



Women Of Atlantic County

Nancy Adler, C.F.T., S.P.N., S.S.C

Nancy is a certified nutritionist specializing in nutrition and weight control. She owns a nutrition consulting business in Egg Harbor Township where she counsels people in making permanent healthier lifestyle changes. She currently holds three of the highest accredited certifications through I.S.S.A.: C.F.T (Certified Fitness Trainer), S.P.N (Specialist in Performance Nutrition), and S.S.C (Specialist in Sports Conditioning). Nancy is a graduate of Holy Spirit High School and attended Atlantic Cape Community College where she went on to teach in the catholic school system.

Nancy was raised in Ventnor City, NJ and currently resides in Egg Harbor Township, NJ with her husband Franz and their son Sam who graduated from the College of New Jersey. At the end of the day, her two Cavalier King Charles pups Champ and Sebastian are there to make her smile.

When Nancy is not working with her clients, she enjoys spending time with her husband in their home gym where together they share their love of exercise and good health. Franz's lifetime commitment to the sport of power lifting keeps Nancy motivated so that she may live a positive lifestyle as well as encourage her clients to do the same.

Nancy has competed in running events for charity. She often lectures groups about nutrition and wellness at women's organizations, schools, and professional establishments throughout the county. She may be heard on local radio and seen on television spreading the good word of health and fitness. You may read Nancy's thoughts on nutrition and fitness in the T.V Atlantic magazine weekly and in Ed Hitzel's Restaurant magazine. www.nancyadlernutrition.com



Photo by Donna Andrews Photography

Denise Rounds

Denise is a Jersey girl through and through! Born and raised in Collingswood, she ventured down to Bally's to start her salon career in 1981. During her first week of work she met, and four months later married, her husband Bil Rounds. They have been married for almost 29 years and together they are a formidable force.

Denise is the proprietor of Bellezza Salons, located in Caesars and Bally's casinos. She resides locally in Atlantic City's Northern Inlet. This allows her to be very active in her community. In 2000, she became a charter member of the Shirley Mae Breast Cancer Assistance Fund and in 2003 she founded the Shirley

Mae Run, which to date has raised nearly \$1,000,000 for breast cancer patients in Southeastern New Jersey. If there's a place you need her to be, she's there, and if there's a fundraiser you need a donation for, she's on it. In fact, to her family and friends, that's become her mantra, "I'm on it!"

Denise doesn't wait for things to happen, she makes things happen. Over the years she has been recognized by her peers, friends, employees, and the community, both for her accomplishments as a business owner and for her constant generosity. Denise Rounds is the kind of woman that just makes you want to be a better person.



Photo by Donna Andrews Photography

Cheryl A. Roell, O.D.

Cheryl is originally from Delaware County, PA. At the age of 12, she knew she wanted to be an eye doctor after receiving her first pair of eyeglasses. She attended Indiana University of Pennsylvania where she earned her Bachelor of Science Degree in Pre-Optometry/Natural Science. Next, she went to the Pennsylvania College of Optometry and received her Doctorate in Optometry in 1993. That same year she married David, a fellow graduate.

Cheryl and David moved to Washington Township, NJ where they resided for 6 years before moving to Egg Harbor Township. Cheryl and David began their own practice, CDR Eye Associates, in 1999. Wanting to be able to offer their patients more services, and spend more time with their children, they opened All About Eyes, in Egg Harbor Township, in 2007.

Cheryl thoroughly enjoys her profession as an optometrist. She never tires of seeing the smiles that light up her patients' faces when their world becomes a clearer place. When she is not working, she loves spending time with her husband and children, Alina, Erik and Shaylen. She also enjoys baking, exercising and going to the beach.

Cheryl can be reached at All About Eyes, (609) 653-9933, or info@aaeyes.net.



Photo by Donna Andrews Photography

Theresa Cavallo Paterno

Theresa was born and raised in Northern New Jersey. After completing her education she had a successful career in the travel industry and law where she worked as an administrative assistant. After spending several years as a stay at home mom she pursued a life long interest in the English tradition of tea time.

Without any formal training Mrs. Cavallo-Paterno reviewed the literature on the topic and visited food venues in the New York metropolitan area which specialized in formal teas. Greatly inspired by Martha Stewart Theresa began experimenting with variations on traditional recipes for scones, pastries and a variety of other baked goods. She was keenly interested in bringing the gentility

of tea time to casual environment of the Jersey shore. In October 2008 Theresa opened the Scone Shoppe located at 2401 Bridge Avenue Point Pleasant. It is opened Tuesdays to Fridays from 8am until 4pm and Saturdays from 8am to 12pm. It is available for private parties.

Theresa is the proud mother of three children, David Joseph 24, Alyssa Patricia 15 and Victoria Grace 8. She has been married to Robert Paterno who is a manager at the Lowe's, in Howell Township.



Photo by Tracy Harman Photography