Doctor of Pharmacy, Founder of Relly's Purple Bag

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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 joyful 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 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 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 tidiings of comfort and joy may be enjoyed by all and not merely by a few.

Contact Rev. Donald Perryman, D.Min, at drdlperryman@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 Commitment 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
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.

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.

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.

Payments may be made by bank 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/treasure).

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.
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.

“Many, 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. 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 undergraduate 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.
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 has 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
- Office of Dietary Supplements at: www.ods.od.nih.gov
- USDA: Dietary Supplements at: www.fnic.nal.usda.gov
Glaucoma Cases Among African Americans To Increase 66 Percent by 2030

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 blindness 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 encourages 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 glaucoma benefit. Call 1-800-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.

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 possible financial assistance for eye care, visit http://www.nei.nih.gov/glaucoma or call NEI at 301-496-5248.

Learn more at www.ArrestTheRisk.org
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 Sojourner’s Truth
January 02, 2013

Second Baptist’s Winterfest Blesses Residents in Spencer Township

By Artishu 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 program 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 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 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 Georgi 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

TOLEDO NAACP GENERAL MEMBERSHIP MEETING NOTICE

The Toledo NAACP Branch will have their General Membership Meeting Tuesday, Jan8, 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.

After four years of a black man effectively steer-
ing the world’s most pow-
erful nation through un-
precedented hardship, our
society still hates African-
American men.
Sure, they love us play-
ing sports. Sure, they love
us telling jokes. Sure, they
love us singing songs.

But the sight of a regu-
lar, ordinary law-abiding
black male is still unwel-
come here.
Even though there are
many more regular, ordi-
nary 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 under-
standing 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 preju-
dice 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 in-
cident happened on Febru-
ary 26, my birthday.
So many came forward
to offer their voice in sup-
port of justice for his fam-
ily, but the fact such an
overwhelming grassroots
groundswell was even nec-
essary 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 emo-
tion when people abuse
pets and animals is a con-
stant.
But when a black male
is in danger, then what?
First it was black men
who were captured by 20 years worth
of nightly news broadcasts
that highlighted the crimi-
nal activity as if it was the
only activity.
Now it’s not even men
who break the law.
It’s just black men pe-
riod.

Trayvon Martin gets
shut and killed over noth-
ing.
He posed no credible
threat. His attacker had a
policeman record, not him.

Jordan Davis was shot
and killed by white men
simply because of loud
music.
And no, I’m not mini-
mizing the incident… look
into it for yourself if you’re
not hip.
Michael Dunn opened
fire on a car full of un-
armed, 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 Un-
chained, a film that turns
the atrocity of slavery into
a Western-styled, shoot-
em-up, buddy comedy star-
ing Jamie Foxx.
Locally, we have these
blue light cameras posted
in inner city areas watch-
ing private citizens every
move.
It’s not a far stretch to
say that this country de-
spises us and targets us.
They know we aren’t all
criminals. They know most
of us aren’t threatening in
any way.
The extreme force used
against us and inhuman
treatment toward us has
never had a good excuse,

Think about that.
While the people who
stole this land have been
flourishing for centuries,
our people just got off the
plantation. It was illegal for
us to be taught how to read
or educated in any way.
It was on the law books
that we were only three-
fifths of a human being.
We have only been al-
lowed to read, write, vote,
work and build for a very
short time relative to how
long we’ve been here and
how long those who op-
pressed us have had as a
head start.

So many came forward
out of full-blown slavery.
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 per-
sonal dis-enfranchisement.
We have plenty of our
own in-house issues to
learn up.
But this coming year
needs to be the beginning
of a new existence for us in
this country.

There’s a black man run-
ning 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 improve-
ments to the world that ben-
efit everyone.
Peace.

mercuryspeak@gmail.com
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 expresses 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 grape 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 nutrient called polyphenols.

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.
Local Commercial Contractor is actively seeking a Laborer/Carpenter. Must have references. Equal Opportunity Employer. Please forward your resume via fax to 419.697.7580 or email to office@harpcontractors.com.

Reach Local Customers Through Up To Date Website
Would you like to have your business listed on a website that will make it much easier for customers to locate you? A web site that will be promoted in these pages and on other social media? A web site that will focus on locally-owned, minority-owned businesses? Call Sade at 419-243-0007 for more information.

TEAM LEADER, HOME HEALTH
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.

Send resume with salary requirements or apply to:
Human Resources - TLHH
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43605
Fax: 419-936-7574
Email: hr@unisonbhg.org

THE WILLARD APARTMENTS
2257 Upton Avenue
Preferred Properties, Inc. is accepting applications from January 2, 2013 through January 31, 2013 for a 1 bedroom ($365) and 2 bedroom ($415) apartments with a gas allowance.
Section 8 vouchers accepted.
Application fee is $25. For an appointment to apply, or more information, call (419) 389-0361.

PROPERTY MANAGER
Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Property Manager position. For complete details of the position and to apply, visit our website at www.lucasmha.org. Only online applications received at the above website by Friday, January 11, 2013, will be accepted. This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal if you are a LHMA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, sex, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.

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.

Send resume with salary requirements or apply to:
Human Resources - TLHH
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43656
Fax: 419-936-7574
Email: hr@unisonbhg.org

CARE MANAGER -HEALTH HOME
Full-time
Accountable for overall care management and care coordination of the consumer’s care plan, including physical health, behavioral health and social service needs and goals. May provide health home services as needed.

Must be licensed in Ohio as an LISW, LSW, PCC, PC or RN. Prior experience as a care manager preferred.

Send resume or apply to:
Human Resources - HHCM
Unison Behavioral Health Group, Inc.
1425 Starr Ave.
Toledo, OH 43656
Fax: 419-936-7574
Email: hr@unisonbhg.org

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.

Send resume with salary requirements or apply to:
Human Resources - TLHH
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1425 Starr Ave.
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Best Of 2012

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 (fortunee 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 – 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 troubled me with the action and double-crossing that happens to the books’ narrator, who catches his beloved wife sleeping with another man. Prior to this coming year, he had 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: Free Man 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 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 dead. She’s a lawyer 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 may 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 wonderfully, strangely calming book to finish.

Like just about everybody in the country, I had my fill of politics, which is why I was surprised to love what Partnoy has to say. Ludmilla Partnoy’s This is My Skin is a quick but very readable book and, with parental help, younger kids will get a kick out of it, too.

And with out further ado, the last book on this list is Unbored: The Essential Field Guide to Serious Fun by Joshua Glenn & Elizabeth Foy Larsen, mostly because it is perfect 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 Reifeld, with HB Gilmour makes this list because it’s so damn different. It’s the story of a smart teenager who’s dealing with depression 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 is telling a phsycho-dog story but she’s not. It’s the tale of an odd couple. Nothing earth-shattering; just cute.

Honorable Mention in this category: Pieces 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!