

October 10, 2019

Free Food Distribution – Saturday, October 12, 2019 - Second Harvest Food Bank of Southeast North Carolina invites the general public to our distribution center for Produce Saturdays. One of the food bank's only direct distribution events, the produce market is held the second Saturday of each month. Thousands of pounds of produce is discarded by retail groceries each week to make way for fresh product. We rescue the perfectly imperfect produce and baked goods that would be wasted and bring it to the food bank to distribute before its sell-by date. As a food bank, it's our responsibility to do what we can to limit food waste in our community, and to encourage families to eat fresh, healthy meals. Therefore, the produce market is open to all. There are no requirements to participate, we only ask that community members who attend this event bring their own bag to carry away their groceries. Events will take place at Second Harvest Food Bank, 406 Deep Creek Rd from 9am – 11am and at Lafayette Baptist Church located at 501 Hope Mills Rd. from 8am – 9:30am.

Order Selector/12.00hr. - Come join our Team! We are seeking individuals to work in the Lumberton area as Order Selectors in a local warehouse. Must be available to work 2pm to until (no specified end time). Must be able to work every Sunday. Will have Saturday and one other day during the week off. Requirements: Must have previous warehouse and order selection experience; High School diploma or GED; Pallet jack experience; Must pass criminal background test and drug testing; May apply in Person Monday through Friday 9am to 3pm at Two Hawk Employment Services 118 W 5th Street Lumberton, NC. Also will be open Saturday 10/26/19 8am to 11am to give people a chance to apply on a Saturday!

Forklift Operator/12/00hr. - We are recruiting a Forklift Operator to join our team! Your position will focus on safe and efficient movement of products and materials. Must be able to work 2:00am to 10:30am and required to work on Sunday, off on Saturday and another day during week. No other shift open. Responsibilities:

- Operate various vehicles for storage or removal of materials
- Prepare products and materials for shipment
- Load, unload, and stage products and materials
- Track and record units of materials handled
- Adhere to safety policies and procedures.

Qualifications:

- Experience in general labor, construction, or other related fields
- Familiarity with pallet jack, forklift, or other industrial vehicles
- Ability to handle physical workload
- Strong work ethic
- must have HS diploma/GED
- previous warehouse experience.
- May apply in Person Monday through Friday 9am to 3pm at Two Hawk Employment Services 118 W 5th Street Lumberton, NC. Also will be open Saturday 10/26/19 8am to 11am to give people a chance to apply on a Saturday!

General Labor – Two Men and a Truck - This is a general labor position, we believe in: hire for attitude and train for skill. Join the team at TWO MEN AND A TRUCK® as a mover or driver and discover the opportunities for career fulfillment and advancement! Our team lives out the core value of “be your best and have fun” on a daily basis, and we’re looking for customer service oriented individuals to contribute to our awesome team!

RESPONSIBILITIES: Provide top notch customer service as you safely move, pack and unpack customer belongings. Greet customer upon arrival to location and complete a walk-through of the premises. Communicate professionally in English, both verbally and in writing. Movers will assist driver with truck inspections and moving equipment inventory. Accurately complete paperwork and payment collection.

REQUIREMENTS: High school diploma or equivalent; 100% drug free; Excellent customer service skills; Professional attitude and demeanor; Experience in general labor, landscaping, construction or warehouse helpful. Strong logic and math skills. Stamina to lift heavy items (100 lbs or more) repeatedly while climbing, balancing, kneeling, crouching, walking, etc. Good hand-eye coordination. Valid driver's license and good driving record. <http://bit.ly/33bY5NM>

Van Driver – Full Time - St. Joseph of the Pines is current seeking a Transportation Driver for our LIFE facility located in Fayetteville, North Carolina. The Transportation Driver is responsible for the safe and timely

transportation of LIFE St. Joseph of the Pines participants. Duties include, but are not limited to: Transport of participants, meals, durable medical equipment, pharmacy, and any other transportation as deemed necessary. Responsible for overall cleanliness and safety of the vehicle assigned on a daily basis. Responsible for communicating any safety issues to the Transportation Coordinator. Education and Experience : Must possess a high school diploma or equivalent. 1 year of experience working with the frail elderly population is required. No exceptions. A clear driving record free of points is required; Commercial Driver License (CDL) preferred. Must be capable of and experienced in transporting individuals that are frail or elderly and/or have special mobility needs. Apply online today at: <http://bit.ly/35q9mw7>

