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Natasha Elaine Schmidt

The wellness we can't name (BUT FEEL DEEP IN OUR BONES)

We do so much to take care of ourselves. We move our bodies. We drink water with minerals in it. We stretch, cleanse, exfoliate, meditate, and try to love ourselves.

But still - something aches. Something quiet and persistent. Something that says: *"Is this all there is?"*

We don't always talk about the wellness that lives deeper than skin and is stronger than mindset. But it's there, rooted in the sacred, tender place beneath all the doing. The part of us that wonders, that loves, that breaks, that longs and that believes, even after everything.

Spirituality is the wellness we often forget to name.

Mary Oliver wrote, *"In this universe we are given two gifts: the ability to love, and the ability to ask questions. Which are, at the same time, the fires that warm us and the fires that scorch us."*

That's what a spiritual life is, the warm fire, and the refining one.

The quiet hope, and the honest ache. It's not about perfection or having it all figured out. It's about coming home to the part of you that knows there is more.

A spiritual practice is not a checkbox or a trend. It's the sacred act of saying: *"My soul matters."* And it does. Even when the world forgets. Even when you forget. Whether you grew up with religion or are only now beginning to whisper questions to the stars, there is space for you. There is no one "right" way to come to Spirit. Crying in the car counts. Journaling counts. Watching the wind in the trees counts. Lighting a candle at night and saying, *"I'm here, God. Are You?"* Yes, that counts, too.

What matters is that we begin to make space for soul.

Because no matter how toned or productive or moisturized we are, without tending to the spiritual, we're missing the root. We're missing the deeper knowing. The peace that doesn't make sense. The presence that meets us in the middle of the mess. The wisdom that says: *"Peace be still..."*

If you're already rooted in your faith, let this be your reminder: your spirit is not a duty, it's a living love story, and love stories need time, breath, and tenderness to stay alive.

If you're seeking, wondering, maybe even a little heart-weary, well I say, *"good!"* That means you're awake. That means something holy is already stirring. Don't rush it... just listen.

Listen to what softens you.

Listen to what ignites you.

Listen to what makes you more you. That is where Spirit speaks.

Having a spiritual practice is about becoming something new, by unbecoming what has pulled you from center. It's about remembering who you've always been... whole, held, and deeply connected to a Love that doesn't demand performance, just presence.

So, consider this your invite, take five minutes. Light a candle. Put your hand on your heart.

And listen.

You are not just a body to be managed, not just a mind to be sharpened.

You are a soul. A living, breathing, radiant soul.

And your spiritual life is not on the periphery of your wellness. It is the pulse of it. The fire that warms you. The fire that calls you deeper. And the fire that will not let you forget:

You are sacred. Still. Always.

Natasha Elaine Schmidt is a homeschooling mom, spiritual director, writer, and guide for all people who are longing for deeper connection, holy honesty, and soulful wholeness. She believes your spiritual life should feel like home and be at the center of all the "human doings" of your day. As a Spiritual Director and Coordinator for Unity Syracuse, she continuously reminds her community that a spiritual practice is not about the answers, it's about the questions that Spirit stirs in the heart.



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315.434.8889 | 2501 James Street,
Suite 100, Syracuse, NY 13206

The magazine is published 12 times a year by
Community Media Group, LLC
and Eagle Publications
2501 James St., Suite 100
Syracuse, NY 13206

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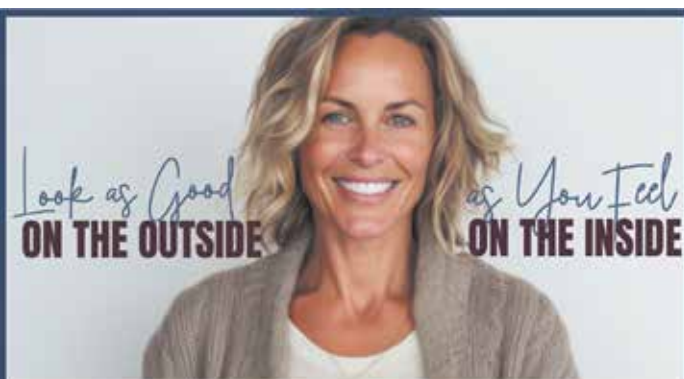
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WBOC – Women Business Opportunities Connection – hosted its annual Spring Social on April 2 at the Bistro 1926 at Drumlins Country Club. The event provided attendees the opportunity to sip, mingle and connect in entrepreneurial spirit with other women from the Syracuse area. The annual event also served as a launch party for Syracuse Woman Magazine's annual April Women Entrepreneurs edition. Other hosts included WISE and the Liverpool Chamber of Commerce.

Photos by Sarah Heppell Photography



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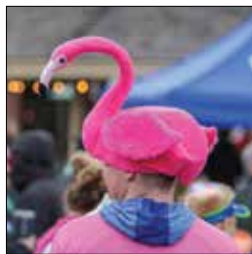
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Zoo Run Run

On April 6, the Rosamond Gifford Zoo at Burnet Park hosted its annual Zoo Run Run, a unique 5K running event offering education, engagement and of course, exercise. All proceeds raised at the event support the Friends of the Zoo and their mission to provide exceptional animal care and unparalleled conservation education.

Photos by Friends of the Rosamond Gifford Zoo



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Keeping the legacy alive at Associated Artists of CNY

Alyssa Dearborn

Karen Kozicki is a local photographer and a member of the Associated Artists of Central New York. After 26 years of membership, Karen is now the organization's new president. Although she is excited for the future of the organization, she also wants to preserve the memory and legacy of long-time president, Mimi George, who passed after a long battle with cancer earlier this year.

The Associated Artists of CNY was founded in 1926 by a group of art teachers working at Syracuse University. It was created with a mission to provide a space for artists to have professional opportunities to display their work as well as engage in educational and social activities. Over the organization's history, area artists have found professional connections and friendships alike.

"We've had a few famous members," Karen said about Associated Artists' history, "like Grandma Moses. And since then we've had the founder of Stone Quarry Art Park. I'd like to bring us back to that. We'll see. Next year is our hundredth year. I would like to do some special things for that."

Mimi George was a beloved presence within the organization, being both a mentor and friend to many artists. Calling Central New York home since the 1970s, she painted with acrylics and watercolors with, as stated in her obituary, "several of her Shih Tzus looking on."

Like the other members of the organization, Karen also looked up to Mimi. "She was not only all in on making Associated the best that it could be and doing the best she could with the artists, but she truly cared about the artist members as people," Karen said. "She took an interest in each and every member. If someone had a problem, she would have lunch with them and let them talk it out. She'd give advice when she could. She was really a spectacular person. The members who knew her well remember her as not just their leader, but as their friend and someone who truly cared about them. I've tried to carry that on the best that I could."

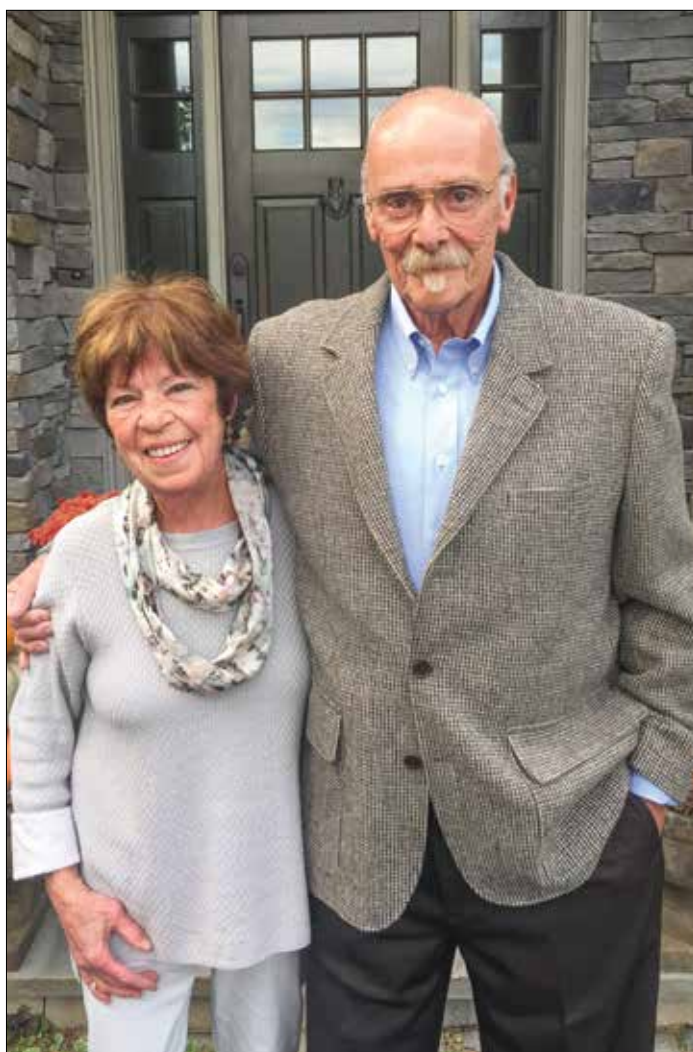
Through the organization's collective grief and through its transition of leadership, Karen made it a mission to continue Mimi's legacy while looking towards the future. The organization is now looking to connect with more generations of artists and provide even more opportunities for local artists to display their work.

