

Life's Simple 7

Here's a great feature on the AHA Website. Answer a few questions to get a summary of your heart health.

Save the confidential results. Return as you make the suggested changes, to see your heart health score improve.

Check it out!

<http://www.mylifecheck.heart.org/Multitab.aspx?NavID=3&CultureCode=en-US>

Get your My Life Check Assessment



In just a few minutes with My Life Check, you can learn the state of your heart and what you can do to live a better life.



The Eyes Have It!

The eyes may be the window to the soul, but "they are also the windows to your health," says New Orleans ophthalmologist Dr. Monica L. Monica, a spokesperson for the American Academy of Ophthalmology. Though it's a tiny organ, the eye is often the first place many diseases make themselves known. Visit Spryliving.com for a run-down of some common conditions your eyes may reveal.

The results are in!
CJ's start! Walk Challenge

This year the walking team
walked a total of 3,247
miles!! Yeah Team CJ!



www.cjassociatesinc.com



CJ & Associates, Inc. Peeps

Jessica Hartung | Administrative Assistant

I have to admit that for the most part, I enjoy coming to work. Not necessarily to do work, but I do love and enjoy the people I work with. You have to be a certain "character" to fit at CJ, and I fit!

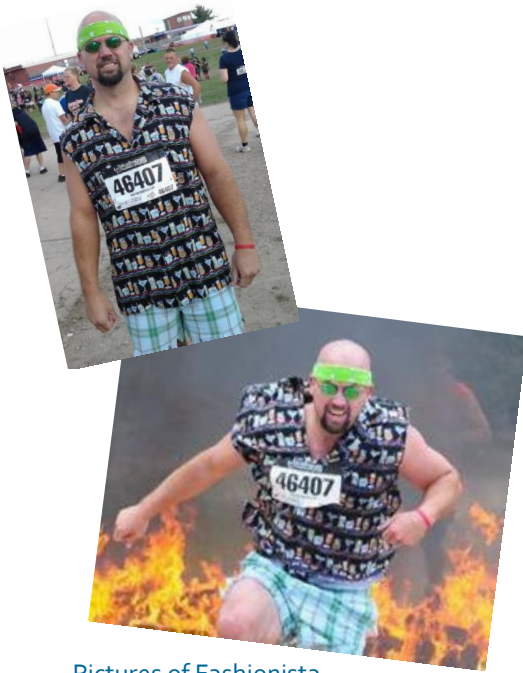
Here are some other factoids about Jessica:

Book you are reading [or the last book you read]: *Briar Rose*, by Jane Yolen, A powerful retelling of "Sleeping Beauty" that is "heartbreaking and heartwarming."

Biggest Fear: *This may seem funny but Birds, Snakes, and Heights.*

I'm a sucker for: *My children, Bella 7, Tessa 1, and Marshmallows.*

One wish: *I don't think I have just one but if I had to choose, it would be for my girls to grow up to be strong, powerful women.*



Pictures of Fashionista Brian Augur before and during his run of the Warrior Dash. Brian ran, jumped over fire and crawled through mud! He did it all in a time of 28 minutes, 21 seconds. When asked if he will do it again, Brian replied, "Yes. Yes I will."

Peter Sotiros | Senior Account Executive

I am going into my 16th year with CJ & Associates. There have been a lot of industry changes and frustrations in my 30 years in the office furniture business, but the resources and atmosphere at CJ have made the "ups and downs" a lot easier to deal with.

Pete has been married for 21 years to his fabulous wife, Valerie. He is the father of three beautiful daughters, Ashley [25], Lexi [20], Nicole [18].

Book he is reading: *Rules for Radical Conservatives*, by David Kahane

His Hero: *Directly, My Father...he taught me all I know about this crazy business and about life. Indirectly, Hank Aaron...the classiest, most humble athlete ever to put on a uniform.*

He's a sucker for: *When my daughters smile at me and start the sentence with, "Daddy....." No matter what comes after, I melt!*

One wish: *Health and happiness for my family*





The table is set for all CJ Employees

3rd Annual CJ Thanksgiving
Preparations are underway for this year's feast. We do it Right here at CJ's: turkey 2 ways {roasted and deep fried}, green bean casserole, corn, mashed potatoes, stuffing, cranberries, pumpkin pie, pecan pie, apple pie with whipped cream and ice cream, of course. Makes you hungry doesn't it? :-)

Happy Thanksgiving from all of us at CJ & Associates, Inc!



