



CAPITAL AREA  
STAFFING SOLUTIONS



BANGOR AREA  
STAFFING SOLUTIONS



## July 2024

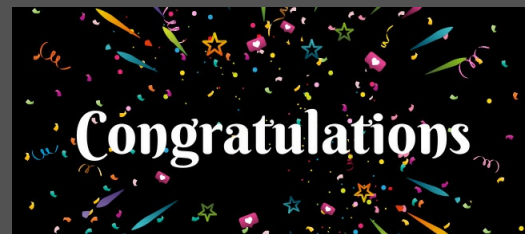
### CASS & BASS Field Employees

#### 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.

CASS & BASS offices will be closed both Thursday, July 4th and Friday July 5th for the Fourth of July holiday!

The SUMMER months are here! If



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

Jacob Lee  
Joshua Mathews  
Jesse Waltman III  
Steven Kilton



HAPPY 4TH OF JULY!



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 [Capital Area Staffing.com](http://CapitalAreaStaffing.com) for a list of all current openings!

### Augusta

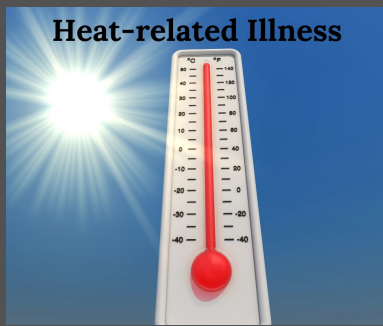
Staff Accountant  
Insurance Specialist  
Inspector/Packer  
Administrative Asst.  
Commercial Tire Tech  
Asset Manager  
Paralegal  
Administrative Coord.  
Reception/Admin. Asst.

### Bangor

HR Generalist  
Administrative Assistant  
Receptionist/Scheduler  
A/R Billing  
Accounting Assistant  
Manufacturing Associate  
Certified Dental Hygienist  
Forklift Operator/Warehouse  
Evening Janitorial PT & FT  
Admin/Bookkeeper  
SQF Practitioner  
Seasonal Hardscape Laborer

## Did you know...

- Around 150 million hot dogs are consumed on Fourth of July. It is estimated that \$6.78 billion will be spent on food this year reported by the National Retail Federation (NRF).
- When the Declaration of Independence was signed in 1776, 2.5 million new people lived in the U.S. Now 243 years later, 327.2 million people live in the U.S. per google 2018.
- Americans spend \$1 billion on fireworks annually. Alabama imports roughly \$19,400,000 according to CNBC.
- More than 14,000 firework displays are put on across the country on July Fourth with Macy's Fourth of July Fireworks Display being the largest in the United States.
- In 1804, the White House hosted its first Fourth of July celebration.
- August 2, 1776 is when most of signers formally signed the Declaration.
- It wasn't until 1938, The Fourth of July was actually declared a federal holiday.
- Dating back to 1785, Bristol, Rhode Island is



**Heat-related illness is preventable if you know the warning signs and take precautions.**

Heat stress occurs when the body loses ability to control internal temperature, leading to heat exhaustion and potentially fatal heat stroke. Heat-related illness is always preventable with increased awareness of the warning signs and simple precautionary and heat-stress alleviating measures.

**Warning signs of heat exhaustion:**

- Fatigue
- Heavy sweating
- Headache
- Cramps
- Dizziness
- High pulse rate
- Nausea/vomiting

**Life-threatening signs**

**Call 9-1-1**

- High body temperature
- Red, hot, dry skin
- Heavy sweating
- Confusion, irrational behavior
- Convulsions
- Fainting

**Self Monitoring/Care**

Drink plenty of cool, fresh water – at least one 8-ounce cup every 15 minutes throughout your work shift. Do not wait until you are thirsty.

Take rest breaks in shaded areas. Monitor your urine color. If it is anything but clear to pale yellow,

home to the world's oldest Independence Day celebration.

- The only member of the Continental Congress to formally sign the Declaration of Independence on July 4th, 1776 was John Hancock.
- The Yankee Doodle song was originally written by British army officers in attempt to make fun of backwoods Americans.
- John Adams, Thomas Jefferson, and James Monroe were all United States Presidents who died on the Fourth of July.
- July 4th is also celebrated in the Philippines. The country was recognized as an independent nation in 1946.
- Massachusetts was the first state to declare Independence Day a holiday in 1781.

June's birthstone is the Ruby and birth flowers are the Larkspur, Tulip or Water Lily



**Watermelon Cucumber Salad**



you need to increase hydration. Choose water over soft drinks, and avoid coffee, energy drinks, and alcohol.

Monitor your pulse rate by placing your thumb on the side of your wrist and counting the number of beats for 30 seconds. You can also use a pulse app on a smartphone. If your pulse rate is faster than 55 beats in 30 seconds (110 beats per minute), shorten the next work period by one third and maintain the same rest period.

### Things to do in Maine in July!

[The Moxie Festival](#)

[Yarmouth Clam Festival](#)

[Ossipee Valley Music Festival](#)

[Maine Forestry Museum Logging Festival & Parade](#)

[Maine Celtic Celebration](#)

[Maine Potato Blossom Festival](#)



This Watermelon Cucumber Salad is a light, cool dish that can be enjoyed as a lunch, snack, or side. You can change the ratio of watermelon to cukes – this salad is flexible!

### Ingredients

- 1/4 cup rice vinegar (unseasoned)
- 2 Tablespoons sugar
- 2 Tablespoons chopped cilantro
- 1/2 teaspoon crushed red pepper
- 2 cups cubed seedless watermelon
- 2 cups cucumber, seeded and sliced into half moons
- 1/2 cup thinly sliced red onion
- Optional: 1/3 cup crumbled feta cheese.
- Salt and pepper to taste

### Instructions

1. In one bowl, mix first four ingredients (vinegar, sugar, cilantro, and red pepper flakes). Mix well and set aside.
2. In another bowl, combine watermelon, cucumbers, and onions. (Add optional feta.)
3. Pour vinegar mixture over fruit and vegetables and toss gently to coat. Refrigerate to chill through.
4. Taste and add more salt if needed.
5. Chill in the refrigerator for at least 1 hour.

**Maine!**  
Enjoy all that Maine has to offer this summer. Biking, the ocean, lobster, and camping!



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



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