FamilyGuide

2015-2016

FamilyGuide

An Annual Resource For Families In Spokane & N. Idaho

Activities
Shop Local
Community
Health
Education

FREE
Did's is THE PLACE for Hawaiian Food, Parties, and the THE NEWEST, BEST Arcade Games in Spokane!

We also have draft beer, wine & cocktails!

Did's Pizza & Froyo

Authentic Hawaiian Food!

Did'sPizzaandFroyo.com • 509.808.2090 • 5406 N. Division St.

Need a Party or Fundraising Place?
We can host groups up to 88 people and create special fundraising events that give back 20% for your cause!

Hawaiian Shack and Arcade

Newest Arcade Games!

Star Wars Battle Pod PacMan Fruit Ninja BatMan Typhoon SnoCross Jurassic Park

Did'sPizzaandFroyo.com • 509.808.2090 • 5406 N. Division St.

Did's is part of the family of restaurants
fice has proudly served the Greater Spokane community for 13 years. We have helped numerous families, including children to recover from injuries of various degrees. No matter how small or insignificant the accident might seem to be, we would highly recommend that you talk to us, so that we can inform you of all the options available to you.

Have You Or A Family Member Been Injured And Don’t Know What To Do? Let our experienced professionals help you!

Please allow us the opportunity to introduce our company and our mission in our business.

We are a local law firm specializing in assisting people who have been injured to recover from their injuries and get their lives back on track. We believe that everyone deserves to be treated fairly and compensated fully for his or her damages. Cutler Law Office has proudly served the Greater Spokane community for 13 years. We have helped numerous families, including children to recover from injuries of various degrees. No matter how small or insignificant the accident might seem to be, we would highly recommend that you talk to us, so that we can inform you of all the options available to you.

In 2012 alone, there were 99,560 car accidents in Washington State. 6,204 of these occurred in Spokane. The fact that accidents are common does not reduce the pain and confusion that can result when an accident or an injury occurs to you or your child. After an accident, certain injuries are obvious, like a broken bone, bruises or bleeding. However, an individual could also experience hidden injuries. Hidden injuries are those that are not immediately visible or recognizable like whiplash and concussions. These may take weeks and even months to develop. Sadly, in children it may take even longer to recognize these injuries, because they are not able to express their pain and symptoms as clearly as adults. As a parent, it is extremely important to consult an attorney and a medical professional when you or your child is the victim of an injury.

The legal system is confusing and complex. However, with the help of an attorney, it can be easily navigated. The law puts a time limit on how long a victim of an accident has to pursue a claim against the responsible party. Unfortunately, some victims do not experience pain for long time, and by the time hidden injuries develop, the window of opportunity may be closed. For this reason, it is vital to consult an attorney after any accident. An attorney will advise you of your rights and all the remedies available to you. Your initial consultation is always free of any obligations or charges. Feel free to give our office a call, and we will gladly discuss your case with you.
2015 SEASON
HOME SCHEDULE

June 18-22 vs. Hillsboro Hops

June 23-25 vs. Everett AquaSox

July 4-8 vs. Boise Hawks

July 15-17 vs. Tri-City Dust Devils

July 29-Aug 2 vs. Eugene Emeralds

Aug 4 - NWL All-Star Game Presented by Cenex Zip Trip

Aug 9-11 vs. Tri-City Dust Devils

Aug 12-16 vs. S-K Volcanoes

Aug 20-22 vs. Vancouver Canadians

Aug 28-30 vs. Vancouver Canadians

Sept 1-3 vs. Everett AquaSox

FOR TICKETS:
343-OTTO (6886)
SPOKANEINDIANS.com
# 2015-2016 Family Guide

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The Family Fun Fair is a 501-C3 Organization. Our mission is to strengthen & support families, educators, outreach workers, non-profit agencies, support groups, after-school programs, community volunteers & advocates in the Spokane & N. Idaho area. We carry out this mission by publishing the Family Guide and organizing the Family Fun Fair; a FREE publication & FREE community event to provide the community local resources, & information to build & strengthen kids & families. [www.thefamilyguide.org](http://www.thefamilyguide.org)
Readers who correctly identify the page where OTTO the Mascot is hiding will be eligible to meet OTTO the Mascot at a game this summer!

2 - Contest Winners will receive:
4 Upper Box Seats to a Spokane Indians game during the 2015 season
4 t-shirts, 4 hats, 4 baseball, and the opportunity to meet OTTO the Mascot at a 2015 game.

Are You Ready To Join The Search?

Send us a letter that says: Dear Family Guide,
I found OTTO the Mascot on page #________!
Please include your name, address and phone number on the card and mail to:

OTTO the Mascot Contest
10922 E. 47th Ave., Spokane Valley, WA 99206

The drawing will be held on June 3, 2015. So grab a pen, start looking for OTTO and get your entries in! For more information about the Spokane Indians Baseball Club please visit: www.spokaneindiansbaseball.com

OTTO the world’s only Spokaneasaurus is hiding somewhere in the pages of the 2015-2016 Family Guide!

