

Bartender of the Month Koty Hunt at the Big Chill

Many times it has been said by the locals, that once you live in the Keys and move away you will always return. Koty Hunt, the Coconut Telegraph's bartender of the month, is just such an example. He was born in Monroe County and at age 7, when his family moved to Tennessee, Hunt always knew that he was a Keys kid and would return to his roots someday. That someday finally happened five years ago.

Hunt is a musician, he plays bass and electric guitar and is trying to put a band together that will reflect his love for punk rock, metal and his favorite reggae rock. As all musicians know, you have to put food on the table and a roof over your head so he took a job at a local restaurant and trained as a bar back. Soon he was training the new employees. Word got out that Hunt was fast, intelligent, honest and dependable so friends in the business urged him to apply at the Big Chill. There he would have an opportunity to work with many of his respected friends such as Big Chill manager Mark Charles, and Bush, Tanner, Andrew and D.J. It wasn't long before they made him a bartender. Then, when he thought things just couldn't get any better Big Chill owner Larry Calvano took on world famous Coach Jimmy Johnson as a partner.

The Big Chill Restaurant and the Fisherman's Cove five star



condominiums became a preferred vacation destination for families that wanted excellent food and a lavish lifestyle. Where else in the upper Keys can you get your own private poolside cabana and boat included? Just when Hunt thought the Big Chill was the ultimate utopia Larry Calvano put in a pizza parlor with his father's famous Enrico's Pizza recipes and the place became a real "slice of heaven".

The Big Chill is the only place in the upper Keys that you can get real Italian pizza. In Key Largo there are Greeks, Cubans and Europeans doing their best but no one can compete with real New York style Italian pizza made from the freshest ingredients.

"What inspires me here at work are the spectacular sunsets on the bay," says Hunt. He adds, "And what inspires me in life is my mom Katy. She has worked very hard over the years to raise my brother Kasey and I."

Hunt invites everyone to visit him at the Big Chill. Happy hour is from 4 - 7p.m, Monday thru Friday with half-price appetizers, \$1.50 domestic drafts, \$2.50 imports, \$5.00

call, great sunsets and friendly service.

Congratulations to Hunt for being the Coconut Telegraph's youngest Bartender of the Month and we also wish him a very happy birthday!



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Obligations To Others and To Ourselves

Obligations can tend to feel heavy and overwhelming, there is nothing wrong with an occasional "no".

We all encounter obligations in life, from spending time with family and friends to being present at important functions in the lives of the people who form our community. Many times, the obligations are actually fun and fulfilling, and we want to be there. At the same time, we all sometimes experience resistance to meeting these obligations, especially when they pile up all at once and we begin to feel exhausted, longing for nothing so much as a quiet evening at home. At times like these, we may want to say no but feel too guilty at the idea of not being there. Still, our primary obligation is to take care of ourselves, and if saying no to someone else is what we have to do, then we do not need to feel bad about it.

There is a skill to balancing our obligations, and it starts with simply becoming aware of our schedule. We may notice that three invitations have arisen in one weekend, and we know that we will pay

energetically if we attempt to fulfill all three. At this point, we can take the time to weigh the repercussions of not going to each event, considering how we will feel if we miss it and how our absence might affect other people. Most of the time, it will be clear which obligation we can most easily let go and which one we simply can't miss. Sometimes we have to miss something really important to us, and that can be painful for everyone concerned. At times like this, reaching out with a phone call, a thoughtful card, or a gift lets people know that you are there in spirit and that your absence is by no means a result of you not caring.

Meeting our obligations to others is an important part of being human and not one to take lightly. At the same time, we cannot meet every obligation without neglecting our primary duty to take care of ourselves. We can navigate this quandary by being conscious of what we choose to do and not do and by finding concrete ways to extend our caring when we are not able to be there in person.

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