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IN CONGRESS, JULY 4, 1776

By Dr. Jim Haas

Last month, more than five million Americans took to the streets in 2,100 cities and towns as part of “No Kings” protests of current Administration policies. Today’s patriots want to preserve what the patriots of 1776 envisioned: government of, by, and for the people. No kings.

Philadelphia, 1776. While other members of the Second Continental Congress debated whether to issue his Declaration of Independence from Great Britain, Thomas Jefferson (pictured) sat quietly taking temperatures from the new thermometer he had bought for three pounds, fifteen shillings the day before. He recorded a cool summer day in Philadelphia: “6 A.M., 68 degrees; 1 P.M., 76 degrees.”

Jefferson was no speaker, so his friend John Adams debated on his behalf. Jefferson had other abilities. He could “calculate an eclipse, survey an estate, try a cause, break a horse,

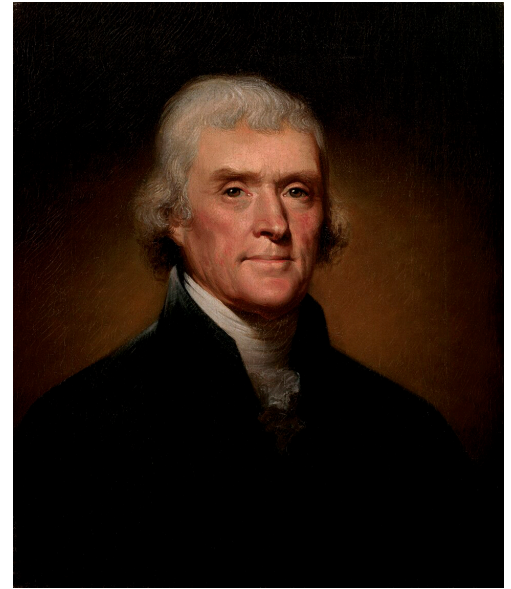
tie an artery, dance a minuet, and play the violin.” He was 6’3” with flaming red hair, possibly the most learned and certainly the most respected writer in the Colonies. He was 33 years old.

Congress had asked Jefferson, advised by Adams and Ben Franklin (pictured), to write a declaration. He and his pen spent 17 days together, finishing on June 28. The Congress cut 460 words, including a condemnation of slavery that Southern delegates refused to approve, changes that Jefferson resented. The Declaration was approved July 2 and 200 printed copies were issued to the Colonies July 4 (26 are known to exist). Fifty-six delegates began signing a calligraphic version on August 2. Jefferson’s original draft survives at the Library of Congress; the August 2 copy is on public view at the National Archives.

While the Declaration of Independence announced a revolution, most of its ideas were not revolutionary. Educated people in Europe and the Colonies believed in a social contract between ruler and ruled, allowing disobedience if the ruler failed to keep his or her part of the bargain. What was revolutionary was Jefferson’s second sentence, especially the last three words:

We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness.

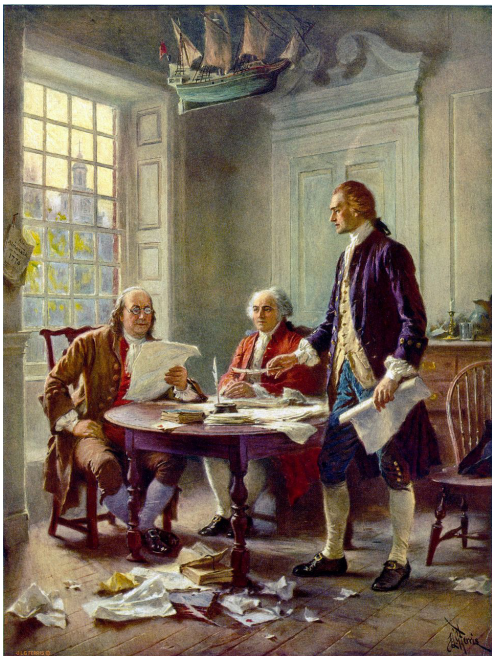
The “pursuit of happiness” was a new concept expanding government’s traditional role of protecting life and property. It was Jefferson’s contribution to the unique character of the United States, and, by focusing on the individual, it implied a social contract among



all citizens placing equal responsibility for good government on each one. Jefferson knew that would require every citizen to become well educated, and he devoted much of his life to promoting public elementary and high schools and to founding the University of Virginia as an example for other states to follow.

