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Buffalo Belles Newsletters

Madeline Davis Gay, Lesbian, Bisexual,
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Buffalo Belles

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BUFFALO BELLES



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NU PHI CHI

OCTOBER, 1996

SISTERS IN CHARGE:
CINDY [REDACTED]
JEAN [REDACTED]
KATHY [REDACTED]

Dear Sisters,

We had a nice turnout for our fourth anniversary meeting, despite our first taste of bad weather in several months. But a little rain didn't hinder our festivities at all.

At our first ever meeting, Denise, Jean, Kelly, Janice, Dana and the late Connie Lee were in attendance. Jean, Janice and Dana were present for the meeting this time.

Missed our founder, Denise and Kelly lives in Arizona now.

We got to welcome a new member, making her debut with the Belles, the lovely Sally. I certainly hope you will be able to come back soon, Sally!

We had a chocolate cake courtesy of Louella, to go along with our usual pizza and snacks. The business meeting was held at 8:45. Several items of interest were discussed.

The first being a need to add some more structure to our meetings. As we have been slowly growing, the need is becoming apparent. Therefore we are going to ask that you make the meetings by 8:30 for the start of the business

ATTENDEES

JANICE [REDACTED] JEAN [REDACTED] PATTI [REDACTED] HOLLY [REDACTED] RENE [REDACTED] DANALYN [REDACTED] KATHY [REDACTED] TAMMY [REDACTED]	COLLEAN [REDACTED] JOY [REDACTED] ANGELLA [REDACTED] CINDY [REDACTED] CAMILLE [REDACTED] MICHELLE [REDACTED] SALLY [REDACTED]
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session. At that time the meeting fee will be collected. Please don't pay until then.

Following the meeting will be our pizza/dinner time. While dining, tickets will be sold for the 50/50 raffle. Which for the success I've had so far should be called a charitable contribution. At least with my lottery buck, I can dream!

WEEKDAY MEETING:

It was decided that it was time for another weekday meeting. The date of October 16 is tentatively set as this being written. This will take place at the Stage Door bar on Allen St. We will have the upstairs to our selves till 10:00 PM. The ambiance is almost like being in someones' home and there is a great big changing room for our use. Come on out on a night on the town during the weekdays! Updated

on the hotline as needed.

BIG SISTERS:

The need for big sisters was answered by three willing to give some of their time back to someone who was once like them-alone, hesitant, unsure, ill dressed, unmade up, the WIFE, the big Whhhhy???. (which is: it's your burden, live with it, and enjoy!). We are getting about two new members a month and seem to get a new attender just about every month. But that still leaves another sister or two who is still to unsure to come join our party. How about some more of you other girls stepping forward to take on a little sister's nurture.

ACTIVITIES CHAIR LADY:

Rene has volunteered to take on this job again. She first volunteered to do the job last November at Riverside and was put on work schedule that didn't allow her to attend meetings! But she's back. Lean, mean, tanned and ready to go. Her first 'event' will be a tag sale at the November meeting. So it is time to go through your closet girls and set aside those items that you can no longer use, fit into, etc.

WELCOME NEW SISTERS:

In the last month we received applications from G.W., and Sharon. Also Paula has rejoined us after a years absence. A big welcome to you girls and hope we will be seeing you at a meeting soon! If there is anything we can do for you, please call and let us know.

BRAIN CANDY: Is the title of a recent movie. I don't much about it other than it supposed to have a few CD's in the cast. Whether it is still out or available on video is unknown, to me.

HEY JIM... You called the hotlne on September second requesting an interview so you can attend the next meeting. One problem, who are you?? The two best guesses to who you are, don't have phone numbers with their applications.

RIVERSIDE WEEKEND:

At the meeting, the count for the premier local event stood at Tammy, Rene, Cindy, Janice and Kathryn. With Jean and Kathy a strong possible. Patti I'm sure. Maybe Dana. Denise usually makes it. Joy you & L. should. And you girlfriend!

PLASTIC SURGERY: Two one time courses are offered by Amherst Adult Education that might be of interest to you. See separate page for info. Or should we see if one of the doctors would be interested in making a meeting???



