



THE NEW YOU

Natural Good Looks and Healthy Legs: Our Specialty!

From the Desk of Dr D

I've always thought of Mother's Day as the big "Gold Medal Event" and that Father's day is the Bronze medal afterthought, but hey, we didn't have to pop out that 8 lb. bundle of joy so it's all good. This year I'm going to North Carolina for a river race get-together with some buddies so we'll have a virtual Father's Day celebration.

My big news this month is that my youngest child, Ilsa, has graduated from SUNY ESF in Syracuse.



Student Recognition
Environmental Studies Top Scholar
Emily Li
Environmental Education & Interpretation
Outstanding Student
Taraiah Hill
Environmental Studies (Outstanding Students)
National System Applications
Sachi Segun
Management, Communication & Society
Lauren Kelly
Environmental Policy, Planning & Law
Ilsa Dohner
Ilsa Award



Happy Day!



Graduation reception with Dinosaur



Ilsa with her mother Mary and me



Ilsa and her roommates

This is exciting on two levels: #1 my baby has graduated and #2 no more college tuition, room and board or textbook payments from Dad! I couldn't be happier lol. The day of commencement was beautiful at the ESF campus. Her mother, godmother, and myself were there to celebrate (her siblings were all tied up with work). We couldn't have been prouder of her as Ilsa had also received an award from her department that morning too. After the ceremony we had a reception at her apartment catered by **Dinosaur BBQ** and champagne with 5 of her roommates who graduated also.



Dr. D and Hope

In April I went to the West Coast for a week, first flying to San Francisco to visit my daughter **Hope** who works for Google. I stayed at an AirBnb close to her and her boyfriend (Ben) who live next to **McLaren Park**. We had dinner at a funky Asian pinball bar called **Outer Orbit**, a huge breakfast at **Breakfast at Tiffanys**, and takeout dinner at her apartment. I also had lunch with Catherine Malley, an old friend in Sausalito, who is a marketing consultant that I have employed in the past. Hope, Ben and I went on a long uphill (both ways) hike in the park. It was fun but I was wiped out by the time change: exhausted at 8pm and wide awake at 3 am every day!

After San Francisco I flew down to Burbank CA to stay at the **Hotel Roosevelt** in Hollywood where the **Turner Classic Movie Film Fest** was held for the first time in 3 years due to Covid. Before the festival we visited the beach near the **Santa Monica Pier**. I was able to walk down the Red Carpet into the premiere of the



El Capitan Theater Hollywood



Steven Spielberg & Ben Mankiewicz

remastered **ET: The Extra-Terrestrial**. **Stephen Spielberg** was in attendance and was interviewed by **Ben Mankiewicz**, the host of TCM on TV. We sat behind **Mario Cantone** from Sex in the City fame. That evening we took a bus to the **Academy Awards Museum** for the **Opening Night Gala** with lots of stars and great martinis! The next day I saw **The Group**, a 1966 movie about the lives of 7 women who graduated from college in 1933. It was apparently very forward thinking in its day. The evening was rounded out by a



Me at The TCM Film Festival



Elvis and Joan Blackman in Blue Hawaii

showing of **Fatal Attraction** with Glenn Close and Michael Douglas. On Saturday I saw **The Third Man**, one of the best film noir films ever made with **Orson Welles**. That evening we saw **Blue Hawaii** (starring **Elvis**) at the hotel pool. The last day had **After the Thin Man** from 1936 and **Key Largo** with Humprey Bogart and Lauren Bacall. The Closing Night Party (also at the hotel pool) was packed and I'm surprised no one fell into the pool!

Restaurants we visited included **The Water Grill** in Santa Monica, **In and Out Burger** (everyone raved about it but not nearly as good as Five Guys), **Rao Italian** (maker of the lines of sauces you can find here), **Muso and Frank Grill** (amazing old fashioned joint that treats you exactly right), and **Petit Trois** (very disappointing French restaurant situated in a parking lot surrounded by broken pallets as a fence).



Lunch in Santa Monica at Water Grill

We have a new office in Hamilton, NY staffed by Anne St. Pierre, NP. See page 4 for all the details!

