

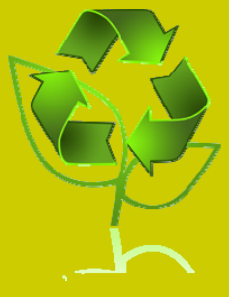


Nadia's E-News

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

September 2011	
Volume 2, Issue 9	
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A regular update on news and other interesting things exclusively for Nadia's friends ♥



BIG NEWS!!!! Okay, so Nadia Everheart is celebrating her first year anniversary of our **Nadia's E-News** newsletters!!! She is hopeful that all of her friends + fans have enjoyed receiving the monthly newsletters via e-mail and have been inspired by them to be creative, informed, and motivated to help save our planet Earth. If any of your friends/family members would like to receive the newsletters as well, please have them e-mail:



Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News for an entire year now! We have so many more interesting and informative ideas we'd like to continue sharing with you so we encourage you to stay tuned and visit our website often.

Thanks for your support!

Word Scramble:

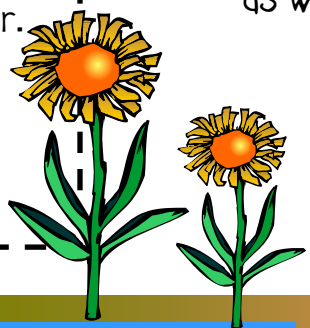
See next issue for answer.

ESALEV

Hint: *Parts of a Tree*

August's answer:

SCHOOL



nadia@nadiaeverheart.com

HAPPY READING!



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:

- ♥ When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water.
- ♥ Adjust sprinklers so only your lawn is watered and not the house, sidewalk, or street.
- ♥ Wash your fruits and vegetables in a pan of water instead of running water from the tap.
- ♥ Use a broom instead of a hose to clean your driveway/sidewalk and save water every time.
- ♥ 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 Mango Salsa

Ingredients

- 2 cups chopped mangoes (2 mangoes)
- 1 cup chopped red bell pepper
- 1 cup chopped tomato
- 2/3 cup chopped green onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons olive oil

Directions

1. Mix ingredients together in large bowl.
 2. Refrigerate for at least 30 minutes to an hour to allow flavors to mellow.
 3. Before serving, give salsa a quick stir.
- May be stored in a sealed container for several days.



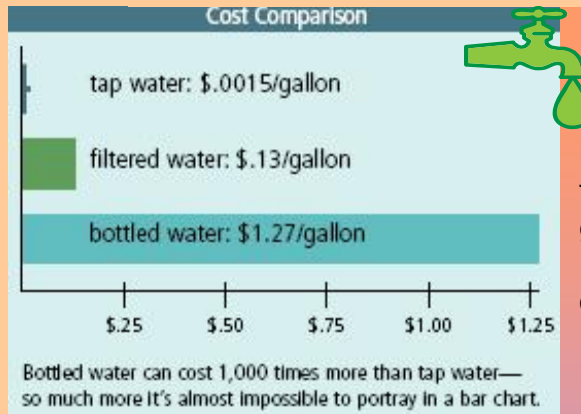
If you would like to submit an un-published short poem or a healthy recipe for our upcoming newsletter, please do so at: nadia@nadiaeverheart.com

How Safe is Our Drinking Water?

Many people think bottled water is safer than tap water. There is no such guarantee. The Environmental Protection Agency (EPA) has strict water quality standards for tap water, but the EPA does not oversee bottled water. Bottled water sold across state lines is regulated by the Food and Drug Administration (FDA).

The FDA interprets EPA clean drinking water regulations and applies them selectively to bottled water. While the FDA requires water sources to be "inspected, sampled, analyzed and approved," it only has one inspector so the industry does the inspecting. Nor do the FDA regulations prevent bottling companies from drawing water next to industrial sites, underground storage tanks, or dumps.

Look at the bottled water labels on your local grocery shelves. Do they say where the water comes from? If so, see what you can find out about the environmental quality of the water and the environmental impacts of the pumping.



Happy Birthday to everyone born in the month of September!



SEPTEMBER 2011 SPECIAL DAYS

- 5th Labor Day
- 21st International Day of Peace
- 23rd Fall begins
- 24th Selichot
- 24th Family Health & Fitness Day
- 28th Rosh Hashana
- 29th Rosh Hashana
- 30th Rosh Hashana

Fall

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

September 2011						
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