



Volume 36, No. 1

"And Ye Shall Know The Truth..."

November 4, 2015

It's National Adoption Month!



Robin Reese, Interim Executive Director, Lucas County Children Services

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Scandal

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

... Poverty in the world is a scandal. In a world where there is so much wealth, so many resources to feed everyone, it is unfathomable that there are so many hungry children, that there are so many children without an education, so many poor persons.

- Pope Francis



I want to commend Congress for stepping away from its chronic dysfunction in order to pass a bipartisan budget deal last week. The agreement was a small, but positive step in addressing the needs of low-income individuals and families, including our Ohio brothers and sisters.

It was the right thing to do.

Prior to the deal, Congress was looking at cutting as many as 1,500 existing housing vouchers in Ohio alone, as a means to reduce the deficit. In addition, compared to President Obama's budget, Congress's original budget plan would have meant that nearly 97,000 fewer workers in Ohio would have access to job training and employment services; nearly 32,000 fewer children in Ohio would have access to full day, full year Head Start; and our state would have lost as much as \$36.8 million in federal funding for K-12 education in low-income schools.

Of more than 150 existing human needs programs affecting low-income people, only 14 programs had more funding than in 2010, all the rest were cut. In addition, "about one-third of the programs (50) were cut by 15 percent or more. Thirty-nine programs were slashed by at least one-third," according to the Coalition on Human Needs.

Without last week's decisive action, the previous restrictive spending caps and harmful sequester cuts would have continued to hurt impactful programs from the Departments of Labor, Education, and Health and Human Services that lift families out of poverty and provide help to our neighbors who need it most.

The good news is that, the budget deal passed last week stops the hemorrhaging and eliminates the majority of these cuts, sparing many programs that serve low-income Ohioans from suffer-

ing further. The deal also contains positive news for those with disabilities who receive Social Security Disability Insurance and many others who receive Medicare Part B, as it includes much-needed fixes for both of these programs.

However, this current budget deal is only a FIRST and temporary step.

Members of Congress must now go back to the drawing board and determine how the new budget spending caps will be divided up amongst federal agencies and programs. How much money will go to housing vouchers, education, mental health services, and other critical programs? Our community and friends must make sure the additional funds go to the programs that help people the most. We must also let Congress know that we will not allow partisan fighting to stop them from passing a spending bill that represents the needs of the poor before the current funding runs out on Dec. 11.

Further, while the budget deal provides relief from most of the cuts that would otherwise have taken effect, it doesn't include any additional investments to help decrease poverty, which remains too high, both in Ohio, and throughout our nation.

Nearly 16 percent of Ohioans live in poverty, and nearly 23 percent of Ohio's children are poor, roughly the same levels in 2014

... continued on page 5

The Sojourner's Truth

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Community Calendar

November 7

St. Philip Lutheran 78 Anniversary Celebration: 9:30 am: 419-283-1434
Ebenezer Baptist Church Fall Concert: 5 pm; Featuring Ushering; "Jesus Is The Greatest Love the World Has Ever Known"

November 13-15

Indiana Avenue MBC Annual Men's Day Weekend: "Instructions for Victorious Living in Christ;" Friday - noon to 5 pm - Men and children clothing give-away; rib, chicken and turkey dinners; Saturday - 9 to noon - Fellowship breakfast, door prizes, financial workshop; Sunday - 9:30 - men's Sunday School, 10:45 - Men's Day Service (Guest speaker Jerry Jones of Cornerstone), 5 pm - Men's Day Musical: 419-244-7378 or 419-290-2501

November 14

Pilgrim Church's "Sweaters, Soups, Sweets & Santa:" 10 am to 2 pm; Shop the clothing. Have a bowl of soup, Enjoy sweet treats
Calvary Baptist Women's Ministry Cancer Awareness Day: 11 am; Vendors and health professionals discuss cancer prevention and treatment

November 21

St. Paul MBC Health Fair and Thanksgiving Basket Give-Away: 10 am to noon; Flu shots and other exams: 419-246-2886

November 26

Pilgrim Church 11th Annual Thanksgiving Day Dinner: Free for the community; 11 am to 2 pm: 419-478-6012

Why Dr. Ben Carson Is a Bad Negro

By Lafe Tolliver, Esq

Guest Column

No, Ben Carson is not the proverbial "bad" Negro, who in the days of slavery was the righteous hero who escaped the hell hole of slavery and aided others to find freedom "Up North."

No, Ben Carson is not a black Rambo who fights like a Tasmanian Devil against all wrongs pitted against black people who are fighting, "The Man."

No, Ben Carson is not the cool hipster like an articulate Malcolm X who had his act together and could debate and argue with the best of them regarding the racial sins of America and how black people needed to get their act together in a hostile land.

No, Ben Carson is not an astute philosopher who can spell bind you with precise historical anecdotal evidence of rights and wrongs by which he shames White America into doing the right thing.

No, Ben Carson is not an intellectual heavyweight who can slice and dice issues wherein they make sense and he can apply their verities to everyday life situations.

No, Ben Carson is not a pragmatic thinker with sound ideas that make sense and thus are sensible to the everyday John Doe and Mary Jane.

