



Nadia's E-News

In this issue:	
Big News	Page 1
Word Scramble	Page 1
Book Mark	Page 2
Healthy Snackin	Page 2
Eco Tips	Page 2
The Perfect Gift	Page 2
Current Events	Page 2



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

BIG NEWS!!!! Okay, so Nadia Everhe♥rt is gearing up for the holiday season and is learning how people that are different from her celebrate in the month of December. So far, she has learned about these five special holidays and people that celebrate them: **Kwanzaa**, **Diwali**, **Christmas**, **Hanukkah**, and **Ramadan**.

Nadia encourages you to also learn how others that are different from you celebrate in December.

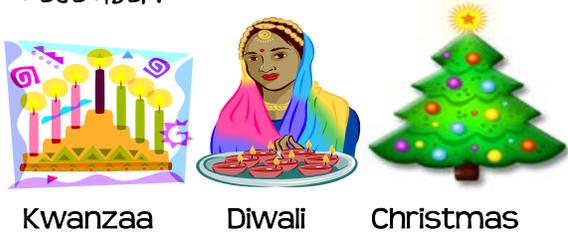
Hello Boys & Girls!
 Thanks for taking time out of your busy schedules to read Nadia's E-News. During this giving season, let's remember to share with those that are less fortunate than we are, for it is better to give than to receive.
Happy Holidays!



Word Scramble:
 See next issue for answer.

AYIH DOL

November's answer:
NOVEMBER



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.



Friends, please visit Nadia's website to print the brand new Nadia Everheart bookmark and other fun stuff!
www.nadiaeverheart.com

HEALTHY SNACKIN...

Mixed Fruit Cider

Ingredients

- 1 quart apple cider
- 1 quart pineapple juice
- 3 cinnamon sticks
- 2 lemons, thinly sliced
- 1 orange, thinly sliced



Directions

In a pot, combine all ingredients. Bring to a boil over medium heat; reduce heat and simmer for 30 minutes, stirring occasionally. Strain mixture, discarding solids. Serve warm.

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

CURRENT EVENTS

Have you heard about the outdoor kindergarten schools in the US? Well, there's a growing trend of Forest Kindergarten or Waldkindergarten, as they are called in England.

The idea is well-known in Europe, with schools in Scotland, England, and Switzerland. Most such schools are in Germany, which has over 400 of them.

Some schools feature several hours of outdoor schooling. Children attending the schools enjoy a good amount of outdoor education each day, rain or shine. Some lessons are focused on nature; others are academic topics delivered in a natural setting. In all cases, students are active — not sitting at desks or on mats on the floor but walking, running, jumping, and solving problems. Studies conclude the fact that children's immune systems actually get stronger after all of the outdoor activity. Other studies have shown that graduates of Waldkindergartens show a higher ability to learn when they progress through their academic careers.

The Perfect Gift!



Purchase your copy of children's book, *Nadia's Jewelry Box*, today in time for the holidays...

This book has been shared and enjoyed by thousands of children so if you are looking for the perfect gift, please make this book your #1 choice. Visit www.nadiaeverheart.com to read an excerpt

Many thanks to everyone who came out to show support at the Miami International Book Fair last weekend. We had a great time and met many new friends while visiting beautiful Miami.

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.

Eco-Friendly Tips:

- ♥ Turn off the lights, computers, and other electronics when not in use to conserve energy.
- ♥ Bring your own bag to the grocery store, mall, or take out restaurant to minimize the need for the plastic and paper bags given at the check-out.
- ♥ Use greener cleaners such as distilled white vinegar to clean with.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.

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Happy Reading!

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