

the **Stand** south side news

www.mysouthsidestand.com

Syracuse, NY

April 2012

issue 18 FREE

TREND BREAKERS

Corcoran lacrosse team forms its most diverse squad ever

hymns & loans

Tucker Missionary Baptist Church helps members with finances

Church and State

Faith proves key in discussion of federal birth control mandate

Skirting Hunger Pangs
More families turn to food pantries

GOVERNMENT'S RACIAL GAP



INSIDE | APRIL

the
Stand

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■ Cover photo of Shakem Buckmon by Samantha Okazaki

CALENDAR | APRIL

What: Start of Baseball on the South Side
When: Noon, Saturday, April 28
Where: Opening parade begins at Bellevue Academy, 1607 S. Geddes St., and concludes at Wadsworth Park, Wolcott and Glenwood avenues. Parents and players should arrive by 11 a.m.
Cost: For parade, free. Cost for season is \$80 per player; scholarships are available.
Contact: Parents can call (315) 295-2517 for more information and learn how to register, or visit <http://ssall.clubspaces.com>
More Info.: The Southside Little League is currently taking registrations for players until April 15 or until the league reaches its maximum level. Opening day, on April 28, begins with the parade starting at Bellevue Academy. Teams will then make their way to their respective fields (Roberts School, Elmwood Park and Wadsworth Park).

What: Grass-Roots, Community Cook-off Competition
When: Sign up now
Where: Cooking done in each church's respective kitchens; competition held at Dunk & Bright's Green Space/Parking Lot on South Salina Street
Cost: Free to enter
Contact: Mable Wilson for specific cook-off details and to sign up at mwilson62@twcny.rr.com or (315) 471-7063
More Info.: Seeking South and South-West Side churches to enter one of their congregation's favorite traditional recipes, but a healthier version. Top recipes will receive cash prizes of \$1,000, \$500 and \$250 courtesy of competition sponsor Nojaims. Recipes will be submitted and sampled during the South Side Grows Healthy Festival, set for June 23.

While I'm happy to be back after my maternity leave, I also greatly miss the moments in the middle of the day when my son (the Kang family's newest addition) would fall asleep in my arms or smile when he focused on my face. That is why you might have seen him with me at a recent community meeting or my occasional stop at the bank or on an errand.



Here at The Stand, we're thinking of him as a little volunteer. I'm excited about our new addition and our new edition of The Stand, as well as our plans for the South Side Newspaper Project. We will once again hold an interactive Behind the Scenes workshop this month. Last October, we provided a unique look at our project by having reporters share the process taken to create their published articles; we were able to have readers provide instant feedback.

This session will feature some of the project's new student reporters, who will be joined by community correspondents and The Stand board members. Many who attended our last workshop enjoyed the informal format, which allowed for an open discussion. We are interested in hearing your story ideas and also your feedback on reporters' stories. So if you want to learn more about the project, share your perspective and ideas, please join us Saturday, April 14, at the South Side Communication Center. Find full details in the "Upcoming Events" box to the right.

Also happening behind the scenes is an effort by The Stand's board members to become more focused and clear in this project's goals and objectives. To do this, we have recruited the expertise of Thane Joyal from CDS Consulting Co-Op (www.cdsconsulting.coop/). She specializes in leadership and board training. Her passion and guidance are helping our board begin to evaluate our policies, membership roles and goals. With Joyal's help, the board is working to develop a plan and bylaws that reflect clearly what we want to see the project accomplish. We thank her for volunteering her time.

And you can learn all that goes on behind the scenes when you visit our new Facebook Timeline. Search **The Stand Newspaper** (<http://www.facebook.com/TheStandNewspaper>). Also, follow us on Twitter **@MySouthSide**. Be sure to 'like us' so you can stay updated.

Now turn the page and be moved by all of the South Side stories in this issue.

Ashley Kang

UPCOMING EVENTS

April 14

Behind the Scenes of The Stand Workshop

10 a.m. to noon

South Side Communication Center, 2331 S. Salina St.

Join The Stand in this unique workshop. We will let interested community members go Behind the Scenes of The Stand to learn how story ideas were developed and to find out about the process reporters followed to put together their articles that are featured in this issue.

Free and open to all. Coffee and light refreshments provided.

To learn more, contact The Stand's director, Ashley Kang, at Ashley@mysouthsidestand.com or call (315) 882-1054.

SEND A PHOTO OF YOUR NEWBORN

We'd like to start featuring photos of South Side newborns in The Stand.

Interested? Just send us a digital photo and fill out a short form.

To request a form and receive more details about this feature, send an email to The Stand's director, Ashley Kang, at Ashley@mysouthsidestand.com.

Put **BABY PHOTO** in the subject line of your email.



> Eagle Wings Academy is made up of 24 students. See story on Page 16. | Richie Calabro, Staff Photo

LOCAL ACHIEVERS

The South Side Achiever is a new feature in The Stand that highlights an accomplished person in the community.

ORGANIZATION

On Point for College

PROGRAM DIRECTOR

Sam Rowser

INSPIRATION

Knowledge that he overcame his own challenges

NOMINATE SOMEONE

Do you know a South Side Achiever? Nominate that person by contacting Ashley@mysouthsidestand.com or (315) 882-1054

FOR MORE INFORMATION

Contact On Point for College

- (315) 362-5003
- info@onpointforcollege.org
- 1654 W. Onondaga St.
- www.onpointforcollege.org

Contact Sam Rowser

- (315) 374-4104



Sam Rowser

Helps thousands of youth achieve college dreams

By | Heather Wentz
Staff reporter

Organization lets low-income students break through barriers in way of higher education

Ever since Sam Rowser overcame the obstacles in his life that stood between him and a college degree, he has firmly believed that education is the key to positive change and success.

“In my life, I’ve had some bumps in the road, and the one thing that was consistent for me was the fact that having an education always balanced things out,” Rowser said. “It always opened doors for opportunity.”

Rowser is the program director for On Point for College, a nonprofit organization that works to overcome any and all obstacles standing in the way of low-income students going to college. “The need is great, the desire to help is great, and we’ve been able to meet people who have a like passion to want to change the condition of the Syracuse community,” Rowser said.

Rowser worked his way through school and obtained his associate degree in business administration from Onondaga Community College at age 25. Soon after, he received his bachelor’s degree in individual studies from Columbia College.

Eventually, he began working at the Southwest Community Center, which was where he first crossed paths with Ginny Donohue.

When Donohue learned that Rowser knew how to fill out financial aid forms, she brought him in to help once a week.

In 2000, she had 144 students and was struggling to give each student her undivided attention.

“I walked outside of the Southwest Community Center and said, ‘OK Lord, I haven’t turned a single person away, but I need some help.’”

Four days later, Donohue learned that the Department of Social Services had some money available through the Temporary Assistance for Needy Families fund, which was specifically allocated to helping low-income students attend college, and she secured \$45,000 a year for seven years.

Rowser and Donohue became a team in January 2001.



> Sam Rowser helps students, and his colleagues look to him for answers, too. | Sistina Giordano, Staff Photo

At that time, On Point had 70 students in college and 144 students in the program. They couldn’t afford office space and had only enough money for one part-time assistant. For four months they worked out of their cars and held their staff meetings at Burger King.

Ten years later, On Point for College has more than 3,200 students who have gone to college, with currently 1,200 students in college and more than 4,000 students in the program. There are 17 staff members who take up 90 percent of a wing of the Catholic Charities Center at 1654 W. Onondaga St.

Darien Gregory, one of the college access advisers, has worked at On Point since April and said Rowser is her “go-to” person whenever she has a question. “There’s always a conditional situation or a situation with a student that’s individualized, so we go to him to get answers,” Gregory said.

