

MONTHLY

OCTOBER 2026

Russian Speaking Clevelanders

A magazine about the people, stories, and lives of our community.

Discover This Month



Dear friends!

We are so happy that you continue to be with us! Our Russian Speaking Clevelanders team continues to grow.

New people are joining us, bringing new **ideas** and **plans**, and it is especially wonderful to see the growing interest in what we are creating together.

There is so much to look forward to — **meetups**, **celebrations**, **new projects**, and, of course, more opportunities to come together, meet new people, connect, and grow closer as a community.

Thank you to everyone who is already supporting us, sharing ideas, offering to help, and being part of our community. We truly want Russian Speaking Clevelanders to become a place where everyone can find something that feels meaningful and special to them.

Stay with us — the most exciting things are still ahead!

Antonina Mohamed
President, Russian Speaking Clevelanders



THE WIZARD OF THE EMERALD CITY

"OPERATION: NEW YEAR"



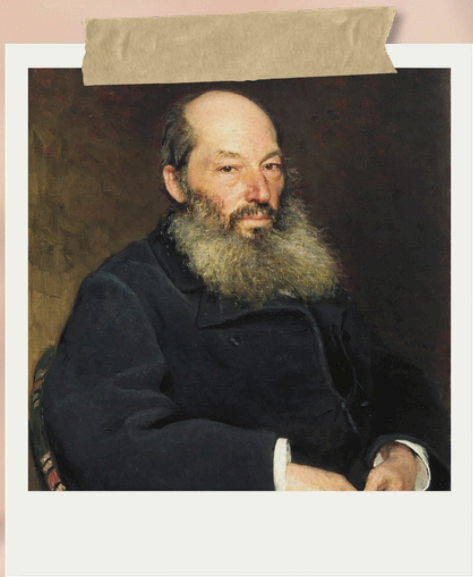
DECEMBER 20, 2026
12 PM (1ST PERFORMANCE) &
3 PM (2ND PERFORMANCE)



ROMANTIC PARTY CENTER
5131 MAYFIELD RD

LET'S TRAVEL BACK TO CHILDHOOD TOGETHER
AND BELIEVE IN MAGIC! JOIN US FOR OUR
MAGICAL NEW YEAR'S CELEBRATION!





Poetry Corner

Afanasy Fet (1820–1892)

October is the month when autumn no longer simply arrives — it fully settles in. The days grow shorter, the air turns colder, the leaves slowly leave the trees, and nature seems to grow quiet in anticipation of winter. There is a special beauty in this quiet transformation — somewhat melancholy, yet wonderfully bright. It is this very feeling that fills the lines of Afanasy Fet.

**The swallows are gone,
And yesterday at dawn
The rooks were flying,
Flitting and flying,
Like a net, over that hill.
Since evening, all is still,
Darkness fills the yard.
A dry leaf falls,
The night wind rages,
And rattles at the window.**

Afanasy Fet (1820–1892) was one of the most sensitive Russian poets of the 19th century. His poetry is especially attuned to the subtle changes in nature: light, scents, the rustling of leaves, and the breath of the wind. In his poems, autumn is not simply a season of fading, but a moment when the world grows quieter and more contemplative, and a person becomes especially aware of the beauty of each passing day.

WHAT'S HIDING IN YOUR SALAD?

ARTICLE PREPARED BY
MIKHAIL KHORETONENKO
PROFESSOR OF BIOLOGY AT
LAKELAND COMMUNITY COLLEGE.



Cyclospora is not a bacterium, not a virus, and not even, to quote the band Bakhyt-Kompot, a “little bastard.” It’s a single-celled parasite that lives in the human small intestine and causes a disease called – surprise, surprise – cyclosporiasis.

This little creature has a rather interesting life cycle. An infected person releases microscopic structures called oocysts in their stool. But they can’t immediately infect someone else. They need to spend about one to two weeks in the environment, “maturing” until they become infectious.

