

Noah Sutter

Continued from page 15... first time. One moves at one's own pace - on one's own or with friends. This is not an award for past accomplishments. Instead, one is honored for achieving one's own challenging goals.

The Congressional Award has

no minimum grade point average requirements. It accommodates young people with special needs or disabilities who are willing to take the challenge.

More information at: www.congressionalaward.org

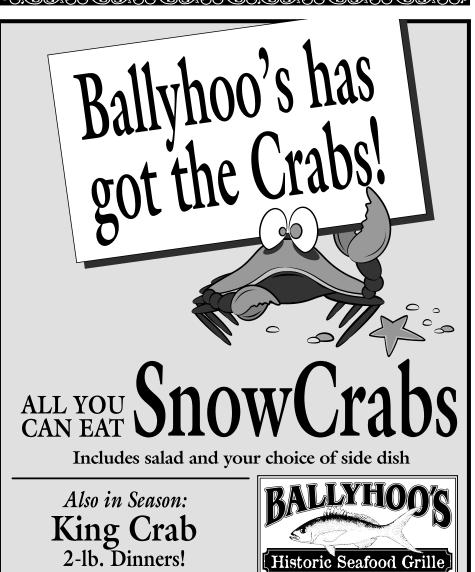
Empowered Forgiveness

...Continued from page 9. simple "thank you" is enough. To truly create a greater sense of harmony in our relationship, however, we need to gently, and with compassion, express our innermost concerns about what has transpired. By taking a deep breath and calling upon the deepest parts of our spirit, we can usually find the right words to say and verbalize them in a way that lets the other person

recognize! the consequences of what they have done.

If we can remember that our response to others is important, we can begin to realize that trust and forgiveness go hand in hand. And when we react in a way that engenders a greater amount of honesty and candor, we will establish a more positive and empowering way of being and interacting others.





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Coconut Conch Characters of the Month



The top left picture is Kitty (left) and Lila (right) celebrate Connie's new hairdo from Transformation's at the VFW.



Jimmy Johnson waits to go on the air for ESPN's PTI (Pardon the interruption) show filmed live at the Big Chill. On the sports talk show Jimmy entertained us with tales and film clips of his Survivor ordeal.



Betsey and Dennis, owners of D-Hooker's at the Grand Opening.



Julia Littwin and Linda Schaupp during the German Olympics at Gilbert's Resort.



Tanya, Robert and Michelle at Cafe Largo.



Gwen and friends enjoy the music of Mike Mitzner at Sharkey's.



The FKRM Bosses look pretty pleased at the Sauce Boss event! Pictured from left: Scott Stoky, Paul White and Bob Stoky Jr.