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Ground Game Realities (pt. 2)

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

We misunderstand racism completely if we do not understand that racism is mask for a much deeper problem involving not the victims of racism but the perpetrators.

-Lerone Bennett

While Hillary Clinton’s campaign focused on breaking the gender glass ceiling, it was rooted in what scholar/activist Angela Davis called an “out-moded notion of feminism that revolved around white, middle class and bourgeois women.”

The 2016 presidential election, then, perhaps proved that a feminist ideology devoid of race and hetero-patriarchy, is a flawed campaign strategy in a nation that has not yet outgrown the divisions with which it has been “stamped from the beginning.”

The following is the finale of an organizer’s two-part account on the dynamics of race and white male patriarchy in Clinton’s ground campaign in Toledo.

"I often had the thought I could get shot today when I walked up to a white man’s house. I didn’t know if he would be white when he opened the door, but the area was white. I mean Point Place is pretty vicious. I had African Americans to tell me that I can’t go to Point Place, and that was where our staging location was. I tried to find a staging location in another area but I couldn’t find one. So I did it here, but we set it up in a way so anybody, a person of color didn’t have to go there if they didn’t want to. Because the people in the staging location really understood racism, we didn’t want anyone opening a door and getting racism in their face, but boy, there is a lot of racism out in Point Place.

“When Pennsylvania turned red I knew it was over. Clinton spent so much time in Florida, in North Carolina, in Ohio and Pennsylvania. She lost all of those states and there were so many white men who basically have voted Democrat their whole life, and that loved Barack Obama. If you love Barack Obama then you gotta love Hillary, they’re like so similar in terms of their policies, but instead they voted for Trump. I knew at that point there was a wave of sexism and racism and homophobia...all of it that won this time, and it’s disheartening and it feels very defeating, but I think like Hillary, we’re gonna pick ourselves up.

“I have to take a little time to process this. I’ve worked my ass off. I feel very defeated as a female, so I think the first course of action for me is to take some time to heal, use this process and just let people listen to me about the discouragement and the hopelessness and how defeated I feel and how terrified I am about what’s going to happen to people these next four years.

“But then after that, I would like to figure out how we protect people that are going to get most hurt by Trump, including people of color, immigrants, everybody he’s attacked. Now every other white man who believes him thinks that they can attack us too, women. How do we protect them? You always ask the question what would we have done in the Holocaust? Would we have been able to stop it or would we have been too scared to interrupt it? Or the same stuff with racism, it happens every day and people just stand there or with sexism. What do we need to do to really protect people?

“So that’s one thing, and then how do we organize. I think that many people that voted for Donald Trump have vicious patterns of racism and sexism. So I feel like we have to do something with those white men, including my own father. They are hurting so badly and don’t know how to heal so they’re lashing out at people and blaming people and thinking if they target certain groups of people they’ll be fine, and I’ve not been able to get close enough to them to help.

“That stuff scares me. They’re violent, but we need to think about that. They think that Trump is going to do something...he had empty promises and they believed him, and why did they believe him. I think it has to do with classism and they’re desperate and they’re poor. There’s something to figure out about that.

“So, every time I met with volunteers I said to them I want to lead you. Hillary doesn’t want us here just for your vote. What we want is to empower you to organize in your neighborhoods so when we’re not here in two years or whatever, that you could take charge in mobilizing more neighborhoods and organize your own neighborhoods. And, I have to say, I got an African-heritage person that lived in the apartments on East Manhattan Blvd and they circled all the way around N. Erie Street. She organized the...continued on page 3
San Antonio Coach Gregg Popovich on the Tragedy of the Presidential Election

“And what gets lost in the process are African Americans, and Hispanics, and women, and the gay population, not the eighth-grade developmental stage exhibited by him when he made fun of the handicapped person. I mean, come on. That’s what a seventh-grade, eighth-grade bully does. And he was elected president of the United States. We would have scolded our kids. We would have had discussions until we were blue in the face trying to get them to understand these things. He is in charge of our country. That’s disgusting.

