



A SALUTE TO

Mother's

A SAIPAN TRIBUNE SPECIAL ADVERTISING FEATURE
MAY 6, 2022

By BEA CABRERA
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CORRESPONDENT

A mother's retrospective

In celebration of Mother's Day, Saipan Tribune has put together remarkable victories and memories of mothers who look back with a smile when asked about their children. Mothers will always have something good to say about their children and always from the heart.

"In the years after graduating from university, my daughter, Raina Klaver, has shown compassion and dedication that makes me so proud. In March of 2020,

with the unknowns of COVID-19 and a cancer diagnosis of her beloved grandmother, she stayed with her grandparents and put her social life on hold.

Throughout the pandemic, she worked in a medical office, went directly to her grandparents after work, and continued to study on her own. This summer she will be starting medical school with a goal to practice community-based



Klaver

medicine to help and heal. Being raised in the CNMI and then growing up around the world, she is using her brilliance, experiences, and empathy to positively make an impact in the world."

—**Karla Klaver, Tapochau**

"I have two children, both girls, one is 6 and one is 3. I cherish watching them take their first steps, go to school, and simply watch-



Cruz

ing them grow. These are the most exciting moments that I have experienced as a mother. I am a full-time employee and, at the same time, I take my masters online at Southern New Hampshire University. [I am a] very busy bee but I manage my time to help my children with homework [and] extra-curricular activities. They love to go to the park, exercise, and go to the beach. I think I will be the kind of mother that even though my kids are adults, have their own family, I am still going to want for them to live with me."

—**Lanie Kay Cruz, ASE program coordinator, CNMI Department of Labor**

"My greatest accomplishment as a young mother to MariaKaiyan, 10 and



Haberman

KastleDanico, 8, is learning the values and virtues of patience, to love unconditionally, and to allow my children to learn on their own. Whether it be via a mistake, or a success, I want them to learn of their own accord. To support this viewpoint, I, as a mother, must remind myself to change roles and take a back seat to let things happen, but also be present for moral and emotional support.

"I enjoy seeing their happiness through their personal accomplishments. And I am also saddened when I witness their sadness. C'est la vie. I enjoy learning with them, laughing with them, loving them, and

crying with them. As a mother we want to protect and guide our children as these moments are what drive me to keep pushing forward. I am thankful for this life with them both."

—**Maria Valentina Haberman, director, Community Development Institute, Northern Marianas College**

"I have seven children, all adults now and seeing them grow up was my greatest joy. It is an accomplishment in a way that it is not neces-



Leon Geurrero

sarily because it was hard work, but more of grateful. I am grateful that they are individually successful in their own way and also that they are good and responsible community members. It gives peace of mind as well that they have gone through good and bad things and that they are able to survive and succeed. To me, those are my great blessings."

—**Bertha Leon Guerrero, Garapan**

"I am a proud mother and grandmother. I love passing on what my mother and mother-in-law have taught me. Being a mother is hard



Tenorio

work, akin to the role of a superhero. Sometimes people do not realize the effort put into the nurturing and caring for children to prepare them to have a good future. With my mother and mother-in-law, I appreciate them for teaching me the importance of education and I wouldn't be at the point of my career right now if it weren't for them."

—**Janice Tenorio, Customer Service & Government Relation Manager, IT&E**



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Athlete moms to compete in 2022 Pacific Mini Games

By BEA CABRERA
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CORRESPONDENT

Kathy Pagapular Ruzala, Robyn Spaeth, and Heather Ann Brook are the regular faces you see in fun and competitive runs, swimming, and biking on Saipan. We call them “weekend warriors” as they do much of their sports activities on the weekends as they take care of their families and career during weekdays.

Last year they moved their athleticism up a notch and signed up to be a part of the women’s triathlon team that will represent the CNMI in the upcoming 2022 Pacific Mini Games in June. The three mom-athletes are joined by Tania Tan and Kaithlyn Chavez in the line-up.

As these ladies build up and support each other, we salute them for making it look so easy to juggle being a mother and an athlete. We know it takes a lot of strength and courage to show up at the starting line and get their game face on at the crack of the starting gun, even as they balance that with the demands of motherhood.

