

FREE

NORTH IDAHO FAMILY

Winter
2022

M A G A Z I N E

*Now in its
23rd year!*



what's inside:

- 2022 Graduation Countdown**
- Family Day in the Park 2022 Preview**
- Annual Checklist!**



www.nifamily.com

JOIN PANHANDLE HEALTH DISTRICT'S 3-CALL PROGRAM TODAY!

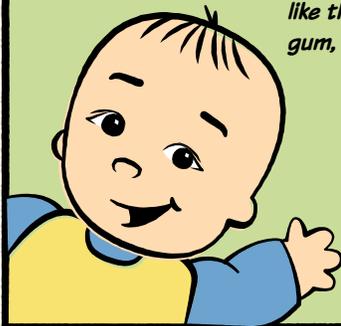


Public Health
Prevent. Promote. Protect.
Panhandle Health District

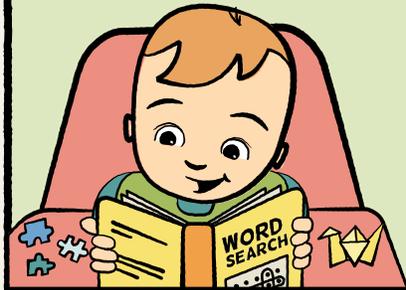
My mommy quit tobacco through the
Panhandle Health District 3-CALL PROGRAM!



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



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



...like:

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

& MORE!

All I got was this lousy bib...

Me too...



BUT THAT'S NOT ALL WE GOT!

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

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

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

...which means more chocolate pudding for us!



READY TO QUIT TOBACCO?

Use the QR CODE

to visit panhandlehealthdistrict.org

or

CALL (208) 415-5143

to register
or for more information.

PARENTS, GET A FREE BIB WHEN YOU QUIT!

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



Public Health
Prevent. Promote. Protect.
Panhandle Health District

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

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ACKNOWLEDGEMENTS:

Cover Photo of Ida Snow and Oslo Wolf by Maggie Vogt
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the Group
North Idaho Family
Scoop

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

Sign up today at www.nifg.org

Welcome!

For over 23 years the North Idaho Family Magazine and its companion website, nifamily.com have provided:

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

North Idaho Family Group:

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

What We Do

- Family Day in the Park
- North Idaho Services Directory
- Education Information Center
- Group Scoop Newsletter
- North Idaho Family Facebook Group

SAVE THE DATE:
June 10: Family Day in the Park
FREE participation.
Information on page 10

North Idaho Nonprofits: GET CONNECTED!

Join the North Idaho Family Group

For your \$100 annual investment you will receive:

- A 250 - word article in up to three issues (Preference for articles is always given to Members)
- FREE vendor booth at Family Day in the Park
- One-time \$150 gift certificate toward an ad or ad program
- Member Directory listing in magazine, and a link on www.nifg.org
- Exposure in The Group Scoop & Social Media
- Inclusion in NIFG collaborations and events

How to Join

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

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25 Fun Things to Do this Winter

Indoor and outdoor activities for winter time.



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Annual “Must Do” List

It's not too late to complete this annual “to do” list to keep your year on the right track and help you avoid costly, frustrating, or time consuming misses.

Check your Credit Score:

Most online sources give you one annual check for no charge. Do your homework first to understand what the score means, what action you need to take if you think there are mistakes, and how to keep track of the report. Review your monthly budget for the year as well.



Check your Insurance Coverages:

It is important to review your policies periodically, especially with skyrocketing construction costs ... The reason behind this is to ensure that you continue to have adequate protection for the future and to safeguard your income earning abilities despite all the life changes you may go through.

Check for Expiration Dates:

- Check your drivers license and make sure it doesn't expire within the year, and that all information is current. Take action early to make corrections and avoid unnecessary fines and fees.
- Check your vehicles license plate tags and insurance cards. Make sure they're current and that you know when they are due to renew.
- Check your credit/debit card(s) for expiration dates to assure any auto pay items associated with them are not interrupted. Also, assure any accounts that have automatic renewals (clubs, memberships, magazines, etc.) are ones you still use, and cancel those you don't want.
- Check payment apps (CashApp, Venmo, etc.) and digital payment cards for expirations, balances, etc.

*This form is good for one calendar year only.
APPLICATION FOR ABSENT ELECTION'S BALLOT
Date: February 15, 2022
OFFICIAL USE ONLY
Print # _____
Leg Dist # _____
Code: W M C T _____
I, Your Name, hereby make application for an absent elector's ballot or ballots to be voted at the election held on: (Check election this application is to be used for)
 2nd Tuesday in March (School Bond or Levy) Last Tuesday in August (School Bond or Levy)
 3rd Tuesday in May (Primary Election and/or Young Officers Elections) Tuesday following 1st Monday in November (General Election and/or Young Officers Elections)
 Special Emergency Election to be held on _____
My home address is: Your Address in Coeur d'Alene
(Please Number and Street) (City)
and I am duly registered in Kootenai County, Idaho. Please mail ballot(s) to me at the following address:
Your Name
(Please Print)
Your Address
(Mailing Address)
Your City, State, Zip
(If No, State and Zip Code)
Daytime phone: Your Phone
(In case we need to contact you with questions)
Email Address: Your Email
KOOTENAI COUNTY ELECTIONS
P.O. BOX 9000
COEUR D'ALENE, ID 83816-9000
PHONE: (208) 446-1030
FAX: (208) 446-2184 EMAIL: kcelections@kcgov.us
ELECTOR MUST PERSONALLY SIGN APPLICATION
Your Signature
(Initials)

Send in your Absentee Ballot Request:

Vote from home, easily, and on time. A request for absentee ballots that cover all elections in the current year are available online. See sample here. Mail to the elections office and they will send your ballot in the mail prior to each election. Note: this must be redone every calendar year. Go to kcgov.us > elections > absentee ballot.

