

FREE

Fall
2022

NORTH IDAHO FAMILY

M A G A Z I N E

*Now in its
23rd year!*

NIFM KIDS!

plus **25 Fun Things to do for Fall & Winter
Focus on 2023 Graduates**



www.nifamily.com

LAST YEAR, **800,000 TEENS** ACROSS THE U.S. **TRIED VAPING FOR THE FIRST TIME.***

E-cigarette companies are targeting North Idaho youth using smoke and mirrors.

Help us stop them.

Parents Against Vaping E-cigarettes (PAVe): North Idaho Chapter is a new community advocacy group for parents concerned about youth vaping.



Public Health
Prevent. Promote. Protect.
Panhandle Health District

For additional information, please contact Lindsey at (208) 415-5122 or lmccurdy@phd1.idaho.gov.

First PAVe Educates session, hosted by Panhandle Health District:

Tuesday, October 18, 2022
5:30 - 6:30 P.M.

Coeur d'Alene Public Library
Gozzer Room
702 E Front St
Coeur d'Alene, ID 83814

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:

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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 23 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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YOU TALKED. WE LISTENED.

Parents, teachers, and concerned community members said you want to feel connected again...to your kids, your neighbors, and your community.



Let's come together and make it happen! Learn how you can be a part of building a stronger community for youth.

Join the conversation at
www.communitiesforyouth.org



Want to know more about us? Communities for Youth is dedicated to partnering with Idaho schools, parents, and community members to help our young people struggling with mental health issues thrive into adulthood.



SCAN ME



NORTH IDAHO FAMILY KIDS! MAGAZINE



The Backs Crew - Dalton, Eleanor, & Olivia

Abbey Teater



Mady Witherwax

Asher & Luke Witherwax

We LOVE 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 9, 2023
City Park & Beach
Downtown Coeur d'Alene

familydaycda.com



Hands On Activities!



Dancin' Dinos!



Fun for the Whole Family!



The always fabulous Princes & Princesses

2023 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.

This event has brought close to 5,000 people in years past, and the spring 2023 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



Day of Caring Recap

On Sept 15, the Day of Caring took place with community members giving back to area non-profits to complete needed projects. City of CDA Executive Team members and US Bank Employees gave back 4 hours to assist with landscaping and garden boxes at the St. Vincent De Paul, Trinity Group Home on 1st Street!

The Advanced Benefits crew (pictured) were able to head out to Elder Care's wood project in Hayden and processed a TON of wood!

Each year hundreds of business leaders and community members roll up their sleeves and grab their tools to spend the day giving back to our community through United Way of North Idaho's Annual Day of Caring. The exciting Day of Caring "Call to Action" saves non-profit agencies more than \$30,000 in labor each year at over 30 locations in North Idaho.



NEW & RETURNING MEMBERS

Delightful Days Drop-In Daycare
Coeur d'Alene Library Foundation
Guardians of the Children
Syringa Family Partnership, LLC
Spoelstra Family Chiropractic
Fostering Idaho
Panhandle Health District
Idaho Sound Beginnings
Kootenai Health
North Idaho College Head Start
Mountain States Early Head Start
Camp Fire Inland Northwest
Family Promise
Regional Early Childhood Committee/Idaho Infant
Toddler Program
American Senior Resources (ASR)
North Idaho Sports Commission
Reentry Idaho

Visit nifg.org to get more info & join the North Idaho Family Group!

Our Community
**AT A
GLANCE**



Idaho's first homesharing program is gaining momentum

HomeShare Kootenai County has registered as a nonprofit in Idaho and has applied for 501(c)3 status with the Internal Revenue Service. The organization has also launched a website, www.homesharekc.org, with answers to frequently asked questions and details on how residents can participate in homesharing. A strong board of directors and guidelines are in place to move the nonprofit work forward as funding becomes available.

