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CYCLE WITH

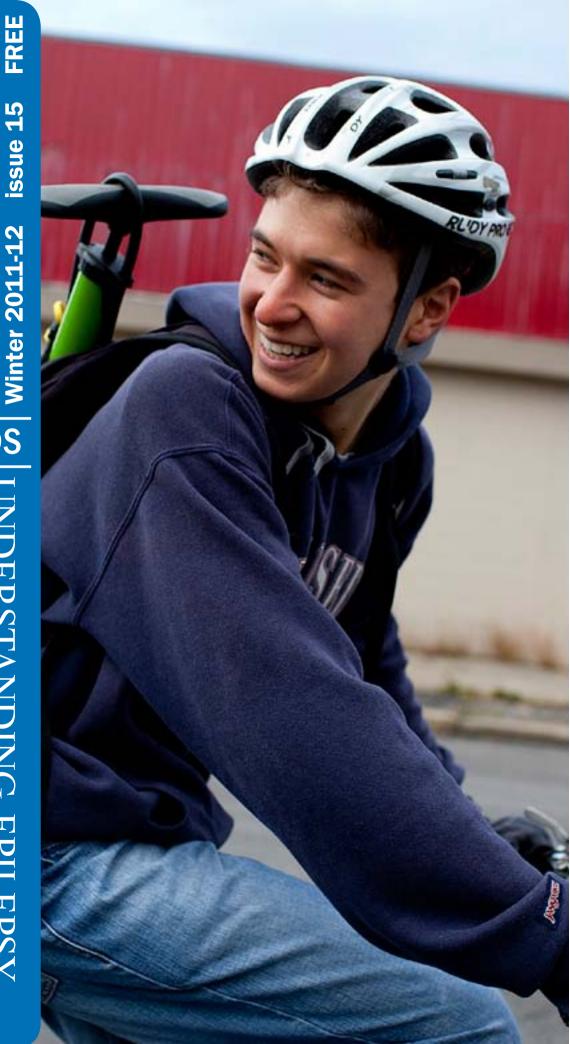
Andrew Lunetta turns bikes into exercise fun at Brady Faith Center

giving

Student musicians perform as thank you for their scholarships

Sankofa Room Treasures Beauchamp Library displays special items describes his key issue for city **Newly elected Council member** UNDERSTANDING EPILEPSY

Syracuse, NY



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SOUTH SIDE NEWSPAPER PROJECT (315) 882-1054 ASHLEY@MYSOUTHSIDESTAND.COM

THE STAND IS BASED OUT OF THE SOUTH SIDE COMMUNICATION CENTER 2331 SOUTH SALINA STREET SYRACUSE, NY 13205

- **COMMUNITY** | Strolling the South Side brings us to the Safonka room in the Beauchamp Branch Library. Read more about the African-American treasures on display.
- FEATURES | Le Moyne College senior Andrew Lunetta is a special achiever. Find out how he helps the homeless and underprivileged through bike rides and coffee chats.
- SCHOOL AND YOUTH | Read about the Corcoran High School girls cross-country team as the coach looks back on a successful season and gears up for next season.
- COMMUNITY | Check out all the fun that children have after school at the Southside Family Resource Center, which offers them a safe place to play and interact with peers.
- FEATURES | Be inspired by local students and musicians who performed in a Thanksgiving musical tribute at Rockefeller United Methodist Church.
- ENTERTAINMENT | Find out the secrets to success, as shared by Charles Cannon and Joe Carter two local icons of gospel singing groups.
- BUSINESS | Read about Tandy Leather Factory and all of the leather materials the store sells so people can make their own pieces.
- Cover photography of Andrew Lunetta by Peter Caty

CALENDAR DECEMBER/JANUARY

What: Junior Cafe Scientifique

When: 9:30 to 11 a.m. Saturday, Dec. 17

Where: Museum of Science & Technology (MOST),

500 S. Franklin St.

More Details: TACNY's Junior Cafe Scientifique presents speaker Howard R. Hollander, president of the Technology Alliance of Central New York (TACNY). Hollander will give a free presentation titled: "Engineer Your Life: Careers in Engineering." A light continental breakfast will be served, and guests are invited to explore the MOST after the presentation. All ages are welcome, but talks are generally geared toward middle-school students and older.

More Info.: Reservations are requested. To RSVP and learn more, email jrcafe@tacny.org or call (315) 425-9068 ext. 2121.

What: Martin Luther King Jr. 2012 Celebration

When: 5 p.m. Saturday, Jan. 21, 2012

Where: Carrier Dome

More Details: Gates will open at 4:30 p.m. During this event, people who in the spirit of Dr. King's beloved community have made a positive difference in the lives of others will be presented with the Unsung Heroes Award. Keynote speaker is Dave Bing, mayor of Detroit. Attendees can park for free in the university's Stadium West lots.

More Info.: Tickets for the dinner are \$25 per person. The program, beginning at 6:30 p.m., is free and open to the public. For ticket information, contact Hendricks Chapel at (315) 443-5044

DISCLAIMER

THE VIEWS EXPRESSED IN THE STAND ARE NOT NECESSARILY THOSE OF THE ENTIRE STAFF. THE STAND WELCOMES SUBMISSIONS FROM ALL MEMBERS OF SYRACUSE'S SOUTH SIDE BUT RETAINS THE RIGHT TO PUBLISH ONLY MATERIAL THE STAND DEEMS ACCEPTABLE TO THE PUBLICATION'S EDITORIAL PURPOSE AND IN KEEPING WITH COMMUNITY STANDARDS.

MEET THE STAND'S STAFF REPORTER

Tara Donaldson is currently a graduate student at Syracuse University, working toward a master's degree in Magazine, Newspaper and Online journalism. Donaldson has gained writing experience working as a freelance writer and blogger and hopes to become a travel journalist after graduation in May. She will take charge of the day-to-day operations of The Stand in 2012 and will be the main contact while The Stand's director, Ashley Kang, is on maternity leave. You can contact Donaldson with story ideas, advertising questions and other requests using The Stand's same email and phone number: ashley@mysouthsidestand.com or (315) 882-1054.



LETTER FROM THE DIRECTOR

If you've seen me waddling around the South Side these past few months, you may have figured out I'm expecting. Baby Kang is set to join my husband and me in mid-January. And on top of planning for the arrival of our first son, I'm also busy preparing here at The Stand for my maternity leave.

The Stand will still come out as planned, and our staff reporter, Tara Donaldson, will step up to take on more of the day-to-day tasks and be available to answer your questions and take suggestions. Read more about Tara on Page 2.

We'll also have a new group of Syracuse University students joining the staff next year to contribute stories and photos.

The Stand's founder, professor Steve Davis, will lead this group and is happy to hear story ideas from readers.

