

EDGE

November/December 2009

THE PERFORMANCE ISSUE

THEATRE MAJOR

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RAVENOUS IN RAHWAY

Inside Restaurant David Drake

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NBC's Brian Williams

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A close-up photograph of a woman's hand. The hand is wrapped in white medical bandage from the wrist up to the base of the fingers. A vibrant red rose is held in the palm. On the ring finger, there is a gold ring with a large, faceted purple gemstone. At the wrist, a silver-toned bracelet with clear crystals is visible. The background is a soft, light pink gradient.

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The Performance Issue

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President's Message

With the holiday season upon us, our thoughts naturally turn to giving. So please consider this issue of EDGE as our gift to you. With our fourth and final issue of 2009, we believe we have truly hit our stride. And what better way to express this confidence and energy than through a magazine themed cover-to-cover on Performance?



If you think music when you think performance, then you'll enjoy our profile of rising star Allie Moss. If performance conjures up thoughts of the stage, then turn to the feature on Paper Mill Playhouse. Do you equate performance with sports? In this issue's Healthy Edge section, a trio of top Trinitas Regional Medical Center doctors look at ways to gain a performance edge...and avoid a trip to the emergency room.

Finally, we are especially proud of our chat with NBC's Brian Williams. He is a Jersey Boy through and through. After you've finished reading the interview, I guarantee you'll never watch *Nightly News* quite the same way again.

Be well and happy holidays!

Sincerely,

Gary S. Horan, FACHE
President & CEO

Trinitas Regional Medical Center



PS: And if, during this season of giving you wish to make a gift to Trinitas, you may do so by making your check out to: "Trinitas Health Foundation," and sending it to: Trinitas Health Foundation, PO Box 259, Elizabeth, NJ 07207-0259. Thank you!

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Restaurant David Drake

David Drake is in the house, and this—in the age of name-brand chefs playing musical stoves at multiple locales—is enough to raise the excitement level at the restaurant that bears his name in downtown Rahway.

by Andrea Clurfeld

Where David Drake goes, those with curious and refined palates follow. Thus, Restaurant David Drake has become a must on dine cards statewide. The chef who has done star turns at Stage House Inn, Ryland Inn and the Frog and the Peach here in New Jersey, as well as at the River Café in Brooklyn Heights, turned an old insurance agency into a restaurant in 2005. The city that too often had been associated with a prison took on new luster and a new (and desirable) distinction: dining destination.

Then, in 2007, he opened Daryl Wine Bar & Restaurant in New Brunswick. This year, he'd also been spotted on KP duty up at Alice's Restaurant at Lake Hopatcong. When a chef spreads his wings in ways other than through the menu at his eponymous restaurant, there can be cause to worry.

No worries in Rahway. Restaurant David Drake's *chef de cuisine* Peter Turso is technically skilled and culinarily gifted. But on this night, with Drake in the kitchen and then doing a post-dinner-rush survey of dining rooms both upstairs and down in this posh, yet winsomely rustic setting, there's a confidence that speaks of decades of experience in high-toned, high-pressure kitchens.

Restaurant David Drake

1449 Irving St., Rahway
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Open for dinner only, from 5:30 to 10:00 pm, Tuesday through Saturday. Prices have dropped this year: The five-course tasting menu currently is \$79 per person, \$115 with wines. The three-course menu is \$52 per person. Private parties in the wine cellar are \$175 per person. All major credit cards are accepted.

There's no food misstep to speak of. The menus, both a la carte and degustation, are well-edited, largely seasonal and clearly focused on primary ingredients. It's new American in a classical way— not silly-fussy, not kinetic with chemical experiments, not forcing taste issues by partnering two discordant flavors and calling it a “challenge” to the diner.

That isn't to say this is snooze food. Maine crab, flaky, sweet and tingling with freshness, is indeed challenged by a pickled cucumber chop underscored by an acidity that punches up the natural salinity of the crab. A swirl of heirloom tomato concasse brings out its sweetness and a cumin-scented tuile manages to unite every flavor on the plate. For a palate-cleanser, Drake puts a few favas on the plate, a meaty interlude between crab bites.

There's nothing revolutionary about the pepper-crusted seared yellowfin here, but its execution is flawless, including as counterpoints a rakish citrus salad and a feisty ginger vinaigrette you might not mind sprinkling on your next round of New Age sushi. The textbook foie gras terrine can't be ignored. Coupled with a mini ramekin of

chunky fig preserves and a swirl of reduced cranberries, it's a starter fit for Fall.

When it's a bitter-cold winter night, I'll crave a big bowl of Drake's carrot-ginger soup dusted with warming curry, sparked by lemon oil and made luxuriously rich by a pouf of whipped cream. That's living right. Parmesan-flecked gnocchi are treated right by being set in a wash of heirloom tomato water dotted with specks of the fruit along with scallions grilled and smoky and ready to be fork-skewered with those light, fluffy torpedoes of pasta.

Drake always has had a masterful way with fish. He handles a sea scallop with finesse by serving it astride carrots two ways: super-sweet in a soulful nage, letting the broth enrich the scallop, and humble-hearty in a fricassee that adds texture to the dish. Halibut, pert amid a chop of alium-licked vegetables, laps up a basil pistou. But it's the shrimp risotto that brings out my inner hoarder. The backdrop of lemongrass kicks the dish into high gear immediately, while snips of zucchini keep it grounded. Once you fork the whole assemblage into



your mouth, it's a wisp of Thai basil, mysteriously minty and clovey, that makes the dish irresistible. Seconds? Gladly.

Another irresistible accent partnership—the fool-proof combo of chanterelles and apricot puree—elevates slices of roasted duck breast, creamy white polenta and knobby baby turnips. Chanterelles and apricots love each other and, in the end, they provide the flavor muscle for the dish. I'm just as fond of the roasted pork, which, on this night, was given the season-throwback sideshows of corn both in a purée and strained chowder, plus grilled asparagus.

Here there is nothing on the menu for which you won't find the right wine on the eclectic wine list. While there's a wide price range, the middle-level bottles between \$60 and \$90 are where vinophiles will find relative bargains and the best connections to the food. We nabbed a mid-range Charles Schleret Herrenweg Riesling from Alsace whose versatility with Drake's food would be tough to match at any price.

I'm not sure I've met the match for the berry trifle here,



Upstairs/Downstairs

Restaurant David Drake can seem like two different restaurants. There are the two dining rooms on the entrance level, both with close-clustered tables and a buzzy vibe bouncing off the exposed brick and wood interior scheme. It's dark and softly lit, its clubby ambience brightened by dramatic modern paintings. It's where the scene is.

If you're looking for a quieter setting, the small dining room upstairs, with an also-small bar off to the side, might do you right. Be aware, though, that the "A" service team generally works the downstairs dining rooms, while the affable, but less-informed crew is relegated to the second floor.

largely because the almond shortcake that anchors the layering hits the trifecta of texture, balance of flavors and moistness. Tack on a rush of tart and sweet blackberries, a dollop of vanilla-scented cream and a scoop of strawberry sorbet, and you've got a truly grand finale. The chocolate tart—with its lemony pastry, brush of salted caramel, vanilla crème fraîche and sprinkling of pulverized pistachios—certainly can't be considered an also-ran.

Choosing cheese as dessert might find you presented with a plate of creamy Pierre Robert, a tangy goat's milk number called Coupole, a nutty Pecorino, a butterscotchy aged Gouda and a spicy Cabrales, which is a dandy and snappy blue. It's a fine choice for ending an evening here.

So is making a reservation for next time on your way out. Restaurant David Drake is what a chef-driven restaurant is all about. **EDGE**

Editors Note: Andy Clurfeld is a former editor of *Zagat New Jersey*. The longtime food critic for the *Asbury Park Press* also has been published in *Gourmet*, *Saveur* and *Town & Country*, and on epicurious.com.



