

FREE

Fall
2021

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
22nd year!*

NEW! NIFM KIDS!

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



www.nifamily.com

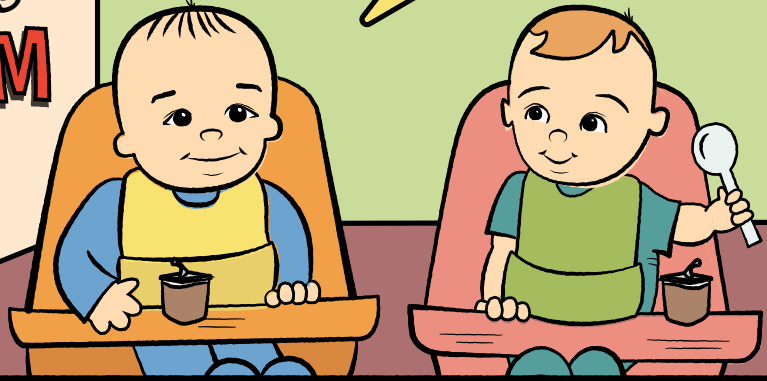
JOIN PANHANDLE HEALTH DISTRICT'S 3-CALL PROGRAM

TODAY!

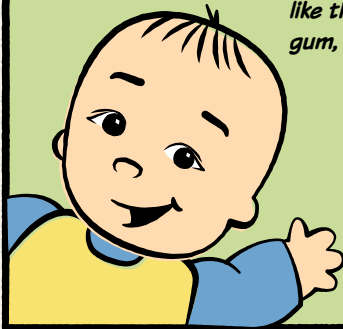


Public Health
Prevent. Promote. Protect.
Panhandle Health District

My mommy quit tobacco through the
Panhandle Health District 3-CALL PROGRAM!



She received **PERSONALIZED QUIT COACHING**, plus helpful tools for quitting like this **QUIT KIT** and nicotine patches, gum, and lozenges.



My daddy quit too! He got this cool word search book and other tools to keep him distracted while he quits...



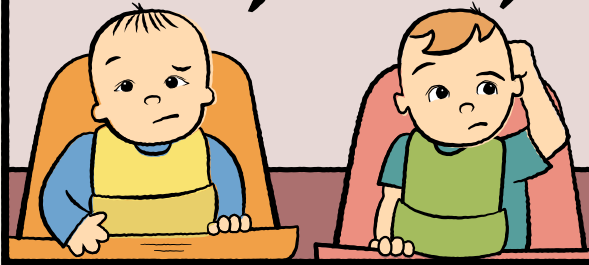
...like:

- PUZZLES
- ORIGAMI KITS
- KNOT-TYING KITS
- JOURNALS & PENS
- COLORING BOOKS

& MORE!

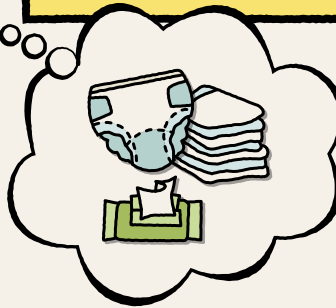
All I got was this lousy bib...

Me too...



BUT THAT'S NOT ALL WE GOT!

Now we have **CLEAN AIR** in our homes, **REDUCED RISK** for asthma attacks, respiratory and ear infections, and sudden infant death syndrome...



...and we get **FREE DIAPERS AND WIPES** too!

By quitting tobacco and getting free diapers and wipes, our families save

\$1,375 - \$2,330!
per year

...which means more chocolate pudding for us!



READY TO QUIT TOBACCO?

Use the **QR CODE**

to visit panhandlehealthdistrict.org

or

CALL (208) 415-5143

to register or for more information.

PARENTS, GET A FREE BIB WHEN YOU QUIT!

This ad was made possible by CDC grant NU58DP006796. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



Public Health
Prevent. Promote. Protect.
Panhandle Health District

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

208.699.0126

Refer to ad on page 21.

www.nifamily.com

PO Box 1568

Coeur d'Alene, ID 83816

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

Cover photo of the Sears Kids provided by Marvin & Erin Sears.

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the Group
North Idaho Family
Scoop

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

Sign up today at www.nifg.org

Welcome!

For over 22 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)
- 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

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NEW! North Idaho Family Magazine KIDS!

