



# Last Minute Gift Guide

Your

A Special Supplement to

Cleveland Daily Banner

# Last Minute Gifts



Banner photo, DANIEL GUY

**DON'T FORGET** your furry friends this holiday season. Schedule a visit at Appalachian Animal Clinic to ensure your pets are in the best health for the holidays and beyond. Ensure your pet's safety by keeping toxic plants and foods out of their reach!

## Gift ideas for yogis, gym rats and wellness lovers

MIAMI (AP) — We've rounded up the 10 best gift ideas for all your favorite gym rats from Weekend Warriors to barre lovers.

### STOCKING STUFFERS ENSO SILICONE RINGS

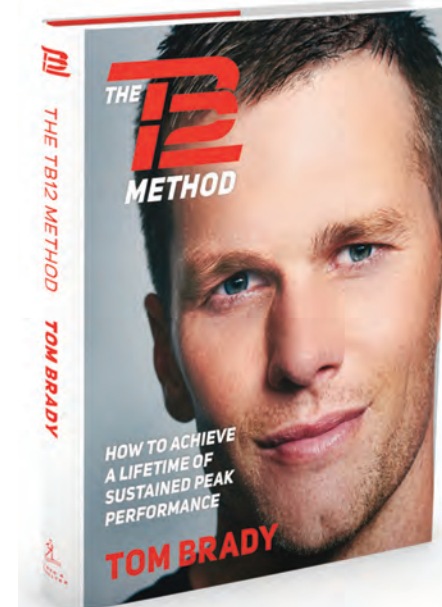
Metal wedding bands can be a serious drag. They pinch your finger when you're lifting weights, slide all over the place during sweaty yoga and can cause major stress when you have to hide them in your gym locker. These silicone rings are super comfortable, flexible and durable. The stackables come in fun colors and finishes. Keep extras in the car for last minute workouts. Rings start around \$10.

### MIRAI CLINICAL'S CBD BATH BOMBS

These aren't your ordinary bath bombs. They're infused with CBD oil, Epsom salts, kaolin clay to soothe the achy muscles after a grueling CrossFit workout. The essential oils help you mellow and there's no synthetic dyes, artificial fragrances or other preservatives. And yes, they're totally legal. \$8 each.

### STACKABLE RESISTANCE BANDS

The easiest way to sneak in a solid workout at home or in your hotel. Black Mountain Product's super light-weight resistance bands range from 2-4 pounds to 25-30 pounds of resistance — perfect whether you're recovering from an injury or looking to get swole. The set comes with a door anchor, metal clip system, soft-grip



**IN TOM BRADY'S** book "The TB12 Method: How to Achieve a Lifetime of Sustained Peak Performance," he shares his holistic approach to staying in shape physically and mentally, breaking down everything from his diet and training regimen to brain games.

handles and a lifetime warranty. \$32.99

### FOR HIM

TOM BRADY'S BOOK "The TB12 Method: How to Achieve a Lifetime of

See **WELLNESS**, page 3

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**WELLNESS**

from page 2

Sustained Peak Performance."

Love him or hate him, there's no denying that this quarterback is still winning games at an age when many others are retiring. Brady shares his holistic approach to staying in shape physically and mentally, breaking down everything from his diet and training regimen to brain games. The book also explains Brady's stance on muscle pliability and provides exercises, shopping lists and supplement suggestions. \$30



Mirai Clinical via AP

**TOM BRADY FOR UNDER ARMOUR'S ATHLETE RECOVERY SLEEPWEAR**

Training hard can take a major toll on your body. Brady sleeps in PJ's that use print technology on the inside to reflect far infrared, which claims to help your body recover faster and promotes a better night sleep. They're also super soft and comfy. Men's sleep T-shirt is \$79.99.

