

**From the desk of:**

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

**February  
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# *Altoona Proud*

A Monthly Insight into all that is Altoona

## February is National Heart Month

Since 1964, February has been designated as American Heart Month, celebrated as a way to educate Americans to join the battle against heart disease. Heart disease is the leading cause of death for both men and women in the United States, accounting for almost 40% of all deaths. On average, a person dies of heart disease every minute. However, heart disease is also one of the most preventable diseases, so early screening, along with a knowledge of the risk factors, is vital. Leading risk factors for heart disease and stroke include high blood pressure, high LDL cholesterol, diabetes, smoking and secondhand smoke exposure, obesity, unhealthy diet, and physical inactivity. Knowing the warning signs, leading a healthy lifestyle, and learning the basics of CPR can help reduce the risk of death from heart disease for you and others.



During the month of February, the American Heart Association encourages you to:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and avoid secondhand smoke
- Drink alcohol only in moderation
- Manage stress
- Get regular health checkups to control cholesterol and blood pressure

**Friday, February 3<sup>rd</sup>, 2023 is National Go Red Day!  
Wear red and help raise awareness!**

For more information about heart disease, visit:

<https://www.goredforwomen.org/en/>

## 2023 Dog Licenses Available Now

Every dog in the City of Altoona, 12 weeks or older, must be licensed. A license can be obtained for a calendar year or for a lifetime. (Lifetime dog licenses 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 12<sup>th</sup> Street, Suite 104. Applications for the **yearly license only** are also available at Fiore True Value Hardware at 5514 6<sup>th</sup> Avenue, or the Central PA Humane Society at 1837 E. Pleasant Valley Blvd. Fees vary, based on factors including the gender and neutering status of the dog.



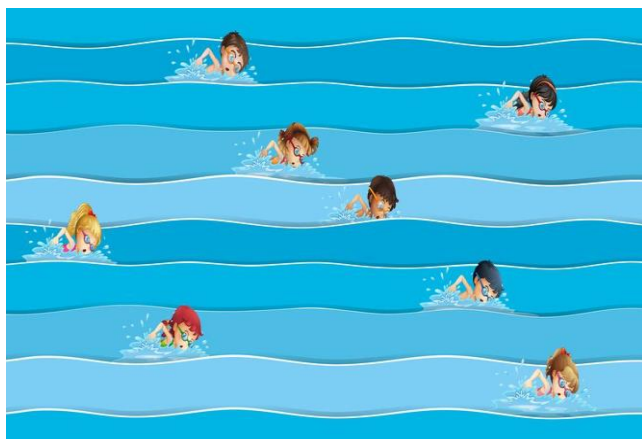
**Remember to be a responsible pet owner by making sure licenses and health checks are up to date, and by bringing your pets inside on those bitter cold winter days!**

## Prospect Pool Project

Prospect Pool has been a staple for summer fun in Altoona for decades. In recent years, however, issues around management, youth behavior, and funding have created the need for a new plan. Mayor Pacifico has put together a committee of stakeholders and professionals, along with skilled personnel who will be needed for some of the proposed changes. The committee meets monthly to strategize, plan, and implement improvements to the pool. The short-term goal is to increase attendance by making the pool a family friendly, comfortable, and safe place for kids and families. Some of the ideas include events such as an opening day celebration, splash hops, music, and food truck events, to name a few.

The Altoona Area School District has committed to providing a lifeguard certification program, using their facility pool to host the training. The Committee is working on funding for that effort, which will ensure the safety of all who go to the pool.

If the pool operates successfully this upcoming season, and attendance and interest is strong, the long-term goal for the pool is to invest in upgrading and modernization, including pumps and filters, expanded concession choices, hosting of swim meets, and much more. Stay tuned for updates in upcoming newsletters and get ready to make a splash this summer!



# Snow and Ice Removal

As we head into what is typically the harshest part of winter, below are some important things to know about the City's procedures and timelines for snow and ice removal, and also your responsibility for snow and ice removal on your sidewalks.

The City's Highway Department strives to have a pass on each road within 24 hours after the snow stops. During an active storm, priority routes are handled first. These include main streets that are used by the majority of vehicles, including Amtran buses. After this, the plows begin to open up neighborhoods.

One problem experienced by snow plow operators is that the majority of neighborhoods do not have parking restrictions, meaning many streets are lined with parked cars. When the plows come through to "widen" the road, there is nowhere else for the snow to go except around the cars. This has, in some cases, resulted in shovels and other objects being thrown at the plows. We ask for your understanding as the Highway staff does their best to make roads passable.

The City of Altoona reminds property owners that it is their responsibility to remove snow and/or ice from their sidewalks within 24 hours after the end of snowfall, sleet, and/or freezing rain. This includes sidewalks on vacant or occupied private property, and along the public street front, to include handicap curb cuts at corners. If ice cannot be removed, sand or an abrasive material should be used in order to make the surface safe. No snow is to be thrown onto the roadways at any time. The City thanks you for helping to make our sidewalks safe for everyone.



To learn more about all of the policies and procedures regarding snow and ice removal, or to find answers to commonly asked questions, visit the City of Altoona website at <https://www.altoonapa.gov/departments/public-works>

# Local Ribbon Cutting Ceremonies

On January 6<sup>th</sup>, Mayor Pacifico attended the ribbon cutting ceremony and open house for the new local office of House Representative Louis C. Schmitt, located at 2301 Beale Avenue in Altoona. Representative Schmitt has been serving the 179<sup>th</sup> District of Pennsylvania since 2019.

The Mayor was also present for the ribbon cutting and opening of the new Reliance Bank location on 226 West Plank Road in Altoona. The City of Altoona continues to grow!



# History Highlight

February marks some significant events in the history of the City of Altoona, and this month we highlight:

## Altoona, Pennsylvania

The City of Altoona was first incorporated as a Borough on February 6, 1854, and as a City under legislation approved on February 8, 1868. The City is believed to have been named after the City of Altona in Danish Holstein, which today is a district in the city of Hamburg, Germany and, is itself an important railway and manufacturing center. However, older history states that one of the City's founders, John Wright, named the City from the Cherokee word Allatoona.

Prior to the arrival of European settlers, primarily from Germany, Ireland, and Italy, the area was inhabited by Native Americans of the Iroquois Confederacy. As a Borough in 1854, its population was 2,000 residents. By 1868, when Altoona became a City, the population had risen to 10,000 residents.

Altoona was home to the War Governors' Conference which brought together 13 Governors of Union States. This body gave early approval to the Emancipation Proclamation. Altoona was also the site of the first Interstate Commission meeting to create and design the Gettysburg National Cemetery, following the devastating Battle of Gettysburg, making our City a valuable asset to the North during the Civil War.



### ***DID YOU KNOW?***

Altoona was the birthplace of actress **Janet Blair** and musician **Paul Winter**. It was also the birthplace of **Betty** James, the woman who named the Slinky toy!

Gossip columnist **Hedda Hopper**, born in Hollidaysburg, PA, is buried in Altoona's Rose Hill Cemetery in Altoona.

Altoona is the home of the oldest roller coaster in the world, Leap-The-Dips, at Lakemont Park. It has been around since 1902!



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