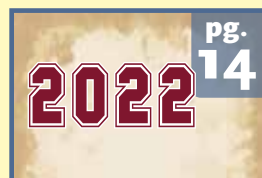
New NIFM Feature! Local kids doing local stuff & having fun



pg. 12

Fall & Winter Calendar

Fundraisers, festivals and fun for the whole family.



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Focus on 2022 Graduates



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HEALTH

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Questions ... ? It's all HERE:

EdInfoCenterCDA.com

Links to Regional Education Information
from Birth through Retirement

- Bookmark It
- Use It
- Contact us for Help

Education INFORMATION Center TM



Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

ANSWERS

FROM

PRE-KINDERGARTEN

TO CAREER TRAINING

AND BEYOND!



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

Sponsored by:





NEW!

NORTH IDAHO FAMILY KIDS! MAGAZINE



The McAndrew Kids, Grace & Griffin



Olivia Matthews in her new workspace!



Eleanor Backs' Egg Salad Recipe

- Start with six hard boiled eggs
- Peel them and cut them small. We use an egg slicer and cut the egg, turn it and cut it again.
- Add 1 cup of mayonnaise and a squirt of mustard.
- Mix it well with a fork.
- Add a little salt and pepper.
- Taste it as you go so you know when it is just right.
- Put it on club crackers to make a sandwich.

Mom Rose's Note: I don't think she uses anywhere near a whole cup of mayo. All the rest is pretty accurate.

NEW! We are excited to launch North Idaho Family Magazine KIDS! - Local kids, doing local activities, having fun, learning, making stuff, etc. We'll feature 3-4 kids in each issue, chosen from social media, messages to [facebook.com/NorthIdahoFamilyMagazine](https://www.facebook.com/NorthIdahoFamilyMagazine), etc.

Save the Date!



June 10, 2022
City Park & Beach
Downtown Coeur d'Alene

familydaycda.com



Hands On Activities!



Dancin' Dinos!



2021 Title Sponsor: TDS Communications!



The always fabulous Red Hot Mamas!

2022 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 close to 5,000 attending the last event in 2021, the spring 2022 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 FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126



Our Community
AT A GLANCE



WOMEN'S GIFT ALLIANCE 2022 GRANT FUNDING

Based on membership support the WGA is planning to award three large pooled grants of approximately \$25,000 each to three nonprofit organizations within our community in 2022. Preliminary grant applications must be postmarked by November 9, 2021. Visit www.womensgiftalliance.org for more information.

NEW DIRECTOR AT SAFE PASSAGE

Safe Passage Violence Prevention Center is excited to announce Sally Winn as its new Executive Director. Sally has spent the last 20 years as an attorney and non-profit advocate and has tremendous experience in criminal law, public policy, nonprofit management, and advocacy for those in need.

LOCAL HISTORY WEBSITE LAUNCHES

The Community Library Network announces the launch of OurCommunityHistory.net, which encompasses information about the history of North Idaho. This venture is a partnership between the Community Library Network, Rathdrum Historical Society, Post Falls Historical Society, and permissions granted by Hagadone Corporation to digitally archive portions of the Post Falls Tribune.

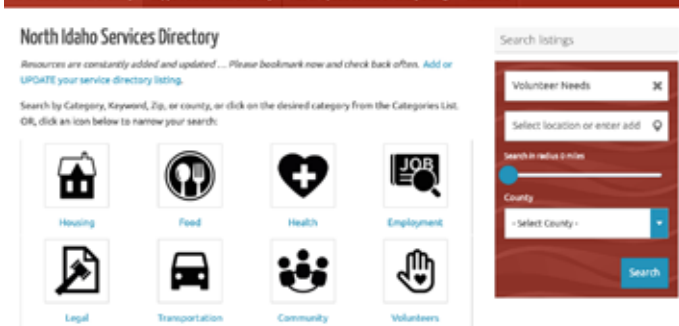
LAKE CITY BICYCLE COLLECTIVE NEEDS YOUR USED BIKES!

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 for more info.

Need Volunteers? Want to Volunteer?

Innovia Foundation and the North Idaho Family Group created a cool thing! A volunteer portal to input your organization's volunteer needs, or for the public to search for volunteer opportunities:

nivolunteers.com



INFO

nivolunteers.com

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

RE-ELECT AMY
EVANS
COEUR D'ALENE
CITY COUNCIL

Make a Difference!