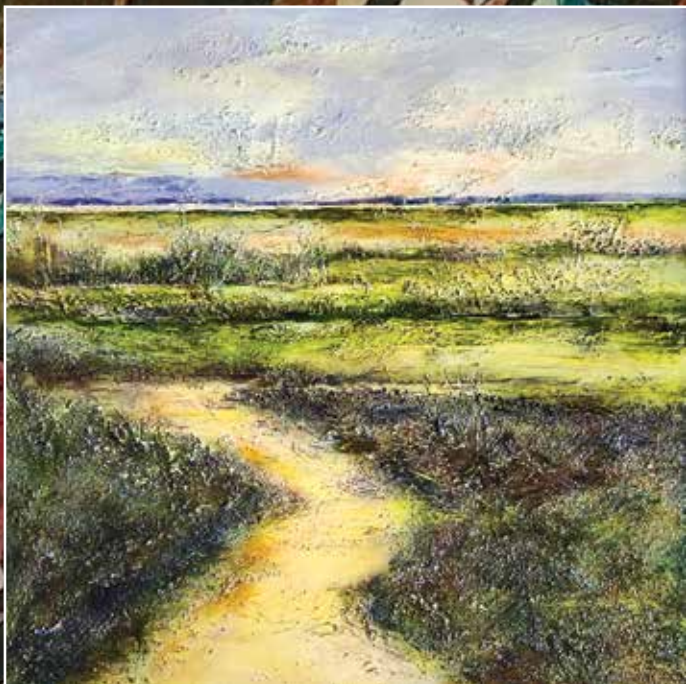
"I see good things actually in the future," Karen said when asked about her hopes for the organization. "I wish that we could increase our membership a little. And we're working hard on that. We're always attaining new members, but we also lose some in various ways. We've had a few pass away over the past few years. But I'm trying to hold onto Mimi's vision the best that I can while initiating my own vision. Modernizing things, using technology."

After the pandemic, we were really down," she continued, "But we're coming back. We're selling more, we're having more shows. The show that we have right now at the Atrium at City Hall is really super. It's really a beautiful show. We're coming back and I hope to go further with it."

A memorial, retrospective exhibit titled "Remembering Mimi" will be on display at the Manlius Public Library through June 7.

If you are interested in learning more about or becoming a member of the Associated Artist of Central New York, visit the organization's Facebook page at www.facebook.com/groups/assocartistsofcny.





Mimi George (above) and
Karen Kozicki (below)

Nascentia's Disco Inferno

Nascentia Health's inaugural Disco Inferno dance party held on April 5 at the Beeches Manor in Rome, helped raise more than \$20,000 to benefit the Nascentia Health Charitable Foundation. Guests took a trip back to the 70s to get their Saturday Night Fever on. Bell bottoms, platform shoes, sequins, and jumpsuits filled the silent disco and live DJ dance floors as the community boogied down to funky tunes provided by Perfect Sounds DJ Music Entertainment. Attendees also enjoyed a red-carpet entry, costume contest, groovy drink specials, and hors d'oeuvres. Funds raised from the Disco Inferno will support the Pediatric Home Care program and help provide essential care, services, and resources to those who need it most. In addition to assisting thousands of patients and their families, the Foundation provides further education, training, and professional development for Nascentia Health's in-home care providers, including nurses and home health aides.



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Meet Cute

FOSTERING CONNECTION IN A SAFE SPACE

Alyssa Dearborn



Over the past couple of years, Central New York has become a safer space for LGBTQ+ people to build their lives, communities, and families. Community organizing and event planning are largely responsible for this. Building community and giving Queer people and allies a space to connect with each other are at the core of Meet Cute's founding. Deb Salisbury (she/her) grew up in Syracuse and has seen how much more LGBTQ+ friendly the area has become. Jess Posner (she/they) relocated to Syracuse and found a welcoming community. The two friends equally call Syracuse home and now use Meet Cute to help others find community and acceptance.

"There's a lot of people coming back to Syracuse," Jess said, "There's a lot of people moving here for work and there's also people who are relocating specifically to Syracuse because it is perceived as a better place to be Queer or trans. It's nice to be a place that can be welcoming to that."

Meet Cute meets at the Emerald Cocktail Kitchen and invites attendees to mix, mingle, and write each other "cutie cards." When you walk into the Emerald Cocktail Kitchen, Deb or Jess will greet you and invite you to fill out a name tag with your name, pronouns, and "cutie code" stickers. The stickers will tell others in attendance what you hope to gain from the event. You can let people know if you are looking for platonic friends, fun flirts, monogamous commitment, or polyamorous connections. Deb and Jess take the straightforward language of Meet Cute seriously, emphasizing that it helps reduce the anxiety of meeting new people. It also helps to create a space that prioritizes comfort and openness.

"I think we were inspired because of the lack of events for gathering," Deb said when asked about how Meet Cute was created, "We also wanted to give people the opportunity to connect. We wanted people to make new connections because you can go to Queer events and meet up with your friends and you're staying within that bubble. But I think that Meet Cute gives the tools to create new friends, new connections, find new partners. Everything under that umbrella."

"We were listening to people in the community, seeing what kinds of things they wanted," Jess added. "One of the things we kept hearing was that people wanted something for Queer people... where they could meet new people. Deb and I — as two people with Scorpio and Libra placements — really wanted to facilitate something that could be cute and fun and flirty and open to anyone who wanted to come."

On the three floors of Meet Cute's home base, attendees can enjoy food and drinks while making connections. While many mingling events prioritize connecting people with romantic prospects, Deb and Jess want to see attendees make all kinds of connections.

"That was really important for me," Jess said. "I was really into going to Wunderbar to dance and there was the amazing phenomenon of having acquaintances prior to the pandemic that we lost. I love seeing all of these blossom at Meet Cute. After the events, we do get really cute stories."

"I love watching people come out of their shell," Deb added. "The first couple events, people were very nervous. And I still see that once in a while. Then they come to the next one, and the next one. You can see that confidence change."

"People of all kinds seem to meet people who they connect with on some level," Jess said. "I think that's so magical about Meet Cute, that you can have people with different interests, different ways of presenting themselves, different ways of moving through the world, and they find connection."

Events like Meet Cute not only combat loneliness in the local LGBTQ+ community, they also provide space for people to express themselves. Community building is important for one's wellbeing, but having a place to freely express one's individuality and presentation is important for self esteem and self acceptance.

"I love fashion. People show up, turning looks. I love seeing people turn up," Jess explained. "There was a guest last night who I complimented her outfit and she said, 'well, I knew you were going to turn it up, so I had to show up!' So, I think that my favorite part of Meet

Cute is that it's a container for fun, and that was really important to us. When we talked about the energy for this...flirtiness was always at the top. But flirtiness not because it necessarily leads somewhere. Flirtiness as an ethos to move through the world. You can be joyful and playful and confident."

"I think, for me, I love seeing the Queer joy," Deb said. "The Queer joy, it makes me emotional. I remember, at our first couple of Meet Cutes, we were crying just watching people come in. Some people were nervous, but then we see them flourish. Just being able to see people laughing and gathering together...Obviously, we know we created it, but

sometimes it's surreal. I also love doing this with Jess. I feel like it's definitely strengthened our friendship a lot."

When Deb and Jess started Meet Cute, they wanted to make sure that the event would reflect their values about community organizing, responsibility, and mutual respect. They also wanted to find a venue that also valued those principles. Meet Cute found a perfect home at Emerald Cocktail Kitchen.

"They have been incredible. They also contribute to the returning clientele that we get and the safety of that," Deb said. "I think they really model that. They've just been really easy to work with and respectful...I feel like our relationship with them is not even transactional. It feels like, at this point, easy and comfortable. Like, it really does feel like they're a friend."

"We're really grateful to have them as a home base," Jess added. "It's really a model of a healthy relationship where we have a really beautiful, productive, respectful relationship that is reciprocal. We are also supporting each other to thrive and continue to grow. And I think that it's a model for how other businesses around Syracuse can support our community."

