FIVE-DAY FORECAST

TODAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
57 38	63	66	75 59	70 52
Morning rain; cloudy	Sunny to partly cloudy	Variable clouds, a shower	A brief shower or two	A little rain
	ough 8 a.m. yesterday	600	MORRIS 57/40	TOWN Livingston 55/40
Normal high/low Record high		73/40 56/37 68/45 3 in 2011 Lin 1953 BRI	58/43 DGEWATER	Newark S 58/45 Elizabeth S 58/45
Month to date Normal month to da Year to date	.m. yesterdayte	0.71" 1.16" 37.70"	merville 3/37	58/42 New Brunswick 58/40
wind speed. 8 a.m Noon4 p.m.	L sed on temperature a	46 57/40 Tre	BRUNSI 58/42	Shown is today's weather. Temperatures are today's highs and tonight's lows.

UV INDEX

0	1	1	1	1	0
8 am The highe the greate 3-5 Mode	r the need	u Weathe r d for eye a	r. com UV and skin p	Index™ nrotection.	umber, . 0-2 Low;

AIR QUALITY INDEX

Air Quality Index for yesterday 31

0 50 100 150 200 0-50 Good; 51-100 Moderate; 101-150 Unhealthy for

sensitive groups; 151-200 Unhealthy; 201-300 Very Unhealthy: 301-500 Hazardous Source: NJ Bureau of Air Monitoring

HEATING DEGREE DAYS

Index of energy consumption indicating how many degrees the average temperature was below 65 degrees for the day.

48 (67) Month to date (normal 110 (138) Season to date (normal)

TIDES AT SANDY HOOK

Today	10:28 a.m.	4:18 a.m.			
	10:59 p.m.	4:59 p.m.			
Sunday	11:19 a.m.	5:02 a.m.			
	11:53 p.m.	5:47 p.m.			
KEYPORT AT RARITAN BAY					
KETPUKI AI K	AKIIAN BAT				
KETPUKI AI K	AKITAN BAY High	Low			
Today		Low 4:24 a.m.			
	High				
	High 10:24 a.m.	4:24 a.m.			

11:49 p.m. **MARINE FORECAST**

Today: Wind from the north-northeast at 8-16 knots. Seas 2 feet or less. Visibility less than ${\bf 3}$ miles in morning rain.

Sunday: Wind from the east-northeast at 4-8 knots. Seas 2 feet or less. Visibility generally unrestricted.

GARDENING FORECAST

Rain ending in the morning; cloudy today. Winds north 6-12 mph. Patchy clouds tonight. Winds north-northwest 3-6 mph. Sunny to partly cloudy

AccuWeather.com

Forecasts and graphics provided by AccuWeather, Inc. ©2014

SUN AND MOON

i iie Juli		30	361
Today	7:0	5 a.m.	6:25 p.m.
Sunday	7:0	6 a.m.	6:23 p.m.
The Moon	Ri	se	Set
Today	8:49	9 p.m.	10:27 a.m.
Sunday	9:37	7 p.m.	11:26 a.m.
Last	New	First	Full
Oct 15	Oct 23	Oct 30	Nov 6

THE STATE

	Today	Sun.
City	Hi/Lo/W	Hi/Lo/W
Asbury Park	58/47/r	60/51/s
Atlantic City	61/51/r	64/55/pc
Camden	58/46/r	63/50/pc
Cape May	62/50/r	63/55/sh
Cherry Hill	58/44/r	63/49/pc
Hoboken	57/47/r	63/50/s
Jersey City	58/46/r	63/50/s
Middletown	58/46/r	61/51/s
Newark	58/45/r	61/48/s
New Brunswick	58/40/r	63/46/s
Trenton	56/41/r	62/46/s

Weather(W): s-sunny, **pc-**partly cloudy, **c-**cloudy, **sh-**showers, **t-**thunderstorms, **r-**rain, **sf-**snow flur ries. sn-snow. i-ice.