Customer Services Relations Assistant – Fort Bragg - \$10/hr. – Responsibilities: Performs customer service relations work that contributes toward the well-being of guests and the protection and safety of other employees and government property. Uses tact and diplomacy to deny entrance to unauthorized personnel and to those whose dress or manner does not meet prescribed standards. Maintains prescribed area in a clean and orderly manner and ensures compliance with fire, safety, and security standards. Provides security at designated areas by patrolling the premises to prevent unauthorized access. May operate a motor vehicle. Apply online today at: <http://bit.ly/322N4yj>

Store Assistant – AAFES – Ft Bragg - \$9.88 - \$17.75/hr. - CREATES A TAILORED SHOPPING EXPERIENCE BY ENSURING PROMOTIONAL AND SALE MERCHANDISE IS DISPLAYED TIMELY AND READILY AVAILABLE TO CUSTOMERS. ASSESSES CUSTOMERS NEEDS BY ACTIVELY LISTENING AND PROVIDING SOLUTIONS TO MAXIMIZE CUSTOMER SATISFACTION AND LOYALTY. COMPLETION OF HIGH SCHOOL OR THE EQUIVALENT. RETAIL EXPERIENCE. DEMONSTRATED WILLINGNESS AND POTENTIAL FOR ADDITIONAL RESPONSIBILITY. Apply online today at: <http://bit.ly/35nqT7O>

Food Service Worker – Aramark – Cape Fear Valley – The Food Service Worker is responsible for preparing and/or building food items while providing customer service and adhering to food safety, food handling, and sanitation procedures. Essential functions and responsibilities of the position may vary by Aramark location based on client requirements and business needs. Essential Functions: •Prepares and builds food items according to standardized recipes and directions •Properly stores food by adhering to food safety policies and procedures •Sets up work stations including prep tables, service counters, hot wells, steam tables, etc. •Breaks down, cleans, and sanitizes work stations •Serves food to customers while ensuring guest satisfaction and anticipating the customers' needs •Replenishes food items and ensure product is stocked to appropriate levels •Maintains excellent customer service and positive attitude towards guest, customers, clients, co-workers, etc. •Adheres to Aramark safety policies and procedures including proper food safety and sanitation •Ensures security of company assets •Other duties and tasks as assigned by manager. Qualifications •Previous food service experience preferred •Must be able to obtain food safety certification •Demonstrates excellent customer service skills •Requires occasional lifting, carrying, pushing, pulling of up to 25 lbs. Apply online today at: <http://bit.ly/33kIthA>

Food Production Supervisor – Aramark – (Corrections-Moore County) - The Food Production Supervisor supervises inmate workers to ensure that meal and food items are prepared in accordance with production plans. Trains workers in methods of performing duties and assigns/coordinates work to promote efficiency of operations, along with sanitation of the facility and maintaining personal safety. May requisition supplies and equipment to maintain inventory levels. Essential functions and responsibilities of the position may vary by Aramark location based on client requirements and business needs. Essential Functions: Conducts and/or attends daily shift huddles to communicate daily operational priorities, safety and security briefs. Supports daily schedules (if applicable), work areas, and assignments for inmates and/or Aramark food service workers and cooks. Supervises preparation and serving of meals while ensuring proper portion and special dietary

requirements. Trains and guides inmates and staff on job duties, proper food safety and sanitation procedures, cooking methods, etc. Oversees the completion of tasks. Reviews monthly menu, conducts inventory, and ensures that the appropriate product is ordered. Adheres to security procedures to facilitate the safety of yourself and others including ensuring that all kitchen tools and equipment are returned to their designated secure area. Maintains excellent customer service and positive attitude towards customers, clients, and co-workers. Instills and monitors clean as you go culture with all assigned workers. Adheres to Aramark safety policies and procedures including proper food safety and sanitation. Completes production paperwork and/or sanitation paperwork essential to be in compliance with Aramark and facility procedures. Ensures security of company assets. Communicates skillfully both written and verbally. Other duties and tasks as assigned by manager. Qualifications: Minimum of one (1) year of food prep or related work preferred. Previous supervisory experience preferred. Previous experience interacting with inmates a plus. Ability to motivate and supervise inmates and/or team members to attain quality and quantity of food production in a correctional work environment. Must be able to obtain a food safety certification. Ability to work independently with limited supervision. Ability to exercise good judgment and tact. Must be able to follow basic safety procedures and policies. Requires occasional lifting, carrying, pushing, pulling up to 25 lbs. Must qualify for and maintain correctional facility security clearance. Need to cook and supervise inmates, prep work. Apply online only at: <http://bit.ly/33by9C2>

