

United Day of Fitness promotes healthful lifestyles

Several community organizations in the Tri-State are joining efforts to focus on improving the health of local families by providing an entire day of fun and fitness on Saturday, June 21.

United Way of the River Cities, Huntington Area YMCA, St. Mary's Medical Center, Cabell Huntington Hospital, City of Huntington, Cabell County Commission and other organizations are teaming up for the United Day of Fitness to promote and encourage local families to maintain a healthful lifestyle. The day will include three main events: the 2014 Herald-Dispatch West Virginia 5K Championship, the West Virginia Senior Games presented by St. Mary's Medical Center and the YMCA family Fun Fest and Concert.

"United Day of Fitness is a day in which an unprecedented number of organizations are coming together with like-minded goals for our community," said Kaylin Adkins, marketing coordinator for United Way of the River Cities. "In recent years, Huntington and the entire Tri-State have dealt with the stigma of being one of the most unhealthy regions in the nation. We have made great strides in curbing this mentality, but we wanted to take it one step further in 2014."

The first event of the day, The Herald-Dispatch West Virginia 5K Championship, will begin in downtown Huntington. The race will start on Veterans Memorial Boulevard and end at Pullman Square with an awards ceremony. Race registration fee is \$20 and will increase to \$25 on June 6.



Two participants race for the finish line during the 2013 Herald-Dispatch West Virginia 5K Championship. This year's race will be part of the United Day of Fitness on June 21.

The West Virginia Senior Games will feature 17 different sports for men and women 50 and older. These games are qualifiers for the 2015 National Senior Games. Senior Games participants will also be running in The Herald-Dispatch West Virginia 5K Championship.

There is a base registration fee of \$40 for the West Virginia Senior Games. The cost covers two events. There will be a \$3 fee for each additional event.

Rounding out the United Day of Fitness will be the YMCA Family Fun Fest and Concert at the YMCA Kennedy Center on W.Va. 2 near Lesage. A full day of events, including youth sports challenge games, will be capped

off with a concert featuring country singer Rick Huckaby, City Heat and others.

Ticket prices for the YMCA Family Fun Fest and Concert vary depending on whether you are participating in the other United Day of Fitness events. Prices are as follows:

- **Senior Games participants:** \$10 if purchased before June 1; \$15 thereafter.
- **Herald-Dispatch 2014 WV 5K Championship participants:** \$10 if purchased before June 1; \$15 thereafter. \$5 for kids 17 or younger.
- **Family Fun Fest and concert participants only:** \$15 if purchased before June 1; \$20 thereafter. \$5 for kids 17 or younger; \$10 thereafter.

Grass clippings can clog storm drains, pollute water

With the mowing season upon us, the City of Huntington would like to remind residents that blowing or sweeping grass clippings into the street is prohibited.

Blowing or sweeping yard waste into the street is unlawful and can result in fines of up to \$500, according to ordinance 933.11.

Grass clippings clog storm drains, which can worsen street flooding. The Huntington Sanitary Board is now cleaning clogged catch basins on a daily basis, but it needs assistance from residents to keep them free of debris.

Additionally, pesticides and fertilizers

used on lawns also can find their way into the water we drink. Everything that goes into our storm drains goes untreated into our rivers and streams.

As an alternative, residents are encouraged to either bag their grass clippings or use them as composting material.

CITY BEAT

Curbside collection offered this spring and summer for trash, brush and tires

The City of Huntington's Trash and Sanitation Division will make it easier for residents to get rid of bulky trash, brush and tires this spring and summer.

The city has always allowed residents to dispose of bulky trash and brush once a month for free as long as the trash pile doesn't exceed the capacity of an 8-foot pickup truck load, but residents have had to call the Sanitation and Trash Division to schedule the service.

Beginning May 12 and lasting through the end of July, Trash and Sanitation workers will pick up these items as well as tires — there is a limit of eight per household — on the same day that a resident's household garbage is collected.

Residents will still be limited to one trash pick-up per month, but no call ahead of time will be needed. Tire collection is a new service that is the result of a partnership between the city and the West Virginia Department of Environmental Protection, Assistant Public Works Director Jim Insko said.

"The Trash and Sanitation Division placed a greater emphasis on collecting trash in November of last year," Insko said. "We know this change has been effective, because we have collected more tons of garbage and trash per month compared to the previous year."

Brush must be bundled, weigh less than 75 pounds and be no more than 4 feet long or



A Trash and Sanitation Division worker with the City of Huntington prepares to load brush into a dump truck on the Southside on Wednesday, April 30.

else a fee will be assessed. Items that will not be picked up include appliances that contain freon, paint and any hazardous chemicals.

Trash, brush and tires also will be collected at the Deitz Hollow Landfill in Guyandotte from 8 a.m. to 2 p.m. Monday through Friday beginning May 12. Residents are allowed to drop off trash once a month and must provide a driver's license

with a Huntington address and a copy of their most recent refuse fee receipt.

The city also will provide large collection bins to neighborhood groups that want to conduct a cleanup in their area. However, the groups must be able to show that the bins will be monitored. For more information about these services, call the Sanitation and Trash Division at 304-696-4431.

Juneteenth Celebration returns to Huntington

A local festival that commemorates the end of slavery is returning to Huntington this summer.

The Juneteenth Celebration will be held from noon to 5 p.m. Saturday, June 14, at the A.D. Lewis Community Center Field in the city's Fairfield West neighborhood.

The festival is being revived after a three-year absence with the leadership of Donte Jackson, pastor of First Baptist

Church and a volunteer with the Go 1st Community Development Corp. The City of Huntington, Cabell County Commission, Cabell-Huntington Convention and Visitors Bureau, Create Huntington and Holiday Inn Hotel and Suites Huntington are sponsoring the event.

Juneteenth is the oldest-known celebration commemorating the end of slavery in the United States when, on June 19, 1865, Texas

became the last state to proclaim freedom.

This year's theme will be "United as a Community: Celebrating our Heritage." The festival is seeking food and retail vendors and a variety of musical acts ranging from soul to hip hop to R&B.

For more information, call Jackson at 304-444-1947 or email Go1stCDC@gmail.com. All contributions to the festival are tax-deductible.