



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



July 2025



**Augusta Area**

- Outbound Appointment Setter - Augusta**
- Optician - Farmingdale**
- Inspector/Packer - Wilton**
- Janitor - Rockland**
- Payroll Assoc. - Auburn**
- Staff Accountant - Augusta**
- Patient Service Rep. - Farmingdale**
- Legal Support Specialist - Augusta**
- Purchasing Agent - Winthrop**
- PT Bookkeeper/Office Mgr. - Augusta**

**Bangor Area**

- PT Accounting Assistant - Orono**



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

- ~ Michael Severance
- ~ Jennifer Mahan

**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.

**CASS & BASS offices will be**

**Landscape/Hardscape Tech - Holden**  
**Physical Therapist Assistant - Bangor**  
**PT Front Desk Receptionist - Bangor**  
**Inventory Clerk - 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!



## **Spinach-Stuffed Tomatoes**

When tomatoes are ripening fast and furious during the heat of the summer, stuffing them with a delicious fresh spinach filling makes for great eating.

### **Ingredients**

- 1/4 cup (1/2 stick) butter
- 2 onions, chopped
- 2 garlic cloves, minced
- 1-1/2 pounds fresh spinach, stemmed and chopped
- 1-1/3 cups whole-wheat bread crumbs
- 2 eggs, beaten
- salt, to taste
- 8 to 10 small tomatoes

### **Directions**

1. Preheat oven to 350°F.
2. Cut tomatoes in half horizontally and scoop out seeds using a metal spoon. Place in an 8x8-inch baking dish (you may have to trim the bottoms so the tomatoes stand up).
3. In a skillet over medium heat, melt butter. Add onions and garlic and cook until onions are translucent. Add spinach and cook until tender,

**closed Friday, July 4th for the Fourth of July holiday!**

**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.



## **4th of July Events**

### **Bar Harbor ME's July 4th Celebration July 4th, 2025 - Various Locations**

July 4th in Bar Harbor is an all-day affair! There will be craft vendors, charity events, fun family activities, a Seafood Festival, live music on the waterfront, and of course the Independence Day parade and a fireworks display over Frenchman Bay. 6 AM - 10 PM

### **LL Bean 4th of July 10K & Mile Family Fun Run/Walk - July 4th, 2025**

Start & Finish Area near the Old Town Meeting Place - Freeport, ME  
Celebrate Independence Day by participating in the 48th annual L.L.Bean 4th of July 10K and 1-Mile Family Fun Run/Walk supporting the YMCA of Southern Maine Casco Bay Branch. 6 - Noon

### **Augusta ME 4th of July Parade & Fireworks July 4th, 2025**

State Capitol Complex & Mill Park  
Augusta, ME

stirring occasionally. Remove from heat and stir in the bread crumbs, eggs, and salt.

4. Stuff tomatoes with spinach mixture.
5. Bake for 30 minutes. Serve hot.



### Dates and Fun Facts for July

1. July Is Named After Julius Caesar. Originally called Quintilis (meaning “fifth month” in Latin), it was renamed in honor of Roman general Julius Caesar after his death, because he was born in this month.
2. President Ronald Reagan declared July **National Ice Cream Month** in 1984—and the third Sunday of the month is National Ice Cream Day. Treat yourself!
3. The term “**Dog Days of Summer**” refers to the hot, sultry weather that starts in July, named after the rising of the star Sirius, also known as the Dog Star.
4. More people take time off in July than any other month of the year, especially in the U.S. and Europe.
5. July’s birthstone is the ruby, symbolizing passion and protection. Zodiac signs for the month are Cancer (up to July 22) and Leo (starting July 23).
6. While Americans celebrate **Independence Day** on July 4, many other countries also mark their independence this month—like Canada (July 1), Argentina (July 9), and France (July 14 – Bastille Day).

The parade starts at 10AM at the State Capitol, followed by family activities, music and food trucks all day at Mill Park. The fireworks will start around 9PM.

### Greater Bangor Area ME Fourth of July July 4th, 2025 - Bangor, ME

Join the City of Bangor in an all-day celebration of American independence! The annual 3K Road Race starts off the day's events, followed soon after by the annual Parade. Starting at 1PM food trucks will be taking to the waterfront area. At 5:30 come out for the Chords for Cure Concert, which benefits local kids fighting cancer. Fireworks over the Penobscot River will start at dusk, about 9:30PM.



### **Ticks..eww!**

With summer weather having arrived, Maine’s ticks are out in full force. While out enjoying nature, there are some easy steps to take to protect yourself from tickborne diseases:

**T:** Take and use an EPA-approved repellent. Use DEET, picaridin, IR3535 or oil of lemon eucalyptus on skin. Use permethrin on clothing only;

**I:** Inspect your whole body for ticks daily and after outdoor activities. Check family members and pets, too;

**C:** Cover your skin with light-colored long-sleeved shirts and pants. Tuck your pants into your socks;

**K:** Know when you are in tick habitat and take precautions in areas where ticks may live;

**S:** Shower when you get home to remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.

If you get a tick bite, make sure to remove the tick quickly using a tick spoon or fine tipped



"The air is thick with summer's scent,  
Wildflowers bloom, time well spent.

Sunlight dances on the lake,  
As nature's beauty we partake."

tweezers. Do not use petroleum jelly, a hot match, nail polish or other products to remove a tick.

Make sure to check for symptoms that can appear up to 30 days after a bite, including:

- Fever and chills;
- Feeling very tired;
- Muscle or joint soreness;
- Headache;
- Bullseye rash: This is a non-itchy rash that slowly expands in size. This rash can show up anywhere on your body, not just where the tick bit you. Make sure to check all over your body.

If you experience any of these symptoms after a tick bite, talk to a health care provider and make sure to mention any recent tick bites or time spent in a tick habitat.

For more information on tickborne diseases, visit the Maine Center for Disease Control's [website](#).

## Capital Area Staffing Solutions Bangor Area Staffing Solutions

~The People You Trust~  
~The Jobs You Want ~



Capital & Bangor Area Staffing Solutions | 2386 No. Belfast Avenue | Augusta, ME 04330 US

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