Ruzala is a mother of two and a third-grade teacher at Saipan International School. While Ruzala trains extensively in preparation for the Mini Games every day, she never fails to spend time with her children like taking them to their sports, helping with homework, and maintaining a household. She also holds two master’s degrees—one for Education and another for Speech Language Pathology. But the best master’s degree that she will ever hold is on motherhood, according to her 9-year-old daughter, Leilani.

“She is doing the triathlon and how awesome is that? I think it is amazing because I don’t think she has done it before. That’s really hard to do and to get into the Mini Games you have to be the best. It is also really cool because she gets to meet people from other places. She went to Rota recently to practice the course. I am proud of her and I support her by telling her, ‘Mom, you’ve got this!’ Happy Mother’s Day, Mom, I love you and I’m really proud you are my mom!”

Spaeth has been an athlete all her life and this trip to the Mini Games is a box ticked off her bucket list. She is a mother of two: Lovel, 8, and Declan, 5, and a high school teacher at Marianas

High School. Lovel said that, while her mother trains extensively, she doesn’t run out of time for her and her brother. “I think it’s cool that she gets to race and play with other people. She inspires me to do sports and to be as strong as her,” she said.

“I am lucky to have her as my mom because she also helps me with other things like when we have a science fair at school. For Mother’s Day, I might make her a card. I love her very much and happy Mother’s Day, Mom! I will support mom by cheering ‘Go, Mom! you can do this!’”

Declan said that he will make a card for mom too. “Happy Mother’s day, Mom, and I’m going to make a card too, like a Valentine’s Day card. I think she is doing a good job, I am proud of her and I will also say ‘Go, Mom!’” When she comes home from training, I go and hug her because I love her. I also like to sleep and live with her. I want to be strong like mom so I can lift up a tree.”

Heather Ann Brook is a budding mom to 15-month-old Addie; this is her second year to celebrate Mother’s Day. She did soccer and ballet as a child, then switched to lacrosse in high school all the way to college. She has joined several marathons, one of which was the Boston Marathon in 2014. “I got into triathlons since moving to Saipan five-and-a-half years ago and learned how to open water swim and road bike here. Our training has been busy. I try to get six workouts in a week which is hard to do when you are also working and parenting,” she said.

“The best part was having our coach here from Australia, because that was a really incredible learning opportunity to be coached instead of self-taught. We learned so many triathlon-specific skills that were new to all of us and it made the training feel a lot more purposeful, and got me more excited for the final weeks leading to the Mini Games,” she added.

As a pediatric nurse practitioner at the Commonwealth Healthcare Corp.’s Children’s Clinic, where she has a 30-hour work week, Brook is grateful to have more time with Addie. “I also have the help of a wonderful nanny for my daughter. Sometimes she takes care of my daughter for me so that I can go do my training. Other times



The CNMI Triathlon Team mothers. From left, Robyn Spaeth, Kathy Pagapular Ruzala, and Heather Ann Brook. ZHAO

I take Addie along with me. She has a special seat that attaches to my bike and we also have a jogging stroller I use for the running sessions. Luckily, she really likes to come along so she’s pretty

happy in her bike seat or stroller,” she said.

“Some of my main challenges were recovering after having a baby. It took me a lot longer to recover than I had expected. I had a bad

pelvic floor injury, and had to do many months of physical therapy to get back to running comfortably again. The other big challenge is balancing being a single parent and trying to be present for my daughter with the demands of training. I sometimes can’t fit in all the workouts I’m supposed to, because I still have to put her first, and don’t want to miss too much time of these early years that go way to fast,” she added.

Brook said that Addie inspires her to be a better mom, nurse, and athlete. “I think that’s important for children to see their parents doing things they love, working hard toward a goal, and living

a healthy, fit lifestyle. She’s probably too young to appreciate all that now, but she will see it more when she’s older. For now, doing triathlon makes me a happier person, and if I’m a happier person, I think I’m a better mom, which she benefits from.”

