

A SAIPAN TRIBUNE ADVERTISING SUPPLEMENT 9 MAY 2019



# in uniform

By BEA CABRERA beacabrerasaipan@gmail.com CORRESPONDENT



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Aside from serving the military, U.S. Army Reserve Specialist Ashley Castro is scheduled to finished her studies at Northern Marianas College in 2020.

henever she puts on her uniform as a U.S. Army reservist, Sgt. Kelly Sablan's 5-year-old-daughter shouts out, "Soldier! Soldier!" and she knows that mommy is going off to work.

Sablan hopes that that will make her a role model to not just her daughter but also other girls that they can aspire to do their own thing or get into a field of work that is dominated by men.

For Ashley Castro, a U.S. Army Reserve specialist, putting on her uniform is almost a life-changing affirmation. "It is like I am not just Ashley Castro, that I am a part of something bigger and meaningful."

Serving one's country and being a mother at the same time may appear daunting but these women are proving that, with focus, sacrifices,



U.S. Army Reserve Sgt. Kelly Sablan with a colleague donating school supplies.

and hard decisions, it can be done. And these military moms in the U.S. Army Reserve stationed in the CNMI also manage to face both responsibilities with great honor and respect.

Sablan, a mother of two and a 7<sup>th</sup> grade teacher at Hopwood Middle School, counts on the help she gets from her support system: her family. "The military offers work-family

balance programs but, personally, I balance my military career and personal life through advance planning and having a really good support system. With advance planning, when I know I will be leaving for

training to go off island, I would tell my parents to take care of my children. They are big supporters of my military career," she said.

Her support system extends up to her workplace, making sure that her students are also taken cared of.

See MOMS on Page 14



#### MOMS

From Page 13

And because her children are still very young, she does not go into full details whenever she has to leave for offisland training. "I just say I got

go to work and I will be back."

Sablan, who is 27 years old, joined the military fresh out of high school. "I have been in the service for 10 years now.

Like many who go into military service, Sablan said she pursued this career for the twin purpose of serving her country and to further her education.

That comes with a lot of sacrifices, like missing milestones and family events.

Sablan's patriotism helps her get through it. "I knew coming into the service that there will be sacrifices because we constantly have to bear 'readiness' in mind and that's is really important being a soldier," she said.

As a soldier, what motivates her is the future she is creating for her children. "I want my children to live a long and happy life and pursue the goals they want to when they figure it out. ... That is why peace and security are important to me as a soldier."

Like other mothers, military moms face all the same day-to-day challenges. Sablan acknowledges that that's just how it goes. The important thing is powering through.

"It does get hard, no matter what, because a lot of thing just come from the left field, unplanned. Just keep going, as balancing is hard but it's worth it in the end, especially if you have your kids and you see them grow up and pursue their own goals and dreams," Sablan said.

As a woman, she finds joy representing women in the military but she pointed out that there is no dichotomy in being a soldier. "When you are a soldier, there is no male or female. You are a soldier."

Castro, who left Saipan



BEA CABRERA

U.S. Army Reserve Sgt. Kelly Sablan works as a 7th grade teacher at Hopwood Middle School.

Castro admits that it can be a struggle at times but the rewards make up for it. "I have my parents and extended family who all help me with my children and my unit company







BEA CABRERA

One of U.S. Army Reserve Specialist Ashley Castro's qualifications is being a driver for military vehicles.

10 years to get basic training and advance individual training, chose to go into the U.S. Army Reserve "because I wasn't ready to leave home yet and I also wanted to pursue my education."

She is scheduled to graduate from the Northern Marianas College with a bachelor's degree in 2020 but what got her started on the military track was in high school, when she was a JROTC cadet from freshman year all the way to senior year at Marianas High School.

That means Castro is not merely balancing a career and motherhood but is also juggling a third pursuit—going after a college degree.

"One of the benefits of being in the Reserve is that we also have education benefits and this helps me balance my life of being in the service, having two children, and being in school."

in the military. ...It's just like any other workplace. When you have something going on, we notify in advance our leadership and, depending on the situation, they can approve the notice," she said.

She believes she is up to the challenge of having a career in military service. "I feel like I will be in here for so many years but I am ready to take the next step to pursue my military career. ...It is exciting and I don't know want to expect until I am finally in that position, but I'm sure I can handle it," she added.

