

FREE

Fall
2018

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
20th year!*

Family Day in the Park 2018 Recap

plus **2019 Graduation Countdown**

25 Fun Things to do for Fall & Winter



www.nifamily.com

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 CenterTM



Tutors

Local Preschools 

Specialty instruction

School District links

Second career

Recertification

Developmental Screening

News blogs

Professional Tech

Education savings plans

Dual Enrollment

Career Counseling

Home school standards

Glossary of terms

Drivers Training

Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

ANSWERS

FROM

PRE-KINDERGARTEN

TO CAREER TRAINING

AND BEYOND!



Sponsored by:

Knudtsen
CHEVROLET 



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:

Cover photo courtesy of Jason Olsen.

©2018 by Kagey Company, Inc. All rights reserved. No portion of this magazine may be reproduced in whole or in part without the express written consent of the owner, Kagey Company, Inc. Distribution of this publication does not constitute an endorsement of products or services therein. All information is as accurate as given from contributing sources. Kagey Company, Inc. reserves the right to refuse advertising or submissions for editorial purposes for any reason. Copies are free.

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 20 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 projects, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22.
- Education Information Center (edinfocenterca.com) See pg. 2.
- 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-time \$150 gift certificate toward an ad or ad program
- 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 2018 Family Day in the Park Event!



pg.
7

North Idaho Family Group: A+ for Education!

NIFG receives Chamber of Commerce Education Award



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

18

Family Day in the Park ... Another Great Year!

COVER STORY



The always popular CYT North Idaho's Disney Princes and Princesses

2018 Recap!

The second annual Family Day in the Park was a resounding success. An estimated 5,000 plus people attended the annual event on June 8, 2018 from noon until dusk. The Coeur d'Alene School district was a key partner again in 2018. The district distributed event schedules and information to all students as well as operating several activity areas at the event.

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 2019 event will be held at the Coeur d'Alene City Park on June 7th 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 2019 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 2019) and regular updates on the nifamily.com website.



Did you miss it?
Save the Date!

June 7, 2019
City Park & Beach
Downtown Coeur d'Alene
familydaycda.com



Hands On Activities!



Historical Canoes from the Cd'A Tribe



Heavy Equipment Demos!



Cd'A Public Schools bringin' the fun!

2019 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 5,000 attending in 2018, the spring 2019 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 FACEBOOK: [FACEBOOK.COM/CDAFAMILYDAYINTHEPARK](https://www.facebook.com/cdafamilydayinthepark) PHONE: 208-667-2314



North Idaho FAMILY GROUP

a communications & marketing coalition

Join Us!

The North Idaho Family Group is a nonprofit 501(c)(3) corporation comprised of a fee based membership that is dedicated to promoting *healthy families and lifelong learning* in the communities of North Idaho. GET CONNECTED AND JOIN TODAY!

WHAT WE DO:

north idaho services directory

education information center

family day in the park

north idaho
family magazine

non profit outreach

the group scoop

NICE calendar



GET CONNECTED!

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-time \$150 gift certificate toward an ad or ad program
- 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

North Idaho Family Group Gets an A+!

The North Idaho Family Group received the CdA Chamber of Commerce A+ Award for Education in September 2018.

The A+ Award recognizes organizations and businesses who support education. NIFG was nominated by Coeur d'Alene Public Schools: "At Coeur d'Alene Public Schools we especially appreciate the efforts of Executive Director, Shelly Zollman. Examples include her posts and shares on Facebook about current news and opportunities; the "Group Scoop" electronic newsletter with information about a wide range of family-relevant fundraising and community events; her contributions to the Education Information Center's website which offers educational resources for parents and students; her work with the North Idaho Family Magazine and its variety of informative articles, and her enthusiasm and contributions to Family Day at the Park, an event where over 5,000 people were able to interact with various community agencies, including our Coeur d'Alene Public Schools teachers and staff.

Shelly Zollman's passion for connecting partners and communicating opportunities brings our schools and greater North Idaho communities together for the benefit of so many families."



