



On The
GO

Greater Olean Area
**CHAMBER of
COMMERCE**

JUNE 2011 • Volume 19 • Issue 6

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**June 22**

**Southern Tier  
Corporate Challenge  
5 K / Walk**

Downtown Olean

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July 1

**Fireworks Hot
Dog Sales**

Olean Area Federal
Credit Union, 1201
Wayne Street, Olean,
11 AM - 5 PM

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**July 4**

**OPFFA Fireworks**  
Bradner Stadium,  
Olean

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July 24

**Taste of Olean
Art in the Park**
Jamestown
Community College
Downtown Olean
Noon - 6 PM

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**August 25-28**

**9th Annual Rally  
in the Valley**

Thursday street dance  
Friday-Sunday - stadium

*MISSION -- GOACC is a member driven business organization that provides benefits, programs, services, and events to enhance the area's quality of life and economic climate.*

## SOME GOOD TASTES

Restaurant applications for this year's Taste of Olean are now being accepted. Over 50 restaurants in the greater Olean area have been mailed applications for the 21st Annual Taste of Olean scheduled for July 24, from Noon - 6 PM on the Cattaraugus County Campus of Jamestown Community College. The Taste of Olean is co-sponsored by the Greater Olean Area Chamber of Commerce, its 50 Corporate Sponsors, and National Grid Co. For restaurants to qualify, they must be a public eating-place, whose primary commercial function is to serve food on a retail basis, offers seating at the principle place of business and is open year round in the greater Olean area. Regional and specialty foods, if interested in participating, will need to be approved by the Taste committee.

The Taste committee will include additional activities and entertainment to draw people to the fun filled event. Cattaraugus County Arts Council is currently accepting applications from regional artists to participate in the 62nd Annual Art in the Park celebration, to be held in conjunction with the Taste of Olean on Sunday, July 24th. Olean Theatre Workshop will be hosting a Taste of Talent showcasing local talent entertainment. The Olean Family YMCA will bring their inflatables for the younger crowd to enjoy.

The fifth annual Hospitality Wall of Fame will be awarded at the Taste. The Hospitality Wall of Fame recognizes individuals and/or businesses who have made a significant contribution and given exceptional service to the food service/ hospitality industry in the past and who may continue to do so.

The cost for a restaurant to vend at the Taste of Olean is \$100 for GOACC Members and \$150 for Non-GOACC members. There is also a small portion of ticket sales for event expenses. Taste of Olean is a festival for the entire family - food, music, activities, art, and fun. For more information on the Taste of Olean, call Greater Olean Area Chamber of Commerce at 716-372-4433 or email [taste@oleanny.com](mailto:taste@oleanny.com).

## CORPORATE CHALLENGE

GOACC invites all companies to participate in the Southern Tier Corporate Challenge Run/Walk on Wednesday, June 22 at the Cattaraugus County Campus of Jamestown Community College. Registration will begin at 4:30 PM, race starts at 6 PM. The event was created by GOACC with the goal of supporting companies in creating internal wellness programs. It's an opportunity for companies to encourage their employees to get out and exercise. The companies walk together or run so it's just a great networking and team building opportunity for companies.

The race is open to both corporate and community teams. The challenge concludes with "Olean's Largest Office Party" following the race complete with awards to the Fastest CEO, the Fastest Team, The Most Spirited Team, T-Shirt Design Contest Winner among other awards. The registration fee is \$20 per participant. There is no minimum/maximum for a team with the top 4 runners' times being calculated for team awards. The 3.1-mile road race will run throughout downtown beginning and ending at JCC-Olean. Sponsors for the 1st ever Southern Tier Corporate Challenge 5K are M&T Bank, Valley Recycling LLC, Integrys Energy, Olean High School Sports Boosters, and GOACC.

## Top 20 Tips for Healthy Eating

By Carma Haley Shoemaker

Healthy Eating doesn't mean rice cakes and tofu. With a little knowledge, planning and know-how, you can still serve flavorful food that is nutritious with a few healthy eating tips.

**Small Changes** -- Making all the changes you want or need to your diet at one time is neither smart nor realistic. Too much change can be overwhelming, and may not have the desired results hoped for, leading to frustration, feelings of failure, and ultimately, cheating or giving up. Instead, make small changes one at a time.

