



The CDL got a new look for the new year! We now have a Parent/Guardian Board that is shown in the picture. You will find illness and upcoming event information as well as teachers who are absent.



Ms. Melissa, administrative assistant, and Ms. Connie, office manager, smile to show how much they enjoy working in their new space. As Ms. Connie states enthusiastically, "we just LOVE our new offices!"



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## Up Coming Dates

Wednesday Feb. 8<sup>th</sup>- CDL III Meeting

Friday Feb. 10<sup>th</sup>- Friendship Party 4-5:30pm

Tuesday Feb. 14<sup>th</sup>- Valentine's Day

Wednesday Feb. 15<sup>th</sup>- Scholastic book orders due

Wednesday Feb. 22<sup>nd</sup>- CDL III Meeting

## What is the CDL III?

Some of you may be wondering, "what is the CDL III? I keep getting emails and letters sent home about 'come to the CDL III meetings', but I don't even know what it is!?" Well now is your time to get that question answered.

The CDL III is an organization lead by those who know the children best, parents! CDL III organizes and decides on upcoming events that the center will host. There is a lot that goes into the planning of the large events that the CDL III puts on.

Upcoming meetings will include extensive planning for the centers "Literacy Night" and coordination of community members to come read to the classroom for the entire month of March. As for the month of April, CDL III will help with the development of the center wide annual Art Show.

The CDL III is a great way to get involved with your child's daycare, meet new people who are members of the CDL family, and help generate fun activities for all the children here at the CDL.

## Healthy Recipe

It is our goal to provide each family with one healthy recipe a newsletter. Featured this month is a pasta dish called Sloppy Joe Manicotti provided by Rachel Ray's yum-o organization. Yum-O is a non-profit organization and its goal is to empower kids and their families to develop healthy relationships with food and cooking by teaching families to cook, feeding hungry kids and fund cooking education and scholarships.

Check out more healthy recipes and more about the organization at [www.yum-o.org](http://www.yum-o.org)

### INGREDIENTS:

- 1 12-piece package manicotti shells
- 1 tablespoon extra virgin olive oil (EVOO)
- 1 small onion, finely chopped
- 3/4 pound lean ground beef
- 1 can tomato sauce (28 ounces), divided
- 1 tablespoon brown sugar
- 2 tablespoons Worcestershire sauce
- Salt
- 1 cup shredded cheddar cheese

### Healthy Cooking Tip:

Make sure you wash your hands thoroughly before you start working with food, directly afterwards and after touching raw meat.

“One cannot think well, love well, sleep well, if one has not dined well.” Virginia Woolf



## Sloppy Joe Manicotti

### DIRECTIONS:

1. In a large pot of boiling, salted water, cook the pasta until al dente, about 8 minutes. Drain and rinse with cold water.
2. Meanwhile, in a large skillet, heat the EVOO over medium heat. Add the onion and cook until softened, about 5 minutes.
3. Add the beef and brown it, breaking it up as it cooks, about 5 minutes. Stir in 2 cups of the tomato sauce, the brown sugar and the Worcestershire sauce and simmer for 5 minutes. Let cool slightly.
4. Drizzle a 9-inch x 13-inch casserole dish with 1/4 cup of the remaining tomato sauce. Stuff each manicotti shell with 1/4 cup of the meat mixture and place them side by side in the casserole dish.
5. Spoon the remaining tomato sauce over the manicotti and top with the cheese. Bake until golden and bubbly, about 15 minutes.

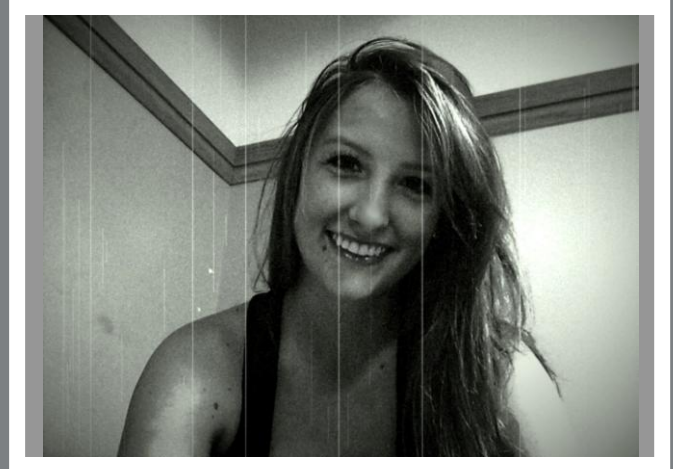
## Heather Lamb

"Hello to all! I'm very pleased and thankful to say that I will be taking the lead teacher position in room 124, in the start of our new year. I am super excited to get to know each child and their family as we get our year started.

For starters, I would like to share a few things about myself. I have worked with children for the last 7 years. This February, I am excited to say I have worked for the CDL for 1 year and have enjoyed every moment. ☺ It is truly a wonderful experience and opportunity. I am delighted to grow and continue as an employee at the CDL for many years to come. I have proudly received my Child Development Associates Credential for Infant/Toddler and Preschool, along with my Kentucky Directors Credential. A CDA credential allows us, as teachers, to learn what is developmentally appropriate for your child at different ages. It enables us to help your child learn and grow. ☺

I am also a wife, and a mother of 2 beautiful little girls and 2 great step children. They are very precious and dear to me. My whole world! As a family, we are very active in a local church. In our free time we enjoy movie night and game night with each other. I look forward to my new journey as a lead teacher as well as to be with each and every child here at the CDL!"

*Heather Lamb- Lead Teacher*



## Nicole Childress

"Hi friends and family of the CDL! I am a senior Nursing major; this makes my fourth year here at the CDL! I have loved every minute of it and I am so thankful that I have been given the opportunity to be around each child that attends here. After graduation I plan to become a nurse; however, I am undecided what field of nursing I want to practice in because I have loved every specialty I have been exposed to.

I have previously worked in both of the infant rooms, but my new position at the CDL, being an "administrative student assistant," I have had the chance to work in all the classrooms. I now work primarily with the labor students and developing learning opportunities for them during our meetings, teach proper hand washing in the classrooms with the "Germ Glo," and the editor and chief of the CDL Newsletter. The CDL III is something that I have recently become a member of because I wanted to be more involved in the activities that take place in the center.

I hope this newsletter is found to be informative and fun to read! It is our mission to provide families with as much information as possible and well as offer a recipe to promote healthy living!"

*Nicole Childress- Editor and chief*

"The most important things in life are your friends, family, health, good humor and a positive attitude towards life. If you have these then you have everything!"

- Author Unknown