

BUSINESS

Transactions August 7 - 11

Real estate transactions for Hamburg and the surrounding communities for the period of August 7, 2017 to August 11, 2017. Information provided by the Erie County Clerk's Office.

BLASDELL

- 203 Labelle Avenue, Jennifer L. Russell to James L. Bill; Michelle A. Bill, \$125,000.
- 22 Helen Avenue, Keith Bednarz to Craig M. Wilcox, \$80,000.

BOSTON

- 8863 Pearl Street, Debra Pritchard; Michael Pritchard to Laurie A. Hoth; Michael E. Hoth, \$283,000.
- 8856 Maurice Court, David Lussier; Lori Lussier to Donna A. Gerber, \$281,000.
- 6271 West Tillen, David F. Balcerzak; Renee M. Balcerzak to Linda Connors, \$260,000.
- 7934 Boston State Road, HUD to William P. Whited III, \$87,940.

EDEN

- 2415 March Road, Amanda Williams; Jacob A. Williams to Marc S. Michalski, \$177,500.
- 2188 New Jerusalem Road, James L. Anderson to Brian C. Anderson, \$150,000.
- 2188 New Jerusalem Road, Evangeline S. Anderson to James L. Anderson, \$98,900.

EVANS

- 7174 Sweetland Road, Phyllis Wendt Pierce to Patricia A. Davis, \$450,000.
- 6866 Chaffee Court, Robert J. Trembath Jr. to Douglas A. Szczepanski; Kimberly D. Szczepanski, \$158,894.
- 717 Birch Street, Keybank NA to Daniel R. Hanna, \$75,000.
- 6700 Wellington Drive, Structured Asset Securities Corporation Mortgage Pass-Through Certificates Series 2006-Eq1 Tr; US Bank NA Tr to John Gresko, \$48,000.
- VI/ South Lane, Bruce H. Mallott; Marie P. Mallott; Robert B. Mallott to Pia Doro, \$20,000.

HAMBURG

- 3779 Lake Shore Road, Jr Fort Collins LLC to Mreic Buffalo NY LLC, \$35,100,000.
- 6630 Willow Ridge Drive, Nvr Inc dba; Ryan Homes of New York to Karen Hamp; Timothy Hamp, \$326,675.
- 3814 Windover Drive, Gerald F. Pullano; Lynn A. Pullano to Daniel Byles-Smith, \$325,000.
- 6135 Woodford Drive, 240 Seneca Holdings LLC to John P. Todorof; Karen B. Todorof, \$276,000.
- 6947 Pinehurst Court, David D. Spriegel; Jamie P. Spriegel to Cartus Corporation, \$269,900.
- 6047 Pinehurst Court, Cartus Corporation to Colleen Ortiz; Michael J. Parana, \$269,900.
- 4721 Lake Shore Road, Rebecca M. Fino; William F. Sticht to Amanda L. Aiken; Jonathan Aiken, \$214,000.
- 34 Brookwood Drive, William F. Schupp to Heather A. Williams, \$185,000.
- 47 George Street, Nadine Murphy to Alana M. Flitt; Michael D. Flitt, \$179,900.
- 4623 Roundtree Road, Bozena Eva Gryz to Christina M. Coulman; William S. Coulman, \$170,000.
- 29 Pinegrove Court, Daniel E. Bukaty; Laura Taylor to Robert D. Krizancic, \$168,000.
- 4173 Colonial Place, Lauren K. Howard to Jennifer Annas, \$167,500.
- 4626 Milestrip Road, David F. Nowakowski Jr. to Matthew B. Hansen, \$149,900.
- 4565 Exeter Terrace, Robert E. Ochs to Peggy A. Naughton, \$148,900.
- 4881 Newton Road, Elizabeth A. Kraengel; Anne Pecaric to US

Bank NA, \$121,396.