“As I watch Addie grow and learn, she reminds me to stop and just enjoy the simple moments in life. Sometimes I can get so caught up in going from one activity to the next, she really helps remind me to just slow down and just enjoy being present with her. She helps keep me grounded to what’s really important. She makes me want to be the best mom I can be,” she added.

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Mother's Day message from husbands

By BEA CABRERA
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CORRESPONDENT

It's not only the children but also the dads and husbands who get to honor the best woman in their life on Mother's Day.

In this conversation with Saipan Tribune, the following husbands believe that big or small gestures to honor the woman with whom they share their lives and children with are not difficult to do.

"As a father of six, I appreciate my wife, first lady Diann Torres, so much for all the things that she has done for the children, especially when I am not there. I admire her strength through

all the troubles that we have gone through as we never lost our faith in God and this makes me more appreciative of my own mother. My mother's unconditional love means that, no matter what

the situation is, no matter how sick or tired she is, she makes sure that her children are doing okay. I will always be grateful that she gave me my first breath. Her love and perseverance are never ending. She has taught me to always do the right thing and to move forward. She reminds me to be of help to the community, show love always, stay humble and put God as our priority before anything else. I will never be where I am without her and I love her so much."

-Gov. Ralph Torres

"Happy Mother's Day to my wife, Jill. She is a great partner in raising our children and making them well-adjusted and successful young women. She is a great role model to our daughters to follow. She is also a successful businesswoman and so I am happy to be her partner and husband. I am here to support her efforts, whether it is about our children, her business, social, [or] civic activities."

-Jim Arenovski, businessman

"Lindsay is the heartbeat of our family. She is positive, adventurous, and more fun than all of us put together. She keeps us on our toes, keeps our lives moving forward,

and makes sure we all feel cared for and loved. One thing I wish our kids remembered was how much she fussed over them when they were babies, all while maintaining a full-time job and even training for marathons soon after they were born! Lindsay is a force as a worker, a runner, and a mother. We are lucky to have her as a strong role model in our lives. Happy Mother's Day!"

-Whit Altizer, Navy Hill

"My wife and I have been married for 40 years and she has managed the children very well from when they were young and now adults. My work entails that I go off island a lot so my wife has helped the children with their education and kept the family intact while working at the same time."

-Das Krishnan, director of Food & Beverage, Crowne Plaza Resort Saipan

"To my wife, Angel, you truly are an angel! You are the greatest blessing the kids and I could ever ask for. We are grateful to have you each day and we wish you a very happy and blessed Mother's Day and, together with Tian and JD, we also greet you an advanced birthday on May 18."


-Victor Cabrera, teacher, Hopwood Middle School

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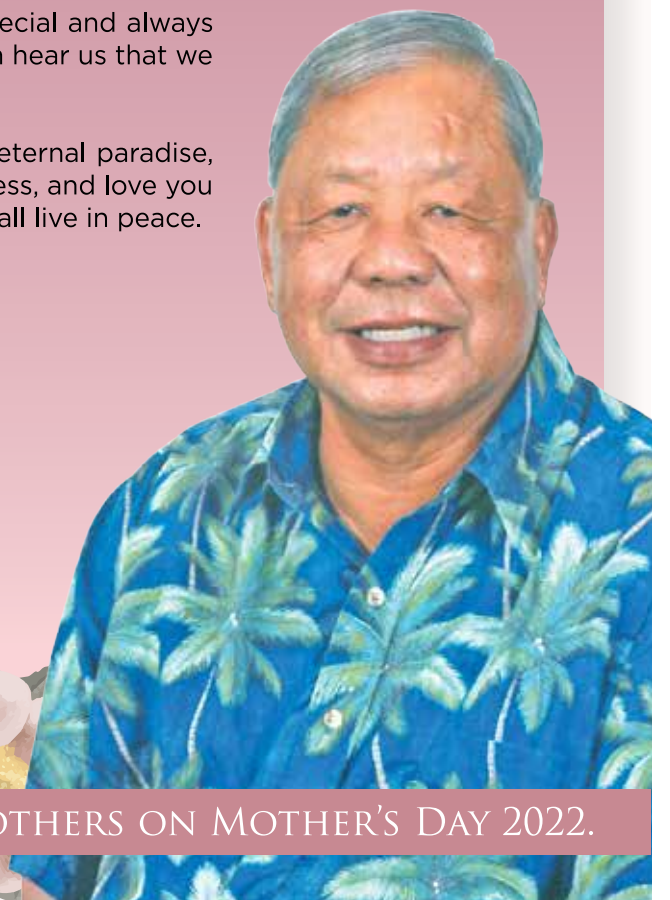
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MESSAGE FROM MAYOR DAVID MUNDO APATANG TO ALL MOTHERS ON MOTHER'S DAY 2022

