



Sharon Best Antoszyk

AUG 31, 1963 - FEB 17, 2024



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Sharon Best Antoszyk

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Sharon Best Antoszyk, 60, of Concord, NC, beloved wife, mother, and Baba passed away on February 17, 2024 at home surrounded by her loved ones due to pancreatic cancer.

Sharon was born in Kingston, NY to Thomas and Marie (Ratajczak) Best on August 31. She graduated from Millbrook High School in Raleigh, NC and went on to study physical therapy at East Carolina University graduating with a BSPT. She later became certified as a Pediatric Clinical Specialist and earned her Doctorate in Physical Therapy from the University of Tennessee at Chattanooga.

After graduating from ECU, Sharon moved to Pennsylvania where she practiced PT at Allegheny Valley Hospital in Natrona Heights. It was there she met the love of her life, her husband Mark. To best serve her growing family and career goals, Sharon transitioned to pediatric clinical care in school districts allowing her more time with her children and the coveted summers off. In 2002, after moving to North Carolina, Sharon began serving the special needs children of the Cabarrus County Schools (CCS) as a PT. One of Sharon's proudest accomplishments in her career was incorporating her trained therapy dog, Nikki, in her practice, much to the delight of the students she worked with. She dutifully served in her role with CCS until her retirement in 2022.

Sharon's greatest passion was being a wife and mother. She was an excellent cook who took incredible joy in providing a lovely home for her family. During summer break, she would travel with her family across the country. Once her children were grown, she and Mark utilized the school holidays to travel internationally. She was an avid walker, dog lover, and birdwatcher. She was perhaps best known for her love of sewing as she made many quilts for her loved ones, as well as wonderful Halloween costumes for her children and, later, her granddaughter. Sharon lived a life of service, dedication, and selfless giving to all who encountered her. She was a life-long, devoted Catholic with a deep and abiding faith.



Obituary

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Sharon was preceded in death by her father, Thomas Best. She is survived by her husband of 34 years, Mark, her children Tim (Lily) Antoszyk of Huntersville, Lindsey Antoszyk of Charlotte, Joe (Debbie) Antoszyk of Charlotte, Katie (KC) Heschel of Concord, and her grandchildren Violet, Theodore, and Everett. She is also survived by her mother, Marie Best, her brothers Tom (Diana) and Jim (Kathy) Best all of Raleigh, NC, and her sister, Robin (Dann) Lee of Birmingham, AL, as well as numerous nieces and nephews.

The Rite of Christian Burial will take place 11:30 a.m. Saturday, February 24, 2024 at St Mark Catholic Church at 14750 Stumptown Rd, Huntersville, NC 28028. The family will receive friends from 10:30 a.m. until 11:30 a.m. Saturday at St. Mark Catholic Church.

Funeral Services will be conducted by the James Funeral Home at 10520 Arahova Dr, Huntersville, NC 28078 (James Funeral Home - Huntersville, NC). Online condolences may be made at www.jamesfuneralhomelkn.com.

Interment will be later at Sacred Heart Catholic Church Cemetery.

Sharon will be greatly missed by all who knew her. Her motto for these last few months of life was "be not afraid" and she lived it well, never losing faith and working and caring for others right up to the very end.

In lieu of flowers, donations in her memory can be made to St. Joseph College Seminary at 22 Arctus Avenue, Mt Holly, NC 28120 <https://stjcs.org/donation/>




