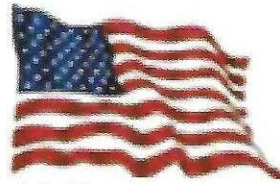


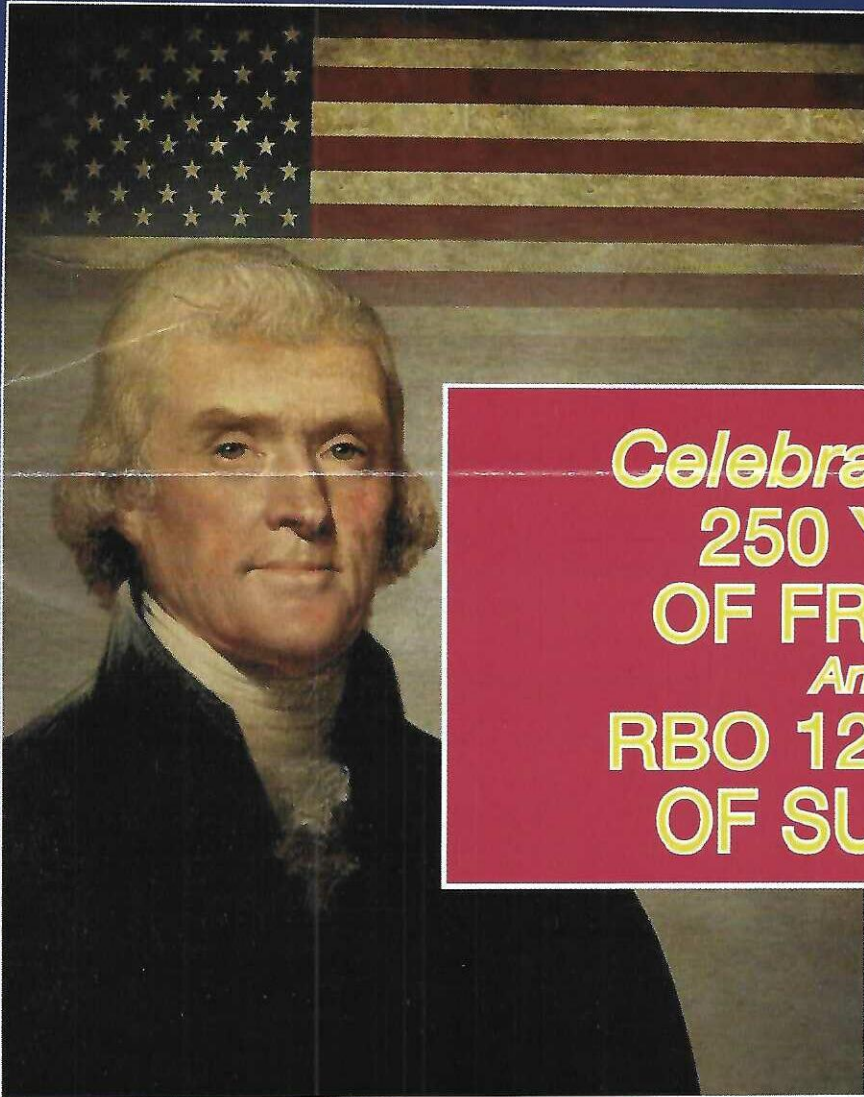
The TRUTH

Vol. 124
No. 2
2026



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RBO *Our
Second Century*



Celebrating USA
250 YEARS
OF FREEDOM
And the
RBO 126 YEARS
OF SUCCESS

We hold these truths to be self-evident: that all men are created equal; they are endowed by their Creator with certain inalienable rights; that among these are life, liberty and the pursuit of happiness.

—Thomas Jefferson

The TRUTH

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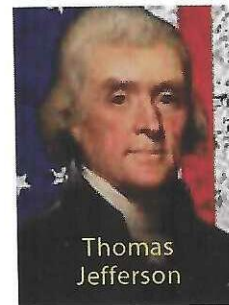
Independence Day facts

Here are some fun facts to share with your family and friends on the Fourth of July while waiting for the hot dogs to cook on the grill:

❖ Three presidents died on July Fourth: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July Fourth, in 1872.