In every person's life, a mother brightly shines the path for her children. Our mothers are our indestructible pillar; our mothers are our lifetime role model; our mothers are our constant inspiration; mothers are our wisest teacher; our mothers are our whole world. Mothers never give up no matter the challenges in front of them. We hear the voices of our mothers when we are awake and even when we are asleep. Our mothers are special and always present in our hearts. This Mother's Day and like all days, we honor our mothers and make them hear us that we dearly love them and are always thankful to them for sharing their joyous lives for us.

To all mothers, those who are still with us today and those who are with our Lord God in His eternal paradise, thank you for bringing us into your life. Nothing can erase from our hearts the goodness, kindness, and love you gave us. Because of your teaching, we continue giving love to others as it is your hope that we all live in peace.

HAPPY
MOTHER'S
Love
DAY



SI YUUS MAASE, GHILISOW, SALAMAT PO, AND THANK YOU TO ALL MOTHERS ON MOTHER'S DAY 2022.

A mother's journey

By BEA CABRERA
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CORRESPONDENT

Motherhood is like being in school in a sense that mothers go through different grades and levels. From giving birth, to taking care of toddlers, teens, adults and then grandchildren. But while these stages are inevitable, mothers make a sincere effort to handle every step of the way with finesse, wisdom and being a beacon for their children and grandchildren throughout the journey.

Joy Santos of Koblerville, mother to pre-teen children Yumi, 14 and Rafa, 10, fondly recalls the time when her children would follow anything she tells them to do. "Now they know what they want and my parenting style adapted and changed by considering them and their opinions in my decision-making. I respect what they want and as long as I know there is nothing wrong about it then I'm fine with it. Now they are at the point where they are establishing their own personalities, I recognize that this is a critical time for them and for us parents," she said.

Santos admits that raising teenagers in this day and age is challenging. "Setting boundaries is a very helpful tool for us parents. This generation faces too many distractions and access to the world

that they need to know their limitations. I used to tell them that I am a cool mom to give them assurance that they can be comfortable with me like a friend," she said. "But I also remind them to keep in mind that I am still their mother so they have to respect me.

While she takes time to be involved in her children's lives, Santos said it can be difficult at times as she is a working mother. "I always try my best to be present all the time, be there for their activities and support them. ... Raising a girl and a boy also poses a difficulty sometimes because of their differences. ... As a parent, trying to meet each child's need breeds balance. Fortunately, I have good, loving and sweet children that make my motherhood easy," she added.

Cody South of Navy Hill, who is a mother of two and grandmother to six grandchildren, said that changing gears on parenting when you become a grandparent can be tricky. "There was once a time you were the one setting the guidelines, raising your own children and once they have grown and have had your grandchildren, it is important in my opinion to step back and give them the helm of the ship, so to speak, and let them steer the wheel. Trust that you have raised

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For the sacrifices you make and the love you give...
thank you to our Moms.

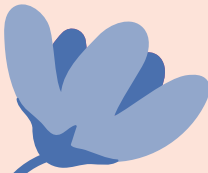
HAPPY

Mother's Day



Hafa Adai!

Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER



Amongst all the beautiful shades of woman, motherhood is certainly the most special one.

HAPPY

Mother's
DAY

FROM THE MANAGEMENT & STAFF OF



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5 tips to help moms get fit and stay fit

By BEA CABRERA
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CORRESPONDENT

Mothers have it hard as they juggle family life, work, and keeping up with their health but, whether they do it in a gym or at home, staying fit is an essential part of a long-term health strategy. In a time of a pandemic, staying healthy is truly a plus.

