

Crown Jewel of Florida's Emerald Coast

DESTIN

SUMMER 2010

magazine

LOOK GOOD,
FEEL GREAT...

BE YOUR
BEST!

7 LOCAL
PEOPLE
YOU SHOULD KNOW
& Anti-Aging
Secrets

"Most Amazing Family Show on Earth!"

LE GRAND CIRQUE

GRAND BOULEVARD Hosts Entertainment Sensation



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7 PEOPLE YOU SHOULD KNOW



Local Professionals
Share Their Advice
for
Being Your Best

PHOTOS BY JODY FELDER

William Burden, M.D., FACS



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*“Do the right thing,
and resist the temptations.”*

HOMETOWN / YEARS IN DESTIN:

Richmond, VA; 15 years in Destin

TITLE OR PROFESSION:

Plastic surgeon; founder and CEO of Destin Plastic Surgery

PROFESSIONAL SERVICES:

Plastic and reconstruction surgery of the face, breasts, and body; self-improvement through better diet, nutritional supplementation, and skincare; non-surgical therapies and preventative maintenance such as Botox®, Restylane® and Juvéderm®.

FOR OPTIMAL HEALTH, EACH DAY, I...

Rise early, project a positive image on how I wish my day to proceed and end, and try to impact everyone with whom I come in contact in some positive manner.

MY NUMBER ONE TIP IS....

Preventative maintenance is the key to staying happy, healthy and living longer.

WHAT MOTIVATES YOU TO BE YOUR BEST?

Doing my best is inspired by family, friends and God. We all want the love and admiration of our family, and the respect of our colleagues and the people that we serve. We want to do the best we can with the talents that we have been given. I am motivated like most people to achieve these three things.

THE GREATEST CHALLENGE IN ACHIEVING MY GOALS HAS BEEN...

Having enough time to do everything that needs to be done.

PRESENTLY, I AM...

Writing a book, taking guitar lessons, working on architectural plans, developing a DJ business, working on charitable endeavors with my wife, and raising three children.

IF I WERE TO CHANGE CAREERS...

I would be a rock star.

IF CALORIES DIDN'T COUNT...

I would eat Kentucky Fried Chicken, alternating between original recipe and extra-crispy daily.

WHAT SIMPLE PLEASURE DO YOU TRULY ENJOY?

All aspects of beachfront living — the sun, the sand, the water, volleyball, jet skis, cooking outside, and bonfires. In short, smiling with people having a good time.

BEST ADVICE I EVER RECEIVED:

“Do the right thing, and resist the temptations.”

Scott Ennis, M.D., FACS

HOMETOWN / YEARS IN DESTIN:

Most of my life was spent in Alabama. I had an adventurous childhood in Fairhope and then attended Birmingham Southern College. From there, I was accepted into The University of Alabama at Birmingham, one of the top ten hospitals in the country, where I completed medical school and my general surgery residency. Subsequently, I matriculated to the Ivy League hospital at the University of Virginia in Charlottesville where I completed my plastic surgery fellowship and training. My family and I moved to Destin in 2003 and I have enjoyed a very successful practice alongside Dr. Burden at Destin Plastic Surgery.

TITLE OR PROFESSION:

Medical Director of Destin Plastic Surgery. I am double board certified in both General and Plastic Surgery.

PROFESSIONAL SERVICES:

I am a cosmetic plastic surgeon of the face, breasts, and body. I am a member of several national and international plastic surgery societies. My specialization is minimal incision surgery which allows me to achieve dramatic results while minimizing visible scars. I feel very passionate about obtaining the most natural and optimal result for each and every person. Additionally, we have expanded the practice to include Hair Restoration services for both men and women.

WHAT MOTIVATES YOU TO BE YOUR BEST?

I love what I do and enjoy going to work every day. My motivation is seeing my patients thrilled with their results and meeting new patients excited by the possibilities my surgical technique and experience can offer them. I get to share in the lives of people from around the world as they travel here as patients.

MY PHILOSOPHY FOR BEING ONE'S BEST:

If you pick a profession which is exciting and motivates you, getting to, and staying at, the top becomes easy. If you are not happy in your current position, you will never excel to be the best you can be. To me, work should be a hobby and not "work".

WHAT SIMPLE PLEASURE DO YOU TRULY ENJOY?

Spending time with my wife and kids out on the boat, or at home, simply being together as a family. As the kids get older, they have become more than family — they are my best friends!

THE BEST ADVICE I EVER RECEIVED WAS:

A college professor once told me that you should spend the first half of your life preparing for the second half of your life. You should stay in school, work hard, and go as far as you can in your education. An education is something that no one can ever take away from you. It has certainly paid off for me.



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“Spend the first half of your life preparing for the second half.”