



Local and National News

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"And Ye Shall Know The Truth..."

January 02, 2013

Doctor of Pharmacy, Founder of Relly's Purple Bag

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Rochelle Hall-Rollins



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Keeping It Real

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor



That night there were shepherds staying in the fields nearby, guarding their flocks of sheep ... I bring you good news that will bring great joy to all people.
- Holy Bible (NLT)

The biblical accounts which provide the foundation for our observance of the Christmas holy-days have a relevance which is quite different from that to which we traditionally assign.

The way we "do Christmas" - our cards, presents, gifts, parties, meals and especially our shopping (even in a recession) - are imbedded deeply in our national and cultural fabric. I enjoy these customs also, as they are evidences of what the season brings.

However the real meaning of Christmas is far deeper and richer than lights, turkey and dressing, credit card debt and debating whether it's proper to wish people a "merry Christmas" or a "happy holiday."

The Christmas story is about a child born to parents with bills closing in around them, who lacked decent available housing and were hoping in the midst of hopelessness, that things would get better. Childhood represents the coming of newness and fresh possibilities and opportunities not bound by the status quo of an old past.

The magnitude of this birth, a fulfillment of joyous expectation, is so great that an angelic announcement is required. Instead of going through the palace or the wealthy establishment, the official communique proclaiming good news was told to shepherds who were toiling in the fields and who performed some of society's most hazardous work and occupied the lowest rung on the economic ladder of the day.

Christmas, therefore, sanctifies the circumstances of society's most vulnerable people and the toil of common workers, a significance which even the most devout Christian people have yet to realize.

Yet, never has the real meaning of Christmas been so relevant as it is today.

Ohio's children and families are counting on Congress and the president to reach an agreement before year's end to prevent tax increases to working families and cuts to critical programs and services. The impact to Ohioans is too great if they don't reach a deal.

Millions of Ohio families face reduced resources for food over the next decade because of SNAP cuts. Nearly \$22.5 million less for Head Start means hundreds of jobs lost and 3,608 fewer children served.

Cuts to tax credits means that 500,000 Ohio families with nearly one million

children will be adversely impacted. The potential loss of tens of millions of dollars for early childcare and education; for K-12 education; for special education; for vocational rehabilitation and for the Women, Infants and Children nutrition program, escalates the urgency for an agreement.

However, even with a close majority, the Scrooges and Grinches in the U. S. House of Representatives chose to cut and run before the holiday. They voted to cut Medicaid, the Affordable Care Act, Medicare and nutrition and then ran home for Christmas. They cut essential and already underfunded services and healthcare coverage that will devastate middle-class and low-income families.

They left the tax increases to hit in January and unemployment benefits to expire. Then they left. We need more than posturing from Congress. We need a guarantee to protect and promote programs essential for our children and families both now and in the months to come.

To be sure, the Christmas season conjures many joyful images including angels, bright and shining stars, and wise men bringing expensive gifts from distant lands.

But most importantly, the real Christmas story is about a baby who was born into poverty and to a society which had no room for it as well as the sanctity of low and middle-income workers.

So far, this population has been left out of the conversation while their condition worsens despite the material benefits received by those entrusted to provide positive change for their lives.

Therefore let us raise our voices loudly that our leaders may give more attention to addressing poverty and the needs of low income and middle class persons so that tidings of comfort and joy may be enjoyed by all and not merely by a few.

Contact Rev. Donald Perryman, D.Min, at
drdperryman@centerofhopebaptist.org

Community Calendar

January 3-5

Temple of Christ Universal Life Church New Year' Revival
2013: 6:30 pm nightly: 567-218-8731

January 5

Charity MBC Free Clothing Give-A-Way: 10 am to 4 pm;
Gently used free clothing: 419-726-4975

January 14-15

Macedonia Baptist Church Annual Consecration and Com-
mitment Conference: 6:15 pm; Guest pastor Rev. Sedric Veal of
Temple Baptist: 419-242-8700

January 21

MLK Unity Celebration: Presented by The University of
Toledo and the City of Toledo: UT Savage Arena; 9 am; Keynote
speaker John Barfield; Lunch to follow: 419-530-5538

**10TH ANNUAL
BLACK COLLEGE TOUR**

SEATS STILL AVAILABLE

Informational Meeting to be held on
Sunday, January 27, 2013
At
Dominion Fellowship Church
720 W. Delaware St.
3:00 - 5:00

Southern Tour includes
Fisk College - Nashville, TN
Spelman College - Atlanta, GA
Florida A & M - Tallahassee, FL
Morehouse College - Atlanta, GA
Tulane University - New Orleans, LA
Clark Atlanta University - Atlanta, GA
Samuel R. Johnson State University - Savannah, GA
Tennessee State University - Nashville, TN
Alabama State University - Montgomery, AL
Berry College - Wintona, NC

Tour Scheduled for March 31, 2013 through April 5, 2013

For More Information Call:
Trevor Black @ 419-476-7844
Gwen Banks @ 419-444-5912

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www.thetruthtoledo.com

NINTH BLACK DIASPORA CONFERENCE

2013 Theme: Celebrating the 150th Anniversary of the Emancipation Proclamation and Emancipation and Freedom Movements throughout the Diaspora

Under the sponsorship of the Department of Humanities
Central State University
Wilberforce, Ohio 45384
April 11 & 12, 2013

The Black Diaspora Conference is an annual interdisciplinary forum bringing people together to reflect on issues and concerns related to people of African descent. The objective of the conference is to promote and expand public awareness, scholarship, and research in the area of Black Diaspora studies.

