Family Guide
2013

An Annual Resource For Families In Spokane & N. Idaho

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The 2013 Family Guide is a 501-C3 Nonprofit Corporation. Our mission is to strengthen and support families, educators, outreach workers, community volunteers and advocates in Spokane and N. Idaho. We carry out this mission through an annual parenting guide. It is a FREE directory designed to provide families with school age children, a list of parenting programs, support groups and resources available in the community.
Hey Kids,

This is your chance to help out your school!

For children 2nd grade and under -- draw us a picture of why you love your school. For children 3rd grade and up -- give us 10 reasons why you love your school.

All entries will be displayed at Skyhigh Sports located at 1322 E Front Ave, Spokane, WA 99202.

Two winners will each receive a Family Pass from Skyhigh Sports and a $20.00 gift certificate from Froyo Earth Frozen Yogurt and their school will receive a $599.00 Movie Night Package from Funflicks!

Don’t delay and get your entries in today! Deadline is May 31, 2013. The first 20 entries will receive a $10.00 certificate from Froyo Earth Frozen Yogurt. Include your name, age, number and email.

Please mail entries to:
Family Guide Contest
10922 E. 47th Ave. Spokane Valley, WA 99206

Contest applies to kids ages 12 and under. Winner will be contacted by June 10, 2013.
“Take me out to the ball game, Take me out with the crowd.
Buy me some peanuts and Cracker Jack, I don’t care if I never get back.
Let me root, root, root for the Indians, If they don’t win it’s a shame.
For it’s one, two, three strikes, you’re out,
At the old ball game.”

Otto the world’s only Spokaneasaurus is hiding somewhere in the pages of the 2013 Family Guide!

Last year over 180,000 fans visited him at the Avista Stadium. Otto is sponsored by Webster University. For more information about the Spokane Indians Baseball Club please visit www.spokaneindiansbaseball.com

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!

Two Contest Winners will receive:
• 4 Upper Box Seats to a Spokane Indians game during the 2013 season
• 4 t-shirts, 4 hats, 4 baseball, and the opportunity to meet OTTO the Mascot at a 2013 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, 2013. So grab a pen, start looking for Otto and get your entries in!
For more than a century Girl Scouts have been blazing a trail for girls and women in leadership, financial literacy and teamwork, technology and innovation (such as STEM careers), environmental leadership, healthy living and the voice of girls. Girl Scouts Eastern Washington and Northern Idaho (GSEWNI) serves nearly 8,200 girls and 2,600 adult volunteers in a region encompassing 67,000 miles that includes 20 counties in central and eastern Washington and 10 counties in northern Idaho.

The Girl Scout Mission
Girl Scouting builds girls of courage, confidence and character who make the world a better place. Girl Scouts is the preeminent leadership development organization for girls, the leading authority on girls’ healthy development and is working with girls and women to transform the leadership landscape for girls into the next century. Girl Scouts celebrated a centennial during 2012 with events held throughout the year and our council region.

Transformational Leadership
We know that transformational leadership begins in girlhood. Eight out of 10 Girl Scout alumnae attributed their personal and professional success to Girl Scouting. There are 59 million Girl Scout alumnae and many thousands in our council region. Join the ranks of Girl Scout alumnae by registering at www.gsewni.org. Some of America’s most accomplished women in public service, are Girl Scout alumnae (Condoleezza Rice, Sandra Day O’Connor, Vera Wang, Katie Couric, Hillary Clinton and Washington Governor Christine Gregoire to name but a few).

Girl Scouting is transforming the leadership landscape for girls. As the largest girl-led organization in the U.S., Girl Scouts ranks among the nation’s top nonprofit brands. Girl Scouts says “yes” to every girl—breaking the leadership barrier for girls of all backgrounds.

Today’s girls represent humanity’s greatest untapped talent pool. Girl Scouts has specific outcomes that make up the Girl Scout Leadership Experience. Through the Leadership Experience, girls learn to discover self, connect with others, take action through service and become leaders.

What Are YOU Waiting For?
JOIN NOW!
GSEWNI has troops available for girls in grades K-12. There are many ways to get involved and stay involved in Girl Scouting. From Daisies to Ambassador Girl Scouts, and from the Cookie Program to international travel, Girl Scouts are ready for adventure and ready to be tomorrow’s leaders.

Our council is seeking adult volunteers to work with us on our community leadership events, Women’s Weekend committee, board of directors or governance committee and with Girl Scout troops.

For more information about the council and the many ways to be involved with GSEWNI, visit www.gsewni.org or call 800-827-9478.
What’s Happening at Holy Names
2013 Calendar

The Music Center is Spokane’s only non-profit community music school. We partner each year with many organizations to bring music and the benefits of music instruction to populations of our community who would not otherwise participate and experience the value that music can bring to their lives. As part of our mission we create opportunities for the artistic enrichment of our area by collaborating with Spokane Public Schools, Spokane Youth Orchestra, Spokane Area Children’s Chorus, Spokane Symphony Orchestra, many area businesses and individuals who share in our mission and outreach.

**Live! @ The Fox Community Music Benefit April 18, 2013**
Live! @ The Fox is Holy Names Music Center’s annual benefit concert. HNMC’s main fundraising event, Live @ The Fox helps us to raise the much needed funds for our many outreach programs.

**Jazz Appreciation Month April 2013**
Jazz Appreciation Month (J.A.M.) is a Smithsonian Institute initiated celebration of Jazz in the month of April. Spokane celebrates J.A.M. for the entire month of April. Live jazz performances throughout the entire month. Last year alone, J.A.M. reached 1000s of people all over Spokane.

**Arena Concert May 2013**
One of the nation’s longest running public school band and orchestra concerts. For decades Spokane Public Schools have hosted a mega concert of 5th and 6th grade music students. HNMC is a sponsor, volunteer and long time supporter of music in public schools. Over 8,000 people attend this concert.

**Community Music Day August 2013**
Holy Names Music Center opens its doors every year and offers free music lessons to the entire community. Community Music Day is a full day of musical fun for the entire family. 15,000 invitations to Spokane Public Schools students are sent out.

**Summer Camps June – August 2013**
A variety of music camps are offered during the summer at HNMC. For over 20 years the music center has provided quality summer programs.

**Performathon November 2, 2013**
For 20 years HNMC has showcased its students at River Park Square Atrium in a public recital that reaches 1000s of people during the holiday season.

**Project T.e.a.m. (Together Engaging in Alternatives through Music) Year-round**
Project TEAM is a musical outreach program, bringing the value and benefits of musical engagement to children who would not otherwise be able to play. World Drumming and Chorus afterschool classes are give at the Martin Luther King Center, Peaceful Valley Community Center, West Central Community Center and the North Side Boys and Girls Club. Project T.E.A.M. impacts 100s of children in our most economically disadvantaged neighborhoods every year through music.

**Avé Concert December 2013**
The Avé Concert is a unique celebration the Marian text of Avé Maria music. A peaceful escape during the advent, the Avé Concert is HNMC’s gift to Spokane during the hectic holiday season.

**Lecture Series Year-round**
HNMC partners with other performing arts organizations to help promote the consumption of art in Spokane. The lecture series are small evening soirees with wine and light hors d’oeuvres. This season’s lectures will include The Spokane Symphony, the Spokane Jazz Orchestra, and The Metropolitan Opera at The Northtown Mall. Discounted tickets to the upcoming events will be available.

**Spokane Youth Music Consortium (S.Y.M.C.) Year-round**
An HNMC initiated partnership of youth music organizations including Spokane Area Youth Choirs, Spokane Youth Symphony Orchestra, Spokane Public Schools, Master Class Jazz Orchestra, Spokane Symphony Orchestra Education, Spokane All-City Jazz Ensembles, SYMC works together to support music education in the public schools. SYMC projects impact 1000s of students every year.

Is ADD/ADHD affecting your family?

**LET US HELP YOU**

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208-867-7434

Learn how Focus can help both children & adults without the use of medication.
activities

After School:

Boy Scouts of America Inland Northwest Council BSA
411 W. Boy Scout Way, Spokane, WA 99201
(509) 325-4562

Boys and Girls Club of Spokane County
544 E. Providence St., Spokane, WA 99207
(509) 489-0741

Camp Fire Inland Northwest
524 N. Mullan Rd., Spokane Valley, WA 99206
(509) 747-6191
campfireinc.org

Girl Scouts Spokane Headquarters and Program Center
1404 N. Ash St., Spokane, WA 99201
(509) 747-8091 or (800) 827-9478

Girl Scouts Sandpoint Service Center
110 Main St., Unit S
Sandpoint, ID 83864-1400
(800) 827-9478, ext. 246
gsiec.org

Girl Scouts Kootenai Youth Recreation Organization
3525 W. Seltice Ave.
Coeur d’Alene, ID 83814
(208)765-4423
FrontierIceArena.org

Liberty Park Child Development Center
1417 E. Hartson Ave.
Spokane, WA 99202
libertyparkkids.org

The Whatever Girls
(509) -951-7822
thewhatevergirls.com

Amusement:

Coeur d’Alene Casino Resort Hotel
US Hwy 95, Worley, ID 83876
cdacasino.com

Did’s Pizza & Froyo
5406 N Division St., Spokane, WA 99207
(509) 808-2090
Didspizzafroyo.com

Froyo Earth
172 S. Division St., Ste. B, Spokane, WA 99202
(509) 455-8000
12519 N. Division #5, Spokane, WA 99218
(509) 315-4910
325 S. Sullivan Rd., Spokane Valley, WA 99037
(509) 368-9618
froyoearth.com

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

Roger’s Burgers
155 W. Neider Ave., Coeur d’Alene, Id 83815
rogersburgers.com

Roger’s Ice Cream & Burgers
1224 E. Sherman Ave.
Coeur d’Alene, ID 83814
rogericecreamburgers.com
The Island Inn at 123 West
123 W. St., Friday Harbor, WA 98250
(360) 378-4400
123west.com

