



## How to Balance Scones

**I**T WAS MIDWAY THROUGH MY THIRD BITE when I put the scone down and pushed back my plate. My mouth full, I was a momentarily silent participant in a conversation about healthy eating, and felt like the scone crumbs clinging to my face and gently cascading down onto the table didn't mark me as a qualified participant in this conversation. Regaining my composure, and pushing the remaining uneaten scone further away from me, I reentered the conversation.

"I just think it is fascinating, how your body utilizes the nutrition in your food to fuel itself, and when you put the wrong foods in there, your body doesn't know what to do with it," said my friend Kim, from across the table. "I don't mean your scone, Blythe," she said quickly, having seen me push it away.

It was Saturday morning, and my sister, Courtney, our friend Kim, and I were indulging in our weekly ritual of gathering at the bakery. Every Saturday morning we arrive early outside of our favorite bakery, with a group of other early morning regulars, waiting for the doors to open so we can make a mad dash for our usual table. Returning week after week, we flock there like the swallows of San Juan de Capistrano. As everybody settles into their usual spots, the Saturday morning routine commences. Heading to the counter, I order a chocolate chip scone and a Breakfast Blend tea.

By the time we return to the table and hunker down with our hot mugs of coffee and tea, and something to eat, we are ready to delve into conversation, catch up on our week, and laugh. On this particular Saturday, an innocuous mention of blackberries had steered the conversation toward healthy eating. That was the point where I stopped inhaling the scone and re-assessed my morning breakfast routine.

Looking at the remaining portion of scone on my plate, and thinking back to what I had eaten in the last 24 hours, I had two thoughts: I need to eat more veggies, and, I have no idea how blessed I am to have access to the food I do. Just that week, I had spoken to local schools and a food bank organization about the problem of childhood hunger. If your mind flashes to starving children in far-off places when you hear that, guess again. We have starving children right here in Spokane. It was something that was heartbreaking to discover, but the work being done by Northwest Harvest to help end it is inspiring. (Please read about it on page 48.)

As I pulled away from my thoughts, Kim and Courtney were discussing the importance of incorporating healthy food into their diets, while being able to balance it with an occasional piece of cake or celebration dinner.

"You've got to have balance," Kim said with conviction. Maybe I could balance my scone consumption with an occasional banana? How to balance scones, though? They are so good!

It is not just our food choices that need to be balanced, but also our lives in general. When it comes to the work/life balance, it seems like everyone you meet is struggling with that one. There is guilt for spending too much time checking emails and finishing proposals, while the joys of life wait on the back burner.

In a very questionable move on their part, my church youth group leaders allowed us to watch *The Shining* at our Halloween party. Scarred for life, and unable to stay in old "historic" hotels anymore, I did gain one gem from that movie: When Jack Nicholson says, "All work and no play makes Jack a dull boy" I gleaned the truth of that statement, lurking somewhere beneath the horrifying way in which he said it. We need to find the balance between the gift of work, but still be able to find the time to enjoy our life and the people in it, cherishing each moment with them.

Too much of anything in life makes us dull. Dull to the joys and sorrows of life, dull to the blessings that come our way, and quite frankly, dull to the people around us. It's like eating nothing but broccoli or nothing but cookies. Either extreme is detrimental, and finding a balance is what keeps us healthy.

Here at the magazine, I strive for balance as well. Balancing a somewhat sorrowful topic of childhood hunger, with an uplifting piece on local shopping or fashion. The ying and yang, the ebb and flow, the highs and the lows; I try to strike a balance in what we present to you each month.

Just as we strive to feed our bodies well with balanced, fueling foods, I hope the magazine feeds your mind and fuels your heart. May it provide you with the best of both worlds by being informative and entertaining; educational and enlightening.

So as you sit there and balance this magazine on your knee, flipping through the pages, I hope you enjoy every moment of it— and maybe even treat yourself to a scone while reading!

*Blythe*