Though homesharing is a new concept in North Idaho, it has proven successful in other states. In homesharing two or more people who aren't related share housing. It's beneficial for both the home provider, who can earn rental income and potentially upkeep assistance, and for the home seeker who is looking for affordable housing.

The program is seeking home providers who are snowbirds, empty nesters, seasonal residents, recent singles or anyone who has a spare bedroom in their home, apartment, condo or mobile home.

HomeShare Kootenai County is adopting nationally proven processes for screening applicants and conducting background checks.

A number of regional nonprofits who have members and clients needing housing are coordinating efforts with HomeShare Kootenai County to assist in assuring successful matches for all parties.



www.HomeShareKC.org

INFO

www.homesharekc.org



Neon Jungle returns to the Kootenai County Fairgrounds in October, providing the community with a family-friendly alternative to haunted houses.

The immersive walk-through experience under black lights features a glowing jungle and a mythical forest filled with illuminated plants, creatures, and other surprises. Proceeds from the event benefit Wired2Learn Foundation, a Post Falls-based nonprofit that helps local students with learning disabilities thrive through innovative, brain-based education.

INFO

w2lfoundation.com

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

10 WAYS TO GET INVOLVED IN YOUR COMMUNITY



- 1) Attend a city council meeting
- 2) Contact your local representatives
- 3) Vote
- 4) Volunteer for a local organization
- 5) Organize a local green space cleanup
- 6) Plant a tree
- 7) Organize a food drive
- 8) Take a first-aid class
- 9) Shop local
- 10) Encourage your friends to get involved



www.civicengagecda.com



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!



Fun for kids, peace of mind for parents

Drop-in/Hourly

6 months - 12 yrs

Online Scheduling

Special Needs

Weekend Hours

Rathdrum Location

delightfuldaysdropin.com

208-261-1016

Leaf Fest 2022

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.

Monday, November 14th marks the start of the Coeur d'Alene's annual leaf pick-up program. **Please keep leaves on your property until Tuesday, 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 9th, 2022. **Follow their progress on maps.cdaid.org/leaf.**

When Leaf Pickup begins in your neighborhood:

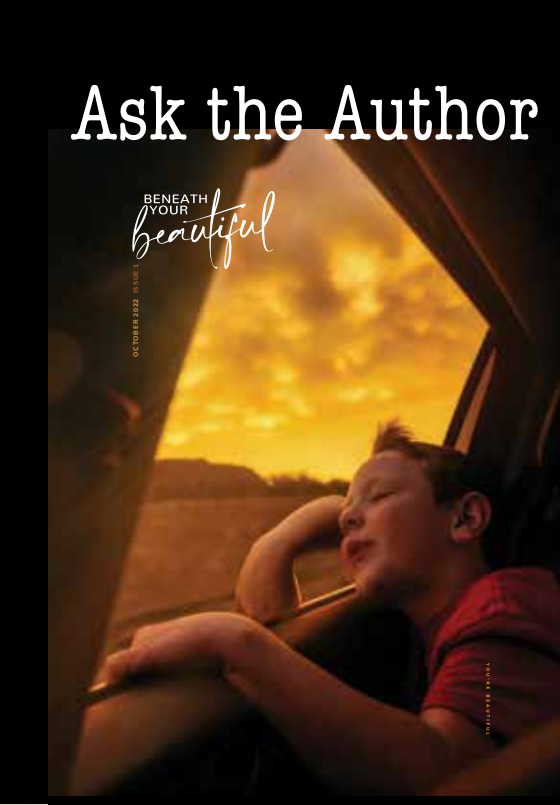
- Please keep your eyes and ears out for equipment.
- Please move vehicles off the street.
- Sweepers come behind the crews to clean the streets, and their goal is curb-to-curb cleaning.
- Please do not put any leaves out after they have completed your neighborhood.

More info: www.cdaid.org/leafpickup

Ask the Author

BENEATH
YOUR
beautiful

OCTOBER 2022 \$5.99



Local Publisher, Editor, Writer, Designer, Photographer, and Podcast Host, Hara Allison, has been even busier than usual launching a new magazine. She shares her inspiration and process below.