The theme for the 9th Black Diaspora Conference is "Celebrating the 150th Anniversary of the Emancipation Proclamation." We invite the submission of papers and panels from scholars, faculty members, graduate and undergraduate students, and community activists. While papers on any aspect of the theme are welcome, the organizers are particularly interested in papers that explore the experience of Black people as they have had and continue to have in navigating the world. Presentations will be accepted in the following areas: history, cultural studies, literature, religion, politics, social organization, race relations, gender, labor and class studies, internet networking, psychology, performing arts, etc. Contributions may be historical, theoretical, empirical, or comparative. Innovative approaches on a variety of topics are especially welcome, for example The Souls of Black Folk, the March on Washington, the career of Simon Bolivar, and the South African Land Act #27 as any of these influence the idea of freedom.

Paper contributions should be for a 20-minute presentation. Acceptance of a submission implies a commitment to register for and attend the conference. Registration is \$100 for presenters and \$15 for retired scholars, senior citizens, and students.

Deadline for submission of abstract and/or paper: January 21, 2013

Notification of acceptance: February 15, 2013

Please mail or send via email your proposals for panels and/or papers (with abstracts of 150 words) as well as a brief c.v. to:

Dr. Jessica Johnson
Central State University
Department of Humanities
Wilberforce, Ohio 45384
Email: jjohnson3@centralstate.edu

OR: Dr. Anne-Marie Schuler
Central State University
Department of Humanities
Wilberforce, Ohio 45384
Email: ashuler@centralstate.edu

Lucas County Treasurer Mails 1st Half Real Estate Tax Bills

Bills for First Half of 2012 are due January 31, 2013.

Special to The Truth

Lucas County Treasurer Wade Kapszukiewicz announced last week that his office has begun to mail the real estate tax bills for the first half of 2012, which are due by Thursday, January 31, 2013. There are roughly 208,000 parcels in Lucas County, and Kapszukiewicz said that his office mails approximately 140,000 tax bills, with the remaining parcels billed electronically. He said that all bills should be in the mail by the end of the week.

Kapszukiewicz said he expects to collect at least \$240 million, which will go to fund local schools, senior citizen services, libraries, Metroparks, the 911 system, the zoo, and other agencies supported by property tax levies.

Payments sent via mail must be postmarked by Thursday, January 31, 2013 to avoid a late payment penalty.

Taxes can be paid in person at the Lucas County Treasurer's office, located on the 5th floor of One Government Center located on Jackson street between Erie and Huron in downtown Toledo (open 8:00 am to 5:00 pm, Mon-Fri.), or at branches of the following local banks: Key Bank, Huntington Bank, Fifth Third Bank, First Federal Bank, State Bank and Trust, and Genoa Banking Center. For payments made at local bank branches, tax-

payers must bring their tax bills and pay in full.

As an added convenience to its customers, the treasurer's office recently installed a 24-hour tax payment drop box - located at the northwest corner of Erie and Jackson Streets, in front of the Safety Building.

Payments can be made with cash, personal check, certified check, or money order. Credit card payments cannot be made by mail, but will be accepted from those paying in-person at the Treasurer's office. Credit card and E-Check payments

may also be made by phone through Federal Payments (1-877-690-3729) or through the Treasurer's website (www.co.lucas.oh.us/treasurer).

Per section 323.122 of the O.R.C. members of the National Guard or reserve components of the U.S. Armed Forces that are called to active duty may be granted an extension on their property taxes.

Questions can be directed toward the office's Real Estate Department, at 419-213-4305.

Children's Grief Program Being Established

Special to The Truth

A local program for children who have experienced the loss of a sibling, parent, grandparent or friend is being established as Good Grief of Northwest Ohio. By offering age-appropriate support groups and programming, Good Grief will help families find positive ways to work through the emotions associated with such a significant loss.

Good Grief is following the lead of 150 similar programs across the country as studies have shown that a childhood loss can be emotionally devastating and have a profound long-term affect on children's lives. Children with unresolved grief can suffer long-term depression, anger, relationship issues, acting-out, school failure, addictions, and even have suicidal tendencies.

Children will learn skills to help them deal with their feelings ranging from anger, guilt, sadness or fear. Through age-appropriate support programming, the experience of death and grief can be normalized bringing about a reduced sense of isolation and understanding helping them to reconcile their loss.

Good Grief will offer programming for children ages four - 24. An adult will accompany each child and will participate in programming as well. The program will be free and open to the public.

An informational forum offering details on the program will be held on Tuesday, January 15, at the UT Driscoll Alumni Center, from 6:30 p.m. - 8 p.m. The presentation will feature former local weatherman, Stan Stachek and daughter Sarah, former Miss American and director of Gabby's Ladder in Monroe, Kaye Lani Rae Rafko Wilson and Ele's Place founder Betsy Stover who will share details of programming as organizers are currently seeking program volunteers and families interest in participating. The forum is open to the public.

