



A Reason to Celebrate

On May 7, 2016, Burten, Bell, Carr Development, Inc. will celebrate our milestone 25th Anniversary Year with the "Momentum" Event. This event, while commemorating the past 25 years, will have a special focus on the momentous path that we have set forth for the next 25 years in Cleveland's Central and Kinsman neighborhoods.

Founded in 1990, BBC continues to bring our mission to empower citizens and revitalize our surrounding communities to life. Through our civic planning, real estate development, life enrichment programs, and social enterprises we will continue to grow and engage our community. Together with our community members, corporate partners, board members, stakeholders, and host committee we will celebrate the achievements we have made and those yet to come at this fun-filled event.

This interactive, all-inclusive, fund-raiser will take place at Anton Grdina Elementary School in the heart of the Kinsman neighborhood. The festivities will begin at 4:00pm and end at 7:00pm. Family-friendly and open to BBC's neighbors of all ages, the "Momentum" event will have it all! Live music, artistic performances, and fun activities will fill the halls, while a virtual tour and visual displays of our work will take us into the heart of BBC's mission. A special presentation of BBC's new Community Plan will help to showcase the important years ahead. Tons of local food will be served, prizes will be raffled, and special guests will be in attendance!

We are proud to be celebrating this landmark anniversary and hope that you will join us! Tickets for the "Momentum" Event will be available starting in March at the BBC office. Individual tickets are \$75.00 (resident discount available). Tickets must be purchased in advance of the event. For more information, including information on sponsorships or program ads, please contact Joy Johnson at BBC's office at 216.341.1455.

It is with drive, determination, and enthusiasm that BBC will launch the next leg of our journey – we can't wait for you to experience this phenomenal day with us!

—Courtesy of Lauren Calevich

CIFF40 WELCOME HOME
 TOWER CITY CINEMAS clevelandfilm.org
MARCH 30–APRIL 10, 2016
 CLEVELAND INTERNATIONAL FILM FESTIVAL
 PRESENTED BY DOLLAR BANK

CELEBRATING 40 YEARS of FILM

RIDE RTA TO TOWER CITY

arts & culture

SHARE A BIKE OR TAKE A SELFIE! WAYS TO CELEBRATE SUSTAINABLE TRANSPORTATION THIS SPRING!

In 2016, BBC and organizations across the city will be celebrating the Year of Sustainable Transportation by supporting healthier forms of moving around. There are many actions Clevelanders can take at home, at work and in the community to help grow sustainable transportation. Actions include biking, walking, taking transit, carpooling, car sharing and much more!

A Sustainable Cleveland committee made up of more than 30 organizations has identified initiatives to be completed during the 2016 Celebration Year. Here is a list of projects and initiatives to look out for:

- **Bike Share System** – Cleveland residents will be able to pick-up bikes at designated bike share stations throughout the city. The Central neighborhood will be included in the planning and implementation process.
- **CiCLEvia** – A series of open-street events, where a street is temporarily closed down to cars and people of all ages are encouraged to safely walk, skate, play and ride a bike around the neighborhood.
- **Selfie Challenge** – Take a picture of yourself using a sustainable transportation method and add #IMoveCLE. The best picture will be featured at the 2016 Cleveland Sustainability Summit.

- **Safe Routes to School Plan** – The purpose of Safe Routes to School is to encourage and enable students in grades k-8 to walk or ride their bicycle to school.
- **Additional Bike Lanes and Trails** – Continued progress toward 70 miles of additional bike lanes and trails.
- **New Traffic Light on E. 79th St.** – Northeast Ohio Area wide Coordinating Agency (NOACA) will help improve safety at Hillside Park with new light between E. 79th Blue/Green Rapid and Minnie Street.
- **8th Annual Cleveland Sustainability Summit** – SAVE THE DATE: September 21 and 22, 2016.
- **Climate Ambassador Program** – BBC will be collaborating with residents in Kinsman and Central to help create projects that support the experience of public transportation and host of sustainable initiatives.

BBC invites all residents to play an active part in making public transportation and mobility safer and more enjoyable. If you have any questions about the initiatives or would like to find out how to get involved, please call our office at 216.341.1455 and ask to speak with Erick Rodriguez.