Security Officer – Full Time – Night Shift – Thursday – Monday – Allied Security - The Professional Security Officer will be working in a hospital/health care environment for Allied Universal Services. Our officers allow us to accomplish our company's core purpose which is "to serve, secure and care for the people and businesses in our communities". The Professional Security Officer is responsible for the safety and security of the facilities they protect. Our security officers act as a visible deterrent to crime and client rule infractions; they detect and report suspicious, unsafe or criminal acts at or near their assigned posts which may be a threat to the property, clients, guests or employees at the site. Although essential activities may differ based on the facility at which they work, below are some of the standards: Ensure the facility is provided with high quality security services to protect people and property. Report safety concerns, security breaches and unusual circumstances both verbally and in writing. Build, improve and maintain effective relationships with both client employees and guests. Answer questions and assist guests and employees. Answer phones or greet guests / employees in a professional, welcoming manner. See more details and apply at: <http://bit.ly/2ny7SP4>

Night Shift Supervisor - Kelly Services is currently looking for a Nightshift Supervisor to work at a manufacturing plant in Fayetteville, North Carolina. This position is a temporary to hire position, which is a longer-term temporary role with the possibility of an extension or a permanent hire at the end of the temporary period. The regular shift hours cover the time from 8pm-5am, Monday through Friday with 1 hour lunch break. The Nightshift Supervisor will fulfill the following tasks: > Manages all employee attendance records and counsels individuals when appropriate with proper documentation > Follows up with employee requests and takes responsibility for reducing retention rates > Carries responsibility for a professional and satisfying work performance and attitude of the employees > Communicates directly with factory supervisors and team leads, as well as the Kelly Services staff onsite > Supervise production employees on assigned shifts to ensure production guidelines are being met within established timing, quality and cost standards > Direct, coach and lead the production team in the day-to-day operations to meet production, safety and quality requirements > Performs daily walks and visual inspections of the production floor in observation of unsafe acts or conditions, takes immediate corrective action when necessary > Suggests changes in work flow processes and use of equipment to increase efficiency of the department and/or production crew to maintain the lowest level of downtime and product costs possible. Apply at: <https://sforce.co/2IFxfpD>

Service Valet – Valet Living - As a Service Valet, you will be responsible for nightly door to door collection of trash and recycling items within assigned apartment communities. Simply pick up and collect trash from our resident's doorstep and place it in the compactor that is on site for disposal. Get paid to get fit! In this position, you will actively walk and climb stairs on a nightly basis. You'll also enjoy independence and autonomy as you complete your work. Pay: Earn up to \$14.00 per hour. Schedule: 10-15 hours per week, Sunday through Thursday typically starting at 8:00pm. Enjoy Friday and Saturday off. Job Summary: Collect trash and recycling door to door within an assigned apartment community and transfer to the trash compactor onsite. Inspect and maintain trash compactors, hallways, stairs and floors in accordance with Valet Living standards. Document and report daily all property and resident non-compliance and compactor arrival / departures. Adhere to company code of conduct and quality standards on service, timeliness, privacy, safety, monitoring and reporting. Other duties may be assigned. Qualifications and special conditions of employment: Open bed pickup truck to transport trash from door to property compactor. Some position may not require that you own a pickup truck. When completing your application, you will be asked if you own a pickup truck. Based on your response, your application will be considered for appropriate opportunities within your area. Smart phone with data plan. Valid driver's license and auto insurance (must be listed as driver on policy). Ability to lift and transport up to 50 lbs. Ability to climb stairs and walk distances. Apply now: <http://bit.ly/2pX1iT2>

