



Mother's
Day

Go Beyond the Bathrobe

This past holiday season, sketch comedy show “Saturday Night Live” had a viral hit with a sketch about everyone opening their presents under the tree and Mom getting ... a bathrobe.

Don't give a bathrobe on Mother's Day. Try some of these gifts instead.

A SPA DAY

Busy moms may have trouble taking enough time for themselves. Do it for her instead. Book a full day of spa treatments at a local day spa. Choose from an array of services to pamper her or ask one of the experts there to make a package that'll make her day. Many spas also offer specials for Mothers Day, so you can take advantage of savings on a full day of beauty.

SUPPLIES FOR HER HOBBY

If Mom has a hobby she enjoys, like hiking, painting or crafting, recruit some help from a local specialty shop and get her some quality supplies she may not splurge on herself. You could also opt for a gift card and a day away from the kids and other responsibilities so she can shop and enjoy her hobby at her leisure. Also look at giving her a dedicated space



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for her hobby in the home if she doesn't already have one.

TECH GEAR

Are games and gadgets more Mom's speed? Gather up a new tech toy and accessories for the perfect Mothers Day gift. Think the latest phone

with a case, screen protectors and earbuds. Or a set of video games from her favorite franchise. One thing to avoid: Unless she's specifically asked for it, avoid gadgets having to do with cooking or housework. A vacuum cleaner is still a vacuum cleaner, even if

it has voice controls.

TRIPS

Some Moms enjoy experiences instead. Plan a day trip — make sure she won't have to make any decisions — to somewhere fun. Make sure you map out neat places to

shop (if shopping is her thing) and places to eat and relax. Whatever you choose, make sure it's all about her. Bonus points: Set her up with a night in a weekend in a hotel, even if it's local, especially if this has been a long, difficult pandemic for mom.

Famous Moms: Sojourner Truth

Sojourner Truth was born around 1797 in Swartekill, New York, about 100 miles north of New York City. She was a slave, owned by the Hardenbergh family, who sold her in 1806 along with a flock of sheep for \$100 to John Neely of Kingston, New York.

Truth, then called Belle, described Neely as a harsh master, beating her daily. She was sold again in 1808 and in 1810. In 1815, Truth met and fell in love with another slave named Robert from a neighboring farm. Robert's owner forbade the relationship; he only wanted his slaves to have children with slaves he owned so that he would, in turn, also own the children.

While owned by the Dumont family, she married an older slave named Thomas and bore five children: James, Diana, Peter, Elizabeth and Sophia.

Emancipation was completed in New York in 1827, and though John Dumont promised to free Truth before the law took effect, he didn't. She escaped to freedom in 1826 with her daughter Sophia, leaving her other children behind until the order would free them.

After she became free with the help of the Van Wagenen family, she learned her son Peter had been illegally sold by Dumont to an owner in Alabama. Truth, again with the help of the Van Wagenens, went to court and became the first black woman to go to court against a white man and win such a case.

Truth and Peter moved to New York City, where she worked as a housekeeper. Peter worked on a whaling boat, but unfortunately

disappeared by 1842. In 1843, Truth decided to make her way preaching about the abolition to slavery, attending camp meetings and advocating for women's rights and religious tolerance. Along the way, she met Frederick Douglass and William Lloyd Garrison. Garrison later published Truth's dictated book, "The Narrative of Sojourner Truth: A Northern Slave" in 1850.

Truth made her most famous speech in 1851 at the Ohio Women's Rights Convention in Akron, Ohio. "Ain't I a Woman?" demanded equal human rights for all women as well as for all Black people. Later reproductions of the famous speech gave Truth a Southern cadence and accent (hence the ain't), but it's likely Truth really spoke with a Dutch accent, that being her first language.

By the time of the Civil War, Truth lived in Michigan where she joined a movement that formed the Seventh-day Adventist Church. She spent the war recruiting black troops for the Union Army and working to improve conditions for former slaves and meeting with presidents Abraham Lincoln and Ulysses S. Grant.

Truth, cared for by her daughters until the end, died Nov. 26, 1883, in Battle Creek, Michigan.





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Thoughtful Handmade Gifts

Sometimes, the best gifts aren't the most expensive ones but the ones that come with the most thought behind them.

Enter the handmade gifts, which are especially meaningful (and fun!) for those with younger children. Just remember to pick up the mess so that mom doesn't have to.