“One could go on and on, we didn’t make this stuff up. He’s angry at the media because they reported what he said and how he acted. That’s ironic to me. It makes no sense. So that’s my real fear, and that’s what gives me so much pause and makes me feel so badly that the country is willing to be that intolerant and not understand the empathy that’s necessary to understand other group’s situations. I’m a rich white guy, and I’m sick to my stomach thinking about it. I can’t imagine being a Muslim right now, or a woman, or an African American, a Hispanic, a handicapped person. How disenfranchised they might feel. And for anyone in those groups that voted for him, it’s just beyond my comprehension how they ignore all of that. My final conclusion is, my big fear is — we are Rome.”

Perryman... continued from page 2

hell out of that apartment complex. She got people registered, she got us names of people who needed rides because she didn’t have transportation, but I said, then just knock your apartment complex if you want.

“I also had an African-heritage young adult guy who organized in the apartment buildings north of Alexis Road. And then I had this woman, I didn’t prompt her, she just looked at me and said ‘I’ve got to organize right now. I have a vision we have to do something with the churches.’ She teaches Bible class at her church every Wednesday night and she did a lot of voter registrations. She also knocked a lot of doors even though she hated knocking doors.

“She said to me later, ‘My people did not show up, and I don’t think black boys have any idea or black men have any idea what the consequences of a Donald Trump presidency is going to be. I don’t think we educated them.’ And I don’t know how much of that is true or not. I just think it is awesome for anyone in those groups that voted for him, the Trump presidency is going to be. I don’t think we educated them.’

“Perryman... continued from page 2

“Another thing that’s just beyond my comprehension is — we are Rome.”

Contact Rev. Donald Perryman, D.Min, at drdperryman@centerofhope-baptist.org

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Northwest Ohio Scholarship Fund announced last week it has been named a “2016 Top-Rated Nonprofit” by Great-Nonprofits, the leading provider of user reviews of charities and nonprofits.

Northwest Ohio Scholarship Fund provides scholarships to students to attend a private school or for home school in one of 19 northwest Ohio Counties including Allen, Crawford, Defiance, Erie, Fulton, Hancock, Henry, Huron, Lucas, Ottawa, Paulding, Putnam, Richland, Sandusky, Seneca, Van Wert, Williams, Wood and Wyandot resulting in parents being able to send their child to a school of their choice.

“We are honored to be named once again a 2016 Top-Rated Nonprofit,” says Ann Riddle, executive director, Northwest Ohio Scholarship Fund. “We are proud of our accomplishments this year, including serving 67 partner schools in 19 different counties with 614 students in the program.”

The Top-Rated Nonprofit Award is based on the rating and number of reviews that Northwest Ohio Scholarship Fund received from volunteers, donors and aid recipients. One NOSF parent said of the program, “NOSF has made an education dream come true for my child. Their application process was simple, and notification was made promptly when expected.”

Northwest Ohio Scholarship Fund is a great example of a nonprofit making a real difference in their community,” said Perla Ni, CEO of GreatNonprofits, “Their award is well-deserved recognition not only of their work, but the tremendous support they receive, as shown by the many outstanding reviews they have received from people who have direct experience working with the Northwest Ohio Scholarship Fund.”

GreatNonprofits is the leading website where people share stories about their personal experiences on more than 1.2 million charities and nonprofits. The GreatNonprofits Top-Rated Awards are the only awards for nonprofits determined by those who have direct experience with the charities – as donors, volunteers and recipients of aid.
The Area Office on Aging and Toledo Public Schools received a statewide award this month for their partnership from the Ohio Association of Area Agencies on Aging. This award recognizes the innovative partnership between the two organizations.

This partnership includes the organizations putting on an annual “Senior” Prom for people age 60 and over where the TPS students roll out the red carpet for the older adults, serving them dinner, putting the corsages and boutonnieres on them and dance the night away.

The partnership also helps grandparents and relatives raising children by school counselors connecting these students and their grandparents and relatives who are raising them with the Area Office on Aging’s Kinship Navigator Program. The Kinship Navigator Program helps support these grandparents and relatives in their caregiving role to help keep the children out of the foster care system.

