



Dr. Eric Dohner

*The Area's Only Board
Certified Varicose Vein
Specialist (ABPh)*

888-DOHNERMD

**December 2011
Oneonta, New York**

**The Skin and Vein Center
Treatments We Offer:**

- Acne Treatments / BLU-U
- BOTOX® Cosmetic
- Cellulite Treatments
- Chemical Peels
- Laser Hair Removal
- Mesotherapy Fat Removal
- Microdermabrasion
- Permanent Makeup
- Radiesse – Long term filler
- Restylane® and Juvéderm
- Skin Care Products
- Sclerotherapy- Spider Veins
- StarLux Fractional Laser
 - for acne scarring, crows feet and smoker's lines
- Varicose Veins treatment-
 - ELVT- In office surgery
- Thermage Skin- tightening
 - for face, belly, & arms
- Stretch mark treatment

Dr. Eric Dohner's...

The New You

"Insider Tips For Healthy, Wealthy & Happy Living..."

**Go Darlings!
See the article
on page 2!
(Do I look like
my arms are
short?)**

Christmas Came Early This Year!

Dr. Dohner would like to give a warm welcome to our newest Employees:

Courtney Simard, Shawna Langdon,
Linda Roseboom and Laura Nickel-Sandig.



Nothing, but Smiles from **Courtney Simard, Shawna Langdon and Linda Roseboom**

Courtney Simard is a licensed Esthetician. She comes to us highly recommended from one of Dr. Dohner's current patients. Courtney specializes in Facials, Chemical Peels and Microdermabrasion. Courtney also has a background in Electrolysis. She comes to us from Syracuse, New York, but also spent some time in Philadelphia, Pennsylvania as a flight attendant. During this time she got to meet and fly with Hilary Clinton.

Shawna Langdon is from Oneonta. She is joining our team as Dr. Dohner's Personal Assistant and will also be helping out in the office as well. Shawna studied at the State University of New York at Oneonta and graduated with a Bachelors degree in Human Ecology. She also studied at the Fashion Institute of Technology where she graduated with an Associates degree in Fashion Merchandising Management. Shawna has a dog named Charley, an American Bull Terrier.

Linda Roseboom is licensed in cosmetology. She comes from Indonesia, where she has a background as a social worker at a Drug Addiction Rehabilitation Hospital in Jakarta, Indonesia. Linda is able to speak multiple languages and has now lived in Oneonta for five years. Linda specializes in Airbrush Make-up, Eyelash Extensions, Microdermabrasion, Chemical Peels, Facials, Manicures, Pedicures and Waxing.

Laura Nickel-Sandig is a nail tech with 17 years experience. She comes to us from Long Island where she owned her own nail business. She currently lives in Stamford with her husband and daughter. She spends her free time volunteering at a thrift shop in Jefferson. She loves doing pedicures and apply Shellac.



Laura

Here's What a Grateful Patients Said about Us

From walking into the office and greeted by Karen, I was made comfortable, welcome and safe. From Holly to Dr. Dohner and the rest of the staff, this was an excellent experience; such a warm professional environment.

The varicose vein removal was such an excellent experience. Everything that happened I was so prepared for before by Holly. I can't thank the staff enough. I would advise anyone to just check it out and see for them selves.

~Mary Ellen from Oneonta



Get Your Fiber!

Forego throwing out your Christmas tree and make it lunch. The Evergreen is actually edible, well most parts of it anyway. In addition, it is nutrient enriched, so if you take the advice stated previously you'd be getting a good source of Vitamin C and roughage. Don't mind that you will be eating a tree; it's just one step away from any other vegetable.



CONGRATULATIONS, Joanne Cloughly, from everyone at Oneonta Laser Derm!



Joanne Cloughly,
Educator of the Year

Joanne has been awarded Educator of the Year!

Joanne Cloughly, associate professor of culinary arts at SUNY Cobleskill, has been named Educator of the Year by Women Chefs & Restaurateurs (WCR). The award recognizes excellence in culinary education and honors women whose dedication to teaching is making a difference in the culinary community.

Ditch The Winter Itch

Winter Itch also known as *Xerotic Eczema* and is characterized by changes that occur when skin becomes abnormally dry, itchy, and cracked.

Here are some ways to treat your dry skin:

Moisturize daily and as often as possible, Cleanse your skin with a mild cleanser, but don't overdo, Limit the use of hot water and soap, Dry off gently, Humidify, Protect yourself from the wind and sun, Avoid extreme cold, Exercise for a healthy glow, and see your dermatologist.

Oneonta Laser Derm is now a Proud Sponsor of the *Derailing Darlings*, Oneonta's First Ever Woman's Roller Derby Team!



Roller Derby 101

Roller Derby is a contact sport played by two teams of five members roller skating in the same direction around a track. Game play consists of a series of short match up ("jams") in which both teams designate a scoring player (the "jammer") who scores points by passing members of the opposing team. The teams attempt to assist their own jammer while hindering the opposing

jammer – in effect playing both offense and defense simultaneously. You can witness this personally by coming to one of their home bouts at Interskate 88, Rt. 23 Oneonta. You can also follow them at

www.OneontaDerailingDarlings.org or www.facebook.com/Oneonta.Roller.Derby.League

Oneonta Derailing Darlings is a grassroots skater-operated women's roller derby league serving the Upper Catskill Mountain region.

