



## Portion Control

**B**E HONEST, HOW MANY DAYS DID YOU last? Two? Three? A whole week?

It seems like a universal New Year's resolution is to diet and exercise. And it seems equally universal that those resolutions dissolve in the face of reality. New Year's day comes, and you are focused on the goal—until the Lil' Smokies and nachos come out of the kitchen at the gathering at your friends' house, where you are watching football games. "I'll for sure start this tomorrow!" you tell yourself. Perhaps you do start, and you are strong for a while, sticking to a no-carb, low-fat, alcohol-free, water-is-your-only-beverage diet, but then, after a week or so, the call of the fresh donuts in the break room at work, or the after-work drinks with coworkers, get the best of you, and you buckle like a belt. You take a day off from working out. Suddenly, a week has gone by and you are back to square one. "Forget it!" you cry out as you stand idling in front of the ice cream aisle, suddenly reaching into the case for a half-gallon of Moose Track. "It's winter, I need to keep a reserve of fat to keep me warm," you say, justifying your actions.

While crash diets never work, smaller changes, like making better choices, keeping a discerning eye, and practicing portion control, can all work together to create a healthier, more attractive you, that is here for the long-run.

Portion control is not only successful in dieting, but it is also a great plan for a magazine. *Spokane Coeur d'Alene Living* is tackling portion control as we increase our frequency in 2013. We'll be transitioning from printing every six weeks, to printing every four, making us a monthly publication! This is an exciting endeavor for us, reflecting a commitment to bringing you the best of our city, now on a more frequent basis!

As I think about all the stories we'll be able to share with you, our readers, and all the great people, events and places there are to feature within our expanded coverage, my first reaction is to forget portion control and gorge! There are so many delicious stories, and I want to dig in and feast on them all right away. Like a gluttonous child at a buffet, whose eyes are bigger than their stomach, I want to pile more and more onto the editorial plate, and dig in with wild abandonment.

There is a reason portion control is necessary in managing your weight, and it is important in managing a magazine as well. So as we embark on this adventure, it is with the knowledge that there is no need to pig out on stories now; there will be plenty of opportunities to sample them all in a consistent and steady pace, every four weeks.

You may see a few changes to the magazine in the coming months as we decide which articles to feature in each issue and which ones will be peppered into the lineup – adding a dash of fun and unexpected flavor to frequent, but not every, issue. We may sneak in some new and exciting articles and columns as well. The one thing that will not change is our quest to serve up a publication that showcases all that makes this a great city in which to live. This is going to be delicious!

Speaking of delicious, one of the most beloved restaurants in Spokane is Chaps. We are in for a real treat in this issue as Celeste Shaw, the owner mastermind behind the vintage style of Chaps, welcomes us into her home. To know Celeste is to love her, as anyone who has set foot in her restaurant knows. We love her even more after visiting her home for an interview and photo shoot. This woman knows her stuff – how to pick out a vintage item, how to whip up a meal and how to make you feel at home. Check out her beautiful house on page 118. Be warned though, once you visually set foot inside you won't want to leave – you'll want to gorge on the pictures of her home!

From a featured home, to a look at our historical roots, searching out the best local breakfasts, or reading the touching story of lifelong friendship, this issue has a lot—but it doesn't have it all. Come on, we can't give it to you all at once; we're practicing portion control.

Until next month,

*Blythe*