



CASS
Capital Area Staffing Solutions

BASS
Bangor Area Staffing Solutions

FEBRUARY 2017

Permanent Hires



CONGRATULATIONS

to the following Field Employees who have been hired permanently at our Client Companies!

Erin Marshall
Patrick Nye
Katie McAllister
Hannah Thompson
Altona Libby

Thank you all for representing us so well!

Hot Jobs!!!

Ask us about the following jobs we have available!!!

Augusta Area:

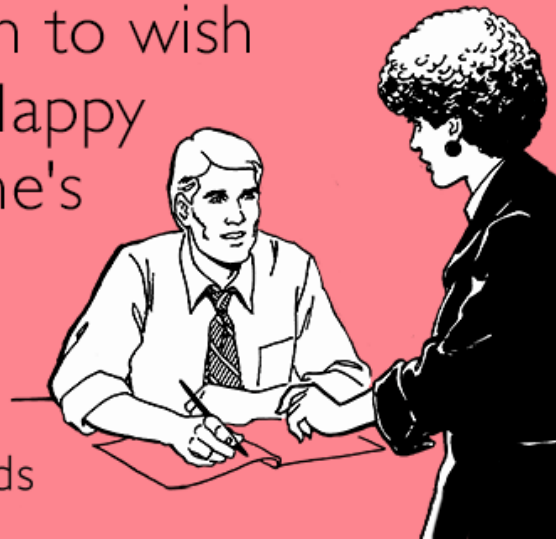
- Administrative Assistant
- Administrative Assistant - Finance
- Front Desk - Veterinary Office
- Medical Front Desk Admin.
- Customer Service Rep.
- Litigation Paralegal
- A/R Clerk/Office Asst.
- Optometric Technician

IMPORTANT NOTICES!!!

Please remember to submit your time card to us no later than Friday afternoon, unless you are working a weekend shift. In that case, please fax / E-mail no later than 8am Monday morning.

Our offices will be closed Monday, February 20th in observation of Presidents' Day.

I'm going to go ahead and assume it isn't a human resources violation to wish you a Happy Valentine's Day.



som_{ee}cards

Front Desk
Cleaner

Bangor Area:

Safety Clerk Position
Medical Billing - Patient Account Rep.
Medical Receptionist
Tire Technician
Delivery Driver
Graphic Design/Admin. Assistant
Evening Business Cleaner
Seeking Career-Minded Lawn Care
Technicians

Please remember to visit
CapitalAreaStaffing.com or
BangorAreaStaffing.com each week for
all of our **Hot Jobs!**



FUN FACTS FOR FEBRUARY

FEBRUARY IS:

National Black History Month
National Bird Feeding Month
National Dental Month

Birth Flower - Violet or Primrose
Birthstone - Amethyst

Feb. 2 - Groundhog Day
Feb. 14 - Valentine's Day
Feb. 20 - Presidents Day

“
Every time I thought
I was being rejected
from something
good, I was actually
being re-directed
to something better.”

- Dr. Steve Maraboli

www.stevemaraboli.com

Career Advisor - IMPORTANT ANNOUNCEMENT

By Loring Careers

It can be extremely difficult NOT to take rejection personally. When you first embark on your job search journey, you are filled with anticipation, enthusiasm and high expectations. If your job search efforts continue over a long period of time, you may experience rejection, objections and frustration. Many job seekers feel that their resume just gets lost in some deep dark hole never to be read or noticed. This is especially true, when you spend most of your time answering job boards or jobs that are posted on various websites. This is where you will encounter the highest level of competition and most likely the lowest level of results.

You can limit rejection by implementing the following:

1. Only apply for jobs where your credentials match the requirements of the position
2. Customize your cover letter and resume to highlight the appropriate keywords for each position
3. Spend most of your job search time developing and contacting your professional network
4. Directly market yourself to hiring authorities DAILY! (To the person who would be your boss's boss)

Over 50% of job seekers find their next opportunity by networking and directly marketing themselves to hiring authorities.

