

# The CASS Crier

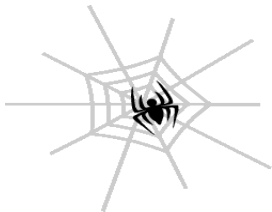
## October '09



CASS News!

## Don't Forget!

If you need to miss scheduled work hours for ANY reason, CASS, as well as the client, needs to be contacted as soon as possible.



### CONGRATULATIONS

To our "former" CASS Field Employees, Erin Driscoll and Monica Fortin on their permanent hires with our clients!

### This N That

#### How to Make a Bad Impression On an Interview

Here are a few things NOT to consider doing on a job interview.

**Call in sick.** On a day of an interview if you call in sick, you can be rest assured, they won't be seeing you again. Enough said here.

**Arrive too early.** Being early is fine but hanging out for 30 minutes makes you look and seem desperate. Grab a bite or coffee if you arrive too early; you should not be more than 15 minutes early for an interview.

**Arrive late.** Being late shows a lack of character and consideration. It shows laziness, bottom line. Someone who is a procrastinator is late, someone who can't "get it together" is late. There really are no excuses unless a train stalls or your car gets stuck. Call the interviewee and explain to them the situation.

**Show up with a piercing or a tattoo that is visible.** Piercing and/or a tattoo at an interview is tacky. Sure you can be who you are, but save it for after the interview - also it's tacky on the job as well.

**Do not under dress.** DO your homework. This is really a no brainer. No leather pants or jeans or mini skirts, laced up stockings, or cowboys - ok???

**No eye contact.** Looking at someone as they speak to you or with you is very important; it says, "I am paying attention". Try not to have your eyes roll around the room or look up or down. Remain calm and cool and look at your interviewee.

**A bad hand shaker.** Either you shake a hand like a dead fish or you clench it so hard it leaves the other person aching to let go.

**Walking in with a hang over.** Someone who isn't feeling well, compared to a hang over is Lucid. It's in the eyes, the way they walk, and it's on the breath. SO be smart the night before, stay home, rest and get a good night's sleep, take pride in it.

### Recipe

#### Roasted Pumpkin Seeds

1 ½ cups raw whole pumpkin seeds  
2 teaspoons butter, melted  
Pinch of salt

Preheat oven to 300 degrees F (150 degrees C).

Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.



# Happy Halloween!!