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Pay It Forward Birthday Celebration Launches Local Non-profit Foundation

By Artisha S Lawson
Sojourner's Truth Reporter

Typically a person's birthday is the time for celebration, cake, friends and family. Rochelle Hall-Rollins, a newly-minted doctor of pharmacy, turned her 50th celebration into an opportunity to launch her foundation.

Relly's Purple Bag is a non-profit foundation that will be focused on assisting disabled and disenfranchised individuals find resources and services to improve their quality of life.

Last Saturday's all-day event welcomed guests to contribute to the foundation in an effort to 'pay it forward,' as Hall-Rollins called it.

The December 29th celebration featured entertainment, food and fellowship to benefit the foundation. Hall-Rollins started the foundation after years of witnessing the hardship individuals experience attempting to receive basic needs.

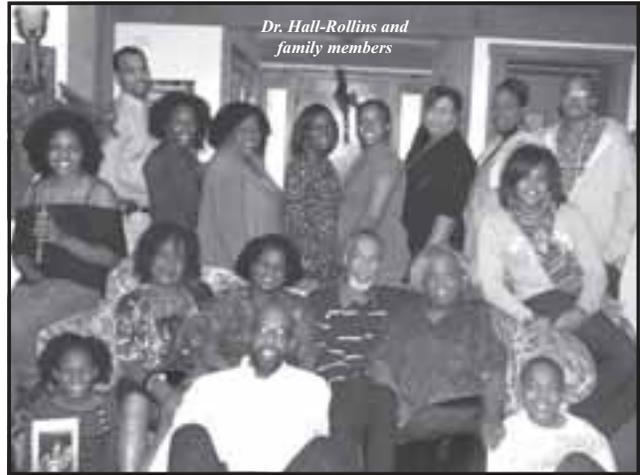
"I've accomplished so

much, today is about giving back. The Lord has truly blessed me. So this party is about paying it forward to those who need it most," explained Hall-Rollins.

The foundation has a few projects coming in the future, but nothing has been confirmed. Some of the project ideas include assisting caregivers of foster children, recently disabled individuals, providing supplies for pediatric outreach services, connecting disabled adults with housing services and medical co-pay assistants.

"I'm so excited to launch this foundation today. It's about helping people who can't help themselves and assisting with individuals become more independent in spite of their disability or situation," shared Hall-Rollins.

The foundation received its name from Hall-Rollin's first-hand experience in assisting a young person who was had hard times in attempting to collect services that the foundation will ultimately provide.



Dr. Hall-Rollins and family members



Dr. Hall-Rollins and husband Jeff Rollins

The individual's information, forms and support documents was contained within a purple bag, and that bag was carried to all appointments and meetings.

So when the time came to name the foundation, Relly's Purple Bag seemed a fitting name. "It was her idea, to

celebrate her 50th and give back. She is really a humble person. All proceeds from today are for the foundation," explained Jeff Rollins, Hall-Rollin's husband.

Hall-Rollins recently received her doctorate in pharmacy in May 2012 from Ohio Northern University. She had earned her under-

graduate degree from Temple College and for the past 18 years has been in the pharmacy at St. Vincent's.

She is originally from Brooklyn, New York, married Jeff Rollins in 1988 and their union has welcomed four daughters: Jerelle, Jocelyn, Jewel and Jordan.

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Health Section • Health Section

Your Guide to Becoming Supplement Savvy

By Samantha King, BGSU Graduate Food and Nutrition Student
The Truth Contributor

The best way to get your vitamins and minerals is through a healthy and balanced diet. Supplements can be very beneficial to some, and harmful to others. The most important thing to know about supplements is that unlike drugs, supplements *are not intended to treat, diagnose, prevent, or cure diseases*. Also, they are not regulated by the FDA like food and prescription drugs.

This means that the FDA does not test supplements for their safety or effectiveness before they reach the consumer. It is the FDA's job to respond to negative claims and take action *after* market. With this being said, here are a few organizations that do test supplements and provide their seal of approval on the label:

Consumerlab.com approved quality product seal
NSF International dietary supplement certification
U.S. Pharmacopeia dietary supplement verification program
Natural products association Trulabel program



Shop Safely for Supplements

Although the benefits of some dietary supplements have been documented, the claims of others may be unproven. If something sounds too good to be true, it usually is. Be a savvy supplement user by watching

out for false statements like: "A quick and effective cure-all," "can treat or cure disease," "totally safe" or has "no side effects."

Be aware that the term *natural* doesn't always mean *safe*. Don't assume that even if a product may not help you, at least it won't hurt you. When searching for supplements on the Web, use the sites of respected organizations, rather than doing blind searches. Ask your health-care provider for help in distinguishing between reliable and questionable information.

The Skinny on Supplements

Dietary supplements come in many forms including; vitamins, minerals, herbs and botanicals. Some are beneficial to health, while some have a simple placebo effect or unfortunate adverse effects. The following supplements are a few of the most commonly used.

Multivitamins

Vitamins are a natural substance from food that your body uses. A person should be able to consume all of the vitamins they need from a well-balanced diet. Multivitamins are prescribed to people who need extra vitamins like pregnant women and children, or people who cannot eat enough food to get adequate vitamins.

