



CAPITAL AREA
STAFFING SOLUTIONS



BANGOR AREA
STAFFING SOLUTIONS



March 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 once you have requested from the Client, as soon as possible. The earlier we know, the better we (and our Clients) will be able to prepare for your absence.



The following Field Employees
have been hired permanently at
our Client companies:

Mariah Perry

Susan White

Gina Davis

Britney Marston

Dustin Kelley

Kelly Richardson

Gerald Kuffer

Blayze Zier

- March 8 is International Women's Day, which is a day that not only celebrates the achievements of women and the progress made toward women's rights, but also brings attention to ongoing struggles for equality around the world.
- March 13 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day.
- March 15 is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!
- March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.
- March 20 brings about the March equinox—also called the vernal or spring equinox in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth's equator.
- March 29-31 are known as the Borrowing Days. According to lore, the last three days of March have a reputation for being stormy.

Source: Almanac.com



5 Tips for an Efficient Job Search in 2022

- Start early on in the year. If you're going to aim for a new job in 2022, it pays to start applying early on in the year.

beef, cover, and continue cooking until cabbage is tender, 45 min to 1 hour (or 1 1/2 to 2 hours on low). Thinly slice the corned beef against the grain and serve with the vegetables and cooking liquid with the horseradish sauce.

To Cook in the Instant Pot:

- Cut the corned beef into 2-3 chunks so it cooks faster and more evenly. Add to the insert of a 6 quart Instant Pot with the fat cap up. Layer with the onion, spices, thyme and beer. Cook on HIGH pressure for 90 minutes then do a quick release.
- Add the potatoes, carrots and cabbage to the insert, close, and set to HIGH pressure for another 5 minutes. Natural release for 5 minutes, cut, and serve.

For the Horseradish Sauce:

- Mix the sour cream and horseradish together in a small bowl. Refrigerate for up to 1 week.



March is National Nutrition Month

This year's theme is Celebrate a World of Flavors. Understanding the multiplicity of cultures and celebrating flavors from around the world helps us to recognize and appreciate our diversity. The theme encourages us to be curious, enjoy our differences, and expand our palettes.

Kick it off with 5 Tips to Boost Your Health:

1. **Eat breakfast every day.** Studies have shown that eating a healthy breakfast can lead to better strength and endurance, sharper concentration and better problem-solving abilities.
2. **Plan as many home-cooked meals as you can.** They usually have fewer calories and cost less than typical meals eaten at

- Make sure your resume is up to date.
- Narrow down the position you're hoping to snag.
- Set an income goal.
- Network as aggressively as possible.

“Every time I thought I was being rejected from something good, I was actually being re-directed to something better.”

- Dr. Steve Maraboli

www.stevemaraboli.com

- restaurants
3. **Eat plenty of fruits and vegetables.** Half of your plate at each meal should be vegetables or fruits
 4. **Beware of sweetened drinks.** Sodas and sports drinks are high in calories. Keep in mind that the calories in juice can also quickly add up.
 5. **Choose food sensibly when eating out.** Restaurants are often required to make nutrition information readily available. If you do not see brochures sitting out, or nutrition information listed on the menu, ask.

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