Spokane Indians
Avista Stadium, 602 N. Havana St.,
Spokane, WA 99202
(509) 335-2922
spokaneindiansbaseball.com

Silver Mountain Resort
(208) 784-1930
610 Bunker Ave., Kellogg, ID 83837
silvermt.com

Camp Lutherhaven
3258 W. Lutherhaven Rd.
Coeur d’Alene, ID 83814
(208) 667-3459
Lutherhaven.com

Cat Tales Zoological Park
17020 N. Newport Hwy., Mead, WA 99201
(509) 238-4126
cattaless.org

Educational Fun & Games:
C.A.S.T. for Kids
(425) 251-3202
castforkids.org

Week-Long Camps
Grades 3-5
June 24 - 28 – Paws, Claws, Beaks and Bugs
July 8 - 12 – CSI
Grades 6+
July 15 - 19 – Adventures in Space and Time
July 22 - 26 – Paws, Claws, Beaks and Bugs
July 29 - August 2 – CSI
August 5 - 9 – Adventures in Space and Time
August 12 - 16 – CSI
August 19 - 23 – Adventures in Space and Time
August 26 - 30 – Surviving Robot City

Two Day Camps
Grades 3-5
June 25 & 26 – Enter the Robopocalypse
June 27 & 28 – Super Spycraft
July 9 & 10 – Enter the Robopocalypse
July 15 & 16 – Science of Magic
July 18 & 19 – Edible Science
July 23 & 24 – Super Spycraft
August 5 & 6 – Edible Science
August 8 & 9 – Science of Magic

Single Day Camps
Grades 3-5
July 22 – Ooey Googy Chemistry
August 14 – Superhero Science
August 15 – Ooey Googy Chemistry
Grades 6+
July 5 – Superhero Science
July 8 – Fire and Ice
August 16 – Archaeology camp
August 23 – Fire and Ice

These classes take place at Mobius Science Center, 811 W. Main Ave.
activities

Get Lit! Programs
501 N Riverpoint Blvd., Ste. 425
Spokane, WA 99202
(509)359-6447
ewu.edu/getlit

Green Bluff Growers
(509) 238-4754
greenbluffgrowers.com

Mobius Kids Children’s Museum
808 W. Main Ave., Lower Level
Spokane, WA 99201
(509)321-7125
Mobiusspokane.org

Mobius Science Center
811 W. Main St.
River Park Square Lower Level, Ste. 015
Spokane, WA 99201
(509)434-5669 | (509) 624-KIDS
Mobiusspokane.org

Spokane NightOut.com | DayInSpokane.com
CdaNightOut.com | DayInCda.com
(208) 964-2978
kbrown@cdanightout.com
Our NightOut and DayIn sites feature an Events Calendar listing local Shopping, Community, Recreation, Business, Health, Beauty, Dining, Bars, Music, Entertainment & Accommodations specials & events. We are locally owned & promoted websites linked to a local & national audience Download our Free Phone App & take us on the go to MyNightOut at your app store

Performance Arts:

Ballet Arts Academy
109 W. Pacific Ave., Spokane, WA 99201
(509) 838-5705
balletartsAcademy.com

Blue Door Theatre
815 W. Garland Ave., Spokane, WA 99205
(509) 747-7045
Bluedoortheatre.com

Coeur D’Alene Summer Theater Kids Camp
880 W. Garden Ave., Coeur d’ Alene, ID 83814
(208) 769-7780
cdasummertheatre.com

CYT Spokane
Christian Youth Theater
6205 E. Mansfield, Ste. A
Spokane Valley, WA 99212

Holy Names Music Center
3910 W. Custer Dr., Spokane, WA 99224
(509) 326-9516
hnmc.org

Interplayers Theatre
174 S. Howard St., Spokane, WA 99201
(509) 455-7529

Inland Northwest Dance Association, Inc.
(509) 927-0972
indaspokane.com

Isabelle’s Dance Time
4120 S. Sullivan St., Veradale, WA 99037
(509) 927-0972
Isabelle’sdancetime.com

2nd Chance Ranch
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Kinderchor of Spokane Youth Choruses  
1403 W. Courtland Ave. Spokane, WA 99205  
(509) 324-4266  
kinderchorspokane.org

Musicfest Northwest  
315 W. Mission St., Spokane, WA 99201  
(509) 327-3455

Spokane Symphony  
1001 W. Sprague Ave., Spokane, WA 99201  
(509) 624-1200

Theater Arts for Children  
2114 N. Pines Rd., Ste. 35 Spokane Valley, WA 99216  
(509) 995-6718  
Theaterartsforchildren.org

Spokane Ballet Ensemble  
1407 E. 57th Ave., Spokane, WA 99223  
(509) 448-2464

Spokane Children’s Theatre  
2727 N. Madelia St., #5 Spokane, WA 99207  
Spokanechildrenstheatre.org  
(509) 328-4886

Visual Arts:  
Spokane Arts Commission  
(509) 321-9614  
spokanearts.org

Spokane Art School  
920 N. Howard St., Spokane, WA 99201  
(509) 328-0900  
spokaneartschool.net

The Bearing Public Sculpture  
1314 S. Grand Blvd., #2 Box 330  
Spokane, WA 99202-1174  
(509) 994-4427  
thebearingproject.com

The Heart of Spokane  
2910 N. Monroe St., Spokane, WA 99201  
(509) 443-4799  
Theheartofspokane.com

Northwest Museum of Arts & Culture  
2316 W. First Ave., Spokane, WA 99201  
(509) 363-5355  
northwestmuseum.org

The Northwest Museum of Arts & Culture is this region’s cultural hub, located in historic Browne’s Addition. Experience life at turn of the century America in historic Campbell House. Explore five galleries filled with regional and contemporary art, regional history and Plateau Tribal cultures. Discover family photos and documents in our Research Library and Archives. And, find treasures and gifts in our Museum Store $7 Adults, $5 Students/Seniors (60+), five and under free. MAC Members always at no charge. Now open Sundays! Wed – Sun 10-5. Call today to schedule your Campbell House tour. There’s no place like the MAC.

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www.h2hctc.com/kids - email: fohey@h2hctc.com

6612 E Selvage Way - Post Falls - 83854
(1/2 a mile East of the Polaris Dealer)
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www.h2hctc.com/kids
Youth Sports

Artistic Expressions Performing Arts Academy
45B E. Weile St., Spokane, WA 99208
(509) 456-5911
AEPAA.COM

Hand to Hand Combat Training Center
6612 E. Seltice St., Post Falls, ID 83854
(208) 262-1410
h2htct.com/kids

Hub Sports Center
19619 E. Cataldo Ave., Liberty Lake, WA 99016
(509) 927-0602

Kid Sports Academy
416 N. Madelia St., Spokane, WA 99202
(509) 334-5437
kidsportsspokane.com

North Idaho Roller Derby Pixies
(208) 660-7420

Specialized Needs Recreation
3700 N. Government Way Ste. I & J
Coeur d’Alene, ID 83815
(208) 755-6781

Sky High Sports
1322 E. Front Ave., Spokane, WA 99202
(509) 321-5867
spo.jumpskyhigh.com

Spokane Junior Soccer
9116 E. Sprague Ave., # 138 Spokane, WA 99206
(509) 747-5017
Spokanesoccer.org

Spokane Shadow Youth Soccer Club
PO Box 18176, Spokane, WA 99208
(509) 869-6176

SYSA – Spokane Youth Sports Association
800 N. Hamilton St., Ste. 201
Spokane, WA 99202
(509) 536-1800

Step Up and Go
601 W. 1st Ave., Spokane, WA 99201
(509) 232-8157
stepupandgo.org

The First Tee Inland Northwest
301 E. Meadowlane Rd., Spokane, WA 99224
(509) 688-9892
thefirstteenlandnw.org

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

YMCA of the Inland Northwest
1126 N. Monroe St., Spokane, WA 99201
(509) 838-3577 / (509) 777-9622
(509) 777-9622

Yoga for Kids
(509) 863-9091
ifeelbetterfitness.com
Feel Better Fitness offers kids age 3 - 8 fun filled classes to build coordination and strength using imaginative stories and music to teach yoga poses. Relaxation time helps kids develop concentration and to find a sense of calm.

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The Importance of Safe Babysitting

Safe babysitting is important for parents, children and the babysitters themselves. Safe babysitting allows for parents to feel comfortable leaving their children gives babysitters’ confidence in their skills and ultimately ensures the safety of the child. The safety of a child under a babysitter’s care is the first priority, which is why it is extremely important for a babysitter to learn the skills to avoid and/or deal with situations that may occur. Skills such as CPR, first aid, discipline, napping, feeding and diapering would be helpful to learn thoroughly prior to a babysitting job. It is also important for babysitters to grasp the development of children as they age, in order to understand safe play, safe discipline and ultimately, a safe environment. Although safety always comes first, it is also important to have fun by engaging children in activities and games that are fun and active. Some examples of these types of activities are scavenger hunts, board games, easy recipes, collages, noodle necklaces, paper bag puppets, hide and seek, bubbles, forts and coloring books, to name a few. These activities are easy, fun, interactive and can be altered for children of any age group.