So, just who is this Ben Carson?

To date, Ben Carson has issued a lot of incredulous statements on the national scene that seemingly have their birth in an off-taste cocktail of ignorance, incredulity and head-in-the-clouds daydreaming.

For example, Ben Carson endorses the John Birch author W. Cleon Skousen whose book entitled *The Naked Communist* describes what Ben views as where America is headed.

Why would a black American go anywhere near the poisonous nonsensical wells of the John Birch Society and yank from that quagmire any of their gibberish?

For the life of me when white Republicans warmly wax about Ben Carson being a brilliant neurosurgeon (he separated conjoined twins at birth), somehow that medical marvel, for them, carries over into Ben Carson being brilliant in other arenas of life including being politically astute.

Ben Carson got a jolt of lightning when he publicly chastised President Obama, in person, at a prayer breakfast in Washington D.C. regarding the Affordable Care Act (aka: Obamacare).

From that audacious beginning, the fringe of the white Republican Party found a darling in a black man willing to publicly rebuke this black president.

From then on, it was a green light for Ben Carson and with favor with certain factions of the Republican Party.

His book sales went up and his speaking engagements were generously filled with enthralled Republican politicians wanting to see, up front and in person, a black man who called the president on the carpet.

Now, from his newly-vaunted political perch, Ben Carson, with reckless disregard for the truth, issues vacuous pithy political statements that can cause one to get a migraine headache.

How about America is akin to Nazi Germany and President Obama is akin to Hitler?

How about, if you are confronted with a wild-eyed mass killer that you should rush the shooter since he could not possibly kill all of the people rushing him?

How about people being able to get needed medical care on a national basis (Obamacare) is the worst thing in America since slavery and it is akin to slavery?

How about he prefers certain religious persons not to be able to sit in the White House (later he clarified it by saying only if they espouse Sharia Law)?

How about saying that President Obama has traits of a pathological liar?

Or, when he states, without facts, that anarchy could possibly cancel the 2016 elections or that Obama is deliberately using the immigration laws to bring in dependent people who will vote Democratic.

Again, no facts just pure hocus pocus talk and yet certain people love it.

Ben Carson is a stealth candidate in the fact that since he speaks softly and calmly and that means that he is the opposite of a demagogic Donald Trump; and thus is a "good" Negro with whom White America can feel safe.

Ben Carson is a stealth candidate in that he says things with his sleepy doe eyed looks that makes people feel that he is calm, cool and collected which is the polar opposite of the ranting and stream of consciousness carnival barker, Donald Trump.

Ben Carson is a stealth candidate in that even if his answers to a host of national and foreign policy questions border on brain freeze, his base loves it and encourages him to just be...Ben Carson.

If you are a follower of polls, Ben Carson has caught Donald Trump for the lead in the first caucus voting state of Iowa. If Carson wins Iowa, he is on his way to big bucks flowing his way and building that awfully important momentum going into New Hampshire and then to South Carolina.

Seasoned political pundits are wide eyed and without enough historical comparables to describe the sea change that is now sculpting the Republican Party due to the allegiance certain Republican voting blocs are now giving to Ben Carson...and there seems to be no end in sight.

For Carson to capture the White House with his total lack of any governing or management experience and to have run solely on the high octane of sheer anger and rage (for Ben Carson it is a controlled and subtle rage) at the system; and without viable and fundable projects or policies in place, America is setting itself up for a huge Humpty Dumpty fall.

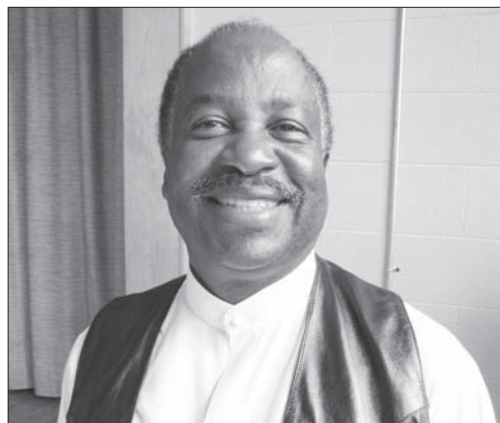
Ask yourself: Is Ben Carson the new Manchurian Candidate (rent the movie!) and are we his new patients on whom he could do political brain surgery?

These are exciting times but perilous political times since, in my humble opinion, the Republican Party is off the hook with Ben Carson as their flavor of the month.

Ben seems to be a lost black man caught up in spouting foolish radical white-fringe Republican jargon that has no basis in fact and much less in logic. And he seems quite OK with it. Confused. Lost. Sad.

Ben Carson is a "bad" Negro and that is not a good thing.

