

SUPERHEROES in disguise

SUPER DAD

**Celebrating the
Everyday Heroes
of Fatherhood**

A SAIPAN TRIBUNE SPECIAL ADVERTISING SUPPLEMENT



SUPERHEROES in disguise

A FATHER'S DAY ADVERTISING SUPPLEMENT



Today's *Superhero* Dad

By TERI M. FLORES
CORRESPONDENT

Father's Day is this Sunday, June 18, traditionally set aside to honor and acknowledge the contributions that fathers make in the lives of their children and their own families.

"Anyone can father a child but being a dad takes a lifetime," an unknown pundit once said, and the American Academy of Pediatrics agrees. In their clinical report, these doctors underscored the fact that fathers play a role in every child's life that cannot be filled by others. Fathers mold

our cognitive and emotional growth on which we build who we become later on in life.

Dads are not just superheroes in the eyes of their children, but these hard facts show the truth behind this monicker. Fathers who are highly involved in their children's lives rear children with increased mental dexterity, empathy, and greater self-control. Also, dads who play and roughhouse with their kids foster better emotional intelligence, memory, learning, morals, and ethics in children.

Despite these contributions, only 39% of fathers believe they're doing a "very good job" at being a dad, compared to 51% of mothers who believe in the merits of their contributions.

The latest U.S. Census show that, as of 2022, there are 72.2 million fathers nationwide. Globally, it is estimated that there is a total of 1.5 billion to 2 billion fathers in all.

Changing attitudes on fatherhood have seen the millennial dad evolve into a much more hands-on parent than their baby boomer and Gen X counterparts. Today, there are about 2 million to 4 million fathers who have opted to stay home and have become increasingly more likely than women to change careers, decline a pay raise, move, or leave the country to better suit their family's needs. It's comforting to know that the millennial dad says "I love you" more frequently than their parents did and that more fathers are showing affection to their children than they received as kids.

So, kudos goes to Dad, Poppa, Pops, Pappu, or whatever name he is known in your family. You are indeed a superhero nonpareil!

"The greatest mark of a father is how he treats
his children when no one is looking."