If you are interested in babysitting, we encourage you to sign up for the “Babysitting Basics” class hosted by Community Health Education & Services (CHER). This course is for youth ages 10-15 to prepare them with the skills they need to be a successful babysitter. In this class, students will learn how to be the most prepared, skilled and fun babysitters through games, activities, scenarios and education. This class discusses every possible emergency and although we want to prevent these from happening, we also want to prepare babysitters for the potential that anything could happen. Discussion on safe marketing and babysitting for referrals and never strangers is stressed as well. Students are given ideas on how to create flyers and who to give them to, to ensure they too are safe while babysitting. Given the chance to share stories, feedback and ideas, this interactive class is a must for anyone wanting to babysit. If interested in registering for the babysitting basics class, or for more information on safe babysitting, please visit www.cherspokane.org or call (509) 232-8165.
Health

Chiropractic Health

Art of Wellness
915 N. Pines Rd, Spokane Valley, WA 99206
(509) 892-7327

Spolestra Family Chiropractic
370 E. Kathleen Ave, Ste. 600
Coeur d’Alene, ID 83815
(208) 667-7434
cdahealth.com

Dental Health

Brumbach Family Dentistry
609 Calgary Ct. Ste. 104, Post Falls, ID 83854
(208) 777-1222
brumbachdentistry.com

Chaffin Dental Care
605 E. Holland Ave, Ste. 214
Spokane, WA 99218
(509) 467-6128

Combs Orthodontics
605 E. Holland Ave., #217, Spokane, WA 99218
(509) 998-1745
combsotho.com

Grummons Orthodontics
9425 N. Nevada St., Ste. 100, Spokane, WA 99218
(509) 232-7223
thebraceplace.org

Kid Smile Dental
721 N. Pines Rd., Suite 101
Spokane Valley, WA 99206
(509) 926 1234
kidsmiledental.com

Silver Lake Dental
2201 N. Government Way, Ste. A
Coeur d’Alene, ID 83814
(208) 667-3971
silverlakedentalcda.com

Sleep Dentistry of Spokane
3143 East 29th Ave., Spokane, WA 99223
(509) 536-5900 or (866) 536-5900
sleepdentistryspokane.com

South Hill Pediatric Dentistry
2020 East 29th Ave., Ste. 130
Spokane, WA 99203
(509) 315-8500
southhillpediatricdentist

Spokane District Dental Society Foundation / IDEA Clinic
4001 N. Cook St., Spokane, WA 99207
(509) 326-4343
sddsfoundation.org

Fitness

Cindy Bourgoin CPT-NSCA, AASDN Nutrition Specialist
116 Pineview Place, Cheney, WA 99004
(509) 994-6593
cfitnessstrainer.com

Harmony Yoga
1717 West 6th Ave, Spokane 99204
(509) 747-4430
harmonyoga.com

Step UP and Go
601 West 1st Ave., Spokane WA 99201
(509)-232-8157
team@spokaneupandgo.org
stepupandgo.org

Yoga for Kids
(509) 863-9091
ifeelbetterfitness.com
Feel Better Fitness offers kids age 3 - 8 fun filled classes to build coordination and strength using imaginative stores and music to teach yoga poses. Relaxation time helps kids develop concentration and to find a sense of calm.

General Health

Community Health Association of Spokane
(509) 444-8200
chas.org

Family Health and Dental
4001 N. Cook St., Spokane, WA 99207
(509) 483-3427
Relax… At The Dentist?!

Sleep Dentistry Offers Patients Personalized Treatment With Maximum Comfort

Written by Kevin Maloney

Who likes going to the dentist? Not many. Who likes naps? Most of us!

At Sleep Dentistry of Spokane, we offer comprehensive treatment options including general anesthesia to provide a safe alternative for those who previously feared a trip to the dentist.

Patients can relax under the care of our anesthesia providers. Whether you prefer to remain completely awake, awake with nitrous, oral sedation, conscious IV sedation or general anesthesia, Sleep Dentistry of Spokane has a treatment plan to match your comfort. Sleep Dentistry’s team has advanced training to offer safe, outstanding care.

Children and adults no longer need to fear the dentist. Sleep Dentistry provides a comfortable environment with TV’s in every room, warm blankets and free Wi-Fi available. Sleep Dentistry’s team also offers interpreter services that include Spanish and Russian with others available upon request.

Owned by Dr. Ryan Allen and Dr. Ryan Wilson, Sleep Dentistry offers patients 15 combined years of superior dental care.

“No two patients are the same and we try to tailor our care to each individual case for our patients’ comfort,” Dr. Allen explained. “It’s important to not only provide our patients with first-rate care, but comfort as well.”

Allen and Wilson’s practice specializes in providing comprehensive dental care for a wide array of special needs patients, both young and old. Some of these needs include: autism, down syndrome, cerebral palsy, epilepsy/seizure disorders, intellectual disabilities, dental fear/phobia, complex medical conditions and more.

Dental Services

While many dental offices refer patients to other clinics, Sleep Dentistry offers complete care for their patients under one roof. In addition to general maintenance, Sleep Dentistry provides patients with dental services that include tooth-colored fillings, wisdom tooth removal, extractions, crowns, implants, dentures, root canals, sealants and preventative care.

“By offering all of these services, we have simplified our patients’ dental care,” Dr. Wilson said. “It’s not always easy for patients to schedule multiple appointments with multiple offices, so we are proud that we can offer a wide variety of excellent dental services.”

These services are offered in Sleep Dentistry’s Dental Office or in the Certified Ambulatory Surgery Center, depending on the needs of the patient. The needs of the patient are the primary concern for Wilson and Allen.

“We aim to please our patients,” Allen said. “Our job is to address the dental care they need and formulate a solution based on the patients’ comfort.”

Wilson added, “Once we have identified the needs of our patients, we can customize our treatment plan around their needs. Our patients comfort-level is paramount in our customized treatment plans.”

Preparing For Your Visit

At Sleep Dentistry, our schedule is your schedule. With extended hours, Sleep Dentistry will work with their patients to fit into their busy schedules. The office is open Monday – Thursday bright and early at 7 AM until 5 PM. Additionally, the doors are open on Fridays from 9 AM – 1 PM. Appointments in the Surgery Center start at 7 AM. Patients who need dental clearance to begin medical treatment – such as chemotherapy or heart surgery – will be given a priority appointment.

If a patient has a dental emergency, Sleep Dentistry will make every effort to see the patient the same day that the office is contacted.

To schedule a visit, patients can contact Sleep Dentistry at (509) 536-5900. First time patients or caregivers will need to have basic patient information available (including date of birth, insurance information etc.), at the time of their call.

Typically, a patients’ first visit will include an initial examination and consultation. Additionally Dr. Allen or Dr. Wilson will examine a patient’s dental and medical history to determine a plan of action. Patients are consulted during this process to ensure comfort and clear expectations. For patients with caregivers, an initial consultation will be set up to discuss the needs of the patient without the patient present to avoid potential anxiety. If needed, patients are welcome to visit the office and meet the team to familiarize themselves with Sleep Dentistry.

Insurance/Financial Arrangements

In addition to accepting cash and personal checks, Sleep Dentistry also accepts major credit cards including American Express, Discover, MasterCard, and Visa. Financing available through CareCredit.

All dental insurance is recognized at Sleep Dentistry, including Provider One for developmentally disabled patients and children through age 20. Sleep Dentistry’s care is recognized as a preferred provider with many insurance plans. Additionally, Sleep Dentistry offers a membership program, for a small annual fee, called “Smile Care” that provides reduced prices for those without dental insurance.

For more information or additional insurance questions call (509) 536-5900.

While a trip to the dentist may not be on anyone’s bucket list, a trip to Sleep Dentistry of Spokane offers a fresh approach to dentistry that keeps a patient’s comfort and excellent dental care at the top of the priority list. Relax – you’re at Sleep Dentistry of Spokane.
Valley Massage Clinic and the Intelligent Balance Spinal Care in Liberty Lake makes it easier and affordable to balance your body with a one-hour hot stone massage, chiropractic consultation with X-rays as needed, and a gentle adjustment using NUCCA treatment by Dr. Ryan Yates (a $310 value) for $49.00.

CONSULTATION/ADJUSTMENT WITH HOT STONE MASSAGE ONE HOUR ONLY $49.00

Call 509.924.4443 for an appointment

Health for All/Healthy Teens Project
25 W. Main Ave., Ste. 310, Spokane, WA 99201
1-866-444-3066 | (509) 444-3066
HealthyTeensProject.org

Inland Northwest Health Services
601 West 1st Ave., Spokane, WA 99201
(509) 232-8100
inhs.info

Northwest Spokane Pediatrics
5901 N. Lidgerwood St., Ste. 22
Spokane, WA 99208
(509) 483-4060
nwskepediatrics.com

Pediatric Associates of Spokane
235 E. Rowan, Ste. 117, Spokane, WA 99207
105 W. 8th Ave., Ste. 418, Spokane, WA 99204
(509) 489-2823 | (509) 747-3081
paspokane.com

Riverstone Family Health and Dental
4001 N. Cook St., Spokane, WA 99207
(509) 483-3427

Spinal Diagnostics, PLLC and OPEN MRI
528 E. Spokane Falls Blvd., #14,
Spokane, WA 99202
(509) 455-6737

Spokane Falls Family Clinic
120 W. Mission Ave., Spokane, WA 99201
(509) 326-4343
yfwc.com

Spokane Regional Health District
1101 W. College Ave., Spokane, WA 99201
(509) 324-1535
srhd.org

Mental Health

Equine Reflections Counseling Services
8101 S. Oak Rd., Spokane, WA 99224
(509) 939-0195
jstangerhouck@msn.com

Youth Suicide Prevention Program
(509) 475-7334

Organizations

American Cancer Society
920 N. Washington, Ste. 200
Spokane, WA 99201
(509) 455-3440

American Childhood Cancer Organization Inland Northwest
101 W. 8th St #E370, Spokane, WA 99204
(509) 474-2759

Cancer Patient Care
1507 E. Sprague Ave., Spokane, WA 99202
(509) 456-0446
cancerpatientcare.org

Call 509.924.4443 for an appointment
Physical activity and healthy eating can be easy and fun! That’s the message of Step UP and Go. And we want you to take advantage of the FREE tools to better health that Step UP offers. With two-thirds of our population overweight and obese, we need to move our bodies more as well as eat more fresh fruits and vegetables, whole grains, lean protein and drink more water. Here are just some of the benefits of exercise and good eating habits: more energy, weight loss, increased fitness level, better mental focus and concentration, better mood, more productivity, better sleep, and an overall healthier you! For kids that means they are happier campers who sleep well and do better in school. That’s a win/win for parents and children!

