



The Trueman

Equal Opportunity * Diversity * Special Emphasis Program Newsletter

July 2015 Issue 4

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★ ★ ★ ★ ★ ★
Greetings from
the SEEM

25th
Anniversary of
Americans with
Disabilities Act

*The History of
Independence
Day*

MO Celebrates
the 4th of July

Safety Tips

Dos & Don'ts :
Displaying the
Flag

Family Fun – 4th
of July Craft &
Recipe

FOH & EAP
Spotlight



GREETINGS FROM THE SEEM

Greetings,

“These United Colonies are, and of right ought to be Free and Independent States.” This month we celebrate the United States Declaration of Independence which announced on July 4, 1776 the unanimous separation of the 13 North American British colonies from Great Britain. For 239 years this Great Nation has honored and celebrated its independence through parades, family and friends cookouts, and fireworks. Join me in celebrating our rich history and independence.

“Happy Independence Day”

~~

Respectfully,

MAJ Deborah A. Smith
State Equal Employment Manager



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**Sign and
PLEDGE ON! to
ADA25**
Become a part
of the
nationwide
celebration and
recommitment
to the ADA -
**let's get 25,000
signatures for
the 25th ADA
Anniversary.**

www.adaanniversary.org/pledgeon

Celebrating 25 years Americans with Disabilities Act 1990-2015

At the signing of the Americans with Disabilities Act (ADA) on July 26, 1990, President George H.W. Bush stated:

“Three weeks ago we celebrated our nation's Independence Day. Today we're here to rejoice in and celebrate another 'independence day,' one that is long overdue. With today's signing of the landmark Americans for Disabilities Act, every man, woman, and child with a disability can now pass through once-closed doors into a bright new era of equality, independence, and freedom.”

Source: Remarks of President George Bush at the Signing of the ADA (eeoc.gov/eeoc/history/35th/videos/ada_signing_text.html)

The ADA was the world's first comprehensive declaration of equality for people with disabilities. It was a collaborative effort of Democrats, Republicans, the legislative and the executive branches, federal and state agencies, and people with and without disabilities.

The ADA Anniversary is a time that we can reflect positively on a law that has made a great impact on the lives of people with disabilities and our country over the past 25 years. The message within the Preamble and history is powerful because it clearly states the Congressional intent that the law is intended "to assure equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities."

We encourage you to use the Findings, Purpose, and History of the ADA in preparation for your anniversary events to continually promote the equal opportunity, independence, and full participation of people with disabilities in American society.



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History of the Fourth of July

Variouly known as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

The Birth of American Independence

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical. By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in Thomas Paine's bestselling pamphlet "Common Sense," published in early 1776. On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence. Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee—including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York—to draft a formal statement justifying the break with Great Britain.



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History of the Fourth of July

Did You Know?

John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826--the 50th anniversary of the adoption of the Declaration of Independence. On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." On July 4th, the Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Early Fourth of July Celebrations

In the pre-Revolutionary years, colonists had held annual celebrations of the king's birthday, which traditionally included the ringing of bells, bonfires, processions and speechmaking. By contrast, during the summer of 1776 some colonists celebrated the birth of independence by holding mock funerals for King George III, as a way of symbolizing the end of the monarchy's hold on America and the triumph of liberty. Festivities including concerts, bonfires, parades and the firing of cannons and muskets usually accompanied the first public readings of the Declaration of Independence, beginning immediately after its adoption.



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History of the Fourth of July

Philadelphia held the first annual commemoration of independence on July 4, 1777, while Congress was still occupied with the ongoing war. George Washington issued double rations of rum to all his soldiers to mark the anniversary of independence in 1778, and in 1781, several months before the key American victory at Yorktown, Massachusetts became the first state to make July 4th an official state holiday. After the Revolutionary War, Americans continued to commemorate Independence Day every year, in celebrations that allowed the new nation's emerging political leaders to address citizens and create a feeling of unity. By the last decade of the 18th century, the two major political parties—Federalists and Democratic-Republicans—that had arisen began holding separate Independence Day celebrations in many large cities.

July 4th Becomes A National Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees. Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is “The Star-Spangled Banner,” the national anthem of the United States.