The No Fuss Father's Day BBQ

Let me tell you a thing or two about dads:

1. We worry about you a lot no matter how old you get.
2. We never get enough sleep
3. Father's Day ties are fine but what we REALLY want is to hang out in the yard with you and eat bbq.

The BBQ Chicken Naan Bread Pizza (serves 6)

It usually falls to me to make sure my Father's day is fun but someone came across this dish and I now love it! I have always thought of Father's Day being a manly steak and burger event but this dish appeals to moms and days equally! Because the recipe calls for pre-made ingredients it is easy for even the youngest child to help prepare too! Happy Father's Day!



Ingredients:

6 Naan bread (available everywhere)
Olive Oil for basting
Bottle of your favorite BBQ Sauce
1 lb fresh Mozzarella slices
1 Rotisserie Chicken, shredded
3 avocados, sliced
1 Red onion, finely chopped
Black Pepper to taste

Directions:

Step 1: Preheat the grill on high. Brush both sides of the naan bread with olive oil. Turn off the grill completely and place naan bread on the grill surface (if you want grill lines on the naan place a heavy object on top of the bread). Heat both sides for 2 minutes, remove and let cool slightly.

Turn the grill back on high. Lightly coat one side of the naan bread with bbq sauce, fresh mozzarella slices and chicken shreds. Top with red onion and avocado slices

Step 2: Grill the pizza over indirect heat only, using your grill as more of an oven. Meaning that if you have three burners, only preheat two for this next step. If you have two burners, only preheat one burner. Place layered pizza on the side of the grill that is not lit. Close the cover and let cook until the toppings are melted to your liking, about five minutes. Remove, sprinkle with black pepper, and cut into slices.

The Gold Rush (serves 1)

What goes best with BBQ food? Why bourbon of course! Trust me, once Dad tastes this (very) manly cocktail he will never ask you to bring him beer again!



Ingredients:

3/4 oz honey syrup (See Dr's Note)
3/4 oz lemon juice
2 oz Buffalo Trace bourbon

Directions:

Combine ingredients in an ice-filled shaker. Shake well and strain over rocks in a double old fashioned glass. Garnish with a lemon twist.

Dr's Note: To make honey syrup combine 3 parts honey to 1 part hot water. Stir until dissolved and store at room temperature. One batch should keep for two weeks.

And The Award For Best Bourbon Goes To...

Considered by many to be the world's finest bourbon, **Pappy Van Winkle's Family Reserve** is the stuff of legends. Pappy hunting is now a pastime among bourbon fans, and while any Pappy is good the 20 year old version is the best by far. With a sweetness and rich finish that is impossible to beat, this is truly bourbon at its finest. Unfortunately, it's \$100 an ounce (when you can find it) but the same company that makes Pappy's also provides **Buffalo Trace** (nowhere near as expensive at around \$30 a bottle and it's still pretty darn good!)



Dr D's Very Manly Salad (serves 4)

Most men shudder at the thought of a salad (the mere word conjures up images of frufu ingredients and "light dressings") but my Manly Man's salad is anything but delicate. My recipe packs a punch! From the "meaty" walnuts to the satisfying crunch of the fennel and pickles - this dish has so much "umph!" that it might not actually be a salad at all!



Ingredients:

1/2 cup walnuts
4 whole pickles, halved and sliced into 1" pieces
3 Tbsp. pickle brine
3 Tbsp. red wine vinegar
2 tsp. Dijon mustard
1 tsp. honey
1/4 tsp. crushed red pepper flakes
1/2 small white onion, thinly sliced
Kosher salt, freshly ground pepper
1 medium fennel bulb, discard outer layers, thinly sliced crosswise
1/2 cup chopped dill
2 oz. Parmesan, shaved
Extra-virgin olive oil (for drizzling)

Directions:

Roast The Walnuts: Preheat the oven to 350°F. Place walnuts on a rimmed baking sheet and roast, tossing once, until golden brown, 8-10 mins. Let cool; coarsely chop. Set aside.