**APPLE WATCH NIKE SPORT BAND**

Functional and cool, the Nike sport band for your Apple watch features compression-molded perforations for breathability and a light, flexible material. Translation: It moves comfortably when you're sweating but it's strong enough to stay put. \$49 but it's strong enough to stay put. \$49

**FOR HER****FIT MAMA LEGGINGS TO SUPPORT HOUSTON, VENEZUELA**

Forget Lululemon. These are hands down the most comfortable, best fitting workout pants you'll ever own. Fit Mama is bringing back her limited edition Pray for Houston and SOS Venezuela leggings during the holidays. This gift does double duty as a por-

**THIS UNDATED PHOTO** provided by Mirai Clinical shows their CBD bath bombs. These aren't your ordinary bath bombs. They're infused with CBD oil, Epsom salts, kaolin clay to soothe achy muscles after a grueling CrossFit workout. The essential oils help you mellow and there's no synthetic dyes, artificial fragrances or other preservatives.

tion of the proceeds will go to charity. The Houston leggings raised nearly \$12,000 for the Center of Philanthropy. \$120

**SWEAT APP BY KAYLA ITSINES**

Aussie fit queen Kayla Itsines has garnered a rock star following for a reason. Be prepared for grueling split squats and box jumps through her uber-popular app. But the good news — it only lasts 28 minutes and you can do it at home or in the gym. \$19.99 for a month or \$54.99 for three months

**WANDERLUST**

Give the ultimate yogi and wellness retreat. Splurge on Wanderlust's multi-day festivals in exotic spots like Hawaii; Lake

Tahoe, California; and Whistler, British Columbia where you can indulge in everything from ocean or lakeside yoga and cutting edge lectures to dance parties, farm-to-table meals and tons of other outdoor activities. The more affordable Wanderlust 108 is a one-day event with a 5K run, yoga, meditation and tons of cool vendors in dozens of cities across the U.S. Prices range from \$99 for a one-day ticket or \$480 for a 4-day ticket to the Hawaii festival (doesn't include lodging). Tickets for the 108 one-day events range from \$30 to \$60.

**WEEKEND WARRIORS CYCLING HOUSE BIKE TOURS AND TRIATHALON SUMMITS**

For your hardcore cyclists and triathletes. Cycling House tours takes riders through gorgeous scenery in states like California, Colorado and Arizona with options for gravel paths. Beyond the typical cycling trip, the tours have experienced guides, gourmet foods, luxury lodging and breathtaking views. Trip to Tucson, Arizona, starts at \$1,995.

**GOOP HEALTH SUMMIT**

If your loved ones wouldn't think twice about guzzling organic wheat grass, getting

a vitamin infused IV drip or putting leeches on their face for an extra glow, then send them to Gwyneth Paltrow's second annual Goop Health Summit — the mecca of all things wellness. This year's summits will be in New York and Los Angeles. Last year's summit made headlines with workouts led by fitness gurus Tracy Anderson and Taryn Toomey, panels discussions with scientists, along with binaural beats meditation, acupuncture and tarot card readings. Prices may range from \$650 to \$2,000.

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# Give the gift of life's building blocks for the holidays

NEW YORK (AP) — Stumped about holiday gifts? Reach for the stuff of life itself.

Gifts made of or merely related to DNA have multiplied over the last several years as interest in genealogy has picked up.

You've got your basics, like coffee mugs and T-shirts with ye old double helix on them, but there are other things to order, wrap up and hand over as gifts.

Some ideas:

## HUMAN DNA KITS

Yes, we're talking saliva for the holidays. Oprah Winfrey was taken by one kit in particular, the Ancestry kit from a company called 23andMe. She put the kit on her 2017 list of her favorite things. According to some reviews, the kit has a good number of features, as does one from Ancestry.com, which boasts the world's largest DNA network to reveal ancestors and where they came from.

The 23andMe company, named for the 23 chromosomes in human DNA, also has a health kit to identify genetic risks and whether a person is a carrier of certain inherited conditions.

The process of saliva collection is painless and straightforward at 23andMe, starting at buying the kit for \$99. A gift recipient would then register at the company's website, spit into a tube provided and return the sample with a prepaid label and box.

