



MONTHLY NEWSLETTER FOR THE CITY OF SEDALIA

IN THIS ISSUE

The Central Business and Culture District Board (CBCD) becomes Sedalia Main Streets! Sedalia Main Streets is proud to announce the start of First Thursdays in 2023. Starting April through October, the first Thursday of each month will find Downtown Sedalia humming with things to do between the hours of 5:30 p.m. and 8:30 p.m.

Each event may be slightly different from the other, but you can expect to enjoy fabulous art, musicians, vendors and food trucks. We're excited to "grow" this new event for our downtown with a goal of reaching 200 participants in our October 2023 First Thursdays.

Signing up for First Thursdays is easy! Visit the links below or contact Joleigh Cornine for more information: (660) 851-7609, [jcornine@sedalia.com](mailto:jcornine@sedalia.com)

Artist:  
<https://docs.google.com/forms/d/e/1FAIpQLSewn6zgzgJECLxmfxoPoCEsNXgIJJFRBq5YKV97DG9DVUHTymw/viewform>

Host Business:  
[https://docs.google.com/forms/d/e/1FAIpQLSeiyO5g7q8QB2cYukwkI\\_KmFuaw9HfTrW7PdSzi0NL-s0QT\\_A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeiyO5g7q8QB2cYukwkI_KmFuaw9HfTrW7PdSzi0NL-s0QT_A/viewform)

Musician:  
[https://docs.google.com/forms/d/e/1FAIpQLSc\\_st1DF4RwISxLabV9dpy1Fi9-LTgLSHVZnPxweIS7ftq6g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc_st1DF4RwISxLabV9dpy1Fi9-LTgLSHVZnPxweIS7ftq6g/viewform)

Vendor:  
[https://docs.google.com/forms/d/e/1FAIpQLSewHt5F6u43AkAgoub7Cj08I\\_i9otGM8WBknAz988tCiR9Vrg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSewHt5F6u43AkAgoub7Cj08I_i9otGM8WBknAz988tCiR9Vrg/viewform)

Got a fabulous food truck? Are you interested in being part of exciting events in Downtown Sedalia? Please contact Joleigh Cornine at (660) 851-7609 or email her at [jcornine@sedalia.com](mailto:jcornine@sedalia.com)

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**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.



In February of 1926 Dr. Carter Woodson established “Negro History Week”, the second week of February was chosen to coincide with the birthdays of both Abraham Lincoln and Frederick Douglass, both influential men who are symbols of freedom. Due to the civil rights movement by the late 1960’s many college campuses had extended the week into Black History Month.

In 1976, fifty years after the first celebration, it was expanded to include the entire month by the Association for the Study of African American Life and History (ASALH). President Gerald Ford officially established the observance of the month by stating, “In the Bicentennial year of our independence, we can review with admiration the impressive contributions of black Americans to our national life and culture. One hundred years ago, to help highlight these achievements, Dr. Carter Woodson founded the Association for the Study of Afro-American Life and History. We are grateful to him today for his initiative, and we are richer for the work of his organization.”

Then in 1986, Congress designated February as “National Black History Month” and declared the late Dr. Martin Luther King, Jr.’s birthday to be a national holiday. President Ronald Reagan issued Proclamation 5443 and stated “the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity.”

Today, we use this month as a time to honor and recognize the contributions of African Americans in U.S. history – from activists and civil rights leaders such as Harriet Tubman, Fredrick Douglass, Martin Luther King, Jr., Claudette Colvin, Ruby Bridges, and Rosa Parks to leaders in other areas:

**Poetry/Literature**

Dr. Maya Angelou  
Langston Hughes  
Tony Medina

**Political**

President Barak Obama  
Shirley Chisholm  
Condoleezza Rice

**Athletes**

Muhammad Ali  
Jackie Robinson  
Simone Biles

**Military**

Tuskegee Airmen  
Buffalo Soldiers  
Benjamin O. Davis, Sr.

**Actors/Actresses**

Sydney Poitier  
Cicely Tyson  
Oprah Winfrey

**Medical Field**

Dr. Rebecca Lee Crumpler  
Dr. Leonidas Harris Berry  
Dr. Regina Marcia Benjamin

Visit the Smithsonian Institute’s National Museum of African American History & Culture at <https://nmaahc.si.edu/>, the Association for the Study of African American Life and History at <https://asalh.org/>, or the History Channel’s page <https://www.history.com/topics/black-history/black-history-month> for more information, events and stories about Black History Month.



