



Flag Etiquette **STANDARDS of RESPECT**

The Flag Code, which formalizes and unifies the traditional ways in which we give respect to the flag seems lost today. All we see in the national media is the burning of and desecrating of the flag. The Code contains specific instructions on how the flag is not to be used. They are:

the flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.

The flag should not be used as a drapery, or for covering a speakers desk, draping a platform, or for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.

The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes, or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.

The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman and members of patriotic organizations.

The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

Note: Most American Legion Posts regularly conduct a dignified flag burning ceremony, often on Flag Day, June 14th. Many Cub Scout Packs, Boy Scout Troops, and Girl Scout Troops retire flags regularly as well. Contact your local American Legion Hall or Scout Troop to inquire about the availability of this service.

Displaying the Flag Outdoors

When the flag is displayed from a staff projecting from a window, balcony, or a building, the union should be at the peak of the staff unless the flag is at half staff.

When it is displayed from the same flagpole with another flag - of a state, community, society or Scout unit - the flag of the United States must always be at the top except that the church pennant may be flown above the flag during church services for Navy personnel when conducted by a Naval chaplain on a ship at sea.

Continued on page 4.

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OBITUARIES

LodgeSt.	Member	DOD	City of Death	SOD
48 PA	Prochko, Ann (Dahoda)	11/1/20	Shelby Twp.	MI
167 PA	Sudiak, Catherine (Wozniak)	12/22/14	Carnegie	PA
25 PA	Travis, Ethel (Bincarousky)	6/30/18	Turnersville	NJ
17 PA	Medwig, Olga	10/20/20	Pittsburgh	PA
11 NY	Pless, Rosalia (Djobok Billski)	7/22/15	Yonkers	NY
48 PA	Russin, Simon III	1/5/21	Arcadia	CA
L39 PA	Demora, Stephen	1/28/21	Scott Twp.	PA
25 PA	Sysak, Harry G.	11/17/20	Hershey	PA
41 PA	Petch, Roy C.	11/29/20	Scott Twp.	PA
167 PA	Parker, Thomas J. Sr.	12/11/20	Cheswick	PA
R7 PA	Afanassiev, Vadim	2/11/21	Bensalem	PA
L59 PA	Shust, Stephen Jr.	2/13/21	Olyphant	PA
247 PA	Bandy, Beverly Diane (Mandus)	3/4/21	Elizabeth	PA
167 PA	Kasarda, Martha (Proch)	3/18/21	Pittsburgh	PA

You cannot help men permanently by doing for them what they could and should do for themselves.

—Abraham Lincoln

Most common form of cancer

Skin cancer is the most common form of cancer in the United States. The two most common types are basal cell cancer and squamous cell cancer. They usually form on the head, face, neck, hands, and arms. Another type of skin cancer, melanoma, is more dangerous but less common.

Anyone can get skin cancer, but it is more common in people who:

- Spend a lot of time in the sun or have been sunburned
- Have light-colored skin, hair and eyes
- Have a family member with skin cancer
- Are over age 50

You should have your doctor check any suspicious skin markings and any changes in the way your skin looks. Treatment is more likely to work well when cancer is found early. If not treated, some types of skin cancer cells can spread to other

tissues and organs. Treatments include surgery, radiation therapy, chemotherapy, photodynamic therapy (PDT), and biologic therapy. PDT uses a drug and a type of laser light to kill cancer cells. Biologic therapy boosts your body's own ability to fight cancer.

—National Institutes of Health

Writing in space

When NASA started sending astronauts into space they quickly discovered that ball-point pens would not work in zero gravity.

To combat this problem, Congress approved a program and NASA scientists spent a decade and over \$165 million developing a pen that writes in zero gravity, upside down, on almost any surface and at temperatures ranging from below freezing to over 300 C.

The Russians used a pencil . . .

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Stephen Shust Jr.
February 13, 2021

Stephen Shust Jr., 91, of Jermyn, Pa. passed away peacefully Feb. 13, 2021, at Lackawanna Health and Rehab Center in Olyphant.

