



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS

## MARCH 2018

### Permanent Hires!



### CONGRATULATIONS

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

**Kim Breton**  
**Alicia Gray**  
**Karen Lawlor**  
**Lisa Ouellette**

### Hot Jobs!!!

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

#### Augusta Area:

PT Administrative Assistant  
Office Assistant/Reception - Insurance  
Payroll Administrator  
Accounting Assistant  
Bookkeeper/Office Assistant  
Janitorial Openings!  
Legal Assistant/Secretary - Portland



### IMPORTANT NOTICE!!!

**Don't forget to move your clocks  
ahead one hour on Sunday, March  
11th!**

As always, 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.

**DAYLIGHT SAVING  
TIME**



**CLOCK IN MY CAR WILL  
FINALLY BE CORRECT.**

Front Desk - Veterinary Office  
Medical Assistant  
Bookkeeper  
Dining Services Assistant  
Intake Coordinator  
Marketing Manager  
Customer Service Representative  
Medical Front Desk

### **Bangor Area:**

Lawn Fertilizer/Weed Technician  
Production Line Cake Decorators  
Legal Assistant/Secretary  
Automotive Service Desk  
Administrative Assistant  
Janitorial Services Supervisor  
Maintenance Supervisor  
PT Cleaners - Bangor & Bar Harbor  
Generator Technician  
Production Line Supervisor  
Production Associates  
Sanitation Technician  
Front Desk Administrative Assistant  
Automotive Technician - Mechanic

Please remember to visit  
[CapitalAreaStaffing.com](http://CapitalAreaStaffing.com) or  
[BangorAreaStaffing.com](http://BangorAreaStaffing.com) each week for all  
of our  
**HOT JOBS.**



### **Four Tips to Stay Motivated Throughout Your Job Search**

There may be times during your job search that it takes effort just to get out of bed. The roller coaster of highs and lows in a job search can be extremely frustrating and the challenge is how to stay motivated every day.

#### **1. Control How You React -**

You can't control the economy, job market or results of your job search. You do however have 100% control over how you choose to react - which is empowering during your job search. No one can upset or frustrate you, unless you give them permission. Throughout your job search there will be times when the best decision is to choose not to react. Try to develop the attitude, "So what, now what - next!"

#### **2. Spend Less Time on Your Computer-**

Spend less than 20% of your time responding to job boards or website posting. Join a job club to increase your professional network and gain from the experience of others. Other job seekers will provide you with honest feedback

## FUN FACTS FOR MARCH

### MARCH IS:

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

March 11th - Daylight Savings Time  
March 17th - St. Patrick's Day  
March 20th - First Day of Spring

Birth Flower - Daffodil  
Birthstone - Aquamarine & Bloodstone

### Chocolate Stout Cupcakes!



### Ingredients

- 3/4 cup unsweetened cocoa, plus more for dusting finished cupcakes
- 2 cups sugar
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- Pinch fine salt
- 1 bottle stout beer (recommended: Guinness)
- 1 stick butter, melted
- 1 tablespoon vanilla extract
- 3 large eggs
- 3/4 cup sour cream
- 1 (8-ounce) package cream cheese, softened at room temperature

and often leads.

### 3. Participate in Volunteering or Exercise -

You need to nurture yourself while you are unemployed. Exercise will help keep your mind sharp and body healthy. Helping others through volunteering can improve your self-esteem, enhance your networking efforts and will help you stay motivated in your job search. It can also serve as a welcomed break.

### 4. Consider Yourself Self-Employed vs. Unemployed-

If you have an area of expertise, consider working as a consultant. If possible, accept a part-time job, work as a contractor or accept temporary work. Consider accepting work in an entirely new career or industry. If you have a college degree, consider substitute teaching.

Source: Loring Careers

A single, ordinary person still can make a difference – and single, ordinary people are doing precisely that every day.

Chris Bohjalian

### The Starfish Story: One Step Towards Changing the World

By: Peter Straube

Once upon a time, there was an old man who used to go to the ocean to do his



- 3/4 to 1 cup heavy cream
- 1 (1-pound) box confectioners' sugar

## Instructions

### CUPCAKES

- Preheat oven to 350 degrees F.
- In a large mixing bowl, whisk together the cocoa, sugar, flour, baking soda, and salt.
- In another medium mixing bowl, combine the stout, melted butter, and vanilla.
- Beat in eggs, 1 at time.
- Mix in sour cream until thoroughly combined and smooth.
- Gradually mix the dry ingredients into the wet mixture.
- Lightly grease 24 muffin tins.
- Divide the batter equally between muffin tins, filling each 3/4 full.
- Bake for about 12 minutes and then rotate the pans. Bake another 12 to 13 minutes until risen, nicely domed, and set in the middle but still soft and tender.
- Cool before turning out.

