

# right side glows



the newsletter for **nuçi's space**, a nonprofit musicians' support/resource center

## November Comes but Once a Year...

November is always a particularly sad month for me. It was Thanksgiving of 1996 that my young son, Nuçi, took his own life. Since then Thanksgiving and all the frivolity that follows has grated on me a bit. I manage to get through the period and even enjoy the time spent with my husband and son. But there's always a hint of sadness.

Last week another precious young man, whom I knew only slightly, ended his life. It brings it all back. Waking up in the morning. For one fraction of a second it's just morning. Then you remember. You check yourself and question reality—could this have happened? Reality has bled into the surreal. In a few seconds the world as you knew it comes to a screeching halt, the ground you stand on is shifting and there's nothing to hold on to. You can't get your brain around the fact that someone you love so much, who's always there, is gone and gone forever. You didn't get to plead with him to hold on tight. Help is coming. You didn't get to say goodbye...

My heart cries for this person's family because I know what the days to come will bring. There is no one and no thing that can lessen their pain, their grief. Caring friends will be there and that means a lot. Just being there. There's no magical thing to say—their presence says it all. A few days after Nuçi died, a friend showed up with two grocery bags full of boxes of Kleenex. Another

friend showed up early one morning with breakfast. There was lots of soup and handholding and friends sitting around—caring. The grief goes on.

When I started Nuçi's Space, I did it hoping to save another family the pain that my family endures. In that sense, I feel that I have failed. I think that Clinical Depression in a small percentage of sufferers is terminal. Nuçi was in that group. Much is being done in the field of mental health but yet we continue to have over 30,000 suicides a year in this country alone and that number is fairly constant from year to year. Terminally ill cancer patients can elect to have palliative treatment but what about those suffering from terminal



Clinical Depression? They resort to suicide. And there's nothing but pain and suffering for those left behind.

Life goes on and we survive. I'm proof of that. But November and Thanksgiving will never be the same for me. In fact I'll never be the same. Given that we can't always save the Nuçis of the world, we can care for the survivors. They need our support. They need to know that although *November comes but once a year*, we'll be there for them always...

**Linda V Phillips**  
Nuçi's Space  
Founder, President

### nuçi's space

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## Nuçi Phillips Memorial Foundation

### Board Members

Jan Barstow  
Bruce Burch  
KP Devlin  
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Virginia Ellenberg

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# Help Nuçi's Space Grow!

This year, Nuçi's Space expanded its potential donor list from around 300 people to over 1000 people! This growth is amazing, and we appreciate each and every one of you for taking the time to learn about Nuçi's Space and for becoming passionate about our mission. In order for Nuçi's Space to keep growing, we need your help. We have recently updated our giving envelopes, and this time we included a space to provide a friend's contact information. Please, if you know anyone else who is passionate about mental health and the music community, let us know. Your support is what ensures that Nuçi's Space keeps making a positive impact in the community.

## The Birthday Party

Nuçi's Space celebrated seven years of existence on October 13th with some of our most dedicated musicians, volunteers, friends and family.

Volunteer Emma Kiser once again held down the responsibility of decorating and readying our building for the party. Food was donated by local restaurants like Mama's Boy, Five & Ten, Sons of Italy and Raising Cane's. Leigh Ellen Watts, of [www.cakemeaway.com](http://www.cakemeaway.com), made a beautiful birthday cake.



### CONTRIBUTIONS MADE THIS QUARTER

Blackmon, Dan  
Buck, Barrie  
Coenen, Dan T. & Sally  
Wyche  
Durrett, Donald & Karin  
Feldman, Dr. Daniel C.  
Foundry Entertainment  
Hayes, Mark & Gabi  
Hinsch, Steve & Hollis  
Jarrett, Seth Copeland &  
Diane  
Joiner, Hank & Vicki  
Kiser, John & Miriam  
Laughlin, Barbara  
Laux, Peter & Joyce A.  
Lichtman, Jeffrey & Sheila  
Lowe, Michael & Kaye A.  
Richter, Paul  
Sato, Paulette & Thomas  
Shropshire, William  
Soileau, Jeff & Sheridan  
Steadman, Nancy

Stephenson, Alice  
Templeton, Debbie & G.  
Bowden  
Venuso, Connie  
Williams, Cameron  
Wynburn Boulevard  
SummerFest

