

CASS Crier

~ July 2010 ~

Cass News



To "former" CASS field employees,
Elizabeth Henry,
Charlotte Perkins,
Joann King, &
Barbara Nevins
on their permanent hires with one of our clients!

Reminder!



If you are requesting time off from work this summer, please let CASS know!



"Hot July brings cooling showers,
Apricots and gillyflowers."
- Sara Coleridge, *Pretty Lessons in Verse*

This N That

Too much sun? To ease a sunburn, here are a few home remedies:



- For a mild sunburn, apply cider vinegar, witch hazel, or cold peppermint tea.

- Bathe a sunburned face in buttermilk. It's great for the complexion, too.

- Add some black or green tea to your bathwater to soothe sunburned skin. Or pat sunburned skin with wet tea bags.

- Wear a hat!

Did You Know?

Water Lily is the flower of July and the Ruby is the gem.

Recipe

Corn on the Cob with Chili and Lime



- * 4 ears sweet corn, shucked and cleaned
- * 1 lime, wedges
- * 1/2 stick butter, cut into pats
- * Chili powder, for sprinkling
- * Salt

Directions

Simmer corn 6 to 8 minutes in water.

Drain and arrange the ears on a shallow plate in a single row.

Squeeze all of the ears liberally with lime juice.

Nest pats of butter into paper towels, or in a slice of bread and rub lime-doused hot corn with butter.

Season ears with a sprinkle of chili powder and salt, to taste.

ENJOY!