

History 101: The Cold War and McCarthyism

By Ron Simerick

When the term Cold War is used, most of us understand it as an armed conflict between or among two or more nations. However, from post-WWII (1945) to approximately 1991, conflict between the two superpowers (U.S. and Russia) was called the Cold War. It was an ideological battle (belief system) over which governmental and economic systems would dominate. The Cold War became a competition between these powers to gain and influence world-wide predominance. What made this period so frightening was that both superpowers had nuclear weapons, while if used, could result in a world-wide calamity. Movies and fictional books in this period painted a dire picture. President John F. Kennedy suggested that there was a 50-50 chance of Armageddon. What brought this competition on?

After WWII, there were only two superpowers remaining: the U.S. and Russia. The Russians moved west into Eastern Europe in an attempt to eliminate Nazi control. They put in place Communist governments, starting with Czechoslovakia, Hungary, Romania, Bulgaria and Albania. Germany was to be divided into West Germany, run by U.S. and allies, France and Great Britain, while East Germany was to be run by the Russians. The purpose was to eliminate Nazi control and reunite Germany in fair elections.

However, Russia blockaded the city of Berlin and its sector and prevented the reunification of Germany. Adding to the concern of not only communist domination of Europe, under the leadership of Mao Zedong in 1949, China was taken over by a communist government. Then came the Korean war, 1950-1953, followed by Vietnam, where the fear of communism spreading became a major issue.

Responses were swift under President Truman. First came the Marshall plan, administered under Secretary of State, George Marshall. Massive economic aid would be given to western Europe, in a rebuild from the war. This aid would hopefully bring economic recovery, and prevent communist influence. Under the Truman Doctrine, a policy called "containment" was implemented.

The United States and its allies would respond anywhere in the world where communist influence was observed, thus preventing the "domino theory," meaning that if one country became communist, it would spread to an adjacent country.

NATO (North Atlantic Treaty Organization) was established as well in 1949, aligning the United States and Western Europe against the spread of communism in Europe.

The so-called "Red Scare" (symbolic communist color) generated an over-reaction in the U.S. Statements such as

"better dead than red" became quite popular with the American public.

A little-known Wisconsin senator, Joseph McCarthy, used this hysteria to further his political ambitions. McCarthy chaired a Senate subcommittee, claiming he had an extensive list of communists in America. Occupations in government, private industry and Hollywood would be blacklisted, destroying careers. Many Republicans, including President Eisenhower, would not confront Joseph McCarthy for fear of political retribution. The McCarthy hearings were effective in the 1950s because they were brought to the public on a new medium — television. Finally, McCarthy went too far, was censored in the Senate, and eventually died of alcoholism.

By the 1970s, Russia and the United States were in an arms race, which almost erupted into a nuclear war over the 1962 Cuban missile crisis. As a result, a relaxation of tensions, called a détente, was agreed upon by the two superpowers. There was a realization by both sides that war between the two superpowers would result in mutually assured disruption (MAD).

In the 1970s, the United States and Russia agreed to limit nuclear weapons, with a treaty called SALT (strategic arms limitation talks). This would be followed in the 1990s by reducing nuclear weapons called START (strategic arms, reduction talks). Today with Putin and Russia's invasion in Ukraine, the talks have stalled.

The Cold War ended in 1991. Beginning in Poland, communist controlled governments in Eastern Europe collapsed. The Berlin Wall, in Germany, separating east and west, came down. Finally, in 1991, with the Russian economy in shambles, Gorbachev, the Russian leader at that time, began to reform the country. Those reforms opened the floodgates of freedom that eventually ended communism in Russia.

What lessons did the Cold War hopefully teach us? Communism was a failure once the people in Eastern Europe and Russia got a taste of an open economy and personal freedoms. McCarthyism attempted to subject freedoms in America, similar to what communist societies had endured. Today, will democracies in the United States and Europe be able to meet the challenges by nefarious leaders who might attempt to subvert our freedoms?

Vietnam, in particular, hopefully taught us that Communism was not a monolithic force. Nationalism is a stronger motivation for aggression. Ho Chi Minh, the leader of Vietnamese revolutionary forces, in his memoir wrote of more concern with his communist neighbor to the north, China than with the United States. Finally, an arms race between or among nations is costly, inflationary, and a detriment to building a sustainable economy.

Salute to Dads!

