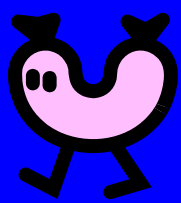




Nadia's E-News

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

July 2011	
Volume 2, Issue 7	
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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 busy making plans for the best-ever tie-dye T-shirt to keep cool in the summer's heat. Give it a try and Have Fun!



Materials

- 100-percent-cotton T-shirt
- Rubber bands
- Buckets or dish tubs (4-quart minimum)
- 2 or more colors of fabric dye
- Salt (1 cup per dye bath)
- Rubber bands and marbles and/or coins
- Spray bottles and plastic squeeze bottles
- Sealable plastic bags
- Latex gloves

Instructions

- Tie It**
Lay the shirt on a flat surface and decide where you want your design center to be. Pinch this up and fasten it tightly with a rubber band one inch from the top.
- Continue fastening the shirt with rubber bands in 2- to 3-inch sections.
- Dye It**
Fill 4-quart buckets with your prepared dye baths. If you want to use just one color, dunk your whole shirt into that bucket and let it soak for 5 minutes. If you want a multicolored design, dunk the chosen sections of the shirt in the dye and hold it there for 3 to 5 minutes. The longer it soaks, the more vibrant the results. Hang dry.



Hello Boys & Girls!

Thanks for taking time out of your busy schedules to read Nadia's E-News. Summertime is a time to have fun, stay cool, and relax as often as possible. Let's celebrate freedom this season and take a moment to enjoy time with family & friends.



Word Scramble:

See next issue for answer.

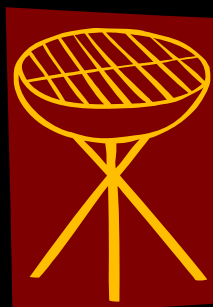
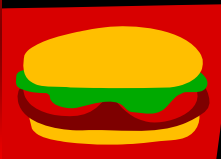
C P C I N I

Hint: Outdoor Eating
June's answer:

S U M M E R



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:

- ♥ **Water Consumption:** Each time you turn on a water faucet use the lowest pressure necessary. Keep the water turned on only while it is needed. For drinking water, keep a pitcher in your refrigerator so you don't have to let water run to cool.
- ♥ **Low Flow Toilets:** One of the best ways to avoid wasting water is to switch to low flow or dual flush toilets.
- ♥ **Showers:** Replace existing shower heads with the lowest flow product you can find. Shower heads with a mist setting let you reduce water flow even further. Shower instead of taking a bath. Time your showers - try to keep them to 5 minutes. If taking a bath, limit how high you fill the tub.
- ♥ **Full Loads:** Always run full loads of laundry and dishes. Choose the short cycle at low water levels whenever possible. Set the clothing washer at the lowest possible temperature needed and for single rinse only. If you buy a new appliance, switch to a water-conserving model.
- ♥ **Dish Washing:** Use your dishwasher and don't rinse dishes beforehand.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**

JULY 2011 SPECIAL DAYS

4th - Independence Day
24th Parent's Day



Happy & safe summer to all of the students that are out of school on summer break!



Heart-Head Publishing
P.O. Box 1741
Huntersville, NC 28070
(704) 728-7050



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tia@hearheadpublishing.com
www.nadiaeverheart.com

HEALTHY SNACK'IN...

Nadia's Easy Bar-b- Que Sauce

Ingredients

- Salt and pepper
- 1 teaspoon paprika
- 1 tablespoon dry mustard
- 2 juiced lemons
- ¼ cup red wine vinegar
- 2 tablespoons Worcestershire sauce
- ¼ packed brown sugar
- 1 cup water
- 2 cups bottle chili sauce
- 2 tablespoons of vegetable oil (optional)



Directions

Mix all ingredients together. Heat sauce in microwave or on stovetop. Spoon over grilled meat and serve. Makes 4 cups.



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

Grilling has become one of the greatest methods to satisfy the crowd's desire for excellent meals. Having a proper grill, and necessary abilities are said to be the main components of grilling ideas. Grilling ideas are very important if an individual wants to accomplish maximum grilling potential.



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

TOP 4 GRILLING TIPS:

FIRST TIP: Lighting the charcoal. Pile the coal pieces, light them, and then leave them to burn for around 20 min. Then you should distribute them out enabling you to develop a great cooking base.

SECOND TIP: Direct grilling is an essential idea to maximize charcoal grilling. Depending on the item you are grilling you may want to direct grill, which is when you place the item right over the top of the charcoal. Some items require indirect grilling, this is where the charcoal will be on the base of the left side of the grill and the food you are grilling is on the right side.

THIRD TIP: Includes grilling time and best grilling temperature. This is really a talent obtained over many years of trial and error. Most meats when you buy them will have instructions on the package with grilling times on it. You can use this as a guide but you will really learn as you go. A meat thermometer is a good tool so that you can see what the temperature of the center of the meat is without cutting it open and losing the juices.

FOURTH TIP: Heat adjustment is an additional important part of charcoal grilling. If you add your grilling items to the cooking rack and see they are cooking too fast, just raise the rack. If your rack isn't adjustable you can either move some of the charcoal to the side or spray a little water on the charcoal to cool it down just a little.