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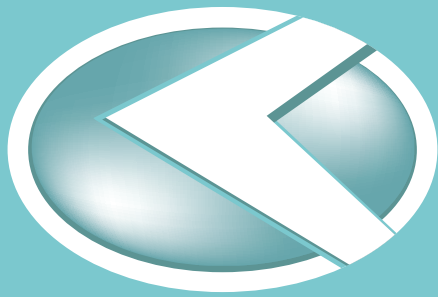
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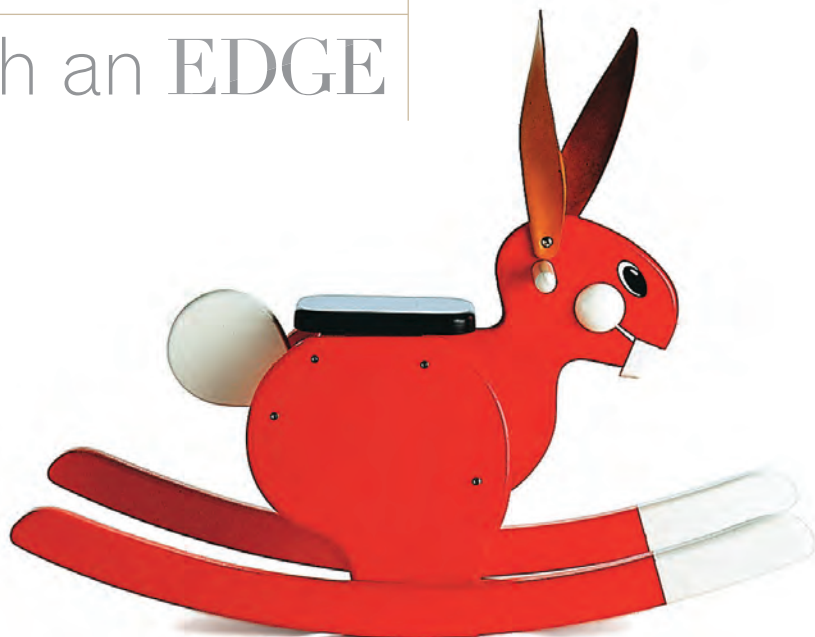
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Moss Appeal

A Jersey Girl harnesses the power of the Net to make her own breaks in the music world

by Bill Mehlman



There was a time in the not-too-distant past when the fate of a singer/guitarist/songwriter like Allie Moss would be in the hands of managers, producers, agents and lawyers. Indeed, the Folklore of Creativity abounds in cautionary tales of the tragedies inherent in the battle between art and commerce. Catching the public's collective ear has always presented emerging artists with problems. For decades, they have been hostage to the stranglehold that commercial interests had on production, publicity and broadcasting. Paying for studio time, getting good placement for your CDs in stores, and arranging for airplay frequently involved some sacrifices—like signing over percentages of one's earnings. For life.

The 20-something musicians of today, while hardly immune to bad endings like these, have taken progressively stronger control of their destinies. Moss, whose approach to self-promotion is as smart as her music, provides a refreshing view of the new, largely Internet-based methods of production and public relations.

The results speak for themselves. Just since the leaves began turning this autumn, she has had her song "Corners" featured on the ABC series *Brothers & Sisters*, followed by a career-boosting studio segment on *Good Morning America*. Moss's fans keep up with her on Facebook, MySpace, YouTube, iLike and Tumblr. Her new album, *Passerby*, can be downloaded through iTunes or Amazon. Moss's performance dates (she tours with Ingrid Michaelson) are listed at alliemoss.com. And those who hang on her every lyric can also hang on her every word at, you guessed it, Twitter.

Welcome to the world we live in—a bewildering matrix of blogs, search engines, social networking sites, cell phones, WiFi ... but the basic situation is that you can access Ms. Moss's *oeuvre* 24/7/365. Go check out her act at a club or in concert, and when you get home you can find dozens of her MP3 files; some are free, some are for-pay downloads. But the bottom line is that none of this is under the control—financial or artistic—of the record labels.

Moss lives—or, more accurately, since she tours constantly, alights from time to time—in Jersey City. She laughs about her somewhat frantic life and admits that touring seemed an impossible goal when she was a child, since she suffered from paralyzing stage fright. "I got so scared once that I completely forgot the lyrics to the song I was singing. I just

stood there, horrified and embarrassed."

As a teenager, Moss began journeying into New York to listen to friends work in clubs. This led to her singing and playing backup, and then to finding gigs of her own. Several years ago she met Michaelson, a fast-rising singer and songwriter from Staten Island, and began backing her. Eventually she started to tour with Michaelson. Soon came their appearance on *Good Morning America* and then a gig as an opening act for the Dave Matthews Band.

As Moss rattles off the names of her favorite contemporary musicians—among them Josh Ritter, Death Cab for Cutie, David Bazan and Greg Laslow—she habitually refers to their web sites, their pages, their video clips and the mashups they're in. If you're a young musician, it's an open-source world. As Moss says, "Radio is cool, and once you're established it's critical. But it's hard to break your music on radio if you're not already a *name*. It's so easy to find the music you want to hear online."

When you do hear Moss perform, you'll be as impressed by her clever, frequently poignant lyrics as by her mellow, piping



voice and deft guitar work. Her writing explores the complex, sometimes joyous, sometimes heartbreaking passage from teenager to woman. Moss dodges the Pollyanna mentality that can make some folk music unpalatable. Her urban background doesn't provide room for many illusions, but she knows, and expresses, the difference between being skeptical and falling into cynicism.

Moss talks writing while on tour, snatching bits of time to jot down lines in an always-present notebook. On the song "Paper Cup," she balances hope and caution, encouragement and doubt, and her delicate tones perfectly balance her spare, elegant playing. Many older, more experienced writers would love to have her rhetorical command. Of course, there's the side of Moss that likes to sing "Rubber Ducky," too. A spare, elegant "Rubber Ducky," to be sure.

In the future? "I love playing with Ingrid, and I guess I'll do it as long as it works for both of us," Moss says. "She's so talented and so smart. I've learned tons from her, not

only about writing and playing, but about the business side, about how to deal with touring."

So there's that, and doing gigs in places like Kenny's Castaways and the Baggott Inn in New York and Maxwell's and The Saint in New Jersey, and writing songs. Moss also teaches voice. She's a devotee and practitioner, and, she thinks, the only Certified Level-1 instructor in the area of a method known as Speech Level Singing.

And then, after all that's taken care of, she allows, half-sarcastically and half-wistfully, that she'd like to find time for some "normal" stuff. Alas, as Allie Moss's star continues to rise, she may find that normal is a relative term...and that time could soon be the most precious commodity of all. **EDGE**

Editor's Note: Bill Mehlman is a freelance writer with a passion for the music business. He lives and works in New York City.



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A woman with brown hair and bangs, wearing a black sports bra and blue boxing gloves, is looking intensely at the camera. Her hands are raised in a boxing stance.

Bang for the Buck

*High-Performance
Cosmetics Don't
Have to Come with a
Knockout Price.*

by Dan Brickley

Competition in the beauty business has always been brutal. Today, with everyone cinching their belts, it's a no-holds-barred event. Budgets may be tight, but the good news is that there's no reason to cry "Uncle!" when it comes to the four essentials—moisturizer, mascara, lip balm and concealer.

As we all know, in these divisions there are champs and bums. I've crowned a winner in each, and also identified the top contender. Whether you choose to splurge for luxury items or stick to the staples, these picks should keep you covered. The good news is that each weighs in at under \$60. So let's get ready to rumble!

MOISTURIZER



CHAMPION: Dr. Hauschka's
Rose Day Cream
PRICE: \$42.95

A great moisturizer is the keystone of any beauty regimen, and Dr. Hauschka has it on lockdown. This is a rich, luxurious daily moisturizer, which actually manages to keep you covered in all four seasons. Soothing rose ingredients nurture and renew sensitive and weather-damaged skin while protecting your face against dryness by using soothing extracts of rose petal, rose hip and avocado. Thirty rose flowers go into each tube of Rose Day Cream, which lasts a staggering three months.

TOP CONTENDER: Eucerin Sensitive Facial Skin
Moisture Lotion
PRICE: \$18.00

Yes, I understand the juxtaposition from Dr. Hauschka's to Eucerin, but this is really a great product for an amazing price—a true drug-store *steal*. Although Eucerin is geared toward drier skin types, this moisturizer is light to the touch, hypoallergenic, long-lasting, and packs an SPF 30.

MASCARA



CHAMPION: Chanel's Inimitable Mascara
(available in both black and brown)
PRICE: \$30.00

Ok, ok, I know Chanel never sounds like a bargain, but this mascara is more than makeup. It's an investment. It sets new standards with a secret formula that does it all, and a brush design that lengthens, plumps and curls. The geniuses at Chanel are never wrong, and this product delivers lush, long-wearing color that is so precise that it actually defines and separates each lash. It's a favorite among celebrity makeup artists, whose results are unreal.

TOP CONTENDER: Bare Essentials Buxom Lash
PRICE: \$18.00

A truly great product that fattens your lashes up to 300 percent! Buxom Lashes will leave your lashes feeling silky and weightless, as the patented hourglass brush manages to hit each and every lash for maximum coverage. It's a fabulous, new product available only at Sephora.

LIPS



CHAMPION: Baume de Rose, by Terry
PRICE: \$59.00

You'd spend \$25 on a great lipstick, right? And how long would that last you? Terry's Baume de Rose is an absolute phenomenon. First of all, it endures for six months. Second, it's the purest, most luxurious balm your lips will ever feel. It contains a high concentration of lipid-building rose wax that hydrates and nourishes. Baume de Rose also helps to repair, rejuvenate, strengthen, and fight early signs of aging in your lips. And its fragrance is unbelievable. The bonus? This gloss/balm plumps up your puckers ever so slightly, leaving them glowing and kissable. Who needs collagen?