Events

Sharon Best Antoszyk

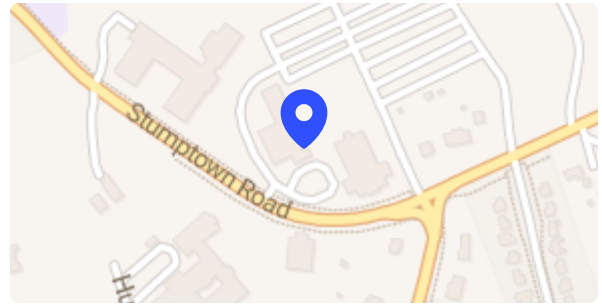
AUG 31, 1963 - FEB 17, 2024

Visitation

 **Saturday**, February 24, 2024

 10:30 AM - 11:30 AM ET

 **St. Mark Catholic Church**
14740 Stumptown Road, Huntersville NC 28078

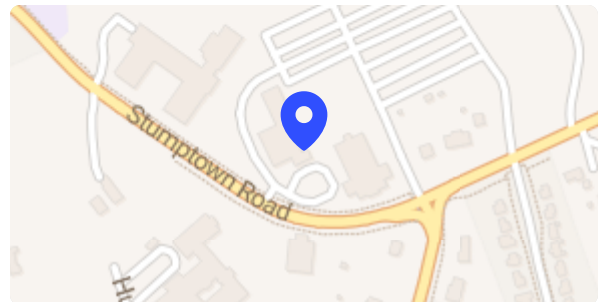


Funeral Mass

 **Saturday**, February 24, 2024

 11:30 AM - 12:30 PM ET

 **St. Mark Catholic Church**
14740 Stumptown Road, Huntersville NC 28078





Tribute Wall

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Paula Macurdy- posted:

Mark & family, Our deepest sympathy for the passing of Sharon. She was such a kind, sweet person. I have many fun memories from the "Bunco" group with her. She always had a smile! Our prayers,
Keith & Paula Macurdy

March 6 at 3:58 AM



Bereavement Ministry Team posted:

The Bereavement Ministry Team and the Parish Community of St. Mark Catholic Church extend our deepest sympathy at this difficult time. Be assured that you and your family are in our prayers.

March 3 at 9:47 AM



Amanda Rollins posted:

I don't even remember how Sharon and I became friends~ we were at so many PT meetings and conferences together and then suddenly we just were friends. I loved hearing her professional thoughts, sharing questions about our kiddos were loved working with and during our years of sharing lunch at these meetings we talked about life, family, raising children through the years of high to weddings and "real jobs" and then our retirements from careers we both genuinely loved~ Sharon was grace and class and even at our last and very cherished visit at Thanksgiving her spirit and faith transcended anything cancer could do to her~ Amanda (Spencer) Rollins

February 24 at 6:12 PM



Anonymous sent a Celestial Love to the Antoszyk family.



February 23 at 3:02 PM



Jane Morrone posted:

Sharon was a kind and loyal friend, all the way back to 8th grade in Ridgefield, CT. I remember her so fondly! May God bless and comfort her family in the wake of her untimely passing. Jane Mitchell Morrone, Willimantic, CT

February 23 at 2:46 PM



Tribute Wall

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Dolores Coughlin posted:

Sharon was such a lovely person. I will miss seeing her walk past my house on her neighborhood walks. Always smiling, always in control of her dog. She and Mark were such a positive force for their community. I'm so sorry for this loss to her family and friends. She will be so very missed
Dolores Coughlin

February 23 at 10:31 AM



Michelle Choromanski posted:

We were so grateful to Sharon for her dedicated service to the Atrium Health Cabarrus Jeff Gordon Children's Hospital with her faithful furry friend, Nikki. She brought so much joy to our patients and staff, and truly made a difference in their lives and ours. We are so saddened to hear of her passing and send our deepest condolences to Dr. Antoszyk and her family. Wishing you peace and comfort in the days to come, and prayers that your memories of her beautiful spirit sustain you. ~The Child Life Department, Jeff Gordon Children's Hospital

February 23 at 9:39 AM



Cheryl S. planted a grove of 5 Memorial Trees in honor of Sharon.



February 23 at 7:34 AM



Herminia posted:

Our deepest sympathies Mark, Katie and family. We are saddened by your loss. We value your friendship. We will miss Sharon. God bless! From Angel, Herminia Ferreras and family.

February 23 at 5:28 AM



Pascale Glenn posted:

Mark, My deepest condolences to you and your family. I remember when our family came over to your home for WHY Catholic discussions. I am saddened by her passing.