**In Memory of  
Jackson Barsness:**  
Claire Dunphy

**In Memory of Ben Hardman:**  
Lucy and Daniel Bell  
Mary Talmadge Hardman

**In Memory of  
Donald Dallas Keyes:**  
Rosemary Bowen  
Mary Talmadge Hardman

**In Memory of  
A. Nuçi Phillips:**  
John & Miriam Kiser  
Connie Venuso

During the party, guests toured the Space, listened to a lineup of local bands and bid on items in our silent auction. The auction featured signed memorabilia from Drive-By Truckers, R.E.M. and Widespread Panic among other bands and was designed and run by Heather and Mike Swint, with help from Elizabeth Hill. Music was provided by Some Animal, Kenosha Kid, Peter Alvanos, Heather Purdin, KP Devlin, Nightingale News and Sleepy Horses.

A special thank-you goes to Rinne Allen, Gaylene Ward of Leon Farmer and Dustin Watts of Terrapin Beer for their support.

# The Faces of Nuçi's Space

This year, Nuçi's Space reached a very exciting point in its lifecycle! Nuçi's Space is growing, and as a result, we have been able to add new staff members. Because of the recent changes, we realized that many of our friends and supporters may not really know everyone who works here. So, we wanted to introduce our Nuçi's Space staff so that you will be able to put faces with names.

## Alyssa Bernstein

Hello Friends and Family of Nuçi's Space! I am excited to be an official member of the full-time Nuçi's Space staff. I started my journey here at the Space as an ordinary intern with big dreams.



After three semesters interning and then graduating from UGA this past May, I was invited to officially come aboard. My role as a liaison between Nuçi's Space and the University of Georgia campus allows me to oversee the Nuçi's Space Student Organization and run the student internship

program. It's so neat to see students excited about what we do here! I am fortunate to have landed here at this point in my life. Surrounding myself with music and positive messages about well-being is a dream come true.

## Chris Byron

Hi, my name is Chris Byron. I've worked part time at Nuçi's Space for almost 3 years, usually working at night on Sundays, Mondays, and Wednesdays... although this is always subject to change. I also work one day a week for a few



hours running errands and getting groceries, so if your favorite food or drink is not present at the space you can blame that on me. I became involved with Nuçi's Space through my brother who was working/volunteering here for a short period of time. Immediately I felt connected to Nuçi's Space

because they were doing something that was directly related to music and the well-being of musicians. Also, Linda usually brings cookies when she works, so that makes the bond even stronger. When I'm not at Nuçi's you can find me at John Keane Studios (where I've been for about

6 years) working with various Athens bands including R.E.M, Widespread Panic, The B-52's, and many others.

## Laura Ford

I'm Laura and I have been working at Nuçi's Space since March of this year. I moved to Athens in December 2006, and I became familiar with the Space a month later when I attended my first Survivors of Suicide meeting. After my brother



James committed suicide in 2005, I decided that I wanted to work with suicide prevention programs, so I immediately fell in love with Nuçi's Space's mission! By some stroke of fate, I was able to begin working at Nuçi's Space and it has been one of the best experiences of my life! I usually work

three days a week and have done everything from help with development to help organize Camp Amped. In addition to my job here, I am also a full-time student in the Masters in Nonprofit Organizations program at UGA and I hope to graduate in May 2008.

## Will Kiser

My name is Will Kiser and I work here during the day Monday through Thursday and on Friday



nights. I've worked here at Nuçi's Space since 2003 and am in charge of working with our volunteers, as well as putting on benefit concerts here, publicity, our annual birthday party and assisting with events like the S.P.A.C.E. Race and memorabilia auction. I became connected to Nuçi's Space in

2000 when I wrote an article about its creation for *The Red & Black* (the UGA student newspaper).