**PLASTIC SURGERY,
COSMETIC DENTISTRY
AND YOU 821**

Here is your opportunity to have plastic surgery and dental consultations. Both doctors from the Aesthetic Associates Center in Snyder, have been featured on television's Health Watch and radio's Great Look programs. They will present the most recent developments in plastic and reconstructive surgery and cosmetic dentistry. The plastic surgery audio-visual presentation will be presented by a Board Certified Plastic surgeon and includes information on face lifts, eye lifts, facial peels, laser dermabrasion, minimally invasive endoscopic face lifts, corrective nasal, ear and chin surgery, breast reconstruction, body contouring, liposuction, skin tumor surgery and repair of birth defects. The dental audio-visual presentation will provide information on the newest cosmetic techniques including bleaching, bonding, porcelain veneers and dental implants. The focus will be on "improving your total appearance" and "your new smile". Question-and-answer period will follow with brochures available.

Wednesday 7:00-9:00pm
1 meeting October 23
Middle School room 115
Instructors: Samuel Shatkin Jr. MD & Todd Ellis Shatkin, DDS
Fee: \$8

**COSMETIC SURGERY 823
The Art & Science of Beauty**

The goal of cosmetic surgery today is to utilize the science of plastic surgery techniques, incorporating the latest and least intrusive procedures, to accomplish a more youthful, enhanced image - the art of a totally natural look. A before-and-after slide presentation will illustrate the dramatic results that can be obtained from even minor procedures that are quick to achieve and can take years from your face and body and brighten your image. Surgeries of the face, eyes, nose, ears, breast and abdomen will be shown as well as new lipolysis and breast reconstruction techniques. The newest innovations in skin care, such as the new gentle MicroPeel and the latest in laser treatments to remove or minimize wrinkles and previously unsolvable problems are highlighted and explained. The presentation is informal and questions are welcome.

Thursday 7:00-9:00pm
1 meeting October 24
Center for Plastic Surgery
5611 Main St., Williamsville
Instructor: Jonathan Graff, MD
Fee: \$7

REGISTRATION FORM (Please Print)

PLEASE fill out one form per person for each course & mail to: Amherst Community Education, 55 Kings Highway, Amherst, New York 14226-4398

Amount enclosed _____

Course Number _____ Course Title _____ Start Date _____

Last Name _____ First Name _____

Parent's Name (If registration for child) _____ Child's Age _____ Other Info _____

No. & Street _____ City _____ State _____ Zip _____

Home Phone _____ Business Phone _____ SAGE PASS NO. _____

Method of Payment (Check One)

CASH OTHER Check or Money Order

MASTER CARD/ VISA/DISCOVER

Payable to: AMHERST COMMUNITY EDUCATION

Credit Card Number - Please enter Clearly _____

Signature _____ Expiration Date _____ (credit card use only)

(OFFICE USE ONLY)

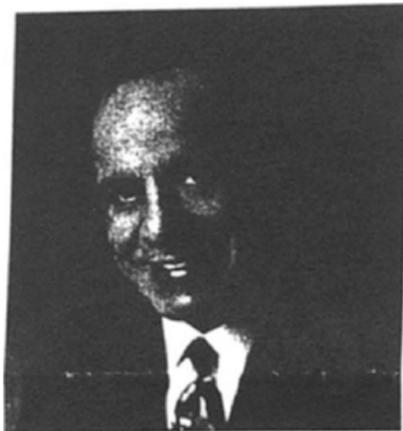
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CHARGE REC.# _____

By Luiz F. P. DeMoura, M.D., F.A.C.S.



What Is Plastic Surgery?

Plastic surgery is the remodeling, repair or restoration of deformed, defective or injured tissues and body parts. It may be done to enhance appearance or to improve health or physical function. It is properly performed by a medical specialist—that is, a physician who has had a complete medical school education followed by advanced study, training and experience in surgery. The surgeon should be State licensed and certified by the appropriate specialty boards.

The surgeon you choose should have a good record of successful results in the type of cosmetic improvement you desire. You should be able to see "before and after" pictures of former patients who had problems similar to yours.

Why Do It?

Some people require plastic surgery because of accidental injuries, birth defects or medical necessity; others because they want to look better or younger. It is not vain to desire more youthful, healthier-looking and attractive features. How we look does affect how we feel about ourselves and how others react toward us. And many times, good physical appearance contributes to professional, business and social success.

How Risky Is It?

Complications of cosmetic plastic surgery are rare, since most procedures

affect only the outer layers of the body. No vital organs, major blood vessels or nerves are involved. Obviously, there will be some local bruising and swelling after the operation and some scars may be visible for a while, but these will gradually fade away. The objective of the skilled plastic surgeon is to make scarring as imperceptible as possible.

When Should It Be Done?

