South side news

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Syracuse, NY **April 2010**

FREE

issue 2

AFTER-SCHOOL CHESS

The Southside Charter Academy's chess club keeps students focused

Paul Grace serves as official Corcoran curator to his alma mater

High School Historian

Seth Dollar

Teen rapper displays how drive and initiative pay off

Basketball
Legend
Manny Breland overcame challenges
to continue to play game that he loved

re off

ADVICE ON BREAST CANCER



INSIDE APRIL

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- THE PAPER BOYS AND PAPER GIRL | Meet the local students who distribute The Stand.
- BUSINESS | A halfway house coming to the South Side has some residents troubled. Read about the issue from different perspectives.
- SCHOOL AND YOUTH | The chess club at the Southside Charter Academy is more than a fun activity after school. It also provides students with life skills to succeed.
- FEATURES | Learn about Corcoran High School historian Paul Grace, whose passion for his alma mater is so strong that helping Corcoran has become a second career.
- HEALTH | The Stand's board member, Shante Harris El, who is a nurse, writes a column about preventing breast cancer, the most common malignancy among American women.
- FEATURES | Seth Dollar, 16, a Syracuse-based rapper, opens up about his music, his dreams and what he's doing to make them come true.
- MEET THE CHIEF | In Part II of our Q&A with Frank Fowler, the Syracuse police chief tells why he chose law enforcement as a career and what he's doing to recruit more minorities.
- COMMUNITY | Syracuse native Debra Person overcame a dark past to earn a graduate degree and now plans to open a spiritual women's shelter on the South Side.
- SPORTS | Meet Manny Breland, the first African-American to receive a basketball scholarship to attend Syracuse University. Learn how he battled tuberculosis to keep playing and succeeding.
- COMMUNITY | Angela Thor participated in The Stand's first community workshop. Read the story she wrote about the Sankofa Piece Makers, a quilting group.
- Cover photography of Ahmir Gillard, 11, by Brad Horn, photographer

CALENDAR APRIL

What: Tomorrow's Neighborhoods Today

South Side Meeting

When: 6 p.m. Monday, April 5

Where: South Side Innovation Center,

2610 S. Salina St.

Contact: TNT Coordinator Babette Baker at bbaker@ci.syracuse.nv.us or call

(315) 448-8100

More Info.: TNT Area 3 meets regularly at 6 p.m. the first Monday each month at the SSIC

What: Eagle Wings Academy Open House When: 2 p.m. to 4 p.m. Sunday, April 25

Where: Grace Baptist Church,

423 Valley Drive

Contact: Call (315) 396-0024 or visit

www.eaglewingsacademy.org

More Info.: EWA is a private Christian school currently accepting applications for the 2010-11 school year for students up to

third grade

HOW TO BUY AN AD

If interested in **running an ad**, contact Ashleigh Watson to request a **rate card** and discuss options by e-mailing ashwatson09@gmail.com or by calling (708) 539-5710. **The Stand's** rate card can also be found online at **www.mysouthsidestand.com**

LETTER FROM THE DIRECTOR 3

The purpose of The Stand is to be a source for community news on the South Side written about and by residents of the South Side. We have come closer to this goal after holding our first daylong Journalism Workshop (see below for specifics). Three participants were paired with graduate student mentors. Our next opportunities are listed to the right. We hope to see you there and look forward to reading what you have to say. Additional contributors' work can also be found online.

After our launch party, held Valentine's Day weekend, we received much attention. We made headlines, heard from interested community members and saw our online audience increase by more than 200 percent.



The April print issue features several stories about the community written by students in an Urban Affairs reporting class at Syracuse University, a health column contributed by a member of The Stand's board and features written by two members of the community who attended last month's Journalism Workshop. In this issue, we also continue our conversation with Syracuse Police Chief Frank Fowler, meet Corcoran High School's official historian, hear from local teen rapper Seth Dollar, and learn about students in the Southside Charter Academy's chess club.

To learn more about how to get involved, feel free to come to our workshops, contact me by e-mail (Ashley@mysouthsidestand.com or aehanry@syr.edu) or phone (443-8664) or check us out online.

Ashley Hanry

> Justin Sondel, left, and Miguel Balbuena prepare to go out to report from the South Side during an all-day reporting workshop held March 6 at the South Side Innovation Center. | Ashley Hanry, Staff Photo

THE STAND'S FIRST COMMUNITY **JOURNALISM WORKSHOP**

Community correspondents at The Stand's first all-day Journalism Workshop produced three stories. Miguel Balbuena, Ame Donkor and Angela Thor went out into the South Side to report on the community. Balbuena reported on Saturday mornings at a coffee shop, Donkor stopped in at Fire House 8, and Thor covered a guilting group at the Beauchamp Library. The community correspondents received a daylong lesson in reporting basics from Syracuse University professor and The Stand's founder, Steve Davis. Ashley Hanry, The Stand's director, and four SU graduate students helped the community correspondents report and produce stories on the South Side. Read their work at www.mvsouthsidestand.com. In this issue, Balbuena's story is on page 10; Thor's story is on page 20.

SOUTH SIDE POET

Corcoran High School junior Liz Mills shares her poem about life in the South Side. Mills performed her poem at The Stand's launch party, held Feb. 13 at the South Side Innovation Center. Read her poem online at www. mysouthsidestand.com.

COMMUNITY COLUMNIST

Deborah A. Willis, a community ambassador for the Red Cross, contributes a column on grants for the South Side and the near West Side. She also tells about the work the Red Cross does in Onondaga County. Read her column at www.mysouthsidestand.com.

UPCOMING EVENTS

Interviewing & Telling a **Story Workshop**

Begins at 11 a.m. at the South Side Innovation Center, 2610 S. Salina St., Syracuse. Taught by Gina Chen. Free and open to the public.

All-Day Feature Writing Workshop

Begins at 10 a.m. at the South Side Innovation Center, 2610 S. Salina St., Syracuse. Taught by The Stand's founder, Steve Davis. Must RSVP to The Stand's director, Ashley Hanry: Ashley@mysouthsidestand.com or by calling (315) 443-8664.

WRITE A LETTER TO THE EDITOR

Letters to the editor can be mailed to The Stand at the South Side Innovation Center, 2610 S. Salina St., Syracuse, N.Y., 13205 or e-mailed to The Stand's director, Ashley Hanry: Ashley@mysouthsidestand. com. All letters must be a maximum of 200 words and must contain the writer's full name, address and contact information.

4

DELIVERING THE STAND

Students give locals the first edition of The Stand: The South Side Community Newspaper

Anthony Rodriguez

Anthony Rodriguez, 14, was one of four students who helped distribute the first issue of The Stand in early February. They went from door to door and business to business. Reporter Michael Masucci tells their stories. Photos by Reggie Seigler.