Update your calendar with Registration Deadlines:

Summer camp registrations, schools, scholarships, sports teams, tournaments, and any other activities that have limited space and requirements to register in advance.



Schedule your Annual Check Ups:

Make a check list of dates your entire family is due for appointments and schedule them at one time (when possible). Avoid missing a dental check up, mammogram, or childhood immunization appointments. A year can go by quickly!



Block out Special Events:

Make note and plans for upcoming holidays, special birthdays, or graduations to avoid being caught unprepared when the occasion arrives.



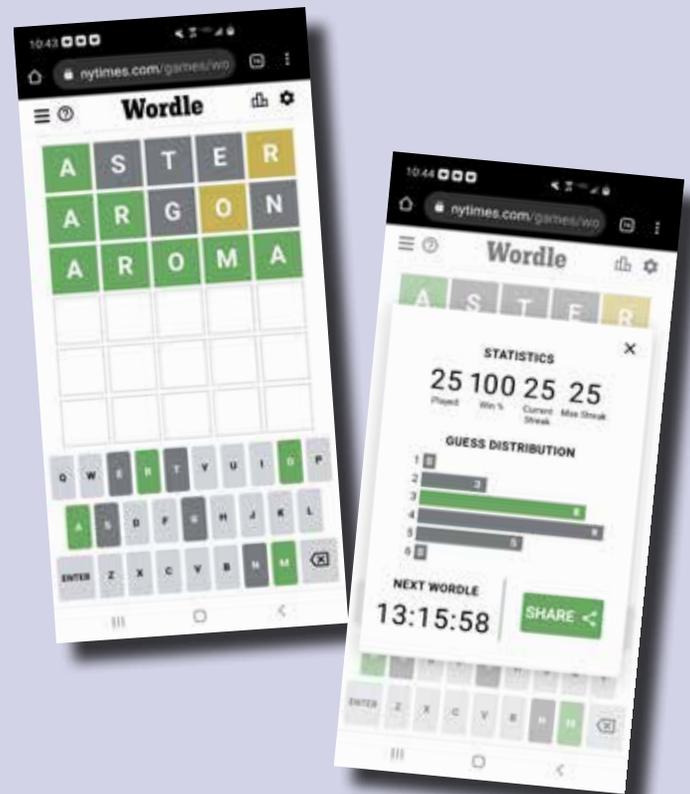
What in the WORDLE?

The game started as a small project for developer Josh Wardle's friends and family. He set it up online to be played for free on any computer or mobile device. That means Wordle is not an app. So, if you're looking for it in the App Store, you're in the wrong place.

The rules are simple. Players have six guesses to discover the five-letter mystery word of the day. If a green letter appears on the screen, it means that letter is in the word and in the correct spot. If a letter appears in yellow, it means it is in the word but in the wrong spot. If a letter turns gray, that means it's not part of today's word and can be disregarded.

Part of what makes Wordle a viral hit is that it can only be played once a day. A new puzzle is generated every 24 hours, and every person in the world gets the same word to solve. Once they uncover the word of the day, players can share a graphic of their colored-square guesses to show off how well (or poorly) they performed. The words are not displayed, so the green, yellow, and gray squares popping up all over social media feeds continue to generate excitement for the simple game.

Source: www.wordgenius.com/what-is-wordle-and-how-do-you-improve-your-score



Life is a Highway!



Watch more about it here!

www.youtube.com/watch?v=8Fn_30AD7Pk

This is how the US interstates are numbered!

Those with 2-digits traverse the entire country.

If they end in "0" they run East-West (10, 20, 30, ...).

If they end in "5" they run North-South (5, 15, 25, ...).

Even are east to west, odd are north to south.

Numbers in between reflect their direction. 64 is EW, 77 is NS. etc.

Those with 3-digits are bypasses and contain the last 2 digits of the interstates they bypass.





NORTH IDAHO FAMILY KIDS! MAGAZINE



The Drake Kids

The Connolly Kids building snow tunnels!



The Ansel Brood

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



Our Community
**AT A
GLANCE**



COEUR D'ALENE SUMMER THEATRE HIRES NEW DIRECTOR

Coeur d'Alene Summer Theatre hires Ethridge to serve as Executive Artistic Director.

The announcement comes as the theater gears up for its first full season since the stage went dark due to the COVID-19 pandemic. Ethridge served as the Associate Artistic Director beginning in late 2018, and was moved to the Executive Director role during the latter part of the theater's two-year hiatus. Much of the work he performed was on a volunteer basis.

In his new paid, full-time position, Ethridge is tasked with fundraising, managing the theater's business operations and overseeing the artistic direction and production. Ethridge has been a lifelong performer and had his first role in a professional musical at the age of 19.

NONPROFITS ARE HIRING!