No workshops will be held in December or January, but several are in the works for 2012. Check online for updates and feel free to contact us with suggestions. We'll be partnering with the Syracuse Poster Project again to offer a session on poetry and haiku, and we hope to bring back cultural humanitarian and world photographer Jeffrey Chapman for another photo lesson.

We've had several successful workshops in the past and hope to get even more youth and community members involved in the future. Our workshops cover journalism writing, photography, video and more. If you've ever thought about contributing to The Stand, our workshops are the perfect start to getting involved.

For now, read through our winter issue, which features a number of stories highlighting local people and places. Read personal accounts of two gospel groups in "A Friendly Five" column. And check out our cover story featuring Andrew Lunetta on Page 8 and a video online about his bike rides.

To reach The Stand in the coming months, contact Tara Donaldson at the same email address and phone number: ashley@mysouthsidestand.com and (315) 882-1054.

Ashley Kang



WRITE A LETTER TO THE EDITOR

Letters to the editor can be mailed to:

The Stand South Side Communication Center 2331 South Salina St. Syracuse, NY 13205

or emailed to:

The Stand Ashley@mysouthsidestand. com

All letters must be no more than 200 words in length and must contain the writer's full name, address and contact information.

CORRECTION AND LETTER TO THE EDITOR

Note to readers: The "South Side Achiever" feature about Linda Green of The Newland Center, as published in the November issue of The Stand, includes an error as well as information that should be clarified. The error has to do with the origin of the R.E.A.D. program; the other information has to do with "therapy pets" used in the program. This Letter to the Editor explains the issues; it was edited for space.

I am the current President as well as a cofounder of Pet Partners of Syracuse. Pet Partners is a non-profit affiliate of Delta Society. Our organization promotes and believes in the enrichment and enhancement of lives through the human-animal bond. This is done through Animal Assisted Activities and Animal Assisted Therapy.

One of the programs we also participate in is R.E.A.D. This is a program started by the Intermountain Therapy Animals in Salt Lake City, Utah. R.E.A.D. was not created by Linda Green. After visiting our information table about our organization and R.E.A.D. one evening at PetCo, Linda Green approached me about bringing one or more of our dogs into the center to be part of a weekly book club. As is required when starting a program in a facility with a therapy pet, the initial visit is done without our dogs. There was no dog odor and the place is very clean. We have never experienced any odors that "permeate the old house." If we ever did, we would not be

bringing our dogs there. Strong odors distract them from their purpose. ... Also ... the mission of the R.E.A.D. program is to improve the literacy skills of children through the assistance of registered therapy teams as literacy mentors. I can tell you that this has been a very positive experience and as volunteers we are not expected to commit to 4-6 hours per week as stated in the article.

Web sites for more information: www.petpartnersofsyracuse.org www.deltasociety.org www.therapyanimals.org/READ

Sue Gilberti

Pet Partners of Syracuse Making Life Better — Together www.petpartnersofsyracuse.org

BOARD OF EDUCATION

WINNERS

- · Michelle Mignano, Democrat, 8,570 votes
- · Max Ruckdeschel, Democrat, 7,822 votes
- Bill Bullen, Democrat, 7,513 votes
- · Steve Swift, Democrat, 7.510 votes

THEY SAID IT

"We've got to have community involvement. Communities have to own their schools."

- Steve Swift

"It's fundamental that we really understand that the school system is broken."

--- Bill Bullen

MAIN ISSUES

- Adopting a board governance structure
- · Bringing more ideas from community members to the table
- By Kathleen Ronayne The Stand

A JOB-MINDED FOCUS

Syracuse native Khalid Bey ready to make a difference in 4th District

By | Heather Wentz Urban Affairs reporter

Job creation, government efficiency and improving education top Bey's list of priorities

halid Bey, the Democratic candidate who narrowly prevailed in a race for the Common Coun- Δ cil's 4th District seat, said he knew all along it would be a very close contest. Bey defeated Green Party candidate Howie Hawkins, 1,154 votes to 1,072.

"A win is a win, but I thought it would be close," Bey said. "I've talked about it being this way for 11 months."

A Syracuse native, Bey graduated from Nottingham High School and has spent the past 15 years in Syracuse advocating for economic development on the South Side. As a small business owner on the South Side, Bey has seen the depletion of its business district. His first priority as Common Councilor is pushing for job creation.

"It provides the opportunity to solve more than one problem at a time," Bey said.

He also said job creation is necessary for the growth and sustainability of the South Side. "Our state financially is closely related to lack of employment and severely handicapped business districts, so that's my number one priority," Bey said.

One of the main business-friendly institutions in the 4th District is the South Side Innovation Center, a smallbusiness incubator based in Syracuse University's Martin J. Whitman School of Management. Joanne Lenweaver, the director of the WISE Women's Business Center, said she has seen the most recent growth on the South Side in entrepreneurship. Last year, more than 350 people went to the South Side Innovation Center to help develop their business plans and get their businesses off the ground. In addition, more than 1,000 people went to the center to take classes on how to improve their businesses. Classes ranged from accounting courses to practicing leadership skills to public speaking courses, she said.

Lenweaver said these programs for prospective entrepreneurs will help continue to improve the South Side business district that concerns Bey.

"This is the cycle that will be successful, whether it's on the South Side or any other community in the country," Lenweaver said. "People making a difference in their own lives and communities."

Bey said he also plans to help advocate for better government efficiency — using the city's economic and labor resources to their maximum potential.

Bey also said education is very important to the 4th District and the city as a whole. He said there are



> Khalid Bey is a Nottingham graduate. | Photo provided

children dropping out of school all across the city, and there needs to be more parental involvement in order for improvement to take place. Bey said he has "an excellent relationship" with new education commissioners, all of whom are Democrats. "Parental involvement is paramount, but it's the responsibility of excellent school board members to progress in the near future," he said.

Max Ruckdeschel, one of four candidates who won a seat on the city's School Board in the election, said he and Bey have worked closely together.

"Khalid is a very strong supporter of public education in the city of Syracuse, and we're very lucky to have him on the Council," Ruckdeschel said.

Both Ruckdeschel and Bey were endorsed by the Working Families Party, a progressive party intended to put forth the issues of working-class and middle-class families to politicians.

As for Hawkins' future, he said he isn't ruling out upcoming elections. Hawkins said he did a nice job of raising awareness for employment equality and will continue to work on the issue.

One of his goals is to have other members of the Green Party run for office so he can be a mentor rather than a candidate, he said.

"Ideally for me, instead of being a candidate, I would want to be somebody supporting a candidate and helping them organize their campaign," Hawkins said. "Our campaign team met over the weekend, and we're going to work on this."

Bennie's business dream is reality.

Yours can be, too.

