

CJ & Associates, Inc.

It's your space
make the most of it

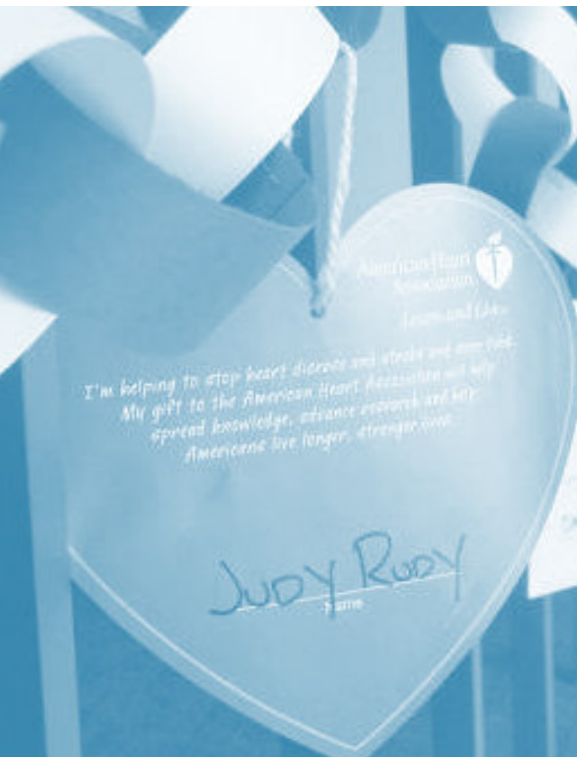
Business Interiors, Since 1984



Families
4 Families
Newsletter



NATIONAL WEAR RED DAY® FEB. 03, 2012



The Go Red for Women movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. Heart disease still remains the #1 killer of women.

Is YOUR heart as healthy as it can be? Do you know? You CAN effectively reduce your risks for heart disease, but you have to know what they are. Your lifestyle, age and weight all play into your heart health.

For your sake {and of those who love you}, find out all you can about heart health. Here's a great place to start: www.goredforwomen.org

*Sorry fellas...
this day is just for
us gals!*



January | February 2012
CJ Peeps
Heart Healthy Recipes
Behind the F4F Newsletter
..and more!



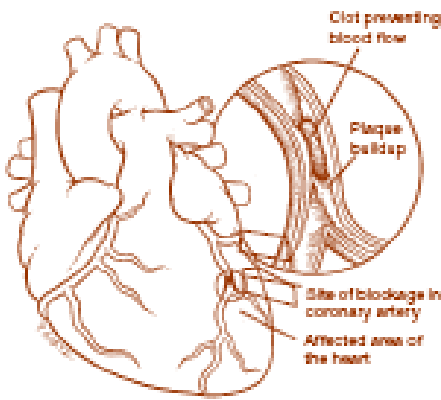
www.cjassociatesinc.com

A good exercise for the heart is to bend down and help another person up!

Signs of a Heart Attack

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.

Other signs such as breaking out in a cold sweat, nausea or lightheadedness.



As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help.

Call 9-1-1...Get to a hospital right away.

American Heart Association Events in our Area

The Milwaukee Heart Ball | The Pfister Hotel

Saturday, February 11, 2012

Begins at 6 pm

The **BLAST BASKETBALL** proudly announce that

February is American Heart Month & the 4th is American Heart NIGHT!

HAVE A BALL AS WE SLAM DUNK HEART DISEASE!

- Meet and hear from Survivors
- "Hearty" half-time activities
- Prizes!
- Get Your "Red" on and save lives!

Order your T-Shirt or Donate TODAY!
Call Tim Nikolai (414) 227-1418
tim.nikolai@heart.org

Saturday, February 4, 2012
7:00pm—9:00pm

Wisconsin Lutheran College
8800 West Bluemound Rd.
www.blastbasketball.com

American Heart Association
Learn and Live

Only \$10

See if Blast GM Elzie Flenard can get in shape to DUNK again at half-time!





CJ & Associates, Inc. Peeps

Kimberlee Hastings | President

Kim has her hand on the pulse of all aspects of CJ & Associates, Inc. She also serves on a board at her Alma Mater, UW-Whitewater, and on professional Dealership Council through Teknion. We were able to slow her down just long enough to ask her a few questions.

Book you're reading: *Nineteen Minutes* by Jodi Piccoult

What you like best about being President of CJ & Associates, Inc.:
There are many things, but what comes to mind first, is having the opportunity to promote and grow the business that my parents started. It is an honor and a blessing.

Secret Hobby [won't be secret after this]: *Reading*

Rainy-day activity: *I am an avid sports fan and have been known to spend a rainy day watching just about any sporting event that is on TV or I will watch SportsCenter.*

Find me here on a Friday night: *A good fish fry*

Can't Live without: *My kids' smiles :-)*



James Knoebel | Service Technician

James is on his 17th year at CJ & Associates, Inc. He began as an installer, and has worked 13 years as the resident Service Guru.

