

Starting the School Year Off **STRONGLY** in Central!

George Washington Carver STEM Elementary School is starting the school year off strongly. In addition to the rigorous instruction and engaging learning environment, our Central community STEM school is poised for an amazing school year. Carver's leadership and CMSD have changed the school times this year to 9:30am-4:00pm with breakfast starting at 9:10am. It is very important that all scholars are in school every day on time and ready to learn. With a less than ideal absentee and tardy rate the change in the school time allows Carver families more time in the morning to get ready for the school day. To accommodate families that prefer an earlier school time and desire extra creative learning time, Carver is beginning a before school program. Carver's after school program will continue to provide homework help and various engaging programs provided by school partners.

George Washington Carver STEM Elementary School is continuing its monthly parent advisory committee meetings, family engagement events and monthly Tuesday Talk networking activities in order to engage parents and the

community in supporting the success of all the scholars. For the third school year, Tiffany Allen, BBC's Community Wraparound Site Coordinator, has been supporting the school in reaching their goals around attendance, behavior and parent engagement. She is available to support families one-on-one to help them have everything they need to make sure their children are successful in school.

Scholars have a plethora of opportunities to support their academic, social and emotional development. City Year Corps has returned this year to support with classroom instruction, attendance monitoring and before school programming. Carver is introducing sports, gardening, and an abundance of new programs to the list of exciting things happening at the school. For more information on George Washington Carver, its staff, programs and events you can follow them on Twitter @GWCarverCLE, like them on Facebook @GWCCleveland and check out their website at www.clevelandmetroschools.org/Carver.

—Tiffany Allen



Annual Marshall Avenue Back-to-School Safety Fair

Residents in the Kinsman-Union neighborhood kicked off another school year with fun-filled activities at the Annual

Marshall Avenue Back-to-School Safety Fair and Block Party. This event took place on Saturday, September 9, 2017, 12pm – 6pm. Every year, residents block off Marshall Avenue to provide safety tips to area youth and celebrate the start of the school year. Residents enjoyed line dancing, games, music, free food, valuable safety and health information. Event planner Myra Simmons described the event as "It's not just a block party, it's not just a safety event and it's not just a back-to-school event. It's everything wrapped into one." BBC is proud to serve as fiscal agent for this event. To donate for future events or for more information, contact Myra Simmons at 216.322.3227 or myraplace@yahoo.com.

—Sherita Mullins

Bridgeport Mobile Market is a 16-foot refrigerated box truck that carries fresh produce on a weekly basis to sites throughout Cleveland. The mission of Bridgeport Mobile Market is to provide convenient and affordable access to fresh produce to low-income residents in Cleveland. To support this social enterprise, business can the following purchase produce bundles:

The Bridgeport Bundle
70-75 pieces of Fruit and Vegetables
\$75 per week

The Bridgeport Bag
20-25 pieces of Fruit and Vegetables
\$35 per week

The Bridgeport Box
30-35 pieces of Fruit and Vegetables
\$40 per week

Custom Packages
Option to do Biweekly Deliveries
Minimum \$35 per week

Delivering
Fresh Fruit &
Vegetables to
Your Office!

Wish your workplace
had **fresh fruits**
and **vegetables**
available weekly?

Help Your Employees to...

- Lose weight and feel better
- Feel less drowsy and fight the 3'o'clock crash
- Take fewer sick days

Some Additional Benefits...

- Helps ease stress and combat fatigue
- Promotes a healthier, more productive workplace
- Provides an affordable investment in employee health
- Offers low cost incentive for workplace wellness program
- Creates convenient way to grab a quick healthy snack
- Supports local food access efforts for low income communities

For more information or to place your order, contact Devin Cotten, Program Coordinator at BBBC, at 216.341.1455 or dcotten@bbcdevelopment.org.

—Sherita Mullins



MONEY-SAVING MAINTENANCE PROJECTS

That Should Top Every New Homeowner's Checklist



Moving into a new home is a happy occasion, but unexpected repairs like a dripping roof, a flooded basement or a busted HVAC system can turn it into an unhappy – and expensive – one. The good news is that preventive maintenance can curb such common catastrophes.

Put these five projects at the top of your to-do list to keep your home, bank account and sanity intact:

1. Attend to Your Heating, Venting and Air Conditioning (HVAC) System: Your HVAC system regulates the temperature in your home to keep you comfortable throughout the year – and you'll surely be upset if it breaks down during an epic heat wave. Perform regular seasonal maintenance on your heating and cooling systems to prevent this kind of disruption. Also, check your air filters once a month and change them out as necessary. (Definitely replace used filters when you first move in.) Not only will regular maintenance prolong the life of your HVAC system – and save you from shelling out \$3,900 to install a new furnace – but it will also save you considerable cash on your energy bills.

