From the desk of:

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Altoona Proud

A Monthly Insight into all that is Altoona

July is National Park and Recreation Month

National Park and Recreation Month has been celebrated here in the United States since 1985, emphasizing the benefits of local park and recreation centers to the community and encouraging people to explore local parks and trails, and to get outside ti take part in outdoor activities.

Parks play an important role in connecting communities. The presence of, and safe access to, parks and other recreational areas can create a host of opportunities and reap an abundance of benefits beyond just physical exercise. Studies have shown that spending time outdoors reduces stress, improves mental health, decreases stress and calms aggression. It has also been documented that children who are physically active do better in school.

The 10-Minute Walk Program, which began in 2017, works with cities to plan and fund recreation spaces, with a goal of ensuring that all citizens have access to a park within a 10-minute walk of home. Mayor Pacifico and the City of Altoona have worked diligently to make this a reality here in our area, with the cooperation of the Central Blair Recreation and Park Commission. Our area is home to 26 parks, including an all – abilities park, a public swimming pool, spray park and three community centers. You can enjoy activities including basketball, pickleball, tennis, volleyball, walking trails and much more.



For a special park and recreation activity during the month of July, head out to Fort Roberdeau on July 19th for their "Going Batty at Fort Roberdeau" event! Come for an educational evening discovering bats, their behavior, their conservation and their role in our ecosystem. Meet inside the barn and then stay to watch the Fort Roberdeau bat colony emerge for the night.You can also visit the Fort Roberdeau Bat Maternity Ward. For times and more information, visit www.fortroberdeau.org/events

Fireworks and Firework Safety

July 4th brings picnics, barbecues and, of course, fireworks. While it is a fun day for all, the day also needs to be safe. The National Safety Council suggests the following to ensure a safe Fourth of July:

- Don't allow young children to handle fireworks; allow older children to use them only with adult supervision.
- Never use fireworks if impaired by drug or alcohol usage, or point them or throw them at others.
- Never light fireworks indoors; only use them away from people, houses and flammable material.
- Never hold lighted fireworks in your hands or try to relight or handle malfunctioning fireworks.
- Light only one device at a time, use protective eyewear and maintain a safe distance.
- Keep a bucket of water nearby to fully extinguish fireworks, and soak both spent and unused fireworks in water for a few hours before discarding.
- Be respectful of neighborhood pets, for which fireworks can be very frightening. Obey the specific fireworks ordinances of the City, which can be found on the City of Altoona website, <u>www.altoonapa.gov</u>

NOTE: Sparklers account for more than 25% of firework injuries and half of all firework injuries for children under 5. Choose alternatives such as glow sticks, confetti poppers or colored streamers.

Fourth of July Events in the Altoona Area

Altoona Curve Baseball – Thursday, July 3rd, home game hosting the Harrisburg Senators at 7:00 PM, with fireworks following the game. The night's theme is AMERICA. For more info and for tickets, visit www.milb.com/altoona

Angie Gioiosa Memorial July 4th Race – Friday, July 4th, starting at The Mishler Theatre; 15K Run begins at 7:30 AM, 5K Run begins at 8:00 AM and 2 Mile Walk begins at 8:05 AM, with a Lollipop Fun Race for kids 6 and under and awards immediately following the race. To register before July 3rd, go to <u>https://runsignup.com/Race/PA/Altoona/AngieGioiosaMemorial</u>. Race Day registration is from 6:30 AM – 7:30 AM at the top of the street from the Mishler Theatre (12th Ave, downtown Altoona). For more information, visit <u>www.blairregionalymca.org/race-series/july-4th-angie-gioiosa-memorial-race/</u>

Fort Roberdeau Star Spangled Fourth –Friday, July 4th, 10:00 AM – 4:00 PM; free parking and admission, open house and activities for all ages. Living history reenactors will be on site from 10 AM to 3:30 PM. For more info, visit <u>www.fortroberdeau.org/events/</u>