Environmental Waste Project Manager – Clean Harbor - oversees the execution of a client's environmental waste program. This individual serves as the client's main contact and primary interface with Clean Harbors on a daily basis. Key Responsibilities: Ensures that Health and Safety is the number one priority by complying with all safe work practices, policies, and processes; Conducts regular facility wide audits and inspections of staging, accumulating and storage areas; Works with the local branch to collect information, characterize wastes, and quote small projects/services for the client; Acts as a resource for program questions, regulatory/policy changes, and provides operational guidance and interpretation; Assists with the preparation, collection, and review of reports and all compliance monitoring data; Scopes special projects, field service work and provide estimates; Manages and tracks "cradle to grave" waste generation, storage, and disposal; Supervising Environmental Employees; Ensures customer service at all times. What does it take to work for Clean Harbors? High School diploma or equivalent; Post-secondary with Chemical focus or Environmental Technology preferred; 3+ years' hazardous waste related experience; Previous project management or supervisory experience; Familiarity with RCRA and DOT regulations; Computer proficiency; Excellent interpersonal and communication skills; Ability to work independently with minimal supervision; Client focused and customer service skills; Attention to detail and great organizational skills. Ability to work in a fast paced, ever changing environment. Apply: <http://bit.ly/2VuMcjg>

Retail Sales – Harbor Freight - Why You'll Love It: Closed by 8pm nightly; Closed on Thanksgiving & Christmas; Clear path to promotion; Paid time off; Bonus opportunity; Flexible schedules; Associate discounts; Stable employment with growing company; Full-time opportunities; What You'll Do: Provide a great experience for our customers; Ensure efficient processing of point of sale transactions; Maintain a safe, clean, and organized store; Other duties as assigned. Requirements: Must be at least 18 years old; Retail or customer service experience preferred; Ability to communicate clearly with customers and associates in person and via e-mail and telephone. Ability to intermittently lift, push and/or pull up to 50 pounds and stand/move for entire shift. Ability to lift, bend, kneel, climb, crawl and/or twist and safely climb up/down a ladder. Physically able and willing to become certified to operate a forklift in accordance with IIPP (Injury and Illness Prevention Program). Ability to work nights (until 8 p.m.), weekends and holidays as needed. Apply at: <http://bit.ly/2IFjoIV>

Assistant Store Manager – Dollar General – Ramsey St - The Assistant Store Manager helps maintain a clean, well-organized store with a customer-first focus. At the direction and delegation of the Store Manager, the Assistant Store Manager assists with supervision of store employees, management and presentation of

merchandise, completion of paperwork, and preparation of deposits. The Assistant Store Manager also performs stocking and cashiering functions and performs other duties as necessary to maximize profitability and customer satisfaction while protecting company assets and reducing losses. DUTIES and ESSENTIAL JOB FUNCTIONS: Provide superior customer service leadership; greet and assist customers and operate cash register and scanner to itemize the customer's purchase. Open and close the store a minimum of two days per week. Assist Store Manager with scheduling employees, providing adequate training for employees, conducting safety meetings, and ensuring employee compliance with company policies and procedures. Follow company work processes to manage merchandise, including receiving, unpacking, stocking, restocking and rotating merchandise on shelves and building merchandise displays. Assist in maintaining accurate inventory levels by controlling damages, markdowns, scanning, paperwork, and facility controls. Assist in implementation and maintenance of planograms; ensure merchandise is presented according to established practices and Store Manager direction. Assist in ensuring financial integrity of the store through strict cashier accountability, key control, adherences to company security practices and cash control procedures; authorize and sign for refunds and overrides, count register tills, and deposit money in bank. Assist with management of the store in the Store Manager's absence. Apply now: <http://bit.ly/2OLaPqX>

Sales Associate – American Eagle - RESPONSIBILITIES: Consistently demonstrate the AEO Customer First selling standards in order to deliver a positive customer experience and achieve daily sales goals. Drive AE brand loyalty through being knowledgeable about all AEO loyalty programs and consistently informing customers of each program. Leverage company tools and technology to confidently provide the customer with product knowledge which will enhance customer engagement and maximize sales. Consistently provide support to fellow employees through sharing of knowledge, helping to complete tasks and/or assisting in customer interactions. Outfit the customer by suggesting key looks and incorporating latest trends and current promotions based on the customer's individual style. Promote awareness and growth of the AEO and aerie brands by introducing customers to additional brand channels. Perform register sales transactions quickly and accurately in accordance with established cash control procedures and customer service guidelines. Ensure return merchandise is restocked to the correct product location on the sales floor; all damaged and defective merchandise is properly labeled and placed in appropriate area at the end of each shift. Maintain company brand standards of neat, clean and organized sales floor, cash wrap, fitting room and stockroom to ensure the store environment is safe and presentable for employees and customers. Execute efficient and effective handling of all merchandise from shipment processing, floorsets, markdown optimization and replenishment systems while maintaining backroom Standard Operating Procedures (SOP). Proactively resolve customer concerns in a manner consistent with company policy, and with customer satisfaction in mind; partner with store leadership team on elevated customer issues. Understand and adhere to all company policy and procedures. Apply: <http://bit.ly/3101JZO>

