

FREE

Summer
2016

NORTH IDAHO FAMILY

*Now in its
TM 17th year!*

M A G Z I N E

**Football: Not Just
For Boys**

plus

**Comprehensive
Education Website**

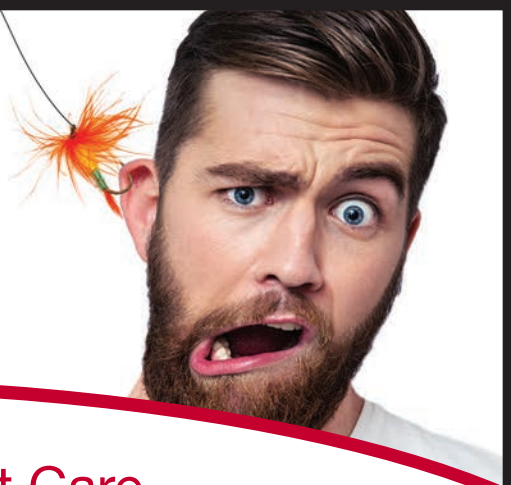
**25 Fun Things to
do for Summer**

Summer Camp Guide



www.nifamily.com

NICE CAST, SON...



Kootenai Urgent Care

HAYDEN • COEUR D'ALENE • POST FALLS

AVERAGE WAIT TIME IS 15 MINUTES OR LESS • VISITS TAKE LESS THAN AN HOUR
EXPERIENCED PHYSICIANS AND NURSE PRACTITIONERS • OPEN 7AM-9PM DAILY
FAST, PROFESSIONAL AND EXTREMELY AFFORDABLE • NO APPOINTMENT NEEDED

CDA | 208.667.9110 | 700 IRONWOOD DRIVE, SUITE 120E
HAYDEN | 208.772.9110 | 566 W. PRAIRIE AVE.
POST FALLS | 208.777.9110 | 1300 E. MULLAN AVE., SUITE 600

WWW.KOOTENAIURGENTCARE.COM



10 WEEKS OF CAMP STARTING JUNE 13



- Day Camps • Pee Wee Half Day Camps
- Jr. Lifeguard Camp • Film Production Camp
- Arts, Culture & Science Mini Camps



REGISTER AT KROCCDA.ORG/CAMP

1765 W Golf Course Road
Coeur d'Alene, ID 83815
208.667.1865 | www.kroccda.org



RAY & JOAN
KROC CENTER
COEUR D'ALENE, ID

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

208.667.2314

Refer to ad on page 19.

www.nifamily.com

1048 N. 3rd St.

Coeur d'Alene, ID 83814

Fax: 208.666.9810

Email: sales@nifamily.com

ACKNOWLEDGEMENTS:

Cover story (and story photos) by Eden Greenman.

©2016 by Kagey Company, Inc. All rights reserved. No portion of this magazine may be reproduced in whole or in part without the express written consent of the owner, Kagey Company, Inc. Distribution of this publication does not constitute an endorsement of products or services therein. All information is as accurate as given from contributing sources. Kagey Company, Inc. reserves the right to refuse advertising or submissions for editorial purposes for any reason. Copies are free.

SIGN UP TODAY!

TO RECEIVE COMPLIMENTARY COPIES OF
NORTH IDAHO FAMILY MAGAZINE.

HOW TO SUBSCRIBE:

Online: www.nifamily.com Mail form below to:
1048 N 3rd St • CDA, ID 83814

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Welcome!

For over 17 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

- Hundreds of local features on things that matter to North Idaho families.
- The N.I.C.E. calendar for charitable events planning.
- Connections through social media.

North Idaho Family Group:

The North Idaho Family Group is a 501(c)3 nonprofit organization whose mission is building healthy families and lifelong learning in our community, predominantly by being a backbone organization for other area nonprofits and project, in addition to its own products and services.

What We Do:

- North Idaho Services Directory (niseservicesdirectory.com) See pg. 22
- Education Information Center (edinfocentercda.com) See pg. 6
- Marketing & Communications to area nonprofits and agencies.

COMING SOON:

"Year 'Round Yard Sale" fundraiser
benefiting area nonprofits ...
Visit nifamily.com/YRYS for the latest
updates on day & location!

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250-word article in up to three issues (Preference for articles is always given to Members)
- One \$150 gift certificate toward an ad of your choice in one issue during your first member year
- Service Directory listing in magazine, directory and a link on www.nifamily.com
- Inclusion in NIFG collaborations and events

How to Join

- Online: Visit www.nifamily.com and click "Join Now"
- Email: Members@nifamily.com
- Call: 208-699-0126

Join our email list

- Send an email to news@nifamily.com
- Sign up at www.nifamily.com/news

CONTENTS



pg.
4

Not Just for Boys Anymore.

Sarah Cook manages CHS Football Team.



pg.
6

Education Information Center

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



pg.
17

2016 Summer Camps for Kids

Complete list of summer activities to keep your child busy.



EDUCATION

5



COMMUNITY

8



CALENDAR

11



FAMILY

12



HEALTH

18



SENIORS

21

VARSITY FOOTBALL: Not Just for Boys



Sarah Cook and potential future manager Tiera Merrill

Sarah Cook isn't afraid to be a girl that breaks into a new field. In this case, a football field. A junior at Coeur d'Alene High School, Sarah has recently received her Varsity Pin as a member of the CHS Football Team. Since her freshman year, she's been one of the managers of Viking Football and plans to continue in the field.

Cook has always liked to help. She's been an Ironman volunteer and involved in reading programs at the Skyway Elementary to name a few. Now her idea of volunteering includes standing on the sidelines under the Friday Night Lights.

"This job has duties that are much more than being the water girl," said Cook. "Players rely on the managers to keep the team going on more levels than just being well-hydrated." Duties include set up and take down of equipment before and after games and practices, keeping track of the school's property and sometimes restocking the concession stands. When the team travels to other schools to play, the managers travel on the players bus, unload trailers, stage equipment, and keep the team supplied.

Working on the sidelines, Cook sees the game from a much different perspective. The managers are intimately involved with the team's injuries, victories, and disappointments. It is one of the reasons Cook loves the job. "I have way more school spirit than many girls because I'm part of the team. The players respect me and appreciate all I do for them and it shows," said Cook. "I have gotten to know so many people that I

would have never had crossed paths with without football. It's been a great experience and a great part of my life."

One of Cook's favorite memories of being on the team was at the half-time game against Madison High School. The song "My House" by Flo-Rida came on in the locker room and all the boys starting singing and dancing to the song. "Now every time I hear that song, I think about that moment", she said.

"Being a manager is hard work but a valuable experience" she said. "I can't believe that I've earned my varsity pin. I'm very proud of it, especially because I know it represents so much more than being a water girl".

As a manager, her time and dedication to the team is extensive. Two-a-day practices start in August and then daily after school, with a minimum of 15 hours per week spent with the team. Cook's mom Carrie, added, "We have to plan our family's camping trips around my daughter's football schedule ... that is sort of a strange thing to say".

Volunteering in the sports program at CHS has exposed her to possible college scholarship opportunities as well as related career fields. Cook is busy. She is also manager of the JV and Varsity Wrestling Team, along with garnering straight A's in the Physical Therapy Aid program at KTEC. She hopes to attend college to become a Physical Therapist and has considered managing football on the college level.



Don't let your kids SLIP AND SLIDE

Children who do not continue to read over the summer can lose as much as three months of reading achievement.

Did you know:

- In Idaho, low - income homes average only 1 book for every 300 children. By comparison, in middle and high - income homes, each child has an average of 50 books. (Book It Forward, 2014)
- Reading proficiently is the most significant indicator of academic success.
- 85% of children in the juvenile justice system are functionally illiterate.

WHAT PARENTS & CHILDREN CAN DO:


Join a Library Summer Reading Program


Most libraries in North Idaho are participating in the national Collaborative Summer Reading Program theme:

"On your Mark, Get Set ... Read!" Each library will have its own special events & activities based on the sports and fitness theme for children, teen readers, and adults.



Children and teens are also encouraged to keep a reading log for the summer and can collect prizes at the library based on time spent reading.



LAKE CITY PUBLIC
LIBRARY
A BRANCH OF THE COEUR D'ALENE PUBLIC LIBRARY

Full Service Cd'A Public Library
branch **OPEN THIS SUMMER**
inside Lake City High School.