2. Inspect Gutters and Downspouts: Clogged gutters and downspouts can lead to leaking basements, cracked foundations, wood rot, and pest and insect infestations that can cost \$500 to \$5,000 or more. To prevent devastating damage to your home, ensure that your gutters are free of debris – and that your downspouts are positioned to direct water away from your foundation. Also, keep nearby foliage trimmed to minimize clogging from leaves and branches. You should clean your gutters at least once a year. If you're uncomfortable doing it yourself, a licensed professional will generally do the job for about \$100 to \$200, according to HomeAdvisor's True Cost Guide.

3. Check for Water Leaks—and Fix Them: Water leaks are an easy fix if you catch them early, but they can lead to mold, mildew, rot and other damage when left undetected or unaddressed. Check all toilets and under-sink cabinets for leaks

or constant running. Also, take a tour through your new house to inspect for drips and stains on the ceiling. Fix any leaks that you find immediately. A leaky roof – whether caused by weather, age or neglect – can also cause significant and costly long-term damage to your home. Inspect your roof for damage at least once a year, as well as after any major weather event. If you're not sure how to inspect your roof yourself, consider hiring a professional roof inspector. A professional will know exactly what to look for – and considering the roughly \$6,500 it may save you on a roof replacement, it's well worth the average cost of \$230.

4. Assess Your Attic Insulation: Attic insulation controls moisture, retains heat and ensures proper ventilation. If you have an unfinished attic, inspect it to make sure that there is insulation covering the entire space. If there are missing pieces – or if the existing insulation appears to be damaged or depleted – consider adding more insulation or replacing it altogether. Adequate insulation will ensure that your home stays warm in the winter and cool in the summer. And it will save you a substantial amount of money on your energy bill as well – typically as much as \$200 a year when coupled with air sealing, according to the EPA. A professional will usually charge about \$900 to \$1,900 to install blown-in insulation, but most states offer homeowner incentives to help offset the cost.

5. Find and Seal Air Leaks: Stop energy-sucking, money-wasting air leaks by caulking, sealing and weather-stripping all of the seams, cracks and openings in your home. The U.S. Department of Energy suggests testing for leaks by holding a lit incense stick next to potential air leak sources on a windy day. Any smoke stream that moves horizontally suggests a leak that should be sealed. A professional will generally install weather stripping for about \$100 to \$400, depending on the size of your home and the amount of air escaping it. Not bad when you consider that the EPA reports it can save homeowners as much as 10% on heating and cooling costs.

—Courtesy of HomeAdvisor (homeadvisor.com)



Fighting Food Waste

The issue of food waste is a huge problem across the United States. Every day our country produces 63 million tons of food waste – enough to fill the Browns Stadium each day for a whole year. The reality is that most of this waste comes from businesses and individual households, people like us.

Over the summer, Bridgeport Café became part of a month long test to help increase awareness about how much food waste we create. We partnered with Rust Belt Riders, a local cooperative, whose mission is to create wealth from waste. They pick up food waste from local businesses and give it another life. We learned that it could be used in a variety of ways including feeding hungry people, feeding animals that feed us, compost, and energy production. There were approximately fifteen people who joined us in discovering how much waste we were producing. They also received cool compost bins for their efforts.

In the end, we found that we created an average of eighty-nine pounds of food waste a week. Annually, that will produce around 4,272 pounds of food waste. Removing that from our waste would be the equivalent of planting thirty-six new trees. Although this was just a pilot, we hope to bring this back to be more responsible stewards of our environment. If you are interested in supporting us, please give BBC a call at 216.341.1455 and take the compost survey. We cannot do this without you!

—Erick Rodriguez



Eat Healthy Be Active Community Workshop Series

The Eat Healthy Be Active Community Workshop Series is sponsored by Family Wellness Network CLE, Inc., a non-profit organization and is free of charge to all participants. All sessions will be held at CornUcopia Place, 7201 Kinsman Road, Suite 103b. The workshop series will kick-off with a special orientation session on Saturday, October 14th from 10:30am until 11:30am. The workshop series is scheduled at the same time every Saturday starting October 21st through November 25th.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease and promote overall health.

