

From the desk of:

MAYOR MATT PACIFICO
CITY OF ALTOONA
1301 TWELFTH STREET, SUITE 101
ALTOONA, PA 16601
814-949-2476

**February
2025**



Altoona Proud

A Monthly Insight into all that is Altoona

February is National Heart Month

February 2025, American Heart Month marks 100 years of the lifesaving work of the American Heart Association, dedicated to raising awareness about heart health and cardiovascular disease. Since their founding in 1924, deaths from cardiovascular disease have been cut in half. And yet, heart disease remains the leading cause of death for both men and women, as well as for many racial and ethnic groups, particularly the African American population.

Here in the United States, a heart attack occurs approximately once every 40 seconds, but 20% of those are silent, meaning damage is done, but the person is unaware of it. And, while most people know about the risk factors of family history, high blood pressure and smoking, it is important to note that diets high in sodium and trans fats can increase your risk, as well as not getting enough physical activity or sleep.

Increased awareness of the benefits and availability of CPR training has been vital to everyday life-saving efforts. If you do not know how to do CPR, training classes are available throughout the community, most of which are free of charge. It's an important skill that everyone should know. To look for classes near you, or for more information about heart health, visit the following websites:

www.cdc.gov/heart-disease

www.heart.org

www.mayoclinic.org/heartdisease

American Heart Association.



February 2nd is **National Go Red For Women Day** in the United States. This is a day when everyone is encouraged to wear red to support and address awareness and clinical care gaps affecting the number one cause of death for women of all ages, cardiovascular disease. Wear red and encourage the women in your life to take care of their heart health. Visit www.goredforwomen.org/en to learn more.

Snow and Ice Removal

Winter has definitely made its presence known and Public Works continues to work to keep roads safe. The City of Altoona has over 360 lane miles of road to cover, with 24 hour snow coverage, using two shifts of workers. The overall goal is to provide timely clearing of City streets, while minimizing hazards and restoring travel conditions throughout the City as soon as possible, after each winter storm event.

The snow removal plan prioritizes major arteries, school routes, emergency and mass transit routes, which are the most used roads. Secondary routes include minor arteries and streets connecting neighborhoods to primary routes. Then the focus is on those alleys that are access points for emergency services and City owned parks, walkways and bus routes. We understand that it is frustrating, especially on very snowy days, to await the plowing of your street or alley. Please know that the Highway Department is out there, and will get to your area in the timeliest manner possible.

Property owners are reminded that they are responsible to clear their sidewalks of snow and ice within 24 hours after the storm ends, and snow should not be shoveled into the streets. All residents can help by doing the following:

- If at all possible, move vehicles from City streets to driveways or secondary roads to eliminate hazards for our drivers, as well as other drivers, and improve the plowable area. If that is not possible, move your car as close to the curb as possible.
 - Pull vehicle side mirrors in to avoid damage.
 - Prior to a storm, park in a location that will allow easy access until plows get to your street.
 - Wait for plowing to be completed before cleaning sidewalks, driveways or cars to eliminate the need for shoveling and re-shoveling.



Be Safe This Winter!!

2025 Dog Licenses Available Now

Every dog in the City of Altoona, 12 weeks or older, must be licensed. There are two types of licenses available, either for a calendar year or for a lifetime. (Lifetime dog licenses do require that the dog be either tattooed or micro-chipped.)

Applications for both types of licenses are now available for purchase at the City of Altoona Finance Office, located at 1301 12th Street, Suite 104. Applications for the **yearly license only** are also available at Fiore True Value Hardware at 5514 6th Avenue, or the Central PA Humane Society at 1837 E. Pleasant Valley Blvd. Fees for each type of license may vary, based on factors including the gender of the dog and whether or not it has been spayed / neutered. For questions, please call 814-949-2416.



Remember to be a responsible pet owner by making sure licenses and health checks are up to date and bringing your pets inside on these bitter cold winter days!

AAHF Prom Night 2025

February is African American Heritage Month and the Blair County African American Heritage Foundation (AAHF) is a great resource for information and awareness of our area's rich African American Heritage. Throughout the year, they host events and programs that not only provide fun and entertainment, but serve to educate the community. Their annual Heritage Festival in downtown Altoona, Unity in the Community, is scheduled for Saturday, July 26th, 2025.

One of the most anticipated events of the Blair County African American Heritage Foundation is Prom Night. This year, the AAHF Prom Night 2025 is scheduled for Saturday, February 8th at The Casino at Lakemont Park. The event, hosted by Pa'je's Productions and Pennsoulvania America, Inc. is from 5:00 PM - 11:00 PM and will feature all-night music from D.j. Tyson, red carpet photos and video from Mind Over Media Studios, a custom selfie room from Picture Perfect Parties by Jacine, not to mention full course meals, snacks and champagne.



