

Be a Camp Fire USA Mentor

Math, science, reading, writing... one thing is clear, boys and girls need an outlet to work together outside of the busy school day. Camp Fire USA provides hands-on educational opportunities for boys and girls to work together and become more skilled at planning activities, making decisions, conflict resolution, developing relationships with peers and adults and more. Camp Fire USA is reaching out to the kids in our community through after school programming called Clubs.

Camp Fire USA Clubs are small group neighborhood or school-based groups where children meet regularly with trained adult volunteer leaders. Clubs help boys and girls explore the world, exercise their creativity, participate in community service, and gain a sense of belonging while always having fun and making new friends. Camp Fire starts as young as 3 years old and continues programming through 12th grade. Each program level teaches responsibility, decision-making, and other valuable skills through a variety of projects centered around five focus areas called Trails.

Mentors are not only a positive role model but help create countless memories. By volunteering just two hours a week, you can help make a difference in a child's life that will last a lifetime. As a leader you will also help kids make healthy choices, and build relationships inside and outside of the classroom.

For more information please e-mail us at club@campfireinc.org, visit us online at www.campfireinc.org or call us at 208-667-0611 or 800-386-2324 ext. 15.

help your child become a VEGGIE LOVER

You know that it's crucial for vegetables to play a starring role in your child's meals. Better than any pill or supplement, fruit and veggies are your child's most readily absorbed source of key vitamins, nutrients and fiber. They're also one of your child's best insurance policies against obesity and disease. Here are some strategies from the pros that will get your child on the veggie track for life.

Set a good example

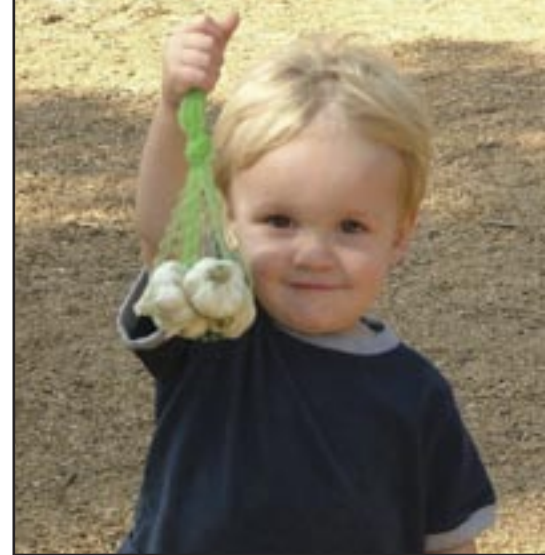
Check out your own eating habits first. If dad is saying 'ewwww!' the kids will say 'ewwww!' The most important thing you can do is eat a wide variety of veggies yourself without begging, pleading or even talking about it. Eventually, you'll have a healthy eater on your hands.

Break out the dips and dressings

Young taste buds are especially sensitive. The solution? A bit of fat and flavor, whether it's olive or canola oil, butter, dip or dressing. Fat actually cuts down the bitterness of some vegetables. So break out some trans-fat free dressing or bean dip with those broccoli florets and carrot sticks. Or sauté your carrots or Brussels sprouts in a bit of butter with a pinch of brown sugar, honey or balsamic vinegar – the combination of fat with a bit of sweetness is amazing.

Take it easy

Pushing your child to eat vegetables almost always backfires. The result, she is that children will learn to dislike vegetables and see it as something you only eat if forced, or if you just want to get at



the cupcake or cookies that were offered as a bribe. Instead, offer kids the option of spitting out the food if they don't like it. If they're gotten used to the idea of a particular veggie on their plate, odds are that, over time, they'll eat it.

Keep it simple

Many kids don't like their foods mixed up; they like them all separated. Often, too many flavors and textures are the stumbling block. When it comes to any kid food, simpler is always better.

Get your kids involved

Whether it's letting your toddler pick out that ultraviolet kale that caught her eye in the produce aisle, or encouraging your 7-year-old to nurture your backyard tomato vine, getting your kids involved in choosing, growing or cooking the family's vegetables is always a good idea. Getting kids to participate is empowering for them and gives them choice and control over what they eat. Kids will be proud of what they've accomplished in the kitchen, and the more they're involved in the selection and cooking process, the more excited they'll be about whatever is on their plate.

PROFESSIONAL COUNSELING CENTERS



POWDER
BASIN
ASSOCIATES

Where lives are renewed through
knowledge, skill and compassion.

*Idaho's Outstanding Chemical Dependency
Treatment Program, May 2001*

Treatment is available for the following:

- Abuse Trauma
- Eating Disorders
- Family Therapy
- Relationships
- Grief & Loss
- Childhood Issues
- Intervention Training
- Depression
- Drugs & Alcohol
- Domestic Violence
- Mental Health
- Stress
- Anxiety
- ADIS

866-328-7352 • WWW.POWDERBASIN.COM

Buying or Selling
a Home?

Call... **CJ**
for all your
Real Estate needs.

208.651.3499

Free Home Inspection
with
Purchase or Sale.

KELLER WILLIAMS
REALTY

1044 Northwest Blvd, Suite F
Coeur d'Alene, ID 83814



Experience. Professionalism.

Honesty. Integrity.