Contact Lafe Tolliver at Tolliver@Juno.com



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Rep. Ashford Votes in Favor of Sweeping Charter School Reform Bill

Lawmaker expresses concerns with charter teacher retirement restrictions

Special to The Truth

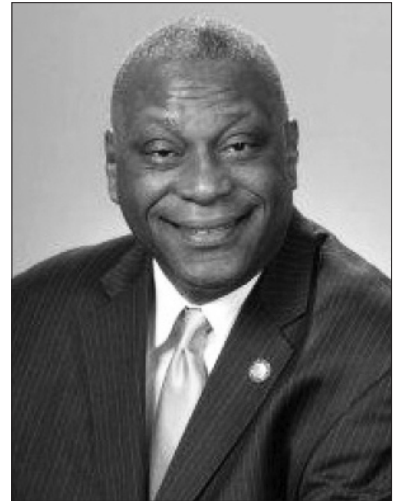
The Ohio House last week agreed on conference committee changes to House Bill 2 (HB 2), a bipartisan education bill aimed at increasing transparency and accountability for Ohio's charter schools. The months-long legislative process culminated in significant reforms that will strengthen oversight of a charter industry repeatedly plagued by fraud, scandal and failing report cards.

"Since the inception of charter schools, there has been a tremendous uphill battle to place charter

schools on the same playing field as public schools," said Rep. Mike Ashford (D-Toledo). "House Bill 2 is a solid first step toward ensuring that the children in our community receive the quality education they deserve."

HB 2 requires charter school operators to report how they spend tax dollars, tightens rules on student attendance and changes how the Ohio Department of Education (ODE) rates charter sponsors. Other changes include cracking down on "ineffective" sponsors, improving education standards and increasing accountability and transparency for Ohio's oft-ridiculed charter school system.

One last-minute change made to HB 2 in conference committee that did raise concerns among lawmakers was a restriction blocking new teachers at charter schools from being a part of the state pension system. The change will affect newly hired charter school teachers working directly for charter operators rather than the school districts that



Rep. Michael Ashford

provide the majority of charter school funding.

House Bill 2 passed the Ohio House by a vote of 91-6.



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New Generation of AREIS Arrives at Lucas County Auditor's Office

Sojourner's Truth Staff

Fifteen years after its implementation, the Auditor's Real Estate Information System (AREIS) is getting a much needed overhaul due to an aging infrastructure and outdated technologies. Last week, Lucas County Auditor Anita Lopez announced that a new AREIS Online was up and running which keeps Lucas County at the forefront in terms of innovation and transparency among the nation's counties.

"We are the first in the country," said Lopez. "No one else in the country has this technology yet."

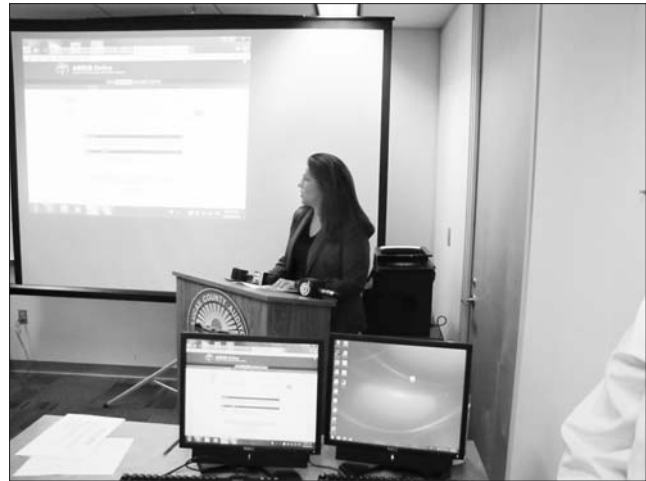
The AREIS Online upgrade now means that anyone with access to the Internet can perform advanced searches for all Lucas County properties – residential, industrial or agricultural. The site has long been used by realtors and will continue to be a valuable tool for those in that profession.

Now realtors as well as interested others can search properties by address, by owner's name, by parcel number or by assessor number. In addition properties can be viewed on grids or on up-to-date maps with a 360 degree view.

The Auditor's office is particularly proud of the fact that they completed the upgrade below budget saving Lucas County taxpayers millions of dollars.

"We were able to negotiate an excellent contract with our existing vendor," said Lopez. The county had set aside approximately \$7.4 million for the upgrade but ended up spending only \$2.4 million, said the Auditor.

Although it has been 15 years since the last upgrade, in the future the county won't have to wait as long. With the new AREIS Online system, upgrades can be done annually.



LC Auditor Anita Lopez introduces AREIS

The Auditor's office is holding training sessions over the next six weeks at the Toledo Lucas County Library branches to introduce the general public to the system. Sites and dates for the sessions can be seen on page 16 of this issue.

The AREIS website can be accessed at maps.co.lucas.oh.us/AREIS

Perryman... continued from page 2

as they were in 2013.

Poverty affects communities of color disproportionately. Almost 35 percent of African Americans and 28 percent of Latinos in our state are poor. The statistics are worse still for children of color – nearly one in two African-American children and more than one in three Latino children in Ohio live in poverty.

If we are real when we say that we want to help more Ohioans climb the ladder out of poverty, then much more must be done. Even with stopping the cuts this year, spending on programs that help low-income communities is down historically, and many of these programs have suffered from years of cuts, as alluded to earlier. More investments are needed.