Shelly Zollman, Executive Director of NIFG, and Frances Huffman, Chair of the CDA



EdInfoCenterCDA.com: 4 years and growing!

The Education Information Center has been up & running for 4 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
- New sponsor involvement available
- On FIRST page of Google results for dozens of regional education-related searches

This page was made possible by





CLASS OF 2019

FOCUS ON GRADUATION

LOTS OF COLLEGE CHOICES AVAILABLE IN COEUR D'ALENE

It's now easier than ever to get a college degree and not even leave North Idaho. Whether you're in high school, about to graduate from high school, or you've been out of school for many years, there's lots of higher education opportunities in our backyard.

Not only are there a wide variety of courses to choose from, there's also variety when it comes to the type of degree to pursue. Here's some basic information about North Idaho colleges and universities:

WHAT COLLEGES AND UNIVERSITIES ARE IN COEUR D'ALENE?:

- North Idaho College
- University of Idaho
- Lewis-Clark State College
- Boise State University
- Idaho State University

WHERE ARE THE COLLEGES LOCATED?

The five colleges are located on what's called the Education Corridor. It's the area that's between downtown Coeur d'Alene and Riverstone, just off of Northwest Boulevard, and next to Lake Coeur d'Alene and the Spokane River. If you haven't been there, it's a great place to take your family for a walk!

WHAT'S AVAILABLE FROM EACH COLLEGE OR UNIVERSITY?

For an excellent overview of what is offered in CdA, visit www.northidahohighereducation.org. There you'll find a summary of each school, a summary of what programs they offer, and links to the colleges' websites.

THE APPLICATION PROCESS

Each school has a slightly different process, but here's some basic information that will help.

1. Idaho colleges operate on a semester system. In general that means one semester begins in August and the other in January. Most colleges also offer a compressed summer session.

2. The Idaho State Board of Education has made applying to Idaho Colleges even easier. Seniors receive an acceptance letter from Idaho Colleges based on their test scores. They can then follow these steps from the nextsteps.idaho.gov website:
 - Use the Idaho Schools Directory to research your options.
 - Compare your options side by side.
 - Think about visiting an Idaho college campus.
 - Use Apply Idaho to submit applications to the Idaho colleges and universities you may want to attend, with no application fee.

FINANCIAL AID AND SCHOLARSHIPS

Going to college is expensive. Be sure to tap into every resource you have to help fund your college experience. Here's a few tips:

1. Visit your college website and search for scholarship opportunities. Every college has scholarship money available. You'll also find lots of information and links on their website to great resources to help pay for college.
2. Complete and submit the Free Application for Federal Student Aid or FAFSA. It's the federal government program for financial aid and student loans. Each college can help you learn about the financial aid process and there's lots of information online at studentaid.ed.gov/sa/fafsa
3. There is funding available for Idaho high school students that helps pay for college tuition for dual credit classes or exams. Check with your high school counseling office for how to apply.
4. Visit edinfocentercda.com/Pay-for-School/North-Idaho-Scholarships for the most comprehensive list of local, state, and regional scholarships



A FEW MORE THINGS!

- Don't be afraid to ask LOTS of questions.
- The Admissions Office at every college is there to help you.
- You're not the only one to ask that question! Keep asking questions until you understand exactly what needs to be done.
- Deadlines are deadlines. There's no flexibility. Start early so you have lots of time to figure it out.



Our Community AT A GLANCE



NEW FACES & PLACES AT COEUR D'ALENE PUBLIC SCHOOLS:

New administrators:

- Steve Cook (superintendent)
- Jennifer Brumley (board)
- Kate Keinert - Director of Title 1 Programs
- Frank Maier, Director of Special Education

• Jeff Voeller, Director of Operations

• Bret Heller - New CHS principal

Moves:

• CMS Vice Principal Jody Hiltenbrand is now Dalton Elementary Principal

• CHS Vice-Principal Mike Lindquist is now Principal of Woodland

• Trayce Hemenway and Michelle Johnson switched places as Vice Principals (Lakes and Woodland)

• Lisa Hoffman is Interim Principal at Skyward (was Vice-Principal)

• Canfield, Skyway and Winton have Principal Assistants

• Dean Keck is the new Safety & Security Coordinator

KROC CENTER NEWS

The Kroc Center welcomes Salvation Army Officers Majors Don & Ronda Gilger as the new Kroc Center Executive Directors.

