



Nov. 3rd @ Ohio State
 Nov. 10th vs. Michigan
 Nov. 17th @ Minnesota



Nov. 4th at Kansas City @ 12:00
 Nov 11th vs. Minnesota @ 12:00
 Nov. 18th vs. Carolina @ 12:00
 Nov. 22nd at Detroit @ 11:30 a.m.
 Nov. 29th at Dallas @ 7:15 p.m.



HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

November 2007

Heart Walk Hall of Fame

- | | | |
|---------------------------|-------------------------|--------------------------|
| Anne Bildsten | Alana Schrader | Eric Severson |
| Jim & Bobbie Lau | John Verthein | Eric Grimstad |
| Geoffrey Hoffman | Elizabeth Sawicki | Karl Cumbblad |
| Laurie Hofman | Rene & Duke Allen | Donna Jurek |
| Jeffrey Prange | Anonymous | Michael Hintz |
| Renee Prange | Kieth & Sandra Hanson | Jenny Busse |
| Richard Prange | Chris & Jodi Haages | Rachel Meyer |
| Jill Jeatran | Wife Beaders | Scott Kilmer |
| Lisa Turner | Gary Bauer | Jeff Switaslaski |
| Sharon Celek | Virginia Pothier | Mark Stemberger |
| Ann Tinnin | L Patnode | Stephanie Riordan |
| Kathleen Hanko | Linda Babcock | Linda Budnar |
| Sandra Houser | David Lau | Schiekiera Family |
| John Bagley | Gregory Richards | Curt & Judy Rudy |
| Kerry Kneser | Kris Johnson | Pete & Marie Brem |
| Jim Jackson | Christina Binagi | Thomas LaMarche |
| Sandy Grady | Susan Prange | Laurie Goehlen |
| Lynn Eckstein | Mary Kelley | Pat Stelzel |
| Diane Smith | Jim Deller | Susan & Curt Simons |
| Jeff Poeschl | Brian Kunick | Dennis Siok |
| James Mardak | Connie & Bill Seemann | Amy Maier |
| Cliff Schneiderwendt | Michael Vorlob | John & Jeanne Eschle |
| John Burrough | Vicky Kloppenburg | James & Virginia Waltz |
| Judie Ryman | Mark & Chris Scheid | John Janzer |
| Martin Wingrove | Tammy Harm | John & Barbara Hansen |
| Steven Sickler | Savannah & Jackson | Scott & Sheri Hanson |
| Barry Bielawski | Larry Fehrm | Jackie Kempainen |
| Mary Wild | Lee Esser | Carol Bluhm & Associates |
| Lisa Rudy | Thomas Barrett | Bill Toshner |
| Louis Neuworth | Barb & Tom Brenkus | Mike Schnell |
| Karen Mohr | Karen Gehring | Debora Wallace |
| Bill & Linda Austin | Lisa Blaeser | Matthew Keck |
| Tom Schober | Diesel Specialists | Keck Family |
| Kimberlee Hastings | Dwight Darling | Tom Quinn |
| CJ & Associates, Inc. | Debbie & John Crawford | Joseph Schaefer |
| William Keck | Pete & Valerie Sotiros | Bill Luterbach |
| Stacy Kostick | Melissa Walther | Teresa Vallafsky |
| Destree Design Architects | Lucy & Clinton Diedrick | Dan Baker |
| Guy & Sarah Meyerhofer | Margaret Matejka | Michelle Sween |
| William Peeples | Paul Prange | Ron & Pat Gross |
| The Siegman Family | Steve Schmidt | Debra Metzger |
| Susie @ Knoll Textiles | Tyler Prange | Border States |
| Dawn Riordan | Michael Bruch | Keith Drea |
| Greg & Jenny Hubley | Jerry & Danielle Wenzen | Sam Keck |
| Anthony Scaffido | Debra Myers | Carla Ellner |
| Ernesto & Sue Romero | Ken Myers | Melissa & Joe Denitici |
| Bob Berger | Doug Merline | Brian Augur |
| Scott Woodin | Sandy Wolker | Bill Jones |
| Pam Muencheberg | Jerry Witt | Leann & Dan Boyea |
| Stacy Kostick | Tom Mugerauer | |

We sincerely apologize for any spelling errors!



Judy Rudy with her 'friends' from the Brewers!!

