



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS

MAY 2017

## Permanent Hires



### CONGRATULATIONS

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

Ashley MacDonald

Danel Adams

Thank you for  
representing us so well!

## Hot Jobs!!!

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

### Augusta Area:

Janitorial/Cleaner – Multiple  
Openings

Front Desk/CSR – Insurance

Admin – Real Estate Office

Patient Accounts Coordinator

PARALEGAL – Rockport

## 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.

Our offices will be **closed** May 29th for  
Memorial Day



## 10 Memorial Day Traditions That Are More Meaningful Than a BBQ

By Jeanne Sager

Happy Memorial Day weekend! Do you have your big barbecue  
planned? Great! So now what are you doing to celebrate the  
actual holiday?

America, please don't disappoint me. You know why most of us  
have Monday off, don't you? So we can actually honor those  
who have died in all American wars? The brave who gave their  
lives so that we may live in the land of the free?

Medical Records Clerk  
Part-time Administrative  
Assistant  
Camp Nurses Needed!

### Bangor Area:

Auto Shop/Tire Technician  
Dental Assistant – FT  
Career Opportunity in Sales  
Administrative Assistant  
Paint Shop Counter Help – PT  
Front Desk Medical Receptionist  
Web Designer/Developer  
Landscape/Carpenter's Helper  
Area Management Position  
Legal Assistant  
Retail General Manager –in Bar  
Harbor!  
Warehouse – Career Opportunity  
Cleaning Associates

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



### FUN FACTS FOR MAY

Feel free to scarf down a few burgers and hoist a few beers, but do me a favor and add at least one of these real **Memorial Day traditions** to the list:

1. **Visit a veterans' home.** After the Civil War, the US found itself with a large number of indigent and disabled veterans who couldn't care for themselves or go back to work. The first veterans home was opened in 1864, and since dozens have sprung up to give back to our vets. It's the least the nation can do, but we as citizens can do more. Stop in, visit them! Chat with a vet for an hour or two, bring the kids to say hello, drop off a big plate of fresh baked cookies. Do something to let them know they are not forgotten.

2. **Visit the local veterans cemetery.** Some graves are well-maintained by family members, but when there are no living relatives, that chore falls on the shoulders of local veterans groups. Lend a hand by bringing some flowers and helping to beautify a few of the less cared for graves.

3. **Attend a parade.** This one's pretty easy, and a big hit with the kids, and it will give the veterans marching a big smile.

4. **Attend a memorial service.** Many veterans groups plan these events for the holiday, and they never say no to more participants.

5. **Raise your flag.** Some times showing your thanks can be as simple as flying Old Glory at your house. She should remain at half mast until noon, as per tradition.

6. **Honor the National Moment of Remembrance.** In 2000, Congress addressed the fact that many Americans simply use Memorial Day as a day to eat burgers. They created the National Moment to make sure our troops are honored. At 3 p.m. on Memorial Day, every American is asked to pause for just one minute to honor the fallen.

7. **Hoist a POW/MIA flag.** According to the Department of Defense, more than 83,000 Americans are missing from World War II, the Korean War, the Cold War, the Vietnam War and the 1991 Gulf War. Flying the POW/MIA flag reminds people of their sacrifice and their families' too.

8. **Visit a battlefield.** Memorial Day owes its roots to the Civil War, and there are numerous sites up and down the East Coast where soldiers laid down their lives for us.

9. **Watch/Listen to the National Memorial Day Concert.** Broadcast on PBS and NPR, this concert on the west lawn of the United States Capitol includes music but also tributes to the men and women who gave their lives for their country.

10. **Share a photo of your beloved fallen soldier/airman/etc. on Facebook or Instagram.** It's a day about remembering after all, so share his (or her) story!

**MAY IS:**

**National Physical Fitness Month  
Skin Cancer Awareness Month  
Asian American Heritage Month  
Jewish American Heritage Month**

**May 1 - May Day  
May 5 - Cinco de Mayo  
May 14 - Mother's Day  
May 20 - Armed Forces Day  
May 29 - Memorial Day**

**Birth Flower - Lily of the Valley  
Birthstone - Emerald**



### **A Forgotten Tradition: May Basket Day**

**The curious custom - still practiced in discrete pockets of the country - went something like this: As the month of April rolled to an end, people would begin gathering flowers and candies and other goodies to put in May baskets to hang on the doors of friends, neighbors and loved ones on May 1.**

**In some communities, hanging a May basket on someone's door was a chance to express romantic interest. If a basket-hanger was espied by the recipient, the recipient would give chase and try to steal a kiss from the basket-hanger.**

**Perhaps considered quaint now, in decades past May Basket Day - like the ancient act of dancing around the maypole - was a widespread rite of spring in the United States.**

Source: <http://www.npr.org>

## **What are you doing to truly honor the meaning of Memorial Day?**

Source: <http://thestir.cafemom.com>



### **Career Advisor: Plan & Prepare Daily**

You will conduct a much more successful job search if you are prepared and plan your calls at the end of each day. When you are in a job search, there are endless distractions, especially family members who are now comfortable putting demands on your time.

When you are in a job search, you are in sales - which is a numbers game. You must send out resumes daily, call on resumes you have submitted prior and do everything you can to schedule either an informational or job interview every day.

This is only possible, when you are focused and spend most of your time figuring out what you need to do, to schedule your next interview. You can submit 500 resumes a week, but if you schedule no interviews, you will not land your next job.

As you complete your plan, focus on the efforts that have the best chance of giving you results. Any action or contact that can lead to an interview is best use of your time and should be at the top of your plan. If you are not planning for success, you are inadvertently planning for failure.

Source: Loring Careers

## BLT Pasta Salad



### INGREDIENTS

2-1/2 cups uncooked bow tie pasta

6 cups torn romaine lettuce

1 medium tomato, diced

4 bacon strips, cooked and crumbled

1/2 cup ranch dressing

1 Tablespoon barbecue sauce

1/4 teaspoon pepper

### INSTRUCTIONS

Cook pasta according to package directions. Drain. Then rinse pasta under cold water.


In a large bowl, combine the romaine lettuce, tomato, bacon and pasta.

Drizzle the ranch dressing and barbecue sauce over the top. Gently toss to coat evenly. Season with pepper. Serve immediately and enjoy!




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