Marketing Specialist – Full Time – Monday – Friday – 8am – 5pm – Compass Group - As a Marketing Specialist, you will be responsible for assisting the operation with marketing, merchandising, and promotions to ensure superior service and maximize profits. Essential Duties and Responsibilities: Assists in all marketing, advertising and promotional activities. Analyzes customer/resident research, current market conditions and competitor information. Assists in the development and implementation of marketing plans and projects for new and existing accounts. Expands and develops marketing platforms. Manages the productivity of the marketing plans and projects. Monitors, reviews and reports on all marketing activity and results. Delivers marketing activity within agreed budget. Reports on return on investment and key performance metrics. Creates marketing presentations. Monitors industry best practices and trends. Performs other duties as assigned. Qualifications: 1 year of marketing experience. Excellent communication skills, both verbal and written. Ability to present to large groups. Knowledge of merchandising and promotions. Proficient computer skills and knowledge of MS Office products, including Word, Excel, PowerPoint, Outlook, and internet. Bachelor's Degree in Marketing is preferred. Apply now at: <http://bit.ly/2OxOz3z>

Route Driver - F/T schedule; Monday through Friday, may require some Saturdays. Compass Group - Drives company vehicle over established route to deliver products and maintain inventory. Responsible for the delivery of top-notch service to clients and customers at all times. Essential Duties and Responsibilities: Prior to beginning each day's route, ensures that truck is properly loaded with all product required to properly service all scheduled machines following outlined operational procedures. Maintains proper inventory levels and product distribution for vending machines. Loads hand cart with totes of product, walks to the machines, and loads the machines. Returns to truck with hand truck of empty totes. Performs product rotation to ensure freshness at designated client locations for vending machines. Provides client and customer satisfaction in every aspect of job performance. Performs routine cleaning and sanitation of vending machines and other related equipment. Conducts minor service and adjustments on machines. When necessary, reports defective equipment to designated maintenance repair service operators or technician dispatcher. Maintains accurate machine product and inventory data via a handheld computer. Informs regular clients and customers of new products or services. Listens to and resolves service complaints; reports all client and/or customer complaints to immediate supervisor in a timely manner. Sets up merchandise and sales promotion displays or issues sales promotion materials to customers. Accountable for all receipt of goods, invoices, delivery tickets, cash received or collected, and product. Conducts inventory reconciliation in accordance with established procedures. Keeps company vehicle clean and organized at all times; performs pre- and post-trip vehicle inspections. Performs other duties as assigned. Qualifications: 3 years driving experience required. Valid driver's license and good driving record. Preferred 1-2 years' experience in a customer service position, or a minimum of 1 year of related experience. Must be able to lift 50 lbs. on a consistent basis. Apply at: <http://bit.ly/2mgpKwY>

Head Cashier – Lowes - All Lowe's associates deliver quality customer service while maintaining a store that is clean, safe, and stocked with the products our customers need. As a Head Cashier, this means: • Delivering a checkout experience that is quick, professional, and friendly. • Ensuring merchandise is accurately scanned and meets the needs of the customer. • Engaging in safe work practices and encouraging others to do the same. The Head Cashier is responsible for providing excellent customer service during the checkout process. This associate is likely the last interaction with our customer before leaving the store and needs to ensure the customer is satisfied and encouraged to come back to Lowe's. Therefore, engaging with customers as well as attention to detail are extremely important in this role. As Head Cashier, he/she provides supervision, coaching, and support to the Customer Service Associate - Front End Team. Depending on the specific work shift, this associate may also help open or close the front-end of the store. Travel Requirements: This role does not require regular travel; however, this role may need to travel on occasion to meetings, trainings, or to support neighboring stores. What We're Looking For • Hourly Full Time or Part Time: Generally scheduled 39 to 40 or up to 25 hours per week, respectively; more hours may be required based on the needs of the store. • Requires morning, afternoon and evening availability any day of the week. • Physical ability to perform tasks that may require prolonged standing, sitting, and other activities necessary to perform job duties. • Minimally must be able to lift 10 pounds without assistance; may lift over 10 pounds with or without assistance. What You Need To Succeed: Minimum Qualifications • 6 months of experience using a computer, including inputting, accessing, modifying, or outputting information. • 6 months of experience using a handheld device (e.g., mobile phone, LRT gun, palm pilot, tablet, iPod) to enter, access, and output information. Apply: <https://low.es/3106CSE>

