



# MOVING FORWARD

October 2016

PUBLIC NEWSLETTER FOR THE CITY OF SEDALIA

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## That Extra Mile of Smiles

Some say smiling is contagious and perhaps it’s true – one can’t help but smile back at Loretta Nye when talking to her. Perhaps you’ve met her through the records division for the Sedalia Police Department, or through the many school, church and social activities she attends in the Sedalia community. No matter the moment, event or time, Loretta smiles and the community can’t help but smile in return.

Experts say that smiling (happiness) leads to a healthy lifestyle. A positive attitude can help both physically and mentally. Telecommunication professionals are told to practice smiling when they answer the telephone, even when no one is there to see you. While it may seem awkward at first, the smile on your face actually creates a more pleasant tone to your voice; this may be just the ticket to a positive conversation between you and the other caller.

Loretta not only freely gives smiles away; she loves buying Smileys then gifting them to others. While she will celebrate her 20 year work anniversary with the Sedalia Police Department in November, she started sharing Smileys way before then. Loretta quite possibly has over a hundred Smiley faces, including but not limited to a phone, bean bag chair, wind sock, ping pong balls, earrings, watches, blankets... even house shoes! At one time, Loretta appeared as Smiley the Clown for work events and birthday parties. Quite frankly, the world needs more smiles and the City of Sedalia is lucky to have our very own “smile ambassador” in the Sedalia Police Department.



**VISION STATEMENT**

Dynamic life and  
Comfortable living in  
Greater Missouri

**MISSION**

The City of Sedalia is committed to meeting the needs of our community through professional leadership and operational excellence.

We deliver efficient, quality municipal services, create opportunities for growth and protect the quality of life that makes our community a desirable place to live.

## 9 REASONS TO SMILE

*Per [www.bodyandsoul.com](http://www.bodyandsoul.com), there are several expected and surprising reasons to use that dazzling smile more often!*

1. **It boosts your immune system.** Smiling changes the chemistry in your body. Numerous medical studies have found smiling to lower heart rate, steady breathing and relax the body, which results in a stronger immune system.
2. **It changes your mood.** Psychologists have found if you grin for 60 seconds, no matter how fake or forced it feels, it releases serotonin which tricks the body into making you feel happy again.
3. **It lowers your blood pressure.** As you smile, endorphins go up and blood pressure comes down. Those who have monitored their blood pressure both before and after smiling show a measurable difference.
4. **It gives you a natural high.** Rethink saying thank you with chocolates. According to The British Dental Health Foundation, a loving smile can produce the same emotional response as eating 2,000 chocolate bars!
5. **It makes you more trustworthy.** Several studies have found that a long-onset smile (0.5s onset) is seen as more authentic and flirtatious, and is perceived as more attractive, trustworthy and less dominant.
6. **You'll be remembered.** Flash those pearly whites in your next interview. If you are smiling, you are three times more likely to be remembered than a person who is displaying negative or neutral features.
7. **You're more likely to get promoted.** People who smile are more likely to get a promotion. Numerous studies have found a smile plays an important part in the physical attractiveness stereotype. Furthermore, psychological research has shown that attractive people are perceived as more successful, intelligent, and friendly.
8. **You'll look younger.** Smiling is a natural facelift! It plumps up the cells in your skin and gives you a radiant glow. In fact, a study conducted by Orbit Complete found that 69 per cent of people find women more attractive when they smile than when they are wearing makeup.
9. When you are smiling, it's difficult not to be positive. And a positive attitude has been shown to increase life expectancy.  
<http://www.bodyandsoul.com.au/mind-body/wellbeing/ten-reasons-to-smile/news-story/2a1844dd36872e5e68d7efod64923296>



## Celebrate World Smile Day on October 7, 2016

Massachusetts commercial artist Harvey Ball created the world-recognized Smiley Face in 1963. Although Smiley has made people grin around the world, Mr. Ball was concerned that people were forgetting the primary reason behind creating this symbol – the hopes of making someone else smile.

Harvey Ball declared the first Friday of October as World Smiley Day and this event has been celebrated in Smiley's hometown of Worcester, Massachusetts since 1999.

Foundation was created as a way of continuing Mr. Ball's efforts. Cities and organizations worldwide now celebrate the first Friday of October by scheduling activities that help others.

**This year World Smile Day will be observed on October 7, 2016.**

**"Do an act of kindness. Help one person smile!"**



Find out more at <http://www.worldsmileday.com/>

### The Source



Do you have a question about City services or want to be kept up to date with recent developments on upcoming Municipal topics? Sedalia citizens can ask these questions knowing they will receive timely feedback directly from those able to provide accurate answers. Simply email [thesource@cityofsedalia.com](mailto:thesource@cityofsedalia.com) or call the Administration Office at (660) 827-3000 x 145. Submissions must include your first and last name along with your question. In keeping with the City's social media policy, questions must be pertinent and polite in nature. In keeping with the Missouri Sunshine Law, an answer will be provided back to you within three business days. Of course, we hope to have information back to you in a timely fashion, but if more research is required, we will let you know if we need more time to work on it. This form of communication is not intended for emergency situations; please call 911 if you have an emergency.

