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Mack Newton on Post 9/11 — Why are We Scared?

Like so many of you, I remember exactly what I was doing the moment I heard of the attacks on the Twin Towers of the World Trade Center. Like so many of you, I have thought long and hard about the effects those attacks have had on our country and our way of life. Like so many of you, I have pondered and questioned...how should we respond...what should we do? Five years later, those questions remain.

Now, I am reminded of a quote by President Thomas Jefferson:

Yes we did produce a near perfect Republic. But, will they keep it? Or, will they, in the enjoyment of plenty, lose the memory of freedom? Material abundance without character is the surest way to destruction. Indeed, I tremble for my country when I reflect that God is just.

Our freedom was not attained through a feeling of entitlement to it. Our freedom was attained through sacrifice, commitment and determination. That is exactly the same way in which we'll preserve it for the future. No question...this was a wake-up call...a reminder of the attitudes necessary to build on the freedoms we've enjoyed for so many years. We have no entitlement to this freedom. We have no entitlement to security. We have no entitlement to convenience. Everyone seems to be looking for security. We have no security...we never have. Security is an illusion.

What we have is an opportunity...opportunity to build on and enhance our freedoms to a level never before experienced on the face of the earth. But, in order to do that, we need character...not fear. We can't be afraid.

As President Abraham Lincoln said, "I think the necessity of being ready increases. Look to it."

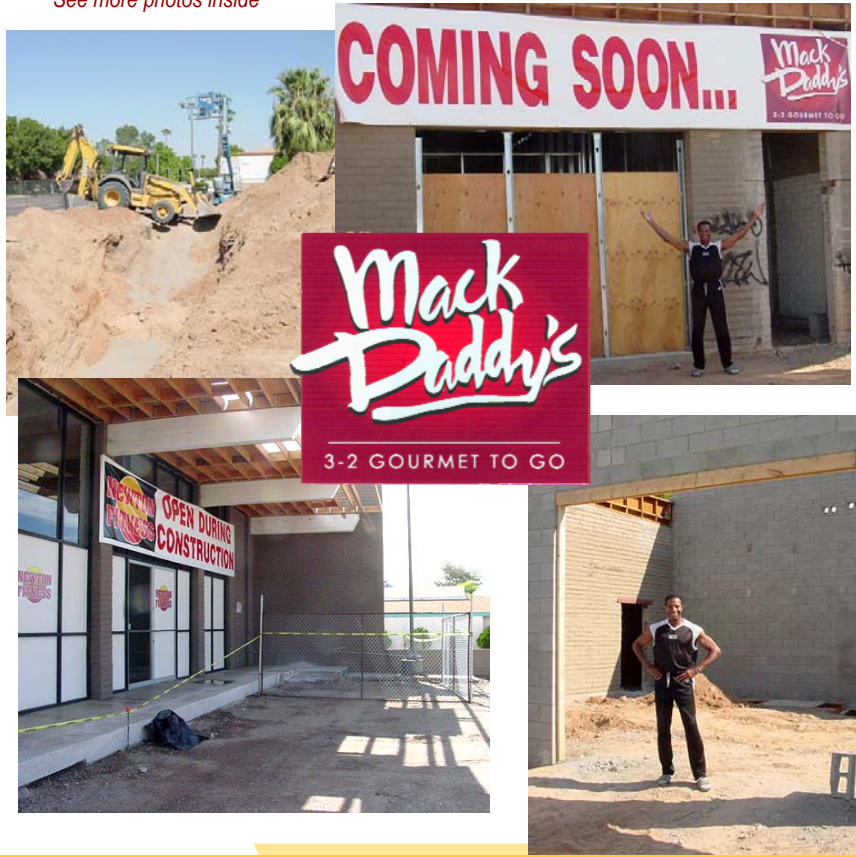
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*"Where the mind is without fear
and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection

Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake."
~Rabindranath Tagore*

Mack Daddy's is on the way!

See more photos inside



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Mack Daddy's : Built on a Vision

"Mack Daddy's was the result of a vision I had," says Mack Newton. "It's what I tell my Taekwon-Do students to use—mountain-top thinking, which is the ability to clearly visualize the results of your efforts before they occur. With Mack Daddy's the vision is very, very clear, but it's going to be even better when finished than we originally thought."