Basically, it’s the Antaeus of parasitology: before it can go after a human, it needs to lie on the breast of Mother Earth for a week or two and recharge its strength.

After that, the oocysts can make their way into water, onto vegetables, leafy greens, or fruit. Fecal contamination of water and food is, unfortunately, not some exotic problem from a microbiology textbook. It’s a harsh reality.

Yes, it’s the 21st century. We launch rockets, we have the internet, Taylor Swift, and DoorDash – and people still have to be reminded to wash their hands after using the bathroom.

A person eats contaminated food, the parasite makes its way to the small intestine, reproduces – and a new generation of oocysts is once again released into the environment. That’s why Cyclospora is generally not transmitted directly from person to person. The main routes of infection are food and water.

Raw leafy greens, berries, and vegetables are perfect vehicles for this journey. In different years, outbreaks in the U.S. have been linked to leafy greens, basil, cilantro, parsley, raspberries, and other fresh produce.



In a way, this is good news for those who prefer to fry everything. In other words, Cyclospora is a perfect excuse to switch to KFC, Popeyes, and other culinary nightmares for a while. It might save you from Cyclospora. As for everything else – no promises.

So, if you’d rather choose obesity and a heart attack over watery diarrhea, feel free to give this new diet a try.

AND WHAT HAPPENS NEXT?

The main symptom is watery diarrhea, usually beginning about a week after infection. It can be accompanied by abdominal cramps, bloating, gas, nausea, loss of appetite and weight, and fairly severe fatigue.

There's another unpleasant feature, too: you start to feel better – and then it all starts again. Without treatment, the whole ordeal can drag on for weeks.

Cyclospora is diagnosed with a stool test – what else did you expect? Sometimes, the doctor has to specifically order a test for this particular parasite. Cyclosporiasis is usually treated with trimethoprim-sulfamethoxazole, also known as TMP-SMX or Bactrim. And, of course, with prolonged diarrhea, it's especially important to prevent dehydration.



WHAT IF YOU WASH THE SALAD REALLY WELL?

Washing vegetables and leafy greens is, of course, important. But you can't rely on washing alone: Cyclospora is difficult to rinse off and is fairly resistant to ordinary chlorine-based disinfectants. Even commercial washing of packaged greens does not guarantee that the parasite will be removed.

Many people rely on a weak vinegar solution in the kitchen. Unfortunately, there is no reliable evidence that a homemade vinegar bath kills Cyclospora. The only guaranteed result is that everything will smell like vinegar. Even the Cyclospora.

What does reliably kill it is high heat. Heating to around 70°C (158°F) is considered sufficient.

Of course, boiled or fried iceberg lettuce is a rather... unconventional dish.

So, the more practical approach is to keep an eye on CDC and FDA warnings, avoid products that have been recalled, and, when possible, know where your produce came from. Local vegetables are at least convenient because their origin is usually easier to trace. Of course, "local" does not mean "sterile." But if the origin of raw leafy greens is completely unclear – especially during an outbreak – it may be perfectly reasonable to choose cooked vegetables for a while.

BUT THERE'S ONE MORE DETAIL

For many years, the CDC's FoodNet program actively tracked Cyclospora and other foodborne infections. As of July 1, 2025, reporting Cyclospora data to FoodNet, along with data on most other pathogens, became voluntary. Mandatory reporting remained only for Salmonella and Shiga toxin-producing E. coli. Other CDC systems continued to monitor Cyclospora.

This change took place under the current leadership of the federal health system. HHS is currently headed by Robert F. Kennedy Jr.

It is important not to confuse cause with timing: there is no basis for claiming that the change to FoodNet caused the contaminated lettuce or the outbreak itself. However, one layer of active epidemiological surveillance was reduced.

And this is where the numbers get interesting. From May through August 2025, the CDC received reports of 1,180 laboratory-confirmed cases of Cyclospora infections acquired in the United States. During the same months in 2026, there were already 19,883. These numbers include not only people who became ill during the iceberg-lettuce-associated outbreak, but other cases of cyclosporiasis as well.

