

FREE

Summer
2014

NORTH IDAHO FAMILY

M A G A Z I N E

*Follow the
mascot to
North Idaho
Summer Fun!*

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Announcing:
**Pre-K – Career
Education Information Center**

Camps and Kids Meals

Education Opportunities
How to Guide - Part 1



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At Kootenai Clinic we are part of the community, living and working throughout northern Idaho and eastern Washington. Internally, we are connected as a community as well. We are physicians and providers, from family medicine, surgery, cardiology, oncology, and more. We're all working together, sharing vital information and resources, and focused on making your health care the very best it can be. Because after all, at the center of our community is **you**.

For a list of all Kootenai Clinic locations visit kootenaiclinic.org or call (208) 625-4652.



KootenaiClinic

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in the next issue:

208.667.2314

www.nifamily.com

1048 N. 3rd St.

Coeur d'Alene, ID 83814

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ACKNOWLEDGEMENTS:

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by following SpekTater™ on Facebook.
www.facebook.com/spektater

Welcome!

It's been over 16 years since the original group of local nonprofits became involved with the North Idaho Family Magazine. Through the years the publication and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families
- The NICE calendar for charitable events planning
- The North Idaho Family Group which provides outreach to those supporting healthy families
- Connections through social media

We are excited about the future and the dramatic changes we will be able to bring to you and your family.

The formation and finalization of the nonprofit North Idaho Family Marketing and Communications Coalition, and its hiring of a group coordinator, will streamline what we can do for area nonprofits and how

we can fulfill the important mission of building healthy families and lifelong learning in our community.

The Family Group will provide:

- An annual nonprofit service directory
- Resources for event marketing and communications
- Expansion of the lifelong learning mission that reaches all who want an education
- Partnerships with U of I and others for Nonprofit Leadership Certification and Continuing Education Units
- An ongoing, in-depth local look at what's important to families through the North Idaho Family Magazine

Please enjoy this issue and make sure to like us on Facebook:

www.facebook.com/NorthIdahoFamilyMagazine

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A comprehensive central location for information about Pre-K through career education choices in North Idaho



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Secondary education directory and tips for earning high school and college credits at the same time.



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25 Fun Things For Kids to Do This Summer

Places to go, events to attend, things to do, recipes, quiet moments... there is a plethora of fun to be had in North Idaho this summer!



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Announcing: Pre-K – Career Education Information Center



Conceptual drawing by MillerStauffer Architects

Knudtsen Chevrolet and Waste Management, Inc. have stepped up as the first two Visionary Partners for the Pre-K – Career Education Information Center.

The North Idaho Family Group, Inc., a local nonprofit focused on developing healthy families and lifelong learning, is launching a new, comprehensive Education Information Center website that will include information about education opportunities from pre-kindergarten through career. The vision for the project also includes a brick and mortar facility that will house an education information kiosk with technology and interactive displays.

The North Idaho Family Group will collaborate with regional education entities to provide the information so that the

community has a 24/7 one-stop shop that will allow access to all education resources including (but not limited to) preschools, religious schools, technical professional training programs, higher education, workforce education certification, enrichment classes, and online degree courses.

The Education Information Center website will be launched by this fall. The site will not offer programs or classes, but will include comprehensive links and contact information by category to what is available in the five northern counties. Individuals seeking information will be able to search by category, location, age, or desired career. The website will also include information and “how to guides” for scholarships, ongoing education paths, grants, and accessing federal aid.

The Education Information Center is being funded initially by its Visionary Partners

“...there was a large void in the community for being able to find a single source for answers about all of the area’s education questions. This is a perfect tool to encourage and support the importance of education from prior to pre-school until well into the retirement years.”

- Eve Knudtsen, Knudtsen Chevrolet

Program, currently including Knudtsen Chevrolet and Waste Management, Inc.

“I’ll continue to be committed to promoting all types of education,” said Eve Knudtsen, owner of Knudtsen Chevrolet. “Becoming one of the founding Visionary Partners for this project and to help assure the sustainability of this valuable community resource, fulfills that ongoing commitment. First-hand experience showed me that there was a large void in the community for being able to find a single source for answers about all of the area’s education questions. This is a perfect tool to encourage and support the importance of education from prior to pre-school until well into the retirement years.”

Funding for a physical building is being sought through education grants, sponsors, and ongoing partnerships. For more information, North Idaho Family Group 208-667-2314.

Lake City Junior Academy

The Lake City Junior Academy family exists to show children Jesus, nurture their love for Him and others, teach them to think, and empower them to serve.

To achieve this goal, we encourage each student to:

- Develop a personal relationship with God and his fellow men as stated in Matthew 2:37-39
- Master the basic academic skills
- Value labor, physical and mental, as the
- Blessing God intended
- Cultivate physical fitness, mental ability, and moral purity as the blessing God intended.

(208) 667-0877

Lake City Junior Academy is operated by the Seventh-day Adventist Church to provide a spiritually oriented education for children.

111 E. Locust Ave., Coeur d'Alene, ID 83814
www.lcja.org





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Open Monday – Friday 7:00 AM – 4:00 PM





17 years of Juggling

David Groth, teacher and juggling aficionado, answers questions about the Juggling program at Sorensen Magnet School for the Arts & Humanities.

When did the juggling program start and where have you performed?

The program started in 1998. I remember our first public performance, in the bus station on First Night Spokane.

For five years we had a Sorensen based group called Levity, which traveled around the country to attend juggling festivals and perform. This included: Buffalo, NY; Reading, PA; Reno, NV; Toronto, Canada; Seattle; Portland and more.

In the past seven years, the Sorensen Juggling Performance Team has done halftime shows at Gonzaga and Whitworth Universities, the University of Idaho and North Idaho College. They have also performed at area high schools, Festival of Trees, Hospice of North Idaho, Art on the Green, in the 4th of July parade, at Art Walk and more!

Why is the juggling program at Sorensen important (as well as other performance teams)?

At Sorensen we talk about our "culture of confidence." We think juggling is one example of how our students have gained confidence. They show it in performances.

It is a great physical activity, it's cheap, travels well and is an unlimited opportunity for creativity.

Tell us about FUZE! (a group of jugglers with Sorensen roots)

Jack, Mickey, Taylor and Chloe went to Sorensen for their entire elementary experience. By 2nd grade, it was clear they had exceptional talent: coordination, creativity and willingness to be a great member of a team. When they completed 5th grade, I suggested they continue to work together, with me as their coach. We have continued for two years now. They have performed for private parties, at all of the colleges and universities, have opened twice for Portland Juggling Festival, and much, much more.

Do you still do the Monday night juggling program?

Monday night juggling has been going since 1999, every Monday during the school year (when school is in session) and all summer at Independence Point 6:30-8:00pm. All equipment and lessons are provided; everyone in the world is welcome! We ask for a \$1 donation.

For more info on Fuze! www.facebook.com/FUZEjugglers



Fizz, Boom, Read at Your Local Library

Don't look now, but summer is here and the Community Library Network is ready for fun. This year's theme, **Fizz, Boom, Read**, is designed to engage kids in science, technology, engineering, math and reading. Libraries in Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake and the bookmobile are ready to make Summer Reading better than ever! All programs are free.

Come see Radical Rick deliver a high-energy show with interactive science demonstrations. Cecil the Magician will perform his magic with his signature Southern charm. And visit with live eagles and other raptors during the Birds of Prey Northwest program. That's just a start.



Community Library Network
www.communitylibrary.net/summer

North Idaho College Head Start



For children ages 3 or 4 before Sept. 1

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8 Head Start centers in North Idaho

208-666-6755

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How To Help Your Child Get Into College - And Succeed!



What do colleges look for in an applicant? A quick Google search brings up over 100,000,000 results. Here, in abbreviated form, is what you will find:

- ◆ A rigorous high school curriculum, including AP or IB classes.
- ◆ Good grades. Slightly lower grades in a rigorous program are preferred to better grades in a less challenging program!
- ◆ SAT and ACT scores. Most sites state that high grades and high test scores indicate a quality program and a promising student.
- ◆ A well-written student essay.
- ◆ Passionate interest in a few out-of-school activities (as opposed to casual involvement in several).
- ◆ Demonstrated leadership.
- ◆ Personal characteristics that will contribute to the diversity of the school population. Interestingly, it may help that applicants come from rural Idaho.
- ◆ Intellectual curiosity, as demonstrated by the applicant's interests and pursuits.
- ◆ The applicant's interest in their school. If applicants can manage to arrange for a campus visit or enroll in a workshop at their campus, this can help to prove the applicant's interest.
- ◆ Letters of recommendation from those who can attest to the applicant's character and potential.

The Coeur d'Alene Charter Academy can help your student reach each of these goals and get into many excellent schools. Their students outpace top students from other schools in acceptance to quality programs, scholarships and college completion. They can give your student the tools they need to not only get into college, but also succeed in college.

Coeur d'Alene Charter Academy was recently ranked, out of about 22,000 high schools in the country, as #59 in the nation by The Washington Post, and #67 in the nation by U.S. News. The Charter Academy is dedicated to providing a rigorous, content-rich, college preparatory education to any students who are willing to accept the challenge.



Coeur d'Alene Charter Academy
www.cdacharter.org or 208.676.1667

LIBRARY DIGITAL DOWNLOADS

The Cooperative Information Network (CIN) brings our community libraries right into our homes. With a CIN library card you have access to a wealth of library resources from 22 public and school libraries in North Idaho. You can search the online catalog for books and other items and have them sent to a library of your choice for pickup.

Or, if you prefer to read on a computer, eBook reader or other portable device, CIN Digital Downloads is the way to go! A large selection of eBooks and Audio Books are available through the CIN OverDrive system. Your reading adventure is just a few clicks away, any time, day or night. You can borrow up to five books during a lending period. Lending periods may vary.

Libraries must abide by publisher lending policies including the One-Copy, One-User Model. Libraries pay for each digital copy they own just like hard copies, so only one person has access to that title at a time. If a One-Copy, One-User book you would like to borrow is already checked out, you can put it on hold and wait for it to become available.



Your CIN card also allows for free music and music video downloads through Freegal (rhymes with "legal") Music. Users are allotted a small number of downloads each week. The download counter resets on Mondays. There are millions of songs available in hundreds of genres. Freegal Music has agreements with over 28,000 music labels making their content free and legal to its users.

www.cinlibraries.org
cinlibraries.freegalmusic.com

Human Rights Education Institute

414 W. Mullan Road, Coeur d'Alene, Idaho • 208-292-2359



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www.hrei.org



Kootenai County Secondary Education Directory

Parents and students have lots of options when it comes to choosing a school for sixth grade or beyond. Choices include online, college prep, technical, traditional, faith based or a high school program that offers opportunities to earn college credits at the same time. Here's an overview of local choices:

PUBLIC SCHOOLS

Canfield Middle School

E. 1800 Dalton Ave.
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 664-9188
Grades 6-8

Canfield's newly remodeled campus features an educational setting focused on individual students. Teachers work collaboratively to prepare students to be successful at the high school level. Canfield is an award-winning Idaho 4-Star School.

Coeur d'Alene Charter Academy

4904 N. Duncan Drive
Coeur d'Alene, ID 83815
www.cdacharter.org
(208) 676-1667
Grades 6-12

A public charter academy, this award-winning school provides a tuition-free, college prep curriculum. Small classes ensure a rigorous, content-rich learning environment with in-depth lessons in reading, writing, speaking, language arts, mathematics, science, and history, and an appreciation for music, art, and drama. Accredited by the Northwest Accreditation Commission. The academy has received numerous prestigious national rankings.

Coeur d'Alene High School

5530 N. Fourth Street
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 667-4507
Grades 9-12

CHS has a long history of academic excellence with numerous National Merit Scholars, award-winning teachers, and a strong commitment to students. Coeur d'Alene High offers a rigorous curriculum that includes AP classes in English, physics, chemistry, biology, calculus, French, Spanish, government, and U.S. history, as well as NIC dual credit courses, and honors courses.



Idaho Distance Education Academy

761 N. Thornton Suite E
Post Falls, ID 83854
www.idahoidea.org
(208) 457-1019
Grades K-12

I-DEA is a statewide public charter school that started in 2004 and is accredited through AdvancED. Parents play an integral role and a standard course load is six classes per semester. A minimum of 46 credits is required to graduate.

Idaho Virtual Academy

1965 S. Eagle Road, Suite 190
Meridian, ID 83642
www.k12.com
(866) 339-9065
Grades K-12

A publicly-funded online K-12 charter school with a curriculum that focuses on individualized learning approaches. Experienced, state certified teachers are available online and by phone. Core subjects and electives are available. Fully accredited by the Northwest Accreditation Commission. In most cases, credits will transfer to another school. IDVA provides an education that meets or exceeds the state standards.

Kootenai Bridge Academy

637 Park Drive
Coeur d'Alene, ID 83814
www.kootenaibridgeacademy.org
(208) 930-4515
Grades 11-12 ages 16-21

Kootenai Bridge Academy is a virtual public charter school with free tuition that focuses on individual student needs. Students may earn a high school diploma and attend either a morning, afternoon, or evening shift. Students work at their own pace and complete one course at a time.