Another part of this partnership is the TPS Golden Apple Card that lets anyone age 60 and over get free admission to TPS sporting and music events. Additionally, TPS opens several of its schools to older adults for them to walk the hallways for exercise during the cold months and then to walk the outdoor tracks at TPS schools during the warmer months.

The Ohio Association of Area Agencies on Aging Partnership Award recognizes unique and creative programs that meet the needs of older Ohioans and serve as models of excellence to be replicated by the 11 other Area Agencies on Aging in the state.
November 30, 2016

Books4Buddies Hometown Salute Includes Olympian Erik Kynard, Jr.

By Tricia Hall

Sojourner’s Truth Reporter

Toledo’s Books 4 Buddies organized a fundraiser, November 1, at Toledo Lucas County Public Library that featured Olympian Erik Kynard Jr.

The festivities opened with refreshments and a silent auction at the downtown Library Main Branch and continued with a welcome and introduction of dignitaries by Christine Smallman, PhD, The Blade’s Newspaper in Education Program.

“Thank you, to each of you for attending today, supporting this cause and to each individual associated with Books 4 Buddies for your service,” said Smallman.

Ben Cathey of Channel 13 ABC News served as master of ceremonies. The program continued with the history and accomplishments of Books 4 Buddies founder Toure’ McCord and words of encouragement by Honorary Chairman Michael Bell. “We need to thank these ambassadors for their willingness to bring awareness and books to our community,” said Bell. “We also need to thank teachers for what they do; everything in life is linked to reading.”

Special guest, Erik Kynard Jr, is a two-time United States of America Olympian for track and field. He earned a silver medal in 2012 and tied for sixth in 2016. The Toledo native first excelled at Start High School and reached the Ohio High School Division I state tournament and also tied for fourth place with the jump. He later transferred to Rogers High School and earned first place title at the Division I state championships, and qualified for the Olympic team trials in 2008.

“Reading is important and one of the reasons I’m here today. People see me as a hero, but literacy is important,” said Kynard.

Books 4 Buddies is a campaign that encourages literacy and provides leisure reading materials, free of charge, to disadvantaged youth, especially boys, in northwest Ohio.

The 2016 ambassadors are: Toure’ McCord, Andres Arce, Armand Acre, Donavan Bridges, Parker Chatman, Keshawn Corggins, Robert Derden, Johnathan Dotsey, Jacob Heizelman, Rory Hetzelman, Andrew Hoppenjans, Joey Hoppenjans, Jason Johnson, Bryant Koback, Chevan Lyle, Keith Nelson, Nathan Podolsky, Jelani Pratt, Cuffen Pullen, Tyson Robinson, Matthew Rothchild, Nathaniel Storman, Paul Thomas, and Jordan Topoleski;

The ambassador mentors are: Christopher Smith, Dennis Hopson, Robert Mendenhall, Bill Goings, Richard Jackson, Andre’ Page, Tom Martin, Sheriff John Tharp and Mel Honig.

The board of directors are: Laneta Goings, Tom Martin, Andre’ Page, Susan Gibney, Ben Cathey, Laura Hart, Mel Honig, Dennis Hopson, Lesa James, Robert Mendenhall, Clyde Scoles, Christine Smallman, Christopher Smith, John Tharp and Gina Thompson.
The weather outside is frightful and baby it’s cold outside. Not many desire to frolic around in the crispy, breathtaking winds but we know we must brave the Arctic air to get to work, school and the grocery store. For the socialite, the fun may not stop in the winter time, but it may slow down a bit. Winter isn’t the stop to skimp on hair care. Because hair is often covered with hats and scarves, it may become neglected.

Here are 10 tips that will help you combat the cold and protect your hair:

1. Keep your hair clean. Some people prefer not to wash their hair often or believe that washing the hair in the winter time isn’t needed, but the hair should still be washed at least twice a month. Often, the hair isn’t as dirty because fewer products are being used for styling and perspiration isn’t much of an issue. Try washing the hair with shampoo the first week of the month, then cowashing the third week of the month.