## DOG DNA KITS

Because who doesn't want to know the genetic makeup of man's best friend.

For \$199, a company called Embark

makes a dog DNA test that generates a report it says will identify everything from geographic origin to personality traits through the tracking of more than 200,000 genetic markers.

Another company, Orivet Genetic Pet Care, will do the same, including disease screening, breed identification and pure-bred profiles, including parentage confirmation, for \$85.

## DNA WALL ART

The company DNA11 has been around since 2005. It produces via a mouth swab method of DNA collection colorful framed canvas art for hanging and smaller versions for desk display based on the samples. Several size options are available, as are a range of color schemes. Prices range from \$199 to \$649.

The DNA of several people can be combined into one canvas or split into two screens for couples. The company delivers to 29 countries.

## DNA FOR THE NECK

Who doesn't need a scarf crafted around one's genetic code? A London company, Dotone.io, will help a gifter out, partnering with another company, Helix, to provide a testing kit and instructions on how a gift recipient can get it done in colorful yarns.

Everything is on Helix.com. The DNA kit is \$80 and the one-of-a-kind knitted scarf is \$149.99.

Colors can be selected to represent each of four DNA bases: adenine, thymine, cytosine and guanine. The machine washable scarves are a mix of Italian wool and

# Last-Minute Gifts



Banner photo, DANIEL GUY

**IF YOU'RE LOOKING** for a nativity scene to add to your Christmas decorations, shop local at the Red Ribbon. This multipiece Willow Tree display makes for a spectacular spread. Pieces are various prices.

acrylics.

Each scarf comes with a card detailing 33 genetic traits based on the saliva sample submitted for analysis. It also comes with a booklet that explains the basics of DNA and how the subject's DNA was translated to create the pattern on the scarf.

## COFFEE MUG WINNER

Key chains, double helix lamps, jewelry and wall prints — the DNA gift options are endless. One black coffee mug with a green, blue and red double helix design says it all: "Stop Copying Me!" Available on Amazon for \$17.95.

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# Choosing a streaming device without overpaying

NEW YORK (AP) — Why watch video on a phone or a tablet when you can get a device for as little as \$30 to stream shows on a big-screen TV?

Apple, Google, Amazon and Roku are all competing to be your gateway to online video. Which device you need will largely depend on what services you watch and what kind of TV you have.

Of course, the device alone won't be enough. You'll probably want at least one subscription to a video service such as Netflix or Hulu, which charge monthly fees. Others, such as WatchESPN, require a cable TV subscription. Plenty of others — YouTube, for instance — offer video for free with ads, although their selections can be limited.

Here's a holiday buying guide for the TV-streamers in your life.

## STREAMING BUILT-IN

Smart TVs, game consoles and the TiVo digital video recorder all have streaming capabilities built in. If all you watch is Netflix and Hulu, you'll be fine with those. But apps for individual channels such as The CW and FX won't work with every device.

The exceptions are TVs that run Roku or Amazon software or that have Google's Chromecast technology built in. They tend to have wider app selections, so you might not need a streaming device at all.

## AMAZON FIRE TV

Although Amazon has gotten better about promoting rival services, its Fire TV device is best seen as a companion to the

See **STREAMING**, Page 6



AP Photo/Elaine Thompson, File

**THIS FILE PHOTO** shows an Amazon Fire TV streaming device displayed with its remote. The device plugs into the back or side of a television set to stream Netflix and other video. Although Amazon has gotten better about promoting rival services, Fire TV is best seen as a companion to Amazon's \$99-a-year Prime loyalty program.

## Last-Minute Gifts



Banner photo, DANIEL GUY

**IF YOU'RE HOSTING** family and friends this Christmas season, this Deer Friends-themed serveware by Casafina, available at Preston's Gifts, is perfect for keeping the holiday cheer flowing. Casafina prices start at \$20.