Latte Built 24 Hour Fitness & Nutrition owner and fitness coach Derek Cutting said that nothing is impossible when it comes to fitness, as commitment is always the first step. Here are his top 5 fitness advice for mothers.

1) PRIORITIZE SELF: "Take care of yourself first! Just like the airline attendant that tells us to put our own oxygen mask on before helping others, we can't help and care for others if we aren't taking care of ourselves."

2) FIND THE TIME: "The U.S. Department of Health and Human Services recommends 150 minutes of moderate exercise or 75 minutes of intense exercise weekly. In layman's terms, that's only 25 minutes six days per week or 15 minutes five days per week, respectively. It helps that Latte Built Fitness in Oleai and Kagman are open 24/7 for all members. I promise 100% that you can find the time, but you must prioritize it!"

3) FIND THE RIGHT PACE FOR YOU: "Start slowly and work on establishing a routine, just like brushing your teeth. Make the time for your exercising a daily habit that you refuse to miss."

4) HAVE A WORK-OUT PARTNER: "It's been proven that working out with someone with similar goals increases your intensity as well as motivation and drive to be consistent. If you don't have one, start by yourself and make friends in the gym. You'd be surprised what new friends you make with very similar goals."

5) PRIORITIZE NUTRITION: "Buy only high-quality nutrient-rich foods for your family or household. Leave the 'craving foods' at the store. I don't keep sugary snacks, chips, candy, or ice cream at my house. If it's out of sight and not immediately available, you're much less likely to eat it. Research other snack options that are nutrient-rich like celery and peanut butter, cottage cheese and mixed berries, yogurt with a little granola. With that being said, I also understand balance, so sometimes we as a family will go to Scoops or Panda in Garapan for an ice-cream treat and enjoy as a family."

Cutting said that mothers have the power to inspire the whole family in starting a healthy lifestyle. "Make it a family affair, set a time every evening to do something active as a family, such as walking at the Inos Peace Park, go bicycle riding, [or] play tag in the yard with the children."

"Make exercise a part of the family lifestyle and make it fun. It is guaranteed that you will enjoy the journey in which the destination—a healthier lifestyle—will become inevitable," he added.

JOURNEY

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them to do so and just enjoy the ride (Of course that does not pertain to ice cream. Grandma has full control over the distribution of ice cream)," she said.

One of South's biggest challenges as a mother and now a grandmother is spending time with each of her children and grandchildren. "I think many mothers will relate to this. I learned that it is so important to have one-on-one time with your children and grandchildren, no matter how old they become. It can be hard if you have a larger family... but this is so important in my book. I think a healthy balance on what activities are shared during grandma time is to spend time doing what your grandchildren love but also sharing the things grandmother loves to do."

"Grandma would like to pass on her hobbies, interests and favorite things that may be lost once grandmother is gone. My youngest granddaughter and I recently planted a vegetable garden together. She's

my dirt-loving baby girl, so it was a perfect fit for [us] as I shared the same thing with my grandmother. I am teaching my oldest granddaughter how to sew a baby doll quilt. Sewing is also a love of mine as my grandmother taught me to sew at the age of 8 and I cherish those memories with her and think of them often when I sew. On the flip side, my grandson has taught me that granny can still play B ball and shoot a hoop. I can now give him a pretty good round of it now, he is quite the coach at age 5 and says, 'Grandma, you're getting better. You just need to practice,'" she added.

South gives the word grandmother a different meaning. Not only does she become another set of arms for her grandchildren to hug, she makes sure that each little thing will leave "grand" memories. "It has been amazing. There are so many important lessons to learn and teach but for me the most important one that I learned has been my everlasting light since I first held my firstborn child in my arms," she said.

To all mothers, you are the reason why this world is so beautiful.

Happy Mother's Day

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By BEA CABRERA
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CORRESPONDENT

Looking for the perfect gift to commemorate Mother's Day can be challenging especially when she insists on just receiving hugs and kisses, but thoughtful gifts to remind how special she is still go a long way. Here are some gift ideas that you can find around the islands.

