



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



*~Welcome April~*

# April 2021

## Field Employees

### IMPORTANT TIMECARD NOTICE

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.

If you have vacation/travel plans that require time off from work, please be sure to notify us as soon as possible once you have requested the time off from the Client. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.

**Oh, how fresh the wind is blowing!**

## CONGRATULATIONS!

The following Field Employee has been hired permanently at one of our Client Companies!

~Stacey Hachey

~James Cosgrove

~Brian McMillan

## April Dates & Fun Facts

April 2 - Good Friday

April 4 - Easter

April 12 - Ramadan starts

April 30 - National Arbor Day

Just for Fun Days  
April 6 - International Pillow

**See! The sky is bright and clear,  
Oh, how green the grass is  
growing!**

**April! April! Are you here?  
-Dora R. Goodale (1866-1953)**

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### 4 Ways To Have More Energy At Work

Ashley Stahl

Even self-made millionaires value the importance of exercise and good rest. When you're in a slump at work, sometimes consuming all the coffee in the world can't help you. (Trust me. I've tried it.) Fortunately, there are things you can do to find more energy on the job and increase your productivity while you're at it.

As the owner of both a copywriting house and career coaching business, I have more than my share of work laid out for me. I love what I do so that definitely keeps me going, but I also follow these tips which help keep me energized throughout my workday. When my career coaching clients are looking for ways to up their game, I remind them to look at the entire picture. It isn't about working hard 24/7 until you're on the verge of burnout - it's about taking care of your mind and body so that you have the energy to put forth in the first place.

#### **Eat smarter.**

First things first. Don't skip breakfast! Have a small meal at the very least to get your metabolism going. Then, throughout the day, practice mindful eating and listen to your body. If you need a snack, keep it well-balanced to avoid a mid-afternoon crash. Try something with equal protein and carbs to avoid blood sugar spikes (and drops).

Also, don't forget the magic of caffeine. There's the right amount that can give you a boost but won't lead to a major

Fight Day  
April 21 - Go Fly a Kite Day

Monthly Observances  
~National Child Abuse  
Awareness Month  
~National Financial Literacy  
Month

#### April Astronomy

-April's full Pink Moon will rise on the night of Monday, April 26, reaching peak illumination at 11:33 P.M. ET. This full Moon is one of two supermoons this year.

-April's birthstone is the diamond.

-April's birth flowers are the Daisy and the Sweet Pea.



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## A Maine Classic Canoe Race is Back!

54th Annual Kenduskeag  
Stream Canoe Race  
Saturday, April 17th, 2021

According to a Bangor Daily News article- Following a 12-month span during when many annual events have been canceled because of COVID-19, there's at least one piece of good news on the horizon: The Bangor Parks and Recreation Department has begun accepting registrations for the 2021

crash afterwards. Have one cup of 200mg or less mid-morning, and then a second cup in the PM when you need a pick me up, instead of two back to back. The afternoon is a perfect time to take one of your regularly scheduled breaks.

### **Take regular breaks.**

Research shows that taking 15 minute breaks every 90 minutes will reenergize you and help increase productivity. While it's slightly different for everyone, most of us aren't capable of truly focusing for more than an hour and a half at a time. So don't power through every client call, report, and meeting without one. You're actually doing yourself a disservice.

Not sure if a break sounds productive enough? Why not also incorporate some exercise?

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### **Workout mid-day.**

You already know that regular exercise is important for your health, but if you time it correctly, it also works wonders for your energy levels. Fitting in even as little as 20 minutes mid-day can perk you up and improve your mood. If you don't have a gym nearby, try taking a brisk walk near your office. Better yet, host a walking meeting with colleagues to tackle work while simultaneously upping your energy levels.

We've all seen that colleague whose eyes start to fall heavy in the boardroom...You definitely don't want to be that person.

### **Take a power nap (or the equivalent).**

I'm not the best at shutting down my brain enough to take a nap, but if YOU can do it, I say go for it. The National

Kenduskeag Canoe Race which it plans to stage on April 17.

The catch: Only about 310 paddlers will be allowed to race this year, as organizers have taken steps to keep the number of people at the starting line low enough to adhere to COVID protocols. In a typical year 900 paddlers participate.

"Spectators who watch from other locations along the stream are asked to wear masks and create a healthy environment for fellow onlookers by practicing the recommended six feet of social distancing," race director Debbie Gendreau of Bangor Parks and Recreation said.



## **Springtime Quiche**

### **Ingredients**

8 slices bacon - cooked and crumbled  
1 cup shredded Swiss cheese  
½ cup chopped onions  
1 pound fresh asparagus, trimmed and cut into 1 inch pieces  
2 cups milk  
1 cup biscuit baking mix  
1 cup egg substitute  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
½ teaspoon dried parsley

### **Directions**

#### **Step 1**

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9-inch deep dish pie pan.

Sleep Foundation claims that a short 20-30 minute nap can help to improve mood, alertness, and performance. Basically, naps re-energize you in powerful ways. If you're like me and can't fall asleep, sit quietly, listen to music, or simply close your eyes and bask in the sunshine for a few minutes to also help you feel more energized before you get back to work.

Disclaimer: A nap won't save you if you aren't also getting enough sleep each night, so make sure you're getting the proper amount of shut-eye on the regular.

If you think there's no way you can find time to take a nap or workout mid-day, I challenge you to start out small and implement these tips one at a time. Even self-made millionaires value the importance of exercise and good rest.

Once you find something that works well for you, try adding on another, and then another. Over time you'll develop a routine that keeps you energized, even on the toughest of days.



### Step 2

Sprinkle the bacon, cheese, onion and asparagus into pie pan. In a medium bowl, beat together the milk, baking mix, egg substitute, salt, pepper and parsley; beat until smooth. Pour mixture into pie pan.

### Step 3

Bake in preheated oven until a knife inserted into center of quiche comes out clean, about 40 minutes.

Nutrition Facts Per Serving: 452 calories; protein 29.9g; carbohydrates 22.3g; fat 27g; cholesterol 65.1mg; sodium 1367.6mg.

<https://www.allrecipes.com>



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~Your Staffing Partners~