At a time when local LGBTQ+ people can feel particularly stressed and isolated, it's important that safe spaces exist. It's especially important that safe spaces like Meet Cute exist in Syracuse where people can find comfort and healing in a place that offers connection with others. "I think that really reflects how important that is," Deb said. "Just to have a safe space when you're feeling not really safe and gathering and comforting each other. Just being able to see the care in the community." SWM

If you are interested in attending an upcoming Meet Cute, visit them on Instagram at [meet.cute.events](https://www.instagram.com/meet.cute.events).



Fun, friendship and competition

THE MARQUIS TOURNAMENT IS A CELEBRATION OF WOMEN'S GOLF

What do an Olympic medalist, PGA president, author, all female rock band, world speed golf record holder and college golf coach all have in common? They're all women who love golf and promoting that love of golf to women of all ages and abilities, which is the focus of the Marquis Invitational Golf Tournament to be held June 30 and July at the Cavalry Club in Manlius.

2025 marks the 75th anniversary of the LPGA and Mildred "Babe" Didrikson Zaharias was a co-founder of the LPGA, won the very first major LPGA championship, held and had 41 LPGA titles as well as two gold medals and a silver in the 1932 Olympics for track and field before turning to golf in 1935. Zaharias was best known for her courageous win in the 1954 Women's Open a month after colon cancer surgery.

Locally, "The Babe" golf tournament benefiting the American Cancer Society was held for 25 years. Michelle Marquis of Fayetteville played many times and won the Babe twice in her career.

After that tournament ended, Michelle wanted to continue the tradition of women's golf tournament and began "The CNY Women's Championship" which also ran for 25 years.

The very first female president of the PGA is none other than Suzie Whaley who had her local start on the JD boys golf team. She won the Syracuse District Golf Association (SWDGA) Championship in 1984 and was awarded an honorary lifetime membership in June 2022. Whaley was the first woman to qualify for a PGA tour event and was recognized by Golf For Women as a top 30 female instructor.



In 2022 Michelle passed the torch to Barb Tresness of Manlius. Little did she know it would be the last year of the event as she knew it. Barb planned a secret presentation to honor Michelle and dedicate the tournament in her honor. A tribute video included comments from golf/business friends from all over the country ended with a well-deserved standing ovation for Michelle.



The inaugural Marquis Tournament was held in 2024 at the Cavalry Club. World Speed Golf Record holder and Hamilton College Golf coach Lauren Cupp of Rome won the event. On the first day of the Marquis; Lauren was tied with Oswego resident Barb Harrison shooting 75. On day 2, breaking the course record for women, Cupp shot an incredible 69 to win the Marquis and establish golf course history

"When I took over the responsibility of running this two-day tournament that promotes the sport of golf to women of all ages and abilities I thought about the history," Barb said. "The Babe ran for 25 years, the CNY Women's ran for 25 years. How could I create a tournament that could run for another 25 years?"

"I thought about Michelle and all she has done for women in Syracuse and beyond," she continued. "Then it came to me, she is an ambassador for women's golf and needs to be recognized for a lifetime of inclusion. I would rename the tournament in her honor!"

Barb and Michelle were golfing together one day when they discovered that both of their families had belonged to the Salem Country Club in Salem, Mass., which Michelle was the women's club champion in the 1970s.

But Michelle was also an acclaimed musician and was in an all-female rock band called the Pandoras, both singing/playing lead guitar. The Pandoras toured all over New England and are featured in the New England Museum of Music. After the Pandoras, Michelle joined a duo with Jo Birks, an East Syracuse resident and after performing in Syracuse in 1976 she discovered she liked Syracuse so much she decided to stay. She currently resides in Fayetteville.

As an ambassador for women's golf, Michelle and a foursome of women qualified for the Buick Scramble in 2004, beating out over 200 teams of men in NYS to travel to Orlando Florida. They were the only female team and the oldest team

which helped them make TV coverage on what was then the predecessor to the Golf Channel.

Michelle won many tournaments in her career including the Babe, the NYS Seniors and NYS Super Seniors to name a few. She and several other Syracuse golfers have played in all three tournaments: The Babe, The CNY Women's Championship and the Marquis Invitational.

Barb is the founder and tournament chair of the Marquis Invitational, author of "Beyond a Charmed Life, A Mother's Unconditional Love," the owner of "Ultimate Yu" a Fayetteville business, CNYPGA Aim Senior Champion and 18-Hole League Chair at the Cavalry Club.

All women golfers are welcome to join the Marquis Invitational. The format is Individual stroke play competition by age and team competition against the field and women golfers from throughout the area are invited to join in for two days of friendship, fun and competition. *SWM*

For information about the tournament, email Barb at btresnes@hotmail.com.



wise

WOMEN IGNITING THE SPIRIT
OF ENTREPRENEURSHIP

FEATURED ENTREPRENEUR

Dr. Julia Felice, Ph.D.

Founder and Lead Designer, Felice Information Design, LLC



When Dr. Julia Felice launched Felice Information Design, LLC, in March 2024, it wasn't just the start of a business. Launching the business was the culmination of a career built on curiosity, communication, and a deep respect for the power of science.

Dr. Felice brings a rare blend of scientific expertise and creative design to her work. With a biology degree from MIT and a PhD from Cornell, she is trained as a scientist and has spent years conducting research, teaching, and leading science education initiatives. While her academic background is impressive, what sets her apart as a business owner is the way she approaches complex information with empathy, insight, and a drive to make it truly accessible.

Dr. Felice is uniquely attuned to how overwhelming information can be if it isn't presented clearly. That insight is at the core of Felice Information Design, which helps scientists and subject-matter experts communicate their work through clear, compelling visuals and messaging. "Science can't have the impact we need it to unless people can connect to it and understand its value, and that it's exciting," she said. In an increasingly complex world, especially in public health, her services fill a growing need for accuracy, accessibility, and emotional resonance in science communication.

A lifelong learner at heart, Dr. Felice brings the same intellectual curiosity to entrepreneurship that she did to her academic career. She describes Felice Information Design's role as a "scientific translator," helping clients transform dense, technical material into visuals and narratives that resonate with a wider audience. "I saw this incredible opportunity to bring together my experience with and passion for science, my love for design and communication, and a critical need that scientists weren't trained to meet," she said.

The decision to build a business around that opportunity wasn't made lightly. Like many first-time entrepreneurs, Dr. Felice navigated unfamiliar terrain, from marketing to client management to setting pricing. As she built her company, Julia turned to the WISE Women's Business Center for support. "WISE gave me the structure I needed to move forward with confidence," she said. "The workshops, mentorship, and community helped me

figure out how to build a business that works for me."

For Dr. Felice, entrepreneurship has offered flexibility and a sense of agency she hadn't experienced in traditional roles. After initially seeking out jobs in her field, she realized she would have to create the role she envisioned for herself. "I had to build the bucket to do the thing I knew I wanted to do," she said. Now, she's in the driver's seat and able to steer her business where she wants it to go, at the pace that works for her. "Having ADHD means I need good organizational systems, but it also means I thrive when I can design my own schedule. I get to take a walk with my dog in the middle of the day and still meet my goals. I get to choose the destination and the stops along the way."

Already, her work is making waves. One new client reached out after seeing a scientific figure that Dr. Felice designed more than a decade ago, evidence that her ability to make research visually digestible leaves a lasting impression.

For Dr. Felice, entrepreneurship isn't just a professional pivot—it's a way to serve a community of experts who need help telling their stories. In doing so, she's telling her own story: one of adaptability, creativity, and a deep belief that good science deserves to be seen and understood.

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WISE Monthly Orientation
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- Monday: registration, breakfast, putting contest, lunch
- Tuesday: breakfast, Awards Luncheon and finals of putting contest

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Entry deadline June 18th. Forms postmarked after deadline will not be accepted.

Tournament Limit 120 Players - First come, first served.

For tournament questions: Barb Tresness, Chair btresness@hotmail.com, (315) 569-0584

Checks payable to Barb Tresness 7599 Ashland Circle Manlius, NY 13104

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New This Year



- The "Golf Ball" cocktail kickoff party is May 28th
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This tournament is named after Michelle Marquis who has been an incredible ambassador for womens golf in CNY and beyond

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DR. REBECCA ALEXANDER CAREY

From patient to practitioner

IMPROVING LIVES THROUGH
PHYSICAL THERAPY AND YOGA

Lorna Oppedisano

Dr. Rebecca Alexander Carey hadn't always felt called to health and wellness. While she had been interested in the field and was certainly drawn toward connecting with people on an emotional level since she was young, the Long Island native originally ventured down a path toward pre-law when it came time for college. Rebecca became familiar with the Syracuse area when she attended Binghamton University, where she began her studies with the intent of entering the world of politics and then public health. Though she is now immersed in the health sector as the owner and founder of Terra Physical Therapy Wellness, PLLC, that sense of offering education and support for others is still what drives her.