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# Last-Minute Gifts



Banner photo,  
DANIEL GUY

## PERRY'S PETALS

has an impressive assortment of Christmas ornaments, from Frosty the Snowman to miniature campers, for \$14.95 and under.

## STREAMING from page 5

company's \$99-a-year Prime loyalty program. Video available through Prime is prominent. The device has Amazon's Alexa voice assistant built-in, giving you weather, sports scores, stock quotes and playback controls with selected apps — ask Alexa to forward 30 seconds, for instance.

Amazon's \$40 Fire TV Stick is good for regular, high-definition TV sets.

If you have a higher-resolution 4K TV, you'll want the regular Fire TV for \$70. There isn't a lot of 4K video yet, but the price difference is small compared with what 4K TVs cost. The regular Fire TV also offers high-dynamic range, which has better contrast and produces brighter whites and darker blacks. Again, HDR video is slowly coming.

Fire TV doesn't offer apps for iTunes or Google Play video. Fire TV's remote also lacks volume controls, something that's becoming standard on streaming devices.

## ROKU

Roku has one of the most complete channel libraries — more than 5,000, many you've never heard of. But there's no



Roku via AP

**THIS PHOTO** provided by Roku shows a Roku Ultra streaming TV device and remote. Roku has one of the most complete app libraries, more than 5,000, many you've never heard of. But there's no iTunes.

iTunes.

Roku's Express sells for just \$30. The \$50 Streaming Stick gets you a remote with volume buttons and voice search — though we're talking basic queries related to shows and apps, not playback controls or information such as weather. The \$70 Streaming

See **ROKU**, Page 7

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## ROKU from page 6

Stick Plus adds 4K and HDR. Bells and whistles in the \$100 Ultra include a remote that will emit a sound to help you find it in your couch cushion.

The Ultra's remote has a headphone jack, so you can watch TV without waking up roommates. For cheaper models, you can get that through Roku's smartphone app. (With Fire TV and Apple TV, you can pair wireless headphones.)

## GOOGLE

Google's Chromecast is cheap but trickier to use, as you have to start video on your phone and then switch the stream to the TV. An entry-level streaming device from Amazon or Roku might be a better choice now that those prices have come down.

Separately, Google offers its Android TV software for other makers of streaming devices. Google's YouTube and Play services often get prominent billing in search results. Again, no iTunes.

Nvidia's Shield device is one notable example of an Android TV device, though it's pricey, starting at \$179. It comes with 4K and HDR. You get voice searches through Google Assistant — playback controls with some apps, weather and data you might never think to ask a TV, such as flight status.

Shield is powerful and designed with gamers in mind; one feature allows screen sharing of game play. A package that includes a game controller costs \$20 more. The controller gives you a headphone jack for private listening and hands-free queries with Google Assistant. Even if you're not a gamer, it's nice not to have to press a microphone button on a remote to ask Google to pause or start video from the beginning.

## APPLE TV

Though an iPhone isn't required, Apple TV

will be most useful with one. The basic device is \$149; a version with 4K and HDR costs \$30 more. You're paying for the experience — in particular, integration and syncing with other Apple gadgets. For instance, you can type passwords on an iPhone instead of navigating a keyboard on the TV character by

character.

Siri offers similar playback controls and information queries as Alexa and Google Assistant. The touchpad on the remote offers faster forwarding and rewinding than rivals.

And while all streaming devices offer more

than just video, Apple TV goes much further in offering an iPhone-like experience on a big screen. You can browse Ikea's catalog or order food from Grubhub, for instance. Apple TV is the only device to support iTunes, but there's no Google Play. Amazon is expected by the end of the year.



# Last-Minute Gifts



Banner photo, DANIEL GUY

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# This year, pass the turkey AND the family photos

By **MELISSA RAYWORTH**  
Associated Press

When extended families lived closer together, it was easy to pass on family stories and anecdotes, maybe while cooking dinner or putting children to bed.

