

 Meetings

BNI to host conference on networking

BNI Team Western New York will welcome attendees of the Networking Strategies for Success Conference from 7 a.m. to 1:30 p.m. Friday, Sept. 14 at the Millennium Airport Hotel, 2040 Walden Ave., Cheektowaga. The theme of the regional conference is "Truth or Delusion: Networking Myths BUSTED!" For more information or tickets to the event, call BNI Team Western New York director Deb Pacos at 888-BNI-4WNY, ext. 2. Tickets will not be available at the door, and reservations are required. Space is limited.

First Niagara slates seminar on benefits

First Niagara has announced an employee benefits consulting seminar scheduled for 8:30 a.m. Thursday, Sept. 13 at Harry's Harbour Place Grille, 2192 Niagara St., Buffalo. This event is open to businesses in Western New York and will feature material for chief executive and financial officers and employee benefit decision makers. Topics will include impending health care, the importance of wellness programs, funding arrangements, HRA/ HSA and 401(k) fees. To reserve a place at the event or for information, contact Melissa Tomczak at 819-5610. For more information about First Niagara, visit www.fnfg.com.

Junior League to hold training program

The Junior League of Buffalo is offering informational meetings in September to detail WEB, or Women Enhancing Buffalo, a training program that will be available to women to become members. Women older than 18 years of age are invited to attend the meetings, with the first session scheduled for 6:30 p.m. Wednesday, Sept. 5 at Junior League headquarters, 45 Elmwood Ave. For more information, call 884-8865.

Dentists Barzman, Kasimov and Vieth, launches BKV for Kids

Barzman, Kasimov and Vieth, D.D.S., a provider of comprehensive dentistry, recently announced another reason for families to smile — the addition of a new division of pediatric services, BKV for Kids.

Pediatric dentistry is becoming more important, according to BKV for Kids practitioners, and it became necessary to expand this segment of the practice to properly serve Western New York families.

BKV for Kids consists of two pediatric dentists, Dr. Mary Hauk and Dr. Amy Cryan, and a supporting staff of hygienists.

Pediatric dentists and staff are trained to meet the needs of infants, children, and adolescents, including people with special health care needs. Hauk and Cryan trained for an additional two to three years to better provide children with optimal oral health care.

"Our goal, along with our staff, is to help all children feel good about visiting the dentist

and teach them how to properly care for their teeth," Cryan said. "Good oral health is an important part of total health."

She added that establishing a "dental home" by the time a child's first tooth erupts, or no later than one year of age, is important for many reasons. This window of time allows for proper oral hygiene and nutrition education for the caregiver.

"It also allows us the opportunity to implement preventive dental health habits to help keep your child cavity free," she said.

The practice has launched a Web site, www.bkvforkids.com, and a quarterly newsletter to help keep patients and their families educated.

"The goal is to make going to the dentist a

fun experience and not a frightening one. If a child starts early, it will seem more natural to them. It is never too early to take your child in for their first dental appointment," Hauk said.

BKV's services include general and cosmetic dentistry, orthodontics, children's dentistry, intravenous sedation, and 24-hour emergency care. With four locations throughout Western New York, BKV

offers extended weekday and weekend hours.

Its locations are: 2430 N. Forest Road, Getzville; 3326 Southwestern Blvd., Orchard Park; 2121 Main St., suite 310, Buffalo; and 6350 Transit Road, Depew.

For more information, call 636-8686.



Fit Kids Inc. focuses on fun during workouts

by JESSICA L. FINCH
Associate Editor

The kids are dragging the parents there, and the parents are dragging them out.

That is how William Vona, owner of Fit Kids Inc., describes the members of his gym.

A youth-only gym, Fit Kids Inc. opened less than two months ago at 7662 Transit Road and has already proven an amenity to families in the area.

"We have more than 60 members already; it has taken off fast," Vona said. "Parents are very surprised it's here and available for children to work out. They are relieved they finally have a place to come."