**Eat a Variety of Food** -- There are over 40 different nutrients needed each day for optimum health. The only way to get these nutrients is to eat a variety of foods. Variety will also prevent a feeling of boredom when eating healthy, which could result in a loss of interest.

**Just Go Nuts – and Seeds** -- With the help of a handful of almonds, pistachios, sunflower seeds or pumpkin seeds, it's easy to ward off those pesky snack cravings and continue eating healthy. The crunchy, sweet and mildly salty taste of either nuts or seeds will help satisfy the need to snack while helping to avoid the snack machine.

**Cut Back on Red Meat** -- Reducing the amount of red and processed meats when eating healthy may significantly reduce the risk of heart disease in women, according to the Nurses' Health Study.

**Choose Proteins Wisely** -- Proteins help promote healthy muscle and brain health. For those who eat meat, fish and poultry are the best choices. If red meat is preferred, choose the leanest beef, pork or lamb cuts, and make it an occasional part of your diet. If you choose dairy products for protein, opt for skim or low-fat versions, as these are the healthier choices.

**Don't Pass on the Milk** -- Adequate calcium intake is necessary to reduce the risk of osteoporosis, as is adequate amounts of vitamin D, and performing regular, weight-bearing exercise to build maximum bone density and strength. When eating healthy, opt for low-fat or fat free versions.

**Switch to Whole Grains** -- Whole grains are rich in antioxidants and have been shown to protect against free radicals.

**Change How You Cook** -- Try alternatives to deep or pan frying in oil by grilling or broiling. Instead of coating with egg and white flour, coat with egg whites and corn flakes before baking. Other healthy alternatives are steaming, boiling, microwaving and stir-frying.

**Trade Butter for Seasonings** -- Try an alternative to adding butter, salt, or oil when cooking by using a variety of herbs and seasonings instead. Adding seasonings to foods is a great way to enhance flavor. Seasoning can be added to foods after cooking as well.

**Drink Enough Water** -- The brain is 80 percent water. Not drinking enough throughout the day can lead to dehydration, which takes only hours to set in. Chronic dehydration can cause fatigue, headaches, joint pain, kidney issues and bowel problems.

**Get Enough Vitamin D** -- Low levels of vitamin D have been associated with depression, poor glucose control in diabetics, obesity, cancer and Alzheimer's. When levels of vitamin D are too low, hunger may be felt all the time no matter how much or when food is eaten. The easiest way to get vitamin D is sun exposure on the arms or legs for 15 minutes a day. However, many vitamin D-fortified foods and supplements are available.

Look to next month's issue for the rest of the tips!

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Visit Chamber's Web Sites  
www.oleanny.com  
www.oleaninfo.com  
Visit EZ's Web Site  
www.cattempirezone.org



Find Us on FACEBOOK

On The Go is a published  
newsletter of Greater Olean  
Area Chamber of Commerce  
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Olean, New York 14760  
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BONE DENSITY SCREENINGS

Bone density testing is used to assess the strength of the bones and the probability of fracture in persons at risk for osteoporosis. The test, referred to as bone densitometry or bone mineral density scan (BMD), is a simple, noninvasive procedure that takes just minutes. This testing does not involve the administration of radioactive contrast material into the bloodstream. This simple test is known as a dual energy x-ray absorptiometry (DEXA) scan, and it can be performed with devices that measure bone density in the hip and spine, or smaller peripheral devices to measure bone density in the wrist, heel, or finger. The DEXA scan involves a much smaller radiation exposure than a standard chest x-ray.



Some of the Chamber staff taking advantage of a bone density screening at Olean Medical Group. Pictured from left to right: Michelle Joyce, Pam Caldwell, Betty Burrows, Meme Yanetsko

This testing is recommended to detect risk factors for osteoporosis, including: a history of bone fractures as an adult or having a close relative with a history of bone fractures; smoking; vitamin D; excessive alcohol or caffeine consumption; weight loss or low body weight; small-boned body frame; early menopause or late onset of menstrual periods; physical inactivity; taking a medication, known to cause bone loss; low estrogen levels; hyperparathyroidism; hyperthyroidism.

Your bone density measurement will be compared to the average peak bone density of young adults of the same sex/race. The results are usually reported as a "T" and a "Z" score. The T score compares with that of healthy young women, while the Z score is a comparison with that of other people of the same age, gender, and race.

-In either the T or Z score, a negative number means you have thinner bones than standard. The more negative, greater the degree of bone loss.

