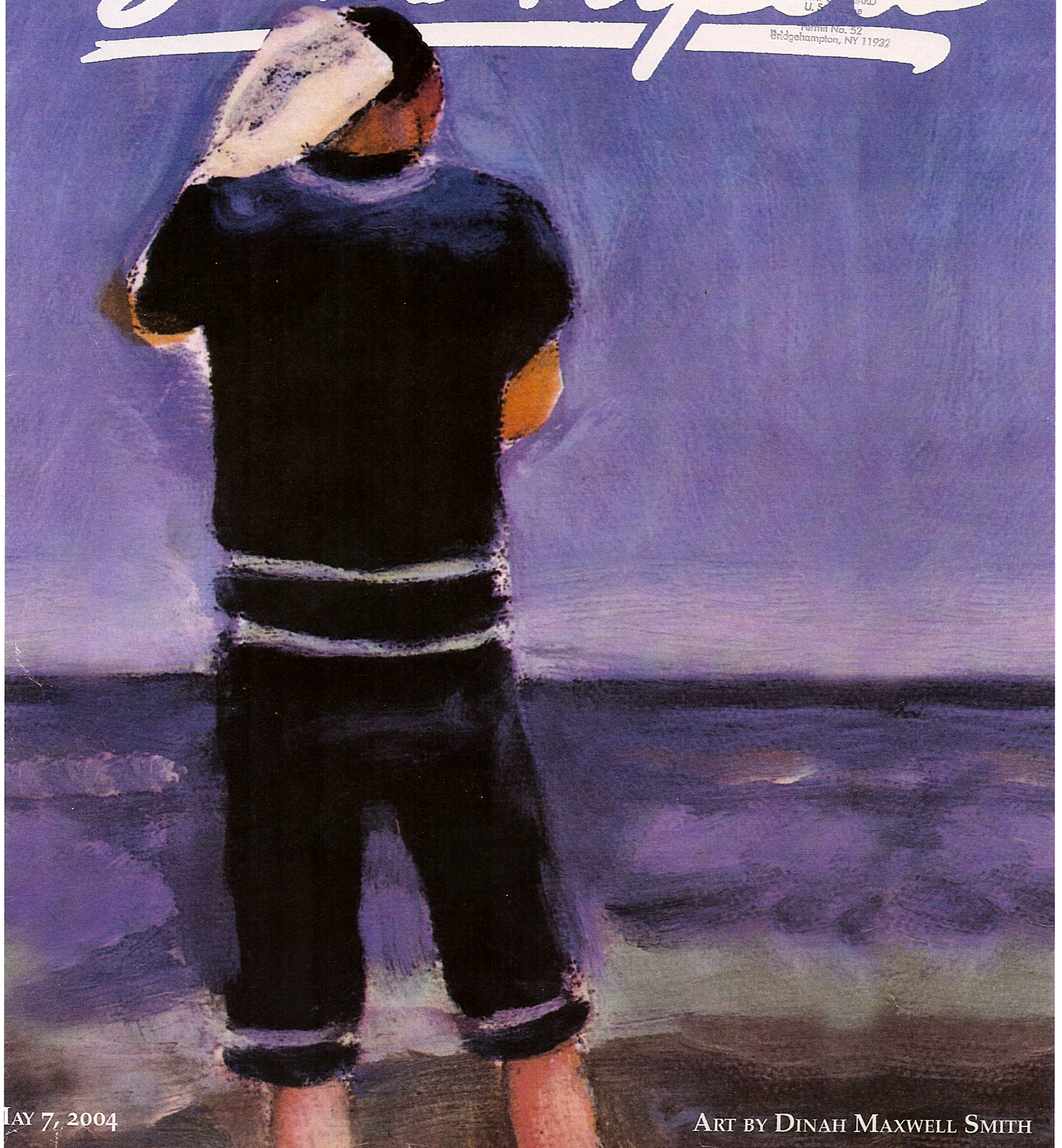


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MAY 7, 2004

ART BY DINAH MAXWELL SMITH

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Mom's The Word

This Sunday, how about breakfast in bed and some much needed pampering? Sound appealing? There's one proviso, though. You must have changed your fair share of dirty diapers, had one or three sleepless nights and answer to the name, Mom, Mum, Mamma, or Mamacita. Because it's Mother's Day once again - the time of year when we have the chance to show our appreciation for all the things our mothers, or mother's mothers, have done and do for us on a daily basis. Being a mother is the hardest job in the world and this Sunday is one day that we can all remember to say thank you. Even if we forget the other 364 days of the year. But where did this incredibly worthwhile tradition begin?

