

**FREE**

Fall  
2020

# NORTH IDAHO FAMILY

TM

M A G A Z I N E

*Now in its  
22nd year!*



**2021 Graduation Countdown**

*plus* **25 Fun Things to do for Fall & Winter  
Recipes & Crafts for the Season**



[www.nifamily.com](http://www.nifamily.com)



**NORTH IDAHO  
HIGHER EDUCATION**

# **5 SCHOOLS. 1 LOCATION.**

Looking to advance your career?

**Visit us today at 1 location  
in Coeur d'Alene**

Visit [NorthIdahoHigherEducation.org](http://NorthIdahoHigherEducation.org) to Learn More.

## **MAKE AN APPOINTMENT TODAY**

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Lewis-Clark State College Coeur d'Alene | [www.lcsc.edu/cda](http://www.lcsc.edu/cda) | (208) 666-6707

University of Idaho Coeur d'Alene | [www.uidaho.edu/cda](http://www.uidaho.edu/cda) | (208) 667-2588

Boise State University | [sspa.boisestate.edu/socialwork](http://sspa.boisestate.edu/socialwork) | (208) 426-1568

Idaho State University | [www.isu.edu](http://www.isu.edu) | (208) 251-8809

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

**208.699.0126**

Refer to ad on page 21.

**www.nifamily.com**

1048 1/2 N. 3rd St.

Coeur d'Alene, ID 83814

Email: [sales@nifamily.com](mailto:sales@nifamily.com)

## ACKNOWLEDGEMENTS:

Cover photo of the Backs Kids provided by Rose Backs.  
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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](http://www.nifg.org)

# Welcome!

For over 22 years the North Idaho Family Magazine and its companion website, [nifamily.com](http://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](http://niseservicesdirectory.com)) See pg. 22.
- Education Information Center ([edinfocenterca.com](http://edinfocenterca.com)) See pg. 15.
- 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](http://www.nifg.org)
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

## How to Join

- Online: Visit [www.nifg.org](http://www.nifg.org) and click "Join Now"
- Email: [Members@nifamily.com](mailto:Members@nifamily.com)
- Call: 208-699-0126

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# WE LOVE OUR NONPROFITS! ...

During this year of uncertainty, many nonprofits and organizations were forced to cancel their annual events or “go virtual.” The North Idaho Family Group/Magazine supports our many area nonprofits and wants to let them know that even though their events were canceled, they were not forgotten. We know you will be resilient and we look forward to a strong 2021!



NIFG's Family Day in the Park



Julyamsh



The Sweetheart's Ball



Dog d'Alene



The Excel Foundation - The Big Event



WinterSwap



St. Vinny's Fashion Show



Children's Village - Multiple Events



PF Food Bank - Give Hunger the Bird

**Sponsored by:**



*Striving to Make a Difference*



# We'll see you next year!



Matt's Place Foundation - Pub Crawl



NICTF Ales for the Trails



KEA's Junk2Funk



United Way Spring Dash



Run for #271



Kootenai Health's Festival of Trees



Pride in the Park



Idaho Youth Ranch's Wine Women & Shoes



St. Vinny's Soupport the End of Homelessness

The Elite Auction Inc. team is professional, thoughtful and compassionate. We help generate more money and more excitement which creates more long term partners for your mission. We love to see everyone in person but will continue to serve you virtually until we can meet again. Visit [www.eliteauctioninc.com](http://www.eliteauctioninc.com) for more info.





COMMUNITY

# Save the Date!



**June 11, 2021**  
**City Park & Beach**  
**Downtown Coeur d'Alene**

**familydaycda.com**



*Hands On Activities!*



*Dancin' Dinos!*



*Activity Sponsor: TDS Communications!*



*The always fabulous Red Hot Mamas!*

## 2021 Family Day in the Park 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 the last event, the spring 2021 event promises to be bigger and better. 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://FACEBOOK.COM/CDAFAMILYDAYINTHEPARK) PHONE: 208-699-0126**

## Our Community AT A GLANCE



### NEW MEMBERS

Peach Orthodontics  
Quest Academy North Idaho  
Ds Connections NW

### NEW DIRECTOR AT THE MUSEUM OF NORTH IDAHO

The Museum of North Idaho Welcomes Britt Thurman as their new Director. A graduate of Coeur d'Alene High School, Britt Thurman holds degrees from North Idaho College, University of Idaho, and University of Kansas, and she has worked for museums in Idaho, Kansas, Massachusetts, and Virginia.

### VIRTUAL CAREER DAY AT NIC

Three Different Career Assessments along with Results Interpretation by a qualified Career Counselor, plus a session on quality reliable Career Information Tools will be offered at various times throughout this special one-day annual event absolutely FREE to all students and regional residents! Visit [nic.edu/career](http://nic.edu/career) for more info.

### LAKE CITY BICYCLE COLLECTIVE NEEDS YOUR USED BIKES!

Lake City Bicycle Collective is starting the annual bikes for kids Christmas stock pile. They gave almost 100 bikes and helmets last Christmas, and anticipate needing nearly twice that many this year. Visit [lcbcbikes.org](http://lcbcbikes.org) for more info.