Tamica Barnett grew up in the Syracuse area and utilized On Point’s many resources, eventually graduating from St. Bonaventure University in 2006, but her parents couldn’t attend her graduation. So Rowser, his wife and children drove to St. Bonaventure in Olean, N.Y., to attend the ceremony.

“I didn’t know he was going to be there, and I was very glad to see him and his family on Mother’s Day,” Barnett said. “My parents couldn’t be there, so to look up and see Sam, it was really special.”

Additional reporting by Sistina Giordano

Make college dreams real

say **yes...**

To putting Syracuse City School District students on the road to success.

To offering free college tuition to city students.

To building an educated workforce, so local companies can grow and prosper.

To a stronger, more vibrant Central New York economy.

Syracuse is taking the lead in urban education. It's the first community in the United States committed to making sure all public school students can afford and succeed in college. Through the Say Yes to Education program, Syracuse University is joining with the Syracuse City School District and others to make college dreams real.

To find out what Say Yes to Education means for you and your family, go to sayyessyracuse.org, or call **315-443-4260**.

SYRACUSE UNIVERSITY: Scholarship in Action



WHAT'S COOKING?

HOPPS SOUP KITCHEN

- Baked chicken
- Meat loaf
- Different soups
- Sandwiches
- Steamed vegetables

SOUTHWEST COMMUNITY CENTER PANTRY

Inside the pantry, there are bags of pasta, rice and Rice Krispies cereal, canned fruit, Gerber baby food and 12 jars of peanut butter. A stainless steel refrigerator holds 10 cardboard boxes of Tyson chicken leg quarters.

The Food Bank of Central New York is the main provider of food for the Southwest Community Center and Hopps Soup Kitchen. It has 476 member programs in 11 counties of New York.

PANTRY

Hopps Memorial Church soup kitchen

- 1110 S. State St.
- Lunch: Wednesday-Friday noon to 1 p.m.
- (315) 475-9108
- (315) 478-0191

Southwest Community Center

- 401 South Ave.
- Tuesday and Thursday 9 a.m. to 1 p.m.
- (315) 671-5818

FOOD FOR HUNGRY

Syracuse community members depend on pantries for nutrition

By | Laura Liera
Urban Affairs reporter

There has been a significant increase in the number of 'food insecure' households

Verleen Innis has a fresh and deep, pink scratch near her left eye. It's not her first — nor is the story behind it a new one.

The 54-year-old South Side resident says she tries to ration the food she gets from pantries, but it is tough for her and her disabled son, who requires more to eat than she can afford.

"My son is 27 years old and has Down syndrome," Innis said. "I got this scratch because he got mad that I wouldn't let him get a hot dog, so he jumped up and scratched me, so I ended up cooking the hot dog." Innis was trying to stretch out the meat she had in her refrigerator to last her for a few more days. It wasn't the end of the month yet, when she could return to a pantry to get more. Innis said she'd been unable to find work because of the demands of caring for her son.

One pantry Innis depends on is the Southwest Community Center Food Pantry that provides food every Tuesday and Thursday from 9 a.m. to 1 p.m. Joanne Brown Stephens, 43, program manager of the center's Family 1st, food pantry and lead programs, has seen more residents like Innis coming every month to stock up on food since starting with the center in 2010. "I hear residents talking amongst each other about how tough it is for them not to go hungry because these economic times are affecting them," Stephens said.

"People who never thought they would need help from a food pantry are now coming in to get food."

Innis said people don't get enough help when they need it. "I only get \$86 for food stamps per month and I never knew that I would be coming to pantries and depending on them to get me through the month."

Innis uses her \$86 to buy meat and cheese for two of her grandchildren and her son. "I can barely get enough food for all of us," she said. "But I won't apply to welfare for my grandchildren because they will make me go through a whole challenge of paperwork, so I just raise my grandchildren with my little check," Innis said.

Innis said she also has to worry about paying other bills. "When you're the only person paying for a \$400 rent, furniture bills, life insurance bill, you have to sacrifice a lot of things, and food is one that unfortunately is sacrificed."

The Southwest Community Center has seen an increase of about 25 percent over the past five years in



> Verleen Innis depends on the food pantry at the Southwest Community Center. | Laura Liera, Staff Photo

community residents needing the food pantry. Valerie Hill, director of Community Services for two years, said 60 people a month use the food pantry. "If you add the amount of people who come in for our Fresh Food Giveaway once a month, the number increases to over 100 people."

Southwest Community Center provides residents with canned food, bags of rice, pasta and cereal, as well as poultry. "I am grateful to the center because they help me get through the months," Innis said. "I don't care how little or how big the bag is, because whatever they give me will help feed my family."

Churches serving warm meals have seen an uptick in traffic throughout the week.

Emma McDonald, 74, director of the Hopps Memorial Church soup kitchen, has seen a 50 percent to 75 percent increase in residents coming in to get a hot plate. "We started this program in 1979 and since about the 1980s, the dependency on food that residents need has escalated greatly. I have seen it increase, and it will continue to increase until the government says, 'We are



> Volunteers at Hopps Soup Kitchen include, from left, Glen Lyles, 56; Emma McDonald, 74; and Rita Dunbar, 52. McDonald has given her time since 1979. The others have volunteered for roughly a year. | Laura Liera, Staff Photo

going to make sure that everyone in America does not go to bed hungry.”

Hopps Soup Kitchen provides meals Wednesday through Friday from noon through 1 p.m. and provides a different meal every day. Glen Lyles, 56, volunteer at Hopps, enjoys knowing that she is helping out community members.

“I feel great when I come in because although I may be washing dishes or making 100 tuna sandwiches and putting them in bags, I know that I’m helping someone out in the community not go hungry for the day,” she

said.

The South Side experience is happening nationwide. According to the Household Food Security in the United States research done for 2010, 17.2 million households across the country were food insecure, meaning they didn’t eat three meals per day. It’s the highest number ever recorded in the United States.

“There are a lot of churches now that are providing soup kitchens or pantries to community members,” Hill said, “so it’s good to see that more people are catching on to this problem that exists in our community.”

Meals on Wheels shows it cares by making deliveries for 52 years

A good morning rush doesn’t require a hot cup of coffee — just a kitchen full of volunteers and staff at Meals on Wheels, where 1,000 free meals are made and delivered every week.

Meals on Wheels of Syracuse is a not-for-profit agency that provides nutritious meals to the homebound, including seniors, people with disabilities, nutritionally at risk individuals and people recovering from accident or illnesses.

Meals on Wheels has been providing service locally for more than 52 years. Most recipients are in their mid-70s. Mason Kaufman, executive director for 16 years, has seen a variety of clients. “Last year one of oldest recipients was 98 years old but awhile back we had someone on the South Side that was 102 years old.”

Delivery volunteers arrive to Meals on Wheels between 10:30 a.m. and 11 a.m., when the food is packed into the blue cold cooler and a red warm cooler.

“We have two lines of volunteers in the kitchen, one for the hot line and cold line,” said Jennifer Stone, food service director. “Each person has a designated job and they have to also be prepping food for the next day in-between this rush.”

Fridays are extra busy because 400 meals are made that day to cover the weekend. Stone has recipes that she has collected over the years. Residents’ favorite: anything Italian.

Each meal costs around \$10.50 to produce for each resident. The meal includes a cold plate and a hot plate.

Keeping up with ways to raise money for the organization is the job of Katherine N. Lowe, the director of development and community relations. “Raising enough funds to cover the gap between the amount that we are reimbursed for meals and the actual cost, which is \$7.50 versus the \$10.50 per client per day, is the hardest thing to keep up with,” she said. “But we raise money through mail campaigns, special events, and individual donors.”

