



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



MARCH 2025

FIELD EMPLOYEES

IMPORTANT TIMECARD NOTICE

Please remember to submit your time card no later than Friday afternoon.

If you are working a weekend shift, please submit **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 on with our Clients in February!

- ~ Jennifer Anderson
- ~ Alison Pepin
- ~ Holly Steck
- ~ Penny Greaver
- ~ Devon Gerrish

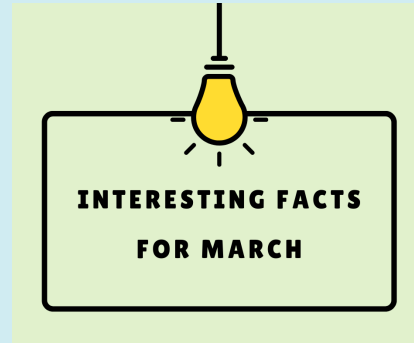
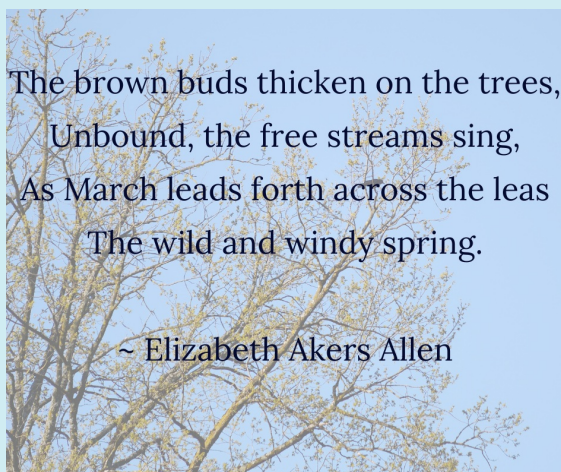


Augusta Area

Loan Processor- *Augusta*
HR Assistant - *Augusta*
Outbound Appointment Setter -
Augusta
IT Application Spec. - *Augusta*
Benefit Specialist - *Benton*
Staff Accountant - *Augusta*
Legal Secretary - *Waterville*
Legal Counsel - *Augusta*
Mortgage Compliance Ofc. - *Augusta*
Asset Manager I - *Augusta*
Multi-Family Loan Processor - *Augusta*

Bangor Area

Painter/Property Maintenance - *Bangor*
Accounting Assistant - *Orono*
Production Associate - *Trenton*
Physical Therapist - *Bangor*
Front Desk/Admin Asst - *Bangor*
Overnight Forklift - *Old Town*
Manufacturing Associates - *Old Town*
Inventory Control Specialist - *Hampden*
Senior Accountant - *Old Town*
Payroll Specialist/HR Asst - *Old Town*
FT Evening Cleaning - *Bangor*



Dates and Fun Facts for March

- March 4 is Mardi Gras (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- March 5 is Ash Wednesday, which marks the start of Lent.
- March 8 is International Women’s Day
- March 9 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day.
- March 15 is the Ides of March
- March 17 is St. Patrick’s Day
- March 20 brings about the March equinox – also called the vernal or spring equinox in the Northern Hemisphere – marking the beginning of spring.

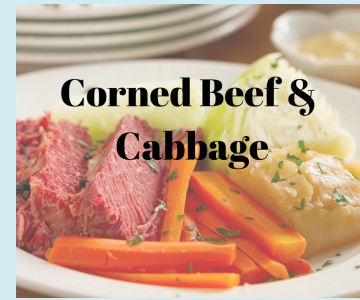


Spring Forward: Daylight Saving Time Tips to Stay on Track

Daylight Saving Time begins on Sunday, March 9th, 2025, meaning we “spring ahead” and lose an hour of sleep. While the time change can disrupt routines, these simple tips will help you adjust smoothly:

1. **Gradually Adjust Your Sleep Schedule** – In the days leading up to the time change, go to bed 15–30 minutes earlier each night to ease into the transition.
2. **Soak Up the Sun** – Exposure to natural daylight in the morning can help regulate your internal clock and boost energy levels.
3. **Stay Hydrated & Eat Well** – Proper hydration and a balanced diet can help maintain energy levels throughout the transition.
4. **Limit Caffeine & Screens Before Bed** – Reduce coffee intake in the afternoon and avoid screens at night to promote better sleep.
5. **Plan for a Productive Monday** – The first workday after the time change can feel sluggish, so prioritize tasks and allow extra time to get going.
6. **Stay Active** – Exercise can help combat fatigue and reset your body's rhythm for the new schedule.

With a little preparation, you'll be ready to embrace the longer days ahead!



Corned Beef & Cabbage

Ingredients

- 1 corned beef brisket (about 4 pounds) with spice packet
- 2 tablespoons brown sugar
- 2 bay leaves
- 3-1/2 pounds small potatoes (10-15), peeled
- 8 medium carrots, halved crosswise
- 1 medium head cabbage, cut into wedges

Directions

1. Place brisket, contents of seasoning packet, brown sugar and bay leaves in a large Dutch oven or stockpot; cover with water. Bring to a boil. Reduce heat; simmer, covered, 2 hours.
2. Add potatoes and carrots; return to a boil. Reduce heat; simmer, covered, just until beef and vegetables are tender, 30-40 minutes. (If pot is full, remove potatoes and carrots before adding cabbage; reheat before serving.)
3. Add cabbage to pot; return to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 15 minutes. Remove vegetables and corned beef; keep warm.
4. Cut beef across the grain into slices. Serve with vegetables and sauce.



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