



## No Guts, No Glory

IN THE SPAN OF ONE WEEK, I WITNESSED A LIVE, partial biopsy of a one-foot section of a colon, and I served as a judge at the Miss Spokane Scholarship Pageant. The two events didn't seem to have much in common, until I stopped to think about it, and realized the ol' saying is true: no guts, no glory. I got to see the guts and glory of Spokane all in one week.

Let me back up and say that I have never been one for blood and guts. I've passed out when giving blood, and in health class my freshman year in college, a video of an arthroscopic knee surgery sent me out the door with a queasy stomach. I don't fancy myself a wimp, but I am extremely hesitant to view the inside of the human body.

So, back to me standing next to the foot-long section of a colon. Pathology labs aren't my usual stomping grounds, but it was where I found myself as I toured a local lab for a story within our Best Doctors feature (page 58). In the search for a new twist on this annual, and popular, doctor-centric story, I decided to shine a light on a field of medicine that doesn't often get much attention or glory: pathology.

After just five minutes in the lab, I gained a new appreciation for those in our medical community who are able to poke, prod, research and dig into whatever medical mystery presents itself, all in the name of improving the health of patients in our community.

With a mere three days in between, I bid the guts goodbye and

was sitting at the judges' table, helping to decide who would be crowned the next Miss Spokane. As a part of the Miss America Organization, the Miss Spokane Scholarship Pageant offers local young women the chance to compete for scholarship money as well as the honor of representing the city at civic and community events throughout the year. Rather than merely being a beauty pageant, which glorifies looks, this competition glorifies the pursuit of education and making a difference in the community.

As I watched the eight young women compete to win the crown and the chance to represent this city, there were moments of glory for each of them. Speaking proudly about their platforms, which ranged from domestic abuse prevention and intervention, to mentoring programs for children, to support of the American Brain Tumor Association, the young women had their chance to shine and show their intellect and poise as they addressed challenging topics. There were beauty components to the show, as well, including swimsuit and evening gown portions, and seeing the beautiful gowns chosen by each contestant was great fun, knowing what a delight it is to get dressed up and feel beautiful.

All of the pageantry aside though, what was most impressive about the event was seeing the pride, determination and desire of these young women to represent Spokane in all its glory, and the guts it took to stand up there and compete for something that is so important to them.

Guts and glory. You can't really have one without the other; you have to take the icky, uncomfortable experiences of life along with the beautiful ones. The guts of life—those ugly, nerve-racking, not so pretty parts of your journey—can come at us in many ways: a struggle at work, a challenging phase in life, discouragement as you press on toward a goal that at times seems unachievable. But these are things to be faced head-on, with as much courage as you can muster, believing that something better—something glorious—is around the bend.

Glory doesn't always come in the form of a crown on your head; in fact, it hardly ever does. Glorious things are all around us, though. Sometimes they show up in the simple joy of good health, basking in the delight of spending precious time with someone you love, or enjoying a personal victory.

Glorious moments can also be found, abundantly, for those of us living here. Spokane is a beautiful city and it is a worthy contender in the pageant of life, not just because it is aesthetically beautiful, but also because it's made up of incredible people who have the guts to take risks and seize opportunities, making this a wonderful place to live.

I hope you enjoy reading about many of these people in the following pages. Whether it is the adventurous rowers who are a part of the Spokane River Rowing Association (page 88) or the innovative minds behind the Land Council's impressive water conservation plan using beavers (page 28), one thing is clear: our community's got the guts and the glory.

Happy reading!

*Blythe*

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