Bennie McDonald's dream of owning his own company needed a jump start, and that's just what he got from the South Side Innovation Center (SSIC). "They were the mentors I needed to get my business off to a successful start," says McDonald, a disabled veteran who is now president of BMD Snow Removal & Grass Cutting. "What I learned helped me exceed all my goals."

If you want to start a business, or you already have one and want to make it better, the SSIC has a full range of services and facilities, including:

- > Office space and equipment
- > Hands-on training
- > Counseling
- > Classroom courses
- > Business plans
- > Access to loans

The SSIC is a program of SU's Martin J. Whitman School of Management, a national leader in entrepreneurship. To find out how the SSIC can give you the tools you need to succeed in business, visit southsideinnovation.org or call 315.443.8600.



VISIT THE LIBRARY

The African-American Resource Center, also known as the Sankofa room, can be found on the second floor of the South Side's Beauchamp Branch Library.

MORE INFORMATION

2111 S. Salina St. Syracuse, NY 13205

(315) 435-3395

http://www.onlib.org/ web/locations_hours/ branches/ beauchamp.htm



Find these words in this story

Notable

Something that is prominent, important or distinguished.

Integrate

To bring together or incoporate several parts into a whole.

How would you use these words in a sentence?

SUGGEST A LOCATION

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

STROLLING the SOUTH SIDE

Beauchamp Library houses little-known nook for African-American works



> Dave Dorfer runs a GED training class in the Beauchamp Branch Library African-American Resource Center, also known as the Sankofa room. An illustration of the room's namesake bird is displayed on the wall. | John C. Liau, Staff Photo

By | Tara Donaldson Staff reporter

Beauchamp Library considers how to continue highlighting African-American books and art

jiyah Coleman doesn't know what a Sankofa bird is or that her local library has a room named after it. All she knows is that she likes to read about African-American history and "all that kind of stuff."

The 9-year-old Ajiyah, who lives across the street from the South Side's Beauchamp Branch Library, visits the book sanctuary every day after school. Still, she may not be the only one unaware of the African-American Resource Center, or Sankofa room, tucked away in a quiet corner on the second floor of the library.

"What is a Sankofa?" Ajiyah asked.

Sankofa is an African term from the Akan cultural group in Ghana, and it means "to go back and get it." The bird is often the symbol that depicts that idea. On the wall in the corner of the resource center hangs a picture of two Sankofa birds with a caption below that reads: "Facing in different directions, they symbolize the need to learn from the past in order to prepare for the future."



> A vase, one of the Sankofa room's treasures, sits atop a table. | John C. Liau, Staff Photo

The Sankofa room opened in 1993 with the idea of having a collection of local and worldwide African-American resources to help the community learn about its history, said Dan Smith, a Beauchamp librarian. There were — and still are — books like "Notable Black American Women," edited by Jessie Carney Smith, and "Facing History: The Black Image in American Art 1710-1940," by Guy C. McElroy.

Pictures from as early as the 1940s, shot by famed local photographer and community activist Richard Breland, are also part of the collection. The photos

capture moments in the lives of Syracuse's African-American community.

Over the years, the biggest challenge library staff faced was how to circulate books and resources from the collection, Smith said. Use of the room was limited because of its isolated location and need for a staff member to be present to help people find books.

Eventually, library staff found that mixing the African-American materials in with the rest of the collection was the best thing for the library and the public.

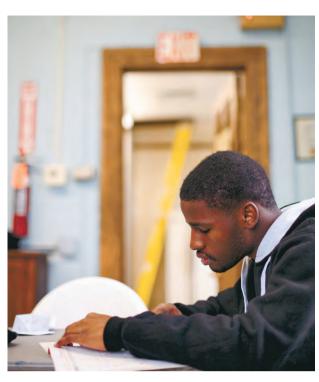
"It just makes more sense for people to have them here," Smith said, referring to the main part of the library on the first floor. "We are trying to make things more accessible so people can experience those nice little treasures we have."

While Beauchamp librarians continue to <u>integrate</u> the collection, which they have been doing over the past year, the Sankofa room exists as a sort of multi-use community room, Smith said. Sankofa plays host to GED courses and offers a meeting space for small groups and organizations. The Beauchamp branch is still forming plans to repurpose the room, Smith said.

Percy Jones, who has been visiting Beauchamp Library for 30 years, said it's nice to have a place for African-American books and resources. Although he was not familiar with the Sankofa room, Jones said it is important to represent cultures separately in a place like a library.

"If a person really wanted to know about African-Americans, there should be a special place they could go," Jones said.

Although offering that special place was the original vision, having the materials accessible for community



> Brandon Dundas takes a practice test for the GED in the Sankofa room. | John C. Liau, Staff Photo

members to peruse and learn from was the ultimate objective.

Ajiyah said Beauchamp is her favorite library, and although she didn't know the African-American resource books were there, she would like to read some of them.

"They have important parts in the story," Ajiyah said. "I can learn how they talk and eat food or do ballet. And my mom would be glad to hear me learning stuff from the library."



> This piece, another of the Sankofa room's treasures, is displayed on a shelf. | John C. Liau, Staff Photo

BEYOND THE ROOM

Beauchamp Library hosts an array of resources and programs in addition to the Sankofa room. A few of them are:

- Adults and children can explore books, magazines, DVDs, audio books and music CDs at the library
- Public computers with Internet access and Microsoft Office are also available for use
- There are afterschool Reading Club and Computer Club programs for children in elementary grades
- The library holds annual programs for children and adults during holidays such as Kwanzaa and celebrations like Martin Luther King Jr.'s birthday

FEATURES
The Stand | Winter 2011- 2012

ON THE SIDE

LOCAL ACHIEVERS

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

ORGANIZATION

Pedal to Possibilities

DIRECTOR

Andrew Lunetta



Watch Andrew Lunetta as he rides along the South Side with community members.

View the video online at mysouthsidestand.com

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 Andrew Lunetta

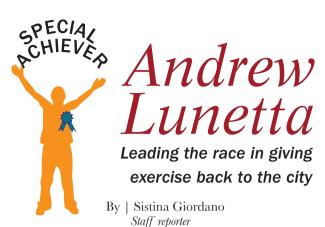
· lunettas@stu.lemoyne.edu

Visit online

- · pedaltopossibilities.org
- · Twitter @powerofpedaling

Ride in Rochester

 Anna Kozachuk runs the Rochester chapter. kozachuk_anna@roberts. edu



Pedal to Possibilities offers bikes, bonding and beverages for the homeless and underprivileged

t's barely dawn on a Monday morning, and Andrew Lunetta is already up and working. The senior peace and global studies major at Le Moyne College is busy fine-tuning a bicycle for one of his riders. It's all part of a routine he follows every Monday, Wednesday and Friday.

"I grew up in Boston, and my mom and dad really influenced me to get involved," he said. "They are very community driven. When I came here for school, it was something I wanted to replicate."