2. Allow the hair to dry completely. There isn’t much sunshine to help dry your hair once you leave home in the morning. Try washing your hair on your day off when you can dedicate the time to sit under a dryer. If you are apprehensive about heat, you can still dry your hair using the medium setting on the dryer. Drying the hair before you leave will seal in moisture that may otherwise escape the hair when met with freezing temperatures.

3. Use a Leave-in Conditioner. Leave ins are a great way to refresh the hair. Just a little more substantial than plain water, leaves ins misted on the hair a few times a week help to liven up curls and keep the hair soft and manageable. Leave-ins often contain oils and vitamins the hair needs to stay pliable and for the scalp to remain healthy.

4. Tweak your nighttime regimen. If you’re not used to tying or wrapping your hair at night and don’t use a satin pillow case, it’s a good thing to start doing so. A cotton pillowcase can snag your hair and leave lint in it. Also cotton, like a cotton ball, absorbs moisture. So even if you take good care of your hair before bed, and lie down on a cotton pillow case, you are defeating all the hard work you put into caring for your hair.

5. Moisturize. Your hair produces natural oils, but they can be depleted for many reasons. In the winter months, it especially important to keep your hair moist. The leave-ins are excellent in refreshing your hair, then you can seal that with essential oils. Olive oil is heavier and also inexpensive, and is a great sealant of moisture. The vitamins in it and the richness make the hair rich and soft. If you have fine hair and wish not to use olive oil, coconut oil is light but still fatty enough to nourish your hair.

6. Wear Protective Styles. Protective styles can be twists, braids, buns, and curls. Wear any style that requires little manipulation and often hides the ends of the hair so they don’t become split from hats, scarves, sweaters and coats. Twists and braids help to retain moisture and wearing curls and buns are a very professional look. If you set your hair while wet, you will get a deeper curl or wave pattern that lasts a longer time than if you set your hair while it is dry. Also, when doing a dry set, you can achieve more volume, length and shine.

7. Cover your hair. There’s nothing like the freedom of a wash and go in the summer, but in the winter, we have to protect our hair. There are a number of head coverings you can wear that are fashionable, professional and beneficial all at once. Hats should have a satin liner to protect your tresses from snagging, snapping, breaking and drying out.

...continued on page 13
Local 500 Honors Retirees with Dinner, Dance and Dramatics

For the 28th years, Laborers Local 500 and Business Manager David Fleetwood honored its retirees with a gala event on October 28 at the Gesu Sullivan Center. Dinner, gift cards and the Dramatics were part of the gala celebration.

Local 500 was formed in 1919 and now represents over 1,300 men and women working in the building trades construction industry.

This year approximately 160 retirees and their families attended the annual event and were joined by local elected officials and community leaders.

Zombies, Zombies Everywhere – It Was a Monster Mash

It was a truly gruesome, awful sight. On the night of October 22, Adams Street closed its borders to normal, average human beings and allowed only the dead to wander the sidewalks, stumbling from shop to shop, from bar to bar.

The sight was not for the faint of heart, this annual Zombie Crawl in the heart of Toledo’s UpTown District.

“I see dead people,” was the cry heard often by the innocent staff members of the various Adams Street businesses. Indeed thousands of such ghouls were part of the biggest Zombie Crawl of all.

The Truth Gallery fell victim to the invasion of the unholy multitude. Fortunately saxophonist Katrina Barnhill and Ken “Kewape” Peterson on the African drum seemed to prove the old saying true that music does indeed have charms to soothe the savage breast.
Friends, family and clients came together on Saturday, November 19 to celebrate the business success of Monica Smith, owner of Lillie Mae Candles. The surprise affair was organized by her husband, Andre Smith, at Ice Restaurant and Bar. Guests enjoyed delectable hors d’oeuvres and desserts during the party. Lillie Mae Candles were available for purchase before and following the event.

Smith’s grandmother was named Lillie Mae Woodberry and she passed away about two years ago. “My grandmother, who I affectionately called Ma, was a sharp lady who always smelled really good,” said Smith. “I wanted to honor her life and legacy by creating a product that I believed would represent her well so I came up with The Lillie Mae Candle Company.”