On March 28, 1776, three months to the day before Jefferson finished his Declaration, 14 Spaniards led by Juan Batista de Anza, who had traveled up the Pacific coast of colonial New Spain, arrived at the shores of a magnificent bay. He named the place San Francisco, after St. Francis, and chose sites for a presidio (fort) and a mission. Eventually, the Spanish and British colonies would be united.

On July 4, 1826, the nation celebrated its fiftieth birthday. That afternoon, Jefferson and Adams died peacefully in their homes in Virginia and Massachusetts, having laid the foundation for, as Adams had written, “an Empire of Laws, and not of Men.” The goal of the Revolution was to create a nation where the power to make laws belonged to the people, not to a single ruler. No kings.





By Sharon Hoover

If you receive this before Independence Day Happy 4th of July or if not hope your holiday was a blast! I've got a few upcoming KCK Public Library events to share both in Turner and Argentine.

On July 7, South Branch Library on Strong Ave is holding "Paint Palooza" from 4pm-7pm for all ages. Paint planters, windchimes and ceramic dishes and more to customize in one's own unique style.

On July 8, Turner Community

Comin' & Goin' Turner Style

Library meets at The Windmill KC from 1pm-2pm for "Share the LoveBook Club". Tired of the same old authors? Get new book ideas. I know I have broadened my reading genres that I never would have even thought about reading. The Windmill is right across the street from the Turner Recreation Building.

On July 9, join Turner Community Library and Exotics R Us at the Turner Recreation Gym to meet Animal Ambassadors from the Exotic Animal Education Institute from 2-3pm. Learn about their different habitats and lives in the world we share with them. Ambassadors range from a porcupine, hedgehog, chinchilla, serval, lynx, ferret, tortoise, tegu, fox, wallaby, prairie dog and many others. Who

will be the ambassadors this time?

I wrote about the Women's Employment Network some time ago but with the uncertainty of the job market I thought I would visit them again. Beginning on July 8, they will be holding a series of workshops that examine what they call the "Three Pillars of Success". The classes will last three weeks and be on Tuesday, Wednesday, and Thursday from 10am-1pm. Participants will learn to craft a resume, master interview skills, gain job research tips and strategies, learn to navigate the workplace, build confidence, reflect on the past and step toward the future. Located at 4328 Madison, KCMO all (816 822-8083 to enroll. Online workshops are also available. I wish there had been such an organization when I

was looking for employment in the 70's and 80's.

K-State's EFNEP (Expanded Food & Nutrition Education Program) is sponsoring "Create Better Health" a series of programs exploring simple and quick ways one can create better health for themselves and their families. Sessions begin Monday, July 7 from 1:00-2:30pm and continue every Monday for 8 weeks. Topics include meal planning, grocery shopping, goal setting, nutrition facts, physical activity barriers, healthy eating patterns, etc. Event at Dept. of Families & Children 402 State Ave. Contact Liz Hampton, ebhampton@ksu.edu or 913-299-9300.

That's it for now. Until next time, stay safe, and be kind to those around you.

Cold Comfort: Kansas' Freezing Winter Could Mean Juicier Peaches and Crispier Kale This Summer

After a colder than average winter that brought deep freezes to much of Kansas, local gardeners might be in for a surprisingly productive summer. While residents may have dealt with an unusually brisk winter, those frosty days were quietly working behind the scenes, especially for fruit trees, leafy greens, and hardy herbs.