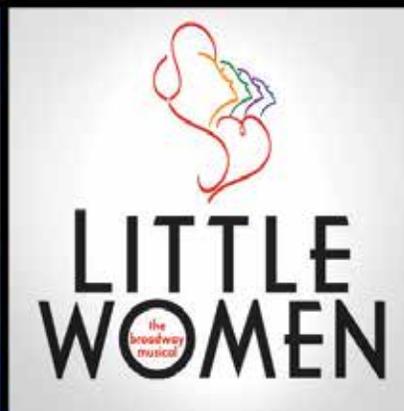
- EMERGE: Program Coordinator - emergecda.com
- Hospice of North Idaho: Multiple staff positions - hospiceofnorthidaho.org
- Museum of North Idaho: Programs Director, Board Member, Events Committee - museumni.org
- Idaho Drug Free Youth: Youth Staff, Adult Staff, i-Team Members - idfy.org/staff
- Tesh, Inc: Multiple positions - teshinc.com/jobs



COEUR D'ALENE
SUMMER THEATRE
PROFESSIONAL MUSICAL THEATRE



JULY 1-10



JULY 22-31



AUGUST 12-21

2022 SEASON

get tickets at cdasummertheatre.com

Idaho's Oldest Performing Arts Organization since 1967



Save the Date!

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

JUNE 10, 2022 NOON TO 6pm-ish

IN COEUR D'ALENE CITY PARK

Annual Last Day of School Family Fun Celebration!

EVENTS AND ACTIVITIES SUBJECT TO CHANGE

Free • Free • Free • and mostly Free!!!!

2022 Fark is being planned! Current Covid protocols will be followed

- 100s of nonprofit, community, and business vendors
- Shop local Vendors at the North Idaho Family Marketplace
- Bandshell Entertainment
- Nonprofit outreach
- Activity booths
- Multiple give-a-ways
- Food Court and beer Garden
- Bounce Houses
- Cultural Center Presentations
- Fire engines, police cars and interactive heavy equipment
- FREE Books, face painting and more
- Encore stage performances all day
- Swag Bags

OFFICIAL WEBSITE: FAMILYDAYCDA.COM FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126





2022 Family Day in the Park Sponsorship Opportunities

ATTENTION VENDORS, NONPROFITS, CIVIC GROUPS :: SAVE THE DATE! - JOIN US FOR THE PREMIER, OLD FASHIONED FAMILY FUN EVENT IN THE REGION.

Averaging 4,000-5,000 attendees annually, the 2022 event promises to be bigger and better. Contact us for vendor, volunteer, sponsor or organization participation and planning information. (Applications are typically online in late February.)



- Title Sponsorship** (*EXCLUSIVE. Includes but not limited to: Activity Sponsor benefits plus company name title, listing on event banner at park, additional ad in winter issue, cover page listing on Event Program*)
- Activity Sponsor** (*Includes but not limited to: Major benefits + banner at event activity, recognition/signage in all event marketing*)
- Major Sponsor** (*Includes but not limited to: Partner benefits plus ad in Event Program*)
- Partner** (*Includes but not limited to: Supporter benefits + logo in program*)
- Supporter** (*Includes but not limited to: listing in magazine and announcement at event*)
- Vendor** (*non-member*)

SPONSORSHIP/VENDOR INFO:

OFFICIAL WEBSITE: FAMILYDAYCDA.COM FACEBOOK: FACEBOOK.COM/CDAFAMILYDAYINTHEPARK PHONE: 208-699-0126

Advertise in the North Idaho Family Magazine!

Is your business looking for a unique, niche distribution to thousands of North Idaho Families? It is the **ONLY** magazine that goes home in the backpacks of the kids at schools (vs. just a rack location), plus relocation services and other outlets.

Your advertising supports not only the magazine, but multiple other programs and projects of the North Idaho Family Group nonprofit (nifg.org) ... so you're really helping over 100 nonprofits in North Idaho!

Did You Know?

NIFG Provides Outreach & Support to 100s of Nonprofits and the Clients they Serve

- **Family Day in the Park:** 100s of Vendors, Reach thousands of families
- **Education Information Center:** Pre-K through Retirement Education resources for all of North Idaho
- **North Idaho Family Magazine:** 23 years, distributed to 8,000+ Elementary School Students in Kootenai County
- **North Idaho Services Directory:** THE MOST COMPREHENSIVE, LOCAL DATABASE OF IMMEDIATE AND BASIC NEEDS SERVICES.
- **North Idaho Charitable Events (N.I.C.E.) Calendar:** Most comprehensive list of local Fundraisers
- **The Group Scoop:** "Bite-Sized" news and informative topics for for nonprofits and the community.
- **The North Idaho Family Magazine Facebook page & Group:** facebook.com/NorthIdahoFamilyMagazine facebook.com/groups/northidahofamily - to share community information to families & organizations



Important deadlines for 2022 High School Seniors

NOW is the time to apply for financial aid & scholarships for the 2022/2023 school year. Federal, State, and individual college deadlines vary widely. Most counselors recommend applying for federal financial aid with the FAFSA even if you think you won't qualify, or you think you won't need the aid.

- 2022/2023 FAFSA (Free Application for Federal Student Aid) is available NOW (FAFSA.ed.gov – Make sure to use THIS site to apply).
- Early 2022: Deadline for CSS / Financial Aid PROFILE Application (found at CollegeBoard.org)
- March 1, 2022: Idaho Deadline for applying for an Opportunity Grant. (A Federal Supplemental Educational Opportunity Grant (FSEOG) is a grant for undergraduate students with exceptional financial need.)
- February, March, & April are the main scholarship deadline months. Visit [edinfocenter.cda.com/ Pay-for-School/ North-Idaho-Scholarships](http://edinfocenter.cda.com/Pay-for-School/North-Idaho-Scholarships) for local & regional scholarship opportunities.
- Contact your student's potential colleges to find out about school-specific scholarship opportunities and financial aid deadlines.