Volunteers like Ruth Brown, 75, who has been a delivery volunteer for 12 years, said senior hunger needs more attention.

“There is a need for this national issue to get disseminated for people to know it exists,” Brown said. “Because there are a lot of our seniors who are suffering from hunger because nobody cares to pay attention to their needs.”

— Laura Liera

MEALTIME STATS

MEALS ON WHEELS ASSOCIATION OF AMERICA ESTIMATES THESE NUMBERS:

- In 2025, an estimated 9.5 million senior Americans will experience some form of “food insecurity,” about 75 percent more than the number in 2005.
- In 2025, an estimated 3.9 million senior Americans will be at-risk of hunger.
- In 2025, an estimated 1 million senior Americans will suffer from hunger

Source: mowaa.org

MEALS ON WHEELS FAST FACTS:

- Meals on Wheels of Syracuse began servicing on May 20, 1959, and is the fourth-oldest agency of its kind in the country
- In 2011, Meals on Wheels of Syracuse provided 182,000 meals to 700 residents.
- Meals served over 50 years: 6.26 million
- 400 pounds of frozen vegetables are used per week

For information:

(315) 478-5948

MANAGING STRESS

Pastor Leslie Johnson shares his “Seven Secrets of Stress Management” as a way for members of his congregation to handle some of life’s struggles.

1. IDENTIFICATION: KNOW WHO YOU ARE

Jesus knew who he was. There are 18 times that Jesus publicly defined himself. If you are unsure of your identity, you allow others to pressure you.

Trying to be someone you are not causes stress!

2. DEDICATION: KNOW WHO YOU WANT TO PLEASE

You cannot please everyone. God could not please everyone.

No one can pressure you without your permission!

3. ORGANIZATION: SET CLEAR GOALS

Jesus said, “I know where I came from and I know where I am going.”

Preparation prevents pressure, but procrastination produces it!

RECEIVING A LIFT

Members of Tucker Missionary Baptist Church get help when in need



> Walter Tapley fondly remembers receiving help from Tucker when he experienced financial hardship. | Lena Budd, Staff Photo

By | Alexandra Hitzler
Urban Affairs reporter

Church on Oakwood Avenue provides those in need with financial, employment assistance

Tucker Missionary Baptist Church provided Walter Tapley with spiritual guidance — but that won’t pay the rent.

The church was there for that as well.

“I had fallen on some hard times, and Tucker Missionary helped me through a lot of my struggles,” Tapley said.

Tapley, a member of the Oakwood Avenue church on the South Side, joined in July 2003 after moving from Long Island. When the economy soured, he found that instead of giving the church an offering, he needed help himself to pay his rent. The church stepped up.

Michelle Mark, a member of Tucker Missionary Baptist Church, has worked as a financial adviser for struggling congregation members since the start of the economic recession. Mark said the church has helped somewhere between 150 to 250 members with their financial struggles since 2009. The church has about 500 members, Mark said.

Pastor Leslie Johnson said in the past three years, the church has granted its members approximately \$15,000 in assistance and has run programs to help members with budgeting, improving their credit scores, finding employment and buying homes.

There is usually no pressure to pay the money back, Tapley said.

“I got a sense that this church knew the Lord,” Tapley said. “They are really looking to help out everyone as much as they can.”

While the church provides a variety of financial programs, Johnson said the biggest concern is employment.

“A lot of our members found themselves out of work when the economy got bad, so of course, they came to the church to seek our help,” Johnson said. “We’ve been doing our best to steer them in the right direction and make sure they have the right resources to get them back to work.”

The church sends out mass emails whenever it learns about job opportunities in the area, Johnson said. The church also works with its members to improve their resumes and provide clothing from the church’s “Clothing Closet” to those who need proper clothing to wear to job interviews.

Mark, the financial adviser, said besides employment, homeownership is another major concern.

“It takes a lot to buy a home, and a lot of our members are not completely equipped to achieve homeownership,” Mark said. “We think it’s important to promote homeownership in the community, and we do whatever we can for prospective homeowners that come to us for help.”

Sister Linda Clark, a minister and financial administrator at Tucker, said she works with two members of the church who are real estate agents to put together seminars and advise members on what they need to do to achieve homeownership. Their efforts include helping church members get their credit reports together and apply for mortgages.

“People take more pride in keeping up their community when they own a home,” Clark said, “and homeownership really isn’t that out of reach for a lot of our members.”

As the national economy begins to improve, Mark said she has noticed a decrease in members’ need for church help.

The national unemployment rate has improved for three consecutive months — to 8.3 percent now, down from just over 10 percent, the U.S. Labor Department reported in March.

“From what I’ve seen lately, some people in the community have started buying new cars, and some of our members have even been able to buy their own homes,” Mark said. “I think that this is a result of the financial advising that we provided as well as their ability to find a stable economic footing as the recession gets a little milder.”

The church plans to continue its efforts to help its

“We want to help people buy their own home because it will improve their lives, but also improve the community.”

—Sister Linda Clark



> Pastor Leslie Johnson preaches to the congregation at Tucker on Sunday, March 25. | Lena Budd, Staff Photo

members in financial need, even as the economy begins to improve, Mark said.

Laura Sutherland, pastor of the Mount Olive Lutheran Church in Rochester, Minn., said Tucker Missionary Baptist Church is not alone in its efforts to help church members through the recession. Like Tucker, Mount Olive has worked throughout the recession to help its struggling members pay bills and manage their money. Sutherland said the church has partnered with other church organizations in the area this year to provide financial help and guidance to about 40 families.

“People are asking their churches for help in a lot of the same areas that they always have asked for help in, it’s just been at an increased rate during the recession,” Sutherland said. “It’s tough for everyone, but we’re all doing our best to lighten the burdens.”

4. CONCENTRATION: FOCUS ON ONE THING AT A TIME

You cannot chase two rabbits at the same time. You must know how to handle interruptions without being totally thrown off your goal.

5. DELEGATION: DO NOT TRY TO DO EVERYTHING YOURSELF

We get tense and stressed out when we feel like everything depends on us. Remember, Jesus has 12 disciples.

6. MEDITATION: MAKE A HABIT OF PRAYER

No matter how busy Jesus was, Jesus found time to pray. Quiet time is a great stress decompression chamber.

7. RELAXATION: TAKE TIME Enjoy life!



HENDRICKS CHAPEL
Syracuse University

A Home for All Faiths — A place for All People



> Coach Shaun Smith watches his lacrosse team at Corcoran High School as they scrimmage during an afternoon practice. | Samantha Okazaki, Staff Photo

GAME IN TRANSITION

Corcoran fights a national trend by exposing the city youth to lacrosse

By | Josh Wetmore
Urban Affairs reporter

A new generation of lacrosse players breaks the stereotype as more black youth enter the game

Emmanuel Rowser's parents wanted him to be involved in sports year-round when he was young. So when Rowser was 12 and the basketball season ended, they told him he needed to find his next sport. Rowser decided on lacrosse — but there was something different about it.

It was his teammates.

Only three were African-American like him.

"It was like, you're not in your world anymore. You're in someone else's world," Rowser said. "You're made to feel, at certain times, like you're not wanted in a sport by other teams."

Rowser saw more African-American faces than most lacrosse players, though. The 2010 NCAA Student-Ath-

lete Ethnicity Report shows lacrosse to be the third-least diverse male sport in college athletics, after equestrian and bowling. African-Americans made up only 2.2 percent of college lacrosse players in the 2009-2010 season. The lack of interest — and at times lack of acceptance of African-American athletes in the sport of lacrosse — has made the job of Corcoran High School lacrosse coach Shaun Smith particularly difficult. Corcoran is 72 percent African-American, and its lacrosse program didn't even exist until 1996, when Smith created it.

