

# The CASS Crier!

September '09



CASS News!!

This N That

Recipe!



**CONGRATULATIONS**  
To our "former" CASS  
Field Employee,  
*Miranda Hubley*  
On her permanent hire  
with our client!

## Cold & Flu Prevention

**The best way to prevent getting the flu is to get vaccinated.**

Along with your vaccination, the following tips will help keep you healthy this flu season:

**Wash your hands thoroughly with soap and warm water.** Washing your hands often will help protect you from flu germs.

**Control your stress level.** Prolonged stress levels can affect your immune system. To manage your stress, find balance between work, exercise, and personal time.

**Get lots of rest.** Make sure you are rested. Sleep deprivation may slow your ability to stay alert and make you vulnerable to the flu and other viruses.

**Cover your mouth and nose when coughing or sneezing.** Use a tissue to help prevent passing the germs to those around you.

**Avoid touching your eyes, nose or mouth.** You can infect yourself by unknowingly touching something with flu germs and then touching your eyes, nose, or mouth.

**Avoid direct contact with people who are sick.** You'll also want to keep your distance from others if you are sick.

## *Ravioli-Vegetable Stacks*

1 lb. frozen sausage-or meat-filled ravioli

2 small zucchini

4 plum tomatoes, thinly sliced

3 Tbsp. olive oil

1/2 cup small fresh basil leaves

1 8-oz. pkg. shredded Italian-blend cheese (2 cups)

Fresh basil (optional)

Preheat oven to 425 degrees F. Cook ravioli according to package directions. Trim and lengthwise slice zucchini. Add zucchini to ravioli during the last 3 minutes of cooking time. Drain, but do not rinse.

In 2-quart square baking dish layer half the tomato slices. Drizzle 1 tablespoon of the oil. Sprinkle half the basil. Using tongs, layer half the ravioli and sprinkle half the cheese. Layer zucchini slices; drizzle 1 tablespoon oil. Layer remaining ravioli, basil, cheese, and tomato; drizzle remaining oil. Season with salt and ground black pepper.

Bake, uncovered, 9 to 10 minutes or until cheese is melted and begins to brown. To serve, cut in squares; sprinkle with fresh basil. Makes 4 servings.



When filling in your timecard for the week, please round your hours to the nearest quarter-hour. Also, please fill the timecard in completely, including dates, and signatures