

July 2026 Trenton Times

Cindy Swartz, Editor

HAPPY

4TH

OF JULY



“ONE FLAG, ONE LAND,
ONE HEART,
ONE HAND, ONE NATION
EVERMORE!”

— OLIVER WENDELL HOLMES



The 4th of July, also known as Independence Day, commemorates the adoption of the Declaration of Independence in 1776, marking the United States' birth as an independent nation.

Birthdays

<i>Susan Phillips</i>	<i>July 1</i>
<i>Lisa Lake</i>	<i>July 4</i>
<i>Vicki Parsons</i>	<i>July 8</i>
<i>Helen Thurston</i>	<i>July 13</i>
<i>Lisa Roberts</i>	<i>July 15</i>
<i>Laurie Mortali</i>	<i>July 19</i>
<i>Carol Twigg</i>	<i>July 21</i>
<i>Betsy Holden</i>	<i>July 22</i>
<i>Julia Sitler</i>	<i>July 22</i>
<i>Kay Stepler</i>	<i>July 28</i>
<i>Candy Moore</i>	<i>July 30</i>

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Words from the Editor

Happy 4th of July to everyone. As we step into summer, everyone remember to stay safe and cool as the temperatures are already warm. If you must be outside, drink plenty of fluids. Have fun this summer but be safe.

***Reminder...** Anyone that wishes for me to enter their Service Hours, I would be most happy to. Just drop me an email or text with your volunteer work title, date of work and hours for each job.
cswartz62@yahoo.com or 803-507-4577.*

Deadline for submitting information for the August newsletter is July 20th.

America 250

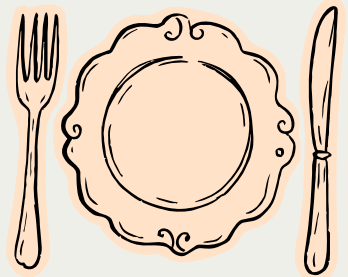
The United States Semiquincentennial, also known as America 250, marks the 250th anniversary of the Declaration of Independence. This celebration will take place on July 4, 2026, featuring a wide range of activities and initiatives that honor American history, promote civic engagement, and encourage community service across the nation.

Each state, county, and town will organize its own unique celebrations for America 250. For example, South Carolina has a dedicated website, SC250 (<https://southcarolina250.com/>), where you can find a calendar of activities planned throughout the state.

Siege of Charleston:

On June 28, 1776, a small American force under Major General Charles Lee successfully repelled a British assault on Charleston, South Carolina. Seeking a southern base to rally Loyalists, British forces under Sir Henry Clinton and Commodore Peter Parker attacked Fort Sullivan, a fortification built of sand and spongy palmetto logs. Led by Colonel William Moultrie, the fort's defenders used its unique construction to absorb heavy naval gunfire while inflicting severe damage on the British fleet. After several ships ran aground, the British withdrew, postponing a major Southern invasion for nearly three years. Hailed as the first major American victory of the Revolution, this success boosted Patriot morale and catalyzed South Carolina's support for independence.

Dinner in 1776



THIS IS WHAT A MENU FROM 1776

Colonial dishes that fueled a new nation.

*Eat well.
Drink deep.
Talk loudly.
Liberty is
thirsty work.*

1. ELECTION CAKE



A New England tradition packed with dried fruit, spices and often whiskey—perfect for long days of voting and debate.

2. BRUNSWICK STEW



A hearty Southern stew with squirrel meat, tomatoes, lima beans, corn and okra—whatever was running through the woods that week.

3. WILTED SALAD



Sturdy greens topped with onions, mustard, vinegar or lemon and warm animal fat. Rustic, simple and surprisingly bright.

4. TURTLE SOUP



A rich, elegant soup finished with Madeira or sherry—served in fine taverns and enjoyed by the wealthy... maybe even Washington.

5. SUCCOTASH



Corn, beans and sometimes squash—an Indigenous dish adopted by colonists and now a true American classic.

