

# MOM & DAD ZONE

## Finally! Afternoon Delights *By Heather Lambie*

The kids are back in school, back to their daily routines, back to the grind. Ironically, routine for the kids can simultaneously mean a spot of midday freedom for parents. So if you're looking for some fresh ways to spend a well-deserved day of grown-up hooky, here are six inspired suggestions.

### 1 *Matinee Mama*

No doubt the ultimate way to chill is in a dark, air conditioned theater. Knock yourself out and see something that's not animated. Go alone or with girlfriends, unplug from the world as you settle in (at least for 2 hours or so) to the willing suspension of disbelief at your local Regal Entertainment Group. For theater locations and movie schedules visit [www.REGmovies.com](http://www.REGmovies.com).



### 2 *Get Cookin'*

As after school and extra-curricular schedules ramp up, available time to prep a healthy dinner can shrink to nil. Spend an afternoon putting together meals for your family that will contain all four food groups and feed a family of four for as cheap as \$22! At meal prep stores like Dinner 4 U and Weekday Gourmet, you can put the all natural or organic ingredients together yourself (they've already done the hard work of chopping) or call in and pick up your order of meals that can be frozen and pulled out for a last minute healthy choice. Plus, you get the benefit of a multi-ingredient meal with NO clean up! For locations and menus (which change monthly) at Dinner 4 U go to [www.dinner4u.org](http://www.dinner4u.org) or call 727-643-7577 for locations in Safety Harbor. You can visit Weekday Gourmet at [www.wdgourmet.com](http://www.wdgourmet.com).

If you're a chef at heart and are looking to get out of your home menu rut, try a cooking class offered in the kitchens of a local restaurant. The No Ho Bistro—a South Tampa secret and 2007 Small Business of the Year Finalist—offers hands-on instruction. The cost includes discussion with the chef instructor, recipes and informational material, a sit-down meal to discuss the student-prepared menu, and a wine pairing.



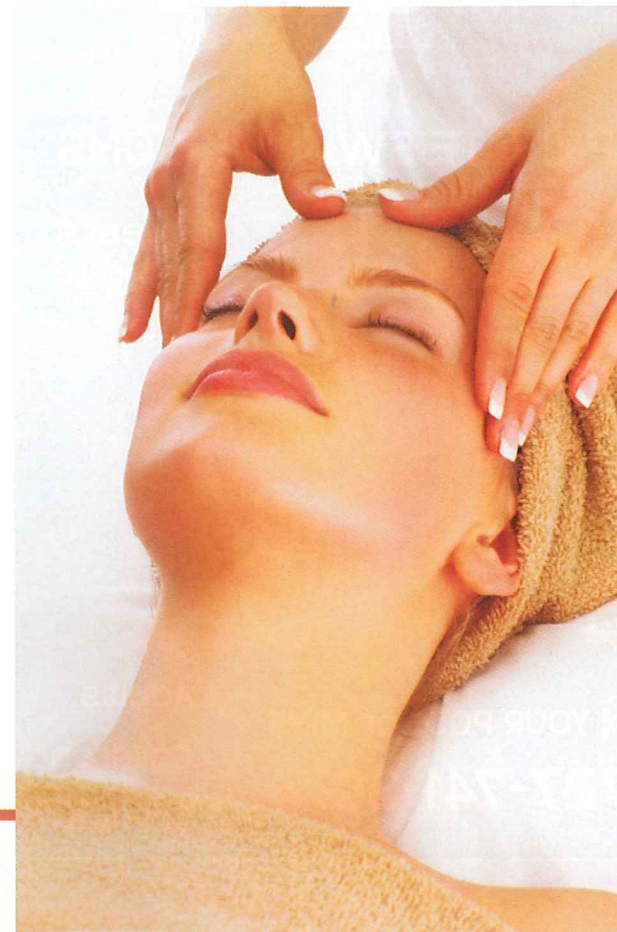
### 3 *Be a Kid... Without the kids!!!*

Use your outside voice and SCREEEEAAAM. Go to Busch Gardens and enjoy the roller coasters without concern for height requirements. Kids back in school means no lines!

### 4 *Spoil Yourself!*

Pamper yourself with a professional brow shaping or a photorejuvenation session at an unexpected spa like Enchanteria Day Spa on S. Macdill Avenue in Tampa. If you're not familiar with photorejuvenation, you MUST check it out—it takes years off your face with no injections or potions. For details visit [www.enchanteriadayspa.com](http://www.enchanteriadayspa.com).

Indulge yourself at one of Affinity Body Solutions' two locations for permanent makeup and eyelash extensions. In Brandon, call 813-689-1144, in Tampa, call 813-964-5901, or visit [www.AffinityBody.com](http://www.AffinityBody.com).



### 5

### *Really Spoil Yourself*

TAKE A NAP. And don't feel guilty about it.

### 6

### *Be Responsible!*

Another school year also means another hurricane season. So (if you haven't already) head to your local home improvement store and buy a giant bin to create a hurricane emergency kit. Load up on batteries, water, dry foods, canned foods, can opener (duh!), wind-up radio, matches, ziplock bags to keep the matches dry, toilet paper, etc.

Be sure to bring a binder (like those found at [www.getbuttonedup.com](http://www.getbuttonedup.com)) that houses all your home and family critical information like important contracts, documents and contact information.