-Osteoporosis is defined as the beginning of bone loss and corresponds to T score of -1 to -2.5. A T score lower than -2.5 is indicative of osteoporosis.

The Olean Medical Group physicians offer free bone density screenings to Chamber members on the specified dates on the Chamber coupon page in the directory -- next one is in July. Please call for an appointment.

GARAGE SALE UPDATE

GOACC held its annual community-wide garage sales in May. Below are a few notes from the event.

From John P. -- "A large Gold Star should be awarded to the Person(s) that picked last Saturday for the Garage Sale Day. From what I saw it was a great success. I would like to see 1 or 2 more scheduled during the summer. Many of the people I spoke to were from out of the City and came into town just for the sales. Most were carrying food or drinks they purchased. Thanks for effort and I hope to participate in the next one."

From GOACC Office -- A Toronto Canada couple enjoyed their Victorian Day holiday with a trip to Olean's community-wide garage sale. They read about it online and came into the Chamber office on Saturday to pick up a map of sales!

MEMBER UPDATES

A *FREE* member benefit to announce awards, personnel changes, merchandise changes, etc. Only details sent directly to the Chamber office will be included.

♦**NEW LOCATION** -- The Cattaraugus County Arts Council recently moved to a more visible home on 100 West Main Street in Allegany. The new offices offer ample room for learning, with tables and chairs that can be moved to suit anything from painting to pottery. The new space also offers plenty of storage for materials and works in progress. A 30-foot-long wall along the main room will soon be used to display works from local artists. A small gift shop will soon be set up in the front of the main room where artists can sell their works on consignment. The front window will feature displays that will change to promote events, holidays and seasons.

♦**NEW FACE TO STAMI** -- Nick McKinney has joined the Southern Tier Advanced Manufacturing Initiative (STAMI) as its coordinator. The cooperative efforts of STAMI began after several successful workshop training

projects between training providers and businesses. Partners include Alfred State College, the Allegany-Limestone Central, Hinsdale, and Olean school district, Cattaraugus Allegany BOCES, Cattaraugus Allegany Workforce Investment Board, Dresser-Rand Company, Jamestown Community College, and Napoleon Engineering Services. Training programs are available for secondary, post-secondary, and non-credit workforce certifications students.

♦**NEW PARTNER** -- Attorney Kevin M. Habberfield, a Scio, NY native, has been named a partner with **Dwyer, Black & Lyle, LLP**. Mr. Habberfield, a graduate of SUNY Brockport and State University of New York at Buffalo Law School, is admitted to practice in both New York and Pennsylvania. He is a member of the Cattaraugus and Allegany County Bar Associations, the NYS Trail Lawyers Assoc., American Bar Assoc., the American Assoc. of Justice, the Pennsylvania Assoc. for Justice and the Pennsylvania Bar Association. The law firm will continue to be known as Dwyer, Black & Lyle, LLP.

LOOK WHO'S JOINED US!

PLEASE WELCOME THESE NEW MEMBERS

♦TWO SISTERS'

DAYCARE
DayCare Center
405 Laurens Street
Olean, NY
373-4623

♦ELLICOTTVILLE MTN.

& VALLEY NEWS
Newspaper
1 Washington Street
Ellicottville, NY
699-5883

LOOK WHO'S JOINED US ♦ LOOK WHO'S JOINED US ♦ LOOK WHO'S JOINED US!

♦SEGEL & SON, INC.

Metal Recycling
PO Box 276
Warren, PA
814-723-4900
Referred by Joe and Mike Higgins

♦WILLOUHBYS

FURNITURE & GIFTS
Furniture/Gift Shop
1472 Olean-Portville Rd.
Olean, NY
373-5080

♦KLM DISTRIBUTING

KIRBY VACUUMS
Vacuums
1371 East 2nd Street
Jamestown, NY
483-6486

♦ENCHANTED MTN.

