

March Madness is here!

The fun and excitement associated with March Madness makes it one of the best times of the year! Here are the 2011 NCAA Tournament Dates:

First Four: March 15-16

Round 1: March 17-18

Round 2: March 19-20

Sweet 16: March 24-25

Elite 8: March 26-27

Final Four: April 2

National Championship: April 4

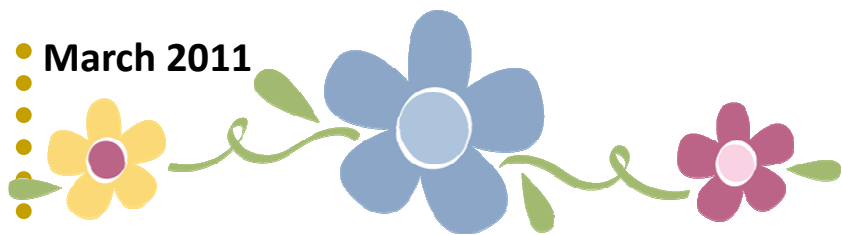


Daylight Savings Time Begins

March 13th. Remember to move your clocks forward.



March 2011



Spring Begins March 20th.

After a very long winter we look forward to welcoming Spring with wide open arms.

Wearing of the Green



Originally, the color associated with Saint Patrick was blue. Over the years, the color green and its association with Saint Patrick's Day grew. Green ribbons and shamrocks were worn in celebration of St Patrick's Day as early as the 17th century. He is said to have used the shamrock, a three-leaved plant, to explain the Holy Trinity to the Pagan Irish. The wearing and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the day.



CJ PEEPS



Family: Husband: Doug

Birthday: December 24

Hobbies: Walk, Run, Festivals, Working in the Yard

Favorite Book: Don't have a Favorite I just like to read

Favorite Food: New York Strip Steak

Favorite Movie: On Golden Pond

Favorite Song: Anything By Keith Urban or Rascal Flatts

Favorite Color: Purple

How do you stay Healthy? Walking and Running often

Vicky Merline

Senior Interior Designer

Years of Service at CJ: 11 Years

Daryl Hastings
Account Executive
Years of Service at CJ: 18.5 Years

CJ PEEPS



Family: Married to Kim, and we share two great kids: Samantha & Zack. We also have two dogs: Maggie & Riley

Birthday: October 18

Hobbies: Watching my kids as they participate in their sports. I also enjoy bowling, golf, and watching my favorite football team.

Favorite Football Team: Minnesota Vikings

Favorite Food: Grilled steak

Favorite Movie: Usual Suspects

Favorite Song: Roll with the Changes by REO Speedwagon

Favorite Color: Purple [see favorite football team]

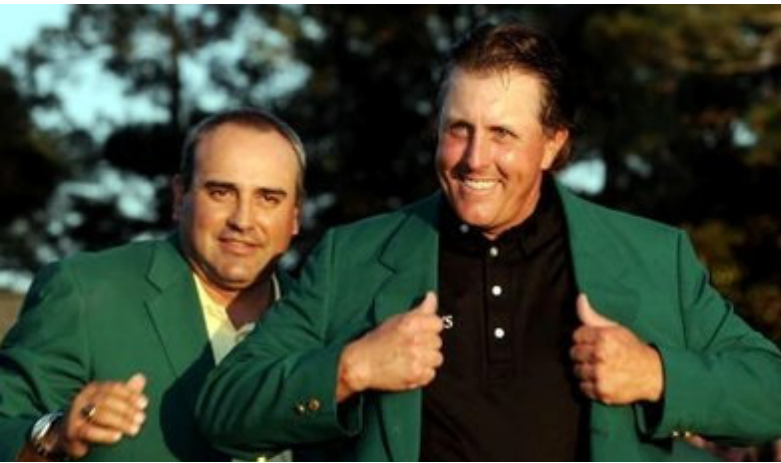
How do you stay Healthy? Eating right.