Step UP and Go is a community effort to encourage everyone in the Inland Northwest to live healthier lives. And we’ve got some numbers to help you get there...85210. The numbers stand for 8 hours of sleep (more for children), 5 fruits and vegetables, 2 or less hours of recreational screen time, 1 hour of physical activity and 0 sugary drinks - EVERY DAY! Communities across the country are adopting similar programs to give citizens simple, solid ways to better health.

Look for the 85210 tab on our website www.stepupandgo.org. There you’ll find tips to help you achieve each number. For example, to help you get 5 fruits and vegetables, add some to dishes you already make, like zucchini to spaghetti. Print out our information sheets to put on your refrigerator or elsewhere to remind you to stay on track. To help you get that hour of physical activity, sign up for a Step UP activity challenge. Try walking from Spokane to Coeur d’Alene or from Spokane to Seattle, or try the million step challenge, attempting 10,000 steps a day! Step UP and Go is your FREE resource. It’s no-cost to you because of the businesses that care about the health of our communities and sponsor Step UP. We all want to feel our best and enjoy life to the fullest with good health. Come on, what are you waiting for? Step UP and GO!

Step UP sponsors: INHS (Inland Northwest Health Services), Premera Blue Cross, Providence Health Care, Spokane Cardiology, Spokane County Medical Society, Spokane Regional Health District, and YMCA of the Inland Northwest.

Written by Julie Humphries

501 N. Riverpoint Blvd., Suite 245
Spokane, WA 99202
509-232-8138
www.stepupandgo.org
Lilac Services for the Blind
1212 N. Howard St. Spokane, WA 99201
(509) 328-9116 | (800) 422-7893
lilacb1n.org

Shriners Hospitals for Children – Spokane
911 West 5th Ave, Spokane, WA 99204
(509)455-7844
shrinershospitalsforchildren.org/spokane

Shriners Hospitals for Children — Spokane has been providing expert pediatric specialty care for kids from birth to age eighteen with orthopedic conditions since 1924. The types of conditions treated vary from serious orthopedic issues requiring multiple surgeries to fractures or sports injuries easily corrected with one surgery. Access to care has never been easier; acceptance is based solely on a child’s medical needs. To make an appointment, simply give us a call: (509) 623-0431 or (888) 895-5951. We are now a part of most major insurance networks, however whether a family has insurance does not matter, all care and services are provided regardless of the families’ ability to pay.

The Salvation Army Kroc Center
1765 W Golf Course Rd.
Coeur d’Alene, ID 83815
(208) 667-1865
kroclda.org

2013 Wellness & Beauty Expo
Spokane Fair & Expo Center
(509) 434-0133
wellnessandbeautyexpo.com

Women’s Health
CAPA Childbirth and Parenting Assistance
12 East 5th Ave., Spokane, WA 99210-2253
(509) 455-4972

Open Arms Pregnancy Care Center and Real Choices Clinic
1111 Ironwood Dr., Ste B
Coeur d’Alene, ID 83814
(208) 667-5433

Wellness & Prevention:

ASEA
(509) 535-7664
2arlette@skionline.com
Arlettemohr.teamasea.com #1500077949

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• And more...

Sleep Dentistry
OF SPOKANE
Certified Ambulatory Surgery Center

Ryan Wilson, DDS
Ryan Allen, DMD

509-536-5900

Se Habla Espanol
Мы говорим по русски

3143 East 29th Avenue, Spokane, Washington 99223
Visit us at SleepDentistrySpokane.com

Most Insurances Accepted - Provider One Under 21 - Financing Options Available
While many women choose to diet and exercise after pregnancy, some may find that no amount of time spent at the gym will help get rid of sagging skin or pockets of fat.

LIPOMASSAGE is the latest generation of non-invasive treatments used to slim down fat cells, Smooth cellulite, Tighten the skin and sculpt your entire figure and undo some of the damage caused by the stress of carrying and birthing a child - all without surgery or any down time!

Lipomassage treatments feel great and are completely relaxing!

Use Lipomassage to permanently eliminate stubborn fat that is resistant to physical exercise and dieting. After ten one hour sessions you will see visible results on your figure, losing fat where you wanted to.

Treatments are administered with the latest FDA Approved Lipomassage technologies. The Lipomassage treatment gently yet intensively conditions skin tissue to eliminate fat deposits, revitalize blood and lymphatic circulation, and reactivate lipolysis that is responsible for more than 70% of the fat elimination.

LIPOMASSAGE is also able to stimulate the collagen and elastin production and firm slackening skin.

Lipomassage is ideal for any women who:

1. Despite weight loss diets, cannot seem to get rid of “saddlebag thighs”, “banana bulges”, fat deposits riddled with cellulite dimples… and basically any figure defect out there.

2. Are thin and practice a healthy lifestyle, yet suffer from cellulite dimples, fat deposits or flabby skin.

3. Despite using cosmetic creams & gels, you can’t remove thick, orange peel skin.

4. Would like rapid, risk-free and painless results - without undergoing surgery.

5. Have experienced the major hormonal fluctuations of pregnancy, or menopause which have ended in dramatic figure changes.

6. Have been able to stay thin over the years, but have not been able to avoid the sagging, thinning skin of advancing age.

7. Have undergone Liposuction or other surgeries that have left you with hard lumps, Bulges, and rippled deflated skin

Lipomassage will reactivate the cells responsible for youthful tight skin and weight loss.

Call now to schedule a Lipomassage treatment and get one day closer to that tighter, leaner, healthier body you had before the kids and get the body you’ve always wanted.

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www.fitandcleansed.isagenix.com

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(509) 413-1630 | (509) 444-8383
synergyspokane.com

Teresa Speights, Massage Therapist
(509) 496-0681

Valley Massage Clinic
12121 E. Broadway Ave., Building 5B, Spokane Valley, WA 99206
(509) 921-9800
valleymassageclinic.com

Wildtree
8257 Raspberry Ln., Hayden, ID 83838
(208) 725-0415
Pattic.mywildtree.com

Xango
1432 East Ray Rd., Latah, WA 99018
(509) 330-3336 | (509) 286-3336
plantinghealthyseeds.com
Focus: A Drugless ADD/ADHD Program

Spoelstra Family Chiropractic has been serving Coeur d’Alene and the surrounding communities for over four years and our office has now expanded to serve this area with one of the only sensory integration programs of its type in the country. The program is called Focus and our goal is to improve the lives of those living with sensory integration issues such as ADD/ADHD, autism spectrum disorders, learning disorders, or undiagnosed issues with impulsivity, hyperactivity, or an unexplained lack of productivity.

Focus is an integrated, drugless approach made up of chiropractic care, nutritional programming, and sensory integration exercises known as neurological integrated movements. In a world where it often feels like the only choice is to medicate or do nothing at all, Focus is the third option. All three aspects of the program have been proven to improve the quality of life for those experiencing sensory integration issues.

We at Spoelstra Family Chiropractic understand that sensory integration issues do not equal “dysfunction.” The Focus program take a strength based approach that recognizes all people have different neurological strengths and weaknesses, but those with sensory integration issues function differently and are not “broken.” The Focus program aims to unlock your hidden potential without the use of medications that alter the function of your vital neurological systems.

Spoelstra Family Chiropractic is a SHINE certified facility under the guidance of Dr. Ned Hallowell. Dr. Hallowell is a renowned speaker, best-selling author of the book Driven to Distraction, and considered one of the top experts in the world on ADD and ADHD. Dr. Hallowell partnered with the chiropractic community to develop the SHINE certification program and Spoelstra Family Chiropractic is proud to be the only SHINE certified facility in the area!

We offer FREE informational meetings throughout the month at the offices of Spoelstra Family Chiropractic. These meetings will provide all the information you need to decide if the Focus program is right for you, a friend, or a family member and you will have the opportunity to ask questions directly to our Focus program staff.

Space is limited, so please give us a call at 208-667-7434 to reserve your spot. You can find more information online at CDAHealth.com, or follow us on the web by searching “Spoelstra Family Chiropractic” on Facebook.

Yoga for Kids

Kids gain coordination and strength in this fun class using imaginative stories and music to teach yoga poses. Relaxation time helps kids develop concentration and to find a sense of calm.

Current schedule: ifeelbetterfitness.com
(509) 863-9091
feellbetterfitness@yahoo.com
We put the **FUN** in fundraising so please consider us when planning your school, sports and non-profit events.

1. You have a group of 30 or more people that will show up for a dining event at Did’s. We pick a date and either make up a flyer for you or you create your own.

2. Your group advertises the event very well via distributing the flyer, making phone calls, email, Facebook etc.. Can be combined with a short casual meeting but there will be music playing at Did’s.

3. Your group shows up and just dines in a section we hold for your group at Did’s. Each of your group buys whatever they want and shows the cashiers a card so we can count the sales from your group.

**CASH** At the end of the event your group is given a total rebate amount your group earned from all of your groups purchases. Either 15% or 20% of net sales depending on volume plus a Did’s gift card.
Few experiences can launch an interest in life-long learning like welcoming an exchange student into your home. By hosting, families connect their community to the world while developing friendships that will last a lifetime. Hosting an exchange student offers a profound experience that broadens your family’s horizons and exposes your children to international cultures, customs and new languages.

There are many benefits to hosting an exchange student. Each host family experience is unique and will bring different lessons to each member of the home. The experience is certainly worth considering in our ever-changing (sometimes disconnected) global economy. The value of developing a real connection over a virtual friendship is priceless. If you’d like to learn more about hosting, the IE-USA non-profit Exchange Student program has a great support network and an excellent track record for pairing U.S. families with pre-screened high school students from around the world.