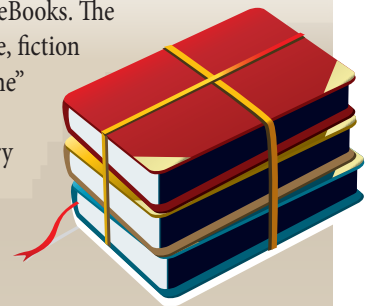
INFO lcplibrary.org
208-763-0814

For a list of all area library programs visit:

- www.cdalibrary.org/events
Downtown Coeur d'Alene
208-769-2315
- www.CommunityLibrary.Net/Kids
Community Library Network
Hayden, Post Falls, Rathdrum, Spirit Lake, Athol, Harrison,
Pinehurst
208-773-1506 x 323

eBooks!

Those who run out of reading material between library visits can go online and select titles from StarWalk eBooks. The collection includes high quality picture, fiction and non-fiction titles with a "read to me" option. Find it at CommunityLibrary.Net/eLibrary. Your user name is: library network; your password is: library.





Seniors! Parents! Counselors Educators!

Questions ... ? It's all HERE:

EdInfoCenterCDA.com

**Links to Regional Education Information
from Birth through Retirement**

- ☒ **Bookmark It**
- ☒ **Use It**
- ☒ **Contact us for Help**



Education INFORMATION Center™

Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

**ANSWERS FROM
PRE-KINDERGARTEN
TO CAREER
TRAINING AND
BEYOND!**



Tutors

Local Scholarships

Specialty instruction

Dual enrollment

Second career

Recertification

College counseling

News blogs

Professional Tech

Preschool options

Education savings plans

Drivers training

Home school standards

Career planning

Glossary of terms

School district links

VISIONARY PARTNERS

Knudtsen
CHEVROLET

WM
WASTE MANAGEMENT

ignite cda

**NORTH IDAHO
HIGHER EDUCATION**
NIC LCSC UI BSU ISU



with additional support from Avista

FOCUS ON

Birth-Kindergarten

DON'T WAIT TO SAVE!

- Start a college savings program, such as a 529 Plan (A 529 plan is a tax-advantaged savings plan designed to encourage saving for future college costs.)

INFO: idsaves.org

MAKE SURE YOUR CHILD IS READY TO SUCCEED.

- Free Developmental Screening is available for children who live in the Coeur d'Alene School District and are between the ages of 0 to 5 yrs old. Screening can help parents determine how their child is developing in comparison to other children the same age and address any issues prior to entering school.

INFO: cdaschools.org/Page/4914 or call 208-666-6762

- READY! for Kindergarten teaches parents how to help their children develop the basic school readiness tools: letters and sounds, math and reasoning and social and emotional skills.

INFO: unitedwayofnorthidaho.org/education

- Area libraries offer early literacy programs like Book Babies Lap-sit for infants from birth to years, Tales for Two's & Three's for toddlers, and Preschool Story Time for children 3-5 years old.

INFO: cdalibrary.org or communitylibrary.net



INFO

For more resources, visit the "Birth to Kindergarten" section at edinfocentercda.com



KIDS COLLEGE

Video games, mobile apps, programming, and Minecraft in a fun, hands-on learning environment. One week camps. Ages 8-14.

(208) 769-3333
www.nic.edu/kidscollege

  **North Idaho College**

Morgan Stanley



Eric Soles

Financial Advisor

1233 Northwood Center
Coeur d'Alene, ID 83814

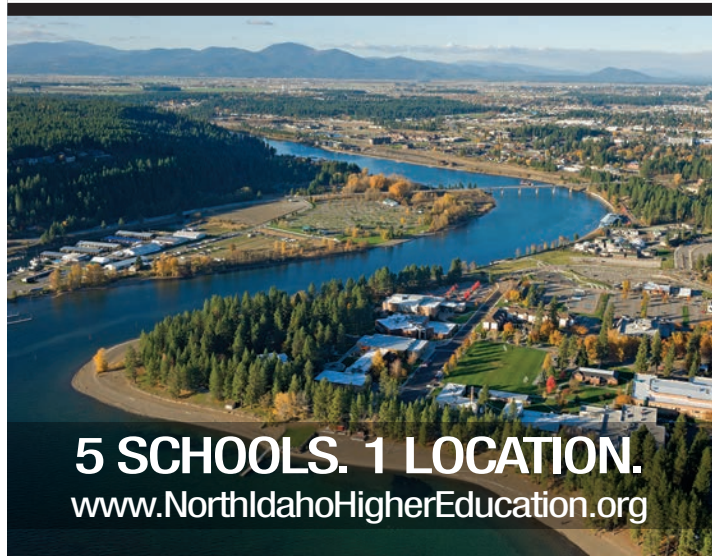
208-665-4288

morganstanleyfa.com/eric.soles

© 2014 Morgan Stanley Smith Barney LLC. Member SIPC.
CRC897541 06/14

NORTH IDAHO HIGHER EDUCATION

NIC LCSC UI BSU ISU



5 SCHOOLS. 1 LOCATION.
www.NorthIdahoHigherEducation.org

Idaho State
UNIVERSITY

 **BOISE STATE UNIVERSITY**

Lewis-Clark
STATE
COLLEGE



North Idaho College

University of Idaho
Coeur d'Alene



North Idaho College



THIS IS MY STUDY GROUP

High school and college credit at the same time.

Start here... Go anywhere!



Connecting People, Place, Food and Farms

The Inland NW Food Network is a young organization in our region that connects people, place, food and farms through education and outreach. Founded in 2014 by Teri McKenzie, the volunteer-based group has organized numerous programs designed to give people the tools and resources needed to access, grow, and prepare healthy, delicious food, and to support local organic farmers.

Among the varied offerings the organization hosts, their newest – the Seasonal Kitchen – is a monthly cooking class where participants prepare dishes that



Seed swap at the Cd'A Library

are seasonal and local (examples include root vegetables in February, fermented foods in late summer, venison/elk in the fall). Plans are also underway to expand the program by collaborating with area schools to form children's cooking clubs.

Other programs include a monthly book club, Chew on This, (an educational program with guest speakers who address a range of topics related to food and gardening/farming), workshops, farm-to-table dinners, and a "pop up" garden party. Their Local Investing Program is an innovative peer-to-peer, low interest investment model that strives to grow our region's food system by connecting lenders to borrowers (farmers, food entrepreneurs).

This summer the group will host a farm to table dinner at Castle Rock Ranch, a farm tour, and will have a booth at the Kootenai and Liberty Lake Farmers Markets.



Teri McKenzie
inwfoodnetwork.org
208/546-9366.



Dani Lundquist serving dinner at Killarney Farm



Dinner guests at Farm-to-Table Dinner at Killarney Farm



Seasonal-cooking-class at Killarney Farm

Be Smart Around Lead, Play Clean!

Lead and other metals are found in the soil along the Coeur d'Alene River, its South Fork, and the Chain Lakes.

- Wash hands and face before eating.
- Bring water for all personal use. *Don't use filtered river water.*
- Eat on a table or blanket in grassy areas.
- Limit children's hand-to-mouth contact.
- Remove dirt on clothes, toys, pets, and equipment before leaving.

RECREATE SAFELY

- Recreate in designated areas and stay on trails.
- Wear dust covering over mouth and nose when riding off-road trails.
- Follow fish consumption advisories. It is best to eat fillets only.
- Do not harvest edible plants from floodplain areas.

Know your child's blood lead level through simple blood testing

Panhandle Health District: (208) 783-0707

Know how to reduce your child's exposure to lead in soil

Idaho DEQ: www.deq.idaho.gov/PlayClean



Public Health
Panhandle Health District



St. Vinny's Party In the Park



Presenting Sponsor



Saturday, July 16
5:00pm-9:00pm
McEuen Pavilion
Downtown Coeur d'Alene
Tickets - \$10



**Tickets available at Alliance Title, John L. Scott,
any Mt. West Bank, St. Vincent de Paul Help Center,
St. Vincent de Paul Thrift Stores,
208-416-4717, or www.stvincentdepaulcda.org**

Money raised will support the St. Vincent de Paul Warming Centers

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

Coeur d'Alene SD - Monday-Friday, June 15-August 19 (closed July 4)

- Fernan Elementary - Breakfast 8-9am, Lunch 11am-12:30pm
- Borah Elementary - Breakfast 8-9am, Lunch 11am-12:30pm
- Ramsey Elementary - Breakfast 8-9am, Lunch 11am-12:30pm
- Venture High School (Closed Fridays) - Breakfast 8-9am, Lunch 11am-12:30pm

Post Falls SD - Monday-Friday, June 13-August 19 (closed July 4)

- Ponderosa Elementary - Breakfast 8-9am, Lunch 11am-1pm
- Seltice Elementary - Breakfast 8-9am, Lunch 11am-1pm
- Post Falls Middle School - Breakfast 7:30-8:30am, Lunch 10:30am-12:30pm
- 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

Lakeland SD - Monday-Friday, June 10-August 7 (closed July 4)

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

See each location for exact dates and times (subject to change).



