



Oct. 4th Ohio State
 Oct. 11th Penn State
 Oct. 18th @ Iowa
 Oct 24th Illinois
 (Homecoming)



Oct. 5th Atlanta Falcons 12 noon
 Oct. 12th @ Seattle Seahawks 3:15 p.m.
 Oct. 19th Indianapolis Colts 3:15 p.m.
 Oct. 26th Bye Week



HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

October 2008



Heart Walk Hall of Fame

Alicia Piotrowski	Joanne & Mike Riordan	Pete & Mary Bram
Amy Maier	John Bagley	Rachel Knuese
Amy Plier	John Janzer	Rachel Smith & Richard Prange
Ann Tinnin	John Verthein	Raymond Koester
Anonymous	Joyce Anderson	Reg & Jayne Smith
BA & Dave Williams	Karl Cumblad	Renee Prange
Barb Brenkus	Kathy Janko	Rick Bessick
Barry Bielawski	Ken Myers	Rindy Patton
Bill Graham	Kristen Moreland	Robert Berger
Bob & Penny Kuehl	Larry Fehrm	Sandra Hauser
Bonnie Schettler	Laurie Goehlen	Sandra VanSistine
Brian Krimpelbein	Laurie Hofman	Sara Meyerhofer
Bruce Aschenbrenner	Linda Babcock	Scott Hanson
Carol Rollin	Linda Patnode	Stephanie Smith
Chandra Scherer	Lisa Jones	Steven Sickler
Chris & Jodi Haages	Lisa Rudy	Susan Prange
Cindy Lussier	Lisa Turner	Tasha Vogel
CJ & Associates	Liz & John Hanson	Tiffany Lussier
Clayton Gillespie	Lori Berg	Tim Kerrigan
Cynthia Schneider	Louis Neuworth	Tim Koenigs
Dale Brown	Lynn Eckstein	Tom Schober
Darwin Lauterbach	Lynne Severson	Vicky Merline
Dave Vanderlinden	Margaret Matejka	Virginia Pothier
Dawn Riordan	Marie Renn	
Debbie & Mark Rice	Mark Wingrove	
Dennis Siok	Marty Wingrove	
Elise & Steve Schmidt	Mary Kelley	
Eric Severson	Mary Wild	
Gary Bauer	Matthew Ruder	
Guy Seemann	Michael Hintz	
James & Virginia Waltz	Michael Priem	
James Lau	Michael Staats	
Jane Laubenstein	Nancy Truttman	
Jennifer Schmidt	Nick & Lynette Kapsos	
	Patricia Gross	



UPDATE

The CJ Start! Walking team has walked 2903 miles! We have passed our third stop of New Hope, Alabama and are only 189.64 miles from our final destination of New Orleans, Louisiana!
 Just in time for the upcoming Heart Walk—Go Team!!

What are your risk factors for heart disease? You can't change risk factors like age, family history, race or gender, but you can do something about high blood pressure, high blood cholesterol, physical inactivity, obesity and diabetes. Learn more about the risk factors you can change at www.GoRedForWomen.org/risk factors.

40% of deaths among women in the United States are caused by cardiovascular disease—American Heart Association

1 in 4 women has never had her cholesterol checked, but 85% of women use skin-care products once a week or more.

2008 Metro Milwaukee Heart Walk

We are less than 3 weeks away from the October 19th Walk and although many thanks go out to the generous contributions (over \$5400!) from our Hall of Famers, we are still in need of donations to reach our goal of \$15,000. Anything you can do to help is greatly appreciated!! The link for our web page is below.

We also invite you to join us for the Walk as part of the CJ Team. Please contact Kim at 262-786-1772 with any questions.

Cardiovascular diseases are America's No. 1 killer—if we all work together, we CAN make a difference!!

<http://heartwalk.kintera.org/milwaukeeewi/kimsteam>



First-rate Calorie Cutter

Here's another reason to boost fiber intake: It may reduce the calories your body absorbs from food. One study found that women and men who doubled their fiber consumption absorbed 90 to 130 fewer calories a day, respectively. Note: You should increase your fiber consumption gradually.



Seeing is believing

Got a sniffle? You may want to take out your contact lenses. Cold and flu viruses can dry out eyes and erode their protective surface film, allowing germs on your lenses to infect the surface of the eye as well as the eyelids. The potential fallout: pinkeye. Eye-choo!