Kootenai Technical Education Center (KTEC)

6838 W. Lancaster Road
Rathdrum, ID 83858
www.ktec/schoolloop.com
(208) 712-4733
Grades 11-12

KTEC is a partnership between business, industry leaders, and the Coeur d'Alene, Post Falls, and Lakeland School districts. Students attend a morning or afternoon session for their specific program and attend their regular high school for the remainder of the day. Tuition and transportation is free. Students may earn dual credits through North Idaho College and industrial certifications through an applied skilled learning environment. Programs offered are auto technology, computer repair and networking, construction, diesel technology, engineering and automation, health professions and certified nursing assistant, welding and fabrication, and resort academy.

Lake City High School

6101 Ramsey Road
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 769-0769
Grades 9-12

Lake City is proud of its longtime teaching staff and ability to prepare graduates for both college and the workforce. LCHS is an Idaho 4-Star School with many National Merit Finalists and offers a broad array of Advanced Placement, International Baccalaureate, honors, and NIC dual credit courses. Lake City is recognized as a Northwest Exemplary School and received the 2013 Student Council National Excellence Award and offers many award-winning programs.

Lakeland High School

7006 W. Highway 53
Rathdrum, ID 83858
(208) 687-0181
Grades 9-12

A traditional award-winning school, Lakeland offers a Dual Credit Academy that allows juniors and seniors to take high school classes at their school and receive NIC credits. Lakeland provides a broad curriculum and has received meritorious accreditation numerous times.

Lakeland Junior High School

15601 N. Highway 41
Rathdrum, ID 83858
(208) 687-0661
Grades 7-8

LJHS provides a curriculum that prepares students to be successful in society.

Lakes Magnet Middle School

930 N. 15th Street
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 667-4544
Grades 6-8

Lakes Magnet Middle School strives to provide a learning environment that promotes self motivated learners and enhances community relationships. As a magnet school, Lakes is unique with a focus on science, health, and the arts, while also providing core subjects and traditional electives. Lakes also strives to achieve a positive school climate, service learning opportunities, and celebrates student success.



Mountain View Alternative School

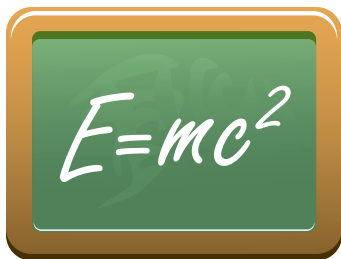
7802 W. Main Street
Rathdrum, ID 83858
(208) 687-0025
Grades 9-12

Mountain View provides opportunities for students to develop their individual potential and to acquire the knowledge, skills, and attitudes needed to contribute to a healthy society and a prosperous economy.

New Vision Alternative School

201 W. Mullan Ave.
Post Falls, ID 83854
www.pfsd.com
(208) 773-3541
Grades 9-12

New Vision provides opportunities for students to develop team-building skills that enable them to become cooperative and participatory members of their communities.



North Idaho STEM Charter Academy

15633 N. Meyer Road
Rathdrum, ID 83858
www.northidahostemacademy.org
(208) 687-8002
Grades K-12

The STEM Academy provides a challenging learning environment with a focus on science, technology, engineering, and math with a project-based learning philosophy. A public school, the STEM Academy is authorized by the Idaho Public Charter School Commission. Uniforms are required and students from Post Falls, Lakeland, Bonner County, and Coeur d'Alene school districts may attend for free. Classes are held Monday-Thursday from 8 a.m. to 4 p.m.

Post Falls Middle School

301 E. 16th Street
Post Falls, ID 83854
www.pfsd.com
(208) 773-7554
Grades 6-8

A traditional curriculum that believes all students should be provided with an opportunity to realize their potential.

Post Falls High School

2832 E. Poleline Ave.
Post Falls, ID 83854
www.pfsd.com
(208) 773-0581
Grades 9-12

Post Falls High offers diverse academic, vocational, and AP courses to prepare students to have the attitudes, skills, and knowledge needed to be productive and responsible citizens.

River City Middle School

1505 N. Fir
Post Falls, ID 83854
www.pfsd.com
(208) 457-0933
Grades 6-8

River City strives to provide a challenging learning environment that allow students to thrive and reach their potential.



Timberlake High School

5303 W. Highway 54
Spirit Lake, ID 83869
(208) 623-6303
Grades 9-12

Timberlake prepares and inspires students to confidently meet the challenges of the 21st century. It prepares students to be successful by teaching the core educational principles as defined by the district and state.

Timberlake Junior High School

5830 W. Blackwell Blvd.
Spirit Lake, ID 83869
(208) 623-2582
Grades 7-8

TJHS provides a curriculum that prepares students to transition successfully from elementary school to high school.

Venture High School

1619 N. 9th Street
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 667-7460
Grades 9-12

Venture High School strives to provide an educational option that provides a balanced approach to teaching life-enriching skills and job readiness while preparing students for college and careers. A diverse curriculum includes engineering and manufacturing technology, food service production and management, early childhood professions, graphic design and printing technologies, and core courses. Students can be academically successful with relevant instruction, clear expectations, and unconditional support. Every effort is made to connect to the workforce environment.

Woodland Middle School

2101 St. Michelle
Coeur d'Alene, ID 83814
www.cdaschools.org
(208) 667-5996
Grades 6-8

Woodland Middle School provides a learning environment that promotes high academic achievement and a positive, safe learning climate. Programs and activities in academics, music, athletics, arts, and technology are well supported with staff, facilities, and equipment.

FAITH-BASED SCHOOLS

Classical Christian Academy

2289 W. Seltice Way
Post Falls, ID 83854
www.classicalchristian.com
(208) 777-4400
Grades Pre-K-12

Coeur d'Alene Christian School

6439 N. 4th Street
Coeur d'Alene, ID 83815
www.cdachristian.org
(208) 772-7118
Grades Pre-K-7

Cornerstone Christian Academy

810 N. Chase Road
Post Falls, ID 83854
www.cca-pf.com
(208) 773-5200
Grades Pre-K-12

Genesis Preparatory School

1866 N. Cecil Road
Post Falls, ID 83854
www.genesisprep.org
(208) 691-0712
Grades K-12

Holy Family Catholic School

3005 W. Kathleen Ave.
Coeur d'Alene, ID 83815
www.hfcs-cda.org
(208) 765-4327
Grades Pre-K-8

Lake City Junior Academy

111 E. Locust Ave.
Coeur d'Alene, ID 83814
www.lcja.org
(208) 667-0877
Grades Pre-K-10

Lakes Bible Academy

16138 N. Westwood Dr.
Rathdrum, ID 83858
(208) 687-2101
Grades Pre-K-12

North Idaho Christian School

251 W. Miles Ave.
Hayden, ID 83835
www.northidahochristianschool.org
(208) 772-7546
Grades K-12

Our Lady of Victory Catholic School

421 S. Lochsa Street
Post Falls, ID 83854
www.olvs.org
(208) 773-7265
Grades K-12 Homeschool Resources

Post Falls Christian Academy

1687 E. Horsehaven Ave.
Post Falls, ID 83854
(208) 777-0457
Grades K-12

Earn High School & College Credit at the same time!



Dual Credit: Eligible high school students may earn college credits while satisfying high school graduation requirements by enrolling in a dual credit program. Local options include earning credits through North Idaho College or the College of Southern Idaho. Classes for NIC credit are taught at the NIC campus as well as at the Coeur d'Alene Charter Academy, KTEC, and Coeur d'Alene, Post Falls, Lake City, Lakeland, and Timberlake High Schools. Classes for dual credit are \$65 per credit.
www.nic.edu/dualcredit
(208) 769-3321

Tech Prep: Tech Prep provides high school students an opportunity to get an early start on a college technical program. High school juniors or seniors may enroll in approved Tech Prep courses taught by instructors at their high schools. Students can earn North Idaho College credits in a technical program and move from high school to NIC without having to repeat technical courses.
techprep@nic.edu
(208) 769-5964

Advanced Placement: AP is a program created by the College Board that offers college-level courses to high school students. Colleges may grant placement and course credit to students who obtain certain scores on an AP exam. For a high school course to have the AP designation, the course must be audited by the College Board to be sure it satisfies the AP curriculum.



SPEKTATER™

announces *Live Chat & Bucket List*



How long does a tater live? Hard to say, but this Tater is savoring every moment to make the most of his days above ground.

Beginning this May the fun-loving mascot for fyinorthidaho.com, SpekTater™, will start a year long trek to complete his bucket list. As the official mascot and representative for FYI North Idaho, a regional tourism website and magazine, SpekTater™ invites the community to join him virtually as he completes his large list of adventures.

SpekTater™ will be sharing his exciting travels through posts, photos, and videos to Facebook, Twitter, and the fyinorthidaho.com website. High impact videos will be produced by Caden Butera Productions.

"SpekTater™ has thousands of followers on social media," said coworker Heather Hart. "This is an exciting opportunity

for Spek to share his real life experiences while exploring North Idaho's world class recreation opportunities. The creative team behind the videos will leave viewers informed, entertained, and excited to visit the communities on SpekTater's bucket list."

SpekTater™ will also be launching a new interactive live chat feature through online links and mobile apps. Visitors and community members will be able to ask questions and get answers through a *Chat with SpekTater™* feature.

"I can't wait for my adventure to begin," SpekTater™ said. "The first bucket list item I'll share is Zip Lining with CDA Adventures. I'll be doing my live chat, posting, tweeting, and creating videos, so remember, I've got my eyes peeled for fun and you keep your eyes on me!"



SpekTater™
www.fyinorthidaho.com

Adventure is Out There!



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In 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, and neighborhood camaraderie to send a message to criminals letting them know neighborhoods are organized and fighting back. The first National Night Out (America's Night Out Against Crime) took place on Tuesday, August 7th, 1984. That first year, 2.5 million Americans took part across 400 communities in 23 states.

National Night Out now involves over 37.8 million people and 16,124 communities from all fifty states, U.S. Territories, Canadian cities, and military bases worldwide. The traditional "Lights On" campaign and symbolic front porch vigils turned into a celebration across America with various events and activities including, but not limited to block parties, cookouts, parades, visits from emergency personnel, rallies and marches, exhibits, youth events, safety demonstrations and seminars, in an effort to heighten awareness and enhance community relations.

It's a wonderful opportunity for communities nationwide to promote police-community partnerships, crime prevention, and neighborhood camaraderie. While one night is certainly not an answer to crimes, drugs and violence, National Night Out represents the kind of spirit, energy and determination to help make neighborhoods a safer place year round. The night celebrates safety and crime prevention successes and works to expand and strengthen programs for the next 364 days.

This year, Kootenai County's National Night Out celebration will be held on August 5, 2014 at Hayden City Park, 8930 N. Government Way (next to Hayden City Hall) from 4:00 to 7:00 pm. There will be entertainment, live music, food, drinks, give-a-ways for the kids, and crime prevention/personal safety information.

Participants in this year's event include:

- ◆ Kootenai County Sheriff's Office
- ◆ Coeur d'Alene Police Department
- ◆ Post Falls Police Department
- ◆ Fire Department
- ◆ Kootenai Medical
- ◆ Target Stores
- ◆ Merwin's Towing
- ◆ Wal Mart – Hayden
- ◆ Silver Lake Mall
- ◆ Kootenai Humane Society
- ◆ More!

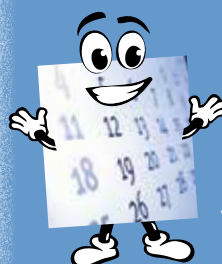
**National
Night Out**
August 5, 2014
4-7 pm



Community Service Officer Gary Shults
208.446.2121 or gshults@kcgov.us

- May 17** *AJ's Tails & Trails at Dog d'Alene*, www.facebook.com/ajstailsandtrails
- May 17** *Fiesta Flamenca!*, Sandpoint Waldorf School fundraiser 208-265-2683
- May 17** *Specialized Needs Recreation Fundraiser Featuring 'Rhythm Dawgs'*, 208-755-6781
- May 24** *Special Olympics Summer Regional Games*, www.idso.org
- May 25** *CdA Marathon, 1/2 Marathon and 5k*, www.cdamarathon.com
- May 30** *Bras on Dudes*, American Cancer Society Relay For Life Fundraiser, 208-304-3764
- May 31** *Creative Spirits: Art to Feed the Soul/ Silent Auction*, Blanchard Community Center fundraiser. www.blanchardidaho.net
- June 7** *Great Strides - Cystic Fibrosis Foundation Walk* fightcf.cff.org
- June 7** *Specialized Needs Recreation 1st Annual Casino Night*, www.snridaho.org
- June 13** *Relay For Life CDA*, www.relayforlife.org/coeurdaleneid
- June 13-14** *Car d'Lane*, www.downtowncda.com
- June 14** *Drive 4 UR Community & Community Yard Sale*. www.kroccda.org
- June 15** *Bark & Brew*, Help Every Little Paw fundraiser www.helpeverylittlepaw.org
- June 21** *Day For Kids*, www.northidahobgc.org
- June 29** *Ironman Coeur d'Alene*
- July 3** *Kiddie Parade*, Downtown Coeur d'Alene
- July 4** *Fourth of July Celebrations*
- July 11-13** *Post Falls Festival*
- July 12** *Parks Day Celebration & Kids Day in the Park*, McEuen Park www.cdaidparks.org
- July 12** *The Wild, Wild Tesh Hoedown Fundraiser*, www.teshinc.com
- July 18** *2014 Summer Nonprofit Leadership Retreat*, www.regonline.com/uileadership
- July 19** *Muddy Miles*, Heritage Health fundraiser. www.muddymiles.org
- July 19** *Steak Fry*, St. Vincent de Paul fundraiser. www.stvincentdepaul.org
- July 24** *Butterfly Event*, Coeur d'Alene Homes. www.facebook.com/cdaseniorliving
- July 25-26** *Hayden Days*
- Aug 1-3** *Art on the Green, Taste of the Coeur d'Alenes, CdA Downtown Street Fair*
- Aug 7** *National Night Out (America's Night Out Against Crime)*, 208-446-2121
- Aug 16** *Lightning Bug Ball*, www.thejacklincenter.org
- Aug 20-25** *North Idaho Fair & Rodeo*, www.northidahofair.com

Visit **www.nifamily.com** for a complete list of charitable events.