Smith will be celebrating her first full year in business soon. “I sell soy candles, soy melts, candle/tart burners and t-shirts as well as Lillie Mae branded apparel. Candles can be customized for all special occasions including birthdays, baby showers, weddings with no minimum order required,” Smith added.

Lillie Mae Candles is an online store and can be found at www.lilliemaecandles.com. Smith can be reached at 419-654-2640 and she delivers orders locally in Toledo.
New Ways to Create Ambiance at Your Holiday Party

Special to The Truth

Hosting a party this yuletide? These days, there are new and innovative ways to set the tone for festive holiday cheer.

High-Tech Lighting

Holiday decorations aren’t what they used to be. Now you can control your decorative lighting with app-enabled technology, controlling color combinations, speed and direction of light patterns, even connecting your light scheme to music right from your phone or computer.

DJ Apps

When you are rushing around making sure everyone is fed and having a good time, you likely don’t have time to actively curate your party’s music selection.

Consider downloading a DJ app in advance of your party, which can draw from your existing playlists, automatically make well-informed selections as to what to play next based on matching beats, and even mix the transitions for you. This can mean more attention paid to guests and less focus on your playlist.

Sing-a-Long

Want to make your own music? Even with limited space, you can make caroling and holiday sing-a-longs at your party better with an electronic keyboard that provides the same key weight and resistance of an actual grand piano. For example, Casio’s CGP-700 Compact Grand Piano features an 88-note scaled hammer action keyboard with simulated ebony and ivory textured keys. Whether you stick with classic selections or prefer newer holiday hits, now you can do so accompanied by the sounds of high-quality instrumentation ideal for home use.

Hosting is never simple. But now you can let technology do some of the heavy lifting -- from music to imagery – to create the perfect ambiance at your holiday gatherings.

Tips for Making this Holiday Gathering the Best One Yet!

Special to The Truth

As most holiday hosts know, it’s not unheard-of to spend the majority of your party in the kitchen, while guests laugh together down the hall.

But preparing in advance can help you reduce stress, have more time to make the moments special and still serve a delicious meal. Here are a few hosting hints to make this holiday the best yet.

Snappy Sides

Make sides in a cinch by doing any chopping, slicing or mixing in advance of the day of your party. Certain sides can even be prepped ahead and popped in the oven just before the guests arrive.

Or, consider making your party a potluck festivity. This way, everyone pitches in on the food, which leaves you time to mine Pinterest for simple DIY holiday décor ideas that are sure to draw more than a few wows.

Main Course

The centerpiece of your celebration, the ham or turkey, shouldn’t involve a ton of work or preparation. When your guests have traveled from all over, why not treat them (and yourself) to a little taste of home that provides the perfect presentation and effortless preparation?

One easy way to serve these home favorites without spending all day near the oven is by picking up a ready-to-serve, premium option locally. Classic options like those from HoneyBaked Ham come spiral sliced so they are effortless to serve. Their handcrafted, premium meats are smoked over blended hardwood chips and finished with a sweet, crunchy glaze, giving flavors that are evocative of happy holiday memories and home cooking.

The brand also offers ready-made sides, like green bean casserole and herb stuffing, as well as cakes, pies and other desserts, which could potentially mean one-stop shopping for you. And, while shopping in-store, you can join HoneyBaked Ham in supporting the Gary Sinise Foundation by donating to help our nation’s first responders.

DIY Drinks

All too often, hosts get bogged down fixing drinks for guests as they arrive. Avoid this conundrum by setting up a DIY drink station. You may consider making a signature drink in advance and serving it in a beverage dispenser or punch bowl, or giving guests a few cocktail suggestions on a placard.

Don’t forget the little ones. Set up a hot chocolate bar that includes marshmallows, peppermints and whipped cream topping options. Ask adults to help their children serve themselves.

You don’t have to get sidelined in the kitchen at your holiday gathering in order to serve a home style feast. With a few smart strategies, you can be both the host of the party and the life of it.
The Brian Thomas Chorale Celebrates 32 Years In Ministry

By Megan Davis
The Truth Contributor

On Sunday, November 27, 2016, New Life Church of God in Christ located at 1215 Oakwood Avenue, opened its doors to over 300 guests. Minister Brian Thomas, a member of New Life C.O.G.I.C and founder of The Brian Thomas Chorale, welcomed guests as he honored his pastor, Bishop Edward T. Cook and First Lady Sheila Cook.