Make The Dressing: In a large bowl, whisk together the pickle brine, vinegar, mustard, honey, and red pepper flakes. Add onion and season with salt and pepper. Let sit to allow the onion to soften slightly, about 15 minutes.

Assemble The Salad: Add walnuts, pickles, fennel, dill, and Parmesan to dressing and toss to coat. Transfer salad to a large shallow bowl or platter and drizzle with oil. Serve with toast to sop up the dressing if desired.

Did You Know?

Bourbon has been officially recognized as a "Distinctive Product of the United States". On May 5th 1964, Congress officially declared that bourbon be known as America's Native Spirit. (all the more reason to enjoy bourbon with your bbq)

For a whiskey to be properly labeled as a bourbon, most purists will tell you it has to come from Kentucky. Others will say it simply must be American.

Bourbon must be created from a mash (a mixture of fermentable grain) that is at least 51 percent corn. The other 49 percent is usually a mixture of barley, rye, or wheat.

Bourbon must be aged in new American oak barrels (whereas many types of whiskey, like Scotch whisky, are often aged in barrels that have previously held wine, port, other whisk(e)y, and so forth).

Bourbon must go into the barrel at no more than 125 proof and it cannot enter the bottle at anything less than 80 proof.

Finally, for it to be bourbon, nothing but water can be added, and that is only at the end to proof the whiskey down to what the distiller is seeking.



5 Easy Pre-Wedding Treatments You Need Now!

Congratulations, you or someone you know is getting married! Summer is “Wedding Season”, and after two years of putting off the celebration, the weddings are coming faster than you can say crows feet! And if you are the bride then taking care of yourself has been very low on the list of things to do. However now that the masks are coming off, maybe you’re seeing a few things you’d like improved.

Today’s cosmetic procedures are safe, quick and yield incredible results. So whether you’re the Bride To Be, Mother of the Bride/Groom, a member of the bridal party or just want to look great in the wedding photos, here are 5 pre-wedding treatments you need to know about.



1. Botox and Dysport

Diamonds might be “a girl’s best friend” but wrinkle relaxers are a pretty close second! There is nothing worse than seeing lines on your forehead, and between and around your eyes. They make you look tired, cranky, sad and (gulp) old! These wrinkles are caused by the muscles that make your face move. Remember Mom warning you “not to make that face or it will stay that way?” Well, she was right! When we are younger our skin is resilient and stretches back into place after we make facial movements. As we age our skin loses collagen and elastin and those creases begin to deepen and remain long after the muscles have relaxed. Fortunately these “muscle motion” lines are easily treated with wrinkle relaxers like Botox and Dysport. These quick, painless, and safe medications work by putting those overworked muscles to sleep, smoothing out the wrinkles leaving you looking relaxed, youthful and rested again. Expect to see results in just a few days!

2. Fillers

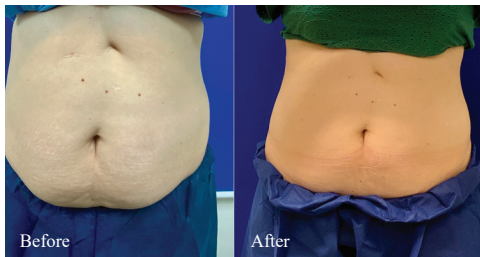


Another fast and easy fix is smoothing the wrinkles caused by loss of fat and collagen (which begins in our 30’s). This volume loss creeps up slowly until one day we notice that our cheeks look flatter, our lips thinner, and our lower eyes look hollow. And let’s not forget the backs of the hands starting to look veiny! Volume loss is one of the biggest age “tells” but fortunately it’s easily rectified with dermal fillers! There are several excellent FDA fillers available, including the Restylane family and Radiesse - each has different properties depending on where they are used. All are safe and effective for restoring soft, youthful contours to your face and hands. Expect to see results immediately after treatment!