VOTE! TUESDAY 11/2!



VOTE LOCAL 2021
STAND UP FOR YOUR COMMUNITY

CITY COUNCILS SCHOOL BOARDS FIRE DISTRICTS

Election Day is Tuesday, 11/2
Request your absentee ballot at voteidaho.gov

VOTER GUIDE ONLINE VOTER TOOLS

CIVIC ENGAGEMENT ALLIANCE SCAN ME Vote Idaho.gov SCAN ME

VOTE LOCAL for city councils, school boards, and fire districts! Your informed participation in choosing responsible leadership for nonpartisan roles will influence the course of our community. Make a plan to VOTE!

Options:

- Request your absentee ballot at voteidaho.gov no later than Friday, 10/22 at 5 PM.
- **Early Voting: 10/18 - 10/29 | Mon- Fri 8 AM - 5 PM**
Kootenai County Elections Office (1808 N 3rd St. CDA)
- **Election Day: Tuesday, Nov. 2nd. Polls open 8 AM - 8 PM.**
Find your polling location at voteidaho.gov and go to "Check Your Voter Record".

Be an informed voter! Research what's on your ballot before you vote. Local elections are challenging, but we are here to help. Visit civicengagecda.com/voterguide.

Up Your Language Game

From their website:

Duolingo is the world's #1 way to learn a language. With fun, bite-sized lessons you take at your pace, Duolingo fits a new language into your life. And just might change it.

You can learn a new language. All you need is a screen, a few minutes a day, and Duolingo, the free language learning app that's loved by people around the world.

From Shelly, who is boning up on her Spanish:

I'm currently on a 42 day streak of improving my Spanish. I took a couple of years in High School, and a couple of semesters in college, but wanted to do something a little more productive in my spare time than veg out watching TV or getting sucked in to Facebook.

The app is easy and fun to use. You can set up your own goals, but they also have challenges and prompts to keep you motivated. For example, I was

recently notified that Marie had taken over my #3 spot in the Obsidian League. (lol). There is a free version with ads, or you can purchase a monthly or annual ad-free subscription.

Visit duolingo.com or download the app.

Buenas Noches!



Vote November 2nd ★ voteidaho.gov



Civic Pride ★

A Proven and Experienced Leader ★

Common Sense ★

Successful Business Professional

More on Kiki's solid history of making Cd'A a great place to be:
www.KikiMiller.com
facebook.com/KikiCdaCouncil

Paid for by Kiki Miller for City Council, Barb Bradley, Treasurer



Leaf Fest 2021

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 8th, 2021 marks the start of the Coeur d'Alene's annual leaf pick-up program. **Please keep leaves on your property until Monday, 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 3rd, 2021. **Follow their progress on maps.cdaid.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.cdaid.org/leafpickup

Focus On What Matters

Year-round swimming offers kids fun, friendship, and physical activity.



Coeur d'Alene
208-448-7979

safesplash.com
swimlabs.com





JUMP FOR JOY

Coeur d'Alene's indoor inflatable Play and Party Center.

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

Kids under 2 are always FREE with paid sibling

RENTALS NOW AVAILABLE

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

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

*VOTED BEST OF 2018
KID BIRTHDAY PARTY
BY COEUR D'ALENE JOURNAL*

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!

Home Loans With The

#1 COMMUNITY BANK

IN THE NATION 2019, 2020 & 2021*

**CONVENTIONAL • REFINANCE • FHA • VA
USDA/RURAL • JUMBO • CONSTRUCTION
DOWN PAYMENT ASSISTANCE**



Willamette Valley Bank

Where Local means Something.