Kansas saw temperatures well below average for much of the 2024-25 winter, with some January cold waves dropping significantly. For home gardeners, this mix of cold dormancy and sudden spring warmth creates both challenges and opportunities. Here's what Kansas growers can expect in the coming summer months, and which crops are best positioned to thrive.

Chilly winters are tough on humans, but essential for fruit trees. Many stone fruits - think peaches, plums, apricots - require long periods of cold (known as chill hours) to reset their internal clocks. Without that winter dormancy, trees may bloom unevenly or fail to fruit altogether.

"In regions that grow peaches and plums, a solid stretch of chill

hours can be just what fruit trees need - provided it's not too much of a good thing," says Martynas Mandrijauskas, founder of Craftcamp, a resource for gardeners with step-by-step guides from building raised beds and DIY greenhouses to maximizing fruit tree yields.

Leafy Greens Love a Moist Start

Colder temperatures and wetter weather mean that Kansas soils are emerging from winter with good moisture levels - great news for fast-growing greens like spinach, lettuce, chard, and kale. These crops thrive in cooler conditions and are often the first to go in the ground once the soil can be worked.

Drought-Hardy Herbs Could Be Surprise Stars

In many areas, the quick shift from winter chill to spring warmth led to a shorter-than-usual runoff period - whether from snowmelt or seasonal rains - raising concerns about early soil dryness. That's where hardy herbs like rosemary, thyme, and oregano come in.

If you're planting herbs this season, consider adding a layer of bark

mulch to conserve water, and use drip irrigation if possible to minimize stress from hot spells.

Hold Off on Tomatoes - for Now

It may be tempting to start warm-season favorites like tomatoes, peppers, and cucumbers as soon as the weather heats up, but experts advise patience. With soil temperatures still recovering from a long freeze, planting too early can stunt growth or kill seedlings altogether.

A soil thermometer costs just a few dollars and could make the difference between a thriving tomato plant and a disappointing dud.

Kansas' colder-than-average winter created a unique opportunity for a strong gardening season, especially for crops that thrive on chill hours and moisture-rich soil. From juicy peaches to vibrant kale and resilient herbs, this could be a banner year for backyard growers who time their planting right.

"A cold snap doesn't just slow us down - it also slows pests, boosts dormancy, and prepares certain crops for a better yield," said Martynas Mandrijauskas.



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New report: Kansas to lose even more funding under Senate's changes to 'One Big Beautiful Bill,' thousands to lose access to health insurance

HUTCHINSON, KS — New modeling shows Kansas will lose \$4.05 billion in total Medicaid funding under the U.S. Senate Finance Committee's proposed changes to the House's "One Big Beautiful Bill Act," increasing the funding reductions from the House proposal by \$279 million. Under the Senate proposal, like the House bill, 13,000 Kansans are still projected to lose access to enrolling in Medicaid. Such losses would lead to higher uninsured rates and create more financial struggles for rural hospitals already on the brink of closure.

Beyond the \$4 billion in Medicaid cuts, the Senate proposal also freezes provider assessments, which while not modeled, would negatively impact Kansas by prohibiting providers like nursing homes from raising revenues to meet health care needs of their

communities.

These results were recently released by Manatt Health, which conducted the analysis at the request of Kansas health philanthropies United Methodist Health Ministry Fund and REACH Healthcare Foundation. The two organizations wanted to better understand the financial and enrollment impacts of the latest bill, which would cut \$700 billion from Medicaid and \$300 billion from the Supplemental Nutrition Assistance Program (SNAP).

Medicaid, the public health insurance program that covers more than 366,000 Kansans, is funded jointly by the state and federal government. It provides low-income parents, children, seniors and people with disabilities with health insurance. Adults who do not have children do not qualify for Medicaid in Kansas.