Creatine

Creatine is already manufactured by the body in the liver, kidneys, and pancreas. It also occurs naturally in foods such as meat and fish. People who take a creatine supplement usually take it to increase muscle strength in sports such as sprinting and power lifting. However, researchers found no athletic performance in nearly a third of athletes studied. It also has negative side effects including weight gain, abdominal pain, muscle cramps, diarrhea and possible kidney problems.

Vitamin C

Vitamin C is a water soluble vitamin that is present in most fruits and vegetables. It is most commonly taken as a supplement to reduce the onset, duration, or severity of the common cold. However, since vitamin C is water soluble, excess is just excreted from the body in urine. Over 30 major studies have examined the effects and not one has observed significant reductions in developing colds or reducing their duration.

Vitamin D

Vitamin D is naturally occurring foods including fish, eggs, and fortified milk. It is also produced naturally in the body with regular sun exposure. It is essential for calcium absorption and maintaining adequate blood levels of phosphorous. Vitamin

D been shown to provide protection against osteoporosis, hypertension and some cancers. It is currently one of the few vitamins recommended for supplementation along with adequate dietary intake. However, toxicity can result, so supplementation should be advised by a health professional.

Fish Oil

Fish oils are a source of omega-3 fatty acids in the form of DHA and EPA. These important nutrients can also be obtained from eating natural food sources of fish. There are some studies that promote the best way for the body to use the oil is from food sources and not from supplements. There are multiple studies supporting the intake of recommended amounts to lower triglycerides, reduce the risk of death, heart attack, abnormal heart rhythms, and strokes in people with known cardiovascular disease. They may also slow the hardening of the arteries and lower blood pressure slightly. However, fish oil in high doses has been proven to cause an increased risk of bleeding. Fish oil should only be taken under the supervision of a doctor.

For More Information on Supplements Please Visit:
U.S Food and Drug Administration at: www.FDA.gov
National Library of Medicine, Herbs and Supplements at: www.nlm.nih.gov
Office of Dietary Supplements at: www.ods.od.nih.gov
USDA: Dietary Supplements at: www.fnrc.nal.usda.gov



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Glaucoma Cases Among African Americans To Increase 66 Percent by 2030

Special to The Truth

As you and your loved ones watch the dawning of 2013, everyone is hopeful of what the new year will bring—reunions, graduations, marriages, and other fun family occasions. January is Glaucoma Awareness Month. Make seeing your best a part of your new beginning by doing what you can to make sure your eyes are healthy.

If you are African American age 40 or older or have a family history of glaucoma, put learning more about this disease on your resolution list for the new year.

There has been a steady rise in glaucoma among the African American community. Currently, more than 520,000 African Americans have glaucoma, and the National Eye Institute (NEI) of the National Institutes of Health projects this number

will rise to approximately 865,000 cases by 2030, a 66 percent increase.

African Americans have the highest prevalence of glaucoma among minority groups. Last year, NEI invested \$71 million on a wide range of studies to understand causes and potential areas of treatment for glaucoma.

Glaucoma is a group of diseases that can damage the optic nerve of the eye and result in vision loss and blindness. Primary open-angle glaucoma is the most common form. In this condition, fluid builds up in the front chamber of the eye, and the optic nerve is damaged by the resulting increase in eye pressure.

"Glaucoma affects more than 2.7 million people nationwide and is a leading cause of vision loss and blind-

ness in African Americans. In fact, African Americans are at risk of developing it at an earlier age than other racial and ethnic groups," said Dr. James Tsai, chairman of the Glaucoma Subcommittee for the NEI National Eye Health Education Program. "Primary open-angle glaucoma often has no early symptoms. However, as the disease progresses, a person may eventually notice his or her side vision decreasing. If the disease is left untreated, the field of vision narrows and vision loss may result."

"Studies show that at least half of all persons with glaucoma don't know they have this potentially blinding eye disease," said NEI director Dr. Paul Sieving. "The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam. NEI encour-

ages all people at higher risk of glaucoma—African Americans age 40 or older; everyone age 60, especially Mexican Americans; and those with a family history—to get a dilated eye exam every one to two years, because early detection and timely treatment may save your sight."

During a comprehensive dilated eye exam, drops are placed in your eyes to dilate, or widen, the pupils. This allows your eye care professional to see inside your eye and examine the optic nerve for signs of glaucoma and other vision problems. A test for eye pressure alone is not enough to detect glaucoma.

"It's very important that people don't wait until they notice a problem with their vision to have an eye exam," adds Dr. Tsai.

If you have Medicare, are African American age 50 or older, have diabetes, or have a family history of glaucoma, you may be eligible for a low-cost, comprehensive dilated eye exam through the



800-MEDICARE or visit <http://www.medicare.gov> for more information. To find out about other possible financial assistance for eye care, visit <http://www.nei.nih.gov/health/financialaid.asp>.

It's a new year, so make sure you and your family start it off right. Keep vision in your future. For more information about glaucoma, visit <http://www.nei.nih.gov/glaucoma> or call NEI at 301-496-5248.



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Heart Health Awareness



Every 90 seconds, someone in the U.S. dies of sudden cardiac arrest (SCA), a condition that causes the heart to suddenly and unexpectedly stop beating—but understanding the condition and talking to your doctor can help reduce your risk.

That's important, because approximately 95 percent of those who experience SCA will die as a result—and while it can happen to anyone, African Americans are significantly more likely to die from the condition.

