



The CASS Crier



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CASS News

De-ice Your Lock in Seconds with Hand Sanitizer!

Can't get your key in the lock on a frozen morning? Just put some hand sanitizer gel on the key and the lock, and the problem's solved! Why?

Because hand sanitizers contain alcohol, the main ingredient in most commercial de-icers! Just make sure you carry a sanitizer that's at least 60% alcohol. Sanitizers with less alcohol won't work (and guess what: They won't sanitize your hands, either!)



To our "former" CASS Field Employee, Patricia Tobey, on her permanent hire with one of our clients!

This N' That

Things to do in Maine this winter!

- Skijoring: Add some thrill to your cross-country skiing experience by attaching yourself to a harnessed dog and trying the sport of skijoring.
- Dog Sledding: Maine Dogsledding Adventures at Nahmakanta Lake Camps offers dogsled trip packages from a ½ day ride and demo to a three-day guided excursion.
- Snowshoeing: There's nothing like taking a snowshoe trip in the great Maine outdoors!
- Back Country Snowmobiling: For some of the best scenic snowmobiling in Eastern Maine, plan a trip with North Woods Tours at First Settlers Lodge in Weston.
- Skiing: Some grab their skis and snowboards and take to Maine's ski slopes where there are plenty of wide open trails carpeted with pure powder.



Recipe

Taco Lasagna!

- 8 oz. (about 9 pieces) rippled edge lasagna
- 3/4 lb. lean ground beef
- 1/4 c. chopped onion
- 1/4 c. chopped green pepper
- 2 3/4 c. (16 oz.) jar mild or hot taco sauce
- 1/2 c. water
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. basil
- 1/4 to 1/2 tsp. chili powder
- 2 c. chopped lettuce
- 1 c. chopped tomato
- 3 c. (12 oz.) shredded Cheddar cheese

Cook lasagna according to package directions for 10 minutes; drain. Separate lasagna and lay flat on wax paper or aluminum foil to keep pieces from sticking together as they cool.

Brown beef, onion and green pepper in 10 inch non-stick skillet; drain off excess fat. Stir in taco sauce, water, salt, pepper, basil and chili powder; simmer 5 minutes.

Pour 1/2 cup meat sauce on bottom of 13x9x2 inch baking pan; arrange 3 pieces of lasagna lengthwise over meat sauce. Pour 1 cup sauce over noodles; sprinkle 1 cup lettuce, 1/2 cup tomato and 1 cup cheese in layers over sauce. Repeat layer of lasagna, 1 cup meat sauce, 1 cup lettuce, 1/2 cup tomato, 1 cup cheese.

Happy New Year!