



# Nadia's E-News

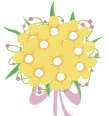
Nadia's E-News Archives - <http://www.nadiaeverheart.com/newsletters.html>

<b>May 2011</b>	
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*A regular update on news and other interesting things exclusively for Nadia's friends ♥*



**BIG NEWS!!!!** Okay, so Nadia Everhe♥rt is taking time to reflect on people in the world who are very special and who do so much for others. Some of those people include: mothers, grandmothers, children, leaders, teachers, and the US Military, to name a few.

Because they make time to care, share, teach, and protect others, they deserve a great, BIG, **'THANK YOU!'** 

Nadia encourages everyone to show appreciation for others on **TODAY**, for tomorrow is not promised.

**Hello Boys & Girls!**  
 Thanks for taking time out of your busy schedules to read Nadia's E-News. During this month, take a moment to think about people other than yourselves who deserve a big thanks! Also, if possible, take a moment to find a way to assist those impacted by recent storm disasters. 



**Word Scramble:**  
 See next issue for answer.

**ROHEMT**  
 Hint: Mom  
 April's answer:  
**SUNSHINE**



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:

- ♥ **Walk or take your bike** instead of getting a ride in a car, the next time you travel to school or a friend's house. Make sure you have a safe route to travel, and get your parents' permission first.
- ♥ **Save water** that wildlife also needs by turning off the faucet when brushing your teeth or washing dishes. You can also take shorter showers. Try washing dishes with water in the sink, instead of letting the water run.
- ♥ **Put trash into garbage cans** because litter makes parks and roads look bad, and it can be harmful to wildlife. Animals may eat plastic or paper that smells like food, and get sick as a result. Trash can also end up in rivers and streams, which is bad for fish and other animals that live in the water.
- ♥ **Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.**

## MAY 2011 SPECIAL DAYS

- 1<sup>st</sup> - May Day
- 2<sup>nd</sup> - Yom Hashoah
- 3<sup>rd</sup> - National Teacher Day
- 5<sup>th</sup> - Children's Day
- 5<sup>th</sup> - Cinco de Mayo
- 8<sup>th</sup> - Mother's Day
- 21<sup>st</sup> - Armed Forces Day
- 30<sup>th</sup> - Memorial Day



# HEALTHY SNACK'N...



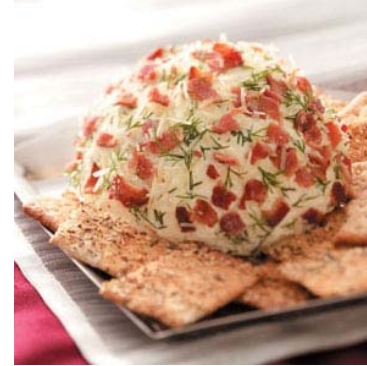
## Nadia's Tasty Cheeseball

### Ingredients

- 2 packages (8 ounces each) cream cheese, softened
- 1/2 cup crumbled feta cheese
- 2 teaspoons ranch salad dressing mix
- 1/4 cup shredded Parmesan cheese
- 1/4 cup crumbled turkey or ham lunchmeat
- 1/2 teaspoon dill weed
- Assorted crackers

### Directions

In a bowl, beat cream cheese until fluffy. Add feta cheese and dressing mix; mix well. Shape into a ball. Combine the Parmesan cheese, lunchmeat and dill weed; roll cheese ball in Parmesan mixture. Wrap tightly in plastic wrap. Refrigerate for at least 1 hour or until firm. Serve with crackers.



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)



## Disaster Relief Agencies need Your Help!

You can get involved today by:

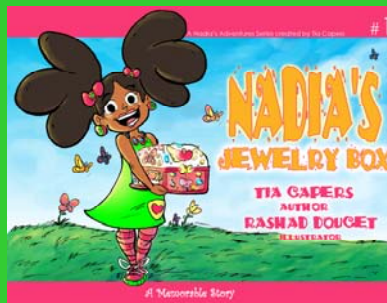
- DONATING CASH
- VOLUNTEERING
- DONATING GOODS

Agencies that can provide assistance:  
FEMA  
THE AMERICAN RED CROSS  
THE SALVATION ARMY

As early as possible, families should get prepared for a hurricane, tornado, flood, earthquake, wildfire, or any other natural disaster. Below are things you can do today:

- Update your emergency kit
- Help your community prepare for emergencies
- First responders: get prepared with all-hazards training
- Property owners and renters should fully explore their insurance needs and obtain adequate coverage before a disaster strikes.

## 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)

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