



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



Permanent Hires



CONGRATULATIONS

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

Nancy Brown–Mooney

Tara Littrell

Jonathan Martin

Kelly Purington

Casey Simmons

Thank you for
representing us so well!

IMPORTANT NOTICES!!!

Timecards must be e-mailed or faxed to the
office **NO LATER THAN 8:30 AM** on Monday, July
3rd. Due to the short window we have to
process payroll, we will not be able to accept
timecards after the 8:30 am deadline.

Our offices will be **closing** at noon on
Monday, July 3rd and will reopen on
Wednesday, July 5th.

Hot Jobs!!!

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

Augusta Area:

Administrative Assistant
Payroll Accountant
Cataloging Assistant
Janitorial/Cleaner – Multiple
Openings
Front Desk/CSR – Insurance
Sales Office Assistant
Admin – Real Estate Office
Veterinary Technician

Bangor Area:

Dental Assistant – Per Diem
Accounting Position
Paint Shop Counter Help – PT
Medical Receptionist
Production Line Supervisor
Scheduler
Regional Manager
Retail General Manager –in Bar
Harbor!
Cleaning Associates
Maintenance Supervisor

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



Have a wonderful and SAFE 4th of July!

Using consumer fireworks on our nation's birthday is as traditional as cookouts and parades. And it is equally safe if a few common sense rules are followed, says Nancy Blogin, President of the National Council on Fireworks Safety. Along with the safety tips listed below, Nancy urges families to promote and teach fireworks safety by using fireworks responsibly and setting a good example for children, young adults, friends and family. Have a designated shooter that knows each firework; how it performs and how to safely light the firework. Make your backyard celebration not only a fantastic show for the family, but a teaching lesson for everyone present. Let this 4th of July celebration be the happiest and safest celebration ever.

- Know your fireworks; read the cautionary labels and performance descriptions before igniting.
- A responsible adult SHOULD supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks OUTDOORS in a clear area; away from buildings and vehicles.
- Never relight a "dud" firework. Wait 20 minutes and then soak

JULY

FUN FACTS FOR JULY

JULY IS:

National Ice Cream Month

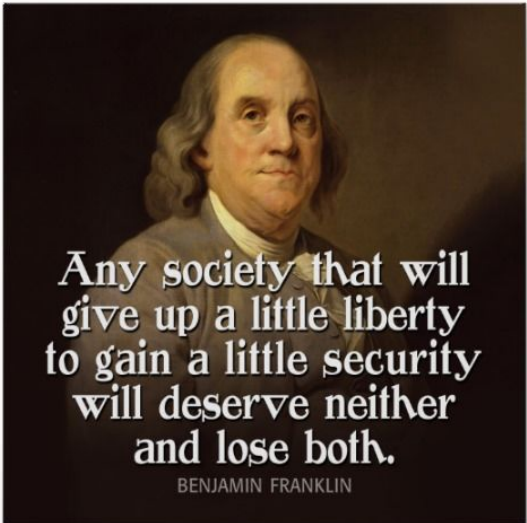
National Picnic Month

National Blueberry Month

July 4 - Independence Day

Birth Flower - Larkspur or Water Lily

Birthstone - Ruby



BLT Pasta Salad

it in a bucket of water.

- Always have a bucket of water and charged water hose nearby.
- Never carry fireworks in your POCKET or shoot them into METAL or GLASS containers.
- Do not experiment with homemade fireworks.
- Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.

And let's not forget the safety of our pets!

- Don't bring your pets to a fireworks display, even a small one.
- If fireworks are being used near your home, put your pet in a safe, interior room to avoid exposure to the sound.
- Make sure your pet has an identification tag, in case it runs off during a fireworks display.
- Never shoot fireworks of any kind (consumer fireworks, sparklers, fountains, etc.) near pets.

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



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.



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!


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




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