-Erick Rodriguez



Start an Indoor Garden

This time of year we start to think of spring. Soon the crocuses and daffodils will start to bloom and planting our vegetable gardens will be close at hand. There are a couple of different options for starting vegetables. One way is to purchase vegetable starter plants. Sometimes this can be costly. A low cost way would be to grow your own vegetable transplants. This can be very rewarding and often you will have a few left over to give to family and friends. You should time planting your seedling so they will be ready to plant outside when the weather is warm enough for the plant to survive.

TO START SEEDS TO GROW TRANSPLANTS YOU WILL NEED:

1. **Clean containers:** Vegetable starts can be grown in all sorts of containers; egg cartons, yogurt containers, etc., but they need to be clean and have holes in the bottom for drainage.
2. **Seed starting mix:** You can get this at garden stores in the spring. Top soil or garden soil should not be used because it might contain diseases that are harmful to the seed or young seedling.
3. **Seeds of your choice:** Always check that the seeds were packed for 2016.

TO PLANT THE SEEDS:

1. **Moisten:** Moisten the seed starting mix and fill the containers.
2. **Plant:** Place the seeds at the depth suggested on the seed packet. The recommended depth is usually ¼ inch to ½ inches deep. Often people plant seeds too deep and the seeds rot before it reaches the surface. Make sure you label the container with what type of vegetable and variety it is.

TO CARE FOR THE SEEDS:

1. **Warm Place:** Place the container in a warm sunny place. Once the plant emerges, be sure to turn the container often so the seedling will grow up straight. Every couple of days, stick one finger into the soil and if the soil seems dry at one inch deep, it is time to water (sometimes the surface of the soil seems dry but below the surface the soil is wet).
2. **Water:** Water gently. It takes between 4-8 weeks to grow most vegetable seedlings.

Once it is warm outside, you can transplant your seedlings into your outdoor garden. For more information about gardening, contact Ohio State University Extension, Cuyahoga County Office at 216.429.8200.

-Courtesy of Jacqueline Kowalski, Ohio State University Extension Educator

Family Money Tips During the Tax Season

This is the time of year where families receive extra money that can be used throughout the entire year. Most people have heard of budgeting but, I would like to speak with you about small life changes. Budgeting is a small remedy but, good habits last a lifetime. What can you do during your extra money season? Try these:

1. Get the most out of your tax refund. Why pay for filing taxes when can have them prepared for free?
 - a. Step one, call 2-1-1 to schedule a tax preparation appointment.
 - b. Step two, make an appointment at BBC's office located in CornUcopia Place, 7201 Kinsman Road.
 - c. Step three, keep all of your refund for your family's best use.
2. After receiving your freely prepared income tax refund, pick yourself up a medium size jar.
 - a. Step one, start putting some money in the jar every day.
 - b. Step two, the money you put in the jar can be quarters, dollars (please no IOU's).
 - c. Step three, do not take the money out of the jar until the end of the year and only for counting and moving to a larger jar.
3. Continue putting money away in the jar and pass that good habit down to your children.
 - a. Step one, purchase your child a jar.
 - b. Step two, show your child how you put money in your jar.
 - c. Step three, give your child easy chores to do around the house to earn money and encourage them to put money into their own jar.

I believe after you try these good habits for one year; you will discover that they last a lifetime. Now, your child will have the encouragement to keep making their jar bigger and bigger because they are putting more and more money away. Good Habits Keep Growing!

-Omelia C. Thornton



School QUALITY FAIR

Cleveland – On March 5, 2016, the Cleveland Transformation Alliance and PRE4CLE are hosting Cleveland's first-ever School Quality Fair, designed to serve Cleveland families looking for high quality preschools and high performing public K-8 schools, both district and charter, that best fit their children's needs. Invited preschools have met PRE4CLE's star-rating criteria, while invited K-8 schools have met quality standards set by the Transformation Alliance. More than 50 preschools and K-8s will be present at the Fair, with staff available to begin registration.

To begin school registration at the School Quality Fair, families should bring identification, proof of residence, and children's immunization records and birth certificates. We are offering free physicals and vaccinations (please call 216.957.1303 to schedule your School Fair onsite physical and vaccinations), and lead screening, along with workshops and activities for kids. Prizes, giveaways and free food and free parking will be provided.