TOP CONTENDER: Kiehl's Lip Balm #1 in Vanilla
PRICE: \$8.50

A classic. It's a quality product for an amazing price that leaves lips protected and soft. My only issue with Kiehl's Lip Balm is that, at times, I have found the taste of the balm itself to be slightly unpleasant. Yet, with the advent of their flavored balms, vanilla swoops in to save the day. Et voila, c'est parfait!

CONCEALER



CHAMPION: YSL Touche Éclat
PRICE: \$40.00

Touche Éclat is suitable for all skin types, and ideal at any time of the day over bare skin—under or over foundation. For best results, use the pen around the eye area, the hollow of the chin, the contour of the lips and the sides of the nose. It probably seems slightly strange to “write” your makeup onto your face, but it's genius! YSL managed to create a lightweight, perfectly hued concealer with a look that is absolutely flawless.

TOP CONTENDER: Laura Mercier's Secret
Camouflage Concealer
PRICE: \$28.00

What's revolutionary about Secret Camouflage is Mercier's two-tone system. Each concealer comes with one tone to match your skin's depth of color, and another to match its highlights. This system enables users to blend their own perfect tone, while using very little concealer, thanks to the high content of pigment in this product. **EDGE**

Editor's Note: Dan Brickley is a fashion, beauty and grooming consultant. He hosted TLC's *A Makeover Story*.

Let's Put On A Show!

Oh, were it only that simple. Big names may help Paper Mill Playhouse stay afloat, but it's cultivating the little ones that guarantees a bright future

by Steve Sears





Financial Crisis May Force Paper Mill Playhouse To Go Dark. That was a headline from April 2007 — not 2008 or 2009. Perhaps the timing was a blessing.

Had New Jersey's state theater run aground amidst of the current financial crisis, it might have gone the way of Lehman Brothers. Instead, a few weeks later, thanks to \$300,000 in donations, audiences were treated to a rousing production of *Seven Brides for Seven Brothers*.

Next, the Township of Millburn stepped in and purchased its Brookside Drive land and buildings for \$9 million, then leased them back to Paper Mill for 75 years as a hands-off landlord. Present crisis averted, the folks that run PMP began thinking about the future. The buzz words they use are Intergenerational Programming.

"Productions specifically designed to broaden our audience appeal to a younger group," explains Shayne Miller, Director of Press and Public Relations. "By providing 'family favorite programming' in our mix — for example *High School Musical* and *Peter Pan* — we may attract first-timers to the theater as parents taking their children. These parents are likely to be in the important age group of 35 to 55. Once at the theater, we have the opportunity to convert these parents to return, as a couple, to additional shows in our season that may be more adult-focused. We can then target them via direct-response efforts."

Those efforts include trumpeting the big names that have graced the PMP stage since it began operating some 75 years ago. Lynn Redgrave (*top left*), Ann Hathaway, Patrick Swayze, Bernadette Peters, Liza Minnelli, Chita Rivera, Carol Channing, Betty Buckley, Ann Miller, Estelle Parsons, Edward Villella and Nick Jonas (yes, *that* Nick Jonas) are among the luminaries whose credits include Paper Mill appearances.

This past fall, Paper Mill Playhouse presented Laura Ingalls Wilder's *Little House on the Prairie* as a musical. It starred Melissa Gilbert (*middle left*), who played Laura in the famed television series from the age of 9 to the age of 20. In this production, the 45-year-old Gilbert—who recently served two terms as president of the Screen Actors Guild—was cast as Ma. Another noteworthy notch in PMP's belt.

"We will also look for shows with broad intergenerational appeal, like *1776* (*bottom left*)," adds Miller, "which was appealing to seniors, parents, school groups and children. Our Children's Theater and Education programs can also serve as an entry point to the theater."

For Artistic Director Mark Hoebbe and Executive Mark



All photos courtesy of Paper Mill Playhouse: *Little Shop of Horrors*, Lynn Redgrave/*The Importance of Being Earnest*, *Kiss Me, Kate* and *Oklahoma!*: Gerry Goodstein; Melissa Gilbert/*Little House on the Prairie*, *The Musical*: Jerry Dalia; *1776*: Kevin Sprague.



The Bronx Is Up, The Battery's Down

EDGE caught up with Patti Colombo, choreographer for *On the Town*, which runs at Paper Mill Playhouse from November 11 to December 6.

EDGE: Welcome back to the Paper Mill Playhouse. You enjoyed success here with *Seven Brides For Seven Brothers*. When this opportunity [*On the Town*] presented itself, what were your thoughts?

PC: Many. In the late '80s in Pasadena, I had to choreograph this show in ten days. Jerome Robbins was an incredible talent, and Leonard Bernstein's music was ridiculously fantastic. On opening night, I was so nervous, I wanted to throw up. Years later, I remembered the immensity of those ten days. 'Oh my God,' I had said to myself, 'there's so much work to do.' But I learned such great dance pieces. I love the Paper Mill Playhouse. They've always been so supportive, and I always wanted to do *On The Town* again.

E: *On The Town* has had a number of major revivals. Do you get the feeling that you're adding to the history of the musical?

PC: I think so, in my head. Unless something is on Broadway, people don't pay much attention. The reputation of Paper Mill Playhouse is extraordinary, and I feel that it's important. I try to do well to the piece and bring what I can bring.

E: Patti Colombo's life as a choreographer. Describe it.

PC: Sometimes I wish I wasn't like this, but I lose sleep, wake up sweating, and wander around. But it's those stresses that make you passionate. I feel some passion there.

Kiss Me, Kate and *Oklahoma!* (left) are among the musical theater classics presented by Paper Mill Playhouse.

Jones (left), reaching out to young audiences is more than just a marketing strategy. He sees the theater's playing an important part in the Garden State's education picture. "We need to have the arts in our children's live as they are being educated," says Jones. "Our role, within that, and in the state of New Jersey, is to have a statewide Theater Education program. It doesn't just bus kids in to see one of our mainstage productions, but actually works in the schools proactively, runs a healthy theater school with five hundred people enrolled— which we have—and runs one of the best summer conservatories in America. The Paper Mill's 'Rising Star Award' program, which encompasses all twenty-one counties in the state, is very popular."

Whatever the future holds for Paper Mill, and the arts in general, some things will never change. "We're unique," says Jones, "because we have original productions of musical theater classics, as well as new works. Here at Paper Mill, we put our stamp on everything we create." EDGE



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Performance Anxiety

*Planning to step up your game after the holidays?
Worried that you're not up to the challenge?
Listen to your body (and your doctor)
and you'll avoid the sprains, strains and stress
that send others to the bench.*

by **Lisa Milbrand**

Three cheers for medical science. Although staying fit still takes hard work and commitment, remaining injury-free is easier than ever. Whether you're a weekend warrior training for your first triathlon or you live on the tennis courts, you have two missions when you're pushing the performance envelope: Do your best... and make it home in one piece.

The key to success (or survival, depending on your sport) is recognizing that there are three important components where your body is concerned: **BEFORE**, **DURING**, and **AFTER**. Understanding the basics of each not only gets you on the court or field or road—it's what ultimately will keep you there.

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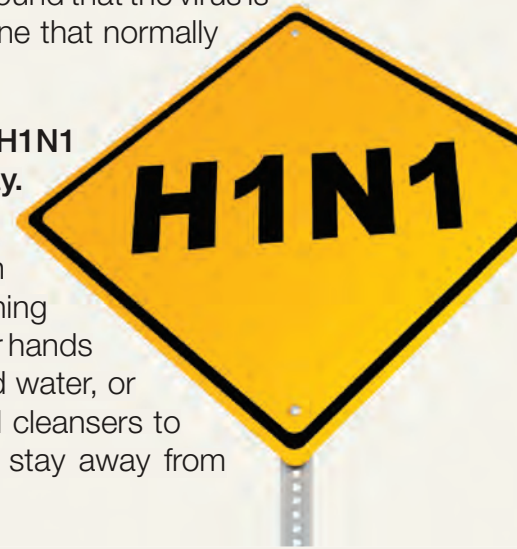
TRUE • H1N1 • FALSE

The H1N1 virus comes from pigs.

False • Scientists have found that the virus is very different from the one that normally affects pigs.

Seasonal flu and H1N1 spread in the same way.

True • It appears that both spread from person to person, through coughing and sneezing. Wash your hands frequently with soap and water, or use alcohol-based hand cleansers to avoid both. Also, try to stay away from people who are sick.