Lunetta said his need to serve led him to The Samaritan Center, a soup kitchen, and later the Oxford Street Inn, a homeless shelter for men, both in Syracuse. "From there, it kind of snowballed into this," Lunetta said, gesturing at the bikes lining the Brady Faith Center on South Avenue.

Last March, Lunetta was searching for an activity to offer homeless and underprivileged people in Syracuse.

"Food, clothing and shelter were readily available but what was lacking was a healthy activity," he said.

So in January, Lunetta began welcoming people into the Brady Faith Center for coffee three days a week. Once the weather warmed up, he began to think about alternative activities to offer the group and came up with Pedal to Possibilities, a program that gives people



> Bob Dougherty helps Jimmy Dowman fix his bike seat in front of a shed outside the Brady Faith Center. | Peter Caty, Staff Photo



> Andrew Lunetta, a senior at Le Moyne College, founded Pedal to Possibilities. | Peter Caty, Staff Photo

donated bicycles for participating in group rides.

The program, which provides riders the opportunity to bike three days a week, also offers incentives to keep them coming. "Once a rider completes 10 rides, they get to pick out a bike, and we give them a lock and a helmet," Lunetta said.

The group ranges from 12 to 15 riders who begin at 9 a.m., and Lunetta said many continue to come even after they've earned a bike.

Once winter comes, the program will retire until spring. Some riders expressed their disappointment after hearing that the season was nearing its end.

"I keep hearing depressing news that you're going to stop riding in November," one biker said as he walked into the Brady Faith Center on a Monday last month. Lunetta confirmed that Nov. 30 would be the last ride of the season, but he promises to continue to open up for coffee and conversation in the winter months.

Lunetta devotes a lot of time to Pedal to Possibilities.

"I started drinking coffee — that's how I balance it," he said. "It's working out because this is something that I love and am passionate about, and I think that's how I can do it."

He also says much of his support comes from the Brady Faith Center Executive Director Kevin Frank.

"They do incredible work and have been extremely accommodating, and the program is successful because of the support from them," Lunetta said.

Frank was happy to offer the venue to Lunetta.

CHAT OVER COFFEE THIS WINTER

"Join us. ... Spend an hour or two — we'd love to get to know you and introduce you to our community."

> - Kevin Frank, executive director **Brady Faith Center**

"The plan is to take it easy in the winter and start back up in March again. People are more than welcome to come over and ride (starting in March) or just bring food over and chat."

> — Andrew Lunetta, founder Pedal to Possibilities

"Andrew is such a ray of light and just so refreshing and life giving," Frank said. "He brings wonderful energy and spirit to the people and the program, and the riders are positive, engaged and look forward to taking a ride because of it."

The program that began less than a year ago has grown into a regular healthy activity for many on the South Side, and Lunetta couldn't be happier with the way the program has evolved. "When it started it was all about the rides, but they have become secondary to the people," Lunetta said.

"A human connection is something that cannot be overlooked, and getting the chance to chat with so many neat people is really what it's all about."



> Bikers prepare for their ride. They are required to wear helmets, and Andrew Lunetta ensures that all the bikes are in proper working order. | Peter Caty, Staff Photo



> Members of Pedal to Possibilities ride along the South Side of Syracuse. | Peter Caty, Staff Photo

RIDING INCENTIVES

Make it a New Year's resolution to ride with Pedal to Possibilities.

- After 10 rides are completed, riders can choose and keep a bike
- · After 20 rides. they earn a light
- · After 30 rides, they earn a rack

RIDERS WELCOME

Starting in March, every Monday, Wednesday and Friday at the Brady Faith Center, 404 South Ave.

Riding begins at 9 a.m. and lasts for an hour or so.

DONATE

Contact Andrew Lunetta at lunettas@stu.lemoyne.edu

Is College a Distant Dream for you?

Did you struggle in high school or earn a GED? Did life circumstances prevent you from getting the education you wanted? Where do you go from here?

Syracuse University.

University College has a special part-time program for students whose educational backgrounds may prohibit them from gaining admission to SU. The Arthur O. Eve Higher Education Opportunity Program (HEOP) assists part-time students with tutoring, support services, tuition, and books.

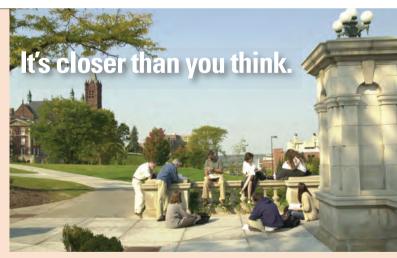
To be eligible, you must be a first-time college student and

- A New York State resident
- A high school graduate with a four-year average below 84.5, or have a GED
- Meet economic guidelines set by New York State

Attend an Information Session: December 5 at 5:30 p.m. or December 13 at 5:30 p.m.

Contact an HEOP representative today, and get started on the path to a better future.

Phone: 315-443-3261 **E-mail:** heop@uc.syr.edu **Web:** uc.syr.edu/stand



The HEOP is funded by a grant from the New York State Department of Education.



10 SCHOOL AND YOUTH



> The Corcoran High School girls cross-country team members run during a routine practice to gain endurance and increase their pace. | Allison Milligan, Staff Photo

By | Laura Liera Urban Affairs reporter

Dedication fuels Corcoran High School girls cross-country team to achieve successful season

chilly wind whipped the grounds outside Corcoran High School recently as the girls cross-country team members ran speed workouts. Their season, coming to an end, had been an exciting one, said their coach, Joseph Serrao.

Serrao, 42, has served as the team's coach for 17 years. This year his team, which is a part of the Central New York County League National Division, has been young — a fact that bodes well for future seasons.

"We are building our team up this year because we have four freshmen, four sophomores, one senior and one junior, compared to last year's team that had four seniors on the team," Serrao said.

What the team members might lack in experience,

they make up for in dedication on the track, Serrao said.

"We have great kids this year that are always working hard, and since they're young, they are learning how to push themselves and get in shape," he said.

A few training modifications were made at the beginning of the season in August to get the team members where they are now. "We couldn't run as long in the beginning of the season, so I had to wait a couple of weeks to do the longer runs, because they were not quite ready," Serrao said.

The team has had five league races and eight Saturday races. Each race is 5 kilometers, or 3.1 miles long, and the top seven runners make the varsity team. The Corcoran girls cross-country team finished 11th in the Section III Championship cross-country meet held Nov. 5 at Jamesville Beach State Park, ending the season.

In an earlier race this season, Bridget Kenney, 16, a junior, placed second, with a 23:46 time, against Fowler High School and IT Tech — just under the first-place

time of 22:43 of Tre'Shel Terpening of Corcoran High School.

