



Diversified Personnel Services



A DIVISION OF  Opportunities Inc.

SPRING Newsletter

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10th Annual Opportunities, Inc.

Spence Jensen Classic



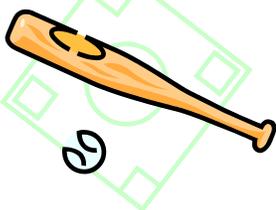
The 10th Annual Spence Jensen Classic Golf Outing will take place on Thursday, June 7, 2012 at the beautiful Koshkonong Mounds Country Club in Fort Atkinson. What an important bench mark, as we celebrate ten years of promoting the mission of Opportunities, Inc! We are pleased to report that this event has raised over \$200,000 for the many programs that benefit those with disabilities and other life barriers; offering training and employment options for over 2,000 individuals annually.

Now that our building renovation is complete, the proceeds from this year's event will return to our Vocational Scholarship Program, which provides training and employment for individuals with limited funding. We invite you to participate in this year's Spence Jensen Classic. Please consider joining us on the golf course this coming June and be a part of a tradition that promotes employment and empowerment initiatives that advance individuals in our community. Auction items and monetary donations are also welcomed and certainly enhance the event's success.

We are thankful for the impressive response received over the years, therefore early sign up is encouraged to ensure your spot on the green! Completed registration forms are requested by May 18th, 2012. Additional information is available through our corporate office at 920.563.2437, on our website at www.oppinc.com and on our [Facebook](#) page (don't forget to "Like" us!). Thank you "fore" your support!



- 4/26 - National Pretzel Day
- 4/29 - National Pet Parent's Day
- 5/5 - Cinco de Mayo
- 5/9 - Lost Sock Memorial Day
- 5/13 - Happy Mother's Day
- 5/16 - Wear Purple for Peace Day
- 5/28 - Memorial Day



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Charrería

La Esquina Latina (Latino Corner)



Stretch those Muscles!

Charrería is the national sport of Mexico. The sport dates back to the 16th century from the traditions brought from Spain. Charrería is a distinct style of rodeo and consists of a series of Mexican equestrian events. It is performed in a circular arena, where at least two teams compete against each other. There are nine male events and one female event. Male participants called *charros* compete in roping and riding events, whereas female participants called *escaramuza* execute daring feats and precision maneuvers while riding sidesaddle.

The participants wear traditional *charro* clothing, including a closely fitted suit, chaps, boots, and a wide brim sombrero. A *charro* is a term referring to a traditional horseman or a cowboy of Mexico. This Mexican sport inspired the modern American rodeo!

There is no question that stretching is directly responsible for a plethora of physical and even mental benefits; however, it's important to perform this activity properly in order to prevent adverse effects. The when and how are very important when engaging in this activity. Stretching before the physical exertion of athletic activities, whether it be strength training or cardiovascular, is crucial because this is what warms the body up and prepares it to handle the pressure of what's to come. It is equally important to stretch upon completing your routine exercise in order to relax the stressed muscles and elongate the soft tissues around the joints.

Safety Corner

Excerpted from www.eat-healthy-live-healthy.com

Staffing Trends:

Staffing Up 8.0% From a Year Ago!

BLS: Staffing Employment Little Changed in March



Seasonally adjusted employment data released Friday by the U.S. Bureau of Labor Statistics indicated that staffing industry employment dipped slightly, shedding 7,500 jobs (down 0.3%) from February to March. However, in a year-to-year comparison, temporary help employment for the month was 8.0% higher than in March 2011!

U.S. nonfarm payroll employment in March grew at about half the rate of that noted in February, adding 120,000 new jobs to the economy. Most of the employment growth continued to be driven by new job creation in the private sector.

“For the most part, staffing firms continued to see healthy demand in March, as was reflected by the non-seasonally adjusted BLS employment numbers,” says Richard Wahlquist, president and chief executive officer of the American Staffing Association. “In the current environment, businesses are understandably cautious about when and how to add additional flexible and permanent staff.”

Non-seasonally adjusted BLS data, which estimate the actual number of jobs in the economy, indicated that the staffing industry added 29,400 jobs (up 1.2%) from February to March. On a year-to-year basis, there were 8.5% more staffing employees in March compared with the same month in 2011.



Thinking Like an Athlete at Work

Here are five strategies winning athletes use to get their game on that you can use on the job. Following these strategies will improve your mental game and help make you a champion!

