



Nov. 1st @Michigan State  
 Nov. 8th @Indiana  
 Nov. 15th Minnesota  
 Nov. 22nd Cal Poly



Nov. 2nd @Tennessee Titans Noon  
 Nov. 9th @Minnesota Vikings Noon  
 Nov. 16th Chicago Bears Noon  
 Nov. 24th @New Orleans Saints 7:30 pm



# HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

November 2008



## Heart Walk Hall of Fame 2008

Alicia Piotrowski	Amy Maier	Angela Noltimier
Angie & Dennis Mueller	Ann Plier	Ann Reinders
Ann Tinnin	Anne & Roger Bildsten	Anonymous
Ardyce Peebles	BA & Dave Williams	Barb Brenkus
Barry Bielawski	Bill Graham	Bill Lauterbach
Bill & Connie Seemann	Bill & Linda Austin	Bob & Penny Kuehl
Bonnie Schettler	Brian Krimpelbein	Brian & Kim Augur
Bruce Aschenbrenner	Carol Rollin	Chandra Scherer
Clayton Gillespie	Chris & Jodi Haages	Christina Binagi
Cindy Lussier	CJ & Associates, Inc.	Curtis & Judith Rudy
Cynthia Schneider	Dale Brown	Darwin Lauterbach
David Vanderlind	Dawn Riordan	Debbie & Mark Rice
Deedee Scheel	Dennis Siok	Don Grubor
Donna Jurek	Duke & Renee Allen	Elise & Steve Schmidt
Eric Severson	Gary Bauer	Guy Seemann
James Knoebel	James Lau	James & Virginia Waltz
Jane Laubenstein	Jeff & Jill Switalski	Jeffrey & Donna Pran
Jennifer Meyer	Jennifer Schmidt	Jeremiah Blomber
Jill Jeatran	Jim & Sherry Jackson	Joanne & Mike Riordan
John Bagley	John Janzer	John Verthein
John & Debbie Crawford	Joyce Anderson	Kasey Lussier
Katherine Seno	Kathy Hanko	Karl Cumblad
Ken Myers	Kieth & Sandra Hanson	Kim & Daryl Hastings
Kris Johnson	Kristen Moreland	Kurt Witt
Larry Fehrm	Laurie Goehlen	Laurie Hofman
Linda Babcock	Linda Patnode	Lisa Jones
Lisa Rudy	Lisa Turner	Liz & John Hanson
Lori Berg	Louis Neuwirth	Lynn Eckstein
Lynne Severson	Makalee & Kellin Henry	Margaret Matejka
Marie Renn	Mark Gustafson	Mark Stemberger
Marsha Geisert	Marty Wingrove	Mary Kelley
Mary Wild	Matthew Ruder	Michael Hintz
Michael Priem	Michael Staats	Michael Vorlob
Mike Schnell	Mom & Dad DeVoe	Nancy Kinney
Nancy Truttman	Nick & Lynette Kapsos	Nicole Lussier
Patricia Gross	Pat & Teresa Smith	Pete & Mary Bram
Rachel Knuese	Rachel Smith & Richard Prange	Raymond Koester
Reg & Jayne Smith	Renee Prange	Richard Atlas
Rick Bessick	Rindy Patton	Robert Berger
Sandra Hauser	Sandra VanSistine	Sara Meyerhofer
Schiekiera Family	Scott Hanson	Stephanie Smith
Steven Sickler	Susan Prange	Tasha Vogel
Tiffany Lussier	Tim Kerrigan	Tim Koenigs
Tom Quinn	Tom Shobern	Tyler Prange
Vicky Mertine	Virginia Pothier	Walter Koehnlein
William Ryman		

CJ & Associates would like to extend our sincerest thanks for your donation and/or time to our 2nd Annual American Heart Association Heart Walk—we raised over **\$8800** again this year!!

This is a cause that is near & dear to our hearts so it means so much that we had your support. It is because of your help that we are able to make a real difference in the fight against heart disease!