Epidemiological surveillance can't remove a parasite from a leaf of lettuce. But it can help us notice when something unusual is happening.

So, should we cancel salads?
No.

Wash your vegetables. Keep an eye on food recalls. Pay attention to where the raw greens you're about to eat came from. And if you develop watery diarrhea that lasts for several days after eating fresh produce, don't automatically assume you just "ate something bad."

Because sometimes, the problem really is what you ate.



BEYOND VOLUNTEERING

A BIG WORLD IN MINIATURE

“While your hands are busy with tiny details, your thoughts somehow fall into place.”



How Did You Get Into This Hobby?

My interest in miniature houses and book nooks began during COVID. Suddenly, my daily commute disappeared, I had a little more free time, and I wanted to spend it doing something completely unrelated to computer screens and test tubes — I work in a scientific laboratory. That's how the first tiny walls, lamps, furniture, wires, pieces of wood, and paper found their way onto my desk. And unexpectedly, I realized how much I enjoyed the process itself.



What Do You Especially Enjoy About Creating Miniatures?

There is something special about these projects. You have to fit a tiny piece into place, wire the lights, attach a microscopic handle, assemble furniture, or straighten a miniature curtain. This kind of work requires patience, precision, and good fine motor skills. For me, it also turned out to have an unexpected professional benefit. In the laboratory, I work with microbiological specimens, where precision of movement, coordination, and the ability to maintain focus for long periods are essential. Miniatures help me keep those skills sharp — only this time, not in a laboratory, but in a tiny fairytale world.

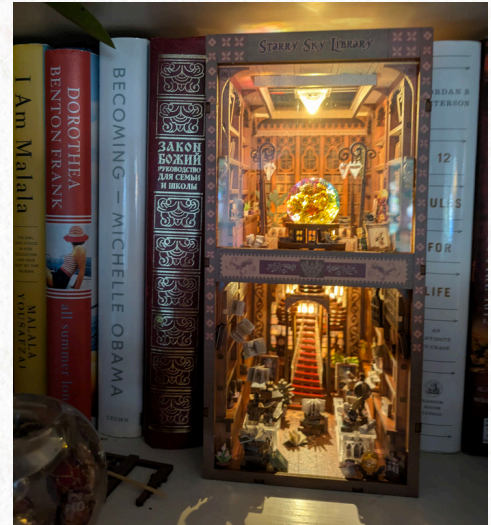


So, is it not only a creative activity, but also a way to relax?

Yes. Another thing I discovered is how much this kind of work helps me switch off and relieve stress. I usually build my miniature houses while listening to audiobooks, podcasts, lectures, or radio dramas. My hands are busy, my eyes are focused on this tiny little space, and meanwhile, my thoughts seem to sort themselves out. I can calmly think through plans, find a solution to a problem, or simply switch off from the everyday hustle and bustle for a few hours.

And what are book nooks, and why do you especially enjoy making them?

I especially enjoy book nooks — miniature three-dimensional worlds that fit right between the books on a shelf. From the outside, they look like nothing more than a small box. But inside, there might be a street, a shop, a library, a workshop, or a little room with glowing windows. I love watching how a collection of completely unrelated little pieces gradually comes together to create a space that didn't exist just yesterday.



What do you feel when a project is finally finished?

Of course, there is also the simple joy of finishing something. After many hours of work, you can finally turn on the lights and see the completed little world that literally fits in the palm of your hand. But perhaps the best part begins afterward.



What Happens When Other People See This Little World?

When friends come over with their children, I love watching the little guests stop in their tracks in front of these miniature houses. To an adult, it's a carefully assembled miniature. To a child, it's already a real world. In an instant, it comes alive with residents, secret rooms, cafés, travelers, cats, wizards, and dozens of stories I could never have imagined myself..

