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Mia Finnegan, 43
and Mark Perry, 40

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MIA FINNEGAN AND MARK PERRY

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Sunrise, Sunset



The beauty of the sunrise never fails to inspire me, and the lingering afterglow of the sunset is my "happy hour." As I stood on the windy beach last night talking with my sister, I was bathed in the afterglow of nature's power that I so relish. But my emotions were jumbled.

My 92-year-old mother was at home where she wanted to be and was "ready to go," as she told my sister. She's had an amazing, healthy life until these past six months. My mother, as was my father, is of the old school—the school taught by the Depression and the Second World War.

The question: How do you say thank you for your life? Both literally and for the person you became. For me, actions always speak louder than



words, and my mother was an action hero to me. She wouldn't describe herself in heroic terms—far from it. She was just doing what was best for her family for a lifetime. Selflessness is what my mother was all about. Nothing meant more to her than my father and her children and grandchildren. Things never mattered to her. The material things were just that, soulless and inanimate. As I told her many times, the only way I can repay her is to try to do what she did for us and for my own children, both simple and difficult. She lived for us, and now we have to figure out how to live without her.

For me, the sunrise is the birth of the day, and one reason to get up early is to experience it. Birth is a mystical experience. Our children are in fact our only touch with immortality. Like the sunrise, birth is filled with hope and energy. Last week, Jonathan Lawson, our advertising coordinator, and his wife, Angeliina, brought a boy, David Alexander, into the world. As I talked with Jonathan about the experience, he tried to describe his feeling but finally just said it is nothing like anything else. As I listened to him trying to verbalize the sunrise of birth, I flashed back to my children's births and what a tsunami of emotions those days were for me. When they brought David into the office, it was a wow moment, the perfect beauty of a newborn and Jonathan and Angeliina radiating love and wonder. As Jonathan said almost incredulously, "We did this." The birth gave me perspective and renewal as the sunrise does each morning. **IM**

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MAY 2010

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Mia Finnegan and Mark Perry appear on this month's cover. Hair and makeup by Teri Groves. Photo by Michael Neveux.

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Mush to muscle and I lift, therefore IM.



In the next *IRON MAN*:

Our June issue kicks off with one of the most interesting articles you'll ever see—if you're into building muscle, that is. It's a group of lost exercises that big-time bodybuilder Dan Decker uses to sculpt his incredible physique—like decline around-the-worlds and super-advanced sissy squats. Cool stuff! Plus, Lonnie Teper talks to pro bodybuilder Stan McQuay, Jerry Brainum analyzes the research on whey protein and the always innovative Train, Eat, Grow has Size Surge variations to keep the muscle mass coming. Find your June *IRON MAN* on newsstands the first week of May.