Shown (in our new CJ scarves!): Stephanie & Bryan Smith, Greg & Lisa Rudy & kids, Mary & Paul Wild, Jim & Sherry Jackson, Deb Myers & Friends, Kim & Daryl Hastings & kids, Stacey Hanson, Jessica Hartung & Mike Kulinski, Angie & Dennis Mueller, Lynn & Jeff Eckstein & Family, Danielle & Justin Lussier, and Curt & Judy Rudy. Thanks to all who walked with us—we look forward to next year!

We have done our best to include the names of those who donated. If we missed you, we sincerely apologize.

# How many calories are in that slice of pie?

No one should be obsessing about calories on Thanksgiving day—but that doesn't mean you can't make healthier choices as you indulge.

APPLE	CHERRY	MINCE	PECAN	PUMPKIN
				
<b>456</b> CALORIES 21 G FAT, 7 G SATURATED FAT	<b>486</b> CALORIES 22 G FAT, 5 G SATURATED FAT	<b>477</b> CALORIES 18 G FAT, 4 G SATURATED FAT	<b>503</b> CALORIES 27 G FAT, 5 G SATURATED FAT	<b>316</b> CALORIES 14 G Fat, 5 G SATURATED FAT
Skip the lattice top to save 75 calories per slice	Cherries are rick in disease-fighting antioxidants	American versions are three times larger—scale back.	Pass on the pie and enjoy 19 nuts for only 200 calories	One slice supplies 15 percent of your daily calcium

## Pointers for Flu Prevention

You've heard it for years, and it's true: a vaccine is your best and simplest defense against the flu. Even with the vaccine, keep yourself healthy by taking steps to battle the bug before it tries to attack you.

### Flu facts

Statistics alone are enough for you to take the flu seriously. According to the Centers for Disease Control and Prevention, every year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- Five to 20 percent of Americans get the flu each year.
- About 36,000 people die from the flu.
- Together, the flu and pneumonia are the seventh leading cause of death each year.

### Get a vaccine as soon as you can

While it's recommended that everyone older than 6 months get a flu vaccine, the following groups of people are especially urged to do so:

- People 50 and older
- Residents of nursing homes or other chronic care facilities
- Children 6 months to 18 years of age receiving long-term aspirin therapy.
- Women who'll be pregnant during flu season.
- Healthcare workers and caregivers.
- Adults and children with conditions such as asthma, renal disease, hypertension and diabetes, weakened immune system, or compromised respiratory function.

It takes about two weeks after the vaccine for antibodies to develop in the body and protect you against infection from the flu virus.

### Flu or cold? Know the difference

Symptoms	Cold	Flu
Fever	Rare	Lasts 3-4 days
Headache	Rare	Prominent
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Mild	can last 2-3 weeks
Exhaustion	Never	Prominent
Stuffy Nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Cough, Chest discomfort	Mild to moderate	Common, can become severe

### Practice good health habits

Healthy habits can help protect you from the flu. The CDC recommends these simple steps as part of a healthy routine:

- Wash your hands often. Carry alcohol-based hand sanitizers for use when soap and water aren't available.
- Avoid touching your eyes, nose and mouth as much as possible.
- Avoid close contact with sick people
- Stay home when you're sick—everything you touch can infect your co-workers.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Exercise regularly, get enough rest, and eat healthy, balanced meals.

If you think you have the flu, call your doctor. Early treatment can help you get better faster. Most people recover from the flu without complications.

*Information courtesy of Human Health and is not intended to diagnose or treat. See a medical professional.*

## Tip Time

### 6 easy ways to stop smoking

- 1. Going cold turkey gets results.** Quitters who stop smoking suddenly—rather than planning for it—are more likely to succeed, according to a British study.
- 2. Cut cravings with hypnotherapy.** It helped more than twice as many people succeed at quitting compared to nicotine replacement patches. Find a certified therapist at [www.natboard.com](http://www.natboard.com)
- 3. Lessen withdrawal with an Rx.** Prescription drugs such as Zyban and Wellbutrin trigger the same feel-good effect as nicotine—doubling your odds of quitting.
- 4. Up the yuck factor.** Drinking lots of water and/or juice, and eating fruits, vegetables and dairy foods makes cigarettes taste less appealing, Duke University research shows.
- 5. Keep your hands busy.** Take up crocheting, give yourself a manicure, make tomorrow's dinner tonight—anything you do to stay busy during the times you normally lit up can help prevent you from giving in to the urge to smoke.
- 6. Never say never!** The average smoker makes about five attempts before succeeding—and experts say each attempt gets easier.

