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Altoona Proud

A Monthly Insight into all that is Altoona

August is International Overdose Awareness Month

In 2001, a Salvation Army worker in Australia began the initiative that has become Overdose Awareness Month, with specific focus on August 31st as International Overdose Awareness Day.

The theme of the 2023 Overdose Awareness Campaign is “Recognizing those people who go unseen” and is about acknowledging the people in our communities who are affected by overdose, but go unseen in the crisis. This can include family members, loved ones and friends. August 31st is a day to remember, without stigma, those we’ve lost to overdose, acknowledge the grief of those left behind and renew the commitment to end overdose and related harms.

The Centers for Disease Control reports that the United States saw over 107,000 overdose-related deaths in 2022, with 80,000 of those involving synthetic opioids. The most common of these is fentanyl, a synthetic opioid that is 50-100 times more potent than morphine or heroin. The distribution and use of illicitly made fentanyl has increased drastically in the last decade, driving the subsequent increase in opioid-related deaths.

The good news is that Naloxone, a life-saving medication that can reverse an opioid overdose, can be administered by anyone and is readily available free of charge to all adults to have on hand.

To learn more about the overdose crisis and show support to those who have been affected by overdose and its consequences, there are several websites where you can learn more:

<https://www.cdc.gov/drugoverdose/index>

www.dea.gov/international-overdose-awareness-day

www.nsc.org/community-safety/safety-topics/opioids

<https://www.overdoseday.com>



Summerfest on the Lake



August 18, 19, & 20, 2023

Craft & Food Vendors
Live Music & Entertainment

Lumberjack Shows

Rides & Games

Fireworks



www.lakemontparkfun.com

Summerfest On The Lake is back! This year the festival will be held at Lakemont Park the weekend of August 18th – 20th, 2023. The festival will feature the Paul Bunyan Lumberjack Show daily, a full day of music on Saturday by High Country Toast and Jam and other artists, craft and food vendors, fireworks, rides and games. The hours will be:

August 18th 5 PM - 9 PM

August 19th 11:30 AM – 9 PM

August 20th 11:30 AM – 5 PM

Admission is free and the festival is a family fun opportunity before the back-to-school season begins. For more information visit www.lakemontparkfun.com

Altoona Farmers' Market



Now in its 24th year, National Farmers Market Week is an annual celebration that highlights the vital role farmers markets play in our nation's food system. This year, National Farmers' Market week is August 6th-12th, 2023 and it is a wonderful time to visit Altoona's Farmers' Market, which is held every Thursday in August from 11AM – 2 PM.

On the first Thursday in August, August 3rd, the Market will expand its normal business hours to include evening hours. The Market will be open on that day during its usual hours of 11 AM to 2 PM, and then again from 4 PM to 7 PM.

The market features fresh fruits and vegetables from local farms, as well as a variety of locally produced handmade crafts, baked goods, honey, soaps, sauces, jams and jellies. There are even treats for the special canine in your life.

Please take a day this month and visit the market to support our local farmers and crafts people!

Rails and Ales Brewfest

The Rails and Ales Brewfest is an annual fundraiser benefitting the Altoona Community Theater. This year's Brewfest will be held at Heritage Plaza in downtown Altoona on Saturday, August 19th from 2 PM – 6 PM. (VIP 2 PM – 3PM) The event is for adults ages 21 and over.

This year's Brewfest will include live music, food trucks, and the opportunity to sample beers for a good cause. Tickets are available for general admission (3 PM -6 PM), VIP's (2 PM – 6 PM), and designated drivers. VIP tickets include an extra hour of tasting, special seating area, appetizers from the US Hotel, and an event t-shirt.

Home brewers are invited to enter a Home Brew Contest. A panel of local judges will select a winner from each of 5 categories. All entries will receive a VIP ticket for the day of the event, where the winners will be announced.

For information on tickets, event details, or to enter the Home Brew contest, visit www.railsandalosaltoona.com



Never Give Up Day 2023

August 18th, 2023 is International Never Give Up Day. It is a global celebration day focused on fostering a mindset of determination. The day not only applauds people for reaching their goals, but also supports those who are still trying to achieve their goals. This unique celebration day is dedicated to highlighting the resilience and determination of our City, our neighborhoods and our residents. The City of Altoona has seen many examples of the “Never Give Up” attitude as we have continued to recover from the effects of COVID-19. Businesses, homeowners, individuals and local government have all worked hard to overcome obstacles and challenges, reflected in the growth and development in the past two years.



This is also an opportunity to encourage or recognize those individuals that you know who have shown, or continue to show, a spirit of perseverance in the midst of struggles or adversity. We hope all citizens will use this day to encourage those around us, and promote a positive message.

Proclamation Requests for Mayor Pacifico

The City of Altoona website now has a specific form for agencies and organizations to request a Proclamation, Letter of Commendation or other official correspondence from the Mayor. The form can be completed and submitted online, and a response will be sent within 48 hours. We do ask that you submit your request 2-3 weeks before your event, if possible, to allow time for the preparation of the document.

If your business or organization wishes to request a Proclamation or letter of commendation from the Mayor, please go to the following link to complete the form: [Proclamation Form](#)

History Highlight

Since August is National American Artists Month, we highlight a wonderful cultural resource right here in Altoona,

Southern Alleghenies Museum of Art

Southern Alleghenies Museum of Art (SAMA) is a community art museum founded in 1976. It has the distinction of being the nation's longest running museum satellite system, with five locations in southwest Pennsylvania, serving six counties.

The Altoona location was opened in 1979, and in 1995, moved to its current location in the Brett Building in downtown Altoona. SAMA maintains a permanent collection of over 7,500 works of art. The collections feature national artists like Mary Cassatt, Andy Warhol, and Gilbert Stuart, as well as local and regional artists such as Frederick Counsel, George Hetzel, and William H. Rau. The SAMA collection boasts works in many mediums, including wood, glass, photography and painting, among others, shown in 30-40 exhibits annually.

In addition to exhibits, SAMA offers Arts-in-Education programs, art camps for children, and many other education programs and special events. SAMA is always looking to expand its current collection, and offers a Call for Artists on an ongoing basis. The museum system welcomes about 81,000 visitors annually at its five locations.



Admission to SAMA is free; however, the museum operates on admission and online donations, proceeds from the online and on-site gift shop, and a group of dedicated volunteers. SAMA Altoona's unique annual fundraiser, Dueling Pianos, is a cocktail and hors d'oeuvres fundraiser with a live musical performance by the Flying Ivories dueling piano group.

We encourage residents to visit this wonderful resource right here in our City. If you would like to learn more about the Southern Alleghenies Museum of Art, its programs, hours, or how to donate, please visit: www.sama-art.org



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