Mack Newton has had the rare chance to actually see his vision and goal as it physically forms outside his window. Mack Daddy's will be a self-contained entity joined to Newton Fitness. All meals will be cooked fresh on the premises. "We won't even have to go off site to wash uniforms and towels, we'll do everything here on site," says Mack.

As with all goals, things have gone wrong in the process of building, including delays in getting the building permits, construction delays, even the much-needed recent rains slowed down construction.

But that's just part of the process of change, says Mack. "Anything you plan to do, any goals you set, any dreams you have, you are inevitably going to encounter setbacks, and everything that can go wrong probably will. As a martial artist for so many years, I have been trained to expect adversity. Setbacks create the need and the opportunity for growth. When you face challenges, you have to become creative in how you function day-to-day. But when you stand at the other end of the rainbow and look back and realize what you have gained, see the dream realized, you almost forget the difficulties.

"I also know that when you become magnetized to your goal, your goal becomes magnetized to you. It's just like W. Clement Stone said — you develop a sense of inverse paranoia, and you start to think that everything that happens is part of a grand conspiracy to make you successful.

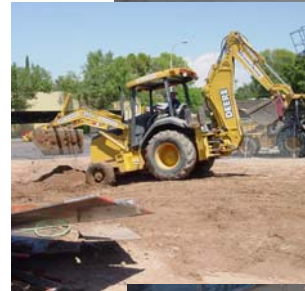
"It's actually been easier than I thought it would be, and it's been really exciting. It's amazing how helpful and cooperative so many people have been in working to help me achieve this dream. My clients are so eager to sacrifice their convenience by walking a bit further or driving into a dirt parking lot or whatever they have to do to make it easier.

"Mark Russell, who owns Oregon's, has been completely selfless in his eagerness to help, willing to do whatever he can to make everything better. He's made suggestions for the design of the website to create the on-line ordering system. He's made many suggestions for the efficient flow and the function of the kitchen, as well as the preparation and the handling of food.

"Joe Franquero has been amazing. He is going to be building out the interior, but he has been giving me advice all along. He has designed the back rooms where we will move my office and Nikki's office, which will make it even more efficient for both Mack Daddy's and Newton Fitness.

"Mark Tarbell of Tarbell's restaurant and his assistant Jim offered to help in any way they can. Lenny Rosenberg of Zen 32 has almost begged me to help. Once you set goals, people and circumstances just come into play that make it work.

"My assistant Nikki was already performing at a very high level, and now she stepped it up even further. She is getting someone to replace her in this job, and then she will become General Manager of Newton Fitness Enterprises. She will be managing the day-to-day operations of Mack Daddy's and Newton Fitness.



"Because of people like these, we have stayed true to the original concept, but it's going to be so much more. It's been exciting!

"Recently I was at the Mack Daddy site, taking pictures for this newsletter, and one of the guys said 'Take a picture of me too. I'm going to put my name inside a wall. I want to think that I was a part of helping to build Mack Daddy's.' He could feel the uniqueness and special nature of this project.



Mack Newton on.... Post 9/11 — Why are We Scared?

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It's been said time and time again..."freedom is not free..." and, it's not. The price we've paid for freedom over the years has been high. But, the rewards defy description. We enjoy more freedoms and have more opportunity than any other nation in the world. The readiness to preserve it must come from the character of the people of this great nation. The PEOPLE. You and I. We need not whine and cry about losing convenience. We're not entitled to it anyway. I'm amazed how many Americans feel entitled to these conveniences as a birthright.

Somewhere along the way, we've lost the memory of real freedom...and, the prerequisite attitudes for it's continuation. We need not whine and cry about losing security. We're not entitled to it anyway. Our real birthright, guaranteed through the sacrifice of our forefathers is opportunity. Let's seize it... now, to grow.

How did it happen? What went wrong? How did we get so far off the track the founding fathers laid for us? I don't know, really, but I have a couple ideas. First, we're sort of geographically isolated from the rest of the world and don't have any really crazy neighbors wanting to wipe us off the face of the earth! I mean...I don't think Canada is going to attack us, do you? Neither is Mexico. Other nations in Europe and Asia have had to learn to live with imminent danger from attack for years. Not us...it's always been...over there somewhere.

Secondly, material abundance. We have so much of everything and we have it all now. Immediate gratification has become our expectation and when expectations aren't met...there's anger, bitterness, resentment, and disappointment. But, why?

