

FREE

Fall
2017

NORTH IDAHO FAMILY

M A G A Z I N E

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19th year!*

plus **Family Day in the Park 2017 Recap**
2018 Graduation Countdown
“Adulting 101” Part 1
25 Fun Things to do for Fall & Winter



www.nifamily.com



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.....
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For advertising information,
or item for inclusion
in the next issue:

208.667.2314

Refer to ad on page 20.

www.nifamily.com

1048 ½ N. 3rd St.

Coeur d'Alene, ID 83814

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

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the Group North Idaho Family Scoop

The North Idaho Family Group has re-tooled our communication to area nonprofits to focus on more direct, relevant, educational information for area nonprofits and North Idaho Family Group members, supporters and partners. *That's The Scoop!*

Sign up today at www.nifg.org

Welcome!

For over 19 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

North Idaho Family Group:

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and project, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 23.
- Education Information Center (edinfocenterca.com) See pg. 8.
- Marketing & Communications to area nonprofits and agencies.

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250 - word article in up to three issues (Preference for articles is always given to Members)
- FREE vendor booth at Family Day in the Park
- One \$150 gift certificate toward an ad of your choice in one issue
- Member Directory listing in magazine, and a link on www.nifg.org
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

- Online: Visit www.nifg.org and click "Join Now"
- Email: Members@nifamily.com
- Call: 208-699-0126

CONTENTS



Pg.
4

Family Day in the Park Recap!

A recap of the successful 2017 Family Day in the Park Event!



Pg.
12

Adulting 101

For real. It's a verb ... First installment of what will be an ongoing series on "adulting" -- i.e. "getting real"



Pg.
14

Fall & Winter Calendar

Fundraisers, festivals and fun for the whole family.



COMMUNITY

4



EDUCATION

8



FAMILY

10



CALENDAR

14



PEACE & JOY

17



HEALTH

17



PAWS FOR A MOMENT

20

Family Day in the Park ... a HUGE success last spring!

COVER STORY



Project SEARCH helped out with the Coeur d'Alene School District booth by handing out Otter Pops and summer meal information.

2017 Recap!

The first annual Family Day in the Park was a resounding success. Held June 9, 2017 from noon until dark, an estimated 4,000 plus people attended. The Coeur d'Alene School district was a key partner for the 2017 event and plans to be for future events as well. The district distributed event schedules and information to all students as well as operating one of the activity areas at the event.

Participants were overwhelmed with the support and attendance at the first event and are looking forward to participating in the future. What a great kick off to summer that gives all kiddos a fun, free, healthy place to celebrate the last day of school!

The concept of cooperation and collaboration to fulfill the North Idaho Family Groups mission of "healthy families and lifelong learning" was proven to be one of the keys to the overall event success. Activities like, The Garden District, Food Court, Tot Lot, Fancy Flea Market, and the Reading Corner grouped members and vendors with similar target audiences in the same area. Families were able to make the most of their visit depending on their area of interest.

Another key component to success was the ability to provide activities and attractions free to all attendees. Everything from books to otter pops and swag bags meant something for everyone.

Shelly Zollman, Executive Director of the North Idaho Family Group and Co-Organizer of the event said, "the community has wanted cooperation from nonprofits to avoid duplication in services and events for years. We are honored and excited to have created the platform for that to happen, and have it be such a great success for participants and attendees alike."

The 2018 event will be held at the Coeur d'Alene City Park on June 8th starting at noon and is on track to be larger and better attended. Live performing arts, more food vendors, and new interactive technology events are just a few of the additions to the 2018 Family Day in the Park and Fancy Flea Market.

The event, scheduled to be held annually on the last day of school in Coeur d'Alene, is a partnership program operated as a fundraiser by the North Idaho Family group, a 501(c)3 nonprofit, for the benefit of its membership and the community.

Plan to attend next June and watch for updates in the winter edition of this magazine (coming in January 2018) and regular updates on the nifamily.com website.



Did you miss it?
Save the Date!

June 8, 2018
City Park & Beach
Downtown Coeur d'Alene
familydaycda.com



Reading partners reach hundreds of kiddos



Dr. Phil & the Enablers were awesome!



Day-long crowds



Family Day in the Park's signature, unifying feature ... the popular Gratitude Banners!

2018 Sponsorship Opportunities

ATTENTION VENDORS, NONPROFITS, CIVIC GROUPS :: SAVE THE DATE! - JOIN US FOR THE PREMIER, OLD FASHIONED FAMILY FUN EVENT IN THE REGION.

With over 4,000 attending in 2017, the spring 2018 event promises to be bigger and better. Flea Market space by reservation. Save your best stuff now, plan on a great sale in the spring! Contact us for vendor, volunteer, sponsor or organization participation and planning information.

- ☐ **Title Sponsorship** (*EXCLUSIVE. Includes but not limited to: Activity Sponsor benefits plus company name title, listing on event banner at park, additional ad in winter issue, cover page listing on Event Program*)
- ☐ **Activity Sponsor** (*Includes but not limited to: Major benefits + banner at event activity, recognition/signage in all event marketing*)
- ☐ **Major Sponsor** (*Includes but not limited to: Partner benefits plus ad in Event Program*)
- ☐ **Partner** (*Includes but not limited to: Supporter benefits + logo in program*)
- ☐ **Supporter** (*Includes but not limited to: listing in magazine and announcement at event*)
- ☐ **Vendor** (*non-member*)

SPONSORSHIP/VENDOR INFO:

OFFICIAL WEBSITE: [FAMILYDAYCDA.COM](http://familydaycda.com) FACEBOOK: [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://www.facebook.com/cdafamilydayinthepark) PHONE: 208-667-2314



Coeur d'Alene Summer Theatre On the Road

Idaho's oldest performing arts organization is marking their 50th anniversary this year, and just wrapping a successful summer season of main stage professional musical theatre productions. While Coeur d'Alene Summer Theatre has a specific season in the name ... fall, winter and spring are also dedicated to the performing arts.

Three years ago CST on the Road was created as a curriculum-based "edutainment"-style touring theatre program. Coeur d'Alene Summer Theatre commissions and develops original musicals themed around local history and relevant issues to present in fully-staged, 100% portable productions. Requiring only a 15'x15' footprint, the program can be presented in spaces as large as gymnasiums or as small as classrooms.

CST on the Road reached over 12,000 students with the inaugural show *Living Through the Fire*, about the exploits of Edward Pulaski and the "Big Burn" of 1910. The range of the two-year tour extended as far south as Weippe, ID and as far north as Colville, WA.

For the 2017-18 school year the second commissioned musical, *Across the Divide*, features curriculum content about the Lewis and Clark expedition and themes of anti-bullying, teamwork and the value of family.

Across the Divide is written by Coeur d'Alene Summer Theatre's artistic director Jadd Davis and director of education Aimee Paxton, with original music composed by Henry McNulty, resident Music Director at Spokane Civic Theatre and a regular performer and musician/music director for CST.

"CST on the Road shows are not "kids theatre" so much as they are sophisticated musicals geared toward young audiences in K-8," said Davis. "We strive to challenge students."

All the artists involved with CST on the Road are paid professionals, ensuring high quality productions for students who may never have experienced professional theatre.

Students receive a study guide prior to the performance so they are prepared to respond to the thematic elements explored. Performances are about 45 minutes in length and a talkback with the cast follows each performance.



