“Nine tenths of education is encouragement.” Anatole France

Happy Grandparents Day ♥ Sunday, September 13th

Welcome back students and faculty for the fall semester

This was the first summer in quite awhile that our classrooms remained open. While we had many children stay with us over the summer, we have many new children starting this fall. We are looking forward to getting to know you and your families! Also this month, three ECE Interns will be joining us from SUNY Canton: Ms. Laura (T1), Ms. Molly (T2) and Ms. Morgan (PS3) as well as Music Interns from the Crane School in the following classrooms: Toddler 1 and 2, Progressive, Preschool 3 and 4.

Please note:

We will be open on Columbus Day this year. Our Staff Development Day was moved from October to November. Please arrange for alternate childcare on Wednesday, November 25th.

Mediterranean Summer Vegetables

By Laura Dolson at www.lowcarbdiets.about.com

1/4 cup olive oil
1 small onion, chopped (about 1/4 lb.)
1 lb. eggplant, any variety, chopped into cubes
1 large green or red bell pepper, chopped
1/2 lb. zucchini, chopped or sliced
3 cloves garlic, pressed, grated, or minced
3/4 lb. tomatoes, fresh or canned and drained
1/4 to 1/3 cup dry white wine, or can substitute vegetable or chicken broth
Salt and pepper
1 or 2 drops hot sauce, if desired
1/2 cup fresh chopped basil, or 1 T dried (but please get fresh if you can, it's a lot better)

1. Heat oil in pan with onion. When onion is sizzling well, add eggplant and cook for 4 to 5 minutes. Sprinkle salt over all. Then add peppers, cook for 2 to 3 minutes, add zucchini, and cook for 2 to 3 minutes.

2. Push the vegetables out to the edges of the pan and cook the garlic in the center (you may need to add a bit more oil) for 30 to 60 seconds until fragrant.

3. Dump the tomatoes in and stir to release juice (again, this keeps everything from sticking). Add the rest of the wine or broth and dried basil if you’re using it. Cook until tomatoes are fairly well broken-down. The eggplant should be pretty mushy.

4. Add black pepper and hot sauce, if you’re using it. (Only a drop of hot sauce; you just want it to "perk up" the flavors, not be spicy.)

5. Taste and adjust seasonings. If tomato and wine are too acidic, or the flavors don’t seem to be blending nicely, add a very small amount of sweetener -- no more than 1 teaspoon worth. You’ll be amazed how this can change the whole dish.

6. Mix in the fresh basil, and take off heat.

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