Main Line Mania – Saturday, July 5, 4:00 PM – 10:30 PM, Railroaders Memorial Museum. Food vendors, Slingers Axe Throwing and entertainment by The Silver Linings and Pletchvello, with fireworks at dusk. Q94 and Jack FM broadcasting live. VIP tickets-\$15 per car; General Admission \$10 per car; Walk-Ins \$5 per person/ For tickets or more information, go to <u>www.railroadcity.org/events</u>

Summer Thunder at DelGrosso's Park – Friday, July 4th, with a musical pre-show at 9:00 PM, followed by fireworks at 10:00 PM. For information on July 4th hours for Laguna Splash Water Park, DelGrosso's Park Rides and food stands, visit <u>www.mydelgrossopark.com/events</u>



Central Blair Recreation Commission Annual Golf Tournament



Calling all golfers! Central Blair Recreation Commission (CBRC), in cooperation with Encompass Health, is presenting their 15th Annual CBRC Golf Tournament on July 28, 2025 at the Sinking Valley Country Club.

Registration and continental breakfast begins at 8:00 AM, with the shotgun start at 9:00 AM. The day ends with an awards lunch. Snacks and beverages, will be provided throughout the course. There will be awards for putting, closest to pin, long and straight drive, along with raffle prizes.

The cost is \$400 per foursome or \$100 per individual player. Sponsorships are available at different levels from Tee signs at \$125 through platinum sponsorships of \$1,500. All proceeds benefit children's recreation programs in our area, including our many parks and summer sports programs for kids.

To register, sponsor, or just learn more visit <u>www.cbrcparks.org</u> or call 814-949-2231. You can also visit them on Facebook at <u>www.facebook.com/central.recreation</u>. Come out for a fun day and help support the continued addition and improvement of recreation areas for our City's youth!

Blair County African American Heritage Festival

The 3rd Annual Blair County African American Heritage Festival will be held in Heritage Plaza in

downtown Altoona on Saturday and Sunday, July 26 - 27 from 12:00 PM - to 8:00 PM. This is a great time for the community to come out and celebrate the wonderful, foods, music, arts and culture in Blair County.

The festival will feature local music and dance artists and great food from a variety of local vendors. In addition, local artists will be exhibiting arts, crafts, jewelry, candles, woodcrafts and more. There is also a Little Entrepreneurs area for the young vendors of our community! Local agencies will be there to provide information on community resources and opportunities.



This is a great opportunity for friends and family to celebrate and experience our area's African American cultural heritage, while supporting local businesses and artists and, hopefully, enjoying two days of beautiful weather! For information, or details on specific vendors, musicians or attractions, visit their Facebook page at www.facebook.com/AAHFestival

Altoona Farmers Market



This is a quick reminder that the Altoona Farmers Market is up and running, every Thursday from 11:00 AM – 2:00 PM in Heritage Plaza in downtown Altoona. It's strawberry season and they are going fast! Stop down to check out the selection of local produce, breads, meats, flowers, honey, soaps, dips, syrups and more! Enjoy lunch from local food and drink vendors. With over 15 vendors at the market, you are sure to find something you will love. Come out and support our local farms and small businesses!

July is...

Of course, it's the Fourth of July but it is also time to enjoy the outdoors and good food, according to these special days!

- July 1 National Postal Worker Day (Thank your mail carrier!)
- July 3 National Compliment Your Mirror Day
- July 5 National Hop-A-Park Day
- July 7 National Father Daughter Take-A-Walk Day
- July 11 National French Fry Day & National Pet Photo Day
- July 14 National Mac & Cheese Day
- July 15 National Give Something Away Day & National Gummi Worm Day
- July 16 National Hot Dog Day
- July 17 National Tattoo Day
- July 19 National Play Day
- July 20 National Pennsylvania Day (celebrating the 2nd State to join the Union)
- July 23 Gorgeous Grandma Day
- July 24 National Cousins Day
- July 26 National Coffee Milkshake Day
- July 27 National Korean War Veterans Armistice Day
- July 28 National Milk Chocolate Day

July 30 – National Cheesecake Day



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<u>Subscribe</u>