The Senate proposal also will have a direct and disproportionate impact on rural communities. A new report released by the National Rural Health Association today found that under this proposal, rural hospitals on average are slated to lose 21 cents out of every dollar they receive in Medicaid funding. Total cuts in Medicaid reimbursement for rural hospitals nationwide — including both federal and state funds — over the 10-year period covered by the bill would reach almost \$70 billion. The Senate bill's cuts to rural hospitals are more than 15% greater than the already damaging \$60 billion in cuts under the House bill. In Kansas, where more than half of rural hospitals are already at risk of closure, there would be a 15% reduction in Medicaid reimbursement for rural hospitals.

"Our hope was for the Senate

to protect rural hospitals and minimize coverage loss. However, the plan the Senate is rushing through the process will cut \$4 billion from our Medicaid program and make it harder to sustain health care in rural Kansas communities," said David Jordan, president and CEO of the United Methodist Health Ministry Fund. "Rather than rush Medicaid cuts that harm Kansans, I urge the Senate to improve Medicaid and strengthen the rural health system."

The modeling showed \$2.46 billion in lost federal Medicaid funding alone and \$4.05 billion when combined with associated state funding losses over a 10-year period. When looking at the direct impact to hospitals, they stand to lose \$664 million in total Medicaid funding over the first year and \$2.8

CONTINUED ON PAGE 7



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Health Insurancefrom page 3

billion over 10 years.

Manatt said these estimates are understated. Due to a lack of publicly available data, Manatt was unable to estimate the lost opportunity of increasing current hospital taxes or introducing new/increased taxes for providers other than hospitals. While those impacts couldn't be modeled, providers will become more financially vulnerable as a result. In addition, the model did not speculate how Kansas would respond if it were faced with steep losses in funding. Without an investment of new state dollars, the state may have to constrain base payments to providers, eliminate or narrow eligibility and benefits.

Coverage losses due to the bill's changes to the Affordable Care Act's Health Insurance Marketplace also couldn't be modeled; however, they will result in additional Kansans losing health insurance.

"These cuts put entire communities at risk," said Brenda Sharpe, president and CEO at REACH Healthcare Foundation. "When Medicaid funding is cut, people lose coverage and delay care. Rural hospitals will be especially challenged to stay open given higher levels of uncompensated care. For many rural Kansans, these hospitals are the only source for preventative care, prenatal visits and mental health support. Without them, families may be forced to go without care altogether."

Kansas already has more hospitals at risk of closure than any other state in the country. Sixty-three rural hospitals are currently at risk, and 87% of Kansas rural hospitals are operating in the red. These hospitals struggle to survive with existing federal funding. Provisions in the bill would cause them to lose billions, making it even harder to stay open. When rural hospitals close, it removes job opportunities in addition to access to health care, creating a ripple effect in small communities.

Tom's Tasty Treats

By Tom Valverde

This week's tasty treat is a Summer classic and best of all, it's a very easy to prepare. You will be a happy and so will your friends and family once they enjoy it. Best made the night before so that it can chill. Please try:

Summer time Lime Pie

Ingredients:

1/4 c Heavy Cream
1 14oz. can Sweetened Condensed Milk
4 Lg. Egg Yolks
1/2 c Lime Juice*
1/2 t Lime Zest
1 9" Graham
Cracker crust
*4-5 Limes needed

Set oven to 350°. Beat cream until just barely thickened. Add the sweetened condensed milk. Mix well. Add the lime juice to the mixture and mix well. In another bowl, beat the eggs until smooth. Take a T of the lime mixture and add it to the eggs and mix it in well. When combined, take two T of the lime mixture and add it to the eggs. Afterwards, add the egg mixture to the sweetened condensed milk mixture. Stir to blend. Pour into the graham cracker crust.

Bake 15 minutes until the filling is set. Remove from oven and let cool to room temperature. Once cool, chill pie, overnight for best results. Garnish the pie with the lime zest before serving.

This pie is a Summertime favorite and is so tasty and refreshing. If there's any left overs, cover with plastic wrap and keep chilled.

Enjoy!

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