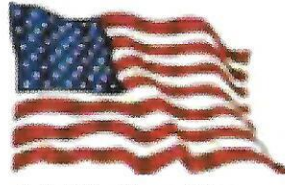


The TRUTH

Vol. 124
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A Publication of the

RBO *Our Second Century*



Celebrating the 250th Anniversary on the 4th of July In a small town of America

Photos left: Boy Scouts lower the British flag and raise the Betsy Ross American flag, in the opening ceremony, in the Borough of Mayfield, PA.

Bottom: Parade to the community park.

Continued on page 2



The TRUTH

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COVER:

The small town of Mayfield, PA celebrated the 4th of July and the 250th anniversary of the country. It started with a parade to the community's park. The lowering of the British flag and raising of the Stars and Stripes. Speakers at the celebration were an Orthodox priest, Catholic priest, a Protestant minister and the Mayor. At the conclusion of the ceremony everyone retreated to the Legion home for refreshments. The American Legion organized the celebration along with the Mayor of Mayfield.



St. John's Orthodox Cathedral marchers follows the K of C participants (photo left) in the parade. Other participants were volunteer firemen and the Lions Club.



Flute player played "God Save the King", "Yankee Doodle", and other patriotic music.

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LABOR DAY

The first Labor Day was celebrated on September 5, 1882, in New York City. The idea for the celebration came from the Central Labor Union, which planned a demonstration and a picnic. Early participants in the earliest Labor Day parades were staging rallies for the 8-hour workday. They gave up a day's pay to march.

Later Labor Days were held on Mondays to provide a longer weekend as a "workingman's holiday." The celebration's popularity grew with the formation of other labor organizations. By 1885, many U.S. cities were celebrating the day. Oregon was the first state to make Labor Day a legal holiday, and in 1894, President Grover Cleveland signed a bill making it a national holiday.

Tips on ticks

The chance of contacting Lyme disease can be minimized by avoiding exposure to deer ticks, which carry the disease. **Some wise precautions:**



- ▲ Avoid tick-infested areas in the summer. (Many local health departments and park or extension services have information on the local distribution of ticks).
- ▲ Wear light-colored clothing so that clinging ticks can be spotted more easily.
- ▲ Tuck pant legs into socks or boots and shirt into pants.
- ▲ Wear a hat and a long sleeved shirt.
- ▲ Walk in the center of trails to get as far away as possible from over hanging trees and underlying brush.
- ▲ Check scalp, ears, and body crevices for the small, reddish ticks upon coming indoors.
- ▲ If bitten, remove the tick promptly with fine-tipped tweezers and monitor for symptoms.



BODY BASICS

Your body is always in motion, even when you think you're resting. For example:

- You blink more than 10 million times a year.
- Your ribs move about 5 million times a year — every time you breathe.
- Your heart beats more than 100,000 times a day.

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here & there

Is life so dear, or peace so sweet,
as to be purchased at the price of chains and slavery?
Forbid it, Almighty God! I know not what course others may take;
but as for me, give me liberty or give me death!

—Patrick Henry

Once the game is over, the king and the pawn go back in the same box.

—Unknown

Time is the most valuable thing a man can spend.

—Charles Dickens

Most people achieved their greatest success one step beyond what looked like their greatest failure.

—Brian Tracy

All profoundly original art looks ugly at first.

—Clement Greenberg

If you haven't got the time to do it right, when will you find the time to do it over?

—Marcia Wieder

'We hold these truths to be self-evident. . .'

This summer we have been celebrating the 250th signing of the Declaration of Independence. Although Congress formally declared independence from Great Britain on July 2, the Declaration wasn't signed by all 56 members until August.

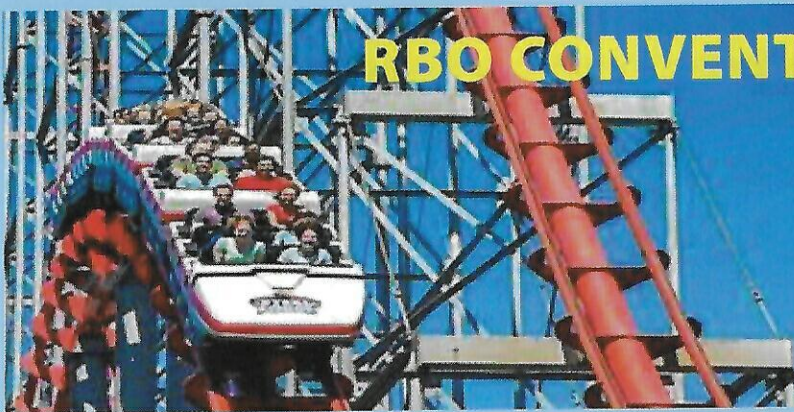
Some other facts about the founding document of the United States you may not know:

- ◆ There's a message on the back. The words "Original Declaration of Independence, dated 4th July 1776" appear on the reverse side of the document on display in the National Rotunda, at the bottom and upside down. This docket (identifying label) could be read when the document was rolled up for storage.
- ◆ About 200 copies of the Declaration were immediately produced by printer John Dunlap for distribution through the 13 colonies. Of these original "Dunlap broadsides," 26 still exist.
- ◆ The original document wasn't printed on paper, but "engrossed" on parchment. Engrossing is a process for preparing an official document in large, clear handwriting.
- ◆ At the bottom left corner of the Declaration is an unidentified handprint. Historians speculate that it's the result of the document's being rolled up for transport and handled by various people for extensive exhibition in the early years of its existence.
- ◆ The two youngest signers of the Declaration were Thomas Lynch Jr. and Edward Rutledge, both of South Carolina, both 26 years old at the time. The oldest signer was Benjamin Franklin, 70. Nine of the original signers died before the American Revolution ended in 1783.
- ◆ The condition of the parchment Declaration of Independence is a sign of the place it has held in the hearts of many Americans. Years of public display have faded and worn this treasured document. Today it is maintained under the most exacting archival conditions possible.
- ◆ **Are you sure you want to sign the Declaration of Independence?** If you had been a member of the Second Continental Congress in 1776, you were a rebel and considered a traitor by the King. You knew that a reward had been posted for the capture of certain prominent rebel leaders and the largest British armada ever assembled was just outside New York harbor. **Affixing your name to the document meant that you pledged your life, your fortune, and your sacred honor to the cause of freedom.**
- ◆ The **Declaration of Independence** expresses the ideals on which the United States was founded and the reasons for separation from Great Britain.
- ◆ The **Constitution** defines the framework of the Federal Government of the United States.
- ◆ The **Bill of Rights** is the first 10 amendments to the Constitution. It defines citizens' and states' rights in relation to the Government.

**On your mark,
get set . . .
go (and be safe)!**

Running may be one of the easiest forms of exercise around: You don't need an expensive health club membership or a lot of elaborate equipment, just a good pair of shoes and plenty of room to run. **Follow these precautions:**

- **Run facing traffic.** If you must run in the street, head against the traffic so cars are easier to see and avoid.
- **Plan your route.** Avoid areas you're familiar with.
- **Run with a buddy.** If possible, enlist a friend to join you for moral support and extra safety.
- **Carry ID.** If you're injured and unable to communicate, your name and phone number swill enable paramedics ND good Samaritans to notify your family. (A cell phone is handy, too.)
- **Bring a little money.** A few dollars for cab fare or something to eat or drink in a hurry can be very useful in a pinch.
- **Yield to cars.** Don't assume drivers can see you, or that they'll be able to stop if you trip and fall. Let cars go first through intersections, and watch for vehicles turning unexpectedly.
- **Defend yourself.** A whistle or some other kind of noisemaker, or some pepper spray, can keep attacker away.
- **Don't just disappear.** Tell someone where you're going, or leave a note behind.
- **Wear sunscreen.** In the summer, protecting your skin from sunburn is essential.



The RBO convention is schedule 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.

Founded in 1884, Dorney Park & Wildwater Kingdom is the fifth-oldest amusement park in continuous operation in the nation.

Identifying Heat Stroke in Pets

Cats and dogs can't sweat like humans to cool their bodies, so summertime temperatures can wreck havoc with their systems and make them more susceptible to heat stroke. According to Animal Aid Inc., a non-profit animal shelter, signs of heat stroke in a pet include:

- ❖ Excessive panting
- ❖ Becoming exhausted or agitated
- ❖ Vomiting
- ❖ Grayish gums and blue tongue

Before calling your vet, let your pet lick ice cubes (rather than drinking cold water, which will only worsen stomach problems), sponge him or her down with a wet towel, and place your pet in front of a fan. "Get the body temperature down first, then call your vet," states Animal Aid. "If you do these in reverse order, it may be too late."



Three simple words (tenfold) for a better life

Improving your life begins with your attitude. You don't need subliminal tapes or hypnosis. Just try using some of these three-word phrases more often:

- I thank you.
- Please forgive me.
- I trust you.
- Let me help.
- I believe you.
- I forgive you.
- Maybe you're right.
- Count on me.
- I understand you.
- Go for it.

SS. Cyril & Methodius Scholarship Award

This award is given to students pursuing an undergraduate degree. A recipient of this award receives \$400 each year automatically renewable for three years.

To Qualify: You must have a life insurance policy of \$10,000 or more and be a member for at least two years.