❖ The Massachusetts General Court was the first state legislature to recognize July Fourth as a state celebration, in 1781.

❖ The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. It became a federal paid holiday in 1931.



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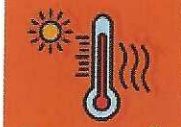
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Stay safe from heat stroke when hot weather hits

As temperatures rise in the summer months, so does the risk of heat exhaustion or heat stroke. Both are serious. Heat stroke can be deadly.

Heat exhaustion is more common. It typically strikes when people work or play strenuously in a hot, humid environment, causing them to sweat excessively. With diminished fluids and salts, the body loses its ability to cool itself, resulting in symptoms including dizziness, muscle cramps and pain, headache, nausea, and weakness.

Heat stroke is a life-threatening condition caused when the brain is unable to control the body's cooling system. The rise in internal body temperature can result in damage to the brain and other organs. "Classic" heat stroke can develop over a period of days; "exertional" heat stroke strikes more quickly and primarily affects younger, more active persons.

Symptoms of heat stroke include loss of consciousness, confusion, hallucinations, hyperventilation, and flushed, hot, or dry skin. Seek medical help immediately if you suspect heat stroke.

Even in a case of heat exhaustion, consult with a physician especially if the person loses consciousness, complains of chest or abdominal pain, or has a temperature of 104°F or higher.

Heat stroke and heat exhaustion can hit anyone, but children and older people tend to be more susceptible, so keep watch on your family when the weather turns hot.



here & there

Don't be afraid to give up
the good for the **great**.
—Kenny Rogers

A man who dares to
waste one hour of life
has not discovered the
value of life.

— Charles Darwin

Champions keep playing
until they get it right.

—Billie Jean King

Patriotism is not a short and
frenzied outburst of emotion
but the tranquil and steady
declaration of a lifetime.

—Adlai E. Stevenson, Jr.

You're a grand old flag,
You're a high-flying flag,
And forever in peace
May you wave.
You're the emblem of
The land I love,
The home of the free
And the brave.

—George M. Cohan

Patriotism is easy to
understand in America.
It means looking out for
yourself by looking out
for your country.

—Calvin Coolidge

Tidbits about your Father's Day gift

Father's Day for the year 2026 is celebrated/ observed on Sunday, June 21st. Father's Day is observed on the third Sunday of June. It honors all fathers, grandfathers, and great-grandfathers and be showered with gifts—mostly neckties.

So where did neckties come from? Earliest known version dates back to 210 B.C., when the Chinese emperor Shih Huang Ti was buried in the ancient Chinese capital Tian. The 7,500 terra cotta warriors built to guard him in the afterlife all wore neck cloths, for reasons unknown.

Similarly, the Roman emperor Trajan erected a marble column in 113 A.D. commemorating a military victory; the 2,500 soldiers depicted all wore some form of cloth neck covering.

The modern necktie evolved from the small knotted neckerchiefs worn by Croatians mercenaries working for the French in the Thirty Years' War. The word cravat derives from a combination of the French "Croat" and the Croatians' own name for themselves, "Hrvat."

With the rise of the business class in the 19th century, demand grew for neckwear that was durable, comfortable, and easy to tie.

In 1926 a New York tie maker named Jesse Langsdorf developed a technique that improved the tie's elasticity, which allowed it to more easily revert to its original shape. The "Langsdorf" became the most common form of necktie.

Since then, ties have widened as far as 4.5 inches and thinned to 3 inches (or skinner) depending on the current style. They seem like they are about to go out of style . . . maybe.