## NEW MUSEUM!

On November 16, 2019, the Museum of North Idaho moved a 116 year old home from 8th & Sherman to 8th & Young, where it will serve as the centerpiece for a new museum. Everyone keeps asking, when will the J.C. White house be open? There is necessary construction to achieve a certificate of occupancy that must be completed in 2020 prior to moving on to the next phase. MNI has secured 1/3 of funding needed to meet the 2020 deadline. You can donate to the Building Fund at [museumni.org](http://museumni.org) and help us reach this goal.



**INFO**

[museumni.org](http://museumni.org)

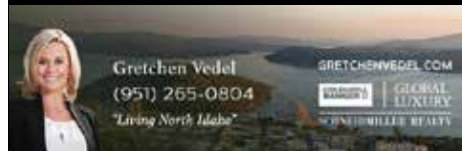


The unexpected has come,  
changing our normal lives,  
and reminding us the importance of HOME!

North Idaho's real estate market is so fast moving. I am happy to provide you with real-time information and answers to all your questions.

Let me be your trusted advisor.  
Real Estate is my expertise!  
If there is one thing I understand, it is the value of Community and HOME.

Gretchen Vedel • (951) 265-0804 • "Living North Idaho"  
[GRETCHENVEDEL.COM](http://GRETCHENVEDEL.COM)







# Make a Difference!

## VOTE! TUESDAY 11/3!

GET INFORMED.  
GET INVOLVED.

**VOTE!**



<https://www.civicingagedca.com/voter-guide>



<https://cda-meet-the-candidates.webflow.io/>



<https://www.vote411.org/>



<https://justfacts.votesmart.org/>



[https://ballotpedia.org/Main\\_Page](https://ballotpedia.org/Main_Page)



Civic Engagement Alliance organized a CDA VOTES 2020 campaign to increase voter turnout locally and encourage informed voting. Over 100 volunteers sent out over 2,100 educational vote reminder postcards. We combined art with personalized nonpartisan voter engagement messaging & education to community members. Many of our volunteers were children!

They created a nonpartisan local voting resources portal on our website at <https://www.civicingagedca.com/voter-guide> to help people research down-ballot races and ballot measures. This is a one-stop-shop that integrates quality resources such as VOTE 411, Ballotpedia, Vote Smart, and the CDA Press Meet the Candidates. We designed and distributed a locally focused, visual voting resource door hangers meant for the first-time or occasional voter.

# Cool Covid Contest



Clay figures, hatching chicks, painting, making ebelskivers, learning to ride a bike, horse, and quad roller skate were just a few of the skills demonstrated during our Cool Covid Contest held last spring. Dozens of entries in different age categories earned gift cards sponsored by Jeff Smith / Insurance Northwest for learning something new during quarantine. Congrats to all the winners and keep on learning!



[WWW.INSURANCE-NORTHWEST.COM](http://WWW.INSURANCE-NORTHWEST.COM)  
208-292-1170





# Leaf Fest 2020

As the fall turns to winter every year City of CDA street crews begin their annual Leaf-fest. Leaf Pickup historically will generate over 1400 tons of leaves from all corners of town.

The leaves are pulled away from the gutter of the streets where loaders will bunch them into the intersections. The leaves are shredded, to become compost.

**Tuesday, November 12th, 2020** marks the start of the Coeur d'Alene's annual leaf pick-up program. **Please keep leaves on your property until Sunday, November 1st**. After this time, leaves may be placed in the street **at least one foot from the curb** to allow for water drainage. City crews and equipment are limited, so they need your help. Leaves will be picked up only once. Please do not put leaves in the street after city crews have completed your area and do not include bagged leaves, branches, debris or trash.

Pick-up will start south of Sherman Avenue and move north. The City expects completion before December 4th, 2020. **Follow their progress on [maps.cdavid.org/leaf](https://maps.cdavid.org/leaf).**

When Leaf Pickup begins in your neighborhood:

- Please keep your eyes and ears out for equipment.
- Please move vehicles off the street.
- Sweepers come behind the crews to clean the streets, and their goal is curb-to-curb cleaning.
- Please do not put any leaves out after they have completed your neighborhood.

More info: [www.cdavid.org/leafpickup](https://www.cdavid.org/leafpickup)

# I Wear A Mask To Protect YOU!



**I'd Appreciate The Same**

**The North Idaho Family Magazine supports wearing  
a mask to protect others. Stay safe & healthy!  
We're all in this TOGETHER!**





# Get Ready for Winter!

Cold weather is just around the corner! Don't forget to get your house prepared for the cooler months ahead! Here are some home maintenance ideas to help keep your home operating in peak condition all winter long:



- Check foundation for cracks and caulk around the areas where necessary to prevent heat from escaping.
- Make sure the roof is in good shape. Inspect for missing and loose shingles.
- Clean out gutters and downspouts and tighten brackets if necessary to help avoid an ice dam.
- Weather-strip your garage door.
- Have your heating system serviced by a licensed HVAC company to help ensure more fuel efficiency, fewer problems and longer life of the system.
- Change the direction of your ceiling fan to create an upward draft for redistribution of warm air.
- Drain garden hoses and shut off outdoor water valves.
- Check to see that all of your snow equipment is up and running before the first snow falls!

