



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



January 2022

Field Employees

IMPORTANT TIMECARD NOTICE

As always, 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.

If you have vacation/travel plans that require time off from work, please be sure to notify us once you have requested from the Client, as soon as possible. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.

CONGRATULATIONS!

The following Field Employees have been hired permanently at our Client companies:

Patrick DeSorbo
Ronda Reinhart
Paige Hudson



January Dates and Facts



New Year's Resolutions to Help Your Career!

By: Tyler Omoth

As one wild year comes to a close, it's time to look forward to the upcoming new year. For many, that means looking for New Year's resolution ideas and setting new goals. This year, look at your career and set some firm, measurable goals that you can actually track and achieve.

1. Do five things to stay healthier at work

Everyone is concerned about health, and losing weight is one of the most common New Year's resolutions out there. You spend a lot of time at work, so consider what you can do for your health while you're there. Pack a sensible lunch. Take the stairs. Get up and stretch every hour. Think small and you'll find that those little things add up.

2. Learn a new skill

No matter what field you are in, there are hundreds of new skills you can learn that could benefit your career. Is there one you've been meaning to learn? Set it as one of your work goals for the year and get it done. You won't regret it.

3. Read one career-related or motivational book

January 1st - New Year's Day

January 10th - National Houseplant Appreciation Day

January 14th - National Dress Up Your Pet Day

January 17th - Martin Luther King Jr. Day

January 29th - National Puzzle Day

January is National Volunteer Blood Donor Month

Birth Stone: Garnet

Birth Flower: Carnation

Vermont Butternut Squash Soup

[From almanac.com](http://almanac.com)



Ingredients

- 3 tablespoons butter
- 2 tablespoons chopped onion
- 1 medium carrot, peeled and chopped
- 3 tablespoons all-purpose flour
- 4 cups warm chicken stock
- 2 pounds butternut squash, peeled, seeded, and cut into large cubes
- 1 clove garlic
- 1 tablespoon dried parsley

Reading does wonders for your mind. No matter your job, there is a book out there that can improve your performance, your outlook, or your personal habits. Even if you think you already know what you need to know, reading a great book on professional development can give you a new perspective.

4. Create at least one new professional networking connection per month

There's no downside to increasing the size of your professional network. You probably meet people all the time, but do you take the time to listen, grab their business card, and connect with them? Try to find at least one person per month to add to your LinkedIn connections and watch your network blossom.

You can find many more ideas for resolutions [here!](#)

Source: TopResume.com

Winter Weather Terms



Are you someone who watches the weather on the news yet never quite understood what all the warnings and advisories meant this time of year? Here's some info to help you out!

Winter Storm Warning: Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to

- 1-1/2 cups milk
- 1/2 cup light cream
- 2 tablespoons maple syrup, or to taste
- chopped fresh parsley, for garnish
- freshly ground black pepper, for garnish

Instructions

In a large stockpot, melt the butter over medium-low heat. Add the onion and carrot and cook for about 5 minutes, or until the onion is tender. Sprinkle the vegetables with the flour and, stirring constantly, continue cooking for 3 minutes. Remove the pot from the heat and add the chicken stock. Add the squash, garlic, and parsley, and simmer, covered, for 45 minutes. Set aside to cool for 10 minutes. In a blender or food processor, purée the mixture until smooth, in batches. Return the soup to the pot, add the milk, cream, and syrup, stir to incorporate, and heat through. Garnish with parsley and black pepper.

Make Ahead

This soup can be prepared up to the purée stage, covered, and refrigerated for 4 days or frozen in an airtight container for 1 month. To use: For each serving, combine 1/2 cup of the thawed purée, 2 tablespoons of milk, 2 teaspoons of cream, and 1 teaspoon of maple syrup, then heat through.

begin.

Winter Storm Watch: Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

Winter Storm Outlook: Issued prior to a Winter Storm Watch. The Outlook is given when forecasters believe winter storm conditions are possible and are usually issued 3 to 7 days in advance of a winter storm.

Blizzard Warning: Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

Wind Chill Warning: Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

Winter Weather Advisories: Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

Source: [National Weather Service](#)



‘Kindness
is like snow—
It beautifies
everything
it covers.’

—KAHLIL GIBRAN

*January is here,
With eyes that keenly glow—
A frost-mailed warrior striding
A shadowy steed of snow.*

—Edgar Fawcett, American poet
(1847–1904)



We are Hiring!!

Capital Area Staffing Solutions
and Bangor Area Staffing
Solutions have many CAREER
opportunities available!

Do you know someone who is
looking for a new opportunity?
Please ask them to review the
listings on our website and send
their resume for consideration.

Capital Area Staffing Solutions
Bangor Area Staffing Solutions
~Your Partners In Staffing~

