

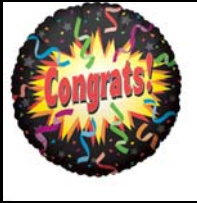


# CASS

## Capital Area Staffing Solutions, Inc.

*October 2011*

### ***\*CASS NEWS\****



**CONGRATS!**  
To "former" CASS Field Employee, *Kim Rivera* on her permanent hire with one of our clients!

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



October is Computer Learning Month!  
&  
October 16th is National Bosses Day!



### ***\*THIS N THAT\****

#### **Did You Know?**

The name *Halloween* (originally spelled *Hallowe'en*) is a contraction of *All Hallows Even*, meaning the day before All Hallows Day (better known as All Saints Day), a Catholic holiday commemorating Christian saints and martyrs observed since the early Middle Ages on November 1.



#### **JOB SEARCH TIP FOR THE MONTH**

**It is critical that your resume and interview preparation are stellar** and highlight your strengths, results and accomplishments. Use the online tools and in-person services provided by Career Services.

**Emphasize content-specific knowledge AND transferable skills** - employers are looking for people who can make an immediate contribution; skills such as communication, problem-solving and analysis are always in demand but your knowledge-based skills might distinguish you from other candidates and be interpreted as a way to make an immediate contribution.

### ***\*RECIPE\****



#### **Slow Cooked Chili**

- 2 lb. ground beef, brown and remove grease
- 1 1/2 C. chopped onion
- 1 C. chopped green pepper
- 2 garlic cloves finely minced
- 1 28 oz. can stewed or diced tomatoes, undrained
- 2 16 oz. cans kidney beans, 1 light, 1 dark, undrained
- 2 tsp. salt
- 1 tsp. black pepper
- 1 tsp. cumin

2 Tbs. chili powder

*After ground beef is prepared and drained, add all other ingredients and simmer for 7-10 hours in crock-pot. If too spicy, add a sprinkle of cinnamon.*