The Fair begins at 9 am and ends at 1 pm, and will take place at Cleveland's Public Auditorium, 500 Lakeside Ave, Cleveland 44114. The Transformation Alliance is a public-private partnership created to ensure all Cleveland children can attend quality schools. PRE4CLE is Cleveland's plan to ensure all three- and four year-olds have access to high-quality preschool.

For more information, visit www.SchoolQualityFair.org or call 216.592.2435. -Courtesy of Akanni Thomas, Starting Point

Cleveland Transformation Alliance
Quality Schools for All Children

PRE4CLE

School QUALITY FAIR

**SATURDAY
MARCH 5TH
2016
9AM - 1PM**

**PUBLIC HALL
500 LAKESIDE AVE
CLEVELAND, OH 44114**

FREE PARKING | FREE FOOD | DOOR PRIZES | PRE-K TO 8

Meet with the highest-quality preschools and the highest-performing K-8 public schools, both district and charter, in Cleveland. School staff will be present so you can start registration on the spot.
#SchoolFairCLE



HAVE BREAKFAST OR LUNCH AT BRIDGEPORT CAFÉ

Do you have the taste for a healthy salad or delicious sub or sandwich?

If you have not already, try Bridgeport Café for breakfast or lunch. Bridgeport Café is located at 7201 Kinsman Road, Suite 103A. It has a full espresso bar with fruit smoothies and teas. Do not have time for a long lunch? You can order online or call in your order for pick-up. Catering services are available for business events. For more information, contact Racquel Jones at Bridgeport Café at 216.266.0140.

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LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

11th Annual Ward 5 Community Family Festival and Parade

Join Ward 5 Councilwoman Phyllis Cleveland and the ward 5 community as we celebrate the rich history and cultures within the Central and surrounding neighborhoods. There will be live entertainment, food, prizes and good ole family fun for people of all ages. The festival will be held on June 25th and run from 10am-6pm, at Friendly Inn, 2386 Unwin Road. The parade will start at East 30th and Community College Avenue at 12pm. Staging for the parade will begin at 10am. The parade will travel throughout the Central neighborhood and end at Friendly Inn. You don't want to miss this event. To register for the parade or become a sponsor, call Sherita Mullins of BBC at 216.341.1455. For information about the festival or to become a vendor, call Lottie Whittaker of Friendly Inn at 216.431.7656. This event is made possible every year with the support of many sponsors. This year the Cuyahoga Arts and Culture awarded the committee with a \$5,000 grant.



For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook  and Twitter 

DATE	TIME	EVENT	LOCATION	ADDRESS
March 2	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
March 3	3-5:30pm	Yoga with Santell Nelson, Weekly on Thursdays	Anton Grdina Elementary School	2955 East 71st Street
March 5	9am-1pm	School Quality Fair	Public Hall	500 Lakeside Ave.
March 12	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
March	Varies	FREE Income Tax Preparation Call 2-1-1 to schedule an appointment	Cornucopia Place	7201 Kinsman Road, Suite 103B
March 23	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
March 29	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Mar 30-Apr 10	Times Vary	Cleveland International Film Festival	Tower City Cinemas	230 West Huron Road, Suite 7256
April 6	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
April 7	6-7:30pm	Yoga with Santell Nelson, Weekly on Thursdays	Anton Grdina Elementary School	2955 East 71st Street
April 9	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
April	Varies	FREE Income Tax Preparation, Call 2-1-1 to schedule an appointment - last day 4/16/16	Cornucopia Place	7201 Kinsman Road, Suite 103B
April 26	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
April 27	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
May 4	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
May 5	6-7:30pm	Yoga with Santell Nelson, Weekly on Thursdays	Anton Grdina Elementary School	2955 East 71st Street
May 7	4-7pm	BBC's 25th Anniversary Event	Anton Grdina Elementary School	2955 East 71st Street
May 14	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
May 25	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
May 31	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue

CURRENT EVENTS

If you would like to submit an event to our Current Events calendar, please contact Joy Johnson at BBC, 216.341.1455. Please call Councilwoman Cleveland's office to confirm all community meetings 216.664.2309.

Thank You

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You don't want to miss this event!

This event is made possible every year with the support of many sponsors. This year the Cuyahoga Arts and Culture awarded the committee with a \$5,000 grant. Other sponsors include Ward 5 Councilwoman Phyllis Cleveland, Sisters of Charity Foundation of Cleveland, Cuyahoga Metropolitan Housing Authority, and Cleveland Public Power. The festival is planned by a dedicated committee from the Central Family-to-Family Collaborative including BBC and Friendly Inn Settlement House.