Don't wait! FAFSA changed in 2017 so that students now use "prior-prior" year tax information when reporting personal & family income. It is better to start the process than to wait and risk missing deadlines.



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Loan Officer | NMLS# 1904574



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**5 SCHOOLS.
1 LOCATION.**

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in Coeur d'Alene

Visit NorthIdahoHigherEducation.org
to Learn More.



North Idaho College



University of Idaho
Coeur d'Alene

LEWIS CLARK
STATE COLLEGE
COEUR D'ALENE



Idaho State
University



BOISE STATE UNIVERSITY

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IN KOOTENAI COUNTY?**

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COEUR D'ALENE CHARTER ACADEMY

is ranked among the top schools in the state, we have been providing a **FREE** college preparatory education to Kootenai County students in grades 6-12 since 1999!

**Apply Now! Priority Application
Deadline for 2022-2023 is
Friday, March 11 @ 4:00 PM!**
cd charter.org/apply - or scan the QR code!



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COEUR D'ALENE, ID 83815
WWW.CDACHARTER.ORG

LOCATED OFF KATHLEEN AVENUE
ACROSS FROM FRED MEYER, BETWEEN
HIGHWAY 95 & RAMSEY.



Making Music Matters

For years experts have been touting how music aids in the brain development of young children, even infants. But there's more to it than simply allowing a child listen to music, letting the notes wash over them.

Neuroscientists have proven again and again that actively learning to play an instrument, any instrument, has a great impact on developing fine motor skills, forcing connection between the two separate hemispheres of the brain, learning math and language, increases coordination.

Nina Kraus is the director of Auditory Neuroscience Laboratory at Northwestern and co-authored a study on just such a connection. In an interview with TIME Magazine, she said, "It is only through the active generation and manipulation of sound that music can rewire the brain." According to their study's findings, there is a literal biological change that happens in students who actively participate in learning an instrument.

The benefits go beyond just brain help. Learning an instrument in a group atmosphere develops relationships with peers, can improve social skills, and in the case of some of our own students, creates a stronger bond between parents and their children.

At North Idaho Rock School, they have had at least half a dozen parents learn an instrument alongside their children, fostering a new aspect of their relationship that may not have existed before. Knowing how important these connections are, they happily take students as young as three into their Tiny Tunes group class, which introduces musical and rhythmic elements among games and coloring. They have rock bands made up of four and five year olds who are already playing together as a cohesive musical unit. They give people of all ages a place to create, a place to belong, and a place to build new friendships that, they hope, will last a lifetime.



INFO

northidahorockschool.com
208-987-3017

Your Choice, Your Hospice

Hospice of North Idaho is here to provide information and education about our unique care, including palliative care, hospice care and grief support.

Call to speak with us today!
(208) 772-7994



WWW.HOSPICEOFNORTHIDAHO.ORG





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Pediatrics • Adolescent Medicine

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We Specialize in Pediatric and Adolescent Care.



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www.cdapeds.com



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

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safesplash.com | swimlabs.com | (208) 448-7979



Patients first.

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

Dr. Heidi Herold is Accepting New Patients!



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Family Medicine



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- In-house Smoked Fish

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Coming in 2022, New Hayden Address
at 8056 N. Wayne Drive



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We offer No-Cost Services to Clients



You're Not Alone
We Can Help

208.667.5433



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- Limited Ultrasound
- Options Counseling
- Educational Support Groups
- Open Arms Outfitters, A Children's Boutique

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info@realchoicesclinic.com



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for Children®— Spokane

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ShrinersSpokane.org





Take Heart

PREVENTING HEART DISEASE CAN EXTEND YOUR LIFE

In the last 40 seconds, about the time it took you to settle in with a cup of coffee to read this article - someone in the United States died.

Most likely they had a massive heart attack. Their death likely could have been prevented if they had adopted just four basic lifestyle choices, says Dr. Anthony Rehil-Crest, Chief Clinical Officer for Heritage Health.

"I tell my patients to choose a healthy diet, maintain a healthy weight, get regular exercise and don't smoke cigarettes," says Rehil-Crest. "The most effective thing we've done over the last five years is to convince more and more people to stop smoking cigarettes. It's one of the biggest risk factors for heart disease."

Heart disease is the leading cause of death for men and women in the United States. About 659,000 people in the United States die from heart disease each year—that's one in every four deaths.

"There are advances in medications to prevent heart disease that are being made every year," said Rehil-Crest. "We are continually developing medications that control cholesterol and blood pressure."

Many people wonder how they can avoid a fatal heart attack.

Rehil-Crest notes that decreasing your risk for heart disease is all about identifying your risk factors and managing those risk factors if you can.

"Some risk factors like a family history of heart disease you can't control," he says. "So depending on when your mother or father got heart disease can change the time that your doctor starts to check you for other risk factors. Risk factors that contribute to heart disease that we often can control are high blood sugars, high blood pressure, high cholesterol and obesity. These factors are measured throughout your lifespan and controlling them early in life can decrease your risk of a heart attack later in life."



INFO

myheritagehealth.org
208-620-5250

Give Your Heart A Little Love

Up to
80%
of heart disease
is preventable.

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Accepting new patients



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Healthcare from the Heart

Follow Us
  

208.620.5250 | myheritagehealth.org



25 Fun Things to do with Kids

tear out and save

1. Create colored ice spheres! Fill water balloons with water and food coloring. Leave outside to freeze and then peel the balloon off of the colored ice and line your sidewalk or driveway.



