



Nadia's E-News

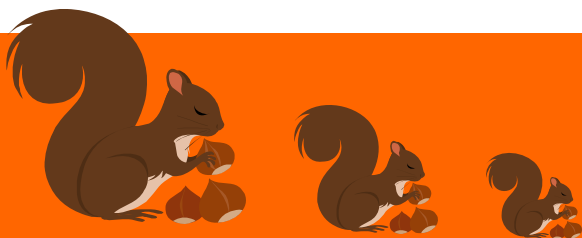
Nadia's E-News Archives - <http://www.nadiaeverheart.com/newsletters.html>

October 2011
Volume 2, Issue 10

In this issue:

Big News	Page 1
Word Scramble	Page 1
Healthy Snack'in	Page 2
Eco Tips	Page 2
Special Days	Page 2
The Perfect Gifts	Page 2
Fruit Facts	Page 2

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



BIG NEWS!!!! Okay, so Nadia Everheart, would like to see just how much her fans know about her. She is preparing to enter the 1st grade in book #2 and want to make sure that her friends have really gotten to know all about her. Below are some trivia questions for you to answer about Nadia. If you need a hint or two, please visit her website at:

http://www.nadiaeverheart.com/about_nadia.html

♥♥♥Nadia Trivia♥♥♥

1. How old is Nadia Everheart?
2. What city & state does Nadia live in?
3. What does Nadia like collecting?
4. What is Nadia's next door neighbor name?
5. Where is Nadia's favorite place to travel to?

GREAT JOB!



Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News. If you are participating in Halloween events, please remember the following to ensure safety:

1. Always trick or treat with a buddy or group of people and not alone.
2. Never, ever go into a stranger's house or even ring their doorbell for treats unless your parents give you permission to do so.
3. Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming.
4. Skip the houses that do have their porch lights on or are very dark.
5. Have an adult to inspect all goodies before you eat them.



Word Scramble:

See next issue for answer.

U K P I M N P

Hint: *An orange fruit*

August's answer:

LEAVES



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♥



HEALTHY SNACK'IN...



Eco-Friendly Tips:

- ♥ **Decorating Your Table:** Consider decorating with candles, items from nature, or seasonal fruit and vegetables in a bowl.
- ♥ **Trash Disposal:** Place all trash in the garbage, and all recyclables in proper bins/containers.
- ♥ **Eat Less Meat:** Feedlots are a major source of organic pollution. Tropical forest are cut to raise beef.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**

Happy Birthday

to everyone born in the month of October!



OCTOBER 2011 SPECIAL DAYS

- 10th – Columbus Day
- 16th – National Boss Day
- 24th – United Nation's Day
- 31st - Halloween

October 2011						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



Heart-Head Publishing
P.O. Box 1741
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From Editor, Tia Capers
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Nadia's Crispy-Nutty Treat

Ingredients

- 3 Tbsp. butter or margarine
- 1 pkg. (10 oz.) Marshmallows
- 6 cups crisp rice cereal
- 1 ½ cups Peanuts (or any nuts of choice)

Directions

MICROWAVE butter in large microwavable bowl on HIGH 45 sec. or until melted. **ADD** marshmallows and toss well. **MICROWAVE** 1 ½ min. or until marshmallows are melted. **ADD** cereal & nuts and mix well. **PRESS** onto bottom of 13x9-inch greased pan. Cool before cutting into squares or shapes using cookie cutters.



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

SNEAK PEEK

It's on the way..... Book #2 in the series of 5 *Nadia's Adventures* books is on the way! Stay tuned to pre-order your copy at our special discounted rate. In the meantime, be on the lookout for Nadia's Coloring/Activity book in time for the upcoming holiday season.

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

Is Tomato a Fruit or Vegetable?



"The term fruit has different meanings depending on context. In botany, a fruit is the ripened ovary—together with seeds—of a flowering plant. In many species, the fruit incorporates the ripened ovary and surrounding tissues. Fruits are the means by which flowering plants disseminate seeds. In cuisine, when discussing fruit as food, the term usually refers to just those plant fruits that are sweet and fleshy, examples of which include plum, apple and orange."

Answer: "To really figure out if a tomato is a fruit or vegetable, the big question to ask is, **DOES IT HAVE SEEDS?**"

If the answer is yes, then technically, you have a FRUIT. This, of course, makes your tomato a fruit. It also makes cucumbers, squash, green beans and walnuts all fruits as well. VEGETABLES such as, radishes, celery, carrots, and lettuce do NOT have seeds (that are part of what we eat) and so they are grouped as vegetables." By these definitions, a pumpkin is a fruit, botanically speaking. So are squash and zucchini.