3. Laser Genesis

When it comes to looking younger, working on your complexion can give you the biggest bang for your buck. Dark spots, red spots, broken blood vessels and rosacea can all cause distress but fortunately we have Laser Genesis. This non-invasive, comfortable laser procedure smooths the skin and reduces the look of fine lines, dark spots, and broken blood vessels. It is also useful in the treatment of acne scarring, redness, and helps improve the look of rosacea. Laser Genesis works by heating the dermis directly under the skin; stimulating collagen production, which in turn plumps the skin reducing the appearance of fine lines and wrinkles. You’ll see results very quickly AND there’s no downtime, so you can have this procedure right before “The Big Day” and look beautiful!



4. Coolsculpting Elite

If you’ve been “shedding for the wedding” but are still struggling to lose those stubborn bulges, Coolsculpting Elite is your solution! This safe, non-invasive treatment requires no effort from you at all! Call for an (in-person) consultation to discuss your needs with one of our highly trained female nurses (don’t worry, this is actually fun) then if Coolsculpting Elite is right for you, we’ll set you up with an appointment. On the day of your treatment, special contoured (read: comfortable) paddles will be attached to the diet resistant fat areas. The paddles will then freeze and destroy the unwanted fat (which your body later flushes away naturally). The initial cooling can be a bit uncomfortable but within 5 minutes you won’t notice the cold anymore and can literally lie back, use your phone to check in with your bridesmaids, enjoy a cup of coffee (even take a well deserved nap) while the machine

works its magic! Typically you’ll see a 25% reduction in unwanted fat after just 1 Coolsculpting Elite treatment. Optimal results are seen about 3 months after treatment.



5. The ZO 3-Step Peel

Struggling with fine lines, sun damage, dull skin, acne, Melasma or uneven skin texture? Ask about The ZO’s 3-Step Peel. This innovative chemical peel uses a blend of exfoliants, retinol and multi-action agents to help improve your skin health and treat many signs of aging including skin discoloration. It is safe for all skin types and offers long-lasting results. ZO Skincare (created by dermatologist Dr Zein Obagi) is the #1 luxury skincare line in the world and #2 in the USA. It is the ONLY skincare line we offer because it is so effective, fast and predictable in its results. In just a few weeks you’ll have smoothers tighter, clearer skin!

Going To The Chapel and You Need To Get Ready?

This month I am offering a comprehensive PreWedding Consultation Special:

(Also good for anyone who wants to look good this summer)

You’ll Receive:

1. A Comprehensive Pre Wedding Consult
2. ZO “Get Skin Ready” Products Chosen Just for You
3. A ZO No Downtime Glow Peel
4. A Gift bag of goodies including my book: *About Face: The Smart Women’s Guide to Natural Good Looks.*
5. \$100 Off Any One Future Treatment used by End of July.



This is a \$350 Value but this month we are offering it for

only \$99

Make your appointment TODAY!

Hurry Because This Offer Expires:
Thursday, June 30, 2022 at 5pm.

Don't Miss Out! Call 607/286-0061 OR
Text 607/364-8752 NOW!

(While supplies last. Cannot be combined with any other offer, special, coupon, or prior purchase. Only one consult special per person per year.)



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

Also at:
157 East Main St.
Norwich NY 13815
(607) 286-0695


75 Pennsylvania Ave
(Next to BGH)
Binghamton NY 13903
(607) 286-0694

10 Eaton Street
Hamilton, NY 13346
(607) 336-2400



New York Skin and Vein Center
4.9 ★★★★★ (278)

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

 **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 called Oneonta Laser Derm, the practice expanded and changed the name to New York Skin and Vein Center. We now have 4 locations with 3 dermatology PA's/NP's, 5 laser nurses and technicians, with two private surgical facilities for your safety, convenience, and privacy.