—Dan Pearce

HAPPY
FATHER'S
DAY



From the management and staff of

Shirley's COFFEE SHOP
Home of the Best Fried Rice

Garapan: Tel: (670) 233-4519/20

6am - 10pm daily

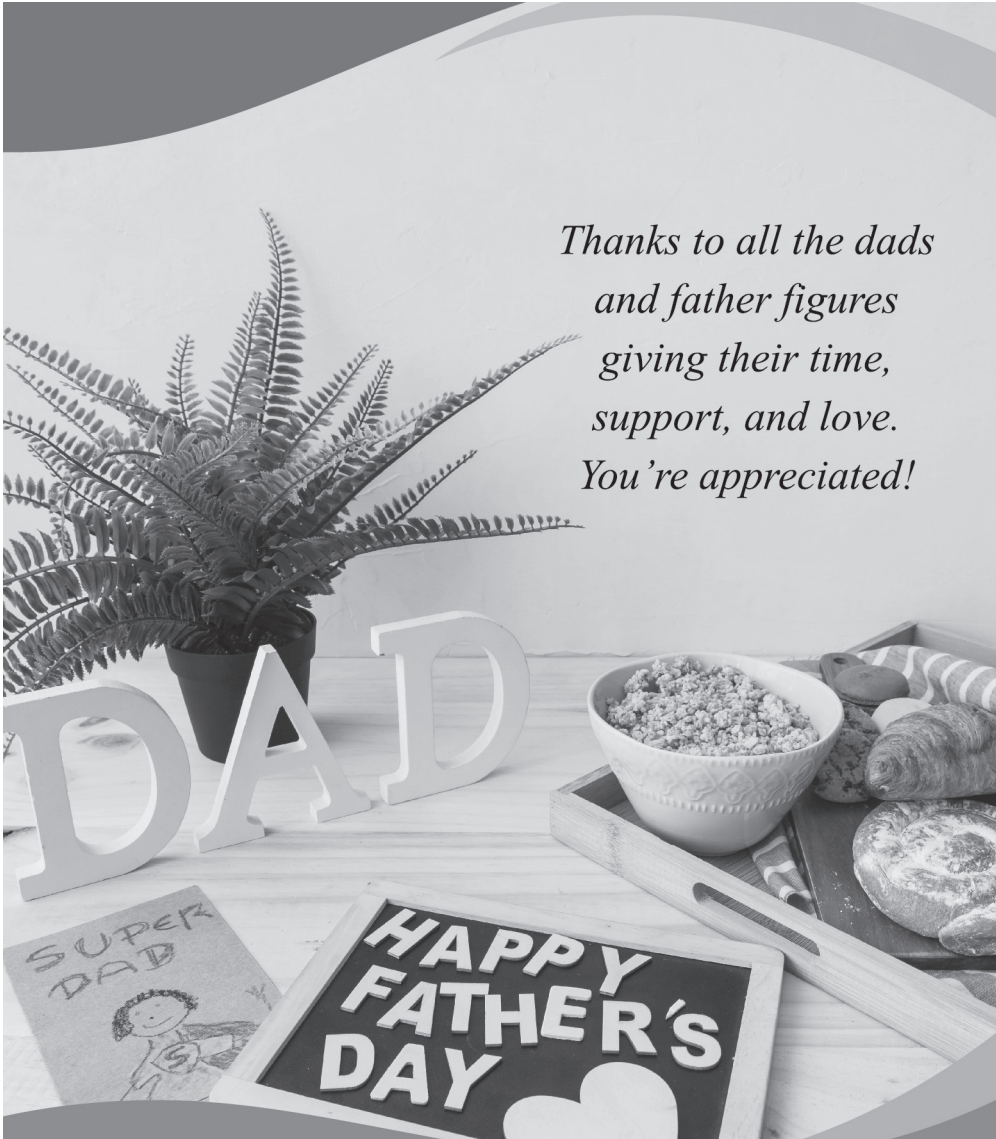
• Susupe: Tel: (670) 235-5379/80

6am - 10pm daily

f shirleyscoffeeshopfanpage

@shirleys_saipan

shirleyscoffeeshop



*Thanks to all the dads
and father figures
giving their time,
support, and love.
You're appreciated!*

From the management and staff of
WUSHIN
Since 1983 Committed to Safety Excellence

Lower Base, P.O. Box 500440
Saipan, MP 96950
Tel: 322-7415, 322-8733
Fax: 322-7414
Email: wushin2@pticom.com

Trivia, info, and other Father's Day nuggets

By TERI M. FLORES
CORRESPONDENT

In honor of that special man in our lives who provides the template for who we eventually become in life, these nuggets of information show why they earn the moniker of superhero.

Historians describe Father's Day as an event that complements Mother's Day in celebrating fathers, fathering, and fatherhood. Observed in 111 countries worldwide, Father's Day is celebrated every third week of June among several countries, including in the United States, Canada, the United Kingdom; Algeria and Kenya in Africa; Argentina and Colombia in South America; and in Japan, Singapore, and the Philippines in Asia. A host of other countries celebrate the occasion on different dates and depending on the country's tradition.

Irish and Polish communities, as well as Spain and Portugal, join other Catholic countries in observing Father's Day on March 19, which



also falls on the Feast of St. Joseph. In Taiwan, Father's Day is held on Aug. 8—the eighth day of the eighth month—as the Mandarin Chinese word for eight sounds like the word for “Papa.” Father's Day in Thailand is celebrated on Dec. 5, which is the birthday

of former King Bhumibol Adulyadej.



The earliest mention of a Father's Day celebration dates to 1508 when it was considered as a Southern European tradition.

