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The Beauty Bulletin

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WHAT'S NEXT FOR MARVEL MOVIES? 3 MARVEL MOVIES TO WATCH OUT FOR

For the past 10 years, Marvel movies have delighted families and comic book nerds alike with their memorable characters, incredible action scenes, and sprawling, interconnected storylines. The Marvel Cinematic Universe (MCU) is the story of the Avengers so far, told through 23 movies. Even though this year marked the end of a massive arc that Marvel Studios dubbed "The Infinity Saga," there are still more movies coming out that will feature everyone's favorite heroes. Here are a few films coming up next in the MCU.

A BLACK WIDOW SOLO MOVIE
International assassin Black Widow, played by Scarlett Johansson, was the first female member of the Avengers and made her debut appearance in "Iron Man 2." She never got her own movie, but Marvel announced recently that a Black Widow movie is officially in the works for the next phase of Marvel movies. Besides the fact

that they've started filming, there's not much information about it yet. But for many excited fans, this movie has been a long time coming.

'GUARDIANS OF THE GALAXY VOL. 3'
Star-Lord, Rocket, Groot, and the gang are all back in the third installment of this smash-hit franchise. Without getting into too much detail, "Avengers: Endgame" and the post-credits scene of the second "Guardians" movie provided some clues about the plot and possible main villain. Though details are slim, "Vol. 3" is sure to be another rollicking ride through the cosmos.

'BLACK PANTHER 2'
"Black Panther" was immensely popular (it earned nearly \$700 billion domestically), and its success removed all doubt that there would be a sequel. Audiences will journey back to Wakanda and see the newest adventures of King T'Challa and crew,



although not much is known about the plot or the release date as of now. But you can rest assured that the creative minds behind the sequel are taking their time to make it as good as the first.

The future storyline of the MCU is up in the air, but, if the previous movies are any indicator, families, fans, and audiences everywhere have a lot to look forward to.

ASHLEY'S TAKEOVER! A TRIBUTE TO MY BOSS

Can you keep a secret?

When Dr. Sukkar wasn't looking, I snuck in and stole his newsletter article space for the month. Consider this edition the Ashley takeover and insert my best maniacal laugh here.

In all seriousness, though, I want to take a moment to pay tribute to our wonderful boss: the man I affectionately know as "the Suke." I recently celebrated my fourth anniversary at the practice, and I can honestly say that I've loved every moment of it. We work for an amazing person, have a tight-knit team, and serve an incredible group of patients. With a combination like that, what more could a girl ask for?

When I was growing up, I always thought I'd be the one in the limelight, the person doing something crazy and getting all the attention for it. These days, however, my job is to promote someone else and put him in the spotlight. Given how exceptional Dr. Sukkar is as both a surgeon and a person, that's a very rewarding task. I have to be honest; I often wonder what it's like to be a marketing director for a less awesome doctor. Do the people in these roles ever have qualms about spreading the word about a surgeon



they don't unreservedly recommend? Do they worry about the outcomes of the procedures they promote? Luckily for me, I get to ask these questions hypothetically because I believe in the quality of Dr. Sukkar's treatment and care with every fiber of my being. He's the real deal y'all, and I don't take that for granted.

One of my first tasks when I joined the practice was to define our culture and really hammer down what

it means to be "a Sukkarstar," which is a term I've come up with for our team. To do that, I knew I needed to bring Dr. Sukkar out of his shell a little. As you may know, the Suke can be a little shy at times. He's not the type of guy who wants to be the focus of a room, but our culture as a practice comes from him. When he does get out of that bubble, he can be hilarious. Sometimes, it just takes some gentle ribbing from me to get him there.

Not every boss can be a world-class surgeon, but I think there's a lesson every leader can take from Dr. Sukkar: Trust your people. When we have an idea we think can benefit the team or our patients, Dr. Sukkar is all ears. He empowers us to contribute to the practice in as many ways as we can think of. He doesn't need to be the person coming up with all the fancy ideas or taking credit for every aspect of his business. Instead, he always defers the spotlight to others, almost to a fault.

Case in point is "The P.S. Show With Ash and Jess." Earlier this year, Jessica, our spa manager, and I did a Facebook Live chat. While we didn't take it too seriously, we had a lot of fun and viewers responded — we got over 2,000 views in under 48 hours. Immediately, Dr. Sukkar knew we were on to something. He asked us to continue, and, since Jess and I love doing it, that was an easy task. Now, we do a show every Friday. It starts around noon and always includes a promotion for listeners. If you haven't checked it out, I hope you will soon. We try to make it equal parts informative and fun.

Come to think of it, informative and fun are two of the best words I can think of to describe my experience working for Dr. Sukkar. He is, as they say, a gem. Not many people get to say they get along with their boss, but I'm one of the lucky ones.

Dr. Sukkar, thank you for being a stand-up boss, mentor, surgeon, and friend. Thanks for not getting mad that I stole your computer and wrote this in secret. As I've always told Dr. Sukkar, I'd rather ask for his forgiveness than his permission.

- Ashley Lopez

YOGA WITH ... GOATS?!

This Year's Strangest Fitness Trend

For those who may be looking for a hidden or reasonable meaning behind the term "goat yoga," you're out of luck because it's exactly what it sounds like. In this age of kale smoothies and paleolithic diets, there are few things people won't try to get in shape. Luckily, as with most fads, there aren't many downsides to thinking outside the box with your fitness. With a million different ways to stay healthy in this world, doing yoga alongside a tribe of goats may not be so strange after all.