As a Brit I was interested to discover that Mother's Day, whilst originating in Greece, was actually made popular in England in the early 1600s. The way it began was that servants in old England who worked away from home were given Mothering Sunday as a day to go home and visit their mothers. With them they would bring a cake called the mothering cake as a gift and the servants would spend quality time at home with

Mum and then head back to work. This tradition quickly spread through Europe and by 1872 Mother's Day made a breakthrough in the USA and was celebrated for the first time in Boston. By 1907 Ana Jarvis from Philadelphia began a

national campaign to commemorate her mother's death and the idea of a day every year dedicated to mothers. Smart mommas cottoned on to this idea, and by 1911 most people had adopted the tradition throughout the US. It became so popular that in 1914 president Wilson pronounced the second Sunday of May a national holiday for Mothers

in the United States. All over the world Mother's Day is celebrated on different days of the year, a fact that I discovered when I failed to send my Mum, or as you would call her, Mom, a gift, not realizing that it was Mother's Day in England when I was here in the States. A mistake I won't be repeating, Mum, honest. But no matter what day of the year Mother's Day is for you, if your mother is as special to you as mine is to me, this year, make sure to select a gift that will make her feel as beautiful as you know she is inside and out.

Forget the chocolates and flowers that you usually send; here are some beauty suggestions that Mum will love, too.