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North Idaho Charitable Events Calendar

FREE

Visit **www.fyinnorthidaho.com** for a complete list of community events.



Visit The Museum of North Idaho

Interested in history or just want to know more about this beautiful region we call home? Make plans to visit The Museum of North Idaho! They are open Tuesday through Saturday 11am-5pm through October 31. Enjoy one-hour free parking with your admission. The Museum is located at 115 Northwest Blvd., Coeur d'Alene - right by City Park and Independence Point.

The current feature exhibit ***Power to the Farm*** explores how Kootenai Electric Cooperative (KEC) brought electricity to North Idaho's rural areas beginning in 1939 and the impact it had on residents' lives. Funding for this exhibit has been provided by Idaho Humanities Council.

Permanent exhibits at the Museum include:

- ***The Mullan Road*** commemorating Idaho's first constructed road over the 4th of July Pass.
- ***The Scandinavians Settled Here*** looks at the Nordic influences in the region. Schitsu'umsh
- ***The People Who Were Discovered Here*** gives a glimpse into the life of the Coeur d'Alene Indians.
- ***When the Mountains Roared*** features the 1910 Fire that destroyed millions of acres in Idaho and Montana.
- The original signal bells and steering wheel from the steamboat "Flyer" are exhibited along with photos and artifacts from steamboats that cruised Lake Coeur d'Alene.
- In the theatre room watch the 20-minute presentation ***Portraits of Coeur d'Alene***. Discover the people and history that make our area what it is today.

Admission is \$3.00 for adults, \$1.00 for children 6-16, and under 6 is free. A family rate of \$7.00 for two adults and children under 16. The Museum Store is stocked with regional history books and gifts. Contact the Museum for special openings and for group tours.

208-664-3448 or www.museumni.org



Two local authors were asked the following questions. Their replies may help aspiring authors pursue their passion for writing.

How long ago did you get the idea to write a book, when did you start and when did it publish? What steps did you take to get it published? What gave you the idea to write a book? Is this your first book? Do you plan to do more? What is your best advice to authors?



"I've enjoyed the satisfaction of writing since my first taste in my high school yearbook. Sadly, those juices got lost somewhere in life. My day job as a karate instructor started the ball rolling again when I shimmied up to the keyboard to write technical manuals to help our students with their martial arts journey.

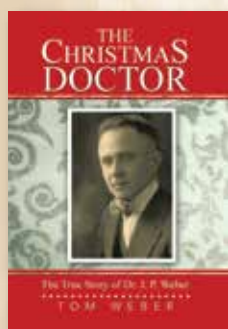
I stumbled across an opportunity with one of our students and have since published two books (3rd is in the works) with him. I ghost write a series of books for a local Private Investigator (Erin Jenkins at Confidential Investigations). "The Private Dick Diaries" are short stories of actual cases that have happened in our own Idaho and Washington back yards; they are a combination of realism and comedy. www.theprivatedickdiaries.com

This opportunity unleashed a desire and after a vacation to Hawaii, on the drive home from the Seattle airport, "The Happy Place" was verbally born. This is my first solo novel and was also self-published. It is a modern day, mid-life romance that speaks to the relationships of real couples. Readers that are close to my husband and me swear they see us in the pages. I think we pull our creative ideas from some parts of our own reality. I know our trip served as my research and (at the risk of giving anything away) living through my own battle with cancer surely helped pen the story line. From the conception to print took about a year and a half.

My original intent was to tell a story that strengthens the bond of marriage and proves that the power to be happy lies in us, the wives. The side effect has created an open and honest discussion about the role of husbands and wives and has even created a bit of a controversy. This popularity forced me to keep the conversation going and I have since started the Mid-Life Wives blog, giving wives a monthly challenge to improve their marriage and overall happiness; the feedback has been exciting and encouraging. www.cjvertefeuille.com

As I hover just inside of 50 years old I've realized that being a writer is not only who I've become but where I want to be; and let's be honest, it's a lot less taxing on the body than martial arts. This I can do forever. My advice to aspiring authors is really quite simple: don't do it for the money or the recognition (even though secretly we all hope that it at least finances itself and maybe a little more) do it because you have a story that just HAS to be told."

CJ Vertefeuille lives in Coeur d'Alene with her husband; together they own CdA Kenpo Karate. All books are available at Amazon, on Kindle, Hastings and Aunties Book Store as well as a few local venues like Rathdrum IGA, Confidential Investigations and CdA Kenpo Karate.



"As I began to earnestly research my father's life and caught a glimpse of his enormous achievement, I sensed my unworthiness to search further. I was treading on holy ground. It was like entering a sacred shrine and involuntarily dropping to one's knees in awe. Still, I determined to stay the course despite my weakness since no one else was likely to ever do so.

I have written the book about my father many times, typing it each time. I tried for many years to get a big publisher to publish it and finally realized I would have to self-publish. I hope to bring forth three more books about my dad."

Tom Weber was born in Boise, Idaho. While growing up in southern Idaho he accompanied his father on many house calls. Mr. Weber received a Political Science degree from Brigham Young University and a Juris Doctor degree from University of Idaho. He currently resides in Salt Lake City.

The book is available at Amazon, Barnes and Noble, and other fine retailers.

Comprehensive Nonprofit Services Directory Available July 2014

Furthering its mission to promote healthy families and lifelong learning, the marketing and communications coalition North Idaho Family Group will release its annual edition of a Nonprofit Services Directory in July.

"Our mission is to support all nonprofits in Region 1," said North Idaho Family Group Executive Director Shelly Zollman. "The service directory will allow members of the organization to have access to all kinds of valuable data on area agencies. The directory is intended to prevent duplication of services and foster collaboration.

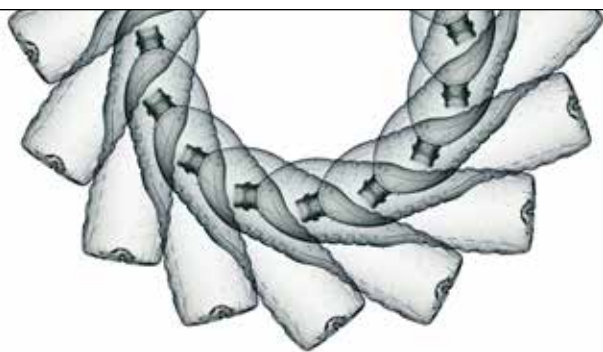
The services directory will have an "immediate needs" section which will be a stand alone publication that will be updated regularly and easily printed. It will also be available online for easy access by service providers who need current and quick access to emergency or social service assistance. Organized by categories, the directory will include area nonprofits, government, and private social service entities. A condensed version of the directory will appear in each edition of the North Idaho Family Magazine.

The service directory will be a valuable resource to grantors and other funding entities.

"This tool can aid funders in creating joint projects and supporting strong and well vetted organizations." Said Zollman.



North Idaho Family Group
www.nifg.com



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MADD

Crucial Conversations with Our Kids

In the Idaho office of Mothers Against Drunk Driving (MADD) in Boise, there is a 'wall of honor' where no one wants their loved one's photo to hang. The loss of a young life often hits and our hearts ache for the parents whose child will never return. According to the Idaho Transportation Department Office of Highway Safety, 1 out of 5 crashes in 2012 involved a youthful driver, ages 15-19, which resulted in 14 deaths and 1012 injuries in 2012. Of the 14 youth killed, 7 were driving. There's a reason the period between Memorial and Labor Day are labeled 'The 100 Deadliest Days' for teen drivers. There are many factors to consider regarding crashes involving our youth; texting, passengers, seatbelts, and distractions both in and out of the car. Impaired driving is another factor; in 2012, there were 182 crashes on Idaho roadways which were caused by impaired drivers under the age of 21.

The heartbreaking fact is that teen alcohol use kills over 4,700 people in the U.S. each year, more than all other illegal drugs combined. Research shows there's a disconnect when it comes to underage drinking: 1 out of 6 teens binge drink, but only 1 out of 100 parents think their child binge drinks. This is a staggering statistic, which supports the 'not my kid' illusion.

The good news is that three-quarters of teens also say their parents are the number one influence on their decision whether to drink or not drink alcohol. Parents impact their child's choices; by discussing the importance of waiting until they're 21 to drink and never supplying alcohol to minors, a clear message can be sent. Before the proms and summer parties, MADD encourages parents to have these crucial conversations. Idaho has several free resources to help:

MADD: Mothers Against Drunk Driving offers parents and caregivers the tools to start this potentially lifesaving conversation, get tips, conversation starters, and download a free handbook. www.madd.org/id

Alive at 25: A free defensive driving class taught by local law enforcement officers with the goal of lowering teen/young adult automobile accidents. www.idsafedriver.org

Other helpful links:

- Drug Free Idaho: www.drugfreeidaho.org
- Idaho Office of Drug Policy: www.betheparents.org
- Idaho Drug Free Youth: www.idahodrugfreeyouth.org
- Buckle Up For Bobby: www.buckleupforbobby.com



MADD
www.madd.org/id



Nonprofit Leadership Certificate Program



The University of Idaho continues its mission to elevate the level of service to the community by nonprofit organizations with its Nonprofit Leadership Certification Program.

The program's foundation is an 8-week *Nonprofit Leadership, Making a Difference* course that provides an overview of topics including

fundraising, entrepreneurial leadership, and board development. Participants have the option of registering in the Professional Nonprofit Leadership Certificate Program, which requires 50 hours of classroom time, or taking classes outside of the certificate program.

In addition to professional development of nonprofit leaders, the program fosters ongoing networking and community collaboration.

The University of Idaho Nonprofit Leadership Certification Program has developed a strategic partnership with the North Idaho Family Group to promote the program and offer scholarships to directors and staff who want to attend the programs.

Courses are held throughout the year. www.nifg.org/Education

Program, scholarships, or other nonprofit education opportunities, Shelly Zollman at 208-699-0126.

2014 Summer Nonprofit Leadership Retreat

The University of Idaho Panhandle Nonprofit Leadership Council invites you to attend a very unique, educational, fun retreat! Classes will be held on beautiful Lake Pend Oreille July 18, 2014. The registration fee includes three meals, classes, and networking opportunities.

Register: www.regonline.com/uileadership | Info: Shelly Zollman 208-699-0126.

Classes include:

- Leadership Mastery
- Funder's Forum
- High Impact, Inexpensive Marketing
- Volunteerism at it's Best
- Visioning with Strategic Planning
- Partnerships Care for the Care Giver

Planned Networking Opportunities:

- Boat Rides
- Volleyball
- Yoga Classes
- Massage Therapists
- Walking Art Tours and more!

Peeps On The Street

Ironman has been coming to Coeur d'Alene for a decade. We asked long-time residents how it has affected them.

“Since Ironman has come to town, it has inspired me to redefine my traditional understanding of sports and athleticism to a new appreciation for those athletes and the training and commitment they must possess.”



Ladonna Beaumont
Branch Administration
Stifel Financial

“Because of Ironman I met Scott Rigsby. Scott came to Ironman CdA from Atlanta, Georgia as a double amputee, having lost his legs in an accident. He shared stories of his darkest days and after years of surgeries and rehab he discovered a strength deep within. He set his sights on Ironman Coeur d'Alene. He didn't finish, but was invited to Kona, where he did.

He established the Scott Rigsby Foundation and wrote an inspirational book titled *Unthinkable*.

When I don't feel like doing the chore... when I'd rather sit than work out... when I feel like taking the easy road... I think of my friend Scott. For that inspiring friendship, I have Ironman to thank!”



Jan Carr
MIXITUP Gift Store

“I absolutely love and am so proud that Ironman is held in Coeur d'Alene. The event brings not only athletes to our area but a healthful awareness and such a feeling of mindful determination. As a business owner I remember the first year clearly, it brought so much business to the downtown core, it was a tipping point that really boosted sales and continues to do so. I'm amazed by the athletes perseverance and our community's outpouring of support and spirit. I hope we have many more years of hosting this Triathlon.”

“Since Ironman began coming to Coeur d'Alene, not only did it give me an even greater sense of pride of living in Coeur d'Alene, but it also is a huge economic boost to my family and me. The draw of people to Coeur d'Alene and how the community comes together with a sense of pride is amazing!”



Patricia Richardson
Latourrettes Styling Salon

“I have volunteered since the 1st Ironman. 10 years at a running aid station and 8 hours running ice and lunches to security people on donated ATVs. What's better than serving water and Goo to runners in the sun or even the rain! I rented my home to a veterinarian and his family from Georgia. I met the doctor at the aid station and the next year he came to CDA to do Ironman. We are now great Facebook friends! I may not be an IRONMAN but we volunteers do our part to be there for them.”



Randy Oakes
President
3Acorn Insurance

“I avoid downtown like the plague that weekend! I hate spandex even more than I did 10 years ago and I sold my 30 year old 10-speed!”