Tips from Gretchen Vedel, see ad on page 7



**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

## Popular Programs at Your Library Network



Your Community Library Network serves Kootenai County, west Shoshone County, and beyond with virtual programs and over one hundred videos on YouTube and Facebook. Video content helps create a sense of community even in a time of physical distance. From storytime sessions to craft tutorials, and a lighthearted introduction to the Dewey decimal system, librarians create entertaining and educational videos for all.

The Community Library Network offers 24-hour access to digital materials including free music, audiobooks, and research databases. The "Homeschool E-Resource Guide," a new digital resource, lists nearly 150 weblinks for new and experienced families in the homeschool community.

While in-person programs are currently on hold at the library, the Library Network has made some exciting developments in its outreach efforts. The Library just opened a free STEAM and literacy activity space for early learners and their families in the Silver Lake Mall called the Little Discovery Corner. Additionally, the Discovery Bus (a new 60-foot STEAM mobile unit) and the Bookmobile are making regular visits to area schools and community locations.

All eight Community Library Network library locations have resumed normal operating hours. During this time, popular services include free, and faster-than-ever, Wi-Fi and printer access. Members can also try take-home DIY crafts called Grab and Go kits. In the fall of 2020, librarians will have even more advanced take-home kits, tools, and equipment with a new service called the "Library of Things." Members can check out explorative, creative, fun kits of "things" and return them just like books!



**INFO**

communitylibrary.net





# 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](http://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](http://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 a yummy dessert! Like the Pumpkin Bars 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](http://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

- |             |  |                |  |
|-------------|--|----------------|--|
| Oct 7       | <b>A Martini Affair - benefit for Safe Passage ID</b><br>SEASON'S, COEUR D'ALENE<br>Buffet dinner & beverage, auction  | November (C)   | <b>WinterSwap - See you Nov 6, 2021!</b><br>KOOTENAI COUNTY FAIRGROUNDS. winterswap.com  |
| October (C) | <b>St. Vinny's New York Fashion Show</b><br>BEST WESTERN CDA INN<br>StVincentdepaulcda.org   | November 3     | <b>VOTE!!!</b>   |
| October 11  | <b>Run for the Angels 5K and Family Fun Event</b><br>MCEUEN PARK, CDA<br>Proceeds benefit the Safe Infant Sleep Education Outreach and Grief Support efforts of Idaho's Inland Northwest SIDS Foundation. inwsids.org              | November 9*    | <b>North Idaho Philanthropy Day Celebration</b><br>VIRTUAL EVENTS THROUGHOUT IDAHO<br>idahononprofits.org  |
| October (C) | <b>Junk2Funk Eco-Fashion Show - benefit for Kootenai Environmental Alliance</b>  | November 11*   | <b>EXCEL Foundation Big Event</b><br>VIRTUAL EXCELFUNDATION.ORG/THE-BIG-EVENT  |
| October 15  | <b>CASA Un-Corked Benefit</b><br>HAGADONE EVENT CENTER<br>northidahocasa.com   | November 13-14 | <b>SARS Ski Swap</b><br>BONNER COUNTY FAIRGROUNDS.   |
| October 21  | <b>Unity Day</b><br>HUMAN RIGHTS EDUCATION INSTITUTE   | November       | <b>St. Vincent de Paul Annual "Souport" the End of Homelessness</b><br>In the process of becoming virtual event for 2020   |
| October 31  | <b>Fall Fest, Applepalooza &amp; Scavenger Hunt</b><br>DOWNTOWN COEUR D'ALENE  | November 20-22 | <b>Gobble Wobble</b><br>DOWNTOWN COEUR D'ALENE   |
| October 31  | <b>Heart of the City Fall Festival</b><br>KOOTENAI FAIRGROUNDS<br>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 27    | <b>Christmas Parade &amp; Lighting Ceremony</b><br>DOWNTOWN CDA<br>Lighted Christmas Parade, carols, and fireworks followed by the lighting of over 1.5 million lights to kick off the holiday season. |
| November 14 | <b>Human Library</b><br>HUMAN RIGHTS EDUCATION INSTITUTE<br>hrei.org   | November 28*   | <b>Kootenai Health Foundation's Festival of Trees</b><br>VIRTUAL EVENT<br>kootenaihealthfoundation.org   |
|             |  | December       | <b>Ugly Sweater Run</b><br>NO INFO AT PRESS TIME   |
|             |  | December 5     | <b>Hayden Lights &amp; Parade</b><br>MCINTIRE FAMILY PARK  |
|             |  | December 10    | <b>Human Rights Day</b><br>HUMAN RIGHTS EDUCATION INSTITUTE  |
|             |  | December 12    | <b>Kootenai Farmers Market - Winter Market</b><br>KOOTENAI COUNTY FAIRGROUNDS  |
|             |  | December 13    | <b>Coeur d'Alene Makers Holiday Market</b><br>COEUR D'ALENE RESORT   |
|             |  | Jan 1          | <b>Hangover Handicap Fun Run</b><br>EVENT NOT CONFIRMED AT PRESS TIME<br>TESH, INC   |
|             |  | Feb 6          | <b>Hospice of North Idaho Wine Tasting</b><br>* = Virtual Event , (C) = Canceled   |

## Harvest & Holiday Fun

### Scarywood Haunted Nights

Canceled for 2020

### Prairie Home Farm

Wed & Sat in October

### Holiday Light Show Cruise to the North Pole

November 13 - January 3

### Traditions of Christmas

December 12-22, 2020

Events listed were current as of press time. Annual events were denoted with (C) if canceled to keep them on your mind. Things are ever-changing.

