Health care pros and couple offer benefits of salt cave with new business

By Megan Tomaszewski HAMBURG SUN CORRESPONDENT

By Oct. 25, the day before

its official ribbon-cutting ceremony, Southtown Salt Cave & Spa had already booked more than 200 appointments. "We've gotten an over-

whelming response from the community," Hamburg native and co-owner Pam Toole said. "People are excited."

Pam Toole and her husband, co-owner and South Buffalo native Mike Toole, have brought the renewed halotherapy trend utilizing Himalayan salt – 20,000pounds of it, to be exact - to a man-made cave at 5020 Armor Duells Road in Orchard Park.

"It took us a while before we found just the right place," Pam Toole said.

The Tooles got the idea for their new business 14 months ago in August, when they went to a Niagara Falls salt cave to celebrate their anniversary. Both registered nurses, the couple was eager to see for themselves if the purported health benefits of the substance – respiratory improvement, immune system support, stress reduction and more - were valid.

They certainly thought so – enough to open a business to bring these services to others.

"You definitely taste salt," Pam Toole said with a laugh. "We disconnected for three hours from electronics and connected ourselves with this amazing experience. When we left there, I said, 'We need to offer this to others.' I've been a nurse forever. I want to help people."

In addition to their own testimonials, the Tooles sought out existing research on the health benefits of salt caves, the earliest dating back to the 1800s in Krakow, Poland. Twenty minutes from the city lies the famous Wieliczka Salt Mine, where one doctor noticed that the salt miners were living longer, healthier lives in comparison to those working with coal. Upon further study, it was discovered that the natural salt aerosol the miners breathed in was keeping them that way.

"It was like a toothbrush scrubbing their lungs clean,' Pam Toole said.

The first salt bath service was offered at the mine in 1838, prompting a spread of halotherapy methods across Eastern European countries. The cave in Orchard Park was actually constructed by a Polish builder who works to



Pam and Mike Toole have brought the holistic therapy of Himalayan salt to a man-made cave at 5020 Armor Duells Road. The couple opened the new business last month.

mimic this microclimate of the caves in Poland.

Additional studies were conducted in Europe after World War II, looking at the spread of sickness among people in close quarters, like schools and prisons. Despite many individuals hiding in the Polish salt mines during the war, there were little to no illnesses spread among them due to the anti-viral and bacterial properties of salt.

In modern medicine, Canada is currently working to officially classify the generator used to create salt aerosol as a medical device.

In addition to the standard 45-minute halotherapy session in the cave (\$40), the Tooles also offer two full spectrum saunas utilizing infrared rays (\$35). These options allow the circulatory system to detox by raising one's core temperature and can also aid with weight loss, skin repair and immune system support. Hand and foot detox sessions (\$30) are available too, as well as different packages ranging from the \$85 Reclaim Your Health option to six months of unlimited salt cave access for \$1.199.

Despite all of the early bookings, Pam Toole said marketing the business has been the biggest challenge for her and Mike because its completely new to them. Fortunately, the remarried couple has eight children between them that are willing to help, including one graduating from college with a hospitality degree. Pam added that her sister, who works for the Buffalo-Niagara Partnership, has been "instrumental" in setting them up to succeed.

"We've really been able to tap into family for some of the areas that are a little more unfamiliar," she said.

Toole said she believes this is part of a shift in national consciousness toward embracing more holistic approaches to their health and well-being — and she and her husband are happy to support that endeavor.

"We've figured out how to raise the quantity, the life expectancy, but people don't always get the quality," she said. "I think people are recognizing that, 'Oh, wow, I could live that long,' but they don't want to be in a nursing home. People are going back to the basics and making those changes today."

For more information, call 316-6691 or visit southtownsaltcave.com.

Transactions Sept. 25 - 29

Real estate transactions for Hamburg and the surrounding communities for the period of Sept. 25 2017 to Sept. 29, 2017. Information provided by the Erie County Clerk's Office.