HAPPY ANNIVERSARY TO LEWIS-CLARK STATE COLLEGE

LCSC celebrates its 125th Anniversary in 2018! As part of the 125th celebration, the college has set a goal of raising \$1.25 million to be used in a variety of areas, including scholarships, degree programs, athletics, and the LCSC general fund.

POST FALLS SCHOOL DISTRICT

Anna Wilson is the new Assistant Superintendent for the Post Falls School District after being the Director of Title 1 Programs for Cd'A 271 for many years.

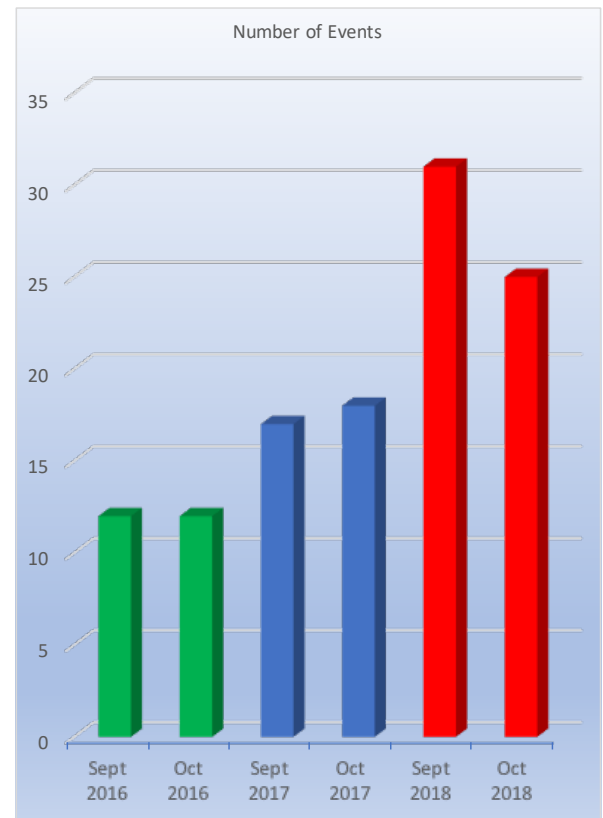
Dramatic Increase in Number of Fall Fundraisers

At last count, there were **over 55 fundraising events scheduled** in and around Coeur d'Alene during the months of September and October. This continues an upward trend for Fall Fundraising Events. (see the 2016-2018 graph on the right).

Between September 19 and October 19, 2018, there were over 20 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!**





9 "Live & Learns" for Elementary Moms

It's a new school year! Whether you have a kiddo just entering the "big world" of Elementary School or are a seasoned veteran, here are a few tips, provided (in no particular order) by Katie Moosbrugger of Triad Moms On Main:

1. Get Involved with PTA
2. Take LOTS of Pictures of Your Child in the Classroom and on Campus
3. Get Your Child Involved From the Start
4. Get Your Kid Organized from Day One
5. Get to Know the Moms in Your Child's Grade
6. Buy a Yearbook for Your Child – Every Year
7. Let Them Leave Their Mark
8. Try to Attend at Least One Field Trip
9. Let Go a Little Bit

Read the full post at:

triadmomsonmain.com/my-blog/9-live-learns-for-elementary-moms



Congratulations to the 2018 CDA Mayor's Awards in the Arts recipients:

- Excellence in the Arts: Allen & Mary Dee Dodge
- Support of the Arts: Mike Dodge
- Arts in Education: Jessica Bryant & Iris Siegler (pictured below)
- Student Excellence in the Arts: Jack Bird





Congratulations to CDA Skate Park on their October Grand Opening!



