



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



June 2025



Augusta Area

Outbound Appointment Setter - Augusta

Construction Analyst - Augusta

Inspector/Packer - Wilton

Janitor - Rockland

Payroll Assoc. - Auburn

Bangor Area

PT Accounting Assistant - Orono

Landscape/Hardscape Tech - Holden



Please join us in Congratulating the following Field Employees, who were hired on with our Clients in May!

~ Rowan Savage

~ Halo Acosta

~ Jasmine Cayford

**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.

Physical Therapist Assistant - Bangor
Front Desk Receptionist - Bangor
Inventory Clerk - Bangor
Manufacturing Assembly - Bangor
Warehouse Associate - Bangor
Cleaning/Restoration Tech - Hampden
Manufacturing Associate - Old Town
FT & PT Evening Cleaning - Various

Not looking for a new job right now, but know someone that is? Please feel free to send them our way!



Simple Country Ribs

These ribs are boiled in barbeque sauce before grilling to produce extra tender, extra flavorful results!

Prep Time: 10 mins

Cook Time: 1 hr

Total Time: 1 hr 10 mins

Servings: 4

Ingredients

- 2 ½ pounds pork spareribs
- 2 (18 ounce) bottles barbeque sauce
- 1 onion, quartered
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Directions

1. Place spareribs in a large stockpot; add barbeque sauce, onion, salt, and pepper. Pour in enough water to cover the ribs. Bring to a low boil and simmer for 40 minutes.
2. Preheat an outdoor grill for high heat and lightly oil the grate.

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.



Tips to Stretch Your Dollars

Unfortunately, money is often wrapped up in emotion—anxiety, stress, guilt, greed, relief, and happiness, to name a few. By having greater awareness of the long-term cost, we can be more mindful of how we want to spend our money now. Or not spend it, as the case may be. Here are some tips to stretch your dollars:

-Wait. Instead of immediately succumbing to our purchasing impulse. Emotional buyers love the rush of getting their hands on something new

-Discount Seekers buy things because they're on sale, whether they need them or not. Convenience Cravers can't resist pop-up ads and websites that let them buy with a quick click or two. Impulse buyers buy *what* they want, *when* they want, without giving much thought to where the money is coming from.

-Learn to cook at home – the meals are fresher, provide the quantity you want, and are prepared the way you want.

-Omit using Uber, Lyft, Doordash and Personal Shoppers for your goods – get out and exercise and walk around the stores and save this expense.

3. Transfer spareribs onto the preheated grill, reserving the cooking liquid. Cook, basting with reserved cooking liquid often and turning frequently, until nicely browned, about 20 minutes.



Dates and Fun Facts for June

- June 1 is Say Something Nice Day
- June 5 is World Environment Day—a day meant to raise environmental awareness across the globe.
- June 6 is National Yo-Yo Day
- June 14 is Flag Day
- June 15 is Father's Day - don't forget to call your father!
- June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.
- June 20 is the First Day of Summer and the day with the most hours of daylight.

June's full moon is known as the "Strawberry Moon" and occurs on June 11. It bears this name to mark the ripening of "June-bearing" strawberries that are ready to be gathered

June's birthstone is generally

-In the supermarket, learn to check the expiration dates on perishable food items so you don't end up throwing the item out because it spoiled too soon.

-Consider Cash for In-store Shopping - Seeing and feeling your money when it leaves your hand makes you very aware of how much you're spending. Plus, as you see the cash in your wallet dwindle, you'll know when it's time to stop shopping.

-Some financial experts suggest waiting two or three days before buying whatever you're considering (two or three weeks if it's a larger purchase). The point is to make sure you really want to spend the money, so you don't get caught up in the moment and regret your spending later.

-Social Pressure - The desire to 'keep up with the Joneses' can lead people to spend beyond their means trying to keep up with friends, family, neighbors and coworkers.

-Lifestyle Creep - Refers to a phenomenon that occurs when your expenses unintentionally creep up as your income increases. You may, for example, shop and go out to eat more often after getting a raise. As a result, despite making more money, your discretionary income doesn't feel like it's increased.

-Overspending is often more than just a lapse in financial judgment; it frequently signals underlying emotional or psychological triggers. By understanding the emotional triggers that prompt overspending, you can develop healthier coping mechanisms that don't involve reaching for your wallet.

-Credit Misconceptions - The availability of credit can lead some people to perceive it as 'extra money, leading to overspending.

considered to be the Pearl, as well as Alexandrite and Moonstone. Its birth flowers are the rose and the honeysuckle.

-Long-term thinking is also beneficial in evaluating recurring costs. Treating ourselves to an iced latte every morning from the local specialty roaster may seem like no big deal (it's only a few bucks), but how will we feel at the end of the year when it adds up to a \$1,300 line item for caffeine?



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~The Jobs You Want ~



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