Source: www.history.com



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Missouri Plans 4th of July Celebrations

Arnold

[Big Bang 5K Run Against Hunger and 1 Mile Fun Run and Walk](#)
[Arnold's 4th of July Celebration 2015](#)

Saturday, July 4, 2015
1 Bradley Beach Road

Arrow Rock

[Fourth Of July Impromptu Parade](#)

Saturday, July 4, 2015

Ballwin

[Annual 4th Of July Celebration!](#)

Saturday, July 4, 2015
359 Old Meramec Station Rd

Blue Springs

[Independence Day Celebration](#)

Wednesday, July 1, 2015
400 North West Vesper

[Big Bang 4th of July Celebration](#)

Saturday, July 4, 2015
22807 Woods Chapel Road

[Fireworks Celebration](#)

Saturday, July 4, 2015
2000 North West Ashton Drive
Red, White and Blue Springs
Saturday, July 4, 2015
2000 North West Ashton Drive

Branson

[Branson Landings 8th Annual Liberty Light Up](#)

Friday, July 3, 2015
100 Branson Landing Boulevard
15Th Annual Firecracker 5000
Saturday, July 4, 2015
100 Branson Landing Boulevard

Cameron

[Independence Day Celebration – Cameron City Band Performance](#)

Thursday, July 2, 2015
100 West Third

[Independence Day](#)

[Celebration- Cameron Car Show](#)

Friday, July 3, 2015
100 West Third

[Independence Day](#)

[Celebration - Rotary Club Breakfast](#)

Saturday, July 4, 2015
315 E 3rd Street

[CRMC 4-mile run, 2-mile walk and kids fun run](#)

Saturday, July 4, 2015
221 Seminary

[Independence Day](#)

[Celebration – Parade & Band Performance](#)

Saturday, July 4, 2015
4th Street

Cape Girardeau

[Fourth at the Fort!](#)

Saturday, July 4, 2015
920 West Fort Street

[Fourth Of July Fireworks](#)

Saturday, July 4, 2015
Broadway and Water Streets

Chesterfield

[4th Of July Fireworks Celebration](#)

Saturday, July 4, 2015
291 Chesterfield Mall

Columbia

[4th of July Fire In The Sky](#)

Saturday, July 4, 2015
101 South 4th Street



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Missouri Plans 4th of July Celebrations

Doniphan

[Independence Day Celebration](#)

Saturday, July 4, 2015

Eldon

[Eldon Independence Day Celebration](#)

Saturday, July 4, 2015

Ellisville

[Independence Day 5K and Mile Kids Dash](#)

Saturday, July 4, 2015

225 Kiefer Creek Road

Florissant

[Northwinds Concert Band](#)

[Independence Day Concert](#)

Saturday, July 4, 2015

1 James J. Eagan Center Drive

Fort Leonard Wood

[Stars And Stripes Zumba Party](#)

Sunday, June 28, 2015

1300 South Dakota Avenue

[5K Color Run](#)

Saturday, July 4, 2015

1300 South Dakota Avenue

[Independence Day Celebration](#)

Saturday, July 4, 2015

Iowa Avenue

[Stars And Stripes Softball Tournament](#)

Sunday, July 5, 2015

Nebraska and Minnesota Avenue

Hannibal

[The 20th Annual Hannibal Cannibal](#)

Saturday, July 4, 2015

In front of Tom and Huck Statue

Herculaneum

[2015 July 4th Celebration Dunklin-Fletcher Days](#)

Friday, July 3, 2015

850 Joacim Avenue

Fourth of July Parade

Saturday, July 4, 2015

Hermann

[Fourth Of July Underway](#)

[Fourth of July Kick-Off Amphitheater](#)

Friday, July 3, 2015

450 Gutenberg Street

Friday, July 3, 2015

[Old Fashioned Fourth Of July Celebration](#)

Saturday, July 4, 2015

Imperial

[Jackson County's 4th Of July Celebration](#)

Saturday, July 4, 2015

Independence

[Firecracker Flight 5K And 10K Run](#)

Saturday, June 27, 2015

19600 East 39th Street

Jackson

[4th of July Celebration](#)

