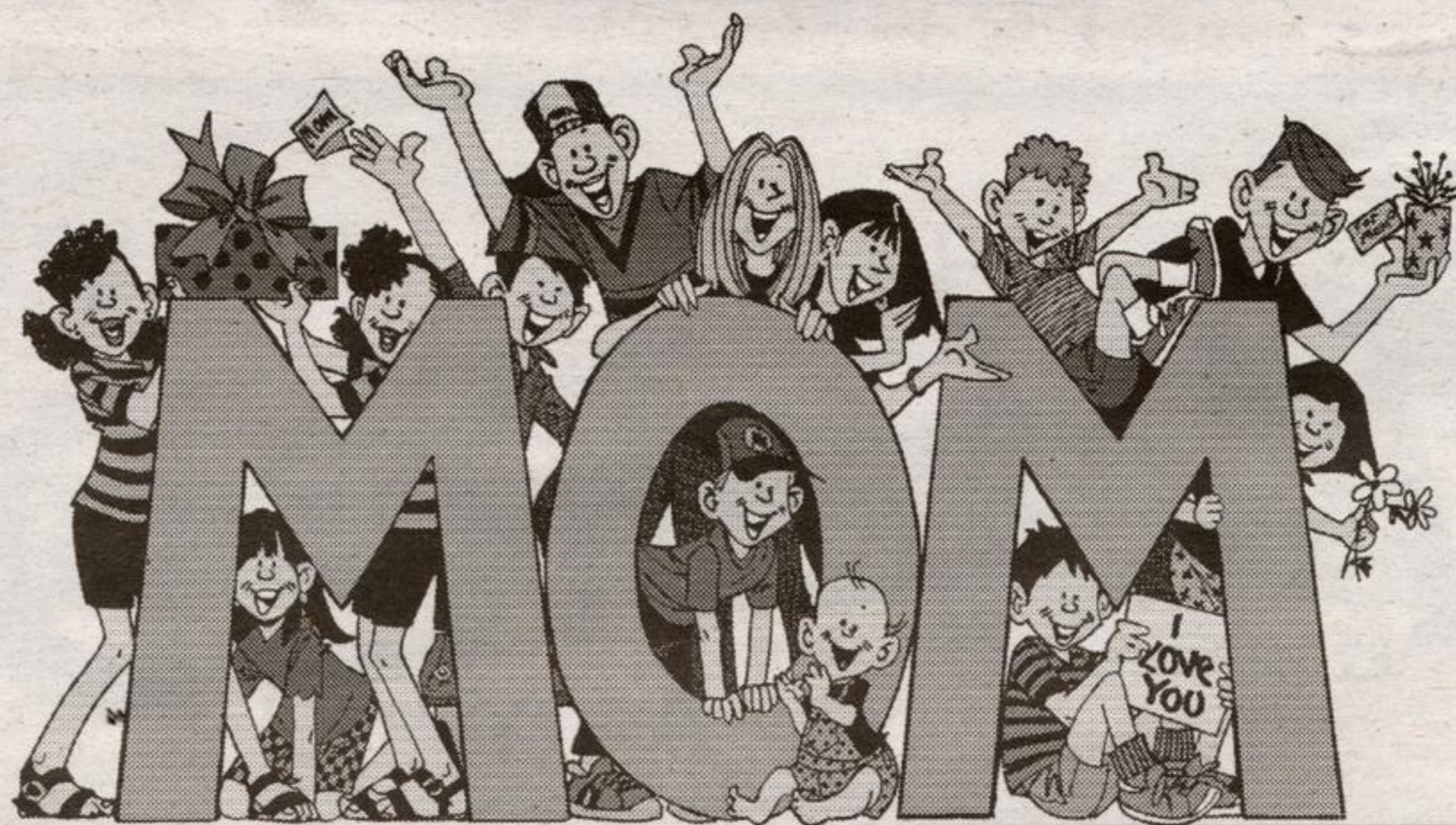


HAPPY MOTHER'S DAY MAY 9



Shower Mom with flowers

Anna Jarvis' (Founder of Mother's Day) first gift idea for remembering mom on Mother's Day was flowers. But the founder of the holiday was thinking of the wild flowers that flourished profusely over the hill-sides of her rural West Virginia home. That was back in 1908, when all a loving son or daughter had to do was hike to a nearby field or walk about their own property to pick an armful.

Back then, there were probably few, if any, local florists which, today, stock every kind of flower imaginable, from arbutus to zinnia to anything in between. Before you head out to your neighborhood florist, here are a few things to consider:

- * What is Mom's favorite type of flower? If you don't know, roses are always a safe choice, and one she'll love.
- * Does Mom have any allergies to specific flow-

ers? Ask the florist to put together blooms that are less likely to induce a sneezing outbreak.

* Do you have pets in the house? If so, be careful to keep Mom's bouquet or plants out of reach. Many flowers like hyacinth and hydrangea are toxic to pets.

* Does your mother live outside of Canada? Don't worry. You can call your local florist for the arrangement and he or she will contact a florist in

your Mom's area to put together and deliver the blooms. You can also use an online service to create and send a Mother's Day arrangement.

Whether your Mom lives around the corner or across an ocean, she'll appreciate flowers. Order them from a florist or, even better, deliver them yourself! You'll give a gift that Mom will treasure.



Discover Mother's Day History

When Mother's Day was founded in the early 20th century, it was proposed that we take pen in hand and write a special letter dedicated to mother in honor of her day. Times have changed over the years. Few people write letters anymore, favoring e-mails or e-cards. Perhaps that's why it's time to go back to the traditions of yester-

year and write that letter. Composing a note to your mother and other creative ideas can be fun and satisfying -- and will most definitely bring a smile to her face.



Ways to Show Mom You Love Her

Why is Mother's Day different from all other days? Because it's the one day of the year when we stop to acknowledge and thank our mother for everything she has sacrificed to make our lives better. Here are some ways to show Mom how much you care:

* Visit your mother, whether you live near or far. Anna Jarvis, the founder of Mother's Day, proposed that a special visit to Mom would be an appropriate symbol of dedication to mother in honor of her day.

* Call her on the phone. These days, when families are separated by hundreds of miles and e-mail is so accessible, we need a little push to pick up the phone. So dial those digits!

* Get out that camera and snap some shots of Mom with her children, grandchildren or you. E-mail them to her, or frame them for a gift that will be sure to last a lifetime.

* Take Mom out on the town -- see a movie, drive around the country or play a round of golf. Do something that she thoroughly enjoys.

* Get Mom out of the kitchen and into a restaurant for brunch or dinner. She deserves the day off, especially if she's the

family chef every other day of the year.


* Give Mom a gift that's just for her. It doesn't have to be big or expensive -- just something that says "I appreciate you" and reflects her taste and style. It's the thought and love behind that gift that's most meaningful to her.

* Send her a paper card -- not one that's e-mailed or store-bought. Jarvis

proposed that we write Mom a letter just for her on Mother's Day. Letter writing is more personal than a greeting card.

You can start just about any tradition to mark Mother's Day. However you decide to express your feelings, do it in a way that fits your mother's style, and Mother's Day will be an unforgettable experience for both of you.

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Mother's Day is Sunday, May 9