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





# Fall & Winter \* Fundraisers \* Festivals \* Fun \* Celebrate Diversity !

Oct 21: Unity Day

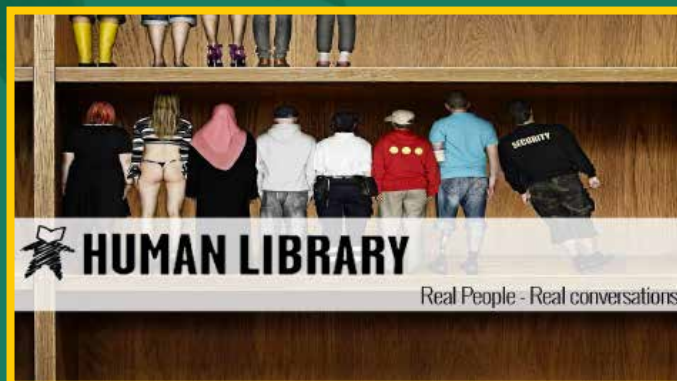


Together against bullying. UNITED for kindness, acceptance and inclusion.

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.

Human Library: Nov 14



The Human Library® is designed to build a positive framework for conversations that can challenge stereotypes and prejudices through dialogue. The Human Library is a place where real people are on loan to readers. A place where difficult questions are expected, appreciated and answered.

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.



For info on all events, visit  
[www.HREI.org](http://www.HREI.org)





# CLASS OF 2021

## FOCUS ON GRADUATION

### 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 DeArmond Building was officially opened in September 2019 to serve all five colleges and universities represented at the North Idaho College Campus. Students are able to speak with college representatives to work on their admission & transfer process, financial aid, tutoring, and more.

### WHAT'S AVAILABLE FROM EACH COLLEGE OR UNIVERSITY?

For an excellent overview of what is offered in CdA, visit [www.northidahohighereducation.org](http://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](http://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 are 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/afsa](http://studentaid.ed.gov/sa/afsa)
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](http://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.



Explore your future career?

# Claim Your Spot!

► [nic.edu/career](http://nic.edu/career)  
Sign up by Monday, Nov 18

## National Career Development Day Free Virtual Workshop

An opportunity to take any (or all) of three different Career Assessments for FREE and receive your individualized results with interpretation by a professional career counselor. **Open to the public.**

**Wednesday, November 18  
9 a.m. - 5 p.m.**

- The Strong Interest Inventory
- MicroSKILLS
- MyACT

Participants can also sign-up for a follow-up session to gain lifetime access to the best **Career Information** tools available.

For more information: (208) 625-2364 or [career@nic.edu](mailto:career@nic.edu)

# SHARI WILLIAMS *for a* UNITED IDAHO

A VOTE FOR SHARI IS A VOTE FOR  
COMMON SENSE AND CIVILITY IN BOISE

- **Shari** believes in transcending party politics to unite ALL voices to champion CDA's needs in Boise
- **Sen. Sauza** listens to lobbyists and fringe groups to influence her votes
- **Shari** believes that Idaho can do better than 51st in education spending per student
- **Sen. Sauza** thinks we are hitting the mark "just right" and supports

leaving tax payers the burden of filling funding gaps with levies

- **Shari** believes Idaho families deserve stable economic opportunities and access to comprehensive healthcare
- **Sen. Sauza** continues to support your right to work for \$7.25/hr and votes against increased access to medical coverage

ENDORSED BY THE IDAHO EDUCATION ASSOCIATION, DISTRICT 12 STEELWORKERS AND MOMS DEMAND ACTION

**Shari** [shari4idaho.com](http://shari4idaho.com) | [shari4idaho@gmail.com](mailto:shari4idaho@gmail.com)  
Make checks payable to: Shari Williams. Paid for by  
Committee to elect Shari Williams, Shern Hanks, Treasurer

410562

# Education INFORMATION Center<sup>TM</sup>

**START HERE!**

- 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!**

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# Educational Trauma and Learning Differences

When a local parent sat down with his son to teach him math at the start of 3rd grade, the first thing his son said was, "Math is my nemesis." His emotional response to learning hit this father like a truck. He wasn't just dealing with a learning disability in dyslexia, he was dealing with the beginnings of educational trauma.

A person with dyslexia has average or above average intelligence, but has difficulty in the areas of language processing. The traditional educational system is usually unable to remediate language processing difficulties, most often due to the uniquely intensive skill in that area that is required.