Stiletto Sprint

Women’s Resource Fair at River Park Square
3rd Stiletto Sprint Event

#808 W. Riverside Ave., Spokane, WA 99201
SUNDAY June 13th, 2015 from 9 am – 3 pm

Join WHE Network & The Family Guide for a day of fun fighting against Domestic Violence at River Park Square. This fun event includes a Resource Fair sponsored by The Family Guide.

Did you know Spokane has one of the highest rates of Domestic Violence in Washington State? There are more calls to 9-1-1 in Spokane for domestic violence than for any other cause!

In order to help combat this disturbing state of affairs in our region, River Park Square has joined together with WHE Network to host a two block dash. Please join us and dash to draw attention to this important cause and to help put an end to domestic violence in our region.

River Park Square’s Big Red Stiletto will be available at the event for fun photos with friends.

Vendors Wanted and for Information: Charity@thefamilyguide.org | 509.928.9664 Facebook: Stiletto Sprint - Dash to End Domestic Violence

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### Amusement

**Drop In & Play Spokane**  
Northtown Mall & Spokane Valley Mall  
(509) 484-7529  
Drop In & Play (like us on Facebook)

**Funflicks Outdoor Movie Service**  
(509) 477-9747  
tony@funflicks.com  
www.funflicks.com/spokane-outdoor-movie-events.html

**Get Air-Trampoline Park**  
4750 N. Division St. Spokane, WA  
(509) 381-1757  
www.getairspokane.com

**PEMCO Outdoor Movies at Riverfront Park**  
Facebook.com/OutdoorMoviesatRiverfront  
www.OutdoorMoviesatRiverfront.com  
Wednesdays from June 10 – July 15, 2015  
Entertainment, trivia, food, vendors and big screen outdoor movies under the stars. Located at the Lilac Bowl in Riverfront Park, just east of the clock tower. Please check website and Facebook for details, entertainers, vendors and movies. Produced by Epic Events.

### Activities

**Sky High Sports**  
1322 E. Front Ave. Spokane, WA  
(509) 321-5867  
www.spojumpskyhigh.com

**Spokane Indians Baseball**  
Avista Stadium,  
602 N. Havana St. Spokane, WA  
(509) 535-2922  
www.spokaneindiansbaseball.com

**Spokane Outdoor & Drive in Movies**  
Find us Facebook: Spokane Outdoor & Drive-In Movies. The Family Guide and FunFlicks is proud to bring back this classic pastime we all grew up loving! From June – August pull up in your best ride, we’ll all be sitting under the stars and enjoy the show! Only $20.00 a carload or $25.00 for VIP (Limited Spaces) Pre-Movie games and entertainment, concession snacks, vendors and more! Check out our Facebook page: Spokane Outdoor & Drive-In Movies for the locations, movie schedules, weekly giveaways, contests and more!

**Wild Walls Climbing Gym**  
202 W. 2nd Ave. Spokane, WA  
(509) 455-9596  
www.wildwalls.com

### Youth Camps, Clubs & Programs

**Boy Scouts of America Inland Northwest Council BSA**  
411 W. Boy Scout Way, Spokane, WA  
(509) 242-8240  
www.nwscouts.org

**Camp Fire Inland Northwest**  
524 N. Mullan Rd. Spokane Valley, WA  
(509) 747-6191  
www.campfireinc.org

**Camp Kesem University of Washington**  
utwashington.pr@campkesem.org  
(509) 951-9405  
www.campkesem.org/uw

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**The Tomato Lady**  
Tomatoes are an easy plant to grow. Get your children to eat their vegetables by letting them grow their own!  
info@thetomatolady.com  
www.thetomatolady.com

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**Get Air**  
4750 N. Division St. Spokane, WA  
(509) 381-1757  
www.getairspokane.com

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509-928-3342

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Tomatoes are an easy plant to grow. Get your children to eat their vegetables by letting them grow their own!

info@thetomatolady.com  
www.thetomatolady.com
Activities

Hub Sports Center
19619 E. Cataldo Ave. Liberty Lake, WA
(509) 927-0602
www.hubsportscenter.org

Inland Chess Academy
3808 N. Sullivan Rd. 13D Spokane Valley
(509) 822-9800
www.chess@inlandchess.org

Kootenai Youth Recreation Organization
3525 W. Seltice Ave. Coeur d'Alene, ID
(208) 765-4423
www.frontiericearena.org

Lutherhaven Ministries
3258 W. Lutherhaven Rd. Coeur d'Alene, ID
(208) 667-3459
www.lutherhaven.com

Spokane AAU | Hoopfest
601 W. Riverside Ave. Ste 206 Spokane, WA
(509) 624-2414
www.spokanaau.com

Spokane County Raceway
750 N. Hayford Rd. Airways Heights, WA
(509) 244-3333
www.spokancountyraceway.com