"In the city, it's tough with lacrosse. It's not like West Genesee, where kids are born with a stick and they've been playing their whole life," Smith said. He added that one of the major problems for his team is that at other schools, students are introduced to the sport in elementary and middle schools.

There are a number of reasons why the sport is so homogeneous, said Ryland Huyghue, one of the found

Continued on Page 12



> Alex Waelder, left, Shakem Buckmon, Shaun Smith, Noah Galvan and Sean Eccles. | Samantha Okazaki, Staff Photo

COST OF THE GAME

STICK (REQUIRED):
\$26.99 - \$149.99

HELMET (REQUIRED):
\$109.90 - \$319.99

GLOVES (REQUIRED):
\$29.90 - \$189.90

SHOULDER PADS (REQUIRED): \$19.90 - \$164.90

ARM PADS (SUGGESTED):
\$18.99 - \$119.99

RIB PADS (SUGGESTED):
\$29.90 - \$49.99

LEAST EXPENSE TO GREATEST EXPENSE
\$186.69 - \$994.76

COLLEGE SPORTS BY THE NUMBERS:

(Number in parentheses represents white, non-Hispanic)

Baseball: 4.1% African-Americans (86.1%)

Football: 34.5% African-Americans (57.4%)

Basketball: 45.6% African-Americans (46.7%)

Ice hockey: 0.7% African-Americans (87.9%)

Golf: 2.3% African-Americans (88.1%)

Source: 2009-2010 NCAA Student-Athlete Race/Ethnicity Report

ON THE SIDE

GET IN THE GAME

After coaching a youth lacrosse team in the Eastwood area of Syracuse, Dan O’Connell created Syracuse Youth Lacrosse, an instructional organization aimed at giving Syracuse youths interested in playing lacrosse an affordable and accessible way to learn the game.

The program is in the beginning stages and mostly consists of instructional sections for athletes in third through sixth grades. All O’Connell charges is the \$25 registration fee for U.S. Lacrosse for insurance purposes. O’Connell hopes his program will help develop both interest and skills in the sport of lacrosse for inner-city youth.

“That’s the overall plan,” O’Connell said about helping provide a cheap way for young people to play lacrosse. “A lot of kids that could be great lacrosse players don’t even get a chance because of that.”

CONTACT INFO

To get involved with the program, contact Dan O’Connell at doconnell@doconnellfitness.com.



> Two Corcoran lacrosse players leave the field after spring practice. | Samantha Okazaki, Staff Photo



> The Corcoran lacrosse team practices on a mild day in March. | Samantha Okazaki, Staff Photo

Continued from Page 11

ers of the International Diversity Lacrosse Council. The nonprofit organization looks to expand the diversity of lacrosse by teaching the sport in inner-city neighborhoods.

“The downfall of lacrosse is that it’s expensive,” Huyghue said. Lacrosse players require a stick, helmet and pads to be properly equipped. “Inner-city kids can’t afford it,” Huyghue added.

Huyghue also said there are few African-American role models in the sport, and generally little exposure to the game in suffering economic areas.

Jovan Miller, who’s African-American, is one of the exceptions. He starred for the Syracuse University lacrosse team and plays today as a midfielder for Major League Lacrosse’s Charlotte Hounds.

Miller said he’d never seen the sport until he stumbled upon the 2002 NCAA National Championship when he was in seventh grade.

“That was the first time I’d ever seen a game. I didn’t even know Syracuse had a team,” Miller said. After watching the game, Miller went upstairs to ask his mother for a lacrosse stick.

“She couldn’t afford a stick, so my mom went to work the next day and she talked to this guy, one of her

best friends,” Miller said. “And the guy ended up buying me a stick.”

Despite challenges, the Corcoran team is thriving. Coach Smith’s varsity roster for the 2012 season includes 17 African-American players, about half the squad of around 30 or so. Smith said before this year he’s never had more than five. While Smith works hard trying to recruit as many athletes as he can to the team, he isn’t sure why he’s had such success this season.

Rowser thinks he has the answer. It’s a simple one — one that Smith, Miller and Huyghue want to hear most.

“We’re getting more involved in the sport, we’re starting younger,” Rowser said.

And as more African-Americans play, there are more of those role models, Rowser said. That includes players like himself on the Corcoran team.

After the team’s first scrimmage of the 2012 season, Rowser was walking home from the field, through the streets of his neighborhood.

“A kid down the street from me asked me if I had a lacrosse stick for him because he’s playing lacrosse this year. So that gave me a big smile to say, ‘Yeah, I got ya. I’ll get you the lacrosse stick the next day.’ ”



> Emmanuel Rowser is one of 17 African-American players on the Corcoran team. | Josh Wetmore, Staff Photo



> A rarity in lacrosse, black players are sometimes made to feel unwanted by other teams, Emmanuel Rowser said. Lacrosse is the third-least diverse male sport in America. | Samantha Okazaki, Staff Photo

CORCORAN LACROSSE

Last season’s record:
12-5

Number of returning
players: 3

Team captain: Noah
Galvan, junior goaltender.

Year program started:
1996

FORMER PLAYERS:

Matt Casey

- 6-year veteran in Major League Lacrosse
- Plays midfield for the Ohio Machine

Marty Ward

- Head lacrosse coach at Florida Southern College



Find this word in this story

Homogeneous The same in structure, quality, etc.; similar or identical

How would you use this word in a sentence?

ON THE SIDE

WHAT DO THEY THINK?

While Catholics are split on the issue, Catholics who are racial minorities are generally more supportive of required contraceptive coverage in health plans. Below are the percentages of all Catholics that support required contraception coverage for different types of employers. The percentages in parentheses are of white Catholics specifically.

- Churches and other places of worship: 47% (43%)
- Religiously affiliated social service agencies: 59% (44%)
- Privately owned small businesses: 58% (55%)
- Religiously affiliated colleges: 60% (43%)
- Religiously affiliated hospitals: 59% (48%)
- Publicly held corporations: 65% (61%)

More statistics at <http://publicreligion.org/research/2012/03/march-rns-2012-research/>

FAITH AND FREEDOM

Emergency physician strives to reconcile religion and aid at hospital



> Louise Prince, emergency physician at Upstate University Hospital, shown at St. James Church. | Marina Zarya, Staff Photo

By | Aaron Pelc
Urban Affairs reporter

Louise Prince incorporates her Catholic beliefs into the work she does at emergency center

For Louise Prince, religion is not something that stops when she leaves church. She practices her faith every day when she goes to work as an emergency physician at Upstate University Hospital.

That faith shows in how she treats patients who may have no means of payment, and in the compassion she feels for everyone, no matter what their situation.

Prince said she often tries to “see Christ” in everybody, a teaching of Mother Teresa. That could be someone who’s intoxicated and obnoxious, a family that just lost a child, or an elderly person in the last hours of life.

“I think it would be hard for me to practice emergency medicine without faith,” she said, “because you see a lot of terrible things happen to people, happen to families: death, injury, and injury to the innocent.”

Being able to practice faith in all walks of life is

something Prince holds as vitally important for all Americans. She objects to the January federal mandate requiring that birth control be included in all employee health plans — including for faith-based employers like the Catholic church — because it violates the church’s moral conscience.

Prince attends church on the South Side, where letters were handed out in late January from Bishop Robert J. Cunningham assuring parishioners that the church would fight the Obama White House on the directive.