"Over the river and through the woods to grandmother's house we go" was essentially how people lived, says John Baick, a history professor at Western New England University in Springfield, Massachusetts. Many Americans could walk or ride to relatives' homes, and shared meals often. That created a natural place for passing on family history and re-telling the stories that help us understand where we come from.

In post-war America, says Baick, as families spread out to far-flung suburbs and beyond, gatherings with extended family became rarer. Now, holiday meals can be among the only opportunities to ask relatives about their lives and their recollections of previous generations.

This holiday season, along with planning menus and decorating, consider collecting family stories and bits of precious data that otherwise might be lost forever.

## START GENTLY

Although a room full of relatives might seem the perfect place to gather stories, tread carefully, especially with older relatives, says Dr. Elisabeth Burgess, director of the Gerontology Institute at Georgia State University.

"Being in large groups of people, while

exciting, can be overwhelming and can cause people to withdraw," she says. Consider finding a quiet room to talk, or invite one or two older relatives to arrive before other guests.

"If Great Aunt Susie is coming over before the meal and she's going to sit in the kitchen with you while you prepare the meal, that's a great time to talk," Burgess says. "Asking her about meals when she was growing up and holiday dinners she cooked while you are preparing your own meal may draw out stories that you've never heard before."

Let older relatives know in advance that the rest of the family would be glad to hear their stories, she recommends: "Saying, 'I don't think the younger generation has heard your stories about World War II. Do you think we could make time to tell those stories?'"

## PLAY DETECTIVE

Ask family members to bring old photos, and reassure them that you'll treat these fragile prints gently, says Heather Parker, associate dean in the School of Arts & Sciences at Saint Leo University, in St. Leo, Florida.

If there isn't a scanner where your gathering is happening, consider bringing a portable one. Relatives might be more willing to bring vintage photos if they know they won't be asked to leave them there. If a scanner isn't possible, then use a good

See **PHOTOS**, page 10

## Last-Minute Gifts



Banner photo, DANIEL GUY

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## PHOTOS from page 9

smartphone camera with plenty of memory, and take clear, well-lit digital photos of the vintage prints.

You may find that older relatives want to discuss the portraits and photos that are mainly of faces. But those images will only tell you so much. Examine photos with more context, like those taken in a public place, even if they're not as attractively composed as the staged portraits. Street scenes can offer nuggets of information about the location and date of photos, and about community history or historical context.

Have a magnifying glass handy, says Parker, to "look in the background of the picture, because that's going to be where some of the story is going to emerge."

Have a magnifying glass handy, says Parker, to "look in the background of the picture, because that's going to be where some of the story is going to emerge."

### ASK ABOUT OTHER PEOPLE AND EVENTS

It's often hard to get elderly relatives to open up about themselves, Baick says. "If you can, get them talking about other things, other people."

For example, he says: Ask your grandfather, "What was it like for Grandma to take care of Dad?" rather than asking him about himself. "That could lead to a dam bursting," Baick says.

To help coax memories out, prepare some printed photos of historical events that occurred during your relatives' lifetimes. If they discuss their impressions and experiences during those moments in history, personal details may emerge.

Music also works well toward that end. "With our phones, there's no reason why

we can't identify the top songs of any era really fast," Baick says. "What was it like to listen to the radio? What was it like to own an album?"

Also, ask relatives in advance to bring old correspondence to spark conversations.

"Often they have written letters and documentation," Burgess says. "That's another source of family history that we don't think about, especially because we live in this email, texting world."

Lastly, avoid "yes or no" questions or very broad, open-ended ones. Rather than "Did you like your childhood?" or "What was life like when you were young?," start with something open but specific, like, "What toys do you remember having when you were a child?"

Family members interested in gathering stories can brainstorm ahead of time, Burgess says, to discuss "what are some of the things we're interested in knowing about Great Uncle Bob's childhood or Mom's work life?"

### RECORD RESPECTFULLY

It's important to record the stories and details that bubble up, but be respectful.