More examples from discussions with other parents include:

- A student breaks down crying when the teacher announces they will be journaling.
- Students are constantly told they are or made to feel stupid or lazy.
- Students are regularly taken out of class and made to feel weird.
- A student was made to do his homework on the floor of the boys bathroom.
- A student loves COVID school from home because the other students don't know that she only gets 1 of 10 spelling words right.
- Every Friday a student is humiliated with her times tables, when each student is required to announce their score in front of everyone, and the teacher makes a sarcastic comment on her low scores.
- Students are regularly held in class during recess, and held back in grades and compelled to repeat the same education that didn't work the first time.

Trauma is an emotional response to stress to a disturbing event or situation in one's life that causes a person to struggle to cope. It can cause strong feelings of hopelessness and diminish a person's self-worth, self-loathing and learned helplessness.

Trauma negatively changes the brain. Educational trauma causes the brain to have persistent changes that make learning even more difficult.



## If nothing is done about educational trauma, students with dyslexia have these outcomes:

- 35% of students with dyslexia drop out
- 50% of people in drug & alcohol treatment have dyslexia
- 70% of juvenile delinquents (youth in jail) have dyslexia
- 50% of people in prison have dyslexia

## If something is changed, empowered people with dyslexia represent:

- 35% of Entrepreneurs
- 40% of self-made millionaires
- 50% of rocket scientists
- Overrepresented in the arts and entertainment

Learn more about this by watching the interview series "Learning about Learning Differences" here: [www.w2lfoundation.com/lald](http://www.w2lfoundation.com/lald)

Parents currently have to pay for Dyslexia services out of pocket. Taxpayer funded schools are challenged to help kids with dyslexia, because it's deemed a medical diagnosis. The medical professionals will say it requires an educational intervention. Dyslexia services are not covered by medical insurance. Most schools aren't equipped to provide the intensive services needed. Parents are left with a terrible choice: fight a very expensive, exhausting and long battle to enforce IDEA, or find a private solution. Meanwhile the mental health and self esteem of the child suffers. The cost both financial and mental is staggering.

Wired2Learn Foundation raises funds to help students with dyslexia get the brain-based education they need to thrive.

INFO

[www.w2lfoundation.com](http://www.w2lfoundation.com)

# Opening Books. Opening Doors

Part of a well-rounded education includes helping students become caring, considerate, confident citizens of the world. Books about emotion and social-emotional issues can help kids think deeply about feelings and social issues.

It is critical to introduce early learners to social-emotional topics. Seven Social-Emotional Books have been designated that touch on managing emotions, inclusion, and self-awareness, and encourage empathy and kindness. Each book is beautifully written and includes captivating illustrations that encourage learners of all ages.

Opening Books, Opening doors is looking for Partners to **Purchase A Classroom Set of Social & Emotional Learning Books**

Help build social and emotional skills for children through books. **\$100 will provide 7 new social-emotional learning books for a classroom.**

The program's goal is to provide a set of 7 books for every kindergarten, first, second, and third-grade classroom in district #271 ... 142 classrooms in all.

All books will be purchased at a discounted rate, locally at The Well Read Moose.



INFO

Marie Nail: 208.415.0109  
marie@cda2030.org



## The Best Pumpkin Bars

### INGREDIENTS

#### BARS:

- 4 eggs
- 1 2/3 cups sugar
- 1 cup vegetable oil
- 16 ounces pumpkin puree
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon

1 teaspoon kosher salt

1 teaspoon baking soda

1/2 teaspoon nutmeg

#### CREAM CHEESE FROSTING:

4 ounces cream cheese (softened)

1/2 cup butter (softened)

1 1/2 teaspoons vanilla

2 cups powdered sugar

### DIRECTIONS

1. 15x10" Preheat the oven to 350°F. Butter a 15x10" jelly roll pan and set aside.
2. In a large bowl, beat the eggs, sugar, oil and pumpkin just until combined. In a medium sized bowl, sift together the flour, baking powder, cinnamon, salt, baking soda and spices. Add to pumpkin mixture and stir just until combined. Spread the batter in the greased pan.
3. Bake for 25 minutes, or until lightly browned and a toothpick comes clean. Allow to cool.
4. For the frosting, cream together the cream cheese, butter and vanilla. Gradually add powdered sugar. Beat until smooth and creamy. Then spread on top of the pumpkin bars with a spatula. Add sprinkles if you want!
5. Slice into squares and enjoy!

**Kids can be a great help in the kitchen.**

**Parents can make it a learning experience.**

SOURCE:

[IHEARTNAPTME.NET/PUMPKIN-BAR](http://IHEARTNAPTME.NET/PUMPKIN-BAR)



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Coeur d'Alene, ID 83814

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## DID YOU KNOW...

Breast Cancer is the most common cancer among women?


**1 in 8**




women in the U.S. will be diagnosed with invasive breast cancer in their life\*.


Make an appointment **TODAY** for your breast cancer screening.  
**CALL 208.625.6300**

*\*no referral needed.*

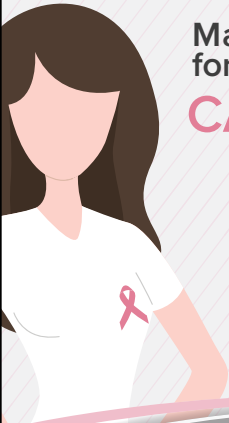


**Heritage Health**  
Healthcare from the Heart

 [myHeritageHealth.org](http://myHeritageHealth.org)



**Kootenai Health**



\* American Cancer Society | <https://cancer.org>  
\*\* Experts recommend women ages 50-74 get a mammogram every two years.