*American Banker Magazine Reports. All rights reserved. Subject to qualifying credit approval.
Member FDIC. Equal Housing Lender. NMLS# 713109

Financing Provided By



MARVIN SEARS
208.699.1585

Loan Officer | NMLS# 1904574



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.** Learn to swim at SafeSplash + SwimLabs! See ad on previous page.
- 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 (or MORE) new languages! See information about Duolingo on page 8.
- 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

- October 3 **Run for the Angels 5K and Family Fun Event**
MCEUEN PARK, CDA
safestartnw.org/run-for-the-angels
- Oct 6* **A Martini Affair - benefit for Safe Passage ID**
- October 14* **St. Vinny's 75th Year Anniversary**
stvincentdepaulnorthidaho.org
- October 15-24 **Neon Jungle**
KOOTENAI FAIRGROUNDS
WIRED2LEARN FUNDRAISER
- October 20 **Emerge Second Annual INK! Print Rally**
HAYDEN DISCOUNT CINEMAS
- October 20 **Unity Day**
HUMAN RIGHTS EDUCATION INSTITUTE
- October 21 **CASA Un-Corked Benefit**
HAGADONE EVENT CENTER
northidahocasa.com
- October 30 **Fall Fest, Applealooza & Scavenger Hunt**
DOWNTOWN COEUR D'ALENE
- 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.
- November (C) **WinterSwap - See you in 2022!**
KOOTENAI COUNTY FAIRGROUNDS. winterswap.com
- November 2 **VOTE!!!**
- November 4* **North Idaho Philanthropy Day Celebration**
VIRTUAL EVENTS THROUGHOUT IDAHO
idahononprofits.org
- November 4* **Flannel Fest Red Kettle Gala**
WWW.KROCCDA.ORG
- November 11* **EXCEL Foundation Big Event**
VIRTUAL EXCELFOUNDATION.ORG/THE-BIG-EVENT
- November 12 **SARS Ski Swap**
BONNER COUNTY FAIRGROUNDS.
- November 13 **Dirty Bird Trail Run - Trail Maniacs**
CHILDREN'S VILLAGE BENEFIT
- November 18 **CDAIDE 2021 Chef Challenge**
HAGADONE EVENT CENTER
cdaide.org
- November 18 **CASA's Annual Purse Party**
PEND D' OREILLE WINERY
northidahocasa.com
- November 26 **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 27* **Kootenai Health Foundation's Festival of Trees**
VIRTUAL EVENT
kootenaihealthfoundation.org
- November 27 **Coeur d'Alene Makers Holiday Market**
NEW LIFE - RATHDRUM
- December **Ugly Sweater Run**
NO INFO AT PRESS TIME
- December 4 **Hayden Lights & Parade**
MCINTIRE FAMILY PARK
- December 10 **Human Rights Day**
HUMAN RIGHTS EDUCATION INSTITUTE
- December 11 **Kootenai Farmers Market - Winter Market**
KOOTENAI COUNTY FAIRGROUNDS
- Jan 1 **Hangover Handicap Fun Run**
TESH INC - COEUR D'ALENE LAKE DRIVE

* = Virtual Event , (C) = Canceled

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**



Harvest & Holiday Fun

Scarywood Haunted Nights

They're baaaaaack! Online ticket sales only.

Prairie Home Farm

Wed & Sat in October

Holiday Light Show Cruise to the North Pole

November 13 - January 2

Traditions of Christmas

December 10-22, 2021

Fall & Winter * Fundraisers * Festivals * Fun

* Celebrate Culture & Diversity !

Oct 20: 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.

9:00 a.m. First Friday of Every Month



A great networking opportunity to meet & discuss upcoming arts & culture related events. Network, collaborate & plan together with other artists, performers, arts organizations, and stay up-to-date on our local arts events. Share talents and opportunities. Anyone interested in the arts, or looking for volunteer opportunities, is welcome.

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



CLASS OF 2022

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. 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 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/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.

**NORTH IDAHO
HIGHER EDUCATION**

5 SCHOOLS. 1 LOCATION.

Looking to prepare for a career or develop professionally?

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

Explore your options at NorthIdahoHigherEducation.org/take-action



MAKE AN APPOINTMENT TODAY



A Seafood Lovers Dream

Any fresher... You'll have to catch it yourself!



- 12 Choices of Fish & Chips
- Fun Seafood Menu
- Poke Bar
- Fresh Fish Daily
- Soups & Salads
- In-house Smoked Fish

215 W. Kathleen Ave • Coeur d'Alene • 664-4800
Between Super 1 Foods and Home Depot • Monday - Saturday 11am - 8pm

ARE YOU LOOKING FOR A FREE LIBERAL ARTS, COLLEGE PREPARATORY SCHOOL FOR YOUR STUDENT IN GRADES 6-12? LOOK NO FURTHER THAN KOOTENAI COUNTY'S ORIGINAL CHARTER SCHOOL!