Spokane Junior Soccer
9116 E. Sprague Ave. #138 Spokane, WA
(509) 747-5017
www.spokanesoccer.org

Spokane Shadow Youth Soccer Club
(509) 869-6176
www.spokanesoccerclubshadow.org

Spokane TOP Soccer
(509) 270-0251
SpokaneTopsoccer@yahoo.com
www.wys-topsspokane.affinitysoccer.com

Spokane Valley Upward Flag Football & Cheerleading
10910 E. Boone Ave. Spokane Valley, WA
Packmom2002@yahoo.com
www.BereanSpokane.org

Super Tots Sports
(509) 534-5437
mario@supertots.net
www.supertotsports.com

SYSA ~ Spokane Youth Sports Association
800 N. Hamilton St. Ste. 201 Spokane, WA
(509) 536-1800
www.sysa.com

The First Tee Inland Northwest
(509) 850-5346
www.Thefirstteeinlandnw.org

Valley Youth Soccer
9116 E. Sprague Ave. #138, Spokane Valley
(509) 924-7661
www.vysoccer.org

YMCA of the Inland Northwest
1126 N. Monroe St. Spokane, WA
(509) 838-3577 | (509) 777-9622

YMCA Camp Reed
We were established in 1915 and are celebrating 100 years in 2015. Located just thirty miles north of Spokane, Camp Reed encompasses 600 acres on beautiful Fan Lake. Camp Reed is a place that allows a “kid to be a kid,” experience life in the beautiful outdoors, and the opportunity to learn from our excellent staff and rich program activities. 2015
Summer Program Offerings Traditional Camp, Counselor in Training, Mini-Camp, Camp Goodtimes, Family Camp, Horse Unit/Trail Rides. Activity Highlights: swimming, carnival, campfires, archery, shooting sports, skits & more! Contact Information: (509) 777-9622 or www.campreed.org

Northwest Bounce

It’s a Party!!!
Located in Post Falls, Idaho, we are a full service Party Center specializing in fun and activity for kids of all Ages. Only $4.95 admission. We also offer a huge Party Rental Inventory for your special event. Parties staring at $99. For a great deal visit Northwest Bounce on Facebook, NWBounce.com or call 208-965-8055 today!

Northwest Bounce
1631 E. Seltice Way
Post Falls, ID 83854
Krunch Skate Shop is a local family owned business. The owners, Tim and Chrissy Knox, opened Krunch in 2012 to meet a need within the local roller derby community. People were buying skates and gear off the Internet and often finding the product didn’t fit correctly or meet their needs. They wanted to help customers save money and grief by having a place to try on roller skates, protective gear and to get expert advice on a good match for their personal needs. Chrissy and Tim are continually keeping up to date on new products and learning about all aspects of the roller skating world. They enjoy assisting new skaters up to the advanced skater in finding the perfect roller skate set up.

Roller skating is a family affair and that is no different for Knox household. Chrissy grew up skating the streets and beach boardwalks in S. California, then trail skated for years in Seattle. She still enjoys the open air and beautiful sights during a trail skate. Beginner or intermediate groups meet at various times at a specific trail and families can come along with their bikes or of course their skates.

Zane, their son, likes to attend one of the several local roller rinks for a fun night out with friends or family. The music and fun games makes going to the roller rink a great way to spend time with all ages of the family. Having your own skates makes the experience even better since you are able to adjust them to meet your specific needs and get a comfortable fit.

Tim and Indigo, their daughter, are involved in roller derby, a fast paced full contact team sport on quad skates. Unlike the game that used to be aired on TV, it now has a clear set of rules, filled with athleticism and is a strategic game. Indigo skates on the Cherry Bomb Brawlers, a co-ed junior roller derby team in Spokane, and has participated in other junior leagues within the Inland Northwest. This is Tim’s fifth season as a roller derby referee and was a coach for junior roller derby for a couple of years. It’s a great community of people to be involved with because of its diversity, teamwork and the desire of individuals to personally challenge their perception of self and the way others perceive them. Krunch Skate Shop sponsors and volunteers with over 10 teams, so if you are interested in trying out a beginners program, they can pass along more information.

The beauty of roller skating is that it is an activity for all ages and skill levels. It is a way to bring families closer, develop friendships and get a great workout. It can be for people who have weight loss goals, those wanting to attain other fitness goals, or simply to have some fun.

Whatever your questions may be, Krunch is available with friendly customer service. They enjoy educating customers about skate maintenance. If your skates are in disarray, they can help you get them working smoothly again. If you are worried about your safety, they can equip you with protective gear within your level of concern and price range. Try skating & visit them today!