To register for the parade or become a sponsor, call Sherita Mullins of BBC at 216.341.1455. For information about the festival or to become a vendor, call Lottie Whittaker of Friendly Inn at 216.431.7656.



Improving Healthy Eating and Active Living

As BBC continues to look for ways to empower residents of the Central neighborhood, we have undertaken the responsibility of convening the Healthy Eating, Active Living (HEAL) initiative funded by the Sisters of Charity Foundation of Cleveland. HEAL is a taskforce of community partners and organizations that are looking for ways to improve the systems that prevent residents from pursuing a healthy and active lifestyle. The HEAL taskforce aims to provide solutions to food access, the availability of safe green-spaces, nutrition education, and many other health conditions that face the residents of the Central neighborhood.

Why is this important you ask? Living a healthy lifestyle impacts so many facets of our daily lives. Proper nutrition is the fuel that allows individuals to be better functioning workers, students, parents, grandparents, and members of their community. Obesity, high-blood pressure, high cholesterol, kidney disease, and many others are all issues that plague low-income neighborhoods, but can be managed and even prevented by living a nutritious and active lifestyle.

The HEAL network for Central consists of Bike Cleveland, Cleveland Metro Parks, Ohio State University Extension, Cuyahoga, Environmental Health Watch, Central Promise, YMCA, Children's Hunger Alliance, Conservancy for the Cuyahoga Valley National Park and Building Healthy Communities. If you are curious about HEAL, or would like to get involved in improving the food system for the Central neighborhood contact BBC's office at 216.341.1455 and ask to speak with Devin Cotten.

-Devin Cotten

UNDERSTANDING CLIMATE CHANGE IN CENTRAL AND KINSMAN

Climate change stands to be a tremendous burden on the economic and social stresses already affecting our neighborhoods. The aging houses, lack of trees, extreme weather, and blight are all barriers to creating a safe and healthy community.

A group of residents, known as the Climate Ambassadors, are working to assess how we can improve the neighborhood in collaboration with BBC. The team includes four residents of Kinsman and Central: Hope Crump, Martina Thompson, Priscilla Fayne, and Quiana Singleton. Over the summer, the team will be spreading the word about how climate change is affecting our community. The Ambassadors will start conversations about how to save money on energy bills, expand community gardening, and preparing for community emergencies.

The Ambassadors will be at several community events, including the Non-Violent March on June 4th at Original Harvest Missionary and the Ward 5 Community Family Festival and Parade on June 25th at Friendly Inn Settlement Inn.



Kinsman and Central Climate Ambassador's from l to r: Quiana Singleton, Hope Crump, and Priscilla Fayne

Applications to fund climate-related community projects will be released June 1st, 2016. Grants will be up to \$2,000 each. If you are interested in helping the team, please call BBC and ask to speak with Erick Rodriguez at 216-341-1455.

The Climate Ambassadors are a group of residents participating in the Climate Ambassadors Program working to build leadership skills and identify projects to make the neighborhood a greener and healthier place to live. The team of Ambassadors is developing leadership skills to foster actionable responses to climate change affecting four neighborhoods across the city.

-Erick Rodriguez



CENTRAL KICKS

Youth Soccer is Here!

With support from the U.S. Soccer Foundation, BBC is helping to expand the opportunities to keep youth in Central active and healthy over the summer. The program offers entry-level training to build the necessary skills and interest to play soccer.

Soccer is sharply growing in popularity across the country and has become a universal language for people of all backgrounds around the world. It is a sport that requires almost no equipment, except for a ball, and offers a good foundation to play almost any other sport.

Central Kicks Youth Soccer is using a dual approach to reach youth and harness curiosity for soccer. One place hosting the program is George Washington Carver Elementary. The program is offered to students in the second through fourth grades as part of their physical education twice a week. They get to practice dribbling, passing, and



shooting led by our Central Kicks coach. The after-school program includes all the basics, but also adds a layer of targeted team building exercises in an outdoor setting. Students in the Central Kicks after-school program are in the fifth through eighth grades. The program will run through the end of the year at George Washington Carver.