Guy Who Won't Be Named
for fear of being run over
by a biker



Michael S. Pereira
VP, Environmental Risk Officer
Umpqua Bank



On Thursday, June 26th at 6pm, Regence BlueShield is partnering with the City of Coeur d'Alene Parks Department to bring us IronKids 2014. IronKids is a one mile 'fun run' for children up to 14 years old.

This annual race is held the Thursday before the Ironman competition and is located in Coeur d'Alene City Park, 415 W. Mullan Road. There are generally between 300 and 400 kids participating in the event and every participant receives an IronKids T-shirt and a medal for finishing the race.

Registration begins in the picnic shelter in City Park at 1pm or you can pre-register at the Parks Department counter in City Hall or online at www.cdaidparks.org. The cost is \$5 per child and all proceeds go to fund Trails and Bikeways.

Everyone from toddlers walking with their parents, older kids just having fun with their friends, to serious teenage athletes can participate. Head on down and join the fun!

If you would like to volunteer to help register kids at the event please contact Monte McCully at mmccully@cdaid.org.

INFO Cda Parks Department
www.cdaidparks.org

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Created by **Experts** and 21st
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1950 Bellerive Lane Suite 106-A, Coeur d'Alene, Idaho 83814

Conceptual design by Tran Creative



2014 CDA Iron Series

Organizers of the Coeur d'Alene Marathon, Coeur d'Alene Crossing and Coeur d'Alene Fondo are collaborating on a new program called the CDA Iron Series that honors finishers of the longest categories of all three events with a medal. The three events are comparable to the distances of each component of the Coeur d'Alene Ironman triathlon held June 29, which includes a 2.4-mile swim, 112-mile bike ride and 26.2 mile run. Medals will be awarded to finishers of all three events following the Coeur d'Alene Fondo.

Coeur d'Alene Marathon, 26.2-mile run, May 25
Coeur d'Alene Crossing, 2.4-mile swim, August 16
Coeur d'Alene Fondo, 108-mile bike race along Hwy 97, September 27

For more information, contact: Craig Brosenne at cbrosenne@hagadonemarine.com

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Do You Know Your Auction Bidders?

by Rose Backs, Auctioneer

This happens quite often: An organizer from an event attends another event and sees an item bring a large amount of money in the auction. This organizer decides to mimic the item and when it is offered at his/her own auction it sells for substantially less money. Undoubtedly you ask yourself, *why?*

There are a number of reasons this can happen. Ultimately, the answer is simple - It is important to know the types of items your guests really want and their ability to buy them.

Understanding the mindset of your guests is one key. If your event is host to very pragmatic, conservative guests then you probably need to sell practical, functional items. You may have bidders that think, "I'm going to spend the money anyway, let's spend it to support XYZ." If that's the case, remodel packages and landscaping packages may be your best items. Think tangible items that can be traded for value. If your guests are flamboyant, excitable people you will need items to stimulate their senses. A progressive dinner hosted by the chair of your event may be a great option. If your guests are charismatic and spend freely, an amazing dinner with a local celebrity or an all access pass to a concert may be more interesting to them than a new snow blower.

It is also important to recognize the ability of your guests to spend. Some events do not match their items to their bidders. It is not uncommon to have a \$2,000 item in an auction with the most well intentioned bidders, but they just cannot spend that much. Maybe their wallets only allow for \$1,000. Knowing the ability of your bidders to spend will help you plan your live auction items. Understanding this element allows you to recognize it may be best to have two \$800 items instead of one \$1,600 item. It can make for a more enjoyable night for everyone.

Finally, marketing comes into play. If you have a rare or unique item it would make sense to get information out to potential bidders prior to the night of your event. It is so simple and free to do with Facebook and email. With that being said, if you have items that are really rare or only appeal to a limited number of people it may be advantageous to run an ad in a newspaper and accept absentee bids.

Rose Backs began working in the auction industry in 1997. Rose is consistently recognized as one of the top women auctioneers in the nation. She enjoys the opportunity to do something that benefits others.



Grocery Girl

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Candace Adams
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Email: grocerygirlcda@gmail.com

Professional, reliable, friendly grocery delivery service to private homes and guests of lodging accommodations and vacation rentals in the Coeur d'Alene area.

Specializing in

Natural & Organic • Trim & Healthy • Gluten & Sugar Free



Grocery Girl - Grocery Shopping and Delivery Service recently started providing shopping services to area residents and guests of lodging accommodations and vacations rentals in the Coeur d'Alene area. Owner Candace Adams "shops like I would for my own family" seeking out fresh, high quality products. 208.755.7339 or grocerygirlcda@gmail.com

The Coeur d'Alene office of Catholic Charities of Idaho offers a **Strengthening Families Program** which addresses core issues that cause people to be less than kind or that keep them from reaching their full potential. Their goal is to prevent problems, not just treat the symptoms. The Program features: Individual faith based or secular counseling; Marriage/couples counseling; Family sessions to bring all together so the family can sustain in challenging times. 208-676-1974 or www.ccidaho.org.

Family Assistance Center Specialists (FACS) offer information and referral services to Service Members and their families. Professional consideration and confidentiality are fundamental elements. FACS may be called upon 24 hours a day. Services offered: Crisis Intervention, Legal Resource, Financial Resource, TRICARE Resources, ID Cards and Defense Enrollment, Eligibility Reporting System (DEERS), Community Outreach and Information, 208.272.7532 or cassandra.k.rzepa.ctr@mail.mil

Bob Weis has joined the **Human Rights Education Institute** as Executive Director. He has over 34 years in the high tech industry having worked for Corsair, Microsoft and Hewlett-Packard. He and his wife have relocated to Coeur d'Alene from the Bay Area.

St. Vincent de Paul is seeking donations to help fund the purchase of the **H.E.L.P. Center**. Currently there are 19 different nonprofit and governmental agencies providing 24 different services at the Center. In 2013 the H.E.L.P. Center helped 8,044 people and gave out 21,373 services to our community. Help support making this facility permanent by donating at www.gofundme.com/Support-the-HELP-Center

The **Coeur d'Alene Transgender Support Group** meets monthly. The group is open to anyone who is transgender, transsexual, gender non-conforming, gender variant, gender questioning, etc. The purpose of the group is to provide support and share information about local resources friendly to the transgender community. For meeting info: cdatransgender@gmail.com

The **Pregnancy Support Center for Northern Idaho and Eastern Washington** opened its doors in January at the St. George Mission of Charity Office, 2004 Lucas, Post Falls. They provide compassionate and confidential support to women whose pregnancy is placing them in need in a variety of areas. Trained and certified Pregnancy Mentors are available to help during and after the pregnancy. Open Tuesdays 10am - noon. Hotline hours daily 9am - 9pm. 208-449-8512

Do you want to be notified by email of immediate needs and receive general information from nonprofits and agencies in the Kootenai County area? Add your name to the **InterAgency Communications list** by contacting Bob Driscoll at community@nifamily.com



Birds of Prey Northwest

Birds of Prey Northwest promotes stewardship and conservation of raptors through educational programs with live birds of prey. They provide medical treatment and rehabilitation to injured birds of prey with the ultimate goal of returning them to the wild. Injured wild birds of prey often collide directly with our modern world by way of auto collision, illegal gunshot, and poisoning. Each year they recover around 150 injured birds of prey. Of those, about 50% are successfully rehabilitated and returned to the wild. The organization also collaborates with others on raptor research projects.

At the core of their work is a well-trained group of educational birds of prey, held on special U.S. Fish and Wildlife Service permits, who serve as ambassadors to their free-flying counterparts. These non-releasable eagles, hawks, owls, and falcons remain a vital component of the educational program, and inspire audiences to new levels of awareness and conservation. Education remains one of the primary goals.

Birds of prey serve as cornerstones of a broader message of stewardship and conservation. Through all-volunteer efforts, partnerships, a dedicated core of staff, and board members, goals are met through private dollars, with 100% of the annual budget going towards their mission. They aspire to extend the outreach of their work, with construction of a raptor educational facility in North Idaho in the future.



Janie Fink, Executive Director, with Liberty

Blake Schioberg, Assistant Director, with Scout



Birds of Prey Northwest

www.birdsofpreynorthwest.org or 208.245.1367

Custom Meds For Your Pet

Have you ever tried to give a dog, cat, or even a bird a pill? If you have, you know it can be nearly impossible. This can be a serious problem, as your pet needs its medication. Our pets are part of the family and should be taken care of like family. Medicine Man Pharmacy understands how difficult it can be to make sure your pet is taking its medication. They work to find the best solution for not only the pet, but the owner as well.



Veterinary compounding is the art and science of preparing medications personalized for each animal. Your veterinarian and the staff at Medicine Man Pharmacy work together to customize a medication that meets the needs of your pet. Sometimes a veterinary medication may be unavailable or might not come in a needed strength. Medicine Man can compound a medication strength, dosage form, or even flavor specific for each animal. If your dog loves peanut butter, his liquid medication can be that flavor. If you have a feline, they may prefer chicken or sardine. Speaking with the owner to find what is palatable for their pet is very important to ensure the animal will take the medication with ease.

Veterinary compounding gives Medicine Man Pharmacy the opportunity to help your pet get back to being healthy.



Medicine Man Pharmacy
www.medmanpharmacy.com

Furry Friend Fundraisers

June 15, noon - Bark n Brew
Held at Silver Mountain. Benefits Help Every Little Paw.
www.silvermt.com

July 22, 6pm - Tails at Twilight
Location TBA. Benefits Kootenai Humane Society.
www.kootenaihumanesociety.com



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25 Fun Things For Kids To Do



12. Give your dog a bath.

13. Pack a picnic lunch and head to the lake with your family.

14. Make peanut butter suet pinecones. Tie a string on a pine cone. Melt 1 cup peanut butter and 1 cup lard in the microwave or on stove. Let cool. Use a rubber spatula to smear the mixture all over the pinecone. Roll the coated cone in bird seed and hang outside for birds to enjoy.



15. Attend a FREE concert in the park. Visit www.fyinnorthidaho.com to find one near you.

16. Chase butterflies across your yard.

17. Visit a museum.

18. Go to Hayden Days on July 25-26. Don't miss the parade on Saturday at 10am on Government Way.

19. Learn to jump rope.

20. Make a lemonade stand. Donate the money you make to a local charity.

21. Write a poem about a summer day.

22. Ride your bike. Make sure to wear your helmet!

23. Visit the Mineral Ridge National Recreation Trail. There are 22 marked stations describing the plants, animals and forest. Take US-90 east from Coeur d'Alene for eight miles to Wolf Lodge Bay (exit 22), then go south on Highway 97 for three miles.

24. Help mom or dad in the garden.

25. Give your best friend a hug.



1. Read a book to a teddy bear.

2. Go fishing! June 14 is FREE Fishing Day in Idaho. No license is needed.

3. Take swimming lessons! Hamm Swim School 208-765-1575, PEAK Fitness 208-667-2582x113, City of Coeur d'Alene 208-769-2300, and Kroc Center 208-667-1865 all offer lessons.

4. Join the Coeur d'Alene Kids Parade on July 3 at 10am. It starts at 10th & Sherman and continues to Independence Point. This year's theme is "A Salute to Hollywood".

5. Make Popsicles out of your favorite juice. Fill an ice cube tray with juice. Cover with plastic wrap. Poke a toothpick through wrap into each cube. Freeze and enjoy.



6. Ask Grandma or Grandpa to tell you about their favorite summer.

7. Learn to skip stones on the water.

8. Enjoy the Post Falls Festival July 11-13.

9. Play catch with your friends.

10. Go to The 7th Annual Parks Day Celebration on July 12th at McEuen Park and Tubbs Hill from 9am to Dusk with a movie to follow. There will be a FREE pancake breakfast and a FREE hot dog dinner!

11. Plant sunflower seeds and watch them grow.



Summer Camps Change Lives

Looking for a life changing, maybe even world-changing, week for your child or family this summer? Consider a session at one of North Idaho's dozen or more popular summer sleep-away camps for children, youth and families!

Camps hear it from kids and parents all the time: "...changed my life," "...can't wait to go back again and again," ... "I'll never be the same!"

It's what camps do: change lives.

Lives change when the lasting friendships kids make shape their future. Sharing cabins, sleeping under the stars, eating together, doing new things, exploring the Bible at church camp, laughing a lot... these are the ingredients.

Lives change when kids serve others. Simple, significant service teaches leadership, responsibility, listening, decision-making, teamwork and problem solving. And servant leadership early-on gives kids a jump-start on service for life.

Lives change when kids experience things they haven't: paddling a 34-foot canoe, getting friends together for Ultimate Frisbee, running through the woods looking for your team's flag,

screaming down a 200-foot zipline, going on an overnight and cooking for yourself, or having someone a little older, wiser and more experienced than you — who really cares about you — to talk with and relate to.

Lives change when kids unplug and appreciate our world that isn't all concrete, gadgets and busy-ness. Life gets so frantic, we miss taking time to reflect how amazing life is: stars at night, the lake's blue water, deer and toads and pines. Camp makes kids appreciate what they have back home and appreciate the beauty of all creation.

Camp changes lives. Young people gain confidence when they accomplish something new; friendships are formed by campers who thought they were all alone; smiles appear on hurting faces; kids offer a hug, a smile and a helping hand to show they care; teens commit to major life changes because they had a mentor

who lived understanding and kindness and forgiveness to them.