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Educational Fun & Games

8th Annual Parks Day Celebration
Coeur d’Alene City Park
Saturday July 11, 2015
www.cdaid.org/park

City of Liberty Lake
Parks & Recreation
22710 E. Country Vista Dr. Liberty Lake
(509) 755-6726
www.libertylakewa.gov
CHILL is an exciting summer day camp, for children ages 5 to 11 years old, hosted by the City of Liberty Lake. Campers enjoy numerous exciting activities ranging from arts & crafts, to sports, swimming, games, field trips and more! Come and learn, grow, and have a fun-filled summer with us at CHILL camp! Monday thru Friday. June 15, 2015 to August 21, 2015. FEE: $1,250/summer or $130/week. Multi-Child rate $1,150 for summer. Hours are from 7:45 AM to 5:15 PM. For a full listing of youth and adult classes or upcoming events contact Michelle Griffin, Parks and Recreation Coordinator:509-755-6726 or mgriffin@libertylakewa.gov. Register online today for a facility rental or class at http://parksnrec.libertylakewa.gov/

City of Post Falls Parks and Recreation
408 W. Spokane St. Post Falls, ID
(208) 773-0539
www.postfallsidaho.org

Corbin Senior Activity Center
827 W. Cleveland St. Spokane, WA
(509) 327-1584
www.corbinseniorcenter.org

Discovery Toys- Servicing the Inland Northwest
(509) 294-0371
toyladychris@yahoo.com
www.discoverytoys.com/chrislaplante

East Central Community Center
500 S. Stone St. Spokane, WA
(509) 808-2122
www.ecspokane.org

Museum of North Idaho
115 Northwest Blvd. Coeur d’Alene, ID
(208) 664-3448
www.museumni.org

Northeast Community Center
4001 N. Cook St. Spokane, WA
(509) 487-1603
www.necca.myspokane.net

Northwest Museum of Arts & Culture
2316 W. First Ave. Spokane, WA
(509) 363-5355
www.northwestmuseum.org

Riverfront Park
507 N. Howard St. Spokane, WA
(509) 625-6601
www.spokaneriverfrontpark.com

Sierra Silver Mine Tour
420 5th St. Wallace, ID
(208) 752-5151
www.silverminetour.org

Spokane Valley Heritage Museum
12114 E. Sprague Ave. Spokane Valley, WA
(509) 922-4570
www.valleyheritagecenter.org

West Central Community Center
1603 N. Belt St. Spokane, WA
(509) 326-9540
www.westcentralcc.org

Performing Arts

Blekker School of Dance
10417 E. Dean Ave. Spokane, WA
(509) 892-7977
www.blekerschoolofdance.com

Christian Dance Academy
(509) 217-8025
cdaspokane@yahoo.com
Christian Dance Academy
(like us on Facebook)

Christian Youth Theater Spokane
6205 E. Mansfeld Ste. A, Spokane Valley
www.cytspokane.com

Christian Youth Theater - North Idaho
2775 Howard St. Coeur d’Alene, ID
(208) 755-3490
www.cynorthidaho.org

Coeur d’ Alene Summer Theater Kids Camp
880 W. Garden Ave. Coeur d’Alene, ID
(208) 769-7780
www.cdasummertheatre.com

The Modern Theater
174 S. Howard St. Spokane, WA
(509) 455-7529
www.themoderntheater.org

Theater Arts for Children
2114 N. Pines Rd., Ste. 3S, Spokane Valley
(509) 995-6718
www.Theaterartsforchildren.org

Spokane Children’s Theatre
2727 N. Madelia Ste. #5, Spokane, WA
(509) 328-4886
www.Spokanechildrenstheatre.org

Spokane Youth Symphony
(509) 448-4446
info@spokaneyouthsymphony.org
www.spokaneyouthsymphony.org

ALL DAY PARTY RENTALS

We bring Forever Memories right to your door. Waterslides, Princess Castles, Sports Bouncers and more.

JumpN2Fun.com
(208) 262-8086

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Dental Checklist: Check Your Child’s Teeth

A lifetime of good dental health starts at birth. In fact, regular dental care should begin by your child’s first birthday, followed by a dental check-up at least twice each consecutive year. This checklist from the American Academy of Pediatric Dentistry can help you know the whats, whens and hows of your child’s dental health.

Birth to 6 months old
Even though your baby has a gummy smile, you still need to think about his or her teeth. Clean your infant’s mouth by wiping the gums with a soft, clean cloth after every feeding and at every bedtime. As your baby starts to get on a more regular schedule, implement better feeding habits (i.e., avoid nursing or bottle-feeding throughout the night, and make sure to wipe your baby’s gums after the last feeding of the evening).

6 months old to 2 years old
During this period, your baby will begin teething. Now is a good time to start a dental health routine, brushing after meals and at bedtime with a soft-bristled toothbrush and bringing your child to see us when the first teeth erupt. Because children begin toddling around during the same time these first teeth appear, you also need to be on the lookout for chipped or damaged teeth after your toddler stumbles and falls.

2 years old to 5 and 6 years old
Most children will have their complete first set of teeth by the age of 3 and will begin to lose them to make way for the permanent adult teeth between 5 or 6 years old. Baby (or “deciduous”) teeth play an important role in ensuring future dental health: They hold space for future permanent teeth. Infected baby teeth can cause problems long into adulthood. To keep your child’s smile healthy, see us every six months or as directed, and instill good dental habits in your child.

