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## Editor's Letter



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### What's your SPF level?

**I**T'S FINALLY HERE! THE SUN IS shining, the temperature is rising and all those pale legs and arms are coming out of hibernation as people trade in their winter woolies for easy-to-slip-on summer clothes. The arrival of the summer season calls for you to break out your highest level of SPF – Summer Participation Factor, that is!

Do you have a high enough SPF level to get you through the summer? June, July and August are all we get. There are three months, roughly 90 days of summer, and we need to enjoy every last drop of the season. A high Summer Participation Factor – SPF – means that we get as much as possible out of those three months, seeking every opportunity to soak up not just the sun, but the fun as well.

A few summers back, I sat with my nephew, Ryan, watching his little brother's baseball game. Ryan was fresh off of the last day of school, relishing in the delight of the day. He was showering us with the handfuls of grass he was picking in bunches from the hill. After some chatter about his last day of school, he looked up at me and asked, "When do you get out for the summer, Aunt Blythe?" He had such hope and expectation in his eyes. "Adults don't always get the summers off, Ryan," I said. He looked at me with a blank stare, unable to process such a horrific thought.

If you find yourself in that same boat, horrified by the thought of not having every day off for the summer, you are not alone. There is a way to make the season count, though. All you have to do is take advantage of your evenings and weekends, and boost your SPF to maximum levels!

If you are stumped when it comes to how to do that, let us help. We've done the work for you, digging, searching, testing, playing and relaxing, until we came up with a list of the best ways to have a high dose of summer fun. Turn to page 104 for Summer Fun 101. This list should help you find all sorts of ways to fill your summer days, whether it is taking in a concert at Arbor Crest, biking down the Hiawatha trail, camping under a canopy of trees, swimming in a lake or canoeing down the river.

Those last two suggestions sound refreshing, don't they? Nothing beats the heat like a dip in the water, and we are blessed in this area to have so many options for where to take that dip. Point your car in any direction, and if you drive long enough you will find water, whether it is a lake or river. The Spokane River flows right through the heart of our downtown, but often we give it little thought as we speedily drive our cars over the bridge, rushing faster than the current to get where we need to go.

The river has played a huge role in our community. When James Glover, this issue's history topic, and the founding father of Spokane, first came to the area, it was the breathtaking beauty of the falls that captivated him.

How much has changed over the years, though? The river still runs, but is there a little something extra running in it nowadays? Are we taking good enough care of this most precious resource? Bobby Hatley answers those questions for us on page 70.

The river isn't our only precious, natural resource. This part of the country is rich with beautiful scenery, breathtaking vistas and awe-inspiring sights. Not all, though, are accessible in an afternoon. If you aren't able to get away for a few days to explore the hidden gems of this region, let John Latta take you there. On page 44 he takes us to Washington's Wild Glacier Peak. John is able to bring us great stories because of his high level of SPF, and he takes every opportunity to get out and enjoy the area.

Whether you are floating on the Spokane River, or hiking the surrounding areas, make sure you take a high level of SPF with you. Even if you are tucked in an office during the day and don't get the summers off, you can still enjoy the coming months.

This summer, dig in, enjoy the season and pile on the SPF – both kinds!

*Blythe*