CST on the Road creative team, Aimee Paxton, Jadd Davis and Henry McNulty hiked Tubbs Hill for inspiration during the writing and composing process.

INFO

education@cdasummertheatre.com
208-660-2958

Alert!Kootenai

ALERT!KOOTENAI OVERVIEW

Kootenai County launched a new Mass Notification service that allows them to alert you. You opt-in to enter your contact information and subscribe to notifications you care about based on your location. The information you provide is protected and will not be used for any other purpose.

HOW IT WORKS

When they issue a notification about a potential safety hazard or concern, you will receive a message on the voice or text communication methods that you have registered. If requested for the notification, you can confirm that you have received the message and you will not be contacted by any subsequent methods regarding that particular notification. If you do not confirm, the system will continue to attempt to reach you at all of the contact paths that you have registered.

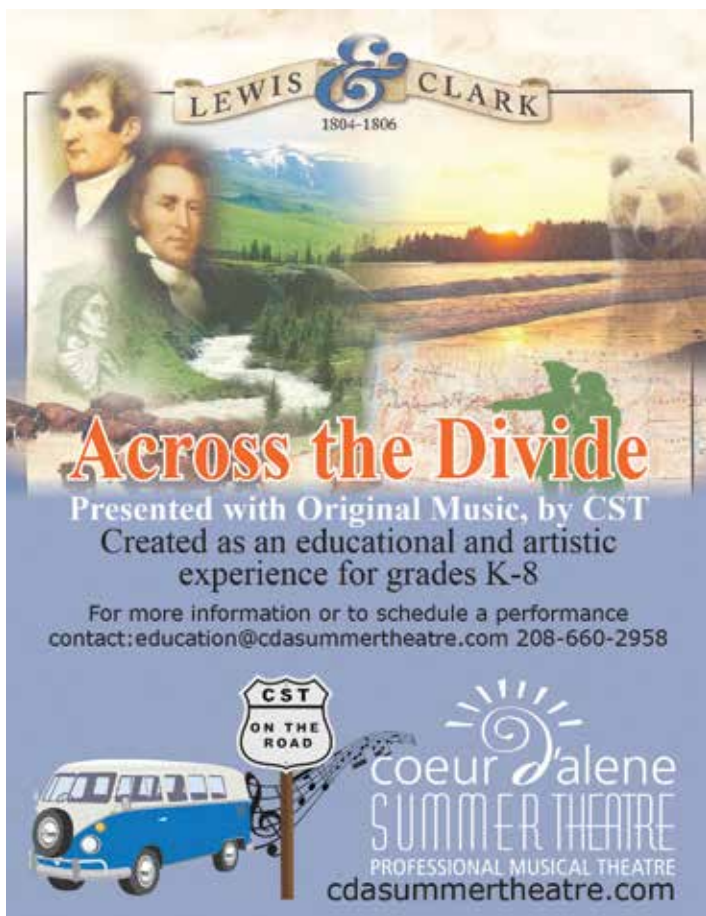
SIGN UP FOR NOTIFICATIONS

Create an account and add your contact and location information into the Alert!Kootenai Notification system. All information you provide will be kept strictly confidential.



INFO

kcgov.us/alertkootenai



Our Community AT A GLANCE



CHILDREN'S VILLAGE ANNOUNCES NEW STAFF

The Children's Village in Coeur d'Alene is pleased to announce new additions to their organization: Mark A. Wilson: Chief Executive Officer, Tabitha

Wiltse: Gift Officer, Shawna Heath: Program Operations Manager, & Emily Aizawa: Fundraising Manager

NEW BOARD MEMBERS AT FAMILY PROMISE

Family Promise of North Idaho recently welcomed 3 new board members: Mary Ward, Cindy Algeo, and Peggy Miller

NAME CHANGE FOR ICWRTC

The Idaho Child Welfare Research & Training Center (ICWRTC.org) has changed their name to the Family Resource & Training Center.

NONPROFIT LEADERSHIP CLASSES STARTING SOON

Classes begin on September 28 and run through November. Go to uidaho.edu/cda/outreach/nonprofit for class descriptions & registration

"KETTLE CALL"

The Salvation Army Kroc Center is seeking volunteers and workers for their Kettle season, starting November 17 through December 24. Contact Cynthia Rozyla at 208-763-0627 for more information.

INLAND NORTHWEST FOOD NETWORK RECEIVES 501(3)(C).

The Inland Northwest Food Network, formerly a sponsored project of the Clearwater Resource Conservation and Development Council (Moscow, ID), is proud to announce that effective September 15, it became an independent 501(c)(3) nonprofit. The organization's mission is to connect people, place, food and farms through education and outreach.

HREI WELCOMES NEW BOARD MEMBERS

Virginia Mesenbrink and Chloe VanZandt joined the Board of the Human Rights Education Institute

NEW NORTH IDAHO FAMILY GROUP MEMBERS:

Upward Sports - CDA Nazarene
Children's Village
Eat This! Italian Ice
Cd'A First Presbyterian Church
Hope on the Homefront @ Cd'A #271
Kayak Coeur d'Alene
Lake City Figure Skating
Lake City Highland Dance, Inc.
Mothers' Haven / MamaNook
Open Arms PCC & Real Choices Clinic
Coeur d'Alene Canoe & Kayak Club
Panhandle Health District
Quest Summer Day Camp
Running W Ranch Therapeutic Riding Center
Xanterra FLL

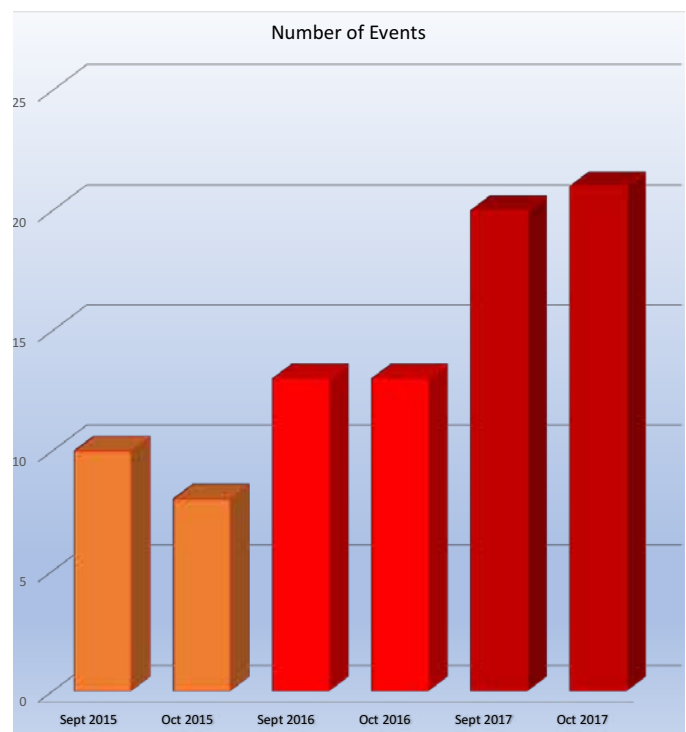
Have Fundraising Events Hit "Critical Mass?"

At last count, there were **over 40 fundraising events** scheduled in and around Coeur d'Alene during the months of September and October. This is up substantially from previous years (see the 2015-2017 graph on the right).

