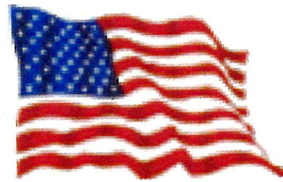


# The TRUTH

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2023



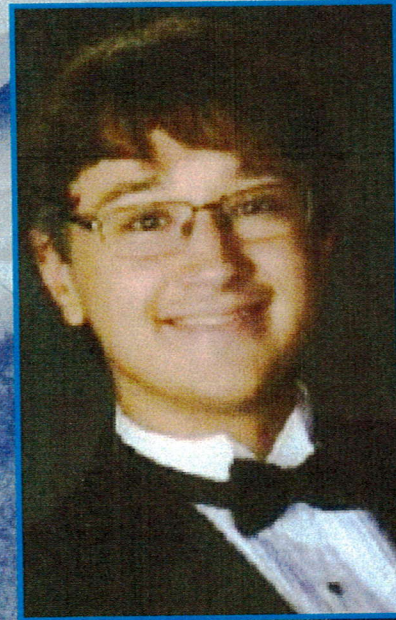
A Publication of the

**RBO** *Our  
Second Century*

## The recipients of the 2022-2023 Annual 25th Alexis Russin Scholarship



Sean Hanley  
University of Scranton  
Biochemistry



Mark A Yuschak  
Marywood University  
Architecture

**17th Annual Mihaly-Russin Scholarship, pg. 3**

**Sts. Cyril and Methodius Scholarship Recipients, pg. 4**

# The TRUTH

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John Uram, Editor

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## "Fever in the morning . . . fever all through the night . . ."

**T**he hit Peggy Lee song, from yesteryear, turns love into a fever with a catchy tune. But if you or a loved one is suffering from an actual fever, how much should you worry?

Chances are you'll be fine. A fever is defined as a body temperature above the so-called "normal" 98.6 degrees (or 37 degrees Celsius). But your temperature can fluctuate by a degree through the typical day. Physicians don't consider a fever medically significant until it reaches 100.4 degrees (38 C). A fever of 104 or higher (40 C) calls for immediate treatment or medical attention.

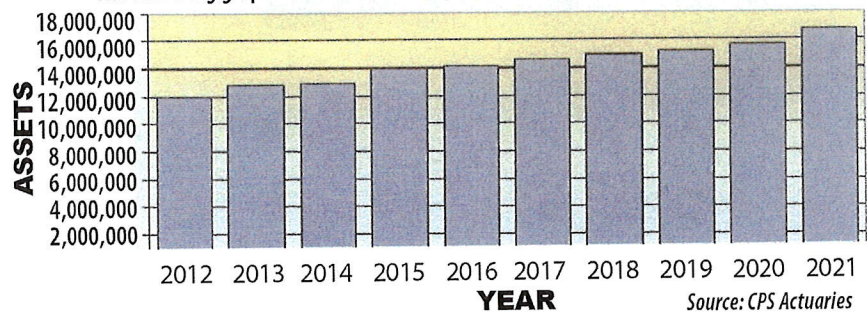
Fever is most often caused by an infection. Diseases like the flu, the common cold, strep throat, gastroenteritis, and others can produce a fever, as can such medical conditions as lupus, arthritis, and some cancers. In addition, antibiotics and other drugs (including narcotics and antihistamines) can cause fevers due to adverse reactions or withdrawal.

Most fevers can be treated with acetaminophen, ibuprofen, or aspirin (though children and teens shouldn't take aspirin due to the risk of Reye syndrome). Fluids are important to prevent dehydration, because a fever can increase perspiration and lead to excessive loss of fluid.

Fevers are more dangerous in children. Children below the age of three months should be seen by a physician if they have a temperature of 100.4 (38 C) or higher. Anyone with a history of heart disease, diabetes, cancer, or other serious medical conditions should promptly seek care from a medical provider should a fever strike. Beyond that, be on the lookout for symptoms such as headache, neck stiffness, shortness of breath, convulsions, or seizures, which can indicate more serious problems.

### RBO ASSETS

Assets have grown steadily since 2012 and now stand at an all-time high of almost \$16.7 million. The following graph illustrates how assets have changed over the last 10 years.



### MAILING LIST CHANGES

If your address is incorrect or if you know a member who is not receiving The Truth or if you want to remove someone from the mailing list please fill out this form and mail to:

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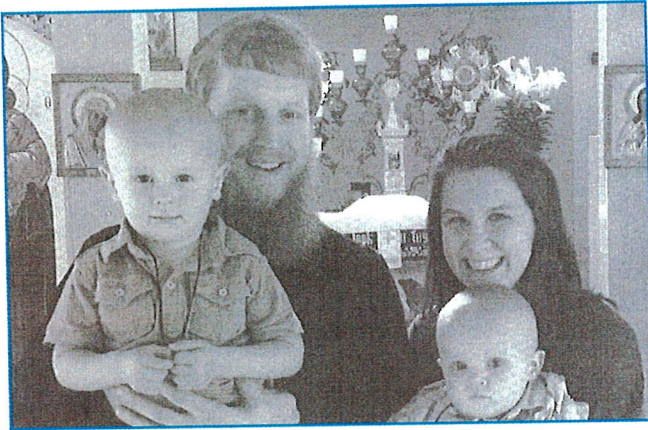
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## The recipients of 2022-2023 17th Annual Mihaly-Russin Scholarship



Peter A. Hamann & Family  
St Tikhon's Orthodox Seminary  
Master of Divinity



Nicole M. Gaydos  
Cleveland State University  
School Psychology

### Mihaly Russin Scholarship Award

This competitive scholarship awards \$1,000 per year, not to exceed three years is offered to students continuing toward a degree after completing four years of satisfactory college education on a full time basis.