Clavon Anderson

Clavon Anderson, 19, is an R&B singer. Anderson is a senior at Corcoran High School, and he is getting ready to go to Herkimer Community College to study the music industry. Anderson, whose music group is known as "Unexpected," has been writing songs and working on his own music.



Anderson really enjoyed delivering issues of the paper.

"It was good. It got me out there interacting with people," Anderson said. "I was helping out the community handing out all of these newspapers."

After college, Anderson wants to become a recording artist or a producer. Even though he's a singer, Anderson has never played any instruments. He wants to pursue the piano, the guitar or any instrument he can get. He also plays sports, such as basketball, outside of school.

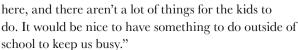
We gotta get more involved. The kids are the future, as they say.

— Perfection Rivers

Perfection Rivers

Perfection Rivers, 16, is a sophomore at Corcoran High School. Rivers would love to see more students and youth from the South Side community get involved.

"We gotta get more involved. The kids are the future, as they say," Rivers said. "There are a lot of centers that closed down around



Even as a sophomore in high school, Rivers already has her future planned out. She wants to go to Syracuse University or Cornell University, with hopes of becoming a business lawyer or an entrepreneur. Rivers likes photography, and said that maybe someday if she doesn't become a lawyer, she could have her own photography business. Rivers also plays tennis, does the books for basketball games at her high school and likes volleyball.



Jameel Shareef

Jameel Shareef, 19, is a student at Henninger High School who has played football there since the 10th grade. Shareef was diagnosed at an early age with Type 2 diabetes, but he continued to play football the entire time he was in school.

"It was hard at first. It was kind of up and down. Eventually, my body got used to it," Shareef said.

He was looking at different colleges, such as Utica College and University of Buffalo for football, but he has decided that broadcasting is his future.

Shareef plans to go to Syracuse University to study broadcast journalism at the S.I. Newhouse School of Public Communications. Shareef spends his time preparing for college and pursuing his dream job of someday working for ESPN as a football broadcaster.







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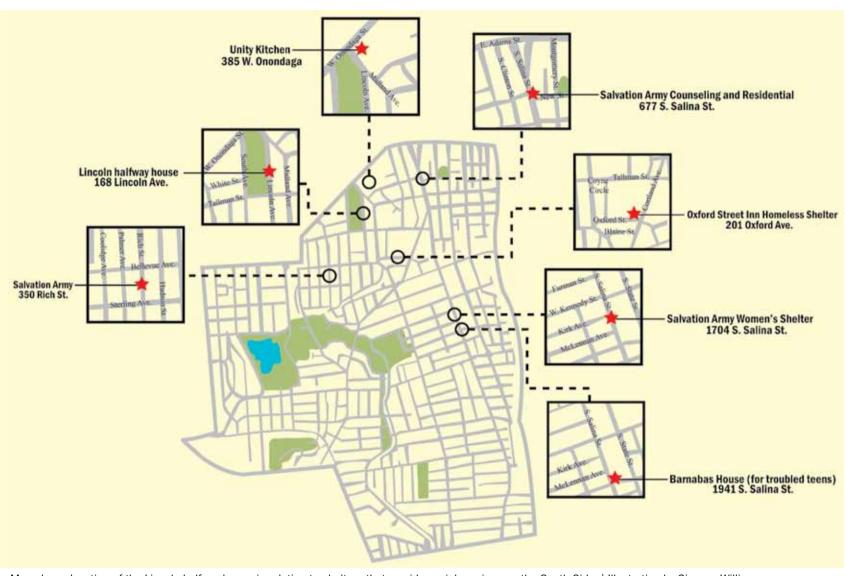
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HALFWAY HOUSE CREATES COMMUNITY DISCUSSION



> Map shows location of the Lincoln halfway house in relation to shelters that provide social services on the South Side. | Illustration by Giavona Williams

By | Justin Murphy Urban Affairs reporter

Halfway house brings out difference of opinion between company and neighbors

mental health care provider has received permission from the city to open a halfway house on Lincoln Avenue. But neighborhood leaders are concerned about bringing people into the neighborhood who are recovering from addictions. Here is a look at the issue from some key perspectives.

THE NEIGHBORS

Mercedes Bloodworth, a community organizer with Syracuse United Neighbors, said the Southwest Side of the city is "already saturated with these sorts of facilities." She named the Oxford Street Inn and the Rescue Mission as examples. After Syracuse Behavioral Healthcare began operating a homeless shelter at 168 Lincoln Ave. last August, Bloodworth said residents have complained about an increase in drug activity, prostitution, noise and littering.

Christine Kirk owns a home on Lincoln Avenue, where she has lived for more than 30 years. She said she is concerned that there won't be enough supervision. "If they're going to have people in there, they need someone who's really going to work with them, not just put them in there and forget they're there," she said. "I don't want drugs around my grandkids."

Another long-time Lincoln Avenue homeowner, Bobby De Lee, questioned whether the street was a safe place for the clients themselves. "You look around, it's on this corner, it's on that corner, it's on that corner," he said of the drug trade. "How are you going to help people who want to get rid of a drug problem when you put them right in the middle of it?"

Teddy Jenkins, 42, a former SBH client now living on Lincoln Avenue, has a different perspective. In recovery for three and a half years, Jenkins said SBH CEO Jeremy Klemanski erred in not keeping neighbors informed last summer. But, he added, "Had they not stepped in, that building right now would probably be boarded up, and would probably stay boarded up for a long time." Jenkins said neighbors should give the facility a chance, pointing out, "Recovered addicts are people just like you and I."

THE CITY

Plans for the halfway house were born Feb. 8, when the Common Council granted Syracuse Behavioral Healthcare a special permit to open it. But the council stipulated that SBH must report back in July and show that relations have improved with nearby residents.

"I don't want to see another vacant building," said Councilor Kathleen Joy, chairperson of the economic development committee. "I want to see this neighborhood move forward."

Councilor Patrick Hogan, in whose district the building is located, voted yes. "I know SBH would run a pretty good facility to help out people who are in need," he said. "On the other hand, people on the Southwest Side feel they're kind of a dumping ground, and they are."

Councilor Thomas Seals, whose district includes part of Lincoln Avenue, also voted yes, but made it clear that he would be willing to revoke the permit if SBH did not reach out to neighbors.

THE BENEFICIARIES

James Clark, a former client of Syracuse Behavioral Healthcare who now works with other recovering addicts, attended the Common Council meeting to support SBH. Clark, 48, came to Syracuse 10 years ago from Rochester, where he was homeless and struggling with dependency. He is now in training to become a counselor at SBH.