Wrist Saver

Relax your wrists and relieve the pain and strain that can result from typing and other repetitive motions: Rest your elbow on a desk with your hand hanging over the edge. Gently stretch your fingers back with your other hand and hold for five seconds. Repeat for the other hand.



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the overlooked risk factors

We all know the usual suspects (high cholesterol, high blood pressure, diabetes) that increase your chances for cardiovascular and heart disease. But experts say that women aren't paying as much attention to the following risk factors as they should.

1 Family History. It's not enough just to know whether any relatives had a heart attack or died of heart disease. You also need to find out if anyone has had angina, bypass surgery, angioplasty, and aortic abdominal aneurysm, stroke or peripheral artery disease.

2 Being Overweight. You don't have to be obese to up your risk: A recent study from the Netherlands suggests that being overweight (having a body mass index between 25 and 29.9) increases your chance of developing heart disease by 32 percent.

3 Emotional Well-being. People who are depressed have a two- to five-fold increased risk of cardiovascular disease. The reason for the link is not totally understood, but we do know that people who are depressed have higher levels of inflammation and stress hormones and a greater risk of high blood pressure, arrhythmias, and blood clots.

4 Oral Health. Keeping your teeth and gums healthy (brushing and flossing daily and seeing a dentist regularly) may reduce your risk of some heart infections such as bacterial endocarditis. Plus, recent stats show that women with gum disease have twice the risk of having a heart attack of those who don't.

5 Casual Smoking. Young women who smoke socially—five to 10 cigarettes a weekend—may not think anything of it, but even this amount can erase the natural protection of estrogen

Even being around a smoker can do damage: One study suggests that women who live with a smoker have up to a 35 percent increased risk of developing cardiovascular disease as they get older.

6 Obstructive Sleep Apnea. Experts think this condition, which causes loud snoring and brief pauses in breathing during sleep, may contribute to heart disease and it's hugely under recognized in women. People with sleep apnea have higher rates of atrial fibrillation, an abnormal beating rhythm, and heart failure. If you often wake up with a headache, feel tired despite getting six hours plus of shut-eye, or feel really sleepy and lethargic during the day for a few weeks, talk to your doctor about getting screened for OSA.

7 Pregnancy-related health issues. If you had preeclampsia (a potentially life-threatening condition that causes high blood pressure), your chances of developing heart disease in your 50s increases twofold. Having gestational diabetes ups your risk of being diagnosed with type 2 diabetes in the 10 years post-pregnancy, which in turn raises your heart disease risk.

8 Peripheral Artery Disease. Never heard of it? Neither have 75 percent of people over 50. About 8 million people have it. There's a strong connection between PAD, a disease in which the arteries in the legs narrow or get clogged, and heart disease. The mechanism is the same—the buildup of plaque and clotting causes blockages in the heart, neck, head and legs. If you have symptoms, including an aching, burning pain in your legs, tell your doctor pronto, especially if you have high blood pressure, high cholesterol or diabetes.

Tip Time

Top Ways to Help Children Develop Healthy Habits

Be a positive role model. If you're practicing healthy habits, it's a lot easier to convince children to do the same.

1. Get the whole family involved. Take walks, ride bikes, go swimming, garden or play hide-and-seek.
2. Limit TV, video game and computer time. These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease.
3. Encourage physical activities that children really enjoy. They'll stick with it longer if they love it.
4. Be supportive. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.
5. Set specific goals and limits, such as one hour of physical activity a day or two desserts per week other than fruit.
6. Don't reward children with food. Find other ways to celebrate good behavior.
7. Make dinnertime family time. Get the kids involved in cooking and planning meals.
8. Make a game of reading food labels. The whole family will learn what's good for their health and be more conscious of what they eat.

Lower Your Breast Cancer Risk

October is also National Breast Cancer Awareness Month. It's true that certain risk factors for breast cancer are beyond a woman's control, such as family history and aging. Fortunately researchers are finding that certain lifestyle choices may lower risk:

Cut the fat. Countries with high-fat diets have the highest rates of breast cancer. Choose foods high in fiber, such as beans, bran, whole grains, fruits and veggies such as cabbage and broccoli.

Stay active. Research suggests that exercise helps prevent breast cancer. One study found that women who exercised at least four hours a week cut their breast cancer risk by 60%, while those who worked out 1-3 hours a week reduced their risk by 30%.

Limit alcohol if you drink. More than 40 studies have linked heavy alcohol use to an increased risk of breast cancer.

