



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS

JUNE 2017

Permanent Hires



CONGRATULATIONS

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

Mary Rodimon

Nicole Benner

Brian Murphy

Thank you for
representing us so
well!

Hot Jobs!!!

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

Augusta Area:

Janitorial Openings!
Residential Cleaner
Medical Front Desk
Property Manager

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.



Vet Tech/Front Desk
Administrative Assistant
Admin – Real Estate Office
PARALEGAL – Rockport
Medical Biller/Front Desk Relief
Front Desk/CSR – Insurance

Bangor Area:

Accounting–HR Admin
Medical Receptionist
Maintenance Supervisor
Manufacturing/Assembly Position
Paint Shop Counter Help – PT
Landscape Crew Member
Retail General Manager – Bar
Harbor!
Regional Manager – Belfast
Cleaning Associates
Forklift Position
Dental Assistant Per–diem

Please remember to visit
CapitalAreaStaffing.com or
BangorAreaStaffing.com each
week for all of our
HOT JOBS.



8 Powerful Ways to Conquer Stress

By Travis Bradberry

The ability to manage your emotions and remain calm under pressure has a direct link to your performance. TalentSmart has conducted research with more than a million people, and found that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control. They have emotional intelligence.

Stress has a funny way of sneaking up on you when you least expect it, but how you respond is only half the battle. The secret to winning the war against stress lies in what you do when you aren't working (and presumably aren't as stressed). Otherwise, you fall into bad habits that can magnify your stress, rather than alleviate it.

You need to shift gears to these relaxing and rejuvenating activities during your time off:

#1: Exercise

No time to exercise during the week? You have 48 hours every weekend to make it happen. Getting your body moving for as little as 10 minutes releases GABA, a soothing neurotransmitter that reduces stress. Exercise is also a great way to come up with new ideas. Innovators and other successful people know that being outdoors often sparks creativity.

#2: Minimize Chores

Chores have the tendency to monopolize your free time. When this happens, you lose the opportunity to relax and reflect. What's worse is that a lot of chores feel like work, and if you spend all weekend doing them, you just put in a seven-day workweek. To keep this from happening, you need to schedule your chores like you

JUNE
welcome back, summer

FUN FACTS FOR JUNE

JUNE IS:

National Rose Month
National Dairy Month
National Ice Tea Month
African-American Music Month

June 14 - Flag Day
June 18 - Father's Day
June 21 - First Day of Summer

Birth Flower - Rose
Birthstone - Pearl



Steak Quesadillas



INGREDIENTS

1 1/2 lb. flank steak

without anything else during the week, and if you don't complete them during the allotted time, you move on and finish them the following weekend.

#3: Disconnect

Disconnecting is the most important strategy on this list, because if you can't find a way to remove yourself electronically from your work, then you've never really left work. Making yourself available to your work 24/7 exposes you to a constant barrage of stressors that prevent you from refocusing and recharging. If taking the entire weekend off handling work e-mails and calls isn't realistic, try designating specific times on Saturday and Sunday for checking e-mails and responding to voicemails. For example, check your messages on Saturday afternoon while your kids are getting a haircut and on Sunday evenings after dinner. Scheduling short blocks of time will alleviate stress without sacrificing availability.

#4: Pursue A Passion

You might be surprised what happens when you pursue something you're passionate about during your time off. Indulging your passions is a great way to escape stress and to open your mind to new ways of thinking. Things like playing music, reading, writing, painting, or even playing catch with your kids can help stimulate different modes of thought that can reap huge dividends over the coming week.

#5: Spend Quality Time With Family

Spending quality time with your family is essential if you want to recharge and relax. Weekdays are so hectic that the entire week can fly by with little quality family time. Don't let this bleed into your weekends. Take your kids to the park, take your spouse to his or her favorite restaurant, and go visit your parents. You'll be glad you did.

#6: Schedule Micro-Adventures

Buy tickets to a concert or play, or get reservations for that cool new hotel that just opened downtown. Instead of running on a treadmill, plan a hike. Try something you haven't done before or perhaps something you haven't done in a long time. Studies show that anticipating something good to come is a significant part of what makes the activity pleasurable. Knowing that you have something interesting planned for Saturday will not only be fun come Saturday, but it will significantly improve your mood throughout the week.

#7: Wake Up At The Same Time

It's tempting to sleep in on the weekend to catch up on your sleep. Though it feels good temporarily, having an

Kosher salt
Freshly ground black pepper
2 cups shredded cheddar
2 cups shredded monterey jack
2 avacados
1 lime
2 cups pico de gallo
8 flour tortillas

INSTRUCTIONS

Preheat grill and oven to 375°. Meanwhile, pat dry steak and generously season with salt and pepper. In a small bowl, mix together cheddar and Monterey Jack. Set aside.

Cut both avocados in half, remove pits and scoop out all halves from the skin using a large spoon; discard skin. Slice one avocado into 1/4" slices. Drizzle with fresh lime juice and cover in plastic wrap, then set aside. Chop remaining avocado and mix with pico de gallo. Set aside.

Add steak to the grill and cook 5 to 6 minutes on each side for medium doneness. Transfer steak to a plate and cover loosely with foil; let rest for 5 minutes. Cut into thin slices on a diagonal.

Prepare 2 rimmed sheet pans with parchment paper. Place tortillas in pan and add 1/2 cup of cheese mixture, then layer slices of avocado and steak. Cover with

inconsistent wake-up time disturbs your circadian rhythm (and can aggravate depression). Your body cycles through an elaborate series of sleep phases in order for you to wake up rested and refreshed. One of these phases involves preparing your mind to be awake and alert, which is why people often wake up just before their alarm clock goes off (the brain is trained and ready). When you sleep past your regular wake-up time on the weekend, you end up feeling groggy and tired. This isn't just disruptive to your day off, it also makes you less productive on Monday because your brain isn't ready to wake up at your regular time. If you need to catch up on sleep, just go to bed earlier.

#8: Prepare For The Upcoming Week

The weekend is a great time to spend a few moments planning your upcoming week. As little as 30 minutes of planning can yield significant gains in productivity and reduced stress. The week feels a lot more manageable when you go into it with a plan because all you have to focus on is execution.

Source: Forbes.com



Career Advisor: There is no Job Security

In today's job market, there is really no job security. The only way you can achieve job security is to keep your knowledge and skills current, to consistently improve your marketability and value. Employers will do their best to attract and retain entrepreneurial overachievers. Commit to a lifetime of learning starting immediately.

If you want to be successful in your job search, you must articulate your value. You must conduct research beyond the job description and understand the needs, challenges and expectations of your

1/2 cup of cheese and place another tortilla on top. Repeat for remaining quesadillas. Bake until cheese is melted, about 10 minutes.

Cut quesadillas into wedges and serve with pico de gallo–avocado salsa.


potential employer. It is only then that you can explain your value to an employer. Often reading trade publications or press and media will reveal this information. It is always wise to read what others are saying about your prospective employer.

If you are not working you may convince yourself that you can't afford training or education. The Internet is an abundance of information and there are many courses offered free. Research which skills and knowledge would enhance your resume and make a commitment to acquire the training you need. Obtaining additional training also helps explain what you are currently doing, if you are not employed. A lifetime of learning will **GUARANTEE** your job security.


Source: Loring Careers

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