6. MUSH OR HASTY PUDDING



Cornmeal stirred into boiling milk until thick and hearty. Plain for some, buttery and sweet for those who could afford it.

7. PIGEON PIE



Passenger pigeons were once abundant and baked into savory pies with rich gravy and herbs. Practical, filling and now haunting.

8. HOE CAKES



Crisp-edged cornmeal cakes cooked on flat iron "hoes." Portable, inexpensive and perfect over the fire.

9. POTTED MEAT



Cooked meat pounded, packed in jars and sealed with butter or lard. Stored properly, it could last up to a year.

10. PEPPER POT SOUP



Hearty, peppery and filled with tripe and vegetables. A staple of Philadelphia taverns and Revolutionary War lore.

11. SYLLABUB



A frothy punch of whipped cream, sugar, citrus and alcohol—airy, festive and a favorite at colonial gatherings.

12. AND, OF COURSE...



Rum, cider, ale, wine and punch. Because a revolution—like dinner—is always better with something to drink.



★ DIFFERENT NAMES. DIFFERENT KITCHENS. ★
SAME LOVE OF GOOD FOOD AND GOOD COMPANY.

AMERICA
250
1776-2026
★★★

Committee Minutes

National Society Daughters of the American Revolution Indian Minute

Jordan Marie Brings Three White Horses Daniel was born on her Lakota homelands in Lower Brule, South Dakota. When she was nine she moved with her parents to Maine where she missed her Native community. Running, which had always been a part of her heritage, became her escape and a way to honor her ancestors who utilized running as a way to carry messages among their people. In 2019, Jordan was given an opportunity by a Native organization called Wings of America to run the Boston Marathon. She dedicated her run to honor the thousands of Indigenous women who have gone missing or who have lost their lives to violence in the United States and Canada. She painted the letter MMIW (Missing Murder Indigenous Women Crisis) on her leg and arm and covered her mouth with a red handprint which is the symbol of the MMIW awareness campaigns. After running the Boston Marathon, Jordan founded, Rising Hearts, which sponsors runs that raise awareness for MMIW. In addition, the participants use the runs as a ceremonial space to pray. Jordan describes a prayer run as she calls them, as one in which one is "... surrendering yourself for something more than what you're doing, your own aspirations. You're giving up that time and space ... for your loved ones, for your relatives, for your communities, and staying in prayer and praying for them."

Source: Keene, Adrienne. *Notable Native People* (pg.31). Ten Speed Press, Copyright 2021.

Flag Minute:

The U.S. Flag Has Had 27 Versions: Since 1777, the flag has changed 27 times to accommodate new states joining the Union. The current 50-star version has been in use since July 4, 1960, after Hawaii became a state.

Before the stars: the Grand Union Flag

The first flag to represent the united colonies was not the Stars and Stripes at all. The Continental Colors, often called the Grand Union Flag, flew from late 1775. It carried the thirteen red and white stripes we still know, but in place of stars its canton held the British Union flag. It captured the colonies' position at the time: united in resistance, not yet declaring full separation. Independence made that canton untenable. A new nation needed a banner with no other country inside it.

1777: a new constellation

On June 14, 1777, the Continental Congress passed the Flag Resolution: "Resolved, That the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

1795: fifteen stars, fifteen stripes

When Vermont and Kentucky joined the union, Congress updated the flag the only way that seemed fair: a star and a stripe for each new state. The 1795 flag carried fifteen of each, and it is the single most famous version of the flag ever made. It was a 15-star, 15-stripe garrison flag that flew over Fort McHenry in September 1814 and moved Francis Scott Key to write "The Star-Spangled Banner." But the arithmetic had a problem. The nation kept growing, and a flag that added a stripe per state would eventually look like pinstripes.

1818: the rule that saved the stripes

The Flag Act of 1818 settled the design logic that still governs the flag today, returning the stripes permanently to thirteen in honor of the original colonies, and adding one star for each new state. New stars are added on the Fourth of July following a state's admission. From then on, the stripes told the story of the founding and the stars told the story of the growth. Thirteen stripes for where the country began. One star for every state it became.