Your child is driven to be the best on the court. But they need you to be the driver off the court. At American Family Insurance, we believe your dreams are the most valuable things you will ever own. And we'll help you find just the right insurance to protect them.

FOR DREAMS THAT GO BEYOND THE CAR ITSELF

Let's talk today.



Miranda Hamilton Agency

8246 N Government Way

Hayden, ID 83835

(208) 209-4321

miranda.hamilton@amfam.com



Insure carefully, dream fearlessly.

American Family Insurance, Mutual, Standard of OH and WI Companies,
6000 American Parkway, Madison, WI 53783 and The General® | © 2016 012174- 4/16





Our Community AT A GLANCE



DISABILITY ACTION CENTER NW HAS MOVED

Disability Action Center is now located at 3726 E Mullan Avenue in Post Falls, ID. DACNW serves the Coeur d'Alene & Post Falls community, and also has locations in Moscow & Lewiston.

FREE ART CLASSES

Beginning soon! made possible by a grant from the Coeur d'Alene Arts Commission, FREE ART CLASSES at Emerge 208 N 4th St. Cd'A info: www.emergeda.org.

NEW LOCATION OF INTERAGENCY MEETINGS

Monthly Interagency meetings have moved to the Union Gospel Mission in Coeur d'Alene (196 W Haycraft Ave - 1 block north of Appleway between Government Way and Highway 95.) Meetings are the 3rd Wednesday of each month at noon. Lunch is provided for the cost of a donation. Come connect, network, and learn about people and agencies serving our community.

HEART OF THE CITY CHURCH NOW ON KATHLEEN AVENUE

Heart of the City Church has moved to its new campus location at 722 W. Kathleen Avenue in Coeur d'Alene. New service times are Saturday at 6:06pm, and Sunday at 9:09am & 11:11am.

New Members STORIES WITH STEWY

"Stories with Stewy" is a reading incentive program sponsored by a local business or individual. The organization was created by author, Kristin Cooper-Herby and focuses on 2nd & 3rd grade readers. storieswithstewy.com

SAFE PASSAGE VIOLENCE PREVENTION CENTER

Safe Passage helps all survivors of domestic & sexual violence, including children. They offer a safe shelter, counseling, court advocacy and their services are free and confidential. safepassageid.org

AMERICAN INSTITUTE OF CLINICAL MASSAGE

AICM is a comprehensive Massage Therapy Certification Program serving the Greater Coeur d'Alene, Idaho-Spokane, Washington Area. aicm.edu

INLAND NW FOOD NETWORK

Inland NW Food Network connects people, place, food and farms through education and outreach to achieve its vision of growing a healthy, fair, accessible and sustainable regional food system. inwfoodnetwork.org

GIZMO CDA

Gizmo-CDA, Coeur d'Alene's non-profit makerspace, is a place where art, design, technology and tools are connected by the hands and minds of the people of this community. gizmo-cda.org



AiCM

AMERICAN INSTITUTE of CLINICAL MASSAGE

A branch campus of New York School for Medical and Dental Assistants

Are you ready for a new career in a growing healthcare field?

Are you interested in Medical Massage?

We have specific Medical Massage classes built into our curriculum.

The American Institute of Clinical Massage in Post Falls creates valuable well-trained massage therapists for the spa and health care fields of the Inland Northwest!

You won't be disappointed! Come talk to us about our unique tuition credit program and how we can make it work for you!



4365 Inverness Drive, Post Falls • 208.773.5890 • FAX 208.457.9319 • aicm.edu
Located on the lower level of the Highlands Building



NEW LOCATION!!
HWY 41 AND PRAIRIE,
POST FALLS, ID.

**REGISTER BY
JUNE 29TH
TO GET A T-SHIRT!**

July 16th
10AM —to— 1PM

Packet Pick-Up and Check-in
Friday, July 15th at 5pm

BROUGHT TO YOU BY
 Heritage Health

donate@myheritagehealth.org
208.415.0292

For more information or to register:
www.muddymiles.org



June 4	<i>Run for #271</i> McEuen Park, CDA	July 16	<i>St. Vinny's Party in the Park</i> McEuen Park 208-416-4717 or stvincentdepaulcda.org
June 4	<i>Meet the Machines</i> Lake City High School, CDA 509-435-1508	July 16	<i>Schweitzer Mountain Trail Run</i> smtrailrun.com
June 12	<i>Bay Trail Fun Run</i> Sandpoint's City Beach pobtrail.org	July 22-23	<i>Hayden Days and Parade</i> cityofhaydenid.us
June 12	<i>The Jordan World Circus</i> Boundary County Fairgrounds 702-456-2642	July 22-24	<i>Julyamsh Powwow</i> Kootenai Fairgrounds julyamsh.com
June 17-18	<i>Car d' Lane</i> cdadowntown.com	July 23	<i>Race the River Kids' Triathlon</i> Coeur d'Alene racetheriver.com
June 18	<i>Boys & Girls Club Family Fun Day</i> McEuen Park	July 23	<i>Relay for Life CDA</i> relay.acsevents.org
June 18	<i>Silver Valley Ride to Defeat ALS</i> Snake Pit Resort 425-656-1650	July 30	<i>Relay for Life St. Maries</i> relay.acsevents.org
June 18	<i>Fallen Heroes Benefit Ride</i> Curly's Junction, Hauser wafhbp@gmail.com	Aug 5-Aug 7	<i>Downtown Coeur d'Alene Street Fair</i>
June 18	<i>Shrine Circus</i> Kootenai Fairgrounds	Aug 5-Aug 7	<i>Art on the Green</i> artonthegreencda.com
June 25	<i>IronKids Fun Run</i> McEuen Park ironman.com	Aug. 6	<i>10th Annual UPS/United Way Golf Classic</i> unitedwayofnorthidaho.org
June 26	<i>Ironman Coeur d'Alene - 70.3</i> ironman.com	Aug 7	<i>Post Falls Sprint Triathlon</i> www.postfallsidaho.org
July 3	<i>Kiddies Parade</i> Downtown Coeur d'Alene	Aug 13	<i>Ales for the Trail</i> McEuen Park, CDA www.nictf.org
July 4	<i>4th of July Parade and Festival</i> Downtown Coeur d'Alene	Aug 20	<i>IronKids Fun Run</i> McEuen Park ironman.com
July 8-10	<i>Post Falls Festival and Parade</i> postfallsidaho.org	Aug 21	<i>Ironman Coeur d'Alene</i> ironman.com
July 9	<i>Hayden Triathlon</i> haydentri.com	Aug 24-28	<i>North Idaho Fair</i> northidahofair.com
July 10	<i>Matt's Place Foundation Charity Golf Classic</i> Highlands Golf Course, Post Falls mattspcelfoundation.com	Aug 26-27	<i>Spokane to Sandpoint Relay</i> spokanetosandpoint.com
July 10	<i>CDA Garden Tour</i> cdagardenclub.com	Sept 10	<i>Black & White for Boys & Girls Club Auction</i> northidahobgc.org
July 16	<i>16th Annual Ride for Life - ACCOIN</i> Post Falls (509) 710-7711	Sept 11	<i>Kids Draw Architecture</i> CDA Arts & Culture Alliance artsandculturecda.org/kids-draw-architecture/
July 16	<i>Muddy Miles Heritage Health fundraiser</i> Rathdrum muddymiles.org	Sept 17	<i>Bike MS</i> Kellogg, ID www.bikeMS.org or 509-482-2022

Empower, Encourage, & Support our Future Leaders!

As parents you have the power to impact your child's decision to be substance free. The Kootenai County Substance Abuse Council has valuable tools and resources available that you can use to initiate discussion with your youth about choosing to be substance free.

Together, we can support our youth by encouraging them to make positive choices. Empower them! The power is in their hands. Let them know they have the power to make choices. The choices they make can impact the community and the world for better or worse. Their choices have a ripple effect. One good choice can influence and inspire others to follow and spread the good. One bad choice can do the same. Ultimately the power is in their hands to choose.