When Hara Allison was a small child, she discovered a deep love of writing, reading and photography.

In high school, Hara was the editor of her school newspaper and she worked on the yearbook staff. At that time, she received many awards for photography including first place in state in the Florida Scholastic Press Association display photography Student Life contest. While still in high school, she had her own darkroom and could be found there until late at night developing her beautiful black and white images.

She began her college career in

journalism, decided to switch to advertising, and has been a graphic designer for over 30 years, winning many ADDY awards.

Right after college, at age 22, her plan was to apprenticeship at a Miami photo studio, but backed out believing she wasn't smart enough to learn lighting, and put her passion for photography on the backburner.

Hara has been through much adversity. The youngest of 6 kids, she felt lost in the chaos. She was sexually abused at 7, had an abortion at 16, lost her mother to cancer at 18, was divorced after a verbally abusive marriage and raised 2 daughters on her own. She filed for bankruptcy – twice – and almost lost her home to foreclosure. all while battling her weight and her self-worth.

Just before her 52nd birthday, Hara attended a conference in Toronto, Canada. The theme was DREAMERS and the speakers at that event sparked something in her that had been dormant for 30 years: photography. And she was to use this art as a way to show people how beautiful they are - how the light they shine is much more important than what they look like. And in less than three years, Hara's photographs have been published in more than a dozen publications.

Because of Hara's many years of work, she had found self-love and acceptance - an experience she wishes for everyone. Now, she uses all of her talents to share this mission with the world: writing, design, photography and the ability to have frank, vulnerable discussions about difficult topics.

The intimate conversations during photoshoots led Hara to hosting a podcast, now with more than 75 episodes. Guests share stories of adversity and perseverance which inspire, encourage and challenge us. Hara embraces these tough conversations, intimately exploring our loves, fears and hopes with a delicious combination of depth and lightness.

In addition to the podcast, Hara volunteers with a nonprofit photographing parents who have lost or are losing their babies.

And all of this has culminated in a magazine, *Beneath Your Beautiful*, whose first issue is due this Fall.



50 WAYS TO ENCOURAGE A CHILD

- Thumbs up.
- You're on the right track now.
- You've worked so hard on that.
- I heard you say how you feel. That's great.
- Oh, that turned out very well.
- That's coming along nicely.
- I'm proud of the way you worked today.
- You've just about got it.
- That's the best you've ever done.
- You stayed so calm during that problem.
- That's it!
- Now you've figured it out!
- That's quite an improvement.
- I knew you could do it.
- Congratulations.
- I love hearing your words.
- What a superstar you are.
- You've solved the problem.
- Keep working on it, you're almost there!
- Now you have it.
- Your brain must be working hard, you figured that out quickly.
- I bet you're proud of yourself.
- One more time and you'll have it.
- Great idea!
- You're amazing!
- Terrific teamwork!
- Nothing can stop you now.
- You have such creative ideas.
- That's the way to do it.
- Sensational!
- You must have been practicing.
- You handled that so well.
- I like how you think.
- Good remembering.
- You know just what to do!
- You really are persisting with this.
- You expressed yourself so well.
- You did it!
- I knew you two could figure it out together.
- Excellent job saying how you feel.
- I know it's hard, but you're almost there.
- Fantastic problem-solving!
- I love hearing about your ideas.
- I know that was hard for you, but you stayed so calm.
- Yes!
- Looked at how you help each other.
- You finished faster because you worked together.
- You kept trying!
- Excellent try!
- You are a creative thinker.
- Source: <https://www.teachthought.com/pedagogy/encourage-a-child/>