## 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](http://goo.gl/yYSCQb)



## It's your health. You deserve healthcare focused on you.

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Colleen Shackelford MSN, NP-C  
2019 AANP Idaho Nurse Practitioner of the Year



Find a Nurse Practitioner near you at [www.npfinder.aanp.org](http://www.npfinder.aanp.org)



# Mammograms save lives!

## North Idaho woman says screening caught breast cancer early

Nearly 10 years ago, Sheri Meidinger went to the doctor for an appointment to check on a painful knee.

The medical staff asked her if she wanted to get a mammogram as part of their routine with patients. Sheri remembered it had been a while since her last screening and thought it would be a good idea especially since she was already at the doctor's office. Why come back for another appointment?

That fateful decision probably saved her life.

"I had no symptoms and I thought, 'I am 42, it's not going to happen to me,'" said Meidinger, a Medical Assistant with Heritage Health. "But it can happen. Breast cancer is not discriminatory. It can happen to anybody."

Her initial mammogram caused her doctor to order a second. Then a needle biopsy. Sheri had intraductal carcinoma, uncontrolled growth of cells within the breast ducts. Tests revealed the cancer had not spread throughout her body.

"I was in stage 1 and it was about to go to stage 2," said Meidinger. "Everything happened so quick. Within two weeks, I was having surgery (a lumpectomy) and then I started radiation. Fortunately, I didn't have to have chemotherapy."

She looks back at that whirlwind experience and realizes how close she came to becoming another fatal breast cancer statistic.

"It wouldn't have been caught by a normal breast exam," she said. "It was all found by the mammogram. It's not in my family history. If I had waited another year, who knows what stage the cancer would have advanced to. A mammogram absolutely saved my life."

Others aren't so lucky.

Breast cancer is the most common cancer among women in the United States. One in eight women will be diagnosed with breast cancer during their lifetimes.

More than 40,000 women and men die from breast cancer every year. Many of these deaths could have been avoided, said Taryn Grattic, Post Falls Clinic Medical Director.

"Breast cancer is highly preventable by doing mammogram screenings," said Grattic. "I have personally witnessed being able to catch something that would have resulted in the patient dying."

Grattic says women should have mammograms every two years after they turn 50 years old.

Some women are considered high-risk if a primary relative has had breast cancer. Those women should have annual mammograms starting at age 40. She also notes that women should perform self-exams regularly.



"Mammograms are incredibly important," said Grattic. "The screenings really do save lives."

This year, Heritage Health is partnering with Kootenai Outpatient Imaging to deliver mammograms to its patients. No referral is necessary.

Sheri has been cancer-free for almost 10 years. She shares her story in hopes of inspiring other women to get their mammograms.

"It doesn't hurt," said Sheri. "Yes, it's a little uncomfortable, but it's a very simple and life-saving thing to do. You have family, children, friends, who are all there in your life. They don't want to lose you. I tell all my patients to get their mammograms because it's so important."



Schedule an Appointment:

<https://appointmentcenter.kh.org/#/mammogram>  
208-625-6300



Sheri Meidinger, Medical Asst.

## In the Time of Pandemic



PEACE & JOY

Election season chaos and division, uncertainty, fear. Everyone is on edge. Breathe deep. Connect. Look towards the upcoming holiday season with a calm mind and calm heart. Enjoy and heed these words ...

\*\*\*

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed. — Kitty O'Meara.



# Holiday Crafts & Recipes

## Coffee Filter Thanksgiving Turkeys

### MATERIALS

- Wooden Spring Clothespins
- Round White Coffee Filters
- Assorted Googly Eyes
- Washable Markers – Brown, Red, Orange, and Yellow
- Glue gun and glue sticks or a Liquid Glue with fine tip applicator
- Brown Acrylic Craft Paint
- Red and Yellow Craft Foam
- Paintbrush
- Scissors
- Pencil

### MATERIALS

- Scrap of cardboard
- Non-Stick Craft Mat or Large Plastic Zip Top Bag
- Water Spray Bottle

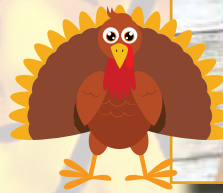
### INSTRUCTIONS

- Start by flattening out round coffee filters. Draw on them with red, yellow, and orange washable markers in a variety of patterns.
- Place colored coffee filter on a craft mat or zipper bag and spray with water. Have fun watching the magic of the colors move and blend! Set aside to dry.
- Use a scrap of cardboard to clip the clothespins onto for easier painting. Paint all sides of the clothespin with brown craft paint and a paintbrush. Set aside to dry.
- Glue on the wiggly googly eyes. You can use a low temp hot glue gun or a tacky craft glue.
- Now it's time to decorate the turkey's face! Cut out a triangle beak from yellow craft foam and a squiggly waddle from the red craft foam with scissors.
- Glue the beak and wattle (aka gobbler) below the eyes.
- Fold the dry coffee filters in half and crinkle slightly to fluff them.
- Insert coffee filter into top clip of clothespin to be the turkey's feathers.
- You can insert the dyed coffee filter as is or cut a scalloped edge to give the feathers more definition.