On the weekend of Friday, October 6 through Sunday October 8th alone, there are at least nine fundraising events scheduled, benefiting children, orphans, ALS, veterans, the homeless, and more. All worthy causes, but the question is, how many is too many?

PRO TIP:

Nonprofits: Check our calendar at nifamily.com before you schedule your fundraising event! You can check last year's calendar to see if there are annual events scheduled that you may want to schedule around. North Idaho is a very giving community. **Don't force your donors/supporters to choose between good causes by scheduling on the same day!**





Seniors! Parents! Counselors Educators!

Questions ... ? It's all HERE:

EdInfoCenterCDA.com

Links to Regional Education Information
from Birth through Retirement

- ✓ Bookmark It
- ✓ Use It
- ✓ Contact us for Help



Education INFORMATION Center™

Your Search for Regional Educational Information & Resources is Over!

EdInfoCenterCdA.com

IT'S ALL HERE:
ANSWERS FROM
PRE-KINDERGARTEN
TO CAREER
TRAINING AND
BEYOND!



Knudtsen
CHEVROLET 



Tutors

Local Scholarships 

Specialty instruction

Dual enrollment

Second career

Recertification

College counseling

News blogs

Professional Tech

Preschool options

Education savings plans

Drivers training

Home school standards

Career planning

Glossary of terms

School district links

UPDATE!

EdInfoCenterCDA.com : 2 years and growing!

The Education Information Center has been up & running for two years in November, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- Hundreds of monthly new and return users
- Updated Weekly
- On FIRST page of Google results for dozens of regional education-related searches
- New sponsor involvement available

FOCUS ON GRADUATION

CLASS OF 2018

The countdown to graduation for the Class of 2018 has begun!

We've compiled a list of some of the most asked-for resources to help navigate this final year.

HIGHLIGHTS:

● GRADUATION REQUIREMENTS

Minimum total credits required for graduation in Idaho is 46...
View the state requirements as well as additional information listed by school.

● APPLYING TO COLLEGE

Direct Admissions -- What it is, why it's important, and what to do next

The Common Application," (aka "Common App")

- College application week
- Preparing for college campus visits
- Sample high school resume, and more...

● PAYING FOR COLLEGE

Visit edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships for the most comprehensive list of local, state & regional scholarships

- FAFSA application date & important information about tax returns
- Scholarship deadlines (Many in February & March!)
- Work/Study programs, and more...

● AP CREDITS, TRANSFER CREDITS, DUAL ENROLLMENT

- Navigate the transfer of credit across Idaho institutions at idtransfer.org
- "Recovery" and online credits at idahodigitalllearning.org
- Advanced learning opportunities: Advanced Placement (AP), Dual Enrollment, College-Level Equivalency Program (CLEP), and CTE Advanced Opportunities (Professional Tech / PTE)
- IMPORTANT! FUNDING for Advanced Learning classes & exams is available via the ID State Board of Education's Fast Forward Program.
- What's the difference between AP and Honors classes?
- How is AP Curricula determined?, and more ...

Find the complete guide at
edinfocentercda.com/High-School/All-things-Senior

School from home using one of the top schools in Idaho!

Idaho Distance Education Academy (I-DEA) is a free, accredited K-12 public charter school specifically designed to serve Idaho Families who want a powerful, flexible at home program.

A local resource center is located in Post Falls, and is staffed with elementary and secondary teachers, a guidance counselor and principal. Students in middle school may begin taking high school courses for credit towards graduation and high school students may begin taking college courses. On average, 80% of I-DEA students graduate with at least some college credit and 20% earn their Associate's Degree upon high school graduation. Additionally, I-DEA has powerful, consistent academic results with students scoring in the top 10% statewide on the SAT college entrance exam.

I-DEA students have a variety of opportunities to engage in social and academic events with other groups of students and families. Local monthly field trips are scheduled with other I-DEA families including trips to museums, local businesses and much more. High school can engage with other students and mentors as they navigate post high school options with their guidance counselor.

I-DEA is now enrolling students in all grade levels, K-12.



www.idahoidea.org
208-457-1019

Iris' House
SMALL PRIVATE PRE-SCHOOL
Openings in the 3-5 year old program
M,W,F • Art & Play-based Pre-K
208-667-3785 • 40+ years experience

The advertisement features a black background with colorful handprints in blue, green, yellow, and pink at the top and bottom. The text is centered and uses a mix of bold and regular fonts.

25 THINGS YOU SHOULD KNOW
Catch them ALL in one place!
www.cdaschools.org/25things
#CdASchools25things

The advertisement has a blue and white color scheme. The number "25" is large and white on a blue background. The text "THINGS YOU SHOULD KNOW" is in white on a blue background. The website URL and hashtag are at the bottom.



Be safe: Enable “Ghost Mode” on Snapchat to keep your location private

Snapchat recently updated their SmartPhone apps with a new feature called Snap Map which lets you share your current location with other Snapchatters, as well as see their current locations. At first this may sound like a fun feature, but obviously, sharing your exact location with all of your followers could potentially be very dangerous.

You won't know of a fellow Snapchatter's whereabouts unless they actually have the app open. But just opening Snapchat will indicate your exact location.

Thankfully, this feature is easy to disable by enabling “Ghost Mode.” When Ghost Mode is enabled, only YOU will be able to see your location. You will still, however, be able to see all of your friends on Snapchat who have Ghost Mode turned off ... So, you can see them, but they can't see you.

You can access your location settings when you open the Snap Map for the first time. You can choose who you'd like to share your location with. The Only Me setting is the Ghost Mode setting. Your location won't be visible to anyone else on the map.

With the “Select Friends” setting, you can choose specific friends to share your location (Mom? Dad? Siblings? Grandma? Only your besties

who have your best interests at heart!). The last setting is “My Friends” which is ALL of your friends on Snapchat ... the setting that could easily and inadvertently fall into the wrong hands ...

More info: <https://support.snapchat.com/en-GB/article/location-snap-map>



Mothers Haven – The end of an era, but not goodbye

After serving moms in North Idaho for 17 years with quality products, support groups, lactation clinics, and classes, Mothers Haven's “brick and mortar” location closed its doors on September 30, 2017.

Becky Orchard, who has a background as a doula and childbirth educator, purchased Mothers Haven from Margaret Hildahl in the fall of 2016. Unfortunately, the reality of owning a small business in today's economy forced a shut-down of the physical shop.

Fortunately for North Idaho moms, Mother's Haven's online endeavors, MothersHaven.com for retail, and the newly launched MamaNook.com will continue to provide a space for community, support, and inspiration. There is also much discussion on relocating classes and support groups previously held at the Mother's Haven location.

“Helping expecting parents, new parents, and our families' newest members is not just a job - it's a calling, a way of life, a fulfilling experience for me. It's what I was meant to do. I'm hopeful that the near future will continue to open doors that allow me other avenues for doing the work I love, connecting with people I've come to love, and continue to positively impact your lives,” said Orchard, in her announcement about the closure.



