



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



# April 2022

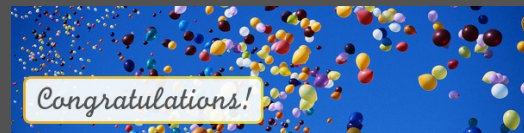
## Field Employees

### 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.

With **SUMMER** months fast approaching, if you have vacation 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 on with our Clients in March!

Mark Holmes  
Moriah Johnson  
Desiree McReavy  
Chad Turner

## April Dates & Fun Facts

April 15 - Good Friday  
April 17 - Easter  
April 18 - Patriots Day  
April 19 - TAX DAY!  
April 27 - Administrative



*If it thunders on All  
Fools' Day, it brings  
good crops of corn  
and hay.  
-Proverb*



## SO MANY CAREER OPPORTUNITIES!

Please visit our website at  
<https://www.capitalareastaffing.com/>  
[Jobs/All/](#)

For a list of all current openings!

## The Importance of Self Care

Self-care activities can range from physical activities such as exercising and eating healthy,

## Professionals' Day

### Just for Fun Days

April 7 - Beer Day

April 25 - Hug a Plumber Day

April 30 - Save the Frogs Day

### Monthly Observances

Child Abuse Awareness

Alcohol Awareness

Distracted Driving Awareness

Stress Awareness

### April Astronomy

Venture outside on the night of Saturday, April 16, to catch a glimpse of April's full Pink Moon. This full moon reaches peak at 2:57 P.M. EDT, but won't be visible above the horizon until after sunset.

April's birthstone is the Diamond.

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



## Lattice-Top Rhubarb Pie

### Ingredients:

Pastry for a double crust pie

1-1/4 cups sugar

1/4 cup cornstarch

1/4 teaspoon salt

1 bunch (1 pound) rhubarb cut in 1-1/2 inch lengths

2 teaspoon grated orange rind (or 1 teaspoon grated lemon rind)

juice of one orange

2 tablespoons butter

### Instructions:

Divide the pastry into unequal halves. Roll out the larger portion and fit into a 9-inch pie pan. Trim the pastry 1/2

to mental activities such as reading a book or practicing mindfulness, to spiritual or social activities such as praying or catching lunch with a friend.

The important thing to remember about self-care is that it is about listening to what your mind and body need.

#### Physical Self-Care Examples:

- Eat a healthy meal
- Engage in exercise
- Go for a walk
- Drink water
- Practice good sleep hygiene (click here for more information)
- Have a cup of tea
- Sit in the sunlight
- Take a shower or bath

#### Mental Self-Care Examples:

- Practice mindfulness
- Take a break
- Play video games
- Listen to music
- Read a book
- Listen to a podcast
- Reflect on things you are grateful for

#### Spiritual/Social Self-Care Examples:

- Pray
- Call/text a friend
- Connect with nature
- Meditate
- Engage in self-reflection

inch beyond the rim of the pan. Roll out the remaining pastry to 1/8-inch thickness and cut into strips about 3/4 inch wide.

Mix the sugar, cornstarch, and salt. Add the rhubarb, rind, and juice and toss until well mixed. Tint pink if desired and turn into the pastry shell. Dot with butter.

Arrange the pastry strips over the pie in a lattice pattern securing it to the pie shell firmly and fluting the pie shell and strips together to form a high rim.

Brush the pastry with a little milk and sprinkle sugar over it.

Bake in a 400 degrees F oven for 50-60 minutes, or until the filling has bubbles that do not break.



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