Except in the case of children, the time to have cosmetic plastic surgery is when you have made up your mind for the correction. Women in the public eye (men, too!) may decide to have their first face lift in their early 40s, or younger. Protruding ears in children can be corrected by age six—before they become the butt of youthful jokes. Nose operations should wait until the mid-teens when the nose has stopped growing.

Not everyone is a good candidate for plastic surgery. The decision to proceed should be made in consultation with a competent surgeon. For instance, surgery may be inadvisable in the presence of serious disease. Also, if an individual has deep-seated psychological problems, a reshaped nose or ears or a face lift will not resolve them. And the person who expects perfection (rather than improvement)—with absolutely no pain or inconvenience—will be disappointed.

Individual results depend on age, health, weight, skin texture, bone structure and other factors. An obese person or one with a short neck will not have the best results in facial surgery.

Is It Expensive?

As recently as the 1950's, facial plastic surgery was a privilege of the wealthy because the methods used were rare, complicated, lengthy and therefore expensive. Today, many plastic surgical procedures are done right in the office, with no expense of hospitalization.

Several require only one day in the hospital. Few take more than a week

away from work. Recovery is rapid in most cases.

The cost of surgery depends on what has to be done. In some cases, where a health problem may be involved (such as a nasal breathing obstruction), health insurance companies may pay part of the cost. You should discuss your planned operation with your insurance company and see if your contract covers any part of it.

Some taxpayers have been able to deduct the costs, including necessary travel, as a medical expense on their income tax return. A tax attorney or the Internal Revenue Service can advise you on this point. Paid receipts from your surgeon and hospital will substantiate your claim. Ordinarily, surgical and hospital fees are payable by you in advance, after your initial consultation.

The Face Lift

When slack skin and baggy eyes can't be relieved by rest or covered by cosmetics, the aging process has become apparent. It does not begin all at once or in the same way for all. The loss of tissue elasticity actually causes the face to hang down unevenly. Blame gravity! The expression lines in the forehead and at the side of the mouth deepen. Fine wrinkles etch the skin. Eyebrows sag at the outer parts. Eyes seem smaller as muscles weaken. "Crow's feet" and "bags" appear. Double chins develop and pouches form along the jawline. Even the top of the nose begins to droop.

A face lift will reduce wrinkles, folds and lines about the face and neck to give a more youthful appearance. Incisions are made in or beyond the hairline, in front of and behind the ears, and at the back of the neck. The skin is redraped, with the excess being cut away. Tiny stitches are placed in natural skin folds.

Depending on the work to be done, the operation will take one to four hours. Relaxing medication is given before surgery. Local or general anesthesia may be used. The patient will be out of bed

within 24 hours. There will be some swelling and discoloration for about a week or so. Stitches are removed within a few days and makeup can be applied by the tenth day.

After the first complete face lift, the improvement should last for five to 10 years. The youthful appearance can be maintained much longer with a "tuck" every few years. The later procedures are less complicated, require only one day in the hospital, and the recovery is faster.

Eye Lid Correction

Pads of fat and excessive skin folds in the eye area can be removed with plastic surgery. When pouches, bulges and "bags" are cut away, the eyes look larger and not as deep set. The effect is a younger look.

In operating on the upper and lower eyelids, the surgeon must carefully determine how much skin and fatty tissue can be removed without interfering with the functions of producing tears, blinking and protecting the eyes from blinding lights, dust particles and during sleep.

Reshaping The Nose

Plastic surgery of the nose may improve its function as well as its appearance. Problems with breathing, certain headaches, some sinus troubles, accident and sports injuries can be corrected by a competent medical specialist, using plastic surgery. Elongated, bulbous, bumpy or droopy noses can be reshaped to be more harmonious with the rest of the face. In children, this reshaping should be done after the nose has stopped growing—about mid-teens.

Incisions are usually made entirely inside the nose. Bone and cartilage may be removed, shifted and altered and the flesh reshaped during a single day's hospitalization. If the nostrils are to be reduced, the incisions are made outside in the natural folds at the sides.

The nose will appear upturned at first. The final shape may take up to one year. Individual skin texture and thickness will affect the results achieved.

Plastic Surgery For The Chin

Sometimes a chin simply does not "go with" the rest of the face. It's either too big or too small. Plastic surgery can reshape, reduce or realign the chin and jaws to produce a better profile.