The goal of BBC and its partners is to build enough interest to extend the programming beyond 2016 and continue to nurture active and healthy lifestyles for youth in Central and Kinsman.

If you are interested in enrolling your son or daughter, or would like more information about upcoming program activities, please call BBC and ask to speak with Erick Rodriguez at 216.341.1455.

-Erick Rodriguez

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Community Creates **BLUEPRINT** for Future Development

Central and Kinsman have a new plan that, when implemented, will fulfill many of the desires and wishes of the community, create opportunities for residents, and continue to bring positive attention to both neighborhoods.

Hundreds of residents and stakeholders from throughout our area attended meetings, completed surveys, participated in interviews, or shared their input on kiosks in public places like Dave's Supermarket, Cleveland Public Library, and Bridgeport Café in 2014.

BBC and the planning team reviewed this feedback and thought carefully about how physical development could fulfill the needs and desires of the community. The result is the Kinsman and Central Neighborhood Plan, which will serve as the blueprint for future development in both neighborhoods over the next decade.

Some highlights of the plan are as follows:

CENTRAL HIGH SCHOOL (Central)

The community expressed a reverence for the historic Central High School and wanted to see the building possibly preserved and repurposed as stunning brownstone housing. However, if this concept is not feasible, participants agreed that site could best be suited for beautiful new-construction townhomes.

SENIOR CENTER & SKATE PARK (Kinsman-Union)

Residents and stakeholders saw a tremendous opportunity to build senior housing and a campus for active and passive recreation for all ages on the former RTA site on E 93rd Street a few blocks north of Union Avenue. This campus could include space for sports to which inner-city youth are not typically exposed, such as skateboarding or tennis. Planners thought that walking paths could connect it to the Cleveland Public Library Union Branch and Carol McClendon Park located south of Union Ave.

BOXSPOT (Kinsman)

BOXSPOT was envisioned as a shopping center of recycled shipping containers retrofitted into retail spaces at E 81st Street and Kinsman Road across from the CMHA headquarters. These spaces would be affordable to entrepreneurs from the community who would like to start their own businesses. These entrepreneurs could potentially graduate into bricks-and-mortar storefronts on commercial thoroughfares like Central, Kinsman, and E 93rd St.

If you'd like to read the plan and see what's in store for your area, please visit bbcdevelopment.org and click on Kinsman & Central Neighborhood Plan in the slideshow.

-Jeffrey Sugalski



Neighborhood Plan Meeting at Friendly Inn

LOOKING FOR A JOB?

Use the skills you have to get hired!

Have you ever applied for a job that you KNOW you have the skills to obtain but were told that you need a certain degree or certification to ever be considered? If only there was a way to show employers that you have the skills even though you may not have the degree.

Now there is.

Come in to BBC to take a WorkKeys Assessment. This test will allow you to show employers your skill level to get a foot in the door and be considered for employment.

Don't like assessments? We can help you prepare through practice

assessments until you are ready for the real thing.

Been a while since you've been in school? No worries. We can find where you need assistance and connect you to resources.

This isn't like a test you took in high school. These questions are based on real life job scenarios, not theoretical concepts that you would never use in the work place.

If this sounds like something you are interested in, please call Twila Norris at BBC 216.341.1455.

-Joy Johnson



BBC Welcomes Devin Cotten to the Staff

BBC hired Devin Cotten as our new Program Coordinator. Devin is a graduate of the College of Wooster. He is excited to use his varied educational and professional experiences to support the work being done in BBC's service area. Devin will be assisting us with all of our Social Enterprises, along with helping to convene of our Healthy Eating, Active Living initiative. When asked "Why BBC?", Devin stated that "the opportunity to join such a dedicated, talented, and diverse staff that has completed over 25 years of dynamic community development work aligns with my personal mission of helping to create systems of success for low-income communities. Help us welcome Devin to the staff and community."



LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

Cleveland Growing Strong; Health, Equity & Sustainability Conference

The mission of the American Community Gardening Association (ACGA) is to build community by increasing and enhancing community gardening and greening across the United States and Canada. For more than 35 years, the ACGA has held educational conferences in North America. Cleveland was selected as the host city for the 2016 conference. ACGA's 2016 conference theme – Cleveland Growing Strong; Health, Equity & Sustainability – reflects priorities in Cleveland's agriculture community. The resurgence of agricultural activity reflects the passion to grow, market, distribute, process, educate, and share the love for food and community enhancement. The four-day conference between August 4th – 7th, will showcase the prominence of locally grown food from the perspective of the growers, marketers, entrepreneurs, youth groups, community leaders, health care professionals, educators and stakeholders using agriculture as a way to strengthen communities. To attend or for more information, contact the planning committee at 216.309.1975.