Most people with H1N1 virus have recovered fully without medical treatment.

True • But you should still take steps to avoid the H1N1 flu. Many people diagnosed with H1N1 have reported diarrhea and vomiting in addition to the “traditional” flu symptoms, such as aches and fever. It’s nasty.

I will need to get two doses of vaccine this year.

True • The Food and Drug Administration has approved the use of one dose of 2009 H1N1 vaccine for persons 10 years of age and older. The seasonal flu vaccine will also require one shot if you are at least 9 years of age.

Healthcare workers have been advised to get the H1N1 vaccine.

True • Infections among healthcare workers have already been reported, and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this group could decrease the healthcare system’s capacity.

I can skip my usual flu shot this year.

False • A vaccine is the best protection against seasonal flu. In the U.S., more than 200,000 people are hospitalized and 36,000 die every year from flu-related complications.

Source: Michelle Gillis-Harry, Director, Infection Control, Trinitas Regional Medical Center



BEFORE

The right preparation can save you a world of hurt, but often people skip this step. Here's how to ensure you're ready to take on all comers:

- **Check yourself out.** Most people know it's wise to consult your doctor before starting a new exercise routine, but there's another professional who might be just as key. "I'm a strong advocate of having a person trained in physical therapy take a look at the muscular-skeletal system," says Jim Dunleavy, PT, MS, Administrative Director of Rehabilitation Services for Trinitas Regional Medical Center. "We all come with little quirks that we may not know we have. For instance, if someone has resisted motion in their hip, that could cause a knee or ankle problem. After the assessment, they can make sure that their exercise program attends to those potential issues."

- **Ditch the heels.** Women who wear heels put themselves at risk for injuries in sports. "If you wear heels during the day, your calf is shortened all day long, and you won't have the flexibility and the strength to participate in your activity without hurting," Dunleavy says. You'll need to engage in some extensive stretching of your lower legs before and during your activity to help minimize the chances of injury.

- **Be sure you're balanced.** You may be working hard to get your muscles in shape for your particular sport, but you can't ignore the rest of your muscular system. "You need to pay a little attention to your core muscles, to

balance things," says Dr. Richard Mackessy, Chairman of the Orthopedics Department at Trinitas. "If you overdevelop one area, like your chest, but haven't done anything to the back, you've created an imbalance in your shoulders that makes it so they're pulled forward constantly, and creates a risk of pain."

DURING

While you may be concentrating on squaring up to the ball or keeping your marathon pace, there are other things to keep in mind before you shift into high gear:

- **Warm up.** There's been so much debate on how to get rolling—just stretching, stretching and warm-up, or full speed ahead—but most experts agree that a warm-up is essential. "You don't want to just walk onto the field and play the toughest match without doing anything," Dr. Mackessy says. "We recommend going through a period of warming up, where you're going at half the pace. If you're playing tennis, you might hit balls at a very relaxed pace for a few minutes, then stop and do some stretches before you really start playing."

- **Don't go crazy.** Weekend warriors may be all gung-ho about doing the activities they love when they have the time, but it's best to work up to an all-day round-robin. "If you're



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working 9 to 5, your body is not built up to withstand the constant stress that's placed on the body with a prolonged sports activity," Dunleavy says. "Your body can only take so much—overuse can result in inflammation, making it very difficult to use that area without pain."

- **Stop if you have pain.** Forget that old *No pain, no gain* adage—if you're hurting, take a break. "If you have pain, you need to stop playing," Dr. Mackessy insists. "You don't need to hurt yourself and be laid up for six weeks."

AFTER

When you're ready to pack it in for the day, there are a few tricks you can use to help ensure you'll be ready to achieve peak performance the next time out:

- **Stretch it out.** After a brief cool-down (like the warm-up, you're going at a more relaxed pace), be sure to give your muscles a well-deserved stretch to keep them limber. "Hit all the common stretches—legs, arms, shoulders," Dr. Mackessy suggests.

- **Nurse your wounds.** If you do have pain and inflammation—the most common results of overuse injuries—there are a number of steps you can take to decrease the swelling, either at home or under a doctor's care. "Swelling is going to retard the healing process, so you need to cool down the tendon with ice," Dunleavy suggests. "We can also try to stimulate the healing process by increasing blood supply with electricity, heat and ultrasound, or by injecting medications, like cortisone or steroids. We can even load medication into an electrode and use electricity to drive medication into an area."

- **Assess your performance.** Play Monday morning quarterback and see what you can improve at your next sporting event. "John MacEnroe once said that he learns more from losing than from winning," says Dr. Rodger Goddard, Chief Psychologist and Director of Wellness Management Services for Trinitas Regional Medical Center. "Being able to look back at what was disappointing in our performance and devise a plan to improve our technique, execution and strategy in these areas is an important skill." **EDGE**

Editor's Note: Lisa Milbrand is a New Jersey-based writer whose articles on health and relationships appear in *Parents*, *Arthritis Today* and *Modern Bride*. Her blog themamahood.com celebrates the life of a working mother.



SPEED Read

Great mental shape is often just as important as great physical stamina in sports success. "To win, we must move and think faster than our opponents," says Dr. Goddard, who has created a SPEED program for athletes, to help them get pumped for the game. The cornerstones:

See It: See yourself moving faster and more effectively during the game than your opponents.

Plan It: Strategize how you will win against the opponent.

Emote It: Feel the emotions of power, strength and toughness and determine how you will use these emotions once you start game play.

Empower Myself: Use your thoughts to believe in your capacity to win.

Dictate It: Make sure that you get out of the gate at full speed, and that you will take control of the action with your quickness from the very beginning.

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LABIB E. RIACHI, MD, FACOG
“An Evening of New Faces”
SKIN CARE AND TREATMENT PRESENTATION
DINNER INCLUDED
HOTEL INDIGO
1 CARRIAGE PLAZA, RAHWAY, NEW JERSEY

TUESDAY, DECEMBER 15
10:00 am – 4:00 pm

Kick the Habit Now Laser Treatment for Smoking Cessation

ROOM 202, ADMINISTRATIVE SERVICES BUILDING
CALL (212) 292 – 5660 TO REGISTER

TUESDAY, JANUARY 12, 2010
6:00 pm - 8:00 pm

Understanding Cervical Cancer

LABIB E. RIACHI, MD, OB/GYN
ATLANTIC FEDERAL CREDIT UNION BUILDING
37 MARKET ST.
KENILWORTH, NJ
\$10 (AT THE DOOR - DINNER INCLUDED)

WEDNESDAY, JANUARY 20, 2010
1:30 pm - 2:30 pm

Senior Fitness: Don’t Hibernate...Regenerate!

JIM DUNLEAVY
ADMIN. DIR., REHABILITATION SERVICES
TRINITAS REGIONAL MEDICAL CENTER



SPECIAL EVENTS OF TRINITAS HEALTH FOUNDATION

Season for Hope

Pay tribute to those very special people in your life with festive holiday decorations inscribed with their names and displayed at Trinitas Regional Medical Center. You, and those you honor, will receive an acknowledgement of your gift.

Holiday donation opportunities range from \$10.00 to \$100.00.

FOR MORE INFORMATION, CONTACT TRINITAS HEALTH FOUNDATION, (908) 994-8249

THURSDAY, MAY 6, 2010

Gala Dinner Dance

THE BIRCHWOOD MANOR
111 NORTH JEFFERSON ROAD, WHIPPANY, NJ 07981
6:00 PM COCKTAILS
7:30 PM DINNER & AWARDS

PROCEEDS BENEFIT THE PATIENTS OF TRINITAS REGIONAL MEDICAL CENTER. FOR MORE INFORMATION OR RESERVATIONS FOR THIS EVENT, CALL LAURA CIRACO, (908) 994 – 8249 OR LCIRACO@TRINITAS.ORG



Community Events

SUPPORT GROUPS

Breast Cancer Support Group

BILINGUAL

MONTHLY, 3RD MON., 11:00 AM - 12:30 PM
CONFERENCE ROOM A

TRINITAS COMPREHENSIVE CANCER CENTER
225 WILLIAMSON ST. ELIZABETH, NJ

OPEN TO PATIENTS, FAMILIES, FRIENDS AND LOVED ONES.
REGISTRATION: GRISELDA HILDAGO, LCSW, (908) 994-8535



Coping With Cancer Support Group

Speakers address cancer-related topics.

MONTHLY, 2ND TUES., 2:00 PM - 4:00 PM
CONFERENCE ROOM A

TRINITAS COMPREHENSIVE CANCER CENTER
225 WILLIAMSON STREET, ELIZABETH, NJ
(908) 994 - 8535



Sleep Disorders CPAP Support Group

JANUARY, APRIL, JULY, OCTOBER, LAST WED.