ANGOLA

- 322 North Main Street, Todd Dybdahl; Tomothy Dybdahl to Michael Vanvelson, \$181,000.
- 15 Ward Parkway, Jack E. Bacon; Brenda K. Shepard-Bacon to Gene E. Degraff Jr.; Darlene G. Wittmeyer, \$130,000.
- 41 School Street, Christine Dobrzanski to Jessica S. Connors; Justin A. Connors, \$73,250.
- 97 Center Street David J Lauricello; Kristine Lauricello to David D&linda A Gall Trust Agreement 062215 Tr, \$51,000.

BLASDELL

• 86 Frontier Drive, Kim Evertt; Kirk Evertt to Kelly J. Hurst, \$130,000.

BOSTON

- 7308 Chestnut Ridge Road, Esther J. Charlap; Henry N. Charlap to Kathleen Cook; Patrick D. Cook, \$328,000.
- 5686 Herman Hill Road, Cheryl Burgwardt; Randy F. Burgwardt to Christopher Zymowski; Emily Zymowski, \$188,000.
- 8326 Boston State Road, 6560 Fairlane LLC to 8326 Boston State Road LLC, \$92,500.
- · Vacant land Boston State Road, North Boston Volunteer Fire Company Inc to North Boston Allboys LLC, \$90,000.
- 9405 Boston State Road, Norman L. Horschel Jr. to Karen J. Peterson, \$26,822.

EDEN

- 2415 New Jerusalem Road, Carol Smith; Richard Smith to Ashley M. Bulger; Scott R.
- · Vacant land 3834 Eckhardt Road, Edward A. Riefler; Frederick C. Riefler; Ronald C. Riefler to Donald R. Mammoser,
- · 4383 North Boston Road, James L. Zittel; Mary Jean Zittel to Karen A. Souder; Wesley E. Souder, \$20,000.

EVANS

- 7356 Derby Road, John J. Bruckman Jr. to Katherine M.
- Bruckman, \$180,000. • 7220 Derby Road, Jeffrey T. Mayer; Nadine M. Stefaniak to Amy M. Parker; Daniel T. Parker, \$173,950.
- 245 Garfield Avenue, Patricia L. Csizmar; John S. Dxizmar to Pamela J. Forcucci; Richard Forcucci, \$136,500.
- 9511 Southwood Drive, Mary L. Evans; Robert E. Evans to Christopher A. Whitney; Colleen M. Whitney, \$121,100.
- \bullet 360 Taft Street, Alisha M. Mancini; Nicholas Mancini; Kevin P. Shelby to Deutsche Bank National Trust Company Tr; Morgan Stanley Abs Capital I Inc Trust&see, \$57,484.
- 366 Harper Road, Michael Chmiel; Sarah I. Kauffman to HSBC Bank USA NA, \$55,730.
- 6607 Hamilton Drive, Linda Klein to Richard A. Norman,
- 1162 Chruch, Kelly A. Pokigo; Walter R. Pokigo to Walter R. Pokigo, \$10,000.

HAMBURG

- 2324 Agassiz Drive, Marrano/ marc Equity Corporation to Jennifer D. Vogt; Randy M. Vogt, \$441,028.
- 5572 Pebble Beach Drive, William D. Saunders to Donna Hersey; Michael Mccartney,

Ryan Homes of New York to

Deanne Jezioro; Joseph Jezioro, • 6122 Hewson, Nabeal Saif;

• 4380 Nancy Court, Nyr Inc dba:

- Rabab Saif to Andrew D. Goodberry; Shannon Goodberry, \$374,500.
- 4583 Winding Woods Lane, Michael F. Curry; Patricia A. Curry to Colleen M. Connolly; Anthony F. Dicerbo, \$369,900.
- 6767 Willow Ridge Drive, Nvr Inc dba; Ryan Homes of New York to Wage; Katie Wager, \$361,490.
- 2323 Agassiz Drive, Marrano/marc Equity Corporation to Brent D. Same; Jennilee C. Same, \$347,030.
- 5136 Bayview Road, Abby L. Pudhorodsky; Timothy G. Pudhorodsky to Lauren K. Gibson; Michael R. Gibson,
- 3364 Creekview Drive, Leslie A. Grimaldi: Michael F. Grimaldi to David A. Bogner; Sarah S. Bogner, \$330,000.
- 2214 Shadow Lane, Marrano/marc-Equity Corporation to Molly A. Moretti; William J. Moretti Jr., \$322,433.
- 5665 Southwestern Boulevard, Cheryl L. Corbran to David W. Eastman; Veronika M. Eastman, \$320,000.
- · 5665 Unit 43c Southwestern Boulevard, Villas At Brierwood LLC to James E. Nikischer, \$319,900.
- 6260 Eckhardt Rd Unit 8, Cheryl A. Evans; David Evans to Joseph W. Pentasuglio; Pentasuglio Margaret J Connors, \$246,500.
- 51 Woodview Avenue, Rita Los; Kurt A. Schumacher to Marion S. Polasik, \$242,000

- 6559 Hackberr, Gail F. Chapin to Jonathan F. Labelle; Nicole M. Labelle, \$240,500.
- 4895 Marilyn Drive, Michael E. Hoth; Laurie A. Roliczek to Jason M. Wohlfehert; Melanie L. Wohlfehrt, \$236,000
- 95 Rovner, Mark F. Pelgrin; Miryana Pelgrin to Kelly L. Sut-
- ton; Thomas J. Sutton, \$218,000. • 6462 Hackberry Drive, Clair Bragg to Christine Budzynski;
- Stephen A. Pyrkos, \$217,500. • Hmb 86 Sandra, Daniel R. Byles-Smith to Marissa A. Ashcroft; Michael D. Harmer,
- 149 Norwood Avenue, Gail Hunter; Kenneth Hunter; James Lasky; Kelly Rogers to Beth A. Hayes; Eric E. Hayes, \$200,000.
- 5063 Lakeshore Road, Shane M. Aguilar; Deborah M. Barone to Rmac Trust Series 2016-Ctt Tr; US Bank NA Tr, \$197,890.
- 2945 Pleasant Avenue, Cheryl J. Ernst; John Omalley to Cheryl Burgwardt; Randy Burgwardt,

• 3951 Sowles Road, Marshall

- G. Field to Roseann Cellino, \$185,000. • 4251 Meadowbrook, Bmg Property Holdings Inc; Milhap Capi-
- tal Group LLC to Heather Pirri; Michael J. Pirri Sr., \$177,500. • 5523 Rogers Road, Gardner
- B. Low Jr.; Patricia Low to Arr Holdings LLC, \$170,000. • 3293 Ashley Drive, Michael J.
- Vanvelson to Amanda L. Taboni; Joseph D. Taboni, \$165,500. • 3632 Woodhaven Cr, Edward

J. Lichota to Justin C. Calkins,

• 102 Holiday Lane, Ernestina C. Liberta; Ernestine Liberto to Jennifer Schmitt, \$160,000.

\$160,680.