2. Do all the holiday puzzles in this issue! The Valentine maze, the St. Patrick's Day Word Search, and the Easter "Find the Differences!"

3. Watch the eagles at Wolf Lodge Bay and Beauty Bay. It's a local treat from December through February.

4. Bundle up & go sledding! Designated Sledding Destinations:
Cherry Hill - near the fire station off 15th Street
Lost Avenue - Dollar Street to 15th Street
South Dollar Street - The area south of Sherman Avenue
Boyd Avenue - 9th Street to 10th Street



5. Have a Baked Potato party! Make chili, shred cheese, and have sour cream, butter, chives, bacon bits and other toppings. Everybody can put on their own toppings!



6. Time flies so get a jump on college planning! Sit down with your kids and talk about college and the future - Make a plan, including a list of questions. Visit edinfocenter.cda.com for ideas.

7. Bundle up and take a walk along the Centennial Trail or around Tubbs Hill.

8. Enjoy a family bowling night at Sunset Bowling or Triple Play.

9. Plan your fantasy summer vacation - Check out warm weather websites and magazines, and plan a future getaway with friends and family.

10. Learn how to knit or crochet and then make your friend a hat or scarf!



11. Search "Winter Kid Activities" on Pinterest and find out how to make FROZEN Erupting Snowballs, a Snow Storm in a Jar, or Crystal Suncatchers.

12. Go have a JUMP DAY at Jump for Joy in Dalton.

13. Make Snow Cream! (Be sure to use CLEAN snow!!) Use 1 gallon of snow, 1 cup white sugar, 1 tablespoon vanilla extract, and 2 cups of milk. Mix and enjoy!

14. Make a Shamrock Smoothie for St. Patrick's Day. Combine frozen sliced bananas, 2 cups of honeydew melon chunks, 2 kiwi fruits peeled and cut into chunks, 1 cup frozen vanilla yogurt, and 1/2 cup of tightly packed parsley leaves.



15. Hit the slopes at Silver, Lookout Pass or Schweitzer Mountain. Free Ski/Snowboard lessons at Lookout Pass! Before you go, compare the mountains online. How much snow? What is their altitude?



16. Learn about Geocaching (www.geocaching.com/guide) - They're like a combination of a treasure hunt and a scavenger hunt - and then find Geocaches near you.

17. Have a camp out in the living room complete with microwave S'mores.

18. Take a swimming lesson at SafeSplash (Opening Soon!)

19. Go on an "art walk" around downtown galleries. Have your kids choose which painting or sculpture they like best. Ask them why they like it.

20. Make homemade Valentine's Day Cards for your mom, dad, or grandparents.

21. Channel your inner geek - Check out "Hour of Code" at www.khanacademy.org or www.code.org. Ages 6-106.



22. Go watch a basketball game at North Idaho College. Visit nicathletics.com for team schedules.

23. Have a "Tech-Free" Weekend ... Read books, watch a classic movie, play games!

24. Get ready for race season! Start with the Hauser Lake 10K Ice Breaker Run!

25. Make Hot Cocoa from scratch.





Project Neighborly

The Idaho Community Foundation is proud to launch an effort to foster inclusion and inspire neighborliness in local communities. Inspired by the Whatcom Community Foundation, Project Neighborly is a grant program that encourages all of us to become better neighbors and create welcoming communities. You come up with the ideas, and a Project Neighborly grant will help bring those ideas to life.



INFO

www.idahocf.org/community-impact/project-neighborly-idaho

10 WAYS TO GET INVOLVED IN YOUR COMMUNITY



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



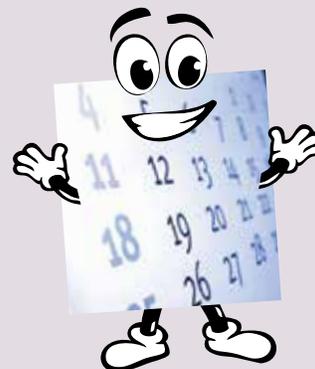
www.civicengagecda.com

VISIT NIFAMILY.COM FOR THE MOST UP-TO-DATE CALENDAR.

- Feb 10** 4th Annual Care Affair for CDAide
- Feb 11** The Sweetheart Ball for Habitat for Humanity
- Feb 11** Downtown Coeur d'Alene Chocolate Affair
- Feb 11** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Feb 23-25** Safety Fest of the Great Northwest @ NIC WTC and online
- Mar 4-6** Home & Garden Show at the Fairgrounds
- Mar 11** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Mar 11** Dine & Dance Dinner Auction for CCS @ Best Western CDA Inn
- Mar 12** St. Patrick's Day Parade @Downtown Coeur d'Alene
- Mar 12** Viking Booster Auction
- Mar 19** CCA Royal Raffle Benefit Ball @ Hagadone Event Center
- Mar 23** Port Falls Chamber Reverse Job Fair
- Mar 25** Guns and Hoses Event by Battle of the Badge @ Frontier Ice Arena
- Apr 8** Ceramic Showdown Throw Down @ Emerge
- Apr 8** 2nd Friday Artwalk in Downtown Coeur d'Alene
- Apr 9** CDA Charter Partners in Education Gala @ Hagadone Event Center
- May 2-5** Idaho Gives
- May 13** 2nd Friday Artwalk in Downtown Coeur d'Alene
- May 20** 11th Annual Cowboy Ball @ Kootenai County Fairgrounds
- May 29** Coeur d'Alene Marathon
- June 10** Family Day in the Park & NI Family Marketplace @ CDA City Park

North Idaho Charitable Events Calendar

FREE



Visit www.nifamily.com for a complete list of community events.