Let's Empower, Encourage and Support our Future Leaders!



For parent resources and to take the parent survey for a chance to win 1 of 10 \$25 gift certificates from local businesses visit kcsac.net.



INFO

kcsac.net


**Shine, Inspire, Uplift,
Encourage, Succeed.**

The **POWER** is in Your **HANDS**.

Be **Substance Free**.

kcsac.net

Kootenai County
Substance Abuse Council

KCSAC, Inc.



Teenage Driver Soon?

BEFORE THEY GET BEHIND THE WHEEL...

- Sit down with them before you sign them up for Driver's Ed and go over what is expected of them when they begin their training. Emphasize that driving is a privilege, not a right.
- If you are considering buying them a car, check with your insurance agent. A common mistake is assuming an older car means less expensive insurance.
- Texting while driving is now the #1 cause of death in car accidents. Checking text takes an average of 5 seconds. At 35 MPH, it translates to driving the length of a football field blindfolded. Describe this to your teen and demand they put the phone away while driving.
- A 3.0 GPA or higher provides a discount on insurance.
- When they are in driver's training, take every opportunity to be in the car with them. Do your best to not "over react" to minor errors – they're learning. It is an opportunity to help build confidence and assure they thoroughly understand the rules of the road, operate a vehicle safely, and wear their seat belts.
- Consider signing a "young driver contract" with your teen. It is an excellent starting point for conversations surrounding their driving experience as well as a useful tool for assuring a safe and successful course for all.



INFO

jan@janjinsurance.com
762-2122



**Coeur d'Alene's
Indoor Inflatable
Play and Party
Center.**

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

**Kids
under
2 are
always
FREE
with paid
sibling**

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

250 West Dalton Ave. | Coeur d'Alene, ID, 83815 | 208-664-5200 | info@jumpforjoycda.com
www.jumpforjoycda.com

**If you haven't shopped your insurance in the last 15 months,
you are paying too much.**



jan jesberger insurance

Let us be **YOUR** personal insurance shoppers. We will compare rates from multiple quality companies for **YOU**.

Representing



and many other excellent companies!

We continue to be committed to serving our community. If you need a donation basket for a fundraiser, give us a call.

Receive a free gift for a referral!

Call us today: 208-762-2122

jan jesberger insurance

9212 N. Government Way, Hayden ID 83835 • www.janjinsurance.com



25 Fun Things For Kids To Do

1. Take a FREE ART CLASS at EMERGE (Beginning soon!). 208 N 4th St. Cd'A. www.emergecda.org
2. Go fishing! June 11 is FREE Fishing Day in Idaho. No license is needed.
3. Hike, bike, ride, swim, fly model aircraft, view wildlife, or camp (or all of the above!) at Farragut State Park.
4. Join the 4th of July Kids Parade on July 2 at 10am. It starts at 10th & Sherman and continues to Independence Point.
5. Make Popsicles out of your favorite juice. Fill an ice cube tray with juice. Cover with plastic wrap. Poke a tooth pick 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 8-10.
9. "On your Mark, Get Set ... Read!" This summer, local libraries will have special events & activities based on the sports and fitness theme for children, teen readers, and adults. (See page 5 for more info)
10. Walk around Tubbs Hill. Go all the way to the top and check out the view!
11. Plant sunflower seeds and watch them grow.
12. Give your dog a bath.
13. Pack a picnic lunch and head to the lake with your family.
14. Participate in a local Kids' Triathlon: Race the River (July 23), Iron Kids (June 25 & August 20)
15. Attend a FREE concert in the park. See page 17 for a whole list!
16. Chase butterflies across your yard.
17. Visit a museum
18. Go to Hayden Days on July 22-23. Don't miss the parade on Saturday at 10am on Government Way.
19. Learn to play disc golf at Cherry Hill or Bluegrass Park (Cd'A), Farragut State Park, or Corbin Park (Post Falls).
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 on the North Idaho Centennial Trail, the Trail of the Coeur d'Alenes, or Route of the Hiawatha. Make sure to wear your helmet!
23. See a family-friendly flick at City Park downtown (Behind the Human Rights Education Institute Building - HREI). Movies will run Wednesday nights at dusk June-August (check nifamily.com for exact dates & movie line-up.)
24. Help mom or dad in the garden.
25. Give your best friend a hug.





Summer FUN & KIDS' Camps!

VISIT US ONLINE AT NIFAMILY.COM/NORTH-IDAHO-SUMMER-CAMPS FOR THE LATEST UPDATES AND INFORMATION ABOUT NEW CAMPS.

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. campcross.org or 509-624-3191

Camp Four Echoes

Lake Coeur d'Alene, Worley
Girls grades 1-12, Troops, Family, Adults June-Aug
Girl Scouts. Windsurfing, kayaking, sailing, sports,
cooking, photography, hiking. Scholarships available.
gsewni.org or 800-827-9478 ext. 226

Camp Lutherhaven

3258 W. Lutherhaven Rd., Coeur d'Alene Grades
1-12, Family, Special Needs, June-Aug Residential
Bible. High-ropes adventure course, climbing tower,
waterfront. Financial assistance, transportation and
scholarships available.
lutherhaven.com or 866-729-8372 x119

Camp Mivoden

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

Camp Sweyolakan

Lake Coeur d'Alene Ages 5-18, July-Aug Camp Fire
USA. Kayaking, outdoor cooking, sailing, horseback
riding, backpacking, hiking, arts and crafts, rock
climbing. Financial assistance available.
campfireinc.org/summer-camps or 208-747-6191

Kids Camp

Silver Lake Camp, Medical Lake, WA
Grades 3-5, Aug
Real Life Ministries Camp
reallifeministries.com or 208-777-7325 x7191

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.
Scholarships available.
nicyc.org or 208-771-1915

Ross Point Baptist Camp

Post Falls
Grades 2-12, Family, G June-July
Softball, swim, bouldering wall, canoeing, crafts,
climbing wall, high ropes course.
rosspoint.org or 208-773-1655

Shoshone Creek Ranch Camp

North Fork, Coeur d'Alene River
Grades 5-12, July-Aug
Residential Bible camp operated by Lutherhaven.
Horseback riding, swimming, crafts.
lutherhaven.com or 866-729-8372 x119

Twinlow Camp

Rathdrum
Grades 1-12, Adult, Family, June-Aug
United Methodist Church Camp. Games, waterskiing,
crafts, swimming, canoeing.
twinlowcamp.org or 208-352-2671

SANDPOINT AREA

Cocolalla Lake Bible Camp

209 N. Cocolalla Loop Rd., Cocolalla
Ages 7-18, Family, July-Aug
Swimming, canoeing, paddle boats.
clbcamp.org or 208-263-3912

Twin Eagles Summer Camps

Sandpoint
Ages 6-18 and Family, June-July
Day and residential. Nature awareness, animal
tracking, wild edible and medicinal plants.
twineagles.org or 208-265-3685

Schweitzer Adventure Camp

Schweitzer Resort, Sandpoint
Ages 6-11, July-Aug - 2016 Sessions SOLD OUT
Hiking, crafts, swimming.
schweitzer.com or 208-255-3081

Youth Horsemanship Camp

Western Pleasure Guest Ranch, 1413 Upper Gold
Creek, Sandpoint
Ages 10-16, June-Aug
Hands-on experiences with horses.
westernpleasureranch.com or 208-263-9066

Day & Week Camps

NEW! Union Gospel Mission Camp

In partnership with CDA Assembly Church, Ford, WA
Grades 3-5 grade, July 25-29, FREE
CDAAssembly.com or 208-667-5481

Twin Lakes Friends Camp

8068 W. Radmer Rd., Rathdrum
Grades 1-4, July
Christian-themed residential and day camps.
Scholarships available.
twinlakesfriendscamp.com or 208-687-1026

LAM Christian Academy

Age 3-6th grade, June-August
6:45 a.m. - 6:00 p.m.
lamcda.org

Boys and Girls Club

200 W. Mullan Avenue, Post Falls
Ages 6-18, July-Aug
Regular Program 9am-6pm (lunch and snacks
included, \$20 for all summer) - Optional Breakfast
Program 7-9am (additional \$175)
northidahobgc.org or 208-457-9089