"Advocacy is something I'm really passionate about," Rebecca said.

Her journey with physical therapy began more than a decade ago at what she describes as a turning point in her life. In 2012, she had a life-changing experience when she was diagnosed with vertigo. It was a big wake-up call, she shared. Though the viral infection was benign, and she was generally a healthy person, Rebecca found herself prompted to examine what she wanted her lifestyle to be.

Continued on page 24



From patient to practitioner FROM PAGE 23

"I wasn't looking at my stress management," she said. "I started delving into meditation. My yoga practice deepened. I had significant emotional releases."

Along with practicing yoga, Rebecca was prescribed physical therapy. She fell in love with both the practice of yoga and physical therapy as a profession. As a patient, she realized what an impact physical therapy could have.

"What I love about physical therapy is how we are able to often times put a positive spin or help patients reframe what their experience is," she said. "It's a problem-solving-oriented role, where we're not necessarily looking at diagnosing or solving the mystery of why someone is having symptoms, but improving and restoring function."

Physical therapy looks at how to make things better for the patient or - if that is not in the realm of possibility - how to adapt a patient's lifestyle to be better suited for their symptoms, she explained.

"So you have a better quality of life," Rebecca said.

Once she realized this was the path she wanted to pursue, everything started to fall into place. Rebecca relocated to Central New York from New York City to attend Upstate Medical University, where she earned her doctoral degree in physical therapy in May 2018. Simultaneously, she practiced and taught yoga and developed a deeper connection to the community.

"I felt like I was on a wave and it was carrying me to shore," Rebecca remembered. "It felt like everything was lining up correctly. Opportunities were coming. It was very much like I was in the flow, so to speak."

After completing her studies, she remained at Upstate professionally to begin her career as a physical therapist in the Department of Physical Medicine & Rehabilitation. A little more than three years ago, Rebecca once again found herself exploring a new path after having her son, this time with business ownership in mind.

"The other piece that I absolutely loved [about this area] is the small businesses and the entrepreneur community," Rebecca said.

When the time came to begin developing her own business, she utilized the resources available to her through the WISE Women's Business Center. (For more information on the center, visit wisecenter.org.) Working with a coach, she laid out her business plan and dug into important topics like how she would succeed in generating new clients. Getting referrals from local doctors and many other clinicians in the community, her business was up and running.

"Again, I felt the same thing, like things were falling into place," Rebecca said.

Through Terra Physical Therapy Wellness, she extends a variety of offerings to her clients, including yoga and physical therapy. While she does work with patients facing any sort of diagnoses, she tends to attract clientele who are dealing specifically with pelvic health concerns, as she holds a focus in pelvic rehabilitation.

In 2016, while she was studying to become a physical therapist, clinicians who knew she was a practicing yoga teacher began efforts to recruit Rebecca to what would become her specialty and passion.

"There's a lot of yoga that's used in this type of rehabilitation," Rebecca explained. "Yoga is used as one of the primary methods of treatment when a physical therapist is treating pelvic floor symptoms." That group of about five clinicians interested in the specialty has grown in the nearly decade since Rebecca joined the ranks to now about 45 practicing clinicians in the Central New York area. This study group she participates in meets monthly, Rebecca said, adding that she doesn't view this camaraderie in any sort of competitive light.

"I think that (A) there's always more people to be seen. There are usually more patients than we'll ever be able to treat," she said. "And (B) advocacy is so important to me and I value it so highly. It's important for people to feel empowered."

What is pelvic rehabilitation?

"In physical therapy, we work with the skeletal muscles in the body. The pelvic floor muscles sit inside of the pelvis," Rebecca said. "Everyone has a pelvic floor."

She went on to explain that these muscles carry out functions such as both holding in and releasing the bowel and bladder. The muscles also surround the tailbone, sometimes resulting in pain when people sit or symptoms after having a child, through either c-section or vaginal birth.

"Men also receive pelvic floor physical therapy, as well," she said, explaining that it usually is related to the prostate and its proximity to the bladder. "For patients who see pelvic floor physical therapists before they have a prostatectomy - which is prostate removal during prostate cancer treatment - it's very common that they're less likely to have erectile dysfunction and incontinence following. These are quality of life things."

Rebecca added that she sees patients of all genders and has helped those who have had gender-affirming surgery, as well.

The advocacy and educational component of the work Rebecca does is a driving factor behind her passion for this specialty. She explained that people often feel shame around pelvic floor diagnoses, from incontinence to wearing pads to IBS issues, sometimes even resulting in a negative change in one's social life. All these are treatable, she said, not just from a medical sense but through physical therapy interventions, as well.

"The biggest thing is, I want people to feel like they're not alone in this space," Rebecca said. *SWM*

For more information on Terra Physical Therapy Wellness, PLLC, visit terraphysicaltherapy.com.

"Advocacy is something I'm really passionate about."
—Dr. Rebecca Alexander Carey



Upcoming Classes with Dr. Rebecca Alexander Carey

Along with working one-on-one with clients, Rebecca occasionally offers group classes and sessions, as well. As a team member for some ongoing yoga research projects and an adjunct with the Integrative Medicine faculty, she's stayed affiliated with Upstate Medical University while running her business. Rebecca is planning to offer Yoga for Healthcare Wellbeing, open to Upstate staff on May 16 and 17, which she described as "ground breaking, as it is the first yoga teacher training offered to staff at a local hospital in CNY."

In June, she plans to offer a 10-hour pelvic floor yoga teacher training open to the public at Center of Om in Baldwinsville. *For more information on these classes, slated for June 7 and 8, visit centerofofom.com.*

Continued on page 24



Photo by Alice G. Patterson

From patient to practitioner FROM PAGE 25

UNIFIED YOGA FOR ALL

In 2017, Rebecca collaborated with several local organizations to coauthor Unified Yoga, a publication designed to make yoga available to people of all abilities. The team selected 15 poses to implement with different groups and wrote out adaptive options. Unified Yoga can be found at <https://inclusiverec.org/sites/default/files/temp/UnifiedYoga%209.21.2017.WEBtag.pdf>.

"The biggest thing is, I want people to feel like they're not alone in this space," —Dr. Rebecca Alexander Carey

Photo by Alice G. Patterson



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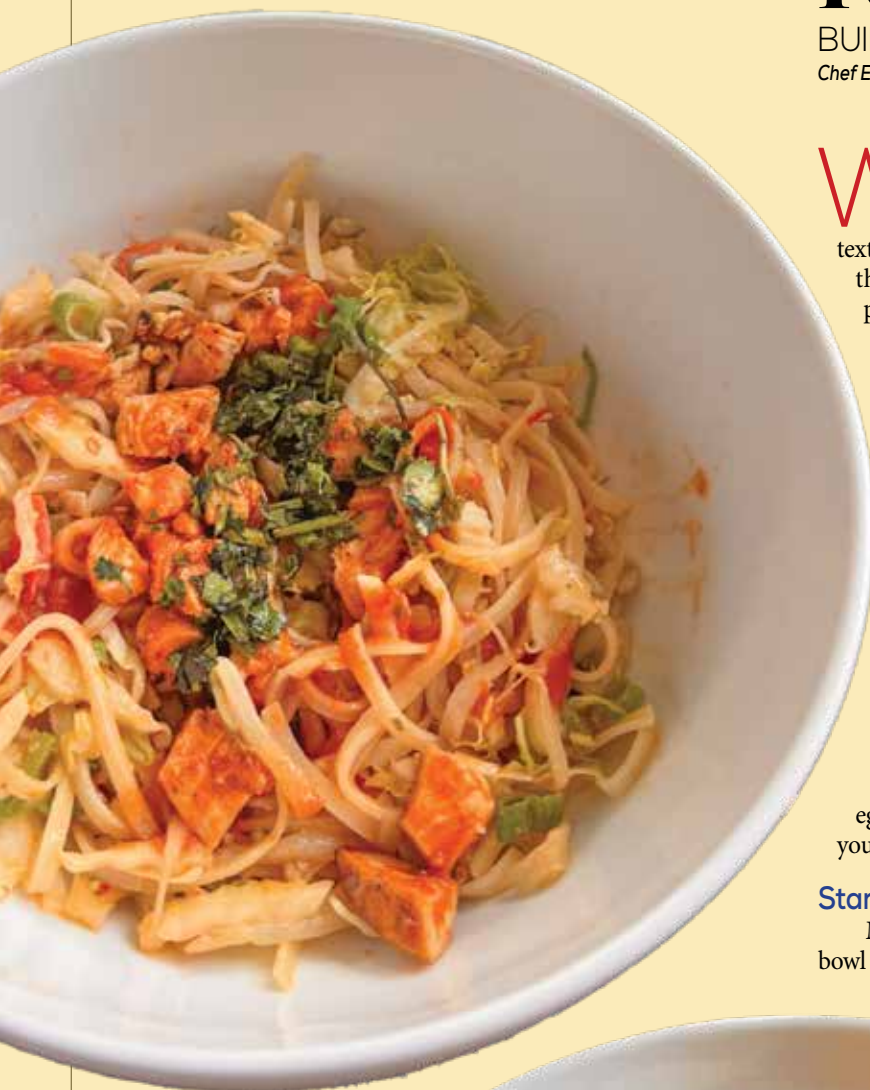
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Power Bowls