Trying to save MONEY?

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Low minimum investment. The initial deposit may be as low as \$100 and accounts may be increased at any time with additional contributions of \$100 or more.

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Flaxseeds are an easy way to add a big dose of fiber into your diet. They can be purchased in the bulk food area of any grocery store and can be sprinkled over salads, fish or any type of meal or snack. To give you an idea of just how healthy flaxseeds are, a single table-spoon of ground flaxseed sprinkled

Flaxseeds

over cereal, yogurt or salad provides an easy 2.8-grams of fiber.

According to numerous medical studies, in addition to fiber, flaxseeds are a rich source of micronutrients—including essential fatty acid (alpha-linolenic acid), vitamin B1, manganese, and vitamin B1, meaning they are a rich source of heart-healthy omega 3 fats and antioxidants that can reduce the risk of several health conditions, like heart disease, cancer, and type II diabetes.



A generous donation made to the Ss Cyril & Methodius Scholarship Fund 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 con-tribution 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



Presidential Trivia Quiz

Match the following statements to the former U.S. Presidents listed below:

1. Died less than three months after leaving office.
2. First president to be married in office.
3. The second president to be shot in office.
4. First president to keep cars at the White House.
5. President who installed a putting green on the White House Lawn.
6. President who married two actresses.
7. Only president never to marry.
8. President known for being a man of few words.
9. Youngest man elected president.
10. President who was widowed and remarried during his term in office.

- A. Calvin Coolidge
- B. George Washington
- C. William Taft
- D. James Garfield
- E. Woodrow Wilson
- F. James Buchanan
- G. Ronald Reagan
- H. John F. Kennedy
- I. John Tyler
- J. Dwight Eisenhower

Answer Key: 1B; 2I; 3D; 4C; 5J; 6G; 7F; 8A; 9H; 10E.

Oregon has a town named "Boring," which actually describes its neighboring town, "Dull," in Scotland.

Origin of BBQ: The term "barbecue" is derived from the Taino word "barbacoa," which referred to a method of slow-cooking meat on a wooden grill or platform.

Human Teeth: Your teeth are as unique as your fingerprints. Each person's dental structure is different, and no two sets of teeth are exactly the same.

Alaska has a town named "Chicken," which got its name because the settlers couldn't spell the native word for the ptarmigan bird.

A knock on the head? Better watch for trouble signs

A common scene on TV and in the movies: With one quick blow to the head, the hero (or villain) knocks out a foe, rendering him or her unconscious for the net half-hour or more.

In real life, though, head injuries account for approximately 250,000 hospital admissions year, and as many as 50,000 deaths. Auto accidents and sports injuries are responsible for most head trauma, but a simple slip and fall can have the same tragic results.

When should you call the doctor or go to the hospital? Watch for these symptoms of serious injury:

- Convulsions or seizures
- Vomiting or nausea
- Difficulty walking; loss of coordination
- Inability to move limbs
- Slurred speech or difficulty speaking
- Excessive drowsiness or fatigue

There's no need to keep a person awake following a head injury, most doctors say. But if you can't wake a sleeping patient up, or if he or she behaves differently after after being awakened, consult with a doctor immediately. In some cases, a physician may recommend that you let the victim sleep but wake him or her frequently and ask some simple questions ("What's your name? What day is it?") To rule out possible injury.

For mild injuries, no treatment is generally needed, but keep an eye on the person to check for any unusual behavior. Over-the-counter acetaminophen (Tylenol) is usually the best cure for minor headaches, but stay away from aspirin or ibuprofen, which can increase the risk of bleeding. And patients should avoid alcohol for 48 hours after any head injury.

Everyone eats and drinks; yet only few appreciate the taste of food.

—Confucius

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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.

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Age at Issue	\$10,000	\$25,000
0	\$905	\$2,255
0	\$1,245	\$3,105
20	\$1,695	\$4,230
40	\$3,065	\$7,655
60	\$5,375	\$13,430

FEMALE

Age at Issue	\$10,000	\$25,000
0	\$780	\$1,935
10	\$1,070	\$2,660
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40	\$2,750	\$6,860
60	\$4,830	\$12,060

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Recipe

Cabbage Peroghi

Take a tube of Pillsbury Plain Pocket Dough (biscuit dough) and roll just enough to be able to put some filling on it. After filled, pinch edges as for peroghi and place on cookie sheets and bake at moderate oven until golden brown.

Cabbage Filling:

One pound head of cabbage, chopped fine; add one teaspoon salt and set aside to stand for several minutes. Then squeeze out water from cabbage and fry in one tablespoon butter that has been allowed to brown. Add one teaspoon sugar, stir occasionally to keep from burning. Fry until golden brown.

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