LOTTERIES

FRIDAY, OCT. 10 **NEW JERSEY**

Midday Pick-3: 869 Straight: \$305 Box: \$50.50 Pair: \$30.50 Midday Pick-4: 4602 Straight: \$3,741 Box: \$155.50 Evening Pick-3: 366 Straight: \$309.50 Box: \$103 Pair: \$30.50 Evening Pick-4: 5325 Straight: \$1,999.50 Box: \$166.50

Jersey Cash 5: 5, 17, 26, 36, 5 of 5 pays \$340,487 4 of 5 pays \$634

3 of 5 pays \$17 **NEW YORK**

Midday Daily: 911 Lucky Sum: 11 Midday WinFour: 5503 Lucky Sum: 13 **Evening Daily: 027** Lucky Sum: 9 **Evening WinFour:** 3526 Lucky Sum: 16 Take-5: Late drawing Pick 10: 5, 8, 16, 23, 25, 26, 32, 41, 45, 46, 53, 54, 60, 62, 63, 67, 70, 74, 78, 80

PENNSYLVANIA

Cash 5: 22, 29, 39, 41, 42 Midday Daily: 718 Midday Big 4: 2297 Midday Quinto: 11654 **Evening Daily: 193** Evening Big 4: 5369 **Evening Quinto: 36778** Treasure Hunt: 10, 12, 14, 16,

MULTISTATE Mega Millions: Late draw-

NEW JERSEY

THURSDAY, OCT. 9 Midday Pick-3: 601

Straight: \$216.50 Box: \$36; Pair: \$21.50 Midday Pick-4: 3347 Straight: \$2,346.50 Box: \$195.50 Evening Pick-3: 147 Straight: \$191.50

Box: \$31.50; Pair: \$19 Evening Pick-4: 1016 Straight: \$536; Box: \$44.50 Jersey Cash 5: 9, 18, 19, 20,

5 of 5 pays \$0; 4 of 5 pays \$614; 3 of 5 pays \$14 Pick-6 Lotto: 2, 7, 9, 15, 44,

There were no top-prize winners. Five of six pays \$5,224 to 5 winners. Four of six pays \$57 to 501 winners. Three of six pays \$3 to 10,357 winners. Monday's top-prize estimate is a \$3.3 million annuity.

NEW YORK

Midday Daily: 724 Lucky Sum: 13 Midday WinFour: 0408 Lucky Sum: 12 **Evening Daily: 942** Lucky Sum: 15 **Evening WinFour: 0882** Lucky Sum: 18 Take-5: 2, 7, 8, 33, 39 Pick 10: 2, 6, 10, 11, 20, 23, 36, 40, 42, 44, 46, 49, 57, 58, 65,

PENNSYLVANIA

70, 73, 76, 78, 80

Cash 5: 1, 5, 9, 18, 43 Midday Daily: 979 **Midday Big 4:** 1446 Midday Quinto: 38436 **Evening Daily: 901 Evening Big 4:** 0170 **Evening Quinto: 81334** Match 6 Lotto: 5, 9, 13, 24, 32, 49 Treasure Hunt: 12, 16, 21, 22,

MULTISTATE

Cash 4 Life: 23, 26, 32, 50, 57 Cash Ball: 4

Center

Continued from Page A1

dinner with friends at Pierre's Restaurant on Route 202 in Harding, he explained. The original vision was a center that would not only treat patients but teach people how to prevent illness, all while drawing on global healing traditions.

The Chambers Center of Well Being, designed by the Rockwell Group, has the ambiance of an upscale spa.

Director Emilie Rowan said it features 11 practitioner rooms for doctors; 15 treatment rooms; five doctors and a nurse practitioner to provide integrative medical care; and 40 practitioners in massage, acupuncture, craniosacral work, nutrition, lifestyle coaching and more.

Additionally, there is Luvo Café, serving only healthy, natural or organic meals with glutenfree options; a Well Being Marketplace; a kitchen where cooking and nutrition will be taught; a fitness facility and multiple meeting rooms in which classes will be offered in emotional freedom techniques, Nia, Pilates, Qi Gong, Zumba, Jin Shin Jyutsu, singing bowls and more.

"We want to really reach into the community and provide people a way to create a road map to health," Rowan said. "We want to help them move toward a different way of

living." Integrative medicine, a philosophy of healing in the making for decades, is dedicated to treating the whole person, mind, body, and spirit, all at the same time. It differs from the traditional allopathic approach of treating just a

disease or condition. An integrative approach to health brings to bear the collected wisdom of conventional Western medicine as well as complementary treatments, including herbs, acupuncture, biofeedback, yoga, stress reduction techniques, and

much more. In other words, a person treated with integrative medicine does not have to choose between a doctor and an alternative healing mode or two. The approach includes, and even coordinates, them.