Curt and Judy Rudy prepping in the kitchen

**CJ & Associates, Inc.
Endowed Scholarship for First-Year Business Students
University of Wisconsin—Whitewater**

Congratulations to Corey Last, this year's recipient. Here are a few words from Corey: *"My declared major now is Integrated Science business and with this major I would like to do environmental consulting work with companies. By this I mean that I would like to work with companies to help them be more "green"."*

This scholarship was established in the fall of 2010 by Curt and Judy Rudy as a means to "pay it forward". Their children, Kim Hastings and Greg Rudy, both graduated from UW-Whitewater with business degrees. The establishment of this scholarship demonstrates Curt and Judy's belief "the value of an education is priceless and college prepares you for life."



This Month's Heart Healthy Recipes



Salad Greens with Baked Pears and Goat Cheese

Serves 4; 1 ½ cups salad greens and 1 stuffed pear half per serving

½ ounce soft goat cheese	¼ teaspoon ground ginger
1 ½ tablespoons finely chopped walnuts, dry-roasted	¼ teaspoon ground cinnamon
2 pears (about 8 ounces each), peeled, halved, and cored	¼ teaspoon salt
Cooking spray	1/8 teaspoon crushed red pepper flakes
¼ cup raspberry vinegar	6 ounces mixed salad greens (spring greens preferred), torn into bite-size pieces (about 6 cups)
¼ cup honey	

Cooking Instructions

Preheat the oven to 400°F.

In a small bowl, stir together the goat cheese and walnuts. Place the pears with the cut side up on a baking sheet. Spoon the goat cheese mixture into the center of each pear half. Lightly spray with cooking spray.

Bake for 20 minutes, or until the pears are just tender.

Meanwhile, in a small bowl, whisk together the remaining ingredients except the salad greens.

Just before serving, arrange the salad greens on plates. Spoon the dressing over the salad greens. Place a warm pear half with the stuffed side up on each serving.

Cook's Tip

To dry-roast nuts, put them in a single layer in a skillet and cook over medium heat for about 4 minutes, or until just fragrant, stirring frequently. Watch carefully so they don't burn.



Nutritional Analysis	Per serving
Calories	163
Total Fat	3.0 g
Saturated Fat	.5 g
Trans Fat	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	.5 g
Cholesterol	2 mg
Sodium	181 mg
Carbohydrate	35 g
Fiber	5 g
Sugar	27 g
Protein	3 g
Dietary Exchanges: 1 fruit, 1½ carbohydrate, ¼ fat	

10

The above recipe is from The American Heart Association's Holiday Healthy Eating Guide. For more recipes and heart healthy tips, visit myheartmylife.org.

If you'd like a pdf version of the guide, please email Jessica or Angie at cs@cjassociatesinc.com, and we'd be happy to email it to you!

Spaghetti Carbonara

- 8 oz Spaghetti
- 3 oz Bacon, Diced
- 1/4 C. Chopped Shallots
- 3 Lg Eggs, Beaten
- 1 Med Zucchini, Cut into Ribbons
- 1/2 C. Parmigiano Cheese
- 1/4 C. Half & Half
- 1 tsp. Salt
- Black Pepper

- ~ Cook spaghetti according to package directions, reserving 1 cup of cooking water.
- ~ Heat large skillet over medium/high heat.
- ~ Add bacon until almost crisp.
- ~ Add shallots until golden and bacon is crisp.
- ~ Add cooked pasta and toss.
- ~ Add beaten eggs, stir vigorously, scraping pan to loosen cooked eggs. Add zucchini and toss.
- ~ Stir in half & half.
- ~ Season with salt and pepper.
- ~ Cook until heated through.
- ~ If mixture appears too dry, add small amounts of reserved pasta water.





“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.”

Together, we can make a difference.

www.cjassociatesinc.com