INFO

mothershaven.com (shop) & mamanook.com (community)

25 Fun Things For Kids To Do

1. Take a walk around Tubbs Hill or the City Park and collect leaves, and then have a "Fall Craft Day. Make a leaf mobile with leaves and sticks, a homemade fall wreath, a leaf collage, place leaves inside contact paper to make a placemat, or make leaf rubbings.
2. Take the kids to see the CDA Vikings, Lake City Timberwolves or Post Falls Trojans football game and go to a Homecoming parade.
3. Visit Jump for Joy on Dalton Avenue in Coeur d'Alene to bounce away on one of their giant inflatables.
4. Go Snowmobiling! North Idaho has the snow & terrain to create a snowmobiler's paradise. Visit fyinorthidaho.com/play/winter-sports for locations & descriptions of local terrain.
5. Learn to ice skate.
www.frontiericearena.com
6. Donate your outgrown winter coat, still in good shape, to a local Coats for Kids Drive.
7. Visit a pumpkin patch at Prairie Home Farm in Coeur d'Alene/Dalton.
8. Learn to say "I love you" in five new languages.
9. Plan ahead and make homemade Christmas Gifts for your friends and family. Cookies, duct tape wallets, or coupon books with different favors (like a back rub!) make great gifts that have a personal touch.
10. Take an ArtWalk -- 5:00-8:00pm every second Friday of the month, April-December, stroll through beautiful Downtown Coeur d'Alene and enjoy local and nationally acclaimed artists. Visit supporting galleries, shops, restaurants and businesses. A free family-friendly event!
11. Have your kids plan a meal, including the shopping list. Go simple (Grilled cheese sandwich with a bowl of tomato soup) or plan a more complicated recipe together.
12. Have a family board game night.
13. Write a letter to your best friend (or your mom, or cousin, or whoever!) to tell them how awesome they are.
14. Make a list of everything you are thankful for. See if you can get to 100!
15. Make your own Mad Libs. There are "Mad Lib Generators" online, or instructions for making your own with an old book.
16. Go climb the rock wall at the Kroc Center.
17. Create a fort in your living room out of blankets, pillows, or cardboard boxes.
18. Go "glow bowling" at Sunset Bowling Lanes.
www.sunsetlanescda.com
19. Build paper airplanes and have a contest to see whose airplane can fly the farthest.
20. Bundle up and watch the stars. Pick out constellations if you can.
21. Donate canned food, cash, or a turkey to Community Action Partnership. 4144 Industrial Loop, Coeur d'Alene, ID 83815. (208) 664-8757.
22. Go for a scenic drive. Check out this link for ideas: fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf.
23. Take a walk around the Boardwalk and look at the Christmas Lights, or take a Cruise to the North Pole at the CDA Resort.
24. Make snow angels (or snow people) and then decorate them. Grab an old spray bottle and fill it with cold water. Mix in your favorite colors of food coloring. Spray the snow angel and add decorations.
25. Find the Perfect Christmas Tree. When you live in North Idaho the perfect Christmas tree can be found in your own "backyard" - the Idaho Panhandle National Forest. A permit is required for each tree cut and removed from National Forest Lands. Permits are \$5 and a family may purchase up to three tags. Permits are available from Bureau of Land Management or Idaho Panhandle National Forest offices or by mail.





Adulting "101": Basic How-To's for ages 16-25

If you haven't heard it (or don't use it) already, you'll hear it soon: adult as a verb, as in "Someone please teach me how to adult."

To "adult" is to behave like an adult, to do the things that adults regularly have to do, like having a job, paying bills, registering to vote, etc.

In keeping with the "Healthy Families and Lifelong Learning" mission, the North Idaho Family Magazine and companion website, nifamily.com, will be producing a series of topics on the concept of "Adulting."

Banking

WHAT IS BEST KIND OF BANK ACCOUNT TO START WITH?

Most banks have a low-cost option personal checking account. Some have free checking if you keep a minimum balance, or use a low number of checks or withdraws per month.



WHAT DOES IT COST?

There are an estimated 50 different types of fees attached to checking accounts, including overdraft, under minimum balance, cash withdraw, exceeding transactions, and others. The type and how you manage your account will determine your monthly costs.

DO ALL BANK ACCOUNTS HAVE DEBIT AND CREDIT CARDS?

Most all banks have debit cards attached to their personal checking accounts. Credit cards can be applied for and require approval.

MOST COMMON MISTAKES?

Overdrafts, deposits not posted on the assumed date, and being unaware of charges posted to your account (checking balances, utilizing off-site ATMs or service fees) are the biggest causes for closing of first-timers' checking accounts.

Government

DO I HAVE TO PAY TAXES? YES.

WHAT KIND OF TAXES ARE REQUIRED? IN THE US?

IN THE STATE OF IDAHO?

IN KOOTENAI COUNTY?

IN THE CITY OF COEUR D'ALENE?

If you work and make over \$600 in one calendar year it will be reported to the IRS by your employer. You are required to file a tax return to both the IRS and the state in which you live that reports your income and assess your tax amount due. If you own real estate, you are required to pay property taxes based on its value, to the county in which it is located. Other entities (cities, highway districts, colleges, emergency services, etc.) get their portion of your taxes from the county annually.

DO I HAVE TO REGISTER FOR THE DRAFT?

Yes. It is a federal requirement that men ages 18 through 25 register. See sss.gov for more info. Currently this does not apply to women.



DO I HAVE TO REGISTER TO VOTE?

There is no law requiring voter registration. It is a right and a privilege that every American citizen should not take for granted. When you vote you become an important part of the process that governs the rules you have to live by. Length of time you've lived in a town that makes you eligible to vote differs from city to city so check with the local elections office.

WHERE DO I REGISTER?

In Kootenai County the registration office is at 1808 N 3rd St. in Coeur d'Alene. KCGOV.US has all current election notices and how to register. You can submit an absentee voting request annually (after you've registered) and every ballot you're eligible to vote on will be mailed to you in advance.

HOW DO I GET CHOSEN FOR JURY DUTY?

Registered voters with a valid driver's license who are over 18 years of age are randomly selected for jury duty. You will be notified by mail and are required by law to respond. Unless you have an approved waiver, you are required by law to report as instructed. Although you report on the days (currently via phone) summoned, you may be excused if there is not a need for jury services that week. You will then not be called upon for two years.

Acronyms

- AKA = also known as, or another name for
- DUI = Driving Under the Influence (of controlled substance/alcohol)
- FAQ = Frequently asked questions
- MIP = Minor in Possession (of controlled substance/alcohol)
- STD = Sexually Transmitted Disease
- VIN = Vehicle Identification Number

Communication, Utility and Service Accounts:

WHAT DOES "PROOF OF RESIDENCE WITH A UTILITY BILL" MEAN?

Utilities are typically services provided to a permanent residence by a regulated organization. Examples include a bill from a city or county for water, garbage and other municipal services, a cable or internet bill, or a gas or electric bill from the local authorized provider. The request is to prove that you have lived in the reported residence for a specific amount of time.



HOW DO I GET A POST OFFICE BOX?

You can apply for one at the local post office. They range in price and can be paid for annually or semi-annually. There are many annex stores that have post office boxes available for rent as well. They operate under the same United States postal service regulations.

DOES IT COUNT FOR A PROOF OF RESIDENCE?

No. They're not considered proof of a permanent residence.

HOW DO I PAY A UTILITY BILL?