For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook  and Twitter 

DATE	TIME	EVENT	LOCATION	ADDRESS
May 19-July 1	3pm-5pm	Central Rocks! Youth Soccer Camp	Lonnie Burten Recreation Center	2511 East 46th Street
June 6-July 15	8:30am-3:30pm	Camp Carver	George Washington Carver STEM	2200 East 55th Street
June 11	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
June 18	9am	A Day of Reclaiming "Hands Across Woodland Avenue"	Holy Trinity Church and Cultural Arts Center	7209 Woodland Avenue
June 22	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
June 25	10am-6pm	Ward 5 Community Family Festival & Parade	Friendly Inn Settlement House	2386 Unwin Road (near E. 55th & Quincy Ave.)
June 28	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
June 29	10am- 4pm	Let's Talk About Health Forum	Trinity Commons	2307 Prospect Avenue
July 7	1pm-4pm	Community Celebration of Food & Fun in the Sun	Care Alliance	Corner of E. 30th & Central Ave.
July 9	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
July 26	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
July 27	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Aug. 4-7		Cleveland Growing Strong; Health, Equity & Sustainability Annual Conference	Cleveland State University	
Aug. 8	6pm	Night Out Against Crime	Throughout Cleveland	
Aug. 12		Neighborhood Connections Grant Deadline		
Aug. 13	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
Aug. 24	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Aug. 30	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue

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Helping Students Stay Warm During the Winter Season at Anton Grdina School

With the winter season approaching, the staff at Anton Grdina school are working with community partners to provide coats, boots, hats, gloves and scarves to students in need. It is our hope that students will be able to stay warm during the cold weather months and continue to attend school every day. If you would like to donate winter gear for students, drop off items at Anton Grdina school or BBC's office.

In December, we will be hosting a resource fair to give our Anton Grdina school families and the surrounding community an opportunity to meet with organizations to obtain important resources in regards to employment, youth development, health, safety, education, and family services. The Fair will be held in the school's gym on December 10, 2015 from 4pm to 6pm. There will also be two workshops on job readiness available during the first hour of the event. There will be several organizations present, some including: Ohio Means Jobs, Dress for Success, Legal Aid, Cleveland State University, Cuyahoga Community College and more!

We look forward to engaging our community and connecting parents with valuable resources to promote healthy and successful lives. Also in December, the school will be hosting a toy drive in order to donate gifts to students for Christmas. There are many opportunities to help our families and the community have a wonderful Holiday and winter season. For more information about the Wraparound Strategy for Anton Grdina school or how to get involved, contact Marionna Bennett at Anton Grdina school at 216.641.7477. —Marionna Bennett



Free Tax Preparation Services in the Kinsman and Central Neighborhoods



Income Tax season is fast approaching! Back again after a successful year in 2015, BBC will be offering FREE income tax preparation services in Cornucopia Place (7201

Kinsman Road, Suite 103b) and the Central Promise Neighborhood Learning Lab (2617 Central Avenue) starting in January 2016 through April 2016.

Why give most of your refund to a high cost tax preparer? There are many other ways you can use that extra money. Last year BBC helped over 700 families save money. BBC's staff looks forward to helping more families this year, so they can put that money back into their lives in a progressive way.

Our Volunteer Income Tax Assistance services are supported by Earned Income Tax Coalition of Cuyahoga County, Enterprise Community Partners, Inc., and funders such as Sisters of Charity Foundation, Third Federal Savings and Loan, and PNC Bank. To make an appointment for our sites or any free tax preparation site around Cuyahoga County, call the United Way's First Call for Help by dialing 2-1-1.