Around the age of 12, your child will have his or her full adult smile (aside from wisdom teeth, which come in later). Encourage healthy eating and regular brushing, and see your us regularly, so that we, and your child, can keep those teeth pearly white for years to come.

Fitness & Nutrition

Get Healthy with Sabrina
(509) 270-2665
gethealthywithsabrina@gmail.com
www.gethealthywithsabrina.com

Isagenix - Meredith Thompson
(509) 953-8034
www.coachmer.isagenix.com

Melaleuca – John Obert
Independent Marketing Executive
(509) 483-1122
Gogreenmakegreen@comcast.net

Trim Your Bod ~ It Works
(208) 964-4360
marjorie@trimyourbod.com
www.trimyourbod.com

Valley Massage Clinic
12121 E. Broadway Ave. Bldg SB, Spokane Valley, WA
(509) 921-9800
www.valleymassageclinic.com

Young Living Essential Oils -Tina Ulrich
(208) 755-1535
tulrich132011@hotmail.com
www.facebook.com/Athomemom.biz
www.tinyurl.com/youngliving-com-tinaulrich

Through the painstaking steps of our proprietary “Seed to Seal” production process, we produce the best, most authentic essential oils in the world. We are committed to providing pure, powerful products for every family and lifestyle, all infused with the life-changing benefits of our essential oil.

Health & Wellness Practitioners

Active Family Healthcare
8836 N. Hess Ste. E. Hayden, ID
(208) 758-0560
info@activefamilyhealthcare.com
www.activefamilyhealthcare.com

Associates for Women’s Health
212 E. Central Ave. Ste. 340 Spokane, WA
(509) 484-1236
www.assocforwomenshealth.com

Achieve Center Pediatric Therapy
528 E. Spokane Falls Blvd Ste. 401 Spokane
(509) 888-3062
www.achievecenter.net
The Choice is Yours. Choose Quality.

Choosing your child care provider is an important decision. Let IdahoSTARS help.

IdahoSTARS provides parents with reliable, personalized and FREE information on how to access quality child care. We are the leading expert and premiere information resource for parents.

Visit idahostars.org | Call 211
Ask for your Local Child Care Resource Specialist
Path of Life / Life Services of Spokane
2659 N. Ash St. Spokane, WA
(509) 327-0701
www.lifeservices.org

Planned Parenthood Spokane Health Center
123 E. Indiana Ave. Spokane, WA
866-904-7721
www.ppgwni.org

Planned Parenthood Spokane Valley Health Center
12104 E. Main Ave. Spokane Valley, WA
866-904-7721
www.ppgwni.org

SetPoint Physiology
Optimize your Health and Wellness Plan
424 S. Sullivan Rd. Ste. 304, Spokane Valley,
(509) 927-2244
info@mysetpointplan.com
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Mail this registration form to:
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www.spokeanelilacfestival.org

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- On Track Academy (specialized learning for grades 11-12)
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- Pride Prep (new charter school starting with grades 6 and 7)
- Spokane International Academy (new charter school starting with grades K, 1 and 6)

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An Interview with Big Bob Anthony

Spokane native Bob Anthony Fogal and his wife Pati are the owners of KOOL 107.1FM. They have been married for 39 years, have 4 children, 1 grandchild and both love to play tennis when they’re not playing radio! "Big Bob" is an experienced radio broadcaster, having worked at 93KHJ in Los Angeles and 610KFRC in San Francisco. He owned 107.5FM in Portland for years and is the founder of the K-LOVE and Air One Radio Networks. Fogal has put that extensive background to work to make KOOL 107.1FM Spokane’s new favorite radio station. Here is a recent interview with Bob about "KOOL Oldies" 107.1FM

Tell us about your Spokane roots, Bob, and why you put KOOL on the air

I was born at Sacred Heart Hospital, grew up on the campus of Gonzaga University and graduated from North Central High School. I grew up listening to 790KJRB and loved the funny DJ's back then plus all the great music from the 60’s and 70’s. But listening to radio in Spokane the past couple years, I felt it had has become corporate, boring and sterile. I wanted to bring that Top 40 sound back to my hometown!

Bob, what exactly is KOOL 107.1FM and what makes the station unique?

KOOL plays music from the 1st 30 years of rock n’ roll… from around 1955 to 1985. A lot of these songs have not been played or heard in Spokane for literally decades! No other station but KOOL plays Elvis, Little Richard, Buddy Holly, Dion or Chuck Berry. KOOL plays the Beach Boys, the Byrds and a Beatles song every hour, plus lots of British Invasion groups and Motown. There are probably 1,000 songs that KOOL plays that are not heard on any other station. People tell us we play songs they haven’t heard in years. We’re bringing back good memories!

What else makes you different from the other stations up and down the dial?

