



3803 Bedford Ave., Suite 102
Nashville, TN 37215

Phone: 615.567.5716
musiccityplasticsurgery.com

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ROOTS OF OKTOBERFEST OKTOBERFEST OUTSIDE MUNICH

With Oktoberfest right around the corner, you may start hearing some of these fun sayings: "I don't give a Schnitzel," "Keep calm, and Prost on," or "You can't buy happiness, but you can buy beer." But what exactly *is* Oktoberfest, and why do so many people celebrate it? Here are some fun facts about it.

ROYAL BEGINNINGS

Oktoberfest is deeply rooted in Munich culture. It all started with the marriage of Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen on Oct. 12, 1810, and the citizens of Munich were invited to attend the celebration just outside the gates of the city. The celebration's main attraction was horse racing, which was also a staple event for the next year but has since been removed from the current celebrations.

In 1811, a large agricultural fair was mixed into the event, and in 1817, beer pubs and performers were added. Perhaps one of the most famous events during Oktoberfest is the costume parade, where men and women alike dress in old-fashioned garb and march through the streets in honor of Ludwig and Therese's marriage. The rest you could say is history, or *geschichte*!



OKTOBERFEST IN ... CANADA?

While Oktoberfest in Munich traditionally starts on Sept. 22, the Canadians celebrate during the week of Oct. 6-14. The twin cities Kitchener-Waterloo host the largest Oktoberfest outside of Munich, boasting more than 700,000 people in attendance each year. The event has a musical concert dubbed "Rocktober" and a dog parade known as "Dogtober." Even though the Ontario area is becoming more and more popular, you can still enjoy Oktoberfest on a budget. You can find hotels in the area and surrounding cities for well under \$100 per night.

Not everyone can make their way to Munich or even Canada to celebrate the fantastical event, but most areas will have something going on. If you love German culture, do a little bit of digging, and you're sure to find an Oktoberfest event near you!



SEPTEMBER 2019

BURGDORF BEAUTY INSIDER



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THE BEST ADVENTURES OF MY CHILDHOOD

I OWE TO MY GRANDPA MICHAEL AND MY GRANDMA MILLIE

Few people know I was named after my grandfather on my mom's side, Michael. While he and my grandma Amelia (Millie) have since passed, both have been on my mind a lot lately. My grandfather was one of nine kids, and I recently saw his youngest sister at a family wedding. She looks just like he did, so speaking with her reminded me of how much I missed talking with him. He was a truly kind man. People used to always remark that he was a gentleman, but also a gentle man, too.

Thinking back on my own childhood, I remember this to be true. He would always go in the backyard with us kids and play croquet on a set I assumed he'd had since he was a kid. He was never the type to just watch us have fun; he wanted to be in on the action, too. In fact, one summer, he brought out these giant plastic barrels he'd found and gave one to me and one to my sister. He gave us painting supplies and told us to decorate it however we wanted. Then, once the paint was dry, he took turns pushing us around the yard in them.

When he wasn't busy creating amazing memories with us in the backyard, he would sit in his chair and tell us stories about his stint in the Navy during WWII. During these storytelling sessions, he'd often have gin in one hand and a cigar in the other. He could even blow those cool smoke rings! When I'm feeling especially nostalgic for my memories with him, I'll make myself a drink (gin is also my drink of choice) and light up a stogie, just as he would have wanted me to.

My grandpa always facilitated a world of adventure for us, but my grandmother



certainly wasn't far behind. While she made sure our clothes were clean and our stomachs were full, she was never one to sit on the sidelines during playtime. In fact, I remember taking multiple trips to Disney World in Orlando, and Grandma Popowich would go on every single ride with us. This was before the years of fast passes, so she would stand in line with me for a couple of hours and go on the ride. Then she'd get back in line with my sister and wait even longer.

While her unending patience in these moments was astounding, when I think back on those amusement park experiences, my favorite part was when she would "hush" us whenever we pointed out the warning signs telling people with bad backs to avoid all the rides. She'd had back problems for years, but she never let it stop her from having fun with her grandkids.