Keep screening. Do monthly self-exams and see your health care provider regularly. Ask about having mammograms—when to start and how often to have one.



October is Liver Awareness Month

The American Liver Foundation says that 25 million Americans—one in every 10—have had a liver or gallbladder disease. Liver disease is the 7th leading cause of death among adults between the ages of 25 and 64.

Your liver is a very important organ in your body. From defending your body from poisons to maintaining energy stores, it performs so many different tasks it is no surprise that the liver holds the record as the largest organ in the body. Currently there is no artificial organ or device capable of duplicating all the functions of the liver. The liver:

- Stores vitamins and minerals including vitamin B12, copper and iron.
- Produces and excretes bile, required for dissolving fats and digesting food.
- Breaks down chemicals that can hurt your body, like alcohol and medications and enables them to be removed from the body.
- Aids in the defense of your body from germs that may cause illness.

Since the liver is so important, you need to keep it healthy. Tips are:

- Don't have unsafe sex
- Limit or don't drink alcohol. It can make liver diseases like hepatitis much worse.
- Use caution with all medications. Talk to your doctor or pharmacist if you have questions or concerns.
- Be careful with aerosol sprays and pesticides. Your liver has to detoxify everything you breathe in and anything that might penetrate your skin.

Hepatitis is a liver disease that has three levels, A, B, and C.

Hepatitis A is transmitted through the fecal-oral route. Your risks for infection increases by not washing your hands after using the bathroom or changing a diaper, eating uncooked food prepared by an infected person who did not wash their hands, drinking contaminated water, and having high risk sex.

Hepatitis B is transmitted through blood and body fluids. Your risk for infection increases by using the razor or toothbrush of others, using illegal drug injections, exposure to infected blood, saliva, or other body fluids, and having unprotected sex.

Hepatitis C is transmitted primarily through direct contact with infected blood. Your risk for infection increased by using illegal injection drugs, receiving tattoos and body piercing, and having unprotected sex.

The liver is the only organ that can actually regenerate itself to any significant extent. However, abuse and disease can destroy your liver permanently. Contact your physician if you develop any of the following symptoms:



- Yellowing discoloration of the skin or eyes (jaundice).
- Abdominal swelling or pain.
- Prolonged itching of the skin.
- Dark urine or pale stool; or the passage of bloody or tar-like stool.
- Chronic fatigue, nausea, or loss of appetite.

October is also _____ National Awareness Month:

- Adopt a Shelter Dog Month
- (World) Blindness Awareness Month
- Church Safety and Security Month
- Domestic Violence Awareness Month
- Dyslexia Awareness Month
- Go Hog Wild—Eat Country Ham Month
 - Halloween Safety Month
 - Lupus Awareness Month
- National Animal Safety and Protection Month
- National Bake and Decorate Month
- National Crime Prevention Month
- National Dental Hygiene Month
- National Depression Education & Awareness Month
 - National Down Syndrome Month
- National Church and Medical Library Month
 - National Seafood Month
- National Spina Bifida Awareness Month
- National Sudden Infant Death Syndrome Awareness Month
 - Pastor (Clergy) Appreciation Month
 - Boss's Day—October 16th

Szechuan Braised Meatballs

Ingredients:

- 1 lb. 93%-lean ground beef
- 1 5-to 6-ounce can water chestnuts, rinsed and finely chopped
- 2 tsp. plus 1 tbsp. cornstarch, divided
- 1/2 tsp. five-spice powder
- 1/4 tsp. salt
- 1 cup reduced-sodium beef broth
- 4 tsp. canola oil, divided
- 2 cloves, garlic, minced
- 1/2 tsp. crushed red pepper, or to taste
- 1/4 cup Szechuan sauce
- 4 cups shredded napa (Chinese) cabbage
- 1 15-ounce can straw mushrooms, rinsed
- 2 scallions, sliced (optional)



Makes 4 servings

Nutritional Info Per Serving: 295 calories, 13 g fat, 3 g sat fat, 6 g monosat fat, 64 mg cholesterol, 17 g carbohydrate, 28 g protein, 4 g fiber, 760 mg sodium, 310 mg potassium

Tip: Find five-spice powder in the spice section and Szechuan sauce near other Asian condiments in most supermarkets.