**COEUR D'ALENE
CHARTER ACADEMY**

4904 N. DUNCAN DRIVE, COEUR D'ALENE
208.676.1667 • CDACHARTER.ORG



Ready, Set, Play (and stay healthy)!

The Spokane Shriners Hospital Sports Health and Medicine program is open and ready to tackle a new school year! Whether playing sports, exercising, or having fun on the playground, sometimes children get hurt. And our specialists are ready to make sure those kids can participate in any activity they choose. Our team focuses on healthy training, injury prevention, surgical care and more for our patients. Plus, our sports medicine physical therapy program offers on-site care and treatment plans focused on maximizing every patient's recovery in a new state-of-the-art gym!

Our pediatric orthopedic physicians are among the most highly-skilled in North America. In fact, the Spokane Shriners Hospital has the largest group of pediatric orthopaedic surgeons in the region! They have advanced training and experience in pediatric sports medicine to treat tiny bones and growing bodies. And as a former athlete, pediatric surgeon Dr. Jacob Carl knows how important sports can be in a child's life. He has had his own experience with season-ending injuries and knows the struggle our patients go through with surgery and recovery. His goal is to provide specialized clinical care to our young athletes and get them back to their pre-injury level.

Our families receive priority access to sports injury appointments, expedited access to surgery for urgent and acute injuries, plus, on-site, same-day radiology. Our mission is to provide the highest quality pediatric care for our patients regardless of families' ability to pay.

The Spokane Shriners Hospital Sports Health and Medicine program is here to help children get back to playing the sports and activities they love in a safe and timely fashion, while also preventing future injuries. This allows our patients to focus on what matters most... just being a kid.



Shriners
Children's™

INFO

509-455-7844
ShrinersSpokane.org

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 1300 E. Mullan Ave, Post Falls – 777-1330
 9095 N. Hess St, Hayden – 772-8940



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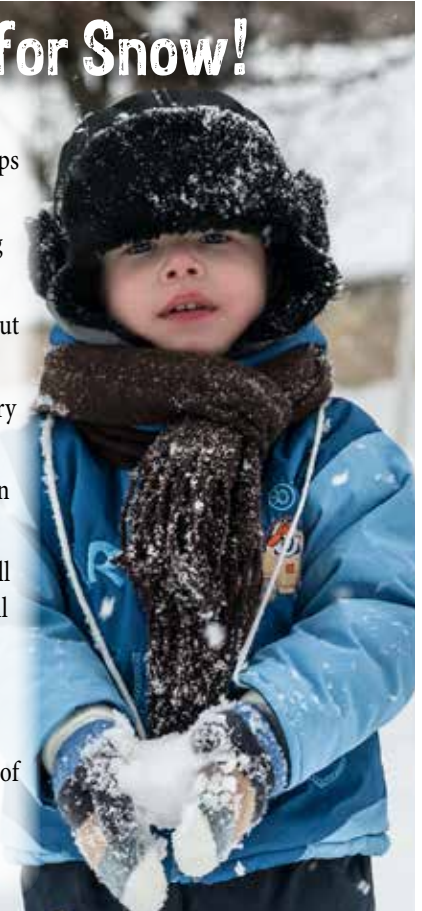
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Get Ready for Snow!

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



Patients first.

At Northwest Family Medicine, we understand you want someone you can trust to care for your loved ones as much as you do. We put patients first because that's what we would want for our families, too.

New Patients Welcome!

(208) 262-2213



Family Medicine



Back-to-School checklist

Annual Check Up
A yearly physical exam by your family's medical provider is an important part of your child's health care. The back-to-school season is a great time for putting the exam on your family's schedule.

Immunizations
Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to protect their child's health. Talk to your doctor and make sure your kids are up to date on their vaccinations.

Sports Physicals
Is your son or daughter involved in sports? Getting a physical is a great opportunity to discuss any new health concerns or rehabilitate any lingering injuries before the season starts!

myHeritageHealth.org Heritage Health 208.620.5250

A Sticking Point for Back to School

The new school year is right around the corner. Parents, teachers and students are hoping for a more traditional year.

However, with all of the focus on COVID-19, less attention has been paid to the other vaccines children need to attend school.