Whenever I ponder their fun-loving spirits, I can't help but wonder if their own childhoods spent in the thick of the Great Depression played a role in who they became as adults. They knew how to have fun without spending a cent, and, when they did spend money on family trips, they made the most out of the experience. Plus, their



entire basement was filled wall-to-wall with nonperishable foods. At the time of their passing, I think my sister and I counted at least 30 cans of Spam down there!

My grandparents taught me a lot of lessons as a child, more than I could possibly fit in one article, but the

circumstances of their passing might be the one that sticks out more than the rest. After my grandfather was diagnosed with lung cancer, he passed away within a month, and, while my grandmother's mind had started to go at this point, she passed away within six months of his funeral. After being married for almost 50 years, they had come to truly live for each other. It seemed that once she fully realized he was gone, she made the decision to go be with him. It was emblematic of how much they loved each other in life and made us all happy to know they were only apart for a short period of time.

Here's to the two most patient, gentle, adventurous, and loving people in my life. Thanks for all the memories!

-Dr. Mike

GOODBYE, PLASTIC PALETTES

3 STEPS TO A ZERO-WASTE MAKEUP ROUTINE

Walk into your bathroom and look around. Do you see plastic? Odds are you have a boatload of the stuff. Plastic is the beauty industry’s go-to material for eyeshadow palettes, makeup brush handles, blush compacts, and even liquid foundation bottles. Take a moment to consider the poor recycling rate for plastics, 9.1% according to the latest EPA data; the amount of plastic in the oceans, which the Ocean Conservancy estimates to be more than 150 million tons; and the impact of plastic pollution on climate change, which the Center for International Environmental law equates to 189 coal-fired power stations.

Those statistics are enough to convince anyone to aim for a makeup routine that doesn’t contribute to the landfill. If you want to keep the makeup and ditch the plastic, here’s how to start.

STEP 1: USE IT UP

There’s no point in tossing your current beauty products until they’re empty. Otherwise, you’ll just be adding the cosmetics themselves to the waste stream. Instead, use up what you have and dispose of the packaging intelligently (keep reading to Step 3 for instructions on how to do just that).



STEP 2: SHOP SMART

If your bathroom is full of plastic, it’s time to make a brand change. Plenty of makeup brands cater to a zero-waste lifestyle with recyclable or compostable packaging and products made with bamboo, glass, or stainless steel. Axiology’s lipstick tubes are made from recycled aluminum; Anonym Cosmetics packages its eye shadows in bamboo; and some companies, like Elate Cosmetics and Kjaer Weis, send refills when your favorite colors run low. If you’re really dedicated, go a step further by DIYing your makeup or finding a bulk supplier.

STEP 3: RETURN, RECYCLE, OR PASS IT ON

If you don’t opt for refillable makeup, determine what will happen to each container at the end of its life. Some brands, like L’Occitane and Province Apothecary, allow you to send containers back to them for disposal. Glass, stainless steel, and aluminum vessels can be recycled, and mascara wands can be mailed to the Appalachian Wildlife Refuge, which uses them to clean up wildlife. Plastics that can’t be locally recycled can be mailed to TerraCycle, which partners with factories around the world to recycle difficult-to-handle waste.

WHAT WILL YOU DO FOR NATIONAL SELF-IMPROVEMENT MONTH?

EXPAND YOUR KNOWLEDGE AND BOOST YOUR CONFIDENCE

Did you know that September was recently named National Self-Improvement Month? Here at Music City Plastic Surgery, helping patients achieve their own goals for self-improvement is at the heart of what we do every day. In spite of the negative stigma that exists regarding plastic surgery, we know our patients often spend months or even years contemplating their decision, and, if they ultimately decide to have surgery, they do so for their own authentic reasons. They are making the decision to take care of their bodies in order to grow their overall confidence, and that’s a type of improvement we can all get behind!

When he is not in the office meeting with patients, Dr. Burgdorf is observing National Self-Improvement Month in his own way — by spending more time reading and putting his knowledge to action. While he is typically drawn to medical journals and business publications, as of late, he has been drawn to books about parenting. Dr. Burgdorf believes there is always room for improvement when it comes to raising kids, and, through reading these types of instructional books, he is learning about fatherhood from various perspectives.