*For example:* Students working towards Masters', 2nd BA/BS or continuing in longer program (ie. Doc.)

**RBO on the internet - [heather@rbo.org](mailto:heather@rbo.org); Web page: [www.rbo.org](http://www.rbo.org)  
RBO forms are available on-line at: [www.rbo.org](http://www.rbo.org)**

## Don't let **arthritis** spoil your winter

The winter months can be hard on people with arthritis. Cold weather can exacerbate joint pain, making life uncomfortable when temperatures are low. The *Integrus Health* website offers this advice for enduring winter with arthritis:

- **Dress in layers.** Stay warm inside and outdoors. Wear gloves, and add layers to your knees, elbows, and other places where your body aches. Take layers off if you get too warm. Also, heated pools and hot tubs can provide pain relief.
- **Eat healthy.** Rich foods and sweets can cause a flare-up of rheumatoid arthritis. Limit your consumption of gravy, processed meat, desserts, and unhealthy snacks.
- **Minimize stress.** Stress can make you work (or play) harder than you should, overtaxing your muscles and leading to more pain. Try meditation, deep breathing, and yoga to stay in a calm frame of mind.
- **Exercise.** Physical activity helps with flexibility, strength, and energy, and helps ease arthritis pain. Aim for 150 minutes of moderate aerobic exercise a week, along with two strength training sessions.
- **Wear compression gloves.** These encourage blood flow in your joints, and help keep your hands warm.
- **Take vitamin D.** We naturally absorb vitamin D from the sun, but during winter months sunlight can be scarce. A drop in vitamin D can cause more pain in people with rheumatoid arthritis or other inflammatory kinds of arthritis, and can also increase sensitivity to pain.
- **Get plenty of sleep.** Lack of sufficient sleep has been linked to depression, fatigue, and additional pain in people suffering from rheumatoid arthritis. Adequate rest can help you deal better with the pain.
- **Talk to your doctor.** If you're in more pain than usual during winter, consult with your physician. Let your family know about it too. They can help you cope with the symptoms, relieving the risk of depression and heightened anxiety.

here & there

We are what we repeatedly eat. Healthy eating is not an act, but a habit.  
—Felicity Luckey

DOUBTING YOURSELF IS NORMAL. LETTING IT STOP YOU IS A CHOICE.

—MEL ROBBINS

A man's health can be judged by which he takes two at a time— pills or stairs.

—Joan Welsh

Other things may change us, but we start and end with the family.  
—Anthony Brandt

IF YOU TALK ABOUT IT, IT'S A DREAM, IF YOU ENVISION IT, IT'S POSSIBLE, BUT IF YOU SCHEDULE IT, IT'S REAL.

—Tony Robbins

2022 - 2023

**Sts. Cyril and  
Methodius  
Scholarship  
Recipients**

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Scholarships  
Since 1965



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**Shawn Keecheril**  
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Community College  
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**Tyler G. Szitas**  
Lodge 13  
AHN Allegheny Valley Citizen  
School of Nursing  
Nursing



**Kayla B. Williams**  
Lodge 168  
Elizabethtown College, PA  
Occupational Therapy



**Daniel J. Yarosh**  
Lodge 168  
University of Pittsburgh  
Supply Chain  
Management/Marketing

*Always concentrate on how far you have come,  
rather than how far you have left to go.  
The difference in how easy it seems will amaze you.*  
—Heidi Johnson

## Avoid Alzheimer's with these tips

Alzheimer's disease is the sixth-leading cause of death in the United States and the only one in the top 10 that cannot be prevented, treated, or cured. However, growing evidence indicates that people can reduce their risk of cognitive decline by making key lifestyle changes. From the *Alzheimer's Association* come these tips for keeping your mind healthy as you age:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, a community center, or online.
- **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
- **Catch some z's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

## Seniors struggle with out-of-pocket medical expenses

Health care is expensive, particularly so for senior citizens who depend on Medicare for their treatments, medications, and other medical needs, but who have to pay out-of-pocket costs as well.

