



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



## July 2023

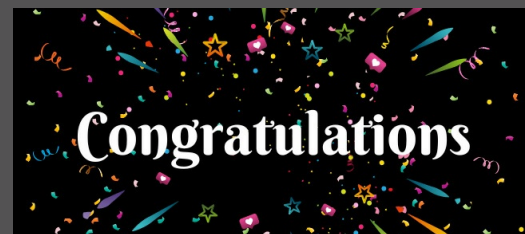
### Field Employees

Our offices will be closed on Monday, 7/3 & Tuesday, 7/4 in celebration of Independence Day!



### 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.



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

- ~ Jazalyn Boone
- ~ Lori Tremblay
- ~ Mike Durette
- ~ Nathan Thompson
- ~ Lee Weeks

The SUMMER months are here! 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.



## SO MANY CAREER OPPORTUNITIES!

Please visit our website at [CapitalAreaStaffing.com](http://CapitalAreaStaffing.com) for a list of all current openings!

### Augusta

Staff Accountant  
Tellers

Technical Support Administrator  
Machinist

Pension Associate  
Evening Custodian  
PT Bookkeeper  
Medical Reception

Payroll Clerk  
Mold Removal Assoc.  
Dispatcher

### Bangor

Property Maintenance Manager  
HR Specialist

Front Desk Receipt/Scheduler  
Staff Accountant  
Assistant Controller  
General Manager

Manufacturing/Production Associates  
Certified Dental Assistant  
Dental Hygienist  
Accounts Payable

Production Line Supervisor  
Sr. Accountant  
Forklift Operator/Warehouse



"Democracy is the government of the people, by the people, for the people."

- Thomas Jefferson

## July Dates & Fun Facts

- July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- July 3 brings the start of the hot and sultry Dog Days of Summer!
- July 4 is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776.
- July 14 is Bastille Day, which commemorates the storming of the Bastille and the start of the French Revolution.

July's full Moon, the Full Buck Moon, occurs on Monday, July 3. It reaches peak illumination at 7:39 A.M. (EDT), rising above the horizon after sunrise – but it will still be spectacular in the night sky. Plus, it's the biggest and brightest supermoon of the year.

July 6 is the time of aphelion, when Earth is the farthest it will get from

Evening Janitorial  
Hardscape/Landscape  
Property Maintenance  
Carpenter



## Celebrate the 4th of July, 2023 in Augusta!

A family-friendly party will take place on July 4 at Mill Park. A parade steps off from the State Capitol at 10 am.

## Augusta 4th of July Schedule:

8:45 a.m. - Downeast Brass performing at Market Square

10:00a.m. - Parade

Fort Western Events:

11:00 a.m. - Chicken BBQ at Old Fort Western hosted by the Calumet Club

1:00-9:00 p.m. - Food Trucks at Mill Park

1:00 p.m. - Mill Park Activities including old fashioned carnival games

Plinko, Ring a Bat, Tin Can Ally, Skee Roll, Petting Zoo, Juggler, Magician, Balloon Twister, Dunk Tank

2:00-5:00 p.m. - Hay Rides at Mill Park

4:00-6:00 p.m. - Ellis Falls Band at Mill Park

6:30-9:00 p.m. - Martin and Kelly at Mill Park

9:00 p.m. - Fireworks (best viewing from Mill Park)

PLAN YOUR VISIT (Restaurants, breweries & pubs, shops, etc.): <https://mainstreetmaine.org/augusta-me/>

## Bangor 4th of July Schedule:

the Sun for the entire year – specifically, we'll be 94,506,364 miles away from our bright star!

July's birth flowers are the larkspur and water lily. The July birthstone is the ruby, which is believed to protect its wearer from evil. Considered the king of gems, the ruby symbolizes love, passion, energy, and success.



## Perfect Summer Fruit Salad

This fruit salad is perfect for a backyard BBQ or any occasion. This salad is tastier the longer you can let it soak in its juices.

Recipe by Nicole Graham Holley

## Ingredients

### Sauce:

$\frac{2}{3}$  c. fresh orange juice

$\frac{1}{3}$  c. fresh lemon juice

$\frac{1}{3}$  c. packed brown sugar

$\frac{1}{2}$  tsp grated orange zest

$\frac{1}{2}$  tsp grated lemon zest

1 tsp vanilla extract

### Salad:

2 c. cubed fresh pineapple

2 c. strawberries, hulled and sliced

3 kiwi fruit, peeled and sliced

3 bananas, sliced

2 oranges, peeled and sectioned

1 c. seedless grapes

2 c. blueberries

## Directions

For the sauce: Bring orange juice, lemon juice, brown sugar, orange

7:00 a.m. - Pancake Breakfast & Car Show at Jeff's Catering in Brewer  
9:45 a.m. - 42nd Annual Walter Hunt 4th of July 3K Road Race  
10:00 a.m. - Parade  
12:30 p.m. - Waterfront Car Show and Food Trucks  
5:30 p.m. - Doors open for the Chords for Cure XXVI Concert at the Maine Savings Amphitheater  
6:15 p.m. - The Stone Doctors perform at Chords for Cure  
8:30 p.m. - The Bangor Symphony Orchestra performs at Chords for Cure  
9:30 p.m. - Fireworks

**FIND ALL THE DETAILS:**

<https://www.bangor4th.com/>

zest, and lemon zest to a boil in a saucepan over medium-high heat. Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes. Remove from heat and stir in vanilla extract. Set aside to cool.

**For the salad:** Layer fruit in a large, clear glass bowl in this order: pineapple, strawberries, kiwi fruit, bananas, oranges, grapes, and blueberries. Pour cooled sauce over fruit; cover and refrigerate for 3 to 4 hours before serving.



## Capital Area Staffing Solutions, Inc. Bangor Area Staffing Solutions ~Your Partners in Staffing~



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