First, we are a locally owned business. Literally a "mom & pop" operation and we can relate to owners of small businesses here in Spokane. Most of the other stations are owned by giant media companies like Clear Channel. Their owners are not from here. This is David versus Goliath, taking on the big money conglomerates that control radio these days. We’re definitely the underdogs. But we believe Spokane listeners can hear the difference with our local air team and sound.

Tell us more about KOOL’s local emphasis.

We are always encouraging KOOL listeners to shop and buy local to support our neighbors and friends. When a sponsor advertises their business on KOOL, we make a commitment to their success. We know that running a small business is tough and we go the extra mile to make sure their advertising is successful. Our commercial breaks are half as long as the others. So when an advertisement is played on KOOL it actually gets heard by our listeners. That’s a big difference.

What are some of the KOOL programs we can hear?

The KOOL Morning show is between 5-9am. I’m the host and we have a lot of fun playing songs from the KOOL Gold Mine and playing “Name That Tune”. JJ Hemingway does news, sports and weather twice an hour in the mornings, as well as hosting the KOOL Afternoon Show between 2-7pm. KOOL has a Listener Club and we give away prizes every week to the members. The KOOL DJ’s work hard to let listeners know the titles and artists of the songs we play. KOOL has brought back that old school, laugh at yourself style of radio that people loved back then…and still love today. But KOOL does it in a Family Friendly way.

What do you mean? How is KOOL Family Friendly?

The KOOL DJ’s are very careful about their show content. No blue humor or raunchy jokes. It seems like anything goes these days on TV and radio, with shock jocks talking about things that should not be on the air. You won’t hear any of that on KOOL!

What type of audience does KOOL have? Who listens to KOOL?

The average age of the KOOL listening audience is somewhere in the 40’s and of course we are the favorite station of Spokane’s Baby Boomers because we’re the only station playing their kind of music! Another thing we’ve discovered is that younger people in their 20’s and 30’s are discovering how rich and deep the roots of rock n’ roll are musically. They’re getting into vinyl records and love to hear early rock from the pioneers and legends of music…which we play a lot of on KOOL!

Where is KOOL heard on the dial and do you have a website?

The KOOL transmitter has 25,000 watts of power and the KOOL Booster adds another 5,000 watts, so KOOL is heard all over Spokane and into parts of Idaho at 107.1 on the FM dial. KOOL also has listeners all over the world listening to our 24/7 stream found on the KOOL website at www.kool1071.com Check us out online, join the KOOL Listener Club and call-in with your comments to the KOOL Listener Line at 509-315-8030! J
Volunteers of America of E. WA & N. ID
525 W 2nd Ave. Spokane, WA
(509) 624-2378
www.voaspokane.org

Washington Nonprofits
(509) 688-4568
christine@washingtonnonprofits.org
www.washingtonnonprofits.org

Women’s Resources

Alexandria’s House
525 W. 2nd Ave. Spokane, WA
(509) 489-0349
www.voaspokane.org/AlexandriasHouse

Anna Ogden Home a Program of Union Gospel Mission
2828 W. Mallon St. Spokane, WA
(509) 327-7737

Crime Victims Compensation Program
800-762-3716
nnan235@lni.wa.gov
www.crimevictims.wa.gov

Fields of Diamonds House of Blessings
3727 E. 17th Ave. Spokane, WA
(509) 879-8070

GFPC Woman’s Club of Spokane
1428 W. 9th Ave. Spokane, WA
(509) 838-5667
www.womansclubspokane.org

Heath Homes
11302 E. Broadway Ave. Spokane Valley
(509) 926-6492
www.hearth-homes.org

Hope House (A Program of Volunteers of America)
111 W. Third Ave. Spokane, WA
(509) 455-2886

Idaho Coalition Against Sexual & Domestic Violence
300 E. Mallard Dr. Ste. 130, Boise, ID
(208) 384-0419
www.engagingvoices.org

Sexual Assault and Family Trauma Crisis Response
210 W. Sprague Ave. Spokane, WA
(509) 747-8224 | (509) 624-7273

STOP Violence Against Indian Women
(208) 686-6306 | (208) 686-1800
www.cdatribe-nsn.gov

Transitions for Women
3128 N. Hemlock St. Spokane, WA
(509) 328-6702
www.help4women.org

St. Margaret’s Shelter a program of Catholic Charities
101 E. Hartson St. Spokane, WA
(509) 624-9788

Vanessa Behan Crisis Nursery
1004 E. 8th Ave., Spokane, WA
(509) 535-3155
www.vanessabehan.org

Women & Children’s Free Restaurant
1620 N. Monroe St. Spokane, WA
(509) 324-1995
www.wcfspokane.org

Women’s Healing and Empowerment Network
(509) 323-2123 | 877-276-5597
www.WHEnetwork.com

YWCA of Spokane - Alternatives to Domestic Violence Program
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Crisis line for domestic violence
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The word “digging” in the industry stands for many types of soil excavation projects. Some examples are: “Pounding” in any signs/posts, mail boxes, fence posts, “Pulling” out stumps, “Drilling” wells and other activities like boring, slicing and plowing.

