

From the desk of:

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

August, 2025



Altoona Proud

A Monthly Insight into all that is Altoona

August is International Overdose Awareness Month

Since 2001, August has been recognized as International Overdose Awareness Month. Specifically in 2025, August 31st is designated as International Overdose Awareness Day. The theme for 2025 is “**One Big Family, Driven By Hope**”. The day is not only to remember those we have lost to drug overdose, but also to acknowledge people in our communities who are affected by overdose, but who often go unseen. These people may be family members, loved ones or friends. August 31st is a day to recognize the magnitude of the issue, change the widely-held misperceptions, and reduce the stigma surrounding addiction and overdose.

While many substances can be the source of addiction, the Centers for Disease Control and Prevention (CDC) reports that prescription drug abuse continues to be the fastest growing drug problem in the United States and has been classified as an epidemic. Synthetic opioids, such as fentanyl, continue to be the number one cause of drug overdose deaths in the United States. The good news is that the rate of overdose deaths is at its lowest since 2019. The number of drug overdose deaths reported in 2024 showed a decrease of almost 27% from 2023, so the work being done is making a difference!

Here in Altoona, the 7th Annual Blair County International Overdose Awareness Day event will be held on Saturday, August 30th at Trans4mation Church from 4:00 PM – 8:00 PM. For event information, email bcoverdoseawareness@gmail.com or message Blair County International Overdose Awareness Day on Facebook at www.facebook.com/IOADBlairCountyPA

Resources to Learn More:

www.cdc.gov/overdose-prevention

www.dea.gov/ioad

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

www.overdoseday.com



National Farmers Market Week at Altoona Farmers Market

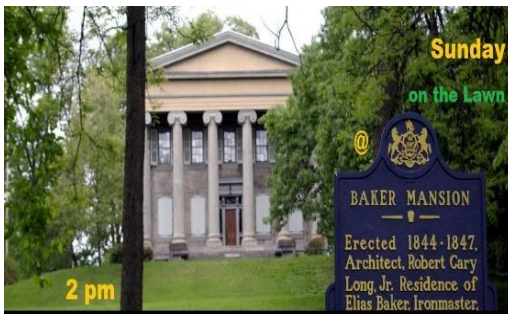
NATIONAL FARMERS MARKET WEEK 2025

August 3-9, 2025

August 3rd through August 9th is National Farmers Market Week. Farmers play an important role in our national, and local food systems. You can support local farmers and artisans by visiting Altoona's Farmers Market, which is held in Heritage Plaza every Thursday in August from 11:00 AM – 2:00 PM, continuing through October. Choose fresh fruits and vegetables from local farms, as well as a variety of locally produced handmade crafts, baked goods, honey, flowers, breads, soaps, sauces, jams and jellies. There are even treats for the special canine in your life.

You can also check out Blair Markets, an online farmers market for weekly orders. Pickup is on Wednesday at the following locations; The Brew in Tyrone, Cosmic Charlie's in Bellwood, Everything Natural in Altoona, The Juice Shack in Duncansville and Blue Barn Farm in Williamsburg. Delivery is available (within a certain radius). To order, visit www.blairmarkets.localfoodmarketplace.com

Baker Mansion August Concert Series



Again this year, The Blair County Historical Society is hosting "Sunday On The Lawn", a concert series on the lawn of Baker Mansion on Sundays throughout the summer! All concerts start at 2:00 PM:

August 3rd	Acoustic Express Concert
August 10th	Altoona Brass Collective
August 24th	46 th PA Regiment Band

Bring your lawn chair or blanket and come to enjoy a relaxing afternoon of great music! The Blair County Historical Society presents special speakers and other events throughout the year. Baker Mansion is open for public tours throughout the summer, Fridays through Sundays 11:00 AM – 4:00 PM. For information on all Blair Historical Society events, visit their Facebook page at www.facebook.com/blairhistory