Hara Allison
beneathyourbeautifulmag.com



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!
- 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/ 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!
- 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 1 | "I WRITE THE SONGS"
BENEFIT FOR THE CDA LIBRARY FOUNDATION
CDA LIBRARY | October 31 | North Idaho's Great Pumpkin Fest
KOOTENAI FAIRGROUNDS |
| Oct 5 | A Martini Affair - benefit for Safe Passage ID | October 29 | Fall Fest, Applealooza & Scavenger Hunt
DOWNTOWN COEUR D'ALENE |
| October 8 | Run for the Angels 5K and Family Fun Event
MCEUEN PARK, CDA
safestartnw.org | November | WinterSwap - No Date at Press Time
KOOTENAI COUNTY FAIRGROUNDS. winterswap.com |
| October 8 | Hope 4.5K Orphan Run in Hayden
HOPE45K.ORG | November | North Idaho Philanthropy Day Celebration
VIRTUAL EVENTS THROUGHOUT IDAHO
NO DATE AT PRESS TIME
idahononprofits.org |
| October 8-9 | North Idaho's Great Pumpkin Fest
KOOTENAI FAIRGROUNDS | November 1 | Flannel Fest Red Kettle Gala
KROCCDA.ORG/KROC-CDA/KETTLES |
| October 13 | CDAIDE 2022 Chef Challenge
HAGADONE EVENT CENTER
cdaide.org | November 8 | VOTE!!! |
| October 14-23 | Neon Jungle
KOOTENAI FAIRGROUNDS
WIRED2LEARN FUNDRAISER | November 5 | EXCEL Foundation Big Event
VIRTUAL EXCELFOUNDATION.ORG/THE-BIG-EVENT |
| October 15 | Hayden Lake Marathon
KOOTENAI FAIRGROUNDS | November 11-12 | SARS Ski Swap
BONNER COUNTY FAIRGROUNDS. |
| October 19 | Unity Day
HUMAN RIGHTS EDUCATION INSTITUTE | November 17 | Souport the End of Homelessness
ST. VINCENT DE PAUL CDA BENEFIT
SILVER LAKE MALL |
| October 27 | CASA Un-Corked Benefit
HAGADONE EVENT CENTER
northidahocasa.com | Nov 25 | 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. |
| October 28-29 | 3C's Craft Show
KOOTENAI FAIRGROUNDS | Nov 25-26 | Kootenai Health Foundation's Festival of Trees
VIRTUAL EVENT
kootenaihealthfoundation.org |

Harvest & Holiday Fun

Scarywood Haunted Nights

Sept 29-Oct 29. Online ticket sales only.

Prairie Home Farm

Wed & Sat in October

Holiday Light Show Cruise to the North Pole

November 25 - January 2

Fireside Story Time @ The CDA Resort

November 13 - January 2

Traditions of Christmas

December 9-22

Events listed were current as of press time.

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



Fall & Winter * Fundraisers * Festivals * Fun

* Celebrate Culture & Diversity !

Oct 19: 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 2023

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.gov
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.



Heads UP! Changes to FAFSA in 2022!

- Simplified form now has 36, rather than 108 questions to answer
- Applications can select their role: parent, preparer, or student
- Drug convictions will no longer affect student eligibility to receive federal aid
- Male applications can receive financial aid even if they don't register for selective service



**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



Natural
Connections
Academy Inc.



Connecting Children's Learning to the Environment

Limited Spots

Available (Fall 2022)

CALL NOW!

208-428-6224

- 👣 👣 Small class size, 1:10 Teacher/Student Ratio
- 👣 👣 Educated by Certified Teacher
- 👣 👣 75% of student time outside in Nature
- 👣 👣 Science Focused Curriculum

Outdoor Private School in Worley, Idaho
208-428-6224 www.naturalconnectionsacademy.net

Questions ... ? It's all HERE:

EdInfoCenterCDA.com

Links to Regional Education Information
from Birth through Retirement

- Bookmark It
- Use It
- Contact us for Help

Education INFORMATION Center™



Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

ANSWERS

FROM

PRE-KINDERGARTEN

TO CAREER TRAINING

AND BEYOND!



Sponsored by:



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



On the Road to Recovery ...



