

# SPORTS

ACT US  
s editor  
D'Adamo  
helenastarcom  
2731, ext. 13



## Olympics

From Page B5

lifeguarding. In fact, she still teaches swimming lessons.

Toogood then decided to head east to North Carolina with her brother, John, who is married with three children, in April 2001.

"Things were changing in St. Helena," Toogood recalled. "We had leased the property and I didn't have to stay. My chains were freed if you will. The only draw to North Carolina was my brother. I still struggle with humidity back here. It was strictly to be an aunt to my brother's kids, especially while they were little, to see them grow and change. It was to let them know there were extended family and my brother kind of wanted that."

When Toogood first moved to North Carolina, she interviewed for a job at a massage clinic in Durham, N.C. Just before her move, the clinic lost its contract with Duke University. Toogood was still offered the position but chose to open her own practice.

"A chiropractor was looking for a massage therapist and one of his clients was my brother's neighbor," Toogood recalled. "She said, 'Hey, go over and talk to him.' I ended up renting space from him. Now he's retired and we have a new chiropractor. We see people get better so much sooner that they are not going in for a three times a week session. I'm getting the muscles loose, he can get them adjusted and they maintain it. It's a wonderful combination."

Toogood added that she also tends to athletes, multiple sclerosis patients and those with worker's comp situations. She is eager to learn the various techniques and/or methods used by massage therapists from other

countries such as Denmark, Sweden, Great Britain, Canada, Netherlands, Greece and Grenada. Toogood added that Great Britain actually has studies for massage that are government funded.

"They are freer in the sense of trying different things," Toogood said. "I am anxious to learn from them. That's not to say that America is bad, but the focus here is the medical profession. Massage has not joined that liaison, if you will. We're trying to be considered therapeutic and professional, verses just a pamper. I work with an MS patient that I see all the time and if he didn't have massage he would be on heavy drugs, heavy meds. Whereas massage gives him quality of life."

Beyond her family's faith in religion, Toogood views her influences from St. Helena as Donna McCornack, Mary Jane Sabiea and Craig Bond.

"My mother and father shared with me their faith in Jesus Christ and then my dad instilled in me a respect and honor for our United States of America and the freedom it allows," Toogood said. "My mother's love, compassion and work ethic (were influential) and (I thank) my siblings for challenging me to grow and be more."

Despite the heightened awareness of traveling since Sept. 11, 2001, Toogood is taking a "cautious but not fearful" approach.

"My fate is that if it's my time, it's my time," Toogood said. "I'm not necessarily worried about that. There is great concern. They are very cautious. They tell us never to go anywhere alone. They do all of our busing. That's why they are so strict on security as well. I'm not going to refuse to live because of that."

Just like Toogood could not refuse this opportunity after a long wait.