7:00 PM - 9:00 PM

TRINITAS REGIONAL MEDICAL CENTER

PHYSICIANS CONFERENCE ROOM

210 WILLIAMSON STREET, ELIZABETH, NJ

(908) 994 - 8694 TO REGISTER

COMMUNITY HEALTH EDUCATION

Breast Feeding Support Group

BILINGUAL

LED BY INTERNATIONAL BOARD CERTIFIED
LACTATION SPECIALISTS

TUES. AND WED., 1:30 PM - 2:30 PM

WIC CENTER

1124 EAST JERSEY STREET, CORNER OF JEFFERSON AVE.

ELIZABETH, NJ (908) 994 - 5142

Childhood Obesity Sessions

BILINGUAL

LED BY A REGISTERED DIETITIAN

MONTHLY, 2ND THURS., 1:00 PM - 2:00 PM

WIC CENTER

1124 EAST JERSEY STREET, ELIZABETH NJ

(908) 994 - 5219, FOR DATES/REGISTRATION

Nutrition Education Program for Expectant Mothers

WIC CENTER

1124 EAST JERSEY STREET, CORNER OF JEFFERSON AVENUE

ELIZABETH, NJ (908) 994 - 5142, FOR DATES/REGISTRATION.



Baby Shower for Expectant Mothers

INCLUDES PRENATAL NUTRITION EDUCATION

WIC CENTER

1124 EAST JERSEY STREET, CORNER OF JEFFERSON

ELIZABETH, NJ (908) 994 - 5142, FOR DATES/REGISTRATION

SPECIAL PROGRAMS

Look Good, Feel Better

BILINGUAL

Trinitas Comprehensive Cancer Center patients receive personal beauty tips and techniques that they can use everyday, thanks to a partnership of the American Cancer Society (ACS), the National Cosmetology Association, and the Cosmetic, Toiletry & Fragrance Association (CTFA) Foundation.

AMPARO AGUIRRE,

(908) 994-8244, FOR INFORMATION/REGISTRATION.

Made For Me Boutique

BILINGUAL

Wigs and accessories for cancer survivors.

APPOINTMENTS ONLY. (908) 994-8244 TO REGISTER

“Ask the Pharmacist”: Medication Management

Free of charge, by appointment only.

MONTHLY (EXCEPT DECEMBER),

4TH TUESDAY, 11:30 AM - 1:00 PM. CALL (908) 994 - 5984



TRINITAS CHILDREN'S THERAPY SERVICES

235 BIRCHWOOD AVE.
CRANFORD, NEW JERSEY 07016
(908) 276 – 3599, EXT. 13

A broad range of services and programs for children with different abilities in the areas of learning, socialization, and motor skills, to meet their physical, occupational, and speech therapy needs. Workshops and in-services for professionals and parents are also available. Call for further information on these services, programs and Open Houses.

PROFESSIONAL TRAINING OPPORTUNITIES

Programs for healthcare providers and first responders. We offer both onsite and offsite programs for private facilities as well.

CPR; ACLS and PALS (Advanced Cardiovascular Life Support) and (Pediatric Advanced Life Support); Defibrillator Training; EMT Basic Training and Renewals; PHTLS; Incident Command System; Advanced Medical Life Support

TRINITAS REGIONAL MEDICAL CENTER
INSTITUTE OF HEALTHCARE & COMMUNITY EDUCATION
425 MORRIS AVENUE
ELIZABETH, NEW JERSEY
FOR FUTURE INFORMATION, CALL (908) 527 – 5222, EXT. 12

Emergency Medical Technician Basic Program

7 ½ week duration
Monday and Wednesdays
8:30 am - 5:00 pm
September, November, January, March and June

Emergency Medical Technician Refresher Program

24 hour recertification class
8:30 am - 5:00 pm
May, June, November and December

Paramedic Refresher Programs

16 hour recertification class
8:30 am - 5:00 pm
February and October

CPR for Healthcare Providers, Initial Classes

Second Tuesday of every month
9:00 am – 3:00 pm
CPR for Healthcare Providers, Refresher Classes
Fourth Thursday of every month 9am - 12 noon

CPR Instructor Programs, Initial Classes

September and February
CPR Instructor Programs, Refresher Classes
February, March, April, May, June and Sept

Emergency Medical Technician Continuing Education Programs

Monthly
Dates vary. Contact training center

First Aid Class

Available on request for groups of six or more
Contact training center

Babysitter Safety Program

Available on request for groups of six or more
Contact training center

Advanced Cardiac Life Support Programs (ACLS)

Monthly
Dates vary. Contact training center

Pediatric Advance Life Support Programs

Monthly
Dates vary. Contact training center

Proceeds from these events benefit the patients of Trinitas Regional Medical Center. For reservations, call Laura Ciraco, (908) 994 – 8249 or email lciraco@trinitas.org



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with

Union Center National Bank
The Bank With A Heart





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Theatre Major

LEAN LOOK

Dress: ADRIANNA PAPELL • Earrings: 18 kt white gold diamond and rubelite earrings set with 2.31 carats of round brilliant cut diamonds, 0.50 carats of rose cut diamonds, and two rubelites totaling 2.96 carats available at LEONARDO JEWELERS • Necklace: Double strand Tahitian baroque pearl necklace with diamonds and rubies available at LEONARDO JEWELERS • Makeup: BOBBI BROWN Shimmer Blush in Pink Sugar; BOBBI BROWN Creamy Lip Color in Pale Mauve; L'OREAL HIP matte shadow duo in Animated

Photography by Nadine Raphael

As any attentive Performing Arts student can tell you, 2009 marked the 80th anniversary of the classic song "Puttin' On the Ritz." Where better to pay homage to this song-and-dance staple than at the Ritz Theatre in Elizabeth? And how better to mark the passage of time—and honor the sentiment—than by raising the curtain on '80s-inspired ready-to-wear with a contemporary flair?

SECRET ADMIRERS

Dress: LAUNDRY BY DESIGN • Earrings:
18 kt rose gold carved ruffle earrings set
with 0.92 carats of pavé-set champagne
diamonds from LEONARDO JEWELERS •
Ring: 18 kt rose gold rope ring set with a 25
carat cushion-cut amethyst, 0.15 carats of
pink sapphires and 0.51 carats of pavé-set
diamonds from LEONARDO JEWELERS

• Necklace: 18 kt white gold necklace
of multicolor South Sea and freshwater
pearls with 0.87 carats of diamonds from
LEONARDO JEWELERS • Makeup:
L'OREAL Colour Riche lipstick in Captivating
Copper • Flowers: ELENA CIERVO of
Meeker's Florist





RHAPSODY IN BLACK

Dress: LAUNDRY BY DESIGN • Earrings: Dramatic draping earrings in black rhodium on 18 karat white gold, set with 32 prasiolites totaling 38.5 carats, and 0.68 carats of diamonds from LEONARDO JEWELERS • Bracelet: 18 kt white gold multi-color South Sea and freshwater pearl bracelet with 3.56 cts of multicolored sapphires and 0.31 cts. of diamonds from LEONARDO JEWELERS • Makeup: BOBBI BROWN eye shadow in Caviar and Maple Sugar; L'OREAL Extra Intense Liquid Pencil eyeliner in black

GOLDEN GIRL

Dress: **LAUNDRY BY SHELLI SEGAL** • Shoes: **BCBGIRLS** • Earrings: 18 kt white gold earrings with golden 10 mm pearls and 0.87 carats in diamonds from **LEONARDO JEWELERS** • Necklace: 18 kt rose gold triple chain with 2.00 cts of diamonds on circles pendant from **LEONARDO JEWELERS** • Ring: 18 kt rose gold rope ring set with a 25 carat cushion-cut amethyst, 0.15 carats of pink sapphires and 0.51 carats of pavé-set diamonds from **LEONARDO JEWELERS** • Makeup: **BOBBI BROWN** lip gloss in beige; **BOBBI BROWN** Metallic eye shadow in champagne quartz





KNOW THE ROPES

Dress: **JESSICA MCCLINTOCK** • Shoes: **NINA** • Bracelet: 18 kt white and yellow gold diamond bracelet set with 688 white round brilliant-cut diamonds totaling 8.65 carats, set in white gold and 23 fancy yellow diamonds in brilliant-cut, princess-cut and pear shape set in yellow gold, totaling 6.37 carats from **LEONARDO JEWELERS** • Makeup: **BOBBI BROWN** lip color in blush





STARE CASE

Dress: **LAUNDRY** • Earrings: 18 kt white gold diamond and rubelite earrings set with 2.31 carats of round brilliant-cut diamonds, 0.50 carats of rose-cut diamonds, and two rubelites totaling 2.96 carats from **LEONARDO JEWELERS** • Necklace: Platinum Diamond Riviera necklace set with 32 carats of round brilliant diamonds from **LEONARDO JEWELERS**

Model:
Melissa Napoleon
New York Model Management

Make-up:
Lauren Nitti of Whitehall
Media Productions

Hair:
Nadine Raphael of Whitehall
Media Productions

Stylists:
Nadine Raphael and Lauren Nitti

Digital Retouching:
Dan Jackson of DJStudios

Photo Assistant:
Poliana DeVane

Production:
Whitehall Media Productions

Dresses:
Courtesy of Lord & Taylor

Location:
Ritz Theatre in Elizabeth

Special thanks to George Castro of the Ritz Theatre in Elizabeth, Michael Zeik of Leonardo Jewelers, Ron Czebrowski and Michelle Cousoulis of Lord & Taylor, Elena Ciervo of Meeker's Florist of Westfield.

