



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



# July 2022

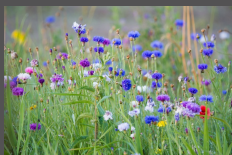
## Field Employees

IMPORTANT TIMECARD NOTICE  
CASS & BASS offices will close at Noon  
on Friday, July 1st and reopen at 8:00am  
on Tuesday, July 5th

Please remember to submit your time  
card no later than Friday afternoon,  
unless you are working a weekend shift.  
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!

The sooner we know, the better we (and  
our Clients) will be able to prepare for  
your absence.



"Summer is the time  
when one sheds  
one's tensions with  
one's clothes, and the right kind of



SO MANY CAREER  
OPPORTUNITIES! Please visit our  
website at  
<https://www.capitalareastaffing.com/Jobs> for a list of all current  
openings!

## July Dates & Fun Facts

Maine people love July 11th's  
special day! Check it out!

- July 4 is Independence Day (U.S.). On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag! (See American Flag Rules.) See the Farmers'

day is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world."

- Ada Louise Huxtable



## Enjoy Beautiful Maine!

According to VisitMaine.com, Maine has idyllic Main Streets, endless outdoor activities, handcrafted goods, unmistakable flavors and a plethora of unique places to lay your head at the end of a long summer day. It's like summer camp crossed with an all-you-can-eat buffet of awesome.

### Biking

No matter how, or where, you like to ride, Maine has the perfect two-wheeled adventure for everyone. From the coastline, to the woodlands and every town in between. Whether you're looking to explore off-road, or on, there are plenty of routes and trails to choose from throughout the state.

### Fishing

Cast a line and hope for the best. And Maine has some of the best fishing spots in the country. From saltwater to freshwater - lakes, rivers and The Atlantic. *Our Cathy DeMerchant is partial to the Allagash area.*

### Lighthouses

It doesn't get any more iconic than lighthouses in Maine. These beacons have beckoned visitors for years. So, set your sights on some of Maine's most unique sightseeing destinations this summer. Some of our favorite Lighthouses to see: [Pemaquid Point Lighthouse](#) [Seguin Island Lighthouse](#) [Burnt Island Lighthouse](#) [Owls Head Lighthouse](#) [Rockland Breakwater Lighthouse](#) [Marshall Point Lighthouse](#)

Almanac's full [Independence Day page](#) and enjoy trivia—plus, refresh your memory on the real meaning of this day.

- July 11th [National Blueberry Muffin Day](#)
- July 14 is [Bastille Day](#), which commemorates the storming of the Bastille and the start of the French Revolution.
- July 23: National Day of the Cowboy

July's full Moon, occurs on Friday, July 13th.

The full moon in July is called the Buck Moon because the antlers of male deer (bucks) are in full-growth mode at this time. The full moon this month is also a "supermoon"!



## Happy Independence Day

### Heat Illnesses are a Danger in the Summer Heat!

Heat-related illnesses can be a major source of concern for anyone in extreme indoor and outdoor heat. They typically occur when the body loses its ability to cool due to prolonged or intense exposure to hot temperatures. This sends blood

## Dysart's Maine Blueberry Muffins Recipe by Mary Dysart Hartt

2 cups all purpose flour  
1/2 cup white sugar  
1/2 teaspoon salt  
1 Tablespoon Baking Powder  
1 egg  
1/4 cup oil  
1 teaspoon vanilla  
1 cup milk  
2 cup blueberries fresh or frozen

Mix flour, sugar, salt and baking powder together in a bowl. Lightly beat the eggs, and then add eggs, oil, milk and vanilla to dry ingredients, Mix together until moistened. Be very gentle adding the berries. Stir only until berries are mixed so you don't crush the berries.

Using an ice cream scoop will help to ensure all the tins are filled the same. Dysart's uses paper muffin cups.

Internal temperature of muffins should be 200 degrees when fully cooked. Bake for around 350 degrees for 30 minutes. You should take the muffins out of the tins immediately after they are done. This will prevent them from steaming and getting soggy. ENJOY!



rushing to the skin surface and away from the brain and other organs, leading to their damage, if not addressed.

Heat-related illnesses are largely preventable if symptoms are recognized and dealt with early. The most common illness is heat exhaustion, where the affected individual may experience extreme sweating, headache, weakness, nausea, and mood changes.

Some preventative measures can include drinking plenty of water, using sunblock or wearing protective clothing, avoiding working under full sunlight when possible, and taking breaks in cool, shaded areas.

Heatstroke can be life-threatening if not treated emergently. Some signs include high body temperature; red, hot, dry, or sweaty skin; confusion; or irrational behavior. If you suspect heatstroke, contact emergency medical services immediately.

For much more in depth information about heat illnesses and how to prevent them, click [here](#).



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