### Active Volunteers:

Katie Adams  
Janna Babson  
Meg Bennett  
Kristen Berg  
Kathryn Boyd  
Gus Boyd  
Michelle Brooks  
Cayle Bywater  
Katie Carmody  
Wick Cauthorn  
Laine Chiszar  
Katie Collins  
Jenny Cooper  
Lexi Crockett  
Connelly Crowe  
Jodi D'Hollosy  
Jennifer DelVentura  
Ally Dir  
Jessica Ewing  
Melanie Foster  
Carrie Goggans  
Miles Henderson  
Elizabeth Hill  
Ashley Howell  
Bill Hussey  
Emma Kiser  
Bette Kitchens  
Sheridan Kulwicksi  
Jiahui Liu  
Tracye Murphy  
Daniel McCarter  
Alison McLaughlin  
Ivan Pandzic  
Heather Powell  
Whitney Quinlan  
Deirdre Rudat  
Andrew Ryals  
Lynne Seymour  
Jason Smith  
Joe Spiccia  
Albert Suttle  
Heather Swint  
Mike Swint  
Micki Waldrop  
Michael Will  
Kevan Williams



**nuçi's space**

**Staff**

- Alyssa Bernstein
- Chris Byron
- Roy Coughlin
- Laura Ford
- Will Kiser
- Terrance Medina
- Dan Nettles
- Bob Sleppy
- Kane Stanley

I immediately fell in love with the mission of the organization and wanted to be involved. I was a volunteer from 2000 until 2003 when I moved back from Atlanta to start working here.

## Terrance Medina

Hi, my name's Terrance and I've been with Nuçi's Space for about two years now. I came to Athens about three years ago, after spending five years in the Navy. Before that I studied flute performance and music education at the Cincinnati College-Conservatory of Music. Last year, I was called back to active duty by the Navy to help out with humanitarian relief efforts in East Africa. Now I'm back in town, back at Nuçi's, and couldn't be happier. It's a real pleasure for me to work with such a dedicated group of people on such a worthwhile endeavor, and I look forward to meeting each of you next time at Nuçi's Space.



## Dan Nettles

Hi, I'm Dan Nettles and I've been working with Nuçi's Space for so long that I can't even remember when I started. You can usually find me at Nuçi's Space on Thursday nights or from noon to 6 on the weekends. I work at the Space moving gear around, cleaning up, and being nice to strangers when I have the time. Being involved with Nuçi's Space is very important to me because I am so closely connected to its mission. My brother Casey killed himself when I was 15, so it seems natural for me to work somewhere that focuses on music and mental health. In addition to working at Nuçi's Space, I am pretty much a full time musician. My band, Kenosha Kid, kicks butt. Learn about it at [www.myspace.com/kenoshakidmusic](http://www.myspace.com/kenoshakidmusic)



## Bob Sleppy

I was hired as Executive Director of Nuçi's Space by the Phillips family in December 1999. After losing a close friend to suicide in 1992, I left

the University of Georgia during my sophomore year to pursue a career in music. Between 1993 and 2002 I performed with a professional, touring band as a drummer. In addition to performing, I was responsible for management duties including booking, marketing, record distribution and planning of the business. During our



career the band released 3 singles, 2 full-length albums, toured several weeks a year and landed on the CMJ 75 (national college radio play-list ranking) twice. I made ends meet by working several different part-time restaurant jobs. With the help of medication and the counseling services provided through Nuçi's Space I was able to confront my long undiagnosed struggle with Attention Deficit Disorder. In 2003 I made the decision to return to UGA and complete my undergraduate degree in psychology. With a new focus and a renewed appetite for learning, I applied and was accepted into the University of Georgia Terry Evening MBA Program. Currently in my first semester, I'm pushing my way through Leadership Development and my first Financial Accounting course. So far the experience has been challenging but very rewarding. My hope is to use some of my newfound skills to help open Nuçi's Space's throughout the country.

## Kane Stanley

Hello everyone, my name is Kane and my musical journey began when I started studying drums and percussion in 1985. Since then, music has taken me down many avenues including private study at both The University of Georgia and The Berklee College of Music. I teach private drum set and percussion lessons in Athens, work as a drum tech, make handmade didgeridoos, and work for another local non-profit. I also play with the bands Cosmic Charlie, Entropy, Cachaça and the Moyuba Drum Ensemble. I currently work part-time as a drum tech for Nuçi's Space. I love working here because I just love the organization and I believe that Nuçi's Space saves lives every day.