Jameson Martinez, age 11



Punk rock courtesy of Scatterbox

VISIT WWW.CDASK8PRK.COM FOR EVENTS, INFO,
AND ALL THE SKATE LOVE



**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.|Coeurd'Alene,ID,83815|208-664-5200|info@jumpforjoycda.com
www.jumpforjoycda.com

Make a difference in the world through innovation.

Study computer science at NIC

North Idaho College and University of Idaho have programs allowing students to complete their B.S. in Computer Science without leaving Coeur d'Alene.



Learn more at www.nic.edu/cs



North Idaho College



University of Idaho
Coeur d'Alene



Keep RFID Cards Safe: Be Careful & Change Habits



RFID embedded cards use radio frequencies to transmit data. These cards have been in use in Europe for many years but are just coming into use in the U.S. The idea is that consumers should be able to use these cards at stores and

restaurants to pay for purchases without having to swipe the card through a scanner. Many people remain concerned, however, that the

RFID technology may also allow thieves to use scanners to intercept the radio waves and steal the card's information. While technology has made significant security improvements in the past few years, some concerns still exist.

One of the easiest ways to keep your RFID embedded card safe is to **Be Careful and Change Habits**:

1. Place your RFID cards next to each other in your wallet.
2. Carry your RFID cards in a front pocket.
3. Be aware of other people around you when using your credit cards.
4. Use your RFID cards at home for online purchases only.
5. Monitor your credit card statements for usual activity or errors.

Source & More Info: www.wikihow.com/Keep-RFID-Credit-Cards-Safe

Recycling - DON'T get "Tagged!"

Coeur d'Alene Garbage & Post Falls Sanitation began "tagging" recycling offenders this fall for dirty cans and other "non-recyclables." Don't worry, it's not a fine, just education. BUT, effective November 1, 2018, contaminated bins will be refused. You then have the choice to request a call back (for a fee), or take the bin to a transfer station. In either case, the bin will be dumped as waste and not recycled ... SO KNOW WHAT TO 'THROW' -- and IF IN DOUBT, THROW IT OUT! Visit www.cdagarbage.com/recycling for more info.

YES! You can recycle these!



Clean Paper and Cardboard

Office Paper
Newspaper
Flattened Cardboard (must fit in bin)
Junk Mail & Envelopes
Magazines & Catalogs
Phone Books



Clean Plastic (rinse, no lids or caps)

Plastic Bottles
Only plastic containers
with ♻️ symbol #1 or #2



Clean Metal

Aluminum Cans
Tin Cans

NO! These are not accepted!



No Glass of Any Kind
(bottles, jars, dishes, ceramics,
mirrors, windows)
No Plastic Bags of Any Kind
No Plastic Utensils
No Styrofoam
No Batteries
No Shredded Paper
No Paper Towels or Napkins
No Yard or Wood Waste
No Needles or Syringes
No Toxic Containers
No Food Waste



25 Fun Things For Kids To Do

- 1.** 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!
- 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. Also a great place for a birthday party!
- 4.** Go climb the rock wall at the Kroc Center.
- 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.** Go for a scenic drive. Check out this link for ideas: fyinorthidaho.com/pdfs/map-north-idaho-driving-tours.pdf.
- 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 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.
- 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.** Make Stir Fry with the family! Tips for a PERFECT Stir Fry on page 16.
- 17.** Create a fort in your living room out of blankets, pillows, or cardboard boxes.
- 18.** 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.
- 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.** Learn to say "I love you" in five new languages.
- 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.