- 2776 Cloverbank Road, George C. Bean; Roger C. Bean to Elizabeth C. Laboy, \$118,347.
- 5024 Morgan Parkway, Douglas A. Szczepanski; Kimberly D. Szczepanski to Sandra L. Odonnell, \$115,000.
- 236 Maple Avenue, Michael H. Ork to Mary C. Baumgarten, \$110,000.
- 96 Allen Street, Esther I. Moyer to Briana L. Sherk, \$108,000.
- 4 Kent Street, Gerald Cereghino to Amanda Roush, \$103,500.
- 4799 Mt Vernon Boulevard, Christine M. Kopecki; Christine A. Korzkowski; Peter P. Vasilion to James E. Dingledey, \$102,163.
- Vacant land Willow Ridge Drive, 5 Yovienes LLC to Nvr Inc dba; Ryan Homes, \$73,700.
- 5807 Lakeview Terrace, Michael D. Alves; Jennifer Persico to Roderick Bennefield, \$53,024.

LACKAWANNA

- 1697 Electric Avenue, Franron Corp to 1697 Electric LLC, \$139,900.
- 72 Barlow Avenue, Philip Korba; Shannon Korba to Michael P. Dunford, \$130,000.
- 3254-3260 South Park, Peter A. Vinolus to Michael J. Smith, \$55,000.

NORTH COLLINS

- 10807 Santello Drive, Jordan A. Sheehan; Ryan P. Sheehan to Nathan J. Dix; Shana A. Dix, \$146,000.
- Vacant land Quaker Road, Eugene A. Piegnert to Kpl Racing LLC, \$50,000.

ORCHARD PARK

- 15 Birdsong Parkway, Veronica D. Oconnell to Mary J. Mogavero; Philip M. Mogavero, \$525,000.
- 7575 Ellicott Road, Paul A. Szalinski; Sandra J. Szalinski to Rudy Jackson; Meeghan Ann Lautner, \$467,000.
- 31 Timberlake Drive, Kathleen J. Mcnall; Ralph I. Mcnall Jr. to Molly J. Cullinan; Patrick M. Cullinan, \$330,000.
- 69 Park Place, Amy D. Seivert; Lawrence W. Seivert to Cartus Financial Corporation, \$260,000.
- 69 Park Place, Cartus Financial Corporation to Katharine Freyes; Peter J. Freyes, \$260,000.
- 59 South Lincoln Avenue, Elizabeth Hurley to Jillian K. Januszkiewicz, \$225,000.
- 63 Southwick Drive, Donna M. Tarr; William L. Tarr to Kathleen A. Sheehy, \$208,000.
- 47 Harvard Place, Erin E. Stack to Ann C. Flynn; Conor T. Flynn, \$200,000.
- 5352 Lake Avenue, Mileva T. Damovski; Mileva P. Milosevski; Mileva T. Milosevski to Darren M. Holland, \$181,000.
- 16 Southwick Drive, Anna B. Eusanio; Eugene C. Eusanio to John T. Koch Jr.; Lisa J. Koch, \$180,000.
- 46 Stepping Stone Lane, Milton G. Kieffhaber to Colleen R. Mitchell, \$156,000.
- 5240 Chestnut Ridge Road, Anne Mccune to Roland M. Pi-geon; Jillian M. Riggs, \$147,500.
- 4336 Abbott Road, Ronald J. Gary J&kathleen Trust Tr to Gary J. Trella, \$105,000.
- 95 Carriage Dr Unit 8, Anthony Sperduto; Mary Sperduto to Dillsworth Walter John III, \$66,000.
- 7284 Milestrip Road, Clara L. Hacker; Richard C. Hacker; Richard Carl Hacker to Cory Farrell, \$16,000.

Cancer survivor's journey spawns yoga studio in Village of Hamburg

By Megan Tomaszewski  
HAMBURG SUN CORRESPONDENT

Five years after facing death at 38, breast cancer survivor and Lake View native Sara Sze- g- lows- ki is using her life to bring healing to others.

The physical, mental and emotional renewal that she helps cultivate is not the result of any kind of prescribed medicine, though, but rather through yoga practice at her 1-year-old Hamburg business: Shine Yoga.

"I was thinking about the feeling that you get after a really great yoga class when you just feel shiny," Sze- g- lows- ki said regarding her studio's name. "It's about that breaking open of the heart — I wanted people to feel that way."

Located on the third floor of The Grange building on Main Street, Shine Yoga has grown from 40 students led by Sze- g- lows- ki and one other teacher to 1,500 students, 12 teachers and 35 classes per week — before its anniversary on Sept. 10.

Shine Yoga celebrated its first anniversary with a "Yogaextravaganza" event last weekend featuring a free class, live music and giveaways.

