



1. This is a place that is quite serene
You can come here to pray, relax, or drink your caffeine
If after these past few years, relaxing is your motto,
Come on down to the _____

2. Many of our streets align on a grid
We have Cherry and Plum, West 3rd, 4th, and 5th
But we do have a couple anomalies to report
This hidden row of houses resides at _____

3. You'll need a keen eye to find this splotch on the concrete
If you're in the right place, it'll be under your feet
Standing here is the best view you'll ever take,
Can you find the splotch of paint that form the _____

4. I know, I know, this isn't too hidden,
But once you see it, I know you'll be smitten
Come enjoy the view and rest on the benches if you're weary,
And gaze upon the beautiful sign that says _____

5. Hey, did you know about this amazing path?
Takes you right to the Bay, so you can jump in for a bath!
It's so convenient, Bay access that doesn't fail
At the foot of this street, you can find the start to _____

HEALTH CORNER: Passive-static Stretching Technique

Passive stretching consists of a relaxed person who is being stretched with an external force through a range of motion. This can be an outside object or a person.



This type of stretching technique is best for muscles that are healing from an injury. Great for a “cool down” and can also relieve muscle spasms and help



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



Answers:

1. Villa Grotto
2. Downing Court
3. Great Lakes
4. Erie
5. Cascade Trail

More Information!

1. The Grotto at the Villa Maria Apartments depicts the story of Our Lady of Lourdes, the Catholic legend in which Mary, the Mother of Jesus, came to Saint Bernadette in Lourdes. In the city of Lourdes, France a devotional grotto stands, whose water is said to have miraculous healing powers. Here in Erie, people can use the grotto as a place to pray, meditate, rest, and find peace.
2. Downing Court was once a private road, created in the 1910s by G. Daniel and Mabel Baldwin. Downing Court features a row of brick houses with beautiful hardwood floors. The private road was conveyed to the City of Erie in 1925; however, was forgotten to be a public street until 2019. The City believed Downing Court to be private and refused to maintain the street until 2020 when the Downing Court Homeowner Association produced a deed proving that the street was public.
3. This small “mural” might just look like a splotch, but when you stand facing the Bay, you will see that this “splotch” is actually a small mural of the Great Lakes: Lake Huron, Lake Ontario, Lake Michigan, Lake Erie, and Lake Superior. We are lucky to live on Lake Erie, whose fresh water provides drinking water to over 11 million people.
4. If you haven't seen it yet, you haven't looked hard enough! The beautiful “Erie” sign is 10 feet wide and 5 feet high and a great place for photo opportunities. It was created and donated by Ben Davis and Jason Wieczorek of Gene Davis Sales and Services .
5. Cascade Trail was constructed in 2015 by the Erie-Western PA Port Authority, which allows residents of OWB to easily access the waterfront. At the top of Cascade Path is a newly installed artwork, “Sun Gate”, created by Tom Ferrarro, Ron Bayuzick and Ed Grout. The piece builds on the ArtForce project, a collaboration between the artists and Strong Vincent Middle School students that also resulted in two murals located on Cascade Street.