Fall & Winter * Fundraisers * Festivals * Fun

- | | | | |
|--------------|--|-------------|---|
| September 19 | A Martini Affair - benefit for Safe Passage ID
SEASON'S, COEUR D'ALENE
Buffet dinner & beverage, auction | October 20 | Monster Mash 5K Dash
MCEUEN PARK, CDA
All race proceeds benefit Specialized Needs Recreation |
| October 6 | 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 31 | Heart of the City Fall Festival
KOOTENAI FAIRGROUNDS
Free to the public. Food, crafts, candy & costumes. Past events have included a mechanical bull, inflatables, chili cook-off, pie-eating contests, music & more. |
| October 6 | CDA Skate Park Grand Opening
COEUR D'ALENE SKATE PARK, DOWNTOWN CDA | October 24 | Unity Day
HUMAN RIGHTS EDUCATION INSTITUTE |
| October 6 | Disco Inferno: White Wedding - 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. | November 3 | Dia de los Muertos - Emerge CDA
HONEY EATERY & SOCIAL CLUB emergecda.com |
| October 7 | 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 | November 3 | WinterSwap
KOOTENAI COUNTY FAIRGROUNDS. winterswap.com |
| October 12 | St. Vinny's New York Fashion Show
BEST WESTERN CDA INN
StVincentdepaulcda.org | November 10 | SARS Ski Swap
BONNER COUNTY FAIRGROUNDS. |
| October 13 | Junk2Funk Eco-Fashion Show - benefit for Kootenai Environmental Alliance
COEUR D'ALENE EAGLES | November 10 | EXCEL Foundation Big Event
BEST WESTERN COEUR D'ALENE INN
Social hour, tailgating, raffles and live and silent auctions. |
| October 19 | CASA Un-Corked Benefit
HAGADONE EVENT CENTER
northidahocasa.com | November 15 | 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 23 | 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 23 | 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 2 | Ugly Sweater Run
STARTS AT ST. VINCENT DE PAUL CDA |
| | | December 10 | Human Rights Day
HUMAN RIGHTS EDUCATION INSTITUTE |
| | | 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. All race proceeds benefit Specialized Needs Recreation |
| | | December 31 | Skate Plaza New Year's Eve Party
SKATE PLAZA ROLLER RINK, DALTON AVE, CD'A |
| | | Jan 1 | Hangover Handicap Fun Run
TESH, INC |

Harvest & Holiday Fun

Scarywood Haunted Nights

Sept 28 – October 27

Prairie Home Farm

Wed & Sat in October

Holiday Light Show Cruise to the North Pole

November 16 - January 1

Traditions of Christmas

December 7-23, 2018

Visit NIFAMILY.COM for the COMPLETE
North Idaho Charitable Events (N.I.C.E.) Calendar

* Celebrate Diversity !

Oct 24: Unity Day



Together against bullying. UNITED for kindness, acceptance and inclusion.

Make it ORANGE and make it end! What are your true colors when it comes to showing that you believe that all youth should be safe from bullying? Come together in one giant ORANGE message of hope and support, WEAR AND SHARE ORANGE to color our nation, and even the world, visibly showing that our society believes that no child should ever experience bullying.

All regional schools will be participating and businesses and community members are encouraged to show their support.

Oct 27: Hispanic Heritage Month Community Multicultural Day



Join HREI and experience a fun-filled day of cultural music, food, arts and crafts representative of many Latin American countries. Emerge CDA will host a community altar building project and view the Latin American Cultural Exhibit.

November is Native American Heritage Month



Join HREI and experience various cultural activities throughout the month.

Dec 10: Human Rights Day



This annual community program highlights the Universal Declaration of Human Rights with a reading from students, musical celebration, crafts and a viewing of our current Social Justice exhibit.



Visit hrei.org for More Info on these Programs



Kids can be a great help in the kitchen.

Parents can make it a learning experience.

Stir-Fry 101

Tips for perfecting this family favorite

- 1) **THE MEAT:** If frozen, defrost ALL THE WAY. Rinse/pat dry your meat with paper towels. If your meat is icy or cold, it will release water from the defrosting process causing it to boil, which is NOT good.
- 2) **HEAT:** Heat up your wok or skillet with oil that has a high smoke point ... Wait for it. Don't put ANYTHING in the pan until that pan is smoking.
- 3) Put the meat (or veg) in the HOT pan. DON'T STIR IT. Wait 45-60 seconds, and THEN toss. Wait another 45-60 seconds for the other side of the meat or veg to sear. Wait until you see/smell seared food aroma.
- 4) **SAUCE:** Don't add it while the meat or veg are cooking. Wait until the end.
- 5) **SIZES:** If you're making a large quantity and/or have Meat and veg of different sizes and cooking requirements, cook them separately. Follow the directions above for each item and then throw in a big bowl. Cook everything just a TAD under because it will finish cooking in the bowl.
- 6) Throw everything back in the pan. Add sauce. Toss. Serve!