Camp Ka-Mee-Lin

Kiwanis Park, Post Falls City of Post Falls Recreation
Department, Age 4 1/2-13
postfallsidaho.org/prrecreation.html or 208-773-0539

Camp Kroc - Salvation Army

Kroc Center CDA
A whole summer of adventure with 10 weeks of Kroc
camps to choose from.
Age 4-14, June-Aug
kroccda.org/camp.html

Castle Rock Ranch Camp

Overnight Summer Camp for Girls
Age 9-14, July-August
Horseback riding, tubing, animal care, gardening,
cooking, hiking, and fun!
castlerockranchcamp.com

Hospice of North Idaho's Camp Kaniksu

A free summer camp experience for children and teens
who are dealing with the loss of a loved one.
Ages 7-14, July 8-10
hospiceofnorthidaho.org or 772-7994

Quest Summer Day Camp

Church of Nazarene, CDA
Grades 1-8, June-Aug
cdanaz.org or 208-667-3543

Lake City Church Superstar Summer Camp for Foster & Adopted Kids

June 26-30
lakecitycc.org/superstar

School PLUS Day Camp/Childcare

Coeur d'Alene School District 271 at Borah (K-3rd)
and Ramsey (4th-6th, K-3 siblings only) elementary
schools. June-Aug
cdaschools.org/domain/291 or 208-769-0700

Educational Camps

Camp Invention

Fernan Elementary School, Coeur d'Alene
Nonprofit science enrichment camp.
Grades 1-6, June
campinvention.org or 800-968-4332

Gizmo CDA

Different classes each week including unique arts & crafts, robotics, jewelry-making, 3D Modeling & printing, welding, forensics, and more.
Age varies based on class, June-Aug
gizmo-cda.org

NIC Kids College

Video games, mobile apps, programming, and Minecraft in a fun, hands-on learning environment.
Ages 7-17, June-Aug
nic.edu/kidscollege or 208-769-3333

University of Idaho Dig'nIT Tech Camps

Dig'nIT Summer Coding Camp for Girls
Ages 6th – 9th grade, June 27-30

Dig'nIT JAVA Camp for Teens

Age 12-18, July 11 - 15

AFA CyberCamp on Cyber Security

Ages 14-18, August 1-5
uidaho.edu/dignit

Coeur d'Alene Library, LCHS Library, Community Library Network

Summer Reading Programs for all ages. See page 5 for more information.

Art & Theater Camps

Coeur d'Alene Summer Theatre

Ages 4-18, June -August, Scholarships Available
cdasummertheatre.com/camps.html or 208-660-2958
See ad page 16

Christian Youth Theater

Coeur d'Alene
Age 5-18, July-Aug
CYTNI.org or 208-762-9373

Coeur d'Alene Arts Commission

Harding Family Center, 411 N. 15th., Coeur d'Alene
Grades K-12, June-July
Drawing, painting, music, kitchen, stage improv, cultural arts, mixed media, reading. cdaid.org or 208-676-9132

Art of Nature Summer Camp

Coeur d'Alene, July, 2016 Camp SOLD OUT
kealliance.org/art-of-nature-summer-camp

Kids Draw Architecture

Coeur d'Alene, September 11, 2016
artsandculturecda.org/kids-draw-architecture

Sports Camps

CDA Assembly Breakaway Sports Camp

For kids of all athletic abilities. Cost is \$30/Camper and registration includes: shirt, water bottle, sports bag, camp picture, a taco feed for the family sponsored by Mexican Food Factory, and ice cream awards night.
Age 6-11, June 14-16 - \$30
cdaassembly.com

Coeur d'Alene Parks and Recreation

cdaid.org or 208-769-2252

Hayden Parks and Recreation

cityofhaydenid.us or 208-209-1080

Post Falls Parks and Recreation

postfallsidaho.org or 208-773-0539

Rathdrum Parks and Recreation

rathdrum.org or 208-687-2399

Sandpoint Parks and Recreation

cityofsandpoint.com or 208-263-3613

North Idaho College

1000 W. Garden Ave., Coeur d'Alene Grades 3-12,
June-Aug Basketball, soccer, volleyball, wrestling, softball, baseball, cheerleading, mascot.
nicathletics.com/camps.aspx or 208-769-3348

NIC Outdoor Pursuits

1000 W. Garden Ave., Coeur d'Alene
Rock climbing, kayaking, canoeing, white water rafting, sailing, hiking. Includes equipment and transportation.
nic.edu/op or 208-769-7809

Skyhawk Sports Camps

Various locations
Ages 4-12, June-Aug
Basketball, baseball, tennis, soccer, football
skyhawks.com

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
snr.bz or 208-755-6781

everybodyout cda

Everybody Out CDA provides nature hikes and outdoor recreation for kids in the Coeur D'Alene area. Events are designed to be inclusive and sensory-friendly for those with special needs. Weekly hikes.
everybodyoutcda.com or 208-274-3548

Camp Independence

TESH Inc., 3327 Industrial Loop, Coeur d'Alene
Ages 4-21, June-Aug
For children with special needs. A variety of activities.
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.
nolimitsfoundation.org/Camp_No_Limits





Summertime
dance THEATRE NORTHWEST
Passport to Fun! as low as **\$35.00**

Strictly Technique Classes:
June 21 - July 12 ONLY \$55!!

Level 1 Tuesday - Noon-2pm, Level 2 Tuesday - 10am-Noon
Level 3 Thursday - 10am-12:30, Level 4 Thursday - 12:30-3pm

Session I: June 13-15 **Session III: August 8-10**

"Mommy & Me" (2 yr. olds) - 5:15-5:45	"Mommy & Me" (2 yr. olds) - 5:15-5:45
"Be A Ballerina" (3-4 yr. olds) - 5:45-6:15	"Princess Ballet" (3-4 yr. olds) - 5:45-6:15
"Tiny Tappers" (4-5 yr. olds) - 6:15-6:45	"Fantasy Ballet" (6-8 yr. olds) - 6:15-6:45
"Beginner Hip Hop" (7-8 yr. olds) - 6:45-7:15	"Jazz/Hip Hop" (7-8 yr. olds) - 6:45-7:15
"Lyrical/ballet" (7-8 yr. olds) - 7:15-7:45	"Lyrical/ballet" (7-8 yr. olds) - 7:15-7:45

Session II: July 18-20

"Princess Ballet" (3-4 yr. olds) - 5:15-5:45	"Just Jazzin" (5-6 yr. olds) - 6:15-6:45
"Rhythm Tap" (4-5 yr. olds) - 5:45-6:15	"Hippity Hop" (6-8 yr. olds) - 6:45-7:15

Register online at: DanceTheatreNW.com
6600 Commercial Park Ave • Rathdrum, ID • 208.687.3262

Exciting theme-based classes capture the imagination!

JOIN US FOR OUR 70TH SUMMER AT LUTHERHAVEN!

- :: Affordable camps & Retreat weekends!
- :: Fun, Quality & Safe Programs for all ages!
- :: Bible-Based teaching & values!

LUTHERHAVEN
www.lutherhaven.com :: 866.729.8372 :: registrar@lutherhaven.com

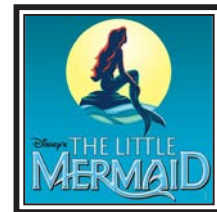
Coeur d'Alene Summer Theatre Summer Camps 2016



Ages 4-5 June 20-24
Ages 6-8 June 20-24



Ages 9-12 July 11-15
Ages 13-18 July 18-22
Ages 11-18 August 22-2



Ages 9-12 August 8-12
Ages 13-18 August 15-19

Camps are taught by professionals in the field of theatre performance or education and will be held at Expressions School of Dance ~ Post Falls, ID

Scholarships Available
Applications on Website



June 16-July 3



July 14-31



August 11-28

CdaSummerTheatre.Com 208.660.2958

Learn To Skate

5-Week Classes include:

30 Minute Group Lesson
Free Skate Rental
Free Weekly Public Session
U.S. Figure Skating Basic Skills Membership
Ages 5 through Adult

**CALL TODAY
FOR NEW SESSION DATES**



Register for class now to get
your **Early-bird discount!**

www.lakecityfigureskating.org

\$60* per 5-week class

*Early-bird discount: register at least 4
days prior to first class and save \$5!