BUILD YOUR ENERGY, ONE LAYER AT A TIME

Chef Eric Rose



When it comes to creating meals that are nourishing, energizing, and endlessly versatile, few things rival the almighty Power Bowl. Packed with vibrant color, satisfying texture, and bold flavor, these bowls are more than just a food trend - they're a smart and delicious strategy for fueling your week with purpose and intention.

Why Power Bowls?

Power bowls are customizable, convenient, and a fantastic way to sneak in a wide range of nutrients without overthinking every meal. They're perfect for busy households, wellness-minded families, or anyone who wants to prep ahead without getting stuck in a rut. Whether you're working toward a health goal, trying to eat cleaner, or just want to add more fun and flavor to your weekly meals, power bowls are where nutrition meets creativity.

And here's the fun part - power bowls are also an amazing way to bring global flavors together in one dish. You can experiment with fusion-inspired combinations that feel fresh and exciting every single time. Imagine teriyaki-glazed salmon over quinoa with a drizzle of sriracha mayo. Or grilled chicken with hummus, roasted eggplant, and Israeli couscous. When you build a good bowl, you really can't go wrong.

Start with prep: Build your base

My favorite way to kick off the week is with a big batch of power bowl prep. I start by roasting a couple of sheet pans filled with colorful veggies - think sweet potatoes, zucchini, bell peppers, cauliflower or Brussels sprouts. Use whatever is in season, or whatever's left in your fridge - it all works!

While the veggies roasted, I get a couple of grains going on the stove.

Brown rice, farro, quinoa, or barley are excellent choices, adding fiber, texture, and staying power to your bowl.



I like to cook them in bulk, then portion them into zip-top bags, flatten them and freeze them. This way, I can pull out a single serving and build a fresh, satisfying bowl in just minutes. Total game-changer.

Next up: protein. Grill or roast lean options like chicken, turkey, shrimp, salmon, or plant-based proteins like tofu, beans, or edamame. Don't be afraid to batch cook - this saves tons of time and makes building healthy meals quick and effortless throughout the week.

While all that's cooking, chop up a variety of fresh raw veggies - shredded carrots, cucumbers, tomatoes, radishes, red cabbage - anything that adds crunch, color, and brightness to your bowl.

Once all your ingredients are prepped, store them in separate containers in the fridge. Then, when it's time to eat, you've got a vibrant palette of healthy, wholesome options at your fingertips.

The magic is in the mix

What I love most about power bowls is the creativity they invite. You can build a totally new combination every day of the week just by mixing and matching what you've prepped. One day it's a Mediterranean-style bowl with quinoa, grilled chicken, roasted zucchini, and a dollop of tzatziki. The next day? A Tex-Mex twist with brown rice, black beans, corn, roasted sweet potatoes, avocado and salsa.

Want to keep things exciting? Stock up on a few bold dressings, salsas or sauces. A good sauce can take a simple bowl and transform it into something extraordinary.

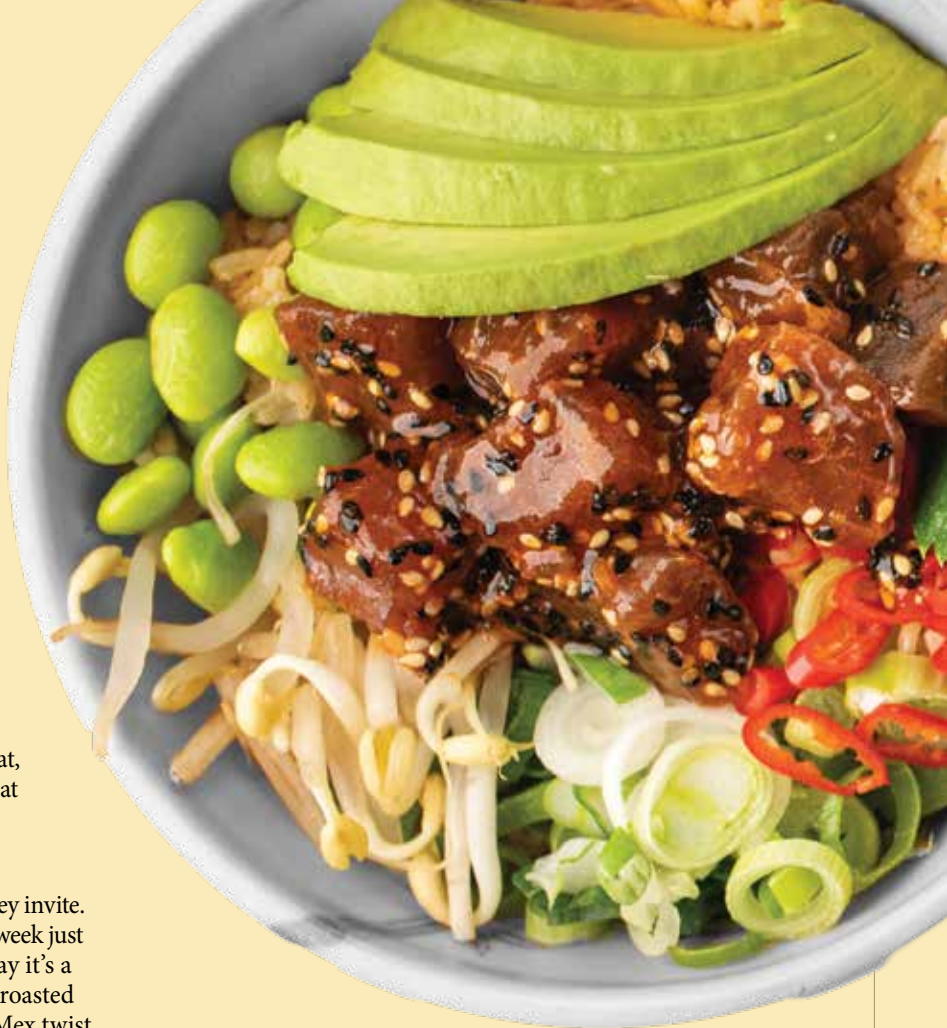
And it's not just a home kitchen trend - over the last decade, the power bowl concept has absolutely exploded in the restaurant world. One of my favorite examples is CoreLife Eatery, which started right here in Liverpool, and has since grown into a nationwide favorite. They've shown that healthy food doesn't have to be boring - it can be crave-worthy, colorful, and packed with flavor.

Fueling your body with color

Here's a pro tip: when you fill your bowl with a variety of colorful vegetables, whole grains, legumes, nuts, and seeds, you're doing so much more than building a pretty plate. You're fueling your body the right way - giving yourself long-lasting energy, supporting your immune system, and promoting good gut health.

Each color brings its own set of nutrients, antioxidants, and plant-based power. Think of your bowl as a rainbow of wellness - every bite helping you feel more vibrant, energized, and alive. Eating with purpose has never been this satisfying.

