

Village of Lewiston election: Conde reelected, Fittante to start first term

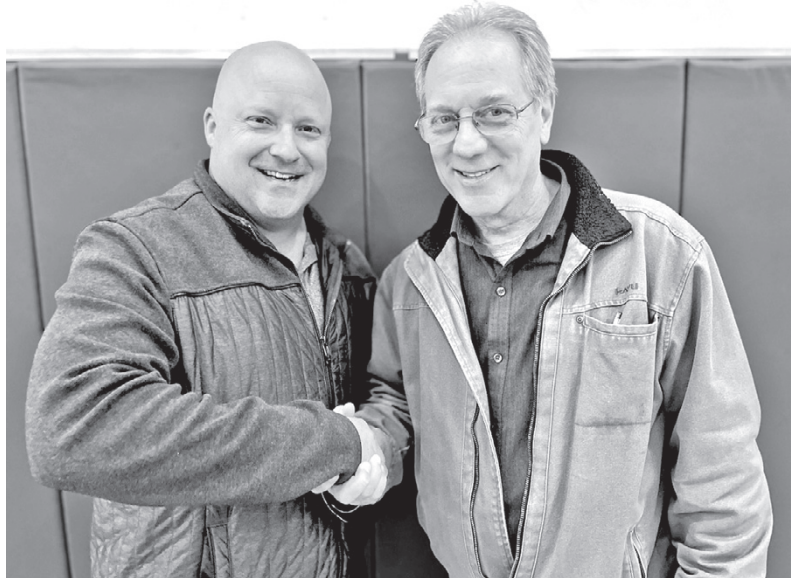
BY JOSHUA MALONI

GM/Managing Editor

Village of Lewiston residents reelected Nick Conde to a fourth term on the Board of Trustees, and chose Historic Preservation Commission member Jim Fittante to replace Dan Gibson, who opted not to run for office again.

Conde (Republican, Democrat party lines) was the top choice on Tuesday, with 139 votes. Fittante followed with 117 (Republican, Independent Village). Leandra Collesano (Democrat) finished third, with 106 votes.

"I've got a lot of projects in mind, with the Red Brick; and infrastructure projects is what I want to go after," Conde said. "The pointing of the brick on the Red Brick, the upgrading of the electrical system, the new bathrooms for the Rec Department. Some painting and some window repairs, a new cleaning person - which did come in, and I'm going to work with him on



Jim Fittante, left, and Nick Conde are shown together following the Village of Lewiston Republican caucus. They were elected to the Board of Trustees.

some maintenance of this building. "And then from there, I already started working with the Town (of Lewiston) Sewer Department

a little bit, about lining some sewers. I talked to DPW about how many sewer manholes we have ... there's quite a few of them and

they need to be lined for (flooding) problems like we had today. Infrastructure, that water line coming down. Working on that. That's what excites me is the infrastructure stuff."

Conde said he sought to continue serving the Village of Lewiston and its residents because "it's rewarding to do good things for people that you live with in the community. I enjoy that."

To the voters, he said, "I really appreciate all their support. It was a very difficult thing for Democrats to support a Republican, and vice versa, and I really appreciate them."

Conde said he has friends in each party, and "I work with both sides very well; I think."

Fittante said being elected to public office for the first time "feels great."

"I just know that, deep down, I can do a lot of good for the village, and help out in a lot of places

that could use some help. It'll feel good to give back - and have a little more pull."

He explained his decision to move up a board is because "I think there's so much in infrastructure, development, developing the waterfront, and some of our parks, and I really feel I can help out a lot more."

Of his win, Fittante said, "It shows to me that I've been doing a lot of right things for the village. So, it's nice to have the backing of the residents and all the support."

Election Day saw a light turnout, as just 190 people came to the Red Brick Municipal Building to vote. Eighteen absentee ballots also were tallied.

In 2022, 633 residents participated, while another 54 mailed in their ballot.

Conde and Fittante will be sworn into office at the village's reorganizational meeting on Monday, July 8.

