



**CASS**  
Capital Area Staffing Solutions

**BASS**  
Bangor Area Staffing Solutions

APRIL 2016

**Permanent Hires**



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

Bonnie Kalish  
Holly Gary  
Arthur Washer  
James Cornell

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

**Hot Jobs!!!**

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

**Augusta Area:**

**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.**

**BRACE YOURSELVES**

**THE APRIL FOOLS PRANKS ARE  
COMING**



zipmeme

PARALEGAL  
Legal Secretary  
Financial Planning Asst.  
Production Supervisor  
Production Operator  
Reception/Office Asst - Financial  
Administrative Assistant  
Administrative Asst. - Outreach  
IT Help Desk  
Front Desk/Reception  
Part-time Assistant (Legal)  
Production Line Tech - 12 hr.  
Shifts!

### **Bangor Area:**

Data Entry Position  
IT Assistant  
Forklift Operator  
Associate Attorney  
Medical Receptionist/Scheduler  
Bookkeeper - Legal Billing Clerk  
Front Desk Admin.  
Automotive Service Technician  
Dental Front Office Admin.  
Accountant - Manufacturing  
Billing Specialist  
Landscape/Yard Maintenance  
Crew Members

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



## **Who Provides the Best References?**

By Loring Careers

The best references are provided by individuals who:

- Were one of your supervisors
- Are aware of your past accomplishments
- Understand the impact your accomplishments had on past companies
- Willing to make themselves available to provide reference checks
- Have been prepped by you, to understand the position
- Like you and have your best interest at heart

Co-workers are not considered a good source for a reference check. It's also important for you to realize that employers do verify the title of the person you list as a reference. If you misrepresent someone's title, this is considered dishonest and you will be eliminated from consideration.

If a hiring authority wants a reference from a current employer, you may consider providing the name of a customer or vendor, someone who is aware of the quality of your work. Explain that you can't jeopardize your current position.

Human Resource Departments often only provide names, title, and salary verification. If your reference would be average at best, this could be the best reference to provide.

The person to provide the best reference check varies



## FUN FACTS FOR APRIL

### APRIL IS:

Global Child Nutrition Month  
Humor Month  
Mathematics Awareness Month

Birth Flower - Sweet Pea or Daisy  
Birthstone - Diamond

Apr. 1 - April Fool's Day

Apr. 22 - Earth Day

Apr. 29 - Arbor Day

"There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will."

- Epictetus



## Kiwi Strawberry Smoothie

### Ingredients:

1 Banana  
6 Strawberries  
1 Kiwi  
1/2 cup vanilla frozen yogurt  
3/4 cup pineapple & orange juice blend

### Directions:

Place the banana, strawberries, kiwi, vanilla frozen yogurt, and pineapple and orange juice blend in a blender. Blend until smooth.

depending on your personal situation. When in doubt, have someone check your references so you don't wonder what is being said. You will know exactly what references are being provided.



## April Showers Bring May Flowers: 5 Tasks to Prepare Your Spring Garden

Whether spring has sprung or just starting to peek through the winter cold, it will soon be time to get your spring garden planted. Before you break out your trusty garden tools and seed packets, there are a few garden chores you need to tackle to get your garden off on the right foot.

**Top Dress Garden Beds:** If you run short of home-grown compost, use well-seasoned manure to top-dress your garden beds in preparation for planting. If you planted a winter cover crop, now is the time to till it into the soil in preparation for planting the beds.



Don't be like Grumpy Cat!!

**Divide Perennials:** Spring is a great time to transplant divisions or move plants around. Share or trade some of your plants with neighbors and garden friends. This is a cost-efficient way to add more plants to your landscape but be mindful of sharing pests, disease, and weeds. Only share plants from your garden that are healthy and inspect plants from friends or plant sales thoroughly. If there are any signs of distress or discoloration, do not plant it in your garden. The risk often far outweighs the reward!

**Weed and Mulch:** Eradicate those pesky early spring weeds before they get too comfortable in your garden. Remove any young, sprouting weeds first and then put down a layer of cardboard or landscape fabric onto the bare ground before you add mulch. A 3 to 4 inch layer of mulch is sufficient to discourage any new weed growth. Alternatively, you can plant your garden tightly with perennials, annuals, trees, and shrubs to crowd out weeds.

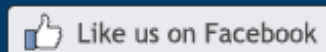
**Prune:** Remove any dead branches of shrubs, trees and perennial foliage after new growth has begun. Prune the spring bloomers like forsythia and rhododendrons as needed, soon after flowering is complete. Thin and shape hedges after the first flush of new spring growth.

**Plan to Protect Seedlings:** A late season frost or freeze can happen anytime in the spring. Make sure you have enough cloth and plastic to protect tender plants. If a frost is predicted, just a cloth over your plants will suffice. For nights when the temps are forecasted to dip below freezing, it's better to put a layer of cloth on first, then lay plastic on top. Condensation on the plastic will freeze and damage foliage.

**Taking the time to complete a few essential spring garden tasks will bring you benefits for the rest of the season!**

Please take a moment and like us on Facebook!

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