Why Has This Hobby Stayed With You Even After COVID?

I think that's exactly why this hobby has stayed with me even after COVID. It started simply as a way to fill some unexpectedly free time, but gradually became a little personal ritual: working with my hands, giving my mind a break, letting my imagination take over — and creating something that eventually comes to life in someone else's imagination.

For an adult, it's a miniature.

For a child, it's a doorway into another world.



OCTOBER 2026 HOROSCOPE



ARIES

OCTOBER WILL CALL FOR DECISIVENESS. A BOLD IDEA WILL BRING SUCCESS, WHILE A NEW OPPORTUNITY MAY CHANGE YOUR PLANS.



TAURUS

OCTOBER WILL BRING STABILITY. A SMART PURCHASE WILL TURN OUT TO BE A WORTHWHILE INVESTMENT, AND THINGS WILL START TO FALL INTO PLACE MORE EASILY.



GEMINI

OCTOBER WILL BE A BUSY AND EVENTFUL MONTH. A NEW ACQUAINTANCE WILL OPEN UP NEW OPPORTUNITIES, WHILE AN IMPORTANT CONVERSATION COULD CHANGE EVERYTHING.



CANCER

OCTOBER WILL BRING CHANGE. AN UNEXPECTED PIECE OF NEWS WILL MAKE YOU LOOK AT FAMILIAR THINGS IN A NEW WAY.



LEO

OCTOBER WILL BE A MONTH OF ACHIEVEMENTS. YOUR EFFORTS WILL BE NOTICED, AND A LONG-HELD GOAL WILL FINALLY FEEL WITHIN REACH.



VIRGO

OCTOBER WILL REQUIRE PATIENCE. STAYING ATTENTIVE WILL HELP YOU AVOID MISTAKES, AND THINGS WILL GRADUALLY FALL INTO PLACE.



LIBRA

OCTOBER WILL BRING INSPIRATION. A NEW HOBBY WILL BRING YOU JOY, WHILE FRIENDS WILL SUPPORT AN IMPORTANT IDEA.



SCORPIO

OCTOBER WILL BE A BUSY AND EVENTFUL MONTH. A WORK-RELATED ISSUE WILL BE RESOLVED, WHILE AN UNEXPECTED TRIP WILL CREATE LASTING MEMORIES.



SAGITTARIUS

OCTOBER WILL OPEN NEW HORIZONS. A BOLD DECISION WILL LEAD TO AN EXCITING OPPORTUNITY.



CAPRICORN

OCTOBER WILL BE A TIME OF CHANGE. RECOGNITION AT WORK WILL BOOST YOUR CONFIDENCE, AND THINGS WILL START MOVING IN A POSITIVE DIRECTION.



AQUARIUS

OCTOBER WILL BRING SOME SURPRISES. A CHANCE ENCOUNTER COULD LEAD TO AN IMPORTANT OFFER.



PISCES

OCTOBER WILL BRING INSPIRATION. GOOD NEWS WILL LIFT YOUR SPIRITS, AND AN IDEA WILL BEGIN TO TAKE SHAPE.



YOUR HOME MAY BE CLOSER THAN YOU THINK

Buying your own home is a major goal, but not having a down payment, being self-employed, not having a green card, or having a nontraditional financial situation doesn't necessarily mean a mortgage is out of reach.

Self-employed?

Yana specializes in working with contractors and business owners.

No green card?

There are programs available for people with valid work authorization.

No down payment?

There are options that may help.

Don't want to put 20% down and pay monthly mortgage insurance? There are programs with down payments as low as 5% that do not require monthly mortgage insurance. Yana works with clients in English, Russian, and Ukrainian, helping them understand their options and find the solution that works best for their situation.

Apply today to find out what options may be available to you.

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YANA SOLOMONIK HELPS HER CLIENTS UNDERSTAND THEIR OPTIONS AND FIND A MORTGAGE PROGRAM THAT FITS THEIR INDIVIDUAL SITUATION.