He also paid homage to those who raised him in the church by rendering a medley of selections from previous generations that still have power today. The Brian Thomas Chorale is comprised of hand-selected voices from Toledo and its surrounding areas, who attend various churches and have come together to manifest a specific sound envisioned by Thomas.

This year, Thomas wanted to have a good old fashioned evening worship service that invited the entire congregation to participate. From singing foot-stomping songs such as “Look Where He Brought Me From” to reading the 100 Psalms, responsively, this anniversary celebration was all about praising the Lord and uplifting His people.

Twenty-five Chorale members lifted their voices to sing “Oh Lord We Praise You;” “Trust in the Lord;” “Our God Is With Us” and a soul-stirring selection “See What God Has Done” led by Barbara Crowell in addition to other songs that lent themselves to the pre-millennial church.

The anniversary celebration also welcomed The Toledo Interfaith Mass Choir as they sang “Magnify” an original composition by Director Derrick Roberts and The Detroit Chapter of the Gospel Music Workshop of America (G.M.W.A) under the direction of Evangelist Sandra Rose and Minister Michael Fletcher who also served as the master of ceremonies.

What makes Brian Thomas stand out is not his tailored suits and love for gospel music alone, it is the humility, integrity and faithful service that is recognized by all who know of his work and commitment to the music ministry.

Thomas acknowledges that music ministry is an extension of sharing God’s word with others. He has shared his gift of musicianship, directing and leading with many congregations in Toledo and other areas down through the years. Not only is he a devout man of faith, but he has spent the last three-plus decades cultivating his ministry and sound which is unlike any other choir in Toledo.

With hard work, dedication and great skill, he has developed a ministry that exemplifies professionalism and decorum. The Brian Thomas Chorale has made a positive impact in the community over the past 32 years and continues to be a beacon of light and hope to believers through music.
The Truth’s Annual Holiday Book Gift Guide – Part 2

By Terri Schlichenmeyer
The Truth Contributor

The gift list was easy this year.

For once, you knew what to get everybody. Every. Single. Giftee. Easy-peasy… except, oops, that one person who vexes you each year.

What to get? Well, books are always good gifts, and they’re super-easy to wrap, too. How about one of these great selections for that One Person…

**MEMOIR / BIOGRAPHY**

For any daughter with a father, *Bandit: A Daughter’s Memoir* by Molly Brodak will be a great gift this year. It’s the story of Brodak’s relationship with her dad, a man she thought she knew. But did she? Find out here… then wrap it up with *A Woman on the Edge of Time* by Jeremy Gavron, a story of a man who gets at the root of his mother’s suicide.

The person on your list who loves reading memoirs will love *The Clancys of Queens* by Tara Clancy. It’s about the wild, need-a-spreadsheet childhood that the author endured, the family that split her time three ways, and the people who shaped her to be who she is. Wrap it up with *Trying to Float* by Nicolaia Rips, who writes about growing up in a hotel in New York City. Eloise, anyone?

Could your giftee go live in the wilderness? Pete Fromm did, and in *The Names of the Stars*, he writes about his wilderness jobs (yes, plural) and how they transformed him over two-and-a-half decades. You can’t go wrong, then, when you pair it with *Gold Rush in the Klondike* by Josephine Knowles, the true story of a woman in Alaska and the search for riches at the very end of the 19th century.

How do you drive someone happy this holiday? You wrap up *Preston Tucker and His Battle to Build the Car of Tomorrow* by Steve Lehto, foreword by Jay Leno. This biography of Tucker, the creator of an ahead-of-its-time vehicle is a car-crazy reader’s dream.


For the mother-daughter duo on your list, *The Bridge Ladies* by Betsy Lerner may be perfect. It’s the story of two generations of women, mom and daughter, who don’t quite understand one another. One flees, then comes home, helping out and gaining love and understanding through an unlikely tribe of women. Or, here’s one for fathers of sons: *Love That Boy* by Ron Fournier is a book about a dad and the love he has for his boy, who has Asperger’s.