Also, the budget deal failed to address the fact that corporations and the wealthy can afford to pay their fair share to ensure a shared prosperity – one that lifts up all. While Congress took a good first step towards helping the economic, social, and politically "least of these" when they passed the budget legislation last week, they must continue this work over the next few months. And, we must continue to lift our voices to our members of Congress and other elected officials to make sure they do.

For, to reside in or govern the richest economy in the world, to have so many poor and not address the issue of poverty – is a scandal.

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centrofohopebaptist.org



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Surviving the Winter: Easing the Toll on Health and Fitness

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

Although some local residents love the winter, it can easily take a toll on our health and wellness. I'll admit that I love living in a place with four seasons but I know as the cold weather moves in and all the Halloween candy is now on sale at the stores, it can be a time of year to think about "survival".

You may be thinking "don't remind me" but it is the time of year to make a healthy plan for the holidays and the winter season. Survivor's Guide to Winter is the theme of the 2015 Live Healthy Live Well Online Challenge, a free six-week email challenge designed to help participants challenge their health, emotional wellbeing, and survival skills this season.

The Survivor's Guide to Winter will cover a wide variety of topics from: cooking during the season, beating holiday stress, creating a winter tool kit, staying positive, finding ways to move, cultivating relationships and opportunities, and financial tips.

Wow! That's a lot of topics. What do they all have to do with healthy eating? In reality, all of those topics can easily sway our decisions

about food. If we are feeling rushed, obligated, stressed or sad, we don't always make the healthiest food choices.

While comfort food is often very personal and might represent different foods to different people, winter comfort food is often hearty and rich. Unfortunately, if comfort food is too rich or too high in calories and eaten too often, it will add extra calories and fat to the daily diet which results in weight gain.

Clemson University Extension defines comfort food as "any food or beverage that gives a comforting, satisfying feeling after you consume it. It provides temporary relief (e.g. stress relief) or a sense of emotional well-being (e.g. happiness, security or a reward)". There are no "bad" foods but if food is being used for emotional comfort and not for hunger satisfaction and nutrition, it could cause a winter weight gain.

What does "surviving the winter" mean from a nutrition point of view? Although winter doesn't pull up the same images of blue skies and fresh produce compared to when we think about summer or fall, there are plenty of fall fruits and vegetables that store well and are available through the next few months like apples, onions, winter squash, sweet potatoes, beets and turnips.

In addition, winter is a good time to experiment and try new recipes with frozen foods and low-sodium canned foods. It's the time of year when a hearty bowl of oatmeal or other cooked cereal with fruit and nuts is a great start to the day.

Instead of feeling stressed, can we cultivate feelings of relaxation, gratitude and healthy resolutions? Can this winter be a time of health and wellness and thriving verses just surviving? What are your favorite comfort foods and how can they fit into your healthy lifestyle?

Can you adapt recipes? Choose smaller portions of that food less often? What are some healthy ways you like to counteract stress and cooped-up feelings during the wintertime? My winter wish for you is a healthy, delicious and enjoyable season.

Join us online for the six-week wellness challenge as we give tips for a healthier lifestyle and better balance during the holidays. Sign up here: <http://go.osu.edu/SGWLucas>. The Challenge lasts from November 23, 2015 to January 3, 2016. If you have questions, please feel free to contact your OSU Extension Family and Consumer Sciences Educator in Lucas County, Patrice Powers-Barker, powers-barker.1@osu.edu

The Knotty Truth

Natural Care for Locs
Saturday, November 14, 2015
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It's What You Can't See...

By Dianne Pettis

The Truth Contributor

Would you keep your hand over an open flame, though it's burning your skin? Or would you intentionally pour acid onto an open wound? Of course not! That would burn, right? That would cause a lot of damage that could change your body forever.

Even if the burn, or acid happened accidentally, surely you wouldn't want to experience that pain again. I would imagine that you would avoid those situations at all costs.

That's sort of graphic, but think INFLAMMATION. If your body experiences a burn, or anything harmful, your body attempts to protect itself. As a part of the acute healing process, the body tries to remove whatever is trying to harm it, then heal itself. In the case of a burn, pain results because chemicals are released that stimulate nerve endings.

Capillaries in the area fill up with blood, attempting to flush the area. This extra blood causes redness and swelling; the area is irritated. Next in the healing process, comes pus when the immune system is activated. Then granulation (new) tissue forms. In the short term, inflammation is a good thing. Our wounds would never heal without the inflammation process.

The same process happens on the inside of our bodies when there is an irritant, such as a poison, bacteria, virus, toxin, or a damaged cell. You just can't see the protection, healing, and inflammatory process that goes on – but it happens continuously. When there is a short-term or acute irritant, the body handles it.

At times you may experience a little heartburn, a little headache; or an increase in pulse; but most of the time you don't notice the effects of the inflammation process. The body is designed to handle an issue, then go back to normal.

When there is a constant or repeated offense to the body, that inflammation process persists. Just as if you were to keep putting your hand over that open flame; it never gets a chance to totally heal. The tissue, the organ, the cell, the blood vessel, the nerve - becomes damaged.

