



CASS
Capital Area Staffing Solutions

BASS
Bangor Area Staffing Solutions

MARCH 2016



Permanent Hires



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

Julie Hale
James Ricker
Kimberly Bellerose
Tamara Bishop
Marsha Jolicoeur

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.**

Betty Dietz
Ronda Gagne
Alan Hicks
Arthur Washer

**Thank you all for
representing us so well!**

Hot Jobs!!!

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

Augusta Area:

Front Desk/Reception
Accounting Assistant
Front Desk Administrator
Customer Service Rep-Insurance
Customer Service Rep.
PARALEGAL
Legal Secretary
Front Desk - Veterinary Office
Material Resources Asst.
Medical Biller
Financial Planning Asst.
Production Supervisor
Production Operator
Production Line Technician
Reception/Office Asst - Financial

Bangor Area:

Sales Support Position
IT Assistant
Dental Front Office Admin.
Accountant - Manufacturing
Maintenance Supervisor
Office - Clerical Positions
Human Resources Director
HR - Executive Assistant
Full-time Teller Position
Billing Specialist

Please remember to visit
CapitalAreaStaffing.com or



Who Has The Most Difficult Time Finding a Job?

By Loring Careers

More mature job seekers think it's harder to find a job after 50, recent grads think it's harder to find a job with no experience, people returning to the workforce think it's hardest for them to find a job and individuals changing careers often feel it's impossible to make the change.

The truth of the matter is there are jobs for all four groups just described. Many employers prefer to hire more mature candidates because of the wealth of expertise, maturity and dependability. There are companies who prefer to mold and train their own and look to hire recent grads. Individuals returning to the workforce often have lower salary requirements and there are transferrable skills when someone is changing their job target.

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



FUN FACTS FOR MARCH

MARCH IS:

American Red Cross Month
Fire Prevention Month
National Women's History Month

Birth Flower - Daffodil
Birthstone - Aquamarine

Mar. 13 - Daylight Savings
Mar. 17 - St. Patrick's Day
Mar. 27 - Easter

March is a boisterous fellow,
And undeterred by fear,
With many pranks proclaims
himself
The tomboy of the year!

-The Old Farmer's Almanac, 1931



If you believe it is harder for you to find a job for these or any other reasons, you could be sabotaging your own Job Search. If you think you CAN find a job or if you think you CAN'T find a job - YOU'RE RIGHT! Your expectations have a great impact on how you conduct your search.

To gain momentum in your search, you need to CHANGE the way you conduct your search. You can't keep doing things the same way and expect different results. Remember, currently over 50% of job seekers are finding their job through networking. The next best way to find a job is to market yourself directly to hiring authorities. Spend the majority of your time doing these two things and you will begin to enjoy results.

I can't believe it's
already time to
put off my spring
cleaning until
next year.

someecards



Spring Cleaning Challenge

By Buzz Feed

Some tips to get you started:

Set a timer for the amount of time you're going to clean - you'll be surprised at how much you can actually get done in five minutes. Even better, put on your favorite song! Turn the volume up high and set your phone's sleep timer to stop playing the music after one, five, or ten minutes (depending on how much time you have). Remember: You don't need to try to deep-clean everything.

Oh, and if any of the steps don't apply to you (if you don't have a dishwasher, for example), just spend some extra time on one of the other steps.

Banana Crunch Muffins

Ingredients:

3 cups all-purpose flour
2 cups sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 pound unsalted butter, melted and cooled
2 extra-large eggs
3/4 cup whole milk
2 teaspoons pure vanilla extract
1 cup mashed ripe bananas (2 bananas)
1 cup medium-diced ripe bananas (1 banana)
1 cup small-diced walnuts
1 cup granola
1 cup sweetened shredded coconut
Dried banana chips, granola, or shredded coconut, optional

Directions:

Preheat the oven to 350 degrees F.

Line 18 large muffin cups with paper liners. Sift the flour, sugar, baking powder, baking soda, and salt into the bowl of an electric mixer fitted with a paddle attachment. Add the melted butter and blend. Combine the eggs, milk, vanilla, and mashed bananas, and add them to the flour-and-butter mixture. Scrape the bowl and blend well. Don't overmix.

Fold the diced bananas, walnuts, granola, and coconut into the batter. Spoon the batter into the paper liners, filling each 1 to the

BuzzFeed *Life*

SPRING CLEANING CHALLENGE

10 DAY

DAY 1 **BEDROOM**

DAY 2 **KITCHEN**

DAY 3 **BATHROOM**

DAY 4 **ENTRY**

DAY 5 **LIVING ROOM**

DAY 6 **DRAWER**

DAY 7 **WINDOWS**



DAY 8 **CLOSET**

DAY 9 **FRIDGE**


DAY 10 **APPLIANCES**

top. Top each muffin with dried banana chips, granola, or coconut, if desired. Bake for 25 to 30 minutes, or until the tops are brown and a toothpick comes out clean. Cool slightly, remove from the pan, and serve.



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