Fun with Puzzles!

ST. PATRICK'S DAY WORD SEARCH



2022 Summer Camps

The North Idaho Family Magazine has listed summer camps for over 20 years!

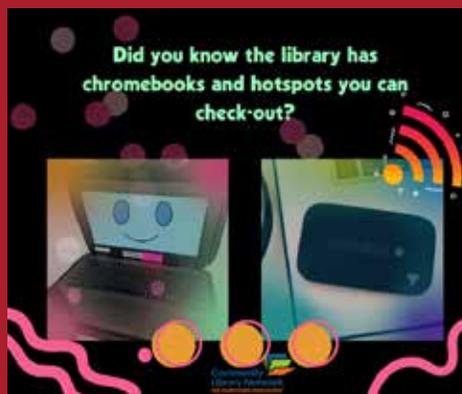
If you are involved with an organization, church, or school that has a summer camp and know your plans, let us know!

Visit nifamily.com/north-idaho-summer-camps for list of camps and updates.

Check out Tech & Fun at Your Local Libraries!

All Ages

Check out a Chromebook or Hotspot! Visit tinyurl.com/communitylibrarynetwork!



Teens

Subscribe to a Teen Zone Take-Out Book Box service at <https://tinyurl.com/cdateenbookbox>

EASTER EGG HUNT... FIND 10 DIFFERENCES



Solutions on page 20

WHAT'S IN THE BOX?

2 LIBRARY BOOKS
BASED ON YOUR CHOICES

A CRAFT

A SMALL GIFT



RETURN THE LIBRARY BOOKS.

THE REST IS YOURS TO KEEP!



A Little Love Can be a Big Thing

A sweet young couple, newly engaged, came in for a pregnancy test. Much to their surprise, she was 24 weeks along. Although the pregnancy was unexpected, the couple embraced the news and made plans to continue coming to Open Arms for support.

When they returned for pregnancy and parenting classes, they announced to us that they decided to get married right away rather than waiting until the following year as planned. With the love and support they received from Open Arms, they were able to overcome their fear of the unexpected and to begin their little family.



Fast forward to today. This little family has come back in town twice since their move, out of town and every time they have stopped by to say hello and to show their love and appreciation. We sure do love and appreciate them.

The last time they visited, the dad told us that he had been so blessed by our support of their family that he was looking into starting an outreach for young families in their new little town, because they understood first-hand how difficult unexpected pregnancies can be, and how loving support can make the experience so much easier.

As time went on and the baby was born, the couple experienced the challenges of a new marriage along with the challenges of taking care of a newborn.

INFO

Submitted by T. Pauls - realchoicesclinic.com



SENIORS

SENIOR COMPANION PROGRAM IN NEED OF VOLUNTEERS!

Panhandle Health District's Senior Companions Program is in need of volunteers!

Volunteers 55 and older are matched with homebound community members that need support to remain independent.

Volunteers share their experience and knowledge with those in need in their own communities. We serve all five northern Idaho counties. If you are over 55 and interested in being a friend while making a big impact on others, contact Panhandle Health District at 208-415-5177 today to get started!

	<p>SENIOR COMPANIONS HAVE A LAUGH</p>
<p>FIND A FRIEND CALL 208-415-5177</p>	

Advancing Workforce Success Through Child Care Benefits

Studies show that offering childcare benefits is not only an excellent recruitment and retention tool, but can also boost employee productivity and morale, reduce absenteeism and turnover, and inspire greater employer loyalty—and businesses qualify for tax benefits.

In addition, the first five years of a child's life present a critical window for learning and growth and this is exactly the time when quality early childhood education makes a profound difference in a child's life. Yet this pivotal window of opportunity is missed when quality early childhood education is unavailable or unaffordable.

A variety of options are available to employers who recognize the many benefits of investing in child care for their workforce, while simultaneously strengthening the infrastructure of highly qualified providers already established in the local community.

United Way of North Idaho's Early Care and Education (ECE) Task Force can guide you through a solution that is right for your business.

Contact our team to develop a plan unique to your location, workforce, and resources: Employed and/or enrolled in school or a job training program (includes local community colleges, technical programs, high school completion, etc.)

Paying for at least one child in a licensed early care and education program or out-of-school care program.

Apply: <https://www.unitedwayofnorthidaho.org/childcare-assistance>

DID YOU KNOW?
You can increase childcare subsidies as childcare benefits.

DID YOU KNOW?
You can provide on-site childcare spaces and supervision.



LIVE UNITED

INFO [unitedwayofnorthidaho.org](https://www.unitedwayofnorthidaho.org)

JUMP FOR JOY

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

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

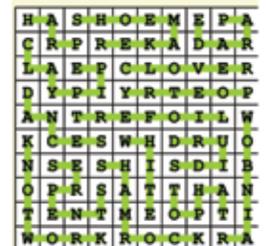
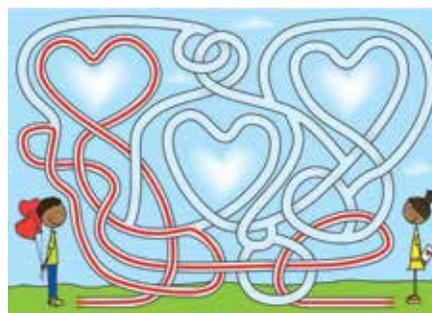
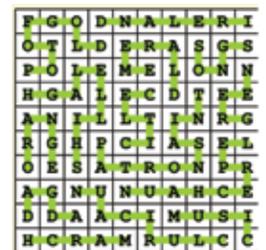
Kids under 2 are always FREE with paid sibling

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www.jumpforjoycda.com

Puzzle Solutions



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™

START HERE!