“The church’s stance is one of religious liberty, and the government’s stance is one of women’s health,” said the Rev. John D. Manno of St. James Parish at 4845 S. Salina St., where Prince attends. “Who is the government to impose on us that we should provide contraceptives for employees when it’s something totally contradictory to what we believe? Why should we be imposed in that way by the government, especially in a country that’s built on religious liberty?”

Individual churches are exempt from providing contraceptive coverage to employees, but that does not

extend to the hospitals, universities or charities they run, such as the Catholic-administered St. Joseph's Hospital Health Center. President Obama did offer a compromise in February, saying churches could shift the cost of such coverage to the health insurance companies. However, many of these organizations are self-insured; church officials say that means they still would be indirectly paying for the use of contraceptives.

"The federal government is not offering any accommodation as far as we're concerned in the church," said the Rev. Robert D. Chryst of St. Anthony of Padua Parish, 1515 Midland Ave. "If you tell the insurance company to pay for it, in many situations we are the insurance company, so it isn't any different."

Kerri Ganci, director of public relations and marketing communications at St. Joseph's, declined comment on the matter, saying that the hospital is still waiting for the issue to be sorted out.

The South Side could be particularly affected by the Obama requirement, as women of lower income and racial minorities have higher rates of unintended pregnancies than other groups, according to a 2011 study by the Guttmacher Institute.

Prince does not think that expanding contraception coverage is the answer, though.

"I think we would be better served at educating and trying to help women improve their lives, and improve how they're respected and how men and women respect each other in relationships and the beauty of sexuality as it exists between a man and a woman in married life because then children are not 'unwanted.' They have a family," she said. "I think we also have to focus our energy on taking care of those children and those women so that they can have their babies, they can love them, and love these children that are now created."

She also said that this issue is demanding a lot of time and effort from the Catholic Church that could potentially be spent on charitable works. St. James is involved in a number of charities, such as its Emmaus

Ministry that provides meals, shelter, and other help to those in need all around Syracuse. It reaches out to the South Side with cookouts for children and clothing and food giveaways to the homeless during the winter.

Prince doesn't think the church will back off of its stance for the sake of other efforts, though.

"We either use our energy now and try to fight it, or suffer the continued consequences," she said. "And that's how important it is to us; that's why we're not going to be able to let this issue go."

Regarding St. Joseph's and the requirement for it to provide contraceptive coverage, she said, "To put stumbling blocks in the way of being able to do what we think is our mission of charity, to say you would have to violate your morals to be able to do this, it just doesn't seem fair. It doesn't seem right."

Catholics aren't all in agreement on this issue, though. "Roughly 6-in-10 report that religiously affiliated social service agencies, colleges, hospitals, and privately owned small businesses should be required to provide health care plans that cover contraception," said a recent study by the Public Religion Research Institute.

"Individuals are allowed their own opinion, but that's what they are is opinion, not the teachings of the church," Prince said. "My personal position is that I'm with the bishops. I think that Catholic laypeople who truly believe need to stand up and support the church."



> Paschal Ugoji | Aaron Pelc, Staff Photo

Paschal Ugoji, another parishioner at St. James, said he thinks the government is getting overly involved in who does or does not buy contraception.

"We live in a multicultural society with people of different faiths," he said. "Individual people should be able to make choices; that's American liberty. The government should not be involved in this."

MILESTONE DECISIONS

AUGUST 2011:

Department of Health and Human Services issues a rule requiring most health insurance plans to cover contraception without charging a co-pay or deductible.

FEBRUARY 2012:

President Obama announces that health insurance companies — not religiously affiliated charities like hospitals — would take on the cost of contraceptives.

FEBRUARY 2012:

The United States Conference of Catholic Bishops questions the policy and calls for an exemption for religious insurance companies and self-insured religious employers.

AUGUST 2013:

Religiously affiliated non-profit employers must implement the rule by the first of the month.

SAFETY FIRST



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SYRINGE EXCHANGE PROGRAM

ON THE SIDE

HOW TO OBEY

At Eagle Wings Academy, this phrase is posted on the doors:

Others before yourself

Be in your seat, unless given permission to leave it

Eyes and ears on the person speaking

Your hands/feet/tongue to yourself

FOCUSED MISSION

Eagle Wings Academy is a member of the Street School Network, an organization that helps start faith-based schools for troubled youth in metropolitan areas.

Street School Network schools have been shown to boost a student's GPA by 67% over the student's previous experience. They also have a college enrollment rate of 73% as well as over 80,000 hours of yearly literacy intervention.

Source: <http://streetschoolnetwork.org/About/the-solution.html>

CONTACT US

Eagle Wings Academy is located at:

423 Valley Drive
Syracuse, NY 13207
(315) 396-0024

SPREADING WINGS

Local private school provides specialized attention for students in need

By | Richie Calabro
Urban Affairs reporter

Students and staff alike see the value of a more intimate class setting at Eagle Wings Academy

Anna Shipe knew that mentoring children alongside the city pool on Valley Road during the summers was a call for something bigger.

"We would have 30 to 40 kids over with us talking and there would be no one in the pool, even on the really hot days," Shipe said. Shipe is now principal of Eagle Wings Academy, a private Christian school on the South Side that she helped start in 2008, along with her husband, David.

Her office is not far behind a steel pink door in the basement of Grace Baptist Church, only feet from where the 24 children who attend the school start off their morning with Bible class. "This is one of the best parts," Shipe said. "We have so much flexibility; we can start our day with the Lord."

Eagle Wings serves students in kindergarten through ninth grade, but it is unlike many other private schools in the area. The children do not pay tuition, their school is one large room broken into several smaller rooms, and children from different ages take classes together. "The great thing about Eagle Wings is the small class sizes that allow teachers to build personal relationships with the students," said William Rutan, who is in his first year at Eagle Wings. He teaches reading, writing and gym.

The school has three full-time teachers and two part-time ones. The average class size is between three and seven students, depending on the subject. "Small numbers and individual attention is what made this place so attractive," said Rutan, who used to teach at Grant Middle School. "I learned ... having higher pay at Grant wasn't what was going to make me happy."

Hope Lont, who teaches science, said small classes allow teachers to address many problems. "A lot of our students have needs that are a little more intense than what can be handled in a public school environment."

Lont, who taught at Dr. King Elementary before a brief move to Florida, believes that Eagle Wings is so successful because it has a focused mission. "Here, all of the teachers are able to share time and information with each other as well as communicate. We can figure out what works and what doesn't for each student."

Students also realize the benefits of a smaller environment. "You get more attention. You can stay after if you need help and the teachers will even drive you home

when you're done," said Ian Vire, a ninth-grader.

Eagle Wings is funded solely with grants and donations from people, as well as gifts from churches. "We have quite a bit of churches out there who are helping us out," Shipe said.

Shipe, who doesn't take a salary, is in charge of running the school, as well as applying for all of the grants the school needs. Eagle Wings was recently awarded a Gifford Foundation grant, allowing it to hire an academic coordinator with the \$7,623. The coordinator will help put together a full curriculum for all grades as well as develop a structured report card system.

The school is a member of the Street School Network, which is a group out of Denver that helps start faith-based schools for troubled youth in metropolitan areas. "They came out here for a few days and really liked what we were doing," Shipe said.

Danae Pilalas, a kindergarten teacher who moved to Syracuse from Arizona last summer, finds teaching at a ministry school one of the most appealing parts of Eagle Wings. "Here, you teach the students what they never heard before. Five-year-olds don't know what the Bible is. The challenge is to teach them that it isn't just another storybook," Pilalas said.

Communicating with parents is one of the hardest parts of Pilalas' job, she said. "Many times, there are several layers of parents or guardians that I have to go through if I want to speak with someone."

Teaching different ages of students in the same class also poses a challenge. "The variety of grade levels is the hardest part when compared to a regular public school, like Grant," Rutan added.