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Remember these battles

This time of the year it is time to remember those brave men and women who sacrificed their lives in defense of their country. As you stand in silence, consider the price we paid for victory in these historic battles that, each in its own way, shaped the nation:

- **Trenton (1776).** George Washington defeated Hessian forces by crossing the Delaware for the first major victory in the Revolution War.
- **The Alamo (1836).** Approximately 150 Texas settlers held off the Mexican force of 1,500 troops, enduring a 13-day siege before being overwhelmed. Though the Alamo fell, the defeat caught the attention of the nation and inspired many to join the revolution there.
- **Gettysburg (1863).** Union forces in a three-day battle with the Confederate Army halted the South's invasion of the North during the U.S. Civil War.
- **Midway (1942).** The U.S. Navy decisively defeated the Imperial Japanese Navy in a battle that weakened the Japanese fleet's ability to undertake a further major offensive against the United States.
- **D-Day (1944).** Allied Forces landed in Normandy, France, in the largest amphibious invasion in history,



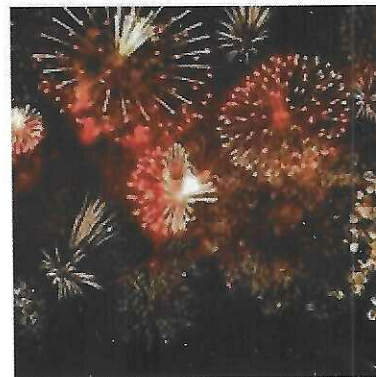
D-Day 1944 England, troops and equipment getting ready to cross the English Channel . . .

Boom! Oh! Ahh! A short look at the history of fireworks

Fireworks are an important part of most Fourth of July celebrations.

Though most of us associate them with American patriotism—"the rockets' red glare, the bombs bursting in air," and so forth—fireworks actually originated in ancient China. During the 7th century, Chinese used fireworks to frighten evil spirits away. Eventually fireworks artists became highly respected for their ability to mix bright color and loud explosions, and their services were employed for royal celebrations. In the Ming Dynasty (which began in the 12th century) fireworks became more commonplace, used for birthdays, weddings, and New Year's festivities.

Treatise on Fireworks, written by Amedee-Francois Frezie in 1706, became the standard manual for pyrotechnicians. Fireworks were an important part of the very first Independence Day celebration in 1777, and were launched in celebration of George Washington's first presidential inauguration in 1789.



RBO CONVENTION

The RBO convention is scheduled for August 16, 17, and 18, 2026 at the Hyatt House West, 621 Grange Road, Allentown, PA and nearby Dorney Park.

Dorney Park & Wildwater Kingdom is an amusement and water park located in Dorneyville, Pennsylvania, outside Allentown. The park features 64 rides, including eight roller coasters, several thrill rides and children's rides, and a water park, Wildwater Kingdom, with 26 water slides.

Dorney Park features some of the world's most prominent roller coasters, including Steel Force, the ninth-longest steel roller coaster in the world and the second-longest on the U.S. East Coast. Founded in 1884, Dorney Park & Wildwater Kingdom is the fifth-oldest amusement park in continuous operation in the nation.



Fly Old Glory with pride on Flag Day



President Woodrow proclaimed June 14th Flag Day in 1916, commemorating the adoption of the Stars and Stripes by the Second Continental Congress on that day 1777.

The idea of setting a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin school-teacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject and is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an act of Congress formally establishing June 14th as National Flag Day.

The enduring glory of Old Glory

June 14 is Flag Day, this year and every year. How much do you know about your flag?

Here are some facts and terminology associated with Old Glory:

❖ **Colors:** A term used to refer to the flag itself.

❖ **Color guards:** the folks who raise, lower, and safeguard (and usually fold) the flag in a ceremony.

❖ **Halyard:** the rope used to raise and lower the flag.

❖ **Union:** the upper inner corner of the flag.

❖ **Meaning behind the colors:**

White signifies purity and innocence

Red signifies hardiness and valor

Blue signifies vigilance, perseverance, and justice.

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Mushrooms provide our bodies with the nutrients, proteins, minerals, and vitamins it needs to generate energy and repair cells. They are one of the most remarkable elements for a healthy immune system. They have been used to cure or improve eyesight, hearing, circulation, impotency, stop migraine headaches, tumors, influenza, and even cancer.

Mushrooms

Mushrooms are low in carbohydrates, calories, and sodium and are cholesterol and fat free. High in fiber and protein, mushrooms are also rich in B vitamins to help maintain a healthy metabolism.