ArtsAltoona Presents Alter Eagles

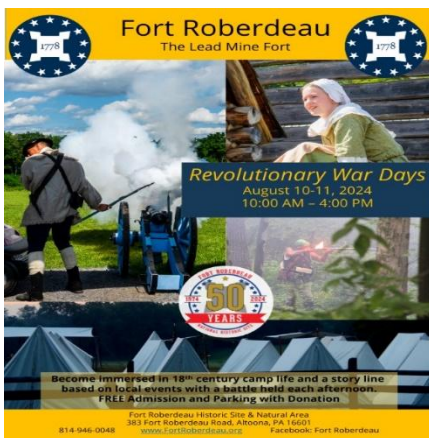
On Saturday, August 3rd, ArtsAltoona will host *Alter Eagles; America's Definitive Tribute to The Legendary Eagles*. This event will be held at the Blair County Convention Center, with doors opening at 5:00 PM and the show beginning at 6:00 PM. *Alter Eagles* has been performing for 15 years, in over 2,000 shows across the country, playing the classics of one of the best-selling rock bands, the Eagles.

Tickets are \$35 for general admission (first-come, first-serve floor seating) or \$50 for VIP seating (reserved spot at a 6-person round table in the first two rows). A cash bar and light snacks will be available. Space is limited so early purchase is recommended. Proceeds support the programs of ArtsAltoona, including the After School Program for kids and creative opportunities for individuals in recovery.

To sponsor the event, purchase tickets, or for more info visit www.artsaltoona.org



Fort Roberdeau Revolutionary War Days



Historic Fort Roberdeau will host Revolutionary War Days encampment and reenactment on Saturday and Sunday, August 9th and 10th, with the grounds opening at 10:00 AM on both days. This has been an annual event at Fort Roberdeau since 1980.

Rangers, militia, miners and settlers all played a role in defending and maintaining the Lead Mine Fort. Revolutionary War Days at Fort Roberdeau recreate the situation that existed on the Pennsylvania Frontier in 1778. During this event you can become immersed in camp life with a story line based on actual local events. A daily battle will be held each afternoon.

This popular program brings the fort to life with authentically outfitted reenactors portraying both patriots and loyalists. Event participants set up period camps and live much as their ancestors did, sleeping in canvas tents, wearing authentic wool and linen clothing and cooking over open fires.

Visitors are encouraged to arrive early and stay through the afternoon. Bring a lawn chair to view the action. Admission and parking are free, and donations are welcome at the gate. For more information on this and other events at Fort Roberdeau, visit their website at <https://fortroberdeau.org/events/>

Mountain Lion Backpack Program

Students will soon head back to school and, again this year, the Mountain Lion Backpack Program will be helping children from food-insecure homes, where they may have little or nothing to eat when not in school. Throughout the school year, these children will be provided with breakfasts, lunches, dinners and snacks to get them through the weekends.



In Blair County, over 13% of school children face food insecurity, which is higher than the national average. Last year, the Mountain Lion Backpack Program served over 1,100 children, at a cost of approximately \$6.00 per child per week. The Program receives no funding from local, state or federal government sources, operating solely through fundraising efforts and donations from individuals, businesses and organizations.

This year, you can help in two ways. You can sponsor one or more children at different sponsorship levels (\$210 per year per child). You can also participate in this year's Battle of the Backpacks! Any business, group or organization that wishes to help feed our local children can enter the challenge and compete to see which group collects the most food donations during the month of September.

For information on the Program, sponsorship levels, types of foods needed, or to register your group for the Battle of the Backpacks, contact the Mountain Lion Backpack Program at 814-946-3651 or visit their website at www.mountainlionbackpackprogram.org/

August is...

August brings us an opportunity to thank our service men and women with National Coast Guard Day on August 4th and National Purple Heart Day on August 7th. With the hot rainy summer we have had, you may sense a theme and enjoy some of these other days to beat the heat in August:

August 1 – National Water Balloon Day

August 2 – National Play Outside Day – with water balloons!!

August 3 – National Watermelon Day

August 4 – National Chocolate Chip Cookie Day

August 6 – National Rootbeer Float Day

August 8 – National Frozen Custard Day

August 10 – National S'mores Day

August 11 – National Play in the Sand Day

August 14 – National Creamsicle Day

August 15 – National Relaxation Day

August 18 – National Ice Cream Pie Day

August 19 – National Soft Ice Cream Day

August 21 – National Spumoni Day

August 25 – National Banana Split Day

August 26 – National Cherry Popsicle Day

August 30 – National Beach Day



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