



# Nadia's E-News

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

**BIG NEWS!!!!** Okay, so Nadia Everhe♥rt is thrilled about her next book, *Nadia's Loose Tooth* — to be released later this year. Illustrator, Rashad Doucet, is working very hard on the illustrations for book #2. please visit [www.nadiaeverheart.com](http://www.nadiaeverheart.com) to get a sneak peak of the images created thus far. Below is a draft image from the book.

Also, be on the lookout for details of pre-ordering book #2 real soon.



**Hello Boys & Girls!**  
 Thanks for taking time out of your busy schedules to read Nadia's E-News. During this winter season, let's remember to be safe in inclement weather conditions and dress appropriately for the cold weather.



**Happy New Year!**



**Word Scramble:**  
 See next issue for answer.

**M W N S A O N**

December's answer:  
**HOLIDAY**



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](http://www.nadiaeverheart.com) for details and more fun activities.



## Go Green with Nadia♥♥♥

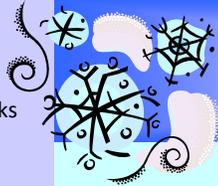
Did you know that the pages of Nadia's books are made from recycled paper?

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



## Eco-Friendly Tips:

- ♥ Buy products made from recycled materials. It's easy to find affordable green products and adopt creative, sustainable practices -- and doing so will bolster the bottom line by cutting energy and material needs.
- ♥ Find new uses for old things. Many retailers provide in-store drop-off bins for recycling cell phones, while items such as clothing, toys, and computers are great for local shelters and rescue missions.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.



# HEALTHY SNACKIN...!

## Nadia's Stuffed Bears

### Ingredients

- Teddy Grahams snacks (or Graham Crackers)
- Peanut Butter
- Cream Cheese (optional)



### Directions

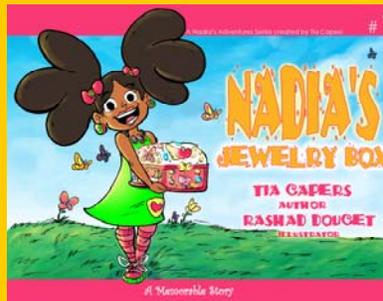
Spread peanut butter or cream cheese evenly onto the graham cracker snack; top each with second graham cracker snack to make a sandwich.

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](mailto:nadia@nadiaeverheart.com)

## 11 HEALTHY TIPS FOR 2011

1. Follow a balanced exercise plan (a brisk 30-min walk will burn 1,500 calories a week/78,000 calories a year).
2. Eat more frequent small meals (it is better to eat 6 small meals a day, than 3 large meals because the smaller the meal, the less your stomach will stretch).
3. Drink at least 8 glasses of water a day to stay hydrated (does not include coffee, soda, or flavored drinks).
4. Don't pollute your body (avoid tobacco, excess alcohol, and illegal drugs).
5. Cook healthy by frying less and roasting & grilling more.
6. Stay emotionally healthy to keep your immune system strong (avoid stress and depression).
7. Know your family history to help prevent hereditary and preventable diseases.
8. Avoid over-exposure to sun (wear sunscreen or cover up).
9. Wake up earlier (better sleep patterns help you to stay energized all day).
10. Keep your teeth healthy by brushing & flossing often to stay free of plaque and avoid gum disease.
11. Enjoy life! (loosen up and laugh at yourself – play as hard as you work!)

## 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](http://www.nadiaeverheart.com)



## Winter

Many thanks to everyone whom have shown support over the past year.

Children's book, *Nadia's Jewelry Box* has been a great success, thanks to all of you!

Tia Capers



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## Happy Reading!

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Love makes the world a better place.

