



**CASS**  
Capital Area Staffing Solutions

**BASS**  
Bangor Area Staffing Solutions

**AUGUST 2016**

**Permanent Hires**



**CONGRATULATIONS**

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

Susan Brochu

Michael Coons

Arlene Quirion

Joanna Nason

Desiree Hamilton

Thank you all for representing us so well!

**Hot Jobs!!!**

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

**IMPORTANT NOTICE!!!**

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.



**IT WAS ME**  
I let the dogs out.

## Augusta Area:

Customer Service Associate  
Cleaners/Janitorial – 3 positions  
Medical Front Desk Admin.  
Marketing/Membership Coord.  
Office Assistant  
Front Desk Administrator  
Retirement Services Technician  
Production Operator – 2nd & 3rd shifts

## Bangor Area:

Web Designer/Developer  
Payables Position  
Local Delivery Driver/Warehouse  
Staffing CSR  
Front Desk Receptionist – FT –  
Chiropractic Office  
Billing Supervisor Opportunity  
Warehouse Opportunity  
Reconditioning Position  
Human Resources – Training  
Manager  
Inside Counter Opportunity – FT  
Front Desk Admin. Position  
Receptionist Position  
Maintenance Supervisor  
Paralegal – PT Opportunity  
Medical Billing Position  
Evening Cleaning Positions!  
Electronic Assembler –  
Manufacturing

Please remember to visit  
[CapitalAreaStaffing.com](http://CapitalAreaStaffing.com) or  
[BangorAreaStaffing.com](http://BangorAreaStaffing.com) each  
week for all of our  
**HOT JOBS.**



## Three Questions That Unlock Your Potential

Every job seeker has strengths and weaknesses that often surface during a job search. It is important that you continue to improve, learn and unlock your potential.

Ask three questions that will unlock your potential:

- 1. What if fear of the unknown is negatively impacting my potential?** It's important to realize that the future is always an unknown. Imagine the best possible future and if it isn't exactly what you expected, remain adaptable.
- 2. What if blaming others is holding me back?**  
If you get caught up in believing your fate is control by others, you will greatly limit your potential. It is vitally important to your success that you stop blaming others and ask yourself " What can I do, regardless of what others are doing or saying?" You have 100% control over how you choose to react.
- 3. How do I realize my full potential if taking action feels overwhelming?**  
Most individuals are not comfortable conducting a job search, even if they have sales experience. For those with no sales experience,



## FUN FACTS FOR AUGUST

### AUGUST IS:

**National Immunization Awareness Month**

**Birth Flower - Poppy or Gladiolus  
Birthstone - Peridot or Sardonyx**

**"A person who never made a mistake never tried anything new."**

**- Albert Einstein**



## Cowboy Caviar

### Ingredients

- 1/2 cup olive oil
- 1/3 cup sugar (see notes)
- 1/3 cup white wine vinegar

a job search can and often does feel overwhelming. Break your job search down into small steps you can take, to make sure you keep momentum going. Think of what you can do today, no matter how small, in order to keep your emotions intact.

## CAREER ADVISOR

### **It can be difficult to NOT 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 have already experienced 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 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 key words 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. If you want more information on how to market yourself, log into our Career Portal and review the three phases of your Job Search i.e. Prepare, Search & Connect and Interview. There are many tips that can put new life into your job search.

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 forward while reducing the level of rejection.

- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 pound Roma tomatoes, seeded and diced
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (11 ounce) can super sweet corn, drained (see notes)
- 1 red onion, diced
- 1/2 cup diced green bell pepper
- 1/2 cup diced red bell pepper
- 1 cup chopped cilantro (1 bunch)

## Directions

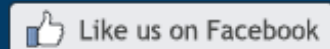
1. In a large bowl, whisk together the olive oil, sugar, white wine vinegar, chili powder, and salt. Add tomatoes, black-eyed peas, beans, corn, red onion, and bell peppers. Stir to combine.
2. Stir in cilantro. Cover and chill at least 1 hour or overnight to blend flavors. Serve chilled or at room temperature.



Oh, Grumpy Cat..

Please take a moment and like us on Facebook!

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