And being a soldier helps her ensure that her children will also have the "freedom and the choices that we have, to pursue our happiness and our overall wellbeing," she said. "...I want my children to have that opportunity now and tomorrow and I want them to make the choices without any persecution or restrictions."

"She is strong and resilient despite the many obstacles in

our life. She is very inspiring and, Mom, thank you for cooking

my food. You are the main reason why I do the things that I do

like studying hard. Happy Mother's Day, Mama!"

Keandre Deseo with his mom, Maricar Deseo.

–Keandre Deseo, freshman, Liberal Arts major

# What's • ACCON about your

By BEA CABRERA CORRESPONDENT

aipan Tribune asked students from the English Composition 2 class at the Northern Marianas College about what they find special about their moms and they were not shy about how they feel.

"My mother is special because I am amazed at how resilient she is. I also admire her work ethic as she works hard for us to be able to provide for the family. She always makes sure we are well taken cared of and I truly treasure that about her. My sister and I aspire to be just like her as we get older and we hope to share the same values she has taught us to people around us." -Jennifer Tanghal, freshman, Liberal Arts major



Jennifer Tanghal with her sister and mother, Lorna Tanghal. сонтявитер рното

"My mother is selfless. She prioritizes her daughters and always puts them and their needs first. I Love you, Mom! Happy Mother's Day!"

-Cristine Reina T. Alfonso, sophomore, pre-Nursing major



Cristine Reina Alfonso with her mom. CONTRIBUTED PHOTO

"She is very hardworking, selfless and, most importantly, loving. She is always there for me, doing everything to help me in my life and I really appreciate her. I love you, Mom!"



Jose Carreon with his mom, Roselle Carreon.



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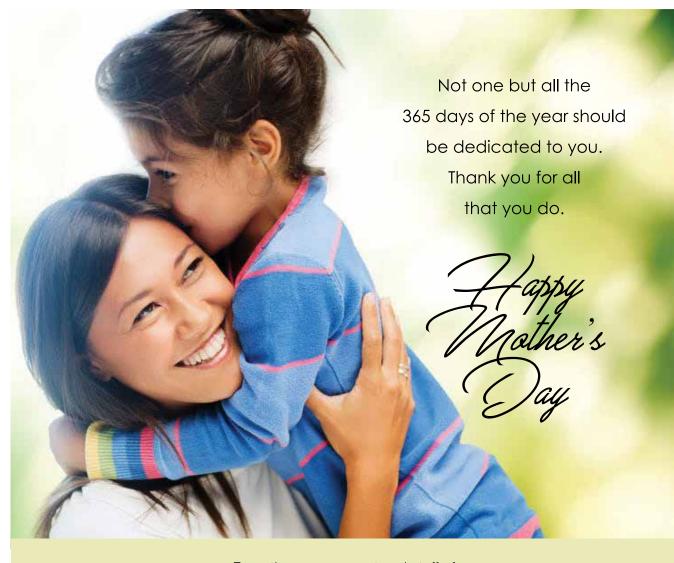


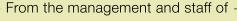


"When it comes to my mom, our relationship is unique. We may not see eye to eye in many things but we are the best mother-daughter duo. I love my mom for being an inspiration to me as she is so passionate about life and is the biggest supporter of my life goals. She brings out the positive in anyone that she meets and I love her for the life I am given. Happy Mother's Day, Mom!"

-Glenda Aldan Liberal Arts major











Tan Siu Lin Foundation



Glenda Aldan's mom, Petra T. Sablan, poses with her granddaughters.

"Since I am a parent now, the thing that is really special about my mom is I consider [her] my resource with what is happening with my own children. When my children are sick or having a hard time, she is such a great resource for me to call and talk to. I tell her I am struggling with this [and] she usually gives me a long tale of how I was so much worse and the kids are fine and gives helpful suggestions. Mom, you are the best resource for me and my journey as a parent so thank you so much. I love you and happy Mother's Day!"

-Adam Walsh, English Composition 2 teacher at NMC



Adam Walsh with his mom, Debi Walsh

"My mom is special because she is very determined. ... One time she climbed a tree in front of our house. I told her, 'Mom, please do not climb the tree. We don't have insurance." But she was like, "But I want the fruit." I really respect her courage and determination. ... One day, when I leave for the [U.S.] mainland, I want to bring those traits (her motivation and her honesty) with me because I'm going to need it if I will start living independently. I love you, Ma! Thank you for feeding me!