The 2020 National Survey on Drug Use and Health reports that more than 40 million Americans (aged 12 and older) had a substance use disorder, a medical condition characterized by the uncontrollable use of drugs or alcohol despite the negative consequences, in the past year.

September was National Recovery Month, providing an opportunity to provide information on various recovery programs. Most people have heard of Alcoholics Anonymous, but there are a multitude of national and international recovery programs that are great alternatives.

1. SMART Recovery: Smart Management and Recovery Training focuses on empowering the individual to sustain recovery.
Info: smartrecovery.org



2. LifeRing: LifeRing Secular Recovery is an abstinence-based, anonymous organization dedicated to providing a safe meeting space where you can experience a non-judgmental recovery conversation with your peers. Info: lifering.org



3. Recovery Dharma: Recovery Dharma is a peer-led movement and community that is unified by ones trust in the potential of each of ourselves to recover and find freedom from the suffering of addiction. Recovery Dharma believes that the traditional Buddhist teachings, often referred to as the Dharma, offer a powerful approach to healing from addiction and living a life of true freedom. Info: recoverydharma.org

4. Wellbriety: Wellbriety is a Native American interpretation of the traditional AA 12-Step program. The term Wellbriety means to be sober and well, and to live a sober life that is balanced emotionally, mentally, physically, and spiritually. It is about whole-person wellness. Wellbriety takes a culturally based approach, but anyone who could benefit from this approach is welcome to participate. Info: wellbriety.com or whitebison.org



5. Women for Sobriety (WFS): Founded in 1975, Women for Sobriety (WFS) is the first peer-support program tailored specifically for women overcoming substance use disorders (SUDs). The WFS New Life Program is inclusive of all women, regardless of financial resources, race, religion, abilities, and backgrounds.



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Mammograms are more important than ever

Research shows breast cancer screenings can be used to prevent stroke, heart disease

Regular mammograms have long been touted as an important screening tool against breast cancer, but now they could be instrumental in determining a woman's risk for heart disease and stroke.

Detection of breast arterial calcifications on breast mammograms are associated with a higher risk of cardiovascular disease in postmenopausal women, according to new research published today in *Circulation: Cardiovascular Imaging*, a peer-reviewed journal of the American Heart Association.

"I am a big proponent of mammograms," said Dr. Anthony Rehil-Crest, Chief Clinical Officer for Heritage Health. "This new research is fascinating and may someday give us another tool to prevent cardiovascular disease, but we will need to wait for further research to confirm these findings. In the meantime, I still recommend mammograms for all women 50 years and older to screen for breast cancer."

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 lifetime.

More than 40,000 women and men die from breast cancer every year. Many of these deaths could have been avoided, said Leslie Stone, VP of Clinical Operations for Heritage Health.

"Breast cancer is highly preventable by doing mammogram screenings," said Stone. "The screenings really do save lives."



Stone says women should have mammograms every two years once they turn 50 years old.

"Some women are considered high-risk if a primary relative has had breast cancer," said Stone. "Those women should have annual mammograms starting at age 40."

There are some troubling trends about breast cancer. Data shows that breast cancer survivors are not getting their annual mammograms and that since 2009 the numbers have steadily declined about 1.5 percent a year.

"I can't stress the importance of the mammogram enough," said Stone. "While they are not fun, they are critical to saving your life."

INFO

208-620-5250
myheritagehealth.org

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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



Holiday Crafts & Recipes

Coffee Filter Thanksgiving Turkeys

MATERIALS

- white coffee filters
- watercolor paint
- paint brush
- construction paper – brown, orange, red
- googly eyes
- cup, water, paper towels

INSTRUCTIONS

- You'll most likely want to put something under the coffee filter because the watercolors will seep through. I just used some paper towels, but newspaper would also work well.
- Using the watercolors, paint any sort of design on the coffee filter. Let it dry completely – about 10 minutes.
- Trace a large circle and slightly smaller circle onto brown construction paper. I used a mason jar to trace my bigger circle and a smaller glass to trace the second circle.
- Glue the larger circle onto the coffee filter first for the turkey's body. Add the smaller circle to the top of it to create the head. Add a beak, gobbler and some eyes. If the kiddos want to get extra creative, they can add legs, hats, or anything else!
- Hang around the house as some cute Thanksgiving decorations! They would look really pretty hanging in a window because the watercolors give them a sun catcher type of look!