Saturday, July 4, 2015

Highway 61 and Oak Street

[Independence Day 5K](#)

Saturday, July 4, 2015

410 West Main Street

Jefferson City

[Salute to America - Carnival Land](#)

Thursday, July 2, 2015

Friday, July 3, 2015

[4th of July Firecracker Mile](#)

Saturday, July 4, 2015



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Missouri Plans 4th of July Celebrations

Kansas City

Ward Parkway Four On The Fourth

Friday, July 3, 2015

8600 Ward Parkway

KC July 4th RiverFest

Saturday, July 4, 2015

Grand Blvd & River Front Rd

Jackson County's Big Bang 4th of July Celebration

Saturday, July 4, 2015

10698 E 109th Street

Kingsville

Booms And Blooms Festival

Friday, July 3, 2015

1609 NorthWest US Highway 50

Kirkwood

4th Of July Celebration

Saturday, July 4, 2015

Geyer Road and Adams Avenue

Lees Summit

Stars And Stripes 5k 2015

Saturday, July 4, 2015

840 North West Blue Parkway

Independence Day at Missouri Town 1855

Saturday, July 4, 2015

8010 East Park Road

Liberty

Liberty 4th Fest

Friday, July 3-4, 2015

500 College Hill

Louisiana

4th of July Sundae Run/Relay

Saturday, July 4, 2015

614 Kelly Lane

Moberly

Magic City 4th of July Extravaganza

Saturday, July 4, 2015

Neosho

Celebrate Neosho 5K Run/Walk

Saturday, June 27, 2015

East Spring Street

Celebrate Neosho - Rotary Car, Truck And Bike Show

Saturday, June 27, 2015

Celebrate Neosho At Morse Park

Saturday, June 27, 2015

East Spring Street

Celebrate Neosho At Hugh Robinson Memorial Airport

Saturday, June 27, 2015

1400 Terry Johnson Drive

O'Fallon

Heritage & Freedom Fest

Thursday, July 2- 4, 2015

900 Ozzie Smith Dr. O'Fallon, MO 63366

Oran

Oran 4th Of July Picnic

Saturday, July 4, 2015

604 Church Street

Osage Beach

Fourth Of July Fireworks Cruise

Saturday, July 4, 2015

5076 Davis Drive



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Missouri Plans 4th of July Celebrations

Parkville

Parkville July 4th Celebration

Wednesday, July 1-4, 2015

8701 Clark Avenue

Parkville July 4th Celebration - Pancake Breakfast

Saturday, July 4, 2015

11 Main Street

Parkville July 4th Celebration - Parade

Saturday, July 4, 2015

Perry

4th Of July Celebration

Saturday, July 4, 2015

Main Street

Perryville

Rotary Club Fireworks Display

Saturday, July 4, 2015

800 City Park Drive

Raymore

Spirit Of America Fourth Of July Celebration

Saturday, July 4, 2015

1011 South Madison

Saint Charles

Riverfest 2015

Thursday, July 2, 2015

222 South Riverside Drive

Fourth Of July Fun!

Thursday, July 2, 2015

1000 Kisker Road

Riverfest 2015

Friday, July 3-4, 2015

222 South Riverside Drive

2015 Riverfest Parade

Saturday, July 4, 2015

1900 West Randolph Street

Saint Louis

Creative Kids: 4th of July Paper Rockets

Wednesday, July 1, 2015

4401 Hampton Avenue

Creative Kids: Patriotic Pinwheels and Fans

Thursday, July 2, 2015

4415 Natural Bridge

Creative Kids: Make the 4th of July Super

Thursday, July 2, 2015

6424 Scanlan Avenue

Fourth Of July Celebration

Thursday, July 2, 2015

5595 Grand Drive

Fair Saint Louis 2015

Thursday, July 2, 2015

5595 Grand Drive

Fourth Of July Celebration

Friday, July 3, 2015

5595 Grand Drive

Creative Kids: Make The 4th Of July Super

Friday, July 3, 2015

6424 Scanlan Avenue

Holiday Barbecue and Fireworks

Friday, July 3, 2015

999 North Second Street

2015 Freedom 4 Miler and Family Fun Run

Saturday, July 4, 2015

5595 Grand Drive

Freedom 4 Miler and Family Fun Run

Saturday, July 4, 2015

5595 Grand Drive

Affton Historical Society July 4th Breakfast Buffet

Saturday, July 4, 2015

7801 Genesta



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Missouri Plans 4th of July Celebrations