Sometimes there is irreversible damage. This is the cause of chronic illnesses such as obesity, diabetes, heart disease, arthritis, some cancers, Alzheimer's disease, asthma, autoimmune disorders, and inflammatory bowel disease. Chronic inflammation = chronic illness.

Some of the irritants that can affect us are difficult to avoid in today's world. The thing we can control is what we put into our bodies in the form of what we call food. One of the top "foods" that cause inflammation is sugar. In diabetes for example, it's the high amount of circulating glucose (sugar) that damages the nerves in eyes – causing blindness; and in hands and feet – causing neuropathy. It damages blood vessels – causing high blood pressure and kidney damage – leading to dialysis or amputation of limbs.

Other top offending "foods" are (stop reading now if you really don't want to know), most common cooking oils, trans fats, deep fried foods, dairy products, commercially raised animal meats, red meats, processed meats (bacon, lunch meats, hot dogs), meats grilled at high temperatures (bar-b-que), alcohol, refined grains, and artificial food additives.

You're probably wondering what you CAN eat. I would suggest that you look at your current health situation. Do you have one or more of the chronic illnesses, I mentioned above? Do you notice that you don't feel quite right after you eat certain foods? Would you really keep putting your hand over that flame if it was constantly burning your hand?

I know it's not realistic to go 'cold turkey', and eliminate all your favorite foods. But, if you're serious about making some positive health changes; pick one 'food' that you will change, eliminate, or cut down on. I'm sure you'll notice some beneficial changes.

You can't see the inflammation process, but you sure can feel the effects of chronic inflammation. You're body's talking to you; saying, "Work with me!" Use wisely, your power to choose.

Dianne Hart Pettis,
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Lucas County Children Services Continues Focus on Family Well Being

By Fletcher Word

Sojourner's Truth Editor

The good news, according to Robin Reese, interim executive director of Lucas County Children Services, is that the agency is in very capable hands.

"We are doing quite well because we have such a high level of professional staff," says Reese who has been part of that professional staff for 31 years and assumed leadership of the child care agency this past September.

"We have a lot of things going well at this agency," she adds. In addition to the highly professional staff, she notes that the agency, as always, is outcome focused with manageable case loads for the staff.

The staff is so professional, says Reese, that the leadership transition "has been easy." That is the transition, though not permanent yet, from the long-time leadership of previous Executive Director Dean Sparks to Reese's. Reese had been an as-

sociate director prior to being given a contract as the interim executive director.

Now for the bad news. The agency has about 400 children in their care with a need for foster homes and 165 such homes. That figure of 165 is down nearly 50 percent from a couple of years ago. "We have stretched our foster homes to the limit," says Reese.

According to data available for the first three quarters of 2015, the agency expects to have a nearly 25 percent of children entering agency custody compared to a 12 percent increase in 2014.

So the search is on for additional foster homes particularly in the inner city's 43607 zip code area where the number of children in agency custody is so high.



Robin Reese

... continued on page 11

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Lucas County Children Services Recognizes National Adoption Month

Agency Celebrates the "Many Faces of Adoption"

Special to The Truth

November is National Adoption Month, and Lucas County Children Services (LCCS) is getting involved by celebrating the "Many Faces of Adoption." On November 2 at 9:30 a.m., a special program for agency staff featured families that have adopted children through LCCS.

One family adopted a group of five siblings; another adopted an older child; another adopted a child with special needs; and yet another was a same-sex couple who adopted a child.

While all of these families seem very different on the surface, they all share the keys to becoming successful adoptive parents: the willingness to love a child, the ability to nurture a child, the ability to make a lifelong commitment to a child, and the ability to welcome a child into their family whose biological parents were unable to safely parent him/her.

"There is no one type of person who is the 'perfect' adoptive parent. They are as different as the children they adopt: younger or older, middle class or working class, single or married, of every ethnicity or race imaginable. We appreciate them all, especially during National Adoption Month, when we're once again reminded that 40 children in Lucas County, and more than 102,000 children nationwide, are in foster care awaiting new, 'forever' families," says Robin

Reese, LCCS interim executive director.

Information about adopting a child from LCCS foster care is available at the LCCS website, www.lucaskids.net, or by calling 419-213-3336/419-213-3336.

Every child is a gift.



Name: Aaron
 Born: July 2004
 My favorite color: Red
 I really like to eat: Everything!
 My favorite thing to do: Play video games.
 On TV, I like to watch: Cartoon Network
 My favorite movie: "The Avengers."
 The sport I like most: Football.
 My favorite class at school: Lunch
 What I like about myself: I try hard
 When I grow up, I want to be: A positive person.
 I'm looking for a family that will: A family that will take good care of me.

The most interesting thing about me:

I really like sports!