This summer consider sleep-away camp for your child, teen or family. It might just be the best way to change the world.

North Idaho has a dozen or more sleep-away camps that all have been safely serving our communities and families for decades and decades. They offer programs for kids as young as preschoolers up through high school and even college-age young adults, as well as programs for families of all make-ups ... grandparents, too.



Lutherhaven Ministries
www.lutherhaven.com



A Century of Sparking Discovery

Camp Fire Inland Northwest is celebrating its 100th Anniversary this year. Founded in 1914, Camp Fire Inland Northwest Council has provided camps, clubs, and leadership to generations of Inland Northwest youths. Camp Fire operates two camps in Idaho, Camp Sweyolakan founded in 1922 on the shores of lake Coeur d'Alene and Camp Aowakiya founded in 1945 near Kellogg. Camp Fire helps youth dig deep inside and discover their "sparks," their personally defined nuggets of potential. By helping a young person become who they want to be takes time and encouragement. It takes paying attention to what sparks a passion. That's what Camp Fire does. They listen, encourage, and provide the opportunity to uncover each young person's unique interests. Youth become the exceptional people they are destined to be, buoyant with potential to do anything they dream of doing.

- Camp Fire is led by professional, caring adults using proven methods. Leaders are highly trained role models, who encourage young people to be all they can be.
- Camp Fire is open to everyone. They embrace the uniqueness of every youth, teen, and family.
- Camp Fire is participant-centered—identifying passions and sparks. Youth are actively engaged and are given a voice, which helps build self-esteem and self-reliance.
- Camp Fire helps develop abilities now. They provide a strong foundation for kids so that they prepare for the present and the future.



Camp Fire Inland Northwest
www.campfireinc.org or 509.747.6191



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indoor inflatable
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Center.**

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Conveniently
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www.jumpforjoycda.com

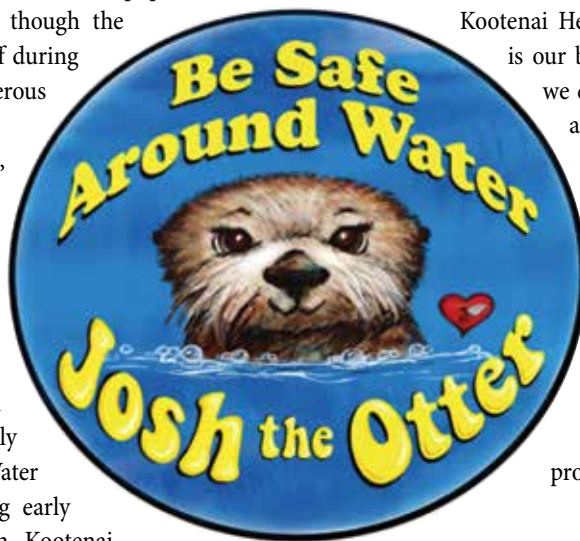




Safe Kids promotes water safety

Water is everywhere in the Inland Northwest. Lakes and rivers are some of the area's most popular destinations and best features. Even though the water provides a great place to cool off during summer months, it can also be dangerous without proper safety measures.

According to the CDC, drowning is the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning. Along with these statistics, we must think about Kootenai County's water rich environment. Safe Kids Kootenai County is launching the nationally recognized "Josh the Baby Otter" Water Safety Program this spring, targeting early elementary school level children in Kootenai County.



"This water safety program is designed to provide children with the basics of water safety to prevent drowning," Donna Kalanick, Kootenai Health injury prevention coordinator, said. "It is our belief that through early childhood learning, we can teach children that they should never be around the water without an adult."

The Josh the Baby Otter water safety program is a fun and interactive program combining a short book reading about a young otter who learns the importance of water safety with a visit from Josh the Otter mascot who reinforces the message in a fun way that children understand and can get excited about.

To learn more about this fun safety program, visit www.joshtheotter.org.



Kootenai Health
www.kh.org

FREE Summer Meals



Area school districts offer free summer meals to youth 18 and under. Adults are welcome to enjoy breakfast and lunch for a small fee.

- Coeur d'Alene SD Nutrition Services 667-7469
- Post Falls SD Child Nutrition Office 773-1625
- Lakeland SD Food Service Office 687-5451
- Lake Pend Oreille SD Child Nutrition Program 265-1569

Coeur d'Alene SD - Monday-Friday, June 11-August 8

- Fernan Elementary - Breakfast 8-9am, Lunch 11am-12:30pm
- Hayden Kinder Center - Breakfast 8-9am, Lunch 11am-12:30pm
- Ramsey Elementary - Breakfast 8-9am, Lunch 11am-12:30pm
- Venture High School - Breakfast 7-9am, Lunch 11am-12:30pm

Post Falls SD - Monday-Friday, June 23-August 15 (closed July 4)

- Ponderosa Elementary - Breakfast 8-9am, Lunch 11am-1pm
- Post Falls Middle School - Breakfast 8-9am, Lunch 11am-1pm
- Post Falls High School - Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm
- River City Middle School - Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm
- Post Falls Boys and Girls Club - Breakfast 8-9am, Lunch 11am-1pm

Adult Meals - Breakfast \$2, Lunch \$3

Lakeland SD - Monday-Friday, June 10-August 8 (closed July 3-4)

- Lakeland Junior High - Breakfast, 8-9am, Lunch 11:30am-12:30pm

Adult meals - Breakfast \$2.25, Lunch \$3.50

Lake Pend Oreille SD

- Farmin Elementary - Monday-Friday, June 23-August 22, 11:30am-12:30pm
- Sandpoint City Beach - Monday-Friday, July 1-August 22, 11:30am-12:30pm

Adult meals - \$3.50

Spirit OF THE HEALING HORSE

Studies have shown that spending time with a friendly animal, even for 10 to 15 minutes, can increase endorphins released into the body, and decrease the levels of the stress hormone, cortisol. Children who interact with animals learn the value of responsibility, and for a child with disabilities, this responsibility is invaluable.

The K2 Equestrian Center provides equine-assisted therapy in several formats, from working with horses on the ground (non-riding) to therapeutic riding. Programs are customized for individual needs and each session is unique. They serve those with disabilities and partner with regional social service organizations. Team members are certified with the Equine Assisted Growth and Learning Association (EAGALA), the Professional Association of Therapeutic Horsemanship International (PATH), and the Institute of Trauma and Loss in Children (TLC).

The heart of their program is providing a safe place for children, horses and families to experience hope, healing and encouragement. Children are paired with an activity or horse that encourages them toward hope and personal growth. Activities include working with/riding horses, crafts, games, chores, woodworking and life skills. A secondary goal is to educate kids in equine safety and husbandry.



K2 Equestrian Center
www.k2equestriancenter.org

THE ACADEMY SOCCER CLUB

Teamwork, dedication, focus, responsibility, and integrity, are just a few of the numerous teachings learned in sports. Not everyone can acquire knowledge in a classroom or from the pages of a book; there are certain lessons that must be experienced. Adapting to different variables and learning to dedicate attention to one goal at a time are focal points in athletics and the foundation for any problem solving strategy. School teaches kids to focus and to strengthen the mind, but there is a physical component necessary for whole body wellness. Countless studies connect youth athletics with academic performance and the mutually beneficial impact one has on the other, but often the growth of personal and social development is overlooked.

The attributes that youth athletics instills in children isn't just reserved to physical fitness and mental discipline, sports help children develop themselves while also being part of a team. Soccer is a sport where all eleven positions play a specific role for the team. There is, however, no set plays for ball movement, which allows for individual creativity to culminate, creating opportunities for strategic attacks and counter attacks to develop without the direction of a teacher or coach. This creative license given to players is what makes athletics a progressing challenge, teaching players that in order to succeed they will need to keep improving. This lesson is one of the core beliefs of The Academy Soccer Club, a premier program whose goal is to create successful individuals on and off the pitch.



The Academy Soccer Club

www.thedomeidaho.com or

www.theacademyidaho.com



Stocked with equipment and information, Idaho Fish and Game's "Take Me Fishing" trailers travel to local ponds across the state. Wrapped with vibrant fish illustrations, they're hard to miss!

Getting kids excited about fishing will build a new generation of anglers. The only thing kids and their parents have to do is show up!

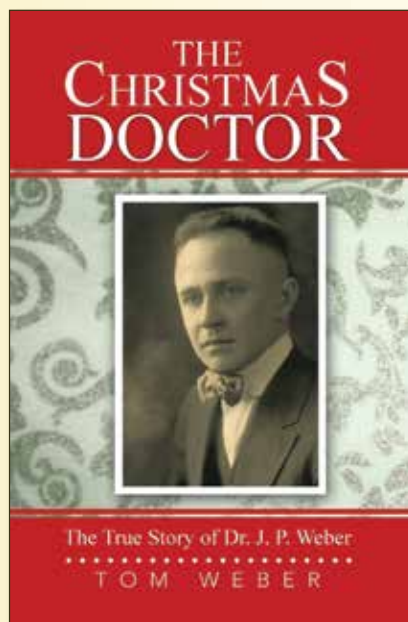
- Fishing equipment can be checked out for free during the scheduled times listed for your area.
- Reservations are not needed. Equipment is checked out on a first-come, first-served basis.
- Participants will be granted a permit to fish without a license. People of any age, residents or non-residents, may fish without a license during the events when they sign in at the trailer. All other rules such as size limits and daily bag limits apply.
- If kids get "hooked on fishing" after the event, parents will have to purchase a license.
- Remember, Idaho children 13 years old and under, can fish for free.

2014 Panhandle Region Fishing Trailer Schedule

May 28	Perkins Lake	3 - 6pm
May 31	Steamboat Pond	10am - 3pm
June 3	Dawson Lake	3 - 6pm
June 5	Hayden Lake Sportsman Park	3 - 6pm
June 7	Hauser Lake	10am - 3pm
June 10	Smith Lake	3 - 6pm
June 12	Jewel Lake	3 - 6pm
June 14	Rathdrum City Park	9am - Noon
June 17	Kelso Lake	3 - 6pm
June 19	Fernan Lake	3 - 6pm



Dr. Weber often risked his life for others.



Clive Cussler:

"A pity men like him aren't around anymore. He was a giant in his time."

Russell Baker:

"It makes us remember a time when the doctor was a truly heroic figure."

Hugh Sidey:

"His kind made this country great."

Judy Collins:

"Your writing is evocative of my own love of the West."

Margaret Chase Smith:

"It is certainly something that should be read by everyone."

Liv Ullmann:

"You have a wonderful father to remember. I am very moved."

Karl Malden:

"A wonderful story!"

Joan Rivers:

"If only there were doctors like him today."

Available on: amazon.com • barnesandnoble.com
and other fine online retailers

Let's Go to Summer Camp!

Residential Camps

Coeur d'Alene Area

Camp Cross

McDonald Point, Lake Coeur d'Alene
Grades 2-12, Adult and Family, May-Oct
Residential Bible. Canoeing, boating, hiking, Dutch oven cooking.
Cost: \$90-300
www.campcross.org or 208-624-3191

Camp Four Echoes

Lake Coeur d'Alene, Worley
Girls grades 2-12, June-Aug
Girl Scouts. Windsurfing, kayaking, sailing, sports, cooking, photography, hiking.
Cost: \$150-600. Scholarships available.
www.gsewni.org or 800-827-9478 ext. 227

Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene
Ages 4-18, Family, Special Needs, June-Aug
Residential Bible. High-ropes adventure course, climbing tower, waterfront.
Cost: \$100-350. Financial assistance, transportation and scholarships available.
www.lutherhaven.com or 208-667-3459 ext. 13

Camp Mivoden

17415 E. Hayden Lake Rd., Hayden
Ages 8-17 and Family, June-Aug
Seventh-Day Adventist. Wakeboard, swimming, drama, crafts.
Cost: \$300-340
www.mivoden.com or 208-772-3484

Camp Sweyolakan

Lake Coeur d'Alene
Ages 6-18, June-Aug
Camp Fire USA. Kayaking, outdoor cooking, sailing, horseback riding, backpacking, hiking, arts and crafts, rock climbing.
Cost: \$70-845. Financial assistance available.
www.campfireinc.org/swey or 208-747-6191

Kids Camp

Silver Lake Camp, Medical Lake, WA
Grades 3-6, Aug
Real Life Ministries camp.
Cost: \$19
www.reallifeministries.com or 208-777-7325

North Idaho Catholic Youth Camp

Shoshone Base Camp, North Fork, Coeur d'Alene River
Grades 5-12, July
Zip-lining, river tubing, rock climbing, campfires.
Cost: \$225-250. Scholarships available.
www.nicyc.org or 208-771-1915

Ross Point Baptist Camp

Post Falls
Grades K-12, June-July
Softball, swim, bouldering wall, canoeing, crafts, climbing wall, high ropes course.
Cost: \$175-252
www.rosspoint.org or 208-773-1655

Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River
Ages 8-18, July-Aug
Residential Bible operated by Lutherhaven. Horseback riding, swimming, crafts.
Cost: \$336-431
www.lutherhaven.com or 208-667-3459 ext. 13

Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum
Grades 1-12, June-July
Christian-themed residential and day camps.
Cost: \$125-185. Scholarships available.
www.twinlakesfriendscamp.com or 208-687-1026

Twinlow Camp

Rathdrum
Grades 1-12, June-Aug
United Methodist Church Camp. Games, waterskiing, crafts, swimming, canoeing.
Cost: \$175-424
www.twinlowcamp.org or 208-352-2671

Sandpoint Area

Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla
Ages 9-18 and Family, July-Aug
Swimming, canoeing, paddle boats.
Cost: \$120-170
www.clbcamp.org or 208-263-3912



Are You Ready For A Summer You WON'T Forget?