Where do we get off thinking we're somehow entitled to bring half of everything we own onboard a plane as carry-on baggage? Why do we feel entitled to cheap gas? Why do we feel entitled to just stroll through the airport and just get on the plane? Why do we feel entitled to pollute the environment with total disregard to future generations? The list goes on and on.

We've become a nation of the entitled. Well, it's over. The threat is not just over there somewhere anymore...it's here. And, we're scared. The founding fathers must be turning over in their graves thinking how they've left all this to a bunch of whining, scared little crybabies. Or, did they? I think not. The same spirit that made and built this great nation still lives and breathes and we are not scared. I repeat...we are not scared!! I am not scared!!

Readiness... sacrifice... commitment are words we've attached to an earlier generation, but maybe the time for them has come again. The need for them has always been here, we were just confused. Confused that the Republic described by President Jefferson was guaranteed for all eternity. It's not. Confused that our freedom was only demonstrated by material abundance for all the world to see. It's not. We must look to it, not be afraid of it. We can't be scared. It's very, very true... freedom is not free...nor is it guaranteed. Don't be scared.

Mack on Pat McMahon Show



Mack Newton got top ratings when he filled in for Pat McMahon on his television show. The show was packed with information on the 3-2 eating plan, healthy attitudes, and demonstrated how to do a Mack Newton workout.

Mack also interviewed two of his clients. First was Susan Brigham, an independent film maker, who has written, produced and directed her first film, Greasewood Flat, which has won several awards.

Mack also showed pictures and talked to attorney Elizabeth Russell, who has twice been a Health Hero in the newsletter for her amazing transformation.



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Health Hero of the Month : John Lang



Photo by Tony Roberts

John Lang was working out at home when he received a health wake-up call. He began to experience difficulties breathing when exercising and felt constantly tired. He had previously worked out at Newton Fitness seven years ago for weight loss, and then had continued exercising at home.

A visit to the doctor revealed that “I had a 100% blocked LAD, which is the lower anterior descending artery in the heart,” says John. “It is what they call the widow-maker. Guys with even a 90% blockage fall dead on the golf course. A 100% blockage is considered a heart attack, even without other symptoms. Despite this, I wasn’t really having too much trouble when I worked out other than trouble breathing and being tired.”

The doctor told him that if the blockage doesn’t kill you outright, it’s because the heart has developed collateral arteries that circumvent the blockage. “He said I must have been working out pretty vigorously for that to happen. I had gotten in really good shape the first time I worked out with Mack, so I think that was a contributing factor to why I didn’t actually die with this 100% blocked LAD.

“I have no family history of heart trouble,” says John, “so it was from eating garbage food all my life. I’m 56 now, but it was the first 48 years of terrible eating that was the problem.”

Seven weeks after angioplasty and having a stent put in his heart, he returned to Newton Fitness. “I went back to Mack and told him the two things I wanted to do were to become a better thinker, and I want to be healthy. I didn’t care about weight loss, I just wanted to be healthy.”

After 2 ½ years with Mack, his doctor told John at his last checkup “I can’t even tell you’ve ever had a heart attack.’ My blood pressure is now 110/70, and my resting heart rate is 52 beats a minute. My blood readings and cholesterol levels are fabulous.”

He believes the changes in his health are due to eating a modified 3-2 plan, as suggested by Mack, and the benefits of the workouts. “And I’ve become a better thinker. When you are healthy,

you feel better. When you feel better, you have access to more energy, and you have the opportunity to be a better thinker and be more productive. I’m in the real estate development business and it’s high pressure. So if I’m in shape physically and mentally, my stress levels are much lower. I think clearer. I believe this process is continuous for a lifetime.

“To me, this is a life change. I tell Mack I’m a “lifer.” This is a regimen I plan on doing the rest of my life. I consider myself very fortunate in getting a second chance, and I’m not going to blow this one.

“Now I’m in better shape than when I played collegiate basketball at age 18. I am within one pound of what I weighed in college. I’m in the best shape of my life.

“All of us who attend Newton Fitness are fortunate to have access to the talent, knowledge and passion of Mack Newton.

“I feel very fortunate to have a Mack Newton to go to at this stage in my life because he can help me achieve exactly the results I want, with the motivation to do it, and have fun with it. The opportunity to train with Mack Newton is a privilege and an honor.”



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