The *New You Newsletter* is a monthly conversation about life as it looks from my perspective and what's happening at the New York Skin and Vein Center. I believe in strong relationships and this newsletter is my way of showing you who we are and what we have to offer you. Some of you I see a lot, 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 a lot can happen in a year or two! This is my way of keeping in touch. Hope you enjoy it as much as I like writing it. - **Dr. Eric Dohner.**

Some of Our Services for You:

- Medical Dermatology
- Varicose Veins Treatment: In-Office Awake Surgery
- Leg Spider Vein Sclerotherapy
- Wrinkle Fillers & Facial Restoration: Restylane, Radiesse, Sculptra, Bellafill
- Pixel8 RF Microneedling
- Tighten Turkey Neck & 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
- Peels: for Pores, Melasma, Sun Damage, Acne
- Vacation Peel: Give Us a Week - We'll Give You Back a Decade
- InstaLift Weekend Facelift
- Laser Hair Removal
- Smooth Wrinkles, Crow's Feet, Smoker's Lines with CO2 Laser
- Exilis Lunchtime Face Lift
- Laser Tattoo Removal
- CoolSculpting Elite Fat Freezing
- Cellulite and Stretch Mark Clearing

Happy Father's Day! Look inside to discover:

- [Our Favorite Father's Day Recipes On Page 2](#)
- [Is Your Skin Ready For Wedding Season? Whether You're The Bride, Mother of the Bride or Groom, a Bridesmaid of a Wedding Guest Turn To Page 3 To Find Out How You Can Look Lovelier Than Ever On The Big Day](#)
- [Phew, Dr D Has Been Busy Lately! Catch Up With Him On Page 1](#)

Call for your complimentary copy of the book you want!



Dr. Eric Dohner's Guide to Freezing Your Butt Off



About Face The Smart Woman's Guide to Natural Good Looks



ThermiVA Patient Information Guide



The MAN-ual A Repair Guide For Guys



The Modern Guide to Removing Your Tattoo



Get the Healthy Good-Looking Pain-Free Legs You Deserve Now

You're Invited to... The Grand ReOpening of New York Skin & Vein in Hamilton

When: Thursday, June 16th from 4 to 7pm

Where: 10 Eaton Street, Hamilton

What to Expect: Tasty Treats, Drinks, Prizes, Botox

Text: 607-364-8752 with Your Name and 'RSVP'



Anne St. Pierre MSN,

FNP-BC, DCNP is here to stay!

We've relocated to 10 Eaton St in Hamilton!

We are excited to stay in Hamilton the place we call home.

Anne St. Pierre is a Board Certified Family Nurse Practitioner that has over 11 years specializing in Dermatology and also holds the National Board Certification in Dermatology. She is trained to diagnose and treat ALL skin disorders and can prescribe Accutane and Psoriasis Biologics as needed!



New York Skin & Vein Center

10 Eaton Street, Hamilton - 157 East Main Street, Norwich

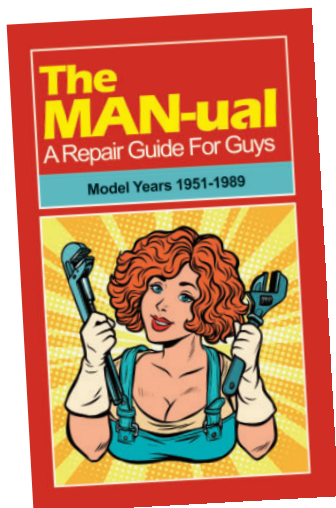
607-336-2400

Accepting Most Major Insurances - No Referral Needed! Sorry - No Medicaid

Dr Dohner's Latest Book

"The MAN-ual"

Answers All Those Questions You've Been Afraid To Ask!



Hi, I'm Eric Dohner, Physician, Dad, Author, and a Guy like you. Every day I see men who tell me that they hate their acne scars, awful tattoos, hairy back, double chin and let's not get started on hair loss and ED! So I decided to do something for my guy friends and reveal the secrets that George Clooney, Brad Pitt, and all the male movie stars try to keep to themselves. So in my latest book: **The MAN-ual** I cover **ALL** the maintenance information you need to keep your "bodywork" looking good and your "under the hood" parts in full working order too.

Once a taboo subject for men, it is now common for **regular guys like us** to go to the doctor and fix what we don't like! Looking good and performing well isn't just for women you know. It's ok to take care of yourself. We don't think twice about spending money on the gym, eating healthy, or on the latest golf clubs. Our fathers couldn't or wouldn't do that for themselves but now we're

in a different time and age. We should **enjoy the fruits of our labor** and keep going till we drop dead at 100 years of age!

