

OUT 'N' About

Mother's Day is May 12, 2019. While we ought to do this year-round, it's officially time to show those wonderful creatures just how much we appreciate them. Flowers, chocolates and jewelry are nice, but if you ask moms honestly what they want, it typically revolves more around relaxation, sleep and free time. We decided to do an informal "mom" poll to find out what moms really want on Mother's Day; here's what we found and some ideas to make it happen.

Gift #1: A clean house, through no effort of her own. Keeping a house tidy is a never-ending battle of effort and willpower, often repayed with just 10 minutes or so of relief before it's messy again. If kids and pop aren't up for the challenge of a top to bottom scrub (and we mean toilets and showers, too), consider hiring a local professional cleaning service either for just one day or on a regular basis. A good, deep car cleaning and detail will score some major points as well.

Gift #2: Food that she doesn't have to cook. But maybe not the kid-made, shell laden scramble eggs and burnt toast, though the effort is always appreciated. If you do opt for the breakfast in bed theme, bouge it up with a personalized serving tray or coffee cup from Etsy.com, Shutterfly.com or other personalization shop. Going out? Gayot.com has a solid list of restaurants around town offering fancy brunches for the occasion.

Gift #3: The time and space to exercise. Unless she is uber committed to a 5 a.m. workout or pushing a stroller while jogging, mom probably doesn't get as much exercise as she'd like. For moms looking to get in shape, punch cards or gift certificates for yoga, Pilates, barre, Jazzercise, spin...whatever she's into...make great gifts. More importantly, though, is time; that means giving mom the opportunity at least once a week to get out and have some healthy "me" time.

Gift #4: Guilt-free alone time. For some moms, merely being left alone is a dream come true, whether that's to sleep in, read, binge Netflix or take a long bath. If that is her wish, dads, it's on you. Take the kids out of the house for a movie, an afternoon with grandpa or some other outing that will take several hours. Or gift mom a day out on her own to get pampered, drink coffee in a book store, party with other moms or whatever makes her happy.

Gift #5: Quality family time. Invite mom to take a break from dishes, laundry, cleaning, cooking etc., even if that means paper plates and take-out, so she can play, go for a bike ride, do arts and crafts or just sit and watch a flick with the family. For a fun outing, check out the Art Festival of Henderson (May 11 & 12; CityofHenderson.com), or just get outdoors to Red Rock, Mt. Charleston, Sloan Canyon or a nearby park for fresh air and a fabulous picnic.

Keep this in mind: "The best things in life are free," and sometimes moms just need a warm hug and a heart-felt "Thank you." Happy Mother's Day to all you hard-working, nurturing, fierce mamas who make your household and world go 'round.

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Vegas Reads

Two Las Vegas locals have recently joined the growing group of emerging and established authors coming out of our community. Linda Smith, recognized as the fundraising pillar of Opportunity Village for nearly 40 years, recently debuted her first book: *Unwanted: How a Mother Learned to Turn Shame, Grief and Fear into Purpose, Passion and Empowerment*. The memoir chronicles her life as the survivor of childhood abuse and mother of a disabled child who later became a fundraising icon. In that role, she created some of OV's most renowned signature events, including the Magical Forest, The Great Santa Run and Camelot, while raising over half a billion dollars for the organization. *Unwanted* is available for purchase at major online retailers as well as her website, www.lindaslife.com. All proceeds from the book will benefit The Christopher Smith Foundation, another of Linda's non-profit endeavors.

Stephanie Mann, Founder and Executive Director of Safe Kids Now just released her fifth publication entitled *Empowerment Parenting: How to Raise Resilient Children Who Become Happy, Self-Reliant Adults*. As a Crime and Violence Prevention Consultant with experience working in "high fear" neighborhoods, she is uniquely and deeply qualified to speak on the subject. *Empowerment Parenting* is a ten-step guide for adults to help awaken in youth a sense of self-awareness, self-discipline, self-control and self-esteem, characteristics that help them resist self-destructive behaviors and reach their full potential. For more info, visit www.safekidsnow.com.

Sicilian Old Fashioned

- 1.5 oz. Wild Turkey 101
- 1 oz. Amaro Averna
- 1/3 oz. Cocktail and Sons Spiced Demerara Syrup
- Angostura Bitters
- Orange peel

Combine Wild Turkey 101, Amaro Averna, Demerara Syrup and a couple dashes of Angostura Bitters together in a stirring glass with ice. Stir for about 15 seconds, then strain into a rocks glass over a square ice cube or into a coup glass. Squeeze orange peel over the top then drop it in or use it as a garnish. Make it at home or enjoy at Gaetano's Ristorante, located at 10271 S. Eastern Ave., #111.



Did You Know?



Peeps were invented in 1953 by the Just Born Candy Company founded by a Russian immigrant. Originally, they were hand piped and each one took about 27 hours to set. Today, they are machine-made in 6 minutes, allowing the company to make 4 million per day, or 1 billion annually, of which 600 million will be eaten on Easter Sunday.