Village of Lewiston awards Lewiston Landing phase 5 bid Hotel to oversee new parking spaces

BY JOSHUA MALONI

GM/Managing Editor

The Village of Lewiston Board of Trustees voted Monday to award the construction re-bid for Lewiston Landing phase 5 to Sicoli Construction Services Inc. of Niagara Falls, pending review by New York State Department of State.

Sealed bids were received at the village clerk's office, opened June 10, and reviewed by Nussbaumer & Clarke. Company CEO Mike Marino, who serves as the municipality's engineer, recommended the Village Board accept the base bid (restructuring the fish-cleaning station, \$213,800) and alternate No. 1 (new north stairs, \$211,500) to the lowest bidder, Sicoli. The total bid amount is \$425,300.

Marino shared, "The project involves removal and replacement of the north-access staircase and upgrade of a comfort/fish-cleaning station. Removal and replacement of the north-access

staircase (new staircase will be metal) includes concrete slabs and miscellaneous site restoration. The upgrade of the comfort/fish-cleaning station includes the installation of a second lavatory with a separate entrance; replacement of the fish-grinding equipment; and upgrade of the HVAC and electrical and lighting equipment."

He noted the village is receiving a \$390,000 grant from the New York State Department of State for the project.

With regard to the remaining \$35,300, Deputy Mayor Vic Eydt said it's possible that could be provided via in-kind services. Mayor Anne Welch said it's more likely the village would have to finance the difference. She said \$100,000 was budgeted for this project.

Other bid items, to be revisited at a later date, include new south stairs and the addition of a waterfront pavilion.

"Alternates to the base bid

work described above include removal and replacement of the south staircase and associated concrete slabs and site restoration, and providing a pavilion, concrete slab and associated site work," Marino said

"At this time, the alternates of the south staircase and pavilion will not be awarded, but we are seeking additional grant funds."

Niagara Crossing Hotel parking

The Village Board also voted to give Niagara Crossing Hotel permission to pay for new paving and striping of the parking area across from the North First Street lodging establishment. The estimated \$25,000 project will extend the surface area from the Center Street stop sign to the tree line,

pushing westward an additional 2 feet from what's currently being used to accommodate guest vehicles.

As the site set to be remade is on village right of way, the parking spaces will remain public.

Trustee Gibson signs off

Trustee Dan Gibson gave his final remarks from the dais. ... For now.

"This is my last meeting; I'm not seeking reelection," he said. "I'd like to thank the taxpayers, the residents of Lewiston, for supporting me for the last 10½ years. I'd like to thank former

mayor Collesano for appointing me 10½ years ago. I'd like to thank everybody in this room. ... It's been a pleasure; it's been an honor serving this community.

"I'll be back!"

Gibson received a round of applause from the board and audience members.

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Bone is a living tissue which makes up the framework of the body, giving it shape and protecting vital organs. Specialized bone cells are constantly in the process called remodeling of being broken down and rebuilt.

It's important to feed your body the nutritional factors that support bone health. Most people think of calcium and vitamin D, but your body also needs other nutrients like vitamin A, C, and K, magnesium, phosphorous, manganese, amino acids and enzymes for building bone.

Avoid eating white refined sugar and foods containing it as it interferes with the absorption of calcium and magnesium and has been found to contribute to osteoporosis. (Ref: [Lick the Sugar Habit](#) by Nancy Appleton, PhD)

Depending on age and individual physical condition, each person's nutritional needs differ. Peak bone creation takes place during adolescence when 40 percent of total lifetime bone mass is accumulated, reaching peak during the late twenties. It is crucial that pregnant and lactating women supply their bodies with essential bone-building nutrients; because if intake is insufficient her baby will draw nutrients from her bones. Later in life (50+) your calcium needs become greater as your ability to absorb calcium decreases. Bones become weaker as we age and are less able to support us, especially if we haven't supplied them with the proper nutrients throughout our life.

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