"It took a lot of time and dedication to get to where I am, and running unmodified in middle school helped," Kenney said. "But it's scary to be a top runner because you're always scared that someone is going to pass you."

In order to be able to place top 10 in races, the team has speed workouts that help runners build endurance.

Emily Streissguth, 15, a sophomore, has a best time of 25:46 and gets a lot out of the speed workouts.

"Practice starts at 3 p.m. and during speed workouts, we run 400s, which are to increase speed, and when we do distance, it's a good pace run to gain endurance," Streissguth said.

Most girls on the team have been running since middle school, but being on the cross-country team is a first for Molly Driscoll, 14, a freshman. Driscoll, who plays lacrosse and soccer, wanted to keep her endurance during the fall season, and she didn't think it was going to be difficult. But she changed her mind.

"It's extremely difficult, and I can honestly say, it's the most intense sport I have ever participated in," she said.

Driscoll started running in the summer with the team, and she appreciates that Serrao takes time to build up the beginning runners. "He works you up, and when I started I would do a couple miles, and then he would tell me to do three and a half, and now, my longest run has been six miles, and I feel pretty good about it because I can say that I have run six miles," she said.

The moment before the starting pistol is fired,

Driscoll and the other runners agree that it's the worst feeling because their hearts race so much.

"I get so nervous when I'm standing there getting ready to start the race, and I stay nervous for the first mile or so, and I feel like my legs are just buckled," Driscoll said.

But once the race begins, most runners think about how many miles they have left and about not stopping, regardless of how tired they may feel.

"When I run, I keep count of my laps and tell myself to keep my legs moving and try not to think about the pain and especially not let other runners pass me," said Madelyn Kelly, 16, a sophomore.

Having many races throughout the season requires the team to travel to different schools to compete.

When the team travels during the season, the school provides the transportation, but the team still puts on fundraisers for a big trip to New York City.

"We take a trip down to the Bronx, called the Manhattan College Invitational, and that is the one trip the team has to pay for," Serrao said. Total cost for the team is about \$4,000.

Most fundraising money comes from the team running a concession stand that offers hot dogs, nachos, chips and bottled water at school games. But the team is looking to do more fundraising.

"We have these nice sweatsuits that we got, and the district didn't pay for that because they only pay for the racing uniforms," Serrao said. "So anything else that we might want, we have to fundraise."

MANHATTAN PINVITATIONAL

The Manhattan College Cross Country Invitational:

- Largest invitational, drawing 12,000 high school participants annually
- Largest event in Van Cortlandt Park, Bronx N.Y.
- Van Cortlandt Park's cross-country running trail has been a Mecca for the sport for nearly 100 years. The course opened in 1913 with loops for 3-mile and 5-mile runs.
- The park offers great challenges for runners because of its steep hills.
 The steepest is known as "The Wall."

For more information on the invitational, visit nycgovparks.org.

CORCORAN TEAM FACTS

Corcoran High School girls cross-country team:

- Syracuse City Champs in 2009, 2010 and 2011
- In 2010, the team was on the New York state academics team, which means that the team's grade-point average was more than 90 percent.



> The young team, mainly composed of freshmen and sophomores, poses for a group photo. | Allison Milligan, Staff Photo

12 COMMUNITY

HELPING HANDS

The Syracuse Women's Lacrosse team held a fundraising event in November for the Southside Family Resource Center. The event was open to the public and included face painting, team poster signing and games.

The team's bake sale raised \$321.

The center needs school supplies and snacks for its after-school program.

WANT TO HELP?

Drop off donations at the Southside Family Resource Center 136 W. Castle St.

P.E.A.C.E. WORKERS

NICOLE GAIT

Gait became a volunteer in 2010 and helped to put together a "wish list" that addresses the center's needs, including a van.

RICH HILL

Hill is the center's associate director and manager. "The kids need a safe place and a place that's going to focus on academics," he says.

CONTACT INFO

217 S. Salina St. 2nd Floor

Phone: (315) 470-3300 Fax: (315) 472-8939

www.peace-caa.org

AFTER-SCHOOL HOME

Center gives South Side children a place for reading, computer work



> Children participate in a fundraising event for the Southside Family Resource Center held by the Syracuse Women's Lacrosse team. | Photo provided by Lori Covington

By | Heather Wentz Staff reporter

Afternoons start with snacks, then homework; students learn and interact with one another

he Southside Family Resource Center — a community center based in the P.E.A.C.E, Inc. building on West Castle Street — is more than a place for children to go after school. It has become a safe haven for children across the South Side to play with friends, do their homework and stay out of trouble, the staff says.

P.E.A.C.E, Inc., which stands for People's Equal Action and Community Effort, was founded in 1968 when it became a Community Action Agency, meaning it is an organization designed to help citizens become more self-sufficient and improve living conditions in their communities. Since its inception, seven community centers have been established in the city.

Lori Covington, the South Side program coordinator, said each center has its own niche; the main focus of the South Side location is education and keeping children off the streets.

"I think it prepares them for high school and prepares them for what a structured environment is," Covington said. "Here they get a snack and a smile and a hug — someone who cares about them."

At first glance, the brick building blends in with the rest of the buildings lining West Castle Street. The white P.E.A.C.E, Inc., sign in front is weathered and faded, but inside is where the place comes to life. Most days, visitors can hear the children before they see them. Students have just gotten their after-school burst of energy, and

the place is wild. Covington said it usually takes her and her staff about 15 minutes to calm everybody down before snack time.

Covington said about 17 students, ages 5 to 14, go every day after school. Since Covington started working at the Southside Family Resource Center in June, she implemented Fun Friday. That's the day of the week when staff members take the youth on a field trip, set up a game for them to play or give out candy.

"All my kids are here every day," Covington said.
"And they hunt me down if I'm not. Last week, we had a fundraiser so we had no after-school session, and boy did I hear about it. Now they are owed two Fun Fridays."

She and her staff members pick up the students from school because it is too dangerous for them to walk alone. At the center, they can play on one of the six computers or read a book before snack time and homework.

As far as keeping the children off the streets, Covington said it is one of her highest priorities. "One of my six-year-olds wasn't getting into trouble, but he was playing where they sold drugs," she said. "If that's all they see, then that's all they will know. Now he is the first one here every day."

Shadasia Stanley, 12, and her sisters Shamiya, 8, and Aniyah, 5, are some of Covington's regulars. Shadasia said they have been attending for about a year now, with the exception of her youngest sister, who just started a few weeks ago.