EDGE House Seats

Adrianna Pappell • adriannapappell.com
BCBG • bcbg.com

Bobbi Brown • bobbibrowncosmetics.com
DJStudios • 908-757-1094

Jessica McClintock • jessicamcclintock.com

Laundry by Shelli Segal • laundrybyshellisegal.com

Leonardo Jewelers, Red Bank/Elizabeth • 908-351-0880 • leonardojewelers.com

Lord & Taylor, Westfield • 908-233-6600

L'Oreal Paris • loreal.com

Mac Cosmetics • maccosmetics.com

Meeker's Florist, Westfield • 908-232-8740 • meekersfloristnj.com

Nars Cosmetics • narscosmetics.com

Nina Shoes • ninashoes.com

Ragazza Shoes • ragazza-shoes.com

Ritz Theatre, Elizabeth • 908-351-7575 • ritzlive.com

Whitehall Media Productions, Westfield • 908-232-2182

CURTAIN CALL

Dress: **XSCAPE** • Shoes: **NINA** • Earrings: 18 kt rose gold oval-shaped white agate earrings set with 0.62 cts in pavé-set diamonds from **LEONARDO JEWELERS** • Ring: 18 kt rose gold carved ruffle ring set with 0.72 cts of champagne diamonds from **LEONARDO JEWELERS**

Net Results

Thanks to the Internet, New Jersey history is just a few mouse-clicks away. We found (and purchased!) these Garden State artifacts on the net.

by Mark Stewart



219 Valley St., South Orange, N. J. D-49
South Orange 2-4600

TINSEL TOWN

Long before the Short Hills Mall opened, your one-stop holiday shopping took place at the Suburban Gift Shoppe in South Orange.

PRICE: \$10.00

SERVICE WITH A SMILE

These soldiers were a long way from home in December of 1945. And home was New Jersey. See any familiar faces?

PRICE: \$30.00



ALL THAT GLITTERS

Christmas in Camden may sound like a Randy Newman song, but as this 1909 holiday card shows, there was plenty to celebrate a century ago.

PRICE: \$8.00



MONEY IN THE BANK

This 1950s tree decoration doubled as an ad for Harmonia Savings—which is still doing business in downtown Elizabeth as Sovereign Bank.

PRICE: \$17.00



A CHRISTMAS STORY

A classic McLoughlin Bros. children's book, inscribed "To Polly...Christmas 1922...Roselle, N.J."

PRICE: \$67.00

EDGE PEOPLE

TRINITAS SCHOOL OF NURSING EXCELS IN ADVANCING NURSING EDUCATION

The new home of the Trinitas School of Nursing in Union County College's brand new Elizabeth I. Kellogg Building provides challenging opportunities for student nurses to develop superior patient care skills. Students and faculty members work together in a large 16-bed Learning/Simulation Center that strongly resembles a fully outfitted Intensive Care Unit. Here, 16 simulated humans --- men, women and infants --- serve as patients with whom nursing students practice their skills.

At the Trinitas School of Nursing Learning/Simulation Center shown here, nursing students benefit from close interaction with faculty members as well as the ability to practice their nursing skills on simulated "high fidelity" humans.



HEALTH COMMISSIONER HOWARD VISITS TRINITAS



Heather Howard, Commissioner of the New Jersey Department of Health and Senior Services, visited Trinitas Regional Medical Center recently as part of a statewide "Cabinet Call to Action" to promote NJ Family Care, the state and federally subsidized health insurance program for children and working families. The statewide awareness and outreach effort was designed to ensure that more families sign their children up for this important health program. Trinitas was one of 19 hospitals, pre-schools, schools, federally-qualified health centers, non-profit agencies, career centers, and community centers where Governor Jon Corzine's cabinet met with parents directly impacted by NJ Family Care. Administrators, managers, physicians and mothers enrolled in Family Care attended the event.

Annette Quijano, Assemblywoman from the 20th District, Gary S. Horan, FACHE, President & CEO of Trinitas Regional Medical Center, and Heather Howard, Commissioner of the New Jersey Department of Health and Senior Services, were photographed following the forum about Family Care recently held at Trinitas.

EDGE PEOPLE

SURGEONS PERFORM ADVANCED LAPAROSCOPIC PROCEDURE AT TRINITAS

Dr. Joao A. Lopes, a partner in Advanced Surgical Associates in Springfield, recently performed the first single incision laparoscopic surgery of this kind at Trinitas Regional Medical Center. The gall bladder removal, or cholecystectomy, used the next generation Single Incision Laparoscopic Surgery (SILS) procedure, a dramatic improvement in laparoscopic surgery. For those undergoing gall bladder surgery this is particularly significant since the single incision, done through the navel, is barely noticeable. In addition to the much-desired cosmetic benefit, patients experience less pain and enjoy a shorter recovery time.

Dr. Joao A. Lopes



FOUNDATION HAS ANOTHER BANNER YEAR AT ITS GOLF/ SPA EVENT

More than 120 golfers and 22 spa guests enjoyed activities at the annual Golf and spa Classic in September at the Shackamaxon Golf Club and the Vito Mazza Day Spa. The Foundation raised nearly \$175,000 to benefit Trinitas Regional Medical Center.

Gary S. Horan, President & CEO, Richard Lessner and Robert Lessner of Lessner Electric Company, in Elizabeth, and Joseph Starkey, of the Schering-Plough Foundation paused for this photo.

EDGE

interview

Brian Williams



Don't say anything about New Jersey around **BRIAN WILLIAMS** unless you have something good to say. The Garden State was a springboard into a news career that has seen him defy the odds and reach the pinnacle of his profession. When Williams has to dig deep for strength or inspiration, New Jersey serves as his touchstone. The instant he motors past that center stripe in the Lincoln Tunnel, he feels he is home again.

In his chat with the *NBC Nightly News* anchor, EDGE editor **MARK STEWART** discovers that what you see (and hear) is what you get. Whether getting a story right, hosting *Saturday Night Live*, or putting his money where his heart is, Williams is as authentic as they come.





EDGE: To reach the level you have in the business, an anchor must find the perfect balance between being a newsman and a performer. How did you find that balance?

BW: I've never had a lesson in performance. I've never had anybody tell me how. I have had great role models, from watching Cronkite every evening of my young life—I lived in a household where dinner would not be served until he said, 'That's the way it is'—to working beside Dan Rather at CBS and, more importantly, being taken under the wing of Tom Brokaw at NBC. He made sure I was in the right spot at every point. When it was time to be chief White House correspondent, he made it clear to me that it was time to be chief White House correspondent, and I moved down to Washington with my family. So at every point I've been so fortunate either to have watched a great example or worked next to one, and be mentored by one.

EDGE: Cronkite was your idol.

BW: He was my absolute, North Star idol. Walter Cronkite was the guy I always wanted to be, and he lived long enough for me to make that very clear to him. That was one of the great moments of my career.

EDGE: You started your climb in Middletown, New Jersey. How did you work your way to the top?

BW: I didn't have any contacts. I had no way in through the front door or the back. So climbing in the window of the television news business and coming up through the

basement is the only way I know how to get ahead. That meant moving out to Kansas, learning the business, and being willing to crawl through broken glass to get ahead. If you have your eyes on a prize in this country, there's nothing that can stop you—I'm a living example of that. I am not college educated, I did not grow up with honed skills or a family that knew what a prep school was. I didn't know what the Ivy League was when I was in high school. It just wasn't in my ken. But if you're a hustler—and I've never regarded that as a pejorative, that word's a positive in my book—the world is your oyster.

EDGE: At what point did you become comfortable being Brian Williams?

BW: I've thought about it a lot. Various local stations in my twenties on my way up made vain attempts to put me with consultants. I had to sit through a focus group once and listen to what they said about me. That is not for the faint of heart, and something I don't recommend to people. But after a while, as I came up through the industry, I thought *Well, this must be working*. I have no choice but to be who I am. I went with who 'brung me to the dance.' Even so, my daughter will tell you the Brian Williams on *Nightly News* is not the Dad she knows. She knows someone else entirely. She will tell you that the Brian Williams of *Saturday Night Live* or Jon Stewart or Conan is much closer to the guy she knows.