ROLLER DERBY
Club/Organization
142 N. 2nd Street
Allegany, NY
307-1812

♦CENTRAL BEER & REDEMPTION

Beverages, Redemption
284 Central Avenue
Salamanca, NY
945-0045
Referred by Knut & Candy Johnsen

♦R&R TRANSMISSIONS

Transmissions
1436 Olean-Portville Rd.
Olean, NY
373-8726

♦YES HEATING /

YES FOAM
Heating / Air Cond.
PO Box 24
Allegany, NY
801-5100

♦COMMUNITY INVESTMENT SERVICES

LUKE BURTON
Financial Services
201 North Union
Olean, NY
376-7418

♦RAINE

Restaurant
102 West Main St
Allegany, NY
379-8408

♦A&J'S SUBS, PIZZA

Restaurant
1103 West State
Olean, NY
373-SUBS

♦ICE CREAM ISLAND

Ice Cream Parlor
60 S. Main Street
Portville, NY
933-0999

Please remember to call GOACC members when you need a product or service. It's GOOD Business to do Business with Chamber members!!



CATTARAUGUS REGION COMMUNITY FOUNDATION

Olean City School District Foundation, Cattaraugus Region Community Foundation: Partnership supports wide array of student programs, provides donors tax benefits

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Visit CRCF's Web Site

www.cattfoundation.org



Us on FACEBOOK

Since its founding in 2002, the Olean City School District Foundation (OCSDF) through its affiliation with the Cattaraugus Region Community Foundation has had a tremendous impact on the Olean City School District and our community, according to Community Foundation executive director Karen Niemic Buchheit.

"In just eight years, OCSDF has given more than \$93,000 in grants benefitting a myriad of causes near and dear to the schools' students and alumni," Ms. Buchheit said. "From the Olean High School renovation project to providing video game equipment for new physical education programs, OCSDF has stepped up to help Olean City Schools provide the best for their students' educational experience, usually supporting projects that otherwise would be left on the drawing board for lack of funds."

Furthermore, donors are able to make tax-deductible contributions to support school projects through its fund at the Community Foundation since the Community Foundation is a 501(c)(3) nonprofit organization, Ms. Buchheit pointed out. When grants made from the Foundation funds, such as the OSCDF, are done for a charitable intent or for the public good, donors are able to receive a tax deduction for their gifts.

OCSDF board members and volunteers raise funds through several events, but one of its most popular fundraisers, in conjunction with the Olean High School Sports Boosters, is the Gus Macker 3-on-3 Basketball Tournament. Started in 2008, this three-day tournament brings hundreds of competitors and spectators to Olean.

Proceeds from the tournament have helped purchase a new scoreboard and press box for the Olean Middle School field, provide Wiis

and "JustDance" games to enhance physical education at both the elementary and high school levels, and support the high school's Interact Club, a group of 30 high school students that organizes service projects to

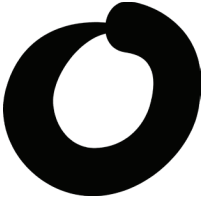


benefit the community and raises funds for international charitable projects.

The Olean City School District Foundation is a volunteer organization committed to enhancing the overall educational experience for students in the district. The OCSDF encourages extra effort and creativity to enhance all aspects of the district, including academic programs, athletics and the arts.

Donations to the OCSDF fund can be made care of the Community Foundation at 120 North Union Street, Olean, and online at www.cattfoundation.org.

The Community Foundation provides administrative services to the OCSDF including gift processing and acknowledgment, investment management and tax filing. With the Foundation handling much of the paperwork and administrative duties, the school volunteers have more time to focus on projects and program like the Gus Macker Tournament. Any nonprofit organization interested in starting a fund at the Community Foundation can benefit from the same services.



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or current resident

Camp Creation ~ Canticle Farm will be hosting Camp Creation July 11-14 from 9:30 am to noon at the farm. Each day will feature crafts, activities, a healthy snack, and walks throughout the farm with an emphasis on learning about the day's theme. Registration, and a \$10 fee, is required. The registration deadline is June 30, 2011. For an application or more information, please visit www.canticlefarm.org or phone our office at 716-373-0200 ext. 3358.

Red & Gold Scramble

Saturday, June 18

Bartlett Country Club • Olean

Registration is \$75 player / \$300 team, which includes cart, green fee, appetizers, prizes. Prizes will be awarded for Best and Worst score and to the team with the most red and gold spirit. Great way to enjoy your favorite game, catch up with fellow alumni and friends, and raise funds to benefit Olean City School District students.

Please call 372-4433 for more details.



June 24-26

U.S. -Canada Aerobatic Challenge

**Cattaraugus County Olean
Municipal Airport
Ischua, NY**

Contest starts first thing early Saturday morning following breakfast - mandatory flight brief. Power Flights include primary, sportsman, intermediate, advanced and unlimited.

For details call 716-626-6432.