CARDS

This project starts with things you

probably have around the house, but can get as fancy as you'd like them to be. Printer paper, construction paper or even plain old notebook paper all make great foundations for cards, though you could also opt for thicker, tougher card stock from the craft or art store.

You'll also need some basic art supplies, like crayons, pencils, pens, markers or paints. Up the ante with gel pens, glitter pens and more. You can also add fun stickers, pom poms, cutouts, origami pieces. Your imagination is the limit.

Lastly, you'll need some sentimental thoughts. Draw a picture of Mom, maybe doing something she loves, then write how much she means to you. It

doesn't have to be perfect or spelled right; she'll know exactly what you mean.

BAKED GOODS

Hit the kitchen and whip up some sweet treats for Mom's special day. Maybe breakfast in bed with a scrumptious blueberry muffin. Or a pile of cookies or brownies for a sweet treat. Choose something she'll think is delicious and for the love, make sure you clean the kitchen.

PICTURE COLLAGE

This is a great idea that can become a tradition in your family. Pick out your

best photos from the past year and make a picture collage. That'll give her a year of memories every Mother's Day. You can put them in a collage frame or even in tumblers. Look at your local craft stores for blank tumblers that come with instructions on how to print pictures for the cups.

POTTED FLOWERS

If mom has a green thumb, pot up some of her favorite kind of plants to adorn her favorite spaces and bring her some cheer. For an extra touch, paint your sentiments on terracotta pots and coat them with a waterproof clear coat to protect them for all time.



Famous Moms: Kathy Headlee

Kathy Headlee, a mother of five herself, is the founder of Mothers Without Borders.

Mothers Without Borders is an organization that works in Zambia, Africa, to support local groups, empower women and care for the most vulnerable children. The group provides food, housing and education for the children while offering adult caregivers literacy and business skills training.

In an interview with GivingTuesday.org, Headlee explained why Mothers Without Borders is important to her.

“I’ve felt enormous compassion for children who suffer from the time I

was a small child and continue to feel compassion and a desire to ease suffering wherever possible,” Headlee said. “Giving is living from the heart. ... Giving is life at its most sublime.”

Mothers Without Borders operates the Carol Zulu Primary School and a Children’s Resource Center where children in crisis live. Around 50 children live at the center in a family setting and get support to return to a healthy, productive life in their community.

Headlee tells this story about how

giving back through Mothers Without Borders changed her life.

“I was sitting in a tiny, concrete home in a very poor area of a large city in Zambia. I listened as a Zambian social worker visited with an elderly woman who was caring for several orphans, all HIV infected and malnourished,” Headlee told GivingTuesday.org. “One of the children was very near death. This hardworking and noble grandmother openly wept in sadness for her inability to adequately feed and provide for these sick children who she clearly loved so deeply.”

The conversation involved agony and tears, Headlee said. And then the

social worker told the grandmother, “Mama, I am your daughter in this. Let me help you. Let me care for you and help you care for them.”

Mothers Without Borders, the social worker and the grandmother worked together and now the family is receiving food, the children are in school and everyone is doing better.

“Grandmother continues to look after her little family,” Headlee said. “And I was deeply inspired by this grandmother who gives her life for her family, and by the social worker who works tirelessly and with enormous compassion to meet the needs of the people in her community. It was a privilege to be a part of a miracle.”

Make Mom a Coupon Book

Coupon books are great gifts for kids or other people with limited resources to give to Mom.

All it costs you is the time to observe and the time to make the book and deliver on the coupons. Kids, here's what you need to do.

STEP 1: WATCH

For other gifts, you need to know what mom likes. For the coupon book, you need to pay more attention to what she doesn't like to do. You'll want your coupons to take things off her plate so she has more time for the things she enjoys. As she does her chores around the house, watch for things you can do to make her life easier. If you need to, ask to learn how to do tasks so you can give your best help. And pay attention! Remember, this will be your job soon.

STEP 2: DECIDE

Now that you have noticed some things you can do to help, pick the things you can do well. If Mom and Dad have to go back and redo the job, it's not as helpful as it could've been. For each task, choose how many times you'll take care of the job. Some examples: Redeem (turn in) for one week of folding towels. Or, "Turn in for one night of doing dishes."

