



Happenings IN TOWER 100

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A Monthly Newsletter for the Residents of Mystic Pointe Tower 100

June 2026

MYSTIC POINTE TOWER 100

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FATHER'S DAY WAS A TOUGH SELL

Mother's Day became a national holiday in 1914. Father's Day? Not until 1972. It wasn't for lack of trying. When Sonora Smart Dodd of Spokane, Washington, proposed a day to honor fathers in 1909, the idea was met with widespread ridicule. Men dismissed it as too sentimental — and effeminate — and resented the implication that fatherhood needed the same treatment as motherhood.



Newspapers piled on with satirical columns proposing holidays for brothers-in-law and leftover turkey. Critics saw it as a naked commercial grab, noting that fathers would probably end up paying for their own gifts anyway. Even Anna Jarvis, the woman who championed Mother's Day, opposed Father's Day on the grounds that it would be commercialized as was her holiday. It took more than six decades before Richard Nixon finally signed it into law.

More than a century later, Father's Day is firmly on the calendar. But it remains the underdog holiday. According to the National Retail Federation, Americans spent \$33.5 billion on Mother's Day in 2024 compared to \$22.4 billion on Father's Day, a gap of more than 50 percent. About 40 million fewer greeting cards are exchanged on Father's Day than on Mother's Day. Participation rates tell the same story: 88 percent of consumers celebrate Mother's Day versus 79 percent for Father's Day.

So do fathers mind? Apparently not much. According to YouGov polling, 58 percent of dads say what they most want on Father's Day is simply time with their children. Another 42 percent would be happy with a meal at home. About a third prefer no gifts at all. Pew Research confirms the broader picture: 81 percent of fathers say being a parent is enjoyable all or most of the time, and 79 percent find it rewarding.

★ CELEBRATE SAFELY ★

FIREWORKS SAFETY TIPS

- 
ADULT SUPERVISION ALWAYS:
 A responsible adult must handle and light fireworks. Children should never use them.
- 
READ ALL INSTRUCTIONS:
 Always read and follow the manufacturer's directions for each type of firework.
- 
USE OUTDOORS ONLY:
 Light fireworks in a clear, open area away from houses, dry grass, or other structures.
- 
SAFE DISTANCE:
 Stand well back once a firework is lit and ensure all spectators are also at a safe distance.
- 
KEEP WATER NEARBY: Have a bucket of water or a hose ready to extinguish duds or small fires.
- 
NEVER RELIGHT DUDS:
 If a firework doesn't go off, wait at least 20 minutes before approaching and soak it in water.
- 
DISPOSE PROPERLY
 Once finished, soak all used and unused fireworks in water for at least an hour before disposal.

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The Patron Saint of Wi-Fi



The Catholic Church officially has a millennial saint. Carlo Acutis, canonized by Pope Leo XIV in September 2025, is believed to be the first saint born after 1980. Nicknamed “God’s influencer,” the English-born, Milan-raised teenager was a computer whiz who taught himself programming and web design, built a website cataloging Eucharistic miracles, and managed his parish’s digital presence — all before his death from leukemia in 2006 at age 15. Unlike the robed and haloed saints of centuries past, Acutis is typically depicted in jeans, sneakers, and a red polo shirt, often with a laptop. The Vatican has embraced his tech-savvy image, and a new mobile app inspired by his work launched earlier this year. He is widely regarded as the unofficial patron saint of the internet. Not bad for a kid who also really loved playing video games.





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SWIPE RIGHT FOR WRINKLES

Beauty influencers have found their newest enemy — and their newest cash cow. A recent Wall Street Journal report spotlighted the growing panic over “tech neck,” the horizontal lines that form across the neck from constantly looking down at smartphones. Influencers have swooped in with a parade of solutions: specialty neck creams, silicone masks, massage rollers, and futuristic LED red-light collars, turning a modern insecurity into a booming profit center.



But creased necks are just the opening act. Americans now average roughly five hours a day on their phones, and the body is keeping score. Digital eye strain — headaches, dry eyes, and blurred vision — affects millions who blink half as often while scrolling. Tilting your head down at 45 degrees puts up to 60 pounds of pressure on the cervical spine, leading to chronic neck and back pain. Then there’s the invisible toll: disrupted sleep from blue light exposure, increased rates of anxiety and depression, and studies linking heavy screen time to reduced gray matter volume in the brain.

So the next time an influencer sells you a \$90 neck serum, maybe just try looking up.

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