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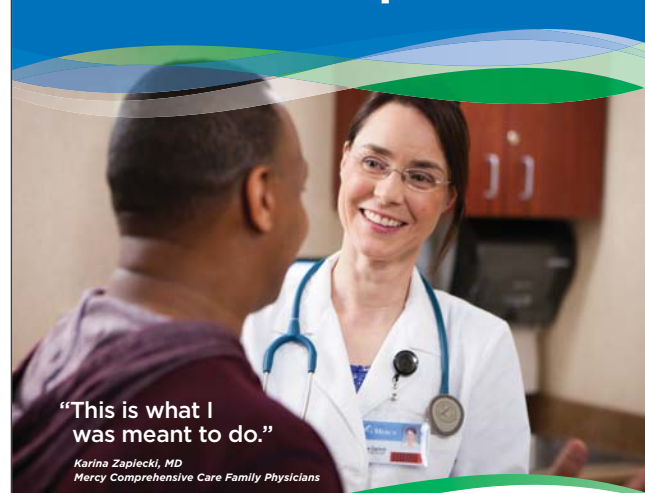
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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan

I am a 32-year-old woman and I want to build some muscle and lose weight. People are telling me that I should just do cardio to lose weight before I begin to lift because I will just put on muscle under my fat. I don't want to wait! I feel like I need to get started now so that I can get a jump on a better summer body. Is there any truth to this and can I lose weight and lift without looking fatter?

Patty

Dear Patty,

I hear so many people say this about starting an exercise program. I do not know where people get this ridiculous concept from. It is absolutely absurd for this to even become someone's train of thought.

There is no problem with you starting an exercise program as you simultaneously try to lose body fat. Actually that is the best and most effective way to do it. As you weight train and add muscle tissue you will also lose body fat. Adding muscle tissue raises your metabolism because your body continues to burn calories for 12-plus hours after you end your training session.

When you do cardio alone, you run the risk of losing more muscle tissue and looking flabbier than you did when you began. When you are finished with your cardio your body is finished burning calories. I know you have seen skinny "fat" people before. This is from people doing too much cardio, not incorporating any resistance training and not getting adequate nutrition to feed your body what it needs to yield the results you desire.

For the best results you need to have all three components work-

ing together. Cardio, weight training as well as nutrition. I am a firm believer that no matter what you are trying to accomplish that nutrition is 95 percent of your desired results. And protein should be your main staple.

Fat loss requires sound nutrition! Muscle gain requires sound nutrition! Overall health requires sound nutrition.

You need to feed the body what it needs to obtain the desired result you seek. You can't work out and continue to eat the way you do and expect results. At best you might maintain because you have added activity.

Don't jump in with both feet unless you are ready to make that kind of sacrifice. Too much too fast will set you up for failure. Nutrition is the hardest part for people to get a handle on.

Start your workouts with three days of weight training and do a total body workout three days per week. If you have the energy to do so, do your cardio for 20 minutes after you lift. This burns more body fat.

If you are too tired to do your cardio then try to do 20 minutes on separate days. As far as you nutrition goes, start cutting out the sugars and unneeded bread. You don't need to eat 100 percent clear right now but you will want to work towards that.

Every little thing you do has the potential to create huge results for you. Results create motivation and motivation creates more results. Stay positive as well, focus on your results not on your short comings.

If you lost two pounds then focus on that, not on the other amount of weight you need to lose. Good luck, stay focused and positive. Remember, baby steps turn into miles.

I do not know how much weight you are trying to lose but I have a program that I do with groups of people who need to lose 25 pounds or more. If anyone is interested in this program please contact me.



Ryan Rollison

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Tips for Choosing and Using Your 2016 Medicare Health Plan

Special to The Truth

It's that time of year again: The Medicare Annual Election Period (AEP) begins October 15 and runs through December 7. Medicare is a critical source of health care for millions of Americans, and the Centers for Medicare & Medicaid Services (CMS) sets this time for people to select and make changes to their plans each year.

As AEP approaches, the old adage "good health is priceless" remains true. According to a survey by Cigna, a leading health service company and Medicare insurance provider, health, well-being and financial security are strongly linked in the minds of Americans. Their research shows that many people have anxiety about their financial health that goes far beyond making health care benefit choices.

That's why it's crucial Medicare consumers consider their health and budget needs as they evaluate health care options for 2016.

"Choosing a plan isn't as simple as just keeping the one you had last year or looking only at the monthly premium costs. The goal should be to choose a plan that best meets your individual needs," says Herb Fritch, president of Cigna-HealthSpring, Cigna's seniors business unit. "Comparing affordability alongside the plan's benefits and services is an important balance."

Family Well Being.. continued from page 8

"We want these children to stay in the same neighborhoods and in the same schools," says Reese explaining the benefits of stability in light of the challenges presented by clients with unstable family situations.

Among the biggest challenges for the agency are those in its custody who have mental health issues and substance abuse issues. Many clients have both issues, of course.

Moving forward, the leadership of LCCS intends to become even more engaged with the community it serves. "We are intent on building stronger collaboration with the community," says Reese. "We now lead that effort but we need community support. We want to maintain a high-level professional staff and we want to build an array of services for relatives who have taken in children."

LCCS, whose annual budget is approximately \$41 million, spends a large chunk of those funds on personnel and placement. While finding foster homes is a primary goal for the agency, locating homes for adoption is also part of the LCCS mission.

"We are still in need of families," says Reese "and our adoption numbers are down."

Currently there are between 40-50 kids in need of adoption, many of whom are difficult to place because they are teens, or are part of sibling groups or have special needs.