It is important to realize that when you do not hear back from a company or hiring authority, chances are they are not rejecting YOU personally. In fact, your resume could have been screened out by an automated system. A Job Search is a sales process and each NO you hear is that much closer to a YES. Commit to a high level of actions each day, put most of your time into networking and direct marketing and you will begin to move your search



To be successful,
the first thing to do
is fall in love with
your work.

- Mary Lauretta

Valentine Strawberries



Ingredients

- 20 fresh strawberries
- 1 (3 ounce) package cream cheese, softened
- 2 tablespoons chopped walnuts
- 1.5 tablespoons confectioners' sugar

Directions

Dice two strawberries and set aside. Cut the stems off of each of the remaining strawberries, forming a base for strawberries to stand on. Starting at the pointed ends and cutting most of the way, but not completely through the stem end, slice each strawberry into four wedges.

and direct marketing and you will begin to move your search forward while reducing the level of rejection.

5 Thrifty Valentine's Day Ideas That Won't Break the Bank!

Thrifty Valentine's Day Gift Ideas

By Stacy Barr

These days? I'm more of a "do we really have to waste the money?" kind of person. I like to pretend it is because I've grown up a lot but in reality, it's because I've grown to be really cheap. Instead, we prefer to either make things for each other or to show our gifts in other ways to "celebrate" Valentine's Day. Most years we don't buy each other anything, but if we do, we do it on the cheap. We prefer instead to do thrifty Valentine's Day gifts and to keep our money right where we both want it...in the bank.

Get crafty - Why spend big bucks on cards and gifts when you can try making your own? DIY Valentine's Day gifts are so easy to make and usually just require a little paper and glue. Head to your local dollar store and grab some craft supplies and see what you can create. Not only is it frugal, but its a great way to add a personal touch.

Turn the Oven On - Everyone loves a sweet treat and cookies and cakes are usually pretty inexpensive to make. Pull out your mixer and whip your sweetheart up a special treat made right from the heart. Just be sure to be mindful of any special diets they may have. Gifts like cupcakes, cookies and candies all are all usually very well received. To make it extra special, swing by your local thrift store and pick up a pretty tin. Clean it well and use that to deliver your tasty vittles in. For Tom, I tend to bake my Strawberry White Chocolate Chip Cake Mix Cookies for him. They're one of his favorites and I don't bake them often so they are a treat when I do.

Get writing - Another awesome way to tell someone how much you care on a budget is to do simply that. You don't need to be an awesome poet to do it. They will love getting one from you just because you tell them how you feel. Don't do it on the computer though. Pull out the old notebook and pen and write them a letter. Handwritten letters are so much more personal than the computer and will give your gift that special touch that it needs to finish it off.

Make a "State" night - Yeah I know. It doesn't make sense does it? Yup! What is a "State" night? It's a stay in date night, of course! Gather up a few blankets, spread them out on the floor,

Beat the cream cheese until fluffy; stir in the diced strawberries, walnuts, and powdered sugar. Spoon or pipe about a teaspoon of mix into each strawberry.



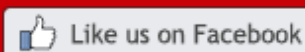
Grumpy Cat is at it again..

pop some popcorn and cuddle in the dark while you watch sappy romance movies together. Your out of pocket cost? Only the popcorn if you have Netflix. My Tom and I actually do this on a regular basis for date night. The only difference? We watch "B" class movies together and make fun of how cheesy they are. It can even be fun to turn the volume down and make up your own script!

Starry Nights - Lastly, a great option for keeping Valentine's Day in your budget is to just go watch the stars. Of course this only works if the weather cooperates, but if it does, you're in like Flynn! Grab a warm and comfy blanket, pack some romantic snacks (strawberries, sparkling cider, etc) and head out to your local lake or park. Watch the stars over the lake together while you snuggle together to stay warm, talk and get to know each other again! You could even hold a contest to see how many constellations you can each name!

Please take a moment and "Like" us on Facebook!

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