Hobbies: *Walleye and Muskie fishing. A master of repurposing, James also likes to take just about anything apart and come up with another use for it.*

Hidden talent: *Gifted dumpster diver.*

Secret Hobby: *Making scrapbooks of his travels.*

Find me here on a Saturday night: *Watching a movie at home, or enjoying a book. {James owns about 10,000 books, 40% of them are in electronic format.}*

Favorite Movie: *BladeRunner*

Favorite Coffee: *Black & Tan Organic Roast Coffee by Alterra*





5 SUPER Foods

Whole Grains

High fiber, whole grain foods have a role beyond losing weight. Fiber slows the progression of food through your system, which can help you more fully absorb the nutrients in your meal.

Dark Leafy Greens

Spinach, collards, and kale are full of minerals without the saturated fat .

Low Fat Milk

Low fat milk, yogurt and cottage cheese boost your intake of both calcium and vitamin D.

Sweet Potatoes

Rich in vitamin A and fiber, their sweetness can make them feel like a treat.

Salmon

Omega 3 fatty acids help protect the heart. Avoid adding extra fat when you prepare it.

Reading Food Nutrition Labels

Learning how to read and understand food labels can help you make healthier choices.

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

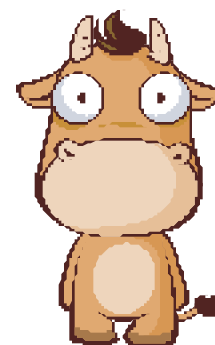
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Get More from your Moo Juice

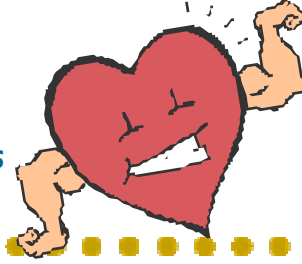
Have you ever thought about drinking Organic Milk? Organic milk has up to 60% more heart-healthy omega 3 fatty acids, according to a study published in the Journal of Dairy Science.

The cow's diet makes all the difference. Organically raised cows eat nutrient-rich grass, while their conventional feed lot raised counterparts dine on corn and hay.

57% of Americans who buy organic, do so for the health benefits.



This Month's Heart Healthy Recipes



Tortilla Soup



- 1 can (15-ounce) fire-roasted tomatoes, un-drained
- 1 medium onion, chopped
- 4 cups low sodium chicken broth
- 1 clove garlic
- 2 tablespoons chopped cilantro
- 3 cups shredded rotisserie chicken
- Tortilla chips

Place fire-roasted tomatoes, onion, chicken broth, garlic and cilantro in a blender. Puree. Pour into a large saucepan. Add chicken. Bring to a boil. Reduce heat and simmer 20 minutes.

Garnish with tortilla chips.

Roasted Winter Squash with Cornbread Stuffing

- 1 small to medium winter squash
- 2 tablespoons extra-virgin olive oil, divided
- 1/4 cup dried cranberries
- 1/4 cup golden raisins
- 1/3 cup chopped onion
- 1/4 cup chopped celery
- 1 tablespoon chopped fresh sage
- 1 tablespoon minced garlic
- 1/2 cup reduced-sodium vegetable broth
- 3 tablespoons chopped pecans
- 1 1/2 cups cooked and crumbled cornbread
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon salt
- Freshly ground black pepper



Preheat oven to 400F.

Cut squash into halves lengthwise and discard seeds. Brush cut sides with 1 tablespoon olive oil and place cut sides down on a baking sheet. Roast 25 minutes or until tender.

Soak dried fruit in hot water 10 minutes. Drain and discard liquid; set aside. Heat remaining olive oil in a medium skillet over medium-high heat. Add onion, celery, sage and garlic; sauté 5 minutes. Combine drained fruit, onion mixture, broth, pecans, cornbread, parsley, salt and pepper. Place cornbread mixture into each squash half. Return squash to the oven and bake about 20 minutes, until stuffing is thoroughly heated and golden brown on top.



Families 4 Families

“Love your Heart...
...Make a Promise”

Behind the Families 4 Families Newsletter

Families 4 Families is a wellness movement, created by the employees of CJ & Associates, Inc. whose mission it to raise awareness for heart disease and promote a heart healthy lifestyle.

Families 4 Families was founded in honor of Judy Rudy, one of the owners of CJ, who has struggled for many years with various heart-related health issues and in 2006 was given a new lease on life when she had a pacemaker/defibrillator unit implanted. Since the procedure, she has felt better than ever and looks forward to enjoying a long and happy life. Our goal, in addition to providing education for heart disease prevention, is to provide a business culture that supports exercise and healthy eating habits. We are a proud supporter of the **American Heart Association** and have developed many programs internally to accomplish our goals. CJ is a family-owned and operated business and believes in and cares a great deal for its internal customers.



“We cannot change or deny who we are or what we stand for and CJ stands for family, plain and simple. The health and well-being of our CJ family, both internal and external, is important and we believe through education and the promotion of a heart-healthy lifestyle that we can improve the quality of life for those we care about.”