When you call to request utility locates, have your address, cross street, what type of work you are planning, have the dig area marked in white paint and a phone number where the locators can reach you if there is some confusion on your locate request.

Besides calling 811, you can also reach the utility notification centers through their 800 phone numbers, faxing in tickets and entering your own tickets on line.

So remember these 6 steps (1) Mark area with white paint, (2) call two business days before you plan to dig, (3) do not dig until all known utilities are marked, (4) maintain the marks, (5) determine the precise location of the marked utilities by hand digging, (6) dig safely using proven excavating methods.

This message is brought to you by the Kootenai County and Spokane County CBYD Councils. Please see more information at their web sites below.

For Kootenai www.kootenaicountyonecall.com
For Spokane www.ieucc811.org
Greater Spokane School Districts

Catholic School District
1023 W. Riverside Ave. Spokane, WA
(509) 358-7330

Central Valley School District
9307 E. Cataldo St. Spokane Valley, WA
(509) 228-5425

Cheney School District
520 4th St. Cheney, WA
(509) 559-4599

Deer Park Schools
347 S. Colville Rd. Deer Park, WA
(509) 464-5500

East Valley School District
12325 E Grace St. Spokane, WA
(509) 924-1830

Freeman School District 358
S. 15001 Jackson Rd. Rockford, WA
(509) 291-3695

Great Northern Elementary School
3115 N. Spotted Rd. Spokane, WA
(509) 747-7714

Mead School District 354
12828 N. Newport Hwy. Mead, WA
(509) 465-6000

Nine Mile Falls School District
10110 W. Charles Rd.
Nine Mile Falls, WA
(509) 340-4300

Orchard Prairie School District
7626 N. Orchard Prairie Rd. Spokane, WA
(509) 467-9517

Spokane Public Schools (District 81)
Teaching and Learning Services
200 N. Bernard St. Spokane, WA
(509) 354-7365

Riverside School District 416
34515 N. Newport Hwy. Chattaroy, WA
(509) 464-8201

West. Valley School District
2805 N. Argonne Rd. Spokane, WA
(509) 924-2150

N. Idaho School Districts

Coeur d’ Alene School District
1400 N. Northwood Ctr Ct. Coeur d’ Alene
(208) 664-8241

Kootenai School District
8100 S. Ogara Rd. Harrison, ID
(208) 689-9957

Post. Falls School District
206 W. Mullan Ave. Post Falls, ID
(208) 773-1658

Education NW Resources
9429 N. Newport Hwy. Spokane, WA
(509) 323-4950
tutoringspokane@gmail.com
www.tutoringspokane.com

Family School of Music
1337 S. Grand Blvd Ste B Spokane, WA
(509) 456-8742
familyschoolofmusic@gmail.com
www.familyschoolofmusic.com

Inland Northwest Dance Association
(509) 927-0972
isabelle@isabellesdancetime.com
www.indaspokane.com

Kindermusik Munchkins
1309 W. 14th Ave. Spokane, WA
(509) 991-1816
www.munchkins.yourvirtuoso.com

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Communities in Schools of Spokane County
905 W. Riverside Ste. 301 Spokane, WA
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Community-Minded Enterprises
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(509) 321-3639  
www.leadershipspokane.org

Liberty Park Child Development Center  
1417 E. Hartson Ave. Spokane, WA  
(509) 534-0957  
www.libertyparkkids.org

Maressa’s Spokane Dance School  
9411 E. 1st Spokane, WA  
(509) 599-4048  
maressasdance@gmail.com  
maressasdance.com

North Idaho College Head Start  
411 N. 15th St. Coeur d’Alene, ID  
(208) 666-6755  
www.nicheadstart.org

Skyhawks Sports Academy  
9425 N. Nevada Ste. 210, Spokane, WA  
(509) 241-1316  
www.skyhawks.com

Spokane Art School  
809 W. Garland Ave. Spokane, WA  
(509) 325-8001  
www.spokaneartschool.net

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(208) 666-6707
www.lcsc.edu

North Idaho Higher Education (NIHE)
www.northidahohighereducation.org

University of Idaho Coeur d’Alene
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Coeur d’Alene, ID
www.uidaho.edu/cda

Community Colleges of Spokane Foundation
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(509) 434-5135
www.ccs.spokane.edu/foundation

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Spokane Valley, WA
(509) 924-7454
www.spokane.paulmitchell.edu

Skin Studio Academy
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(509) 838-3599
Skinstudioacademy@gmail.com
www.skinstudioacademy.com

Spokane Falls Community College
www.ccs.spokane.edu
(509) 533-3292

Spokane Community College
www.ccs.spokane.edu
(509) 533-7483

Washington State University
www.wsu.edu
(888) 468-6978

Washington State University Spokane
www.spokane.wsu.edu
(509) 358-7550

Whitworth College
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(509) 777-3235