Physics and Rocketry Camps (For Students entering Grades TBD)

Want to design, build, and fly your very own model rocket? You can – in this introduction to the exciting world of rocketry! Explore the principles and physics of flight, build and launch a model rocket. Each session begins and ends with fun-filled activities that provide the materials and knowledge to build, launch, track and calculate the flight path of a rocket. Rockets and launch systems are supplied.

Robotics Camps (For Students entering Grades 1-6+)

Using the Lego EV3 Robotics system, young people must solve challenges that will test their problem solving skills, stretch their creativity, and reinforce the value of teamwork.

Programming Camps (For Students entering Grades 6+)

From Video Games to Minecraft, explore programming fundamentals in some of the most exciting environments around.



Visit online to register • www.DiscoverTechnology.org • (855) 455-3942

Twin Eagles Summer Camps

Sandpoint
Ages 6-18 and Family, June-July
Day and residential. Nature awareness, animal tracking, wild edible and medicinal plants.
Cost: \$165-695
www.twineagles.org or 208-265-3685

Schweitzer Summer Camp

Schweitzer Resort, Sandpoint
Ages 6-11, July-Aug
Hiking, crafts, swimming.
Cost: \$160 per week; \$150, season pass holders.
www.schweitzer.com or 877-ITS-IN-ID ext. 2152

Youth Horsemanship Camp

Western Pleasure Guest Ranch, 1413 Upper Gold Creek, Sandpoint
Ages 10-16, June-Aug
Hands-on experiences with horses.
Cost: starting at \$800. Scholarships available.
www.westernpleasureranch.com or 208-263-9066

Day & Week Camps

Boys and Girls Club

200 W. Mullan Avenue, Post Falls
Ages 6-18, July-Aug
Breakfast Program 7-9am (additional \$5 per day per child), Regular Program 9am-5pm (lunch and snacks included).
Cost: \$20 per child, additional fee for day camp.
www.northidahobgc.org or 208-457-9089

Camp Ka-Mee-Lin

Kiwanis Park, Post Falls
City of Post Falls Recreation Department
Ages 5-11, June-Aug
www.postfallsidaho.org or 208-773-0539

Camp Kroc

Salvation Army, Coeur d'Alene Kroc Community Center
Ages 6-13, June-Aug
Eight different one week programs in both Discovery Camps and Specialty Skills Camps.
Cost: starting at \$31
www.krocda.org or 208-763-0618

Outbackers Day Camp

Camp Sweyolakan, Lake Coeur d'Alene.
Grades 1-6, July-Aug
Swimming, canoeing, kayaking, Aqua Jump, outdoor cooking, hiking, archery.
Cost: \$225. Transportation provided.
www.campfireinc.org or 800-386-2324

Quest Day Camp

Coeur d'Alene Church of the Nazarene
4000 N. 4th St., Coeur d'Alene
Grades K-8, June-Aug
Biking, skating, acting, bowling, archery, golfing, swimming, art.
Costs: \$75 weekly, \$18 daily. Extended care available.
www.cdanaz.org or 208-667-3543

School PLUS Day Camp/Childcare

Coeur d'Alene School District 271 at selected elementary schools.
Grades K-6, June-Aug
208-769-0700

Educational Camps

Camp Invention

Sandpoint and Coeur d'Alene
Nonprofit science enrichment camp.
Grades 1-6, June
Cost: \$220
www.campinvention.org or 800-968-4332

NXT Robotics Camp for Kids

North Idaho College
Ages 9-18, June
www.nic.edu or 208-665-4521

Summer Science & Technology Camp

Discover Technology, Hayden
Grades 1-8, June-July
Robotics, physics, adventures
Cost: \$70-200
www.discovertechnology.org or 855-455-3942

Art & Theater Camps

Christian Youth Theater

Coeur d'Alene
Ages 5-18, July-Aug
www.cytorthidaho.org or 208-765-8600

Coeur d'Alene Arts Commission

Harding Family Center, 411 N. 15th.,
Coeur d'Alene
Ages 5-15, June-July
Drawing, painting, music, kitchen, stage improv, cultural arts, mixed media, reading.
www.cdavid.org or 208-676-9132

Jacklin Center Drama Workshop

405 N. William St., Post Falls
www.thejacklincenter.org or 208-457-8950

Lake City Playhouse Summer Programs

1320 E. Garden Ave., Coeur d'Alene
www.lakecityplayhouse.com or 208-667-1323

Sandpoint Arts Alliance

Sandpoint Center for the Arts, 518 Oak St.
Ages 6-18
www.sandpointartsalliance.org or 208-265-ARTS

Summer Drama Camp

Coeur d'Alene High School
Ages 6-18, June
www.northidahothatre.org or 208-769-2999

Sports Camps

Coeur d'Alene Parks and Recreation

www.cdavid.org or 208-769-2252

Hayden Parks and Recreation

www.cityofhaydenid.us or 208-209-1080

North Idaho College

1000 W. Garden Ave., Coeur d'Alene
Grades 3-12, June-Aug
Basketball, soccer, volleyball, wrestling, softball, baseball, cheerleading, mascot.
www.nic.edu or 208-769-5975

NIC Outdoor Pursuits Youth Adventure Camp

North Idaho College
Ages 12-16, June 23-27
Rock climbing, kayaking, canoeing, white water rafting, sailing, hiking. Includes equipment and transportation.
Cost: \$250
www.nic.edu/wft or 208-769-7809

NIC Outdoor Pursuits Youth Sailing Camp

NIC Beach, Lake Coeur d'Alene
Ages 12-16, July 14-18
Learn sailing. Equipment, safety, and terminology covered.
Cost: \$200
www.nic.edu/wft or 208-769-7809

Post Falls Parks and Recreation

www.postfallsidaho.org or 208-773-0539

Rathdrum Parks and Recreation

www.rathdrum.org or 208-687-2399

Sandpoint Parks and Recreation

www.cityofsandpoint.com or 208-263-3613

Skyhawk Sports Camps

Locations throughout Coeur d'Alene, Hayden and Post Falls
Ages 4-12, June-Aug
Basketball, baseball, tennis, soccer, football
www.skyhawks.com

Upward Flag Football & Cheerleading

Coeur d'Alene Church of the Nazarene
Grades K-6, Sept-Oct
www.cdanaz.org or 208-667-3543

Youth Soccer Academy

The Dome, 167 W Miles Ave, Hayden
Ages 3-18, July-Aug
Cost: \$45-85
www.theacademyidaho.com or 208-777-5202

Special Needs Camps

Camp All Stars

Coeur d'Alene
Specialized Needs Recreation day camps for developmental disabilities and/or physical, mental and emotional challenges.
Ages 4-21, June-Aug
www.snr.bz or 208-755-6781

Camp Connect

Panhandle Autism Society day camps
June-Aug
www.facebook.com/panhandle.autism.society
or 208-664-4133

Camp Independence

TESH Inc., 3327 Industrial Loop, Coeur d'Alene
Ages 4-21, June-Aug
For children with special needs. A variety of activities.
www.teshinc.com or 208-765-5105

Camp No Limits

Camp Cross, Lake Coeur d'Alene
Ages All, July
For children and adults with limb loss. Parent and child peer support, adapted recreational activities, prosthetic education.
www.nolimitsfoundation.org/Camp_No_Limits

Register @ www.cdanaz.org | 208-667-3543



**Summer
Day Camp**

**June 9 - August 15
Monday - Friday
1st thru 8th grade**

**Upward Sports
Flag Football and Cheerleading**
K thru 6th grade - *Sign up by August 1*
League play Saturdays in September/October





Retiring in Idaho

Why it's appealing

By Jill Spiker
Golden Spike Estates

With the tight economy and retirees on a fixed income, they have to make their dollars go farther while searching for beauty, recreation, and the lifestyle they desire. North Idaho, with its four seasons and natural resources, is an affordable recreational dream location. Clean water from the remarkable underground aquifer is the envy of communities around the country.

What does a retiree or someone close to retirement need? Foremost is a safe, friendly, affordable community. Secondly, a home and landscape that eliminate or minimize maintenance to free up time for travel and fun. Third, special age-in-place features that allow you to live in your home as health issues arise. The bonus would be an amenity rich community full of social and physical activities to promote a healthy lifestyle without added costs. Golden Spike Estates 55+ Active Adult Lifestyle Community in Rathdrum was designed with exactly these things in mind.

In 2009, Golden Spike Estates was awarded a "Special Recognition Award" by AARP and the National Home Builders Association for their home and community quality and design. They were also featured

on a Baby Boomers program on the Hallmark Channel, which can be viewed at www.goldenspikeestates.com. Golden Spike offers safe, quality, energy efficient, low maintenance, single family homes loaded with age-in-place features. Some features include: wider doors and halls, heated driveways, pot and pan pullouts, higher cabinets so less bending, low step showers, and not a single step inside or outside the home. Homes are turn key with everything finished, including the entire yard with sprinklers and drip system, garages are insulated, drywalled, taped and have a door opener. All kitchen appliances are included. Homes can be custom built from 800-2000 SF from \$125,000 to \$245,000.

The amenities offered at Golden Spike Estates are unmatched and suited for socializing and a healthy, active lifestyle. It's like a luxury resort complete with warm water aerobics pool, sauna, hot tub, sun patio, ballroom with dance floor, craft and billiards room, movie theater/meeting room, beauty salon, book and video library, computer lab, exercise equipment room, BBQ, horseshoes, golf chip course, pet and human parks, RV/ Boat storage, and free wifi signal.

Alzheimer's & Women

A woman's estimated lifetime risk of developing Alzheimer's disease at age 65 is 1 in 6, compared with nearly 1 in 11 for a man, according to the Alzheimer's Association 2014 Alzheimer's Disease Facts and Figures report. As real a concern as breast cancer is to women's health, women in their 60s are about twice as likely to develop Alzheimer's over the rest of their lives as they are to develop breast cancer.

Adding to women's Alzheimer's burden, there are 2.5 times as many women than men providing intensive "on-duty" care 24 hours a day for someone living with Alzheimer's disease. Among caregivers who feel isolated, women are much more likely than men to link isolation with feeling depressed (17 percent of women vs. 2 percent of men).

In Idaho, there are 22,000 people with Alzheimer's disease, and that number is expected to rise to 33,000 by 2025. The Alzheimer's Association Inland Northwest Chapter, which serves 15 counties in Eastern Washington and 11 counties in North Idaho, provides educational services and support groups for caregivers throughout the chapter territory.

The Walk to End Alzheimer's, which takes place in the fall, aims to raise awareness of the disease and raise money to provide services and support research initiatives. The Palouse Walk is September 27 starting from Toyota of Pullman, and the North Idaho Walk is September 28 at McEuen Park in Coeur d'Alene.



INFO

Alzheimer's Association
www.alz.org/inlandnorthwest

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208-665-7546 or visit www.niderm.com



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Estates. The **Unmatched Lifestyle Amenities** are what keeps them here.



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www.GoldenSpikeEstates.com

- Stick Built Single Family Homes
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- Custom Home Building & Resales
- Superior Construction for Energy Savings
- Up to 3-Car Garages w/Heated Driveways

- **Check out our Fun Site at:**
marketpad.com/goldenspikefun
- Fully Landscaped w/Sprinklers
- FREE Internet WiFi Signal to Every Home

- 9-Hole Chip Golf Course
- Year-Round Heated Pool & Spa
- 12,000 s.f. Clubhouse w/Dance Floor
- Movie Theater/Media Room
- Billiards

- Fitness Center
- Art/Craft Center
- FREE RV Parking
- Pet Park
- Family BBQ Area



National Award Winning Community

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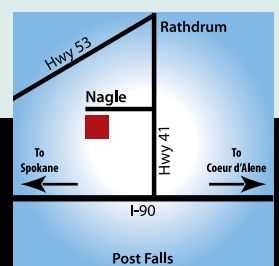
Call or email to schedule a tour!

208.819.1715

JillSellsHomes@live.com



Jill & Dave Spiker



New Approach to Youth Suicide Prevention in Idaho

by Catherine Perusse and Kim Kane



Together we can save lives in Idaho

In the last five years, Idaho has lost 83 school-age children to suicide. It is the second leading cause of death for Idaho youth. One in 13 Idaho high school students has made a suicide attempt.

What can we do? The Suicide Prevention Action Network of Idaho (SPAN Idaho) and its Northern Chapter (SPAN North) have been working to change those numbers, most recently in partnership with the Idaho State Department of Education (SDE) through a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). SPAN Idaho and SDE have created the Idaho Lives Project (ILP) to bring a comprehensive and upstream approach to youth suicide prevention in our state.

Training adults to recognize warning signs for suicide, know how to talk about it and how to get help – or gatekeeper training – is always helpful. However, research shows us that gatekeeper training alone is insufficient. Evidence also shows us that young people are in the best position to identify suicidal peers. Programs in other states have combined student and adult training with mixed results. These results are mixed because even when suicidal youth are identified and referred to help, that help must be effective. Mental health providers need training in evidence-based, best practices for suicide assessment and management.