"I love it here," Shadasia said, while fiddling with an unfinished string bracelet. "There's a lot of activities to do, my friends come here, and I really have a good time while getting my homework done."

www.mysouthsidestand.com FEATURES 13

MUSICAL THANK YOU

Scholarship students, local musicians perform at Thanksgiving tribute

By | Laura Liera Urban Affairs reporter

'I picked up the tenor sax four years ago, and it changed who I am,' says Malik Clanton

onimar Molina, the recipient of the 2011 Outreach/Scholarship Program, was one of many students who performed Sunday, Nov. 13, in "Many Thanks, Many Thanks," a musical featuring Syracuse students and musicians at the Rockefeller United Methodist Church.

The two-hour event presented by the church and The Professional Woman's League of Syracuse, which also sponsors the scholarship program, featured 13 performances in tribute to Thanksgiving.

The performances featured, among others, were: a duet by John Davies and Sarah Hasegawa, a father-daughter duo; a duet by organist Jane Lorraine and pianist Lori Mann; solo performances by Mary Gauthier; and a solo performance by Molina, who sang "Think of Me" from "The Phantom of the Opera" and "Out Here on My Own" from the musical "Fame."

Molina, 18, a freshman at SUNY Cortland, did not know she was nominated for the scholarship until she was presented with the \$200 award at the Fowler High School scholarship event held in June.

"I was in total shock when I heard I had won because I guess I never thought I would win something by my singing," she said.

Molina is grateful she was given any type of financial help for college.

"Most people would think it's not a lot of money, but to me it was, because college is very expensive and that money saved my parents money to give me to buy school supplies or pay for books," she said.

Molina was born in Puerto Rico and has been singing since she was 8 years old. She is proud of her Latina background.

"Every time I sing, I feel like I am representing my Latino heritage," she said. "It makes me feel proud that I can make a small difference in our community by simply singing."

Other student performances were by Nubia Hill, a junior at Nottingham High School, and Malik Clanton, a senior at Henninger High School. Both Hill and Clanton are a part of Signature Music, a nonprofit organization that prepares children — starting in middle school — for a musical career in college.

Richard Ford, executive director of Signature Music, knows it is important for students to be a part of the arts in school.



> Malik Clanton plays during "Many Thanks, Many Thanks" on Nov. 13. | Jeremiah Howell, Community Correspondent

"I started this program 10 years ago because music for a child or anyone in general changes their perspective on life in a positive way," he said.

Clanton agrees. "I picked up the tenor sax four years ago, and it changed who I am," he said. "When I was in middle school, I didn't play an instrument, and I would always get in trouble and get suspended. But when I started playing the saxophone in high school, I saw a change in me of who I wanted to be when I got older. And I was no longer getting into trouble."

Clanton wants to study music in college and become a music teacher.

This change in a student's life is exactly what Gene Clark, president of The Professional Woman's League and a member since 1969, wants to continue to happen.

"The purpose of our league has been tweaked a bit because we came to realize the importance of getting students into college, especially since it is so expensive nowadays," she said.

The Woman's League began giving scholarships to students at Fowler High School four years ago.

"It's a relatively recent part of our program, and today, with this Thanksgiving event, we hope to have made a good amount of donation money for the Woman's League to perhaps give more money in scholarships," Clark said. The donation money given at the musical will be divided between the Woman's League and the church.

SIGNATURE STUDENTS

The goal of Signature Music is to have its students perform in the community, as some of them did in "Many Thanks, Many Thanks."

Signature Music says it is always accepting students for lessons. The organization seeks youth who are seriously interested in music as a career.

Students range from seventh-graders to high school juniors. Weekly lessons are given in voice, piano and all band instruments. Lessons last up to 45 minutes, and the cost is offered on a sliding scale.

No experience in music is needed, and applicants are interviewed to determine their interest and skill levels.

Executive Director Richard Ford says the organization has a strong social justice focus and primarily enrolls African-American and Latino students.

"A vast majority of students in music schools don't look like those in Syracuse high schools," he said. "We want to represent the diversity of the city."

CONTACT INFO

Signature Music Delavan Center 509 W. Fayette St. Phone: (315) 478-7840 Fax: (315) 478-0962

MONTHLY MEETINGS

The Epilepsy Foundation hosts the Syracuse Parent & Family Network, a group of parents and family members of individuals with epilepsy. The group provides support to members and helps them understand epilepsy.

November is Epilepsy Awareness Month, but attention to epilepsy is a yearlong commitment.

The Epilepsy Foundation meets monthly.

ABOUT THE MEETINGS

When: 6 p.m. on the last Tuesday of each month (except June, July and August)

Where: 1045 James St., Suite 270, Syracuse

For details: Pamela Hunter at (315) 477-9777 ext. 102

MORE INFO

Epilepsy Foundation: www.epilepsyuny.org

National Institute of Neurological Disorders and Stroke: www.ninds.nih.gov

EPILEPSY EXPLAINED

'Not every person will be affected the same way' or even have seizures



> Pamela J. Hunter is the regional director at the Epilepsy Foundation. | John C. Liau, Staff Photo

By | Bethany Bump and Tara Donaldson Staff reporters

The regional Epilepsy Foundation works to raise awareness and understanding

ny time, any place and for any length of time—there is nothing predictable about when a seizure can strike.

For South Side resident Tajuana Jones, 36, who has epilepsy, the sudden and unpredictable nature of the condition she has lived with since she was 2 years old does not prevent her from enjoying life.

"Epilepsy is really never on my mind," Jones said. "Why keep something like that on my mind? I already know I have it, so I'm just going to take my medicine, and that's all."

A person with epilepsy can experience more than 30 types of seizures, according to the National Institute of Neurological Disorders and Stroke. Seizures are divided into two categories — focal seizures and generalized seizures.

Focal seizures, also known as partial seizures, occur in one part of the brain, and about 60 percent of people with epilepsy have these. Generalized seizures are a result of abnormal neuronal activity on both sides of the brain; they may cause loss of consciousness, falls or major muscle spasms.

Jones is affected by complex partial seizures — sometimes referred to as wandering seizures. When the seizure strikes, Jones said she might have something in her hand and will suddenly just drop it and wander around for a while.

"I'll realize, 'Oh my goodness, I was just with so and so, where did they go?' That's why they call them wandering," she said.

Pamela Hunter, regional director of organizational education and development at the Epilepsy Foundation, works to raise awareness about epilepsy. She said confusion about the disability can lead to stigma and fear of it.

"People don't know that it's not contagious," Hunter said. "A lot of people think that a seizure always is when someone falls to the ground and has convulsions." But not every person will be affected the same way.

The Epilepsy Foundation of Rochester-Syracuse-Binghamton opened in 1997 to serve the more than 5,000 people who have epilepsy in Onondaga and surrounding counties. The regional office provides education and first-aid training in seizures for mem-

bers of schools, health and human service agencies and other groups. The foundation also offers free access to Emergency Medication Assistance programs for epilepsy patients.

The foundation is something Jones really likes, she said.

"I go to all the programs, and I think it's something very educational with good service," she said about the monthly meetings.