The Masters Golf Tournament

April 4-10

Many decisions made in the early days of the Tournament remain today. Among these are the four-day stroke playing of 18 holes each day instead of the then customary 36 holes on the third day, eliminating qualifying rounds, and denying permission for anyone except the player and caddie to be in the playing area. A complimentary pairing sheet and a spectator booklet were provided, and commercialization in any form of the Tournament was limited.

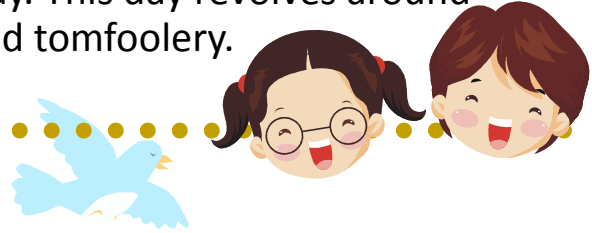


The first Tournament was held March 22, 1934, and beginning in 1940, the Masters was scheduled each year during the first full week in April. That first Tournament was won by Horton Smith, and in the Fall of 1934 the nines were reversed. In 1935 Gene Sarazen hit "the shot heard 'round the world" scoring a double eagle on the par 5, tying Craig Wood and forcing a playoff.

April 2011

April 1, 2011— April Fool's Day

April Fool's Day is celebrated in the United States, England, France, Scotland, Italy, Spain, Portugal, Sweden, Germany, and Norway. This day revolves around whimsy and tomfoolery.



Earth Day is April 22nd.

- Celebrate the Earth. Go Green.
- Plant a Tree. Enjoy the Outdoors.
- Pick Up Trash. Remember to Recycle.



Easter is April 24, 2011



This Month's Tasty Recipes

Slow Cooker Corned Beef And Cabbage Recipe

Ingredients

- 3 pounds corned beef brisket
- 5 medium potatoes, scrubbed, unpeeled, sliced into 1 inch chunks
- 1 large onion - cut into wedges
- 1 head of cabbage - cut into wedges
- 4 cups apple juice
- 1 cup brown sugar
- 1 tablespoon Dijon mustard

Directions

- Place meat, potatoes, onion, and cabbage in a slow cooker.
- Sprinkle with the seasoning packet that came packaged with the corned beef.
- Combine apple juice, brown sugar, and mustard in a medium bowl.
- Pour over the vegetables and meat.
- Cover and cook on high for 6 to 6 1/2 hours or on low for 10 to 12 hours. The meat and vegetables should be very tender.
- Remove the meat and vegetables from the slow cooker.
- Thinly slice the meat across the grain and serve with the vegetables.
- Serve with crusty bread if desired.

Fajita-Ranch Chicken Wraps

Ingredients

- **12** ounces skinless, boneless chicken breast strips for stir-frying
- **1/2** teaspoon chili powder
- **1/4** teaspoon garlic powder
- Nonstick cooking spray
- **1** small red, yellow, or green sweet pepper, seeded and cut into thin strips
- **2** tablespoons bottled reduced-calorie ranch salad dressing
- **2** 10-inch whole wheat, tomato, jalapeño, or plain flour tortillas, warmed*
- **1/2** cup of your favorite Salsa
- **1/3** cup reduced-fat shredded cheddar cheese

Directions

- Sprinkle chicken strips with chili powder and garlic powder.
- Coat a medium nonstick skillet with nonstick spray; heat over medium-high heat.
- Cook chicken and sweet pepper strips in hot skillet over medium heat for 4 to 6 minutes or until chicken is no longer pink and pepper strips are tender.
- Drain if necessary.
- Toss with salad dressing.
- Divide chicken and pepper mixture between warmed tortillas.
- Top with Easy Fresh Salsa and cheese.

Behind the Families 4 Families Newsletter



Families 4 Families is a wellness movement, created by the employees of CJ & Associates, Inc. whose mission is 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."

Together, we can make a difference.

To learn more, please talk to any CJ & Associates, Inc. employee.



**"Love Your Heart ...
... Make a Promise"**