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: typicallysimple.com/watercolor-coffee-filter-turkeys



Peppermint Bark Popcorn

INGREDIENTS

- 1/2 cup popcorn kernels (10 cups popped)
- 12 oz vanilla candy melts or vanilla almond bark
- 5 candy canes (peppermint), finely crushed (crush until it's half powder half tiny pieces. Scant 1/2 cup)
- Few Tbsp Sprinkles (optional)
- 1/2 cup good quality chocolate chips (milk, semi or bitter-sweet, whichever you prefer)
- 1/4 tsp peppermint extract

DIRECTIONS

- Pop kernels in a popcorn popper according to manufacturers directions, into a very large bowl. Remove un-popped kernels.
- Melt candy melts according to directions listed on package.
- Pour melted candy melts over popcorn and toss to evenly coat, then set aside 1 Tbsp of crushed candy canes and immediately (before coating hardens) add remaining crushed candy canes to popcorn and toss to evenly coat.
- Sprinkle with Christmas or red sprinkles if desired. Spread onto a large piece of parchment or wax paper into a single layer (add more sprinkles if desired).
- In a microwave safe bowl, melt chocolate chips on 50% power in 30 second intervals, stirring after each interval until melted and smooth.
- Stir peppermint extract into melted chocolate. Transfer to a piping bag (cut tip from corner) and drizzle evenly over popcorn.
- Sprinkle remaining 1 Tbsp candy canes over chocolate and allow chocolate to set at room temperature, then break popcorn into pieces. Store in an airtight container.

Source: www.cookingclassy.com/peppermint-bark-popcorn





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. (But look for lower-sugar versions if possible).

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

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.



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

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	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 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

Fostering Idaho | 2005 Ironwood Pkwy ste 200 | Cd'A | fosteringidaho.org |
(800) 745-1186

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 Sound Beginnings | healthandwelfare.idaho.gov

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

Neighbors n Need Sensory Play Center | 2700 E Seltice Way | Post Falls |
neighborsnneed.wixsite.com/neighborsnneed | 509-220-1918

Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | healthandwelfare.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 |
civicengagecda.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

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

Delightful Days Drop-In Daycare | 14870 N. Hwy 41 | Rathdrum
| 261-1016 | delightfuldaysdropin.com

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

Natural Connections Academy | 5827 W Conklin Rd | Worley, ID 83876 |
208-428-6224 | <https://www.naturalconnectionsacademy.net/>

North Idaho School of Rock | northidahorockschool.com

Opening Books, Opening Doors | openingbooksopeningdoors.com

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

Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232

North Idaho Robotics Opportunities (formerly Xanterra FLL) | [facebook.com/XanterraFLL](https://www.facebook.com/XanterraFLL)

Family Services

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

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org

Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks

Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1

Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrtc.org

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

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com

Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093

First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschiropractic.com

Heritage Health | 1090 Park Place | Cd'A | 292-0292 | myheritagehealth.org

Hospice of North Idaho | 2290 W Prairie Ave | Cd'A | 772-7994 | honi.org

Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org

Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com

Open Arms PCC & Real Choices Clinic | 8056 N. Wayne Drive | Hayden |
realchoicesclinic.com | 667-5433

Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org

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

SafeStart - NISSA | 1130 North 4th Street | Cd'A | 206-548-9290 | nwsids.org

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

Spaelstra Family Chiropractic | 214 West Sunset Ave | Cd'A | 667-7434 |
cdahealth.com

Syringa Family Partnership | 8680 N Wayne Dr, Ste C | Hayden | 635-5907 |
www.syringafp.com

Healthcare - Mental

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.

