and work your way up as your strength increases **SPRI Deluxe Vinyl Kettlebell COST \$18.20**

## BOSU Ball with resistance bands

Ok, this is FUN! The aim is to retain your balance while standing on the ball - sounds easy right? Nooo! It takes practice to be able to maintain your position and while you figure that out you're giving your core a great workout! Best of all you can do this exercise while watching Game of Thrones. Look for a BOSU ball that comes with resistance bands and a workout chart. We found this set on Amazon **RitFit Balance Ball Trainer with Resistance Bands (Free Exercise Wall Chart, Air Pump, Resistance Bands) COST \$61.98**

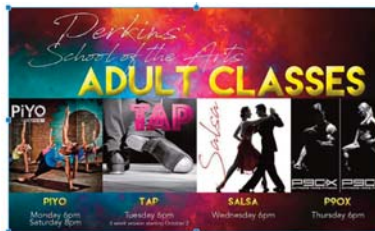


THE ORIGINAL AEROBIC TRAINING STEP

## The Step

A staple in many gyms and exercise classes, The classic step aerobic tool is a good option, enabling you to use it as a bench, a low plyometric box, or, of course, a tool for step aerobics. Adjustable height allows for use by beginners or seasoned pros. Used alone or in conjunction with exercise DVD's, this is one of the most versatile (and affordable) home gym products on the market. Try this one (also from Amazon): **The Step High Step Aerobic Platform COST \$47.99**

Dr D Says: All the equipment in the world won't do you any good if you don't use it. If you find that you lack motivation try a month of sessions with a personal trainer. Your trainer will hold you accountable, teach you proper form, and show you how to develop your own home program using the items we mentioned above.



Prefer group activities? Learn to dance! **Perkins School of the Arts** located 38-40 Birdsall St Norwich, NY **607-336-6143** offers adults a variety of options from classical dance to "avantguard creativity". With classes almost every night of the week you are sure to find something that fits your schedule. Let's Salsa!



# HALLOWEEN COSTUMES THROUGH THE DECADES

**FACT:** Halloween originates from the ancient Celtic festival of Samhain, a celebration for their new year on November. The Celts believed that the veil between the living and the dead was thinnest on October 31 they would burn crops and animals as a sacrifice to their gods. They would also wear costumes made out of animal skins and try to tell each other's fortunes.

Halloween is the one night per year when we can become (if only for one night) anything we like - and it's totally acceptable! From sweet to scary, sexy to comedic the real shocker is that the national average Halloween spending per shopper is \$75.00 - for an outfit usually wore only once!

Not surprisingly some of the most popular (and often used) costume ideas come from the styles and trends of the past with poodle skirts, hippie garb and rocker attire being perennial favorites (probably they are easy to pull off with what most of us have in our closets) But what did people wear when these iconic costumes were actual "fashion"? Here is our look back at Halloween "Fashions" of The Past:



## 1900

Costumes were homemade and ranged from simple witches outfits to terrifying scarecrows to the "exotic" inspired by other cultures.

America might have been in the grips of Prohibition but these witches appear to be having a roaring time bobbing for apples.



## 1920'S

America might have been in the grips of Prohibition but these witches appear to be having a roaring time bobbing for apples.



## 1930'S

Mickey Mouse was the star of the 30's making this is most popular Halloween costume of the decade.

## 1940'S

After the war America began it's love of sexy Halloween costumes no doubt inspired by the glamorous photos of movie stars in magazines such as Movieland and Photoplay.



## 1950'S

Forget about cultural appropriation! Tiki bars were all the rage in the 50's and all things Hawaiian captivated the country including costumes inspired by the movie South Pacific.

Sexy Superheroes Catwoman and Batgirl were hugely popular in the 1960s, and Halloween costumes followed suit. We saved the world while wearing figure-hugging bodysuits and short skirts with capes.

## 1960'S



## 1970'S

Daisy Buchanan from The Great Gatsby Because pretty much every woman in America (if not the world) was in love with both Robert Redford and the roaring 20's



## 1980'S

We loved our MTV and sexy vampire Elvira. With the sexy combo of long black dress and high hair, we all wanted to be "Mistress of the Night".