Frontier Ice Arena

3525 W. Seltice Ave.

Coeur d'Alene, ID

208-765-4423

LakeCityFS@gmail.com



Free Summer Concerts



SUMMER CONCERTS AT RIVERSTONE

THURSDAYS 6-8 PM

June 30	Jazz Northwest	BIG BAND JAZZ
July 7	CDA Summer Theatre	SHOWTUNES
July 14	Monarch Mountain Band	BLUEGRASS/FOLK ROCK
July 21	Robbie Walton Band	COUNTRY
July 28	Maw Band	PROGRESSIVE ROCK/FUNK
Aug 4	Chicken Dinner Road	AMERICANA BLUEGRASS
Aug 11	Ian McFeron	AMERICANA FOLK ROCK
Aug 18	Chiselfish	ROCK
Aug 25	North Point Latin Jazz	LATIN JAZZ FUSION

Visit artsandculturecda.org for more information



OTHER SUMMER CONCERTS IN JULY & AUGUST:

Coeur d'Alene City Park – Sundays 1-4 pm

Downtown Coeur d'Alene – Tuesdays 6-8:30 pm

Hayden City Park – Thursdays 6-8:30 pm

Rathdrum City Park – Fridays, 6-8:30 pm

Visit handshakeproductions.net for full schedule

Get Ready to Smile!

☆ *New Patient Special* ☆

FREE Teeth Whitening

with purchase of new patient exam, necessary x-rays & cleaning

Call Today!



Dr. Erin Elliott



Dr. Ken Lynn



Post Falls
Family Dental Center, P.A.

Join Our Family!



313 N. Spokane Street • Post Falls, ID 83854 • Ph: 208.773.4579

www.PostFallsFamilyDental.com



Hayden Lake Marathon

One of the most beautiful running courses in the country is just minutes away. Families, recreational runners, and serious racers are invited to participate in the Hayden Lake Marathon, Half Marathon, or Quarter Marathon on Saturday, Oct. 15. All three courses include epic North Idaho scenery with lakes, forests, golf courses, farms, rural roads, and a start/finish line at Honeysuckle Beach.

The marathon course is believed to be the only course in the country that goes completely around a lake and it's incredibly hilly and challenging. It's not a course for a personal record and finishers can be extremely proud that they cross the finish line.

The half marathon goes past Hayden Lake Country Club, up the Lakeview Drive hill, onto English Point Road, west on Lancaster Road, and south on Avondale Loop to the finish line.

This year a new quarter marathon course will be unveiled for the first time. The 6.5 mile race will leave the beach and travel up Chalet Road, west on Hayden Ave, north on Strahorn Road, then onto Kensington Ave., then south on Avondale Loop to the finish line.

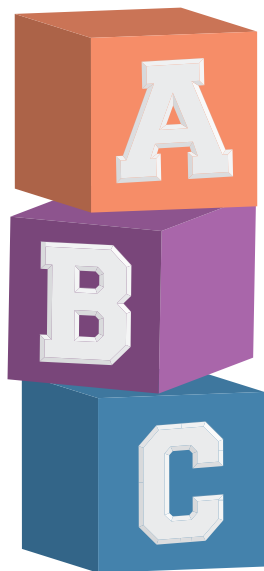
Spectators and volunteers are always welcome!

Registration is now open at www.haydenlakemarathon.org. The marathon begins at 7:30 a.m., the half marathon at 8:30 a.m., and the quarter marathon at 9 a.m. Cost is \$85, \$65, or \$30 respectively for the three distances if registered by Oct. 1.

Proceeds benefit the Hayden Chamber of Commerce, the Coeur d'Alene High School Cross Country team, and the Hayden Senior Center.

INFO

Hayden Lake Marathon
haydenlakemarathon.org



ABC's of safe infant sleep

DO YOU KNOW YOUR ABC'S FOR SAFE INFANT SLEEP?

On average, almost 20 Idaho babies die in their sleep each year due to accidental suffocation, overheating, strangulation, or Sudden Infant Death Syndrome. Twenty might not seem like a lot but Idaho ranks 30% higher than that national average for sudden infant deaths! Following the ABC'S of Safe Infant Sleep will help keep your sleeping baby safe!

A Babies sleep **ALONE**

B On their **BACKS** with no blankets or bedding

C In a **CRIB** and cool (70 degrees)

S In a **SMOKE-FREE** environment

The Inland Northwest SIDS Foundation is a nationally recognized non-profit dedicated to educating the people of Idaho on safe sleep practices for infants and providing grief support to those who have experienced a pregnancy or infant loss. Located right here in Coeur d'Alene, we offer a free monthly safe infant sleep class for anyone who cares for an infant! This class will update you on the recommendations from the American Academy of Pediatrics and you will receive a FREE Halo SleepSack!

DO:

- Do put babies to sleep alone on their backs in a crib or on another firm surface with a tight-fitting bottom sheet.
- Do keep babies away from second hand smoke.
- Dress the child lightly and control the room temperature. 70 degrees is ideal.
- Do breast feed and use pacifiers.

DON'T:

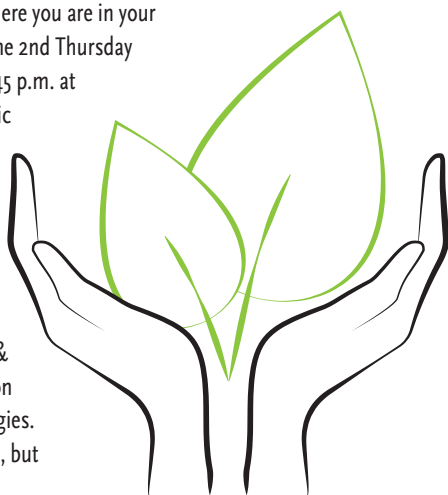
- Don't put a baby to sleep with blankets, pillows, stuffed animals, or bumper pads.
- Don't ever sleep with an infant.
- Don't put a baby to sleep on chairs, sofas, futons, beanbags, or cushions.
- Don't put babies to sleep on soft mattresses such as pillow-tops, waterbeds, or memory foam. If the baby leaves an impression in the mattress, it's too soft.
- Don't expose babies to secondhand smoke.

INFO

Inland Northwest SIDS Foundation
www.inwsids.org | 208-557-4371

Lean, Clean, & Green

Pathways Holistic Women's Group provides an opportunity to explore the holistic family lifestyle no matter where you are in your journey. The Group meets the 2nd Thursday of each month from 6:45-7:45 p.m. at Spoelstra Family Chiropractic in Coeur d'Alene, and covers a variety of topics on wellness & holistic living such as clean eating, using "green" cleaning products, making & finding non-toxic lotions & sunscreens, and organization & "minimalist" living strategies. There is no charge to attend, but RSVP's are appreciated.



INFO

Spoelstra Family Chiropractic & Focus
214 W Sunset Ave, Coeur d'Alene
208-667-7434



New Patients Welcome

We Specialize in Pediatric and Adolescent Care.



Check out our Online Patient Services at

www.cdapeds.com



Evening and Saturday Clinic Available

3 Locations to serve you!

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

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

9095 N. Hess St, Hayden – 772-8940

NORTH IDAHO FAMILY

M A G A Z I N E

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



Advertising Rates

- ☐ **Sponsorship - tailored to your needs!**
- ☐ **Back Cover** (8.5"w x 11"h + .125" bleed)
- ☐ **Inside Cover - Front | Back** (8.5"w x 11"h + .125" bleed)
- ☐ **Full Page** (8.5"w x 11"h + .125" bleed)
- ☐ **1/2 Page** (7.5"w x 4.75"h)
- ☐ **1/4 Page** (3.67"w x 4.75"h)
- ☐ **1/8 Page** (3.67"w x 2.25"h)

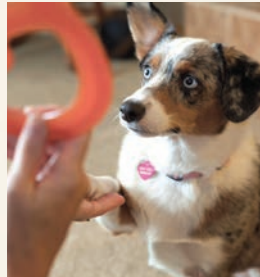
Single Issue	2 Issues each	3 Issues each
\$2500	\$2250	\$2000
2000	1850	1700
1700	1500	1300
1500	1350	1200
800	700	600
500	475	450
300	275	250

Rates include standard production. Additional fees for unusual production.

Kristen Herby *Stories with Stewy*

WHAT INSPIRED YOU TO WRITE A CHILDREN'S BOOK?

A. Five years ago, the company I was working for eliminated their entire sales force. Rather than feel sorry for myself, I made the most of an unfortunate situation. I decided to reevaluate my career. I made a list of my passions and things that were important to me. Some of the top items on the list were family, children, animals, and writing. That was my inspiration for *Stewy Baby Finds a Home* - a children's book, loosely based on my family's first dog, Stewy. *Stewy Baby Finds a Home* is a quirky chapter book written from Stewy's point of view. Each one of my books has a message for the kids.