CJ & Associates would like to give a big **THANK YOU** to all those who donated their money and/or their time to help us for our first American Heart Association Heart Walk!! CJ came in 2nd in donations in the Milwaukee Metro Area by successfully raising over **\$8,800!** This is a cause that is near & dear to our hearts so it means so much that we had your support. We look forward to an even more successful event next year and hope you will continue to sponsor us!

THANK YOU



THANK YOU

CJ & Associates would like to give thanks to our friends, families and customers this Thanksgiving Holiday.

We hope you have a blessed day with your loved ones.



5 foods that fight Cold and Flu

Whole Grains– They're loaded with zinc, which is vital for maintaining a healthy immune system.

Bananas– They contain vitamin B6, which helps your body fight infection.

Cayenne Pepper– The active ingredient in the spice, capsaicin, beats congestion by thinning the mucus in your nasal passages so you can breathe freely again.

Sweet Potatoes– They're one of the best sources of beta-carotene (a form of vitamin A), which your body needs to make enough white blood cells to fight off infection.

Garlic– Allicin, one of the active components in freshly crushed garlic, can zap viruses by blocking the enzymes that lead to infection.



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Mineral of the Month—Vitamin C

Vitamin C, or ascorbic acid, is a water-soluble vitamin that is necessary for normal growth and development. Water-soluble vitamins dissolve in water. The body cannot store them. Leftover amounts of the vitamin leave the body through the urine. That means you need a continuous supply of such vitamins in your diet.

Vitamin C is required for the growth and repair of tissues in all parts of your body. It is necessary to form collagen, an important protein used to make skin, scar tissue, tendons, ligaments and blood vessels. Vitamin C is essential for the healing of wounds, and for the repair and maintenance of cartilage, bones and teeth.

Vitamin C is one of many antioxidants. Vitamin E and beta-carotene are two other well-known antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals, which are by-products that result when our bodies transform food into energy.

The build up of these by-products over time is largely responsible for the aging process and can contribute to the development of various health conditions such as cancer, heart disease, and a host of inflammatory conditions like arthritis. Antioxidants also help reduce the damage to the body caused by toxic chemicals and pollutants such as cigarette smoke.

The body does not manufacture vitamin C on its own nor does it store it. It is therefore important to include plenty of vitamin C-containing foods in your daily diet.

Food sources

All fruits and vegetables contain some amount of vitamin c. Foods that tend to be the highest sources of vitamin c include green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli, turnip greens and other leafy greens, sweet and white potatoes, and cantaloupe.

Other excellent sources include papaya, mango,

Watermelon, brussels sprouts, cauliflower, cabbage, winter squash, red peppers, raspberries, blueberries, cranberries, and pineapples.

Vitamin C toxicity is very rare, because the body cannot store the vitamin. However, amounts greater than 2,000 mg./day are not recommended because such high doses can lead to stomach upset and diarrhea.

The U.S. Food and Nutrition Board of the Institute of Medicine recommends a daily intake of 90 mg/day for men over 18 and 75 mg/day for women over 18. Recently some experts have questioned whether the recommended daily intake should be raised. Others have recommended higher intake in some individuals, such as smokers.

The use of vitamin C in prevention/treatment of the common cold and respiratory infections remains controversial, with ongoing research. More than 30 clinical trials with over 10,000 participants have found no significant reduction in the risk of developing colds. In people who developed colds while taking vitamin C, no difference in the severity of symptoms has been seen overall, although a very small significant reduction in the duration of colds has been reported (10% in adults and 15% in children).



Information provided by Mayo Clinic and the Medline Plus Encyclopedia. The information should not be used during a medical emergency or for the diagnosis or treatment of any medical condition. A licensed physician should be consulted for diagnosis and treatment.

Tip Time

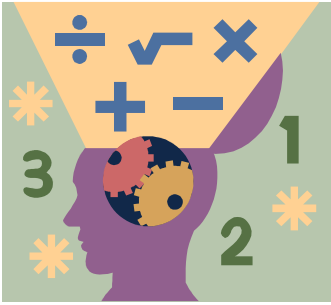
Low Fat Holiday Eating Away From Home:

Celebrating Thanksgiving at someone else's home? Here are some tips to navigate your way to a lower fat feast without appearing rude or going hungry.