- 32 Sherburn Drive, Albert T. Fulco; Mary Ann Fulco to Nicholas J. Getty, \$159,950.
- 3626 Marlowe Avenue, Robert F. Balbierz to Alexis E. Carreras, \$150,000.
- 4951 Morgan Parkway, Donald H. Bauman; Donald Bauman; Pamela J. Bauman; Pamela Bauman; Judith M. Kubiniec to Christiana Trust Tr; Rmac Trust Series 2015-5t Tr; Wilmington Savings Fund Society Fsb Tr dba, \$143,920.
- 5088 Glendale Avenue, Wende Schaper to Zachery Heater, \$124,900.
- 37 Oakhill Drive, Erwin J. Miller Jr.; Trevor Duffy; Nadene Miller; Beneficial Homeowner Service Corporation to Secretary of Veterans Affairs, \$80,203.
- 1934 Crescent Terr, Kathleen A. Nehls; Mark R. Uba to Sonic Next LLC, \$70,934.
- 4617 Logans Lane, Dato Development LLC to Nvr Inc dba; Ryan Homes of New York,
- Hmb 4812 Chapman Parkway, Keybank NA to Dmd Builders LLC, \$56,000.
- · Vacant land Parker Road. Marlene Meinczinger; Stephen J. Meinczinger to Bethanne
- Welton; John R. Welton, \$53,000. • 6390 White Oak Way, Adam
- Shrf Buczek; Howard Timothy B Shrf to Chad Beers, \$13,000. Vacant land Kings Court,
- Richard D. Viggiano to George Moncho; Nancy Moncho, \$7,000.

LACKAWANNA

- 7 Rudolph, Nora Devoe; Ahmet Omerhodzic: Halim Omerhodzic Jr.; Ibrahim Omerodzic to Franron Corporation, \$150,000.
- 3 Rudolph, Nora Devoe; Ahmet Omerhodzic; Halim Omerhodzic Jr.: Ibrahim Omerhodzic to Franron Corporation, \$150,000.
- 104 Elkhart Avenue, Christopher M. Gemmati to Matthew E. Borawski, \$139,050.
- 21 Bell Avenue, Steven M. Titus to Cynthia A. Westlund, \$81,750.@

NORTH COLLINS

• 2174 Thiel Road, Benjamin M. Pusztay; Nichole J. Pusztay to

GUGINO LAWN & GARDEN EQUIP.

- Bradley Yelen, \$116,000.
- 2051 Southside Avenue, Susan D. Alessi; Garry W. Dole to Brian Krzeminski, \$100,000.
- 10593 Main Street, Alysia Janiga to Jenna-Lin Bennett; Sammuel G. Bennett, \$75,000.

ORCHARD PARK

- 21 Edgewater Drive, Cathleen A. Sheehy; Jeremiah J. Sheehy Jr. to Leslie A. Grimaldi; Michael F. Grimaldi, \$484,000.
- 38 Deer Run, Aaron M. Powell; Mary B. Powell to Robert F. Hess II; Katherine Lynn Overdorf,
- 5165 South Freeman Road, Bradley D. Westcott; Catherine P. Westcott to Alan O. Doyle; Nancy Ann Doyle, \$390,000.
- 7576 Quaker Road, Darren M. Swetz; Mark E. Swetz to Rebecca A. Jones; Donald S. Kozacki; Paul C. Kozacki Jr.: Sherri L. Kozacki, \$315,000.
- 27 Brookins Green Drive, Paul E. Leone to Deborah R. Liberto; William P. Liberto, \$300,000
- 102 Highland Avenue, Deborah C. Schwabel to Hannah Mazzuto; Michael Mazzuto, \$299,000.
- 8 Briar Hill Road, Kevin A. Lane; Mary Jeanne Lane to Benjamin Pusztay; Nichole J.
- Pusztay, \$285,900. • 7505 Milestrip Road, Gene Tundo; Valerie Tundo to Matthew T.
- Tundo, \$265,000. 3428 Southwestern Boulevard, Naseem Malik; Sajida Malik; Cecile M. Meyer to Bank of New York; Jp Morgan Chase Bank NA Tr Suc; Novastar Home Equity Loan Asset-Backed Certificates Series 2005-3 Tr Suc: Novastar Mortgage Funding Trust
- Series 2005-3 Tr Suc, \$257,590. • 15 Jolls, Jill A. Collesano; Stanley L. Collesano to Abby Pudhorodsky, \$235,000.
- 25 Hodson Road, Boda Ventures LLC to Amy L. Conley, \$230,000.
- 7042 East Quaker Road, Charles E. Herrington; Dorothy J. Herrington; Dorothy Herrington to Andrew D. Fiske; Julie B. Fiske, \$225,000
- 6055 Webster Rd #3, Susan M. Morreale to Amanda A. Meyers, \$216,000.
- 178 Elmhurst Drive, Mary E. Hart to Jill A. Collesano; Stanley L. Collesano, \$215,000.
- 46 Lakewood Drive, Sidney J. Wesley; Judith A. Wesley to Maria R. Fino-Krauss; Matthew R. Krauss, \$208,000.
- 6161 Scherff Road, Douglas Oshei to Michael A. Valentine; Sarah K. Valentine, \$197,500.
- 6063 Webster Road, Michelle Kostoff; Walter Kostoff to Kimberly A. Harding; Michael Joseph Harding, \$195,000.
- 3927 Baker Road, Judith Lynne Naslund: Kristine Marie Naslund; Norman A. Naslund; Phyllis E. Naslund to Josephine A. Riley, \$191,000.
- 12 Crabapple Court, Leonard J. Twarozek; Sharon A. Towarozek to Debra Davanzato, \$190,000. • 30 South Meadow Drive, Phyllis
- Gary G. Tomani, \$185,000. 7 Philson Drive, Jean M. Albig; Leonard John Albig to Matthew