Continued on page 26



Power Bowls FROM PAGE 29

So next time you're looking for a meal that's healthy, quick, and endlessly customizable, reach for the bowl. Your future self will thank you — with every delicious bite. *SWM*

Your go-to power bowl formula

Use this easy template to build your perfect bowl:

INGREDIENTS

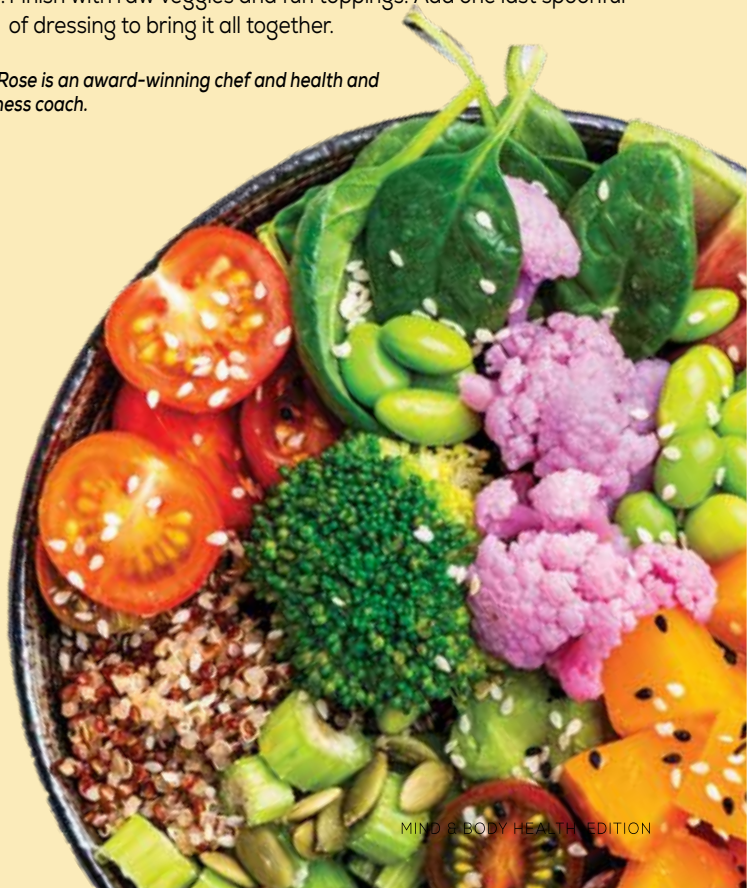
- 1 cup of mixed greens (baby spinach, arugula, and/or cabbage)
- ½ cup cooked grains (quinoa, brown rice, barley, or farro)
- ½ cup or 4 oz lean protein (grilled chicken, salmon, chickpeas, tofu, shrimp)
- 1 cup roasted vegetables (think sweet potatoes, broccoli, cauliflower, etc.)
- 1 cup raw veggies (tomatoes, cucumbers, shredded carrots, red onions)
- ¼ cup toppings (avocado, toasted nuts, feta, dried cranberries, seeds, hummus)
- ¼ cup sauce or dressing (vinaigrette, tahini, pesto, tzatziki, or salsa)



TO ASSEMBLE

1. Start with greens in your bowl and lightly dress them with one tablespoon of your sauce or dressing.
2. Add grains and roasted vegetables. Drizzle another tablespoon of dressing or salsa over them.
3. Add your protein of choice, followed by another spoonful of sauce or drizzle.
4. Finish with raw veggies and fun toppings. Add one last spoonful of dressing to bring it all together.

Eric Rose is an award-winning chef and health and wellness coach.



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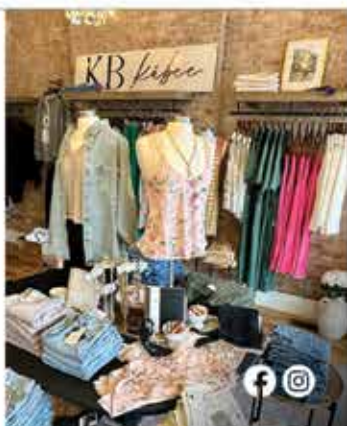
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MELISSA MURPHY



Aging Advocates
of CNY



Photo by Jen Foque Images

Aging Advocates of CNY

One might not think of the senior healthcare space as being prime for entrepreneurialism, but for Melissa Murphy and Aging Advocates, the growing need for expertise in the field has been a catalyst for growth. Melissa describes herself as an entrepreneur more than a health care provider, but at the root of her business is a passion for providing seniors the support and resources they need to navigate the most fragile time of their lives.

After working several jobs as a young adult, Melissa began her career in senior health working in marketing and sales for a large for-profit senior facility. The emphasis on making a sale to a vulnerable customer base didn't sit well with her, and she soon found a more satisfying marketing role at Loretto, where as a not-for-profit, the sales aspect of the position was not as intense.

Fast forward a whole bunch of years during which Melissa went back to school to learn all she could about dementia and gerontology.

"And then one day, I had this epiphany that I'm hearing the same story over and over from these families. It didn't matter if they were educated, poor, black, white – everybody was coming in in the same predicament," she said. "They were not prepared for this time their life, whether it was themselves or their families."

She had years of experience in the senior health field, and knew the landscape of VA benefits, how Medicaid and Medicare work, the differences between for-profit and not-for-profit providers, day programs, etc. "I wanted to tell every family I met with about everything, but that was not my job," she said. "So I had to make that my job."

After leaving Loretto to spend some time at home with her newborn child, her life changed when she got divorced and then made the leap to go from working in marketing senior health services to working for an organization as a care manager assistant.

And then, in 2020, when the Covid pandemic took place, she saw an even greater need for guidance in the senior population. "For most people, but for seniors specifically, they were locked up in these communities and the families and the providers like us couldn't get to them," Melissa said. So she left the company she was working with at the time to launch her own business focused on providing seniors and their families with the information and resources they needed to make successful healthcare and financial decisions. In the midst of a global pandemic, Aging Advocates was born.

The first thing she did after starting Aging Advocates was a fundraiser to support the care of the frontline care workers in the senior living communities.

"It was such an awful, awful time," she said. With the help of a few partners in the senior healthcare community, she focused on providing support for healthcare workers, bringing them lunches and positive messages "because if we can't get in there and the families can't get in there, we need them to be OK for the seniors ... and they were not."

With the connections she had in the senior health industry, her business as an aging life care professional began to grow. "It was an easy transition ... because I already had those relationships," she said.

"They were already invested in me. We had already worked together." In that first couple of years, it was just Melissa handling her list of senior clients who relied on her for guidance and companionship as they managed aging.

That all changed in 2022, when after remarrying, she found out she was going to have another baby.

"I said, OK, we going to either need to close or hire somebody else who could be me, because I know what it's like to have a baby and I also know that the needs of my clients are not something that can be scheduled," she said. "So I recruited the best person I knew for the job."

Melissa gets teary eyed when she talks about her first full-time hire – Amberly Reinertsen. The two had worked together previously at two different companies, but when Melissa called, Amberly was working in an established position at a company in the Southern Tier. But Amberly was quickly sold on Melissa's vision for Aging Advocates and work she could do building this budding company with an important mission.

"None of this would be possible without her," Melissa said of her first full-time employee. "She took that risk and she helped grow the team and was able to be that person available as I grew my family." Between

2022 and 2024, Melissa and Amberly consistently grew Aging Advocates and then the next big thing happened – Melissa's friend Sheila Ostrom of Senior Home Care Solutions – a leader in non-medical senior home care – approached her about selling her business to Aging Advocates so she could retire. That move became official at the beginning of 2025.

With the new company came many new employees, (15 full-time, up to 70 total) but none so important as Jen Hoffmire, another connection from Melissa's longtime work in the senior healthcare industry, who allowed

Melissa to continue to focus on bringing their clients a first-rate experience and seeking out additional needs in the senior health world.

"She already had experience with managing a larger team with scheduling and HR, so she had all the skills that did not have," Melissa said. "So my role is truthfully continuing to be the visionary and seeing opportunities and especially in this world where we have a massive amount of people aging that are not prepared."

Melissa is grateful for the flexibility that having core staff members allows her and she is careful to ensure that the other members of her team – most of whom are mothers – also share in that "female friendly, emotion-friendly" work environment, so they can focus their attention on the most important things – the needs of their families and the needs of their clients.

"As an aging life care professional ... we're able to look at the individual and their whole situation," Melissa said. "So instead of just selling a senior living community or selling one service, we're able to look at them, their family, their dynamics, their finances, their goals – all of it – and then guide them to what are the best resources, the best support to meet those goals." *SWM*

To learn more about Aging Advocates, visit agingadvocatescny.com.



Photo by Kylee Lynn

CHERYL LUTTINGER



Finding her calling

Janelle Davis

After 13 years at Associates for Women's Medicine, Cheryl Luttinger has built a career spanning four decades in nursing. Since she first put on a nurse's uniform in 1982, she's witnessed fundamental transformations in almost every aspect of healthcare.

"When I started, we were still using paper charts and handing out pills in paper cups," Luttinger notes when discussing how the profession has evolved.

