

Nadia's E-News

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

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:

- ♥ Participate in cleanup days at a beach or park. Always use outdoor trash cans when possible and never litter.
- ♥ Set out all recycling of cans, bottles, paper, and plastic for neighborhood pickup, or exchange bottles and cans for cash at a recycling center.
- ♥ Instead of drinking from plastic water bottles, try drinking from a glass at home or carrying your water in a refillable steel container.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by-mail.

HULA FOR HEALTH



To keep on the path of being healthy during the upcoming holiday seasons, try hula hooping, jump roping, or just going outside for some plain old outdoor fun.

Win McNamee, Getty Images

Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News. During this holiday and cold season, it is important to wear enough clothing and wash our hands often to cut down on the spreading of germs. Have a happy & safe holiday season and be thankful for life, friends, and family!



Hey, don't forget to enter the monthly **coloring contest**. There's a prize awaiting all winners!

NEW!

Word Scramble

See next newsletter issue for answer.

BRVMOEEN

BIG NEWS!!!!

Okay, so Nadia Everheart is embracing the fall season just as most of you by doing a lot of indoor activities to include fun reading and making fall crafts - such as stamping with apple halves. It is very simple to do. Just cut an apple in half from top to bottom, apply fabric paint or ink to it, and then stamp it on just about anything like bags, book covers, or cards.



POETRY ON THE GO

Lazy Old Bump often sits on a log
Lazy Old Bump never trips and falls
Lazy Old Bump crawls backwards up walls
Because Lazy Old Bump's only 1 inch tall
Though Lazy Old Bump is small in size
Lazy Old Bump has 3 big eyes
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If you would like to submit an unpublished short poem for our upcoming newsletter, please do so at:
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Happy Reading!

From Editor, Tia Capers
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