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Nadia's E-News



A regular update on news and other interesting things exclusively for Nadia's friends ♥

BIG NEWS!!!! Okay, so Nadia Everhe♥rt has been very busy visiting so many local Elementary schools these days. She had a great time visiting and sharing with the students at Starmount pre-K Center last month for Read Across America Day in celebration of Dr. Seuss' birthday. Therefore, Nadia sends a shout out to all of her friends at Starmount pre-K Center and she encourages them to keep up the good work!



Hello Boys & Girls!

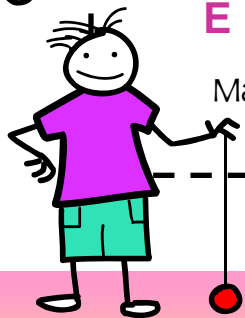
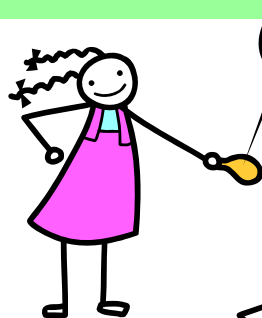
Thanks for taking time out of your busy schedules to read Nadia's E-News. Now that spring has officially sprung, it is time to be 'fitness-forward'. A good way to stay healthy is to balance your **Energy In** vs. **Energy Out** - meaning you should ensure that you burn off what calories you consume.



Happy Exercising!

Word Scramble:
See next issue for answer.

EUSINHNS
Hint: *Nice weather*
March's answer:
BASKETBALL



Hey, don't forget to enter the monthly coloring contest. There's a prize awaiting all winners! Visit us on the web www.nadiaeverheart.com for details and more fun activities.



Go Green with Nadia♥♥♥

Did you know that the pages of Nadia's books are made from recycled paper?

Yes, so many trees, water, and other natural resources were saved as a result♥



EARTH DAY EVERY DAY



Eco-Friendly Tips:

- ♥ While shopping, if you only buy a few products skip the shopping bag. For larger purchases, bring your own.
- ♥ Carry a mug with you wherever you go for take out beverages.
- ♥ Teach your children the value of being thrifty so that they will develop good money management habits and not over spend on useless items.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.



WINNING POEM...

Congratulations to: M. Lowery

The eye of something beautiful
The eye of something great
The eye of something beautiful
Upon such a wonderful face

Copyright ©2011 by M. Lowery

APRIL 2011 SPECIAL DAYS

- 1st - April Fool's Day
- 15th - Income Taxes Due
- 17th - Palm Sunday
- 18th - Patriot's Day
- 19th - Passover
- 22nd - **Earth Day** & Good Friday
- 24th - Easter
- 27th - Administrative Professionals Day
- 28th - Take Your Daughter to Work Day
- 29th - Arbor Day

* National Poetry Month



HEALTHY SNACK'N...



Nadia's Pretzel Dippers

Ingredients

- Pretzel Sticks
- Cheese chunks (any flavor)
- Honey mustard

Directions

Cut up cheese chunks into cubes. Insert pretzel stick into cheese chunk. Dip into honey mustard. Enjoy your healthy, tasty snack!

If you would like to submit an un-published short poem or a healthy recipe for our upcoming newsletter, please do so at: nadia@nadiaeverheart.com



White House Easter Egg Event Goes Green...

Due to the massive construction zone established for the White House tunnel system expansion project, the annual White House Easter Egg Roll will be held inside the White House this year and guests will have the opportunity to participate in a hunt inside several rooms of the White House.

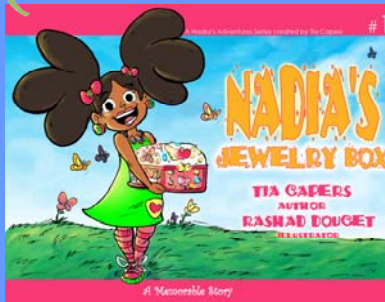
This year's theme is "Let's Go Play Indoors!" The eggs at this year's White House Easter Egg Roll will be of the healthy variety in that they will be made of wood and have a water-based coating that seals in the ink made from vegetable oil. (That's healthy for the environment.)

Souvenir wooden eggs can be purchased at the National Park Foundation website. Each wooden egg is expertly crafted, painted, and includes the signatures of the President and First Lady.



Earth Day Every Day

The Perfect Gift!



Purchase your copy of children's book, *Nadia's Jewelry Box*, today for the little person in your life.
www.nadiaeverheart.com

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