"At a halfway house, you have a community within a community," he said. "SBH has supported me and given me opportunities to go to school. I'm just one among many."

Clarissa Brown is a current client who's been at the SBH facility on Genesee Street since August. "They helped me tremendously," she said. "I had a dependency and if it weren't for them, I don't know where I'd be."

She also said that Lincoln Avenue homeowners shouldn't be worried about crime because clients have a full schedule of activities that keep them out of trouble. "They'll probably be getting people who are in bed by 10 o'clock," she said.

THE COMPANY

Syracuse Behavioral Healthcare runs a number of community residences for people recovering from addictions, including halfway houses on West Genesee Street, James Street and Green Street. CEO Jeremy Klemanski noted that halfway houses often have a positive impact on a neighborhood.

"The last thing a person in the drug trade wants is to be near a facility with employees trained in prevention who can identify behaviors and notify the police," he said.

Klemanski said that most of the neighbors' concerns could be resolved with a tour of the facility and "an effort to learn the truth." After the Common Council vote, he predicted the halfway house would be operating within six weeks.

THE BUILDING

Starting in 1985, the four-story, 30-unit building at 168 Lincoln Ave. was a shelter for the homeless and people with mental health and substance abuse problems. The shelter operated under the name Lincoln Elms and was run by Christopher Community.

Last spring, however, state funding dried up, and Christopher Community agreed to transfer ownership of the building to SBH for \$1, said Doug Reicher of Christopher Community. The property is assessed at \$322,000.



> Syracuse Behavioral Healthcare CEO Jeremy Klemanski | Photo courtesy of Jeremy Klemanski



> Bobby De Lee, a long-time Lincoln Avenue homeowner | Justin Murphy, Staff Photo



> Teddy Jenkins, former SBH client and current Lincoln Avenue resident | Justin Murphy, Staff Photo



> Front view of halfway house on Lincoln Avenue | Justin Murphy, Staff Photo

THE CLUB'S 10 WINNING CHESS TIPS

1

LOOK AT YOUR OPPONENT'S MOVE.

2

MAKE THE BEST POSSIBLE REPLY.

3

HAVE A PLAN BEFORE YOU MOVE.

4

KNOW WHAT THE PIECES ARE WORTH.

5

DEVELOP YOUR SIDE QUICKLY AND WELL.

6

CONTROL THE CENTER OF THE BOARD.

7

KEEP YOUR KING SAFE.

8

THINK ABOUT THE ENDGAME.

9

KNOW WHEN TO TRADE PIECES.

10

STAY ALERT — AND BE POLITE.

CHESS CLUB FOR LIFE

Southside Charter Academy after-school games bring fun into focus



> Jamal Harris, 12, stares in concentration as he decides his next move. Jamal is a seventh-grader. | Brad Horn, Staff Photo

By | Alison Bryant Urban Affairs reporter

Chess puts the pieces in place for South Side students, who gain life skills from a board game

he fifth-grader studied the chess board, barely glancing up when a group of his classmates loudly entered the room. With his brow furrowed in concentration, Dave Ahyee strategically advanced his queen, seizing his opponent's pawn.

"I like to think a lot," said the 10-year-old member of Southside Charter Academy's chess club. "It's a thinking game."

The game teaches students how to focus and solve problems – skills that can carry over into the classroom, said Anton Ninno, the club's faculty adviser.

Dave and up to 30 of his peers, ranging from secondgraders to eighth-graders, meet every Tuesday after school to learn to play chess, challenge opponents and improve their game.

"It gives them a chance to learn something they can do for the rest of their life," Ninno said.

When the students file into the classroom after school, they pair off, set up boards and launch into their games. Ninno keeps a list ranking the top 10 players.

The opportunity to play in local tournaments draws in some of the club's members. Ninno said he tries to encourage a tournament-like atmosphere in the regular meetings by telling the players to keep their voices down and focus on the games.

"When they're in a tournament they can't talk at all, so we make it clear to them that they need to talk quietly," Ninno said. "It's challenging and gives them a chance to focus and pay attention."

Ninno said this focus can help kids in other areas.

"If you have an increased attention span and can solve a chess problem, then you can solve a math problem, too," Ninno said.

Dave said he uses the skills he's learned from chess in the classroom.

"Sometimes when the teacher tells us to be quiet, I think of chess in my head," Dave said. "I know all the squares and set up a game in my head and play by myself."

Dave has played in 19 chess tournaments and has won 11 trophies, he said.

"My dad gets tired of playing me because I constantly keep beating him," Dave said. "He supports me and keeps pushing me to play chess every day. I haven't missed a tournament yet."

SCHOOL AND YOUTH



> Chess club members face off during a weekly practice. They keep tabs on who beats whom. | Brad Horn, Staff Photo

Dave and some of the more skilled players in the club work with Bob Nasiff, a local chess expert, who comes to the latter half of the meetings to teach new strategies and improve the students' games.

"I like teaching the kids," Nasiff said. "I like watching them develop. It's fun watching those kids really make an effort to improve themselves."

Nasiff, former president of the Syracuse chess club and author of a chess column in Stars magazine, published by The Post-Standard, encourages the more advanced students to study chess strategies in books and on the Internet and to play at home. Nasiff, a national chess master, worked for the U.S. Chess Federation.

Nasiff travels to several schools in the area to teach chess. He said the Southside Charter Academy, located at 2200 Onondaga Creek Blvd., has done a great job with the chess program.

Children learn valuable lessons from playing chess, Nasiff said. "It teaches them to think ahead a little bit," he said. "It teaches them humility, and it teaches them good sportsmanship. They learn more from losses than a win."

Adham Qaddourah, one of the younger members of the chess club at 8 years old, said he enjoys meeting new people and learning a different type of game.

"It's one of the funnest games," he said. "It's not like you keep moving pieces until you get to the other side. You got to get the king and checkmate."

Adham, a first-year member of the club, said he has a chess book at home that he reads to get better. "Next tournament, my mom's going to let me and my brother go," Adham said.

Savon Smith, 12, a veteran member of the club, said that playing chess fills him with pride.

"When I win a game, it's another accomplishment for me," Savon said. "Chess is actually the only game where I can think and strategize against another opponent."

Savon said he noticed improvements in his ability to concentrate in the classroom after joining the chess club.

"With me, if I'm not concentrating, I'm not learning anything," Savon said. "Chess helps me maintain my composure and just focus. I practice, I play on the computer every day and I try to get better."

Faculty adviser Ninno said students enjoy learning the game.

"I had one second-grader who said, 'How can I get anywhere in this game if the guy keeps taking all my pieces?" Ninno said. "I said, 'Yeah, that's a problem. Why don't you take some of his pieces?""