WHAT'S THE MESSAGE IN THIS BOOK?

A. That's it's okay to be different. Embrace who you are.

I UNDERSTAND YOU HAVE A NON-PROFIT PROGRAM AS WELL. WHAT CAME FIRST? THE NON-PROFIT OR THE BOOK?

A. The book. I was hoping to get into the schools and do readings. A friend suggested I start a reading incentive program. I took the idea and ran with it. *Stories with Stewy*, was launched in the fall of 2015 to over 40 classrooms. The first time I went to a classroom with the program I had that "ah ha" moment that everyone hopes for. I thought "This is what I'm supposed to do with my life." It was extremely rewarding to see the kids get so excited about reading and writing. I believe that if you have a passion for something, it can be contagious. The main reason I started the program was to share my love for reading and writing with the kids.

HOW DOES STORIES WITH STEWY WORK?

A. It's a reading incentive program sponsored by a local business or individual. I like to focus on second and third grade students. Basically, I attend each classroom and have an interactive reading of the first chapter of *Stewy Baby Finds a Home*. Then, I explain the program to the kids. Each student receives an autographed copy of my book and a reading log. If the kids read a certain amount of minutes they receive a *Stories with Stewy*/Sponsor backpack. The classroom also gets a stuffed Stewy Mascot dog that learns with them. At the end of the four week program, the child in the classroom with the most reading minutes takes Stewy home. We also have a contest between each classroom. The classroom in the school with the most combined reading minutes gets a special Stewy party with the real Stewy dog. This seems to be the biggest incentive for the students. They love Stewy, and Stewy, is absolutely head over heels in love with the kids.

HAVE YOU HAD SPONSORS SPONSOR MORE THAN ONE CLASSROOM?

A. Yes, Knudtsen Chevrolet has been our biggest sponsor. They generously sponsored 30 classrooms. Can you believe that? I was amazed by their generosity.

HOW DOES SOMEONE GO ABOUT SPONSORING A CLASSROOM OR A SCHOOL?

A. You give me a call at 208 660-8529. Or go to our webpage: www.storieswithstewy.com.

Changing the face of recovery

JOIN THE RECOVERY MOVEMENT IN KOOTENAI COUNTY

GET INVOLVED

• Create • Donate • Volunteer • Participate

WHAT IS A RECOVERY COMMUNITY CENTER?

Recovery Community Centers provide a meeting place for those seeking to maintain long-term recovery from substance use disorders and co-occurring behavioral health disorders. Building meaningful and healthy relationships is key to successful recovery and these centers offer the venue for that to happen. Anyone can walk through the doors free of charge or judgment and be met by a peer who is ready to assist them. All services are volunteer driven. Activities will be scheduled to help sustain individuals in recovery as well as enhance their quality of life.


Examples of activities include:

- Peer Support
- Resources made available
- Computers available for job searching and staying connected with family and friends
- Classes are provided
- Groups are held
- Phone banks are provided for volunteers to make check-in calls
- It's a place to give back




Our tentative NEW location will be on Ironwood Dr. in CDA, ID. We will open July of this year. Until then, please contact us via email or message us on Facebook to get involved



www.kootenairecoverycenter.org
contactus@kootenairecoverycenter.org



HOLY FAMILY CATHOLIC SCHOOL

NOW ENROLLING

Grades Pre-K through 8th

Rigorous Academics

Faith-based education in the Roman Catholic tradition, all faiths welcome

Tuition assistance available

Competitive sports program: cross country, volleyball, basketball

Fully accredited

The only diocesan Pre-K through 8th Catholic school in North Idaho

Visit our website, www.hfcs-cda.org, or call (208)765-4327 to schedule a tour.



Coming Soon ...

Year 'Round Yard Sale

A Thrift and Consignment Cooperative
benefiting area nonprofits & agencies.

**Check NIFamily.com/YRYS
for dates & sale location.**



What is Elder Mediation and Why is it Important to My Family?

Those of us who share everyday life with a senior citizen like a parent or grandparent, have seen the subtle and sometimes dramatic changes in their lives. These folks may have seen their spouse, family, and best friends fight physical changes, illness and even pass away. They are concerned about their future and what the inevitable ongoing changes in life may mean to them.

Our elderly family members may think, "I've always been the leader of the family, now my children are telling me what to do."

In a study by Genworth Financial, more than half of all respondents (55%) reported that their greatest fear regarding a long-term care illness or event was being a burden on their family. In fact, they reported being five times more concerned about being a burden than dying.

However, more than 90% surveyed have not talked about critical long-term care issues with their spouse/partner, aging parents or adult children.

Elder Mediation is a process that facilitates respectful, meaningful discussion to assist families as they plan for these changes before they occur. In fact, one might even call it a 'family meeting'.

Typical issues discussed may include: The specific wishes of the elderly individual, the ability of the family to realistically fulfill those wishes, driving and transportation needs, health care options, housing, visitation, managing home repair, long-term care, financial options, etc.

Mediation is confidential and promotes respectful and constructive communication. A trained mediator guides the parties through a process, which promotes dialogue between family members and caregivers, financial advisors and others with the goal of understanding and reaching an agreement about future wants and needs.

One of the main functions of a mediator is providing a "Balance of Power" to the process. In other words, no single individual can "run" or "dominate" the mediation. Your mediator will manage the process in a safe, fair and balanced manner and allow each party to speak about the issues from their own perspective without the other party interrupting or challenging everything that is being said.



Trained Elder Mediators are skilled in bringing individuals together for the common good of the elderly individual and the family who loves and cares for them.

Gary and Cathy O'Neal are trained and experienced elder mediators located in Coeur d'Alene, Idaho.



Gary and Cathy O'Neal
208-660-3774 | cathy@onealmediation.com
onealmediation.com

SERVICE DIRECTORY

This is a partial list of services provided by members of the North Idaho Family Group and select immediate needs providers. All area codes are 208 unless specified. Visit www.niservicesdirectory.com for an ongoing and updated list of North Idaho Immediate & Basic Needs service providers.

Child/Youth - Services/Support

- 1st Judicial CASA Program | 816 E Sherman | Coeur d'Alene, ID | 667-9165
www.northidahocasa.com
- * American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | www.acco.org/inlandnw
- * Idaho Youth Ranch/Anchor House | 1609 N. Government Way
Coeur d'Alene, ID | 667-3340 | www.youthranch.org
- Camp Fire Inland Northwest | 524 N. Mullan | Spokane, WA | 509-747-6191
www.campfireinc.org
- * Idaho Youth Ranch | 2201 Government Way, Suite J | Coeur d'Alene, ID
667-1898 | www.youthranch.org

Civic/Volunteer

- * Human Rights Education Institute | 414 Mullan Ave | Coeur d'Alene, ID
292-2359 | www.hrei.org

Crisis Intervention

- Emergency, Fire & Police | 911
- Child Protective Services | 1120 Ironwood Drive | Coeur d'Alene, ID
855-552-5437 | www.healthandwelfare.idaho.gov
- Children's Village | 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
- Domestic Violence Hotline | 664-9303
- Idaho Poison Control Center | ID | 800-222-1222
- Idaho Suicide Prevention Hotline | 800-273-8255
- Kootenai County Crisis Hotline | 664-1443
- Kootenai County Sheriff | 466-1300 or 911
- National Center for Missing and Exploited Children | 800-843-5678
- Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D
Coeur d'Alene, ID | 625-4884 | www.nicrisiscenter.org
- Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls, ID
773-1080 | www.postfallspolice.com
- Rape Crisis Line | 661-2522
- * Safe Passage | 850 N. 4th St. | Coeur d'Alene, ID | 664-9303
www.safepassageid.org

Education - Adult

- * American Institute of Clinical Massage | 4365 Inverness Drive, Post Falls, ID
773-5890 | www.aicm.edu
- * Inland Northwest Food Network | Coeur d'Alene, ID | 546-9366
www.inwfoodnetwork.org
- * North Idaho College | 1000 W. Garden Ave. | Coeur d'Alene, ID | 769-3315
www.nic.edu
- * North Idaho Higher Education | www.northidahohighereducation.org
- * North Idaho College Workforce Training & Community Education | 525 W.
Clearwater Loop, Post Falls | ID | 769-3222 | www.nic.edu/wtc
- University of Idaho | 1031 N. Academic Way, Suite 242 | Coeur d'Alene, ID
667-2588 | www.uidaho.edu