In modern history, par-

Continued on Next Page

*Dads are extraordinary humans who got the
strength of a mountain, an infinite amount of love,
and the patience of eternity.*

HAPPY
Father's
DAY

FROM THE OFFICE OF
Rep. Malcolm J. Omar
CNMI House of Representatives
Precinct #4

From Page 12

ticularly in the United States, Father's Day finally being declared a U.S. national holiday only gained momentum in 1972, even though efforts to make the celebration official began in 1910,

Two women take the credit for getting Father's Day recognized: Grace Golden Clayton and Sonora Smart Dodd. Clayton, the daughter of a devoted minister, organized the first known event dedicated to fathers on July 5, 1908, with a father-themed memorial honoring 360 men, most of whom were fathers, who died in the worst mining accident in U.S. history. This annual event, however, failed to gain momentum since it was only promoted within the confines of the West Virginia community.

Officially known to have placed Father's Day on the

calendar is Dodd who, with support from the Spokane Ministerial Association and the Young Men's Christian Association, hosted a "father's day" event honoring her father and other fathers as well. The event was originally scheduled to be held on June 5, which was the birthday of Dodd's father. However, the date changed to June 19, 1910, and became an annual event from thereon. Soon after this, other towns began holding their own Father's Day celebrations.

Despite widespread support, Father's Day became an official, permanent public holiday just 51 years ago. President Woodrow Wilson in 1913 was the first among four U.S. Presidents who supported the passage of the first bill in the U.S. Congress commemorating Father's Day. Congress initially resisted

Continued on Page 15



Happy Father's Day!

A father's guidance will show us the path forward. A father's support will help us get back on the path when we are lost. A father's love is the force that pushes us every step of the way.

from



Ramon "RB" Jose Blas Camacho
Mayor of Saipan and Staff



HAPPY Father's Day



Dads

ARE MOST ORDINARY MEN

TURNED BY LOVE

INTO HEROES, ADVENTURERS,

STORY-TELLERS,

AND TELLERS OF DAD-JOKES.



Fun Facts: Father's Day – June 18



History of Father's Day

The idea of Father's Day was conceived more than a century ago by Sonora Dodd of Spokane, Washington. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm.

In 1966, then-President Lyndon Johnson issued a proclamation setting aside the third Sunday in June to honor fathers. Father's Day has been celebrated annually since 1972, when then-President Richard Nixon signed a law making it a permanent national holiday.

Why do golfers carry an extra pair of socks?
In case they get a hole in one!



Gift Ideas for Dad

- 20,000 - The number of sporting goods stores in 2021. These stores are good places to purchase traditional gifts for dad, such as fishing rods and golf clubs.
- 15,000 - The number of hardware stores in 2021, a place to buy hammers, wrenches, screwdrivers, and other items high on the list of Father's Day gifts. Additionally, there were 5,969 home centers across the country in 2021.
- 6,000 - The number of men's clothing stores in 2021, a good place to buy dad a tie or shirt.



Services for Dad

- 115,000 - The number of landscaping services nationwide in 2021.
- 83,000 - The number of general automotive repair businesses nationwide in 2021.
- 7,000 - The number of barber shops nationwide in 2021.



Fathers by the Numbers

72 million*

The estimated number of fathers across the nation.

*2014 is the most recent year for which these estimates are published.

29 million*

The number of fathers who were grandfathers.

24 million

The number of fathers living in opposite-sex married-couple family groups with children younger than age 18 in 2022.

2 million

The number of single fathers (without a spouse or partner present) in 2022, living with their children under age 18; 20 percent of these single parents were men.

239,000

The estimated number of stay-at-home dads in 2022.

The share of men taking leave has increased over time.

65.9%

took leave (with first births from 2016-2020) while 14.0% took leave (with first births in 1980 or earlier).