Luttinger still remembers the moment she decided to become a nurse. She was in high school when her family received news that her great-grandmother had died.

"They had already moved her to the morgue, and we weren't able to see her," Luttinger recalls. "I knew then I wanted to be a nurse, but better than what I had seen."

She became an LPN while still in high school, graduating in 1982. To put herself through college, she worked as a charge nurse at a nursing home. After earning her BSN, she jumped straight into the intensive care unit at Community General Hospital in Syracuse.

"The ICU was where I wanted to be," she says. "I loved its pace and independence. You had to be confident there, especially when advocating for patients and their families."

The path to women's health

Luttinger's career took several turns along the way. She spent time in administration at Community General while raising her family, and she took on per diem roles in family planning. She also trained as a Sexual Assault Nurse Examiner (SANE) before pursuing her nurse practitioner certification.

"I was in their second-to-last certificate program," she notes, recalling the days before nurse practitioner degrees became standardized.

But it was in 1997 when Luttinger found what would become her professional home: women's health. She joined Associates for Women's Medicine 13 years ago, with only a brief break during that time.

"The team here is special," she says quietly. "I've never worked with more collaborative or compassionate healthcare providers."

From paper charts to electronic records

During her 40-plus years in healthcare, Luttinger has seen sweeping changes in how care is delivered. Technology has transformed nearly every aspect of nursing.

"We went from manually writing everything down to having information at our fingertips," she says. "Electronic medical records, automated medication systems – these things make care safer and more efficient."

But she's quick to point out that the fundamentals haven't changed. "The technology is just a tool. The heart of nursing is still about caring for people."

When Luttinger talks about changes in healthcare, she lights up most when discussing how nursing roles have evolved.

"Nurses have so many more opportunities now," she says. "When I started, the lines between what nurses and doctors did were pretty rigid. Now those boundaries have blurred."

Nurse practitioners, in particular, have carved out an increasingly vital role in healthcare. Luttinger has watched this transformation firsthand, having become a nurse practitioner herself.

"We're not just following orders anymore," she says. "We're diagnosing, prescribing, and in many states, running independent practices."

This evolution has coincided with a shift toward more holistic care. "I think nurse practitioners bring something special to the table. We're taught to look at the whole person, not just the symptoms."

Beyond traditional medicine

This holistic approach is especially evident in women's health, where Luttinger has spent most of her career. She's enthusiastic about complementary practices like meditation and yoga that help women manage stress and anxiety.

"Mindful meditation is amazing for calming anxiety and helping you refocus," she says.

And part of that is practicing what she preaches – making sure she has the time for self-care and using her spare time to truly be in the moment and participate in activities that bring her joy.

"I spend time with my dog, Cora, and enjoy being by the water, yoga, paddle boarding, kayaking, and hiking," she said. "I guess you could just say I just like nature."

Luttinger also discusses common misconceptions about hormone replacement therapy (HRT).

"That original study that scared everyone away from estrogen had methodological issues," she notes. "They put everybody into the same pool, so people that should not have been on HRT were placed on it and had side effects. They didn't distinguish between women who should take it and those who shouldn't."

Luttinger points out that women often don't mention their symptoms during quick annual examinations and she encourages her patients to slow down and explain how and what they're feeling.

"They rush in and out for their yearly checkup without mentioning hot flashes or mood changes," she says. "As providers, we need them to tell us what's going on. Your body goes through so many changes as a woman. We want to help you feel better – but first, we need to know what you're experiencing."

The next generation

When Luttinger looks to the future of healthcare, she sees technology playing an even bigger role: telehealth, wearable monitors, improved genetic screening. But what excites her most is the entrepreneurial spirit of younger nurses.

"I'm seeing these young nurse practitioners opening their own practices, bringing in yoga and meditation alongside traditional care," she says. "That's exactly the direction we need to go – being proactive instead of just treating problems after they happen."

She expresses admiration for these younger colleagues. "They're embracing prevention in a way we never did before. If we can prevent problems instead of just treating them, that's perfect."

After four decades in nursing, Luttinger's advice for new nurses is refreshingly straightforward.

"Do it because you love it," she says simply. "Do it because you genuinely want to help people. If your heart's in the right place, you'll find fulfillment." SWM



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JENNIFER ARRAO



From operating room to energy healing

Janelle Davis

Jennifer Arrao has spent more than two decades in nursing, but in recent years she's expanded her healing approach beyond traditional medicine. Currently managing Crouse Hospital's Sterile Processing Department, she also offers energy healing services, including Reiki, sound healing with tuning forks, and craniosacral therapy.

Jennifer's nursing career began after personal tragedy. When she was 16, her 19-year-old sister was diagnosed with cancer. "I kind of grew up at the hospital hanging out with the nurses, seeing the doctors, helping care for my sister," she recalls. At 19, Jennifer became her sister's bone marrow donor. Unfortunately, that act of generosity was not enough to save her life.

After graduating from Utica College of Syracuse University in 2000, Jennifer started at Crouse in Labor and Delivery. She worked at Upstate Medical Hospital's Operating Room for six years before returning to Crouse in 2009 as a supervisor in their main OR. She later became manager of the POB Surgery Center, briefly went per-diem in 2023 to focus on her holistic business, and now manages the Sterile Processing Department while continuing her energy healing practice. "Crouse, to me, is much more than a place to work, it is my second home," Jennifer says.

Her interest in complementary healing approaches emerged unexpectedly. "If you had asked me 10 years ago what I wanted to do with the rest of my career it would've been to be the director of the operating room," she explains. The COVID-19 pandemic changed her perspective. Dealing with worsening nightmares, she visited a metaphysical shop for help. The owner suggested removing her Himalayan salt lamp and exploring Reiki.

That encounter transformed her path. She became Reiki certified and has continued developing her holistic practice alongside her hospital work, seeing clients on weekends and days off.

Jennifer believes her medical background gives her unique advantages when working with clients. "Working in surgery, I have seen every body part and have been involved in some amazing surgeries. I understand how the body works so when someone comes in with a problem such as just having knee surgery, I can visualize what that looks like and work specifically in that area."

Her clients seek help for various issues: back pain, neck pain, TMJ pain, tremors from joint disease, and anxiety. Jennifer has seen notable results. A client with tremors reports that sessions with Jennifer provide the most muscle relaxation they experience. Another client with severe back and hip pain after a picnic table collapse found relief after one session. An MMA fighter with TMJ pain also experienced an immediate improvement.

When explaining energy work to skeptics, Jennifer offers a straightforward comparison: "If you ask a child who has given or received reiki, they call it giving love. I know you can't physically see what I do, but I explain it like breathing. You can't physically see the air but it's there. Reiki helps the energy move and flow throughout your body."

She acknowledges that energy healing isn't always an instant solution. "This work is very much like peeling an onion. You need to peel back the layers to get to the root of the problem, and the client needs to continue doing the work when they aren't with you."

Jennifer finds immediate client feedback particularly rewarding. "I love when someone gets off my table and says how much better they feel. Working in surgery, your patients don't remember who you are or that you just spent the past five hours caring for them."

Her long-term goal is to bring holistic approaches into the hospital setting. "There is a huge need for medical professionals to take time to care for themselves to help prevent burnout. Patients are sicker and there are staffing shortages amongst all departments in every hospital." She believes her services can help bring balance to healthcare workers and ultimately improve patient care.

"In nursing school, you learn about taking care of the physical body, but we are so much more than that," Jennifer reflects. "For 25 years, I have helped thousands of patients through some of their most difficult times. For the next 25 years, I want to help patients understand that they aren't just physical beings; they are energetic beings, and we also need to pay attention to that."

She envisions a more integrated healthcare approach. "It's not just one thing that will fix you, it is a combination of both eastern and western philosophies. During the next 25 years of my career, I want to continue to grow and change how hospitals serve our community by providing more holistic practices along with our current practices. I want to pass this on to the next generation of nurses." *SWM*



Earns top honors at Coldwell Banker



Kathy Franco

Coldwell Banker Prime Properties has recognized Kathy Franco for an outstanding 2024, naming her among the top 5% company wide for listings sold, total closed units and gross commission income.

Kathy's accomplishments also earned her the Pinnacle Platinum Award, one of the highest honors at the company.

Additionally, she was inducted into the Coldwell Banker recognition awarded to the top 8% of sales associates globally.

These accolades highlight Kathy's dedication, market expertise and commitment to client service.

Solvay Bank welcomes two new team members



Tawny Brown

Solvay Bank, the oldest community bank in Onondaga County, has added two new employees to its team: Tawny Brown and Hannah Coburn.