The children are taught Bible every morning when they arrive. Throughout the day, they receive all of the major subjects — math, science, language arts, history, gym and art. "We have to make sure we cover all the subjects for the state," Shipe said.

Students also go out on projects where they help those in need. Shipe has her own SWAT team, or "Servants Without a Title." Shipe recalls one trip when she and the students went to an elderly woman's apartment to help her clean. "The apartment was filthy. It looked like someone had just emptied a garbage bag all over the place. But the students didn't even make a remark. They grabbed some gloves and started cleaning."

Shipe says of her job: "I know it's what the Lord is asking me to do. We have a fantastic staff, and we are actually having fun."

See class photo on Page 3

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CITIZENS CABINET

The 19-person Citizens Cabinet, which Mayor Stephanie Miner's office described as a way to provide "a consistent dialogue" with the mayor, draws from the city's eight Tomorrow's Neighborhoods Today groups — one member from each area of the city — with the rest appointed by the mayor, said Lindsay Speicher, director of constituent services in the mayor's office.

The mayor does not appoint members to the Citizens Cabinet solely based on race, Speicher said.

Instead, the candidates who are appointed by the mayor are looked at holistically, in terms of how representative they would be of the community they represent, Speicher said.

Miner's cabinet is committed to diversity, Speicher said, but she added that diversity does not include only race.

FOCUS ON DISPARITY

Mayor adds two African-Americans to Citizens Cabinet



> Kahari Thomas owns Omanii's Lemonade Heaven on South Avenue. "The kids nowadays ... they're not really interested in government," he said. "They don't see the connection, where if you can control the power of the politics, you can control the things that happen in your neighborhood." | Cheryl Mowczan, Staff Photo

By | Christina Levin
Urban Affairs reporter

Despite newest members, Citizens Cabinet does not accurately represent African-Americans

The everyday South Siders who call for more African-Americans to represent them in government may have to do it themselves.

But political experts in town and some African-Americans who have made it into city leadership acknowledge getting involved is costly and somewhat intimidating, and the very people calling for a greater voice sometimes misunderstand how government works. They add that one job of government is to actively educate and involve its citizens.

Recently, Mayor Stephanie Miner did just that, appointing two African-Americans to her Citizens Cabinet. That makes three in a group of 19, said the mayor's press secretary, Lindsay McCluskey. The two African-American additions were Joseph Bryant — who replaced his brother, who moved — and Julius Lawrence. But in a city where 30 percent of the residents are African-

American, it would take a half-dozen cabinet members to represent the city's population. Neither Bryant nor Lawrence responded to calls or emails seeking comment.

"There is a disparity in city government — not just in relation to African-Americans, but people of color in general," said 4th District Councilor and South Side resident Khalid Bey, an African-American who was elected in November. "Persons of color are not as intimately involved with government as they could be."

Bey said ethnicity has played a role in the way some people have approached him. Just because he is African-American, Bey said, "In certain areas of the district, some may have preconceived notions about the type of job they believe I can or cannot do."

But he added that race does not define his agenda.

"I have goals that attack joblessness, poverty and illiteracy," he said. "A poor person is poor, not based on ethnicity, but because of a lack of know-how or a lack of opportunity. These are the areas where we need to focus our efforts."

Few African-Americans run for office because it takes a lot of resources, said Shana Gadarian, a Maxwell



> Henry Ewing, 64, a retired Marine, said, "If you walk down the South Side or anywhere on the West Side, you gotta walk on the street because the sidewalks are so bad. Ever since Mayor Alexander left office, nobody did anything for the neighborhoods." | Cheryl Mowczan, Staff Photo

School professor specializing in political communication and public opinion.

"To the extent that the African-American population in the city has fewer resources — time, money, ties to organizations with power — this is a disadvantage," Gadarian said.

African-Americans and other minority groups may also be less inclined to run if they are not encouraged to, or if they doubt themselves, Gadarian added.

"People end up running for office either because they want to or because someone asks — either a party



> Stephanie Knuckles, a student at Onondaga Community College, said, "I know we don't get much representation. They should look at more issues that African-Americans and minorities have." | Cheryl Mowczan, Staff Photo

member, a member of a local community group or interest group," Gadarian said. "For some people, they are unlikely to run unless asked because they either don't think of themselves as political, or because they think of themselves as less qualified."

That's definitely a factor, Bey said.

Government has an obligation not just to serve people, but get them involved, Bey said. "The intimate connection between politics and the voter, or government and the constituent, has to be made obvious."

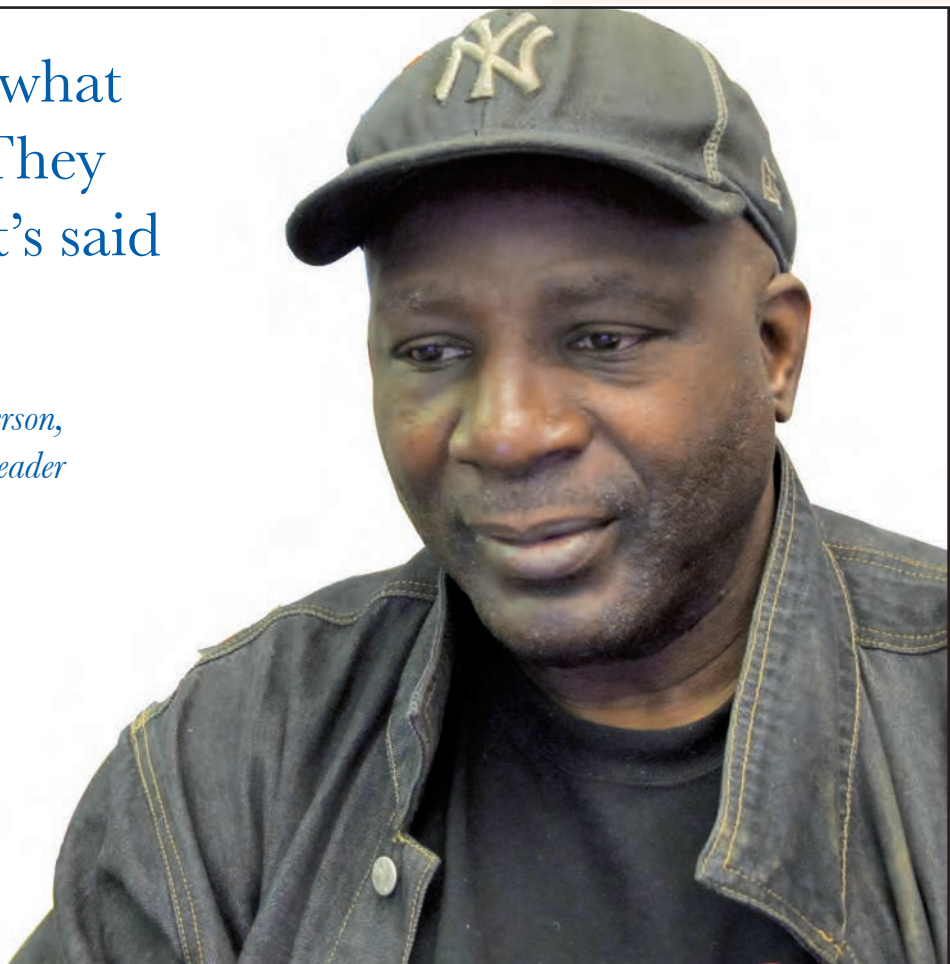
FOSTERING DIVERSITY

Grant Reeher, a professor of American politics at Syracuse University's Maxwell School of Citizenship and Public Affairs, said government officials can foster racial diversity in local government by active recruitment and citizen education "more along the lines of 'citizen academies'" to prepare citizens to run for office.

