```java
package class6;

import java.util.ArrayList;

public class ForEachLoopDemo {

    public static void main(String[] args) {
        String monthString = "January, February, March, April, May, June, July, "
                + "August, September, October, November, December";

        // easy way to split a String into an ArrayList
        ArrayList<String> months = new ArrayList<String>(Arrays.asList(monthString.split(", ")));

        // enhanced for loop example
        System.out.println("--------------------- ENHANCED FOR LOOP ---------------------");
        for (String eachOne: months) {
            System.out.println(eachOne);
        } // end for

        // traditional loop example
        System.out.println("--------------------- TRADITIONAL FOR LOOP ---------------------");
        for (int i = 0; i < months.size(); i++) {
            System.out.println(months.get(i));
        } // end for

    } // end main

} // end ForEachLoopDemo
```