Instructions:

1. Gently mix beef, water chestnuts, 2 teaspoons cornstarch, five-spice powder, and salt in a medium bowl until combined. Shape the mixture into 12 balls (use about 2 tablespoons each to make 1 1/2 inch meatballs). Whisk broth and remaining 1 tbsp. cornstarch in a small bowl until smooth.
2. Heat 2 tbsp. oil in a large nonstick skillet or wok over medium-high heat. Add the meatballs and cook, turning once, until brown, about 3 minutes total. Transfer to a plate.
3. Add the remaining 2 tsp. oil to the pan. Add garlic and red pepper and cook, stirring, until fragrant, 15 to 30 seconds. Add the reserved broth mixture, Szechuan sauce, cabbage and mushrooms; cook, stirring, until the cabbage is just wilted, about 2 minutes. Reduce heat to a simmer, return the meatballs to the pan, cover and cook until the sauce is thickened and the meatballs are cooked through, 8 to 10 minutes. Serve sprinkled with scallions if using.

www.cjassociatesinc.com

www.americanheart.org

Boneless Buffalo Wings



Ingredients:

- 3 tbsp. nonfat buttermilk
- 3 tbsp. hot pepper sauce, divided
- 3 tbsp. distilled white vinegar, divided
- 2 lb. chicken tenders
- 6 tbsp. whole-wheat flour
- 6 tbsp. cornmeal
- 1/2 tsp. cayenne pepper
- 2 tbsp. canola oil, divided
- 2 cups peeled carrot sticks
- 2 cups celery sticks

Spicy Blue Cheese Dip:

- 2/3 cup reduced-fat sour cream
- 2/3 cup crumbled blue cheese
- 1 tbsp. distilled white vinegar
- 1/4 tsp. cayenne pepper

Makes 8 servings (2 wings, 1/2 cup vegetables & 2 tablespoons dip each)

Nutritional Info Per Serving: 324 calories, 16 g fat, 8 g sat fat, 6 g monosat fat, 99 mg cholesterol, 14 g carbohydrates, 34 g protein, 2 g fiber, 547 mg sodium, 313 mg potassium

Instructions:

1. Whisk buttermilk, 2 tbsp hot pepper sauce, and 2 tbsp. vinegar in a large bowl until combined. Add chicken; toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to 1 hour, stirring occasionally.
2. Meanwhile, whisk flour and cornmeal in a shallow dish. Whisk the remaining 1 tablespoon hot sauce and 1 tablespoon vinegar in a small bowl.
3. Remove the chicken from the marinade and roll in the flour mixture until evenly coated. Discard remaining marinade and flour mixture. Sprinkle both sides of the chicken with cayenne.
4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the chicken, placing each in a little oil. Cook until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a serving platter. Repeat with the remaining 1 tablespoon oil and chicken, reducing the heat if necessary. Transfer to the platter. Drizzle the chicken with the reserved hot sauce mixture. Serve with carrots, celery and Spicy Blue Cheese Dip.

Glazed Chocolate-Pumpkin Bundt Cake

Ingredients:

Cake

- 1 cup all-purpose flour
- 3/4 cup whole-wheat pastry flour
- 1 cup granulated sugar
- 3/4 cup unsweetened cocoa powder (not Dutch process)
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. baking soda
- 1 tsp. pumpkin pie spice
- 1/4 tsp salt
- 1 cup nonfat buttermilk
- 1 15-ounce can unsweetened pumpkin puree
- 3/4 cup packed dark brown sugar
- 1 large egg, at room temperature
- 1 large egg white, at room temperature
- 1/4 cup canola oil
- 1/4 cup light corn syrup
- 1 tsp. vanilla extract

Glaze & Garnish

- 1/2 cup packed confectioner's sugar
- 1 tbsp. nonfat buttermilk
- 2 tbsp. mini chocolate chips or toasted chopped nuts



Makes 16 servings

Nutrition Info Per Serving: 234 calories, 5 g fat, 1 g sat fat, 3 g monosat fat, 13 mg cholesterol, 46 g carbohydrate, 4 g protein, 3 g fiber, 238 mg sodium, 159 mg potassium. Bonus: 80% daily value of Vitamin A

Instructions:

1. To prepare cake: preheat oven to 350 degrees F. Coat a 12-cup Bundt pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
3. Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan, evenly.
4. Bake the cake until the wooden skewer inserted in the center comes out with only a few moist crumbs attached, 1 to 1 1/4 hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze & garnish cake: Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.

Tips: Prepare through Step 4 up to 1 day ahead. Glaze and garnish shortly before serving.

To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm water for 5 minutes.