At face value, including farm animals in your therapeutic workout routine seems counterintuitive, but it's intended to be

quite the opposite. With this type of yoga, goats will wander around your mat and even take the time to climb on your back or lick your feet while you're in downward dog. Don't panic though! That's all part of the process. These interactions are meant to keep you focused, grounded, and connected with both yourself and the nature around you. If you're looking for a speedy workout, this may not be for you, but if you're looking for an afternoon you won't soon forget, you'll have to find the nearest goat specialist.

Everyone who participates in one of these classes ultimately walks away with

something a little different. Some shared results are usually reduced stress and anxiety, pain relief, a boost in happiness, and mental clarity. While we're starting to hear more about it this year, goat yoga actually sprang up in 2016 and has grown into chapters all around the world, capturing the hearts of everyone, even including some big-name celebrities. Advocates for goat yoga continue to rave that there is no better distraction from the perils of work stress, sickness, depression, and political strife than their sacred farmland pastime.

THE BEST MEAL OF THE DAY

3 WAYS TO MAKE YOUR NEXT BREAKFAST YOUR BEST BREAKFAST!

Breakfast is the meal that fuels your brain and body for the day ahead, so why not make it the best meal of the day? There are simple tweaks that can make your home-cooked breakfast the best breakfast you've ever had. Put away the cereal and bust out the skillet because things are about to get truly delicious. Read on!

THE SILKIEST SCRAMBLED EGGS

There are many methods for achieving great scrambled eggs, but how does one create the best eggs? The secret is air. In the words of Bob Ross, you have to "beat the devil out of 'em." Start by cracking a few eggs into a bowl (and add a pinch of salt and pepper, if desired). With a whisk, beat them until smooth. The eggs should start to look light and airy. Then, pour the eggs into a skillet set to medium-low heat. Continue to whisk for a few more seconds. Then, with a spatula, turn the eggs as they begin to curdle. They are done the instant no runny liquid remains. Quickly remove them from heat when they look just underdone and still moist.

THE CRISPIEST BACON

Cooking bacon can be a messy chore with a lot of cleanup. If you want to avoid this — and still end up with delicious bacon — start cooking bacon in the oven. All you need is a baking tray and a wire rack that fits in the tray. Start by heating your oven to 350 F. While it heats, line the tray with foil, insert the rack, and lay the bacon over the rack. Cook the bacon for about 15 minutes. Keep an eye on it after about the 10-minute mark to check for your ideal doneness. If you want meatier bacon, take it out just as it starts to brown evenly. If you want crispy bacon, give it a few more minutes. Using this method, the bacon is perfectly cooked, and you have no grease splatters to clean up!

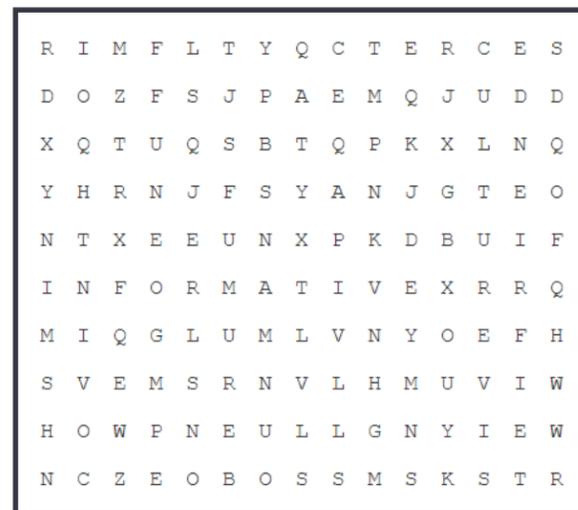


THE FLUFFIEST PANCAKES

Say goodbye to packaged pancake mix, because if you want the best results, you need to start from scratch. The recipe you'll want to use comes from The Kitchn. The recipe is Lofty Buttermilk Pancakes. Take care to note that the yolks and whites of the eggs are incorporated separately into the batter; the result is an incredibly fluffy pancake. Here's another secret: This method of separating the yolk and whites can be applied to almost any pancake recipe. Just be sure to follow the Lofty Buttermilk Pancake recipe method for consistent results.

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Service of the Month

SO LONG, CELLULITE *Real Results With Cellfina*

Beach season is upon us. While that brings delight for many people, it creates a sense of dread for others. People avoid heading out in their bathing suits for all sorts of reasons, but cellulite is certainly at the top of the list. Cellulite affects more than 90% of women and develops no matter how healthy your lifestyle is. While these totally natural dimples, which usually appear on the thighs and buttocks, may seem like a minor issue, they can strongly affect a person's confidence. Cellfina is a one-time procedure that's proven effective in the treatment of cellulite. We're proud to offer it at The Clinic for Plastic Surgery.

Unlike creams and home remedies that claim to reduce cellulite, Cellfina treatment is FDA-cleared. Cellfina is a minimally invasive treatment that addresses cellulite at its source. First, Dr. Sukkar uses a suction tool to smooth the skin. Then, he uses a needle-like device to free the bands of tissue that cause fat to bunch, protrude, and dimple. In addition to allowing you to safely treat cellulite without surgery, the results from Cellfina last for years and can visibly improve over time. Rather than simply providing topical relief or masking the visible effects of cellulite, Cellfina treats the condition on a structural level.

Cellfina delivers results without the need for intensive surgery or a long recovery. While anesthesia is not required for this treatment, patients may opt to use either general or local anesthesia to increase their comfort. One of the aspects that sets our Cellfina treatment apart is the use of a certified manual lymph drainage (MLD) therapist who will massage you during the procedure, ensuring the best results possible. Because Cellfina is minimally invasive, you can expect a short recovery time. Most patients can return to their daily activities in under 24 hours.

Nobody should have to stay home because they're embarrassed by unwanted cellulite. If you want to feel confident, now is the perfect time to ask about Cellfina treatment.