BONUS TIPS:

NEVER let your meat or veg BOIL. If there are big boiling bubbles of moisture when cooking your meat or veg, drain into the sink, or reserve the liquid for later to add back with the sauce.

For that "Chinese food restaurant" "sheen" and tenderness, toss meat in corn starch, but only if you have followed the steps above, otherwise your protein will stick to the pan and be a gummy mess.



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.





Band-aids for What?

My 4 yr old hurts herself several times a day. She tumbles to the ground, walks into a table, or drops something on her toe just to name a few. Maybe her brother hit her or pulled her hair?

Recently on a walk she tripped and fell. She was bleeding a little and I was carrying her in my arms. She refused to let me put her down! Somehow this painful elbow was also causing her legs to not function well.

When we caught back up with the rest of the group one of the other moms had a first aid kit. Not me. I'm not the first aid kit carrying kind of mom. I wish I was but I'm not. Within the small box was the most amazing healing tool ever for my little girl, bandaids. HALLELUJAH! The application of these two superhero bandaids was all it took. Ellie was healed! The bandaid did it. Instantly! Moments later she was running and playing again with the other kids.

Of course the bandaid can't actually work that quickly, especially without ointment (or oatmeal as Ellie likes to call it). Yet still, her belief in the healing powers of the bandaid is real. Real enough to in moments go from a pained, whimpering mess in my arms to completely healed and back to her funny, rambunctious self. This time there was actually blood. Often times that's not the case but a bandaid is always the answer.

Watching this brought some questions to mind. What am I using as a bandaid in my life? What is my go-to solution for the day to day challenges? After some pretty serious thought I realize that mine is likely coffee. Undoubtedly other things too. But, coffee for sure. Tired? Coffee. Irritable? Coffee. Stressed, unfocused, sad and a plethora of other things? Coffee! But, the truth is I'm tired because I stayed up too late watching Netflix. I'm irritable because I didn't spend enough time planning my day and so now I'm chasing my tail and not getting nearly as much done as I need to. I'm stressed because I've allowed my calendar to control my life and I'm feeling overscheduled. But, if I can just get that coffee in my hand it'll help me breathe a little. It will help me be calm.

My Band-Aid might also be, blame. All of those above scenarios but somehow it is all someone else's fault. The fault of my husband for not helping in the "right" way. The fault of my children for simply acting too much like...children. The fault of my client for expecting too much from me. The fault of the school for cramping my long weekend plans.

An even more challenging question follows that one. What things do I believe in so deeply that may not even be true? I don't have any example of this and if I'm being transparent here, I'm still working this out for myself. But, I have been

pondering because if I'm so deeply entrenched in a truth that I can't see how it could possibly be an untruth I'm blind to it. I like to question. I want to know the truth. The idea that the truths I cling to I'm my life could even minutely be untrue is quite frankly, frightening.

Have you used a bandaid in your life? Do you cling to a Truth that may not actually be true but you're so invested in it you can't see that?

Guest Editorial by Rose Backs: Dalton Gardens resident, wife of Matt, mom to 3 kiddos, Olivia, Ellie (pictured), and Dalton, and Auctioneer Supreme with Elite Auction. Read more of her real-life mom wisdom at redneckfancypants.wordpress.com.




25

THINGS YOU SHOULD KNOW

Catch them ALL in one place!

www.cdaschools.org / 25things

#CdASchools25things



EVENSON

CHIROPRACTIC


Personal, Compassionate, Professional Care
~ Pain relief for neck & back, headaches, sciatica ~

Dr. Andrew Evenson

916 W Ironwood Dr. Suite 1

Coeur d'Alene, ID 83814

(208) 769-4800



Open Arms Offers Earn While You Learn

If this is a first pregnancy or even a second, there may be questions about what pregnancy is like. This is why Real Choices Clinic offers the Earn While You Learn program.