BBC is recruiting volunteers to provide quality free tax preparation to residents and to greet clients. Anyone can sign up to become a volunteer. There is no experience necessary, just attend a Coalition led training to become an IRS-certified volunteer tax preparer. Sign up today by visiting www.refundohio.org or call BBC's Omelia Thornton at 216.341.1455 for more information. —Omelia Thornton



BBC Welcomes Brittany Aniton to the Staff

In October, BBC hired Brittany Aniton as the new afternoon Administrative Assistant. Brittany is a graduate of Tiffin University and is currently continuing her education in Human Resources Management. Brittany will be assisting us with all of our administrative needs. When asked how she is settling in at BBC, Brittany stated that "She is pleased to join the BBC team and hopes to be an asset to this already outstanding organization". For the community, you may hear a new voice when you call BBC's office. Help us welcome Brittany to staff and community.



Renovation of Browder Field Brings New Recreation Space to Central Neighborhood

BBC joined the Cleveland Browns, Mayor Frank G. Jackson, Councilwoman Phyllis Cleveland and community members to celebrate the re-dedication of Dwayne Browder Field, which recently underwent an impactful renovation through the shared efforts of the Cleveland Browns and the NFL Foundation Grassroots Program, the City of Cleveland and BBC. The event was held on Wednesday, September 6, 2015.

The newly upgraded Dwayne Browder Field will continue to benefit J.C Cullum Renegades youth football team, as well as Cleveland Metropolitan School District's East Technical High School's football team. Dwayne Browder Field is located at the Lonnie Burten Recreation Center at 2511 E. 46th St. in the Central neighborhood. BBC is currently exploring other ways the field can be used to benefit the broader community, including soccer and other recreational and social activities.

Look for additional programming and events in the spring and summer months of 2016. -Joy Johnson

VOLUNTEER OPPORTUNITIES AT GEORGE WASHINGTON CARVER STEM

Every Day, George Washington Carver STEM K-8th grade Scholars are being reminded that they have the capacity to exceed expectations set for them. We expect our Scholars to be beacons of leadership, respect, positivity, and hope at the school and in their community. Our staff and volunteers model that behavior. Volunteers build positive relationships with students and families, model appropriate behavior and support the scholar's well-being. In the New Year, we are recruiting volunteers for several initiatives at George Washington Carver STEM that will help build the capacity of our Scholars. Below are a few initiatives for residents, parents and community partners to volunteer. If you are interested in becoming a volunteer, contact Zenobia Lane at BBC's office at 216.341.1455.

- **CARVER LUNCH BUDDIES**

Our Lunch Buddies will support staff with the transition and behavior monitoring of scholars during lunch periods. Volunteer tasks may include bathroom and recess monitoring. Lunch Buddy opportunities are Monday through Friday from 11:30am-1:00pm.

- **CLASSROOM BUDDIES (TUTORS)**

Our Classroom Buddies will support teachers by working with individuals or small groups of K-2nd grade scholars who need additional academic support in subjects such as reading or math. Classroom Buddy opportunities are Monday through Friday from 8:00am-2:40pm.

- **HOMEWORK TIME BUDDIES (TUTORS)**

Our Homework Time Buddies will support scholars by working with individuals or small groups of K-8th grade scholars who need additional academic support in subjects such as reading or math. Homework Time Buddy opportunities are Monday through Thursday from 2:30pm-4:30pm.

- **AFTER SCHOOL PROGRAM FACILITATORS**

Our After School Program Facilitators will assist the Site Coordinator with attendance, behavior and logistics of the afterschool program. After School Program Facilitator opportunities are Monday through Thursday from 2:30pm-4:30pm.

- **RESTORATIVE LIAISONS**

Our Restorative Liaisons will monitor hallways and encourage scholars who have exited the classroom to enter the room ready to learn. Volunteers will have conversations with scholars in the hallways or Planning Center who may have exited due to negative behaviors in hope of helping them process their actions and make better choices in the future. Restorative Liaison opportunities are Monday through Friday from 8:00am-2:30pm.

- **STUDENT INCENTIVE FACILITATORS**

Our Student Incentive Facilitators will support the Site Coordinator in the smooth implementation of the incentive store "Bulldog Treasure Room." They will monitor student store spending and transitions to and from the store. Student Incentive Facilitator opportunities are Fridays from 8:00am-2:30pm.

- **FAMILY NIGHT VOLUNTEERS**

Our Family Night Volunteers will support the Site Coordinator in the smooth implementation of monthly family nights. Volunteers may be responsible for game facilitation, welcoming and directing families, serving food, set-up and clean up. Family Night Volunteer opportunities are the 3rd Wednesday of the month from 4:00pm-6:00pm (unless otherwise noted).

