



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS

FEBRUARY 2018

Permanent Hires!



CONGRATULATIONS

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

Tiffany Benedict
Joshua Deane
Michelle Jackson
Rachel Mathieson
Angela Morin
Paul Seymour

Hot Jobs!!!

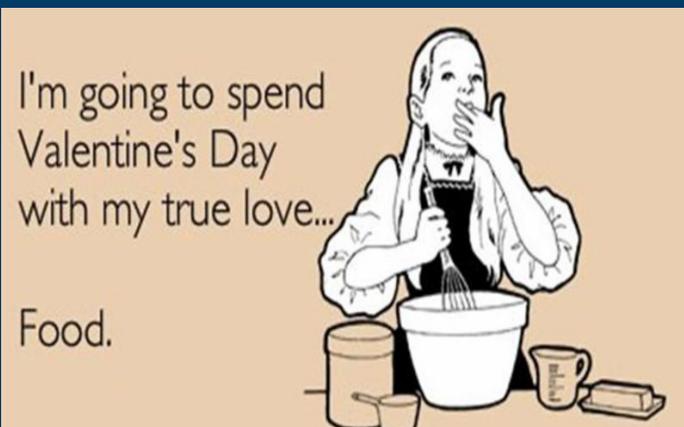
Ask us about the following jobs
we have available!!!

Augusta Area:

Janitorial Openings!
Front Desk - Veterinary Office
Medical Assistant
Intake Coordinator

IMPORTANT NOTICE!!!

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



Five Ways to Prepare for Blizzards and Snow Storms

Receptionist/Office Assistant
Customer Service
Representative
Bookkeeper
Events Assistant
Medical Secretary

Bangor Area:

PT Admin/Accounting Assistant
Production Line Cake
Decorators
Legal Assistant/Secretary
FT Counter Associate
Administrative Assistant
Cellular Sales
Janitorial Services Supervisor
Maintenance Supervisor
PT Cleaning Associates
Generator Technician
Production Line Supervisor
Weekend Janitor
Production Associates
Forklift Operator
Sanitation Technician

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

February
♥

1. Know your risk.

- How prepared is your region for winter weather? How well do residents in your community drive on icy roads? Southern snow storms obviously take more time to recuperate from because they have less snow removal equipment. If you live in the south, prepare for many schools and businesses to be closed for days.

2. Build a preparedness kit.

-We update our kit every year. Also, keep a preparedness kit in your car! Never leave the house without a water bottle, cell phone, hand sanitizer and umbrella. I keep other important items such as a flashlight, blanket, first aid kit, granola bars, ice scraper/snow brush, shovel, windshield washer fluid and cell phone charger in my car. Make sure your tires are in good shape, you have at least a half tank of gas and your car is running smoothly too.

3. Make sure you and your family can survive without power for at least 3 days.

- Invest in a generator if you don't have one.

4. Start a conversation with your family, neighbors and employer.

-Do you have a plan-including a plan for your family and pets? Would any of your elderly or special needs neighbors need help if they lost power? Does your employer expect you to be at work during a winter storm?

5. Don't overexert yourself when outdoors in the cold weather.

-The American Heart Association says

FUN FACTS FOR FEBRUARY

FEBRUARY IS:

National Black History Month
National Bird Feeding Month
National Dental Month

Birth Flower - Violet or Primrose
Birthstone - Amethyst

February 2nd - Groundhog Day
February 14th - Valentine's Day
February 19th - Presidents Day

the strenuous activity of shoveling snow can take a toll on your body and can actually increase your chances of having a heart attack. While you may think you're OK, someone you know may not be. Take an American Red Cross CPR/First Aid/AED course to learn life-saving skills! Pet CPR courses are also available in some areas.

Source: Loring Careers

Chocolate Covered Strawberries!



Ingredients

- 6 ounces semisweet chocolate, chopped
- 3 ounces white chocolate, chopped
- 1 pound strawberries with stems (about 20), washed and dried very well

Instructions

- Put the semisweet and white



Research Salary Before You Apply

You don't want to eliminate yourself from competition by quoting your salary too high; however, you also don't want to leave money on the table by quoting a salary requirement that is too low. This is the primary reason for conducting your research prior to an interview. Your knowledge will impress the hiring authority.

If salary is not posted on the company's employment page or job description, you can connect with people through social media sites who have worked for this specific employer. They can provide inside information on salaries as well as the benefit package and costs.

chocolates into 2 separate heatproof medium bowls.

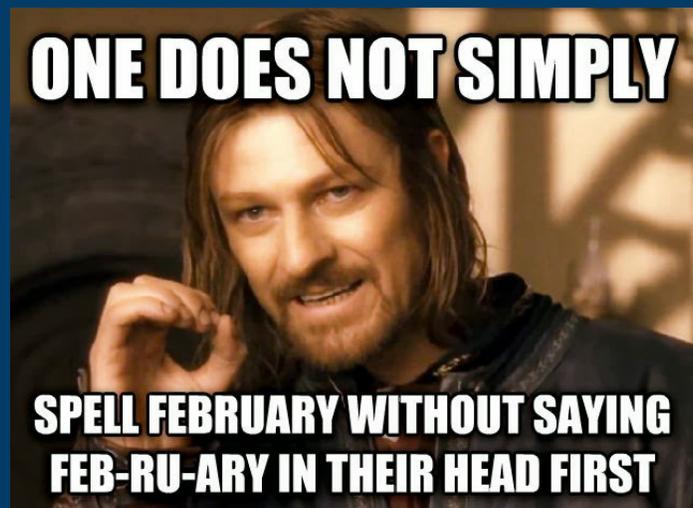
- Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat.
- Turn off the heat; set the bowls of chocolate over the water to melt.
- Stir until smooth.
- Once the chocolates are melted and smooth, remove from the heat.
- Line a sheet pan with parchment or waxed paper.
- Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl.
- Set strawberries on the parchment paper.
- Repeat with the rest of the strawberries.
- Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.
- Set the strawberries aside until the chocolate sets, about 30 minutes.

Source: foodnetwork.com

If you are looking into a specific industry utilize the Trade Publications and Professional Associations that represent your target. They often publish salary surveys and information as part of the service they provide to their members.

It is also important that you consider the cost of living if you are contemplating a job in a different city or state. If the cost of living is lower where you will be employed, you could accept a lower offer and still experience a better quality of life.

Source: Loring Careers



Like Us On FaceBook!

[CASS](#)

[BASS](#)