Send a check by mail, online posting (often not available) bring to city hall or you can use an online check from your bank account. It is critical to assure you send your payment with enough time in the mail or processing to be recorded by the due date or you could have service canceled and reconnect fees charged. If you have roommates, the person who is on the bill is the only person responsible for the payment. The entity will not pursue your roommates for their share if it is unpaid.

IN UPCOMING ISSUES ...

- Credit Cards
- Insurance
- Driving
- Drinking Alcohol
- Medicine
- Passports
- Stock market
- Student Loans
- Housing
- Credit Reports
- Grocery Shopping
- Cooking & Nutrition

WHAT ARE YOUR OR YOUR KIDS' BIGGEST ADULTING CHALLENGES?

Email us at articles@nifamily.com and we'll answer your questions in upcoming issues!

JUMP FOR JOY

Coeur d'Alene's Indoor Inflatable Play and Party Center.

Open 7 days a week for Parties and Open Jump. Conveniently located 250 W. Dalton Ave.

Kids under 2 are always FREE with paid sibling

RENTALS NOW AVAILABLE

Visit our website for more info, pictures, and to see our commercial airing on KXLY.

250WestDaltonAve.|Coeur d'Alene, ID, 83815|208-664-5200|info@jumpforjoycda.com
www.jumpforjoycda.com

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Fall & Winter * Fundraisers * Festivals * Fun

September 9 **"Break the Silence" SPAN North Annual Suicide Prevention Walk**
RIVERSTONE PARK

September 14 **United Way of North Idaho's Annual Day of Caring**
Business leaders and community members roll up their sleeves and grab their tools to spend the day giving back to our community. 208-667-8112 or unitedwayofnorthidaho.org/dayofcaring

September 16 **Bike MS at Silver Mountain Resort**
SILVER MOUNTAIN RESORT, KELLOGG, ID

September 16 **Walk to Defeat ALS**
RIVERSTONE PARK, COEUR D'ALENE

September 16 **CASA Baby Shower**
HREI. Hosted by the Lady d'Alenes

September 17 **Coeur d'Alene Race for the Cure**
NORTH IDAHO COLLEGE
Register at komenidaho.org. Join us in the fight against breast cancer!

September 22 **Cardboard Box City to Benefit Family Promise of North Idaho**
COMMUNITY UNITED METHODIST CHURCH, CDA
Sponsored participants build and sleep in a cardboard box shelter overnight, raising awareness of homelessness. familypromiseni.org

September 22-September 23 **Coeur d'Alene Oktoberfest**
DOWNTOWN COEUR D'ALENE
Live entertainment, German food, activities for the entire family and harvest brews! Tickets at the Resort Plaza Shops.

September 23 **Boys & Girls Club Annual Gala Fundraiser**
THE COEUR D'ALENE RESORT
northidahobgc.org or 208-457-9089

September 23 **Coeur d'Fondo**
2ND & SHERMAN AVE, COEUR D'ALENE
Cycling event along or around Coeur d'Alene Lake. Proceeds support the North Idaho Centennial Trail. nictf.org

September 23 **Recovery Month Celebration**
CDA CITY PARK
Celebrate Recovery Month and raise support for the Kootenai Recovery Community Center. kootenairecoverycenter.com

September 24 **St. Vincent de Paul Veterans 5K Run/Walk**
MCEUEN PARK
stvincentdepaulcda.org

September 29 **Heritage Health Indian Summer Scramble**
AVONDALE GOLF CLUB, HAYDEN, ID
myheritagehealth.org/events

September 29 **Bras on Dudes**
COEUR D'ALENE EAGLES
Live Bra Auction and Fashion Show. Proceeds benefit cancer patients in North Idaho

September 30 **Walk to End Alzheimer's**
MCEUEN PARK, COEUR D'ALENE
Raises awareness and funds for Alzheimer's care, support and research. act.alz.org/NorthIdaho

October 14 **Maison de Couture - 'Fashion House' benefit for St. Vincent de Paul**
BEST WESTERN COEUR D'ALENE INN
stvincentdepaulcda.org

October 7 **Boots & Pearls: A Lutherhaven Hootenanny with a Purpose.**
CAMP LUTHERHAVEN
An evening of fun and generosity supporting the Lutherhaven Fund, making camp available to ALL children regardless of ability to pay.

October 7 **Guardians of the Children Biketoberfest Ride**
THE FALLS CLUB, POST FALLS
All Proceeds Benefit Guardians of the Children Inland Northwest Chapter and go to helping local kids!

October 7 **Disco Inferno - Coeur d'Alene Education Partnership**
EAGLES LODGE, 209 E SHERMAN AVE, CDA
A benefit for Coeur d'Alene public schools libraries. There will be music, food, prizes, and dancing.

October 7 **3Cs (Cancer & Community Charities) Buckles, Boots & Bling**
BEST WESTERN CDA INN
Live and silent auction and entertainment. ccc-northidaho.org

October 8 **Run for the Angels 5K and Family Fun Event**
MCEUEN PARK, CDA
Proceeds benefit the Safe Infant Sleep Education Outreach and Grief Support efforts of Idaho's Inland Northwest SIDS Foundation. inwsids.org

October 13 **CASA Un-Corked Benefit**
HAGADONE EVENT CENTER
northidahocasa.com

October 14 **Junk2Funk Eco-Fashion Show - benefit for Kootenai Environmental Alliance**
COEUR D'ALENE EAGLES

October 18 **A Martini Affair - benefit for Safe Passage ID**
SEASON'S, COEUR D'ALENE
Buffet dinner & beverage, auction

Harvest & Holiday Fun

Scarywood Haunted Nights

Sept 29 – October 28

Prairie Home Farm

Wed & Sat in October

Holiday Light Show Cruise to the North Pole

November 25 - January 1

Traditions of Christmas

December 8-23, 2017

Fall & Winter * Fundraisers * Festivals * Fun

- October 19** **Coeur d'Alene Craft Beer & Cookie Fest**
UVA ITALIAN, 309 E LAKESIDE AVE
Includes tasting mug, four pours and hors d'oeuvres. Supporting Girl Scouts of Eastern Washington and Northern Idaho. 21yo + event.
- October 19** **You Can Create Magic Too with Lee Cockerell**
HAGADONE EVENT CENTER
Proceeds to benefit St. Vincent de Paul CDA.
stvincentdepaulcda.org
- October 31** **Heart of the City Fall Festival**
772 W KATHLEEN AVE, CDA
Free to the public. Food, crafts, candy & costumes. Past events have included a mechanical bull, inflatables, chili cook-off, pie-eating contests, music & more.
- November 2** **Day of the Dead Festival to benefit Emerge**
HUMAN RIGHTS EDUCATION INSTITUTE. emergecda.com
- November 4** **WinterSwap**
KOOTENAI COUNTY FAIRGROUNDS. winterswap.com
- November 11** **A Night of Hearts & Horses Fundraiser**
RUNNING W THERAPEUTIC RIDING CENTER, 6147 W HARVEST AVE, RATHRUM
A night of community awareness and to help support therapeutic riding and hippotherapy programs. runningwranch.net
- November 11** **SARS Ski Swap**
BONNER COUNTY FAIRGROUNDS.
- November 11** **EXCEL Foundation Big Event**
BEST WESTERN COEUR D'ALENE INN
Social hour, tailgating, raffles and live and silent auctions.
- November 16** **St. Vincent de Paul Annual "Souport" the End of Homelessness**
11:00 A.M. KOOTENAI COUNTY FAIRGROUNDS
Benefits St. Vincent de Paul Coeur d'Alene
stvincentdepaulcda.org
- November 24** **Christmas Parade & Lighting Ceremony**
DOWNTOWN CDA
Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season.
- November 24–November 27** **Kootenai Health Foundation's Festival of Trees**
COEUR D'ALENE RESORT
Friday d'Lights, Senior Social, Festival Gala, Family Day, Children's Workshop, Luncheon Fashion Show, Dinner Fashion Show. Proceeds help fund projects and activities benefiting Kootenai Health and its patients. kootenaihealthfoundation.org
- December 23** **Santa's Schweitzer Visit Schweitzer Mountain**
Santa's Traditional Schweitzer Visit. Santa hits the slopes and then stops off at the Selkirk Lodge on Christmas Eve. Schweitzer.com.
- December 31** **Skate Plaza New Year's Eve Party**
SKATE PLAZA ROLLER RINK, DALTON AVE, CD'A