Walk Your Way to Fitness in the New Year

Have you considered what your New Year's resolution will be? Consider committing to walking thirty minutes a day. Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

As you start your walking routine, remember to:

- Get the right gear. Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- Choose your course carefully. If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.
- Warm up. Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- Cool down. At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- Stretch. After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

For most healthy adults, the Department of Health and Human Services recommends at least two hours and 30 minutes a week of moderate aerobic activity or one hour and 15 minutes a week of vigorous aerobic activity – preferably spread throughout the week – and strength training exercises at least twice a week.

As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try two 15-minute sessions or three 10-minute sessions throughout the day.

Remember, though, it's OK to start slowly – especially if you haven't been exercising regularly. You might start with five minutes a day the first week, and then increase your time by five minutes each week until you reach at least 30 minutes.

Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.

Record these numbers in a walking journal or log them in a spreadsheet or a physical activity app. Another option is to use an electronic device – such as a pedometer – to calculate steps and distance.

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

- Set yourself up for success. Start with a simple goal, such as, "I'll take a 10-minute walk during my lunch break." When your 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work." Soon you could be reaching for goals that once seemed impossible.
- Make walking enjoyable. If you don't enjoy solitary walks, ask a friend or neighbor to join you. If you're invigorated by groups, join a health club.
- Vary your routine. If you walk outdoors, plan several different routes for variety. If you're walking alone, be sure to tell someone which route you're taking.
- Take missed days in stride. If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine – and then get back on track.

Once you take that first step, you're on the way to an important destination – better health.

—Excerpt from the Mayo Clinic

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ON THE HORIZON

LOOK TO THE ON THE HORIZON SECTION FOR UPCOMING EVENTS IN THE CITY OF CLEVELAND

BBC'S 25TH ANNIVERSARY SAVE THE DATE! On, Saturday, May 7, 2016, we will be celebrating our 25th Anniversary. This family-friendly event will take place at Anton Grdina School in the Kinsman neighborhood. We are celebrating the accomplishments of the past 25 years and the momentum of successful years to come. Tickets for community members will be available for purchase at BBC's office. More info to come in the Spring BBC Newsletter!

CLIMATE CHANGE AND YOU What is climate change all about? Why does it matter to residents of Central and Kinsman? BBC is working to answer those questions with our Citizen Centered Climate Resilience Project. The project will help people lower energy costs, be prepared for weather extremes—very hot or very cold, and how to make neighborhoods safe. Check future issues of our newsletter to find out more about this project. If you have questions, please contact Erick Rodriguez at BBC's office at 216.341.1455.



For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook  and Twitter 

DATE	TIME	EVENT	LOCATION	ADDRESS
Dec. 1	6-7:30pm	Yoga with Santell Nelson, weekly on Tuesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
Dec. 2	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7202 Kinsman Road, Suite 103B
Dec. 5	11:30am	BBC's Holiday Event	Tudor Arms Hotel Cleveland	10660 Carnegie Avenue
Dec. 10	4-6pm	Family Resource Fair	Anton Grdina School	2955 East 71st Street
Dec. 12	12pm	Ward 5 Club Meeting - Holiday Party	Vocational Guidance Services	2235 E. 55th Street
Dec. 19	3-6pm	5th Annual Winter Fest	3rd District Police Comm. Room	4501 Chester Avenue
Dec. 23	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Dec. 29	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Jan. 5	6-7:30pm	Yoga with Santell Nelson, weekly on Tuesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
Jan. 6	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7202 Kinsman Road, Suite 103B
Jan. 9	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
Jan. 26	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Jan. 27	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Feb. 2	6-7:30pm	Yoga with Santell Nelson, weekly on Tuesdays	Cornucopia Place	7201 Kinsman Road, Suite 103B
Feb. 3	6-8pm	Spice Up Your Life with Chef Sharon Weekly on Wednesdays	Cornucopia Place	7202 Kinsman Road, Suite 103B
Feb. 13	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 E. 55th Street
Feb. 23	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Feb. 24	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street

CURRENT EVENTS

If you would like to submit an event to our Current Events calendar, please contact Joy Johnson at BBC, 216.341.1455. Please call Councilwoman Cleveland's office to confirm all community meetings 216.664.2309.

Thank You

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