"IF YOU **WERE A** CHESS PIECE, LL WOULD

"A rook because if you castle the rook, you can protect the king."







"I would be a king, because it gives orders."

> Dave Ahyee, 10 5th grade

"I would be a queen because a queen is the second most powerful piece, and it moves faster than the king."



Nyliscia Estrada, 10 5th grade



"A rook, because it has the most maneuvers around the board in a chess game."

Savon Smith, 12 7th grade

TO READ HOW OTHER STUDENTS ANSWERED THIS QUESTION, VISIT WWW.MYSOUTHSIDESTAND.COM

10 COMMUNITY

CAFE FRIENDS

By Miguel Balbuena
Community Correspondent

ports was the topic of conversation at the Dunkin' Donuts on the South Side during a recent Saturday morning discussion between Bob Eudell and Don O'Leary, two regulars of the coffee shop.

The two friends come to the coffee shop every Saturday to sip coffee, read the newspaper and discuss local affairs. They come from different backgrounds. Eudell is African-American, and O'Leary is Irish-American. Sports drew them together one morning, and the two have been meeting to talk ever since.

"Sports are a reflection of society at large and communities in particular," O'Leary said.

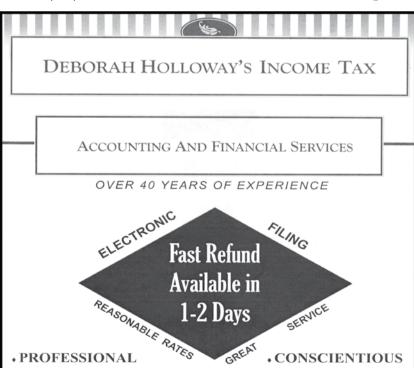
Eudell and O'Leary have always enjoyed coffee, bagels and doughnuts at the South Side Dunkin' Donuts, but they have noticed an improvement in the service over the last eight weeks. A new manager started at the location. "She runs a tight ship," O'Leary said.

Yoshe Bibbs started working at Dunkin' Donuts two months ago. Bibbs has a good feeling waking up in the morning and coming to work.

"I love to work here," Bibbs said. "I like to interact with my peers." Bibbs is friendly with her regular customers but doesn't have a favorite.

"The Dunkin' Donut shop is like a surrogate community center because there aren't many (coffee shops) in the area," Bibbs said.

O'Leary visits the shop Saturdays and Sundays, Eudell more often. "I'm here every day," Eudell said. "I was here at five o'clock in the morning."



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www.mysouthsidestand.com FEATURES 11

CORCORAN CURATOR

Paul Grace finds his place as official historian at his alma mater



> Corcoran High School historian Paul Grace. More photos at www.mysouthsidestand.com | Mitchell Franz, Staff Photo

By | Justin Murphy Urban Affairs reporter

welve-year-old Paul Grace was stamping down the halls of newly opened Corcoran High School with his Boy Scout troop on the way to the swimming pool one Saturday night in the mid-1960s. Before he got to the water, though, the roar of the basketball game raging in the gym stopped him in his tracks.

"The place was absolutely packed and loud and raucous and everything else," he said. "I snuck through the pool and down a hallway and into the gym and watched the basketball game. Something struck a chord with me that night and basically changed my life."

Grace, 54, is the official historian at Corcoran and, unofficially, its biggest supporter. Since graduating in 1973, he has spent countless hours of his own time poring over old yearbooks, pulling out weeds and cheering on the teams. It's a lot of time and energy spent, but he said it's the least he can do.

"The people that teach at these city schools are remarkable people," Grace said. "If they can do what they do, for me to donate a few hours a week is easy to do."

Corcoran opened in February 1964, pulling together

students from Onondaga Valley Academy (now Faith Heritage School) and Vocational High School (now Blodgett Middle School). More than 21,000 Corcoran Cougars have walked across the stage since the first graduating class of 1966.

The demographics at the school have changed dramatically since roll was first called in 1964, going from 85 percent white to about 80 percent black. That, Grace said, is one of the school's strengths and something that has been important to him.

"I have benefited my whole life from having gone to a diverse high school," he said. "Growing up, I became respectful of other people and their cultures and ways."

On a cold night this past February, Grace sat in a computer lab at Corcoran, looking through a folder of old newspaper clippings and graduation programs. Except for the crowd attending a girl's basketball game against Fayetteville-Manlius, the school was mostly empty. Grace greeted the janitors by name as they passed by, sweeping the floor.

"I'm not sure I could have had a better experience in high school," he said, fingering an old Corcoran pennant. "I am one of the luckiest people you'll ever meet in your life."

GRACEIN ACTION

Besides serving as school historian, Grace, whose day job is with air conditioner manufacturer Carrier Corporation, is an all-sports booster and co-president of the Alumni Association. He publishes an alumni online newsletter that reaches thousands of former students — he recently received a response from an alumnus deployed in Afghanistan.

For the past several years, Grace has helped lead the way in an extensive campus cleanup after years of neglect. "Everything had become totally overgrown," he said. "We've basically redone 80 percent of the campus, going from one end of the campus to the other and physically removing 40 years of overgrowth."

ALUMNIIN THE CITY

Legions of Corcoran alumni have risen to prominence in and outside of Syracuse. Former Common Council President Bea Gonzalez, South Side community activist Mary Nelson and Miami Dolphins cornerback Will Allen all proudly donned the maroon and white. Grace said that the city school alumni are an essential part of the city's fabric.

"Alumni from this school, like Nottingham and Fowler and the old Central Tech and Henninger, make up the foundation of this city," Grace said. "Your municipal jobs, city government, fire and police department, they're all made up of city high school graduates."

Justin Murphy



BREAST CANCER FACTS

Column by Shante Harris El, a board member of The Stand

fter skin cancer, "cancer of the breast is the most common malignancy among American women," according to a blackwomenshealth.com article on breast cancer by Iris C. Gibbs, MD, in 2006. According to the article, breast cancer is second to lung cancer as a leading cause of death in American women, and one woman in eight will develop breast cancer in her lifetime.

Women of African descent (Asiatic) are 2.2 times more likely to die from breast cancer than women of European descent (Caucasian), despite higher rates of breast cancer among Caucasian women, according to the National Cancer Institute's Surveillance Epidemiology and End Results (SEER) 2002-2006 cancer statistics review posted in 2009. There are economical, educational, racial and cultural reasons for this disparity. Asiatic women are more likely to be living at or below the federal poverty level and therefore less able to purchase



medical insurance to cover routine medical exams. If Asiatic women are not receiving routine medical exams, they are less likely to receive education on routine screenings,

such as self-breast exams and mammograms. According to an American Cancer Society article on cancer published in 2004, Asiatic women may receive lower-quality medical care than Caucasian women. For instance, fears of cancer may not be addressed and/or the full range of breast cancer treatment may not be offered to Asiatic women. Due to inequalities and mistreatment, Asiatic women have a lack of trust in the American medical system, which leads to cultural differences that may inhibit Asiatic women from seeking medical care in a timely fashion. Delays in diagnosis mean cancers are more likely to be detected at later stages, when they are more difficult to treat, according to the American Cancer Society article.