1. Set Goals

Goal-setting gives you long-term vision and short-term motivation. It also helps you organize your time and resources and avoid distractions. Having a performance plan will keep you focused, help you measure and take pride in your achievements, and give you a greater sense of satisfaction on the job.

2. Get in the Zone

True champions have the ability to block out all distractions and be in the moment. This mental skill of being able to focus on the process and execution of each step -- without worrying about the outcome of an event -- is what is meant by "being in the zone."

3. Be Resilient

If you make a mistake, briefly note any changes necessary then move decisively to the next point. Each shot you take is a new shot that has the same chance of being made. Keep your mind in the here-and-now.

4. Avoid Burnout

If you're no longer enjoying what you do, re-evaluate your goals and prioritize them. Learn to say "no" to commitments you do not want to take on and make sure you are getting adequate rest and proper nutrition to maintain your energy levels. Use rewards or other incentives to make things fun again.

5. Build Your Confidence

The way we frame things is often more important than the actual reality. Although it's true that success breeds confidence, it is equally true that confidence increases your probability for success. Believing in yourself prevents harmful distractions like fear or anxiety and allows you to perform at your best.



www.careerbuilder.com

What's New

DPS Goes Green

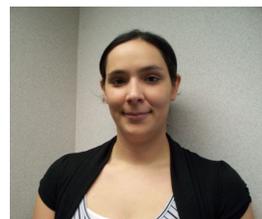
DPS is pleased to provide employees an innovative way to receive their paychecks! As of April 13th, all DPS employees received a Global Cash Card Prepaid Visa paycard. With this pay system, employees will have convenient, fast and easy access to their net pay each week. Plus, Visa will allow them to enjoy the strength, recognition, and acceptance of the Visa brand with special perks and benefits in addition to the rewards they already earn.



Global Cash Card



Welcome!



Gloria Aumann

Applicant Outreach Specialist

Gloria Aumann has joined DPS as an Applicant Outreach Specialist. Her primary focus will be the screening and pre-qualifying of applicants, as well as interviewing and skill-marketing top talent! She is currently attending MATC to obtain her Associates in Business Management and certificate in HR. Gloria lives in Fort Atkinson with her daughter, cat Cheech, and puppy Sophie. Gloria's husband is currently overseas and should be home by the end of the year! She enjoys bowling, bonfires in the summer, and spending time with friends and family.

Average Bowling Score: 159

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To Your Health

Tips for Fighting Spring Allergies

With spring rains, there's more mold growth inside and outside your home. Flowers, trees, weeds, and grasses also begin to blossom. And spring cleaning will stir up dust mites throughout the house as well.

Keep Pollen Under Control

To tame pollen, wash bedding every week in hot water. Wash your hair and shower before going to bed, since pollen can accumulate in hair.

Clean Every Surface

Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum twice a week.

Wash Rugs

Limit throw rugs to reduce dust and mold. If you do have rugs, make sure they are washable.

Keep Indoor Air Clean

Keep windows closed to reduce pollen entering the house. Change filters in air conditioning units and vents frequently this time of year.

Consider Allergy Medicine

Talk to your doctor about a seasonal allergy drug that may be appropriate for your symptoms.

Excerpted from www.webmd.com



Top 10 Famous Sports Quotes

1. "I went to a fight the other night and a hockey game broke out." - Rodney Dangerfield
2. "On this team, we are all united in a common goal: to keep my job." - Lou Holtz
3. "Sandy's fastball was so fast some batters would start to swing as he was on his way to the mound." - Jim Murray, on Sandy Koufax
4. "I was such a dangerous hitter I even got intentional walks in batting practice." - Casey Stengel
5. "Give me the fresh air, a beautiful partner, and a nice round of golf... and you can keep the fresh air and the round of golf." - Jack Benny
6. "We can't win at home. We can't win on the road. I just can't figure out where else to play!" - Pat Williams
7. "He hit the ball so hard, I couldn't even turn around in time to see it go over the fence." - Roger Clemens, on Bo Jackson
8. "They always try to play with our minds. But that won't work with our club. We've got 20 guys without brains." - Bobby Clarke
9. "You can make a lot of money in this game. Just ask my ex-wives. Both of them are so rich that neither of their husbands work." - Lee Trevino
10. "The secret to winning is constant, consistent management" - Dean Smith

www.inspirational-quotes-and-quotations.com

For more labor and workforce solutions, please contact...



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