Through the nineteenth century the star field changed constantly as the map filled in, and there was still no official arrangement. It took an executive order by President Taft in 1912 to standardize the flag's proportions and the orderly rows of stars for the 48-star flag, which then served through two world wars and 47 years, the record at the time.

*1959 and 1960:
the last two stars*

Alaska's statehood brought a 49-star flag on July 4, 1959. It lasted exactly one year, the shortest-serving star count of the modern era, because Hawaii was right behind. On July 4, 1960, the 50-star flag was raised for the first time.

Its design has a story of its own: a 17-year-old Ohio student named Robert Heft sewed a 50-star flag for a class project in 1958, betting that Alaska and Hawaii would both join the union. His teacher gave him a B minus. Two years later his arrangement was flying over the Capitol.

The longest-serving flag in American history
The 50-star flag has now flown for more than six decades, far longer than any earlier version. Every previous design was a snapshot of a growing country; this one has become the fixed image of America for most living memory, carried to the Moon, planted at the poles, folded into thirteen ceremonial triangles at military funerals, and raised over every statehouse each morning.



Franco-American Minute

If you are headed to Paris anytime before September 27, make sure you try to visit the exhibition at Musee Carnavalet: Exhibition: "1776-2026. 250 Years of Franco-American Friendship" The exhibition focuses on two moments that highlight our shared history. 1) For the centennial of Independence, France decided to present the United States, on behalf of the French people, with a colossal Statue of Liberty to celebrate the friendship between the two republics. In 1876 Philadelphia hosted the World's Fair, and the first part of the monument (the torch) was unveiled. 2) "La Fayette, here we are!" The United States' entry into the war in 1917 marked a turning point in World War I and led to a lasting renewal of Franco-American friendship; Paris was decked out in star-spangled banners until the end of the conflict. The museum is located at 23, rue Madame de Sevigne, Paris, in the 3rd arrondissement.

Bon voyage!



DAR Participate in an America250! Community Service Project at KDS

On Thursday, May 14, in celebration of America's 250th birthday, members of the DAR visiting KDS for Senior Awards Day and Graduation participated in a service project to assemble 250 shelf-stable meal kits for local food pantries. This project makes it possible for local families in need to easily prepare and enjoy a home-cooked meal.

More than 40 guests from across the United States were given the opportunity to submit their own recipes, adding a personal touch to the project. The kits were then put together "assembly line" style by having members of the DAR 'shop' for the ingredients in their chosen recipe.

In early June, these 250 meal kits were distributed to local churches with active food pantry outreach programs in the Gunter Mountain community, including The Way Church, The Fountain, and Hebron Church of Christ.

Thank you to everyone who submitted a recipe, donated time, and lent a hand to support our neighbors throughout the summer months. This project perfectly highlights the enduring spirit of DAR—honoring our past by actively uplifting our present.

Fried Corn – Mrs. June Troup & Mrs. Ruby Burrell

*3 cups fresh corn
1 Tbs butter or margarine
½tsp salt
dash of pepper
water (if needed)*



Cut corn from cob and scrape out remaining pulp with back of a paring knife. Melt butter in skillet (Iron skillet is best). When butter is hot, add seasoned corn and stir well. Cook 20 minutes over low heat, stirring often. If needed, add water during cooking to avoid corn that is too thick. Makes 4 to 5 servings.

❖ This recipe is from *Dedication Day Recipes*, a book of recipes from the Famous Basket Luncheon at the Kate Duncan Smith DAR School in Grant, Alabama. It was featured in the *PATRIOT E-News* June, 2026.

Inspirational Quotes from past presidents

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." –
John Quincy Adams*

*"Believe you can and you're halfway there." – Theodore
Roosevelt*

*"The best way to predict the future is to create it." –
Abraham Lincoln*

*"Every accomplishment starts with the decision to try."
– John F. Kennedy*

*"Yesterday is not ours to recover, but tomorrow is ours
to win or lose." – Lyndon B. Johnson*

*"The harder the conflict, the greater the triumph." –
George Washington*

*"There's good in everybody. Boost. Don't knock." –
Warren G. Harding*

*"Every expert was once a beginner." – Rutherford B.
Hayes*

What is America 250?