Fit Kids has all youth-size equipment, from cardio to resistance training machines. Members of the staff teach children how to isolate and use their muscles without overloading.

"They don't want to leave when they are done; it's fun, they don't feel like it's a workout," Vona said, adding that the children don't always realize how good a workout they are getting.

But the results show it. Vona said the gym measures percentage of body fat, and so far the loss in many of the members has been tremendous.

Vona conceived the idea of a children's gym about two years ago. A cancer survivor, he made a list of what was most important to him. After his family, it was his involvement in coaching and his community.

He also gained a stronger appreciation for health, and the idea for the gym came to light. Traveling around the country, he found vendors that build equipment for children.

Because the workouts are intended to be fun, Vona also incorporated interactive video games that have children riding bikes, dancing, jumping and doing various activities with the Wii video game system. A rock-climbing wall was also installed.

Classes are led by professionals in the community, including black belt martial artists, a boxer and a Buffalo Jills cheerleader.

Once school starts, the gym will be changing its hours to noon to 9 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturday.

For the next week, hours are 10 a.m. to 8 p.m. Monday through Friday and noon to 5 p.m. Saturday.

The space is available for birthday parties, and "parents night out" events are also planned.

Children can join for less than \$2 per day, Vona said.

For information, visit www.fitkidsincorporated.com or call 630-6900.

e-mail: jfinch@beenews.com

“They don't want to leave when they are done; it's fun, they don't feel like it's a workout.”

— Fit Kids Inc. Owner
William Vona

eXubrio Group offers workshops to enhance marketing skills

Small business owners and directors of nonprofit organizations will learn how to increase the impact of their marketing programs during a new series of workshops by advertising, public relations and marketing firm eXubrio Group LLC. The workshops will help participants develop and improve their marketing skills while demonstrating how they can control or reduce expenses associated with marketing and sales activities.

Starting on Saturday, Sept. 8, eXubrio Group CEO Paul McAfee will begin the series of 90-minute workshops. All workshops run from 10 – 11:30 a.m. Each workshop starts with a 30-minute overview of marketing and sales processes. During the remaining hour, participants will apply what they are learning to their own organizations.

Dates and locations for the first five Saturday workshops are: Sept. 8, Oct. 6 and Nov. 3 at the American Diabetes Association office; and Sept. 22 and Oct. 20 at Asa Ransom House.

Location addresses: American Diabetes Association office, 315 Alberta Drive, Suite 102, Amherst, and Asa Ransom House, 10529 Main St., Clarence.

To register and for more information, go to www.eXubrio.com/workshops or call 780-4094.

 Business News

The Skimmersville Cemetery Association, Inc. will hold its annual lot owners/trustee meeting at 6:30 p.m. Monday, Sept. 17 in the White Chapel on the cemetery grounds, 490 Frontier Road, off John James Audubon Parkway, near the University at Buffalo's north campus. All lot owners are welcome to attend and participate in the discussions for ongoing business the cemetery conducts. For information, call 472-7120.

Katie Phillips of Amherst has been promoted to volunteer coordinator for Weinberg Campus. She has been a staff member since June 2006 and was previously a community outreach association. In her new role she will oversee all aspects of the volunteer program, as well as coordinate special events such United Way Day of Caring.

Lougen, Valenti, Bookbinder & Weintraub, LLP, certified public accountants, recently moved to 130 Bryant Woods South, Amherst. The firm had the 7,500 square-foot building designed and built with the option to expand to 10,000 square feet to accommodate further growth. The facility will also be home to LVBW Wealth Management LLC, which provides wealth management and financial services. Visit www.lvbwcpa.com.

The Amherst Chamber of Commerce and the U.S. Commercial Service, Department of Commerce, are partnering to offer an introduction to exporting seminar, "Exporting 101." It will be held from 8:30 a.m. to 11:45 a.m. Tuesday, Sept. 11 at Bryant & Stratton College, 40 Hazelwood Drive, Amherst. To register, call 632-6905.