While there are many services available, no one needs to go through an unplanned pregnancy alone. We connect the pregnant woman with a caring advocate who will listen, offer help, and connect them with community resources. Ongoing sessions are available during the pregnancy and after the pregnancy.

This program provides support for women, men, couples, and families. Our main purpose is for each person to remember that they are not alone and there are many resources to help prepare for each stage of the pregnancy and beyond. Our volunteers are caring people devoted to helping every person walk through this time of change.

With every Earn While You Learn lesson completed, points are earned that can be used to purchase new baby items such as clothing, diapers, and a variety of infant care products.

Here are a few of the lessons and topics that we offer:

- The First Trimester
- Fetal Development in the Womb
- Bonding with Your Unborn Baby
- Your Changing Body
- The Second Trimester
- Understanding Your Baby's Cry
- SIDS: Reducing the Risk
- The Third Trimester
- Labor and Delivery
- Newborn Care
- Parenting with Respect
- Emergency First Aid
- Emotions in Pregnancy



Mom shopping at the Real Choices Clinic.

Real Choices Clinic of Coeur d'Alene is a non-profit, non-denominational, non-political organization that is committed to providing compassion, information and support to anyone facing the challenge of unintended pregnancy.



Real Choices Clinic
1800 Lincoln Way, #201 CdA
208-667-5433



Heritage Health

Healthcare from the Heart

YOUR LARGEST PRIMARY CARE PROVIDER
IN NORTH IDAHO

Accepting New Patients
208.620.5250



Follow Us!



myHeritageHealth.org



Coeur d'Alene Pediatrics

Pediatrics • Adolescent Medicine

New Patients Welcome
We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at

www.cdapeds.com



Evening and Saturday Clinic Available

3 Locations to serve you!

700 W. Ironwood Dr, Coeur d'Alene – 667-0585

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

9095 N. Hess St, Hayden – 772-8940

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



Ask the Author

Local author, Lauren Stinton, was asked the following questions. Her replies may help aspiring authors pursue their passion for writing.

How long have you been a writer?

I have enjoyed writing since I was a child. My mother actually remembers a time when I was three years old, and I was telling my younger brother a story from my car seat. It was about Bigfoot, but I clearly did not understand the concept of Bigfoot at the time because I said, "It was Bigfoot—with a really big sock and a really big shoe." It seems I was quite literal as a child! The first little story I put to paper was called "Barbie Gets Married," and you can imagine what happened in that one.

What genre do you normally write in?

I like to write fantasy. I think that fantasy allows you to understand the world around you better, and you can also communicate certain things to your audience that, in my opinion, would be more difficult to communicate in other genres. Fantasy is a good way of understanding the spiritual realm and how certain things might operate there. For instance, I am working on a series of books about a healer who can do impossible things. One of his key strengths is that he looks at the world around him with incredible hope. He goes into situations that are full of pain and anguish and he changes them, so they are filled with life and wonder instead. Because this character can do all these things, the books can help readers have a more hopeful perspective.

What are your favorite themes to write about?

One of my favorite themes to write about is fatherhood. I think fatherhood is very important in the world today, and I love to tell stories where there is a child who is lost and alone—but someone is willing to step in and parent that child. That's one of my favorite things. I love story lines about redemption and hope, too. So I often end up with stories that involve fathers, redemption, hope—and monsters, because of the fantasy thing. Fatherhood and monsters. There you go.

Which of your books is your favorite?

My favorite book tends to be whatever I am working on at the moment! Right now, I am really excited about the Hamal Books. That's the series I'm writing about the healer. That character has a unique way of thinking and looking at the world, and it is fun for me to get into his head and look at the world in the same way.

