

Meetings

Landmark Society to hold luncheon

Buffalo Mayor Byron Brown will give the keynote speech on "The Role of Historic Preservation in Buffalo's Future" at the Landmark Society of the Niagara Frontier's annual awards luncheon. The event will begin at 11:30 a.m. Tuesday, May 16 at the Saturn Club, 997 Delaware Ave., Buffalo. May has been designated as National Preservation Month. To make reservations, call 852-3300.

Accounting society marks 50 years

Jay McWatters, CPA, partner, Dopkins and Company LLP will be honored as the Outstanding Accountant in Western New York at the 50th anniversary banquet of the Canisius College Accounting Society at 5:30 p.m. Wednesday, April 26 at Salvatore's Italian Gardens, 6461 Transit Road, Depew. The keynote speaker at the event will be David M. Walker, CPA, comptroller general of the United States. For tickets, call 888-2870.

Hevesi to speak to LWV chapter

New York State Comptroller Alan Hevesi will discuss "Fiscal Accountability in Government" at a luncheon sponsored by the League of Women Voters of Buffalo/Niagara. The event will be held at 11:30 a.m. Monday, April 24 at the Sonoma Grill, 5010 Main St., Amherst. Hevesi will speak on his role in government in regard to school audits, industrial development and smart growth. To make reservations, call 884-3550. More information is available from Chapter President Marian Deutschman at 643-2412.

YMCA plans annual meeting

The annual meeting of the YMCA of Greater Buffalo will be held at 5:45 p.m. Thursday, April 27 at the Adam's Mark Hotel, 120 Church St., Buffalo. A new association name and logo will be announced. For tickets, call 565-6000, extension 104.

Mind, body and soul

Crescent Moon Yoga specializes in hatha yoga

by VICTORIA R. SPAGNOLI
Associate Editor

When Leanne Oldenbrook was diagnosed with rheumatoid arthritis nearly eight years ago, she started looking for a way to relieve stress.

First she tried meditation, but found it hard to settle down and quiet her mind. So, she tried a yoga class and was hooked.

"Just like you give your body time to rest, your mind needs that just as much," said Oldenbrook, owner of Crescent Moon Yoga at 7170 Transit Road in Amherst.

She specializes in a gentle yoga called hatha, which is concerned with health of the body and mind.

Oldenbrook said her style includes time for relaxation at the beginning of class, followed by postures that focus on flexibility, strength and balance.

Meditation comes at the end of class. It's easier to calm your mind and pay attention to breathing after your body has worked hard, she said.

"For me and most people who practice hatha yoga (it) is not just about the body. It's about the mind, it's about paying attention to your feelings. Paying attention is really the key phrase," said Oldenbrook, who has owned her yoga business for about three years. "Yoga teaches you to become aware, to become aware of what's happening in your body."



Jessica Santillo, left, and her mother, Dawn Santillo, right, strike a yoga pose during a session given by Leanne Oldenbrook, center, at Crescent

Moon Yoga, 7170 Transit Road, Amherst. Oldenbrook owns Crescent Moon Yoga.

Photo by Joe Eberle

Oldenbrook teaches yoga at a studio on Transit Road and also performs warm water yoga at Kenneth Kurtz and Associates Physical Therapy on Sheridan Drive.

Warm water yoga is yoga performed in a heated pool. Oldenbrook said it is very good for anyone with a recent injury or

surgery. Warm water relaxes the muscles, and the buoyancy supports a person's body, she said.

Oldenbrook also gives a noon yoga class at Buffalo City Hall and conducts sessions at an area female correctional facility.

She also gives a 10 a.m. yoga class every Saturday at the Albright Knox Art Gallery on Elmwood Avenue. Each session is held in a different gallery room, and a gallery docent gives a brief, 15-minute presentation on the artwork.

The class is then conducted right among the collection, Oldenbrook said.

She said she takes a very creative approach to yoga, trying

different ways of integrating it with a person's daily life.

"I want to create a comfortable, soothing space where everyone, regardless of age or level of fitness, can enjoy the benefits of yoga," she said.

This May, Oldenbrook will be starting a new yoga class for mothers and babies. It's a chance for moms and babies to come to a space away from home and interact or bond with one another, she said, explaining the yoga moves won't be complicated.

Crescent Moon Yoga accepts most major insurance plans.

For more information, visit www.cmyoga.com or call Oldenbrook at 864-1194.

Dunkin' Donuts to open on Main Street

Lauer-Manguso & Associates Architects has combined efforts with Kainos Partners to design a 3,100 square-foot Dunkin' Donuts store at 3640 on Main Street in Amherst.

This location will be the first of many new Dunkin' Donuts in the Western New York area with the help of the Lauer-Manguso design team.

The project consists of a complete renovation of the interior and exterior of a former Burger King restaurant to comply with the Dunkin' Brands corporate image. An expansion to the kitchen provides a prototype for future Dunkin' Donuts stores.

Interior seating and finishes were upgraded to appeal to students and faculty of the neighboring University at Buffalo campus.

Lauer-Manguso and Associates Architects is a multi-discipline architectural firm.

Hunt re-opens neighborhood office in village

Hunt Real Estate ERA has officially established a residential real estate presence on Main Street in the Village of Williamsville.

For several years, the building at 5570 Main St. has been the home of the Hunt administrative and marketing offices, but since constructing a new state-of-the-art customer support center on Dick Road in Depew, Hunt now has the space to re-open a neighborhood sales office.

"We are encouraged by the growth of the Williamsville Village Business District," said Nan Malysza, general manager of the Buffalo region. "We have created a space for our agents, who live in the village, to benefit from the excitement and opportunity that the village provides."

The second floor will still house Hunt administrative and relocation offices, while the first floor conducts residential real estate sales business.

Business Briefs

The **Hampton Inn Williamsville** was recently awarded the "Can Do Attitude Award" by the Hilton Hotels Corporation during a recent conference. This award is given to a hotel whose employees consistently go above and beyond in everything they do. The hotel is located at 5455 Main St. in Williamsville and is owned by Buffalo Lodging Associates. Buffalo Lodging Associates, in partnership with Benderson Properties, owns and operates hotels in Western New York, Missouri, Pennsylvania, Massachusetts, Connecticut, Rhode Island, Florida, New Jersey and Ontario, Canada.

For the second year in a row, Town of Amherst-based **KVS Information Systems, Inc.**, has been named as one of the "Best Places to Work in Western New York" by Business First newspaper. KVS was cited as a finalist in the medium size category, which includes companies employing between 21 and 50 people. The company was also honored in the 2005 Business First "Best Places" issue. Currently, KVS has 46 employees, with 14 of them having been employed there for 10 years or more.

The **Lauer-Manguso & Associates Architects** firm has been hired to construct an office addition for the Jackson Square Apartment Complexes' located on North French Road in Amherst. The new addition will provide a cost effective and efficient expansion and should be completed by fall of 2006. Lauer-Manguso & Associates Architects is a well-established architectural and engineering firm providing design services and dedication for their large and diverse client base.