By Anne E. North

This is not an easy article to pen. Some dads are heroes. Some were dismal failures. Most fall somewhere in between, just trying to provide a decent life for their families. Generations change and, with them, the roles of parents alter, sometimes in seismic shifts.

In my youth, mothers ran the home, fathers brought home the paycheck and served as disciplinarians. ("Just wait until your father gets home!" was an oft-repeated catchphrase in those days!) The idea of going to work with your parents was pretty far-fetched. I would have been bored going to my dad's real estate office or the church office where my mother was part-time secretary.

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I do remember that my dad (who fell into the "hero" category, not only for his brave deeds in WWII but also because he saved me from drowning in Lake Erie when I was five years old!) contributed to the cooking — his specialties included delicious chili and vegetable soup, great club sandwiches, chuck roast with potatoes and carrots every Sunday and, of course, creamed chipped beef over toast. He would surely laugh that Stouffer's now brands it as "An American Classic!" And, like most men, grilling outside was his job and he did it well.

Was he perfect? Oh, heavens, no. He lacked patience to the nth degree, teaching my oldest brother how to drive and later telling him to teach me. Likewise with fishing. He had my grandfather teach me that skill because I was too fidgety in the boat. Imagine that! Perhaps my dad's greatest gift to me (besides the recipes for his specialties!) was gardening. No, he didn't make me help when I was a child. He knew I would consume more tomatoes than I helped to grow! But I watched as he came home from the office every spring and summer day, change from his suit, white shirt and tie into his "work clothes" and headed for the garden, handing me a 15-cent packet of zinnia seeds to keep me occupied and out of the path of his tiller. It wasn't until decades later, when neighbor Ed Durschlag coaxed me into the garden, telling me "to get my hands dirty," did I understand. Gardening is 180° from computer work and such a pleasure after a long day of "brain work!" Oh, yes, there are definitely therapeutic benefits to "playing in the dirt!"

Looking back, my childhood was idyllic in simple ways. We didn't have fancy devices. Summer was endless with a book, a bicycle (usually a hand-me-down from one of my brothers) and a creek to explore nearby. A close friend was recently surprised when I told him I rode my first roller coaster at age 35 — his family visited amusement parks during his childhood and he grew up with those twisty-turny rides. My family's vacations were, without fail, treks to states up north where my dad heard the fishing was good.

And so the good and bad and sometimes ugly of fatherhood can surface in memories. But, hey, where would we be without those men who tried their best?

Spirit of Bainbridge Mission Statement

*Our mission at the
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is four-fold:*

*To enhance the
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with a positive sense of
our shared humanity.*

*To be a catalyst of
community pride
for local businesses and
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community-minded groups.*

*To promote the
Fourth Estate
with truth and trust.*

*To continue our founding
support of
Bainbridge Area
Food For Friends and
A Taste in Bainbridge.*

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Letters to the Editor

To the Editor:

Memorial Day (May 25). It was in the year 1868 that John A. Logan, Commander in Chief of the Grand Army of the Republic, issued a general order that designated May 30, 1868 as a day "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country in the late rebellion." This was done, according to Logan, "with the hope that it will be kept up from year to year." The "conflict" to which Logan referred was, of course, the Civil War. The original purpose of this "Memorial Day," or "Decoration Day" as it was also known, was to honor those soldiers who were killed in that war. Subsequently, it came to honor all those who gave their lives in wars.

It is altogether fitting that we pause in our labors on this special day to remember, each of us in his/her own way, those who have given the ultimate sacrifice in the service of their country. There are few of us who have been untouched by the scourge of war in some way. We all have had someone who lost his life in a conflict or was injured or maimed in wars. Perhaps it was a father or an uncle or a brother; perhaps there are those in this audience who bear the personal scars of war.