THE SIX (6) WEEK WORKSHOP SERIES INCLUDES:

1. Enjoy Food That Tastes Great
2. Quick, Healthy Meals and Snacks
3. Eating Healthy on a Budget
4. Tips for Losing Weight and Keeping it Off
5. Making Healthy Eating Part of Your Total Lifestyle
6. Physical Activity is Key to Living Well

All workshops are interactive with tastings of healthy foods, ice breakers and incentives, making this a very enjoyable experience for everyone. The workshops are designed to move participants from the thinking phase to taking desired health actions. Call now and reserve your place for this informative workshop series, space is limited. For more information or to register, call the Family Wellness Network at 216.352.1396.

—Courtesy of Shirley Tatum-Chapman

Problems Related to Money, Housing, Health, Work or Family? Legal Aid May Be Able to Help!

Has your landlord threatened to evict you? Is your criminal record making it hard to get a job? Does the IRS claim you owe taxes? Have your food stamps, child care voucher or Medicaid been terminated? Does your debt keep you from putting utilities in your name? Free legal help is available to solve problems like these.

The Legal Aid Society of Cleveland provides free civil (not criminal) legal services to low-income people in Cuyahoga and surrounding counties. Attorneys represent clients, provide advice, explain forms and give legal information to eligible clients on problems related to money, housing, employment, health, and family. Unfortunately, Legal Aid cannot help everyone who needs assistance due to our limited resources.

You may apply for help by calling 1.888.817.3777 or walking-in to an office Tuesday and Thursday from 9:00 a.m. to 1:00 p.m. (The Cleveland office is located at 1223 West 6th Street, 2nd Floor.) Help is also available at neighborhood Brief Advice Clinics where attorneys answer questions and provide advice. When attending a Brief Advice Clinic, be sure to bring



The
Legal Aid Society
of Cleveland
Since 1905

all papers related to your problem. Also, arrive early to the clinic as clients are seen on a first come, first served basis. The schedule and location for the clinics are at www.lasclev.org.

Legal assistance is also available to local groups and organizations helping low income neighborhoods. Residents in Central, Kinsman, Hough and Broadway/Slavic Village who are working together on issues impacting the vitality of their community are invited to contact Legal Aid to learn more about the Community Revitalization Project. Through this project, Legal Aid can provide legal education and advice, representation and advocacy in partnership with community groups. Call Cinnamon Williams with Legal Aid's Community Engagement Group at 216.861.5292 regarding questions and requests

—Courtesy of Anne Sweeney, Legal Aid Society

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

Voting Preparation for the 2017 General Election

The General Election is approaching quickly and will be on Thursday, November 7th, from 6:30am through 7:30pm. If you are not registered or have changed your address or name, your registration must be received by the board of elections by October 10th or postmarked at least thirty days before the election. As a registered voter, you may VOTE early in person at the board of elections or cast your ballot on Election Day (November 7th) at your precinct's designated polling place. Early voting begins October 11th and continues until November 7th (Monday-Saturday from 8:30AM to 4:30PM) at the Board of Elections at East 30th and Euclid Avenue. All registered voters are eligible to vote early. Early voting is encouraged to avoid the long lines that are very likely to be seen on November 7th. When you VOTE on Election Day or at the board of elections site during the early vote period, bring a current and valid photo identification (i.e. Ohio driver's license, state ID card, government ID); or a military identification that shows the voter's name; or a copy of a current utility bill (including cell phone bill), bank statement, paycheck, government check, or other government document that shows the voter's name and current address (including from a public college or university). If you don't know where to VOTE or would like more information, contact the Cuyahoga County Board of Elections at 216.443.3200, or visit the website <http://boe.cuyahogacounty.us>.



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

DATE	TIME	EVENT	LOCATION	ADDRESS
Sept. 12	6:30am	Primary Elections (for more info visit http://boe.cuyahogacounty.us)		
Sept. 13	6pm	Open House for K-8 CMSD Schools	Varies	
Sept. 26	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Sept. 27	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.d	3342 East 119th Street
Oct. 3	4pm	Teen Chef Cooking Class 4-Week Series (youth ages 13 -17)	Cornucopia Place	7201 Kinsman Road, Suite 103b
Oct. 4	7:15am	Walk to School Day	Anton Grdina Elementary School	2995 East 71st Street
Oct. 14	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
Oct. 25	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Oct. 26	3pm	Fall Harvest Family Event	Anton Grdina Elementary School	2995 East 71st Street
Oct. 31	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Nov. 7	4pm	Jr. Chef Cooking Class 4-Week Series (youth ages 7 -12)	Cornucopia Place	7201 Kinsman Road, Suite 103b
Nov. 7	6:30am	General Elections (for more info visit http://boe.cuyahogacounty.us)		
Nov. 11	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
Nov. 21	4pm	Thanksgiving Dinner Family Event	Anton Grdina Elementary School	2995 East 71st Street
Nov. 22	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Nov. 28	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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