- 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

Your Search for Regional Educational Information & Resources is Over!

EdInfoCenterCdA.com



**IT'S ALL HERE:
ANSWERS FROM
PRE-KINDERGARTEN
TO CAREER
TRAINING AND
BEYOND!**

Sponsored by:

EdInfoCenterCDA.com: 7 years and growing!

The Education Information Center has been up & running for over 7 years, and continues to provide the most comprehensive local Pre-K through Career education links and resources in the region.

- Hundreds of monthly new and return users
- On FIRST page of Google results for dozens of regional education-related searches
- Updated Frequently
- New sponsor involvement available

MEMBER DIRECTORY

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

Child/Youth - Services/Support

American Childhood Cancer Organization Inland Northwest | PO Box 8031
Spokane, WA | 509-443-4162 | acco.org/inlandnw
Boys & Girls Club of Kootenai County | 925 N. 15th St. | Cd'A
208-618-2582 | 200 W. Mullan Ave. | Post Falls | 208-457-9089
northidahobgc.org
Boy Scouts of America, Inland NW Council | 411 W Boy Scout Way | Spokane
Campfire Inland Northwest | 524 N. Mullan | Spokane WA | 509-747-6191
campfireinc.org
Guardians of the Children | 2315 N Rebecca St | Spokane WA | 509-998-2535
guardiansofthechildren.com
Girl Scouts of Eastern Washington & Northern Idaho | 509-747-8091
gsewni.org
Idaho Drug Free Youth | IDFY.org | 664-4339
Idaho Youth Ranch/Anchor House | 1609 N. Government Way | Cd'A
667-3340 | youthranch.org
Region 1 Idaho Infant Toddler Program/Regional Early Childhood Committee
208-882-6904 | infanttoddler.idaho.gov

Civic/Volunteer

Human Rights Education Institute | 414 Mullan Ave | Cd'A | 292-2359 | hrei.org
Civic Engagement Alliance | 414 Mullan Ave | Cd'A | 274-3426 |
civicengagementca.com/

Crisis Intervention

Emergency, Fire & Police | 911
Child Protective Services | 1120 Ironwood Drive | Cd'A
855-552-5437 | healthandwelfare.idaho.gov
Children's Village | 1350 W. Hanley Ave. | Cd'A | 667-1189 | thechildrensvillage.org
ICARE | 201 E. Harrison Ave | Cd'A | 676-1515 | icareforchildren.org
Domestic Violence Hotline | 664-9303
Idaho Poison Control Center | ID | 800-222-1222
Idaho Suicide Prevention Hotline | 800-273-8255
Kootenai County Crisis Hotline | 664-1443
Kootenai County Sheriff | 466-1300 or 911
National Center for Missing and Exploited Children | 800-843-5678
Northern Idaho Crisis Center | 2195 Ironwood Court, Suite D
Cd'A | 625-4884 | nicrisiscenter.org
Post Falls Police Victim Services Unit | 1717 E. Polston Ave. | Post Falls
773-1080 | postfallspolice.com
Rape Crisis Line | 661-2522
Safe Passage | 850 N. 4th St. | Cd'A | 664-9303 | safepassageid.org

Education - Adult

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

Education - Child

Be SMART for Kids | besmartforkids.org
Coeur d'Alene School Dist. 271 | 1400 N. Northwood Center Ct.
Cd'A | cdaschools.org
Coeur d'Alene Education Partnership | Cd'A | 714-4561 | cdaep.org
The Dance Company | thedancecompanycd.com
Iris' House Pre-School & Childcare | 410 N 20th St | Cd'A | 667-3785
KidOne Camps | kidonecamps.com

KTEC-Kootenai Technical Education Campus | 6838 W. Lancaster Rd.
Rathdrum | 208-712-4733 | ktectraining.org
Lake City Figure Skating / Frontier Ice Arena | 3525 W Seltice Way | Cd'A
603-667-7178 | lakecityfigureskating.org
Lake City Highland Dance Inc. | Silver Lake Mall | Cd'A | 771-0828
lakecityhighlanddance.com
Mountain States Early Head Start | 411 N. 15th St, Ste 200 | Cd'A
765-6955 | msehs.org
North Idaho College Head Start | 411 N. 15th St, Ste 103 | Cd'A
666-6755 | nicheadstart.org
North Idaho School of Rock | northidahorockschool.com
Opening Books, Opening Doors | openingbooksopeningdoors.com
Quest Academy North Idaho | 6200 W Hayden Ave | Rathdrum |
questacademyni.com | 889-8040
Wired2Learn Academy | 1800 N. Hwy 41 | Post Falls
wired2learnacademy.com | 699-6232
North Idaho Robotics Opportunities (formerly Xanterra FLL) | facebook.com/XanterraFLL

Family Services

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

Food, Agriculture, Nutrition

Eat Smart Idaho - U of I Extension | uidaho.edu/extension/eat-smart-idaho

Government

2-1-1 Idaho CareLine | PO Box 83720 | Boise | 800-926-2588
idahocareline.org
Coeur d'Alene Parks Department | 710 E. Mullan Ave. | Cd'A
769-2252 | cdaid.org/parks
Department of Health and Welfare | 1120 Ironwood Drive | Cd'A
769-1409 or 2-1-1
Family Resource & Training Center | 2005 Ironwood Parkway, Suite 200 | Cd'A
800-745-1186 | icwrct.org
Idaho SHIBA / Idaho Department of Insurance | doi.idaho.gov