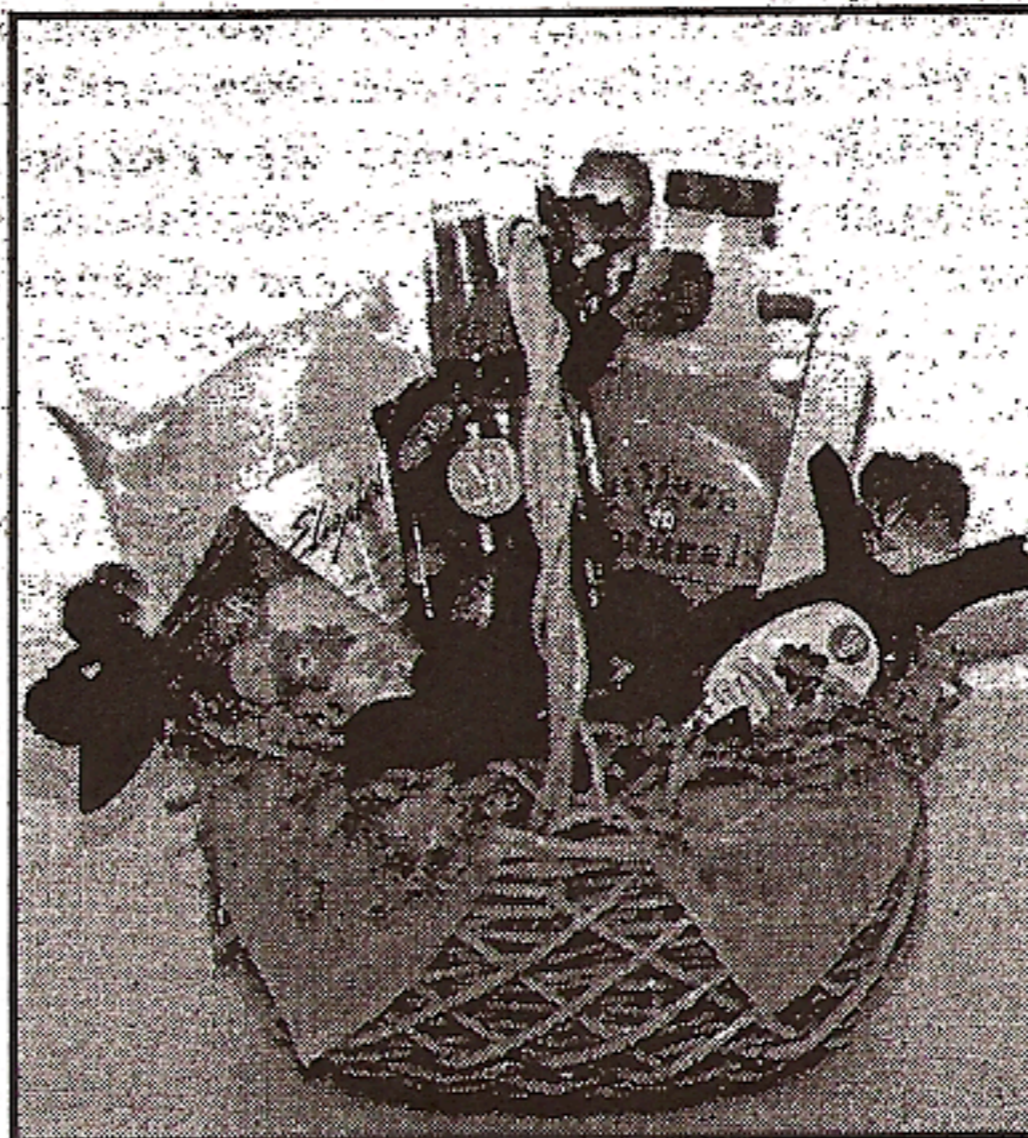
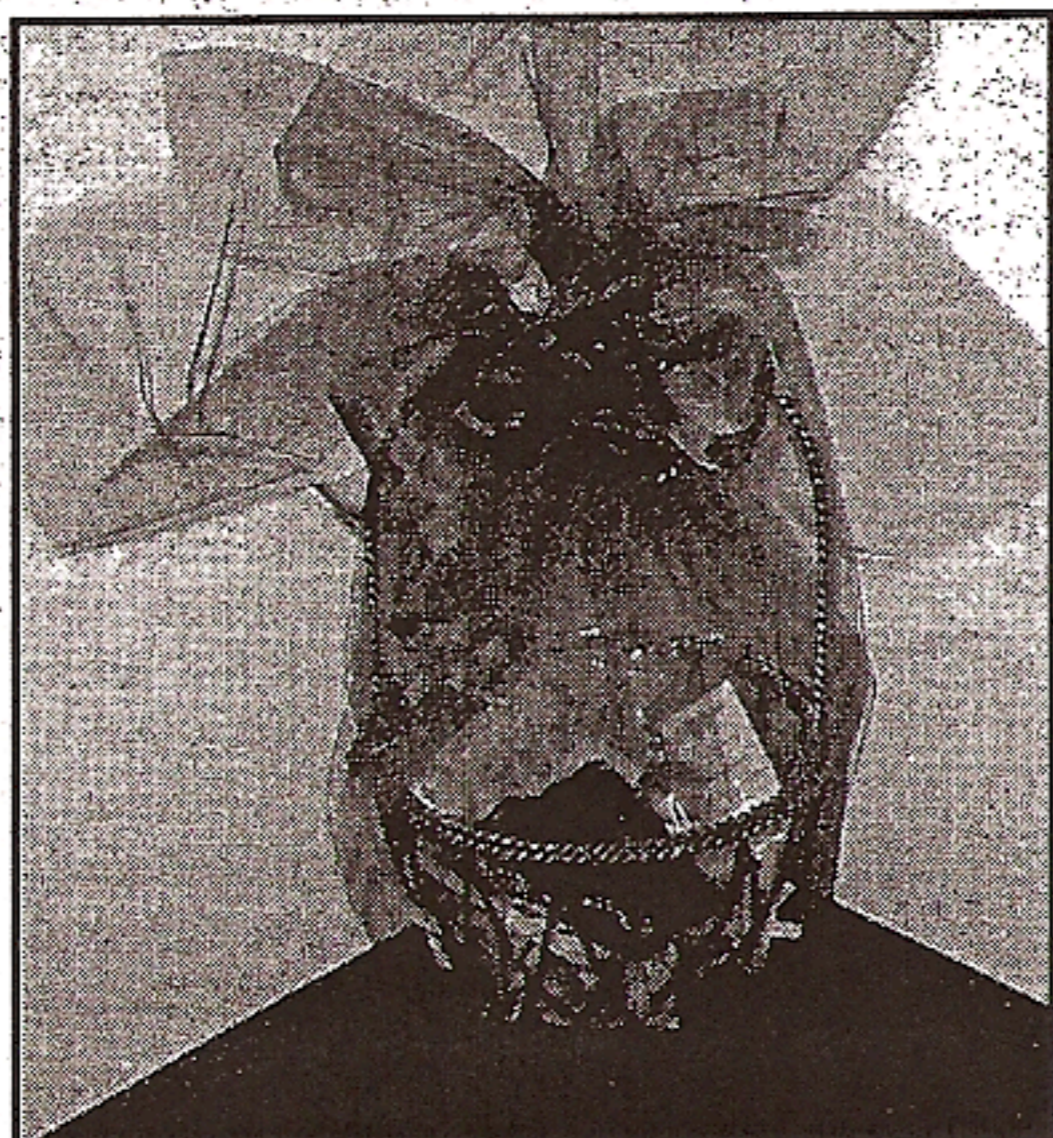
Here's a Mother's Day shopping list you might want to consider before Sunday:

1. How about booking her a day at a spa? Many local spas have special offers and Mother's Day packages

available.

2. Mums are always on the go - give yours an energy boost with her own Energy Kit from redenvelope.com. The energy kit contains three bottles of citrus infused body wash, lotion and body splash. \$45.

(continued on next page)



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 Connie Esposito, Realestate Agent, Setauket, NY, Age 52

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 Carol Zwecker, Retail Manger, Woodbury, NY, Age 43

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