



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS

Hello

October

Autumn is a reminder that endings can
lead to beautiful beginnings

October 2025

CASS & BASS Field Employees

IMPORTANT TIMECARD NOTICE

As always, please remember to submit your timecard 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.**

Employee Highlight: Dawn True Celebrating 20 Years!

CASS & BASS offices will be
CLOSED on Monday, Oct. 13th
in observance of Columbus
/Indigenous Peoples' Day!

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.



SO MANY CAREER OPPORTUNITIES!

Please visit our website at
CapitalAreaStaffing.com
for a list of all current openings!

Augusta

Inspector/Packer - Night Shift
Payroll CSR - Auburn
Optometric Tech. - Farmingdale
Loan Processor - Augusta
Outbound Appt. Setter - Augusta

Bangor

Physical Therapist - **DIRECT HIRE**
Front Desk - Chiropractic Office
Payroll Specialist/HR Asst
Restoration Cleaners/Laborers



This Friday, we honor Dawn True, who is celebrating an incredible 20 years with Capital Area Staffing Solutions, Inc.!

As our Augusta Branch Manager, Dawn has placed thousands of people in meaningful roles — always working with professionalism, compassion, and a steady hand. Her calm presence, dedication, and relentless commitment to quality service have made her a pillar of our Team.

She is not only a trusted leader and mentor, but also a kind and caring colleague who truly makes a difference every single day.

Congratulations, Dawn, and thank you for your two decades of outstanding service. We are grateful for everything you've done — and continue to do — for our Clients, our Candidates, and our Team.

Property Maintenance
Warehouse Associate
Fabricator
QC Manager - **DIRECT HIRE**
Auto Mechanic - **DIRECT HIRE**
Office Cleaning Technicians



Apple Cider Muffins or Bread

Celebrate the season! The apple cider with cinnamon will make your house smell like fall!

Ingredients

- 1 cup butter
- 1-1/2 cups sugar
- 3 eggs
- 4 cups flour
- 1-1/2 tablespoons baking powder
- 1-1/2 teaspoons salt
- 2-1/2 teaspoons cinnamon
- 2 cups apple cider
- 2 cups apples, peeled, cored, and chopped

Instructions

1. Preheat oven to 375 degrees F. Grease and flour 2 loaf pans or 18 muffin cups.
2. In a bowl, combine butter

Please join us in celebrating her remarkable milestone!



Please join us in congratulating the following Field Employees, who were hired by our Clients in September!

Harley C.
Sam C.
Hannah B.
Melinda W.
Kayla P.
Tim B.

October Fun Facts

October's full moon is known as the **Harvest Moon**, and arrives on Monday, October 6th. It is also the first of three **Supermoons** that will occur in 2025!

October will have two meteor showers: the **Draconid Meteor Shower** in the late evening of October 9, and the **Orionid Meteor Shower** in the predawn hours of October 21-22.

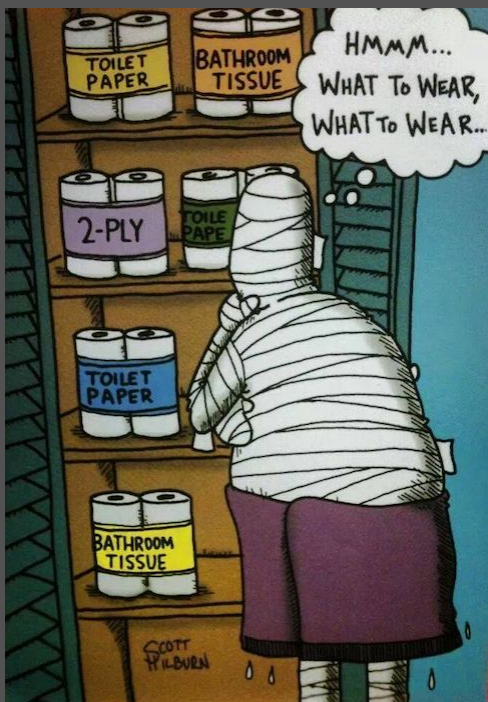
October's birthstone is the **Opal** and birth flowers are the **Cosmos** and **Calendula/Marigold**.

and 1-1/4 cups of the sugar and beat until creamy. Add the eggs and mix thoroughly. Sift together the flour, baking powder, salt, and 1-1/2 teaspoons of the cinnamon and add to the egg mixture, alternating with the apple cider. Stir in chopped apples.

3. Divide the batter between the loaf pans or pour into the muffin cups.
4. Combine the remaining sugar with the remaining teaspoon of cinnamon in a small bowl, and sprinkle it over the batter. Bake for 50 to 70 minutes for bread, or for 30 to 40 minutes for muffins, or until toothpick inserted in center comes out clean.

Pro Tip:

The flavor of this recipe improves if the bread is allowed to rest 24 hours after it is baked.



It's Leaf Peeping Season!

When leaf season rolls around, Mainers and visitors ask only two questions: When are the leaves changing, and where are the best views?

To answer that first question, go to [Maine Foliage](#), the State of Maine website devoted to all things leaf related. Not only does the foliage report update you on how the season is progressing (generally from late September through mid-October), but the fall foliage tracker provides a Maine foliage map that zeros in on specific zones throughout the state, from the farthest north to the deepest south, from ocean to mountain.

As for where to go for leaf peeping... well, we've got some suggestions. Specifically, check out the many [State and National Scenic Byways](#), which are wonderful drives during most of the year and especially nice when the leaves turn.



Capital Area Staffing Solutions, Inc.
Bangor Area Staffing Solutions
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