Whatever the case, we are all touched by it in some way. In these cases which are so personal that they are held within the secret places of the heart, it is often difficult to gain perspective, since the loss is so close, so costly. It remains for the rest of us, therefore, to put into words on occasions such as this exactly what we feel for those who have given so much in order that the rest of us may breathe free air and live on a free land. We are told that there is no greater love than to lay down one's life for one's friend. If that is true, then we are faced with an abundance of love today. We speak of men and women who were not anxious to die; who loved life; who wanted homes and families and the good and wholesome things that life has to offer. As much as they loved life, however, they loved an idea more — an idea that their children should live free, in a free land, under the blessings of democracy. They realized that the price of freedom is a vigilance and that freedom must be defended from those forces of oppression that would take it from us. Because of that belief and dedication, they went when they were called; they went to defend this land and protect their families and the families of those who would come after them; they fought in defense of what they held dear; and they gave their lives in order that others might live. As they gave us that gift of love, let us return that love today. In our thoughts, in our hearts, and in our prayers, let us remember them and honor their sacrifice. Let us also resolve that this honor shall not be on a single day of the year, not only in the light of ceremony, but on each and every day of the year; let us remember their love, remember their devotion to the ideals of democracy, remember their hopes for our future, remember the sacrifice they made for us — let us remember and be proud. What did POTUS 45 say? "Why should I go to that cemetery? It's filled with losers." — Donald Trump at Aisne-Marne American Cemetery, 2018. It takes selfless courage to commit oneself to be a part of the greatest fighting force the world has ever known. "Suckers." — Donald Trump on 1800 Marines who died at Belleau Wood, France, 2018. Some veterans made it back, some didn't, and some were tortured prisoners, because they loved their country. "He's not a war hero. I like people who weren't captured." — Donald Trump in regards to John McCain, 2015. And for those who gave the ultimate sacrifice, I offer the ultimate honor and thanks for your service. "I don't get it. What was in it for them?" — Donald Trump to White House Chief of Staff John Kelly at Arlington National Cemetery, 2017. Dick Cheney said, "I had other priorities in the sixties than military service." The traumatizing event was when Trump was sent away to military school at the age of 13 (where he may have developed five bone spurs?), according to one of his biographers, Michael D'Antonio. On Feb. 23, 2016, Donald Trump said, "We won with poorly educated. I love the poorly educated."

David Hancock
Chesterland

Historic Chagrin Falls Home & Garden Tour May 30

The Chagrin History Center is proud to present the annual Historic Chagrin Falls Home and Garden Tour on Saturday, May 30 from 10 a.m.-5 p.m., inviting visitors to explore private homes and businesses in historic Chagrin Falls and the surrounding area.

Several homes, many with gardens, and businesses will be open and available to tour. A range of styles, from a recently renovated midcentury modern home, to a beautifully landscaped rustic retreat, to a 1853 Village home will be represented. There are docents in all of the homes who can provide a wealth of information on their histories, structural changes, and about the collections, architectural details, and art.

The Chagrin History Center is a nonprofit organization which shares local history through educational programs to learners of all ages through its collections, programs, and exhibits. The spring museum exhibit "Americana: Who We Were, Who We Are" will be available for viewing at the Museum.

Tickets are \$35 if purchased in advance and are available online. A combined Tour with a Two & Company boxed lunch with three menu options is available for \$57. Same day tickets are \$40 and must be purchased in-person the day of the tour. For more information, and to purchase tickets online, visit www.chagrinhistory.org or call 440-247-4695. Follow the History Center on Instagram at @ChagrinHistory and Facebook for tour updates.

Changes from previous years:

- Expect a five-minute drive to several of the houses and street parking.
- Boxed lunches will NOT be picked up at Chagrin History Center; they will be picked up at Two & Company.
- There will be NO transportation services this year. Maps will be provided in your program, including areas to park.
- There are no tote bags this year. You will only be admitted into the homes if you have a wristband.



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A Father's Day Haiku

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instructs.
Thank your dad today!

Anne E. North
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Our next issue will be delivered June 26, 2026,
when we will celebrate the 250th birthday of our country!
We will also feature our Spirit Auto Guide.
Ask us about Sizzlin' Summer Spirit advertising specials!
Editorial Deadline is June 12.
Advertising Deadline is June 16.
For more info, email us at spiritofbainbridge@gmail.com.

Bainbridge Senior Center June Events

Bainbridge Senior Center, 17751 Chillicothe Rd., in Bainbridge 440-279-1313.

All-Around Exercise & Chair Yoga-cize

Fellow senior and certified instructor, Mary Kay Simoni, leads these two classes held every Monday, Wednesday, and Friday.

All-Around Exercise is perfect for our more active seniors including weights, stretching, breathing, and balance work. Starts at 8:30 a.m., no registration required! First class is free! \$3 after first class.