Healthcare

Abundant Life Surrogacy | Nampa, ID | abundantlifesurrogacy.com
Aligned Family Chiropractic | 3904 E Mullan Ave STE C | Post Falls | 981-0093
Evenson Chiropractic | 916 W Ironwood Dr Suite 1 | Cd'A | 769-4800
First Steps Chiropractic | 8836 N Hess Street Suite E | Hayden | 758-9335 |
firststepschiropractic.com
HazelTree Midwifery | 1048 N 3rd St | Cd'A | 699-3625 | hazeltreemidwifery.com
Heritage Health (formerly Dirne) | 1090 Park Place | Cd'A
292-0292 | myheritagehealth.org
Hospice of North Idaho | 9493 N Government Way | Cd'A | 691-6996 | honi.org
Kootenai Health | 2003 Kootenai Health Way | Cd'A
667-3742, PF 619-4100, SP 263-6763 | kootenaihealth.org
Kootenai Urgent Care | Cd'A, Post Falls, Hayden | kootenaiurgentcare.com
Nurse Practitioners of Idaho | npfinder.aanp.org
Open Arms PCC & Real Choices Clinic | 1800 Lincoln Way #201 | Cd'A
Panhandle Health District | 8500 N. Atlas Rd. | Hayden | 415-5100
panhandlehealthdistrict.org
Peach Orthodontics | peachortho.com | 618-5111 | 1145 E Polston Ave, Post
Falls, ID |
SafeStart - NISSA | 1130 North 4th Street | Cd'A | 206-548-9290 | nwsids.org
Shriner's Hospital for Children | 911 W. 5th Ave. | Spokane, WA
509-455-7844 | shrinershospitalsforchildren.org/spokane

Healthcare - Mental

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

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

Misc.

The Art Spirit Gallery | 415 Sherman Ave | 765-6006 | theartspiritgallery.com
Bean & Pie | beanandpie.com

Christian Youth Theater (CYT) North Idaho | PO Box 3250 | Cd'A | 765-8600
cytnorthidaho.org

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

Coeur d'Alene Public Library | 702 E Front Ave, Cd'A | 208-769-2315 | cdalibrary.org

Coeur d'Alene Summer Theatre | 4951 Building Center Dr., #105
Cd'A | 660-2958 | cdasummertheatre.com

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

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

Elite Auction | PO Box 1354 Hayden 83835 | 208-640-7449
eliteauctioninc.com

Emerge | 208 N 4th St | Cd'A | 818-3342 | emergecda.org

Melissa Dalton Hunt - A Taste of Newberys | mbhunts1965@gmail.com

Idaho Education News | idahoednews.org

Idaho Public Television | idahoptv.org

Innovia Foundation | innovia.org

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

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

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

Running Shoes 4 Kids | facebook.com/runningshoes4kids

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

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

Strikezone / VRCDA | teamvsports.com

Victory Alliance Marketing | victoryalliance.us

Pet & Animal Services

Coeur d'Alene Animal Control | 5500 N. Government Way | Cd'A
446-1300 | kcsheriff.com/animalcontrol.html

Religious/Fraternal

First Presbyterian Church | 521 E Lakeside Ave | Cd'A | 1stpresdowntown.org | 667-8446

Heart of the City Church | 722 W Kathleen | Cd'A | 665-7808 | theheartcda.com
The Vine Church | 9407 N Government Way | Hayden | 449-2080 | thevineidaho.org

Senior Services

Adult Protection Services | 2120 Lakewood Dr. #B | Cd'A | 667-3179

ElderHelp of North Idaho | 9420 Government Way, Hayden | 661-8870
ehoni.org

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

Social Services

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

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

Idaho Dept. of Health & Welfare | 1120 Ironwood Drive | Cd'A |
healthandwelfare.idaho.gov

St Vincent de Paul | 201 E. Harrison Ave. | Cd'A | 664-3095
stvincentdepaulcda.org

Union Gospel Mission Center for Women & Children | 196 W Haycraft Ave | Cd'A
665-4673 | uniongospelmission.org

United Way of North Idaho | 501 E. Lakeside Ave., Ste. 3
Cd'A | 667-8112 | unitedwayofnorthidaho.org

Special Needs

Trinity Group Homes, SVPD | 201 E. Harrison Ave. | Cd'A
664-3095 | stvincentdepaulcda.org

Substance Abuse-Recovery/Prevention

Al-Anon | Cd'A | 676-0549 | al-anon-idaho.org

Alcoholics Anonymous | 118 N. 7th St., Ste B5 | Cd'A | 667-4633 | aa.org

Idaho Drug Free Youth | 610 W. Hubbard, Ste 123 | Cd'A
664-4339 | idahodrugfreeyouth.org

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

Support Networks/Groups

Operation Second Chance | operationsecondchance.org

Disability Action Center | dacnw.org

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

NORTH IDAHO SERVICES DIRECTORY

IMMEDIATE NEEDS ♦ BASIC NEEDS ♦ COMMUNITY RESOURCES



Attention crisis, front-line users, and case managers looking for
current, accurate immediate & basic needs resources:

www.NIServicesDirectory.com

Bookmark it now!

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

Thank you to our Community Supporters

Kootenai County Sheriff's Department - Heritage Health - United Way of North Idaho - St. Vincent de Paul Coeur d'Alene

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