## ADD PEP WITH PEPPERS!

With a mild flavor and crunchy texture, bell peppers can brighten a salad or make a quick snack. Plus they are rich in essential nutrients—green bell peppers have twice as much vitamin C by weight as citrus fruit, while red bell peppers have three times as much.



## How to get that second wind



Feeling run-down? You'll turn up the energy if you....

**REFUEL.** Snack on fiber-rich munchies such as an apple or a few pistachio nuts. The fiber helps control the release of glucose and may prevent energy dips.

**BREATHE DEEPLY.** Every 1-2 hours, spend 5 minutes inhaling and exhaling deeply. It will help you feel calmer and more mentally focused.

**SNAP OUT OF IT.** Splash cold water on your face

or pop a breath mint—mint flavors are stimulating.

**TAKE A VISUAL VACATION.** Close your eyes and mentally escape by imagining a peaceful scene on an island, in a meadow or by the ocean. "Seeing" yourself relaxed can be rejuvenating.

**TAKE A "GOOD NEWS" INVENTORY.** At the end of the day, write down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep...and energize yourself for tomorrow.

## November is Lung Cancer Awareness Month

In 2007, 162,460 deaths from all types of lung cancer occurred in the United States, making it the leading cause of cancer death in men and women. It occurs most often in persons between the ages of 55 and 65 years. Lung cancer now accounts for 13% of new cancer cases and 29% of all cancer deaths each year.

Researchers have discovered several causes of lung cancer, and most are related to the use of tobacco.

*Cigarette use:* Carcinogens in tobacco smoke damage cells in the lungs. Over time the damaged cells can become cancerous.

*Cigars and Pipe Use:* Cigar and pipe smokers have a higher risk of lung cancer than nonsmokers. Cigar and pipe smokers who do not inhale still have an increased risk for lung, mouth and other types of cancer.

*Environmental Tobacco Smoke:* The chance of developing lung cancer is increased by exposure to "secondhand" smoke.

*Radon:* Radon is an invisible, odorless, and tasteless radioactive gas that occurs naturally in soil and rocks. Persons who work in mines can be exposed and in some parts of the country, radon is found in houses.

*Asbestos:* Asbestos fibers tend to break easily into particles that float in the air and can be inhaled. Studies show that workers exposed to large amounts of asbestos have a 3 to 4 times greater risk. This exposure has been observed in shipbuilding, insulation work and brake repair.

Common signs and symptoms of lung cancer include the following:

- persistent cough;
- Shortness of breath, wheezing or hoarseness;
- Constant chest pain;
- Loss of appetite;
- Weight loss;
- Swelling of neck and face;
- Fatigue;
- Recurrent episodes of pneumonia or bronchitis.

To help determine the cause of a patient's signs and symptoms, the medical history, smoking history, exposure to environmental and occupational

substances, and family history of cancer should be explored and a physical examination should be performed.

The following are interventions that may be used to reduce the risk of lung cancer:

- avoidance of or stopping smoking;
- Avoidance of secondhand smoke;
- Avoidance of exposure to certain environmental substances;
- Avoidance of beta carotene supplements;
- Avoidance of heavy alcohol consumption;
- Increasing physical activity; and
- Consuming a diet rich in fruits and possibly vegetables.



Take part in the American Cancer Society's **Great American Smokeout** on November 20th!

Quit smoking or smoke less for the day—challenge yourself to stop using tobacco. Smoking is responsible for 1 in 5 deaths!



November is also \_\_\_\_\_ National Awareness Month:

- Epilepsy Awareness Month
- Gluten-Free Diet Awareness Month
- MADD's Tie One On For Safety Holiday Campaign
- Military Family Appreciation Month
- National Adoption Month
- National AIDS Awareness Month
- National Alzheimer's Disease Month
- National Home & Hospice Care Month
- National Marrow Awareness Month
- National Novel Writing Month
- National Peanut Butter Lovers Month
- **National Pomegranate Month**
- Prematurity Awareness Month