As 2016 approaches, LCCS will be placing a levy on the ballot for Lucas County voters in order to help the agency address the shortcomings in services the staff feels are necessary for children in the area. "Without a levy we are reduced to simply making home visits," says Reese. "We have to be in a position to provide services. We want to be case managers. We want to be case workers."

To help you choose a plan and get the most from it, consider these five tips:

1. Make a list of your priorities and use it to compare plans. Focusing on prevention? Keeping out-of-pocket costs low? Staying active? Take time to evaluate plan options according to the health and financial goals you value most.

2. Be sure your plan offers comprehensive preventive care benefits and use them. Many health plans offer preventive health benefits at little or no cost. The Centers for Disease Control and Prevention estimates that 100,000 lives could be saved each year if everyone received the recommended preventive care.

3. Know your network. Many plans offer choices with a network of doctors. Choosing primary care doctors and specialists in network can provide better communication and care coordination, and keep your out-of-pocket costs down.

4. Get rewarded for staying active. Keeping fit is essential to healthy aging. Original Medicare doesn't cover gym memberships or fitness programs, but some Medicare Advantage plans offer such benefits as part of their coverage. Many are free and some reward you for staying active.

5. Use free resources. CMS' Plan Finder helps you compare costs, covered medications and other items. Many insurance plans offer free seminars with no obligation to sign up. You can also check health plans' websites or call their customer service number for more information. Local and state agencies on aging also connect older adults and caregivers with community resources. Your plan may offer newsletters with helpful information about your benefits.

As you weigh the options, Fritch offers this advice: "It's worth it to take the time to set your priorities and see how plan benefits stack up. Only then can you choose a plan that really helps you get the most from it and reach your goals."

Courtesy StatePoint

November is National Adoption Month.

Consider adopting a child from foster care.

In Lucas County alone, more than 40 children are waiting for "forever families" to call their own. Many have been waiting two years or more for the happiness and security that only a permanent family can bring.

Call Lucas County Children Services today to learn how you can change a child's life through adoption.

Call 419-213-3336
or visit www.lucaskids.net



Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Three Habits for Healthy Skin this Season

Special to The Truth

Want a glowing complexion? The services of a professional esthetician can run you a pretty penny, but luckily, an at-home routine can promote great skin, too.

For a convenient and affordable spa effect at home, consider the following.

Healthy Habits

Your skin truly is a reflection of your overall health, so adopting habits that benefit the entire body is crucial for a glowing complexion. Strive for a well-balanced diet, rich with essential vitamins and nutrients and be sure to stay

hydrated. If you are a smoker with a desire to quit, the promise of healthier skin may just be the motivation needed to kick the habit. Drink in moderation. Lastly, get plenty of exercise -- just be sure to wash up shortly afterward to avoid clogged pores.

At-Home Care

Innovations in the skin care marketplace are making it easier to develop a routine at home that promotes the same smooth, glowing skin you can get from a spa treatment.

For example, the Panasonic Micro-Foaming Cleansing Device is a gentle Japanese-style cleansing tool, designed for deep, gentle pore

cleansing.

On a daily basis, first use your favorite cream, lotion or oil cleanser with its warming makeup removal plate to loosen and remove makeup with its heated makeup removal plate. Then, use a foaming cleanser along with the Japanese-style cleaning brush to cleanse your skin, purify pores and gently remove dirt, excess oil and lingering makeup.

Supplement this routine with more targeted cleansing twice a week. Use the silicone brush attachment and your favorite cleanser to focus on problem areas, such as blackheads around the nose.

... continued on page 13

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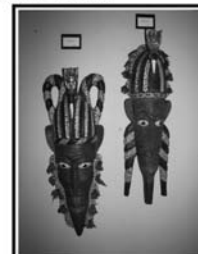
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Buffalo Soldiers: Heroes of the American West By Brynn Baker

By Terri Schlichenmeyer

The Truth Contributor

Your family is filled with people to whom you look up.

There's Grandpa, who served in the war. Grandma, who raised many children with little money. Your uncle, another veteran overseas; and both your parents, who keep you fed and safe. You look up to all of them but imagine how high you'd have to look if they were on horseback, and then read *Buffalo Soldiers: Heroes of the American West* by Brynn Baker.

At the beginning of the Civil War, many freedmen and recent-runaway slaves tried to enlist in the Army to fight for the North. There were laws against that kind of thing then, but after the Emancipation Proclamation in 1863, the Union Army was open to former slaves, who fought in segregated units.

Says Baker, "By the time the war ended in 1865, about 186,000 black soldiers had joined the Union army." Twenty-five of them were awarded the Medal of Honor for bravery in battle and so, seeing that African Americans made fine soldiers, Congress "reorganized the army" to create six "all-black regiments" (later reduced to four) and sent them to patrol the Western territories on foot or by horse. They were called Buffalo Soldiers, although nobody knows exactly why.