Live Nursery Specialist – Full Time – Lowe's – Hope Mills - The Sales Specialist Live Nursery serves as an expert, explaining the specifications and features of a product or service to existing or potential customers, with the goal of closing a sale. This associate provides exceptional consultative services to customers and confirms their needs are met before leaving the store. The Sales Specialist Live Nursery is also responsible for executing orders and projects in their area of focus. Travel Requirements: This role does not require regular travel; however, this role may need to travel on occasion to meetings, trainings, or to support neighboring stores. What We're

Looking For • Hourly Full Time: Generally scheduled 39 to 40 hours per week, respectively; more hours may be required based on the needs of the store. • Requires morning, afternoon and evening availability any day of the week. • Physical ability to perform tasks that may require prolonged standing, sitting, and other activities necessary to perform job duties. • Minimally must be able to lift 25 pounds without assistance; may lift over 25 pounds with or without assistance. Minimum Qualifications • High School Diploma or equivalent. • 1 year of external experience in customer facing sales OR 6 months Lowe's retail experience. Apply:

<https://low.es/2BbxXXD>

Sales Associate – Conn’s Home Plus - Requirements: At least one year of prior work experience in selling goods or services; industries include, but are not limited to sales, hospitality, food service, or relatable industry. High school diploma, GED, or equivalency. Proficient verbal and written communication skills. Proficient computer skills to operate Conn's internal systems. Experience with AS400 is a plus. Thorough follow up and negotiation skills. Ability to work a varied and flexible schedule to include nights, weekends and holidays. Ability to overcome objections and influence customer behavior. Responsibilities/Duties: Provide face to face assistance to customers through the buying process to include merchandise selection, payment and finance options and pick up and delivering. Make telephone calls to existing and potential customers. Ability to assist with merchandising and store product set-up. Assist in maintaining the cleanliness of Conn's stores and customer carry-outs. Apply at: <http://bit.ly/2Mtwscu>

Delivery Specialist – Aaron’s - The Delivery Specialist - SOTF is responsible for loading, securing, delivering, setting up, troubleshooting, and demonstrating merchandise for customers during an initial delivery, a service call, or as part of a pickup. The Delivery Specialist may also occasionally review lease agreements with the customer during a delivery. The Delivery Specialist will promote Aaron’s sales events by distributing flyers. During all duties, the Delivery Specialist will serve as an ambassador of Aaron’s with a goal of delivering an exceptional customer experience. Required Skills and Competencies: Position routinely requires lifting, loading and “dollying” merchandise 50 – 300 pounds; Neatly groomed appearance; Good communication skills and a strong focus on customer service; Strong technical skills or working knowledge of electronic products; Good driving skills; Satisfactory MVR, D.O.T physical/certification in states that require it, a valid Driver’s License and compliance with the Company’s Driver Qualification Policy. Apply: <http://bit.ly/33gKrcn>

Desktop Support Technician – Advanced Technology Services – Caterpillar/Sanford - Our support Technician will be on-site at Caterpillar providing Break/Fix end-user support. Providing level 2 support for employees including but not limited to laptops, desktops, printers. Responsibilities will include: Break Fix Desktop/Laptop/printer troubleshooting and support. Installing, physically moving, changing/upgrading, and disposing of computer hardware and software products. Maintaining virus protection, OS service packs, general operations, and providing back-up and disaster recovery. Qualifications will include: Associate's degree and 3-5 years related experience; Windows 10 Support; A+ certification preferred, or ability to complete within 6 months; Knowledge of network infrastructure; Ability to occasionally lift, move, and/or carry up to 50 pounds, and occasionally move up to 100 pounds with assistance. Apply today: <http://bit.ly/324ELSA>