

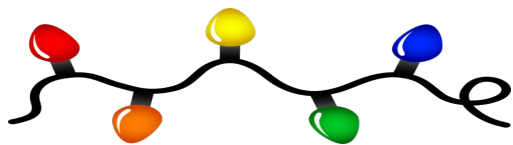


CASS
Capital Area Staffing Solutions

BASS
Bangor Area Staffing Solutions

DECEMBER 2016

Permanent Hires



CONGRATULATIONS

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

**Kirsten Eubank
Danielle Leach
Judith Robichaud
Andrea White
Rita Belliveau
Candace Pojasek
John Worden**

**Thank you all for
representing us so well!**

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
or E-mail no later than 8am Monday
morning.**

**Our offices will be closed
Monday, December 26th and Monday,
January 2nd due to the holidays.**

Hot Jobs!!!

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

Augusta Area:

Teller/Member Services Rep.
Data Entry w/Accounting Focus
Head Teller
Front Desk
Front Desk Administrator
CEO - Kennebec Valley Chamber of
Commerce
File Clerk
Front Desk-Veterinary Office
Medical Front Desk
Medical Front Desk Admin.
Customer Service Rep.
Cashier
Dishwasher
Dining Services Shift Supervisor
Production Manager-Dining Services
Cleaner/Janitorial

Bangor Area:

Accountant/Enrolled Agent
Wireless Retail Consultant
CS/Scheduling Position - FT
Front Desk Receptionist
Medical Receptionist
Security System Technician
Payroll Specialist-HR Assistant
Business Cleaners! Part-time
Inside Counter Sales Position
Marketing Coordinator

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

FUN FACTS FOR DECEMBER



Holiday Stress: 5 Ways to Survive, and Enjoy, the Season

1. Choose a different view. The first and most important idea is to decide right now, as you proceed into the tunnel of madness that lies ahead, to look at the next month from a different view. That means instead of imagining mass chaos, maxed-out credit cards, crowds of people, stress, overeating and exhaustion, decide to imagine what you remember as a kid during this season. Remember the songs, the candy, the parties, the laughing, the excitement and the feeling of something pretty great. Can you do that? Can you let go of the years you've lived with the increasing pressure and anxiety of all that the season brings and, instead, choose to see it from a different view?

2. Make a pact with your family and friends with whom you normally swap gifts. Send an email saying that this year gifts bought or paid for are prohibited. This is the year of making, baking, drawing, planting, writing and showing care through some sort of creation. Don't say that you don't have time to create. You don't have time to shop and spend money either. Santa will still have to show for the kids, of course. This is an alternative to adult gift buying. Tap into a side of yourself that can come up with a priceless gift of thought.

DECEMBER IS:

National Human Rights Month
National Read a New Book Month
Birth Flower - Narcissus
Birthstone - Turquoise

Dec. 24 - Christmas Eve
Dec. 25 - Christmas Day

*"What if Christmas, he thought,
doesn't come from a store. What if
Christmas, perhaps, means a little
bit more."*

Dr. Suess



Chocolate Crinkles

Ingredients

1 cup unsweetened cocoa powder

3. Turn Facebook OFF. Every one of us would gain something during the holiday season if we made a deal to stay off of Facebook. Close the door for one month and see what it brings to your everyday life. The spirit and feeling of the holiday season cannot be felt through the light of a computer screen. The time we spend peering in on the lives of others could be spent enhancing the quality of our own. Try it!

4. Set up a family jigsaw puzzle of a fabulous Christmas or holiday scene that could take your family the month to finish. Your family may balk at the start, but it will draw you together in ways you perhaps haven't been.

5. Use the season to remind yourself of the things in life that matter to you. They are there for the taking if you make the right choices. Gone, it feels, are the days when we spent small periods during the day thinking about our lives and our feelings. Those short moments of thought have been stolen from our lives by the accessibility we now have. Try and grab back some of the random, quiet moments our lives used to hold. Give yourself those moments alone in the car or quiet in the house or with nothing to your ear while you walk. See what it feels like.



CAREER ADVISOR:

Best Use of Established Relationships

The basis for any successful relationship is the ability to understand the exact expectations of the other person. You may think you asked for help, but that may not be understood by people you approach. You have to be specific of the referrals you are hoping to obtain as well as what you might be able to do for them. A one way relationship without communication is never a success either in your personal life or job search.

AVOID THE FOLLOWING:

2 cups white sugar
1/2 cup vegetable oil
4 eggs
2 teaspoons vanilla extract
2 cups all - purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup confectioners' sugar

Directions

1. In a medium bowl, mix together cocoa, white sugar, and vegetable oil. Beat in eggs one at a time, then stir in the vanilla. Combine the flour, baking powder, and salt; stir into the cocoa mixture. Cover dough, and chill for at least 4 hours.

2. Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper. Roll dough into one inch balls. I like to use a number 50 size scoop. Coat each ball in confectioners' sugar before placing onto prepared cookie sheets.

3. Bake in preheated oven for 10 to 12 minutes. Let stand on the cookie sheet for a minute before transferring to wire racks to cool.

- Negative remarks (FEAR OF REFERRING YOU)
- Depressed attitude (FEAR OF REFERRING YOU)
- Asking if they know of any job openings (MOST PEOPLE DON'T)
- Is their company hiring (OFTEN THEY DON'T KNOW)
- Willingness to do any job, anytime, anywhere at any salary (NOT TRUE)

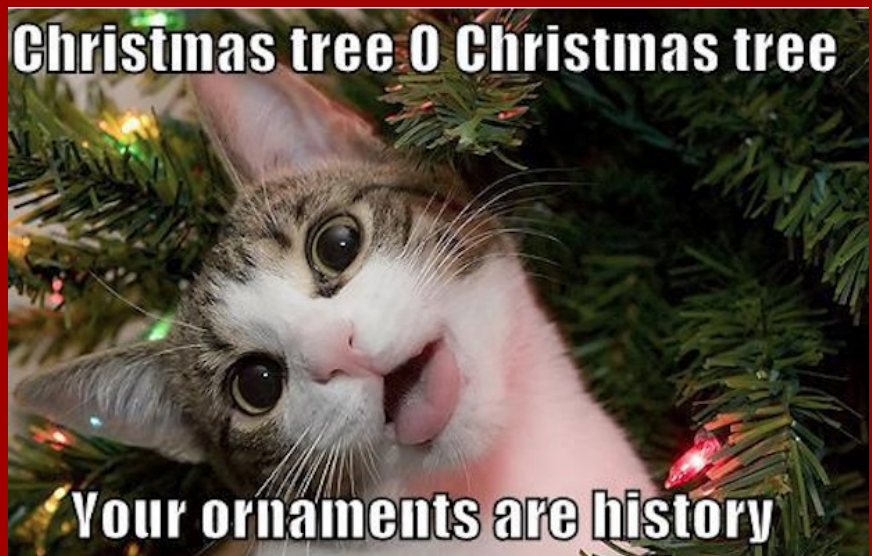
ACCOMPLISH THE FOLLOWING:

Ask if they will refer you to anyone who is either:

- Well connected
- In a position of influence
- Well networked
- In the field you are pursuing

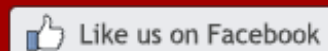
You want them to realize you don't expect them to find a job for you, just open up their network to you. They all have the capabilities of opening doors for you and you never know which one of those doors will end up in a job offer.

In return, ask what you can do for them. You can't just reach out to your network asking for a favor, you have to be willing to do what you can do for them as well. The more you GIVE in a networking relationship, the more you will receive.



Please take a moment and "Like" us on FaceBook

CASS



BASS

