



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS

OCTOBER 2017

Permanent Hires



CONGRATULATIONS

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

Kim Eastman

Faith Fletcher

Denise Green

Chad Lippincott

Crystal McDonald

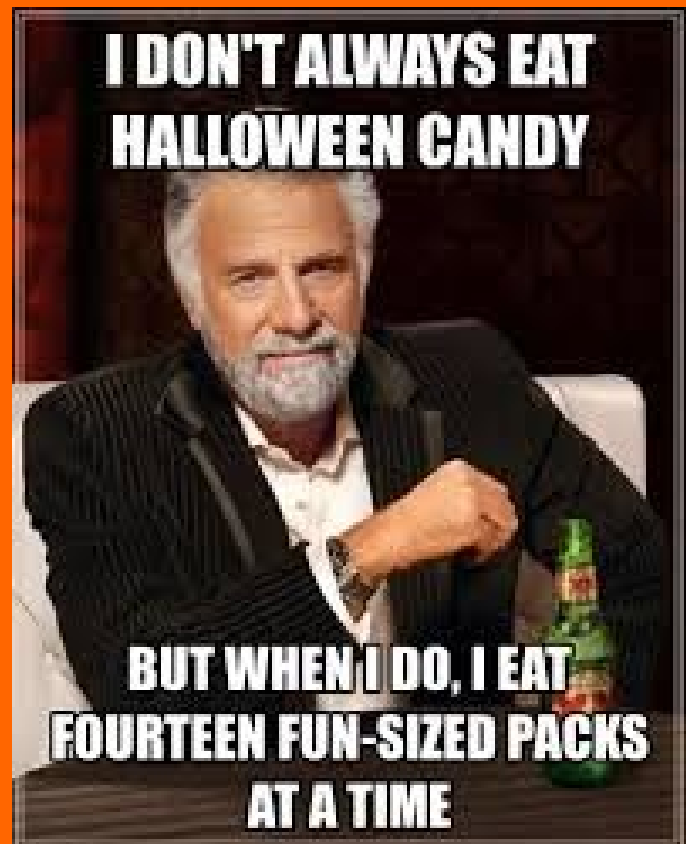
Jessica Weiner

Jennifer Willert

Thank you for representing
us so well!

IMPORTANT NOTICE!!!

Please remember to submit your time card no
later than Friday afternoon, unless you are
working a weekend shift. In that case, please e-
mail/fax no later than 8am Monday morning.



Hot Jobs!!!

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

Augusta Area:

Janitorial Openings!

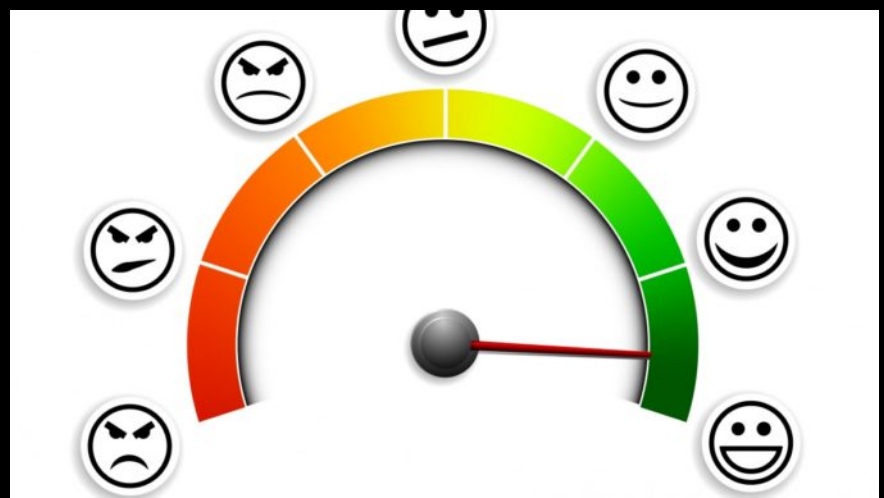
Vet Tech/Front Desk

Administrative Assistant
Proofreader
Medical Front Desk
Accounts Payable
Parts Counter Clerk
Office Assistant – Property
Management
Reception/Office Assistant – Tax
Office

Bangor Area:

Accounting–HR Admin
Maintenance Supervisor
Raw Materials Warehouse Lead
Fabricator
Receptionist/File Clerk
Account Manager – Belfast
Cleaning Associates
Production Line Supervisor
Office Assistant
Sanitation Technicians (2)
PT Wireless Consultants
Legal Administrator
Weekend Janitor
Front Line Reception Coordinator
Forklift – Evenings

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



Perspective on a Job You Don't Like

Our world is becoming increasingly personalized. Most things today can be made to fit our specific needs, desires or tastes. This is even being done online - when you log into a web browser, it's being customized for you without your knowledge.