Education - Child

- * Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Coeur d'Alene, ID | www.cdaschools.org
- * Gizmo-CDA | 806 N 4th St, Coeur d'Alene, ID | 651-6200
www.gizmo-cda.org
- * Immaculate Conception Church & Academy | 495 N. Lincoln Street
Post Falls, ID | 208-773-7442 | www.ssp.x.org
- * Iris' House Pre-School & Childcare | 410 N 20th St | Coeur d'Alene
208-667-3785
- * KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum, ID | 208-712-4733 | www.ktctraining.org

- * Lake City Jr Academy | 111 E Locust Ave | Coeur d'Alene, ID | 667-0877

- * LAM Christian Academy | 4800 N. Ramsey Road | Coeur d'Alene, ID
208.765.8238 | www.lamcda.org

- Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Coeur d'Alene, ID
765-6955 | www.msehs.org

- North Idaho College Head Start | 411 N. 15th St, Ste 103 | Coeur d'Alene, ID
765-6755 | www.nicheadstart.org

- * Stories with Stewy | Coeur d'Alene, ID | 660-8529
www.storieswithstewy.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.cdaidparks.org

- Department of Health and Welfare | 1120 Ironwood Drive | Coeur d'Alene, ID
769-1409 or 2-1-1

- * Idaho Child Welfare Research & Training Center | 2005 Ironwood Parkway,
Suite 200 | Coeur d'Alene, ID | 800-745-1186 | www.icwrtc.org

- * Luke Malek | Idaho State Representative | 208-661-3881
www.lukemalek.com

- Panhandle Area Council | 11100 Airport Drive | Hayden, ID | 772-0584
www.pacni.org

Healthcare

- After Hours Urgent Care | 1300 E. Mullan Ave. | Post Falls, ID | 777-1157
www.nifp.com

- Heritage Health (formerly Dirne) | 1090 Park Place | Coeur d'Alene, ID
292-0292 | www.myheritagehealth.org

- * Hospice of North Idaho | 9493 N Government Way | Coeur d'Alene, ID
691-6996 | www.honi.org

- * Kootenai Health | 2003 Kootenai Health Way | Coeur d'Alene, ID | CdA
667-3742, PF 619-4100, SP 263-6763 | www.kootenaihealth.org

- Kootenai Urgent Care | 700 Ironwood Dr., Ste 170E | Coeur d'Alene, ID
667-9110 | www.kootenaiurgentcare.com

- Panhandle Health District | 8500 N. Atlas Rd. | Hayden, ID | 451-5100
www.panhandlehealthdistrict.org

- * Shriners Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | www.shrinershospitalforchildren.org/spokane

- * Spoelstra Family Chiropractic | 370 E. Kathleen Ave, Ste 600
Coeur d'Alene, ID | 667-7434 | www.cdahealth.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

- Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D | Coeur d'Alene, ID
625-4884 | www.nicrisiscenter.org

- Northwest Behavioral Health | 1612 N. 3rd St. | Coeur d'Alene, ID | 765-4509

Misc.

- * Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Coeur d'Alene, ID
765-8600 | www.cytnorthidaho.org

- * Community Library Network | Athol, Harrison, Hayden, Pinehurst, Post Falls,
Rathdrum, Spirit Lake | www.communitylibrary.net

- * Elite Auction | PO Box 1354 Hayden, ID 83835 | 208-640-7449
www.eliteauctioninc.com

- * Godwin Marketing & Communications | 1002 N. 2nd St. | Coeur d'Alene, ID 640-6514 | www.GodwinMarketingCommunications.com
- * Jump for Joy | 250 West Dalton Ave | Coeur d'Alene, ID | 208-664-5200 www.jumpforjoycda.com
- * Kagey Company | 1048 N 3rd St | Coeur d'Alene, ID | 667-2314
The Salvation Army Ray & Joan Kroc Community Center | 1765 W. Golf Course Rd. | Coeur d'Alene, ID | www.kroccda.org

Pet & Animal Services

- 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
- Kootenai Humane Society | PO Box 1005 | Hayden, ID | 772-4019 www.kootenaihumanesociety.com

Religious/Fraternal

- * Heart of the City Church | 521 W. Emma Ave. | Coeur d'Alene, ID | 665-7808 www.heartofthecitychurch.org
- * Immaculate Conception Church & Academy | 495 N. Lincoln Street Post Falls, ID | 208-773-7442 | www.ssp.org
- Lutherhaven Camp/Ministries | 3258 W. Lutherhaven Rd. | Coeur d'Alene, ID 667-3459 | www.lutherhaven.com

Senior Services

- Adult Protection Services | 2120 Lakewood Dr. #B | Coeur d'Alene, ID 667-3179
- * Kootenai Health Senior Care Program | 2003 Kootenai Health Way Coeur d'Alene, ID | 625-5353 | khadult@kh.org

Social Services

- CAP Community Action Partnership Food Bank | 4144 Industrial Ave., Ste E Coeur d'Alene, ID | 664-8757 | www.cap4action.org
- * 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

- * Imagine Behavioral and Developmental Services | 7905 Meadowlark Way, Ste C | Coeur d'Alene, ID | 762-1250 | www.imaginebehavior.com
- * Trinity Group Homes, SUDP | 201 E. Harrison Ave. | Coeur d'Alene, ID 664-3095 | www.stvincentdepaulcda.org

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

Support Networks/Groups

- * American Childhood Cancer Organization Inland Northwest | PO Box 8031 Spokane, WA | 509-443-4162 | www.acco.org/inlandnw
- * Inland NW SIDS Foundation | 103 South 4th Street | Coeur d'Alene, ID 208-557-4371 | www.inwsids.org
- * North Idaho Family Group Members



NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS - BASIC NEEDS - COMMUNITY RESOURCES

North Idaho Service Directory

Add or Update Service Directory Listing

Support the Services Directory

North Idaho Services Directory NOW ONLINE

For decades the community has needed a consistent, accurate and easily accessible resource for service providers. Recently it became an action item in the CdA2030 Community Visioning Plan, Item (C&I 4.3) "Develop and disseminate a Directory of Community Organizations."

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

It is a vital resource for first responders, who must quickly triage and assist individuals in crisis. Police & fire department personnel and other immediate needs providers can find the information they need in one location.

The database currently has about 600 agencies listed, primarily in Kootenai County and Region 1. However, hundreds more will be added, due to the opening of the Northern Idaho Crisis Center, which opened in December 2015 and serves the 10 northern counties. Website improvements for customized reporting, member login for agencies & funders, outreach & marketing, and database updates & maintenance are also planned.



www.niservicesdirectory.com

North Idaho Services Directory (Region 1)		
Advocacy/Political (2)	Clothing Bank (9)	Crisis Intervention (32)
Domestic Violence & Sexual Assault (11)	Education (18)	Emergency/Law Enforcement (35)
Faith-based (9)	Family Services (39)	Financial Assistance (3)
Food Bank (36)	General Assistance (17)	Government (16)
Healthcare (60)	Healthcare / Dental (5)	Healthcare / Rehabilitation (3)
Housing (26)	Job Services (24)	Legal (15)
Meal Site (30)	Mental Health (40)	Pregnancy (11)

Visit NIServicesDirectory.com to add or update your listing!

NORTH IDAHO FAMILYTM

M A G A Z I N E

1048 N. 3rd St.
Coeur d'Alene, ID 83814
www.nifamily.com

PRSRT STD
U.S. POSTAGE
PAID
Post Falls, ID
PERMIT NO. 32



Education INFORMATION CenterTM

Your Search for Regional Educational Information & Resources is Over!

IT'S ALL HERE:

EdInfoCenterCdA.com

**ANSWERS FROM PRE-KINDERGARTEN
TO CAREER TRAINING AND BEYOND!**

Education savings plans

College counseling

Drivers training

Tutors

Specialty instruction

Dual enrollment

School district links

Second career

Recertification

News blogs

Scholarship database

Preschool options

Home school standards

Career planning

Vocational tech

Glossary of terms



Sponsored by:

Knudtsen
CHEVROLET

WM
WASTE MANAGEMENT

ignite cda

**NORTH IDAHO
HIGHER EDUCATION**
NIC LCSC UI BSU ISU



With additional support from Avista

edinfocentercda.com