# Space Race Wrap-Up BY ALYSSA BERNSTEIN

On behalf of the entire Nuçi's Space staff, I would like to give a HUGE thank you to our friends, family, and community who helped to make the 4th annual S.P.A.C.E Race and Health Fair an enormous success. We had a record-breaking crowd come out to our 5k for Suicide Prevention, Awareness, and Community Education. It was exciting to see many new faces from the Athens community out supporting Nuçi's Space and even learning a bit about what we do. Our loyal fans and supporters were also out there working up a sweat between running/walking their hearts out and scoping out our first ever health fair. The fair took place on the Reed Quad and featured the UGA College of pharmacy, Acupuncture Center of Athens, Mind Body Institute, Village Herb Shop, Curves Fitness and many more! The band, Bitters End, was kind enough to help keep people entertained throughout the morning by performing out on the Quad.



**nuçi's space**  
Student Organization

**Co-Presidents**  
Sarah Walpert  
Parker Browne

**Fall 2007 Interns:**  
Ashley Mays  
Dustin Tunick  
Shiri' Carmack  
Christine Steadman  
Nadia Farra  
David Dye  
Colby Gardner  
Naomi Pate

## Space Race Sponsors:

The Adsmith · R.E.M. · Flagpole · PPT Promotional Marketing · Kaiser Permanente · Bertis & Katherine Downs · Advanced Massage Therapies · Frontier · 8e's · Sons of Italy · Barberitos · R. Wood Studio · Rocket Salon · AthFest · A Aachen Back · Apex Signs & Designs · Bischero · Buffalo's Southwest Café · Chase Park Transduction · Daniel Peiken · Dree and Co. · Dynamite/283 Bar · Farm 255 · Georgia Theatre · Harold Williams · Mantooth Music · Mercury Lounge · Plexus Web Creations · Republic Salon · Smoothie King · St. Mary's · The Pub @Gameday · Walker's Coffee and Pub

Our goal for this year was to ensure that our runners, walkers, and volunteers knew the cause that they were supporting that morning. We had a "Memory Board" in the center of a plaza with faces and names of loved ones we have lost to suicide. We also sold Suicide Awareness ribbons throughout the day in hopes of raising awareness about depression and suicide prevention in the Athens community. The health fair was there to encourage overall well-being to get other wellness institutions involved and aware of Nuçi's Space.

All in all, the weather was great, spirits were high, and fun was had. Thank you all again for a great 4th year!

## Space Race Winners:

### Men's:

1st Place	<b>Drew Glass</b>	19:05
2nd Place	<b>Kirk Smith</b>	19:14
3rd Place	<b>Malcom Adams</b>	20:08

### Women's:

1st Place	<b>Susan Adams</b>	20:59
2nd Place	<b>Sharon Spink</b>	23:00
3rd Place	<b>Tracy Ramsey</b>	23:02

# SunTrust Bank Continues My Cause Promotion

## New checking accounts could lead to \$\$\$\$ for Nuçi's Space

If you heard about SunTrust Bank's My Cause promotion but you didn't have a chance to sign up for a new bank account, don't worry! You still have a chance to donate money to Nuçi's Space without spending any of your own! SunTrust will donate \$100 to a charity of your choice when you open a new Personal or Business Checking account from now until **December 31, 2007**.

Our goal is to utilize our extensive social network of friends, family and Nuçi's Space advocates and turn the My Cause promotion into a successful fundraising tool for our nonprofit mission. The process of the My Cause promotion is very specific, and we've detailed how it works to make the process simpler for you to complete. All of the pertinent info is on the SunTrust My Cause website ([www.suntrust.com/mycause](http://www.suntrust.com/mycause)). Feel free to use this information as an info-kit when calling or emailing your friends about this opportunity!

Here's how it works:

- Open your NEW SunTrust account
- Make at least one purchase on your new check card by February 15, 2008
- After you've made at least one purchase, visit [www.suntrust.com/mycause](http://www.suntrust.com/mycause)
- Click on "My Cause Redemption Form." You have to fill out this form by February 15, 2008
- Select "Make \$100 donation"
- In order to select Nuçi's Space as your cause, in the **Keyword** field, enter **Nuci**
- The **Nuçi Phillips Memorial Foundation Inc** will show up.
- Click on **Nuci Phillips Memorial Foundation Inc**
- Click on **DONATE NOW**

**nuçi's space**

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