EDGE: How did the SNL hosting gig develop? Who pursued whom?



BW: I was pursued. Lorne Michaels had made noises about it for years, actually. Lorne, sadly, has to sit through a lot of dinners and charity events that I emcee, and I tend to mix it up during those because they can be as dry as dirt. Finally he came to me and said, ‘This is a serious offer’ and gave me an airdate. I told him I had 26 years of a career to worry about and I knew I could easily dispose of it in 90 minutes. I asked everyone in my life—I asked not just Tom Brokaw, but also his wife Meredith. Jane and I talked about it for hours. I wanted to be sure that I wasn’t flushing what credibility I had down the toilet.

EDGE: I recall saying to my wife when you were announced that this was the bravest hosting decision in the history of the show.

BW: When I wrote the monologue, the first thing I said was, ‘I know what you’re thinking...is this really a good idea?’ That was actually my favorite moment in the show, because it was the elephant in the studio.

EDGE: So what made you say Yes?

BW: I had never met Chevy Chase and I saw him outside SNL in the hallway talking to a friend of mine. I went up to him, introduced myself, and asked him what he thought I should do. I explained that I owed Lorne a decision tomorrow. He said, ‘I watched Dan Rather for years and I never got any closer to knowing who he is. I think if you do this, I might get to know who you are.’ And that was the clinching vote. I called Lorne and accepted. I had to reject about fifty percent of the sketch ideas the writers proposed. Their job, of course, is to make a total horse’s ass out of the host.

EDGE: The skit I remember is the one where you played a firefighter. It was a totally authentic performance. Where did that come from?

BW: Sharp-eyed viewers will notice that the helmet on my lap said *OVFC #11* and *Williams*. That stands for Old Village Fire Company, Engine 11, in Middletown Township. That was *my* gear. As a firefighter years ago, on a volunteer basis in Jersey—who still hangs around New York City firefighters—that was the easiest ‘character’ I could have done. I knew the lingo already, so it was easy.

EDGE: There’s still a lot of Jersey in you, isn’t there?

BW: When I pass into New Jersey there’s something that happens to me at mid-span on the GW Bridge and midway through the Lincoln Tunnel. I call it my ‘power corridor’. I feel most at home there. I speak New Jersey. New Jerseyans are real. It’s the most densely populated state in the union and yet I can tell from your accent if you’re from South Jersey or North Jersey. I can usually tell if you’re from the Mid Shore. We have a lot of different regions, and yet I think there’s a baked-in pride. We have to put up with a lot of crap. I don’t take kindly to a lot of Jersey jokes because I know a lot about my state. Way too many people judge our state based on one stretch of highway on the Turnpike along refinery row. And that’s unfortunate. I think if we had it to do over again, we wouldn’t route so many millions of motorists right past the most heavily industrialized region of the East Coast.

EDGE: So what is it that defines New Jerseyans?

BW: There's a moxie, there's a street smartness, there's a reality to being from New Jersey. New Jerseyans have texture. They have grit. We aren't always the most earnest members of the jury pool, but we'll be the jury foreman, and we'll get you a verdict.

EDGE: What role does grit play in your job?

BW: Grit is what it's all about! Grit is life experience. It's having a few layers of paint worn off of you, so you're not shiny and new. This is not your first rodeo. A little skepticism. Even some cynicism. Grit has served me well in life. I just think grit equals authenticity today. And to make it today, you've got to have it.

EDGE: What do you remember when you look back on your New Jersey days?

BW: I had the perfect upbringing; I wouldn't do it any other way. I get very emotional and gauzy, warm and fuzzy, and romantic about my upbringing—even though at the time it felt ordinary and at times a struggle. There were kids at Mater Dei High School who had a lot more than me, and it wasn't my proudest moment to look at the back page of the yearbook and see the colleges other kids were headed to. And while I screwed up my education and came within inches of becoming a colossal failure—I interviewed for a police dispatch position out of Freehold thinking that would be a good, steady job—life went in a different direction. But when I go back there now I would like to think I have a flag in that soil that is mine.

EDGE: One of those flags will be in Newark soon, where the Horizons Summer Enrichment Program is opening a new location. You and Jane must get pulled in so many directions, and yet you've devoted yourselves to Horizons completely. What is it that you have found so appealing about it?

BW: You know how they say *We know you have a choice in airlines and we appreciate you flying with us?* My wife and I have been blessed in many ways in life, mostly financially—we never thought we'd have any money—and we have chosen to give most of our charitable dollars to a single cause, because Horizons changes lives in front of your eyes. The children chosen for the program end up in a different life. They are transported, as if by a giant hand, and lifted up. It's just the most extraordinary program,

and it only exists because of the good people who run it. Mr. and Mrs. Williams will only be happy when there is a Horizons-affiliated school in every city, town and hamlet that feels they need one. If people would just go to the web site [horizonsnational.org] and watch the piece we did, it would be the leading school enrichment program in the country. I've just never seen a return on the volunteer hour or donated dollar quite as dramatic as Horizons.

EDGE: *EDGE* readers live and work relatively close to the new location. Tell them why they should volunteer or donate to Horizons?

BW: It's that feeling you get when you give a gift that's so great that it gets your endorphins going just to give it away. The feeling you've knocked one out of the park. Multiply that by a hundred. Or a hundred thousand. That's how giving to Horizons will make you feel. Most Americans, in the course of their lives, are lucky if they get to change one or two lives. This is a very easy way to do that on a larger scale, with a tangible, human, smiling result. *EDGE*

A Family Affair

Jane Stoddard Williams has her hands full. No, not just with her husband, Brian. She also chairs the Board of Directors of Horizons National, which oversees student enrichment programs that serve more than 1,500 children. Most of these young students—whose families live at or close to the poverty level—do not have age-appropriate activities available to them during the summer. Operating on the campuses of independent schools, Horizons programs have provided structured academic, cultural and recreational programming since the 1960s.

Horizons not only gives children a safe and exciting place to be for six weeks each summer, it includes them in an extended family and provides a sense of community. Horizons programs focus on grades K–8, with students typically remaining for five years or longer. Many families are involved for decades—and graduates often return to volunteer or teach at Horizons. For information on Horizons and to find out more about the newest chapter planned for Central New Jersey, log onto *horizonsnational.org*.



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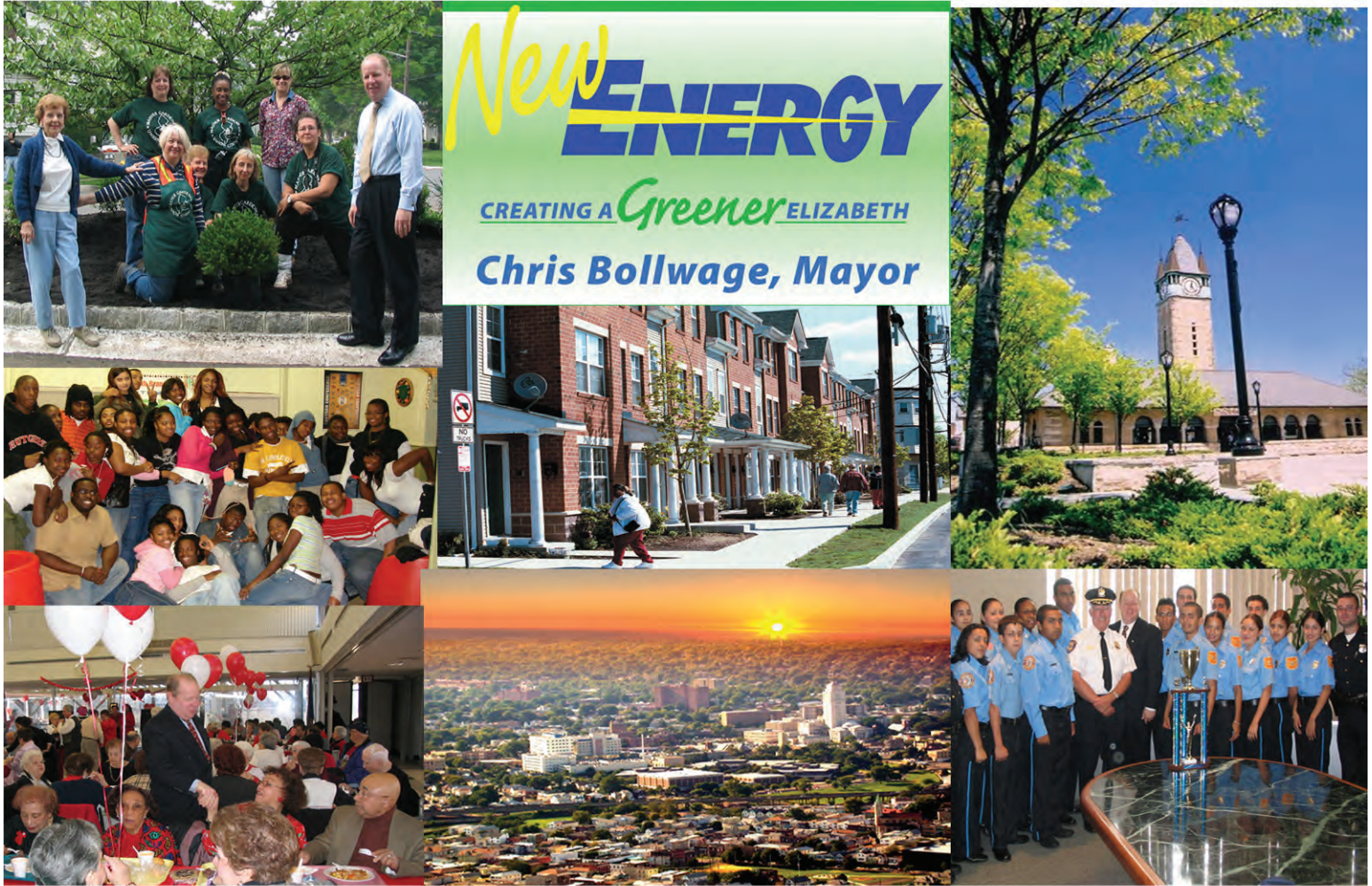
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Contributors