... and watch for new Coeur d'Alene Area "First Night" Celebrations! visit nifamily.com/calendar for the latest updates!

* Celebrate Diversity!

The Human Rights Education Institute (HREI), along with Emerge CDA, Inland NW Food Network, Coeur d'Alene Tribe, Salvation Army Kroc Center, and other community partners, will offer a variety of events and educational opportunities during Sept-November. Visit HREI.org for the full program.

Sept 15-Oct 15: Hispanic Heritage Month



Activities include dance classes, cooking classes, jewelry making, guest speakers, chocolate tasting, pottery, weaving, and printmaking

November: Native American Heritage Month



Activities include storytelling, Tribal waters lunch & learn, mini-powwow, art exhibits, and coffee connection with local tribes





Kids can be a great help in the kitchen.

Parents can make it a learning experience.

Yummy Pumpkin Bars

make a great an after-school snack

INGREDIENTS

- | | |
|--------------------------------|--|
| 4 eggs | 2 teaspoons ground cinnamon |
| 1 2/3 cups white sugar | 1 teaspoon salt |
| 1 cup vegetable oil | 1 (3 ounce) package cream cheese, softened |
| 1 (15 ounce) can pumpkin puree | 1/2 cup butter, softened |
| 2 cups all-purpose flour | 1 teaspoon vanilla extract |
| 2 teaspoons baking powder | 2 cups sifted confectioners' sugar |
| 1 teaspoon baking soda | |

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium bowl, mix the eggs, sugar, oil, and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon and salt. Stir into the pumpkin mixture until thoroughly combined.
3. Spread the batter evenly into an ungreased 13" x 9" x 2" rectangular pan. Bake for 25 to 30 minutes in preheated oven. Cool before frosting.
4. To make the frosting, cream together the cream cheese and butter. Stir in vanilla. Add confectioners' sugar a little at a time, beating until mixture is smooth. Spread evenly on top of the cooled bars. Cut into squares.



Handy School Lunch Tips



DIY "Lunchables." Slice & bag salami, pepperoni, ham, turkey, etc. and cheese. Use a separate bag for crackers. You control the portions & it costs much less.

Salty/crunchy snacks. Buy a big bag, and then do portion control into snack bags. Try to avoid the high-fat, trans-fat-loaded choices and go with things like popcorn (homemade!) or pretzels.



Yogurt. There are so many choices these days that it's easy to find a lunch-friendly container or tube of yogurt.

String cheese. LOTS of different kinds to choose from.

Fruit. Fresh fruit is best, of course. You can slice some apples and add a little citrus juice (orange, lemon, lime) to keep apple slices from getting brown. No fresh fruit? Most dried fruit is high in sugar and low in fiber, but still better than nutrient-free gummy snacks.



Juice. There is a lot of high-sugar, no-nutrient juice out there. Look for labels that say "100% juice." Izze sparkling juices are actually a decent option and with the carbonation, are better than pop.

Best of all, all of the above items can be packed in advance and thrown together quickly to decrease preparation time in the morning.





I am both

I'm both "I NEED TO GET OUT OF HERE RIGHT THIS SECOND" and "I hope you don't expect me to put that bra back on and go anywhere."

I am at once "why do my friends never invite me places anymore?" and "oh great, how am I going to get out of this one?"

I am "for the love of all that is holy if one more person touches me I will fall to the ground in a pile of cold ash" and I'm "someone get over here and snuggle me to sleep, already."

I am "I'm so embarrassed my house is a disaster," and I'm "judge me, Fedex guy, I freaking dare you."

I'm together sucking it all in until the day I die and proud of the beautiful belly I've earned.

I'm both getting up early to do all the things and making love to the snooze button for two hours.

I'm in four inch heels and big earrings and then too I'm in bleach-stained sweatpants and fuzzy socks.

I'm quinoa and bone broth and whole 30 and I'm chips and dip and caramel lattes and a too-big glass of chilled wine with ice on the front porch.

I'm the kind of depression that hangs from your neck and settles like a weight on your back, dragging you down towards the dark, and I'm also the kind of morning sunlight that bursts arrogant through the trees and makes shadows that look like art and dance when the breeze blows just right.



I'm the woman who doesn't want vacation to ever end and I'm the one who CANNOT WAIT to get back home.

I've never been so tired and I've never felt more alive.

I'm the oldest I've ever been and yet I will never again be this young.

I'm a mom, and I'm still me.

I'm afraid, and I'm still doing it.

I'm lonely, and I'm blessed.

I'm both.

And that's enough right now.

Author: Liz Petrone via Facebook

Could your child be struggling with an undiagnosed learning disability?

Here are some common signs to watch for at school & home while doing homework

- easily distracted
- class clown – the distractor!
- incomplete assignments
- making excuses or lying about homework
- complaining about being tired or hungry when it's time to do homework
- whining, acting out, negotiating
- resting head on arm or table
- slumped posture when reading or writing
- subvocalizing when reading directions
- tracing the words with a finger in order to read

We learn what we like & dislike, subconsciously keeping a record in the hippocampal region of our brain. Simply, we do things for pleasure or to avoid pain.

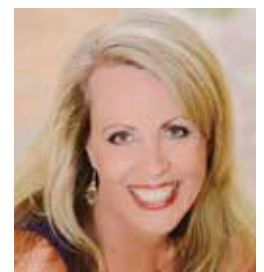
- REWARD: that worked: I got attention! I got affection! I got what I needed!
- PUNISHMENT: That was too much work! I will avoid that from now on!

Adults have the cognitive awareness to know every unpleasant task can't be avoided. A child, however, does not have a fully developed frontal lobe to override those tugs from the emotional center of the brain that warn her to avoid unpleasant things and that is where problems arise.

When your child says she hates to read, what she is really saying is that the last time she tried to read, it was hard and she will avoid that task from now on.

Not every learning disability is as obvious to notice like dyslexia or ADHD. That quiet polite child who isn't causing a ruckus may be silently struggling to learn. Sound like your child? your teenager? If so, further investigation may be in order.

Guest editorial by Diane Minkner, HHP



INFO

www.goseediane.com
208-991-8300

Self-Care for Grieving

The loss of a loved one can be overwhelming and draining. Hospice of North Idaho supports community members with a safe place to express grief and to learn tools for the journey through grief. Free counseling and grief groups are offered to anyone experiencing the loss of a loved one. No matter the age, Hospice of North Idaho is here to help.

