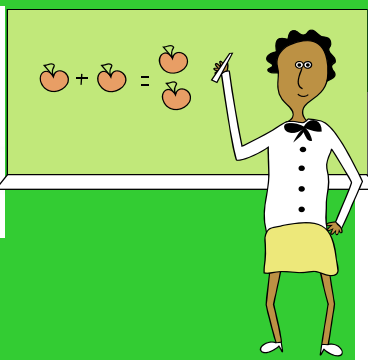




# Nadia's E-News

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

<b>August 2011</b>	
<b>Volume 2, Issue 8</b>	
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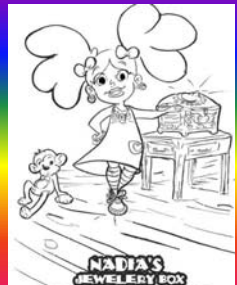
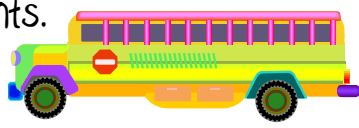
*A regular update on news and other interesting things exclusively for Nadia's friends ♥*

**BIG NEWS!!!!** Okay, so Nadia Everheart, is preparing to head back to school like most of you. In doing so, she has been very busy doing a lot of school shopping for new clothes, school supplies, and her favorite lunch box items. This summer has been very adventurous and exciting, while meeting new friends and visiting interesting places. Now that it is almost time to go back to school, Nadia has to be sure that she has completed her summer reading assignment, like some of you. It is going to be a blast going back to school and sharing fun-filled stories of summer events.

Hello Boys & Girls!  
 Thanks for taking time out of your busy schedules to read Nadia's E-News. Hopefully, you all had a fun-filled and safe summer break and are now preparing for the upcoming school year. As you return to school, remember that, "a mind is a terrible thing to waste" - 1972 UNCF



**Word Scramble:**  
 See next issue for answer.  
**O C L S H O**  
 Hint: Learning Center  
 July's answer:  
**PICNIC**



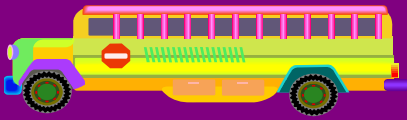
Hey, don't forget to enter the monthly coloring contest. There's a prize awaiting all winners! Visit us on the web [www.nadiaeverheart.com](http://www.nadiaeverheart.com) for details and more fun activities.



## Go Green with Nadia♥♥♥

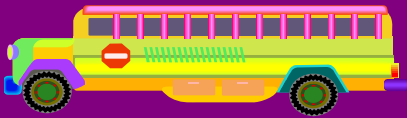
Did you know that the pages of Nadia's books are made from recycled paper?

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



## Eco-Friendly Tips:

- ♥ Recycle & reuse school supplies from previous school year, if possible instead of replacing them.
- ♥ Buy school supplies made from recycled materials.
- ♥ Walk or ride your bike to school, if possible; or try carpooling with another family when possible.
- ♥ Pack your lunch in disposable containers that can be washed and reused, when possible.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**



## AUGUST 2011 SPECIAL DAYS

7<sup>th</sup> - Friendship Day  
Back to School!!!

August 2011						
S	M	T	W	T	F	S
	1	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



Happy Birthday to everyone born in the month of August!



Heart-Head Publishing  
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# HEALTHY SNACK'IN...



## Nadia's PB&J Sandwich Rolls

### Ingredients

- 2 or 3 slices of whole wheat bread w/trimmed edges
- Peanut butter
- Jelly/Jam (your choice of flavor)
- Rolling pin



### Directions

Flatten bread slices with rolling pin. Spread peanut butter on bread slice. Spread jelly/jam on top of peanut butter. Leave a thin area on one edge of bread slice uncovered. Roll bread as tight as possible, cut into 1-inch slices and serve. Repeat for additional bread slices.

**\* PB&J can be substituted for any other sandwich items and spreads that you'd like.**

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)

## 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)

## K-5 Basic School Supplies List:

- ♥ Paper
- ♥ Pencils
- ♥ Erasers
- ♥ Scissors
- ♥ Crayons
- ♥ Markers
- ♥ Highlighters
- ♥ Rulers
- ♥ Index cards
- ♥ Folders
- ♥ Glue sticks
- ♥ Hand sanitizer



## List of Stores for Great Deals on School Supplies:

- ♥ Target
- ♥ Wal-Mart
- ♥ Staples
- ♥ Office Depot
- ♥ Office Max
- ♥ Dollar Tree



*Friends, Don't forget to check your local listings for more stores and coupons for additional savings.*