February 22 at 6:29 PM



Tribute Wall

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Anonymous sent a Fairest of All to the Antoszyk family.

February 22 at 1:59 PM



Russ And Roxanne Lee planted a Memorial Tree in honor of Sharon.

February 22 at 1:59 PM



Anonymous sent a Full Of Love Bouquet to the Antoszyk family.

February 22 at 11:45 AM



Love, Godfather Leonard sent a Full Of Love Bouquet to the Antoszyk family.

February 22 at 11:10 AM



Anonymous sent an Arrive in Style to the Antoszyk family.

February 22 at 10:43 AM



David Riley posted:

Mark,Chris and I are so saddened by Sharon's passing.She was a beautiful, friendly, talented lady!!I'm sure our whole neighborhood will miss her! Chris and Dave Riley

February 22 at 9:26 AM



Tribute Wall

Sharon Best Antoszyk

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Anonymous sent a Full Of Love Bouquet to the Antoszyk family.



February 22 at 7:56 AM



Dwayne posted:

Hi your wife will be missed by a lot of people. She was a great to the staff and students at M F W C the school were I met her never seen her without a smile. She will be missed .

February 22 at 6:10 AM



Anna M. Kalafut posted:

Dear Mark and family, we were so saddened to hear about the untimely passing of Sharon. She was such a lovely person and her obituary was a beautiful testimony to the love that you had for her. May your beautiful memories bring you comfort and peace ❤️🙏. Mark and Anna Kalafut, Butler, PA

February 21 at 5:09 PM



Joe Quidone posted:

Mark you and your family have our sympathy Sorry for your lossYou and Sharon were good friends when you were in PA and at St Joe'sIn Cabot.Joe Quidone

February 21 at 2:47 PM



Anonymous sent a Divine Peace Bouquet to the Antoszyk family.



February 21 at 9:12 AM



Yolanda And Family planted a Memorial Tree in honor of Sharon.



February 21 at 9:12 AM



Tribute Wall

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Gwen Jackson posted:

Mark, Just last night, as I attended a Saxonburg Council public meeting, I was thinking of you and Sharon and our sharing good and often deep conversations. I remember when we first met. You both were a joy to know. I am truly saddened for you and your family. Sharon was a very special lady. I know her faith was exceptional and yours is also. My prayers for you and always look to our heavenly Father with all your heart and mind. Gwen Jackson

February 21 at 8:39 AM



Anonymous sent a Serene Retreat to the Antoszyk family.



February 21 at 7:11 AM



Elaine Kusick posted:

Dear Mark and family, I was saddened to learn of your loss. What a lovely person Sharon was, even though I never met Sharon, she was certainly thought highly of and loved by all who knew her. Her talents were amazing and her service was even more so. I think of you and yours often and would love an opportunity to visit if you are ever in the Butler area. May God bless you all. Your friend and coworker, Elaine Kusick

February 21 at 6:04 AM



Nancy Kiger posted:

Sharon was an incredible co-worker, mentor, and friend. She was a true example of selflessness and gave of herself to better others. I love the picture of Sharon with Nikki and will always remember what an incredible gift she gave to others through her work. We love you! Your PT friends- Nancy, Lindsey, Jenny, Alison, Jess, and Kristen.

February 21 at 5:02 AM



Anna, Sam And Billy sent a Divine Peace Bouquet to the Antoszyk family.



February 21 at 1:57 AM



Tribute Wall

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AB

Anna, Sam And Billy planted a Memorial Tree in honor of Sharon.

February 21 at 1:57 AM



YH

Your Supply Chain Family - Novant Health sent an Enduring Grace to the Antoszyk family.

February 20 at 9:26 AM



YH

Your Supply Chain Family - Novant Health planted a Memorial Tree in honor of Sharon.

February 20 at 9:26 AM



AS

Ann Slepecki posted:

So sorry to hear of Sharon's passing. She was a sweet woman and she and Mark were great neighbors. Our thoughts are with your family at this difficult time. The Slepecki Family

February 20 at 5:40 AM

JG

Jennifer Griffin posted:

For years I have been so impressed with her knowledge and dedication to school based PT (I know her from the lead representative meetings). Prayers for peace and comfort for her family and friends. Jennifer G.