BILL MEHLMAN (*Moss Appeal*) has an English degree from Yale and a résumé that lends new meaning to the concept of “life experience.” His work has appeared in a wonderfully diverse range of publications, from *The Boston Globe* to poetry magazines to *Carpenter* magazine.

Bill also made a tidy living moonlighting as a freelance editor while wearing a professional chef’s hat for the better part of two decades.

What qualified him to profile singer/songwriter Allie Moss in this issue?

In one of Bill’s countless creative incarnations, he owned a jazz club across the river in Harlem!



As Managing Editor of this magazine, **MARK STEWART** (*EDGE Interview*) prefers to assign interviews to one of the writers in the little black book he has built over 20-plus years in the business. But for Brian Williams he made an exception. They simply had too much in common. Mark is raising his two daughters in the same town Williams spent his childhood (Middletown, NJ), so he knows the turf all too well. Mark also comes from a “news family”—his grandfather was Sunday Editor of *The New York Times* and among the family’s friends was Walter Cronkite, whom Williams describes as his “North Star” idol. One final link between interviewer and interviewee is the Horizons Summer Enrichment Program, for which Jane Williams serves as national chairperson. The Stewarts have been involved with Horizons for more than a decade.

NADINE RAPHAEL (*Theatre Major*) has an eye for beauty in all its forms, and an extraordinary flair for bringing it out on the printed page.

As a prominent New York City fashion photographer for eighteen years, her clients in New York and Europe include Gianni Serra, Sylvia M, Alessandro Pischredda, Angelo Vitti, Ying Li, Baroque N Doll and Aja Beauty, to name a few. When Nadine works, she, her subject and camera become one. In her first layout for EDGE, her spirited yet firm direction turned a darkened theatre in Elizabeth into the perfect showplace for an 80s-inspired fashion shoot. Nadine and her business partner, Lauren Nitti, own and operate Whitehall Media Productions, a commercial photography company located in Westfield, NJ.



One year ago, **MICHAEL JOSEPH APRILE** came aboard as Design Director of EDGE and assumed the daunting challenge of recasting Trinitas Regional Medical Center’s lead publication as a sophisticated lifestyle magazine. The result speaks for itself, cover-to-cover. Along with design cohort **ROBERT STEFFENS**, they have given EDGE a “Wow Factor” that has competing publications playing catch-up. Yeah, good luck with that!



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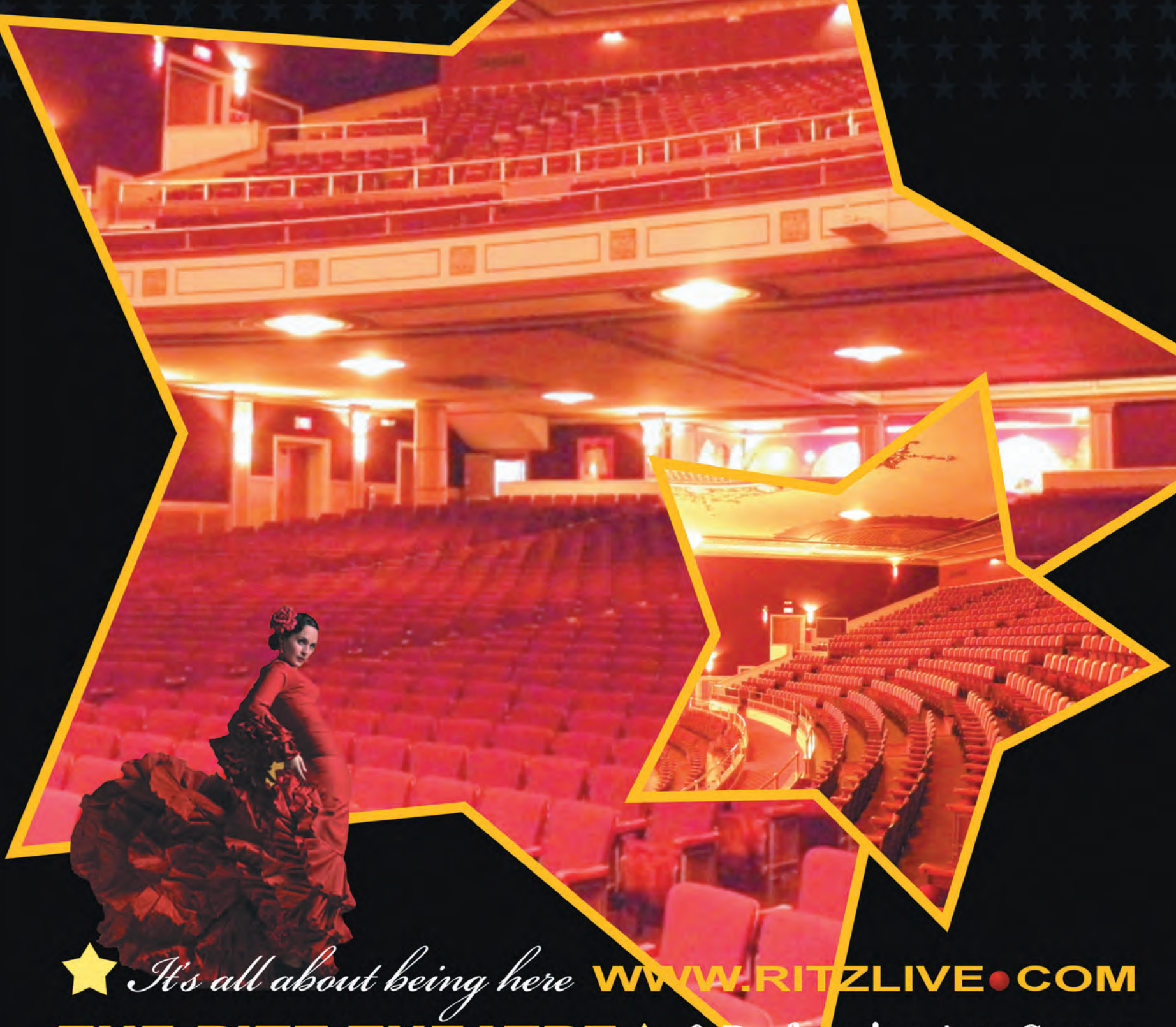
The power and beauty of the human voice was on full display this October when New Jersey's young opera stars-in-the-making gathered to perform at Meadow Lakes in Hightstown. Bill Lagundino and Melissa Maskevich (*right*) sing "Un Di Felice" from *La Traviata*, and Ivan Amaro, Evelyn Thatcher, Blaise Claudio Pascal, Diana Rosano Mendez and Douglas MacDonnell (*above*) perform "Libiamo"—also from *La Traviata*. All are New Jerseyans—both native and transplants—and members of Pacific Encore Performances (www.pacificopera.org), a unique musical repertory company of multilingual singers that performs concerts in private and public venues throughout the metropolitan area and overseas. **EDGE**





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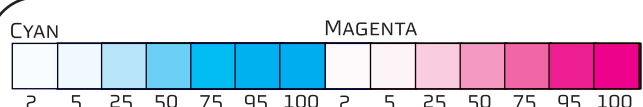
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