



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



Hello
January!

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.

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.



Augusta Area

Pension Associate - Augusta
Payroll Specialist - Auburn
Inventory Control Coord. - Augusta
Dispatcher - Bath, Belfast & Rockland



“Kindness
is like snow-
It beautifies
everything
it covers.”

-KAHLIL GIBRAN

**Dates and Fun Facts
for January**

- Jan. 6 is Epiphany. According to the New Testament’s Gospels, on this date the Magi – the three wise men or kings – venerated and brought gifts to the infant Jesus.
- Jan. 16 is Martin Luther King Jr. Day (observed).
- Jan. 17 is Benjamin Franklin’s birthday.
- Jan. 22 is the Lunar New Year. Celebrated widely throughout East Asia, this

Asbestos & Mold Removal Assoc. -
Augusta
Staff Bookkeeper - Auburn

Bangor Area

Property Maintenance - Bangor
Sales Associate - Glenburn
Paralegal - Hampden
Exec. Asst/Sales Support - Old Town
Carpenters - Bangor
Front Desk - Holden
Director of Food Service - Ellsworth
A/R Billing - Ellsworth & Holden
Estimator/Proj Mgr - Hampden
Production Associate - Bangor
FT Evening Janitorial - Bangor
Restoration Cleaner - Bangor
Dietary Aide - Ellsworth
Housekeeper - Ellsworth
HR Specialist - Belfast
Intake Representative - Belfast



WINTER WEATHER LINGO

Do you watch the weather report on the news yet never quite understand what all the warnings and advisories mean this time of year? Here's some info to help you out!

Winter Storm Warning: Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

Winter Storm Watch: Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours

holiday begins with the first new Moon after the Winter Solstice and is associated with the Chinese Zodiac.

January's Moon is called the **Wolf Moon**. This year, the full Moon reaches peak illumination on Friday, January 6, at 6:09 P.M. EST.

Weather Folklore for January

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.

Source: Almanac.com

CONGRATULATIONS!

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

- ~ Peter Pelletier
- ~ Hannah Wellman
- ~ April Look
- ~ Michael Velez
- ~ Galen Thompson
- ~ Marshall Levy

"Many years ago I resolved never to bother with New Year's resolutions, and I've stuck with it ever since."

-Dave Beard

before the beginning of a Winter Storm.

Winter Storm Outlook: Issued prior to a Winter Storm Watch. The Outlook is given when forecasters believe winter storm conditions are possible and are usually issued 3 to 7 days in advance of a winter storm.

Blizzard Warning: Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

Wind Chill Warning: Issued when wind chill temperatures are expected to be hazardous to life within several minutes of exposure.

Winter Weather Advisories: Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life threatening situations.

Source: [National Weather Service](#)



Slow Cooker Beef Stew

Ingredients

- 2 pounds beef stew meat, cut into 1-inch pieces
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 ½ cups beef broth
- 4 medium carrots, sliced
- 3 medium potatoes, diced
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 teaspoon Worcestershire sauce
- 1 teaspoon ground paprika
- 1 clove garlic, minced
- 1 large bay leaf

Directions

Place meat in slow cooker.

Mix flour, salt, and pepper together in a small bowl.

Pour over meat, and stir until meat is coated.

Add beef broth, carrots, potatoes, onion, celery, Worcestershire sauce, paprika, garlic, and bay leave; stir to combine.

Cover, and cook until beef is tender enough to cut with a spoon, on Low for 8 to 12 hours, or on High for 4 to 6 hours.

Capital Area Staffing Solutions
Bangor Area Staffing Solutions

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