Note: All business data are national totals for businesses with paid employees. For more information on nonemployee businesses, visit <data.census.gov>.
Sources: Data on this page come from the U.S. Census Bureau's 2014 Survey of Income and Program Participation; 2022 Current Population Survey (Stay-at-home Parents: Table SHP-1), Annual Social and Economic Supplement; and 2021 County Business Patterns.



CENSUS.GOV/SCHOOLS



Thank you Dads, for all that you do

HAPPY FATHER'S DAY

#poweredbyDAD

FROM THE STAFF AND MANAGEMENT OF



Joeten Motors

POWERED BY YOU



From Page 13

because they were worried about commercialization.

In 1921, President Calvin Coolidge signed a resolution in favor of Father's Day "to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations." Then in 1966, President Lyndon Johnson signed an executive order designating the third Sunday in June the official day to observe Father's Day. But it was only under President Richard Nixon when Congress passed an act of-

ficially making Father's Day a national holiday.

According to historical accounts, the event failed to evoke the same sentiments of gratitude and thanks people feel for mothers on Mother's Day. It is widely believed that sociological changes and attitude toward fatherhood were the reasons behind the delay in officially making Father's Day a U.S. national holiday.

Historians further claim that a majority of the population did not warm up to the idea of commercializing the occasion with men receiving gifts.

Continued on Next Page





CROWNE PLAZA[®]
AN IHG[®] HOTEL
RESORT SAIPAN

HAPPY
Father's
DAY

FROM THE TEAM AT CROWNE PLAZA RESORT SAIPAN




Crowne Plaza Resort Saipan
For reservations, call: 670 234 6412 | Website: saipan.crowneplaza.com

"A father's tears and fears are unseen, his love is unexpressed, but his care and protection remain as a pillar of strength throughout our lives."


