

CASS CRIER



CASS NEWS

CASS will be closed on Monday, September 5th in observance of Labor Day, so timecards need to be submitted by end of business on Friday, 9/2.



CONGRATS!

To "former" CASS field employee,
Hannah Kruk
on her permanent hire with one of our clients!



August is the National Picnic Month and August 16th is National Tell a Joke Day!

THIS N THAT

Did You Know?



Most people take their vacations in August.

The bugs are nosier and more numerous in August and the birds start planning to fly south.



Ways to Stay Cool in August

- 1) *Eat smaller meals and more often.*
- 2) *Stay well hydrated.*
- 3) *Wear lightweight and light-colored clothing.*
- 4) *Eat spicy food.*
- 5) *Place a wet towel around your neck or down your back.*
- 6) *Don't use the oven.*
- 7) *Keep a spray bottle of water handy to mist your face and neck.*
- 8) *Get fit and stay fit year round to help your body better deal with temperature.*

RECIPE

Three-Bean Salad



- 1/4 cup mild vinegar
- 1/2 cup olive oil
- 1/4 teaspoon dry mustard
- salt and pepper, to taste
- 1/2 pound fresh green beans, cut into pieces
- 1/2 pound fresh wax beans, cut into pieces
- 1 can (16 ounces) red kidney beans
- 1 small red onion, diced
- 1 large red or green bell pepper, cored and diced
- 1/4 cup chopped parsley

In a large mixing bowl, whisk together the vinegar, olive oil, mustard, salt, and pepper.

Cook the fresh beans in a small amount of salted water, just until crisp-tender, about 5 minutes. Drain and rinse the kidney beans.

Toss the hot beans, the drained beans, and the onion, pepper, and parsley with the dressing. Add salt, if necessary. Chill, covered, to let the flavors combine.