A recent survey from the Heart Rhythm Society reveals that one reason for this increased risk is a lack of awareness of the condition, its risk factors, symptoms and treatments. Ninety percent of African Americans say their doctor has never talked to them about their risk for SCA. This lack of awareness prevents immediate and lifesaving treatments.

There are often no signs or symptoms of SCA, so the best way to reduce risk is to live healthfully and make sure to treat and monitor any existing conditions, including high blood pressure, high cholesterol and diabetes. Talk to your doctor and, if necessary, ask for a referral to a specialist.

Learn more at www.ArrestTheRisk.org

Still Looking for a New Year's Resolution? Try Creating a Healthy U

By Justin Moor, Area Office on Aging
Special to The Truth

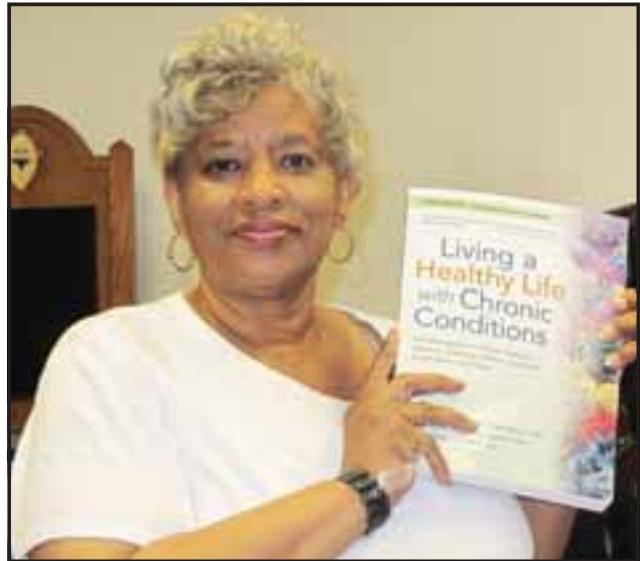
It's that time of year again when everyone is looking for a new year's resolution. For those who are looking for some help in keeping their health-related New Year's resolution or for those still looking for a New Year's resolution, the free Healthy U Programs offered locally are here to help.

The Healthy U Program is a workshop given two and a half hours, once a week, for six weeks, in senior centers, churches, senior apartment complexes and libraries. Workshops are facilitated by two trained leaders. Subjects covered include: techniques to deal with pain, exercise, appropriate use of medications and nutrition.

Last year, there were 238 people locally with chronic conditions, including diabetes, who completed the six-week Healthy U Program workshop that has been proven to reduce hospitalizations and improve self-reported health status.

Participants learn how to exercise appropriately, how to cope with frustration, fatigue and pain, how to manage symptoms, how to eat well, how to use medications appropriately, how to communicate effectively with family, friends and health professionals, how to set weekly goals and how to effectively problem-solve.

Lillian "Pat" Carter said, "I was diagnosed with diabetes and my doctor prescribed medication. Since attending the Healthy U Program, I walk four times a day, improved my diet and lost 26 pounds. My doctor now says since I've improved my health, I will no longer



have to take medication."

Those interested in participating in one of the following workshops or finding out about additional future workshops, should call the Area Office on Aging at 419-382-0624:

- UT Medical College, Tue. evenings, Jan 8-Feb 12, Chronic Pain Self Management Program
- Kent Library, Wed. afternoons, Jan 9-Feb 13, Diabetes Self Management Program
- St. Martin de Porres, Fri. mornings, Jan 11-Feb 15, Chronic Pain Self Management Program

The Epilepsy Center of NW Ohio Hosts a FREE Seminar

Special to The Truth

Epilepsy can happen to anyone at anytime. Studies show that epilepsy can develop after an accident, illness, or for no apparent reason at all. One of the main goals of the Epilepsy Center is to provide the community with valuable information that can be used to improve the lives of people affected by epilepsy and those with developmental disabilities.

All the more reason to attend this FREE seminar **Living with Epilepsy**, that will be held at the **St. Vincent Mercy Medical Center, 2213 Cherry St., Conference Room #2 – Toledo, OH 43608, Wednesday, January 9, 2013, from 7:00 PM to 8:30 PM.**

This seminar is titled: **"Epilepsy Syndromes in Children"**, and will be presented by **Dr. Michael Nagel, a Pediatric Neurologist from The Toledo Clinic.** There will be a question and answer session immediately following the presentation.

Reserve your spot today by contacting The Epilepsy Center of NW Ohio at 419-867-5950 before Monday January 7, 2013. Light refreshments will be provided. We look forward to seeing you there!

The mission of the Epilepsy Center of Northwest Ohio is to improve the lives of people affected by epilepsy and those with developmental disabilities.



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- Medical Mutual of Ohio
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Second Baptist's Winterfest Blesses Residents in Spencer Township

By Artisha S Lawson
Sojourner's Truth Reporter

The Christmas giving season inspired Second Baptist Church to sponsor 'Community Winterfest,' a neighborhood celebration to encourage fellowship and generosity. The December 22nd event opened with refreshments and fellowship within the community room of Spencer Township Neighborhood Center, where Second Baptist Church holds their services and outreach activities.