America250 is the national, nonpartisan initiative celebrating the 250th anniversary of the United States, focused on education, engagement, and nationwide commemoration.



(Courtesy of the Museum of the American Revolution)

The first newspaper printing of the Declaration of Independence was in the Pennsylvania Evening Post on July 6, 1776. News this major travelled fast.

"By the end of August 1776, the Declaration had been reprinted in at least 29 newspapers and 14 broadsides." (A newspaper has print on 2 sides. A broadside is printed on one side.)

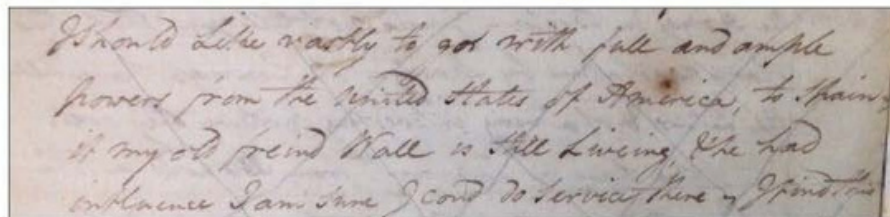
A German language translation appeared in the July 9, 1776 issue of the Pennsylvanischer Staatsbote.

(Source: Museum of the American Revolution)



Celebrating the Declaration of Independence

United States or Maybe Not



Stephen Moylan to Joseph Reed, January 2, 1776. Joseph Reed Papers.

(Courtesy of nyhistory.org)

As the American Revolution began, the 13 colonies collectively began to be called the "United Colonies." Believe it or not, the term "United States" first appeared in a January 2, 1776 letter to Gen. Washington, written by his aide Stephen Moylan. The first public printing of "United States" appeared in The Virginia Gazette on April 6, 1776. The second Continental Congress first used the name on September 9, 1776.

(nyhistory.org/blog)



Celebrating the Declaration of Independence



The Declaration: Mural by Barry Faulkner

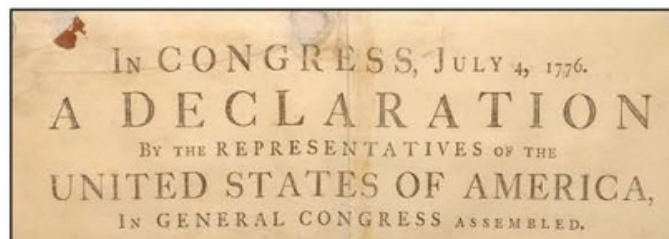
What did the 13 Colonies want? America's founding document says Patriots want all men to be equal, to have personal and national equality, and international respect as a free self-governing nation. Britain, France, Spain, or any other, you do not govern us. We intend to govern ourselves and meet your nations on an equal footing.

Archives.gov



Celebrating the Declaration of Independence

What's in a Name?



The Declaration of Independence was given a name by the 2nd Continental Congress. Formally, it became "In Congress, July 4, 1776, A DECLARATION by the REPRESENTATIVES of the UNITED STATES OF AMERICA, in General Congress assembled." Notably, it did not include the phrase "Unanimous Declaration" later added to the formal parchment nor did it mention "Independence". (archives.gov)



Celebrating the Declaration of Independence

Did You Know?

July 2, 1776: The Continental Congress voted for independence from Great Britain, adopting the Lee Resolution, which formally severed ties with the British Crown.

July 4, 1776: The Declaration of Independence was officially adopted, a document primarily authored by Thomas Jefferson, proclaiming the colonies' intent to be free and independent states.

July 8, 1776: The Liberty Bell rang for the first public reading of the Declaration of Independence at the Pennsylvania State House in Philadelphia, symbolizing the colonies' commitment to their newfound freedom.

July 1776: The Battle of Island Flats occurred, marking an early conflict in the western front of the revolution.