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Editor's Letter



Falling

I WAS LUCKY ENOUGH TO GO to several of the skating performances during the U.S. Figure Skating Championships, which were held here in January. My mom is a skating fan so she and my dad bought two packets of tickets, and between me, my parents, sisters, brothers-in-law, and niece and nephews, we all were able to take in several shows. By the end of the event, one thing in particular stood out to me. It wasn't the over the top sequined costumes, nor the inordinately high number of bears catapulting through the air onto the ice. It was the falling; more precisely, it was the getting back up.

During the pairs' and men's long programs, the majority of skaters fell at least once. Even Evan Lysacek, who weeks later went on to win Olympic gold, fell during his performance. More eye catching than the fall was how quickly he, and the other fallen skaters, got back up and entered right back into the routine.

Everyone falls in life at some point, though for most it isn't while perched atop a pair of razor thin blades on a slippery surface. Sometimes it is a mistake at work, a decision we later second guess, the way we treat someone. Sometimes it is an event that sets us back.

In August 1889, our own little town suffered a major fall when a fire ripped through the business district and destroyed much of the fledgling town. What was left the next morning was a smoldering scene of destruction and desolation; however, the people of the town picked themselves up and jumped right back into their routine, working to

build Spokane into the strong community it is today. On page 88 we look at the history of Washington Water Power and the role it played in powering our city back into the routine.

Nick Heimbigner and his family were skating along beautifully in life when they experienced a fall that upset their routine. Five at the time, Nick was diagnosed with Type 1 Insulin-dependent Juvenile Diabetes. This was not part of the plan, and it through off the routine which had been choreographed for his and his family's life. They weren't going to let the fall keep them down, though; they reworked their life plan and today are skating like champions. You will be inspired by Nick's story on page 43.

Finding doctors who can not only diagnose and cure medical issues, but ones who are able to do so with attention to patients and a strong network of resources, is something that is important for anyone who wants to live a healthy life. That is exactly what we have here in Spokane and Coeur d'Alene. Our annual Best Doctors article begins on page 58. It should be a great comfort knowing that if any of us fall, there are wonderful health care providers who are ready to help us get back to our routine.

Sometimes shaking up our routines is good for us, though. One of your favorite contributing writers, James Nelson, is back in this issue with another of his popular articles. This time he recounts the story of when he and his young family shook up their routine by welcoming a small baby deer into their family, helping raise it until it could be released. The deer taught them some unexpected lessons and took them out of their normal routine, sending their lives in a different direction than they had envisioned, but it was a beautiful show along the way. You'll enjoy his touching story on page 96.

It is inevitable that something in life will cause you to fall, but every fall is a chance to prove to yourself how quickly you can get back up and jump back into the routine. Though it alters our skate, falling can teach us things, too.

May you fall into this issue, absorbing each story and taking the lessons learned and information gained with you as you skate through the month!

Blythe

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