Youth of Second Baptist opened the service with a sincere welcome and scripture reading. Renee Johnson served as mistress of ceremonies. All aspects of the service were presented by youth and youth at heart. The pro-

gram included: Imagine Clay School Drumline and Drill Team of North Toledo, Second Baptist Church Voices of Praise, Indiana Avenue Baptist Church Praise Dancers, Christopher Buford of Amazing Grace AME Zion, Second Baptist Church Spiritual Praise Dancers, and poetry by Shauta Norwood of Second Baptist Church.

"Today's service is about sharing our love with the community through dance, Christmas songs, fruit baskets, and so much more," said Giselle Wilkes, chairman of youth and young adult ministry.

In addition to the program and fellowship, members of



Second Baptist donated 50 fresh fruit baskets, and 50 kids' stocking stuffers before the close of the program. Each fruit basket featured a spiritual quote of encourage-

ment, wrapped in care with a festive bow on top. The kids' gifts included a candy cane, with a new toothbrush and toothpaste. "Today's service is about sharing our love with

the community through dance, Christmas songs, fruit baskets, and so much more," said Wilkes.

Initially, Pastor J. L. Boose proposed this service and after Wilkes prayed for guidance she reflected on the congregation's ministries. The Winterfest's purpose was to share love with the community surrounding the location of the congregation's services.

"We wanted to reach out to the community. Our church is filled with so much love, that we wanted to share that love with our neighbors. The youth and young adult ministry partnered with the outreach ministry and Sister

Margaret Tarrant to pass out flyers," explained Wilkes.

As pastor of Second Baptist Church, Rev. Boose answered the call to step outside the church walls and connect with the residents who reside near Spencer Township Neighborhood Center.

"God put this on my heart, to do more than what we've done in the past and outreach is important in church and for growth. This community is a mixed-income community, and we wanted to be a greater blessing, a two-fold blessing. We wanted to bless the spiritual man with the program today, and the physical man with the baskets and



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food provided today. Second Baptist Church is blessed to have people like Sis. Wilkes, who carries out the blessings of God," explained Boose.

The program continued with a fashion show, with commentator, Mother Georgia Baker of Second Baptist Church and closing remarks by Pastor Boose.

2012 : The Year For Fearing The Black Man

By Michael Hayes
Minister of Culture



come here.

Even though there are many more regular, ordinary law-abiding black males walking around than ever before. We have branched out. We don't all like rap music. We don't all wear baggy clothes.

We don't even all have the same pride or understanding of what it means to be black.

There are even black men who won't feel that this article applies to them because racism and prejudice no longer exist. But no matter how diversified we have become, there seems to be more and more gun wielding white men ready to cut us down over nothing.

The Trayvon Martin incident happened on February 26, my birthday.

So many came forward to offer their voice in support of justice for his fam-

ily, but the fact such an overwhelming grassroots groundswell was even necessary speaks to a larger issue.

What is a black man's life worth to America?

This country mourns when someone beats a dog.

The outpouring of emotion when people abuse pets and animals is a constant.

But when a black male is in danger, then what?

First it was black men captured by 20 years worth of nightly news broadcasts that highlighted the criminal activity as if it was the only activity.

Now it's not even men who break the law.

It's just black men period.

Trayvon Martin gets shot and killed over nothing.

He posed no credible threat. His attacker had a police record, not him.

Jordan Davis was shot and killed by white men simply because of loud music.

And no, I'm not minimizing the incident... look into it for yourself if you're not hip.

Michael Dunn opened fire on a car full of unarmed, innocent black male teens simply because of their loud music.

We've got a lot going on.

Black rappers taking fashion cues from Paris runways, showing up onstage rocking crowds while wearing skirts and leggings. Quentin Tarantino's *Django Unchained*, a film that turns the atrocity of slavery into a Western-styled, shoot-em-up, buddy comedy starring Jamie Foxx.

Locally, we have these blue light cameras posted

but now it's not even being hidden... it's blatant.

What will it take for us to be seen as average citizens deserving of basic rights?

We run cities, states and entire countries.

We run corporations.

We lead families,

churches and communities.

The black man in America is barely 150 years out of full-blown slavery.

short time relative to how long we've been here and how long those who oppressed us have had as a head start.

Look at what we've accomplished with all that's been set in our path.

Sometimes I worry about sounding "too black" when I have to deliver a message such as this but if you look back at this past year I think you can agree that of all the things that need to be addressed, the war on black men is still high on the list.

This isn't to say that all of us are on the straight or narrow.

This isn't to say that all under-achieving brothers have been targeted for personal dis-enfranchisement.

We have plenty of our own in-house issues to clean up.

But this coming year needs to be the beginning of a new existence for us in this country.

There's a black man running the damn country, and doing a damn good job at it.

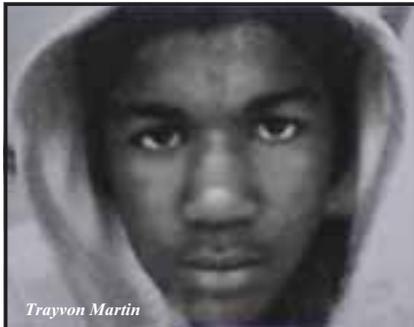
That should be enough to no longer fear us.

Hell, if you let us live... let us do our thang... we might just make improvements to the world that benefit everyone.

