

FIVE-DAY FORECAST

TODAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
57 38	63 43	66 61	75 59	70 52
Morning rain; cloudy	Sunny to partly cloudy	Variable clouds, a shower	A brief shower or two	A little rain

ALMANAC

New Brunswick through 8 a.m. yesterday

Temperature

High/low 73/40
Normal high/low 68/45
Record high 88 in 2011
Record low 31 in 1953

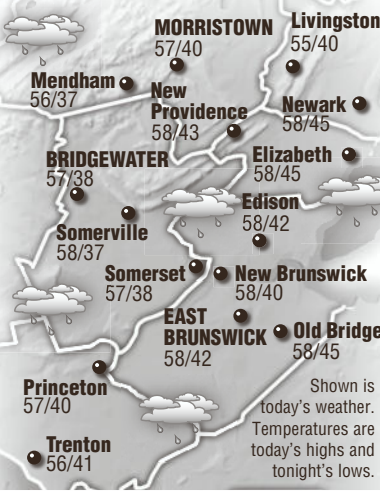
Precipitation

24 hours ending 8 a.m. yesterday 0.00"
Month to date 0.71"
Normal month to date 1.16"
Year to date 37.70"
Normal year to date 38.40"

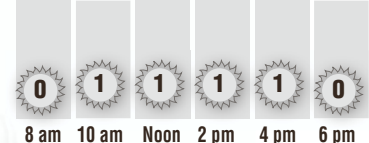
WIND CHILL

How the air feels based on temperature and wind speed.

8 a.m. 46
Noon 54
4 p.m. 57
8 p.m. 48

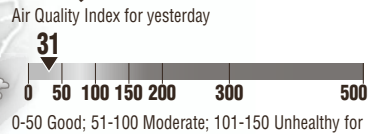


UV INDEX



The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection. 0-2 Low; 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme.

AIR QUALITY INDEX



0-50 Good; 51-100 Moderate; 101-150 Unhealthy for sensitive groups; 151-200 Unhealthy; 201-300 Very Unhealthy; 301-500 Hazardous

HEATING DEGREE DAYS

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

Thursday 8
Month to date (normal) 48 (67)
Season to date (normal) 110 (138)

TIDES

AT SANDY HOOK	High	Low
Today	10:28 a.m.	4:18 a.m.
Sunday	11:19 a.m.	5:02 a.m.
	11:53 p.m.	5:47 p.m.

KEYPORT AT RARITAN BAY	High	Low
Today	10:24 a.m.	4:24 a.m.
Sunday	11:15 a.m.	5:05 p.m.
	11:49 p.m.	5:53 p.m.

MARINE FORECAST

Today: Wind from the north-northeast at 8-16 knots. Seas 2 feet or less. Visibility less than 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 tomorrow.

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SUN AND MOON

The Sun	Rise	Set
Today	7:05 a.m.	6:25 p.m.
Sunday	7:06 a.m.	6:23 p.m.

The Moon	Rise	Set
Today	8:49 p.m.	10:27 a.m.
Sunday	9:37 p.m.	11:26 a.m.



THE STATE

City	Today Hi/Lo/W	Sun. 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 flurries, 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, 42
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, 22

MULTISTATE
Mega Millions: Late drawing

THURSDAY, OCT. 9 NEW JERSEY
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, 40
5 of 5 pays \$0; 4 of 5 pays \$614; 3 of 5 pays \$14
Pick-6 Lotto: 2, 7, 9, 15, 44, 45
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, 70, 73, 76, 78, 80

PENNSYLVANIA
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, 30

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 gluten-free 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 PANICOM/CORRESPONDENT
Atlantic Health System employee Lisa Keane is ready to answer questions during a tour 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 to health."

EMILIE ROWAN
DIRECTOR OF THE CHAMBER CENTER FOR WELL BEING

Today in History

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

On this date in:
1910: Theodore Roosevelt became the first former U.S. president to fly in an airplane during a visit to St. Louis.

1958: The lunar probe 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 President Jimmy Carter won the Nobel Peace Prize.

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