A new approach. Research in these areas provides the foundation for ILP's comprehensive, three-stage approach to suicide prevention for school-age youth. In stage one, ILP brought clinical suicide expert, David Rudd, PhD, to six locations

throughout Idaho to train almost 500 mental health and primary care professionals in suicide assessment and management. Stage two involved providing gatekeeper training to school staff, parents and community members for participating school communities.

Idaho Lives Project: www.idaholives.org

SPAN Idaho: www.spanidaho.org

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

In stage three, ILP selects, thorough an application process, five to seven Idaho middle and high schools to participate each semester over the three years of the federal grant.

ILP uses the Sources of Strength program which is an ongoing, strength-based, comprehensive wellness program that focuses on suicide prevention, but also impacts other issues such as substance abuse and violence. This program trains teams of peer leaders mentored by adult advisors to change peer social norms about seeking help and encourages students to individually assess and develop strengths in their lives. Sources of Strength is the most rigorously researched program of its kind and is proven to improve these aspects within schools and change overall school climate. www.sourcesofstrength.org In October 2013 schools throughout Idaho were asked to submit applications to become part of the first schools to engage in this program. In North

Idaho, Lapwai High School and Priest River High School were selected. The community, staff and peer trainings were conducted by SPAN North and ILP in February and March 2014.

"Sources of Strength had a huge impact on our students at the onset. Our peer leaders are empowered to create the healthy school climate they desire and are working hard to make sure all students experience a sense of belongingness at school. The Adult Advisors are having a blast helping peer leaders with their positive messaging activities. Additionally, I was impressed with the training we received from the national team. It was top notch!" - Libbi Keyes, Principal, Priest River Lamanna High School.

What's happening now? The next round of trainings for Idaho schools and their communities will be this coming October. This includes Sources of Strength training and gatekeeper training for schools, parents and community members.

Training for school staff and communities is available any time through SPAN Idaho. info@spanidaho.org

In addition to ILP's programs for school communities and mental health providers, ILP has a program for youth ages 18 to 24, and a program focusing on youth in the juvenile justice system.

Get involved. There are many ways to participate in the Idaho Lives Project and in suicide prevention in your area. Volunteer, refer a school to ILP, talk to your legislator about suicide prevention. If you would like to help, visit the ILP or SPAN Idaho websites or contact Catherine Perusse about activities in North Idaho at spannorth@gmail.com.

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ASK THE DOCTOR



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Did you know that the Friday before Memorial Day is **Don't Fry Day™**? The National Council on Skin Cancer Prevention designated this day because skin cancer is the most common form of cancer in the United States, but also one of the most preventable. The American Cancer Society® states that more than 3.5 million cases of skin cancer are attributed to basal and squamous cell skin cancers each year, while more than 76,000 cases are attributed to melanoma, the deadliest form of skin cancer. This is why it is so important to take steps to lower your family's and your own risk from skin cancer. When outdoors, protect your skin from the sun's ultraviolet (UV) rays. Ultraviolet rays are a type of radiation that not only comes from the sun, but also from tanning beds. Exposure to UV rays increases your risk for skin cancer. Wear shirts, hats, sunscreen, and sunglasses to protect your precious skin from the harmful UV rays. Next time your family leaves the house, remember the



American Cancer Society's slogan
"Slip! Slop! Slap!® and Wrap."

- **Slip** on a Shirt - protect your skin with clothing.
- **Slop** on Sunscreen - use sunscreen with a sun protection factor [SPF] of 30 or higher.
- **Slap** on a Hat - wear a hat with a wide brim to cover ears, neck, and face.
- **Wrap** on Sunglasses - protect your eyes and the skin around them.

For information about sun safety:

www.cancer.org/healthy/morewaysacshelpsyoustaywell/acs-skin-cancer-prevention-activities

www.cdc.gov/cancer/skin

Panhandle Health District

(208) 415-5141
phd1.idaho.gov



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



Child/Youth - Services/Support

1st Judicial CASA Program • 208 4th St. • Coeur d'Alene, ID • 667-9165 • www.northidahocasa.com
 Anchor House • 1609 N. Government Way • Coeur d'Alene, ID • 667-3340 • www.youthranch.org
 Big Brothers/Big Sisters • 222 W. Mission Suite 40 • Spokane, WA • 509-328-8310 • www.nwbigs.org
 Boy Scouts of America • 178 Commerce Dr. • Hayden, ID • 772-2455 • www.scouting.org
 Boys and Girls Club • 200 W. Mullan Ave. • Post Falls, ID • 457-9089, 665-1919 • www.northidahobgc.org
 Camp Fire Inland Northwest • 524 N. Mullan • Spokane, WA • 509-747-6191 • www.campfireinc.org
 Crosswalk North Idaho • 201 E. Harrison Ave. • Coeur d'Alene, ID • 676-0772 • www.voaspokane.org/crosswalknorthidaho
 Excel Foundation • PO Box 2469 • Coeur d'Alene, ID • 699-6963 • www.excelcda.wordpress.com
 Girl Scouts of Eastern WA and North Idaho • 410 E. Sherman Ave., Ste 309 • Coeur d'Alene, ID • 509-747-8091 ext 243 • www.gsewni.org
 Idaho Youth Ranch • 2201 Government Way, Suite J • Coeur d'Alene, ID • 667-1898 • www.youthranch.org
 March of Dimes • 3222 W. Overland Rd. • Boise, ID • 800-336-5421 • www.marchofdimes.com
 Panhandle Alliance of Education • PO Box 1675 • Sandpoint, ID • 263-7040 • www.panhandlealliance.org
 PATH Idaho • 2101 Lakewood Dr., Ste 236 • Coeur d'Alene, ID • 473-2861 • www.pathidaho.org
 Wishing Star Foundation • 139 S. Sherman St. • Spokane, WA • 509-744-3411 • www.wishingstar.org

Civic/Volunteer

Arts & Cultural Alliance • 105 N. 1st • Coeur d'Alene, ID • 292-1629 • www.artsincda.org
 Cancer & Community Charities (3C's) • P.O. Box 1274 • Coeur d'Alene, ID • 667-1479 • www.ccc-northidaho.org
 Coeur d'Alene Firefighters Pipes & Drums • 300 Foster Ave. • Coeur d'Alene, ID • 769-2340 • www.cdaffpd.org
 Habitat for Humanity • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • www.northidahohabitat.org
 Human Rights Education Institute • 414 Mullan Ave • Coeur d'Alene, ID • 292-2359 • www.hrei.org
 Kootenai County Indicators • 668 N. Riverpoint Blvd. • Spokane, WA • 509-828-1211 • www.kootenaiindicators.org
 Kootenai Democrats • 408 Sherman Ave • Coeur d'Alene, ID • 763-3361 • www.kootenaidemocrats.org
 Kootenai Environmental Alliance • PO Box 1598 • Coeur d'Alene, ID • www.kealliance.org
 Lake City Playhouse • 1320 E. Garden Ave. • Coeur d'Alene, ID • 667-1323 • www.lakecityplayhouse.org
 Panhandle Parks Foundation • 212 Ironwood Drive, Ste D PMB124 • Coeur d'Alene, ID • 651-6271 • panhandleparksfoundation.org
 Youth Volunteers in Action • 6101 Ramsey Ave. • Coeur d'Alene, ID • 769-0769

Crisis Intervention

Child Protective Services • 1120 Ironwood Drive • Coeur d'Alene, ID • 769-1515, after hours 208-769-1543 • www.healthandwelfare.idaho.gov
 Child Protective Services • 207 Larkspur Street • Ponderay, ID • 265-4523, after hours 208-265-4523
 Children's Village Foundation • 1350 W. Hanley Ave. • Coeur d'Alene, ID • 667-1189 • www.thechildrensvillage.org
 ICARE • 201 E. Harrison Ave • Coeur d'Alene, ID • 676-1515 • www.icareforchildren.org
 Kinderhaven, Inc • PO Box 2097 • Sandpoint, ID • 265-2236 • www.kinderhavensandpoint.com
 National Center for Missing and Exploited Children • 800-843-5678
 North Idaho Violence Prevention Center • 850 N. 4th St. • Coeur d'Alene, ID • 664-9303 • www.nivpc.org
 Shoshone Crisis Line • 140 Railroad Ave. • Kellogg • ID • 208-784-1351, 208-769-1405
 Victim Services Unit • 1717 E. Polston Ave. • Post Falls, ID • 773-1080 • www.postfallspolice.com

Education - Adult

North Idaho College • 1000 W. Garden Ave. • Coeur d'Alene, ID • 769-3315 • www.nic.edu
 North Idaho College Workforce Training Center • 525 W. Clearwater Loop, Post Falls • ID • 769-3222 • www.workforcetraining.nic.edu
 University of Idaho • 1031 N. Academic Way, Suite 242 • Coeur d'Alene, ID • 667-2588 • www.uidaho.edu

Education - Child

Christian Center School • 3639 W. Prairie Ave. • Hayden, ID • 772-7451 • www.ccs-id.net
 Circle of Care/Developing Minds • 3755 East Covington • Post Falls, ID • 777-600 • www.FSSOFNI.com
 Coeur d'Alene Charter Academy • 4904 N. Duncan Dr. • Coeur d'Alene, ID • www.cdacharter.org
 Coeur d'Alene School Dist. 271 • 1400 N. Northwood Center Ct. • Coeur d'Alene, ID • www.cdaschools.org
 Education-Plus, Inc • 6389 Tall Pines Rd • Coeur d'Alene, ID • www.educationplushealth.com
 Idaho Distance Education Academy • 761 N. Thornton St., Ste E • Post Falls, ID • 661-5099 • www.idahoidea.org
 Idaho School for the Hearing Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9120 • www.isdb.idaho.gov
 Idaho School for the Vision Impaired • 2101 Lakewood Dr, Ste 224 • Coeur d'Alene, ID • 661-9122 • www.isdb.idaho.gov
 Lake City Jr Academy • 111 E Locust Ave • Coeur d'Alene, ID • 667-0877 •
 Learning Life • PO Box 3582 • Coeur d'Alene, ID • 964-6399 • www.learninglifeco.org
 Mountain States Early Head Start • 411 N. 15th St, Ste 200 • Coeur d'Alene, ID • 765-6955 • www.msehs.org
 North Idaho Association for the Education of Young People • PO Box 262 • Coeur d'Alene, ID • 415-5145 • www.idahoaeypc.org
 North Idaho College Head Start • 411 N. 15th St, Ste 103 • Coeur d'Alene, ID • 765-6755 • www.nicheadstart.org

Education - Parent

Parent Project-Kootenai County Diversion Program • 451 Government Way • Coeur d'Alene, ID • 446-1970 • www.parentproject.com

Family Services

Family Promise of North Idaho • 501 E. Wallace Ave. • Coeur d'Alene, ID • 777-4190 • www.familypromiseni.org

Government

2-1-1 Idaho CareLine • PO Box 83720 • Boise, ID • 800-926-2588 • www.idahocareline.org
 Coeur d'Alene Parks Department • 710 E. Mullan Ave. • Coeur d'Alene, ID • 769-2252 • www.cdapidparks.org
 Department of Health and Welfare • 1120 Ironwood Drive • Coeur d'Alene • ID • 2-1-1
 Kootenai County Fairgrounds • 4056 N. Government Way • Coeur d'Alene, ID • 765-4969 • www.northidahofair.com
 Panhandle Area Council • 11100 Airport Drive • Hayden, ID • 772-0584 • www.pacni.org
 Panhandle Health District Skilled Homecare • 8500 N. Atlas Rd. • Coeur d'Alene, ID • 664-8544 • www.phd1.idaho.gov

Healthcare - Dental - Mental - Physical

Heritage Health (formerly Dirne) • 1090 Park Place • Coeur d'Alene, ID • 292-0292 • www.myheritagehealth.org
Kootenai Health • 2003 Kootenai Health Way • Coeur d'Alene, ID • CdA 667-3742, PF 619-4100, SP 263-6763 • www.kootenaihealth.org

Healthcare - Dental

Coeur d'Alene Dental Center • 1322 Kathleen Ave • Coeur d'Alene, ID • 667-7461 • www.cdadentist.com

Healthcare - Mental

ACES Community Services • 1700 Schneidmiller St • Post Falls, ID • 619-0190 • www.aces-id.com
ACES Community Services • 1417 N. 4th St. • Coeur d'Alene, ID • 292-2188 • www.aces-id.com
AJI Counseling LLC • PO Box 103 • Coeur d'Alene, ID • 699-1450
Imagine Behavioral and Developmental Services • 7905 Meadowlark Way, Ste C • Coeur d'Alene, ID • 762-1250 • www.imaginebehavior.com
Northwest Behavioral Health • 1612 N. 3rd St. • Coeur d'Alene, ID • 765-4509 •
Riverwood Counseling • 1686 W. Riverstone Dr. • Coeur d'Alene, ID • 765-4795 • www.riverwoodcounseling.com
Stephen Gajewski, LLC • 2448 Merritt Creek Loop, Ste 4E • Coeur d'Alene, ID • 640-3323 • www.sgajewskillc.com

Healthcare - Physical

After Hours Urgent Care • 1300 E. Mullan Ave. • Post Falls, ID • 777-1157 • www.nifp.com
Bonner Partners in Care Clinic • 1020 Michigan St. • Sandpoint, ID • 255-9099 • www.bonnerpartnersincareclinic.org
Hospice of North Idaho • 9493 N Government Way • Coeur d'Alene, ID • 691-6996 • www.honi.org
Kootenai Urgent Care • 700 Ironwood Dr., Ste 170E • Coeur d'Alene, ID • 667-9110 • www.kootenaiurgentcare.com
Medicine Man Pharmacy • 802 Medical Ct. • Post Falls, ID • PF 773-3567, Hayden 762-9355, CdA 666-2502 • www.medmanpharmacy.com
North Idaho Health Network • 1250 W. Ironwood, Ste 201 • Coeur d'Alene, ID • 666-3212 • www.nihn.net
Rathdrum Clinic • 14775 Kimo Ct. • Rathdrum, ID • 687-5627 • www.rathdrumclinic.com
Shoshone Community Health Clinic • 114 W. Riverside Ave. • Kellogg, ID • 752-4145
Shriner's Hospital for Children • 911 W. 5th Ave. • Spokane, WA • 509-623-0431 • www.shrinershospitalsforchildren.org/spokane
Spoelstra Family Chiropractic • 370 E. Kathleen Ave, Ste 600 • Coeur d'Alene • ID • 667-7434 • www.cdahealth.com

Misc.