Saint Louis (continued)

Fourth Of July Celebration

Saturday, July 4, 2015

5595 Grand Drive

Ferguson Fourth Of July Festival

Saturday, July 4, 2015

501 North Florissant Road

4th of July Celebration

Saturday, July 4, 2015

111 South Brentwood Boulevard

Holiday Barbecue and Fireworks

Saturday, July 4, 2015

999 North Second Street

Community Fireworks Display

Saturday, July 4, 2015

9100 Street Charles Rock Road

Fourth Of July Celebration

Saturday, July 4, 2015

5466 Hwy YY

July 4th Parade

Saturday, July 4, 2015

Sibley

Independence Day Celebration

Saturday, July 4, 2015

107 Osage Street

Smithville

Fireworks Display at Smithville Dam

Saturday, July 4, 2015

1601 County Road DD

Webster Groves

Webster Groves Parade Run 2015

Saturday, July 4, 2015

4 East Lockwood Ave

Wentzville

July 4th Parade And Celebration

Saturday, July 4, 2015

968 Meyer Road

Willard

Freedom Fest

Saturday, June 27, 2015

222 West Jackson Street



Source: www.americantowns.com |

image: www.gocolumbiamo.com



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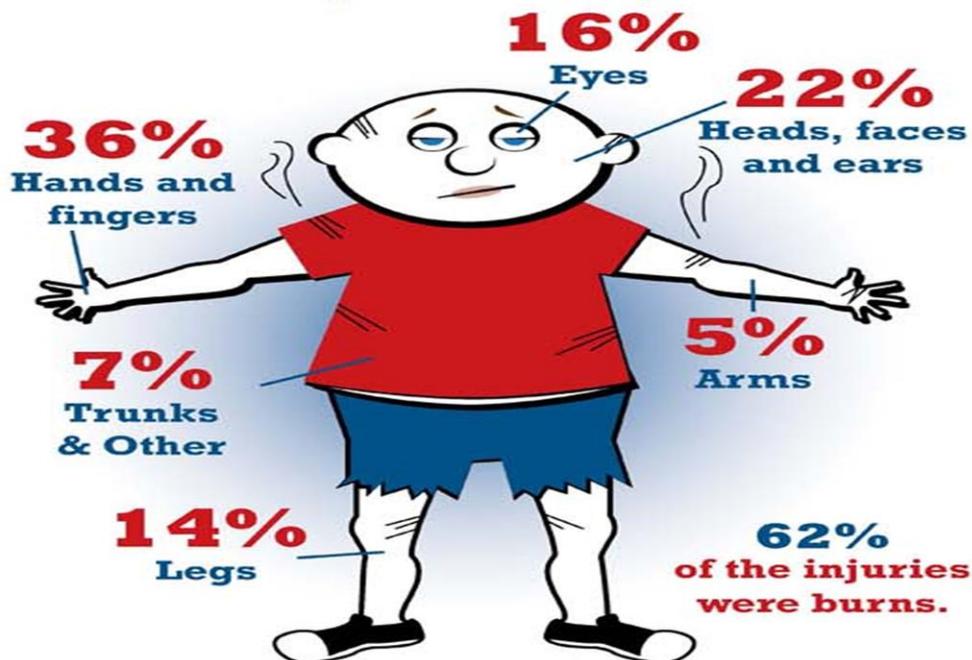
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Fireworks Injuries

Fireworks. They are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain, and even death. In 2013, CPSC staff conducted a study of fireworks injuries from June 21 through July 21. Here's what we learned.

- ★ **240** people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.
- ★ **65%** of these fireworks injuries in 2013 occurred during the month surrounding July 4th.
- ★ **Illegal and homemade fireworks** were involved in all **8** fireworks-related **deaths** reported to CPSC in 2013.