Along with taking in the objective information needed to answer a query, Google's search results will tailor that information to be more in line with your past behaviors based on cookies in your browser, even if you're not logged in.

This all seems well and good, and for things like search results, it probably is. But knowing that everything will be as we deem it should be, customized to our every whim, can often produce unexpected side effects.

When it comes to the working world, this can be particularly hazardous.

There's a Reason It's Called 'Work'

When you work for a company, whether at the top or bottom of the ladder, you provide a skill which helps the company succeed and therefore you deserve to be compensated appropriately. Businesses are continually accessing choices regarding compensation and service to their clients. These choices are balanced with protecting the bottom line, while ensuring a healthy future of the business, allowing employees to continue drawing a paycheck.



FUN FACTS FOR OCTOBER

National Cookie Month
National Chili Month
National Pizza Month

Birth Flower - Calendula
Birthstone - Opal

October 9th - Columbus Day
October 31st - Halloween



Baked Honeycrisp Apples

In most businesses there is conflict between the needs of the employee (you) and the needs of the company (your employer). If you, the employee, become disinterested in your job, the conflict can be exacerbated. This result may be harmful to the organization, but it can also be harmful to you. In fact, because it might lead to distraction, decreased effort, poor performance, and bad reviews, it could ultimately be damaging your career.

Speak Up

If your work situation has become problematic, it is your responsibility to address a manager with your concerns. There is no such thing as a perfect job, and if the situation has become unmanageable, it may be time to move on. Trying to work through an untenable situation can result in you disregarding your obligations and will hurt you in the long run.

Consider your performance in these less than ideal conditions, and then consider what opportunities the future will hold. It likely won't be with the same company, but you will undoubtedly be well served in the future by utilizing the skills and knowledge that you've gained by working through a difficult employment situation.

Your Job Is Your Choice

It's important to remember that, to a large extent, where you work is your choice. You aren't being forced to go into the office every day. If you don't like it, you can always quit. This is not recommended, of course, unless you have a good deal of money saved (as well as another opportunity on the horizon), but, technically, it is always an option.

A recent JobsInME.com poll shows that 35 percent of employees would leave their current job for another if it paid more, and 16 percent would leave for better benefits elsewhere.

Change Your Perspective

If you are not satisfied with your current job situation, here are some things to consider that could



INGREDIENTS

- 4 Honeycrisp apples
- 1/2 cup brown sugar
- 2 tsp ground cinnamon
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- 4 tblsp butter
- creamy caramel sauce (optional)
- vanilla ice cream (optional)

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Slice approximately 1/3 off of the top of the apples and scoop out the core, leaving a well in the center.
3. In a bowl, mix brown sugar, cinnamon, cranberries and walnuts until blended.
4. Stuff each apple with 1/4 cup of brown sugar mixture.
5. Place apples in a deep baking dish, topping each apple with 1 tblsp butter and a sprinkle of cinnamon.
6. Pour about 1/2" of water into the baking pan, around the apples, and bake for 50 – 60 minutes, until apples are tender.
7. Serve warm, topped with caramel

help turn things around for the better:

What originally brought you to the job? How you approach your work is entirely up to you. Consider the parts of the job you enjoy, and look for new and interesting ways to make the work enjoyable. Making the job interesting or fun may also help you accomplish more.

While this is not always the case, most managers welcome being approached by an employee with ideas about how they might be able to improve the process.

source: jobsinme.com



Updating Your Resume for 2018? Do These Five Things First

Written by: Liz Ryan

Whether you plan to job-hunt next year or not, an annual resume update is a very good idea. You are the CEO of your career. Your resume is your presentation to people who don't know you. Make sure it still represents who you are!

Here are five things to do before you begin upgrading your resume for 2018:

sauce drizzled on top of each apple, if desired.

8. Also excellent served with vanilla or butter pecan ice cream.

NOTE

1. Keep an eye on the water level when baking. Add more water, if needed, to prevent the apples from drying out.

Source: www.worthingcourtblog.com



1. Get a journal and write in it. Write about your career so far. Write about your ideal job, and why that job will be perfect for you.

2. Tell a friend that you're thinking about your career. Pick a friend who is wise and real -- someone who will tell you the truth and take the time to consider your question "What do you think I should be doing in my career?" Our good friends often know us better than we know ourselves.

3. Think about your childhood and early adulthood. What did you like to do the most? What were you really good at doing? What are you good at now?

4. Think about your ideal job. What would that job look like? In that job, what sorts of Business Pain will you solve for your employer?


5. Think about your past work, school and volunteer experiences. Begin to collect your Dragon-Slaying Stories. You will use them in the 2018 version of your fabulous resume!

The more reflection you do, the clearer your direction will be as you head into 2018. Any time you can stop in your tracks and get altitude on your life and career, grab the opportunity!


Source: <https://www.forbes.com/>

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