Host families do not need to have a lot of extra time or extra money -- What you do need to have is an extra bed and an open heart to welcome these great kids into the states! Students come to the United States to experience culture, and along the way make lifelong friends and acquire a second family. IE students come with their own spending money for all personal and school expenses. Most of IE’s students speak 3-4 languages and are involved in sports, music and their community. Students are encouraged to fully participate in family activities and attend outings regularly with their host family. Students also provide their own health insurance.

If you are interested in opening your home and sharing your traditions and customs with a wonderful young international student please call Local Area Representative Jennifer Stewart 509-270-6896 or j.stewart@international-experience.net

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If creatively yours clients would like to have a print of their portrait, the photographer will need to know what you will need it for. This helps in deciding if you need the portrait in color or black & white. The photographer will have a hard copy of the portrait or a digital image of the portrait that will be used to create the print. The photographer will also have the original digital image of the portrait that was used to create the print. The photographer will be able to tell you what size print you will need for your use. If you have any questions, you can contact the photographer at: TINA@TINA MARIE BISHOP.COM

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Tina Marie Bishop
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Animal Shelter/Pet Care

Bark for Life
(509) 242-8291
Relayforlife.org/barkspokanewa

Dachshund Rescue NW and Dachshund Club of Spokane
spokanewienerdogs.org

Diamonds in the Ruff
2925 N. Monroe St., Spokane, WA 99205
(509) 328-6959
509-325-RUFF

Ferret Haven
2411 W. Rowan St., Spokane, WA 99205
(509) 326-2779
ferrethaven.net

Free Rein Therapeutic Riding Center
8118 S. Ramona Rd., Spokane, WA 99224
(509) 979-1468

HOPE Animal – Assisted Crisis Response
2704 N. Colville Rd., Spokane, WA 99224
(509) 838-0596

Kootenai Humane Society
11650 N. Ramsey Rd., Hayden Lake, ID 83835
(208) 772-4019
KootenaiHumaneSociety.com

Partners for Pets
8901 Trent Ave., Spokane Valley, WA 99212
(509) 893-9829
partnersforpets.org

Pet Savers
7525 E. Trent Ave., Spokane Valley, WA 99212
(509) 924-7826

Rough Start Horse Rescue
(509) 475-3956
rough_start@yahoo.com

SpokAnimal CARE
710 N. Napa St., Spokane WA 99202
(509) 534-8133
spokanimal.org

Spokane County Regional Animal Protection Services SCRAPs
2521 N. Flora Rd., Spokane Valley, WA 99216
(509) 477-2532
spokanecounty.org/scraps

Spokane’s Humane Evacuation Animal Rescue Team H.E.A.R.T.
(509) 251-1251
heartofthewest@yahoo.com

Spokane Humane Society
6607 N. Havana St., Spokane, WA 99217
(509) 467-5235

Business & Finance

American West Bank
14124 N. Newport Highway, Mead, WA 99021
(509) 462-2020
American West Bank is headquartered right here in Spokane. As a business-focused community bank, our mission is to serve the people who make business happen. We are financially strong and well-positioned to serve you and your family. We’re ready to provide you all the financial products and services you could want delivered by experienced bankers who truly believe in offering customized financial solutions based on your goals. Visit us at any of our 80 locations, including several to choose from right here in Spokane. Or directly call Michelle Crusenberry, Mt. Spokane Branch Manager, at (509) 462-2020.

Great Fundraising Ideas

email: kelly@howtodofundraising.com

blog: howtodofundraising.com

150+ So Many Options

With so many options available for raising funds it is important to look at what fits well with your organization, and what you can handle given the size and talents of your fundraising team. Consider your mission, your supporters and your potential audience when planning your fundraising strategy. What is appropriate for one group may not be for another.

Top 5 Fundraisers
- Product Fundraising
- Discount Cards & Coupon Books
- Events
- Auctions
- Raffles

Kelly Elkins writes about fundraising and is available to meet with your group to help you explore the options available. Her latest book “150+ Fundraising Ideas” is a great resource to use while deciding your fundraising strategy.
Our commitment
We aim to keep our students engaged in school, on track for graduation, and prepared for college and career without need for remediation.

Our students
The diverse SPS student population includes 29,275 students who speak 56 different languages, making us the largest school district in eastern Washington and the second largest in the state. About a quarter of our students are children of color.

We offer many educational options to support different ways of learning:

APPLE parent participation program (grades 1-6)
Career and Technical Education (for high schoolers)
Express Child Care (grades k-6)
Institute of Science and Technology (for high schoolers)
Libby Center (Tessera and Odyssey gifted programs)
Montessori program (grades 1-6)
NEWTECH Skills Center (grades 11 and 12)
On Track Academy (personalized learning for grades 11 and 12)
Special education services (for qualified students with disabilities, ages 3-21)
Running Start (high school students can take college courses for credit)
Spokane Virtual Learning (online learning for middle and high schoolers)
SPRINT parent participation program (grades 7 and 8)
TEC Parent Partnership Program (homeschooling support)
The Community School (project-based learning for high schoolers)

Visit spokaneschools.org/curriculum to find out what’s being taught at each grade level.
Our staff
Of our 3,226 employees, 1,758 are classroom teachers, who have an average of 13 years’ experience. Roughly 74 percent have at least a Master’s degree. Art, music, fitness and education and library specialists join counselors to help provide a well-rounded education.

Our community
Spokane helps support our schools and students in ways that make a difference every day. We are proud to offer a range of special programs in excellent learning environments district-wide thanks to voters’ consistent approval of school levies and bonds. Volunteers share their time and talents in our classrooms. Businesses and organizations support the programs and services needed to ensure we are fulfilling our promise to get every student college- and career-ready and walking confidently down a path toward graduation.

Together, we can reach new heights.
Community

Career Path Services
10 N. Post St., Ste. 200, Spokane, WA 99201
(509) 326-7520

Dennis Mitchell Empowerment Seminars
9116 E. Sprague, #66, Spokane Valley, WA 99206
(509) 981-0646
reduseyourcellbill.com

Donna S. Enburg, CPA PLLC
10220 N. Nevada, Ste. 50, Spokane, WA 99218
(509) 466-0301

Edward Jones
3518 North Government Way
Coeur d’Alene, ID 83815
(208) 667-8284
EdwardJones.com

Global Credit Union
1520 W 3rd Ave., Spokane, WA 99201
(509) 455-4700
globalcu.org

Holistic Chamber of Commerce – Inland Northwest
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Holistic Chamber of Commerce – Inland Northwest
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HowToDoFundraising.com

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(208) 344-2857
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Miche
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paulamaynard.miche.com

Mindful Moms
(509) 499-8420
mindfulmomInstitute.com

Next Generation Zone
901 E. 2nd Ste. 100, Spokane, WA 99202
(509) 340-7800

PrimeSource Credit Union
9707 N. Nevada St., Spokane, WA 99218
428 E. Third Ave., Spokane, WA 99202
(509) 838-6157 | (800) 660-0444
primesourcecu.org

Spokane Teacher’s Credit Union
Washington: (509) 326-1954
Idaho: (208) 619-4000
stcu.org

‘STCU is kid-friendly.’
—Maile, mother of four

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*APY = annual percentage yield. No minimum balance required. Stated rate is effective August 1, 2012, and subject to change. Rate applies to first $500 deposited in an STCU First5 Savings Account; balances above that earn 0.15% APY. One First5 Savings Account per person. STCU membership is required and fees could reduce earnings.

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(509) 744-0972
Tincan.org

West Plains Chamber of Commerce
504 1st St., Cheney, WA 99004
(509) 747-8480
westplainschamber.org

Community Events

American Cancer Society Relay for Life
920 N. Washington, Ste. #200,
Spokane, WA, 99201
(509) 242-8286
Relayforlife.org/sstevensspokanewa

Family Fun Fair
(509) 928-9664
facebook.com/nwfamilyfunfair

First Night Spokane
PO Box 8348, Spokane, WA 99203
(509) 456-0580

Relay For Life of Coeur d’Alene
relayforlife.org/coeurdaleneid
(208) 691-4655

Spokane Lilac Festival Assoc
3021 S. Regal, Ste. 105, Spokane, WA 99224
(509) 535-4554
www.SpokaneLilacFestival.org

Susan G. Komen for the Cure Idaho
(877) 665-9088
komenidaho.org

2013 Wellness & Beauty Expo
Spokane Fair & Expo Center
(509) 434-0133
wellnessandbeautyexpo.com

Women Power Networking
(509) 928-9664
facebook.com/nwwomenpowernetworking

Unity in the Community
25 W. Main Ave., Ste. 310, Spokane, WA 99201
(509) 209-2634

Valleyfest
(509) 922-3299
valleyfest.org

Community Services

Bosnia & Herzegovina Heritage Assoc
2110 E. Broadway Ave., Spokane, WA 99202
(509) 720-7486

Catholic Charities Spokane
12 E. 5th Ave., Spokane, WA 99201
(509)358-4250
cospokane.org

Evergreen Railroad Modelers
18213 E. Appleway Blvd.
Spokane Valley, WA 99037
(509) 995-9938

Friends of the Centennial Trail
28 W. Indiana, Suite F, Spokane, WA 99205-4751
(509) 624-7188

GFWC Woman’s Club of Spokane Rosemary
Small House Superintendent
1428 W. 9th Ave., Spokane, WA 99204
(509) 838-5667

Habitat Builders’ Surplus Store
850 E. Trent Ave., Spokane, WA 99202
(509) 534-2352

Human Rights Education Institute
414 W. Mullan Rd., Coeur d’Alene, ID 83816
(208) 292-2339

Inland Northwest Dance Association
(509) 927-0972
INDaSpokane.com

Job Corps
140 S. Arthur St., #408, Spokane, WA 99202
(509) 534-2269

Leadership Spokane
801 W. Riverside Ave., Ste. 220
Spokane WA 99201
(509) 321-3639
Leadershipspokane.org

Lilac Services for the Blind
1212 N. Howard St., Spokane, WA 99201
(509) 328-9116

Lutheran Community Services Northwest
210 W. Sprague Ave., Spokane, WA 99201
(509) 747-8224

Make-A-Wish Foundation
104 S. Freya St., #311A, Spokane, WA 99201
(509) 458-2618
northwestwishes.org

Martin Luther King, Jr.
Family Outreach Center
845 S. Sherman St., Spokane, WA 99202
(509) 455-8722

Neighborhood Accountability Board NAB
1208 W. Mallon St., Spokane, WA 99201
(509) 477-2469

New Horizon Care Centers
504 E. 2nd St., Spokane, WA 99201
(509) 838-6092

Northeast Community Center
4001 N. Cook St., Spokane, WA 99207
(509) 487-1603

Northeast Youth Center Hillyard
3004 E. Queen Ave., Spokane, WA 99217
(509) 482-0708
Safe Environment Program (Protecting Our Children)

Recognizing Signs of Abuse

Child sexual abuse is a very serious and pervasive problem in our society, and it is our responsibility to do all that we can to protect our children and bring a halt to this very destructive behavior. In order to be effective in this mission, we need to learn as much as we can about the symptoms of children who may be victims of sexual abuse and what we should do when we become aware of a child who may be a victim of this abuse. As a result, the Catholic schools and parishes in the Diocese of Spokane have developed an extensive education program for all children and youth, all clergy and employees, and all volunteers who may have unsupervised access to children. This program consists of an annual education process for all.

