

Roman Shapla is SuperDAD



Roman was nominated by his wife Kristi Shapla.

My husband is a SuperDad because of his commitment to all children, not just his own. Roman Shapla is wrapping up his Master's in Education, with a focus on sustainability curriculum development. His hope is to teach elementary school children how to grow a garden, build with natural materials, and help create a healthy future in terms of both the environment and community.

Roman is one of the most loving and nurturing men I have ever known. If anyone in the family gets sick, he is first to put the teapot on to make some herbal tea. He is the first person to get up in the morning, and the last to go to bed at night.

Despite being a full-time grad student, he still gets the kids off to school every morning and makes their lunch just how they like it. I am proud to have him as the male role model for my children, as he truly does eliminate altogether the idea that there is women's work and men's work. He is just as likely to do the dishes as I am to fix a flat. On our bicycles, that is.

We are a car-free family. We came to this decision after many years of feeling uncomfortable supporting the oil industry. We haven't regretted it a single day. In fact, I have lost weight and become quite fit, saved thousands of dollars, and now when we go places together, it is family time. Our bike-riding has turned into our favorite time to catch up on what happened in our day, telling stories, and even singing songs.

Nominate SuperDAD

Nominate the SuperDAD in your life at www.mommag.com.

And who is the first to volunteer to bike to the store in the rain? Yep, you guessed it: Roman, the SuperDad!

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