Most Injured Body Parts



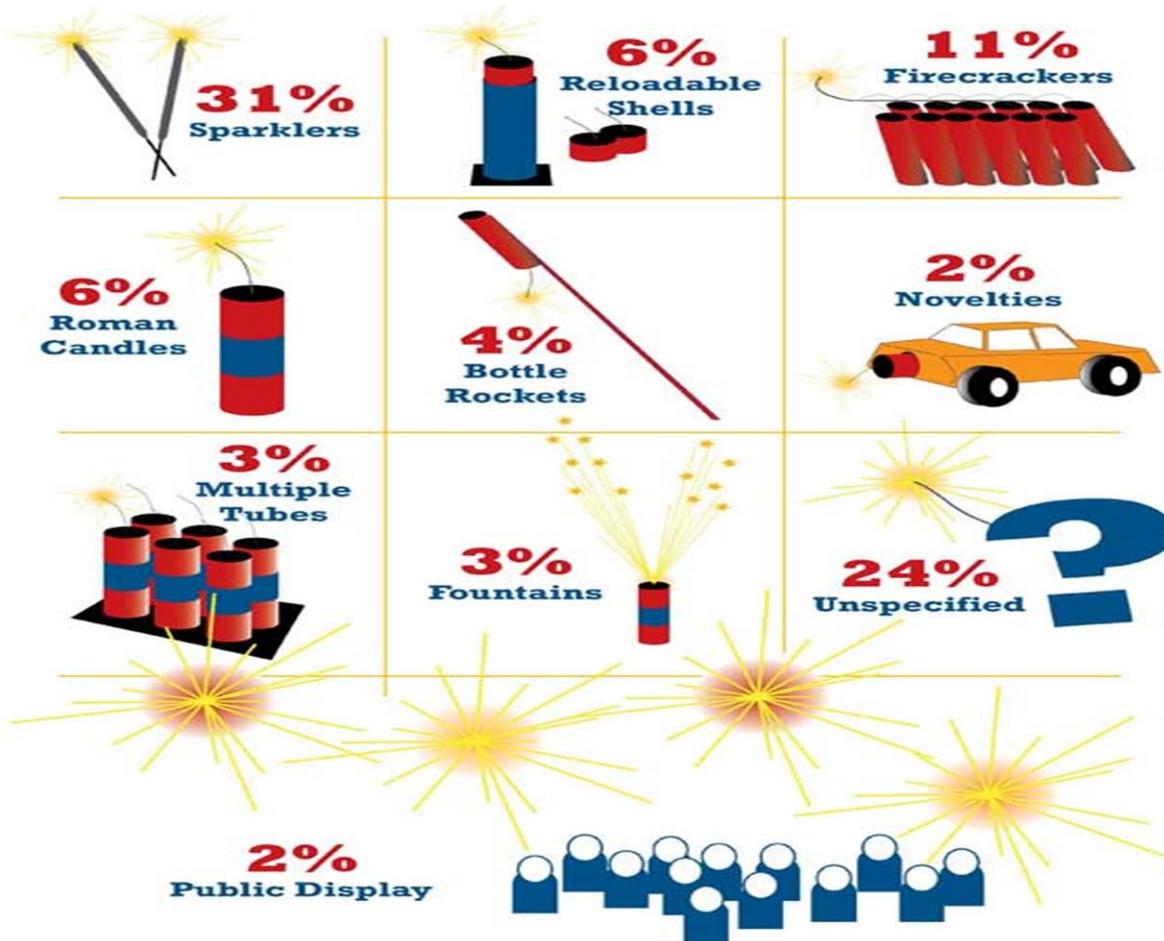


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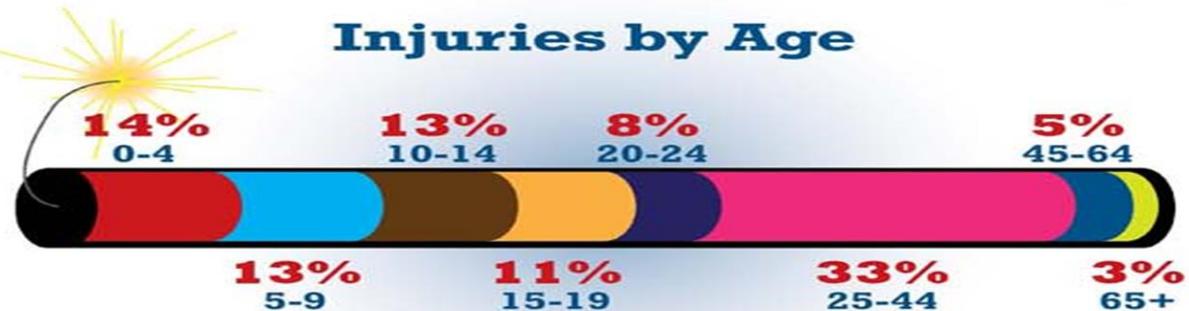
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Injuries by Fireworks Type*



*These percents do not account for how many products are used.

Injuries by Age



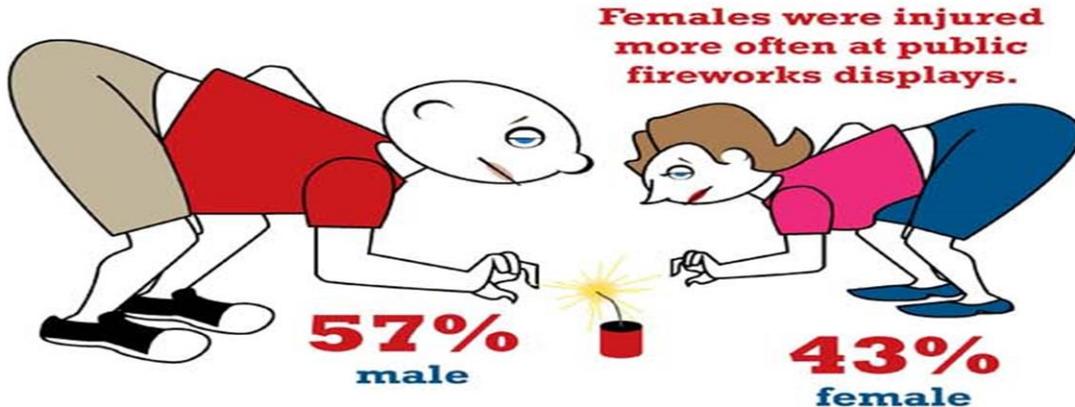


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Injuries by Gender



Males were most injured from firecrackers, sparklers, bottle rockets, novelty devices, Roman candles and reloadable shells.

Fireworks Safety Tips

- ★ Never allow **children** to play with or ignite fireworks.
- ★ **Never** try to **re-light** or **pick up** fireworks that have not ignited fully.
- ★ Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- ★ Make sure fireworks are **legal** in your area before buying or using them.
- ★ Light fireworks **one at a time**, then **move back** quickly.
- ★ More Fireworks Safety Tips – www.cpsc.gov/fireworks

Source: U.S. Consumer Product Safety Commission 2013 Fireworks Annual Report



U.S. Consumer Product Safety Commission

CPSC Hotline: (800) 638-2772

www.cpsc.gov



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DISPLAYING THE FLAG AT HOME *Dos & Don'ts*

As someone who serves or has served this great nation, the American flag, the American flag holds a particularly significant meaning in your life. Therefore, it's important to display it properly and with pride.

Here are some pointers for displaying it at home.



Do not display the flag after dark unless it is properly illuminated.



Do not allow the flag to be damaged by weather or neglect—it's a sign of disrespect.



As a service member, the American flag undoubtedly has significant meaning in your life. Because it is such an important symbol, it is vital that you display it properly and with pride. To avoid accidentally disrespecting this emblem that holds such importance to you, use these pointers when exhibiting it at home.



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Dos

- Fly the flag proudly on buildings or flagstaffs from dawn until dusk.
- Purchase an all-weather flag if you plan to hang it year-round.
- Dispose of unserviceable flags properly by contacting your local American Legion Post, which usually holds dignified flag burning ceremonies each year on Flag Day.
- Try to prevent the flag from touching anything beneath it, particularly the ground.



Do

dispose of an unserviceable flag—most American Legion Posts regularly conduct a dignified flag burning ceremony, often on Flag Day, June 14th.



Do not burn the flag in public and without discretion—it can be mistaken for an act of rebellion or protest.