## Pomegranate-Glazed Turkey with Roasted Fennel

### Ingredients:

- 4 medium fennel bulbs, cored and thickly sliced
- 5 teaspoons canola oil, divided
- 1/2 teaspoon chopped fresh thyme, plus 1 sprig
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 4 turkey cutlets, 1/4 inch thick
- 1 cup pomegranate juice
- 1/4 cup reduced-sodium chicken broth or water
- 1 teaspoon cornstarch



Makes 4 Servings

Nutrition Per Serving: 287 calories; 7 g fat; 0 g sat. fat; 3 g monosat. Fat; 45 mg cholesterol; 27 g carbohydrates; 31 g protein; 7 g fiber; 513 mg sodium; 1,077 mg potassium

### Instructions:

1. Preheat oven to 450 degrees F.
2. Toss fennel, 3 teaspoons oil, chopped thyme and 1/4 teaspoon each salt and pepper in a medium bowl. Spread on a rimmed baking sheet. Roast, stirring twice, until tender and golden, about 25 minutes.
3. Meanwhile, sprinkle both sides of turkey with remaining 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat the remaining 2 teaspoons oil in a large skillet over medium-high heat. Add the turkey and cook until browned, 1 to 3 minutes per side. Transfer to a plate.
4. Add pomegranate juice and thyme sprig to the pan; bring to a boil. Boil, stirring often, until reduced to 1/4 cup, 6 to 10 minutes. Discard the thyme.

www.cjassociatesinc.com

www.americanheart.org

## Roasted Pear-Butternut Soup with Crumbled Stilton

### Ingredients:



Makes 6 servings, 1 1/3 cups each

- 2 ripe pears, peeled, quartered and cored
- 2 pounds butternut squash, peeled, seeded and cut into 2 inch chunks
- 2 medium tomatoes, cored and quartered
- 1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
- 2 cloves garlic, crushed
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoons salt, divided
- Freshly ground pepper to taste
- 4 cups vegetable broth or reduced-sodium chicken broth, divided
- 2/3 cup crumbled Stilton or other blue-veined cheese
- 1 tbsp. thinly sliced fresh chives

### Instructions:

1. Preheat oven to 400 degrees F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives.

Tips: Cover and refrigerate for up to 3 days or freeze up to 1 month.

Nutrition per Serving: 236 calories; 10 g fat; 4 g sat fat; 5 g monosat. Fat; 11 mg cholesterol; 34 g carbohydrate; 6 g protein; 6 g fiber; 721 mg sodium; 721 mg potassium; Nutrition bonus: Vitamin C (70% dv), Calcium (20% dv), Vitamin A (350% dv).

## Maple-pumpkin Custards with Crystallized Ginger

Ingredients: Makes 6 servings

- 1 1/2 cups 1% milk
- 4 large eggs
- 3/4 cup maple syrup
- 3/4 cup canned unseasoned pumpkin puree
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 3 tablespoons whipped cream
- 1/4 cup chopped crystallized ginger



Prepare through Step 4. Cover and refrigerate for up to 2 days.

### Instructions:

1. Preheat oven to 325 degrees F. Put a kettle of water on to heat for the water bath. Line a roasting pan with a folded kitchen towel.
2. Heat milk over low heat in a small saucepan until barely steaming but not boiling.
3. Whisk eggs and syrup in a large bowl until smooth. Gently whisk in the warm milk (a little bit at a time so the eggs don't cook). Add pumpkin puree, cinnamon, nutmeg and salt; whisk until blended.
4. Divide the mixture among six 6-ounce (3/4-cup) custard cups. Skim foam from the surface. Place custard cups in the prepared roasting pan. Pour enough boiling water into the pan to come halfway up the sides of the custard cups. Place the pan in the oven and bake, uncovered, until custards are just set but still quiver in the center when shaken, 45 to 50 minutes. Transfer custards to a wire rack and let cool for 45 minutes. Cover and refrigerate for at least 1 hour, or until chilled.
5. To serve, top custard with a dollop of whipped cream & a sprinkling of ginger.

Nutrition per Serving: 212 calories; 5 g fat, 2 g sat. fat; 2 g monosat fat; 145 g cholesterol; 37 g carbohydrates; 7 g protein; 1 g fiber; 135 mg sodium. Nutrition bonus: Vitamin A (100% daily value)