Chair Yoga-cize is a gentle approach to strength training, stretching, breathing, balance all while mostly seated! Great for those just starting out! Starts at 9:40 a.m., no registration required! First class is free! \$3 after first class.

Alzheimer's Care Giver Support Group

This group meets at 1:30 p.m. on June 10 at BSC. This is a safe, confidential, supportive environment and a chance for participants to develop connections. They also educate and inform participants about dementia and help participants develop methods and skills to solve problems. No need to register, just come on in!

BSC Book Club

Led by Cheryl Mullins, head of Adult Services at Geauga West, this book club will meet on June 18 at 1 p.m. For June, we will be reading *Spectacular Things* by Beck Dorey-Stein. Call BSC to register and stop by to pick up a copy!

Gauga Park District

Join us on June 12 at noon for lunch at the Topsy Bull and learn about what Geauga County was like for its first European settlers.

Register and place your self-pay lunch order with the Topsy Bull by June 9!

Big Breakfast

Join us for our monthly big breakfast on June 25 at 9 a.m. Veterans and June birthdays are free to attend. The cost is \$5 for everyone else. On the menu: pancakes and bacon. Donuts by Med Minder! Please RSVP by June 22.

New Septic Regulations Lunch and Learn

Join us on June 10 at 12:30 p.m. for a presentation by Geauga Public Health. This presentation will get you up to speed and answer questions about the new state mandates regarding the maintenance of your septic system. Free Lunch and Learn — but registration required. Call BSC to reserve your spot!

A250—Ohio's Natural Resources Activities

- June 15 | Free Lunch & Learn: All About the Bees. Begins at noon at BSC. Join fellow seniors Jane and John Senderak for an engaging presentation on bee behavior, caretaking, and the many benefits and uses of honey. Registration required by June 8.
- June 17 | Free Hike & Birdwatching at Punderson State Park at 10 a.m. Meet at Punderson State Park Marina Parking Lot. Enjoy a guided hike with ODNR Naturalist Anne Siewert down to the beach for birdwatching. Bring a brown bag lunch to enjoy at the lakeside picnic tables. This program is entirely outdoors; please dress for the weather. Registration required by June 10.
- June 23 | Free Lunch & Learn: Trailblazers of the Heartland at 11:30 a.m. at BSC. Explore the story of Grandma Gatewood, the Buckeye Trail, and the roots of American hiking. Presented by ODNR Historian Neil Humphrey and Trails Administrator Mark Allen. Registration required by June 16.
- June 25 | Free Lunch & Learn: Butterfly Gardening & Hike at noon at West Woods Nature Center. Learn how to create a butterfly-friendly garden, followed by a short, guided hike around the Nature Center. Part of this event will be outdoors, so please dress for the weather! Registration required by June 18.

Aluminum Ramps Needed

The Geauga County Dept. on Aging's Home Safety Program needs pre-owned aluminum wheelchair ramps for local seniors. Some local citizens have had aluminum ramps installed at their homes and are no longer in need of them. The Geauga County Dept. on Aging's Home Safety program receives constant calls from seniors who need ramps installed at their home. The Home Safety Program cannot keep up with the number of ramps needed because new ramps are very expensive, and Medicare does not pay for these adaptations.

If you have an aluminum ramp you would like to have removed and donated to help a local senior, please call the Geauga County Dept. on Aging at (440) 279-2135.

**Make a Difference:
Volunteer for Home-Delivered Meals**

Gauga County Dept. on Aging is seeking volunteers to deliver meals to seniors in Bainbridge.

Volunteers play a vital role in the Home-Delivered Meals program, ensuring homebound seniors receive warm, nutritious lunches. Routes begin at the Bainbridge Senior Center, 17751 Chillicothe Rd., and deliveries take place Monday through Friday from 11 a.m. to 1 p.m.

Individuals, agencies, church groups, and organizations are encouraged to help. Volunteers must be at least 18 years old and have a valid driver's license. A brief orientation and paperwork are required. Flexible scheduling is available, with options for daily, weekly, or substitute shifts.

Join us in supporting local seniors! To sign up or learn more, contact Nathan Gorton at 440-279-2138 or NGorton@co.geauga.oh.us.