North Idaho College
www.nic.edu

University of Idaho
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www.uidaho.edu

Home School

Washington Home School Association
www.washhomeschool.org

Home Educators of Idaho
(208) 667-2778

Libraries – Spokane

Cheney Library
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(509) 893-8320

Spokane County Library Medical Lake
321 E. Herb St. Medical Lake, WA
(509) 893-8330

Spokane County Library Moran Prairie
6004 S. Regal St. Spokane, WA
(509) 893-8340

Spokane County Library North Spokane
44 E. Hawthorne Rd. Spokane, WA
(509) 893-8350

Spokane County Library Otis Orchards
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(509) 893-8390

Spokane City Library Downtown
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(509) 444-5300
www.spokanelibrary.org

Spokane City Library Eastside
524 S. Stone St. Spokane, WA
(509) 444-5375

Spokane City Library Hillyard
4005 N. Cook Spokane, WA
(509) 444-5380

Spokane City Library Indian Trail
4909 W. Barnes Rd. Spokane, WA
(509) 444-5395

Spokane City Library Shadle
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(509) 444-5390

Spokane City Library South Hill
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(509) 444-5385

Spokane County Library Cheney
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(509) 893-8280

Spokane County Library District is the essential place to explore, learn, and create. The District operates 10 libraries throughout Spokane County, including Airway Heights, Argonne, Cheney, Deer Park, Fairfield, Medical Lake, Moran Prairie, North Spokane, Otis Orchards and Spokane Valley. Through a reciprocal agreement with Spokane Public Library and Liberty Lake Municipal Library, library services are provided at no charge to residents of each of those areas. Spokane County Library District also features an online library of eBooks, streaming music, movies, TV shows, and a large selection of digital resources. Visit us at www.scld.org/

Spokane Public Library
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(509) 444-5300
www.spokanelibrary.org

Libraries - Idaho

Coeur D'Alene Public Library
702 E. Front Coeur d'Alene, ID
(208) 769-2315
www.cdalibrary.org

Kootenai County Public Library
8385 N Govt. Wy. Coeur d'Alene, ID
(208) 772-5612
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Post Falls Public Library
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**SCHEDULE OF EVENT**

**Friday July 24th - Sunday July 26th**

**Pavillion Park - 127 N. Molter Road**

**LIBERTY LAKE**

**in the PARK**

**Friday July 24th - 5:00pm to 9:00pm**

Liberty Lake Business Showcase - Noon to 5pm Throughout Liberty Lake  
Barefoot 3v3 Soccer w/ Professional Player Demonstrations - 5pm to 8pm  
Friday Night Bash w/ The Ryan Larsen Band, Dance, & Car Show - 5pm to 9pm  
Red, White, & Brews Run - 6pm  
Taste of Liberty Lake & Vendor Hours - 5pm to 9pm  
Inflatable Amusements and More!

**Saturday July 25th - 8:00am to approximately 11:00pm**

Barefoot 3v3 Soccer & Bubble Ball - 8am to 6pm  
Games and Contests - 11am to 5pm  
Golf Cart Show & Shine - 11am to 8pm  
Historical Display - 11am to 5pm  
Petting Zoo - 11am to 5pm  
Taste of Liberty Lake & Vendor Hours - 11am to 5pm  
Foot Golf - 1:30pm to 3:30pm at Trailhead Golf Course  
Liberty Lake’s Got Talent - 6pm to 9pm  
Outdoor Movie - Dusk  
Inflatable Amusements and More!

**Sunday July 26th - 8:00am to 3:00pm**

Barefoot 3v3 Soccer & Bubble Ball - 8am to 3pm  
Taste of Liberty Lake & Vendor Hours - 11am to 1pm  
Inflatable Amusements and More!

**PARKING:**

- Liberty Lake Elementary School & Liberty Lake Ballfields (Molter & Boone).  
- FREE Shuttle will be running from School & Ballfields Parking Lots to Pavillion Park on Saturday only from 10:30am - 5:30pm  
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www.kona-ice.com

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www.krunch-skate.com

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monacaduff.noonday@gmail.com
www.monacaduff.noondaycollection.com

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www.paparazziaccessories.com/29845

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www.pilgrimsmarket.com

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www.postfallsselfstorage.com

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postfallsseniorcenter@frontier.com

Recess Time LLC
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www.time4recess.com

Snake Pit Derby Dames
spddcda@gmail.com
www.snakepitrollerderby.com

Speed of Light Computer Solutions
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www.speedoflightcomputers.com

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www.lilaccityrollergirls.com

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info@thetomatolady.com
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www.niwellnessbar.com

The WOW Store
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(208) 635-5181
www.thewowstore@live.com

Thin Air Community Radio
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(509) 747-3012
www.kyrs.org

Tupperware
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jordanmitch@my2.tupperware.com
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Ultra Images Photography
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United Health Services Credit Union
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www.uhscu.org

Valley East Self Storage
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(509) 921-6436
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