February 20 at 4:22 AM



Anonymous sent a Peaceful White Lilies Basket to the Antoszyk family.

February 19 at 3:50 PM





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Susan & Phil Long & Tom Wardle planted a Memorial Tree in honor of Sharon.



February 19 at 3:50 PM



Debbie Lewallen posted:

I worked for many years with Sharon in the Cabarrus County Preschool Exceptional Childrens. Her dedication and knowledge were amazing and she worked so hard to get kids what they really needed. Im not sure Ive ever worked with a more skilled therapist! What a great loss!!

February 19 at 3:42 PM



Lou Gerics posted:

A sweet soul, indeed, is how I remember Sharon from many a ride to Millbrook and home with her, Robin and my sister, Liz, so long ago. The two rifle squad girls!My love to Robin, Mrs. Best and all of Sharon's family.Louis J Gerics

February 19 at 12:32 PM



Laurie Ray shared 2 photos to the **Memories Album** album.



February 19 at 10:19 AM



Lisa Tadlock posted:

Sharon was an absolute pleasure to know and to be around. She had such a sweet soul. I know that she will be missed by many. Her sweet spirit will live on through her family and grandchildren, which I know she adored. Mark and family, May you find comfort and strength in the days ahead through your wonderful memories and knowing Sharon blessed many. Faith, Love, and Prayers,Jon and Lisa Tadlock

February 19 at 9:16 AM



Tribute Wall

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Anonymous sent a Full Of Love Bouquet to the Antoszyk family.



February 19 at 9:14 AM



James Funeral Home shared an album called **Memories Album**.



February 19 at 7:25 AM



Laurie Ray shared 2 photos to the **Memories Album** album.

February 19 at 10:19 AM



Always smiling



Emma Albiza February 19 at 5:48 PM

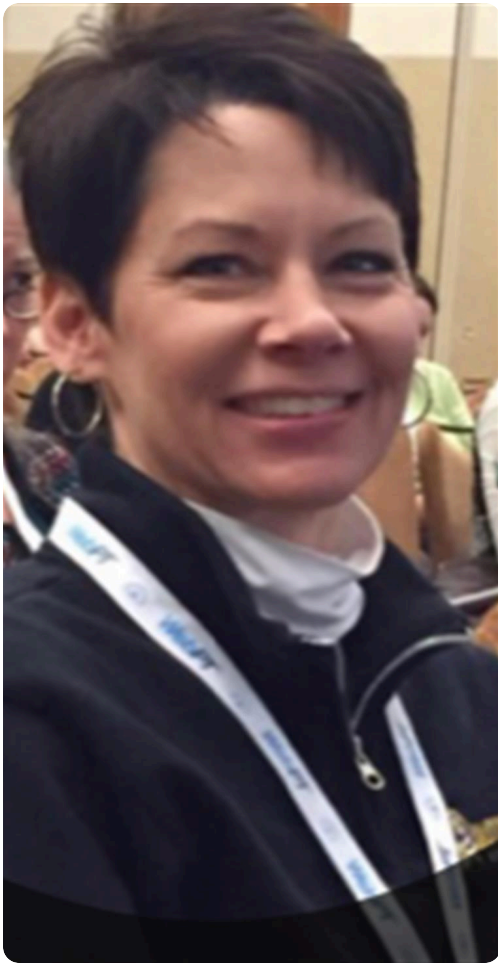
This is how I will always remember you, always smiling even if Frances wasn't smiling back. Thanks for the talks and advise through the years. You will be missed. Love, ELF family



Media

Sharon Best Antoszyk

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Sharon at APPTAC (conference)...lifelong learner!



Media

Sharon Best Antoszyk

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James Funeral Home shared a photo to the **Memories Album** album.

February 19 at 7:25 AM





Memories only last if you share them

Join us in honoring Sharon by contributing to a collection of shared memories.



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