Ama H. Vanniarachchy

Happy
Father's
Day


From the management and staff of



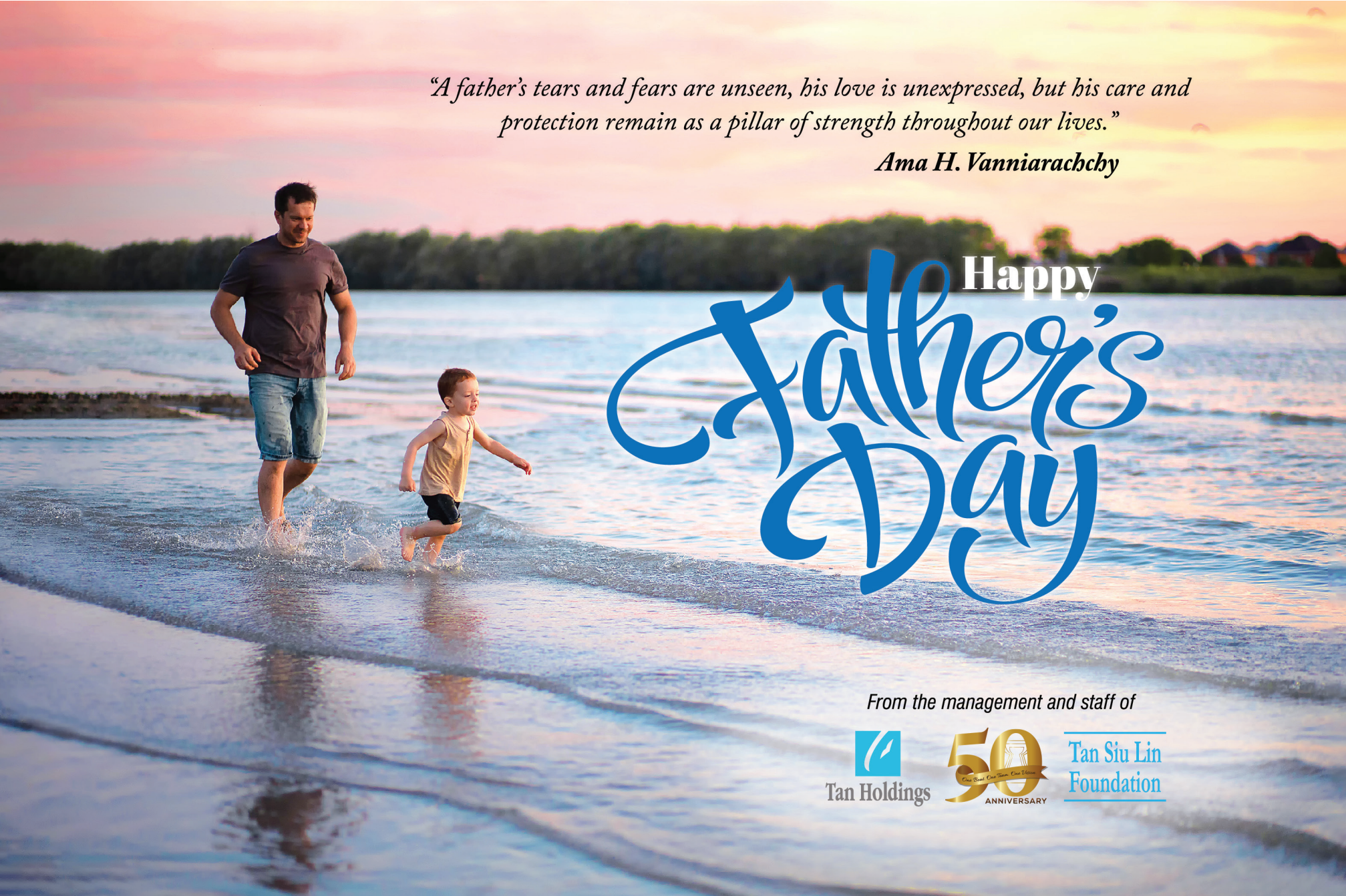
Tan Holdings



50
ANNIVERSARY



Tan Siu Lin
Foundation



God took the strength of a mountain, the patience of eternity,
and combined them to create the thing we call dad.

Happy FATHER'S DAY



From Page 15

ing flowers and gifts, which eventually were often paid for by the father himself.

In *American Fatherhood: A Cultural History* by Lawrence R. Samuel, the author also stated that during the first half of the 20th century, families were patriarchal in nature, hence it was pointless to honor fathers when it was the mothers who were underappreciated.

Two economic events that also helped push forward the concept of Father's Day were the Great Depression and World War II. Like Mother's Day, it was the struggling store owners who used Father's Day to make an extra buck with the sale of ties, clothes, and other goods that men needed. Father's Day was also meant to support and show appreciation to American men and fathers who were in the front lines during World War II.

Did you know?

■ The modern drinking fountain was invented by Halsey Taylor in 1912 as a tribute to his father.

■ Neckties were mass-produced in the 1920s to keep up with the demand surrounding the unofficial Father's Day holiday in the 1920's.

■ Frank and Nancy Sinatra became the only father-daughter collaboration to hit the top spot on the Billboard charts with their hit single *Something Stupid*.

■ Former U.S. President John F. Kennedy was named "Father of the Year" in 1963, an award he received just several months before he was assassinated.

■ Former U.S. President Barack Obama has been named as the first of 12 dotting dads in the United States, according to NBC News. The list includes Jim Henson, the inventor of The Muppets; Nicolas II, the last tsar of Russia; former U.S. president Abraham Lincoln; and the inventor, Charles Darwin.

■ Among the most prolific fathers in history are the Chinese warrior Genghis Khan, who has supposedly fathered thousands of children, while Ismail Ibn Sharif has had 888 Children. Bertold P. Wiesner, the operator of a fertility clinic, fathered 600 children, according to huffpost.com.

■ The National Retail Federation projects that consumers will spend a total of \$22.9 billion this year to celebrate Father's Day and that special outings, clothes, electronics and personal care are four of the top gifts consumers will be gifting fathers this 2023.