In any family, "sometimes things are going to come out that no one expected or no one is going to want to talk about," Parker says. "You have to be prepared to understand how far you can push someone in the conversation."

Relatives may feel more comfortable if they know what you're planning to do with the memories and facts you gather. They also might find audio recording less intimidating than video.

And remember that earlier generations were raised in a generally more reticent, less confessional time, Parker notes: "They're not as comfortable baring their souls as we are."

# Last-Minute Gifts



Banner photo, DANIEL GUY

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# Feed a passion, gift just the right coffee-table book

NEW YORK (AP) — Know a book lover with a coffee table and a passion? Then you're good to go on a gift.

Coffee-table books aren't usually high on the self-purchase priority list but they can make great holiday gifts if chosen carefully.

Some suggestions:

## FASHION & STYLE

— Russell Westbrook, because why not?

That's the catchphrase of the NBA superstar who is one stylish guy and has put together a great book offering a glimpse into his world, celebrating trendsetters he admires along the way.

Peep the baby photo of Westbrook in the back, gold chain on point, in "Russell Westbrook: Style Drivers," Rizzoli New York, \$55.

Westbrook inspires in images, chunky quotes from the style drivers he has chosen and some product placement tracing his fashion collaborations.

One of the most adorable moments: then-first lady Michelle Obama hugging Westbrook after he and his fellow Team USA members took gold at the 2012 Olympic Games in London.

— The House of Dior is marking 70 years in fashion and there's one special book for your Dior lover that covers a lot of ground: "Dior: The House of Dior, Seventy Years of Haute Couture," National Gallery of Victoria, \$65.

The companion to an exhibition at the gallery in Melbourne, Australia, includes Christian Dior in his own words, including his passion for flowers carried over from his childhood. The book starts at the beginning, in 1947, and includes an inside look at the atelier.

Eras are broken down by creative directors, including Yves Saint Laurent from 1957 to 1960 and John Galliano, from 1996 to 2011, straight on through to the first woman to head the house, today's Maria Grazia Chiuri, named last year.

## PHOTOGRAPHY & ART

— Rihanna bathed in red, Havana light. A pregnant Melania Trump in a golden bikini. Neil Patrick Harris with a large snake's tail down his pants.

Welcome to "Annie Leibovitz: Portraits



2005-2016," the third volume in a series by the famed photogra-

pher. The book, from Phaidon, includes 150 photographs of artists, performers, writers, athletes, politicians and scientists, including LeBron James and his "chosen" tattoo and a stunning, stripped-down profile of Lupita Nyong'o close up.

It's a heavy lift, weight-wise and at \$110, but it pretty much defines gifty coffee-table books for culture vultures.

— David LaChapelle. Is he the Magritte of his surreal, celebrity fueled world? As Richard Avedon, another famous photographer, muses in The New York Times, the potential is there.

Taschen has the honor of publishing the long-awaited last two installments in LaChapelle's five-book anthology, "Lost + Found, Part I" and "Good News, Part II," sold separately at \$69.99 each.

These are visual recordings, tableaux featuring famous figures mostly in stunning color, including some memorable foldouts. The first volume includes a decade of



unseen work. The second book has LaChapelle contemplating mortality and paradise.

Tupac Shakur, Lady Gaga, Rihanna, the entire Kardashian-Jenner clan and Isabella Blow included.

## ETCETERA

— "200 Women Who Will Change the

Way You See the World," Chronicle Books, \$50. A collection of the famous and unknown, celebrated and marginalized, from activists and actors to authors and everyday women. They answer the same five questions about themselves and the world, accompanied by portraits. Jane Goodall, Margaret Atwood, Ashley Judd and Alfre Woodard included.

— "Obama: An Intimate Portrait," Little, Brown and Co., \$28.99. Through the lens of Pete Souza, Obama's chief official White House photographer for eight years. The former president wrote the foreword: "Over those eight years, Pete became more than my photographer — he became a friend, a confidant, and a brother."





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