—Cerijean Mangubat, Liberal Arts with emphasis in Education



Cerijean Mangubat with her mother.

CONTRIBUTED PHOTO

"She is my best friend, very respectful, kind-hearted, and supportive of me. I love her very much. Happy Mother's Day!"

—John Cavinta, freshman, Elementary Education major

### Mother's Day Love

By GEORGIA BAETGE

SPECIAL TO THE SAIPAN TRIBUNE

Love is not what you think, but what you see and feel.

Love is not a victory just to have someone next to you.

One needs a mother's touch before one can feel happiness.

A child needs a mother's gentle voice, a gentle hand, before they know who they are.

A mother needs a child before she knows who she is.

My mother is a moon flower in a forest of gray and black.

My mother is the one tree that survived the fire.

I am the flower surrounded by fire. My mother stays and does not

My mother chases away my worries. She helps me feel happiness

Georgia Baetge is a third-year elementary student at Isla Montessori

## 3 Words

By KATIE CHOI

SPECIAL TO THE SAIPAN TRIBUNE

Mom, you told me "Please," "Thank You" and "Welcome" are the three important words in English.

I just want to say PLEASE take a break from what you are doing because you have done so much

THANK YOU for caring for me even though I was crying. Even when I was happy you were there next to me.

You have always WELCOMED me with you warm heart.

I love you Mom.

Katie Choi is an 8th grader at Saipan Community School.

# cems for mom

Actions speaks louder than words but words from the heart are meaningful and forever. Saipan Tribune collected the following poems from young students on Saipan. (Bea Cabrera)





### Thank You, Mama By JEZREEL DRILON

SPECIAL TO THE SAIPAN TRIBUNE

I remember the time when you

held my arms Guiding me as I take my first walk You smiled and encouraged me And I did what you told me so

You carried me for nine months And you missed a ton of stuff as you watched me grow

Your old clothes couldn't fit you

And you miss hanging out with your friends

I couldn't remember when you gave birth to me

But father have always say you had a smile on your face

You took care of me and gave me I'm myself today because of you

As I grew up

**By TIANA CABRERA** SPECIAL TO THE SAIPAN TRIBUNE

the brightest days.

I love you Mom.

She's the one who makes me me! Without her I'm not whole. She makes the rainiest days into

She cares for me and loves me

Tiana Cabrera is an 8th Grade stu-

dent at Saipan Community School.

like the kind of love you need. She is my mom. She is my best

We fought a lot Once I told you that I hated you I regretted it as soon as I slammed the door

I heard you cry from closed door But I swallowed my pride and left you there alone

I was at my lowest when you hugged me

Telling me everything's going to

I cried more and I told you I didn't mean anything that I've said

You smiled and kissed me on my

I've never told you this before But I want to tell you that I love

Happy Mother's Day And thank you, Mama

Jezreel Drilon is a 7th grade student at Hopwood Middle School.



Katie Choi CONTRIBUTED PHOTO



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Women's health month (WHM) serves as a reminder for women to make their health a priority and build positive health habits for life.

#### This May, take steps for your health.

Early detection is your best protection against cervical cancer.

Getting your pap test done regularly can help find and treat irregularities/abnormal changes in your cervix before it becomes cervical cancer. The Breast & Cervical Screening Program under the Division of Public Health Services can help pay for your pap test.

For more information about getting a pap test done, or for information on other women's services, please call 236-8731/27.

#### Join us at our events!

Healthy Cooking Demo free samples & giveaways!
May 8th at AFETNA SUPERMARKET IN SAN ANTONIO 5:00PM-6:30PM

Healthy Cooking Demo free samples & giveaways!
May 9th at TWINS MARKET IN DAN DAN 5:00PM-6:30PM

Systems of Care Family Expo
May 25th at CAROLINIAN AFFAIRS OFFICE 10:00AM-2:00PM

5 for 5, 5K Walk, Run & Roll
JUNE 1ST AT GARAPAN FISHING BASE 5:00AM Registration

For more information about WHM events please call 664-8701.



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#### Remembering being a first-time mom

Exactly eight years ago today, Antonina Banes became a first-time mother, born into her new life as mom to her first-born, Maximilian.

"Maximilian was a miracle for us because for years I couldn't conceive. As a result, his existence changed my perspective of everything.