### NOTES

- Easily make just one or several turkeys at a time. Drying times may vary and impact total time from start to finish of this project.

Source: <https://www.darcyandbrian.com/coffee-filter-turkeys-thanksgiving-craft-for-kids>



## 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

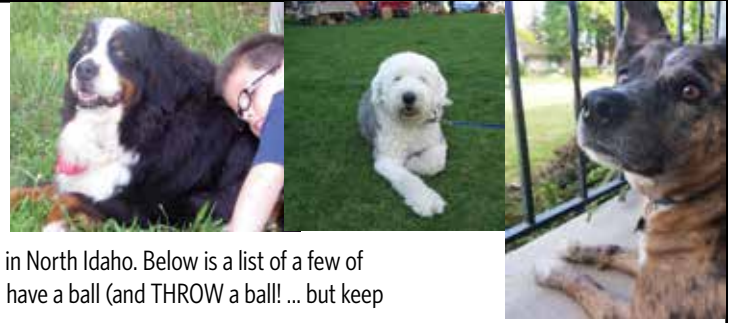
- Line a cookie sheet with wax paper. Set aside.
- Place dark chocolate melts in a medium microwavable bowl. Microwave on medium power for 30 seconds. Stir mixture and continue to microwave for 30 second intervals until chocolate is completely melted.
- Pour dark chocolate onto prepared cookie sheet 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.







# Dog Parks



When Fido needs a break, there are a number of dog parks and exercise areas in North Idaho. Below is a list of a few of them. And don't avoid them in the winter! Doggos LOVE snow! Bundle up and have a ball (and THROW a ball! ... but keep an eye out or you'll lose it!)

## Central Bark

Coeur d'Alene, Atlas Rd & Nez Perce Dr.  
Fenced, Off Leash, water

## Cherry Hill Park

Coeur d'Alene, 15th St at I90 and E. Hazel Ave.  
Fenced, Off Leash, water

## McEuen Park

Coeur d'Alene, Downtown near Tubbs Hill  
Off Leash, Fenced, water

## Pend Oreille Dog Park

Ponderay  
Fenced, Off Leash

## Dog Beach

Sandpoint  
Not Fenced, Off Leash, swim water

## Balto Dog Park

Dover  
Not Fenced, Off Leash

## Dog Island

Laclede  
Not Fenced, Off Leash

## Gateway Dog Park

Stateline at Spokane Bridge  
Fenced, Off Leash

## Atlas Park Water Dog Park

Atlas Waterfront Park  
Fenced, Off Leash, Swimming for large & small dogs

Be a GOOD dog owner: Have fun, but follow the rules, pick up your dog's poop, and WATCH your dog at all times!

# NORTH IDAHO FAMILY MAGAZINE

**Distribution:**  
Counter & rack locations,  
schools and member  
organizations throughout  
Kootenai County.  
Entire magazine appears  
on [www.niFamily.com](http://www.niFamily.com).



## Advertising Rates

- ☐ **Sponsorship - tailored to your needs!**
- ☐ **Back Cover** (8.5"w x 8.5"h + .125" bleed)
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- ☐ **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.

# 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](http://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](http://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](http://northidahobgc.org)  
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191  
[campfireinc.org](http://campfireinc.org)  
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535  
[guardiansofthechildren.com](http://guardiansofthechildren.com)  
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091  
[gsewni.org](http://gsewni.org)  
Idaho Drug Free Youth | IDFY.org | 664-4339  
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A  
667-3340 | [youthranch.org](http://youthranch.org)  
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee  
208-882-6904 | [infanttoddler.idaho.gov](http://infanttoddler.idaho.gov)

## Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | [hrei.org](http://hrei.org)  
Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |  
[civicengagecda.com/](http://civicengagecda.com/)

## Crisis Intervention

Emergency, Fire & Police | 911  
Child Protective Services | 1120 Ironwood Drive | Cd'A  
855-552-5437 | [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)  
Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | [thechildrensvillage.org](http://thechildrensvillage.org)  
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | [icareforchildren.org](http://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](http://nicrisiscenter.org)  
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls  
773-1080 | [postfallspolice.com](http://postfallspolice.com)  
Rape Crisis Line | 661-2522  
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | [safepassageid.org](http://safepassageid.org)

## Education - Adult

Bank On | [www.bankonidaho.org](http://www.bankonidaho.org)  
North Idaho College | 1000 W. Garden Ave. | Cd'A | 769-3315 | [nic.edu](http://nic.edu)  
North Idaho Higher Education | [northidahohighereducation.org](http://northidahohighereducation.org)  
North Idaho College Workforce Training & Community Education  
525 W. Clearwater Loop, Post Falls | ID | 769-3222 | [nic.edu/wtc](http://nic.edu/wtc)  
University of Idaho | 1031 N. Academic Way, Suite 242 | Cd'A  
667-2588 | [uidaho.edu](http://uidaho.edu)

