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Pictured, from left: Maegan Mueller; Dr. Glenda R. Rose, D.C.; and Sarah Kowalczyk.

Rose Chiropractic, P.C., sets 34th annual 'Doctors with a Heart Day'

On Saturday, Feb. 10, from 9 a.m. to noon, Dr. Glenda R. Rose and Dr. Thomas G. Barba of Rose Chiropractic, P.C., in Lewiston, will sponsor the 34th annual "Doctors with a Heart Day" for their patients. Nonperishable food items will be collected to benefit the Niagara Community Action Program (NiaCAP) food pantry, in exchange for chiropractic services.

The public is welcome to partici-

pate the week before and the week after the event: (Feb. 5-16). For a bag of nonperishable food, one will receive a chiropractic exam or Nutrition Response Testing analysis to find out how to improve health naturally. A limited number of appointments are available.

Rose Chiropractic, P.C., is located at 435 Ridge St. Call 716-754-9039 to participate and help a neighbor in need. Public donations are welcome.

Niagara Scenic Parkway removal phase 3 public meeting set

Public invited to participate on Feb. 6

The New York State Office of Parks, Recreation and Historic Preservation announced a public meeting will kick off the scoping process for phase three of the removal of the Niagara Scenic Parkway, between Findlay Drive in the City of Niagara Falls and Center Street in the Village of Lewiston.

The public meeting will be held Tuesday, Feb. 6, in the Castellani Building at DeVeaux Woods State Park, 3160 DeVeaux Woods Drive, Niagara Falls. Project displays, maps and staff will be available beginning at 5:30 p.m., with a presentation taking place at 6:30 p.m.

The scoping process, which will be led by Bergmann (which

has joined Colliers Engineering & Design), will consider broad alternatives for creating a sensitively configured transportation network along the Niagara Gorge, and will include traffic studies, environmental review, development of design alternatives and public engagement. The entire scoping and preliminary design process is expected to wrap up by August 2025.

While New York State Parks will be the lead agency, the City of Niagara Falls, the Town and Village of Lewiston, the New York State Department of Transportation, USA Niagara and the New York Power Authority will serve as partners.

More information about the project can be found at www.niagaraparkwayremoval.com.

'Sip, Shop and Eat' has new date, new twist – same (shop) small business benefits

BY JOSHUA MALONI
GM/Managing Editor

The fifth annual "Sip, Shop and Eat – Lewiston Style" is returning to its roots this year – and looking to reclaim its place as the River Region's premier Valentine's Day-themed event.

The "shop small" celebration – presented in March the past two years – will take place from noon to 4 p.m. Saturday, Feb. 3, along Center Street in the Village of Lewiston.

As in years past, people are asked to visit locally owned stores – some of which will have a winery or brewery pop-up component – and then finish the day by having drinks or a meal at a restaurant.

"We've got a little twist to what we're doing this year by bringing back the theming of Valentine's Day, but also having it as like a scavenger hunt, rather than the punch cards that we've had in the past," said organizer Kathy Pignatora, owner/artist at Inspirations on Canvas. "We thought this might be a fun way to get people to run around from store to store to find what each store is hiding as their scavenger items."

Here's how the hunt works: "We're requesting that you go to at least 10" participating retailers, Pignatora said.

These businesses will have a pink balloon.

"Each location will have kind of a secret item," she said. "There's going to be a scavenger hunt item in the store and it'll be marked and indicated. You have to go find it, jot down the store name, and what the scavenger item was, per store."

"Mark those on the pages, and submit them to one of the restaurants that are participating."

Those eateries will have a blue balloon.

"We're going to be drawing for some baskets from that point," Pignatora said. Prizes will include gift certificates and other items unique to the donating merchant.

"It's a free event," Pignatora stressed. "You don't have to go and spend any money. We just appreciate the folks coming out and visiting the shops, and just bringing some energy back in what's kind of a tough season for us small business owners, obviously in the winter months. And, honestly, the last few days have been pretty rough, because we finally got hit by that snow boom.



Lewiston Estates & Antiques owner Richie Pysz is discounting an entire jewelry case for "Sip, Shop and Eat – Lewiston Style!"



The Brickyard Brewing Company will have cans of its Northern Neighbors available for purchase at "Sip, Shop and Eat – Lewiston Style!" (Photo courtesy of the BBC)

"Hopefully, the sun is shining that day. It may be 20 degrees, but you'll still come out and have some fun."

This will be the first "Sip, Shop and Eat" for Richie Pysz, owner of Lewiston Estates & Antiques.

He opened last August at 621 Center St. – the Kelsey Tavern building that also features Century 21 and Giusiana Architects & Engineer.

"We have a variety of vendors, and we offer a great collection of vintage and antiques," Pysz said. "We have a wide variety of jewelry. We do sell a lot of furniture,

home décor, lamps and lighting. We do a lot of that."

In his co-op, "there's about eight vendors here, and we all just offer a wide variety of merchandise pertaining to those things I listed," Pysz said.

"Similar to The Country Doctor. I was with The Country Doctor, so that's kind of what we branched from, and then rebranded and renamed. We do have some of the same vendors from The Country Doctor," including Linda Moscati and Rose Livingston.

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