Gift ideas for Mom!



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Jhen's Sweet Corner in Dandan across Joeten knows how to treat mothers right, as owner and baker Jennifer Ortiz is a mother herself. Woo mom with delicious assorted macarons placed inside a cute box for only \$15. Aside from macarons, choose from an array of desserts like cupcakes that come in salted caramel, vanilla bean, chocolate and lemon flavors, cookies, brownies, and their specialty cakes—cashew sans rival, red velvet, tiramisu, and Oreo cheesecake. For orders, call (670)286-2733 or look them up on Facebook and Instagram @Jhensweetcorner

Woman essentials, from bath, beauty, accessories, and more, are available at **Kiki's Boutique** on Middle Road. Select from a variety of choices that will make mom smile. From left, Bath and Body Works sanitizer spray for only \$8.90, Victoria's Secret Lotion perfume for only \$23.90, Bath and Body Works hand soap for only \$9.90, Top Five Lipstick set for only \$24.95, Mason Jar Tumbler for only \$19.90, or a gold chain necklace with

Doll her up

Woman essentials, from bath, beauty, accessories, and more, are available at **Kiki's Boutique** on Middle Road. Select from a variety of choices that will make mom smile. From left, Bath and Body Works sanitizer spray for only \$8.90, Victoria's Secret Lotion perfume for only \$23.90, Bath and Body Works hand soap for only \$9.90, Top Five Lipstick set for only \$24.95, Mason Jar Tumbler for only \$19.90, or a gold chain necklace with



a "mommy" pendant for only \$ 11.90. For inquiries, call (670) 235-6254 or look them up on Facebook and Instagram @kiki's



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HAPPY
Mother's Day!

To all the mothers of the Marianas and all those who have taken on a motherly role in one way or another,
We celebrate you and express our sincerest gratitude for all that you do. Without your sacrifices, hard work, and strength, we wouldn't be where we are today, and for that, we honor you.

We wish you all the happiness in the world, because you have given us the world and more.

From our family to yours, Happy Mother's Day, Marianas!

Wishing you all the love and happiness you so richly deserve.

Happy MOTHER'S DAY



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Happy Mother's Day



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GIFT

From Page 18

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They say moms carry their whole house in their bag. Help her get cute and stylish while doing it with wallets, hand bags, and shoulder bags that are available from \$15 to \$40 at **Star Sands Plaza I Love Saipan** on Beach Road in Garapan. For inquiries, call (670) 233-3535 or