The lover of Christmas will also love *Tree of Treasures: A Life in Ornaments* by Bonnie Mackay. It’s a memoir written through the trimmings of a tree; where the author got them, why she loves them, and how they make her remember.

For the person who loves a touch of romance beneath the tree, *Casanova: The World of a Seductive Genius* by Laurence Bergreen takes readers to Europe and through history to walk through the life and times of a man whose name is synonymous with love.

**POLITICS**

Undoubtedly, there’s a political animal on your gift list who didn’t get enough politics this year. Fear not! *Man of the World: The Fur-...continued on page 13*
Book Gift Guide... continued from page 12

ther Endeavors of Bill Clinton by Joe Conason will let you check off another name. This book takes a look at Clinton’s work in his post-presidential years.

If your giftee is still wondering what happened this political year, you can’t go wrong when you wrap up The Year of Voting Dangerously by Maureen Dowd. It’s a book filled with essays by the woman who’s covered elections for the past nine presidents. Nope, can’t go wrong here.

FOOD WRITING

The gourmand on your list will love Super Sushi Ramen Express by Michael Booth, an examination of Japanese food as seen through a family (including two small children) who travels the length of that country in search of adventure and, by the way, good food.

Pair it up with this unique book for foodies: The Farm on the Roof by Anastasia Cole Plakias, a book about a food farm that, over two rooftops in two areas of New York, grows enough food to feed several families.

What’s it like to feed the people in America’s largest city? Your giftee won’t be able to wait to read Food and the City by Ina Yalof, a book about the chefs, cooks, street vendors, and others who serve up apples (and more) in the Big Apple. To make it an even tastier gift, pair it with The Book of Spice by John O’Connell, a book about all the things that make meals zestier.

MUSIC / MOVIES / TV

There’s someone on your gift list who loves music of all kinds, and They Call Me Supermensch by Shep Gordon will be a welcome gift. Gordon was a manager for a number of Big Name music acts, as well as an innovator in the entertainment industry. Who can resist a book like that? Nobody, especially when you wrap it up with another mensch-y book, Seinfeldia by Jennifer Keishin Armstrong. It’s a book about nothing, which surely became a great big something.

For the midnight-movie fan who can’t get enough of toast or Janet, The Rocky Horror Picture Show FAQ by Dave Thompson is exactly what you want to give. This book is absolutely jammed with facts, stories, fun-to-know details, everything you ever wanted to know about Frank-N-Furter and more.

Want to see the biggest smile ever? For the fan of the newest Pulitzer Prize Winner for Literature, wrap up Bob Dylan: The Lyrics 1961-2012. This book is HUGE – at nearly 700 pages and weighing, well, let’s just say the reindeer will complain and it’s also on the spendy side but if you’ve got a Dylan fan on your list, this will get you hugs through at least Independence Day. And for an even better gift, you may want to pair it with Madonnaland and Other Detours Into Fame and Fandom by Alina Simone. It’s a look at The Material Girl, music, and being a rock star.

Is there a musician on your list who longs to do something totally different? Then wrap up Angelic Music by Corey Mead. It’s the story of Benjamin Franklin’s invention, a take on a little trick you already know, and the rise and fall of its popularity. Imagine – give this gift and launch a new career.

8. Drink plenty or water. It is important to increase the amount of water you drink in the winter. A lot of times we decrease the amount naturally just because it is cold and drinking cold water isn’t the first thing on your mind in the morning. Moisturizing from the inside out will keep your skin and hair healthy all winter long.

9. Exercise regularly. A good 10-minute stretch and some simple exercises for another 10-15 minutes will jump start your day. Exercise gives you energy and promotes a stress free day. The less the stress, the more hair you can keep.

10. Get plenty of rest. Although it may be hard with a demanding schedule with kids, work, school, running a business or caring for family members, we often find that we are always tired. But take a nap if you must and are able. Rest is as important as nutrition, exercise and proper hair care.
REQUEST FOR QUALIFICATIONS
ARCHITECTURAL & ENGINEERING SERVICES- BELMONT RENOVATION
RFQ#16-G002
Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Architectural & Engineering Svcs. Received in accordance with law until December 6, 2016, 3PM ET. For documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9465 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246) and Sec. 3 Compliance Applicable.