Do

your absolute best to keep the flag from touching anything beneath it, including the ground.



You **do not** need to destroy the flag if it touches the ground, as long as it is suitable for display.

Don'ts

- Display the flag after dark unless you have it properly illuminated.
- Let the flag sustain damage from neglect or harsh weather, since this can be seen as a sign of disrespect.
- Burn the flag in public and without discretion. This will likely be mistaken for a protest or act of rebellion.
- Let the flag touch the ground. If it does by accident, there is no need to destroy it as long as it is suitable for use.





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Straw Fireworks

A
Fun
and
Easy
Craft
For
Kids
of
All
Ages!

You Will Need:

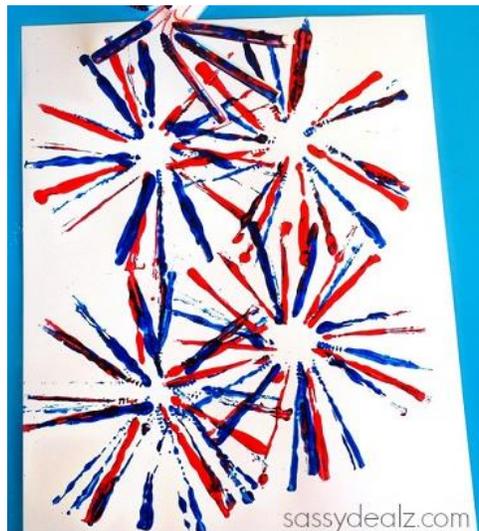
- 7 Bendable Straws
- Paint
- White Paper
- Tape



Directions

Start by stretching out the straws as far as they can go and group them together in your hand. Spread out the top of the straws so they are sticking out. Have someone put a piece of tape around the bottom of them as you're holding them. Let go and put another piece right under the top.

Have the kids dip the straws into blue paint first and stamp it all over the paper. If the paint doesn't show up great, have them press each straw individually against the paper. Add some red paint and your fireworks are done! Add some glitter if you want some sparkle to them.





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4th of July Strawberries



Ingredients

- Strawberries – washed and dried
- White Chocolate
- Blue sugar, edible glitter or sprinkles

Directions

1. Place blue sugar in a bowl, set aside.
2. In a separate bowl, melt the chocolate in the microwave on 50% power for two minutes. Stir until the bowl is no longer warm. Then microwave for 30 second intervals at 50% power, stirring after each, until the chocolate is completely melted.
3. Dip the lower two thirds of the strawberries in the melted white chocolate.
4. Then, dip the lower third of the strawberries in the blue sugar or spoon it onto the strawberry.
5. Place on wax paper or Silpat until completely cool.



*Kids will
love helping
with these
strawberries
to add to
any 4th of
July
Celebration!*

By Mindy ~
[www.thesisters
cafe.com](http://www.thesisterscafe.com)
June 30, 2011



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For More Information:

www.foh.hhs.gov

IN THE SPOTLIGHT - WEBINAR



Image Source: www.Scholastic.com

TOPIC OF THE MONTH:

Back to School Preparation
Coping with Child Anxiety

VISIT

www.foh4you.com

Topics discussed

- Coping with Child Anxiety
- Getting ready for school
- Teaching children how to avoid stress



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Contact SGT
Desiree Torres to
help contribute
to this
newsletter

desiree.n.torres.
mil@mail.mil

573-638-9500 x
39788



WE NEED YOUR HELP!!

Help us make *The Truman* even more interesting!

We want

- To hear **your** ideas
- See **your** articles
- Know about **your** community events
- Learn how Diversity plays a role in **your** life in and outside of the Guard



KNOW YOUR EO

JFHQ EO/EEO STAFF

MAJ DEBORAH SMITH
STATE EQUAL EMPLOYMENT MANAGER (SEEM)

TSGT MIKE MARSDEN
EO/EEO SPECIALIST

SGT DESIREE TORRES
EO/EEO ASSISTANT

HHD, JFHQ EO STAFF

LTC ALAN ROHLFING
HR/EO OFFICER

MSG PAUL BOOTH
EQUAL OPPORTUNITY
ADVISOR (EOA)