



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



June 2022

Field Employees

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.

If you have vacation/travel plans that require time off from work, please be sure to notify us as soon as possible once you have requested the time off from the Client. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.



June

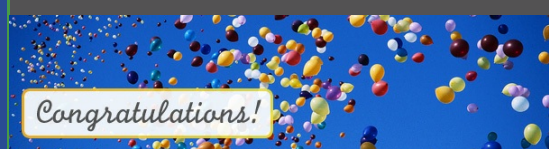
Far up in the deep blue sky,
Great white clouds are floating by;



SO MANY CAREER OPPORTUNITIES!

Please visit our website at

<https://www.capitalareastaffing.com/Jobs> for a list of all current openings!



CONGRATULATIONS to the following Field Employees, who were hired on with our Clients in May!

**Susan Buzzell
David Horman**

All the world is dressed in
green;
many happy birds are seen,
Roses bright and sunshine clear,
show that lovely June is here
– F.G. Sanders



AMERICAN FLAG ETIQUETTE

- ★ Display the flag only from sunrise to sunset; it must be illuminated after dark
- ★ Do not display the flag in inclement weather unless it's an all-weather flag
- ★ Do not let the flag touch the ground
- ★ When not on display, the flag should be respectfully folded into a triangle



Unfortunately, it's tick season! Please see below for information from [Maine CDC on reducing your exposure and what to do if you find a tick on you!](#)

If you work or play outdoors, you should:

- Wear EPA-approved repellents.
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- Wear long-sleeved, light-colored clothing.
- Tuck your pant legs into your socks and your shirt into your pants.
- Check your clothing and gear for ticks and do a full-body tick check when coming back indoors. Pay special attention to under the arms, behind the knees, between the legs, in and around the ears, in the belly button, around the waist, and in the hair.
- Take a shower within two hours after spending time outdoors, which will wash off any unattached ticks.

What types of repellents should I use to prevent ticks?

- Use repellents that contain 20% DEET or greater to effectively repel ticks for several hours. Other EPA-approved tick repellents for use on skin include picaridin, oil of lemon eucalyptus, and IR3535.
- Products containing permethrin can treat clothing/gear and last for several washes.

June Dates & Fun Facts

- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
- June's birthstone is the Pearl, the Moonstone and the Alexandrite.
- The June birth flower is the Rose and the Honeysuckle.
- In 2009 June was the 662 most popular name for girls in the USA.
- June is derived from Juno, the goddess of marriage.
- In both common and leap years, no other month begins on the same day of the week as June. Weird, isn't it?
- June is International Men's month
- June is Accordion awareness month, as well as Candy, Dairy and Papaya month.

Weather Folklore

If June be sunny, harvest comes early.

June damp and warm does the farmer no harm.



Rhubarb Crisp

Ingredients

- 3/4 cup sugar
- 3 tablespoons cornstarch
- 3 cups sliced fresh rhubarb or frozen rhubarb, thawed
- 2 cups sliced peeled apples or sliced strawberries

Permethrin treated clothing is shown to be highly effective at preventing tick bites.

- In general, products containing natural ingredients tend to be less effective at repelling ticks than other EPA-approved repellents.
- You should always follow the instructions on the label.

What should I do after returning from a tick habitat?

- Ticks can be very small and are hard to see. After being outdoors be sure to check your clothing and gear and conduct a full-body tick check by looking and feeling for ticks.
- Ticks can attach anywhere on the body, so it is important to check your whole body. However, ticks prefer warm, moist areas of the body.
- Placing clothes directly in a dryer and drying on high heat can effectively kill ticks on clothing.

What should I do if I find an attached tick?

- Remove attached ticks as soon as possible. While there are many tick removal devices available, a pair of fine-tipped tweezers or a tick removal spoon work best.
 - If you are using tweezers, grasp the tick as close to the skin's surface as possible and pull upward with steady, even pressure.
 - If you are using a tick spoon, place the notch on the skin near the tick. Apply slight downward pressure while sliding the spoon forward to remove the tick.
- Do not twist or jerk the tick, as this can cause the mouth-parts to break off and remain in the skin.
- Do not use petroleum jelly, a hot match, dish-soap, nail polish, or other folk remedies to remove ticks. They are generally not effective and may increase the risk of infection.
- After removing the tick, disinfect the bite site and wash your hands with soap and water.

- 1 cup quick-cooking or old-fashioned oats
- 1/2 cup packed brown sugar
- 1/2 cup butter, melted
- 1/3 cup all-purpose flour
- 1 teaspoon ground cinnamon
- Vanilla ice cream, optional

Directions

- In a large bowl, combine sugar and cornstarch. Add rhubarb and apples or strawberries; toss to coat. Spoon into an 8-in. cast-iron skillet or other ovenproof skillet.
- In a small bowl, combine the oats, brown sugar, butter, flour and cinnamon until the mixture resembles coarse crumbs. Sprinkle over fruit. Bake at 350° until crisp is bubbly and fruit is tender, about 45 minutes. If desired, serve warm with ice cream.

“A good father is one of the most unsung, unpraised, unnoticed and yet one of the most valuable assets in our society.” —Billy Graham



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~Your Staffing Partners~