Mushrooms are an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke. One medium portabella mushroom has even more potassium than a banana or a glass of orange juice.

Mushrooms are a rich source of riboflavin, niacin, and selenium. Selenium is an antioxidant that works with vitamin E to protect cells from the damaging effects of free radicals. Male health professionals who consumed twice the recommended daily intake of selenium cut their risk of prostate cancer by 65 percent.

Christine Hoover, Lodge 14 and
Nancy J Gresko, Lodge 93 made a donation to Cyril & Methodius
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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 con-tribution by publishing same in The Truth.

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Parish Affiliation _____

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The lighter side



WHAT'S MISSING?

This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it. It looks so plain you would think nothing was wrong with it. In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Missing the letter "e" the most commonly used letter in the alphabet.

It's what's for dinner

A young couple invited their elderly neighbor for Sunday dinner. While they were in the kitchen preparing the meal, the neighbor asked their son what they were having.

"Goat" the little boy replied.

"Goat?" Replied the startled man.

"Are you sure about that?"

"Yep," said the youngster. "I heard Dad say to Mom this morning, 'Today is just as good as any to have the old goat for dinner.'"

WHAT'S IN A NAME? Plenty, if it's the Right name

Companies spend lots of time and energy coming up with edgy names for themselves like Verizon or Accenture. But sometimes the best name is right in front of you.

For example:

Hector Boiardi was an Italian immigrant who came to the U.S. in 1914. When he arrived at age 17, he got as a chef at New York's Plaza Hotel. After he moved to Cleveland, he perfected his spaghetti and meatballs recipe.

His customers kept requesting bottles of his sauce so they could take it home. He changed the spelling of his name to make it easier to remember, and the "Chef Boyardee" brand was born.

Why we celebrate Fourth of July

July Fourth is the day Americans celebrate the nation's independence from Great Britain. That might surprise Thomas Jefferson, principal author of the Declaration of Independence. The Second Continental Congress voted to approve a resolution of independence from Great Britain on July 2, 1776. Jefferson wrote to his wife, Abigail, the next day:

"The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival."

But the Continental Congress didn't approve Jefferson's declaration until July 4, leading to the popular association of the Fourth of July with the official date of independence. By the way, the Declaration of Independence wasn't signed by most Congressional delegates until Aug. 2, 1776.

Reading makes people better, study suggests

Do you read a lot? If so, chances are you're more kind and empathetic than most people, according to a study reported on the *Peace Quarters* website.

Researchers in Great Britain asked 123 people about their reading or television watching habits. Then they analyzed participants' social skills, asking questions like, "How often do you consider other people's points of view versus your own?" and "Do you go out of your way to actively help others?"

The results showed that the book readers, usually considered introverted and antisocial, displayed more empathetic traits than people who primarily watch TV. The genre of books seemed to make a difference, with readers of romance and drama showing more empathy and skill at seeing things through another person's eyes.

Of course, it could be that empathetic people tend to read more, instead of reading creating more empathy. Either way, it's good news for bookworms.

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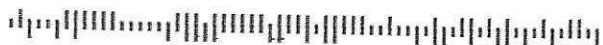
Age at Issue	\$10,000	\$25,000
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40	\$2,750	\$6,860
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Recipe

POTATO (Halushki)

5lb. Potatoes 1 3/4 cups flour
1 small onion, diced 1 tsp. Salt
1/4 cup milk 1/8 tsp. Pepper
1 egg

Topping: 1 onion sliced 4 Tbsp. Butter

Peel potatoes and onion. Grate them or put in blender on grate. Add milk to keep the potatoes from darkening. Add all the ingredients and mix with spatula or spoon. Place dough on a plate and cut off pieces with a spoon into salted boiling water. Cook for 7 - 10 minutes until the halushki rise to the top of the pot. Strain and pour cold water over them. Option: mix halushki with fried cabbage. 1 head cabbage, shredded, 3/4 lb. butter or margarine, 1/4 cup oil. Place cabbage in pan with oil, and butter and fry until tender. Combine with halushki.

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