He’s currently working through “The Back Door to Your Teen’s Heart: Learning What They Need and Helping Them Find It” and “Modern Parents, Vintage Values: Instilling Character in Today’s Kids” by authors Melissa Trevathan and Sissy Goff. While both publications are great, the latter book reminds him of the lessons he learned

from his grandparents (who are featured on the cover of the newsletter). Trevathan and Goff help parents amalgamate all the values they learned as kids with the modern, technologically driven world today’s kids are trying to navigate. As a family, the Burgdorfs have created a Summer Bucket List as a way to sneak in some of these lessons learned during time spent together.



If you’re looking for ways to participate in National Self-Improvement Month, feel free to steal Dr. Burgdorf’s idea and spend more time in front of a book. Of course, the genre you choose is all up to you. But, if you want more information about why men and women have made the decision to have plastic surgery, how procedures are done, the positive results these changes can have on a person’s mental and emotional states, or if surgery is a good option for you, pick up a copy of Dr. Burgdorf’s best-selling books “The Mommy Makeover: Restoring Your Body After Childbirth” or “The Daddy Do Over: Boost Your Confidence in the Boardroom and the Bedroom.”

HAVE YOU MET AWNDRIA?

OUR PATIENT AND SOCIAL MEDIA COORDINATOR AND NEWEST TEAM MEMBER!

Labor Day is an important holiday here at Music City Plastic Surgery because it gives us the opportunity to acknowledge the phenomenal team members we have working here in the office. When our newest member, Awndria, joined us back in April, we immediately knew she would fit in seamlessly, and our patients would adore her.

Awndria came on as our patient and social media coordinator, which means that in addition to handling our Facebook and Instagram accounts and planning marketing events, she plays a crucial role in our patients’ overall experiences. When someone new comes in for a consult, she is one of the first people they talk to. She listens to their story, sits with them during their consultation with Dr. Burgdorf, helps answer any questions they might have, and then schedules their surgery dates and treatment plans.

Awndria claims that the six months have been extremely rewarding. She says, “Before working in the plastic surgery field, I always knew that these kinds of procedures had a stigma attached to them. It wasn’t until I started meeting with patients that I understood the genuine impact these surgeries can have on a person’s life. People think that plastic surgery is only for the Kim Kardashians of the world, but these are real people who just want to do something for themselves. We also say that people’s outsides should reflect how they feel inside. It’s not all about being a size 2; it’s about feeling confident in the way you look.”

Awndria also attributes her love for her job to her fellow employees and Dr. Burgdorf. “I’m not biased when I say that the way people are treated here is absolutely refreshing. You can tell that this office is one of a kind from the moment you walk through the doors. It’s been wonderful to be a part of that.”



When Awndria isn’t busy at work, she spends as much time as she can soaking up all the fun, entertainment, and adventure Nashville has to offer. As a self-described wino and foodie, Awndria is constantly looking for new restaurants, but she is equally content tailgating with friends before a big Titans game.

Now that you know a little more about Awndria, you can understand why she is such an asset to our team. If you see her around the office, be sure to say hello!

GET READY TO CURL UP WITH A GOOD BOOK AND A NICE WINE

FRANKLIN WINE AND SPIRITS HAS SOMETHING FOR EVERYONE

With the energy of summer drifting away, the whimsy of fall has snuck into our beloved Music City. Whether you’re sitting around a sunset fire or tailgating with friends before an epic Titans game like Awndria, you can find wine for every occasion at Franklin Wine and Spirits, a valued sponsor for A Vintage Affair. This friendly neighborhood store offers a comprehensive library of beverages and a knowledgeable team of associates to help you make the best selection for your tastebuds.



Seasonal wines include full-bodied whites and light- to medium-bodied reds, which are the perfect complement to cooler weather and fall harvest foods. At Franklin Wine and Spirits, you can find your next Oaked Chardonnay, Pinot Noir, Cabernet Franc, and Viognier. You can also take a page out of Awndria’s book and find a sparkling wine that works for all occasions and seasons!

INSPIRATION

