



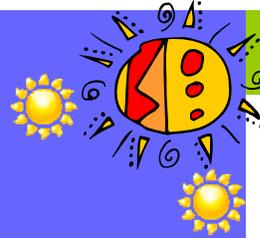
Nadia's E-News

Nadia's E-News Archives - <http://www.nadiaeverheart.com/newsletters.html>

June 2011
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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, like many of you, is excited about being out of school for the summer, making new friends, and doing fun things! One exciting thing Nadia has plans to do is to establish a few pen pals. Writing back and forth about life experiences is such a rewarding gift and will help her to learn better penmanship, and gain a better understanding of life in other places. If you are interested being Nadia's pen pal, please e-mail her at:

nadia@nadiaeverheart.com

or write to her at:

P.O. Box 1741, Huntersville, NC 28070.

She looks forward to hearing from you!

HAPPY WRITING!



Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News. Keep in mind - **SAFETY FIRST** - as you take part in summer activities and events. Remember to stay hydrated, protect your eyes & skin, and practice water & bike safety rules, always.

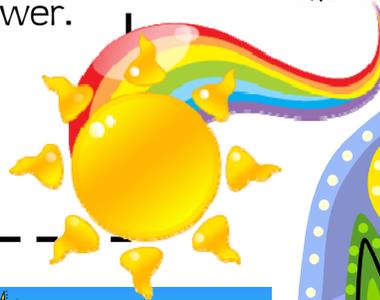


Word Scramble:

See next issue for answer.

E M S M U R

Hint: Hot Season
May's answer:
M O T H E R



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♥



Eco-Friendly Tips:

- ♥ **Unprocessed Food:** Eat unprocessed/unpackaged food whenever possible.
- ♥ **Shade-Grown Coffee:** Buy shade-grown coffee to protect desperately needed migratory bird habitats. Many "fair trade certified" coffees are shade-grown. In the U.S., locate a supplier near you on the TransFair.
- ♥ **Home Shade:** In hot areas, if you have west-facing windows use window tints, blinds, deciduous trees or trellises to help keep out heat from the summer sun. In general, you will lower your summer air-conditioning bill by planting trees and bushes along the west side of your home.
- ♥ **Paint Colors:** Paint your home a light color if you live in a warm climate and a dark color if you live in a cold climate.
- ♥ **Mulching:** Mulch your gardens to reduce water evaporation around your plants (this also reduces weeds and builds healthy soil).
- ♥ **Car Wash:** Take your car to a car wash that recycles water. If you wash it yourself, use a bucket and sponge and rinse sparingly.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**



HEALTHY SNACK'IN...



Nadia's Raspberry-Lemonade Ice Cubes

Ingredients

- 2 tablespoons sugar
- 1 cup water
- 1/3 cup lemonade
- 6 ounces fresh raspberries
- Mint sprigs

**Feel free to substitute other fruits/juices in this recipe.*

Directions

Dissolve sugar in warm water. Stir in lemonade. Divide fresh raspberries into an ice-cube tray. Place a sprig of mint in each cube. Add lemonade and freeze.



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

Surviving Summer Boredom with your Kids

Sometimes, especially with younger children, cries of boredom are really calls for companionship and attention—their friends may be away on vacation and without the structure of school they may find it difficult to keep occupied during long summer days. Prolonged intervals where the kids have nothing to do can be stressful for parents. When bored, children often become whiny, cranky and demanding.



5 EASY TIPS TO HELP PARENTS COMBAT SUMMER BOREDOM:

1. Put a weekly calendar together so as not to overwhelm yourself with planning entertainment for an entire summer, just take it one week at a time—day trips, arts and craft activities, play-dates, reading time, nature hikes, picnics, bike rides, a trip to the movie theatre etc.
2. Ask: "If you could do anything, what would you like to do?" Try and encourage your children to generate their own ideas for activities—they are more apt to have fun when they thought it up on their own!
3. Keep an "art box" handy full of supplies: scissors, fabric, felt, glue, paints and brushes, stickers, paper, markers, canvass, needle and thread, beads, yarn, picture magazines etc. They could even begin an entrepreneurial enterprise and sell their wares at the end of the summer.
4. Inspire them to play with water. Water is very calming and soothing for children and they can while away many hours playing and keeping cool. Get them to wash the car, hose off the deck, or run through a sprinkler. Take them to a community splash pad or pool, make musical instruments by filling different shaped glasses with varying amounts of water; fill a kiddie pool and bathe the dog, even wash the dishes and blow bubbles with the detergent!
5. For children too young to get a summer job and too old to be entertained by a craft box or a water "slip N slide", invite them to volunteer at the local hospital or animal shelter or start their own business by cutting the neighbor's lawn or washing windows. These types of endeavors instill qualities like compassion, kindness and a sense of work ethic in children.

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

JUNE 2011 SPECIAL DAYS

- 14th - Flag Day
- 19th - Father's Day
- 21st - First Day of Summer



Happy & safe summer to all of the students that are out of school for summer break!



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