What is child sexual abuse? One definition according to the Committee for Children (2005) is the “use of a child for sexual purposes by an adult or older, more powerful person, including an older child.” Although we tend to associate child sexual abuse with touching, child sexual abuse actually can take on many forms, including exposing children to pornographic literature/film, using the child in the production of pornography, communicating with a child via telephone or e-mail in a sexual way, forcing a child to undress, and spying on a child in the bathroom or bedroom.

Victims of child sexual abuse can be either male or female, rich or poor, or any age under 18 years. Child sexual abuse crosses all religious, educational, racial, and socio-economic boundaries. No individual groups of children are exempt from being victims of child sexual abuse.

Children who are victims of sexual abuse sometimes make a direct disclosure to a trusted adult regarding their abuse. However, this often does not happen. As a result, it is important to be aware of a variety of other signs and symptoms which may indicate that a child is a victim of sexual abuse. Some of the symptoms may be:

- Has difficulty sitting or walking,
- Refuses to change clothes for gym or use the restroom at school or public place
- Wears many layers of clothing
- Experiences a sudden change in appetite
- Becomes anorexic or engages in compulsive eating
- Exhibits and inability to concentrate
- Exhibits signs of extreme stress
- Experiences frequent nightmares
- Engages in frequent bed wetting
- Exhibits unusual fear of certain places
- Exhibits unusual fear of a certain person
- Exhibits excessive crying
- Experiences insomnia
- Engages in self-mutilation
- Exhibits unusually aggressive behavior towards others, pets, or toys
- Experiences depression
- Becomes passive or withdrawn
- Makes references to an adult friend
- Runs away
- Attempts suicide

If a child discloses that she/he has been a victim of abuse or you have reasonable cause to believe that a child is a victim of abuse, report the alleged abuse as soon as possible to both Child Protective Services (CPS) and law enforcement. At the time of the report, ask the person who takes the report for her/his name and the report number. Record the names and the numbers from both reports, write a brief narrative regarding the report, and keep a copy in your files.

By being aware and by listening to our children, we can provide a safe environment for all children in our community.

Duane F. Schafer, Ph.D.,
Superintendent of Schools, Diocese of Spokane
P.O. Box 1453, Spokane, WA 99210-1453
(509) 358-7330
www.dioceseofspokane.org

If you suspect that a child is being abused, abandoned or neglected, contact the agency listed below, call your local child protective services agency, or call 9-1-1.

Reporting Suspected Abuse
To report any suspected abuse, please contact:

Roberta Smith,
Victims Assistance Coordinator
(509) 353-0442 Office Phone
(509) 998-8340 Cell Phone

Washington Child Protective Services
Spokane County
(509) 363-3333/(800) 557-9671/
(800) 562-5624

Department of Social and Health Services, Statewide:
(866) 363-4276

Idaho Department of Health and Welfare
TDD: (208) 332-7205
Toll-Free: (800) 926-2588

Childhelp (800-422-4453)
Childhelp® USA is a non-profit agency which can provide reporting numbers, and has Hotline counselors who can provide referrals.
Recognizing Signs of Abuse

Peaceful Valley Community Center
214 N. Cedar St., Spokane, WA 99201
(509) 624-8634

Second Harvest
1234 E. Front Ave., Spokane, WA 99202
(509) 252-6242
2-harvest.org/plantarow

Spokane Cares, Inc.
(509) 927-6842
13713 E. 41st Ave., Spokane, WA 99206
SpokaneCares.org
SpokaneCares.org is a Guide to Community Resources and Volunteering. It directs people to the services they need, and directs people to nonprofits which are in need of volunteers and donations.

Spokane C.O.P.S. Community Oriented Policing Services
901 N. Monroe St., Ste. 254, Spokane, WA 99201
(509) 835-4572

Spokane County Juvenile Court
1208 W. Mallon Ave., Spokane, WA 99201
(509) 477-2469 | (509) 456-4742

Spokane County Juvenile Court Services
1208 W. Mallon Ave., Spokane, WA 99201
(509) 477-4742 | (509) 477-4465

Spokane County/WSU Master Gardeners Extension Coordinator Education & Clinic Coordinator
222 N. Havana St., Spokane, WA 99202
(509) 477-2181 | (509) 477-2172

SpokaneFAVS.com
(509) 240-1830
Spokanefavs.com

Spokane NAACP
spknacpbr@gmail.com
SpokaneNAACP.org

Spokane Symphony
1001 W. Sprague Ave., Spokane, WA 99201
(509) 624-1200

Spokane Transit Authority
1230 West Boone Ave., Spokane, WA 99201
(509) 325-6052
spokanetransit.com

Spokane Valley Heritage Museum
12114 E. Sprague Ave., Spokane Valley, WA 99214
(509) 922-4570

Spokane Valley Quilters Guild
2805 E. Player Dr., Spokane, WA 99223
(509) 448-2850
svqq.info

Sustainable Works
5315 N. Market St., Spokane, WA 99217
(509) 443-3471

The Center – A Place for Youth
108 E. Crawford Ave., Deer Park, WA 99006
(509) 276-3197

The Greenhouse Community Center
West 12th 1st St., Deer Park, WA 99006
(509) 276-6897

The ISAAC Foundation
(509) 499-1679
theisaacfoundation.org

The Salvation Army Kroc Center
1765 W. Golf Course Rd., Coeur d’Alene, ID 83815
(208) 667-1865
kroccda.org

United Way of Kootenai County
501 E. Lakeside Ave., Suite 3
Coeur d’Alene, ID 83814
(208) 667-8112

Visit Sun Valley Visitor Center
(800) 634-3347

Visitors Bureau
5 S. Wenatchee Ave., Ste. 100,
Wenatchee, WA 98801
(509) 663-3723 | (800) 572-7753

West Central Community Center
1603 N. Belt St., Spokane, WA 99205
(509) 326-9540

Wishing Star Foundation
139 S. Sherman St., Spokane, WA 99202
(509) 744-3411
wishingstar.org

World Relief Spokane
1522 N. Washington St., #204
Spokane, WA 99201
(509) 484-9829
wrspokane.org

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Director: Shari Davis

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www.dancecenterofspokane.com
This is the mission of Morning Star Community Services, a new nonprofit service organization designed to engage the behavioral and emotional health needs of our community. Our goal is to offer earlier assistance to families and individuals in, or heading toward a crisis. Through community outreach and partnerships we are reaching more people and doing more to preserve the family, protect the community and reduce the need for more sever forms of intervention and treatment.

“The behavioral health community needs to do a better job helping families identify problems earlier and to guide them toward assistance sooner,” said John Hindman, Executive Director of Morning Star. “Morning Star Community Services will help lead the way. We believe that by helping families earlier on, we may be able to head-off the need for residential treatment; and potentially interrupt a generation of escalating behavioral issues.”

Morning Star Community Services began as a way to evolve the mission of Morning Star Boys’ Ranch, the venerable group home on the South Hill. Hindman says that today the Community Services program is helping boys, girls and families come closer together, build stronger relationships and heal the wounds that often divide families. Morning Star Community Services offer:

- Individual and Family Therapy (either in the clinic, or in your home).
- Parent Education Classes, including Circle of Security Parenting ® education.
- Foster care certification, education and wrap-around services.
- As well as our signature Equine Assisted Programs.

“Out our horse programs are very unique,” said Darlene Pessein, Clinical Coordinator and Equine Programs Coordinator. “Horses are great partners in helping individuals and groups improve self-esteem, build confidence, overcome obstacles as well as a tool for improving problem solving and coping skills.”

Morning Star Community Services offer several of these equine program opportunities to the general public. We are currently enrolling for the following courses:

- Dust Off Your Dreams – A four-week program for adult women looking for an opportunity to connect with like-minded peers, while engaging in an equine program that is as empowering as it is fun.
- STAR – Is our six-week public program for girls ages 8-12 and 13-18. During these once weekly session girls will work with the horses in a way that will help build confidence, promote self-esteem and enhance critical thinking skills.
- WHOA – For boys ages 8-11 helps these young men identify and sharpen many very positive life skills, including: overcoming obstacles, creative problem-solving and asking for help.

Sessions are held regularly and new programs are being developed. Those interested in participating in one of our public equine program should call Darlene Pessein at (509) 448-1202 ext 216 for more information on costs, schedules and possible scholarship or reduced fee programs for those who qualify.

While much is changing at Morning Star, some things will always remain the same. As it was in 1957, when the first boys arrived at the Ranch, Morning Star’s mission remains dedicated to the care and treatment of those we serve, irrespective of ability to pay for those services.