Peace.
mercuryspeak@gmail.com



Jordan Davis



Trayvon Martin

TOLEDO NAACP GENERAL MEMBERSHIP MEETING NOTICE

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, Jan 8, 2013, 7 pm at Third Baptist Church located at 402 Pinewood Ave. If you would like to become a member of the branch please send your check or money order payable to the Toledo NAACP, P.O. Box 9388, Toledo, Ohio 43697.

Adult Memberships are \$30 (includes a Crisis Magazine), Youth 20 and under is \$10 without the Crisis, \$15 with the Crisis.

For more information please call 419-407-6486 or email us at info@toledonaacp.com.

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For The New Year—Get Off To A Grape Start

If you've resolved to eat better this year, start by packing your plate with produce, including a dynamite little fruit—the Concord grape. Concord grapes are bold in taste and pack quite a nutritious punch. They can be enjoyed as 100% grape juice or in simple, healthy and flavor-packed recipes.

Welch's uses Concord grapes grown in North America exclusively by its family-farmer owners, who work tirelessly during harvest season to collect exceptional fruit that meets their high quality standards. These Concord grapes are picked at their peak and pressed into juice within eight hours of harvesting to capture their perfectly ripe flavor.

Thanks to the Concord grape, 100% grape juice can help support a healthy heart. According to Alton Brown, Food Network star, food historian and scientist, "Welch's presses the entire Concord grape, skin, seed, pulp and all, and that releases heart-healthy plant nutrients called polyphenols."

Many of the polyphenols in Concord grapes are the same as those found in wine. In fact, you can even use 100% grape juice instead of sweet wine in a variety of recipes, which saves you from needing to buy another ingredient at the store.

There are many ways to share the goodness of Concord grapes. 100% grape juice made with Concord grapes can be enjoyed in a glass as a nutritious beverage and can easily be incorporated into recipes for desserts, low-fat salad dressings, marinades and more. This tasty ingredient not only enhances the flavor of your favorite dishes, but also adds a boost of heart-healthy purple fruit to your day.

Here's one easy way to add this one-of-a-kind fruit to your menu:

Poached Pears in Grape Juice

1½ cups Welch's 100% Grape Juice made with Concord grapes

- 2 cinnamon sticks
- 2 strips of orange rind

4 pears, peeled with stems remaining

• In a medium saucepan, bring grape juice, cinnamon and orange rind to a boil.

• Place pears standing in saucepan and simmer for 15 to 20 minutes.

• Turn or spoon juice over pears as they simmer. Remove pears and let cool.

• Reduce sauce by boiling down to about 1/3 cup.

• Spoon sauce over pears and keep chilled.

• Serve pears by themselves or with light whipped cream.



Learn More:

You can find more facts, tips and recipes to share the goodness of Concord grapes with your family in the New Year at www.welchs.com.

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January 02, 2013

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Send resume with salary requirements or apply to:

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Fax: 419-936-7574
Email: hr@unisonbhg.org

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Applications for the Journeyman Inside Wireman test will be accepted January 7-11, 2013 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

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Send resume or apply to:

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TEAM LEADER, HEALTH HOME Full-time

Provides administrative and clinical leadership and oversight to the health home team and monitors the provision of health home services including physical health, behavioral health and social service needs and goals.

Must be licensed in Ohio as either a PCC or LISW or be an MSN-RN, supervisory designation preferred.

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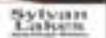
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Best Of 2012

By Terri Schlichenmeyer
The Truth Contributor

Drivel, dreck, and what the heck.

That kind of sums up the books that were released in 2012. There were some good things, some downright awful things, and some things that, well, they weren't bad but they weren't the best books you've ever read, either.

And then there were the gems.

I read just over 270 books this year, and (fortunate me!) it was hard to decide on just five picks in the three categories below. But here they are, in no certain order, my personal Best Of from 2012....

Adult Fiction

For me, the world totally ceased to exist while I was reading *The Absolutist* by John Boyne. Set in the years after World War I, it's the story of a former soldier who decides to return some letters to the sister of the friend who wrote them. Years ago, he knew the woman's brother – had a crush on him, in fact – but the man is now dead, and when the sister asks what happened, the narrator tells

her. What happens left me absolutely breathless.

I have to admit: I'm not a major Eric Jerome Dickey reader. Some of his books

leave me cold but *An Accidental Affair* chilled me with the action and double-crossing that happens to the books' narrator, who catches his be-

loved wife sleeping with another man. What he has to do to get her out of trouble will make you turn the pages so fast, you'll practically rip them.

Here's another end-of-the-war novel I loved: *Freeman* by Leonard Pitts, Jr. It's the story of a former slave who decides to find his wife at the end of the Civil War. He was free in Philadelphia, she was enslaved in Mississippi and there's also a parallel story that moves theirs along. The three tales together make this a novel that'll keep you in your chair for a good long time.

The Midwife of Hope River by Patricia Harman tells the story of a woman who becomes a midwife in the years before the Depression. In order to escape her past, she moves to the foot of the Appalachian Mountains to work, but her ways are not like the old ways. This book sings with beauty, love, and appreciation for life and for women. You know you've got a good book when you forget that it's fiction, which pretty much sums up this novel.