## Education - Child

Be SMART for Kids | [besmartforkids.org](http://besmartforkids.org)  
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.  
Cd'A | [cdaschools.org](http://cdaschools.org)  
Coeur d'Alene Education Partnership | Cd'A | 714-4561 | [cdaep.org](http://cdaep.org)  
The Dance Company | [thedancecompanycda.com](http://thedancecompanycda.com)  
Hope on the Homefront @ Cd'A #271 | 1400 N Northwood Center Ct  
664-8241 x1061 | [cdaschools.org/Page/711](http://cdaschools.org/Page/711)  
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785  
KidOne Camps | [kidonecamps.com](http://kidonecamps.com)

KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.  
Rathdrum | 208-712-4733 | [ktectraining.org](http://ktectraining.org)  
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A  
603-667-7178 | [lakecityfigureskating.org](http://lakecityfigureskating.org)  
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828  
[lakecityhighlanddance.com](http://lakecityhighlanddance.com)  
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A  
765-6955 | [msehs.org](http://msehs.org)  
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A  
765-6755 | [nicheadstart.org](http://nicheadstart.org)  
Opening Books, Opening Doors | [openingbooksopeningdoors.com](http://openingbooksopeningdoors.com)  
Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |  
[questacademydni.com](http://questacademydni.com) | 889-8040  
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls  
[wired2learnacademy.com](http://wired2learnacademy.com) | 699-6232  
North Idaho Robotics Opportunities (formerly Xanterra FLL) | [facebook.com/XanterraFLL](http://facebook.com/XanterraFLL)

## Family Services

Family Promise of North Idaho | 501 E. Wallace Ave. | Cd'A  
777-4190 | [familypromiseni.org](http://familypromiseni.org)

## Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | [uidaho.edu/extension/eat-smart-idaho](http://uidaho.edu/extension/eat-smart-idaho)

## Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588  
[idahocareline.org](http://idahocareline.org)  
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A  
769-2252 | [cdaid.org/parks](http://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](http://icwrtc.org)  
Idaho SHIBA / Idaho Department of Insurance | [doi.idaho.gov](http://doi.idaho.gov)

## Healthcare

Abundant Life Surrogacy | Nampa, ID | [abundantlifesurrogacy.com](http://abundantlifesurrogacy.com)  
Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093  
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800  
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |  
[firststepschiropractic.com](http://firststepschiropractic.com)  
Hazeltree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | [hazeltreemidwifery.com](http://hazeltreemidwifery.com)  
Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A  
292-0292 | [myheritagehealth.org](http://myheritagehealth.org)  
Hospice of North Idaho | 9493 N Government Way | Cd'A | 691-6996 | [honi.org](http://honi.org)  
Kootenai Health | 2003 Kootenai Health Way | Cd'A  
667-3742, PF 619-4100, SP 263-6763 | [kootenaihealth.org](http://kootenaihealth.org)  
Kootenai Urgent Care | Cd'A, Post Falls, Hayden | [kootenaiurgentcare.com](http://kootenaiurgentcare.com)  
Nurse Practitioners of Idaho | [npfinder.aanp.org](http://npfinder.aanp.org)  
Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A  
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100  
[panhandlehealthdistrict.org](http://panhandlehealthdistrict.org)  
Peach Orthodontics | [peachortho.com](http://peachortho.com) | 618-5111 | 1145 E Polston Ave, Post  
Falls, ID |  
Shriners' Hospital for Children | 911 W. 5th Ave. | Spokane, WA  
509-455-7844 | [shrinershospitalforchildren.org/spokane](http://shrinershospitalforchildren.org/spokane)

## Healthcare - Mental

Imagine Behavioral & Developmental Services | 7905 Meadowlark Way, Suite C  
Cd'A | 762-1250 | [imaginebehavior.com](http://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.

Annie Winston / Jazzed About Reading | jazzedaboutreading.org  
The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com  
Bean & Pie | beanandpie.com  
Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600  
cynorthidaho.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 |  
cdacanoeclub.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  
Melissa Dalton Hunt - A Taste of Newberys | mbhunts1965@gmail.com  
Idaho Education News | idahoednews.org  
Idaho Public Television | idahoptv.org  
Innovia Foundation | innovia.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  
Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813  
cdanaz.org  
Office Depot | officedepot.com  
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course  
Rd. | Cd'A | kroccda.org  
Sport Clips | 762-6655 | haircutmenhaydenprairieid.com  
Strikezone / VRCDA | teamvsports.com  
Victory Alliance Marketing | victoryalliance.us

### 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  
The Vine Church | 9407 N Government Way | Hayden | 449-2080 |  
thevineidaho.org

### 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  
North Idaho Home Health | lhcgroup.com/locations/north-idaho-home-health  
Onsite4Seniors | onsite4seniors.org | 967-4771

### Social Services

CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E  
Cd'A | 664-8757 | cap4action.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, SVPD | 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

Operation Second Chance | operationsecondchance.org  
Ds Connections NW | dsconnectionswn.org |  
3839 W Prairie Ave, Hayden, ID | (877) 733-3955

## NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS • BASIC NEEDS • COMMUNITY RESOURCES



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