The ODD members foster athleticism, laughter and confidence in girls and women; are stewards of community service; and promoters of roller derby as a sport and a means to build friendship and character in the people who participate.

Another Grateful Patient:

Today I had a facial with Courtney. It was the best experience of ANY I have had over the years at your office. She was nice, thorough and explained every step she did on me. It was the BEST facial I have ever had and I was completely comfortable with her.

~ Wendy from Oneonta

French 75 Cocktail

This drink was created in 1915 at the Paris landmark,

Harry's New York Bar by barman Harry MacElhone. The combination was said to have such a kick that it felt like being shelled with the powerful French 75mm gun.

"DANGEROUSLY tasty!"



Ingredients:

1 Tbs fresh lemon juice
1 Tbs powdered sugar or simple syrup
2 oz gin
3 oz plus 1 tablespoon of chilled Champagne
Lemon peel for garnish

In cocktail shaker, combine lemon juice, sugar, gin, and ice cubes and shake to chill. Strain cocktail into Champagne flute and top off with Champagne. Garnish with lemon peel and serve.

GOUGERE

Introducing cheesy, two bite savory cream puffs that are the hottest thing in appetizers this season. They are light, attractive and easy!

Gougeres, (goo ZHEHR), in French cuisine, is a baked savory choux pastry made of choux dough mixed with cheese.



8 tablespoons unsalted butter
1 cup water
¼ teaspoon salt
4 eggs, beaten
1 cup finely grated Gruyere cheese, divided
2 teaspoons Dijon mustard or 1 teaspoon dry mustard
½ teaspoon freshly ground pepper

Heat oven to 400 degrees. Line baking sheets with parchment paper. Combine the butter, water and salt in a medium saucepan over low heat, stirring until the butter has melted. Bring mixture to a boil, then remove pan from the heat. Add the flour all at once and beat vigorously with a wooden spoon until the dough comes together in a mass. Return the pan to the stove and, over medium heat, continue to beat the dough for another minute until a thin film appears on the bottom of the pan.

Scrape the dough into the bowl of a stand mixer and beat on medium speed for 1 minute to cool it a bit. Before adding the beaten eggs, reserve about 1 tablespoon for the glaze. Add the eggs in 4 increments, letting each addition be absorbed completely into the dough before adding the next. The mixture may look sloppy, but will magically come together in a very thick batter. (If you feel in need of a workout, you can beat in the eggs by hand.)

Add ¾ cup of the cheese, reserving the rest for garnish. Beat in the cheese, mustard and pepper until well-blended. Drop by tablespoonful's onto parchment about 1 inch apart, or use a pastry bag to pipe 1-inch mounds onto the baking sheet. Using your fingertip or pastry brush, lightly coat the top of each puff with some of the reserved egg.

Bake for 20 minutes at 400 degrees, then reduce heat to 350 degrees and bake for 10 to 15 minutes longer until they are golden brown. Immediately top each Gougere with a few strands of the reserved cheese. Return the pans to the oven to "set" the cheese; it should take less than a minute. Serve warm.

Makes about 36 small puffs

When you're ready to reheat, place them frozen on the baking sheets at 325 degrees for 5 minutes.

Gougeres are best served warm and are terrific with Wine or Champagne! See a powerful Champagne cocktail recipe to your left.

**The Skin and Vein Center
Oneonta Laser Derm**

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**Merry Christmas and
a Happy New Year
From Dr. Dohner &
Staff**

Toe Nail Fungus?!

Introducing the latest laser non-drug treatment: A PAINLESS 10 minute laser treatment that's done weekly for 4 weeks that will clear up your nails in **6 months!**



When undergoing this laser toenail fungus treatment, I will apply a directed focused light source on the toes that are infected. The laser toenail fungus treatment will target the fungal infection in the toenail and the area below called the toenail matrix. Laser toenail fungus treatment will destroy the fungal infection and is **painless** because the toenails are dead cells. The specific wavelength of the laser toenail fungus treatment targets only the living fungi.

Call NOW for your FREE consultation! 431-2525

Spa Specials in December

Holiday Spa Packages Great as Christmas Gifts

"Mistletoe"

Not so Basic Manicure, Not so Basic Pedicure, European Facial OR
One hour Massage..... Only \$110.00

"Holly"

Deluxe Manicure, Deluxe Pedicure, European Facial with
Microdermabrasion OR Glycolic Peel..... Only \$190.00

"Bliss"

Not so Basic Manicure, Not so Basic Pedicure, European Facial,
European Massage and Complimentary Lunch.

For that special someone.... \$245.00

"Diamond"

Deluxe Manicure, Deluxe Pedicure, Deluxe Facial, Dead Sea Salt Glow
with Massage and Complimentary Lunch.

For the most important person in your life... \$269.00

*Specials may not be combined with any other discounts, offers, or specials.
All offers may be withdrawn at any time!*