Stephen was born in Jermyn to Stephen Shust Sr. and Beatrice Myshak Shust on Dec. 29, 1929. He married Lillian Urda Shust on June 30, 1956. Stephen was a proud and loving husband and father. He delighted in his children's and grandchildren's accomplishments, joyously sharing in their moments.

Stephen was a veteran of the Korean War, serving in the United States Navy. A quiet man, he never wanted to be in the spotlight. Instead he was a good shepherd, teaching by example and serving his community. He was especially fond of his service to his God and church at Saint John's Russian Orthodox Cathedral and Saint Michael's Orthodox Church. **He also spent many years as an active officer in the Russian fraternal organizations of R.O.F. "LUBOV" and R.B.O.**

Stephen is survived by his spouse, Lillian; son, Gregory; daughter, Daria (Bruce); son, Nicholas (Lourdes); daughter, Kathryn; grandsons, Alan (Jasa) and Andrew; brothers, Walter and Nicholas; and sister, Tatiana.

There was no viewing due to COVID-19 precautions. Funeral services were held at 9:30 a.m. on Saturday Feb. 27, at Saint John's Russian Orthodox Cathedral for immediate family only. The funeral was livestreamed at stjohnsmayfield.org. Burial date, TBD. You may also join in remembering Stephen by logging into www.gatheringus.com.



Body Temperature and Coronavirus?

Fever is one of the symptoms of COVID-19, the illness caused by the novel coronavirus SARS-CoV-2, according to the Centers for Disease Control and Prevention (CDC). Low body temperature is not a symptom of COVID-19.

If you think you may have been exposed to the new coronavirus, the CDC recommends that you take your temperature twice daily to see if you have a fever. The CDC defines a fever as 100.4 degrees F or higher. If you have a child younger than 4 years old, use an ear thermometer to take their temperature, or place a regular thermometer under your child's arm in the center of their armpit, the CDC recommends. If your child's armpit temperature is 99.4 degrees F or higher, they have a fever.

Mediterranean Diet Remains the Best Diet of 2021

In January *U.S. News & World Report* released its top diets for 2021. Out of more than 40 diets, the Mediterranean diet was ranked No. 1 for the third year in a row.

As in the two previous years, in 2021 the Mediterranean diet beat out the Dietary Approaches to Stop Hypertension (DASH) diet on the overall list. (In 2018, the two tied for the top slot.) Here's why the panel of nutritionists, dietary consultants, and physicians awarded the Mediterranean diet highest honors: It received points for its health benefits. The Mediterranean diet also won in other categories, including "Easiest Diets to Follow," "Best Plant-Based Diets," "Best Diabetes Diets," and "Best Diets for Healthy Eating."

The Mediterranean diet emphasizes eating whole grains, fruits and vegetables, legumes, nuts and seeds, olive oil, and some lean meat and fish. Similarly, the second-place DASH diet is a plan designed to lower blood pressure and incorporates vegetables, fruits, and low-fat dairy along with whole grains, lean meats, and nuts. It also sticks to sodium guidelines in an effort to reduce hypertension (high blood pressure), though you can certainly still benefit from the eating style if you have normal blood pressure.

RBO on the internet

To reach the home office in Yardley, Pa.:

heather@rbo.org

Web page: www.rbo.org

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here & there

THE GRASS IS GREENER WHERE YOU WATER IT.

Your speed doesn't matter, forward is forward

Maturity has more to do with the experiences you've had and what you've learned from them and **less to do with** how many **birthdays** you've celebrated.

When you're **20** you care what everybody thinks, when you're **40** you stop caring what everyone thinks, when you're **60** you realize no one was ever thinking about you in the first place.

—WINSTON CHURCHILL

Flag Etiquette *Continued from cover.*

When the flag is displayed over a street, it should be hung vertically, with the union to the north or east. If the flag is suspended over a sidewalk, the flag's union should be farthest from the building.

