

# Como Deli on Center Street closed

BY JOSHUA MALONI

GM/Managing Editor

The Como Deli on Center Street has permanently closed. Sunday was the eatery's last day serving the Lewiston community.

A note posted on social media stated, "We are sorry to announce that due to staff shortages, we have closed our Como Deli on Center location in Lewiston. Please visit our Pine Avenue or Niagara Falls Boulevard locations for your dining and catering needs. We want to thank all our patrons for supporting us and we will miss you dearly."

Dominic Colucci III said, "We got a few people who are having health issues – a couple family members, a couple of our other key employees. Basically, we're consolidating just down to the two other locations."

He said his family's time in Lewiston "was a great experience. We were happy to be part of the village. Everybody here was good to us. I'd say all positive."

"We want to just thank everybody for the few years we had here in Lewiston, and for all the years at Pine," Colucci said.

The Como Deli on Center Street opened in March 2019 and quickly became a favorite with foodies. This eatery was the third for the Antonacci and Colucci families, who run the historic Como Restaurant on Pine Avenue in Niagara Falls, and Como Restaurant at the Airport on Niagara Falls Boulevard.

At the time of the restaurant's opening in Lewiston, Louie Antonacci said patrons could look forward to "Two soups of the day; two specials of the day; all homemade bread, rolls, pizza bread; our own bowties; a selection of cookies; we make subs – we've got a sandwich bar; we've got a salad



The Como Deli on Center Street in Lewiston is part of a changing landscape at this retail area.

bar; and then we've got a homemade line of macaroni products: cheese raviolis, meat raviolis, cheese manicotti; we have shells on hand we can cook; we have spaghetti; we have gluten-free; we have a couple kinds of sauces; we've got pizza; we've got wings."

Though the restaurant industry was badly damaged over the course of the pandemic – and the flagship downtown Niagara Falls location is for sale – Colucci said his family is "holding their own the best they can. They're hold-

ing their own."

While the future of the Como Restaurant is uncertain, Colucci said, "Hopefully, we'll find someone who wants to buy it and keep it going, who wants to keep it running. That's what they're looking for right now."

"You know, a lot of those guys are ready to retire. They'll get their opportunity, and that's what's best for them, and for the family."

### Plaza in Transition

The eastside row of stores in be-

tween Lewiston's South Sixth and South Fifth streets has changed dramatically in the past two years.

•Country Doctor closed. Presently, the windows are papered over at 549 Center St.

It's rumored a women's clothing and jewelry store is taking over this spot, but that has not been officially confirmed.

•Canterbury Place owner Pamela Karski retired after 30 years. Her former unit, at 547 Center St., is now SJC Handmade – an art studio/gallery run

by Stephanie Casale.

•The Como Deli, at 555 Center St., closed Sunday.

•DiCamillo Bakery, 535 Center St., remains a village staple and key part of the business district.

## Lauren Daigle to perform in Lewiston (cont.)

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For 129 weeks, those words ruled the Hot Christian Songs chart – and helped the 2018 album "Look Up Child" land at No. 3 on the overall Billboard 200.

In an interview Thursday, Daigle said, "Joy, for me, comes from seeing people; seeing people's smiles; being able to offer a helping hand; offering any element of hope to people."

"The epitome of joy, to me, is knowing that God loves me – knowing that I have that relation-

ship with him. That's the epicenter of my joy.

"And the good thing about it is it doesn't have to run out. Like, it's not one of those things that is built on circumstance. Joy is so much deeper than circumstance."

She said her music resonates with people "because it's matters of the soul. There's so many people that are desperate, or that are searching for somebody to make them feel like they belong, or like, 'Oh, the things that I deal with in a day in and day out basis, some-

one else experiences that, too, or they understand that, too.'

"The human connection, I feel like, is something that, regardless of if people realize it or not, we're all longing for in some shape or form. And writing songs about the human condition, writing songs about what hope feels like, or what love feels like, I think it's the connection point. It's the point of which people say, 'I can relate to that. I understand what

she's saying there. That's been a part of my story, too.'

"And that's the part, to me, that makes writing music so important. I want to forever, forever and forever, write music that connects to the soul of a person."

Daigle will perform at the Artpark Amphitheater on Friday, July 14. For more information, or for tickets, visit <https://www.artpark.net/events/lauren-daigle>.



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### Bicycling and back pain

It is fairly common for avid cyclists to complain of back pain. **The good news is that fixing the problem may be no more complicated than adjusting the bicycle seat.** According to a report in an issue of the British Journal of Sports Medicine, tipping the front end of the bicycle seat down by 10 to 15 degrees reduces the angle formed by the spine and pelvic bone and relieves back strain. The study assumed that back pain arose among cyclists when the angle is too large. Among the 40 cyclists whose seats were adjusted in this study, 37 reported an improvement in back pain.

Women should be aware to purchase a bicycle seat with a wider saddle to accommodate the larger distance between the pelvic bones. A bicycle shop can help you select the one that is right for you and adjust it properly.

If riding a bicycle is part of your regimen and you suffer back pain, adjust your seat, but if it persists, call Rose Chiropractic for a spinal evaluation. Thinking your back pain will resolve itself opens the door to worsening issues down the road as undetected spinal misalignments can cause further wear and tear on the joints leading to arthritis and potential pinched nerves.

Remember to replace salt and potassium and drink plenty of water to avoid dehydration when being active in the heat.

Rose Chiropractic, P.C. is a natural health care practice focusing on getting bodies in good working order through chiropractic and Nutrition Response Testing<sup>SM</sup>, located at 435 Ridge St., Lewiston. Call (716)754-9039. New Patients are welcome!