## Changes to the City's Trash Pick-Up Schedule and Recycling Services Start October 3, 2016!



City of Sedalia, Missouri  
Sanitation Department  
Phone: (660) 827-7820  
M-F 7:00 a.m. - 3:30 p.m.  
Once a Week Trash & Recycling Pick-up Day Schedule  
Effective October 3, 2016



**Residential Trash & Recycling Pick-up Days**

- Tuesday
- Wednesday
- Thursday
- Friday

YEAR	DATE	HOLIDAY DESCRIPTION	ADJUSTED PICK-UP SCHEDULE
2016	Friday, Nov. 11	Veterans Day	All pick-up days one day early. Tuesday pick-up on Monday. Wednesday pick-up on Tuesday. Thursday pick-up on Wednesday. Friday pick-up north of 16th Street on Tuesday and south of 16th Street on Wednesday.
	Thursday & Friday, Nov. 24-25	Thanksgiving Holiday	



### SHELTER STATS

For the month of September, the Sedalia Animal Shelter had 58 adoptions (40 dogs and 18 cats). They returned 21 lost dogs back to their homes.

### SEDALIA ANIMAL SHELTER STAFF PIC

For October, the Sedalia Animal Shelter would like to introduce you to Puppet, a 4 year old, female Chihuahua, short coat/ mix. Puppet is such a sweet little girl; she was very happy to attend Calvary Episcopal Church's "Blessing of the Animals" event on Saturday, October 1, 2016 with Animal Control Officer Lisa Leyva. We personally think Puppet is a four-legged blessing and she would make a wonderful addition to your family.



*Pictured above: City of Sedalia Fire Inspector Michael Jackson, Fire Chief Michael Ditzfeld, Mayor Stephen Galliher, Deputy Fire Chief Greg Harrell, and Fire Inspector Jamie Volk.*

### City to Observe Fire Prevention Week

On Friday, September 30, 2016, Mayor Stephen Galliher was joined by members of the Sedalia Fire Department to proclaim October 9 - October 15, 2016, "Fire Prevention Week" in the City of Sedalia. This year's theme is, "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years." According to the nonprofit National Fire Protection Association (NFPA), in fires considered large enough to activate the smoke alarm, hardwired alarms operated 94% of the time, while battery powered alarms operated only 80% of the time. When smoke alarms fail to operate, it is usually because batteries are missing, disconnected or dead.

## September 2016 Meetings

### City Council Meeting

October 3

### No Planning & Zoning Meeting for October

### Rental Inspection Committee Meeting

October 5

### Public Library Board Meeting

October 10

### Sedalia Historic Preservation Commission

October 11

### Citizens Traffic Advisory Commission Meeting

October 12

### Park Board Meeting

October 13

### CBCD Board Meeting

October 13

### City Council Meeting

October 17

### Citizens Committee for Smart Growth Meeting

October 20

### Bothwell Regional Health Center

### Board of Trustees Meeting

October 25

### Public Works Board Meeting

October 26

## PLAYIN' AT THE PARK

### FAMILY FUN NIGHT

Pizza, Bingo, and other fun games with your family & friends!

Friday, October 14, 6:30-8:00 p.m.

\$20/family of 5 OR \$5/individual

Register by October 11

### TINY TOTS PLAY PARK

Tuesdays & Wednesdays 9:30-11:30 a.m.

Convention Hall Gym

\$2.00 per child per class

Or purchase a \$15 Punch Pass (10 visits)

Parents must supervise their own children during this special play group. Open to children who have not yet entered school (age 5 and younger). Participants **MUST** pay (or show their punch pass) in office before entering the gym.

**We will NOT meet October 18 & 19.**

### ZUMBA

Register by October 19

Mondays Oct 24 – Nov 28

Wednesdays Oct 26 – Nov. 30

\$30 each session

6:00-7:00 p.m.



*Dedicated to Serving Our Community*  
Mayor Stephen Galliher..827-3000x145

### Council Members

1st Ward - Jeff Leeman.....553-0192  
1st Ward - Jo Lynn Turley.....287-0094  
2nd Ward - Russell Driskell.....530-7218  
2nd Ward - Bonita Nash .....829-0433  
3rd Ward - Bob Cross.....826-8140  
3rd Ward - Don Meier .....827-1173  
4th Ward - Tolbert Rowe .....827-6654  
4th Ward - Vicky Collins.....221-8529

200 S. Osage Avenue  
Sedalia, MO 65301  
(660) 827-3000

[www.cityofsedalia.com](http://www.cityofsedalia.com)

*Visit us on Facebook!*

### Citizen's City Services Guide

Airport.....(660) 826-4128  
Cemetery.....(660) 826-1562  
City Hall.....(660) 827-3000  
City Administrator.....ext 145  
Street Light Repairs  
City Clerk.....ext 131  
Garage Sale Permits  
Community Development.....ext 142  
Permits • Dangerous Buildings  
Finance Dept.....ext 136  
Business License • Animal License  
Public Works.....ext 158  
Litter • Tree Limbs • Potholes • Recycling  
Fire Dept. (non emergency).....(660) 826-8044  
Hospital.....(660) 826-8833  
Parks & Recreation.....(660) 826-4930  
Police Dept. (non emergency).....(660) 826-8100  
Public Safety • Animal Control  
Special Event Permits  
Public Library ..... (600) 826-1314  
Sedalia Animal Shelter..... (660) 826-5816  
Water Dept..... (660) 826-1234

**For all Emergencies call 911**

### TRICK OR TREAT – OCTOBER 28<sup>TH</sup>!



Sedalia Downtown Development, Inc. (SDDI) will host their annual downtown trick or treat event on Friday, October 28<sup>th</sup> from 3:00 p.m. - 5:00 p.m. Be sure to look for the paper pumpkin posted in downtown business storefront windows—they'll have a "treat" ready for you!

City of Sedalia  
200 S. Osage Avenue  
Sedalia, Missouri 65301  
[www.cityofsedalia.com](http://www.cityofsedalia.com)