1. Don't come to the table super-hungry. Make sure you eat a filling and nutritious breakfast such as oatmeal. When hunger pangs strike, eat healthy snacks such as fruit or a few whole grain crackers.
2. When it's time to eat, keep in mind that the main problem with eating at Thanksgiving is overeating, so resolve to keep portions of each dish small.
3. When your host carves the turkey, opt for breast meat rather than leg meat if you have a choice. Remove the skin no matter what. Also, dark meat has twice as much saturated fat as white meat.
4. Assuming the rest of the food is served family-style, you can be in control of what ends up on your plate. If you love stuffing, have some—but perhaps just a quarter cup. Then fill the rest of your plate with vegetables, leaving the fried onion rings off the green beans.
5. You don't have to have something from every side dish, so perhaps you can choose between mashed potatoes and sweet potatoes. Sweets are more nutritious overall, especially if the mashed are full of cream and butter.
6. Enjoy the cranberry sauce but go easy on the gravy. You want to add flavor and moisten your turkey, not drown it.
7. Pass on the rolls and butter. There's probably plenty to eat on your plate already.
8. Finally, dessert. If you have to choose between pumpkin pie and pecan pie, pumpkin is generally a better choice. Neither is ideal in terms of eating low fat, but pumpkin is lower in calories and fat and is an excellent source of vitamin A, plus a good source of iron and calcium.
9. Enjoy!

Improve Your Memory

According to a recent study, mental agility and sharpness in older Americans can be relatively easily improved. According to a study at the UCLA, mental stimulation, a healthy diet, physical exercise, and relaxation training can have a significant and measurable positive effect on memory and cognition. The study divided participants into test and control groups. Subjects in the test group were for 2 weeks given the following:



Memory Teasing- Brainteasers, crossword puzzles and memory exercises that stress verbal skills.

Healthy Diet- Participants ate 5 meals per day, which included food rich in omega-3 fats, low-glycemic index carbs and antioxidants. Eating 5 small meals throughout the day prevents dips in blood glucose levels.

Physical Fitness- Participants took brisk walks each day and did stretching exercises.

Stress Reduction- Participants also used stretching and relaxation exercises to manage stress. Stress causes the body to release cortisol, which plays an important role in memory preservation. Cortisol has been found to shrink the memory centers in the brain, which results in impaired memory.

After the 14-day study, participants following the memory improvement plan recorded a 5% decrease in brain metabolism in the dorsal lateral region of the brain, which is directly linked to working memory and other cognitive functions. These results suggested that they were using their brains more efficiently. Additionally, the subjects from the first group reported improved memory, and demonstrated better performance on a cognitive measure controlled by this same brain region.

November is American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 20.8 million children and adults in the U.S. who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people are unaware they have the disease.

In order to determine whether or not a person has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test. With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a FTG level of 126 mg/dl or higher has diabetes.

Major Types of Diabetes:

Type 1 results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them.

Type 2 results from insulin resistance, combined with relative insulin deficiency. **Most Americans who are diagnosed with diabetes have type 2 diabetes.**

Gestational Diabetes affects about 4% of all pregnant women—about 135,000 cases in the U.S. yearly.

Pre-Diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Type 2 Diabetes Symptoms:

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the change of developing the complications of diabetes.

Some symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

If you have one or more of these, see your doctor right away.

Type 2 Diabetes Risks:

Researchers don't fully understand why some people develop type 2 diabetes and others don't. It's clear that certain factors increase the risk, however, including:

Weight—Being overweight is a primary factor. The more fatty tissue you have in the more resistant your cells become to insulin.

Inactivity—The less active you are, the greater the risk. Physical activity uses up glucose as energy and makes your cells more sensitive to insulin.

Family history—the risk increases if a parent or sibling has type 2 diabetes.

Race—although it's unclear why, people of certain races—including blacks, Hispanics, American Indians and Asian Americans—are more likely to develop type 2 diabetes.

Age—the risk increases as you get older, especially after age 45. Often, that's because people tend to exercise less, lose muscle mass and gain weight as they age. But type 2 diabetes is increasing dramatically among children, adolescents and younger adults.

Type 2 Diabetes Prevention:

Healthy lifestyle choices can help you prevent type 2 diabetes.

- Eat healthy foods. Choose foods low in fat and calories. Focus on fruits, vegetables, and whole grains. Strive for variety to prevent boredom.
- Get more physical activity. Aim for 30 minutes of moderate physical activity a day. Take a brisk walk or ride your bike.
- Lose excess pounds. Losing even 10 pounds can reduce the risk of diabetes. Focus on permanent changes to your eating and exercise habits.