The risk factors for development of breast cancer are: being female; aging; heredity; prolonged high estrogen exposure (early age when periods begin and late age of menopause); obesity; excessive alcohol consumption; excessive radiation and certain pesticide exposure; and use of smoking tobacco. These risk factors are according to the 2006 blackwomenshealth.com article.

The self breast exam is a screening for breast lumps that can be performed in the privacy of your home; it can be performed by yourself or by another person. Self breast exams, once thought to be essential for early breast cancer detection, are now considered optional, according to a Mayo Clinic article on breast exams posted in 2009. Although self breast exams are not proven to save lives, they may give you a greater awareness of the condition of your breasts and may help identify potential breast problems. Experts now recommend optional monthly self-examination of the breasts 7-10 days from the beginning of your period. If your periods are not regular, perform the breast exam on the same day each month.

Shante Harris El is a Certified Family Nurse Practitioner specializing in women's health.

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VALUE OF A DOLLAR

Admirers say Seth Dollar's music is on the money, despite his youth



> Nottingham High School student Seth Dollar, also known as Seth Colton, has been serious about becoming a rap artist since age 14. Two years later, he has a foot in the door at G-Unit, a powerhouse rap group. | Mitchell Franz, Staff Photo

By | Bryan Hood Staff reporter

eth Dollar has a dream. The 16-year-old Syracuse-based rapper wants to become an established artist and reach the success level of rappers like Lloyd Banks and 50 Cent.

Dollar, or Seth Colton as he is known to his friends and family, became interested in rapping after he first heard the debut album of G-Unit, a New York-based rap group. At age 14 he got serious about the craft.

"At the end of ninth grade, that's when I was like, "This is what I want to do," Dollar said.

Unsure of where to start, he said he called G-Unit's offices, asking if there was anything he could do to help out. They agreed to let Dollar do some promotion work.

"I knew they wouldn't be looking for me," he said.
"I had to look for them – call the office, try to get them to know who I am," Dollar said.

Once he had his foot in the door, Dollar decided to reach out to his favorite rapper, Lloyd Banks, who listened to Dollar's music. While Banks let him know that he still had work to do, Dollar said he was encouraged.

So Dollar set about building a name for himself. He created a Web site, which has received more than 47,000 hits. The site features news, songs and videos, and it gives Dollar the chance to reach out to fans and fellow artists.

Marcelle Haddix, a Syracuse University education professor and a mentor to Dollar, said she is impressed

with the Web presence he has created.

"I think it's great for any young person to feel empowered to do that," said Haddix, who first met Dollar when he tried to sell her one of his CDs.

Dollar attends Nottingham High School. He said that while he is not enthused with school, he knows it is important, and he tries to maintain a B average.

Dollar released his first mixtape, "Money on Demand: Hungry," this past summer. The followup, "Mo' Money on Demand: Taking Ova the City," was scheduled to be released in late March.

Dollar said when he first entered the rap scene he knew that part of rap culture was to use profane language, and his rapping style was more aggressive. Now he uses less profanity in his writing. He uses music to deal with life – as a release from stress, Dollar said.

"As you're writing, it leaves your mind," Dollar said. "Once you finish it, it's like it's not even there anymore."

Even though Dollar's family has concerns with the profanity, they support him. "At first I was kind of apprehensive," said Dollar's father, Lloyd Colton. "He starts a lot of stuff that is the latest fad. But he was serious."

And Dollar says he is serious about using the best words for his lyrics. "Now I get to the point that I realize I don't really like curse words," he said. "If it doesn't sound right, I'll change it. I'll take it out."

Colton said he appreciates what rapping means to his son and how it has changed him.

"It's brought a maturity to him," he said.

Seth Dollar's PLAYLIST

> "Unbelievable"

The Notorious B.I.G.

> "Pain"

Lloyd Banks

> "Rather Be Me"

Lloyd Banks

> "Side Thru (Addicted)"

Seth Dollar

> "Lyrics"

Seth Dollar

> "Straight Outta Southside"

G-Unit

> "Then Days Went By"

50 Cent

> "Gage Court (Frowns)"

Seth Dollar

> "Everyday Struggle"

The Notorious B.I.G.

> "Viva La Vida"

Coldplay

> "Til The End"

Lloyd Banks

> "A Night Off"

Drake

Quotes about SETH DOLLAR

"As of right now, I haven't met someone his age who's so driven to do music."

- K. Casino, rapper

"For his age, there's no one who can compete with him lyrically."

K. Casino, rapper

WHY POLICE WORK?

Syracuse Police Chief Frank Fowler: 'This is an ideal career for me'

By | Steve Davis Founder of The Stand

Chief Frank Fowler spoke with Steve Davis, founder of The Stand. This is Part II.

n Part I last month, Frank Fowler said he is committed to increasing the percentage of minority officers on the force; now they account for less than 8 percent of the total of about 480. Fowler describes police work.

What is it that makes being a police officer a good job that I would want to apply for, whether I am a minority or not?

It's more than a job, it's a career. It's a lifestyle. It's a culture. Becoming a police officer, there's a lot more to it than a simple job. You're going to come into a long-standing history and tradition and culture that's attached to it. And you're going to be introduced to, brought into, a fraternal organization that has years and years of experience, and there's a lot of pride and honor that goes with that.

I guess it's a little bit of a Catch-22 because you're trying to attract minorities where there aren't many, so some people have to be trailblazers?

Yes. To build upon our reputation here at the police department.

A lot of stories that you read, sometimes they say things like education is such a challenge, and it's just not cool, sometimes, to be an achieving student. Maybe it's just not cool to get good grades because that seems to show that I'm buying into the system. I would guess that might apply a little bit to being a police officer?

Of course, there's a tremendous amount of peer pressure associated with becoming a police officer. I grew up in St. Louis, Mo., and when I was growing up there, I would never have considered becoming a police officer. And when I got here, I saw this as a great job opportunity, and I tell you, the only thing I regret is not becoming a police officer sooner. I love this job. I love what I do. I love my ability to help people and to make a difference in people's lives on a daily basis. It's a great career opportunity.

Why did you say, though, that when you were a boy growing up in St. Louis you wouldn't have considered being a police officer?