Epilepsy costs the nation more than \$16.6 billion a year in health care and unemployment, according to a report from the National Epilepsy Foundation in 2000. To help with this, the Rochester-Syracuse-Binghamton foundation designed a program to assist those with epilepsy in finding employment or internship opportunities. The Kessler Foundation, a public charity organization, will fund the Employment Solutions Program through a two-year, \$500,000 grant for the Syracuse office.

For now, Jones remains unemployed and receives Social Security Disability — benefits she signed up for with help from the Epilepsy Foundation. Jones said she plans to look for a job in social work so she can put to use her associate's degree in human services from Onondaga Community College.

"I don't mind working if I can do it," she said. "That's what I would prefer to do."

Despite being on medication for her seizures, Jones said they are not under control.

"Every month, I'm going to have seizures, regardless of what medication they are putting me on," Jones said. She estimates she has five to 10 seizures a month.

Life could be different for Jones. She would have a job if she didn't have the condition. She would get a driver's license. She would even learn to swim. But Jones said she doesn't allow herself to live in fear of her illness.

Waking up wondering whether she will have a seizure that day isn't something Jones ever does. "I've got a life to live, and I want to be happy," she said. "I'm not going to walk around thinking about epilepsy all the time."

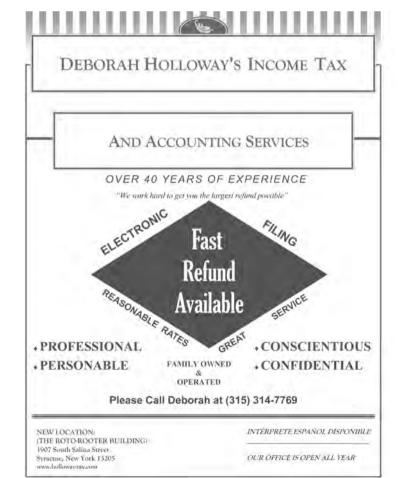


> The Liberty Resources building houses the Epilepsy Foundation. | John C. Liau, Staff Photo

WHY YOU SHOULD GO

South Side resident
Tajuana Jones said
she likes to attend
the Syracuse Parent &
Family Network meetings
because she always learns
something.

As for the next scheduled meeting, Jones said: "As long as there are no emergencies, I'll be right there."





HENDRICKS CHAPEL

Syracuse University

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Friday, December 16, 2011

Social Hour: 6 p.m. to 7 p.m. Dinner: 7 p.m. Sharp

Best Western - Carrier Circle 6555 Old Collamer Road, East Syracuse, New York

For ticket information, contact John Young at (315) 218-5534

Donation: \$75.00 per couple \$40.00 per person



HH N

CANNON CARES

In November, Charles Cannon took time to remember the less fortunate.

On Saturday, Nov. 12, a fall gospel singing event and fundraiser took place at the Living Water Church on Huron Street to collect canned goods and other donations for holiday food baskets that will go to those in need.

Gospel groups such as The Sensational Saints, The Foundations and a nationally known group, The Mighty Clouds of Joy, also participated in this praising, singing and song-filled evening.

— By Glory Thomas The Stand Community Correspondent

PRAISING IN SONG

Local legends share their secrets to staying on top of the music scene



JOE L. CARTER and the PILGRIM GOSPEL SINGERS of Syracuse, N.Y.

By | Reggie Seigler A Friendly Five columnist

Charles Cannon and Joe Carter enjoy spreading music through their gospel groups

ver the years, Syracuse has enjoyed its share of traditional quartet-style gospel singing groups, including the Davis Sisters, Five to Life, The Flying Eagles and Foundation. But none has endured the test of time like The Bells of Harmony or the Pilgrim Gospel Singers.

Charles Cannon, 65, of The Bells of Harmony, first started singing with his group as a young boy in Randolph, Ga. The group consisted of his brother Homer Cannon (deceased) and his cousins Otis (deceased), Ben and Eugene Starling. They would sing at churches and other venues.

After leaving Georgia in 1964 and heading to Syracuse, Charles Cannon landed a job at General Motors. He re-formed the group here and worked at GM for more than 30 years while raising his family and building a legacy with The Bells of Harmony. He also started a

radio program with his cousin Otis called the C&O Gospel Hour — now called the Charles Cannon Gospel Hour. The program has been running for 35 years on WSIV-AM 1540 from 2:30 p.m. to 6:30 p.m.

The Bells of Harmony has recorded four CDs of original and traditional gospel songs. One of them, a local favorite, is called "The Lord Will Make a Way." The current group consists of longtime members and sidemen Howard Wright, Floyd Hodge, John Carter and Glen McArthur. Newer members and sidemen are Charles' and Howard's sons Keith, Kelvin and Kennedy Cannon and Jaquan Wright. Keith's son "JJ" Cannon, a multi-instrumentalist, performs with them on occasion.

I asked Charles Cannon about his secret to maintaining a successful musical organization for such a long time. "Take care of business" is his advice.

"The group has to be able to sustain itself," he continued. "You can never allow the needs of the group to take food away from your family's table. And the way to do that is to take care of business."

Joe Carter is the founder and leader of the Pilgrim Gospel Singers, and he also shared his secret to success.



> Charles Cannon has been a local legend since moving from Georgia. | Photo provided by The Bells of Harmony

Carter's advice: "[You've] got to have a strong desire. There will be a lot of highs and lows, but you have to have the desire to get beyond the low points."

Carter, too, began in Georgia with family members singing with his group. He is from Hawkinsville, Ga., which is about 95 miles northeast of Cannon's hometown. It is also about 35 miles south of Macon, Ga. Macon is where the Georgia Music Hall of Fame is located. It also is the hometown and onetime musical home base of Randi Crawford, Little Richard and other soulful singers like Otis Redding.

The soulful sounds that Cannon and Carter have brought to Syracuse are authentic and the real deal.

Over the past 42 years, members of the Pilgrim Gospel Singers have shared their flavor of gospel music with audiences across the northeast. They have recorded numerous 45s, LPs, cassettes and CDs. Their most recent album, "We Need More Love," was recorded live at Living Waters Church of God in Christ. Joe Carter's older brother, Elder Nebraski Carter, is the pastor there.

Carter's group has gone through some changes over the years with the untimely deaths of his brothers and other members. Like Cannon, though, Carter has built a musical legacy through his strong desire. Now retired after working for 38 years in the foundry at the Frazer & Jones Company, Carter shares his legacy with younger family members who sometimes perform with his group.

Both gentlemen shared with me that they loved music of all types, although neither has ventured outside of gospel music professionally. I believe that is the reason for their longevity and success: They have remained true to themselves. Although their membership has changed over the years, their sound has remained the same. It is still the authentic and original sound they brought here from Georgia in the 1960s.