Tawny joins as a mobile banking associate, supporting the retail branch network. She brings 11 years of banking experience and most recently ran her own home cleaning business. She said she is excited to return to banking and reengage with customers.

Hannah has been named operations specialist on the Customer Relations and Operations team. She began her banking career in 2018 as a float teller and most recently served as a digital banking specialist. Hannah brings a range of experience in bank operations to her new role.



Hannah Coburn

Solvay Bank announces promotions



Selena Cruz

Solvay Bank has promoted two employees within its Loan Administration team.

Selena Cruz has been named loan administration processor. She joined Solvay Bank in 2021 as a teller at the Baldwinsville office, was promoted to banking associate, and has spent the past 18 months as a consumer loan processor.

Heather LaVancher has been promoted to consumer loan processor. She began her career at the bank in 2015 as head teller at the Solvay office and has worked with the Customer Relations and Operations and Consumer Loans teams, as well as previously collaborating with Loan Administration.



Heather LaVancher

Promoted at AmeriCU Foundation



Vanessa Szwejbka

AmeriCU Credit Union has appointed Vanessa Szwejbka as community relations manager and executive director of the AmeriCU Charitable Foundation.

In her new role, Vanessa will lead community engagement initiatives and oversee the foundation's philanthropic efforts.

She brings a background in communications, broadcasting, and public service, including 15 years as a meteorologist in Central New York, the North Country, and the Southern Tier.

Most recently, she worked with the Downtown Committee of Syracuse.

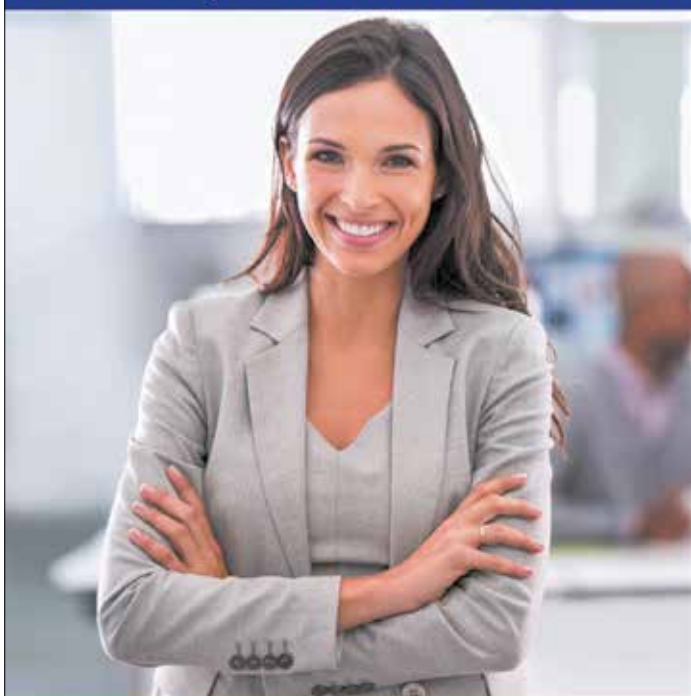
Vanessa and her husband support several local nonprofits, including Second Chance Canine Adoption Shelter, AURORA of Central New York, and Friends of Fillmore. They often emcee events to raise awareness and support community causes.

"I have been an AmeriCU member for 15 years and have always admired the work they do to serve their members and communities," Vanessa said. "I was thrilled to come on board in this position and continue the good work AmeriCU is doing."

As executive director, she plans to expand the foundation's reach and build relationships with local organizations. "What's important to our members is important to AmeriCU," she said. "I look forward to finding opportunities to give back and make a meaningful impact for years to come."

Vanessa holds a Bachelor of Science in meteorology from SUNY Oswego. She and her husband enjoy exploring New York state parks with their two rescue dogs, Tank and Rocket.

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Strutting their stuff during Syracuse Fashion Week

Syracuse Fashion Week, a semi-annual celebration of style and fashion in Syracuse & Central New York, was held at various venues during three days in April, bringing together designers, boutiques, stylists, artists, musicians, bars, restaurants, and other businesses that have a vested interest in the quality of life of Upstate New York.



PHOTO CREDITS: Dennis Fernando: 3, 4, 5, 6, 7, 11 ; Derek Spanfelner: 1, 10; Vanessa Harber: 2, 9.

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May 2-10**Little Women: the Broadway Musical**

What: Based on the novel by Louisa May Alcott, this musical tells the story of the March sisters—Amy, Meg, Beth, and Jo—as they experience joy and loss, coming of age in the shadow of the Civil War.

Where: The Syracuse Stage
820 E Genesee St, Syracuse, NY 13210

Info: Tickets available on www.syracusestage.org/drama.

**May 3****Maker Faire**

What: Join for the greatest show and tell on earth! A family-friendly showcase of innovation and creativity featuring a physics bus, mega bubble playground, combat bots and more.

Where: New York State Fairgrounds
581 State Fair Blvd, Syracuse, NY 13209

When: 10 a.m. to 5 p.m.

Info: \$10 for adults, \$8 for ages 5 to 17, free for ages under 5. www.syracuse.makerfaire.com.

**May 3****Syracuse Crawfish Festival**

What: The annual festival benefits Operation Northern Comfort and their efforts to help those in need. Enjoy live bands, Cajun food, crafters, food trucks and more.

Where: Clinton Square, Downtown Syracuse.

When: 11 a.m. to 7 p.m.

Info: www.operationnc.org.

**May 3-June 7****Remembering Mimi**

What: The Associated Artists of CNY presents a retrospective exhibition on the work of passed organization president, Mimi George.

Where: Manlius Library
1 Arkie Albanese Ave, Manlius, NY 13104

When: Reception on Sun. May 4, 2 to 4 p.m.

Exhibit open during library hours.

Info: Free

**May 4****47th Annual Mountain Goat Run**

What: Conquer the hills of Syracuse with a ten mile run, two person relay, kids run and more.

Where: Clinton Square, Downtown Syracuse.

When: Events begin at 8:50 a.m.

Info: www.mountaingoatrun.org.

**May 4****LGBTQ+ Family Day of Visibility**

What: Come to the zoo to celebrate the rainbow of families in our community! Featuring special keeper talks, exhibits, entertainment, animal enrichment, vendors and more.

Where: Rosamond Gifford Zoo
1 Conservation Pl, Syracuse, NY 13204

Info: Free with membership or zoo admission.

**May 6****Friends of the Central Library hosts Mitch Albom**

What: Best known for his memoir, Tuesdays with Morrie, Albom is a best-selling author, journalist, screenwriter, broadcaster, musician, and philanthropist.

Where: The OnCenter
411 Montgomery St, Syracuse, NY 13202

When: 7:30 p.m.

Info: Visit www.foclsyracuse.org for more information.

**May 8****American Stories: A Community Storytelling Showcase**

What: What does the American experience mean to you? In this evening of storytelling, listen to diverse personal narratives, poetry, and reflections that offer a unique glimpse into what it means to be American today.

Where: The Everson Museum of Art
401 Harrison St, Syracuse, NY 13202

When: 6 to 8 p.m.

Info: Pay as you wish.

**May 10****Aretha: A Tribute**

What: Join the Syracuse Orchestra for a tribute to the Queen of Soul. Come ready to sing and dance!

Where: Oncenter Crouse Hinds Theater
411 Montgomery St, Syracuse, NY 13202

When: 7:30 p.m.

Info: Tickets start at \$24. www.syracuseorchestra.org.

**May 16 & 17****Food Truck Battle**

What: Cast your vote for best truck and taste from over 50 locally owned food trucks. Featuring music, local artisan village, craft beer, games and more.

Where: New York State Fairgrounds
581 State Fair Blvd, Syracuse, NY 13209

When: Friday: 4 to 10 p.m. Saturday: 11 a.m. to 10 p.m.

Info: www.syrfoodtrucks.com.

**May 17****2025 Hope for Heather Teal Ribbon Run**

What: 17th annual 5K Run designed for personal best time and 3K Walk for walkers, strollers, families and pets. Money raised supports Ovarian Cancer Research and awareness.

Where: Lewis Park, Main St, Minoa, NY 13116

When: 9 a.m./10 a.m. gun time

Info: hopeforheather.org (Virtual events May 17-24)

**May 18****Syracuse Great Strides**

What: Great Strides Syracuse is a two mile walk. Join the Cystic Fibrosis Foundation for a day of celebration, community and fun.

Where: Willow Bay at Onondaga Lake Park
3858 Long Branch Rd, Liverpool, NY 13090

When: 9 a.m.

Info: fundraise.cff.org



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O'Connell with
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and Dan (right)



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