



1. Three B Saloon, 732 West 4th Street

Owner of this old-fashioned, slow-smoked, southern-style barbecue restaurant, JJ Brown, says "there's nothing more American than barbecue on the fourth of Liberty." A strong supporter of community events like National Night Out, Three B Saloon is a long-standing member of the OWB community. Check out the redesigned dining room!

2. House of Fades, 402 Cascade Street

On the corner of Cascade and West Fourth, the front of this beautifully renovated new barber shop stands out! Relax and enjoy a drink at the bar during your appointment!

3. Virgil's Plate, 1001 West 6th Street

Virgil's gives you the power to satisfy everyone without pizza compromises. Owner Gary Fleming prides himself on the use of fresh and natural ingredients in his square pizzas, and on the neighborhood feel of his restaurant.

4. Window Treatments by Pam Prinzi, 707 West 7th Street

Visit Pam at her West 7th Street studio for all your drapery needs. She offers custom drapery, shades, bedding and blinds. Pam takes the time to understand your project and produce a beautiful product for your home.

5. U Frame It, 731 West 8th Street

Owner Matt Lebowitz started his full-service, custom frame shop in 1975. Stop in for a unique selection of prints and for all your framing needs! ** 15% Discount on services from 7/19-7/25**

6. Loco Taco, 1002 Liberty Street

Authentic Mexican food stand new to the West Bayfront neighborhood. With an extensive menu, online orders and pick up, this local place is great to stop by and check out.

7. Lena Salon, 521 West 10th Street

Lena Salon is the ultimate source in Erie for salon services. They have a dedicated staff of highly trained professionals committed to meeting all your beauty needs. "Come in, relax and enjoy."

8. Erie Ale Works, 416 West 12th Street

Check out their newly renovated taproom where you can also catch live music and food trucks while you enjoy a local brew. "We bring people together from all walks of life to forge new relationships over a pint. Crafted from the area's industrial roots, we carry on the tradition of hard work and innovation, provided to you in liquid form."

9. Sacred Piercing, 253 West 8th Street

Sacred Piercing is a professional body piercing and jewelry boutique. "It is our mission to provide Professional Body Piercing using only the highest quality body jewelry, exceptional customer service, and a great experience."

10. Master Barbers, 266 West 8th Street

MBE is a professional "Tonsorial Artistry" (barbering) business with over 25 years of hair care experience. The location is completely handicap accessible. Owner Donald Woods is a community-minded resident of OWB and owner of this busy local business.

11. Porky's Pizzeria, 302 West 8th Street

Owner Eric Franos is proud to say that his restaurant has a local small-town feel for the neighborhood residents, students, and employees to enjoy. In addition to pizza, Porky's serves a range of items including subs, wings, and their famous mac and cheese pizza! "Come see us at Porky's Pizzeria! Dine in, pick up, or delivery available, BYOB."

12. Fat Lenny's, 443 West 8th Street

You have never visited an ice cream shop like this one before. "Erie's funkiest ice cream and treat shop. We feature rolled ice cream, shaved ice, boba tea, hot dogs and snacks with an assortment of odd toys, candy and employees."

13. Spencer House Bed & Breakfast, 519 West 6th Street

Located on historic Millionaires Row, Spencer House is a Victorian mansion built in 1876 as a wedding present for William Spencer. Opened in 1992 as the first bed and breakfast in Erie, Spencer House has been in operation since then. With its great history, original woodwork, six comfortable rooms and a hot home cooked breakfast, it is the top-rated bed and breakfast in Erie.

HEALTH CORNER:

Active-static Stretching involves an “active” contraction of one muscle, as a way to stretch an opposing muscle, with no external force. This method involves assuming a position and holding it there for a determined amount of time.

This type of stretching is performed during Yoga or even Pilates.



To see all the businesses in the West Bayfront neighborhoods, check out this link: ourwestbayfront.org/community-directory/



Join in on West BayFit fun this summer! West BayFit combines fun and fitness with a variety of activities, fresh produce, and more. Participants can also get their COVID-19 vaccine.

To get weekly updates and the self guided walks emailed to you, register through this link: <https://ourwestbayfront.org/event/wbf2021/>



Many thanks to Hamot Health Foundation for their support of this initiative.