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*Courage to Caregivers Launches
Grief Recovery
Support Groups for Family Caregivers*

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All Types of Loss, Including Ambiguous Grief and Loss.*

Courage to Caregivers is proud to announce the launch of new grief recovery support groups for unpaid family caregivers. The virtual group sessions will feature The Grief Recovery Method®, an evidence-based program designed to help individuals process and recover from the emotional pain of loss. Research conducted through Kent State University found the program to be effective in helping participants address grief and move toward healing and hope.

The new groups will be led by Cynthia Tyson, Ph.D. MSW, LISW-S, an experienced behavioral health professional and Certified Grief Recovery Method® Specialist. The initiative is funded through a generous grant from the Nella Durinda Levenhagen Foundation.

While grief is often associated with death, caregivers frequently experience many forms of ongoing and often invisible loss, including changes in relationships, identity, independence, future expectations, routines, finances, health, and roles within the family. Many also experience ambiguous grief and loss, where a loved one is physically present but emotionally, cognitively, or behaviorally changed due to mental illness, substance use disorder, dementia, traumatic brain injury, chronic illness, or disability.

“For many caregivers, grief is not a single event – it is something they carry quietly over time,” said Kristi Horner, Courage to Caregivers Founder and Executive Director. “Unaddressed grief can increase stress, isolation, burnout, anxiety, and hopelessness. By creating space to process grief in healthy and supportive ways, we strengthen protective factors that support emotional wellness, resilience, and long-term caregiver well-being.”

The Grief Recovery Method® is an action-based program that helps participants address unresolved grief connected to a wide range of life experiences and losses. The program focuses not only on emotional support, but also on practical tools that help participants move forward with greater peace, connection, and hope. Research published in peer-reviewed journals found the program effective in influencing grief recovery outcomes and emotional healing.

The virtual groups will be offered in two eight-week sessions. The first session begins Thursday, June 4 at 7 p.m. ET. The second eight-week session begins August 13. The program will culminate in an in-person retreat at the 92-acre Camp in Central Ohio. These sessions are being provided free of charge for residents of Cuyahoga County. A fee-based option is available for participants residing outside of Cuyahoga County.

“These groups are about more than coping,” added Horner. “They are about helping caregivers feel seen, supported, and empowered to move through grief without carrying it alone.”

Group details, schedules, and registration information are available through Courage to Caregivers’ website: <https://www.couragetocaregivers.org/>

**The Kensington at Anna Maria:
A Community Built on 5-Star Care**

Tucked within the warm and welcoming campus of Anna Maria of Aurora, Kensington at Anna Maria has quietly become something special to so many local families — a place known not only for quality care, but for compassion, connection, and a true sense of home. Now, that dedication has once again been recognized in a meaningful way, with Kensington earning a prestigious 5-star rating through the Centers for Medicare & Medicaid Services Five-Star Quality Rating System.

In the world of senior care, a Medicare 5-star rating is no small accomplishment. Considered one of the highest distinctions a skilled nursing and rehabilitation community can receive, the designation evaluates areas such as staffing levels, quality measures, and state health inspections. Simply put, it reflects an ongoing commitment to excellence. But for those who know Kensington best, the recognition feels less like a surprise and more like confirmation of what is experienced every day behind its doors.

Families often speak of the atmosphere first. There is something comforting about familiar faces greeting you by name, staff members stopping to chat in the hallway, and caregivers who take the time to learn someone’s favorite meal, preferred routine, or simply how to brighten a difficult day. At Kensington, care has never been just about clinical excellence — it is about relationships, dignity, and making every individual feel seen, valued, and cared for.

Offering skilled nursing, short-term rehabilitation, and engaging daily programming, Kensington supports individuals at many different stages of care. Whether someone is

recovering after surgery, regaining strength through therapy, or simply enjoying life with the support of a caring team, the focus remains the same: creating an environment that feels comfortable, uplifting, and centered around each individual’s needs.

A major part of Kensington’s success can be found in the people who make up the team. Many nurses, caregivers, therapists, and support staff have spent years — even decades — serving the Anna Maria campus. That long-tenured dedication creates something difficult to replicate: consistency, trust, and meaningful relationships that span generations of local families. For Kensington at Anna Maria, the 5-star distinction is certainly worth celebrating. Yet perhaps the greatest achievement is something far less measurable — the quiet, everyday moments of kindness, encouragement, laughter, and support that continue to make Kensington feel like home. It is those moments, shared every day, that truly define what 5-star care looks like.



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