Sometimes medication is an option as well. Oral diabetes drugs such as metformin and rosiglitazone may reduce the risk of type 2 diabetes but healthy lifestyle choices remain essential.

Roasted Butternut Squash

Ingredients:

- 1 small butternut squash (2 lb)
- 1 tsp ground cinnamon
- 1/4 cup orange juice
- 1/4 cup maple syrup



Preparation:

Preheat oven to 400 degrees. Using a sturdy knife, cut off the top of the squash near the stem, then cut the squash in half lengthwise. Scoop out the seeds and membranes. Halve again, making 4 wedges.

Place wedges cut side up in a large glass baking dish. Sprinkle cinnamon on top. Combine orange juice and maple syrup and drizzle over squash wedges. Cover with foil and roast for 45 minutes. Spoon syrup over wedges before serving. Serves 4.

Per serving: Calories 166, Calories from fat 5, Total Fat 0.5g, Saturated Fat 0.1g, Cholesterol 0mg, Sodium 11g, Carbohydrate 35.3 g, Fiber 3.8g, Protein 3.4g

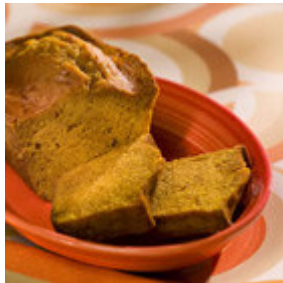
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www.americanheart.org

Pumpkin Bread

Ingredients:

- 2 cups all-purpose flour
- 2 tsp pumpkin pie spice
- 2 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1–15 oz. pure pumpkin
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/2 cup evaporated fat free milk
- 1 large egg
- 1 large egg white
- 1 Tbsp vegetable oil
- 1/4 cup chopped walnuts



Preheat oven to 350 degrees. Oil a 9 x 5 inch loaf pan.

Combine flour, pumpkin pie spice, baking powder, salt and baking soda in a medium bowl. Blend pumpkin, granulated sugar, brown sugar, evaporated milk, egg, egg white and oil in a large mixer bowl. Add flour mixture; mix until moistened. Pour into prepared loaf pan; sprinkle with nuts.

Bake for 60-65 minutes or until wood pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes; remove to wire rack to cool completely.

Serves 12.

Per serving: Calories 201, Fat 5g, Saturated Fat 1g, Protein 5g, Carbohydrates 35g, Dietary Fiber 2g, Cholesterol 16 mg, Sodium 338 mg. Exchanges: 1 Starch, 1/2 Lean Meat; 1/2 Vegetable; 0 Non-fat Milk; 1 Fat; 1 Other Carbohydrate.

Add cranberries for Thanksgiving!

Turkey Stove-top Casserole over Toast

Ingredients:

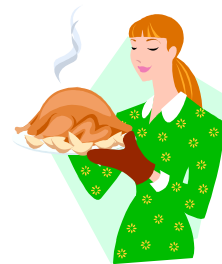
- * 1 1/2 cups chicken broth (to cut down on sodium, try a low sodium version)
- * 1/2 cup diced celery
- * 1/3 cup diced onions
- * 1/2 green bell pepper, seeded and chopped
- * 2 cups cooked turkey, cubed
- * 3 Tbsp all-purpose (plain) flour
- * 3 Tbsp white wine
- * 1/2 cup chopped fresh parsley
- * 2 Tbsp fresh rosemary (optional)
- * Ground black pepper, to taste
- * 4 slices toast

Preparation:

In a large nonstick saucepan, heat 1/4 cup of the chicken broth over medium-high heat until it simmers. Add the celery, onions and bell pepper and cook until vegetables are tender-crisp, about 4-5 minutes. Reduce heat to low, allowing the mixture to cool slightly.

In a medium bowl, add the turkey and flour. Toss gently until the flour coats the meat. Add to the vegetables and broth, cooking over low heat for about 5 minutes. Increase heat to medium high and slowly add the remaining broth, wine, parsley, rosemary and black pepper. Cook and stir until the sauce thickens slightly. To serve, spoon 1/4 of the casserole over each piece of toast.

Serves 4.



This casserole is a great option for serving up leftovers after Thanksgiving. To make it a meal, serve with a tossed salad or steamed peas and carrots.

Per Serving: Calories 234, Protein 26g, Carbohydrate 21g, Total Fat 4g, Saturated Fat 1g, Mono-saturated Fat 1g, Cholesterol 60mg, Sodium 585mg, Fiber 3g, Calcium 57g, Potassium 399mg