Segregation was still the law of the land then, but being a Buffalo Soldier was a way to make a living while also gaining "the respect of white men." Riding on horseback, the Buffalo Soldiers kept the peace in a lawless Western frontier. Relations between settlers and Native Americans were shaky, and the soldiers helped eliminate disputes. They were assigned to fix forts, help local sheriffs uphold the law and guard mail carriers. While doing their jobs, they mapped the new territories and took note of the wildlife they often encountered.

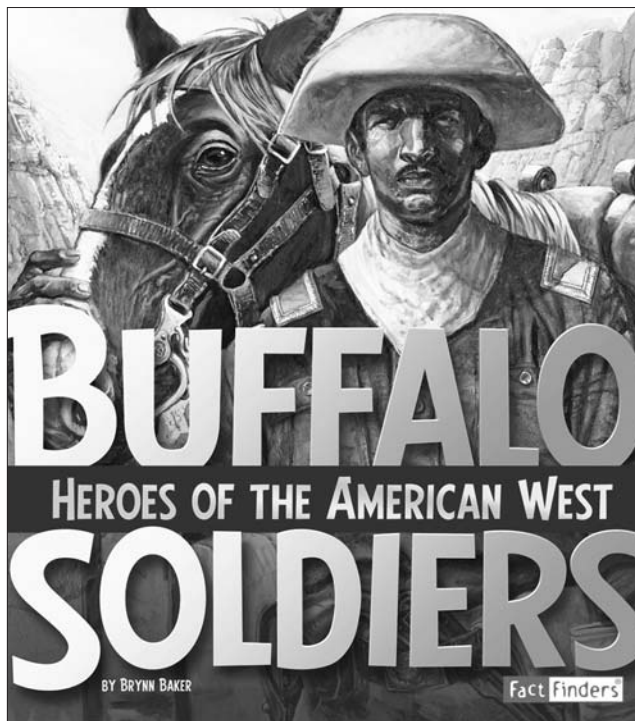
There was adventure, but the job was "challenging," too: housing was usually poor, food was sometimes lacking, while battle and disease also took its toll. Buffalo Soldiers often worked with second-rate equipment and broken-down horses. Still, they "took their jobs seriously and served with honor" and eight states can thank their existence, in part, to "the Buffalo Soldiers' service to their country."

c. 2016
Capstone Press
\$26.65 / higher in Canada
32 pages

Dates and names. Does your child think that history consists just of those two sometimes-boring things? Show him that there are lively stories behind those names and dates by giving him *Buffalo Soldiers*.

With plenty of pictures and sidebars, author Brynn Baker puts history into perspective by explaining, in child-friendly terms, how black men (and at least one woman!) helped settle the West at a time when African Americans sometimes struggled for the chance to own property themselves. Baker furthermore shows how Native American history is intertwined with that of the oldiers, and it's told in an engaging, almost story-like way that I think kids will enjoy.

For nine-to-12-year-olds, this is a great introduction to a sometimes-overlooked facet of history and it might spur them to delve even further into the topic. History-minded children, especially, may want to read *Buffalo Soldiers* for pleasure, too, so go ahead – look it up.



Healthy Skin... continued from page 12

To learn more about this three-step at-home skin care routine, visit www.Panasonic.com/beauty.

Rest and Relaxation

Between packed schedules and a screen-loving culture, it can be difficult for lights-out to occur at a reasonable hour. However, proper rest is needed for your body to function at its peak -- and of course, a good night's sleep is the basis of the concept of beauty rest. The National Sleep Foundation's recommends that adults ages 18 to 64 should aim for seven to nine hours nightly

Additionally, the Department of Health and Human Services links stress with acne and other skin problems. Whether you prefer bubble baths, a yoga practice, or quality time with friends, for the sake of skin beauty and health, (as well as your happiness) take time out from your schedule to reduce stress.

Get smart about your skin care -- a DIY approach can be an affordable and convenient way to get the glowing skin you want.

Courtesy StatePoint

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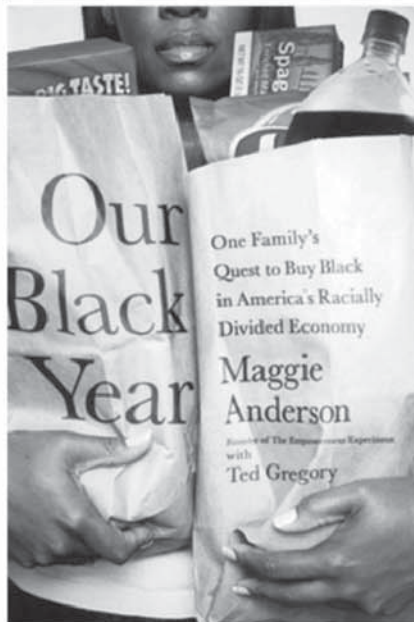
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CLASSIFIEDS

November 4, 2015

Page 15

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November 30, 2015 Sylvania Branch Library 6749 Monroe St. 12-1pm & 6-7pm	December 1, 2015 Holland Branch Library 1032 S. McCord Rd 12-1pm & 6-7pm	December 8, 2015 Lagrange Branch Library 3422 Lagrange St. 12-1pm & 6-7pm	If a business or community organization would like training with AREIS, please contact Ryan Reiter @ (419) 213-4335.	
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