Lauren Stinton is a local writer and editor with a degree in journalism. Fond of coffee, friendships, and reading, she's the author of the Hamal Books and the House of Elah series, and as an editor, she loves to help other writers with their books.

Websites:

www.laurenstinton.com
www.thehamalbooks.com



KEEP YOUR DREAMS IN DRIVE.

CALL ME TODAY AT (208) 209-4321.

Miranda Hamilton, Agent
8246 N Government Way
Hayden, ID 83835
mhamilt5@amfam.com
amfam.com



American Family Mutual Insurance Company, S.I.
American Family Insurance Company,
6000 American Parkway, Madison, WI 53783
006441 - Rev. 11/15 ©2015 - 7042147

Spreading the Love, One Stall at a Time

The **Spreading the Love Project** began when local artist Christina Hull saw a Facebook post featuring teachers who painted inspirational quotes in middle school bathrooms. Christina put the word out, and artists were quick to respond. Nancy White from Coeur d'Alene Portfolio Real Estate stepped up to sponsor the project and Spirit Lake Elementary school was the first to jump on board. Christina organized a team of professional artists, aspiring artists, and community members who all got to choose their quote and unique design.

The goal of the project is to uplift students with daily visual reminders that they are special and loved. More schools have already reached out to Christina and the team is excited to see how far the project may spread.



NORTH IDAHO FAMILY MAGAZINE

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



Advertising Rates

- ☐ **Sponsorship - tailored to your needs!**
- ☐ **Back Cover** (8.5"w x 8.5"h + .125" bleed)
- ☐ **Inside Cover - Front | Back** (8.5"w x 11"h + .125" bleed)
- ☐ **Full Page** (8.5"w x 11"h + .125" bleed)
- ☐ **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

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
Bank On | www.bankonidaho.org
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 | cd charter.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Coeur d'Alene Education Partnership | Cd'A | 714-4561 | cdaep.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 | ktectraining.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
Opening Books, Opening Doors | openingbooksopeningdoors.com
Stories with Stewy | Cd'A | 660-8529 | storieswithstewy.com
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232
North Idaho Robotics Opportunities (formerly Xanterra FLL) | 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 | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org
Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800
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
Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org
Kootenai Urgent Care | Cd'A, Post Falls, Hayden | 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.

American Family Insurance - The Hamilton Agency | 8246 N Government Way | Hayden | 209-4321
The Art Spirit Gallery | 415 Sherman Ave | Cd'A | 765-6006 | theartspiritgallery.com
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600 | cytnorthidaho.org
Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.org
Coeur d'Alene Canoe & Kayak Club, Inc | PO Box 3312 | Cd'A | cdacanoekayakclub.org
Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.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
Idaho Public Television | idahoptv.org
Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200 | jumpforjoycda.com
Kagey Company | 1048 1/2 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 | kroccda.org

Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A | 446-1300 | kcsheriff.com/animalcontrol.html

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446
Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.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
Kootenai Recovery Community Center | 405 N 2nd St Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

Mothers Haven | MothersHaven.com & Mamanook.com
Operation Second Chance | operationsecondchance.org



NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS - BASIC NEEDS - COMMUNITY RESOURCES

Attention crisis, front-line users, and case managers looking for current, accurate immediate & basic needs resources:

www.NIServicesDirectory.com

Bookmark it now!

The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields.

Join the North Idaho Family Group!

North Idaho Family Group membership is up over 50% from this time last year. See inside page 3 for details!

A BETTER WAY. THE WARRIOR WAY.

Better Degrees. Lower Tuition. More Personal Attention.

With the lowest tuition in Idaho among public four-year institutions, a one-of-a-kind learning environment, and some of the best programs in the Northwest, Lewis-Clark State College provides a better way to learn, explore and lead. Choose from over 130 degrees and certificates and study at LCSC's main campus in Lewiston, at its outreach center in Coeur d'Alene, or online. There's no application fee. Apply today!



LEWIS-CLARK STATE
— COLLEGE —

LEWISTON

LCSC.EDU | 208-792-2210

COEUR D'ALENE

LCSC.EDU/CDA | 208-666-6707