

December 2011

**\*CASS NEWS\***



**CONGRATS!**  
 To "former" CASS Field Employees,  
*Rachel Taker, Lisa Cunningham, Karen Mondor, & Kathryn Hickson,*  
 on their permanent hires with our Clients!

Please fill your timecard in completely, including dates, and signatures.



December is Bingo Month &  
 December 7<sup>th</sup> is Pearl Harbor Remembrance Day!

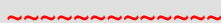


**\*THIS N THAT\***

*Did you know?*

**Christmas was declared a national holiday in 1870.**

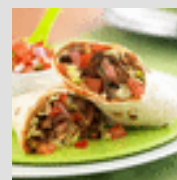
**More than one million lights decorate the landmark Fort Myers winter estates of Thomas Edison and Henry Ford during the holiday season!**



**JOB SEARCH TIPS FOR THE MONTH:**

1. Use your personal network; let people know what opportunities you are looking for.
2. Tailor your résumé for each job you apply for, and make sure the spelling and grammar is flawless.
3. Use any time between jobs productively to develop new skills.
4. Develop your interview skills—use positive language, good eye contact, open body language, and show your enthusiasm.
5. Spend time preparing answers to questions that you can reasonably expect to be asked in an interview.
6. Stay positive—looking for a new job can be a long process and a positive attitude goes a long way!!

**\*RECIPE\***



**Healthy Recipe**

**Bean Burrito**

This is a quick, easy, nutritious recipe to prepare—prep and cooking time is 30 minutes.

- ½ onion sliced
- 1 package mushroom (shitake—boost immune system) sliced
- 1 green pepper sliced

Stir fry together with a little oil (grape seed oil) until browned.

- 1 can black beans ( with no additives—check for high fructose corn syrup)
- 1 can kidney beans
- ½ fresh lemon
- 1 clove garlic

Stir fry together

Cut up ½ avocado and 1 small tomato. Place beans on an Ezekiel wrap or whole grain wrap. Add vegetables and top with avocado and tomato (or salsa if you prefer). Quick, easy, and nutritious!

***Have a happy and safe holiday season!!***