Reeher added that racism is one roadblock to racial diversity in government. He said vestiges of racism still exist in our country and community.

"It's informative. It's about what we actually see right here. They do their homework, so what's said is represented correctly."

- Will Anderson,
South Side resident and The Stand reader



How to purchase an ad

If interested in running an ad, contact **Ashley Kang** to request a rate card and discuss options by emailing Ashley@mysouthsidestand.com or by calling (315) 882-1054. The Stand's rate card can also be found online.

www.mysouthsidestand.com



IF YOU GO

What: Snack Garden Blitz**When:** 10 a.m. to 3 p.m.
Saturday, April 14 (rain date: April 21)**Where:** Rahma Free Health Clinic, 3100 S. Salina St.**More details:** High school students from the Say Yes to Education program will present information about “food deserts,” and their work will be on display in The Mobile Literacy Arts Bus (MLAB). Also a potluck finger foods lunch will be offered. If interested in volunteering to help create the snack garden, bring work gloves and a dish to share.**More Info.:** Visit alchemicalnursery.org or email info@alchemicalnursery.orgSTROLLING *the*
SOUTH SIDE*Local snack garden to offer free food and smart design to residents*

> Frank Cetera, board member and co-founder of The Alchemical Nursery. | Candace Dunkley, Staff Photo

By | Candace Dunkley
Staff reporter

A nursery is working to provide an eco-friendly, healthy snack garden for community residents

Franks Raymond Cetera — board member and co-founder of The Alchemical Nursery — loves the outdoors. That is why before he attended a recent class sponsored in part by the nursery — Community Training on Ecological Design — he waited in the center’s garden.

A young boy playing in the garden walked up to him, holding what Cetera said looked like a garden snake. “Do you know what snakes are good for?” Cetera asked.

The boy shook his head. Cetera explained that garden snakes are good for killing pests that might harm crops. Cetera said that was a prime example of the message, inclusion in the environment, the nursery wants to promote. The mission is to create a “self-regulating” urban eco-village “close to the natural world,” he added.

“It’s the idea that we as human beings should co-exist with our environment and not separately,” Cetera

said. “We should have a fully functioning neighborhood.” A neighborhood like that consists of housing, jobs, entertainment and food, he said.

Food is one of the components Syracuse is struggling with, because it qualifies as a food desert, Cetera said. A food desert is a place where people do not have access to healthy food — usually located in a farmer’s market or grocery store — within a one-mile radius of their homes.

To combat this issue on the South Side, The Alchemical Nursery started a free harvest snack garden last summer. It will offer food like blackberries and strawberries, which should be ready to pick and eat by August.

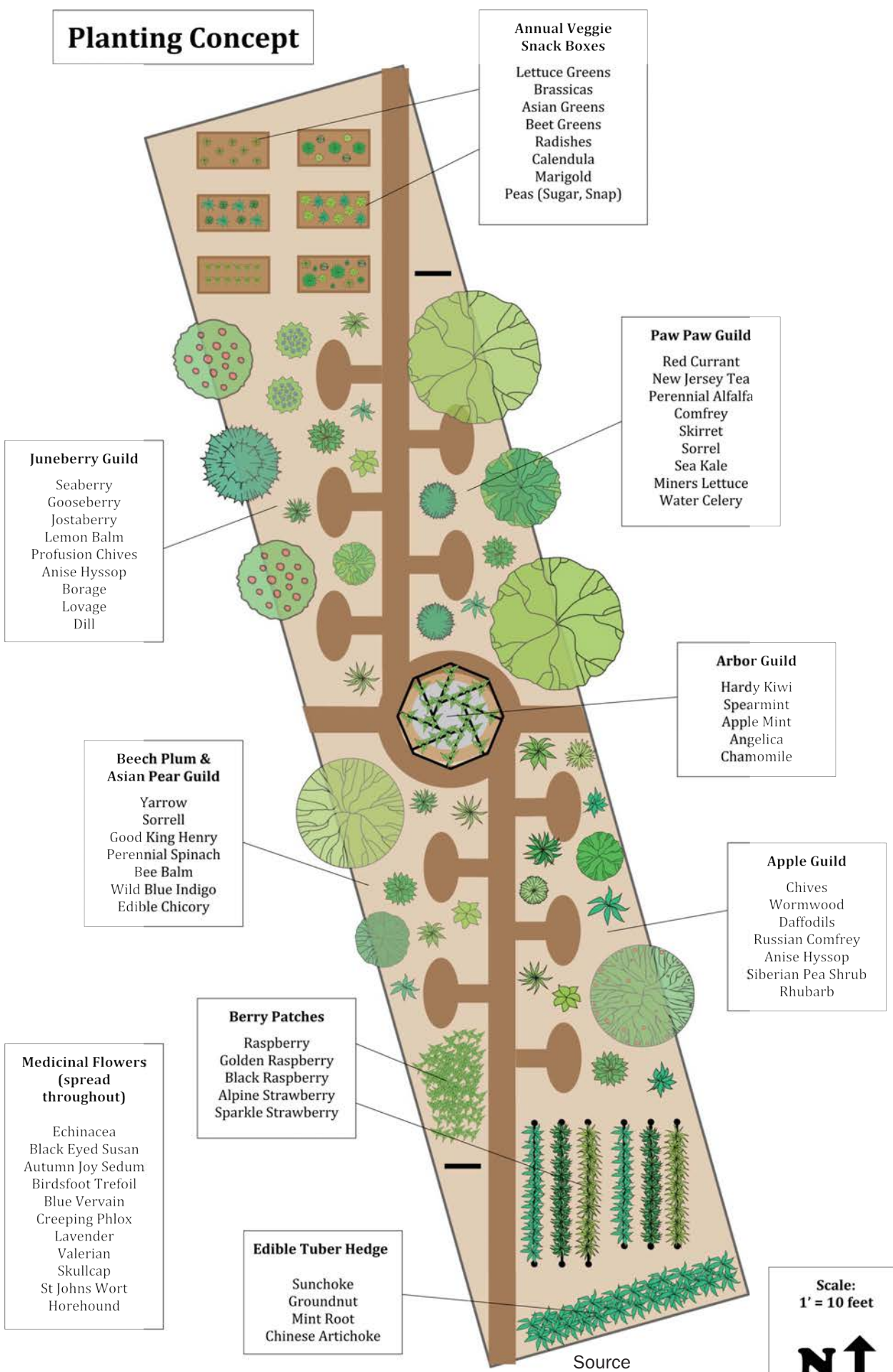
The nursery is also teaming up with high school students from Say Yes to Education, who will present information they learned about food deserts and volunteer at the snack garden on April 14.

At the forest garden, housed on the property of the Rahma Free Health Clinic, the nursery is helping to build new soil. Lindsay Speer, one of the garden design judges, said the garden will not only help provide healthy food but will also “reduce storm water runoff, which leads to sewer overflow in Onondaga Creek.”

SUGGEST A LOCATION

To submit an idea for Strolling the South Side, contact Ashley Kang at (315) 882-1054 or Ashley@mysouthsidestand.com

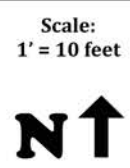
Planting Concept



**CLICK IN,
PITCH IN**

- The nursery is running an online campaign to raise funds that will help sustain the garden
- Go to www.indiegogo.com (search Rahma Free Health Clinic Edible Forest Garden) to donate
- The organization will provide incentives such as seeds, stickers and T-shirts, depending on the donor's contribution
- Plans also include doing outreach to students and families living in the South Side neighborhood

Source
- Alchemical Nursery



ON THE SIDE

SYR JAMS' MUSIC STAND

Syracuse has abundant musical talent, but much of it is underexposed.