Ticket prices range from a "Just Party" Package with late entry and snacks for \$30 to a Table Package with 10 tickets for \$650, with full course meals, champagne and snacks. Proceeds will benefit the upcoming African American Heritage Festival in July.

For ticket prices and packages, visit www.centralpaticket.com/events. For more information, visit the AAHF Facebook page at www.facebook.com/p/Blair-County-African-American-Heritage-Project

15th Annual Community Classic Dinner & Auction

Saturday, March 1, 2025 marks the date for this year's Central Blair Recreation and Park Commission's (CBRC) Community Classic Dinner and Auction. The event will be held at The Bavarian Aid Society. Doors open at 4:30 PM and the event begins at 5:30 PM.

This year, Bernie Chapman will be honored with the 2025 Respected Citizen Award, and the BTW Corporation President's Award recipient is Hyman Antikol. The guest speaker will be Quinton Aaron, an actor and speaker best known for his role in "The Blind Side".



CBRC is responsible for 43 parks and 6 recreation centers in the Altoona / Blair County area, providing programs and activities for youth of all ages. These programs are vital to a healthy community, engaging youth in fun, safe and productive time. As new parks are being planned, the CBRC responsibilities and impact continue to grow. Events like this one help to support their efforts.

Sponsored by Prime Sirloin Catering, The U.S. Hotel and Tavern and UPMC Altoona, the event promises to be a special one. Tickets are \$50 and can be purchased at the CBRC office, located at 2101 Fifth Avenue in Altoona, or at Grandview Meats, located at 1544 Pleasant Valley Boulevard in Altoona. For more info, call (814) 949-2231 or visit www.cbrcparks.org

Railroaders Memorial Museum Events

The Railroaders Memorial Museum is a great place to visit at any time, but you may not know that they have special presentations and performances throughout the month. If you are looking to add some fun to these cold winter days, check out the following events, all held in the 3rd Floor event space in the Railroaders Museum, by visiting www.railroadcity.org/events



Thursday, February 6th - History After Hours: 6:00 P.M.
Saturday, February 8th - "Wreck of the Broker" Documentary Screening & Book Signing: 7:00 P.M.
Friday, February 21st - Laugh Tracks: Comedy Night at The Museum: 8:00 P.M.

Blair County Home Garden & Healthy Living Showcase

The Blair County Home Garden & Healthy Living Showcase has attracted gardeners, do-it-yourselfers and curiosity seekers each year for 53 years, signaling the warm days of spring. Over the years, the showcase has grown to include vendors whose products or services relate to today's homeowners. The 2025 show will not only feature interior design and decorating, home construction and other related attractions, but is a family friendly event that will also have activities for children.

The event, at the Blair County Convention Center, runs on Friday, February 28th, from 4:00 PM – 8:00 PM, Saturday, March 1st from 10:00 AM – 7:00 PM and Sunday, March 2nd from 11:00 AM – 4:00 PM. Admission is \$5 per person, with children under age 10 admitted free. Admission includes entry for some great door prizes, and parking is free.

For event information, including a list of vendors and the floor plan for this year's event, visit www.blairhomeshow.com/event-info



Save The Date – Healthy Blair County Coalition



Interested in creating a hunger-free Blair County? Join us for a day of information and collaboration on what we can do, together, to fight food insecurity! We invite you to present at this event, provide an information table, or be a sponsor. Please contact Billie Kochara, Healthy Blair County Coalition Director by emailing: billie@unitedwaysa.org

It's not too early to mark your calendars for April 23, 2025. On that date, the Healthy Blair County Coalition will present Blair County Food Sustainability Day, from 8:00 AM – 2:00 PM at The Casino at Lakemont Park.

You can participate in several ways. Be a sponsor, provide an information table or just attend for a day of collaboration to address food insecurity here in our own area. For information on any of these options, please contact Billie Kochara at billie@unitedway.org

February Is...

Of course, we all know that February means Groundhog Day, Valentine's Day and President's Day, but did you know that there are some other special days you can celebrate (and plan your menu!!) Have some fun with these cold winter days!

February 1 – National Dark Chocolate Day & National Serpent Day

February 3 – National Four Chaplains Day (visit www.military.com/history to learn more) and National "Day The Music Died" Day (honoring the death of 3 icons of rock and roll)

February 4 – National Thank a Mail Carrier Day & National Homemade Soup Day

February 7 – National Girls and Women in Sports Day & National Fettuccini Alfredo Day

February 8 – National Boy Scouts Day

February 9 – National Pizza Day

February 11 – National Peppermint Patty Day

February 13 – National Tortellini Day

February 16 – National Do A Grouch a Favor Day & National Almond Day

February 18 – National Drink Wine Day

February 20 – National Comfy Day & National Cherry Pie Day

February 25 – National Clam Chowder Day

February 26 – National Tell a Fairy Tale Day

February 27 – National Polar Bear Day & National Strawberry Day



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