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# Nadia's E-News

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

**BIG NEWS!!!!** Okay, so Nadia Everheart enjoys the opportunity to celebrate L♥VE... and her Birthday in the month of February. Be sure to visit our website to print and color Nadia's Birthday coloring sheet below. Enjoy!



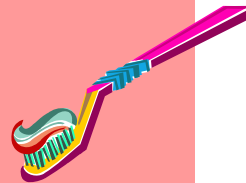
*Roses are red, violets are blue,  
Nadia loves her family,  
And Nadia loves you too!*



**Hello Boys & Girls!**

Thanks for taking time out of your busy schedules to read Nadia's E-News. During this historical month for all Americans, let us remember the struggles of those heroes before us and appreciate their passion for justice and equality for all.

Also, remember that February is **Dental Health Month** so brush & floss daily...



**Word Scramble:**

See next issue for answer.

**SYTHROI**

January's answer:

**SNOWMAN**



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:

- ♥ **Replace disposable products with reusable ones** like, razors, food storage, batteries, ink cartridges, coffee filters, furnace or air conditioner filters, etc.).
- ♥ **Borrow From Friends:** If you only need something temporarily, ask a friend or neighbor to loan it to you.
- ♥ **Share with Friends:** Share books, magazines, movies, games, and newspapers between friends and neighbors so that you don't always have to buy them.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**

## CALLING ALL WRITERS...

If you are a writer of any genre and would like help with getting your work from your heart-n-head and into the hands of readers world-wide, please visit our website: [www.heartheadpublishing.com](http://www.heartheadpublishing.com) to get started today.



Thanks,  
Tia Capers

## February 2011 Holidays:

- 2<sup>nd</sup> – Ground Hog's Day
- 3<sup>rd</sup> – Chinese New Year (Rabbit)
- 6<sup>th</sup> – Super Bowl Sunday
- 12<sup>th</sup> – Nadia Everheart's Birthday
- 12<sup>th</sup> – Abraham Lincoln's Birthday
- 14<sup>th</sup> – Valentine's Day
- 21<sup>st</sup> – President's Day
- \* **Black History Month**
- \* **Dental Health Month**

## HEALTHY SNACK'IN...

### Nadia's Strawberry-Kiwi Applesauce

#### Ingredients

- 4 apples – peeled, cored, chopped
- 8-10 strawberries
- 1 kiwi – peeled, sliced
- ¾ cup water
- ¼ cup granulated sugar
- 2 teaspoons cinnamon

**\*\*\*Note – any fruit of choice can be used in this recipe.**

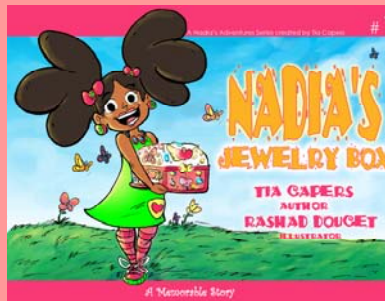
#### Directions

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 10 to 15 minutes, add kiwi and strawberries and cook for another 5 minutes or until fruit is soft. Allow to cool, then mash with a fork or potato masher.

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)

# Great book for toddlers to age 10

## Happy Reading!

From Editor, Tia Capers  
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## Strawberries & Chocolate

Ever wondered why some strawberries are super sweet, while others not so much or why some chocolates taste creamier than others? It's all to do with the same thing that makes each human being different - the genes.

Now, scientists believe they have unlocked the code that will take them one step closer to even more delicious versions of not only these two treats, but others as well.

The two separate studies conducted by a team from 38 organizations from all over the world, was led by scientists from France's CIRAD, an organization that tackles agricultural issues. Their mission is to not only create tastier produce, but also, one that is healthier and more resilient to disease.

By M. Dolasia 2011



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