



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!

Kenny Kinney

Adam Shortsleeves

Thank you all for
representing us so
well!

Hot Jobs!!!

Ask us about the following jobs

IMPORTANT NOTICE!!!

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.



we have available!!!

Augusta Area:

Front Desk Manager
Cleaners/Janitorial
Retail Store Supervisor
Cataloging Assistant
Veterinary Technician
Front Desk – Vet Office
Data Entry/Accounting Assistant
Reception/Secretary

Bangor Area:

Scheduler
Production Line Supervisor
Accounting Position
Dental Hygienist
Account Manager
Evening Cleaners – Part Time
Maintenance Supervisor
Store Sales Manager
Forklift Operator
Fabricator
Wireless Sales Consultants –
Full Time and Part Time
Utility/Prep Cook – Unity
Dish Machine Operator – Unity
Sous Chef – Unity

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

HOT JOBS.



CAREER ADVISOR

Seven Simple changes that can help you find a job!

If you are frustrated because your job search is taking longer than expected, you need to make changes in the way you are conducting your search. If you keep doing things the same way, unfortunately you will get the same results!

Here are a few simple changes that can put momentum behind your efforts that will lead to job offers.

1. Read the top 1/3 of the first page of your resume or CV. Is that section "keyword" rich to automated systems will screen you in vs. out? If not, add a Career Summary after your contact information that is keyword rich.
2. Spend less than 10% of your time answering Job Board ads. This is where you have the greatest competition and the lowest return on your investment of time and effort.
3. Send three resumes DAILY by MAIL to companies you'd like to work for. Address the envelope to the person who would be your bosses' boss and write "personal and confidential" in the lower left-hand corner to assure they open your correspondence. This form of direct marketing is very effective in today's competitive job market.



FUN FACTS FOR AUGUST!

AUGUST IS:

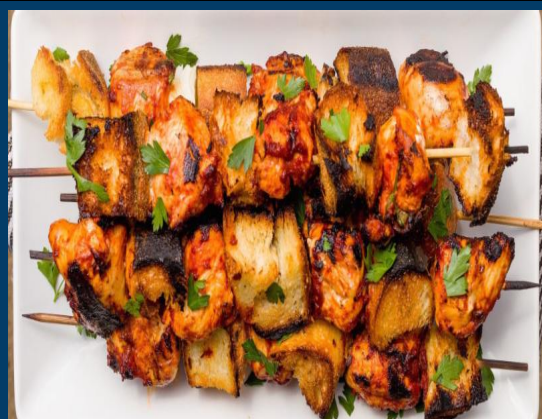
National Immunization Awareness Month

Birth Flower - Poppy or Gladiolus

Birthstone - Peridot or Sardonyx

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

-Helen Keller



Italian Chicken Skewers

Ingredients

- 1 lb. boneless skinless chicken breasts, cut into large cubes
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. tomato paste
- 1/4 c. extra-virgin olive oil, plus more for drizzling

Follow up with a telephone call.

4. Add to your professional and personal network DAILY and offer information that will help them. If you provide them with leads or information, they are more likely to help you open a door that could lead to your next opportunity.
5. Update your LinkedIn Profile to match your resume.
6. Become active on career related groups on line in the profession or industry you are targeting to position yourself as an expert.
7. Consider working contract or temp to get your foot in the door.

Implement these seven changes you will experience better results!

Source: Loring Careers



10 Tips for Extreme Heat Safety

Both extreme heat and extreme cold can be dangerous.

However, heat waves very quickly become life-threatening if proper precautions are not taken. In recent years, excessive heat has caused more deaths than all other weather events, including floods. Of all natural disasters, heat holds the highest 10-year average of fatalities with 113.

10 TIPS FOR SURVIVING A HEAT WAVE

1. Never leave children or pets alone in hot vehicles-even for a second.

- 3 garlic cloves, minced
- 1 tbsp. chopped fresh Italian parsley, plus more leaves for garnish
- 8 skewers, soaked in water for 20 minutes
- 1 French bread baguette, cut into cubes

Directions

1. Season chicken with salt and pepper.
2. Make marinade: combine tomato paste, olive oil, garlic cloves, and chopped parsley in large bowl.
3. Add chicken and toss to fully coat.
4. Refrigerate 30 minutes.
5. Preheat grill to medium-high.
6. Skewer chicken and bread.
7. Drizzle with olive oil and season with salt and pepper.
8. Grill, turning occasionally, until chicken is cooked through and bread slightly charred, about 10 minutes.
9. Garnish with parsley.

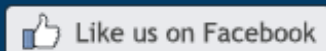
2. Stay inside during the hottest part of the day (10 A.M to 4 P.M.) and limit time outside in the Sun. Avoid strenuous activity and postpone outdoor games and events.
3. If A/C is not available, stay indoors on the lowest floor in a well-ventilated area with fans. Keep shades and blinds closed.
4. Stay hydrated with plenty of water-even if you're not thirsty. Don't drink alcohol, sugary soda or drinks, or other caffeinated beverages, as they will only make dehydration worse.
5. Eat small meals and eat more often.
6. Use sunscreen and wear loose-fitting, light-colored clothing and a hat made of breathable material.
7. During heat waves, tune to a NOAA radio station and listen for weather updates from the National Weather Service (NWS).
8. Visit air-conditioned public spaces such as malls, movie theaters, and libraries to keep cool.
9. Check on family and friends who are more susceptible, especially if they may have lost A/C. Keep your pets indoors and make sure they have access to a cool space and plenty of water.
10. If you feel overheated, cool off with wet washcloths, fans, and a cool sponge bath or shower.

Too hot at the house? Go to the library or a designated public shelter if your home loses power during periods of extreme heat. Text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area (example: shelter 12345).


Source: The Old Farmer's Almanac Focus

Please take a moment and like us on Facebook!

CASS



BASS

 Like us on Facebook



**WORK HARD IN SILENCE
LET YOUR SUCCESS
BE THE NOISE**