"Any man can be a father, but it takes someone special to be a dad."
- Anne Geddes

Happy Father's Day!

Great Harvest
Father's Day Special Platter
Promo Duration: Until June 20

Includes:

- 3pcs any of our sandwiches
- 1pc Lasagna 8" x 8"
- 3 Slices Taro OH's
- 3 Iced Tea or Soda

\$50

Surf Club Restaurant
Surf & Turf - Father's Day Special
Promo Duration: Until June 18

- Marinated 10oz Certified Angus Beef® Top Sirloin and Scampi-Buttered Prawns served with Steamed Vegetables and Corn Cobb.
- Your choice of drink: Glass of our House Red or White Wine, Budweiser, Soda, or Iced Tea.

\$38.95



Make your reservations today! Surf Club Restaurant: (670) 235-1122 • Great Harvest Bread Co.: (670) 234-2733

By **LEIGH GASES**
leigh_gases@saipantribune.com
REPORTER

Fathers are there for our first breath, our first steps, and are our first cheerleaders and fans. This Father's Day, we honor our fathers who have been our lifelong superheroes and supporters as they shape all aspects of our lives.

Fortunately for the CNMI, it has an abundance of fathers and father figures who all deserve to be honored this Sunday and throughout the rest of the year for their involvement and active roles in the lives of their children, whether as fledgling coaches, cheerleaders, or their kids' very first fans.

Nick Gross, father, athlete, and husband, knows what it's like to wear all three hats. As the Athletic Program director for the Public School System, he and his wife, Rhonda Camacho Gross, are both lifelong educators who do their best to support their five children—Victoria, 18; Phoenix, 14; Beatrice, 11; Windsor, 10; and Carver, 9—and be whatever their kids need them to be, whether as coaches, as cheerleaders, or as besotted fans.

Individually, Nick said, all their children have their own interests in sports and physical health, and over the years have participated in cross country, volleyball, basketball, badminton, soccer, and track and field.

"The experiences we've had, both on-island and off, have guided us in raising our own children. While our kids have navigated elementary school, we encourage and support them in participating in as many



Nick Gross and family, wife Rhonda Camacho Gross, back of photo, and children Beatrice, Victoria, Phoenix, Windsor, and Carver.
CONTRIBUTED PHOTO

sports, camps, clubs, etc. as possible," said Nick.

When asked which values and characteristics they try to impart to their children to prepare for the future, Nick said, "We both agree that through these varied experiences our children will be equipped with tools to more effectively negotiate life with a love for movement/sport, outdoor activities, and the arts, which translates to a healthier lifestyle and health benefits that will positively affect their health, both physical and mental, for a lifetime. More specifically, of the values inherent in sport participation, both individual and team, are vast. A few that come to mind are perseverance, sportsmanship, dedication, and leadership."

He added, "Although we may not discuss these values

directly, or at least frequently with our kids, we can easily connect the dots and support these values as our children progress through their childhood(s). Implemented

correctly, sports have the unique ability to teach kids about the importance of these values and the role they play in society."

At 44-years-old, Nick en-

joys everything sports and fitness related, but he claims he does not really practice what he preaches to the degree that he'd like. On that note though, he said "I look



Edward Dela Cruz Jr., with wife Anastasia Agafonova Dela Cruz, and 1-year-old Alexander "Sasha" Agafonov Dela Cruz.
CONTRIBUTED PHOTO

forward to representing the NMI as a master athlete in the upcoming Oceania Masters Athletics Championships in late June, as well as representing Team NMI at the 2023 Solomon Islands Pacific Games as our chef de mission."

"Stay active, CNMI and Happy Father's Day to all!" he said.

As for new father Edward Dela Cruz Jr., whose son, Alexander "Sasha" Agafonov Dela Cruz is just a year old, the values that Edward wants to instill in him are "good character, integrity, discipline, accountability, empathy, and just overall always doing the right thing."