The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.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 Library Foundation | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.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 | 640-7449 | eliteauctioninc.com

Idaho Education News | idahoednews.org

Idaho Public Television | idahopty.org

Innovia Foundation | innovia.org

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

Kagey Company | 1048 1/2 N 3rd St | Cd'A | 667-2314

Momentum Sports and Play | 245 W Bosanko Ave Ste 1 | Cd'A | katie@momentumsportsandplay.com | 966-4535

North Idaho Sports Commission | PO Box 391 | Cd'A | 503-740-9946 | nisportscommission.org

Northwest Health & Safety Network | 99 Brown Creek Rd | Naples

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

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

American Senior Resources | Daniel Osburn | 360-926-5372

ElderHelp | 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

Reentry Idaho | PO Box 3581 | Cd'A | 900-9075 | reentryidaho.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

Reentry Idaho | 208-900-9075 | reentryidaho.org

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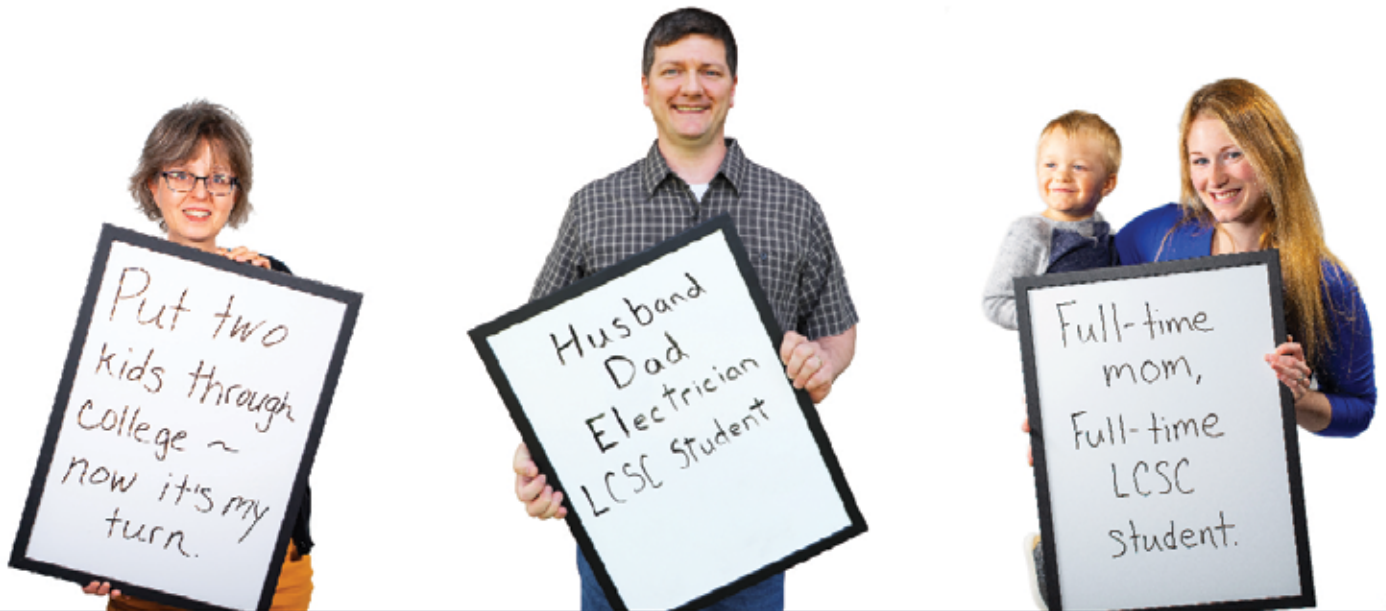
The North Idaho Services Directory is the most comprehensive online list of service providing organizations in the region, with the ability to sort, filter, and search by category, agency name, zip code, city, and other fields.

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