

Emerging Attorney: Kate Sullivan Nowadly



Kate Sullivan Nowadly, attorney at Cohen & Lombardo P.C.
JOED VIERA

BY JAMES FINK
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To say that Kate Sullivan Nowadly has a great appreciation of the law would be an understatement.

This is a woman who grew up wanting to be a lawyer and in high school landed an internship in Buffalo City Court for then Judge Margaret Murphy.

No surprise, then, that after college she went on to law school.

“My complete and utter love for the law and litigation keeps me motivated. ... I learn something new every single day,” she said. “I love that I have the opportunity to do both appellate practice and litigation, and the two definitely inform one another.”

She earned her law degree in New York City but came back to her hometown to practice. With experience in election and civil rights law and Medicaid, she now focuses on family and matrimonial matters and estate planning at Cohen & Lombardo P.C.

Family time, home brewing and a cottage at Sunset Bay help her find a balance between work and play, but volunteering plays a big part in her life, too. She devotes time and energy to local political campaigns, neighborhood projects and legal and community nonprofits including the Center for Elder Law and Justice and Journey’s End Refugee Services.

The 24/7 aspect of the legal profession can be a challenge, Nowadly said.

ABOUT KATE

Hometown: Buffalo
Currently resides: West Side
College: University at Buffalo
Law school: New York Law School, 2011
Practice area: Family and matrimonial law and estate planning. Specializes in writing and arguing appeals before Appellate Division and Court of Appeals.
Favorite restaurant: Allen Burger Venture
Favorite current TV show: “The Umbrella Academy”
Smartphone of choice: Android
App you can’t live without: ESPN fantasy football app during football season
Favorite streaming service for TV/movies: Netflix
Mac or PC: PC
Do you prefer working from home or office: I prefer the office but any day spent in a courtroom is a great day to me.
First job: High school intern in Buffalo City Court for Judge Margaret Murphy for the Mayor’s Summer Youth Project
As a kid, what did you want to be when you grew up: A judge, a lawyer or a movie star (in that order)
What’s the first thing you do when you wake up in the morning?: Turn off the alarm before it wakes up my baby.
How do you relax after a long day in the office?: Definitely not by arguing with strangers on the internet. I swear.
Professional associations: ECBA and its Young Lawyers Committee, Practice & Procedure in Family Court Committee

“Because of modern technology, we are always connected to our clients via email or cell phones,” she said. “While that



Kate Sullivan Nowadly started her legal career in Buffalo City Court when she was 16 years old.

is great and sometimes immediacy is needed, it can also be difficult when you are trying to balance your family life with your work life. But, truth be told, it is a small price to pay to be able to practice law.”

It’s what she does and what she likes.

“Alan Dershowitz once said, ‘It’s every lawyer’s dream to help shape the law, not just react to it.’ My dream would be to continue to advocate successfully for my clients, but also to have a hand in shaping law for generations to come. Lofty goal? Probably. But somebody’s got to do it,” she said.