D. Anderson; Anderson Ruth K

Rosen to Catherine R. Tomani;

- Hollander, \$168,000. • 104 Burmon Drive, Maria Fino-Krauss: Matthew Krauss to Zacharyj Myers; Toni C. Smith,
- \$144,500 • 220 Burmon Drive, Kevin D. Carey; Teresa J. Carey to Adam Desell: Charlotte E. Desell.
- \$143,000. • 70-6 Carriage Drive, Christopher John Mottalini; Sally B. Mottalini; Sarah Beth Mottalini to Michael P. Mckeating,

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fourth childcare center with a new location at

A Leap In Learning opens fourth location

A Leap In Learning, LLC, a group of locally owned early childhood development centers headquartered in Hamburg, has opened its 5020 Armor Duells Road in Orchard Park. The new A Leap In Learning Center is

formerly housed Kids Kingdom, a day care that abruptly closed this past summer. "The new center offers the same approach to childhood development we have provided for more than a decade, an approach that values the human spirit and development of the whole child - physical, social, emotional

and cognitive," said Sherry Phillips, executive

located in a recently renovated facility that

The Orchard Park facility will provide a center-based day care offering programs and services for children as young as six weeks old up to school-age children to 12 years old. A Leap In Learning utilizes Creative Curriculum and follows the Reggio Emilia approach for early learners, an educational philosophy that is student-centered and constructivist promoting self-directed, experiential learning in relationship-driven environments.

A Leap In Learning is open Monday

through Friday from 6 a.m. to 6 p.m. Other

Road in Boston.

locations include 79 Buffalo St. and 5197 South

Park Ave. in Hamburg and 8965 Boston State

Neighborhood Health Center receives \$75,000 grant for cancer prevention effort

Neighborhood Health Center has been awarded a \$75,000 grant to implement cancer prevention and early detection activities in Buffalo through the Crucial Catch – Intercept Cancer campaign.

director.

The campaign aims to improve cancer outcomes by providing education, outreach, navigation and access to cancer vaccinations and screenings to city residents. This initiative is made possible by a partnership between the National Football League and the American Cancer

Neighborhood Health Center is a nonprofit healthcare organization and the oldest and largest Federally Qualified Health Center (FQHC) in Western New York, with its newest location on Lake Avenue in Blasdell.

The National Football League's Crucial Catch: **Intercept Cancer initiative** provides funding to support increased access to cancer education, prevention and screening resources in underserved communities

through the American Cancer Society.

Grant funding will support the health system's efforts to address breast and colorectal cancer through implementation of evidenced based strategies directed at both their providers and care teams in order to increase breast and colorectal cancer screening rates. Through these efforts, Neighborhood Health Center seeks to afford their patients opportunities for early detection and treatment if necessary.