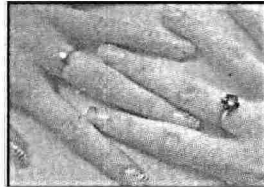


LIVING



GIFTS MOMS CAN GIVE THEMSELVES

Moms should treat themselves this Mother's Day, the folks at the TrimTalk.com diet support Web site say:

- Pamper yourself at a salon or spa, or go shopping and buy yourself something frivolous.
- Spend the day with your own mother, grandmother or both. Thank them for all they have done to make you who you are, and reflect on the positive impact you are having on your own children.
- Make conversation about the business of life of things like work and bills off limits.
- Get together for a social outing with a group of other mothers and let the husbands take care of the kids.
- Exercise. Enjoy the benefits and time away from it all.
- Do nothing and just relax.