Because of the environment I grew up in and the experience I had with the police wasn't the greatest.

How so?

Because I grew up in a predominantly African-American community, and your first interaction as a young child with the police officer is when the police officer comes into the neighborhood to arrest someone that you know. You don't know this police officer. You've never laid eyes on him, but they just took Mr. Smith away, and you know Mr. Smith – in your opinion as a young child - as a nice guy. You haven't witnessed him do anything wrong. Mr. Smith could have been a coldblooded murderer for all you know, but you didn't see him kill anyone. All you saw him do is what he does every day in the neighborhood. But the police officer in this case is a stranger, and there wasn't time nor the opportunity for police officers to build relationships with the young people in the neighborhoods. So they were viewed as strangers.



> Police Chief Frank Fowler. | David Lassman, The Post-Standard

Do you hear regularly people stopping you and saying, "The cops, they don't get us." Do you get that a lot?

I do. I do hear that and then when people say that to me, and I ask them for specifics, that's where things kind of change. When you tell people to give you the full story, they are going to be minus some details, and I chalk that up to perceptions, people's perception. We as human beings, we have to do more, we have to do better at learning from one another. And this business of getting to know one another, it's not a one-sided thing. The community has to open up and learn about the police department. Likewise, the police department

meet the chief FRANK FOWLER

Age: 47

Years on the force: 20

Background: From St. Louis, Mo., Army veteran

Founder: CAMP 415, Central New York Association of Minority Police

Named chief: January 2010

Home: South Side

CHECK IT OUT

To read Part I of Chief Frank Fowler's conversation with Steve Davis, visit The Stand's Web site at www. mysouthsidestand.com has to learn a little bit more about the community. And until we get both sides working at this, it's only then that we're going to get better.

How do you get the community to participate in that? Obviously, there's a lot you can do on this end, and there's a lot you are doing, as you told us, but how about the other end?

You have to make the police department as transparent as possible. That's Number One. And you have to make the police department accessible to people. That's another step that you have to take. Then the police department itself has to enter into the business of education. One of the programs that we've had going for a while here that started under Chief (Gary) Miguel's administration and is continuing on is this program called, "The Law and You." We go out to the high schools, community groups, and we teach people how to properly interact with law enforcement. And in doing so, it gives them an opportunity to ask questions about why we do things the way that we do, and it helps people learn a lot more about the police department and why we do our business the way that we do it. That program has broken down a lot of barriers.

Do you get kids coming up to you and saying, "Yeah, I'd like to be an officer."

I do. I do because I teach this program a lot myself. In fact, I probably teach it more than anyone in the police department. And when I'm done talking to the kids, the group, the large part of it, filters out, and you get four or five hanging back and they look at you, say, "Hey, how do I – you know, you told me how you got here – I'd like to give this a shot myself."

Have you developed any kind of casual or even closer relationships with any of them?

Absolutely. All you have to do is follow me into a community center, a high school, any high school in this city, and you will hear kids calling me, "Mr. Fowler," "Frank," "Coach," "Chief," and you'll get all those variations of the young people addressing me. They know me because I make myself available to them.

Can you think of one, like Steve Davis at Corcoran?

You know, if I start calling names, we'd be here all day. The Corcoran High School football team, I mean I know a lot of the young men. My son played on the team last year, and it's like they were a part of my extended family. My daughter plays basketball down in the Valley, and I coached an all-girls team last year, and we played against all boys, and a lot of those young ladies are playing for Corcoran High School's basketball team now. So there's a lot of young people out there who I've formed a relationship with, and I plan to keep this relationship. I follow them from junior high school to

high school, and a lot of them are off in college now.

Are any of them saying, "I want to be in law enforcement?" I guess that's what I'm driving at.

There is a young man now who I'm hoping will go through the process, but I'd rather leave his name out of it because, obviously, we haven't asked him for permission to use his name. But he just passed the police exam and he's pretty excited about it. I have a letter from a young man before I became a police officer. I was a counselor at this youth placement facility, and this young man wrote me a letter. He's now in his 30s. This is my first job when I moved here. He's now in his 30s, and he explains in this letter how he's followed my career and how I've had an influence over him. It's a very, very interesting letter.

He's a local person?

He's local now. He lives in the city of Syracuse now, but before that, he grew up in a rural area. This is a white kid. He didn't have any African-American people around him, and he points out in his letter how he had issues with prejudice with black people until he met me, and the two of us would have very lengthy conversations about life in general. He realized through those conversations how much we had in common, and he outlines in his letter how I became a role model for him, and how he utilized some of the character traits that I taught him as he's raising his family.

So where and how did you guys first connect?

I was a counselor at Elmcrest Children's Center before I became a police officer 20 years ago, and this young man is in his 30s.

And you just got that letter recently?

Yes. When I became chief, he was writing a letter to congratulate me, and he was kind enough to share those words with me.

How did you get interested in this career?

You know, I don't know if I chose this profession or if this profession chose me. I took the test one day simply to see if I could pass it. And once I passed the test, I received a letter from the Syracuse Police Department, and I responded. They asked me to call and verify that I would attend a meeting, where they're going to talk about the hiring process. And I called, to have them put me down for this meeting, and there were like three or four days prior to the meeting itself. And I thought about all the times and all the experience that I had with police officers, particularly the negative experiences that I've had with police officers. And I thought, "Why not me?" "Why not me?" Because I'm a believer that any effective change has to start from within. So if here's my opportunity to become a police

WHEN I WAS A KID

I often tell the story about my first experience with a police officer, at 13 years old, when I had a disagreement with a young person on a playground, and the police officer, who happened to be white, came up, grabbed me in the collar, and took his gun out. And as he's talking to me, the only thing I can do is I'm staring at his gun, and as a young kid, I'm scared out of my wits. And he's using profanity, racial slurs, everything you want to name - how an adult should not engage a young person, or speak with a young person. That's what this person's doing. I'm staring at his gun, and the only thing I can say out of my mouth is that "Sir, I'm a kid. I'm just a kid."... But I know that I'm frightened because I think he's about to shoot me... And the incident was so minor - I had a disagreement with another kid, and he went to get the police to intervene in our disagreement. And that right there just really bothered me, and my trust for the police from that day was kind of skewed. And it wasn't until I became a police officer... that my trust went up, and I could probably say that here in the city of Syracuse... we don't operate in

- Frank Fowler

that fashion.

16 MEET THE CHIEF

officer, to make sure that whatever problems I had with law enforcement, that I could do whatever was within my power to correct that and to make sure that I do things differently. Here's my opportunity, and if I don't try to take advantage of this opportunity when it presents itself to me, then I don't have any reason or any right to complain. The more that I got along in the process, I realized that this is an ideal career for me.

