



**CASS**  
Capital Area Staffing Solutions

**BASS**  
Bangor Area Staffing Solutions

**SEPTEMBER 2016**

### Permanent Hires



## CONGRATULATIONS

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

Jason Marco

Catherine Richardson

Jude Scheppele

Dustin D'Agostino

Kelly Perry

Diane Crockett

Desiree Hamilton

Thank you all for  
representing us so  
well!

### 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 Monday, September 5th in observation of Labor Day.



## HOT JOBS!!!

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

### Augusta Area:

Customer Service Representative  
Medical Front Desk Admin.  
Production Operator-various shifts  
Bookkeeper

### Bangor Area:

Pizza/Deli Positions  
Jack of All Trades!  
Manufacturing  
Administrative Assistant  
New Posting!! Receptionist  
Web Designer/Developer – Make Websites Come Alive!  
Warehouse Opportunity  
Front Desk Administrative Position  
Medical Billing Position  
Immediate Need!  
Paralegal – PT Opportunity  
Maintenance Supervisor  
Dental Front Office Admin.  
Human Resources – Recruiter – Training  
Small Engine Repair – Marine Mechanic  
Tire Technician  
Eye Office – Immediate Need!  
Boat Detailing – Yard Assistant  
Administrative & Marketing Asst.

Please remember to visit



## The Power of Affirmations

Whether you think you will succeed or whether you think you won't succeed – you're right! What you think actually becomes your reality. What your mind can conceive and believe, your body will achieve.

There is a Law of Attraction that is extremely fair. It's not enough to want a new job; you have to expect it to happen! It's not an easy or even pleasant process at times. You can never have doubts about your ability to become the person you were put on this earth to become. You need to maintain a very positive attitude throughout the entire process.

Envision yourself already working in a job that would make you happy. While doing so, write down the following:

- What type of job are you doing?
- What are the functions of your job?
- What salary are you earning?
- What is your environment?
- What type of boss do you have?
- What are your advancement possibilities?

Now write down a Positive Affirmation you will read daily. Start this affirmation with the words, "I'm so happy because..." Write down the type of opportunity that would

CapitalAreaStaffing.com or  
BangorAreaStaffing.com each  
week for all of our  
**Hot Jobs.**



September is:

National Chicken Month  
National Piano Month  
National Hispanic Heritage  
Month

Birth Flower – Morning Glory  
Birth Stone – Sapphire

Sept. 5 – Labor Day

"Life starts all over again  
when it gets crisp in the  
fall." – F. Scott Fitzgerald



## CAMPFIRE BANANA BOATS

### Ingredients

make you happy and read it several times each day,  
picturing yourself actually doing that job.

Don't dwell on what you have experienced to date. You  
can't change what has happened in the past, you can't  
change what you've done so far today, but you can change  
what you do from this moment forward.



## Stress Management

If you often find yourself tense and on-edge, try  
these seven strategies to reduce stress.

1. **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
2. **Learn relaxation techniques.** Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful stress-busters.
3. **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
4. **Hone your time-management skills.** The more efficiently you can juggle work and family demands, the lower your stress level.
5. **Try to resolve stressful situations if you**

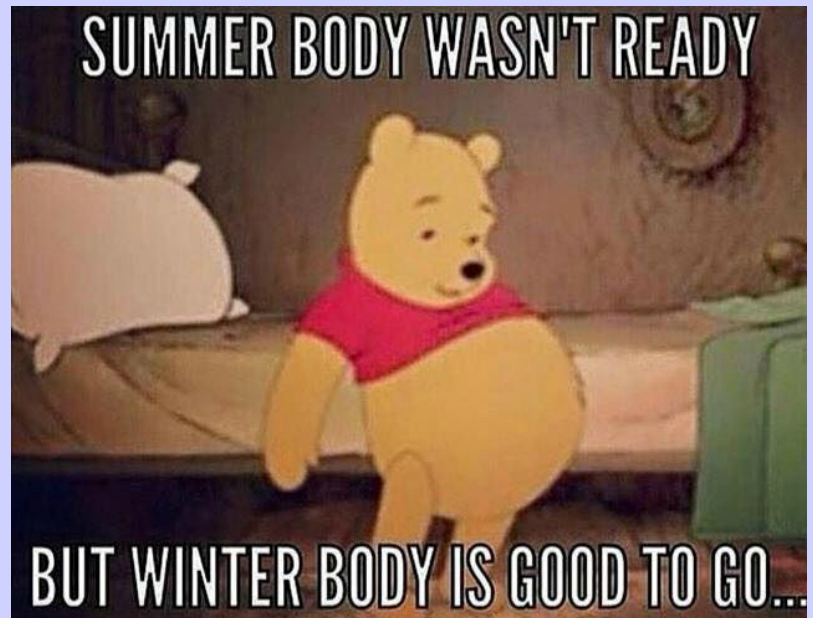
- Foil
- Bananas
- Mini Marshmallows
- Milk Chocolate Chips
- Peanut Butter Chips

## Directions

Leave the banana in the peel and cut a slit down the center. Place the banana on a piece of foil and fill it with the peanut butter chips, chocolate chips, and marshmallows. Wrap it up in foil. Place the banana wrapped in foil on top of hot coals from the fire and leave for about 5 minutes or until everything is melted. Don't over cook or the marshmallow will turn into liquid.

can. Don't let stressful situations fester. Hold family problem-solving sessions and use negotiation skills at home and at work.


6. **Nurture yourself.** Treat yourself to a massage. Truly savor an experience: for example, eat slowly and really focus on the taste and sensations of each bite. Take a walk or a nap, or listen to your favorite music.
7. **Ask for help.** Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.




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