STEP 3: MAKE THE COUPONS

Get your art supplies together along with some paper. You could also use the template included here. Make each coupon neat and use your best handwriting. You can decorate each coupon, too, to make them prettier and illustrate the task. After you've made your coupons, use a stapler to fasten them together or, if you used notebook paper, tie them together



with string or yarn in the holes.

STEP 4: TURNING IN COUPONS

After you've given your mom the cou-

pons, you need to be ready for when she turns them in.

This means that when she asks you to do something, you do it right away and

remember this is part of her Mother's Day present. No whining or pouting or putting it off. Do your best job to show Mom how much you care!

Famous Moms: Hoelun

Genghis Khan, the first emperor of the Mongol Empire, has been known for almost a thousand years for his ruthless leadership and amassing the largest contiguous empire in history. Less well known is his mother, Hoelun.

Hoelun was born around 1142 into the Olkhunut forest tribe in Mongolia. Originally engaged to someone else, Hoelun was kidnapped by and later married Yesugei, chief of the Khamag Mongol confederation. She became his chief wife and had four children: sons Temujin (who became Genghis Khan), Qasar, Qachiun, Temuge and one daughter, Temulun. Yesugei died, and, despite his status, his clan abandoned Hoelun, her children, Yesugei's second wife, Sochigel, and her two sons, Behter and Belgutei.

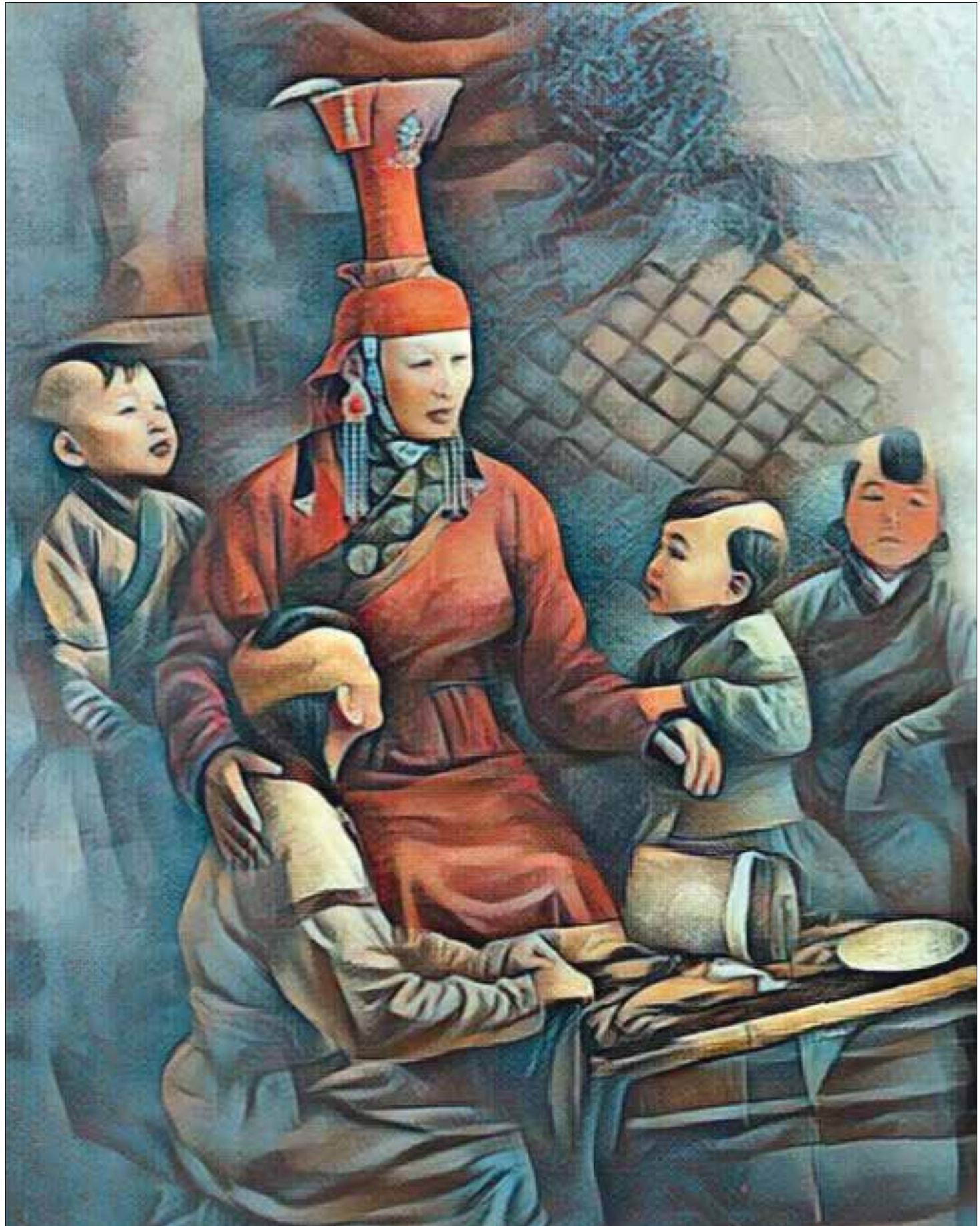
Hoelun took charge of the ragtag group of women and children. They lived in the Onon River valley, living on what they could hunt and gather. As the boys grew older and their hunting territory grew into the nearby mountains, the family's prosperity grew. But despite Hoelun's teaching of unity and familial support, Temujin and Behter fought, and eventually Temujin killed the other son. Hoelun chastised him angrily, and Sochigel and her younger