No, I wasn't only hooked on historical novels this year; *The Trial of Fallen Angels* by

James Kimmel, Jr. is my last pick in this category because it's one of those novels that asks you to suspend what you don't know because, well, you really don't know it. It's the story of a woman who wakes up in a train station in life, and she'll be a lawyer in death, but the court system in this Purgatory isn't what she's used to at all. This is a novel of six-degrees-of-separation and of forgiveness, and that's why it's on this Best of 2012.

Honorable mention in this category: *The Dog Who Danced* by Susan Wilson.

Adult Non-Fiction
Concussions and Our Kids by Robert Cantu, M.D. and Mark Hyman might seem like an odd pick for a Best Of list, but here it is. I put this book on here because what Cantu has to say is chilling, horrifying and cautionary. If you're a parent, an athlete, or a sports

fan, this may be mandatory reading for this coming year.

The sad fact is that *God's Hotel* by Victoria Sweet won't be on any bestseller's lists. Too bad, because it's a Zen-like memoir of the author's years spent as a doctor in a California almshouse. As she was working, she began to study the works of a Medieval nun who was also a healer, and that – Medieval times coupled with stories of modern medicine – make this a wonderful, strangely calming book to find.

Like just about everybody in the country, I had my fill of politics, which is why I was surprised to love *Indomitable Will: LBJ and the Presidency* by Mark K. Updegrave so much. This book, consisting of snippets of interviews of those who worked with, lived with and knew Lyndon Baines Johnson, is a quick but very fascinating look at a (perhaps unfairly) much-maligned man in office. It taught me a lot, and it sets a lot of records straight. This is a nice antidote to politics-as-usual, which is why it's on this list.

The Undead by Dick Teresi absolutely scared the daylight out of me! This is a book that explores death; specifically, when it occurs which, as it turns out, we don't fully know. Teresi then turns his attention to the issue of organ donation and... oh, my, if I tell you anything more, I won't sleep tonight. Just go read the book.

And with out further ado, the last book on this list is *Wait: The Art and Science of Delay* by Frank Partnoy, which is a scientific book about procrastination and why it's good for business, health and sports. Partnoy also explains why you should teach your kids to delay gratification, why snap decisions are often wrong, and why employers should embrace slower workers.

Honorable mentions in this category: *Sweet Hell on Fire* by Sara Lunsford and *Gypsy Boy* by Mikey Walsh.

Kids Books

Not just for kids, *Between the Lines* by Jodi Picoult and Samantha Van Leer is the story of a girl who falls in love with a fairy-tale Prince.

The difference is that the Prince is really in a fairy-tale – he lives in a book – which means that Happily Ever After may be only words. This is perfect for readers ages 12-to-Mom because, hey, it is Jodi Picoult, after all, right?

Speaking of fairy tales, *Cinder* by Marissa Meyer barely resembles the classic on which it's based. This Cinderella lives in the future, and she's a cyborg but she can't let anybody know. When she meets the Handsome Prince accidentally, what happens definitely is *not* Happily Ever After. This is one of those books that 12-to-17-year-olds will never want to end. The good news is that there's a sequel due out in February.

Set in Victorian times, *Splendors and Glooms* by Laura Amy Schlitz is the story of two orphan children who are enslaved by an evil puppeteer. After they perform at the birthday party of a rich little girl and she disappears, the children must figure out a way to escape and save the day. This is a dark but thoroughly enjoyable book along the lines of the Lemony Snicket novels, and it's great for nine-to-13-year-olds with a love for magical thrills.

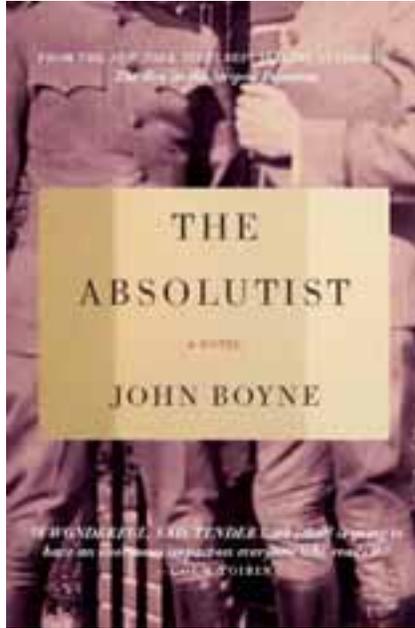
There was a lot to love about *Unborn: The Essential Field Guide to Serious Fun* by Joshua Glenn & Elizabeth Foy Larsen, mostly because it covers all kinds of interests for kids of all ages. There are indoor activities, outside things to do, rainy-day fun, quiet-time stories, trivia, and more. Older kids will enjoy this book and, with parental help, younger kids will get a kick out of it, too.

And finally, *What the Dog Said* by Randi Reisfeld, with HB Gilmour makes this list because it's so darn different. It's the story of a smart teenager who's dealing with too many problems at home and then, to make matters worse, her clueless sister adopts a dog. When the pup starts to talk and give advice, everybody thinks the teen's telling a shaggy-dog story but she's not. It's light and cute. Nothing earth-shattering; just cute.

Honorable Mention in this category: *Pinned* by Sharon G. Flake.

And there you are. Fifteen books (and four bonuses) to help you use those gift certificates under the tree, to add to your Wish List, to dig deep and find for those cold winter months.

Happy Reading!



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