Written in a fun yet informative manner, "**The MAN-ual**" covers all your "repair" concerns from acne scarring to tattoo removal, hair loss to erectile dysfunction and everything in between:

- **Chapter: 1 Let's Face It**
It's Time to Invest in Yourself
- **Chapter 2: Out Damn Spot!**
Real Answers to All Your Complexion Woes
- **Chapter 3: Scars and Other Unwanted Marks**
Smooth Your Stretch Marks, Acne and Chicken Pox Scars
- **Chapter 4: Not Just The Hair On Your Chinny Chin Chin**
Dealing with Unwanted Hair on Your Neck, Chest, and Back
- **Chapter 5: To Bald Or Not To Bald...**
The Non-Surgical Way to Regrow Your Hair
- **Chapter 6: A Wrinkle in Time**
How to Roll Back the Years Naturally and Effectively
- **Chapter 7: Taking It On The Chin**
How to Firm Sagging Skin and Double Chins
- **Chapter 8: Get Your Mojo Back!**
What to Do When The Pills Don't Work
- **Chapter 10: Love Handles and Beer Belly's**
How to Regain Your 6 Pack
- **Chapter 11: Rethink Your Ink**
How to Get Rid of Your Ex

If you have ever worried about it, **The MAN-ual** addresses it!

Listen, if you're not liking what you see in the mirror these days, don't worry - you know a guy! And right now that guy is offering you a great deal on a your **MAN-ual Tune Up:**

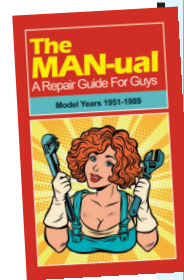
Your body is a finely tuned machine - keep it showroom quality. At **New York Skin & Vein Center** we can remove your nicks and dents, check your spark plugs, and give you your Annual Inspection. Call (607) 286-0061 to schedule your **Tune Up** with Dr. D.

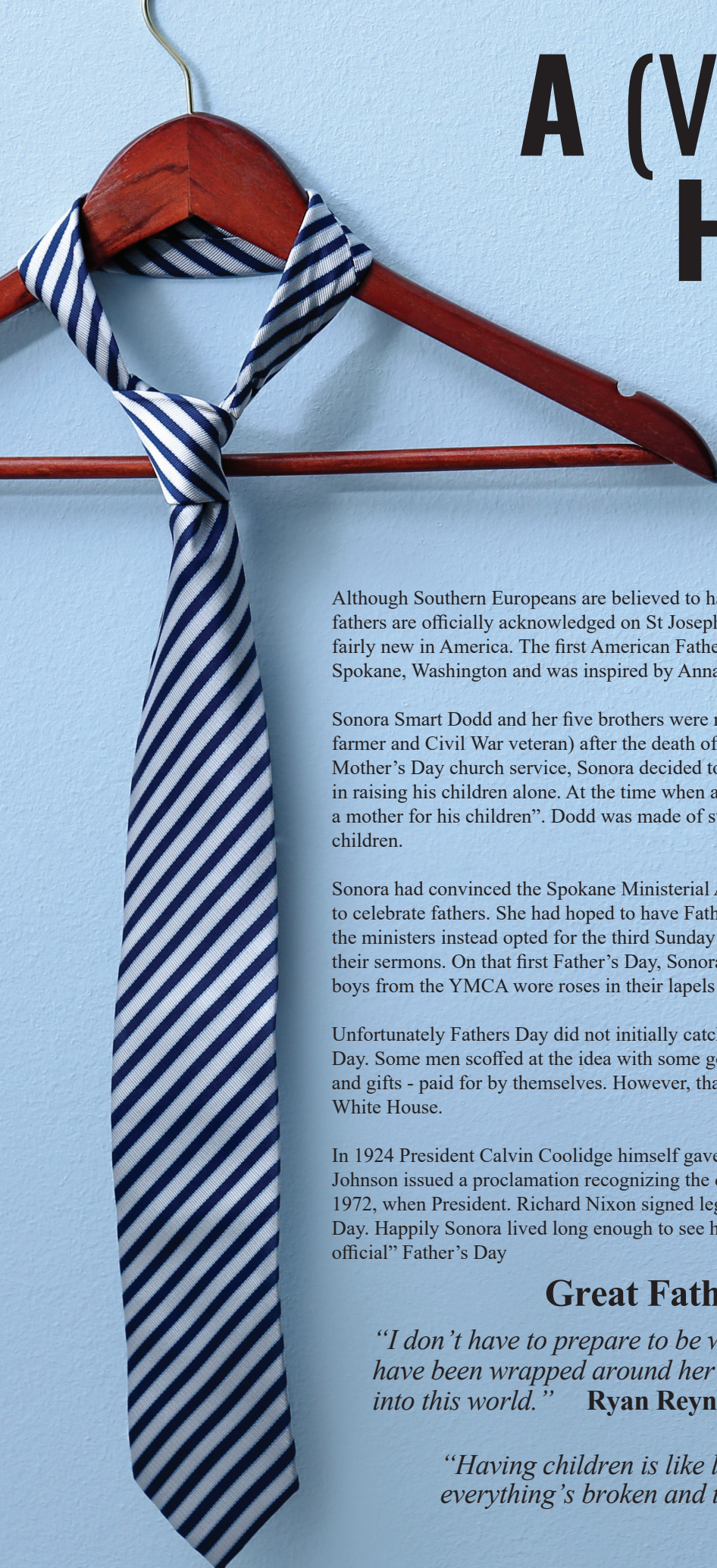
Cannot be combined with any other offer, special, discount, or coupon.