In consideration for those who have lost loved ones, the holiday season can be a particularly challenging. Expectations from ourselves, family, friends, and traditions can be exhausting. Hospice of North Idaho Bereavement Coordinator, Kaylee Kron offers helpful holiday preparation tips for adults:

1. Make a holiday plan. A plan can help you claim nurturing moments and prepare for specific activities. It can help you prepare to communicate your needs for self-care and balance expectations.
2. Give yourself permission to respectfully cancel plans or suggest scaled-back plans. Be kind and patient with yourself.
3. Create Plan B. Knowing that it is there if you need it, enact your self-care plan: have quiet meal with a friend, watch the movie you know will comfort you, take walk in the park...
4. Schedule time for your favorite cheerful or comforting activities.
5. Set up a sacred space for grieving. Visit it whenever you need to, and say thanks before leaving it.
6. Make an appointment to talk with a skilled support person or group.

7. Create a way to celebrate and honor your loved one. Maybe light a candle, make their favorite recipe, or write down their kindnesses.

Hospice of North Idaho encourages kindness and patience with yourself as you walk through grief. Know that kids grieve differently, and they grieve at every age. Reach out to Hospice of North Idaho to learn more about your journey through grief, and supporting kids in grief. Specific groups for men, women, and children help build community, strength and encouragement.



INFO

www.hospiceofnorthidaho.org
208-772-7994

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www.cdapeds.com



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1300 E. Mullan Ave, Post Falls – 777-1330

9095 N. Hess St, Hayden – 772-8940



Shriners Hospitals' New App Helps Parents Detect Signs of Scoliosis

BACK-TO-SCHOOL HEALTH CHECK!

The leisurely days of summer are over and it's time to re-establish healthy habits and back-to-school routines. In addition to dental checkups and annual physicals, pediatric medical specialists recommend adding a scoliosis screening to back-to-school checklists.

A team of doctors at Shriners Hospitals for Children® developed SpineScreen, a free app for parents to check their child's spine for possible signs of scoliosis during back-to-school preparation. Scoliosis often turns up during adolescence so early detection is crucial.

Scoliosis, a musculoskeletal disorder that causes an abnormal curvature of the spine or backbone (sometimes resembling an "S" or "C"), is the most common deformity of the spine, affecting an estimated 6-9 million - or approximately 2% - people in the United States.

- Early detection can mean more and better treatment options.
- Scoliosis often turns up between 10 and 15 years of age, when kids are growing quickly and may not need as many immunizations, so doctor visits could be less frequent.
- There is no one-size-fits-all treatment.
- Many new and non-invasive treatments are available.

EARLY DETECTION IS KEY

Developed by the orthopaedic specialists at Shriners Hospitals for Children, SpineScreen is a free app for parents to perform a preliminary spine check on their child in the comfort and privacy of their own home. SpineScreen is available for free on the App Store and Google Play!

HOW DOES IT WORK?

- SpineScreen uses the phone's internal level to measure a child's back for possible signs of scoliosis.
- Simply move your smartphone along your child's back and it will detect any abnormal curves of the spine.
- You will be asked to perform the scan twice to ensure an accurate reading.
- If the app measures a curve greater the acceptable range, you will receive a reading that states your child's spine rotation appears outside the acceptable range for a healthy spine.
- As this is strictly an initial check, it will then prompt you to consult a professional health care provider for further examination to determine if this result is accurate and if further treatment is needed.

If your child does have scoliosis, Shriners Hospitals for Children is a trusted leader in scoliosis care, with comprehensive scoliosis treatment options available at 20 of its locations in North America, always regardless of the families' ability to pay.



shrinershospitalsforchildren.org/scoliosis



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Located on the lower level of the Highlands Building

Get Ready for Snow!

National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow; it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion

More info: goo.gl/yYSCQb





Park(ing) IT & Bark(ing) IT

Part of gathering information on what people think improvements to East Sherman Avenue should be, was the third “ParkingIT on Sherman” block party event held Friday evening September 15th. The festivities included a pet costume competition and parade. Nearly 2,000 attended. “We were extremely pleased with the turn out and involvement in this year’s event. It was a great to get such positive feedback and input from the neighborhood on what they’d like to see in a revitalized East Sherman Avenue. Community input is what guides the vision and is critical to a successful planning process,” said Hilary Anderson, City of Coeur d’Alene Planning Director.



Photo credits: CDA2030, City of Coeur d’Alene, Don Sausser. #parkingitonsherman2017

NORTH IDAHO FAMILY MAGAZINE

Distribution:
Counter & rack locations,
schools and member
organizations throughout
Kootenai County.
Entire magazine appears
on www.niFamily.com.



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- ☐ **1/2 Page** (7.5" w x 4.75" h)
- ☐ **1/4 Page** (3.67" w x 4.75" h)
- ☐ **1/8 Page** (3.67" w x 2.25" h)

Single Issue	2 Issues each	3 Issues each
\$2500	\$2250	\$2000
2000	1850	1700
1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

Fun Holiday Candy Recipes

Candy Corn Chocolate Bark

INGREDIENTS

- 1(12-oz) bag chocolate chips
- Candy corn
- Mini marshmallow
- Peanuts
- Pretzel sticks

DIRECTIONS

- Mist a rimmed baking sheet with cooking spray and line with parchment paper.
- Microwave chocolate chips in a microwave-safe bowl 2 minutes, then stir.
- Microwave in 30-second increments, stirring in between, until smooth, about 1 more minute.
- Pour onto parchment and spread into an 8-by-10-inch rectangle. Sprinkle with candy corn, mini marshmallows, and pretzel sticks.
- Refrigerate overnight, then snap into pieces.



Candy Corn Facts

- October 30 is National Candy Corn Day.
- One serving of candy corn contains about 140 calories.
- Vintage Goelitz packages of candy corn feature a rooster and the tag line, Something worth crowing for, which earned it the not so sweet nickname "Chicken Feed".
- More than 35 million pounds of candy corn will be produced this year. That equates to nearly 9 billion pieces.
- People have strong feelings about how one should consume these uniquely triangular and tricolored treats. They're pretty evenly divided on starting with the white tip and working your way down or eating it all at once. Only 10% started with the yellow end.
- Candy corn is second only to chocolate when it comes to favorite Halloween candy.
- These little triangles were groundbreaking when they were first produced in the 1880s. Runners (men running with scalding hot buckets of liquid candy corn) had to pour each color separately into triangular molds.

Candy Cane Chocolate Bark

INGREDIENTS

- 1 cup white chocolate candy melts
- 1 cup dark chocolate candy melts
- 3 Tbsp. crushed candy canes
- wax paper

DIRECTIONS

- Line a cookie sheet with wax paper. Set aside.
- Place dark chocolate melts in medium microwavable bowl. Microwave on medium power for 30 seconds. Stir mixture and continue to microwave for 30 second intervals until chocolate is completely melted.
- Pour dark chocolate onto prepared cookie sheet and spread over surface with a spatula. Place cookie sheet in the refrigerator to harden.
- In the meantime melt white chocolate melts using the same 30 second interval method. Pour the melted white chocolate over the hardened dark chocolate on the cookie sheet.
- Using a knife, draw lines through the chocolate layers to create a pattern. Sprinkle with crushed candy canes.
- Return cookie sheet to the refrigerator until the bark has hardened.
- Once completely cooled and hardened remove from the fridge and break apart into pieces.
- Store in a sealed container in a cool dark place so it does not melt.