When flown with flags of states, communities, or societies on separate flag poles which are of the same height and in a straight line, the flag of the United States is always placed in the position of honor - to its own right.

★ The other flags may be smaller but none may be larger.

★ No other flag ever should be placed above it.

★ The flag of the United States is always the first flag raised and the last to be lowered.

When flown with the national banner of other countries, each flag must be displayed from a separate pole of the same height. Each flag should be the same size. They should be raised and lowered simultaneously. The flag of one nation may not be displayed above that of another nation.

Raising and Lowering the Flag

The flag should be raised briskly and lowered slowly and ceremoniously. Ordinarily it should be displayed only between sunrise and sunset. It should be illuminated if displayed at night.

The flag of the United States of America is saluted as it is hoisted and lowered. The salute is held until the flag is unsnapped from the halyard or through the last note of music, whichever is the longest.

Displaying the Flag Indoors

When on display, the flag is accorded the place of honor, always positioned to its own right. Place it to the right of the speaker or

The flag should not be used as a drapery, or for covering a speakers desk, draping a platform, or for any decoration in general.



staging area or sanctuary. Other flags should be to the left.

The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of states, localities, or societies are grouped for display.

When one flag is used with the flag of the United States of America and the staffs are crossed, the flag of the United States is placed on its own right with its staff in front of the other flag.

When displaying the flag against a wall, vertically or horizontally, the flag's union (stars) should be at the top, to the flag's own right, and to the observer's left.

Parading and Saluting the Flag

When carried in a procession, the flag should be to the right of the marchers. When other flags are carried, the flag of the United States may be centered in front of the others or carried to their right. When the flag passes in a procession, or when it is hoisted or lowered, all should face the flag and salute.

The Salute

To salute, all persons come to attention. Those in uniform give the appropriate formal salute. Citizens not in uniform salute by placing their right hand over the heart and men with head cover should remove it and hold it to left shoulder, hand over the heart. Members of organizations in formation salute upon command of the person in charge.

The Pledge of Allegiance and National Anthem

The pledge of allegiance should be rendered by standing at attention, facing the flag, and saluting.

When the national anthem is played or sung, citizens should stand at attention and salute at the first note and hold the salute through the last note. The salute is directed to the flag, if displayed, otherwise to the music.

The Flag in Mourning

To place the flag at half staff, hoist it to the peak for an instant and lower it to a position half way between the top and bottom of the staff. The flag is to be raised again to the peak for a moment before it is lowered. On Memorial Day the flag is displayed at half staff until noon and at full staff from noon to sunset.

The flag is to be flown at half staff in mourning for designated, principal government leaders and upon presidential or gubernatorial order.

When used to cover a casket, the flag should be placed with the union at the head and over the left shoulder. It should not be lowered into the grave.

The role of nutrition in preventing COVID-19,

An article published May 2020 in the *Pakistan Journal of Medical Sciences* noted that following a healthy diet puts the body in the best position to ward off illness, though there hasn't been research yet linking specific nutrients to reducing the risk of contracting the virus.

A poor diet can have the opposite effect, however. **Eating saturated fats, sugars, and refined carbohydrates can promote inflammation and impair immunity, which could increase the risk of having a severe case of COVID-19 if you get it, according to a July 2020 article published in *Brain, Behavior, and Immunity*.**

Antioxidants

The antioxidant and anti-inflammatory properties present in some foods contribute to the fact that proper nutrition may play a role in treating health conditions and helping certain groups of people, too. Antioxidants are substances that can prevent or slow down cellular damage.

Source—*National Center for Complementary and Integrative Health*

AVAILABLE COVID-19 TREATMENT OPTIONS

If you or a loved one test positive for COVID-19, you may now have treatment options. COVID-19 treatment options are available for patients with mild to moderate symptoms and for hospitalized patients. Mild symptoms may include fever, cough, sore throat, malaise (feeling unwell), headache, muscle pain, nausea, vomiting, diarrhea, and loss of taste and smell. Moderate symptoms may also include shortness of breath. The U.S. Food and Drug Administration (FDA) has authorized treatments for emergency use. Talk to your healthcare provider about treatment options. Your provider will know the best option for you, based on your symptoms and your health history.