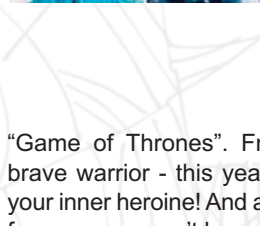
## 1990'S

Catwoman was back! This time we were inspired by the movie "Batman Returns" in which Michelle Pfeiffer plays good girl driven bad. Sexy and slippery, Batman had his hands full with this kitten and we looked pur-fect in our Halloween costumes.



## 2000

We were having a yabba dabba good time with characters from The Flintstones Movie (extra points for still having pink legwarmers in the closet).



## 2010

Was the year we were "Frozen". Princesses were EVERYWHERE and there was nothing cold about this hot Halloween costume!

**WHATEVER YOU DECIDE TO GO AS THIS YEAR, WE HOPE YOU HAVE A FRIGHTENINGLY GOOD TIME!**



## 2018

"Game of Thrones". From ethereal maiden to brave warrior - this year you can truly embrace your inner heroine! And all these cloaks mean that for once you won't be cold on Halloween night!

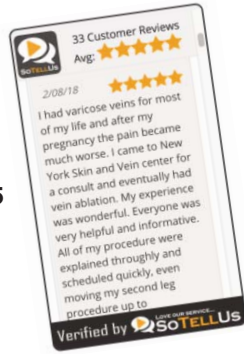


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**157 East Main St.** Norwich NY 13815  
(607) 286-0695

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



## What's Inside This Issue?

- Looking For Something Warm and Satisfying For Dinner? Try My Delicious Recipes on Page 4
- Turn to Page 6 To Discover How You Can Create a Home Gym For Less Than \$150
- Living With Pain Is Scary! Discover How Prolotherapy Can Help You Find Relief Turn To Page 5
- Find Out What I've Been Doing Lately On Page 1
- "What We Wore" Turn To Page 7 For My Guide To Halloween Costumes Through The Decades
- Check The Calendar On Page 2 For Neat Things To Do

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!**

# You are Invited to the Spookiest Halloween Costume Party Ever: DR. D'S CLIENT APPRECIATION DAY PARTY!

**We'll Be Conjuring Up:** Enchanted Hors d' heuves, Bloody Cocktails, Wickedly Delicious Wine and Dangerous Desserts. Scary Sightings and Eerie Sounds...No Tricks, All Treat Bags of Samples and a Special Gift Just for Attending!

### I Will Be Giving Out Prizes for:

- Best Halloween Hairdo
- Scariest Costume
- Best Shoes
- Best Duo Halloween Theme
- Best Group Halloween Theme
- Anyone Who Dresses Up or Brings a New Friend will receive a Prize Too!
- Most Newbies Brought
- Demonstrations of Wrinkle Relaxers and Fillers. (Became wrinkles are terrifying!)
- Witness the Sorcery of Lasers In Action For Rosacea Clearing, Hair Removal, Skin Tightening, and Fat Melting.
- Meet the Bewitching Representatives from Botox, Restylane, ThermiVA and ThermiTight and more!
- Find Out About The Real Magic Behind The FIVE YEAR Wrinkle Filler: Bellafill!
- Learn All About The Wickedly Clever New Non-Surgical Treatment for Urinary Incontinence and Dropped Bladder!
- Watch The Latest Non Surgical Neck Lift with ThermiTight! (So effective you'll think we've cast a spell)

With Special Guests  
"Madonna" and  
Artist "Frida  
Kahlo"



RSVP by  
calling our  
24/7 registration hotline  
at 607/353-1800  
or email [Info@NYSVC.com](mailto:Info@NYSVC.com)  
with your name, address, and cell number.

This is the **Only Day of the Year** that we have **Special Pricing on Everything We Offer** so you better attend. Details when you register!

If you want to get in on the special pricing but can't come to the party, call **Oneonta on Wednesday at 431-2525** from 8:30 am to 4 pm or **Binghamton at 201-1100** on Thursday from 8:30 am to 4 pm or just stop in on those days only!

Although this fun and informative seminar is completely FREE, please bring a donation of new (or gently used) winter coats and accessories (hats, gloves, scarves etc) to benefit the clients of RISE and Family Services Association, our local women's shelters. Your generous donation enters you for a chance to win the GRAND PRIZE of A One Thousand Dollar Makeover! OR an Evening on the Town for Two including hotel, dinner, and entertainment. The more donations you bring, the greater your chance of winning!