son remained with the group. The family grew even more prosperous, but the horror of being cast out at such a young age stuck with Genghis Khan.

As the boy Temujin turned into a man and then the emperor Genghis Khan, Hoelun remained one of his most trusted advisers. He remembered the bitterness of being cast out and overturned the ancient steppe caste system that victimized his mother and his family.

Not only did Hoelun's early lessons teach Temujin about keeping families together and supporting each other, but she also helped to unite the tribes coming under Genghis Khan's control. Hoelun took care of war orphans, which helped assimilate other tribes into the khanate, spreading a new identity among formerly disunited Mongol tribes.

She maintained her own court — defending it against assassination and kidnapping attempts against Genghis Khan's large family — in the Mongol empire until her death in 1208.



An Easy Bread Recipe to Gift

Moms know that the best way to someone's heart is through their stomach. Now is the time for you to return the favor.

Even if you're not a chef, these easy recipes are sure to please. Just remember to clean the kitchen when you're done.

EASIEST LOAF OF BREAD

Recipe is by King Arthur Flour.

4 1/2 to 5 cups bread flour

1 tablespoon sugar

2 1/4 teaspoons instant yeast

2 1/2 teaspoons table salt, not

kosher

1 2/3 cups water, 90-110 degrees

Fahrenheit

Cornmeal for coating the pan

1. Stir together all of the ingredients except the cornmeal in a large bowl, starting with the flour. Mix everything until it comes together in a rough, shaggy dough.

2. Turn out the dough onto a lightly floured surface. Fold the far edge of the dough back over on itself toward you, then press it away from you with the heels of your hands. Rotate the dough 90 degrees and repeat the fold-press-rotate process with a rhythmic, rocking motion for about six minutes. When fully kneaded, the dough should be bouncy and smooth.

3. Plate the dough in a bowl that's been lightly greased with vegetable oil or cooking spray. Cover the bowl with plastic wrap or an airtight cover and let it rise at room temperature until it doubles in size, about 1-2 hours.

4. Deflate the dough and cut it in



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half. Pat each half into a 6- by 8-inch oval. Working with one piece of dough at a time, grab a short side and fold the dough like a business letter — short side into the center, the other short side over it — and press the open edge of the dough into a log about 10 inches long.

Repeat with the other oval of dough.

5. Place the loaves, seam-side down, on a baking sheet. Sprinkle the pan generously with cornmeal to keep it from sticking. Let the loaves rise, lightly covered with greased plastic wrap, for 45 minutes. The loaves should be nicely puffy. The bread is ready to bake when

you can gently poke the loaf and the indentation remains.

6. Preheat the oven to 450 degrees. Coat the loaves with a dusting of flour and make three or four half-inch deep diagonal slashes in each loaf. Place the bread in the oven and bake for 20-25 minutes, until the crust is golden brown

and the loaf sounds hollow when tapped.

7. Turn the oven off, crack the oven door and allow the bread to rest inside for five minutes. Remove the bread and cool on a rack. Wait to cut it until it's cooled down a bit for the best texture.