Candy Cane Facts

- A candy cane turned upside down reveals the letter J, which many believe represents Jesus.
- National candy cane day is celebrated on December 26 in the United States.
- The first candy cane was made over 350 years ago.
- The first historical reference in America to the candy cane dates back to 1847. A German immigrant from Wooster, Ohio decorated his Christmas tree with candy canes.
- The red and white striped candy canes were first made around 1900.
- The traditional candy cane flavor is peppermint, however, it is also made in a variety of other flavors and colored stripes.
- Over 1.76 billion candy canes are made each year.
- The biggest candy cane ever made was 51 feet long.
- Nearly 2 billion candy canes will be sold in the four weeks before Christmas and Hanukkah.



MEMBER DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit www.niservicesdirectory.com for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | acco.org/inlandnw
Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A
208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089
northidahobgc.org
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org
Kid Centric Sports Association | 6848 N. Government Way, STE 114, PMB #46
Dalton Gardens | 659-3130 | kcsa-kidcentric.org
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | infanttoddler.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org
Panhandle Kiwanis | 651-0999 | panhandlekiwanis.org

Crisis Intervention

Emergency, Fire & Police | 911
Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov
Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189
thechildrensvillage.org
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | icareforchildren.org
Domestic Violence Hotline | 664-9303
Idaho Poison Control Center | ID | 800-222-1222
Idaho Suicide Prevention Hotline | 800-273-8255
Kootenai County Crisis Hotline | 664-1443
Kootenai County Sheriff | 466-1300 or 911
National Center for Missing and Exploited Children | 800-843-5678
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D
Cd'A | 625-4884 | nicrisiscenter.org
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls
773-1080 | postfallspolice.com
Rape Crisis Line | 661-2522
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

American Institute of Clinical Massage | 4365 Inverness Drive | Post Falls
773-5890 | aicm.edu
North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | nic.edu
North Idaho Higher Education | northidahohighereducation.org
North Idaho College Workforce Training & Community Education
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | nic.edu/wtc
University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A
667-2588 | uidaho.edu

Education - Child

Coeur d'Alene Charter Academy | 4904 N. Duncan Dr | Cd'A | cdacharter.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Gizmo-CDA | 806 N 4th St | Cd'A | 651-6200 | gizmo-cda.org
Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct
664-8241 x1061 | cdaschools.org/Page/711
Idaho Distance Education Academy | 877-1513 | idahoidea.org

Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785
KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | kectraining.org
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
765-6755 | nicheadstart.org
Stories with Stewy | Cd'A | 660-8529 | storieswithstewy.com
Xanterra FLL (First Lego League) | facebook.com/XanterraFLL

Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A
777-4190 | familypromiseni.org

Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | uidaho.edu/extension/eat-smart-idaho
Inland Northwest Food Network | Cd'A | 546-9366 | inwfoodnetwork.org

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks
Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1
Family Resource & Training Center (formerly Idaho Child Welfare Research &
Training Center) | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org
Luke Malek | Idaho State Representative | 208-661-3881 | lukemalek.com

Healthcare

After Hours Urgent Care | 1300 E. Mullan Ave. | Post Falls | 777-1157
nifp.com
Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A
292-0292 | myheritagehealth.org
Hospice of North Idaho | 9493 N Government Way | Cd'A
691-6996 | honi.org
Integration for Performance | Brain Integration & Physiology | 2065 W
Riverstone Drive Suite 207 | Cd'A | 991-8300 | goseeDiane.com
Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org
Kootenai Urgent Care | 700 Ironwood Dr., Ste 170E | Cd'A
667-9110 | kootenaiurgentcare.com
Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org
Shriners' Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinershospitalsforchildren.org/spokane
Spoelstra Family Chiropractic | 214 W Sunset Ave | Cd'A | 667-7434
cdahealth.com

Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C
Cd'A | 762-1250 | imaginebehavior.com
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 |
nicrisiscenter.org
Northwest Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

Misc.

Attorneys Northwest, Inc. | 1910 Northwest Blvd., Suite 200 | Cd'A
664-1139 | attorneysnw.com
CDA 2030 | 105 N 1st St #100 | Cd'A | 415-0112 | CDA2030.org
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A 765-8600
cynthnorthidaho.org
Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A |
cdacanoekayakclub.org
Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105
Cd'A | 660-2958 | cdasummertheatre.com
Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls,
Rathdrum, Spirit Lake | communitylibrary.net
Eat This! Italian Ice | 2900 N Government Way | Hayden | 416-1300
Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449
eliteauctioninc.com
Emerge | 208 N 4th St | Cd'A | 818-3342 | emergecda.org
Godwin Marketing & Communications | 1002 N. 2nd St. | Cd'A 640-6514 |
GodwinMarketingCommunications.com
Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200
jumpforjoycda.com
Kagey Company | 1048 N 3rd St | Cd'A | 667-2314
Kayak Coeur d'Alene | 311 E Coeur d'Alene Ave #A | Cd'A | 676-1533
kayakcoeurdalene.com
On-Call Babysitting Service | 777-5788 | oncallbabysitting.com
Panhandle Parks Foundation | 212 Ironwood Drive, STE D, PMB 124 | Cd'A
446-4813 | panhandleparksfoundation.org
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813
cdanaz.org
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course
Rd. | Cd'A | krocda.org

Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A
446-1300 | kcsheriff.com/animalcontrol.html
Running W Ranch | 6147 W Harvest Ave, Rathdrum | 661-3743
runningwranch.net

Religious/Fraternal

Heart of the City Church | 521 W. Emma Ave. | Cd'A | 665-7808
heartofthecitychurch.org
Lutherhaven Camp/Ministries | 3258 W. Lutherhaven Rd. | Cd'A
667-3459 | lutherhaven.com

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179
ElderHelp of North Idaho | 9420 Government Way, Hayden | 661-8870
ehoni.org
Kootenai Health Senior Care Program | 2003 Kootenai Health Way
Cd'A | 625-5353 | kh.org/family-support-services/respite-care-program

Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E
Cd'A | 664-8757 | cap4action.org
Goodwill Industries | 130 E Third Avenue | Spokane, WA | 509-838-4246 |
discovergoodwill.org
Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A |
healthandwelfare.idaho.gov
St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095
stvincentdepaulcda.org
Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A
665-4673 | uniongospelmission.org
United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3
Cd'A | 667-8112 | unitedwayofnorthidaho.org

Special Needs

Trinity Group Homes, SVDP | 201 E. Harrison Ave. | Cd'A
664-3095 | stvincentdepaulcda.org

Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org
Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org
Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A
664-4339 | idahodrugfreeyouth.org
Idaho Meth Project | PO Box 738 | Boise | 1-888-331-2060
idaho.methproject.org
Kaleidoscope Community Services | 405 N. 2nd St. | Cd'A
699-2250 | kaleidoscopecs.org
Kootenai Recovery Community Center | 1111 Ironwood Dr. Suite B
Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | acco.org/inlandnw
Mothers Haven | MothersHaven.com & Mamanook.com



NORTH IDAHO SERVICES DIRECTORY

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