A Friendly Five is created and coordinated by Reggie Seigler to highlight the music and history of Syracuse's South Side music scene. If you are a local musician and have an idea for a future column, contact Reggie at reggie@softspokenband.com or call

(315) 479-9620

LISTEN ONLINE

Listen online to "We Need More Love" by Pilgrim Gospel Singers by clicking on the song at mysouthsidestand.com

SEE THEM LIVE

The Bells of Harmony books performances about 30 times a year. The group performs in Connecticut, Boston and Toledo and is available locally to perform at churches, festivals and concert venues.

BOOK THEM

The Bells of Harmony (315) 469-1605

Pilgrim Gospel Singers (315) 446-8487

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And if people ask me about something, then I'll know."

- Percy Jones, Owner of Percy Jones Quality Used Furniture and The Stand advertiser

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www.mysouthsidestand.com





LEATHER FACTS

Tandy Leather Factory stocks a variety of leather from countries around the world, including Norway, Brazil, Mexico, China and the United States, among others.

A cow's hide usually produces 50 square feet of leather. Most commercial leather, such as coats and couches, is made from the chrome tan variety.

One of Tandy Leather's more popular varieties of leather is vegetable tan leather. Vegetable tan leather, also called double shoulder, comes from the back of the cow's two shoulders. This type of leather exhibits a number of unique properties, including:

- Absorbing water and acting like easy-to-mold clay when wet
- Showing the conditions of the cow it came from, such as scars, wrinkles, wounds and brands
- Tanning like human skin when left out in the sun

Vegetable tan runs around \$135 for 10 square feet at Tandy Leather. Other leather varieties range from \$3 to \$10 a square foot.

BRANDING BUSINESS

Leather store provides South Side residents tools to craft own pieces



> Jess Wartooth, an employee at Tandy Leather Factory since 2007, and Donald Sell, the store's manager for the past several months, sell leather and leather crafting kits at the store on Syracuse's South Side. | Allison Milligan, Staff Photo

By | Laura Liera Urban Affairs reporter

Tandy Leather's Syracuse location stays open despite other stores closing around the country

and a South Side fixture for 26 years, is the only branch in the entire state.

"There used to be one in Rochester, Albany, Binghamton and New York City, but they kept the Syracuse one," said Donald Sell, 29, Tandy Leather's new manager. Sell was relocated to Syracuse three months ago from the store in Harrisburg, Pa.

As a chain, Tandy Leather emerged from the merger of Tandy Leather Company and the Leather Factory, each specializing in leather products. When the two combined, the new company closed a number of its stores.

The Tandy Leather store at 4726 S. Salina St. sells leather, some of it in do-it-yourself kits, but does not make leather products.

"We don't actually make anything in the stores," Sell said. "That's why we have our kits that are designed to be purchased by our customers, so they can make their own belts, handbags and anything else they see in the store

that they want to design themselves."

Jess Wartooth, 27, an employee at Tandy Leather, says people don't tend to think about leather crafting as a hobby. "Most people who come in either think we sell leather coats, cowboy hats or cowboy boots," Wartooth said. "I think as far as leather crafting, it's not something people consider because most might think of knitting or doing something with textiles and clay, before even thinking of leather," she said.

Betsy Robson, 48, a customer at Tandy Leather, said she feels that more community members should be aware that this store is in Syracuse. "More people should take the time to step inside Tandy Leather because it would enhance people's imagination as they get to work with something totally different, like leather, and make gorgeous crafts like I have in the past," she said. Robson has made leather jewelry and plans to purchase more leather pieces to work on in the near future.

Wartooth, who has worked at Tandy Leather since October 2007, said she has learned much about the product.

"I worked at a grocery store before this, and since I've been here, I get to build my own knowledge on leather — which is interesting — on how it's made, how it's used, and I get to educate people who come in



> Different varieties of leather are shown on display inside the Tandy Leather store. | Allison Milligan, Staff Photo

because a lot of people don't know the number of things you can do with leather," she said.

The store sells a variety of kits that customers can purchase. "We have kits for all skill levels," Wartooth said. "From a little coin pouch to a mini saddle."

The kits come with precut leather but crafters are free to make their own designs and to dye the leather. The pieces of leather are pre-punched along the edges so they can be laced or stitched. Kits also come with two needles and a fair amount of wax thread or lace.

The most popular item in the store is belts.

"More people come in to buy the leather belts, buckles and straps," Wartooth said.

The starting price for a belt is \$11 and can go up to \$25. This price is only for the leather belt, without any pre-punched holes, buckles or designs. There are different design pieces throughout the store, such as 3D stamps, that range from hearts to horses that customers can purchase to make their own design on the belt.

"These belts that we sell will last a person years and years because you can see the quality of the leather and its durability," Wartooth said.

Most of the store's revenue comes from clients placing orders over the phone.

"We don't get a lot of walk-in customers, so our big orders are phone customers and online because we aren't close to everyone, so it's easier to call than to have to drive to us," Sell said.

Other Tandy Leather stores located around the country, such as in Houston, get their revenue from customers who walk into the store every day.

Meredith McBean, who has worked with the company for eight years and is the current store manager in Houston, has noticed revenue coming in from walk-in customers.

"This is a new store in a new location, and although we have been open for a year and a half, we are still keeping up with the other stores around the country, by the amount of sales we make with people who just walk in to our store every day," McBean said.

Tandy Leather in Syracuse has been able to keep



> Tandy Leather's South Salina Street location is the only one in New York. | Allison Milligan, Staff Photo

its profits up this year without having a lot of customers walk in to their store.

"The economy hasn't affected our company or this store here, as much as you would think," Sell said. "Most of the stores are making good money, and it hasn't been as bad as it could have been, especially since a lot of businesses around the country have closed because of the economy."



> The belt kits, straps and buckles are Tandy Leather's most popular items. | Allison Milligan, Staff Photo

JOINING FORCES

In 2000 the Tandy Leather Company and the Leather Factory combined to create the Tandy Leather Factory.

Now the company processes orders from more than 100 companyowned branches throughout the USA, Canada, U.K. and Australia.

Customers can also purchase products from the company's website at www.tandyleatherfactory.com



at mysouthsidestand.com



READING WITH TAYE DIGGS

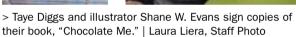


> Students get their photo taken with the actor after the signing of his book. | Laura Liera, Staff Photo

ctor and Syracuse University alum Taye Diggs read from his new book, "Chocolate Me," while Shane W. Evans, also an SU alum and the book's illustrator, accompanied him on the guitar Sunday, Nov. 13.

"Chocolate Me" illustrates a personal experience from Diggs' youth that changed his life.









> Taye Diggs reads during an event at The Greater Evangelical Church of God in Christ. | Laura Liera, Staff Photo