Karen Kessler, chairwoman of the Atlantic Health System board of trustees, put it this way: "We're going to take that expression, 'What hurts you?' and turn it on its head. Now we're going to say, 'How good can you really feel?'"

Chopra, a doctor of traditional western medicine and Ayurveda, a 5,000-year-old system of natural healing from his native India, has been an international forerunner in integrative medicine for decades. He has



PHOTOS BY ROBB PANICONI/CORRESPONDENT

Thursday of the Chambers Center for Well Being in Morristown.



Guest mingle at the dedication of the Chambers Center for Well Being on Thursday in Morristown.

"We want to really reach into the community and provide people a way to create a road map

EMILIE ROWAN

Today in History

Today is Saturday,

On this date in:

1910: Theodore Roosevelt became the first

Pioneer 1 was launched; it failed to go as far out as planned, fell back to Earth and burned up in the atmosphere.

1968: Apollo 7, the first manned Apollo mission, was launched with astronauts Wally Schirra, Donn Fulton Eisele and R. Walter Cunningham aboard. 2002: Former Presi-

dent Jimmy Carter won the Nobel Peace Prize.

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Oct. 11, the 284th day of 2014. There are 81 days left in the year.

former U.S. president to fly in an airplane during a visit to St. Louis. **1958:** The lunar probe

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penned 80 books on physical and spiritual health, including the best-selling "Super Brain" and "The Book of Secrets: Unlocking the Hidden Dimensions of Your Life."

In the tent at the opening of the Chambers Center for Well Being, he spoke of an underlying premise of the integrative approach.

'You are a verb'

"You are not a noun. You are a verb. Nouns are fixed," Chopra said, tapping the glass podium. "But you're an activity. Your brain is an activity. Your genes are an activity. Your body is an activity, and it's so dynamic that it's changing every

second. "So if somebody gives you bad news — you have lost your money, you have cancer — you react immediately," he went on. "Your blood pressure goes up. Your cortisol goes up. Your adrenaline goes up. Your platelets

get sticky." But in seconds, all that can be reversed by feeling love, compassion, joy and community. Biology changes in a second, he explained, citing studies recently conducted with Eric Topol, a digital cardiologist, geneticist and re-

searcher. "We can see that, within seconds of what happens in your mind, your brain responds," Chopra said. "Whatever happens in the brain, the body responds.'

That mind-body cas-

cade is what, experts say, makes integrative medicine effective. A change in attitude, thought, belief, or reflexive emotional response can bring about real physical heal-

In his world-famous Chopra Center for Wellbeing in Carlsbad, California, people can participate in Chopra's signature Perfect Health plan, which now is being offered at the Chambers Center for Well Being. The two places are the only ones the plan is available nationwide.

Dr. Dean Ornish, widely known for his Program for Reversing Heart Disease, also spoke Thursday, emphasizing that healthy integrative practices can actually reverse bad cardio health. Medicare now covers those who participate in his program, which also will be offered at the Chambers center.

"This is the first time that Medicare has covered an integrative medicine program," he told the

crowd. To do so, the national social insurance program for senior citizens created a new benefit category—"intensive cardiac rehabilitation."

The coverage indicates another national sea change toward integrative medicine. By 2017, a total of \$4.5 trillion a year will be spent in the U.S. on preventable diseases, according to Dr. Mimi Guarneri, medical adviser for the new Chambers center.

to health."

DIRECTOR OF THE CHAMBER CENTER FOR WELL BEING

"The cost of inaction is high," she said.

The new center isn't just for adults. It will treat children, too. Integrative pediatrician Annette Cartaxo, who has a background in developmental and behavioral pe-

diatrics, is on staff. "So many kids have chronic illnesses - immune, digestive, neurological. There are children with anxiety and 3year-olds who have OCD and can't go into a super-market," Cartaxo said. "We also see too many young children and adolescents with depression. That should not be."

With an integrative approach, she views each child's situation from many angles, including food, environment and how both impact genet-

"So many kids have allergies and asthma," she said. "I just read an article that acupuncture helps asthma. I know some nutrients that will decrease asthma. Now we can offer that to parents."

Chambers, a private equity investor founding chairman of the Points of Light Institute, is known for his roles in building the New Jersey Performing Arts Center and the Prudential Center as well as his humanitarian work for children worldwide and with Malaria No More, an organization dedicated to ending malaria in Africa.

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