

# Chiropractor answers hungry's call

By **SONYA BEARD**  
FREEHOLD BUREAU

**FREEHOLD TOWNSHIP** — Brian Schubel wanted to do something special this year for his patients and the residents of his hometown.

Every week, the chiropractor sees many patients who are in pain. But Schubel realized there are many more out there who are looking for a different type of relief during the holiday season.

Schubel contacted the Freehold Area Open Door and asked what was the one item it needed most.

"Macaroni and cheese," answered Jeanne Yaecker, director of the nonprofit, interfaith food pantry. "It runs out as quick as it comes in. And most kids love it."

Schubel said that's all he needed to hear. A macaroni-and-cheese drive would be an ideal charity for his patients to participate in. Besides, Schubel points out, hauling in canned goods could cause lower back injury.

Caught up in the spirit of giving, patients started bringing in boxes and boxes of macaroni and cheese: local supermarket brands, Land O' Lakes and Kraft's white cheddar, three cheese and cheesiest varieties.

Before it was over, the patients had brought in 1,305 boxes, building a mountain of macaroni and cheese that stood 6 feet high.

Initially, the doctor gave away raffle tickets for a free dinner at Federici's for patients who donated a box. Then Schubel had a Patient Appreciation Day, where patients who donated 10 boxes of macaroni could receive a free adjustment.

With people stressed from finding gifts and fighting long shopping lines, Schubel said the adjustments were right on time.

"This is a great idea, especially if people want to help and don't know what to give," Yaecker said.



JAMES J. CONNOLLY/Chief Photographer

● Brian Schubel, a Freehold Township chiropractor, and the 1,305 boxes of macaroni and cheese donated by his patients to the local food pantry.

"Macaroni and cheese has protein and carbohydrates. It's a filling meal and it's easy to make."

Yaecker said the food will last until February.

Thanksgiving and Christmas are the biggest times of the year for the food pantry in Freehold. It has been providing Christmas meals all month with turkeys or hams that will feed a family for three to four days. It will also provide about 300 children with toys and gifts.

"Sometimes we don't realize how good we have it," Schubel said. "We have to look around and see what they can do to help others."

Schubel said he has been blessed with an excellent opportunity to run a chiropractic private practice at age 30. Schubel first

visited DeLaney Chiropractic when he was a patient as a child. He stayed in contact with Paul DeLaney throughout the years and purchased the practice from his mentor in April.

He said his success reminds him of the Bible verse, "To whom much is given, much is expected."

Next year, he plans to challenge other chiropractors to raise items for charities.

Schubel also has his mind set on the next charitable project to see what other needs must to be met.

"It's important for people to remember that people go hungry, not just during the holidays, but during the summer months as well," Yaecker said. "When children are out of school and at home, they are losing a subsidized

daily meal that their parents now have to provide."

The pantry, staffed by volunteers and run on donations, has been serving the borough, Freehold Township and Colts Neck for 12 years. The pantry is governed by the Freehold Clergy Association but cooperates with social service agencies and the Monmouth County Food Bank.

Checks can be mailed to Freehold Area Open Door, P.O. Box 1073, Freehold, NJ 07728. Money and nonperishable food items can be dropped off at 39 Throckmorton St., Freehold. The pantry is open Monday through Friday, 10 a.m. to 2 p.m., and can be reached at (732) 780-1089.

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