"If I thought that I knew what love is already—from our parents, siblings, spouses, etc., after having my first baby was when I realized that a mother's love is the most powerful feeling ever," she said.

"I was worried, though, of spoiling him with unlimited affection. Now having a second young child on my hands, I could give as much love and affection as I can," she added.

Rearing a baby for the first time made Banes appreciate



CONTRIBUTED PHOTO
Antonina Banes and her two
sons, Maximilian and Sebastian
Banes.

the presence of a so-called Saipan family—a circle of moms who experienced the same or who were going through the same journey.

"That made us even closer friends than before," she said.

Unlike many first-time mothers who experience anxiety, Banes did not go through that. But that doesn't mean everything is a walk in the park. "Being a mom is a lot of hard work that is sometimes invisible to the eyes of others. But the happy eyes of your children is always good payback, coupled with sweet hugs and kisses. ... As a mom I find myself to be more forgiving [and] generous..." (Bea Cabrera)



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# Just *Jove* on Mother's Day

By BEA CABRERA beacabrerasaipan@gmail.com CORRESPONDENT

o matter how old, independent, and successful now one is, a mother will always be special because they were the ones who first believed in how far their children would go. This holds true for the following community leaders who had their own mothers who believed in them first.

Jay Wolfe, a local entrepreneur, sustains a strong bond with his mother who lives in Kentucky. "I want to wish my mother, Beverly, a very happy Mother's Day. Everyday I remember all the things you've done for me. I am so grateful I can call you mother and my friend. Please come visit soon. I miss you."



The niece of former

governor Juan N. Babauta, **Rep. Shiela Babauta**, is also making her own path in the political realm, thanks in no small part to the encouragement of her mom.



"To my mother, Dolorina Weilbacher Jack Babauta, I was just a little girl when you encouraged me to bake with you in our cramped, modest kitchen in Chalan Kanoa. We pulled out ingredients, not using any lists or cookbooks (because you were a creative genius), and we began preparing to bake your famous

blueberry cheesecake. You reassured me that I could roll the dough and that I wouldn't mess it up. You held my hand while we used an electric mixer to create the filling. You smiled while I spread the sweet blueberry filling on top and, once we were done, you let me lick the bowl with so much enthusiasm and satisfaction. Mom, that is the yummiest memory I have of us but it is just one of many. Thank you for teaching me how to cha-cha in our living room, for the spontaneous swimming lessons at the beach and for always reminding me to be kind to others. You've redefined the meaning of strength, commitment, love, and courage to me. I am forever grateful for your spirit and I will always love blueberry cheesecake because of you. I love you and happy Mother's Day!"

**Michelle Cabrera-Atalig** has work and life balance figured out. While a wife and a mom of two, she is able to build a ca-

reer at Docomo Pacific that is both fulfilling and inspired by how her own mother reared her.

"Mom, of the many blessings in my life, I am especially grateful for you. You are an example of loving selflessly as you live each day to serve our God and family. You are by our side when we need you the most and reminds us that the



greatest gift you can give us is your presence and the memories that come with it. You extend your love, time, and care, not just to your children but also to your grandchildren. We are blessed beyond words that you are still with us today. We ap-



preciate you everyday, Mom, but on Mother's Day, we hope you feel showered with extra love, kisses and pampering. Happy Mother's Day and may God bless you with many years to come."

Currently a member of the

**Rep. Ivan Blanco** of the 21st Commonwealth Legislature (Pre-

cinct 3), honors his own mother and all mothers in the CNMI. "I wish my mom, Alin, who resides in Chuuk a very happy Mother's Day. I also want to wish all moms a special happy Mother's Day and may our Lord continue to bless you."

**Kathy Attao** a wife, mother, coach, athlete and handles Corporate Affairs and Human Resources at TanHoldings Corp.,

looks up to her mom's perseverance, inspiring her to nimbly juggle all the roles she takes on.

"To my dearest mother, Elizabeth Arthur-Attao, you have



taught me so much about faith, love, for-giveness and perseverance. You are an example of the strength of a woman and of a mother. I have seen your love expand beyond boundaries to include those who have done you wrong. Your walk in faith has always been your priority and I admire every step of

the way. I am so very thankful that I have been blessed with an angel as my mom and I love you so very much. Happy Mother's Day!"













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