Edward has been married to Anastasia Agafonova Dela Cruz for three years and five months now, and both can be seen running with Sasha in his stroller up and down the Beach Road Pathway.

Edward, at 31 years old, is the president of the running club Run Saipan, runs every day, participates in the sports of athletics, and is a firefighter for the Aircraft Rescue and Firefighting.

When talking about his son joining sports eventually, he said: "Whatever sport he wants to play as he gets older, I'll be his No. 1 fan. If he doesn't join track and wants to be in James Lee's basketball federation, I will bite the bullet and throw full support, but we will see. He's definitely not going to grow up like his father on video games."

These fathers are just a small sample of fathers who do everything to make it happen at work and at home—and we honor every single father, father figure, stepfather, and all fathers out there who are basically superheroes in disguise.

Self-care tips for the everyday superhero

By **TERI M. FLORES**
CORRESPONDENT

Every night, starting at 8pm, just as he is putting his son to sleep, my 32-year-old son, Kevin, would disappear inside his study for an hour with a "Do Not Disturb" sign prominently hooked on the doorknob. Out of respect for his privacy, I did not dare ask what he does in that one hour, but I accidentally heard him explain to his buddy that he practices "silence" in that designated hour. Explaining further, my son said that he has dedicated certain hours in a week that he consciously uses to engage in activities promoting self-care.

Medical professionals define self-care as "any activity that we engage in to maintain and nourish our health,

including mental, physical and emotional well-being." It can be as simple as enjoying your favorite cup of coffee every morning or devoting certain days and hours during the week to exercise.

Self-care is different for everyone, but what is common among the best dads is that good self-care allows fathers to be mentally, emotionally, and physically prepared, making them better men to their families and loved ones.

Making one's self-care a priority must be intentional. In the end, a good self-care program leads the way for dad to be the superhero he is meant to be.

Here are some tips that dads may find helpful in their journey to self-care:

Personal grooming. This includes getting a regular haircut and even indulging in a facial treatment twice a



year. While others may think that applying lotion or sunscreen is strictly for babies and women, skincare using moisturizers and regular face washing keeps skin healthy, which then helps boost one's confidence.

Practice self-kindness. Positive self-talk and affirmations are ways by which dads can develop a kinder approach to themselves. Give

yourself some slack and don't be too hard on yourself, Dad! It's not as if the responsibilities and expectations society places on you are not enough for you to carry.

Meditation. This is one of the most challenging tasks one can do, but studies have proven that meditating even just five or 10 minutes at a time can reduce stress and bring quiet peace

to a loud world.

Diet. A healthy relationship with food (and beverages) may yet be the ultimate self-care practice dads need. Eating healthy is good for the body, mind, and soul. Making healthier eating choices is important and improves one's moods and energy levels, lowers mortality rate, and decreases the chances of suffering from mental health illnesses.

Exercise. Whether it is running, biking, or weightlifting, or just plain walking, get into a regular routine of physical activity that will keep you physically fit.

Stimulate your mind. Staying mentally fresh as one ages is the easiest and most affordable way to practice self-care. Read a book. Tackle a crossword puzzle or play word games. Solve mystery puzzles and even just enjoying regular talks with friends and family are great ways to

keep your mind engaged.

Indulge your passions. Enjoy and indulge in the things and activities that bring you joy. Whether it is spending time at the golf course or visiting with friends for a karaoke session or playing your favorite video game, invest in time that will fill your heart's desire. There is nothing wrong nor selfish about enjoying some indulgences for the one who carry dad responsibilities.

Sleep. An eight-hour sleep is still the best way to recover one's strength.

Practicing and investing time for self-care among fathers impacts the overall well-being of the man who carries the responsibility of ensuring the health and happiness of his family. Making this dad's priority helps make him happier, more satisfied and better able to cope with the challenges that life throws his way.