



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
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CASS & BASS Field Employees

IMPORTANT TIMECARD NOTICE

As always, please remember to submit your timecard 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.**

If you have upcoming plans that require time off from work:

Please be sure to notify us as soon as possible! The sooner we know, the better we (and our Clients) will be able to prepare for your absence.



Please join us in congratulating the following Field Employees, who were hired by our Clients in June!

- ~ John H.
- ~ Virginia V.
- ~ Sally L.
- ~ Adam D.

**CASS & BASS offices will be closed
on Friday, 7/3 in recognition of the
Fourth of July.**

We will re-open on Monday, 7/6 at 8:00
am.



SO MANY CAREER OPPORTUNITIES!

Please visit our website at
CapitalAreaStaffing.com
for a list of all current openings!

Augusta

Executive Asst- *Augusta*
Staff Accountant - *Auburn*
Inspector/Packer - *Wilton*
Janitorial - *Rockland*
Payroll CSR - *Auburn*
Sr. Materials Mgr. - *Pittsfield*
Tax Administrator II - *Auburn*
Asset Manager - *Augusta*
Program Sprt & Monitoring Spc -
Augusta
Construction Analyst - *Augusta*
Loan Operations Mgr - *Augusta*
Insulation Installer- *Augusta*

Bangor

Veterinary Recept. - *Bucksport*
PT Recept. (Holistic Health) - *Bangor*
Front Desk (Chiropractic) -
Bangor/Ellsworth
Property Maintenance - *Bangor*
Restoration Cleaners/Laborers -
Hampden
FT Evening Janitorial - *Lincoln*
FT & PT Evening Janitorial -



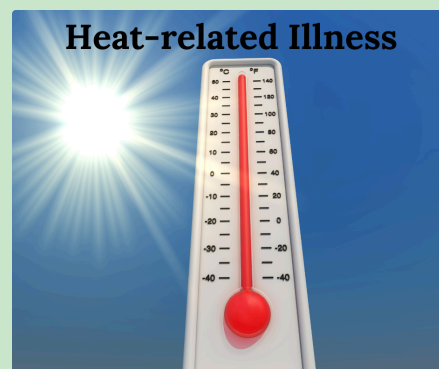
Fun Facts for July

- July 4th is **Independence Day**
- July 15th is **National Hot Dog Day**
- July 23rd is **National Day of the Cowboy**
- July 30th is the **National Cheesecake Day**
- June 21 is **Father's Day** this year.
- June 24 brings **Midsummer Day**, also **St. John the Baptist's Feast Day**.

July's full Moon, the full **Buck Moon**, occurs on Wednesday, July 29. It reaches peak illumination at 10:36 A.M. Eastern Time. It will be below the horizon at that time, so plan to look towards the southeast after sunset to watch it rise into the sky.

July's birth flowers are the **larkspur** and the **water lily**.

July's birthstone is the **ruby**.



Heat-related illness is preventable if you know the warning signs and take precautions.

Heat stress occurs when the body loses ability to control internal temperature, leading to heat exhaustion and potentially

Bar Harbor

PT Evening Janitorial - *Trenton*

FT Evening Janitorial - *Ellsworth*

If you know someone who is looking for a new job, please send them our way!



Fresh Basil and Tomato Frittata

This fresh basil and tomato frittata is a prime example of how tasty a simple recipe can be. Juicy tomatoes, sharp cheddar, and fresh basil are natural partners in this easy egg dish. Put it on the menu for breakfast, brunch, or lunch.

Why not grow your own tomatoes and basil for an extra-tasty dish?

Ingredients

- 8 ounces Vermont sharp cheddar cheese, grated
- 1 tablespoon all-purpose flour
- 4 ounces Monterey Jack cheese, grated
- 6 eggs, beaten
- 1/2 cup half-and-half
- 1 tablespoon Worcestershire sauce
- 1 large tomato, diced
- 3 tablespoons chopped fresh basil

Instructions

1. Preheat oven to 350°F.
2. Toss cheddar cheese with flour. Place the mixture in the bottom of an ungreased 9-inch pie plate. Sprinkle Monterey Jack cheese over the top.
3. Combine eggs and half-and-half, add Worcestershire sauce, mix well, and pour over cheeses.

fatal heat stroke. Heat-related illness is always preventable with increased awareness of the warning signs and simple precautionary and heat-stress alleviating measures.

Warning signs of heat exhaustion:

- Fatigue
- Heavy sweating
- Headache
- Cramps
- Dizziness
- High pulse rate
- Nausea/vomiting

Life-threatening signs

Call 9-1-1

- High body temperature
- Red, hot, dry skin
- Heavy sweating
- Confusion, irrational behavior
- Convulsions
- Fainting

Self Monitoring/Care

Drink plenty of cool, fresh water – at least one 8-ounce cup every 15 minutes throughout your work shift. Do not wait until you are thirsty.

Take rest breaks in shaded areas.

Monitor your urine color. If it is anything but clear to pale yellow, you need to increase hydration. Choose water over soft drinks, and avoid coffee, energy drinks, and alcohol.

Monitor your pulse rate by placing your thumb on the side of your wrist and counting the number of beats for 30 seconds. You can also use a pulse app on a smartphone. If your pulse rate is faster than 55 beats in 30 seconds (110 beats per minute), shorten the next work period by one third and maintain the same rest period.



Fourth of July Events

4. Sprinkle tomato and basil over the egg mixture.
5. Bake for 35 to 40 minutes.



Greater Bangor Area

Join the all day celebration that includes the annual 3K road race and parade in the morning, Chords for the Cure concert in the afternoon, and fireworks in the evening!

Augusta

Augusta is hosting a parade, various family activities, food trucks, live music, and a fireworks display!

Bar Harbor

Bar Harbor is also having an all-day affair! This will include a pancake breakfast, craft fair, parade, music and entertainment, and more fireworks!

Lewiston/Auburn

This celebration kicks off the evening of July 3rd with live music, food vendors, and more! The party continues on the 4th with an afternoon parade, a car show, more live music, a dance party, and, of course, fireworks!

Capital Area Staffing Solutions, Inc.
Bangor Area Staffing Solutions
~Your Partners in Staffing~



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