Various financing options are available, including:

- Up to 100% financing through select programs;
- Conventional mortgage programs;
- Veteran loan programs;
- Rural home loan programs;
- Bank statement loan programs.



We've known Yana for a long time as someone who knows how to find solutions, even when a situation seems complicated. That's why we're happy to continue working with her, now on the pages of Russian Speaking Clevelanders.

WHEN A PATTERN TELLS A STORY

Sometimes a few strands of thread can tell us more about a person than an entire book. For centuries, embroidery has been part of the cultural traditions of many peoples, adorning clothing, ceremonial towels, tablecloths, headdresses, and household items. But these beautiful patterns were more than simple decoration. They often carried wishes for happiness, health, love, and prosperity.

Among Russians and Belarusians, geometric patterns, flowers, and sun symbols are common. Kazakh embroidery often features distinctive motifs inspired by nature and the animal world. Armenian and Georgian traditions are known for their unique patterns and distinctive combinations of colors.



What's especially fascinating is that the same symbol could have different meanings in different cultures. And sometimes, a craftswoman simply created a pattern she loved — only for that piece to become a treasured part of her family's history years later.

Today, embroidery is finding its way back into our lives. Traditional patterns are appearing on clothing, accessories, and home décor, bringing an age-old craft together with modern design.

Perhaps that is where the true beauty of embroidery lies: the thread passes through the fabric, while tradition passes from one generation to the next.

VOLUNTEER OF THE MONTH

VOICES OF RUSSIAN-SPEAKING CLEVELAND



**KRISTINA
FILATOVA**

Kristina has been helping our team for just one year, but in that time, she has truly become an important part of it.

From the very beginning, she jumped right in to help prepare our events, always ready to lend a hand and support the team wherever she is needed most. Now Kristina is also part of our PR team, helping us share our projects, spread the word about our news, and make our events even more visible.

We truly appreciate her initiative, reliability, and genuine desire to be part of something bigger. People like Kristina make our team stronger and our celebrations brighter, warmer, and more heartfelt.

TELL US A LITTLE ABOUT YOURSELF: WHERE ARE YOU FROM, WHAT DO YOU DO, AND WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?

I was born in Yekaterinburg, but spent most of my life in St. Petersburg. I now live and study in the United States, where I am pursuing an MBA in Business and Finance, as well as a master's degree in Translation. I also teach Russian at a university. Before moving to the United States, I worked in the banking industry for many years. In my free time, I enjoy swimming, playing tennis, traveling, reading, and discovering new places.

HOW DID YOU FIRST HEAR ABOUT OUR COMMUNITY, AND WHAT ATTRACTED YOU TO IT?

I first became acquainted with the organization through volunteering, and I immediately loved the feeling of being part of a true community. It's easy to meet open, interesting, and caring people here. What I especially appreciate is that everyone can contribute and feel that their participation truly makes a difference.

WHY DO YOU THINK IT IS IMPORTANT TO PRESERVE AND GROW COMMUNITIES LIKE OURS?

Organizations like this bring people together and create a space where we can support one another, preserve our language and culture, and stay connected to the place we call home. This becomes especially meaningful when you live far away from the environment you grew up in. For me, it is also an opportunity to make new friends, exchange ideas, and feel like part of a community.