Source—*U.S. Dept. of Health and Human Services*

Present/Past Epidemics

The fear of many public health professionals is the next global epidemic. Due to the ease of movement and the globalization of today, disease that could wipe out the population is easy to imagine. New infectious pathogens are being discovered every day. Large farms pose the greatest danger because of the constant contact between animals and people; the potential of cross-contagion is increased. It is important that governments and public health officials are vigilant, in the future, to prevent widespread diseases.

10 Worst Epidemics In History

Rank	Epidemic	Period In History	Estimated Deaths
1	Plague of Justinian	541-542	100,000,000
2	Black Plague	1346-1350	50,000,000
3	HIV/AIDS	1960-present	39,000,000
4	1918 Flu (Spanish Flu)	1918-1920	20,000,000
5	Modern Plague	1894-1903	10,000,000
6	Asian Flu	1957-1958	2,000,000
7	6th Cholera Pandemic	1899-1923	1,500,000
8	Russian Flu	1889-1890	1,000,000
9	Hong Kong Flu	1968-1969	1,000,000

HOW DO VACCINES WORK?

Simply put, a vaccine trains the immune system to recognize viruses, bacteria, and other germs, or pathogens, so the body can react. The human body produces special proteins called antibodies to fight germs like the virus that causes COVID-19. Vaccines introduce weakened or killed parts of pathogens, or elements that mimic their structure, into the body.

COVID-19 vaccines cause your body to safely develop antibodies that recognize and fight the coronavirus that causes the disease, greatly reducing the risk for full-scale infection.

I'VE HAD COVID-19

Many people who have had COVID-19 continue to experience some health issues for several weeks or longer after their recovery, while others with milder symptoms recover with few lingering effects. Doctors are learning more every day about the longer-term health consequences of the disease. People who have recovered can help in the fight against COVID-19 by donating plasma that can be used to treat hospitalized patients, especially those who have severe cases of the disease.

Source—U.S. Dept. of Health and Human Services

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*If you never try
you'll never know*

SUPER FOOD

Garbanzo Beans

All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium, and zinc. But garbanzos stand out because they're so versatile. Just drain, rinse, and toss a handful on your green salad; include them in vegetable stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other whole grains.



A generous donation was made by the RBO to the Ss. Cyril & Methodius Scholarship Fund in memory of Stephen Shust Jr., and Elena Shurdom also made a generous donation to the Scholarship Fund. Thank You!

SCHOLARSHIP FUND

*I wish to donate to the Ss. Cyril and Methodius Scholarship Fund to help young members of the R.B.O. receive a college education. Please acknowledge my contribution by publishing same in **The Truth**.*

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The lighter side



The Charles Schulz Philosophy

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip. You don't have to actually answer the questions. Just ponder on them. Just read straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish ... Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.

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10	\$98.35	\$185.88	10	\$87.70	\$159.25
20	\$121.29	\$243.22	20	\$109.70	\$214.25
40	\$220.80	\$491.99	40	\$196.40	\$431.00
60	\$445.46	\$1,053.67	60	\$382.20	\$895.50

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JUN 09 2021

We are looking for...
LODGE SECRETARIES
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Lemony Garbanzo Bean Dip

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 1/2 cup low-fat sour cream
- 2 Tablespoons lemon juice
- 1 Tablespoon oil
- 1/2 teaspoon cumin
- 1 teaspoon hot sauce
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 2 Tablespoons or more cilantro, chopped

Directions

For a smooth dip, place all ingredients in a blender and blend until smooth. OR for a chunky dip, mash beans well with a fork or potato masher then stir in remaining ingredients.

Add additional liquid as needed for desired consistency.
Refrigerate leftovers within 2 hours.

Total time: 5 minutes / Number of Servings: 16

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