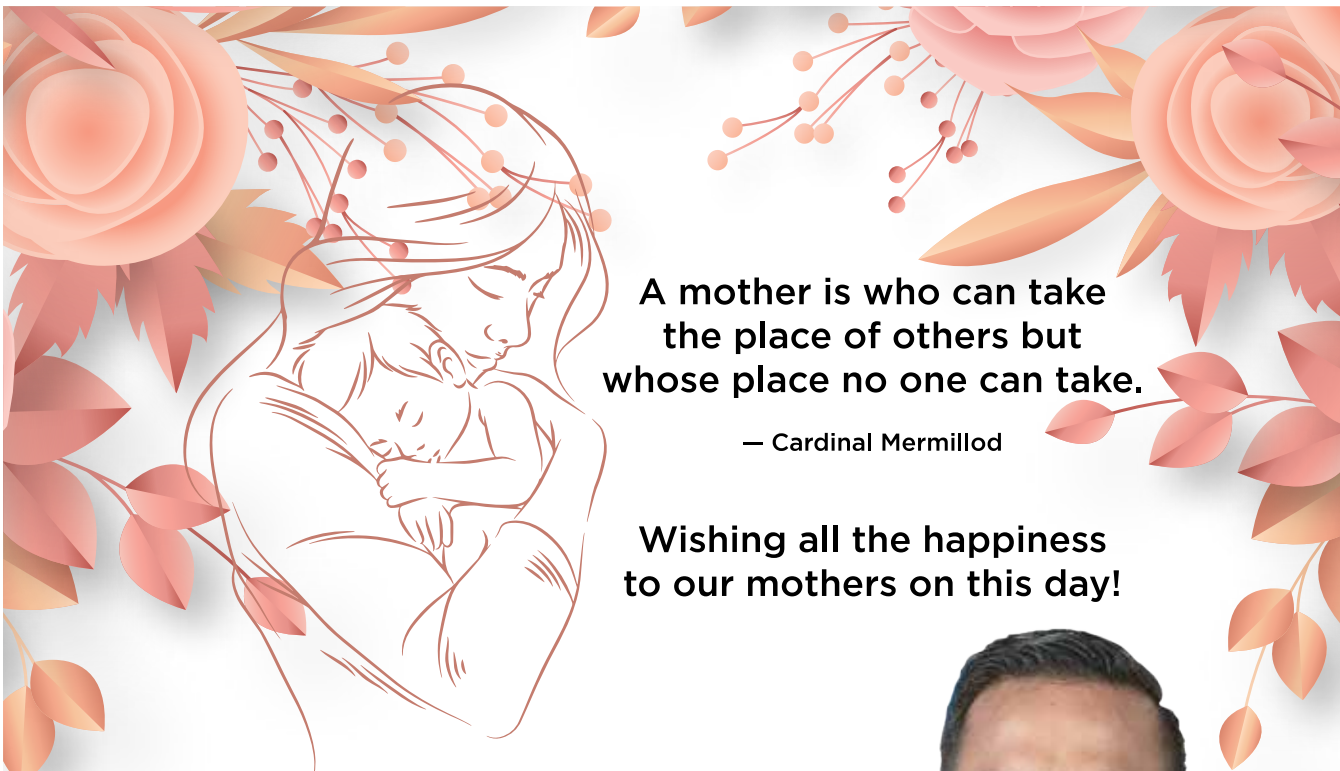
visit their website: <http://www.ilovesaipan.us/>

Say 'Coffee is on me, mom!'



Let mom think of you every time she takes a sip of her coffee by giving her fresh **Marianas Coffee** whole beans. A pack is below \$15 that will last for days. Every day, mom is

See GIFT on Page 21



A mother is who can take the place of others but whose place no one can take.

— Cardinal Mermillod

Wishing all the happiness to our mothers on this day!

happy Mother's day



From the Office of Senate President **Jude Untalan Hofschneider** and the Members of the 22nd Senate Commonwealth Legislature

GIFT

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guaranteed to have a fresh cup of brew whether at home or office. Available at I Love Saipan and ABC Store outlets.

For the love of mom and food!

Schedule a lovely date with mom over salad and pasta



at **Surf Club** in Chalan Kanoa while enjoying the cool ocean breeze. Enjoy their special Mother's Day dishes that include chicken Caesar salad and seafood pasta in tomato cream sauce that comes with a glass of wine for only \$32.95. Promo runs from May 2 to 8. For inquiries, call (670)235-1122 or visit their Facebook page: SurfClubSaipan and Instagram @surfclub-saipanrestaurant



A little nostalgia for a special lady

Have a "tale as old as time" date with mom at the

historic **Marianas Lighthouse** on Navy Hill. Enjoy a variety of Korean, Japanese, Chamorro, and Filipino dishes carefully prepared by their in-house chef while enjoying the beautiful view of the west side of the island. They also offer Mother's Day gift certificates for \$50 and \$100. For inquiries, call (670) 322-3353.

Make mom bloom some more

Flowers represent beauty, the colors of life and freshness and that is how moms wants to be remembered at all times. Get them the blooms at **New Paradise Flower Shop** on Middle Road. For Mother's Day, they have ready-made flower arrangements and you can also make your own. For inquiries, call (670) 233-9875.



Happy Mother's day to all mothers!
Thank you for making this world so full of love
by the touch of your motherhood!

Get a chance to join our raffle to win a special prize.



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Happy Mother's Day Marianas!

GOVERNOR RALPH DLG. TORRES AND SENATOR VINNIE F. SABLAN

TORRES SABLAN