"It is still very important to stay on track with routine immunizations to prevent the spread of vaccine-preventable diseases," said Dr. Nicole Odom. "Parents should be scheduling those now if they haven't already."

Parents must comply with Idaho immunization laws in order to have their children to attend school. Idaho requires vaccines for measles, mumps and rubella, diphtheria, tetanus, pertussis, polio, hepatitis B, hepatitis A and varicella. Children typically receive a series of vaccinations from birth to two and a half years of age and then again when they turn four years old.

"To prevent COVID-19 and other diseases, including colds and the flu, children should be encouraged to wash their hands, practice good hygiene and cover all coughs and sneezes," said Odom. "If a child is sick, please keep them home and do not expose the school community."

Diseases long thought conquered could be making a comeback if people don't get immunized.

"A drop in community vaccination rates can decrease herd immunity and lead to outbreaks of vaccine-preventable diseases," says Odom. "And the last thing I think anyone wants right now is another outbreak of any kind."

Children ages 12 and older are now able to receive the COVID-19 vaccination.

"The COVID-19 vaccine is safe and parents should have confidence that their children will be just fine," said Odom.

INFO

208-620-5250

Pediatric Orthopaedic Specialists Sports Health & Medicine

It's time to get back to fall sports!

If an injury sidelines your child, our sports medicine specialists can help get them safely back in the game.

**Spokane Shriners Hospital
Sports Health and Medicine Team**

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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

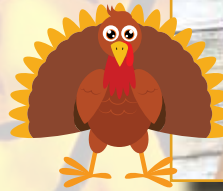
INSTRUCTIONS

- 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.





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.



Distribution:

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

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	800	700	600
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	300	275	250

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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

Boy Scouts of America, Inland NW Council | 411 W Boy Scout Way | Spokane
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 Drug Free Youth | IDFY.org | 664-4339

Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.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

Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |
civicengagementda.com/

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

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

Be SMART for Kids | besmartforkids.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

The Dance Company | thedancecompanycda.com

Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785

KidOne Camps | kidonecamps.com

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
666-6755 | nicheadstart.org

North Idaho School of Rock | northidahorockschool.com

Opening Books, Opening Doors | openingbooksopeningdoors.com

Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |
889-8040
questacademyeni.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

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 | icwrctc.org

Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | 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

Hazeltree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | hazeltreemidwifery.com

Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A
292-0292 | myheritagehealth.org

Hospice of North Idaho | 9493 N Government Way | Cd'A | 691-6996 | honi.org

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

Nurse Practitioners of Idaho | 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

Peach Orthodontics | peachortho.com | 618-5111 | 1145 E Polston Ave, Post Falls, ID |

Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinerhospitalsforchildren.org/spokane

Healthcare - Mental

Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Cd'A 625-4884 | nicrisiscenter.org

Northeast Behavioral Health | 1612 N. 3rd St. | Cd'A | 765-4509

Misc.

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
cytnorthidaho.org

Coeur d'Alene Arts & Cultural Alliance | 105 N 1st St, Suite 100 | Cd'A | 292-1629 | artsandculturecda.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

DogNIt Hotel & Daycare | 2890 N Government Way | Cd'A | dognit-daycare-kennel.business.site/

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 | idahopty.org

Innovia Foundation | innovia.org

Jump for Joy | 250 West Dalton Ave | Cd'A | 208-664-5200
jumpforjoycda.com

Kagey Company | 1048½ N 3rd St | Cd'A | 667-2314

Quest Summer Day Camp @ CDA Nazarene | 4000 N 4th St. | Cd'A | 667-4813
cdanaz.org

Running Shoes 4 Kids | facebook.com/runningshoes4kids

Safesplash + Swimlabs of Cd'A | safesplash.com/locations/coeur-d-alene-id

The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Cd'A | kroccda.org

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 | lhcgroupp.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

Habitat for Humanity | 176 W Wyoming Ave | Hayden | 762-4663

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

Kootenai Recovery Community Center | 405 N 2nd St
Cd'A | (208) 932-8005 | kootenairecoverycenter.org

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

Ds Connections NW | dsconnectionsnw.org |
3839 W Prairie Ave, Hayden, ID | (877) 733-3955

NORTH IDAHO SERVICES DIRECTORY

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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!

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