The *Axios* website reports that the average overall yearly out-of-pocket cost for Medicare beneficiaries is \$3,166. Here's how it breaks down by condition:

Arthritis	\$2,808
<b>Diabetes</b>	<b>\$3,035</b>
Stroke	\$3,072
<b>Hypertension</b>	<b>\$3,308</b>
Non-skin cancer	\$3,388
<b>Heart disease</b>	<b>\$3,445</b>
Mental condition	\$3,663
<b>Parkinson's</b>	<b>\$7,346</b>
Alzheimer's/dementia	\$13,269

### RBO on the internet

To reach the home office in Yardley, Pa.:

**heather@rbo.org**

Web page: [www.rbo.org](http://www.rbo.org)

RBO forms are available on-line at:  
[www.rbo.org](http://www.rbo.org)

# Trying to save MONEY?

*The RBO understands the difficulty and importance of saving money and maximizing your return when you are a non profit church or church organization.*

## Consider the RBO's Certificate of Deposit

A savings account. The RBO Certificate of Deposit is a high yield savings account.

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# SUPER FOOD

## Whole Grains



A good source of both soluble and insoluble fiber, whole grains also contain several B vitamins, minerals, and phytonutrients. They have been shown to lower cholesterol and protect against heart disease and diabetes.

**How to include them:** Try having a bowl of oatmeal for breakfast. Substitute bulgur, quinoa, wheat berries, or brown rice for your usual baked potato. When buying breads at the supermarket, look to see that the first ingredient is "100% whole wheat flour."

**A generous donation made to the Ss. Cyril & Methodius Scholarship Fund in 2023 is always welcome!**

### 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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*All checks should be made payable to the Russian Brotherhood Organization, Ss. Cyril and Methodius Scholarship Fund and mailed to the Home Office of the R.B.O., 301 Oxford Valley Road Suite 1602B, Yardley, PA 19067-7721*

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### The lighter side



### Leading by example

During the late 1800s, John Wanamaker's department stores in Philadelphia and New York made him the king of retail. He pioneered fixed prices and money-back guarantees. And he learned two principles:

- **Never take the customer for granted.**
- **Lead by example.**

One day when walking through his Philadelphia store, he spotted a customer waiting for assistance while the clerks huddled together in conversation, oblivious to her presence. Many employers would have chastised the workers. Some would have fired them. Wanamaker simply waited on the customer himself, handed the merchandise to the astonished clerks to wrap—and quietly walked away.

"I learned 30 years ago that it is foolish to scold," he said later. "I have enough trouble overcoming my own limitations without fretting over the fact that God has not seen fit to distribute evenly the gift of intelligence."

### Don't waste your time

A donkey and a tiger got into a foolish argument: "The grass is blue," the donkey insisted, while the tiger said, "No, the grass is green."

The discussion became heated, so the two decided to ask their king, the lion, for his judgment. As they approached the lion, the donkey shouted, "Your Highness, isn't it true that the grass is blue?"

The lion replied, "If you believe it is true, the grass is blue."

Then the donkey said, "This tiger disagrees with me. Please punish him."

The lion declared, "Very well. The tiger will be punished with three days of silence."

The donkey jumped with joy and went on his way, chanting, "The grass is blue, the grass is blue!"

The tiger asked the lion, "Your Majesty, why have you punished me? After all, the grass is green."

The lion replied, "The punishment is because it is degrading for a brave, intelligent creature like you to waste time arguing with a donkey, then coming to bother me to validate something you already knew was true."

**The moral:** Never waste time on arguments that make no sense.

123 YEARS  
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 Good for your Grandparents  
 Great for your Grandchildren

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If you purchase a \$10,000 Single Premium Insurance Policy for your child at the age of 0-1 at a cost of \$905.00 (male) \$780 (female), that youngster will be eligible to receive a RBO Scholarship Grant of \$400 a year for four years, while he / she is in college. That's receiving \$1,600 back or \$695/\$820 more than you spent on the original policy, and the individual is still insured for \$10,000 for the rest of his/her life.

For the **Single Premium Life plan**, with one single payment the face amount of insurance is guaranteed for life. The plan immediately becomes fully paid-up and no further premiums are paid. Cash values will accumulate for this plan.

MALE			FEMALE		
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10	\$1,245	\$3,105	10	\$1,070	\$2,660
20	\$1,695	\$4,230	20	\$1,480	\$3,685
40	\$3,065	\$7,655	40	\$2,750	\$6,860
60	\$5,375	\$13,430	60	\$4,830	\$12,060

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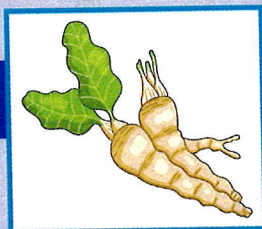
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## HORSERADISH



1 or more horseradish roots  
1/2 pint sour cream

Look for firm roots free of cuts or blemishes. Generally the whiter the root the fresher it is. Old roots take on a rust color and feel flabby. To "grate" your own horseradish, first wash under cold running water with a vegetable brush and then peel the root. Dice it into small cubes and put them into your food processor or blender.

Place the freshly ground horseradish in sterilized wide-mouth jars and add sour cream.

**To serve:** Decrease or increase the strength by use of sour cream.

*It is now ready to be enjoyed. If you prefer, you might choose to add some grated fresh (raw) beet and just a "smidge" of sugar to the mixture for color and taste.*

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