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NORTHGATE APARTMENTS
610 Stickney Avenue
Toledo, Ohio 43604
“Now Accepting Applications for 1 and 2 Bedroom Apartment Homes”

Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available.

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FAMILY AMBASSADOR
Start date: July, 2016

Essential Duties and Responsibilities:
1. Juvenile Court Coaching and Support
2. Group-Based Support
3. Individual Family Support

If interested in this position, please read and fill out the job description document and employment application available at http://www.cofts.org/careers/paid-positions. Next, email jobs@cofts.org with the subject line “Family Ambassador” and attach both files along with your most recent resume.

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CLASSROOM/RECREATION AIDE I
Start date: September, 2016

Essential Duties and Responsibilities:
Assists with the daily activities of the summer and after school program including planning and implementing academic activities in core areas, providing recreational activities and assisting with field trips.

If interested in this position, please read and fill out the job description document and employment application available at http://www.cofts.org/careers/paid-positions. Next, email jobs@cofts.org with the subject line “Classroom/Recreation Aide I” and attach both files along with your most recent resume.

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21ST CENTURY ACADEMIC TUTOR
Start date: October, 2016

Essential Duties and Responsibilities:
Tutors a small group of students in the content area of English, Reading, or Math; utilize scientifically research-based materials and lessons.

If interested in this position, please read and fill out the job description document and employment application available at http://www.cofts.org/careers/paid-positions. Next, email jobs@cofts.org with the subject line “21st Century Academic Tutor” and attach both files along with your most recent resume.

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BREAKFAST COOK
Ruby’s Kitchen is seeking an experienced breakfast cook as it expands its hours in its new location. Apply in person at 805 N. Reynolds Street

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LUCAS METROPOLITAN HOUSING AUTHORITY
NOTICE OF THIRTY DAY TENANT COMMENT PERIOD
LMHA invites you to submit comments on LMHA’s proposed changes to its Lease, House Rules, Grievance Procedure and Admissions and Continued Occupancy Policy (ACOP), specifically Chapters 3, 4, 5, 8, 12, and 14. To view a listing of the documents in its entirety visit http://lucasmha.org/AboutLMHA/AnnualPlan/tabid/69/Default.aspx

Click on “New Documents for Public Review and Comment for LMHA’s 2016 Board Meeting” to view. Please email your comments to tmackin@lucasmha.org

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Call to place your ad
419-243-0007
www.TheTruthToledo.com
Friends and Family Celebrate Carnel Smith’s 50th Birthday

By Tricia Hall
Sojourner’s Truth reporter

Carnel Smith, EdD, celebrated his 50th birthday party in style with friends and family. The festivities included a catered meal for guests and photographer.

“I wanted a different type of party. I want to donate to Scott High School student activities fund. It will support the breakfast of champions for Honor Roll. This birthday is a milestone, and this idea to make this a fundraiser with family and friends is wonderful,” said Smith, principal of Scott High School.

Guests enjoyed hours of dance music played by DJ Eric Summers, surrounded by classy decorations at each of the attendee tables. Each table featured pictures from various moments in Smith’s past including sports, graduation, fatherhood, and friends.

Smith graduated from Scott High School in 1985, he’s married to Celeste and they have three children. “I want to thank my wife for organizing this party, she’s a very giving person,” shared Smith.

Family and Friends Help Doris Abram Celebrate Her 80th

Sojourner’s Truth Staff

Family and friends of Doris Abram packed the field house of Walbridge Park on Saturday, November 26 to help the octogenarian celebrate her birthday and eight decades of life.

Abram, a native of Beckley, West Virginia, came to Toledo with former husband Ed and worked for decades as a registered nurse while also raising five children. All five children, along with a number of grandchildren and dozens of other relatives, were present on Saturday at the birthday celebration.

Guests dined on a buffet luncheon provided by caterer Curlie Hankins and enjoyed music by DJ Don Cranon.

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