You'll Receive:

1. Consultation with me (Dr. Eric Dohner)
2. A ZO "Get Skin Ready" Skin Care System
3. \$100 off Your First Treatment Package
4. A FREE copy of my latest book, "**The MAN-ual**"

All This For Only **\$99!**
(Value \$275)





A (Very) Brief History of Father's Day

Although Southern Europeans are believed to have celebrated fathers as far back as 1508. In Italy fathers are officially acknowledged on St Joseph's feast day. However the idea of Father's Day is still fairly new in America. The first American Father's Day celebration took place on June 19, 1909, in Spokane, Washington and was inspired by Anna Jarvis' Mother's Day celebrations.

Sonora Smart Dodd and her five brothers were raised by her single father, William Jackson Dodd, (a farmer and Civil War veteran) after the death of their mother during childbirth. After attending a Mother's Day church service, Sonora decided to honor her father for his selflessness and dedication in raising his children alone. At the time when a widower usually remarried quickly in order to "have a mother for his children". Dodd was made of sterner stuff and chose to be the only caretaker for his children.

Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She had hoped to have Father's Day celebrated on June 5 (her father's birthday) but the ministers instead opted for the third Sunday in June so that they would have more time to prepare their sermons. On that first Father's Day, Sonora delivered presents to local disabled fathers and the boys from the YMCA wore roses in their lapels (red for living fathers or white for the deceased).

Unfortunately Fathers Day did not initially catch on as it lacked the sentimental impact of Mother's Day. Some men scoffed at the idea with some going so far as to ask why they were being given cards and gifts - paid for by themselves. However, that sentiment changed over time with a little help from the White House.

In 1924 President Calvin Coolidge himself gave support to the holiday and in 1966 President Lyndon B. Johnson issued a proclamation recognizing the day. Father's Day finally became a national holiday in 1972, when President. Richard Nixon signed legislation designating the third Sunday of June as Father's Day. Happily Sonora lived long enough to see her idea take root. She died 6 years after the first "official" Father's Day

Great Fathers Day Quotes

"I don't have to prepare to be wrapped around my daughter's finger. I have been wrapped around her little finger since the day she plopped out into this world." **Ryan Reynolds, Actor**

"Having children is like living in a frat house. Nobody sleeps, everything's broken and there's a lot of throwing up."
Ray Romano, Comedian