“When Morning Star gets behind a child or family, we get behind them regardless of their ability to pay,” Hindman said. “Of course we are able to do this because of all the good people in our community that have gotten behind Morning Star and have financially supported our mission.”

You can find information about available services with Morning Star Community Services at: www.morningstarcommunityservices.org., or call (509) 448-1202. Morning Star Boys’ Ranch is at: www.morningstarboysranch.org, or to help financially support the Morning Star Mission of care, log onto www.morningstar-foundation.org or call (509) 448-1412.

Morning Star Boys’ Ranch & Community Services still leading the way in family behavioral health for the Inland Northwest. Morning Star Boys’ Ranch and Morning Star Community Services helping kids, healing families and serving our community.
Domestic Violence Services

Anna Ogden Home
A Program of Union Gospel Mission
2828 W. Mallon St., Spokane, WA 99201
(509) 327-7737

Fields of Diamonds House of Blessings
3727 E. 17th Ave., PO Box 18890
Spokane, WA 99228
(509) 879-8070

Hope House a Program of
Volunteers of America
111 W. Third Ave., Spokane, WA 99201
(509) 455-2886

Sexual Assault and Family Trauma
Crisis Response
210 W. Sprague Ave., Spokane, WA 99201
(509) 747-8224 | (509) 624-7273

STOP Violence Against Indian Women
(208) 686-6306 | (208) 686-1800
850 A St., Plummer, ID 83851
cdatribe-nsn.gov

Transitions for Women
3104 W. Fort George Wright Dr.,
Spokane, WA 99224
(509) 328-6702
help4women.org

St. Margaret’s Shelter
A Program of Catholic Charities
101 E. Hartson St., Spokane, WA 99202
(509) 624-9788

Women and Children’s Free Restaurant &
Community Kitchen
1620 N. Monroe St., Spokane, WA 99205
(509) 324-1995
wcfrspokane.org

Women’s Healing and
Empowerment Network
5803 N. Greenwood Blvd.
Spokane, WA 99205
(509) 323-2123 | 1-877-276-5597

WCA of Spokane - Alternatives to Domestic
Violence Program
930 N. Monroe St., Spokane, WA 99201
Crisis line for domestic violence (509) 326-2255

Low Income and
Emergency Programs

American Indian Community Center
905 E. Third Ave, Spokane WA 99202
(509) 535-0886

American Red Cross
315 W. Nora Ave., Spokane, WA 99205
(509) 326-3330
redcross.org

Aston-Bleck Apartments
A Program of Volunteers of America
(509) 535-8267

Baskets for Babies
9410 E. Sprague Ave., Spokane Valley, WA 99206
(509) 214-2634

Christ Clinic
914 W. Carlisle St., Spokane, WA 99205
(509) 325-0393
christclinic.org

Christ Kitchen
2410 N. Monroe, Spokane, WA 99205
(509) 325-4343
christkitchen.org

Flaherty House
525 W. 2nd Ave., Spokane, WA 99201
(509) 489-4043
voaspokane.org

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Nationally, call Doug Gore @ 877-651-VINE (8463) ext. 5
<table>
<thead>
<tr>
<th>Community Organization</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
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<tbody>
<tr>
<td>God’s Closet</td>
<td>828 W. Spofford Ave., Spokane, WA 99205</td>
<td>(509) 328-5900</td>
<td>godscloset.us</td>
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<tr>
<td>Homeless Resource Center</td>
<td>520 S. Walnut St., Spokane, WA 99204</td>
<td>(509) 455-6275</td>
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<tr>
<td>Inland Northwest Baby</td>
<td></td>
<td>(509) 499-0670</td>
<td>InlandNWbaby.org</td>
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<tr>
<td>Lutheran Community Services NW ACT for Kids</td>
<td>210 W. Sprague Ave., Spokane, WA 99201</td>
<td>(509) 343-5020</td>
<td>actforkids.org</td>
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<tr>
<td>Northwest Harvest Spokane Warehouse</td>
<td>3808 N. Sullivan Rd., Bldg. 15</td>
<td>Spokane Valley, WA 99216</td>
<td>(509) 891-7012</td>
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<tr>
<td>Project Beauty Share</td>
<td>216 N. Bernard St., Spokane, WA 99201</td>
<td>(509) 455-3537</td>
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<tr>
<td>Rebuilding Together Spokane</td>
<td></td>
<td>PO Box 48840, Spokane, WA 99228</td>
<td>(206) 992-1100</td>
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<tr>
<td>SNAP</td>
<td>3102 W. Fort George Wright Drive</td>
<td>Spokane, WA 99224</td>
<td>(509) 456-7111</td>
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<tr>
<td>Spokane Valley Partners</td>
<td>10814 E. Broadway Ave.</td>
<td>Spokane Valley, WA 99206</td>
<td>(509) 927-1153</td>
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<tr>
<td>Temporary Assistance of Needy Families (TANF)</td>
<td>850 A St., Plummer, ID 83851</td>
<td>(208) 686-1800</td>
<td>cdatrim-nsn.gov</td>
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<tr>
<td>Tesh Inc. Promoting Independence</td>
<td>3327 W. Industrial Loop</td>
<td>Coeur d’Alene, ID 83815</td>
<td>(208) 765-5105</td>
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<tr>
<td>The Salvation Army</td>
<td>222 E. Indiana Ave., Spokane, WA 99207</td>
<td>(509) 325-6810</td>
<td>makingspokanebetter.com</td>
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<tr>
<td>Transitional Living Center</td>
<td>3128 N. Hemlock St., Spokane, WA 99205</td>
<td>(509) 325-2959</td>
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<tr>
<td>Teen Closet</td>
<td>9212 E. Montgomery St., Ste. 302</td>
<td>Spokane Valley, WA 99206</td>
<td>(509) 534-1151</td>
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<tr>
<td>The City Gate</td>
<td>170 S. Madison St., Spokane, WA 99201</td>
<td>(509) 455-9670</td>
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<tr>
<td>Volunteers of America of Eastern Washington and Northern Idaho</td>
<td></td>
<td>(509) 624-2378</td>
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<tr>
<td>Women &amp; Children’s Free Restaurant</td>
<td>1620 N. Monroe St., Spokane, WA 99205</td>
<td>(509) 324-1995</td>
<td>wcrspokane.org</td>
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<tr>
<td>Women’s Opportunity Center</td>
<td>930 N. Monroe St., Spokane, WA 99201</td>
<td>(509) 789-9280</td>
<td>ywcaspokane.org</td>
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<td>Military Family Resources</td>
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<td>Air Force EFMP E Respite Care of Child Care Aware Eastern Washington</td>
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<td>(509) 209-2623</td>
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<tr>
<td>Honor Point Military and Aerospace Museum</td>
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<td>509-244-0244</td>
<td>Honorpoint.org</td>
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</table>
Operation Spokane Heroes  
c/o Greater Spokane Inc.,  
801 W. Riverside Ave., Spokane, WA 99201  
(509) 325-9656  
operationspokaneheroes.org

Spokane Federal Credit Union  
601 W. Mallon Ave., Spokane, WA 99201  
(509) 328-2900  
Open a Youth Account at Spokane Federal Credit Union. Fostering responsible money management, good saving habits, smart shopping skills and generosity are just a few of the lessons we hope to share with our members to pass along to the kids and young adults in their lives. We encourage you to visit our branch and open a Youth Account to get your young ones started on the right financial foot. Mention that you saw this ad and get a free money jar to start saving, sharing and spending! Check out our new youth website page at www.spokanefederal.com/feddy-corner for even more ideas!

Spokane Law Enforcement Museum  
1201 W. First Ave., Spokane, WA 99201  
(509) 477-6449

WGU Washington  
(877) 214-7004  
Washington.wgu.edu

Parenting Resources:  
Bloom Spokane  
bloomspokane.org

Camp Fire Inland Northwest  
524 N. Mullan Rd., Spokane Valley, WA 99206  
(509) 747-6191  
campfirein.org  
Participant–led youth clubs, camps and community programs for boys and girls ages 3-18 guided by caring adults using a proven formula to help children develop abilities in healthy lifestyles and relationships, team building, community responsibility, leadership and vocational interests, all while they have fun! Our Camp Fire Promise: Young People want to shape the world. Camp Fire provides the opportunity for youth to find their spark, discover their voice and discover who they are. At Camp Fire, it starts now.