You founded CAMP 415. Tell me about that because I think it's important to people who may not know.

I was a detective in narcotics, and I was kind of away from the main area of the police department, and there were a lot of things that were occurring in our community and some things that were occurring with law enforcement. And I didn't feel that the African-American officers had a voice in a lot of these things. So I recognized the importance that we needed a collective voice, and not only that, their police department wasn't recruiting at the time, and I felt that we should have some recruitment. We weren't represented throughout the ranks in terms of promotions, management and supervision. I felt that that needed to change. So I spoke with the person that was involved with the New York State Police Guardians Association, which is an African-American association and some people from the National Organization of Black Law Enforcement Executives. And I quickly realized that the city of Syracuse needed an association such as that. So I sat down with myself and one other member of the Syracuse Police Department, and we started to hash out the plan to start CAMP 415.

You said you saw things that you didn't like that were happening. Was it mainly the numbers?

Yes, the numbers were absolutely a glaring factor.

Right now, they're like 8 percent, I think you said. They were much less than that, then?

Believe it or not, they were still hovering around 7 or 8 percent. It's going to take awhile for us to build up this momentum.

I think you mentioned there were four people involved in this recruiting

Three. A sergeant and two officers.

Are they all African-Americans?

No. The two officers are.

Are there any minority officers currently in the leadership ranks?

No. It's me, and there's one female sergeant.

Is that a separate problem? Part of the same problem?

I think it's part of the same problem because in order for you to have people represented throughout the ranks of supervision, you have to have people represented, period, in the rank of police officers.

So how would you be looking to measure that?

The numbers in this case are real. It's the numbers that are going to tell the story in this case. This will be my first opportunity as chief of police to hire, coming up in another couple of months or so. And those numbers are going to tell the story. It's going to tell how successful our recruitment efforts are. It's going to tell how successful our advertisement effort is, and yes, the numbers tell the story.

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SHELTER FOR HEALING

Syracuse native overcomes struggles, wants to help women in community

By | Robyn Stowers Staff reporter

he life of Debra Person changed forever in 1998, when she made the decision to join Schenectady City Mission's Serenity House.

After that, Person transformed her unhealthy lifestyle into a successful one and is now developing a women's shelter on Syracuse's South Side, modeled after the Serenity House.

The shelter, Exodus 3 Ministries Inc., will offer basic needs and spiritual support to women in need, she said.

"I am not starting this for personal gain," Person said. "It's about giving the glory to God."

As a faith-based organization, Exodus 3 Ministries Inc. will not be eligible to receive government funding. The not-for-profit will be sustained entirely by tax-deductible donations, and more than \$10,000 already has been raised, she said.

Person said she is working closely with board members of Exodus 3 Ministries and its attorney to open the shelter as early as fall.

Pastor Gary Wellings is the program's board chairman. "There are a lot of hurting people out there," he said. "You don't have to go very far to find them. Most people I know can tell you of someone in their family that is suffering. Getting people to come to a loving,



> Debra Person plans to open a shelter on the South Side that includes spiritual help. | Robyn Stowers, Staff Photo

"God was going to use me in my own hometown."

— Debra Person

caring program that will cost them nothing, that will have people to help them get their life back together, shouldn't be difficult."

As founder of Exodus 3 Ministries Inc., Person is familiar with the struggles many women face in her community. She spent a large part of her life struggling with addictions and unhealthy relationships until she came to a point where she wanted to change.

"It was so bad, I lost my home and everything in it," Person said. "But those things don't compare to losing your self-respect, self-esteem and self-worth."

Schenectady City Mission's Family Life Center, which replaced Serenity House, helped her get her life back in order. After finishing treatment, Person worked as a women's ministry associate for six years, earned a degree in social work from the College of St. Rose and had a revelation.

"God was going to use me in my own hometown," she said. "And I heard, 'Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt." The scripture verse is from Exodus 3:10.

Person interpreted the verse as God telling her to open a women's shelter. She returned to Syracuse, found a job as a case manager at an emergency shelter and earned a master's degree in social work from Syracuse University.

"I was born with a heart of passion to help others," Person said. "The Schenectady City Mission helped to cultivate my heart's desire to give back."

EXODUS 3 MINISTRIES is a not-for-profit, faithbased organization dedicated to providing a safe, Christian environment in which women can receive physical, emotional and spiritual healing.

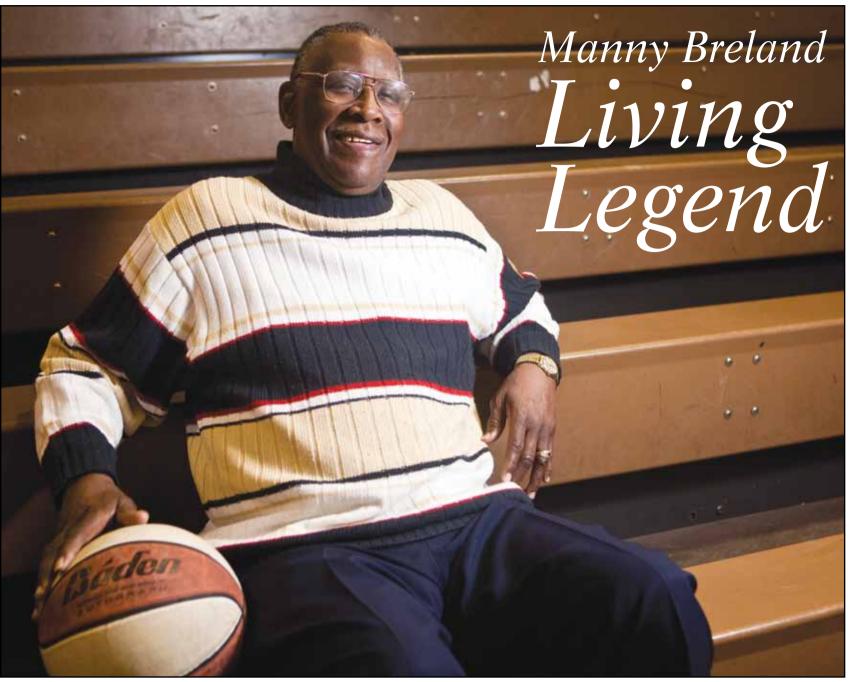
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To learn more: Visit www.exodus3ministries.org





> Manny Breland fought for his life after being stricken with tuberculosis, then helped his Orangemen make history. | Mitchell Franz, Staff Photo

By | Michael Masucci *Urban Affairs reporter*

Manny Breland was the first African-American to receive a basketball scholarship from SU

e is the pioneer. He started the biggest revolution in Syracuse sports history. In 1953, Manny Breland, a Syracuse resident, became the first African-American to receive a basketball scholarship to play at Syracuse University, a campus mostly defined by white students.

