

LATEST IN BREAST HEALTH // NATURAL HEADACHE CURES // VIBRANT, SHINY HAIR

NEW JERSEY LIFE

Health Beauty

TOTALLY FALL!

BEST FARMS FOR APPLE PICKING

TOP WALKING TRAILS

FAB GEAR FOR BIKING & HIKING

Experience: Cooking Classes, Organic Wines + Day Spas

GORGEOUS EYES
All Yours

HOW TO GET THE Abs You Want

\$3.95 www.NJLHB.com



Display until October 31, 2010

Tickled Pink

The proceeds of these products support breast cancer research.



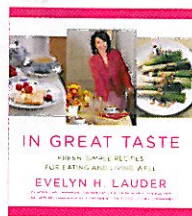
October is
Breast Cancer
Awareness
Month.

Murfee scarf
By Lilly Pulitzer
\$118, lillypulitzer.com

**Cashmere
hooded sweater**
By Ralph Lauren
\$498,
ralphlauren.com

**In Great Taste
cookbook**
By Evelyn H. Lauder
\$26, amazon.com

Sunglasses
By Oakley
\$180, oakley.com



Candy apples get a
health makeover.

GUILTLSS GOODY

This Halloween, trick your kids with a healthier version of a classic treat. These candy apples substitute the corn syrup and food coloring with melted bittersweet dark chocolate (8 ounces for 6 apples). For an extra kick, add about 1/2 teaspoon of ground cinnamon into the chocolate before dipping the apples, and roll them in crushed nuts before cooling.



Get Involved!

Witness the healing power of art by supporting the Riverdale Art Center (riverdaleartcenter.com), which offers art classes and therapy to those with special needs, including seniors and cancer survivors. Visit njarttherapy.org for more information on art therapy.