Childhood Resource  
(208) 964-5511 | (425) 343-9185  
childhoodresource.com

Children’s Home Society of Washington  
2323 N. Discovery Place,  
Spokane Valley, WA 99216  
(509) 747-4174

Children’s Miracle Network Hospitals of the Inland Northwest  
601 W. First Ave., Spokane, WA 99201  
(509) 473-6370  
cmnspokane.org

Children’s Waiting Room  
Broadway Centre Building  
721 N. Jefferson St., Rm. 101  
Spokane, WA 99260  
(509) 477-6815

Daybreak Youth Services  
11711 E. Sprague Ave., Suite D-4  
Spokane Valley, WA 99206  
(509) 927-1688 | (509) 444-7033

Eastern Washington Family Childcare Association  
7620 E. Maxwell Ave.  
Spokane Valley, WA 99212  
(509) 926-6144  
ewfcca.org

Family Healing Center  
(208) 686-1800  
850 A St., Plummer, ID 83851  
cdirtribe-nsn.gov

Family Promise of North Idaho  
PO Box 3682, Coeur d’Alene, ID 83816  
(208) 777-4190  
familypromiseni.org

Fatherhood Project  
A program of Catholic Charities Spokane  
12 E. Fifth Ave., Spokane, WA 99202  
(509) 455-4971  
CatholicCharitiesSpokane.org/programs/CAPA

Inland Northwest SIDS Foundation  
PO Box 474, Rathdrum, ID 83858  
inwsids.org

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women’s power networking

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charitydoyl@yahoo.com
International Experience USA High School / Student Exchange
888-266-2921
209 S. Water Street, Ste. 102
Northfield, MN 55057
ie-usa.com

Lake City Center
1916 Lakewood Drive, Coeur d’ Alene, ID 83814
(208) 667-4628

LDS Family Services
11707 E. Sprague Ave., Ste. 202,
Spokane Valley, WA 99206
(509) 926-6581

Liberty Park Child Development Center
1417 E. Hartzon, Spokane, WA 99202
(509) 534-0957
LibertyParkKids.org

Northwest Autism Center
25 W. Fifth Ave, Ste., 113 Spokane, WA
(509) 328-1582
nwautism.org

RiteCare Spokane
1108 W. Riverside Ave., Spokane, WA 99201
(509) 838-2310
ritecarespokane.org

Ronald McDonald House Charities Spokane
1015 W. 5th Ave., Spokane, WA 99204
(509) 624-0500

Salvation Army Family Emergency
SAFE - Center
1403 W. Broadway, Spokane, WA 99201
(509) 325-6814

SCAN (Support Care and Networking)
707 N. Cedar, #1, Spokane, WA 99201
(509) 458-7445
SCANCenter.org

Service Alternatives Inc
1303 N. Division St. Ste. B, Spokane WA 99202
(509) 325-4390
servalt.com/fostercare

Spokane Guild’s School & Neuromuscular Center
2118 W. Garland, Spokane, WA 99205
(509) 326-1651
guildschool.org

Spokane International Translation
502 E. 3rd Ave., Spokane, WA 99201
(509) 327-8064

Spokane Jazz Society
(509) 838-2671
spokanejazz.org

Spokane Young Lives
8314 E. Marietta, Spokane, WA 99212
(509) 570-3921
spokaneyoungthlives.com

Spokane Youth Symphony
1108 W. Riverside Ave, Spokane, WA 99201
(509) 448-4446
SpokaneYouthSymphony.org

Sylvan Learning of Spokane
8536 N. Wall St., Spokane, WA 99208
1510 N. Argonne Rd.,
Spokane Valley, WA 99206
(509) 467-8715 - North
(509) 924-7656 - Valley
SylvanLearning.com/Spokane

The Arc of Spokane
127 W. Boone, Spokane, WA 99201
116 W. Indiana, Spokane, WA 99205
(509) 789-2247 | (509) 789-2247

The ISAAC Foundation
P. O. Box 19202, Spokane, WA 99219
(509) 499-1679
www.theisaacfoundation.org

True North Empire Mediation
203 N. Washington St., Ste. 200
Spokane, WA 99201
(509) 795-6888

YFA Connections
22 S. Thor, St., Spokane, WA 99202
(509) 532-2000
yfaconnections.org

Youth Suicide Prevention Program
(509) 475-7334

Places of Worship

Beautiful Savior Lutheran
4320 S. Conklin St., Spokane, WA 99207
(509) 747-6806

Christ the King Church
2103 E. Mission Ave., Spokane, WA 99202
(509) 838-1633

Cornerstone Community Church
4032 W. Heroy Ave, Spokane WA 99205
(509) 325-6726

Eastpoint Church, Inc.
15303 E. Sprague Ave.
Spokane Valley, WA 99037
(509) 533-6800

YFA Connections
22 S. Thor, St., Spokane, WA 99202
(509) 532-2000
yfaconnections.org
Family of Faith Recovery and Activities
W. 708 Nora Ave., Spokane, WA 99205
(509) 325-0343
ffcc.us

New Hope Bible Church
1445 N. Argonne Rd.
Spokane Valley, WA 99212
(509) 487-1017

New Life Assembly Church
10920 East Sprague Avenue
Spokane Valley, WA 99206
(509) 926-0362
newlifespokane.com

Northview Bible Church
13521 N. Mill Rd., Spokane, WA 99208
(509) 466-1770

Real Life Ministries – CDA Campus
610 N. 4th St., Coeur d’Alene, ID 83814
(208) 664-4238
rlmcd.ca

River Christian Church
11001 W. Charles Rd., Spokane, WA 99026
(509) 467-5753

Sheltering Tree Church
5205 N. Market, Spokane, WA 99217
(509) 481-1487
Shelteringtreespokane.org

Religion News Spokane
(509) 240-1830
spokanefav.com

Spokane Central SDA church
828 W. Spofford Ave., Spokane, WA 99205-4664
(509) 328-5900
spokanecentralsda.org

Sunrise Church of Christ
4718 N. Ash St., Spokane, WA 99205
(509) 327-3344
sunrisechurchspokane.com

Valley Fourth Memorial Church
2303 S. Bowdish Rd., Spokane Valley, WA 99206
(509) 924-4525

Zion Christian Center of Spokane
545 E. Wellesley Ave., Spokane, WA 99207
(509) 489-8073

Support Groups

Bun in the Oven Bakery
(509) 244-1925
www.bunintheovenbakery.org

Bella Cova Enterprises, LLC
(509) 475-5385

CHER
601 W. 1st Ave., Spokane, WA 99201
(509) 232-8165
inhs.info

Coalition of Responsible Disabled
612 N. Maple St., Spokane, WA 99201
(509) 326-6355

Down Syndrome Family Network
1219 E. Thurston Ave., Spokane, WA 99203
(509) 455-7439

Easter Seal Camp Stand by Me
(253) 884-2722

Epilepsy Foundation Northwest
(509) 325-1128 | 800-752-3509
mail@epilepsynw.org
epilepsynw.org

Foster Parent Association
1315 N. Napa St., Spokane, WA, 99207
(509) 363-3473
Fpas.org

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Spokane Valley, WA 99216
(509) 747-4174

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(509) 922-8383
Gssac.org

Healing Rooms Ministries
112 E. First Ave., Spokane, WA 99202
(509) 456-0517

Juvenile Diabetes Research Foundation
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Spokane, WA 99201
(509) 459-6307
jdrf.org

March of Dimes Inland Northwest Division
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Spokane, WA 99201
(509) 328-1920

Mothers of Pre-Schoolers (MOPS)
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Multiple Sclerosis Society
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(509) 482-2022
nmss.org

Muscular Dystrophy Association MDA
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9307 E. Cataldo St., Spokane Valley, WA 99016  
(509) 228-5425

**Cheney School District**  
520 4th St., Cheney, WA 99004  
(509) 559-4599

**Deer Park Schools**  
347 S. Colville Rd., Deer Park, WA 99006  
(509) 464-5500

**East Valley School District**  
12325 E. Grace St., Spokane, WA 99216  
(509) 924-1830

**Freeman School District 358**  
S. 15001 Jackson Rd., Rockford, WA 99030  
(509) 291-3695

**Great Northern Elementary School**  
3115 N. Spotted Rd., Spokane, WA 99224  
(509) 747-7714

**Mead School District 354**  
12828 N. Newport Hwy., Mead, WA 99021  
(509) 465-6000

**Nine Mile Falls School District**  
10110 W. Charles Rd.  
Nine Mile Falls, WA 99026  
(509) 340-4300

**Orchard Prairie School District**  
7626 N. Orchard Prairie Rd., Spokane, WA 99217  
(509) 467-9517

**Spokane Public Schools (District 81)**  
Teaching and Learning Services  
200 N. Bernard St., Spokane, WA 99201  
(509) 354-7365

**Riverside School District 416**  
34515 N. Newport Hwy., Chattaroy, WA 99003  
(509) 464-8201

**West Valley School District**  
2805 N. Argonne Rd., Spokane, WA 99212  
(509) 924-2150

### N. Idaho School Districts

**Coeur d’Alene School District**  
411 N. 10th St., Coeur d’Alene, ID 83814  
(208) 664-8241

**Kootenai School District**  
8100 S. Ogara Rd., Harrison, ID 83833  
(208) 689-9957

### Post Falls School District

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(208) 773-1658

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**Gonzaga Preparatory School**  
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**St. Aloysius School**  
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**St. Charles Parish School**  
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St. Michael’s Academy
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St. Paschal’s School
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St. Patrick School
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Washington Home School Association
washhomeschool.org

Home Educators of Idaho
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Why I started a Home Based Business
An Interview with Nicol Wesala

How did you get involved with Lemongrass Spa? NW: One of my best friends hosted an “across the miles” home spa show for her friend who lives in Colorado and is a Lemongrass Consultant. After trying all the amazing samples, soaking my feet and finding them suddenly “sandal ready” and seeing how wonderful the ingredients where I had to look into the business further. Once I realized how affordable, unique and wonderful the opportunity was and that I would be the only Lemongrass Consultant in North Idaho and Spokane; I saw a perfect way to introduce this amazing skin care line, enjoy some much needed girl time and offer a healthy skin care alternative. I asked myself, “Why not start a home based business with a company that is new to the area?”

What is Lemongrass Spa? NW: At Lemongrass, we have a vision that women should be pampered in the comfort of their own homes with natural products. We are committed to offering women opportunities to improve their lives through financial security, friendships and community service. We specialize in high-quality skin treatments that allow women to enhance their skin from the outside in. Lemongrass Spa owners and team members encourage our independent sales consultants to balance their career with family and God.

What made you choose this company as a home-based business? NW: I love the products, the amazing support group within Lemongrass and it is established and economically secure for over 10 years. I also like the flexibility with my schedule to work around a busy family life, the income opportunities and the positive support group.

What are the challenges of running a home-based business? NW: Keeping up with the demand, I still need a bigger LG Team in this area.

What advice can you give other moms who are considering a home based business? NW: It’s a great way to meet new people; you can make your own schedule so it works best for your family while making extra money. As a mom investing in a home business like Lemongrass you can use healthy products and feel revived by being around other women. I know it sounds a little corny but women really need “girl time” I think it truly is good for your soul because even though I love staying home with my kiddos I need a break and LG offers me a healthy mix.

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