### ICING

- In a medium bowl with a hand mixer, beat the cream cheese on medium speed until light and fluffy.
- Gradually beat in the heavy cream.
- On low speed, slowly mix in the confectioners' sugar until incorporated and smooth.
- Cover with plastic wrap and refrigerate until ready to use.
- Icing can be made several hours ahead and kept covered and chilled.

writing. He had a habit of walking on the beach every morning before he began his work. Early one morning, he was walking along the shore after a big storm had passed and found the vast beach littered with starfish as far as the eye could see, stretching in both directions.

Off in the distance, the old man noticed a small boy approaching. As the boy walked, he paused every so often and as he grew closer, the man could see that he was occasionally bending down to pick up an object and throw it into the sea. The boy came closer still and the man called out, "Good morning! May I ask what it is that you are doing?"

The young boy paused, looked up, and replied "Throwing starfish into the ocean. The tide has washed them up onto the beach and they can't return to the sea by themselves," the youth replied. "When the sun gets high, they will die, unless I throw them back into the water."

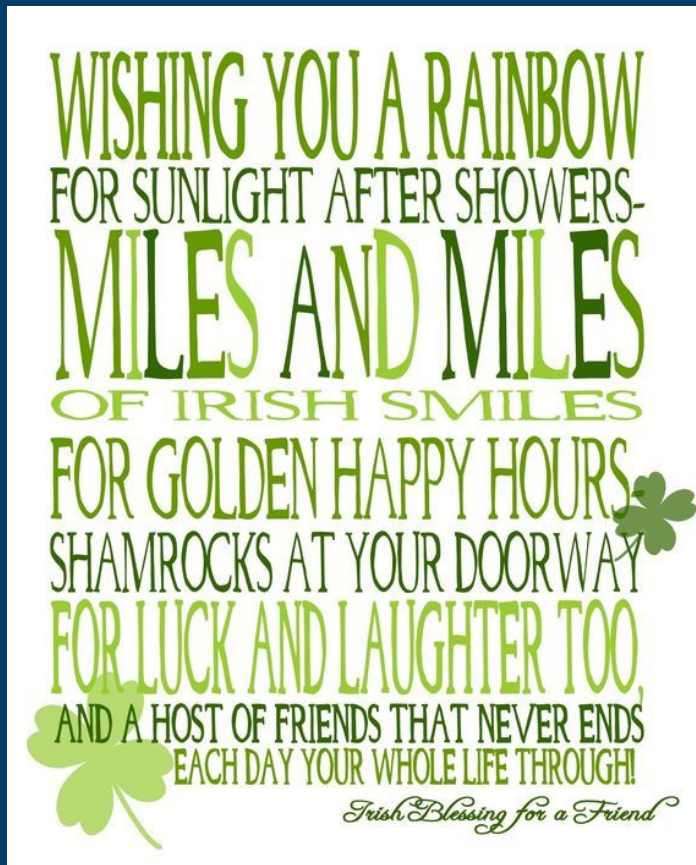
The old man replied, "But there must be tens of thousands of starfish on this beach. I'm afraid you won't really be able to make much of a difference."

The boy bent down, picked up yet another starfish and threw it as far as he could into the ocean. Then he turned, smiled and said, "It made a difference to that one!" - Adapted from The Star Thrower, by Loren Eiseley

We all have the opportunity to help create positive change, but if you're like me, you sometimes find yourself thinking, "I'm already really busy, and

- Top each cupcake with a heap of frosting and dust with cocoa.

Source: foodnetwork.com



how much of a difference can I really make?" I think this is especially true when we're talking about addressing massive social problems like tackling world hunger or finding a cure for cancer, but it pops up all of the time in our everyday lives, as well. So when I catch myself thinking that way, it helps to remember this story.

You might not be able to change the entire world, but at least you can change a small part of it, for someone. They say that one of the most common reasons we procrastinate is because we see the challenge before us as overwhelming, and that a good way to counter that is to break the big challenge down into smaller pieces and then take those one at a time-like one starfish at a time. And to that one starfish, it can make a world of difference.

Source: eventsforchange.wordpress.com

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