RECIPE OF THE MONTH: MILLET PORRIDGE WITH PUMPKIN, HONEY & POPPY SEEDS

PREPARATION:

1. RINSE THE MILLET THOROUGHLY, FIRST WITH WARM WATER AND THEN WITH HOT WATER. PEEL THE PUMPKIN AND CUT IT INTO SMALL CUBES.
2. IN A SAUCEPAN, COMBINE THE MILK AND WATER AND BRING TO A BOIL. ADD THE MILLET, SEASON WITH SALT, AND COOK OVER LOW HEAT FOR ABOUT 10 MINUTES. THEN ADD THE PUMPKIN AND CONTINUE COOKING FOR ANOTHER 15-20 MINUTES, UNTIL BOTH THE MILLET AND PUMPKIN ARE TENDER.
3. REMOVE THE PORRIDGE FROM THE HEAT AND STIR IN THE BUTTER AND HONEY. COVER AND LET IT REST FOR 5-10 MINUTES TO ALLOW THE FLAVORS TO MELD.
4. BEFORE SERVING, SPRINKLE WITH POPPY SEEDS. IF DESIRED, ADD A PINCH OF CINNAMON OR A HANDFUL OF CHOPPED NUTS.

TIP: FOR AN EXTRA-CREAMY PORRIDGE, PLACE IT IN A 320°F (160°C) OVEN FOR 20-30 MINUTES. THIS GIVES IT THE SAME SLOW-COOKED, COMFORTING QUALITY AS PORRIDGE MADE IN A TRADITIONAL RUSSIAN WOOD-FIRED OVEN.

INGREDIENTS:

- 200 g millet
- 400 g pumpkin
- 500 ml milk
- 200 ml water
- 2 tbsp honey
- 2 tbsp poppy seeds
- 30 g butter
- A pinch of salt
- Cinnamon, optional

FALL IN RUSSIA WAS TRADITIONALLY A TIME OF HARVEST, WHEN GRAIN, PUMPKINS, APPLES, AND HONEY WERE GATHERED AND STORED FOR THE WINTER. SIMPLE MILLET PORRIDGE WAS A FAMILIAR STAPLE OF THE PEASANT TABLE, AND IT WAS OFTEN SLOW-COOKED IN A RUSSIAN OVEN UNTIL THE GRAINS BECAME TENDER AND FLUFFY.





JOIN OUR TEAM OF VOLUNTEERS!



LOOKING TO MAKE NEW FRIENDS IN CLEVELAND? JOIN OUR TEAM OF VOLUNTEERS! IT'S A WONDERFUL OPPORTUNITY TO MEET INTERESTING PEOPLE, CONNECT WITH LIKE-MINDED INDIVIDUALS, AND BECOME A PART OF A WELCOMING RUSSIAN-SPEAKING COMMUNITY.

IT DOESN'T REQUIRE A PERMANENT COMMITMENT – YOU CAN HELP WHENEVER YOU HAVE THE TIME AND DESIRE.

**INTERESTED? EMAIL US AT
RUSPEAKINGCLEVELANDERS@GMAIL.COM.**

WE'D LOVE TO HEAR FROM YOU!

DID YOU KNOW?

INTERESTING FACTS ABOUT OCTOBER:



October is one of the most quintessentially autumnal months:

In the Northern Hemisphere, October is when the changing season becomes especially noticeable: the days grow shorter, temperatures drop, and the trees gradually turn shades of yellow, orange, and red.

October's Birthstone – Opal:

Opal is considered the traditional birthstone for October. Thanks to its play of light and dazzling array of colors, it is often described as one of the most mysterious and unique gemstones.

October's Moon – the Hunter's Moon:

This is the traditional name for the first full moon after the Harvest Moon. The name comes from an ancient tradition: after the autumn harvest, it was especially convenient to hunt and stock up on food for the winter.

October – a Month of Spectacular Meteor Showers:

In October, several meteor showers can be observed, including the Orionids, which are associated with Halley's Comet. Their peak usually occurs in the second half of the month, when, under clear skies, you may see dozens of "shooting stars."

**WE ARE ON
INSTAGRAM!**

18.38



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Subscribe to the Russian Speaking Cleveland Magazine!

Would you like to stay connected and learn about the most exciting events, projects, and news from our community every month? Subscribe to our e-magazine and stay up to date with everything important! 🌿 ✨

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- announcements of upcoming events ;
- exclusive interviews and materials;
- and much more!

**Stay connected with our culture
and history!**