The "overbite look" of a receding chin may be hereditary or developed from years of obstructed breathing, enlarged adenoids or dental problems. A "weak" chin can be augmented with a medical grade sialastic implant. The inert, lightweight sponge is inserted through an incision hidden inside the mouth. Such implants, in thousands of persons, have proved physically stable, nonallergenic, and with no hazard of malignancy. They are practically undetectable.

Double Chin Repair

The "double chin" is formed gradually by fat that is deposited in a hanging blob that destroys the lovely line from jaw to base of neck. Sometimes fat and loose skin form vertical bands that look like turkey wattles. Either situation gives an aging look.

Through a short incision made in the crease below the chin, the plastic surgeon can remove this excess fat and tighten the skin of the upper neck. The scar of the incision is not noticeable after it has matured. This is done also by Liposuction.

Making Skin Improvement

Some skins are disfigured by acne or other scars; horny patches, dark or discolored spots, birthmarks, freckles, large pores, fine "spiderweb" wrinkles, upper lip "puckers" and other signs of aging. Several techniques are available for improving the skin surface.

Under dermabrasion, the facial skin is frozen with a liquid spray and then abraded ("sanded") with a motor-driven wheel to a smoother, more level surface. Bandages are applied for about 24 hours until a protective crust forms (like a scab on a sore knee). This crust will remain for seven to 10 days. Then it is

sloughed off to reveal a pink, new skin. The pinkness should disappear in one or two months. During this time prolonged exposure to sunlight should be avoided or temporary blotching may occur.

Dermabrasion is not satisfactory for unusually dark complexions or for blacks. Areas of thick, tough skin may require two treatments.

In Chemosurgery, the face is peeled with a combination of chemicals which breaks down the outer skin. A crust forms and later peels off. Chemosurgery can be used in a limited area for a specific purpose.

By excision, the surgeon cuts out skin defects and replaces ugly scars (including tattoos) with less conspicuous ones. Be aware that no incision can be made in the skin without leaving a trace. The plastic surgeon is not a magician.

Injection of Collagen "Zy-Plasty" in the skin will improve depression and large wrinkles, but this needs to be repeated yearly.

Some scars caused by injuries should be allowed to mature for six to 18 months before being treated by the facial plastic surgeon. The red, raised and hardened area gradually recedes into a pale, level, soft scar which needs less improvement. Where scars spread or contract and distort tissues, earlier repair is advised. Scars and wrinkles which go deep into the underlying skin and muscles will require more extensive surgery.

None of the procedures are done in the presence of disease such as acne, eczema or skin cancer. These and other disorders should be treated by a dermatologist.

As in all operations, surface treatment of the skin will cause some swelling and discomfort. Following postoperative recovery, however, the improvements should last for several years.

Sponsored by
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LILLIAN'S
THE RULES

1. **THE FEMALE ALWAYS MAKES THE RULES.**
 - * The rules are subject to change at any time — without notice.
 - * No male can possibly know all the rules. Nearly all females are born with this knowledge.
 - * If the female suspects the male knows any of the rules, she may immediately change any or all of the rules.
2. **THE FEMALE IS NEVER WRONG.**
 - * If the female is wrong, it is because of a misunderstanding which was a direct result of something the male did or said wrong.
 - * If the rule above applies, the male must apologize immediately for causing the misunderstanding.
3. **THE FEMALE CAN CHANGE HER MIND AT ANY GIVEN POINT IN TIME.**
 - * The male must never change his mind without express written consent from the female.
4. **THE FEMALE HAS EVERY RIGHT TO BE ANGRY OR UPSET AT ANY TIME.**
 - * The male must remain calm at all times, unless the female wants him to be angry or upset.
 - * The female must, *under no circumstances*, let the male know whether she wants him to be angry or upset.
5. **ANY ATTEMPT BY THE MALE TO CHANGE ANY OF THESE RULES COULD RESULT IN SEVERE BODILY HARM.**

COUPLES NIGHT OUT DINNER!



SEPTEMBER 21st

Call Hotline if your planning to attend.
We will let you know the time and place!

TAKE A WALK ON THE WILD SIDE

As well as being a great store for which I had the pleasure of visiting recently. They have many more things to pamper needs and wants in the most friendly manner.

Things like make overs, makeup lessons, photographs and overnight accommodations seem to fill every need of the transgended desires. But along with all that they are now offering Hormonal treatments for those who so desire. The treatments are given by Dr. Heather Davies.

The Wild side adventure seems to have something for all of us. Stop in and see Paddy and Roxy if your in the neighborhood.

Jean

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DR. HEATHER DAVIES M.D.
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PADDY & ROXY

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