"I can't even believe it. I never even dreamed that this could happen," Sze- g- lows- ki said. "This place has just become a phenomenon. It's astounding."

While she was always interested in yoga, Sze- g- lows- ki said that she never initially considered it as anything more than a hobby. With a dual degree in English and theater from William Smith College and a master's degree in comparative literature from Rutgers University, Sze- g- lows- ki entered a career as a grant writer and manager, with her most recent position at a behavioral health center in Providence, R.I.

"I really loved the work," she said. She added that her CEO supported "lots of creative thinking" and gave her vacation time to get her yoga teacher certification in exchange for teaching coworkers.

Sze- g- lows- ki noted that she was particularly drawn to anatomy-based Iyengar Hatha yoga, which she still teaches.

"I was really interested in how it increased body awareness," she said. "I liked looking at peoples bodies and figuring out how to help them be better in it."

Still, she never considered yoga as something incredibly



Megan Tomaszewski/Special to The Sun

Lake View native Sara Sze- g- lows- ki overcame breast cancer and wound up pursuing her passion for yoga by opening a studio on Main Street in Hamburg.

central in her personal and professional life until after her year of cancer treatments that included a double mastectomy and lymph node removal.

"It's what really brought me back to yoga in a big way," she said. "When I finished all of my treatment, I was just so deeply terrified. It isn't until later that you realize the effects that it's had on you. It was like walking through neck-deep mud everyday."

In addition to the physical toll the cancer treatments took on her, Sze- g- lows- ki said she was "a total emotional mess," intensely struggling with post-traumatic stress disorder. When she got back into yoga, though, that all started to change.

"It totally physically healed me," she said. "I then started then realizing that I could help other people with this and create programs for people who were in the same position that I was in."

Now back in her hometown — Sze- g- lows- ki, her husband and son moved back four years ago to be closer to her parents in Eden — she began to teach yoga therapy in a chiropractor's office and taught summer classes at Be Healthy Institute, all while working on her blog "My Careful, Joyful Life After Cancer."

Still, she felt like she wanted to do more and offer more expansive services for people of all ages and abilities, particularly classes for those with physical restrictions like she faced. So, when the space in The Grange building opened up, she saw

it as an opportunity to take charge of her vision.

"It was kind of magic," she said. "I tend to just do things big. ... I really enjoy creating things and being able to take ideas and put them into practice. I felt like I needed that creative outlet."

After gutting the interior, Sze- g- lows- ki and her dad transformed the space in only 10 days into what many patrons have described as being "like a tree house," becoming enchanted by the high ceilings and windows flooded with natural light, wood paneling, plants and earth-inspired elements and patterns.

"They feel like it's a really special place," she said. "There is a nice sense of calm."

With three main sections of classes — Hatha, Vinyasa and the most popular, Restorative — Shine Yoga has both traditional and inventive options, including classes

for kids and preteens, yoga for athletes, slow-mobility Vinyasa, Baptiste Power and evening candlelit Restorative.

"We pretty much provide the most extensive menus of classes anywhere," Sze- g- lows- ki said. "The teachers are all so unique and teach such different styles, but they all have the same spirit here. They're very welcoming and supportive."

The studio will also offer a new "Body Love" class for teens and adults this fall and a lunchtime class, and Sze- g- lows- ki plans to offer more workshops focusing on areas like self-care, nutrition and sleep.

"I want people to have the opportunity to grow a little more outside of the classes and build the community," she said. Shine Yoga also offers yoga mats and mat bags, T-shirts and bracelets available for purchase to further foster a sense of connection in and out of the studio.

Sze- g- lows- ki emphasized the holistic benefits of the practice that come with carving out time for yourself to relax and reconnect to your physical and innermost self.

"It's a little sanctuary for you. It's an hour where it's just you and your body — people are just able to let go," she said. "You can just shed your life for a little bit and listen to yourself, what you know is good for you."

Sze- g- lows- ki said that she is grateful that she can use her experience and strength to guide others on a similar journey of discovery and invigoration.

"The people that come here are so open and willing to try and so kind to each other. Everybody's been lovely," she said. "I've seen so much change in people and that's so rewarding. I feel like I'm giving people something really important."

For more information, visit shineyogawny.com or call 536-1619.

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