Two years later he was diagnosed with tuberculosis, along with four other Syracuse players. He thought his basketball career was over. He saw death right around the corner.

Instead, Breland went on to help his Syracuse Orangemen team to an 18-7 record and the school's first NCAA Tournament appearance, in 1957.

These days, with an SU squad that's predicted to be a No. 1 seed in the NCAA Tournament this year, no one talks about the presence of African-Americans on the team. It is thanks to Breland's talent and courage.

SURGERY, THEN SUCCESS

But first, he had to beat tuberculosis.

"I laid in that hospital for six weeks," said Breland, holding a cup of coffee in one hand and a wrap around his sprained ankle. "I got no treatment," he said. "Docwww.mysouthsidestand.com

SPORTS 19



> Besides an illustrious career as a player, Breland also was an accomplished basketball coach. More photos of Breland at www.mysouthsidestand.com | Mitchell Franz, Staff Photo

tors just walked back and forth. I was so anxious to find out: What's going to happen?"

Doctors told Breland he had a choice. Two years of regular treatment, or experimental medicine and new surgery procedures with promising test results.

As an ROTC student, Breland traveled down to Fort Bragg near Fayetteville, N.C., to complete six weeks of military training in 1955. Breland was diagnosed with tuberculosis after having a routine physical examination. The medical results showed a healthy young man, except for the telltale spots that showed up in his upper right lung.

After his diagnosis, Breland was flown on a military plane back to a landing strip at Hancock International Airport in Syracuse to be dropped off with his brother.

"I saw my brother about 200 yards away, and just ran off, still wearing my hospital robe. I never heard from the military again," Breland said.

Breland's return home to Syracuse saved his life. On December 21, 1955, Breland underwent surgery on the upper right lobe of his lung at Biggs Memorial Hospital, in Ithaca.

The surgery was a complete success. Breland beat tuberculosis. He said he was always told, "Your doctors are nationally recognized. They are the best in the world." The recovery process in the hospital went better than expected. Breland even recalls the laughs and conversations. "We played cards most of the

days," he said.

Breland started as a senior point guard the following season, leading Syracuse University to its first ever bid to the NCAA Tournament. The team did well, making it to the Elite Eight, but lost to No. 1 North Carolina. Breland averaged 6.3 points and 4.1 rebounds his senior year.

DUNBAR CENTER PLAYS A ROLE

Breland believes his education on the basketball court and success as a coach, teacher and superintendent came from the old Dunbar Center, which was located on Townsend Street. "Dunbar was more than a community center," Breland said. "You didn't just come to hang around."

The Dunbar Center served the African-American community in many ways.

"It was a youth center where kids played sports like kickball, dodge ball, softball, pool and table tennis," Breland said. The center also offered various employment opportunities for adults.

Most importantly, Dunbar acted as a place of guidance where African-American children learned the importance of education, human rights, relationships and etiquette, according to Breland.

BRELAND FINDS A FATHER FIGURE

Breland, the son of a single mother who had a full-time job, found the father figure he never had in Ike Harrison, the recreation director at the Dunbar Center.

"There wasn't a dad around. I had uncles," Breland said. "They weren't really my uncles, but they cared about me. I had a great aunt that pushed us on education," Breland said.

"With eight kids, her life started young trying to raise kids," Breland said of his mother. "She was never interested in sports."

Harrison prepared Breland for college and taught him discipline and humility.

"Not only did he teach me the game, but he nurtured me," Breland said. "He kind of took me under his wing. He was like Michael Jordan to me."

Harrison suggested Breland take college prep courses in high school, Breland said. Completing those courses led to Breland's acceptance into Syracuse University.

Breland's high school coach, Ken Begal, played under Lew Andreas, the athletic director at Syracuse University during the time Breland started looking at different colleges.

Andreas told Begal, "Ken, we're just not ready for a black kid yet," Breland recalled.

But Begal believed in Breland.

Not long after Begal and Breland visited Syracuse University, Andreas told them, "I'm going to give your kid a chance."

DUNBAR CENTER

1453 South State Street Syracuse, NY, 13205

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YOUTH

Afterschool Program: offers educational and social skills building, a tutoring program, student and parental advocacy, and life skills building.

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COMMUNITY

Neighborhood Advisor Program (Senior Services): promotes healthy lifestyles and reduces social isolation with outreach to seniors, HEAP assistance, "Fit for the Next Fifty" Exercise Program and case management.

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Fresh Food Giveaway: offers free produce for low-income families.

Emergency Food Pantry: offers supplemental hunger prevention and nutrition assistance to families.

20 COMMUNITY



> Rose King is on top of her project and not afraid to tred or crawl to get to the next area that needs work. | Nick McCrea, Staff Photo

GET INVOLVED

The Piece Makers meet from 9 a.m. to 1 p.m. every Saturday in the upstairs auditorium at the library, 2111 S. Salina St. But you do not have to stay the whole time. View more photos at www.mysouthsidestand.com

MEET PIECE MAKERS

By Angela Thor
Community Correspondent

South Side residents meet Saturdays to help one another quilt, knit, crochet and to socialize

here are peacemakers and there are piece makers, and it's the latter group that meets weekly at Beauchamp Library. Sankofa Piece Makers have been using the library's auditorium to create quilts and other hand crafts for about 10 years, helping people piece together the stories that highlight life. Sankofa is a mythical African bird with a backward-facing head, representing the idea that we need to remember our past as we go into the future. Quilters have been passing on memories for years through their work.

Rose King brought her first quilt to the March 6 meeting. She needed help pinning together three layers of the king-size bedspread before she did the final quilting. "I didn't know it would get this big!" King said.

King spread out her work-in-progress on the auditorium stage, covering much of the floor. Though King is making the quilt for one of her three sons,

Brandon Cooks, a popular disc jockey in the area, who goes by the stage name DJ Brandeezi, she expects them all to compete for the result of her labor.

"It's going to be all theirs to fight over," King said.

The fabric, which features baseball caps, represents the many colorful "bills" her son owns, with a blue heart background that shows her love. While King worked on her project, other group members cut out pieces, ironed fabric or sewed together colorful squares. Stations were set up, and all the tools were set out to share.

The Sankofa Piece Makers group is open to people who would like to learn quilting or to get help on projects they have abandoned in their closets. Some members also knit or crochet.

Effie Ratley has been with the Sankofa Piece Makers since Day One. She heard about a two-week knitting class at the library and waited outside for the librarian to arrive because she didn't want to be late. That two-week course evolved into a weekly meeting.

Ratley has been coming Saturday mornings ever since. "We're not teachers, but we can help you out," Ratley said.