*Dr. Martin Luther King, Jr. and Coretta Scott King lead a group of protesters during the Selma to Montgomery March, including fellow activists Rosa Parks, Ralph and Juanita Abernathy, Dr. Ralph Bunche, and Fred Shuttlesworth Montgomery, Alabama, 1965. Photograph by Moneta Sleet Jr. Johnson Publishing Company Archive. Courtesy J. Paul Getty Trust and Smithsonian National Museum of African American History and Culture.*

# TIPS AND SELF-CARE FOR HEART HEALTHY MONTH!



## 7 Days of **Self-Care**

### #SelfcareSunday



Create your **self-care checklist** for the week

### #MindfulMonday



Know your **blood pressure numbers** and other heart stats

### #TastyTuesday



Try a **tasty, heart-healthy recipe**

### #WellnessWednesday



Put your **heart** into your wellness routine

### #TreatYourselfThursday



Treat your heart to some **relaxation and fun**

### #FollowFriday



**Share who inspires you** to show your heart more love

### #SelfieSaturday



Post about your favorite way to take care of **your heart**



## #OurHearts

# 28 Days Toward a Healthy Heart

#OurHearts  
are healthier together

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

**Day 1**

Call a friend and join the [#OurHearts](#) movement.



**Day 2**

Make a heart-healthy snack.

**Day 3**

Schedule your annual physical. Discuss your heart health goals with your doctor.



**Day 4**

Sport red today for National Wear Red Day.



**Day 5**

Squat it out. Do 1 minute of squats.



**Day 6**

Make today a salt-free day. Use herbs for flavor instead of salt.



**Day 7**

Visit [Smokefree.gov](#) to take the first step to quitting smoking.



**Day 8**

Get your blood pressure checked.



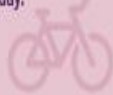
**Day 9**

Walk an extra 15 minutes today.



**Day 10**

Aim for 30 minutes of physical activity today.



**Day 11**

Plan your menu for the week with [heart-healthy recipes](#).



**Day 12**

Reduce stress using [relaxation techniques](#).



**Day 13**

Give the elevator a day off and take the stairs.



**Day 14**

Protect your sweetheart's heart: Plan a heart-healthy date.



**Day 15**

Swap the sweets for a piece of fruit for dessert.



**Day 16**

Stress less. Practice mindful meditation for 10 minutes.

**Day 17**

Head to bed with enough time to get a full 7-8 hours of sleep.



**Day 18**

Add a stretch break to your calendar to increase your flexibility.



**Day 19**

Eat vegetarian for a day.



**Day 20**

Share a funny video or joke that makes you laugh.

**Day 21**

Dance for 15 minutes to your favorite music.



**Day 22**

Call a relative and ask about your family health history.



**Day 23**

March in place during commercial breaks to get your heart going.



**Day 24**

Get a tape measure and find out the size of your waist.

**Day 25**

Ask a family member or neighbor to join you for a walk.



**Day 26**

Fill half of your lunch and dinner plates with vegetables.



**Day 27**

See how many push-ups you can do in 1 minute.

**Day 28**

Pay it forward and tell a friend about [The Heart Truth](#).



[nhlbi.nih.gov/heartmonth](http://nhlbi.nih.gov/heartmonth)





## YOUTH BASEBALL

Early registration for Youth Baseball is open until February 24th! Register now to save some money, only \$55/player!

Open registration is from February 27-March 10 and prices will increase to \$65/player.

This program is for ages K-9th grade (grade is from '22-'23 school year). Practices begin in April with games played in May and June.

Register online, in person, or over the phone!

Contact Tanner McKee at [tmckee@sedaliaparks.com](mailto:tmckee@sedaliaparks.com) with any questions!



## FITNESS CLASSES

Don't give up on those New Year's Resolutions yet! We have many different group fitness classes and we're adding new ones. Some classes are included in your HCC membership. Others are included in the Fit Pass, 10 classes for \$10. Check out our new classes online at [www.sedaliaparks.com](http://www.sedaliaparks.com) or pick up a schedule at the Front Desk.

We can't wait to see you at the HCC!

## ESPORTS LEAGUE

Monthly Esports Tournaments at the Heckart!

Saturday, February 11: Fortnite Tournament

Saturday, February 25: Mario Kart 8 Deluxe Tournament

\$10/player, lunch included

Open to all ages

Register up until the tournament starts



## City of Sedalia to Observe Presidents Day

The City of Sedalia will be closed on Monday, February 20, 2023 in observance of Presidents Day.

**Weekly trash pickup for the week of February 20, 2023 will follow the normal collection schedule. The Materials Management Site at 27882 Highway "U" will be closed on Monday, February 20, 2023.**

City offices including the Materials Management Site will re-open for normal business hours on Tuesday, February 21, 2023.



Several of our downtown boutiques are participating in the Galentine's Day Boutique Crawl on February 11<sup>th</sup>!

- Southern Maven Boutique**  
108 W. Pacific St. Suite 101
- Maclin + Co.**  
201 E. 6<sup>th</sup> Street, Suite 20
- Coffee Port**  
201 E. 6<sup>th</sup> Street
- Wild Jade Boutique**  
106 W. 5<sup>th</sup> Street

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