Syr JAMS' Music Stand — which stands for **Syracuse's Joined Artists Musicians and Singers' Music Stand** — is a new feature created by Reggie Seigler and intended to be a platform for talent.

This first video of Syr JAMS' Music Stand features the Jeff Houston Experience performing live in the Newhouse II studio of the S.I. Newhouse School of Public Communications.

The band consists of Deyquan Bowens, keyboards; Steven Bender, drums; Burnell Reid, bass; and bandleader Jeff Houston, guitar.

Their song is an original, titled "The way I feel."

It was written by Houston and was recorded live to tape by SU students John Fitzgerald, Irina Dvalidze (video) and Matt Deutchman (audio). There has been little to no editing. Pre-production and setup was done by Reggie Seigler.

VIEW ONLINE

 Coming soon so check in at mysouthsidestand.com to meet the talent and watch them perform.

CROSSING CULTURES

Ghanaian musician bridges the gap between cultures through music



> David Etse Nyadedzor shares African music through his bands Adanfo and Akuma Roots. | Allison Milligan, Staff Photo

By | Reggie Seigler
A Friendly Five columnist

A Ghanaian musician uses music to bring American and African cultures together

David Etse Nyadedzor believes it is important that the messages one expresses through music be positive. In his view, "music is a powerful medium that can carry a message farther than anything."

David, 43, is from Accra, Ghana. He has lived in the United States for about 14 years now. He speaks five languages fluently, including English, which he has spoken since childhood. His ethnicity is Ewe.

The Ewes are the second-largest ethnic group in Ghana after the Ashanti. When referring to his ethnic group, he prefers not to use the word "tribe" because he feels the word has been associated with being primitive. He explained that the so-called "tribes" are really just different ethnic groups.

According to dictionary.com, "ethnic" refers to a group "sharing a common and distinctive culture, religion, language, or the like." David, therefore, prefers

to use the word "ethnicity" when he refers to the Ewe, Ashanti, Ga, Fanti, Akan and others.

David was introduced to music as a young lad. In Ghana, many of his relatives and members of his community performed traditional music and dance, so it has always been a part of life.

Vanessa Johnson, co-director of the Pan-African Village at the Great New York State Fair, invites David and his ensemble to perform at the Harambee Youth Tent and on the main Pan-African Village stage each year.

In Ghana, boys learn how to drum at a very young age, usually from an older, experienced male, she said. Vanessa is a Griot, and she is married to a Ghanaian.

"David connects with all ages and races of people through his drumming," she said. "He teaches people how to identify the natural pulses that we all have which are our heartbeats. Then he shows them how to transfer that rhythm to the drum. When everyone is connecting on that at one time, it is almost spiritual."

In Ghana, the community ensembles would always perform traditional songs and dances specific to their own ethnicity. The songs were always positive and filled



> David Etse Nyadedzor holds a Kora while his son, Senyo Nyadedzor, reaches for it. | Allison Milligan, Staff Photo

with meaning. But throughout his time in the United States, David has witnessed a lot of the negativity that has infected the content of popular American music. He realizes American pop culture does not reflect all cultures, and he believes he can present a positive alternative by sharing traditional African music, drumming and dance. He describes his mission as “bridging cultures through music.”

David is carrying out this mission as the leader of two performing groups — Adanfo and Akuma Roots. He sings in both of them, and he also plays the djembe.

Adanfo is primarily a traditional African drum-



> Yao “Cha Cha” Fola on guitar and a drum collection in David Etse Nyadedzor’s basement. | Allison Milligan, Staff Photo

ming and dance group. The group performs traditional songs in full costume and uses authentic instruments that David’s brother and other family members make and send from Africa. He uses the fontomfrom and atoumpan, two instruments traditionally used only in the presence of royalty.

Akuma Roots is more like a mainstream American band with a little twist — it has a few assorted African drums in the mix. The band’s instruments include a bass, drums, keyboards, guitar, djembe and other African drums. The music is a blend of reggae and African rhythms. The sound is raw but incredibly relaxed and controlled, while at the same time funky. Akuma Roots performs mostly original material with positive messages.

David invited a photographer and me to his home to hear Akuma Roots rehearse and to meet the band members. Upon our arrival, we were warmly greeted by members of his family — including two of his children, ages 2 and 4 — and the sound of classical music playing on the stereo. David showed us pictures of his instrument collection. Then, he and band member Josh Williams brought us to the basement, where the band rehearses. There, we met the rest of the band: Yao “Cha Cha” Fola, Pierre Mensah, Tucker D. and Eric Ansuade. Fellow member Faheim “Fa Fa” Faheim was not there at the time.

The band has enough material to complete two albums, but the members have not made it into the studio yet to record. David’s plan is to record soon.

Have a Friendly Five suggestion? Contact Reggie at reggie@softspokenband.com or (315) 479-9620.



LISTEN ONLINE

the **STAND** Listen online to Adanfo’s music. Click on the track at mysouthsidestand.com



Find these words in this story

Griot

member of a hereditary caste among the peoples of western Africa whose function is to keep an oral history of the tribe or village and to entertain with stories, songs and more

Harambee

a Swahili word meaning to pull together; also a rallying cry in Kenya

Adanfo

family and friends

Akuma

heart

Djembe

a West African drum played with the hand

SCHEDULE A SHOW

Adanfo and Akuma Roots consist of both Ghanaian and American performers. They perform at weddings, corporate events and more. David Etse Nyadedzor gives private lessons in African drumming and dancing.

For information: Email kumaentertainment@yahoo.com or call (315) 863-1823.

POETRY, HAIKU AS ART

Workshop draws attention to downtown as summer season approaches

By | The Stand

The Syracuse Poster Project collaborates with The Stand to showcase community expressions

The Stand welcomed Ricky Maeweather, Alexandra Hitzler, Seneca Wilson, Carey On, Ruthnie Angrand and Michael Gaut to the second offering of The Syracuse Poster Project's Haiku Workshop for the South Side last month at the South Side Communication Center.

The session was led again by Herm Card, a volunteer at the Syracuse Poster Project (posterproject.org). It was held to encourage residents to get involved with The Poster Project, an organization that combines poetry with art. Each summer, the project solicits the three-line form of poetry to illuminate different sides of the city. Student artists from Syracuse University then draw a depiction that corresponds to the haiku. Posters are then made and displayed downtown.

Card says the haiku is a necessary form of poetry because it shows students how to get to the point of what they are trying to express.

"You have all these thoughts and ideas, but if you can

condense it down to that little bit, then you've said what you need to say."

During the two-hour workshop, attendees were given the opportunity to create their own haikus. At the end of the session, attendees read their writing aloud and were given certificates for completion of their work.

Embracing the vibrant vision noticed...

Experiencing southern comfort through the streets...

Chasing salina into the valley...

— Ricky Maeweather

Tall buildings surveillance the streets...

The center in all shapes and forms...

Lofts help build blocks in Armory Square...

— Ricky Maeweather

HAIKU TIPS

- Keep it simple
- Draw on experience
- Write about things close by
- Pay attention to nature
- Stick to the form
- Use comparison and contrast
- Deliver a progression of effects
- Read

Source:

posterproject.org

ON THE SIDE



The Green Business Credential for CNY

Join Cooperative Federal and other Green Core Companies to be recognized for your sustainable business practices!

"Cooperative Federal Credit Union is dedicated to socially responsible banking. We work to revitalize our community - so taking care of our environment and operating our business sustainably fits us perfectly. We participate in Green Core to demonstrate that we're serious about sustainability!"



Christina Suave
Assistant Treasurer
Cooperative Federal

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