Burke's Klein's • 3880 W Riverbend • Post Falls, ID • 664-6433 • www.burkesdr.com
Coeurly Q's Square Dance Club • ID • 208-660-6122 • www.coeurlyqsquaredanceclub.com
Community Library Network • Athol, Harrison, Hayden, Pinehurst, Post Falls, Rathdrum, Spirit Lake • www.communitylibrary.net
Grocery Girl - Grocery Shopping & Delivery Service • 755-7339 • grocerygirlcda@gmail.com
Jacklin Arts & Cultural Center • 405 William St. • Post Falls, ID • 457-8950 • www.thejacklincenter.org
North West Film Institute • PO Box 458 • Sandpoint, ID • 265-1759 • www.northwestfilmstitute.org
The Culinary Stone • 2129 N Main St • Coeur d'Alene, ID • 277-4116
The Salvation Army Ray & Joan Kroc Community Center • 1765 W. Golf Course Rd. • Coeur d'Alene, ID • www.kroccda.org
Treaty Rock Realty, Inc • 112 E Seltice Way • Post Falls, ID • 773-1745 • www.treatyrocks.com
WITH Performance • 1950 Bellevue Ln, Ste 106-A • Coeur d'Alene, ID • 660-9378

Pet & Animal Services

AJ's Tails and Trails • Coeur d'Alene • www.facebook.com/ajstailsandtrails
Birds of Prey Northwest • Po. Box 3507 • Coeur d'Alene • 245-1367 • www.birdsofpreynorthwest.org
Coeur d'Alene Animal Control • 5500 N. Government Way • Coeur d'Alene, ID • 446-1300 • www.kcsheiff.com/animalcontrol.html
Coeur d'Alene Pet Resort • 125 E Hazel Ave • Coeur d'Alene, ID • 667-4606 • www.cdapetresort.com
Help Every Little Paw • 1533 Northwest Blvd. • Coeur d'Alene, ID • 659-6408 • www.helpeverylittlepaw.org
K2 Equestrian Center • 5723 E. Dodd Road • Hayden, ID • 762-9891 • www.k2equestriancenter.com
Kootenai Humane Society • PO Box 1005 • Hayden, ID • 772-4019 • www.kootenaihumanesociety.com
Shoshone Pet Rescue • PO Box 884 • Kellogg, ID • 512-3401 • www.shoshone-pet-rescue.org

Religious/Fraternal

Christian Community Coalition • P.O. Box 2714 • Coeur d'Alene, ID • 966-4078 • kootenaiccc.com
Christian Youth Theater (CYT) North Idaho • PO Box 3250 • Coeur d'Alene, ID • 765-8600 • www.cynorthidaho.org
Giving Grace International • 1986 W. Hayden Ave. • Hayden, ID • 509-280-7691 • www.gracegivinginternational.org
Idaho Panhandle Kiwanis • 913 Pennsylvania Ave • Coeur d'Alene, ID • 651-3131 • www.panhandlekiwanis.org
Lutherhaven Camp/Ministries • 3258 W. Lutherhaven Rd. • Coeur d'Alene, ID • 667-3459 • www.lutherhaven.com
Prairie Avenue Christian Center • 3639 W. Prairie Ave. • Hayden, ID • 772-7541 • www.pacc-id.net
Real Life Ministries • 1866 Cecil Rd. • Post Falls, ID • 446-2420, 777-7325 • www.reallifeministries.com
St. Pius Catholic Church • 625 E. Haycraft • Coeur d'Alene, ID • 765-5108 • www.stpiuscda.org
Unity Church of North Idaho • 4465 N. 15th St. • Coeur d'Alene, ID • 664-1125 • www.unitycenter.org

Senior Services

Alzheimer's Association • 1042 W. Mill Ave., Ste 205 • Coeur d'Alene, ID • 666-2996 • www.alz.org
Area on Aging Of North Idaho • 2120 Lakewood Dr., Ste B • Coeur d'Alene, ID • 667-3179 x 221 • www.aaani.org
Coeur d'Alene Homes • 624 W. Harrison Ave. • Coeur d'Alene, ID • 664-8119 • www.cdaseniorliving.org
Comfort Keepers • 820 E Best Ave • Coeur d'Alene, ID • 765-9511 • www.comfortkeepers/office-125
Hayden Senior Gems • 9428 N. Government Way • Hayden, ID • 762-7052 • www.haydengems.org
Jewett House • 1501 E. Lakeshore Dr. • Coeur d'Alene, ID • 667-5194 • www.cdaid.org
Kellogg Senior Center • 211 McKinley Ave. • Kellogg, ID • 783-4581
Lake City Center • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628 • www.lakecitycenter.org
North Idaho Home Health • 2028 East Best Ave • Coeur d'Alene, ID • 667-7494 • www.nihomehealth.com
On Site For Seniors • 1052 W. Mill Ave. • Coeur d'Alene, ID • 664-3301 • www.onsite4seniors.org

Sandpoint Senior Center • 820 Main St. • Sandpoint, ID • 263-6860 • www.sandpointseniorcenter.org
Wallace Senior Center • 621 Cedar • Wallace • ID • 208-752-5411

Social Services

ABC Food Bank • 30355 3rd St. • Coeur d'Alene, ID • 683-3244
Angels Over Sandpoint • PO Box 2369 • Sandpoint, ID • 290-5895 • www.angelsoversandpoint.org
Calvary Rathdrum Food Bank • 8027 W. Main St. • Rathdrum, ID • 687-3696
CAP Community Action Partnership Food Bank • 4144 Industrial Ave., Ste E • Coeur d'Alene, ID • 664-8757 • www.cap4action.org
Catholic Charities of North Idaho • 406 N. 10th St. • Coeur d'Alene, ID • 676-1974 • www.ccidaho.org
Christmas For All • 201 2nd St. • Coeur d'Alene, ID • www.cdapress.com
Goodwill Industries • 1212 N. 4th St. • Coeur d'Alene, ID • 664-2552 • www.discovergoodwill.org
Habitat for Humanity of North Idaho • 176 W. Wyoming Ave. • Hayden, ID • 762-4663 • www.northidahohabitat.org
Highroad Human Services • 9705 Meadowlark Lane • Coeur d'Alene, ID • 772-3116 • www.highroadhumanservices.com
Idaho Housing and Finance • 610 W. Hubbard, Ste 219 • Coeur d'Alene, ID • 667-3380 • www.idahohousing.com
Idaho Youth Ranch Thrift Store • 811 N. 4th St. • Coeur d'Alene, ID • 664-1736
Lake City Community Church Food Bank • 1707 N. 4th St. • Coeur d'Alene, ID • 676-0632 • www.lakecitycc.org
Love Pantry • 1700 Pennsylvania Ave. • Coeur d'Alene, ID • 664-9231
Meals on Wheels • 1916 Lakewood Dr. • Coeur d'Alene, ID • 667-4628
Money Management International • 2005 Ironwood Pkwy • Coeur d'Alene, ID • www.moneymanagement.org
Poison Control Center • ID • 800-860-0620 • www.healthandwelfare.idaho.gov
Post Falls Food Bank • 3255 E. Poleline • Post Falls, ID • 773-0139 • www.postfallsfoodbank.org
Shepherd's Table • 212 W. Ironwood Dr., Ste D • Coeur d'Alene, ID • 964-4144 • www.shepherdstableinc.org
Shoshone County Indigent Services • 700 Bank St. • Kellogg, ID • 752-8601 • www.shoshonecounty.org
Shoshone Veterans Service • 700 Bank St. • Kellogg, ID • 752-8601 • www.shoshonecounty.org
Spirit Lake Food Bank • 31245 N. 4th St. • Spirit Lake, ID • 623-3107
St Vincent de Paul • 201 E. Harrison Ave. • Coeur d'Alene, ID • 664-3095 • www.stvincentdepaulcda.org
United Way of Kootenai County • 501 E. Lakeside Ave., Ste. 3 • Coeur d'Alene, ID • 667-8112 • www.kootenaiunitedway.org

Special Needs

Disability Action Center • 7560 N. Government Way, #1 • Dalton Gardens, ID • 664-9896 • www.dacnw.org
DS (Down Syndrome) Connections • 3838 W. Prairie Ave. • Hayden, ID • 755-5079 • www.dsconnections.org
Panhandle 1424 Boyer Ave. • Sandpoint, ID • 263-7022 • www.panhandlespecialneeds.com
Special Olympics of Idaho • 199 E. 52nd • Garden City • ID • 800-915-6510 • www.idso.org
Specialized Needs Recreation • 3700 N. Government Way, Suite J • Coeur d'Alene, ID • 755-6781 • www.snridaho.org
TESH, Inc, Bonner County • 804 Airport Way, Ste D • Sandpoint, ID • 263-7755 • www.teshinc.com
TESH, Inc, CDA • 3808 S. Industrial Ave. • Coeur d'Alene, ID • 765-5105 • www.teshinc.com
Trinity Group Homes, Inc • PO Box 1861 • Coeur d'Alene, ID • 667-9607 • www.trinitygrouphomes.net

Substance Abuse-Recovery/Prevention

Al-Anon • Coeur d'Alene, ID • 676-0549 • www.al-anon-idaho.org
Alcoholics Anonymous • 118 N. 7th St., Ste B5 • Coeur d'Alene, ID • 667-4633 • www.aa.org
Idaho Drug Free Youth • 610 W. Hubbard, Ste 123 • Coeur d'Alene, ID • 664-4339 • www.idahodrugfreeyouth.org
Idaho Meth Project • PO Box 738 • Boise, ID • 1-888-331-2060 • www.idaho.methproject.org
STAR Ministries • 474 Cherry Lane • Coeur d'Alene, ID • 634-6475 • www.savingteensatrisk.com

Support Networks/Groups

AMEND Center • 520 Government Way • Coeur d'Alene, ID • 665-2432 • www.amendcenter.com
American Cancer Society • 920 W. Washington St., Ste 200 • Spokane, WA • 509-242-8306
American Childhood Cancer Organization Inland Northwest • PO Box 8031 • Spokane, WA • 509-443-4162 • www.acco.org/inlandnw
American Heart Association • 140 S. Arthur St., Ste 610 • Spokane, WA • 509-536-1500 • www.heart.org
Anna Schindler Foundation • 6700 S. Stateline Rd. • Post Falls • 777-8985 • www.annaschindlerfoundation.org
Bereaved Parents of the USA • Coeur d'Alene, ID • 773-5684 • www.nidbereavedparents.org
Grandparents Raising Children • 3265 16th Ave. • Post Falls, ID • 777-9851
Idaho Kinship Project • 3202 Wedgewood Loop • Coeur d'Alene, ID • 769-7096, 665-8975 • www.kootenaialliance.org/subcommittees
Inland NW SIDS Foundation • PO Box 474 • Rathdrum, ID • 55SIDS • www.inwsids.org
Lake City Moms' Club • 1470 W. Hanley Ave • Coeur d'Alene, ID • 262-9522 • www.lakecitymomsclub.org
Mothers Against Drunk Driving (MADD) • PO Box 362 • Hayden, ID • 660-6390 • www.madd.org
NAMI Far North • PO Box 2415 • Sandpoint, ID • 597-2047 • www.nami.org/sites/namifarnorth
NAMI National Alliance on Mental Illness • PO Box 1082 • Coeur d'Alene, ID • 691-9674 • www.nami.org
North Idaho AIDS Coalition • 2201 Government Way, C • Coeur d'Alene, ID • 665-1448 • www.northidahoaidscoalition.org
Panhandle Autism Society • 411 N. 15th St., Ste 105 • Coeur d'Alene, ID • 755-7647 • panhandleautismsociety.org
United Cerebral Palsy of Idaho, Inc • 5420 W. Franklin, Ste A • Boise, ID • 888-289-3259 • www.ucpidaho.org

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802 E. Medical Court
(208) 773-3566

Post Falls

805 E. Polston Ave.
inside Super 1 Foods
(208) 777-7732

Hayden

240 W. Hayden Ave.
inside Super 1 Foods
(208) 772-3311

Hayden

8093 Cornerstone Dr.
(208) 762-9355

Coeur d'Alene

305 W. Kathleen Ave.
inside Super 1 Foods
(208) 765-2268

Coeur d'Alene

1114 Ironwood Dr.
(208) 666-2502

Rathdrum

15837 Westwood Dr.
inside Super 1 Foods
(208) 687-5717

Sandpoint

624 Larch St.
inside Super 1 Foods
(208) 597-7466

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